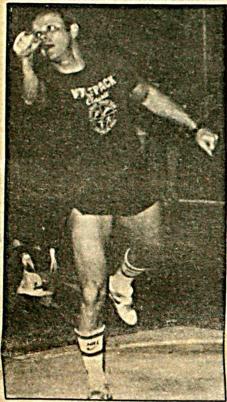
129th Issue

May, 1989

\$2.25

62 World Indoor Records Set in Nationals



Dave Stebing wins the M40 shot put in 14.0m (45-11) at the Indoor Nationals.

Photo from Jim Pearce

Columbus Draws 658 From 47 States

At 71, Jordan Has Best Age-Graded Mark

by JERRY WOJCIK

The U.S. TAC National Masters Indoor Track and Field Championships, held in Columbus, Ohio, on March 31-April 2, drew an all-time high 658 participants from 47 states, Puerto Rico, and Canada.

This year's meet was the first opportunity since the event's inception for U.S. athletes to have a go at races in meters, rather than in yards, which had negated times from world-record consideration.

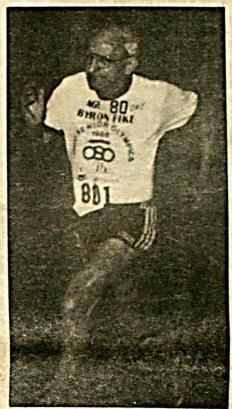
Let loose on the metered turf at Ohio State University's French Fieldhouse, men and women athletes, competing in five-year age groups from 30 through 89, attacked world bests with zeal and broke, equaled, or established 62 world age-group records.

Most of the records came from 60-and-over runners, such as Pearl Mehl, with five in the W75 division, and Konrad Boas, with four in the M85

In the men's 60mH, Americans did not just erase records, they tore out the page and threw it away, with six records from age-groups M40 through M65.

In the M60 200, Jack Greenwood, with a 26.37, won a tough race, which saw Robert Watanabe and Jim Law also go under the existing record of 27.1. At last year's championships in Baton Rouge, La., Greenwood competed after double-bypass surgery and took two firsts and a second in the M60 division.

Continued on page 30



Byron Fike setting a new M80 world record of 10.26 for 60 meters in Columbus.

Photo from Jim Pearce

Campbell (2:14:19) and Welch (2:35:00) Win in Boston

New Zealand's John Campbell, 40, moved ever-closer to Jack Foster's world masters marathon record of 2:11:19 when he blazed to a sensational 2:14:19 to win the masters title in the 93rd Boston Marathon, April 17.

He defeated two-time defending masters champion Ryszard Marczak of Poland by more than three minutes (2:17:43) to place fifth overall and win \$17,000 — the biggest masters payday of 1989.

Priscilla Welch, 44, of Great Britain again was the first over-40 woman in 2:35:00.

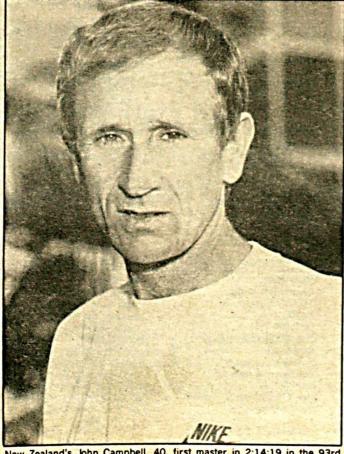
In the space of 44 days, Campbell has won the masters divisions of the Los Angeles Marathon (2:17:51), the Azalea Trail 10K (a world masters road record 29:25) and Boston. Should he win the New York Marathon masters title this fall, he'll receive an additional bonus of \$25,000.

His winnings should relieve some of the pressure Campbell has been under. For the past year, he's been working 16-hour days struggling to run a convenience store in New Zealand.

A year ago, at age 39, Campbell finished sixth in 2:11:08. Despite his higher place this year, his time was likely slowed by the high-60s heat, 20 degrees warmer than the Boston temperatures had been in the days leading up to the Patriots Day classic. Given ideal conditions, Campbell might well have a shot at Foster's Beamonesque, 15-year-old record.

Colombia's Victor Mora took the third masters spot and 19th overall in 2:22:49. The first American masters spot went to Bernie Allen (2:23:48) of Massachusetts. Sweden's Josef Machalek was fifth (2:25:25).

Welch defeated Laurie Binder by only four minutes, as the Continued on page 10



New Zealand's John Campbell, 40, first master in 2:14:19 in the 93rd Roston Marathon. Photo by Sailer, Ltd.

Waigwa, Binder Set Records in Carlsbad 5K

by STEVE LEWALLEN

Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) raced to masters wins at the Carlsbad 5K in California on April 2. Both Waigwa and Binder set new American agegroup records with their times, as did Stephen Lester (45, 15:26).

Waigwa's time converts to a 94.5 performance percentage (M40 agestandard of 13:44 divided by Waigwa's 14:22), and was the best age-graded showing of the day. Lester was second best age-graded performer (92.5%),

Continued on page 10

INSIDE:

- International Section
 —pages 19-22
- ICI/USRA Masters Circuit
 - -pages 26-27
- 1988 T&F Rankings
 —pages 40-41

CONTENTS DEPARTMENTS

TAC Officers	2
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
The Foot Beat	.12
Track & Field Report	.14
Profile - Waigwa	.16
New Age-Group Athletes	.16
International Scene	.19
WAVA Officers	.19
Countdown to Eugene	.20
Report from Britain	
Five Years Ago	.22
WAVA/TAC Specifications.	.22
ICI/USRA Masters Circuit	.26
Masters Scene	.34
Schedule	
All-American Standards	.39
Track & Field Rankings	
Results	.42
FEATURES	

FEATURES	
Indoor Nationals	1
Boston Marathon	1
Carlsbad 5K	1
Preview of Nationals	8
1988 LDR Rankings	.12
Philadelphia Meet	
Sanction Notice	.14
Preview of No. Carolina Meet	.17
Sportarcade Meet	.18
Palm Springs Meet	.18
Pennsylvania Meet	.18
Pentathlon Competitors	.18
Japan Invites Foreigners	.19
Roberts Sets 800 WR	.19
British Cross-Country	.21
No TV for World Games	.21
British Indoor Championships	
North American Meet	
Nissan Shamrock 8K	
Myrtle Beach 10K	
Red Lobster 10K	
Indoor World Records Set	
Masters T&F Meeting	
National Indoor Pentathlon .	
Age-Graded Tables	. 32

ENTRY FORMS/RACE & PRODUCT INFO

PRODUCT INFO	
National 15K	
NMN Subscription Form	.4
Mammoth Athletics Camp	.5
Twin Cities Marathon	.7
Redlands Meet	.8
Mac Wilkins Video Tapes	.9
Pacific TAC Meet	
CAPS	11
Midwest Masters Meet	13
Hayward Classic	14
Western Regionals	15
M-F Athletic Co	17
Tennessee Meet	
Get Ready for Eugene	20
NMN Advertising Rates	23
Rocky Mountain Games	
National T&F Championships	
ICI/USRA Masters Circuit	
New Jersey Meet	
Sri Chinmoy Games	29
Eugene Masters Camp	30
Miami Northwest Meet	31
So. California TAC Meet	32
Trojan Masters Meet	33
Boston AA Meet	
Classifieds	34
National Decathlon	35
Track & Field News	36
Anteaters Classic	
NMN Subscription Form	
All-American Application	
1988 T&F Age-Record Book	41

NIKE — All Good Things48

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

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your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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Special thanks to Jack Stevens (\$100), Charles Mercurio (\$100), James Van Manen (\$50), Pete Stopolous (\$50), and R.M. Jones (\$50).

Thanks also to: Stefan Luepfert Will Robinson Lloyd Young Paul Spangler Edward Koch Shirley Smith

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Bob Perry, M60, before a 3-11 high jump, Sportarcade VI, Los Angeles, March 11.

Photo by Jerry Wojcik



AGE-GRADED TABLES

The "Speaker's Corner" item by Peter Riegel (April NMN) on age-graded standards is the most significant item to ever appear in your periodical. It says, and proves for the first time, something that I've suspected for a long time: most old people in track and field and road running are in little better shape than their sedentary peers that they often chide for being unhealthy and unfit. The medals they cart home and flash about really have no more significance than Sunday School attendance awards of years past.

Age-graded results should replace the age-group awards. There are older star road runners who go to great lengths each weekend to avoid competition so that they can preserve their so-called winning streaks. Age-graded results would leave them fewer places to hide. I'm pleased to see some of the coming events will have age-grading.

Al Hromjak Simi Valley, California

The creation of age-graded standards will make a big contribution to achieving the goals and objectives of MAAD (Masters Against Age Discrimination). However, your "Speaker's Corner" of April, written by Peter Reigel, was pure tripe. He set out to make a valid point regarding the fairness of age-graded standards, but his reasoning is seriously flawed with some totally absurd contentions. It is just

this kind of mindset that has brought about the formation of MAAD.

Reigel contends that there are considerably less participants in the older age groups, and that road running has tended to over-reward them with prizes disproportionate to their numbers. I'd like to have a list of the road races that this guy has attended, so that I can put them on my schedule.

Reigel apparently feels that the true measure of a runner is how hard he or she "flogs" himself, and implies that the older runners don't do this (because we're old and wise!). His contention is ridiculous, of course, but I wish that it were true for some of the 60-year-old runners that I compete against. He also makes an interesting comment about 38-year-olds "you see vomiting in the chutes." The only vomiting 38-year-olds I've seen have done this process as a result of being unfit to compete, not because they've "flogged" themselves.

Jim O'Neil, MAAD San Diego

The age-graded standards do not provide fair recognition to older athletes. ("Older" to me has always meant 10 years older than my present age.)

I have calculated the performance percentages for all the M80 and M85 world records. The average for 18 events was 79.9%. The average for 10 running events was 83.6%, and for eight field events, 75.9%. The lowest world record was 59.5%, not even "local class," and far less than "world class" (over 90%).

Presenting performance figures as a percentage of a standard is a good idea. However, if the standard is not an actual world record, that purpose is defeated. In fact, it could become a putdown; the effort might have been near a world record, but appear as only 70% of a standard.

The standard should be the actual age-group world record and assigned a value of 100%. That is the best that has been done, and nobody knows the best that can be done. Both younger and older athletes should prefer this.

In the event that the world record for an age group is inferior to the record for an older age group, that would correct itself in time.

> Jim Vernon West Covina, California

I have received the age-graded kit with single-age standards and factors. This is a marvelous piece of work and a real contribution to the sport. Thanks and congratulations.

Jim Saxon Charlotte, North Carolina

BILL STEWART'S 4:11 MILE

I met Bill Stewart in 1983 at the Gasparilla 15K where he set a world masters record of 45:58. The mark still stands.

A few weeks earlier, he ran an epic 4:11 mile indoors at the U. of Michigan in his home town of Ann Arbor. Later that year, he ran 3:56 for 1500 in 105 degrees at the World Games in Puerto Rico.

But his 4:11 never seems to have found its proper place in the history of the masters movement. It was the world's masters best, indoors or outdoors, by at least nine seconds. It has withstood the assaults of miracle miles, Mercedes miles, money and merchandise.

When the Browns, Shorters, Ryuns, Bells, etc. came on the scene, somehow the 4:11 was no longer the mark. When the "Legends" stories started appearing, there were new "world record" standards.

Then I saw something in print that said his record wasn't good because it was set indoors. This didn't make sense because everyone knows indoors is tougher.

Then I heard it was no good because it was recorded in a mixed race.

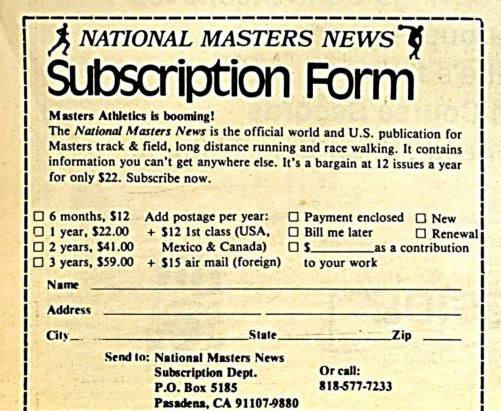
Pete Mundle, WAVA Records Chairman, told me the race wasn't timed right. But I know it had three hand timers at 4:10 and accutrack at 4:11 by university officials.

I feel this great accomplishment of six years past should have the cloud removed. The mile is the most visible and possibly most significant event in track and field. We owe it to Stewart and the movement to clear this up once and for all. If it's a paperwork snafu, I've sent Stewart the forms. If it's something else, let's bring it out in the open.

John Boyle Deland, Florida

(It's paperwork. Mundle never got the forms from either Stewart or the officials, and thus, could not approve the time as an official record. Until recently, NMN had mistakenly reported it as official. So at the moment, it's a "pending" world indoor record. Hopefully, Stewart or meet officials can resurrect the six-year-old documents. — Ed.)

Continued on page 33



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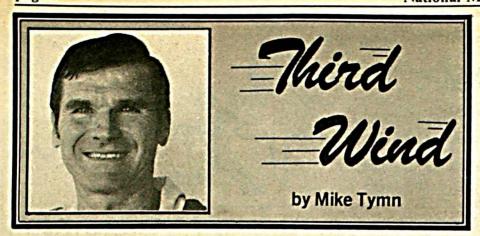
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Treasure or Trash?

full 30-gallon trash bag sits in the trunk of my car. My wife thinks the trash collectors hauled it off several months ago. I had reluctantly filled the bag and put it out for the collectors to take, but I later retrieved it and hid it in the trunk.

The bag contains what was once treasure to me, although it had no real value of any kind.

The bag is filled with about 25 trophies and plaques of assorted sizes and shapes, souvenirs of races past. Along with a number of others I managed to salvage, they had decorated the spare bedroom I use as my work room, mainly because my wife wouldn't allow them in a more conspicuous place. When it came time to paint the room last year, I removed them from several head-high shelves, only to find that many of the plates were so badly rusted and tarnished that the inscriptions could no longer be read.

In Hawaii, where I live, the humidity plays havoc with metal objects. But there is another peril indigenous to the area: lizards. Geckos, which run around the walls of homes here, had left little white deposits all over the bases. Trophies are often called dust collectors, but here they are sometimes referred to as lizard-doo collectors.

Pretentiousness

I could lie and say that trophies and other awards mean nothing to me; they are mere hardware . . . junk . . . ego

someone pooh-pooh race awards, I sense pretentiousness. The person seems to be saying that he or she is above such things or is pretending to be so humble as to not need any recognition. It's as if he or she is saying, "Can you imagine someone with all my achievements being so great, yet so

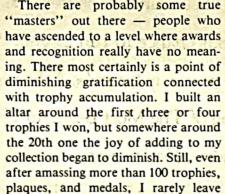
Sometimes, too, I think that such a rest of his life was.

False Fronts

Why is it that elite runners so often try to put up false fronts? Have you ever noticed at running banquets that many of them try to steer the conversation away from running? My theory is that runners, being generally better-

pacifiers. But usually when I hear

person is trying to say that he or she is "much more than just a runner." I remember a magazine article a few years back in which the writer noted with some amazement that the subject of the article, a very successful runner, had nothing in his home - no awards or memorabilia of any kind - to indicate that he was a champion athlete. When the writer asked the subject about this, the response was that running was a very small part of his life. It never became clear, though, what the



Why is it, though, that there seems to be an inverse correlation between the size of the award and the achievement? My largest and most impressive trophies are from events I can barely recall or for races in which my time was

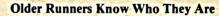
educated and therefore supposedly more sophisticated, feel they need to prove that they are well-rounded people, not simply "jocks." So they change the subject from running to something culturally stimulating, like who has the best pizza and beer in

Can you imagine going to an art exhibit, meeting a famous artist and then talking pizza and beer?

Personally, I like the Pete Rose approach. When Rose was playing ball, he would occasionally be asked a question about some area of life in which he had little or no knowledge. "Hey, I'm a ballplayer, let's talk baseball," was his reply.

Nearly everytime Sports Illustrated runs a lengthy feature on some famous ballplayer, there is a picture of him next to a trophy case in the home. Mickey Mantle has a "trophy room."

Of course, ol' Pete and the Mick are just high school graduates. Probably no one ever taught them to act more sophisticated.



I've observed, too, that older runners aren't as pretentious as young runners. A lot of old guys at major masters events wear jackets with championship patches sewn all over them. You'd never see a young elite runner caught in such a jacket. I think the old guys have figured out who they are and who they aren't, while the young guys are still trying to be someone other than just themselves.

Back to the ballplayers, I don't recall hearing of any athlete scoffing at a World Series or Super Bowl ring. They are highly-prized awards. But, come to think of it, I haven't heard of too many Olympic athletes who haven't prized their gold medals.

Isn't it all relative? If those big-name athletes can treasure their prizes, why can't those of us with lesser ability who give as much effort hold our awards in similar esteem?

There are probably some true before an award ceremony.



Photo by Mike Tymn

ICE

Say

not especially good or the competition not really tough.

Memorable Achievements

On the other hand, the least of my awards are for my most memorable achievements. For winning the 1979 Maui Marathon in PR time, I have only a vase made by the wife of the race director in her ceramics class. There is no inscription, nothing to say that it is an award. For winning the 40-49 division of the 1980 Cascade Runoff in Portland, Oregon, a major national event, I was given a small pocket knife with a microscopic inscription on the blade "1st 40-49" nothing else. The name or place of the race is not shown, nor the year. What's more, the blade spring broke after a month or so. For winning a national championship 10K, I received a merchandise award worth about \$30. For still another memorable victory, I received a bottle of wine - and I don't even drink. In each case, I would have much preferred a small medal with an inscription, something to look back at in my old age and show to a grandchild.

I guess that's why I'm having difficulty throwing away that trash bag full of trophies and plaques. When the booty is all gone, I'll have only the faded memories. I'm not sure that's enough.

Come on, Tymn, grow up. Forget about those petty past achievements, I tell myself. You're much more than a runner, aren't you? Dump the garbage and get on with life. Have a beer or two or three. Show how worldly and wellrounded you are. Be humble.

Treasure or trash? I still can't decide. Until I do, the bag will remain in my trunk.

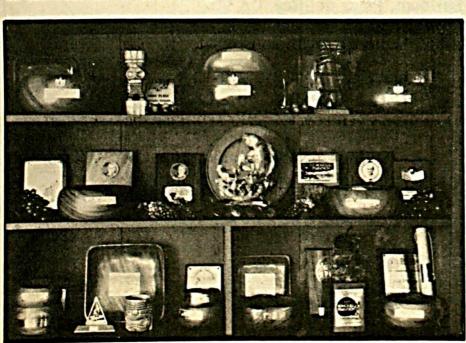


Photo by Mike Tymn

This year's Twin Cities Marathon is the TAC Masters National Championships for men and women. Which means it's your chance to run against the best runners in your class. It also means the largest Masters purse of the year is up for grabs. So join 6,000 runners and over 200,000 enthusiastic spectators in the annual running of The Most Beautiful Urban Marathon In America on Sunday, October 8. For race information, send a self-addressed, stamped, business-size envelope to TCM, 9633 Lyndale Avenue S., Suite 209, Minneapolis, MN 55420. Then start preparing for a race that's a work of art all by itself.



Twin Cities Marathon The Most Beautiful Urban Marathon in America.



-Everything on "Go" For '89 Nationals -

by DAVID PAIN, Event Director

With just four months to go before the 1989 TAC/USA National Masters Track and Field Championships, the Organizing Committee is exercising every effort to make the 22nd Annual event a memorable experience. The 1100-member San Diego Track Club is sparing no effort to create not only an excellent, well-run track meet but also a fine vacation experience at minimum expense to the participants and their

Housing

July is high season in the Southland, and hotels and motels are at or near capacity.

We are fortunate to be able to offer university housing within walking distance of the primary track. The price with meals is far less than a motel

or hotel room alone will cost. There are no motels within a radius of 1-2 miles from San Diego State University.

The demand for beds - in excess of 500 as we go to press - has been high. All singles are now taken. In making your reservation, you can state your roommate or one will be selected for you. Please note that the rooms must be vacated by 12:00 noon on Monday, July 24, as the university has another event scheduled immediately following our meet.

Social Activities

In order to make your stay as enjoyable as possible we have arranged a series of activities beginning on Wednesday, July 19, when the San Diego Sports Medicine Center will present a Sports Medicine Symposium specifically directed at the masters

athlete.

Later on Wednesday evening, a welcoming reception will be held at the university in the swimming pool area. Both of these functions are free and open to all competitors and family members.

Each evening during the championships, entertainment will be presented at the outdoor stage on the green adjacent to the university housing. After the conclusion of the meet, all may attend a closing outdoor Fiesta which will include a full Mexican meal, plus a performance of ethnic music, song, and dance presented by a full company of entertainers from south of the border courtesy of the Tijuana Cultural Center. With this experience, the SDTC hopes its guests will depart from San Diego with some appreciation of the rich Hispanic culture which permeates the Southwest.

Transport

SDSU is 15 miles from the airport and cab fare is \$25 one way.

To save participants this expense, the Organizing Committee has a transport system composed of buses, vans and private vehicles which will make airport pick-up direct to SDSU housing if exact arrival date, time, and flight number have been submitted with entry.

A shuttle service will be provided between SDSU and Balboa Stadium, as well as to and from the hammer throw venue and the Lake Murray 10K/20K Racewalk course on Sunday.

Sightseeing

By special arrangement with Sports Travel International, sightseeing tours to Tijuana, Sea World, San Diego Zoo, and Wild Animal Park will be of-

For those aquatically inclined, a visit to the Scripps Aquarium and the underwater marine park in La Jolla for snorkeling is available. For others, it may be a trip to one of San Diego's many beaches for surfing or just plain sunning.

Summertime in San Diego offers the San Diego Pops outdoor concerts, the Old Globe Shakespeare Theater, and numerous other plays and concerts.

Awards and Souvenirs

Official TAC medals will be awarded to all first three national finishers in any final event. Non-nationals who finish first, second, or third, will receive an appropriate but different medal. TAC champion patches, one per individual, will also be presented to first place (National) finishers.

For those desiring to personalize their medals, a custom 24-hour engraving service will be available.

Each entrant will receive a commemorative participation certificate suitable for framing.

A beautiful commemorative pin with the meet logo may be purchased as well as the SDTC Conquistador pin, either of which will make a fine gift or memento of the championships. For those desiring to purchase athletic gear and shoes or souvenirs of the meeting a store will be open on campus, fullstocked and ready-to-go.

Racewalks

The rapidly increasing interest in racewalking has been graphically demonstrated in the early entry to date. Approximately 25% of all entries are for the 5000 and 10K/20K racewalking events. An entry of 400-500 for these races is anticipated.

The 5000 and 20K are the official TAC distances. The 10K is a nonchampionship event. The 5000m walk will be conducted at Balboa stadium on the Mondo surface. Sections will be Continued on page 10



10TH ANNUAL MASTERS TRACK & FIELD MEET 1989



SPONSOR: DATE AND TIME: PLACE:

FACILITIES:

REDLANDS - EVENING KNYANIS CLUB

Saturday, June 3, 1989 beginning at 9:30 a.m.

UNIVERSITY OF REDLANDS STADIUM - Directions: Coming fro

Park only in the parking lots on either east or west side of the stadium, or on the street, north side of Brockton.

5 year age groups, men and women; i.e. 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+ DIVISIONS: ENTRY FEES:

\$10,00 for the first event; \$5.00 for each additional event. LATE ENTRY FEE: \$3.00. Make checks payable to: Redlands-Evening Klwanis Club. check and entry application to: Dennis Farhar, 904 Everon Ct., Redlands, CA 92374 PROCEEDS ABOVE COSTS OF EVENT, WILL GO TO KIWANIS COMMUNITY PROJECTS.

ENTRY DEADLINE: AWARDS:

Medals will be awarded to all first, second, and third places, for men and women, each individual event. There will all several door prizes awarded.

440 yard crushed brick track. Should use 1/2 inch spikes. Concrete rings except javelin (grass runaway). Dressing facilities and showers available (please bring your own towels). Concession stand will be open under the south grandstand. Track and facilities in excellent condition. Kiwanis T-Shirts and Hats will again be available. T-Shirts cost \$4.00 with entry fee; \$6.00 for each additional shirt. Hats cost \$1.50.

T-SHIRTS & HATS:

*********************	*
TIME SCHEDULE	
IIME SCHEDOLE	

	RUNNING EVENT	2		FIELD EV	ENTS	F	ETD EAEWIZ CO	ONTINUED
9:30 a.m.	5,000 M Run	All ages M & W	10:00 a.m.	Hammer	All Divisions	1:00 p.m.	Shot Put	M-60-64; 65-69; 70-74; 75-79; 80+
10:15	5,000 M Racewalk	All ages M & W	10:00 a.m.	Javelin	All Divisions	1.00.	Long Jump	PREMIET REPORTS
10:45	1,500 M	All ages M & W	10:00 a.m.	Pole Vault	All Divisions	1:00 p.m.	The same of the same	M-50-54; 55-59;
11:15	Masters Mile Run *	All ages M & W	10:00 a.m.	Triple Jump	All Divisions	1:00 p.m.	Discus	M-40-44; 45-49
	All the property of the first	A CONTRACTOR OF THE PARTY OF TH				2:00 p.m.	Shot Put	M-50-54; 55-59
11:45	110 M Hurdles	All ages M	11:00 a.m.	High Jump	All Divisions	2:00 p.m.	Long Jump	M-60-64; 65-69;
12:15 p.m.	400 M	All ages M & W	12:00	Shot Put	W-AII; 30-34; 35-39M	10.16		70-74; 75-79; 80+
12:35	100 M	All ages M & W	12:00	Long Jump	M-40-44; 45-49	2:00 p.m.	Discus V	V-All; M-30-34; 35-39
12:55	800 M	All ages M & W	12:00	Discus	M-60-64; 65-69; 70-74; 75-79; 80+	3:00 p.m.	Shot Put	M-40-44; 45-49
1:15	400 M Hurdles	All ages M			75-77, 80+	3:00 p.m.	Long Jump	W-AII; M-30-34;
1:35	200 M	All ages, M & W			The second second			35-39
	* New Event - This Ye					3:00 p.m.	Discus	M-50-54; 55-59

OFFICIAL ENTRY FORM (Note: If needed, copies of this form O.K.)

NAME	Balleton Walle	_ ADORESS	FAIT DEVELOP OF THE
			PHONE
MALE	FEMALE	AGE AS OF JUNE 3, 1989	
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200 TO CONTRACT	2 2 2 2 1 2 1 2 1 2 2 2 2 2 2 2 2 2 2 2		
T-SHIRT, W/ENTR	Y (\$4.00)	ADDITIONAL T-SHIRTS (\$6.00)	HATS (\$1.50)
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		and send to: Dennis Farhar, 904 Everon Ct., Redlands, CA 9	2374.

let's face it! MASTERS throwers



YOU CAN'T BE

A MAC WILKINS AN AL FEUERBACH A TOM PETRANOFF

A WILLIE BANKS or A YURIY SYEDKH

But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

MAC WILKINS' Gold Medal Discus



"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you

will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

YURIY SYEDIKH'S SyberVision Hammer Video



Old Globe Shakesneare

East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw Featured model.

throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. Winning Hammer Ways was produced by SyberVision wiith Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video



A video encyclopedia of the javelin throw covers complete instructions on: Drills...Weight Training...Conditioning...Pliometrics...Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's fin-

est competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

COMBINATION DISCUS & SHOT

With both teaching cassettes combined into one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achievers...and at a savings over the cost of two individual cassettes.

AL FEUERBACH'S Basic 70 Foot Shot Putting



"Shot Putting was never a part-time thing with me...it was an obsession." Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is

packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by AI, Dave Laut (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69" 11/2"). Dave demonstrates the rotational style throw and Mac instructs on its technique.

Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

WILLIE BANKS' Banks On Triple Jump



Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from instructional cassatte. The video consists of

this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

COMPLETE ORDER FORM

Send to: MAC WILKINS PRODUCTIONS
P.O. Box 28836 - San Jose, CA 95159
(please print)



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Check Money orde	er 🗆 Visa 🗆 MasterCare	d 🗆 Other
Card No.:	A Company	Exp. Date
Please Send:		AND THE RESIDENCE OF
Mac Wilkins'		
GOLD MEDAL DISCU	IS	\$ 49.50
Al Feuerbach's		
BASIC 70 FOOT SHO	T PUTTING	\$ 49.50
Combination		
DISCUS and SHOT V	ideos	\$ 90.00
Tom Petranoff's		
JAVELIN VIDEO		\$ 68.00
Yuriy Syedikh's		
SYBERVISION HAMM	MER VIDEO	\$ 60.00
Willie Banks'		CONTRACTOR OF THE
BANKS ON TRIPLE	JUMP	\$ 59.95
Beta or VHS	The second second	Cally Ward Charles

Add \$3.50 first class/\$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

FOR

MASTERS MEN & WOMEN
SUBMASTERS MEN & WOMEN
LOS GATOS TWILIGHT MEET FOR OPEN MEN & WOMEN
SAT. JUNE 10, 1989

Los Gatos High School & Olympic Training Center Sanctioned by TAC/PACIFIC ASSOCIATION Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 7, 1989

Eligibility: All men and women registered in Tac/Pacific Association. 1989 Tac Registration require Registration available at meet \$10.00.

Entries: Pre-entry required before Wednesday, June 7. Phone entry O.K. (408) 354-5660

Fees: \$7 per event, \$15 for relays, \$10 late entry if space available.

Fees: \$7 per event, \$15 for relays. \$10 late entry if space available.

Note: Hammer will be contested at Otympic Training Center (See map on back)

Hearts: Will be run if required in 100 and 200. Heats will be contested in all ace divisions to

Meats: 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 alloted time slot. 400 will be run in timed sections based on times submitted on entry form.

sections based on times submitted on entry form

Facilities: All weather track surface 1/4 spikes only. Concrete throwing rings, grass javalin runway

2:15 40U IH 40-49

Age Groups: 30 and above in 5 year age groups. Age on June 10, 1989 determines age group

Awards: Tac/Pacific championship medals to first three places in all events and in all

5 year age group

T-Shirts:

Timing:

AT LOS GATOS HIGH - HELM FIELD

ACTED	S AND SUBMASTERS TRACK	2:20	300 IH women
ASIEN	S AND SUBMASTERS TRACK	2:25	300 IH men 50+
8:00	5000 race walk	2:30	300 IH men 60+
		2:35	5000 women & men 60+
9:00	100 m hurdles women 40+	3:00	5000 men 40-59
9:05	100 m hurdles women 30-35, 35-39	3:30	5000 men submasters
9:00	100 m hurdles men 60+	3:35	4 x 400 relay
9:15	110 m hurdles men 50-59	3.33	TA TOO INSY
9:20	110 m hurdles men 40-49		
9:30	110 m hurdles men 30-39	AT LOS	GATOS HIGH - HELM FIE
9:40	4 x 100 m relay all divisions	MASTE	S AND SUBMASTERS FIE
9:55	100m women 50-59, 60+	The second	IO AITO GODMAGILITO FIL
10:00	100 m women 40-49	SHOT	
10:05	100 m women 30-39	9:00	Shot all masters and
10:10	100 m men 75+ in 5 year age	BONE VI	submasters women
10:15	100 m men 70+	9:30	Shot men age groups 60-64,
10:20	100 m men 65		70-74, 75-79, 80+
10:35	100 m men 60	10:30	Shot men 40-44, 45-49, 50-5
10:40	100 m men 55	11:30	Shot men submasters
10:45	100 m men 50	POLE VA	The state of the s
10:50	100 m men 45	9:00	
10:55	100 m men 40	9:00	Pole vault men 60-64, 65-69,
11:00	100 m men 35	10:00	75-79, 80 + Pole vault men 40-44, 45-49,
11:05	100 m men 30	11:00	Pole vault men submasters
11:10	800 m women 50+		The Market of the Board of the Control of the Contr
11:15	800 m women 30-49	LONG JU	MP
11:20	800 m men 75 and above	10:00	Long jump all masters and se

LONG JUMP
10:00 Long jump all masters and submasters women
10:30 Long jump men 60-64, 65-69, 70-74, 75-79, 8011:30 Long jump men 40-44, 45-49, 50-54, 55-59
12:30 Long jump men submasters

 40
 800 m men 55
 HIGH JUMP

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m women 50 + DISCUS
m women 30-49 11:30 Discus all masters and submasters wome
m men 75 + 12:00 Discus men 60-64, 65-69, 70-74, 75-79, 8
m men 70 1:00 Discus men 40-44, 45-49, 50-54, 55-59
m men 65 2:00 Discus men submasters
m men 60 TEMBE F. Marie

200 m men 60

200 m men 60

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200 m men 40

200 m men 40

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200 m men 35

200 m men 40

200 Triple jump men 40

200 m men 45

20 m men 30 JAVALIN
1500 m women all ages
20 1500 m men 10 +
30 1500 m men 60 +
40 1500 m men 50 +
50 1500 m men 40 +
230 Javalin all masters and sumbasters women
Javalin men submasters
200 Javalin men 60-64, 65-69, 70-74, 75-79, 80 +
230 Javalin men 40-44, 45-49, 50-54, 55-59

HOUSING Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-6446 Los Gatos Motor Inn, 356-9191, Village Inn, 354-8102 Toll House Hotel, 365-7070

TAC/PACIFIC MASTERS AND SUBMASTERS TRACK & FIELD CHAMPIONSHIPS

AND OPEN TWILIGHT MEET

Joy Upshaw and Wille Harmatz Meet Directors P.O.Box 1328, Los Gatos, California 95031

AT OLYMPIC THROWING AREA

the second of the second	(408) 354-5680
Name	Address Planter and Broad
Date of Birth	the state of the state of the state of the state of
Age as of June 10, 1989	EN SAN SERVICE TO SERVICE
Events Entered & Beet Recent Time or Mark	Market and the second s
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Amount Fredrick	the second season of the second secon

WAIVER

In consideration of your accepting my entry, I, wanding to be again, yourse, on hereby to myster, my here, executions, and administrators, sever and releases browner, my and all rights, claims of stemples inly access against Los Glacks Affects Association, TAC, Resociation, Los Glacks Affects Association, and all repurses tabilized by me white traveling to and from, and white participating in the TAC Procific Meeters and Open Track & Field Champtonships held June 10, 1988 at Les Glacks High School, Los Glacks, Calatomia, and Opingot Training Center, Los Glacks, California.

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Everything on "Go" for '89 Nationals

Continued from page 8

limited in number to assure proper judging. If more than one heat is required for any one age group, the placing will be by timed sections.

Relays

Competition in the 4x100, 4x400 and 4x800 relays will highlight the Sunday morning schedule. Relay team entries will be accepted right up to post time. With a large foreign contingent, the relays should be hotly contested in all age divisions.

The relays will be conducted in tenyear age groups of 30+, 40+, 50+, 60+, and 70+ for both men and women. The relay entry fee is \$30 per team.

All Electronic Timing

Electronic timing will be used for all running events. The SDTC is planning to utilize two Accutracks per finish line to eliminate the clutter of hand timers. To further add to meet efficiency, the organizing committee is planning to conduct simultaneous heats of the 100 and short hurdles on the two straights. These added features plus the exceptional Mondo running surface, and San Diego's generally pleasant

weather, should assure some exceptional performances.

Champion of Champions 100m

The athletic program will close on Sunday, July 23, with a special added feature event — The Champion of Champions 100m — in which each of the age-group 100m winners will be asked to paticipate. To assure an even and exciting race for both men and women, yardage handicaps will be assigned, based on the Age-Group Standards developed by the National Masters News. Cash prizes will be awarded in both races to first, second, and third place finishers.

For those wishing to contribute to the prize money pool please send your check to the Organizing Committee and so specify. Reg Austin of Australia has started the fund off well with a \$250 contribution. The goal is \$1,000 — \$500 for each race.

Pentathlon

The disciplines to be contested are those specified in the TAC rule book. Men's events are 200, long jump, javelin, discus and 1500. The women's events are 100/80 hurdles, high jump, shot put, long jump and 800.

Campbell and Welch Win in Boston

Continued from page 1

Oakland nurse raced to a masters-PR 2:39:21, only 2:09 off Gail Scott's American masters record.

Angella Hearn, a British citizen who lives and trains in New York City, was third W40+ in 2:41:09, followed by Colorado's Mary Wood (2:49:05) and Missouri's Jane Hutchison (2:56:29).

Campbell's performance gave him an age-graded time of 2:08:24 — the best of the day— and a performance level of 96.8%. Welch's age-graded time was 2:23:18 and a P.L. of 96.3%.

The event was sponsored by the John Hancock Insurance Company. Overall winners were Ethiopia's Abebe Mekonnen (2:09:54) and Norway's In-

Waigwa, Binder Set Records in Carlsbad 5K

Continued from page 1

followed by Binder (91.9%) and Mario Gonzales (M45, 15:49, 91.2%).

Binder said after the race that the competition was a valuable tune-up for the Boston Marathon two weeks later. "I wanted a kind of time trial," she said. "I just came down to get some speed in my legs for Boston."

Over 6000 runners competed in the largest field ever assembled for the race.

grid Kristiansen (2:24:33). The race drew 6418 runners, all of whom had to meet a qualifying time to enter. Johnny "The Edler" Kelley, 81, completed his 55th Boston, finishing in 5:05.



Laurie Binder (41, 16:54) setting new American masters record at the Carlsbad 5K in California on April 2. Photo by Richard Lee Slotkin

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The CAPS Enerzymes Controversy

LOTS OF MASTERS ATHLETES
ARE DISCUSSING OUR PRODUCT

FOR

"In the race clinics and seminars that I give, recovery time is one of the most frequently discussed problems among masters athletes. In my experience, in conjunction with stretching, massage, and rehydration, CAPS ENER-ZYMES have proven to be the best way to improve my recovery time."

—Murray Banks
4-time Masters National Triathlon Champion
50K Nordic Skiing Masters National Champion

AGAINST

"It is lamentable that individuals attempt to take advantage of the irrational search for eternal youth. Such hucksterism is nothing new and I can only suggest 'caveat emptor,' or more directly 'a fool and his money are soon parted."

— Jerome J. Perry
Professor of Microbiology
North Carolina State Univ.
— National Masters News, August, 1988

HERE'S WHY YOU SHOULD CONSIDER USING OUR PRODUCT:

- 1. Hard training depletes your body of several essential cellular nutrients called coenzymes. These coenzymes are used to create energy from food. CAPS replaces these vital nutrients, allowing you to train and race more effectively.
- 2. Like carbohydrate loading, hydration, and electrolyte replacement, using *CAPS* replenishes nutrients which, when lacking, keep you from reaching your potential.
- 3. CAPS contain only natural food substances. There are no drugs, stimulants, herbs, or additives in our products.
- 4. Replacing essential nutrients consumed during training is just common sense.
- 5. Try our product for 30 days. If you don't agree CAPS Enerzymes work as claimed, just send back the empty bottles for your full refund including postage.

TO TRY CAPS ENERZYMES

Select the kit that meets your needs and order today, so you can experience the rapid gains and fun of training with CAPS.

1-MONTH TRAINING SUPPLY

60 Race CAPS, 90 Enduro CAPS

This kit is for the serious endurance athlete who trains 3 or more days a week. \$49.95 + \$4.50 s&h.

1-MONTH RAPID IMPROVEMENT KIT

60 Race CAPS, 90 Enduro CAPS, 2 fl. oz. Xobaline
This kit allows you to experience the additional improvement
effect of Xobaline. \$69.95 + \$4.50 s&h.

3-MONTH TRAINING SUPPLY

180 Race CAPS, 360 Enduro CAPS, 4 fl. oz. Xobaline
This kit includes extra Enduro CAPS for the serious training
athlete and represents a volume purchase savings of almost
\$40.00. \$189.95 + \$4.50 s&h.

Call 1-415-931-1977 for more information.
Or write to Hansen & Frank, Suite 205 T,
2886 Geary Blvd., San Francisco, CA 94118.

Ord	er	Desk	/800-336-1977
The same of			cell 800-441-1077

and the party of the last of the sale of t	the same of the same of the same of
Yes, I'd like to try CAPS ENERZYMES for 30 d method of replacing essential nutrients can he full benefits of my hard training. Send me the	elp me realize the
I'd like to learn more about CAPS ENERZYME information along with my order.	S. Please send free
Kit(s) I am ordering:	Price:
The second secon	ACES SECTION STATE
The state of the s	ALC: UNK
☐ Visa ☐ Mastercharge ☐ check/M.O.	Sub-total
Card #	Sales Tax
There was a series of the series and the series of the ser	(6% CA)
Exp. Date Signature	Ship/handle +4.50
Name	TOTAL
Address	Thank you for
City/State/7in	your order!

Send coupon to Hansen & Frank, address at left.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Win With Nutrition

n a recent issue of Sports Medicine Digest, nutritionist Nancy Clark, R.D., gives some good points regarding the nutritional needs of 'older' athletes. The obvious concern is that the older athlete has a different need than the younger athlete. The following advice, we are told, will help the masters athlete to 'win with nutrition' and help provide a healthy dietary foundation.

1) Focus on wholesome carbohydrates, such as crackers instead of cookies, potatoes rather than protein, and eat more nutrient-dense fruit and vegetables.

2) Select low-fat carbohydrates. Cut

1988 LDR Rankings-

On this page are the second end-ofyear masters long distance rankings compiled by TACSTATS, the official LDR record-keeping arm of The Athletics Congress, the national governing body for athletics in the United States.

The quality of performances are compared by "normalizing" them to

10K equivalents. Adjustments are made for exceptional course advantage or difficulty. Times are also weighted according to their closeness to worldbest age-group marks.

TACSTATS welcomes comments on its rankings system. (Address on page 2).□

down on butter, sour cream, cheese. Remember fats are fattening, and the older athlete has to fight creeping obesity.

- Boost calcium intake with low-fat dairy products. Old bones also need calcium. Low-fat milk, yogurt and cheese helps.
- 4) Take in more fiber. Eat bran and whole wheat cereals and breads. This will promote regular bowel habits and may decrease the risk of colon cancer.

It has also been shown that soluble fiber in oat products decreases serum cholesterol and reduces chance of heart attack.

- 5) Eat small portions (4 oz.) of lean beef. This provides protein, Iron and Zinc. Red meats have more nutrients than chicken, similar cholesterol content, and, if cut lean, an acceptable fat content.
- 6) Eat more broccoli, cauliflower, cabbage, brussel sprouts, and kale. These may help lower cancer risk and are rich in vitamin A.
- 7) Eat more fish. Fish oils lower blood cholesterol and may reduce cancer risks, Swordfish, salmon, blue fish, mackerel, and other cold water oily fish are advised.
- 8) Eat more potassium-rich fruits. Include bananas, oranges, grapefruit, kiwi, and cantaloupe. Potato, spinach, tomatoes, carrots, and broccoli are potassium-rich vegetables and contain vitamin C as well.

On a dare, I took up this diet, cut out all cokes, candy, cakes, cookies, butter, and sugars, and switched to bran breakfast, fruit lunches and had a little more for dinner. After a terrible two to three days, it wasn't so bad and after six weeks I had dropped my weight from 142 pounds to 131 and ran a 1:13:03 20K. Dropping the excess pounds and feeling better can decrease your running times, dramatically.

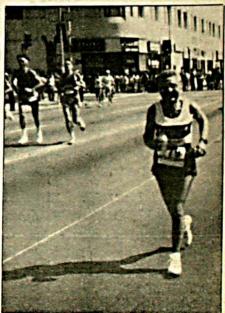
(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Top Female Masters Performances of 1988 in Major US Events

BANK	NAME	CTZ	TIME	DISTANCE	ADJTIME	PLC	ST	RACE	PRIZE	POINTS
1	PRISCILLA WELCH	GBR	2:30:48a	MARA	32.45	4	MA	BOSTON	26500	603
2	PRISCILLA WELCH	GBR	55:38	10MI	33.26	M1	DC	NIKE CHERRY BLOSSOM	400	528
3	PRISCILLA WELCH	GBR	33:57	10K	33:57	9	AL	AZALEA TRAIL RUN	1200	455
E4 1881	LAURIE BINDER	USA	52:40	15K	34.08	MI	FL	GASPARILLA DISTANCE RUN	0	448
5	LAURIE BINDER	USA	57:11	10MI	34.21	8	MI	BOBBY CRIM	0	441
6	LAURIE BINDER	USA	53:19	15K	34:33	MI	OR	CASCADE RUN OFF	1000	372
7	LAURIE BINDER	USA	34:35	10K	34.35	MI	FL	RED LOBSTER CLASSIC	2000	366
5 8 100	LAURIE BINDER	USA	1:16:34	HMAR	34.36	7	PA	PHILADELPHIA DISTANCE CLASSIC	0	360
9	LAURIE BINDER	USA	2:42:29a	MARA	34:45	35	PA	WOMEN'S OLYMPIC TRIALS / PITTSBURGH	0	354
10	ANGELLA HEARN	GBR	1:16:52	HMAR	34.45	MI	NY	BROOKLYN	0	348
11	ANGELLA HEARN	GBR	2:40:15a	MARA	34.46	11	MA	BOSTON MARATHON	4150	342
12	IANE HUTCHISON	USA	34.51	10K	34.51	M2	AL	AZALEA TRAIL RUN	700	336
13	LAURIE BINDER	USA	1:17:10	HMAR	34 53	MI	MA	NEW BEDFORD/BANK OF BOSTON HALF MARATHON	500	330
14	LAURIE BINDER	USA	34.55	10K	34.55	M3	AL	AZALEA TRAIL RUN	400	324
15	PRISCILLA WELCH	GBR	2:43:20a	MARA	34:55	MI	н	HONOLULU MARATHON	5000	318
16	LAURIE BINDER	USA	2:43:23a	MARA	34:56	MI	CA	CALIFORNIA INTERNATIONAL MARATHON	5000	312
17	LAURIE BINDER	USA	34:57	10K	34.57	M1	CA	HOY'S SPORTS	155	306
18	BARBARA FILUTZE	USA	58.12	10MI	34:58	M1	NC	CAPITAL TRAIL RUN	500	300
19	GABRIELE ANDERSEN	USA	42:38	12K	35:05	MI	WA	LILAC BLOOMSDAY RUN	1000	245
20	LAURIE BINDER	USA	35:11.9	10K	35:11.9	MI	NC	OLD RELIABLE RUN	1000	240
21	PRISCILLA WELCH	GBR	40.09	7MI	35:12	4	IA	BIX SEVEN MILER	0	235
22	GABRIELE ANDERSEN	USA	35:13	10K	35:13	MI	MA	MDA-BOSTON MILK RUN	500	230
22	PRISCILLA WELCH	GBR	1:17:54a	HMAR	35:13	54 66	NM	DUKE CITY HALF MARATHON	250	230
24	GABRIELE ANDERSEN	USA	54:25	15K	35:16	M1	OK	TULSA RUN	500	220
24	LAURIE BINDER	USA	2:44:57a	MARA	35:16	MI	MN	TWIN CITIES MARATHON	10000	220
26	JANE HUTCHISON	USA	54:41	15K	35:26	M2	OK	TULSA RUN	375	210
27	ANGELA HEARN	GBR	34:31a	10K	35:31	MI	PA	THE GREAT RACE	1000	205
28	JANE HUTCHISON	USA	35:32	10K	35:32	M2	PL.	RED LOBSTER CLASSIC	1000	200
29	LAURIE BINDER	USA	35:33	10K	35:33	MI	NY	FREIHOFER'S RUN POR WOMEN	1500	195
30	GABRIELE ANDERSEN	USA	54:59	15K	35:38	M2	OR	CASCADE RUN OFF	500	152
31	GAIL SCOTT	USA	2:46:40a	MARA	35.38	M2	CA	CALIFORNIA INTERNATIONAL MARATHON	2000	148
32	BARBARA FILUTZE	USA	2:46:53a	MARA	35:41	60	PA	WOMEN'S OLYMPIC TRIALS / PITTSBURGH	0	144
33	NANCY MCLAREN	CAN	55:09	15K	35:45	M3	OR	CASCADE RUN OFF	250	140
34	MARY L WOOD	USA	2:47:278	MARA	35 48	7,050	PA	WOMEN'S OLYMPIC TRIALS / PITTSBURGH	0	136
35	IANE HUTCHISON	USA	34:484	10K	35:48	M2	PA	THE GREAT RACE	500	132
36	BARBARA FILUTZE	USA	55:16	15K	35:49	M2	FL	GASPARILLA DISTANCE RUN	0	128
37	GAIL SCOTT	USA	2:47:334	MARA	35.50	MI	NY	NEW YORK CITY	2000	124
198	CARRIELE ANDERSON	LISA	25.52	JOK	35.53	Ma	NV	PRETUOPERS BURY DOR WOMEN		

Top Male Masters Performances of 1988 in Major US Events

	RYSZARD MARCZAK	POL	2:15:54a	MARA	29:10	MI	NY	NEW YORK CITY	3000	1408
	BILL RODGERS	USA	33:50a	7.1M	29 15	MI	MA	PALMOUTH ROAD RACE	2000	1397
	BILL RODGERS	USA	49.14	10MI	29:37	11	MI	BOBBY CRIM	0	1260
	MICK HURD	GBR	45:48	15K	29.43	32	FL	GASPARILLA DISTANCE CLASSIC	1000	1250
	ALLAN RUSHMER	GBR	45:54	15K	29.47	35	PL .	GASPARILLA DISTANCE CLASSIC	500	1116
	BOB SCHLAU	USA	2:19:27	MARA	29.56	18	CA	LOS ANGELES MARATHON	1500	1107
	BOB SCHLAU	USA	2:19:48a	MARA	30 01	MI	CA	CALIFORNIA INTERNATIONAL MARATHON	3000	976
	KJELL E. STAHL	SWE	2:19:59a	MARA	30.03	MI	MN	TWIN CITIES MARATHON	10000	968
	BILL RODGERS	USA	14:21a	SKM ·	30.03	MI	AR	SPORTSTOP FIRECRACKER	0	968
0	MIKE HURD	GBR	46:24	15K	30.06	M1	FL	RIVER RUN 15K	1000	952
0	RYSZARD MARCZAK	POL	2:17:53a	MARA	30 06	25	MA	BOSTON	14500	952
2	BILL RODGERS	USA	2 20 29	MARA	30.09	21	CA	LOS ANGELES MARATHON	1000	936
2	BILL RODGERS	USA	30.09	10K	30:09	MI	AZ	RUNNER'S DEN/KOA 10K	0	936
	BILL RODGERS	USA	2:18:17a	MARA	30:11	28	MA	BOSTON	2750	920
5	BOB SCHLAU	USA	2:20:47.7	MARA	30:13	M1	СТ	STAMPORD CLASSIC MARATHON	0	912
5	MIKE HURD	GBR	1:07:02	HMAR	30:14	M1	MA	NEW BEDPORD/BANK OF BOSTON HALF MARATHON		904
-	BILL RODGERS	USA	23.50.5	8KM	30:15	M1	IN	AUL/GOVERNOR'S CUP/ANDERSON	0	784
	RYSZARD MARCZAK	POL	30:18	10K	30.18	21	MA	MDA-BOSTON MILK RUN	500	777
,	BARRY BROWN	USA	46.47	15K	30.21	42	FL	GASPARILLA DISTANCE CLASSIC	250	770
1	KEN PRENCH	CAN	46.49	15K	30.22	MI	OR	CASCADE RUN OFF	1000	763
	WEB LOUDAT	USA	30 22a	10K	30.22a	M1	AZ	POOTHILLS	0	756
1	ALLAN RUSHMER	GBR	30.23	10K	30.23	M1	FL	RED LOBSTER CLASSIC	2000	749
}	MURRAY HUNT	NZL	2 22 02	MARA	30.29	26	CA	LOS ANGELES MARATHON	800	742
	BILL RODGERS	USA	24.03	8KM	30 31	MI	IA	FIFTH SEASON	0	630
1	ALLAN RUSHMER	GBR	24 03	8KM	30.31	14	VA	SHAMROCK 8K	400	630
5	BOB SCHLAU	USA	2.22.25	MARA	30:34	25	TX	HOUSTON TENNECO MARATHON	0	618
5	ALLAN RUSHMER	GBR	30.34	10K	30 34	28	MA	MDA-BOSTON MILK RUN	250	618
3	ALLAN RUSHMER	GBR	30.37a	10K	30:37a		LA	CRESCENT CITY CLASSIC	1000	606
9	BOB SCHLAU	USA	47:15	15K	30 39	M2	OR	CASCADE RUN OFF	500	600
9	ALLAN RUSHMER	GBR	14 382	5KM	30.39	MI	PA	ST PATTY'S	500	600
1	ATHOL BARTON	NZL	2:22:52a	MARA	30:40	M2	MN	TWIN CITIES MARATHON	0	588
2	MIKE HURD	GBR	30 42	10K	30:42	M1	AL	AZALEA TRAIL RUN	1200	582
3	MICK HURD	GBR	30.46	10K	30.46	M2	FL	RED LOBSTER CLASSIC	1000	480
(BARRY BROWN	USA	30:47.1	.10K	30 47.1	MI	NC	OLD RELIABLE RUN	1000	475
5	BILL RODGERS	USA	30.49	10K	. 30.49	MI	NC	CHARLOTTE OBSERVER 10K	2000	465
	LARRY OLSEN	USA	14:43a	5KM	30 49	M2	PA	ST. PATTY'S	250	465
5	FRANK SHORTER	USA	47:30	15K	30.49	52	FL	GASPARILLA DISTANCE CLASSIC	0	465
3	LARRY OLSEN	USA	30 49a	10K	30:49a	M1	GA	PEACHTREE ROAD RACE	1000	455
	BILL RODGERS	USA	35:10	7MI	30:50	8	IA	BIX SEVEN MILER	0	
0	LARRY OLSEN	USA	1:08:24	HMAR	30.51	M2	MA	NEW BEDFORD/BANK OF BOSTON HALF MARATHON	~	450



Bess James (W70), who finished the Los Angeles Marathon in 5:51:07 on March 5. Photo by Barbara Luning

MASTERS MIDWEST TRACK & FIELD CHAMPIONSHIPS

Huntington, West Virginia Saturday July 8 and Sunday July 9, 1989

MEET SITE

Marshall University track-400M tartan surface-42 inch wide lenes with eight(8) lanes. All runways and take-off areas are tartan, except javelin area is grass

Competition is open to all men and women (no qualifying standards) age thirty(30) and over. All competitors must be registered with THE ATHLETICS CONGRESS(TAC) for 1989.

DIVISIONS

UNISIUMS
Individual events (same for man and women): 30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70-74/75-79/80+.
Relays: Men-30-39/40-49/50-59/60+. Women-30-39/40+. Note:
All relay team members must be members of the same club.

All entries must be postmarked by JUNE 10, 1969. There will be no refunds or changing of events after your entry is received. Note: Late entries will be taken until June 17.
1989 at double the regular entry on a space available basis.

ENTRY LIMITATIONS

Athletes must limit events entered to fit time schedule. Events progress will not be held up awaiting athletes.

ENTRY	FEE/T-SHIP	eT.
	The State of	~

irst Event Relay Events

\$5.00 per event \$16.00 per Team

Before Deadline After Entry Deadline \$7.00 \$14.00 \$10.00 per event \$32.00 per Team

PACKET PICK-UP

Radisson Hotel on Friday at 1001 3rd Avenue, Huntington, WV Marshall University track on Saturday morning.

RULES AND STANDARDS

As set forth by TAC Masters

IMPLEMENTS

Will be metric weights.

ATHLETE CHECK-IN

Running event athletes must check in one event prior to their own event. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head sudge of that event at the event site.

Will be run in age groups in the dashs and 110M hurdles that have more than eight (8) entries. Ages groups having less than eight (8) entries reporting will be run as scheduled final.

candy, calces, santis Will be run in sections against time. Note: Rge groups may be combined into one race.

Plaques Vill be given to top three (3) in each division in each event including all relay team members.

after six weeks 1-had droppointr

weight from 142 poundser 13929 de

FURTHER INFORMATION WOS EDELLE

Contact Donald McWhorter (614)867 3337 or write Rt. 3 Box 180, Chesapeake, OH 45619 - Send Self-Addressed Stamped Envelope

TRANSPORTATION Piedmont Airlines official carrier 5% off regular fare 8 35% off full coach fare. Ph. 1-800-334-8644 REFER TO GOLD FILE NO. 643002.

Rivis Car Renter - \$16 per day Ph. (304) 529-4061





Come early for a 3 hr. trip Friday Prime Rib Dinner and Live Rusic and Dancing - 327.50 per person.

SATURDAY FIELD EVENTS (All field events will have Six (6) triels except high Jump and pole vault

Time	High Jump	Discus	Shot-Put	Pole Vault
9:00am	30-34 M 30-49 W	35-39 M 60-80 W	50-69 H 50-80 W	45-49 H 60-80 H
10:00am		50-59 W	35-39 M 30-49 W	
11:00am	35-39 H 50-80 W	45-49 M 40-49 W	30-34 H	40-44 H 50-59 H
12:00pm		30-39 W	40-44 M	
1:00pm	40-44 H	30-34 H		35-39h
1.30pm		55-59 M		
3.00pm	45-49 H	40-44 H - 60-80+ H		30-34 H
4:30pm	50-54 H			
5.00pm	45-80+ W		45-49 M 60-80+ I	Town Town

Note: This meet is not the official TAC Midwest Masters Sectional (Regional) Championships. The Midwest Sectionals will be held on July 15-16 at York High in Elmhurst, Ill.



For Reservations & Info., Call: In WV Outside WV Charleston Area 800-543-0227 800-327-1381 744-1008

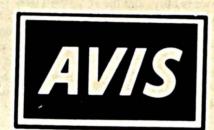
SATURDAY TRACK EVENTS

SUNDAY FIELD EVENTS

Time	Event	Division	Round
12:00pm	100M	30-60+	Semi-finel
1:00pm	1500H	30-80+	Finel
2:00pm	SOOOM Welk	30-80•	Finel
3:00pm	100H	30-80	Finel
4:00pm	1500M Relay	30-80	Final
5:00pm	3000M Steeple	chase 30-80(H)	Finel

(All field events will have Six (6) trials except high jump and pole ve

Radisson Hotel Huntington 1001 Third Avenue - Downtown Huntington, West Virginia 25701 (304) 525-1001



Long Jump Triple Jum Javelin 30-39 H 50-59 M 11:00am 50-80-W 50-59 M 12:00pm 50-59 W Hammer 35 lb: 30-59 25 lb: 60+ 1:00pm 30-34 H 40-49 M 1 : 30pm 55-59 M 2: U0pm

50-59 M 2:30pm

	3:00pm	40-44 M 60-80+M	no mis version	THE CONTRACT OF	
Lin	SUNDAY_TE	ACK EVENTS		Store IST CAMP	S. Marketine
1	Time	Event	Division	Extended The	Round
1	9:30am	10,000M	30-A0-		Final
	Time	Event	or i the second	Division	Round
1784	11:00am	200M	All S	30-80+	Semi-Fine
IN	12:00pm			30-80+	Final
-	1:00pm		TA SE SESSION ME	30-80*	Finel
176	2:00pm	110H High H	The second second second	30-804	Semi-Fina
114	3 00pm	5000H	THE PERSON	30-80+	Finni
100	4:00pm2	110M High H		MITODONA	Final
_ (34	5 00pm	3700 ke y		30-HU	Final

PIEDMOM AIRLINES Official carrier will offer

53 discount regular fare, providing all rules and restrictions are net. Offer 353 discount standard round trip day cooch fare. 30% discount traveling from All acoust

ENTRY FORM

NAME	BIRTHDATE	AGE ON 7/9/89 M F
ADDRESS	CITY	STATE ZIP
PHONE	1989 TAC*	YOUR CLUB
EVENTS ENTERED	Value of the	EUROPE TRANSPORT
BEST MARK 87-89		the state of the s
OTHER RELAY TEAM MEMBE	RS	
INDIVIDUAL FEES	RELAY FEESS	Sub Total
T-SHIRT Size Extre	T-Shirts(7.00ea)	TOTAL AMOUNT
MAKE CHECKS PAYABLE TO	: WEST VIRGINIA TAC	MASTERS
MAIL TO: WEST VIRGINIA	TAC MASTERS, RT 3 BO	X 180 CHESAPEAKE, OH 45619

ATHLETE'S RELEASE; In consideration for your acceptance of my entry, 1 de hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The WV TAC Officials Association, all other meet sponsors and sports facilities their officers or agents, for any damages which may be suffered by me I certify that my level of training is such that I am prepared to com recognize the right of any duly authorized member of the medical staf to require my withdrawl form competition, and will do so if directed. ATHLETE'S SIGNATURE LODGING: Marshall University dorm room - must call in reservations by June 16, 1989. Phone (304) 696-3125 Ms Linds Bowen. Radisson Hotel

Phone (304) 525 1001 1001 3rd Avenue, Huntington, West Virginia 25701

Ma



MASTERS TRACK & FIELD REPORT

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

A Cordial Weekend

eturning home from the weekend in Columbus, Ohio, my wife and I commented that it really had been a great time.

We enjoyed Columbus. It is a very busy town, as anyone crossing from the Holiday Inn On The Lane to the track will attest. The downtown is busy, and the cultural event "Son of Heaven" art exhibit was extraordinary.

The fellowship of competitors, officials, families, and friends seemed unusually cordial. The Saturday evening meeting had strong attendance, a good representation of masters athletes and a broad range of subjects was discussed. Not surprisingly, those present were not always in agreement on issues which were raised, which included site selection, relays, relay selection and drugs.

Drug testing is a matter that is of concern to the masters program - how to prevent drug usage to prevent unfair advantages, how to safeguard competitors' health both from improper and required use of banned substances. Not easily resolved.

One unanimous viewpoint was how foolish it is for a masters competitor to use banned substances in hopes of enhancing performances, at the risk of health problems. Certainly that sort of use is totally contrary to the goals of masters athletes

Scott Thornsley and Sandy Pashkin

SCHEDULE OF EVENTS

SATURDAY, JUNE 24, 1989

SUNDAY, JUNE 25, 1989

FIELD

Long Jump — W Shot Put — M Discus — W

ong Jump — M Shot Put — W

TRACK
Steeplechase — M
10,000 Meters — M & W
High Hurdles — M & W
100 Meters — M & W
Mile — M & W

400 Meters — M & W 3.000 Meter Race Walk — M & W

INE 25, 1989

termediate Hurdles - M & W

5000 Meters — M & W

3000 Meters — W

200 Meters — W

200 Meters — W

800 Meters — W

800 Meters — M

will be publishing guidelines for relay participants selection shortly that, hopefully, will allow less stress in the selection process.

The meet was totally successful. In spite of the waves in the lanes on the back stretch, the runners did well. The meet was well-organized. The women hurdlers were quite pleased to find the hurdles at the correct height and properly spaced. The facilities were quite adequate and provided some extra warm up space that was needed and welcome. All of us would have appreciated more newspaper interest and coverage, but that seems to be par for the course.

Though a number of competitors took time to visit with me, I wish I could have visited with everyone. More specifically, I wish I had total recall of every person's face and name with whom I've visited. I don't, but all of you who did talk to me are very important to me because you are concerned about the program and want to see it better. Your voice and your participation is critical to the ongoing program. It starts at the club level, builds in the association, grows at our national meets, and is crystalized in the rules and policies adopted at the National Convention. Be interested, get in-

Sanction Notice

Alvin Chriss, Special Assistant to the Executive Director of TAC, has notified NMN that the correct notice to be included on the entry form of any TAC/USA-sanctioned competition is as follows:

'Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC Rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393." [

volved, and participate, and the masters program will stay healthy and not be sidetracked.

8th Annual **Hayward Masters Classic** Track & Field Championships

Hosted by OREGON TRACK CLUB MASTERS

June 24 & 25, 1989

Field events begin at 10:00 a.m. and track events at noon each day.

Hayward Field **University of Oregon** Eugene, Oregon

Host to 3 Olympic Trials and the 1984, 1987 U.S. National Masters Track & Field Championships

Weyerhacuser Paper Company Containerhand Manufacturing Springfield, Overon

DREGON MASTERS

Host to the 1989 World Masters Track & Field Championships

FACILITIES: All-weather track & runways (maximum 1/4" spikes allowed).

DIVISIONS: 5-year age divisions for men and women age 30 and over.

ENTRY FEES: \$10 for 1st event (includes T-shirt); additional \$6 for 2nd event; additional \$3 each 3rd, 4th and 5th event ENTRY DEADLINE: All entries must be postmarked by Saturday, June 17, 1989.

LATE ENTRIES WILL NOT BE ACCEPTED + NO REFUNDS FOR DEFAULT +

MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.

	••••••	DEINCH AND ADUL	
		* Please Print *	
Name			Birthdate:/ /
Address		The state of the s	Age (as of 6/24/89)
	a the state of the	Market Comments	Male Female
Phone ()	Club Affiliati	on	TAC *
EVENTS 12	Dec H or 19 and	T-Shirt size (check one) small med large x-large	Entry fee
3 4 5	==	NOTE: LATE ENTRIES WILL NOT	TOTAL
(limit) Event changes will not be parallel	ed after registration.	BE ACCEPTED.	Make checks payable to: OREGON TRACK CLUB MASTER

with check to: Orogon Track Club Masters, c/o Jerry Jackson, 933 Northridge Ava., Sprin

Philadelphia Masters Indoor Meet

by JERRY WOJCIK

Easterners bound for the Sectionals in Providence or the Nationals in Columbus later in the month, had a chance to hone their skills in the Philadelphia Masters Indoor Invitational at Haverford College on March

In the 55mH, Larry Pratt posted a fast 8.8 to win the M55 race. William Overby, M40, beat large, tough fields in the 55m (6.8) and 300 (38.4). Ed Small won the M50 500 with a masters best of 1:13.5.

Jim Shank, M40, was a double win-

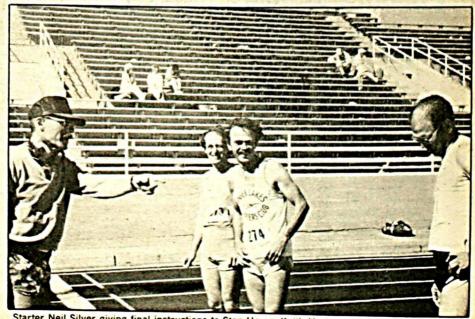
ner in the 800 (2:08.4) and mile (4:39.8).

Ray Funkhouser, M35, led the milewalk finishers with 6:37.0. Marie Henry, W65, strode to a 10:53.7.

Ed Lukens, M65, triple jumped 32-1014, the best mark among the M55-and-over leapers.

Skipper Clark, W40, took the high jump at 4-3, and Joan Dash, W55, outthrew all of the women shot putters with a 28-21/2.

The meet was directed by Pete Taylor.



Starter Neil Silver giving final instructions to Stan Hayes, Keith Hartman, and LeRoy Cope for the start of the M45 200m race at last year's Runners' Pentathlon in Albuqueque. This year's meet will

1989 WESTERN REGIONAL AND MASTER'S INVITATIONAL MILE

Featuring track's greatest legend:

JIM RYUN!

This meet benefits the Kenny King Youth Fitness Program

When: Saturday, July 8, 1989

Where: American River College, Sacramento, Ca.

What: TAC sanctioned track and field championships for athletes 30 and over. Events are accutrack timed.

Entry fees: The cost is \$20 (unlimited events) for entries received by June 1, 1989. Entries received by July 1, 1989 are \$30. Relays are included. NO RACE DAY ENTRIES!

T-shirts: All entrants will receive a special t-shirt commemorating the Western Regional and the Masters Invitational Mile featuring Jim Ryun. Athletes can pre-order additional shirts for \$7.00. Shirts will be on sale at the meet for \$10.00.

Tickets: Spectator tickets are priced at \$6.00 for adults, \$3.00 for students, with children 12 years old and under free. Tickets can be ordered with your entry form and is encouraged as seating is limited.

MEET SCHEDULE

TRACK EVENTS

8:00 a.m.	5000m walk (bare legs)
	3000m steeplechase
11:00	100m trials (if needed)
12:15 p.m.	200m trials (if needed)
1:15	80-110m hurdle trials
a de la companya de l	(if needed)
3:00	4 x 100 relays
3:15	800m women
3:25	800m men
3:55	400m
4:35	100m finals
5:35	100m youth invitational
5:45	3000m women
6:05	80-110m hurdles final
6:25	3000m men
6:45	800m youth invitational
6:55	300/400 hurdles final
7:30	mile run women
7:50	mile run men
8:20	200m finals
9:00	4 x 800 relay
9:20	INVITATIONAL MASTERS
and the same of th	MILE
9:45	4 x 400 relay
	ATT ANNUAL PER CHART

STREET EVENTS

and the state of the state of	AND THE REPORT OF THE PARTY OF					
10:00 a.m.	hammer (to be held at					
NAME OF THE PERSON NAME OF THE PARTY NAME OF THE	Cal. St. Sacramento)					
11:00 discus (to be held at Cal						
	St. Sacramento)					
2:00 p.m.	javelin					
4:00	pole vault					
10 100 100 100	long jump					
6:00	high jump women					
6:30	shot put					
7:00	triple jump					
7:30	high jump men					

ADDRESS	RELAYS, TEAM NAME & MEMBERS
PHONE #BIRTHDATE	
T-SHIRTS, # OFSML TICKETS, # OF\$6\$3KIDS	Mail entries to the RIVER CITY T.C. P.O. BOX 255131, SACRAMENTO,
EVENTS (include best mark of 89)	CA., 95865. Make checks payable to the Western Regional Meet. For info
	phone Mike Holzgang 916-482-7881.

This meet is promoted by F.A.S.T. FOR PERFORMANCE Randell Sturgeon General Manager 916-481-8419

OFFI

Wilson Waigwa: Thinking Sub-4 Mile

dd the name Wilson Waigwa to the short list of runners looking to become the first person 40-or-over to run a mile under 4 minutes. In fact, off his 3:50.42 for 1,500 meters at the San Diego Invitational Track & Field Meet on March 4, Waigwa might have replaced fellow Kenyan Mike Boit as the favorite to accomplish the feat. A second second second

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1989

That 1,500 effort broke the over-40 record of 3:52.7 set by Frenchman Michel Bernard way back in 1972. It converts to a 4:08.85 mile. Factor in that Waigwa did it on training aimed at road races from 10K to the halfmarathon and a sub-4 mile looks very much a possibility.

"I haven't started doing speed work yet," says Waigwa, from the Mission Viejo, Calif., home of Gordon Cooper, his mentor and long-time friend. "Once I get the speed work, I think I can run under four minutes. The problem will be finding a meet with the right competition."

ATHLETE (RESIDENCE)

PENNY TAYLOR (US)

NGAIRE DRAKE (NZ)

IMKE PARLEVLIET (HOL)

GILLIAN PLATER (GB)

HEIDI PRATSCH (WG)

MARY THOMAS (AUS)

DOROTHY ANDERSON (EUGENE, OR)

SANDRA FOLZER (WYNCOTE, PA) RUBYE FOWLER (COOKEVILLE, TN) KATIE JOCOY (DEL MAR, CA)

PATRICIA MCGRATH (WESTCHESTER, PA) FELICITAS SALAZAR (SAN DIEGO, CA) MARY STOREY (RIVERSIDE, CA)

Question of Age

Just in case there's any question about Waigwa's age, as there has been with some African runners, Cooper has a birth certificate from the Republic of Kenya, No. 219419, which show that Waigwa was born on February 15, 1949, at Nyeri General Hospital in the Nyeri District. Apparently necessitated by a scholarship to the University of Texas at El Paso, the document is dated June 15, 1973.

"I met Wilson in his early days at UTEP," says Cooper, who has also tutored the likes of Edwin Moses and Henry Rono. "We became very good

BIRTHDATE AGE GROUP

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5-10-39

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5-18-44

5- 4-24

5-11-49

5-22-34

5-26-39

5-30-44

5-27-49

5- 0-94

5-28-34

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5-20-44

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80-84

80-84

60-64

70-74

80-84

50-54

60-64

65-69

85-89

friends over the years. He would visit my home during Christmas holidays and during the summers in which he was not in Europe for the track season, which were not many. After college, he ran each season but had many seasons disrupted by injury. I would tell him areas in which he should not tread, such as running on pavement during training, too many track intervals, too many races, that sort of thing. But I didn't coach him really at anytime until this year."

Waigwa became a competitive runner while working as a guard for the Kenya Prison Service in 1971. He placed fifth in the 1500 at the 1972 Kenyan Olympic trials and the following year accepted a scholarship at UTEP. During his four years of college, Waigwa garnered numerous championships. In 1977, he recorded his best indoor mile of 3:55.7, but his best outdoor effort, 3:50.73, did not take place until 1983. He has been a member of three Kenyan Olympic teams, finishing 10th in the 5000 final at the Los Angeles Olym-

No Time Off From Running

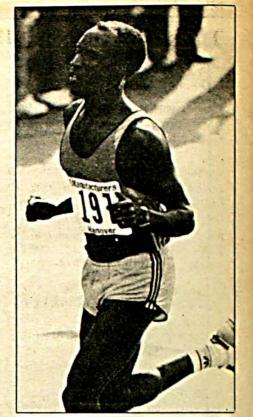
"I have never taken any time off from running, except for a short time in 1979," Waigwa responds when asked about his track performances since 1984. "But I haven't run a mile since 1984. I was trying to train for the marathon, but it was too hard. It never appealed to me, any way. It was too hard on my legs. Maybe I wasn't doing the right training, I don't know. Right now, I'm not thinking about the marathon.'

Waigwa's best marathon effort was a 2:18 in 1987, but he has been concentrating on the shorter road races this year. On March 18, Waigwa finished fourth overall in the Nissan Shamrock 8K in Virginia Beach with an outstanding 23:52, handing Bill Rodgers (24:14) one of his rare defeats as a masters runner. At the time of the interview, Waigwa was looking forward to the Carlsbad 5K a week away. (Editor's note: Waigwa set a new U.S. masters record of 14:22.4 in the Carlsbad 5K.)

80 Miles a Week

Married to an American citizen, Waigwa has settled down in Mission Viejo, just south of Los Angeles, to live, work, and train. He is employed by a wood flooring contractor, but says that his job does not significantly conflict with his training and racing. "I usually train just once a day, so it is no big problem," he explains. "I don't count miles. I run one to one-and-ahalf hours a day. I'd say about 80 miles a week."

he was really coming into great shape. His runs of eight to 18 miles are done in the hills of Casper County Park in south Orange County, at a one-mile square park in Fountain Valley, or on the horse trails in the area. About the only other running area we utilize is the



Wilson Waigwa

Photo by Sailer, Ltd.

track. We do about two hard training sessions at the UCI area a month. Nothing faster than 65-second pace and no interval less than one-half mile at this time of the year. Twice a week, Wilson trains on the weight equipment at the local Holiday Health Spa. Proper nutrition is very important. Wilson will not take vitamins, so fresh foods are even more important. About the only vice he had was drinking about six cans of Coca-Cola daily. He now has about one can per week. Wilson does not drink alcohol. He does take proper rest now between difficult running sessions. As all champions, he loves to train very hard at times."

half-mile grass area near the UC Irvine

Waigwa frequently trains with countryman Julius Kariuki, the 1988 Olympic steeplechase gold medalist, also a resident of Mission Viejo and coached by Cooper.

Carrying 147 pounds on a 5-8 frame, Waigwa is just two or three pounds over his racing weight of 10-15 years ago. "But it is much hard to keep the weight down there as you get older," he says, laughing.

"You have to train much harder, too," he adds, pointing out that he never ran much more than around 50 miles a week in his younger years.

Four Minutes Possible

"I am sure I have lost some speed," he continues, "but I think four minutes is possible with the right training."

Cooper expects Waigwa to break a number of over-40 records before the end of the year. "For the rest of 1989, Wilson will run on the track and on the roads - 1500 to 5000 meters on the track and 5K to the half-marathon on the road," he remarks. "Probably, the progression of races will be from 1500 to 10K races for the months through Continued on page 17

Cooper comments: "In December,

CHRISTA VAHLENSIECK (WG) MARY WAHREN (AUS) CHARLES BACKUS (US) WILLIAM BAILLIE (NZ) VIKTOR BOLSHOV (URS) FRITZ BOSCHEN (WG) FRANK BOZANICH (VISTA, CA) AVERY BRYANT (PALOS VERDES, CALIF) WILBUR BUCHANAN (PACOIMA, CA) LEO CLOUTIER (BRUNSWICK, ME) DON FINLAY(GB)
DAVID FRAITAG(SAN DIEGO, CALIF) JOHN GILMOUR (AUS) ALEXANDER GREEN (FORT LAUDERDALE, FLA) LEON HACKER (S. AFR) AGNAR HATTELAND (NOR) STANLEY HERRMANN (SANTA BARBARA, CAL)

EDWARD STABLER (SYRACUSE, NY)

TOM WALNUT (DEWITT, NY)

RONALD WHITE (GB)

KARL WILLMS (WG)

70-74 85-89 5-11- 4 ENAR HJORTLING (SWE) 85-89 JAMES KING (CA) 40-44 55-59 5- 9-49 HARRY LINDELL(SWE) HAVARD LUND(NORWAY) 5- 8-34 65-69 JANIS LUSIS (URS) 5-19-39 50-54 EDWARD MCCOMAS (BALTIMORE, MD) 5-25-34 55-59 REG MCCRAE (AUSTRALIA) 65-69 DAVE MCKENZIE (CA) 5-10-49 40-44 GEORGE MURRAY (HONOLULU) 5- 1-24 65-69 FIDELIS NDYABAGYE (UGA) 5-10-49 40-44 KARE OKSAVIK (NOR) 5-14-29 60-64 STEVEN PECK (DANVILLE, CA) 5-30-24 65-69 RAMM (WG) 5-27-14 75-79 GENE ROCHAMBEAU (SAN DIEGO, CALIF) VINCENT SCHIAVI (WILMINGTON, DE) 70-74 5-29-94 94-99 FRED SCHLADEN (WG) 5-24-39 50-54

May, 1989

T & F Rankings for 1988 to be Published

by JERRY WOJCIK, Outdoor Rankings Co-ordinator

This issue contains the last 1988 rankings to be published in the NMN. More complete rankings, deeper in most events (100 in the sprints), will be compiled in a single publication available around the end of May. In addition to more extensive rankings, the book will contain events that have not appeared in the NMN, such as the 3000, 10,000, men's pentathlon, weights, and 4x100 and 4x400 relays.

Rankings corrections published a month or two after the incorrect information has appeared lose their relevance; therefore, all corrections, including those already made, will be published in the rankings book.

To help reduce errors in the 1989 rankings, here are a few suggestions: a) Use the same first name throughout the season. An athlete who appears variously as "Richard," "Dickie," "Rick," or "Tubby" Smith in the same age group worries compilers; b) If your best marks are made in a tenyear age-group meet or a meet that is not reported to the NMN, send them with your exact age to the event com-

pilers concerned. The compilers' addresses will be listed in a later issue; c) Send corrections of errors, discrepancies, omissions, etc. in NMN results to the compilers.

Except for the Nationals in San Diego and the World Games in Eugene, I doubt whether results of meets which entertain foreign athletes this year will indicate their nationalities, so they may appear, unfortunately, in the final compilations.

The 1988 rankings included most of the individual events in the pentathlon, heptathlon, and decathlon. This year it is hoped to include all of them.

Some athletes have asked why the rankings do not include top open athletes between the ages of 30 and 39. Those athletes are ranked by *Track and Field News*. However, open athletes between the ages of 30 and 39 who compete in a masters meet that has submasters divisions will be ranked, as they have been in the past.



Profile

Continued from page 16

August, and 10K to half-marathons during the fall.

"Wilson knows that a sub-four minute mile can be run by him this year. He hopes there are others who can also go for it in the masters division. Remember, this is March, and he has three more months before we really get into much deficit training. We want to see 10K runs in the high 28-minute

range. That would indicate the type of endurance required for this season to be very successful. Barry Brown's 1:06:25 for the half-marathon is the toughest record out there now for this season. I don't think that the Foster 2:11 for the marathon will be touched this year. That is tougher than the other races. It probably is equal to a 3:56 mile for a 40-year-old runner."—

Mike Tymn

Age-Graded 100-meter Dash Will Highlight North Carolina Championships

The "Fastest Master 100-meter Challenge" will highlight the North Carolina TAC Masters Track and Field Championships in Thomasville, N.C. on May 27-28.

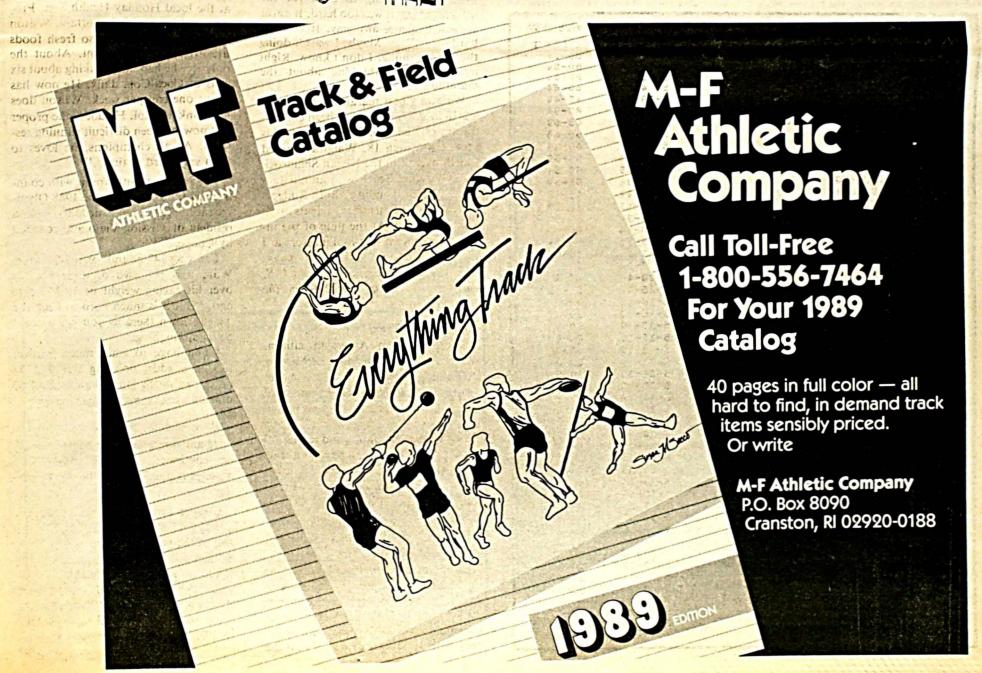
The top six age-graded 100-meter performances during the meet will qualify for the finals. "If current form holds, the final six will be men 32, 41, 46, 58 and 63, and a woman 41," said Jim Saxon, meet director. "The six will get varying distance handicaps from the WAVA age-graded tables. This kind of event has only been done a handful of times and I think it will be every bit as

exciting as last year's world record masters mile in Orlando."

To enter, fill out the entry form (April, NMN) or contact Saxon at 704/536-6266.

Quote of the Month:

"I have never run over 30 miles a week in my life, and yet I have run on a par with people doing twice or three times that distance." — Dr. George Sheehan



Dennis Has Top Age-Graded Mark

Kuehne Sets Two Records In Sportarcade-

by JERRY WOJCIK

page 18

Magdalena Kuehne took advantage of an early-season meet to break U.S. W55-59 records in the long and triple



Long-time masters warrior Hal Wallace, M60, lets loose the javelin (37.67), Sportarcade VI, Los Angeles, March 11. Photo by Jerry Wojcik

jumps in the Sportarcade VI Meet at California State University-Northridge in Los Angeles on March 11. Kuehne upped Shirley Kinsey's long jump record of 12-0 by six inches and her own 26-1½ mark in the triple jump to 26-3½.

In addition, athletes broke 42 meet records and established 49 new ones.



Marvin Thompson, Director of Sportarcade VI, Los Angeles, March 11, still manages a smile at day's end. Photo by Jerry Wojcik

The best age-graded mark of the meet was recorded by Ken Dennis, whose 11.35 in the M50 100 equated to a performance level of 96.6%.

The meet, directed by Marvin Thompson, included two rare events for an outdoor meet, the 60m dash and the 60mH (39"). Dennis registered the best time of the day (6.98) in the dash. Roosevelt Wells, M30, did the hurdles in 8.92.



John Damski, M70, American record-holder in the jumps, Sportarcade VI, Los Angeles, March 11. Photo by Jerry Wojčík

Carter, Harte Star in Palm Springs

by JERRY WOJCIK

Oregonian Ross Carter broke the U.S. M75-79 discus record with a 122-11 (37.46) throw in the Palm Springs Senior Olympics in Palm Springs, Calif., on March 5. The former record of 118-0 was set in 1982 by the late Red Doms.

The top age-graded mark of the day was turned in by Gene Harte, with a 60.43 in the M60 400. When divided into the M60 standard of 55.81, Harte's performance level was a 92.4%. Other good efforts were turned in by Rich Herzer (M65 100, 13.30, 90.7%) and Nick Newton (M55 200, 25.78, 90.2%).

The meet, like all Senior Olympics, was limited to athletes age-55-and-over. The turnout was large, with flights in some of the sprints. Top placers qualify for the National Senior Olympics in St. Louis, June 19-24.

Ben Green was chairman of the event, which included other Senior Olympic sports and was sponsored primarily by the City of Palm Springs.



3rd Annual Tennessee Masters Track and Field Championships

All events will be held on the World Class Tom Black Track with timing by ACCU-TRAK
The track has been resurfaced and the infield redone since last year.

The track has been resu	irraced and the inti	eld redone since last year.
FRIDAY, JUNE 16,	1989 All a marats	v in the state of
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mit 3 minutes	6:15 p.m.	Once Mile 6
Still and The Control of	6:30 p.m.	Triple Jump
5 7 1 7 2	7:00 p.m.	3000M 24
	7:30 p.m.	3000M 24
SATURDAY, JUNE	17, 1988	
Event No.	Time'	Running Events
6	7:30 a.m.	Open 5,000M Run ^e
7	8:30 a.m.	110M Hurdles
8	9:20 a.m.	1500M Run
9	10:10 a.m.	400M Hurdles
10	11:20 a.m.	200M Dash
11	12:30 p.m.	3000M Racewalk
12	1:30 p.m.	55M Dash
13	2:30 p.m.	400M Run
14	3:20 p.m.	100M Dash
15	4:10 p.m.	800M Run
16	5:00 p.m.	3000M Steeple Chase
Event No.	Time'	Field Events
17	8:15 a.m.	Hammer
18	8:30 a.m.	High Jump
19	9:00 a.m.	Long Jump
20	9:00 a.m.	Shot Put
21	10:00 a.m.	Javelin
22	11:00 a.m.	Pole Vaults
23	11:00 a.m.	Discus
24	12:30 p.m.	35 lb wt (men, 25 lb) (women and 50+ men)
25	2:00 p.m.	56 lb wt
		O harman land at The Helider land Weddie

Official Meet Headquarters and Hospitality Suite are located at The Holiday Inn World's Fair, 525 Henley Street, Knoxville, TN 37902 (615-522-2800); Flat rate of \$49/Night; use code "TMT" when making reservations. Please reserve no later than May 16th to insure availability.

Oak Ridge Track Club and Knoxville Track Club, 132 Newport Drive, Oak Ridge, TN 37830. Meet Director - Dean Waters (615-483-7743).

Pennsylvania Meet Draws 97

by SCOTT THORNSLEY IS THE TENT

Only 97 athletes, including 29 pentathletes, showed up for this year's Pennsylvania Masters Meet, renamed the Pennsylvania Sure Pull Invitational to acknowledge the meet's new sponsor, Chuck Miller, on behalf of the United States Trailer Hitch Company.

The low turnout was due to the Eastern Sectionals, held the day before in Providence, R.I., which drew some

50 competitors away from this Central Pennsylvania meet which was run on a 200m Chemtuff surface at Dickinson College in Carlisle, March 14.

Rudolf Nilsen lowered Henry Zachman's world M75 indoor 800 record of 3:20 to 3:11.6. Vivian Nelson established a new W75 record of 13.0 in the 60m dash.

Meet sponsor Miller lowered the world M50 60m hurdle record from 9.6 to 9.1 in the concurrent pentathlon. □

NUMBER OF	COME	ETITO	RS IN	THE	PENTA	THLON	AT W	ORLD	VETER	LANS C	HAMPI	ONSH	IPS
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1981	F	4	8	7	3	1	1	1	1	200			026
CHRISTCHURCH	M	中華	35	28	23	9	12	8	8	3			126
1983	F	8	9	11	10	5	2	2		FFI			047
PUERTO RICO	M	La terre	35	40	33	27	25	14	17	5	3		199
1985	F	7	11	8	7	5	3				Na.		041
ROME	М	100	29	36	35	19	18	4	6	7	11	13	155
1987	F	5	13	9	8	2	2	1	1	142.00		13.5	041
MELBOURNE	M		37	26	37	20	19	18	14	8	7		183

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The International Scene

by ALASTAIR LYNN, WAVA Secretary

Eugene Agenda

(The following are extracts from a recent circular from the Secretary to the WAVA Council.)

edal standards will be on the agenda when the WAVA Council meets in Eugene on July 25. Tom Jordan and Barbara Kousky, the organizers of the World Veterans Championships, have asked us to take another look at this whole question.

In the National Masters News, Bob Fine, WAVA's Vice-President (T&F) has invited revisions to the published standards, where applicable, and presumably he will have suggested changes (and rationale for them)

available for the meeting. Any changes will be published before the Championships commerce.

World Championships Organization

I have been in frequent contact with Tom and Barbara and all arrangements are going well.

Nominations

At the last Council meeting in Eugene in April 1988, the Council nominated five people to serve as WAVA Officers for the 1989-1991 term. I have also received four nominations to date from affiliates. The current nominees are: President: Cesare Beccalli (Council), Owen Flaherty (Great Britain); Executive Vice-President: Bob Fine (Council); Vice-President, Track & Field: Jorge Alzamora (Chile), Bill Taylor (Great Britain); Vice-President, Long Distance: Clem Green (Council), Jacques Serruys (Belgium); Secretary: Alastair Lynn (Council); Treasurer: Al Sheahen (Council). Nominations close on May 4.

(Note: Peg Smith, the current Executive Vice-President, told the Council she will resign from that position at the end of her current term, 1987-1989).

Dr. Joan Stratton of the U.S. has been invited to speak to the Council in Eugene regarding drugs and possible future drug testing.

1991 WAVA Veterans Championships

Turku, Finland, is clearly enthusiastic about presenting a bid in Eugene to host the 1991 event. Athens, Greece, has also expressed interest and is expected to present a formal bid.

1993 WAVA Veterans Championships

Japan has expressed an interest in hosting the 1993 World Veterans Championships. I will place on the agenda in Eugene an item requesting bids for four years ahead at future (1991 onwards) General Assembly

Roberts Sets World M55 800 Record

Australia's Tom Roberts turned 55 in February and wasted no time in setting a world M55 record for 800 meters with an amazing 2:06.52 in the Victorian Masters Track and Field Championships on March 18-19.

The old mark was 2:06.6, set by New Zealand's Derek Turnbull in 1982.

Roberts also won the M55 400

(60.06) and 1500 (4:26.0).

As the current holder of M50 world records for 800 (2:00.70), 1500 (4:05.2) and mile (4:30.0), Roberts established himself as the morning-line favorite to win the M55 800 and 1500 at the World Veterans Championships in Eugene in

Japan Invites Foreign Masters

The Japan Masters T&F Athletic Union has extended an invitation to masters athletes throughout the world to attend its 10th annual meet in Wakayama, October 14-16. Past meets have drawn over 1000 participants. This year, promoters hope to increase that number to 1500 and attract 300 athletes from abroad to give the meet

an international flavor.

Competition will be held in five-year age groups from M30 through M85 and W25 through W75.

For registration and travel information, contact Tokyo Travel, 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Tele: 0734-25-3211; FAX: 0734-24-1638. □

meetings. We tried this twice (1983 in Puerto Rico and 1985 in Rome), and it was not successful. However, there is a good argument in favor of this procedure, and we should discuss it.

IAAF

The IAAF Veterans Committee will not hold its 1989 meeting in Eugene, as previously scheduled. It has been postponed to later this year in Barcelona, Spain. Hans Skaset, Chairman, will be in Eugene for several days. John Holt, IAAF General Secretary, hopes to pay a short visit. It's disappointing that the IAAF Veterans Committee will miss this outstanding opportunity to experience the tremendous atmosphere of the major event in the Veterans world.

WAVA Handbook

All material was sent to the IAAF on February 5. The IAAF agreed to print the book for WAVA. Due to staff changes at the IAAF, there has been some delay, but Bridget Cushen is working closely with them, and copies should be available shortly.

Two veterans groups in India are each asking for WAVA membership. The WAVA Constitution allows only one member in each nation. At present, the India Veterans Athletic Federation (IVAF), led by P.L. Sharma, is the official WAVA member in India. The challenging group is the All India Veterans Athletic Association (AIVAA), led by Gokal Chand and Milkha Singh. In accordance with WAVA By-law 1.4, all Indian entries must be approved by the IVAF as the WAVA affiliate. I have emphasized to the IVAF our hope that no Indian veteran will be excluded from competing in Eugene. Both groups are expected to present their cases for membership in Eugene.

(Owen Flaherty's articles on the WAVA Constitution will resume in a future issue.—Ed.)



Brian Emmerson (M40, 30:52), at the British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles



Australia

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Contact President

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Make Plans for Tours

f you're coming to Eugene-Springfield to compete in the VIII World Veterans' Championships this summer, you've sent in your competition entry by now, and it's time to begin making plans to see and experience the rich and diverse region of Western Oregon. The WVC Organizing Committee has put together eight exciting tours for competitors and their families to enjoy during their time at the Championships.

> dreds of sea lions gather in one of the largest caverns in the world. In addition, brunch will be served at the famous old Heceta Head Lighthouse (complete with ghost!), just south of the impressive, violent Devil's Churn lookout, all on the way to the town of Newport, where attractions such as The Undersea Gardens, the Wax Works, and Ripley's Believe It Or Not! are offered, along with quaint shops and boutiques.

> features exotic animals roaming free and coming right up to your bus.

Lions, tigers, ostriches, elephants, and many other creatures find Wildlife Safari an isolated, safe haven where they can interact naturally. In addition, the Safari Village offers such attractions as a petting zoo and elephant rides, and will be the site of a gourmet buffet lunch as well.

Cascade Mountains and Sisters

This tour will cross the majestic Cascade Range and feature stops at the impressive lava flows from ancient volcanos of the area, all on the way to the Old West town of Sisters and its popular and unique shops, restaurants, and galleries. Sisters is also the home of the largest llama breeding ranch in the world.

Entry Deadline May 1

The entry deadline for the World Veterans Championships is May 1. See entry form in April NMN, or call 503-687-1989.

Crater Lake

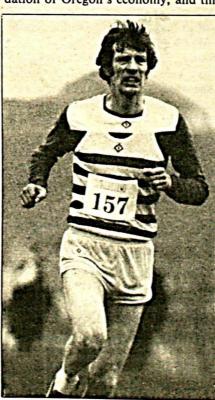
The deepest lake in the United States, Crater Lake lies in a caldera formed by the eruption of Mt. Mazama some 6600 years ago and is a spectacular stopping point on the West Coast. After an outdoor lunch at the Rim Village, this tour will take a drive around the rim of the lake and then hike down to its edge. A two-hour boat cruise led by a U.S. Park Ranger will also highlight this excursion.

Historic Brownsville

This pioneer town north of Eugene captures the essence of early Oregon life with its replicas of a general store, barbershop, bank, and milliner's shop. The tour will also include a stop at an elegantly restored 100-year-old mansion. Bring your cowboy hat!

Weyerhaeuser Sawmill

The timber industry has been a foundation of Oregon's economy, and this



Andy Holden, M40, first overall (30:24), British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12.

Photo by John Burles

tour will feature a look at a huge sawmill run by timber giant Weyerhaeuser Company, Premier Sponsor of the World Veterans' Championships. Giant computer-guided flying saws cut harvested trees, and every possible scrap of the tree is used. Don't miss it!

Oregon Wine Country

Hinman Vineyards lies in the heart of the tranquil Willamette Valley and is one of the finest wineries in the state. This tour will take you through serene back road country to the vineyard, where you can then sample some wonderful wines while learning more about the science and the art of winemaking. In addition, this tour includes a country lunch with live bluegrass music.

An order form for these tours is available by writing: WVCOC, Box 10825, Eugene, OR 97440.

> - Dave K. Doerksen, World Veterans Championships' Committee Staff

Weyerhauser Gives \$40,000

Weyerhaeuser Company has signed on as the Premier Sponsor of the VIII World Veterans' Championships. Weyerhaeuser's \$40,000 in support will ensure first-class track & field and road events for the competitors. Additional sponsorships and contributions are still being sought, as by the time the costs for entry processing, shuttle system, housing administration, venue charges, etc. are taken into account, it will cost approximately \$145 per competitor to produce the Championships. Multiply by 6000 athletes, that's \$870,000. You're expensive. . . but worth it!

The 10K road race is probably going to be the most popular single event in the VIII Championships. The road race, a new addition to the games' schedule, already had more entrants than any other event except the 5000. If current entries continue, around 1000 athletes will take part in the Downtown Athletic Club World Championships 10K on July 27.

If you plan to rent a car in Eugene-Springfield, we suggest you do it immediately, and pay in advance. The number of rental units is limited, and will go quick-

Housing is still available in several categories. Please send in the reservation form from the Entry Booklet as soon as possible. For specifics to what is available, call Judy McConnell, Housing Administrator, at 503/687-1989.

by TOM JORDAN

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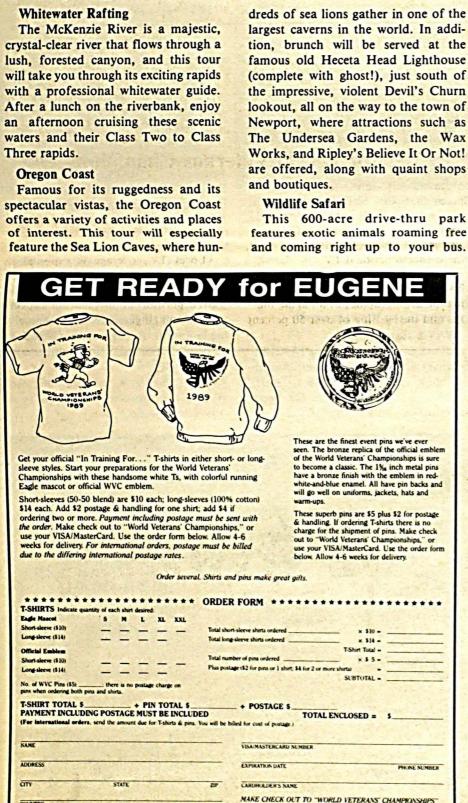
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As w winner, in the a last year justified in the weeks ea M40 Sc and Bria finished in Febru

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ALLOW 4-6 WEEKS FOR DELIVERY

WVC T-SHIRTS & PINS BOX 10825, EUGENE, OR 97440



Report from Britain

by ALASTAIR AITKEN (of Athletics Today)
MARTIN DUFF (of Athletics Weekly)

March is half-marathon time in Great Britain, and Rosemary Ellis currently leads the masters standings with a 74:46 in Essex, followed by a 74:47 in the 3000-strong Fleet Half in Hampshire.

Close behind for the ladies comes Glynis Penny with 74:52 at Reading after an overall win in 76:43 at Swanley in Kent. World veteran marathon champion Anne Roden clocked 76:06 at Fleet. London Marathon runner-up Ann Ford is also back in business after injury, her best being a 27:59 five mile over Easter. Twin sister Paula Fudge is taking time off to extend her family.

The Reading Half-Marathon saw a tremendous battle between Shel Cowles and Mike Hurd. At five miles, Hurd was a few yards in front, but at ten miles the splits were Cowles 50:19 and Hurd 50:23. Hurd, however, came good over the run-in to reverse Cowles' successes in the States. A slow early pace by the open leaders restricted the times to 66:20 and 66:26, but Hurd was in jubilant form, post-race.

Peter Jones was fifth of 1600 run-

ners in bad weather in the Swanley Half-Marathon with a 1:10:54.

In the veterans cross-country race held in conjunction with the Euro Cup Cross-Country at Roselare, Belgium, March 12, ex-international cross-country runner and steeplechaser Euan Robertson of New Zealand, who was fifth in the 1974 Commonwealth Games steeple in 8:35.2, ran away with the event, winning in 21:10. Seventh in the large field was Peter Hamilton (21:48); Johnny Baldwin, now M50, was ninth (22:12).





Marilyn Palmer (#40), first W35 (18:25) and Pat Gallagher (#39), first W40 (19:07), British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles

No TV For World Veterans Championships Lack Noble acting for WAVA has a of the U.S. market on a group network.

Jack Noble, acting for WAVA, has been promoting the World Veterans Championships to Madison Avenue for months, but has been unable to get any major advertiser willing to back the event on national TV.

David Pain, chairman of WAVA's TV Committee, said: "Notwithstanding the demographics of an aging market and the clearing of over 50 percent

of the U.S. market on a sports network, we are not viewed as a legitimate sports entity worthy of airing on a national level."

Local TV coverage is expected in Eugene and probably Portland. The national CBS TV show, 48 Hours, may cover portions of the event for a special show on aging.

British Veterans Cross-Country Championships

by RICHARD BALDING

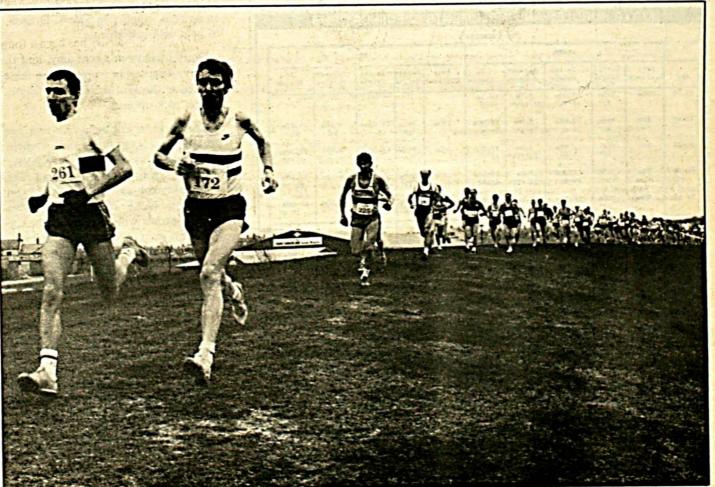
The 1989 BVAF Cross-Country Championships took place on March 12 at the Silksworth Sports Center Sunderland in the northeast of England. A mild British winter left the course very dry, which was just as well because the complex is built on an old coal mine waste heap. Its undulating ground and loose earth can be very muddy after poor weather.

This year it was decided to run a separate ladies' race of one-and-a-half laps of a 3300m course, which entailed two uphill stretches. The men ran three laps, which had one hill, but considering that it was a ski-slope, the main feature of the complex, it was debatable who had the hardest event.

The ladies' race was dominated by W35 Marilyn Palmer, (18:25) the prerace favorite after her 29th place in the English National Cross-Country. She was followed home by teammate Pat Gallagher (19:07), who just as easily won the W40 age group. Not far behind was Julie Beckford (19:46), the W45 winner.

As with the ladies' race, the M40 winner, Andy Holden (30:24), favorite in the absence of Tony Simmons and last year's winner, Alun Roper, fully justified his position, having been 77th in the English National some two weeks earlier. He was followed by two M40 Scots, Colin Youngson (30:39) and Brian Emmerson (30:52), who had finished 23rd in the Scottish National in February.

The M50 race was comfortably won by world 10K record holder Taff Davies (32:17), but only after a hard battle with 1988 winner Steve James (32:32) and Ted Isaacs (32:59).



Colin Youngson (#172) and Brian Emmerson (#261) lead the pack at the British Veterans Athletic Federation Cross-Country Championships,

Sunderland, March 12.

Photo by John Burles

18 World Records Set in British Indoor Championships

from ALASTAIR AITKEN

The British Veterans Indoor Championships, held at Kelvin Hall in Glasgow on March 26, saw 18 world indoor age-group records broken, including four by Rosemary Chrimes (nee Payne), winner of the Commonwealth Games discus in 1970.

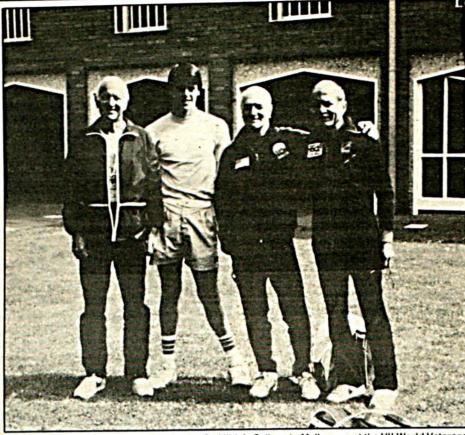
Chrimes, who lives in Kelso, Scotland, set W55 marks in the 60mH (11.1), high jump (1.30), triple jump (8.57) and shot (12.04).

The top age-graded mark of the meet was turned in by Ron Bell, whose 1:56.2 in the M40 800 gave him a performance level of 94.3% (calculated by dividing the M40 800 standard of 1:49.56 by 1:56.2). Next best was Peter Browne's 1:56.3 in the same race. Browne won the 400 in 52.5 and Bell took the 1500 in 4:10.1.

Five Years Ago

May, 1984

- 561 Compete in Indoor Nationals in Princeton, N.J.
- Roger Robinson (2:20:15) First Master in Boston
- Eastern Indoor Masters Meet Draws 345
- Don Coffman (31:29), Cindy Dalrymple (36:04) Win in Azalea Trail 10K



Three world champions in the courtyard at St. Hilda's College in Melbourne at the VII World Veterans Games in 1987. From left: Bill Weinacht, M70, volunteer Ted Sorlien, Herb Miller, M75, and Tom Patsalis, M65.

Photo by Sparks Sorlien

International Weight Pentathlon Plans On Schedule

by BOB STONE

Plans for the Masters International Weight Pentathlon to be held in Eugene on Monday, August 7, are well along. Contracts to use both Hayward Field at the University of Oregon, and Silke Field at nearby Springfield have

been signed, assuring adequate facilities, and TAC-sanction has been obtained.

Jerry Jenson, Oregon Commissioner of TAC Officials, will help obtain TAC officials to ensure a well-run affair. It is hoped that arrangements can be negotiated with Stackpole, sports equipment supplier in Salem, Oregon, to help with implements.

Entries will be accepted until 5 p.m., Friday, August 4 at a registration table located at the World Veterans' Games packet pick-up area.

Competition will be in five year age groups for both men and women, based on age as of August 7. WAVA/TAC implement specifications and rules will apply, with scoring using the latest applicable IAAF multi-event scoring tables. Medals will be given to the top three in each age-group. Outstanding scores across all age groups for both men and women will receive special recognition, based on age-factored scoring.

The five events will include the shot, discus, hammer, javelin, and heavy weight. No previous experience with weight pentathlons is necessary, and for those who may not have previously thrown the heavy weight, practice time can be arranged prior to the meet.

Although this event is not a part of the World Championships, every effort will be made to meet the highest standards of competition combined with a fun day for throwers.

Caribbean to Host 1990 N.A. Meet

The WAVA North American Track and Field Championships will be held in the Caribbean, August of 1990. Puerto Rico and Trinidad-Tobago will submit formal bids at the North American Regional meeting to be held July 31, 1989, during the World Championships. Any other masters organization within the Caribbean area desiring to submit a bid may do so by contacting the North American Regional Representative.



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Taff Davies (M50), first in his age-group with a 32:17 at the British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles

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Age	Race	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Burdles	To Finish
5-39	100m	.840m 33"	13.00m 42'85"	8.5m 27'10's"	10.5m 34'5"	THE THE		基装		
10-49	80=	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39.4"	110-	.991m 39"	13.72m 45*	9.14	14.02m
50-59	80m	.762m 30"	12.00m 39.4"	7.0m 22'115"	19.00m 62'4"	100m	.914m 36"	13.00m 42.8"	8.50m 27'10%"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'115"	19.00m 62'4"	100=	.840m 33"	13.00m 42'8"	8.50m 27'105"	10.50m 34'5"
70 plus	80m	.762m 30**	12.00m 39'4"	7.0m 22'115"	19.00m 62'4"	800	.762m 30"	12.00m 39.4"	8.00m 26'3"	12.00m 39.4"
35-39	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'94"	40.00m 131'25"	VA	100		+	Carrier .
40-49	400m	.762m 30"	45.00m 147*7-1/4**	35.00m 114.95	40.00m 131'25"	400m	.914a 36"	45.00m 147.75"	35.00m 114.95"	40.00m 131'25"
50-59	300m	.762m 30"	50.00m 164'0}"	35.00m 114'95"	40.00m	300m		50.00m 164'0}"	35.00m 114'95"	40.00m 131'25"
60-69	300m	.762m 30"	50.00m 164'0}"	35.00m	40.00m	300m	.762m 30"	50.00m 164'05"	35.00m 114'95"	40.00m 131'25"
70 plu	300m	.762m 30"	50.00m 164'05"	35.00m	40.00m	300=	.762m 30"	50.00m 164'05"	35.00m	40.00m 131'25"
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New I.A.A.F. Specificatio



arbara Stewart (W45) with a heave of 6.59 in e shot at the National Masters Indoor Track and Field Championships in Columbus, Ohio, larch 31-April 2. Photo from Jim Pearce

Column	Ad Size	Cost	Examp Width	eles: Height
52	Back Page	400	10"	13"
52	Full page	300	10"	13"
19	¾ page	250	10" 7½"	9¼"
6	V₂ page	200	5"	13" 6½"
3	1/4 page	120	10"	314"
	1/8 page	72	5"	3¼" 6½"
1/2	1/16 page	60	21/4"	31/4"
High	mest de	30	21/4"	P

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies. 4. SPECIAL RATES

25% discount for race and meet notices. No fre

quency discounts or agency commissions.

5. TERMS

Net 10 days from billing date. 6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

a. See display rates for ad sizes.
b. Photo offset printing.
c. Negative ok. No mats, cuts or plates.

d. 2-colors add \$40. e. Screen: 85 lines per inch.

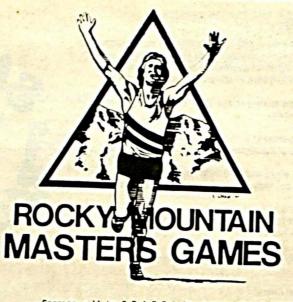
8. CLOSING DATES

The 10th of month before date of issue. 9. CIRCULATION October 1988

Paid: 4749 Distribution: 6000
Published monthly. Subscriptions \$18.75/year.

Mail order to: National Masters News P.O. Box 2372 Van Nuys, Calif. 91404 818/785-1895

ROCKY MOUNTAIN AND MIDAMERICAN MASTERS GAMES



SPONSORED BY: THE DENVER TRACK CLUB

DATE

HOTEL

University of Colorado, Potts Field, Boulder, Colorado

Headquarters for Denver Track Club is the Clarior Harvest House, 1345 28th Street, Boulder, Colorado, 80302 (303)443-3850. s55.00/night or 1/2 double for \$28.00/night. Call for

reservations.

FACILITIES

Chevron 440, 400 m, electronic timing

TEAMS:

Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs is on the ROCKY MOUNTAIN TEAM. Anyone west of these four states is on the WEST team, anyone east is on the EAST

5 year age groups - men and women age 30 and over. Day competition.

First six places in each event receive medals. maximum of three medals will be awarded to any entrant. Additional medals won may be purchased for \$3.00 at the end of the meet.

SCORING

RULES

Scoring will be 8-5-4-3-2-1 for each event including 5K, race walk, and pentathlons. The team with the most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until the next year's meet.

SATURDAY

Standard TAC Masters rules except weight implements which will use old implements when new metric not available.

REGISTRATION

TAC registration is required and will be available at the meet (\$7.00 age 18 and under, \$10.00 age 19 and above).

SCHEDULE OF EVENTS

ENTRY FEE ENTRY DEADLINE:

INQUIRIES

\$6.00 first event, \$4.00 each additional event. Unlimited open events, \$22.00. PENTATHLONS \$7.00.

To guarantee participation, entries must be received on or before the Wednesday prior to the meet. Late entries may be allowed to participate at the discretion of the Meet Director.

JIM WEED: 11672 East 2nd Ave., Aurora, CD 80010 (303)341-2980
STEVE KAEUPER: 2263 Krameria, Denver, CD 80207 (303)388-8180
JERRY DONLEY: 1715 Alamo, Colorado Springs, CD 80907 (719)635-1264
NANCY MANSON: 518 Quentin Street, Aurora, CD 80011 (303)341-7992
DAVE SIMONS: 1550 Baseline, Boulder, CD 80302 (303)443-4919

SUNDAY

9:00 am 5K Race Walk

9:45 am 5000 m on track 11:00 am Pent.L.J. 11:30 am Pent.Jav. 12:00 am Wt.Pent.Jav. 12:30 am Pent.200m

1:00 pm Pent.Disc. 2:00 pm Open Jav. 3:00 pm Open & Wt.Pent.Hammer

12:00 pm 200m Finals 2:00 pm T.J.

4:30 pm 4 x 400m relay

ZIP

9:00 am 100mHH 110mHH P.V.9'6" Ht. H.J.5'0" Ht. 5.P.30+yrs. Wt.Pent. 9:45 am 100m & trials 10:00 am L.J. (2 pits) 10:45 am BOOm 2100 pm 1.3. 35/25# Wt. - Wt.Pent. 2115 pm 300m IMH 400m IMH 2145 pm 400m Finals 3100 pm 4 x 100m relay 4100 pm 1500m

8.P. 30-49 yrs. Wt. Pent.

Open Disc.

11:15 am 50m
11:45 am Predict Time Mile
P.V. 5'0"
S.P. Open

SUNDAY EVENING SOCIAL - Clarion Harvest House - Beginning at 6:30 pm - everyone welcome -prizes, gifts, food, drink, and good times.

ROCKY MOUNTAIN AND MIDAMERICA MASTERS CHAMPIONSHIPS 1989 ENTRY FORM

		(Please Print)	4 5 12 4 12 15 15 15
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NEI (SEXI_ AGEI SEXI CURRENT TAC NUMBER! DATE OF BIRTH

In order to compete in the ROCKY MOUNTAIN AND MIDAMERICA MASTERS GAMES, I do for myself, my heirs, and my administrators waive, release, and forever discharge any and all claims for damages which I may have or which may hereinafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (6000 ft.) and that the weather conditions can vary from extreme heat to cold in short periods of time.

SIGNATURE

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST TIME,
DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEED MULTI-HEATED EVENTS AND
MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING STRENGTH IN VARIOUS EVENTS AND RELAYS.

LATE ENTRIES AND CHANGESI EVENTS MAY BE ADDED OR SUBTRACTED ON SATURDAY NIGHT (AT THE CLARION HARVEST HOUSE MOSPITALITY AND RECEPTION ROOM)
WHERE OPEN LANES ARE AVAILABLE. NONE ON SUNDAY.

IAITE	141		#1/D101	#17 DIS.
THE STREET	50M	100mHH	н.ј.	JAV
Ment Cont I and	100m	110mHH	P.V.	Hammer
Children I -	200m	300 IMH	L.J.	Pentathlon
	400m	400 IMH	T.J.	Weight Pent.
	BOOM	4 x 100m Relay	S.P.	
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Please mail	your entry form, signe	d		Pent. 67.00
walver, and	check payable to "DEN	ER I		Wt. Pent. \$7.00

TRACK CLUB" to Steve Kasuper, 2263 Krameria, Denver, Colorado 80207

First Open Event \$6.00 of additional open events entered ____ x \$4.00 (If over \$16.00, enter only \$16.00)

Note: Attention athletes entering both pentathlon and open throwing events. Pentathlon throws qualifies you for placing in the open event, if entered. (Only a total of six throws will be permitted 1

1989 TACIUSA NATIONAL MAST

GENERAL INFORMATION

ELIGIBILITY:

Open to all men and women 30 years and older. Age on July 20, 1989, determines age division. All U.S. nationals are required to hold and present at packet pick-up a valid 1989 registration with The Athletics Congress. Foreign competitors will compete as guests and no TAC registration will be required. Proof of date of birth will be required from all competitors at packet pick-up.

DIVISIONS:

Individual competition will be held in 5-year age groups starting at age 30. Relays in 10-year age divisions. Relay entries accepted during meet.

MEDALS:

TAC championship medals will be awarded to the top three U.S. nationals in each division of each event final. All competitors receive a Certificate of Participation. Medals to foreign competitors placing in top three.

ENTRY FEE:

Entry fee for the first event is \$30.00, \$15.00 second event and \$10.00 for each subsequent event. Relay entry \$30.00 per team. Entry includes courtesy airport pick-up and return by prior

arrangement as well as a commemorative T shirt.

ENTRY DEADLINE:

All entries MUST BE RECEIVED BY JUNE 15, 1989. Confirmation of entry will be sent by June 30, 1989. If not received by that date, call (619) 265-7230.

FACILITIES:

Two new Mondo rubber 400 meter tracks, Mondo javelin and jump runways, concrete rings. 1/8" SPIKES OR FLATS ONLY.

MEDICAL SUPPORT: San Diego Sports Medicine Center, Alvarado Medical Center.

SPECIAL EVENTS:

Free welcoming reception at SDSU Wednesday evening, 7/19/89. Also on Wednesday at 10:00 a.m. Sports Medicine Symposium at SDSU. On Sunday afternoon, 7/23/89, a post competition Mexican Fiesta with live entertainment for competitors and guests. Nightly entertainspecial trips to Sea World, San Diego Zoo, Mexico, and Wild Animal Park will

also be featured.

PACKET PICK-UP:

Athletes may pick up their entry packets at SDSU registration (see map) from 9:00 a.m. -9:00 p.m. Wednesday, July 19, and at the SDSU track thereafter.

TRANSPORT:

Courtesy airport pick-up and return will be provided by prior arrangement only. Report to Traveler's Aid booth at baggage claim on arrival. Shuttle service will operate between SDSU and Balboa Stadium. Shuttle transport between tracks and racewalk venues.

UNIVERSITY HOUSING

at San Diego State University is limited. First come, first served. You may reserve a room with or without meals. The San Diego State Housing is a five to ten minute walk to the primary track. Room, July 19, 1989, and Mexican Fiesta on Sunday, July 23, 1989.

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Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are adults. List ages if children Indicate if anyone in your party smokes (Y/N).

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List your arrival and departure dates.

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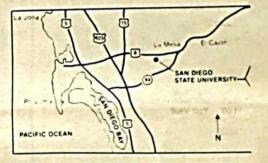
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TENTATIVE Final Schedule

Babo

P.M. 12:00

SDSU

SDSL 12:00 1:00 2:00 4:30 5:30

7:00 SDSU 9:00 9:00 10:30

11:00 SDSU 12:00

2:00 3:00 5:30

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S TRACK & FIELD CHAMPIONSHIPS

, 1989

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TENTATIVE SCHEDULE OF EVENTS
Final Schedule Will Be Published & Posted 7/19/89

	3
THURSDAY • 7/20	
TIMES APPROXIMATE	
AM. SDSU	
7:00 10,000m Run (1st race)	
Balboa Stadium	
P.M.	
12:00 Pentathion H30+ (200, LJ, JAV DT, 1500).	•
W30+ (100H/80H, HJ SP, LJ, 800).	
SDSU 12:00 Shot Put	
1:00 400m Heats	
4:30 1,500m Heats	
5:30 3000/2000m Steeple	
FRIDAY • 7/21	72
	1
Balboa Stadium	
A.M. 7:00 5000m Race Walk (1st race)	
(lat race)	
SDSU	
9:00 Hammer Throw (venue TBA) 9:00 High Jump	
10:30 400/300m Hurdles Finals 11:00 Pole Vault	
SDSU	
P.M.	
12:00 100m Heats and Semis 2:00 100m Finals	
3:00 800m Heats 5:30 400m Finals	
The state of the s	
SATURDAY • 7/22	-
SDSU	
7:00 5000m Run (1st race)	
TON THE THE PARTY OF THE PARTY	
9:00 Long Jump	
10:00 5000m Run (M40-49) 10:00 Discus	
10:30 5000m Run (M30-39) 11:00 110/100/80m Hurdles Heats	
11:30 110/100/80m Hurdles Finals	
SDSU	
P.M. 2:00 200m Heats & Semis	
4:30 200m Finals	
6:00 1500m Finals	
	_
SUNDAY • 7/23	-
SDSU	
A STATE OF THE PARTY OF THE PAR	
course	
9:00 Javelin 9:00 800m Finals	
10:45 4 X 100m Relays 11:45 4 X 400m Relays	
11:45 4 X 400m Relays 12:45 4 X 800m Relays	
P.M.	
2:00 Mexican Flesta Party	
Order of Compatition:	
Order of Competition:	
Women before men, oldest to youngest. Timed sections seeded by declared 1988/89	

group divisions

each age group.

seyland,

Consult final schedule for precise start times for

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All Age Groups

M50 through M65

M30 through M45

M30 through M45
All Age Groups*

*non-championship event

PENTATHLON

10,000 METER RUN

80 METER HURDLES

100 METER HURDLES

110 METER HURDLES

300 METER HURDLES

400 METER HURDLES

10 KM WALK (Road)

20 KM WALK (Road)

5 KM WALK (Track)

HIGH JUMP

POLE VAULT

LONG JUMP

SHOT PUT DISCUS THROW

TRIPLE JUMP

JAVELIN THROW

HAMMER THROW

Please send this entry form and fees to: TAC/USA NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS 5643 CAMPANILE WAY SAN DIEGO, CA 92115 USA

All Age Groups

W40 and Older

W30 and W35

W50 and Older

W30 through W45

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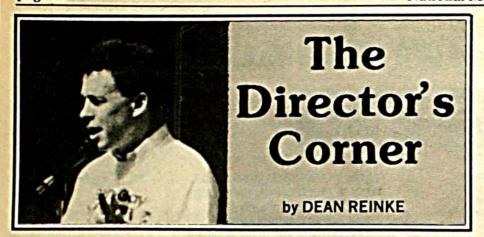
All Age Groups

All Age Groups

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve the San Diego Track Club, 1989 TAC/USA National Master Track and Field Championships Organizing Committee, TAC/USA, the sponsoring non-profit organizations, City of San Diego, San Diego State University, San Diego Unified School District, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1989 TAC/USA National Masters Track and Field Championships.

Date



1989 ICI/USRA Circuit Underway

was recently stopped while walking through the pre-race Expo at the Nissan Shamrock Marathon/8K, the opening race on the 1989 ICI/USRA Masters Circuit. Ed Brinkley, top mid-Atlantic master runner, was wearing a t-shirt that I hadn't seen in years. It sported the "Brooks Masters Series" logo from the series of the same name that was held in 1980 in Washington, D.C., San Francisco and Chicago. Ed was at the inaugural that year with series co-founder Hal Higdon (then an associate of mine promoting Brooks shoes) Herb Lorenz, Alex Ratelle, Herb Chisholm, Jim O'Neil, and numerous others, many of whom are still on the roads today.

A series ahead of its time, it still served as the inspiration for the ICI/USRA Masters Circuit that is in its second year. With a \$25,000 Circuit Grand Prix purse to be distributed at season's end, \$15,000 at the ICI/USRA Masters National Championship, and an accumulated \$125,000 from all of the individual

races combined, the masters has currently come a long way from its infancy nine years ago.

It is certainly a pleasure for me, having been involved in the development of the Brooks series, to play a part with ICI in today's Circuit. It makes my job considerably easier to know that the hard work and energy that have gone

ICI/USRA Masters Circuit Point Standings

(After 2 races including the Nissan Shamrock 8K and Myrtle Beach 10K Classic. Other races to count include:

Cotton Row Run 10K
Hospital Hill Half Marethon
Utica Boilermaker 15K
Chicago Distance Classic 20K
Quad City Times Bix 7 Mile
Asbury Park 10K
Charlotte Observer 10K

3 Brad Page

Pittsburgh Great Race 10K
Myriad Gardens 10K
Twin Cities Marathon
Capital Trial Run 10 Mile
Foundation 30K
Crim Road Race 10 Mile
ICI/USRA Masters National Championship 8K

STICLE OBSEIVE		101		101	1/1	SKA Masters National Cha	mpionship	81
M40-44	SH	MB	CR HOUB PTS	1		W40-44		
1 Bill Rodgers		10	. 19	2		1 Cl. Ciavarella 8 8	14. 0	
2 Bob Schlau	8	8	16	2		2 Barbara Filutze 10	16 2	
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4 Wilson Waigwa	10		10	1		4 Nancy Oshier 9	10 1	
5 Dave Stewart		9	9	1		4 Jane Hutchison 9	9 1	
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7 David Reese		6						
		415				W45-49		
M45-49	Ţ					1 Mary Shaver 10	10 1	
1 Ralph Zimmerman	10		20			1 Sharon Markoski 10	10 1	
2 Wendel Cribb		9	9	_		3 Carol Lasseter 9	9 1	
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5 Earl White		8	8	1				-
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						W65-69		
M60-64						1 Loretta Sheehan 10	10 1	
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M65-69						CR= Cotton Row 10K;	The state of the	
1 John McManus	10	1000	10		_	HO= Hospital Hill Half-mara UB= Utica Boilermaker 15K	thon	
1 Robert White	P	10				#= Number of races		-
3 Joe Holland		9		1		A runner's 5 best races cou		
3 Bill Tribou		9) 1	L	Best Faces Cou	int	
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M70+		2	19 53.55		1			-
1 Ed Benham	10		10					
2 Lewis Creasy		9) 1				-

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into the creation of the Circuit is truly appreciated by the athletes of all abilities. While announcing the awards at the Nissan Shamrock event in Virginia Beach, many of the masters were overheard questioning Race Director Jerry Bocrie to ensure that the "points counted toward the Circuit Grand Prix."

After a few months off since the ICI/USRA Masters Circuit National Championship in Naples in January, it was a reunion of sorts for the top masters in all age divisions who competed at Nissan Shamrock, the season's opener. There were '88 ICI National Champion Bill Rodgers and ICI Circuit Grand Prix winner Bob Schlau, joined by newcomer Wilson Waigwa, who narrowly missed Rodgers' world record, running 23:54. Throw in alltime fastest masters miler Ron Bell of England and Ken Sparks (5th fastest, all-time) in the men's race and 1989 Women's ICI Circuit Grand Prix runnerup Nancy Oshier, and you had a better overall quality field than the open, which itself was excellent.

Other top'88 ICI Circuit Grand Prix finishers present included W50-59 winner Susie Kluttz of North Carolina; Baton Rouge's Mary Norckauer, W60+ champion; 82-year-old "all-world" Ed Benham; last year's M60+ runnerup John Hosner of Virginia; and Florida's Jim Larson (3rd, 50-59).

But it's even more exciting to hear some of the stories from the athletes, inspired by a chance to compete in a Circuit for masters that truly determines a national champion. Fortyseven-year-old Mary Shaver, for example, hearing of the new "five-year age groups points rankings," drove 12 hours from Rochester, N.Y., to earn her 10 points for 1st place. Buffalo, New York's Nancy Miesczak laid low in '88, awaiting her 40th birthday this year, and made her debut a hit with an upset win over last year's Grand Prix runnerup Oshier, running 28:55. Her effort would have to put her in the top five at the ICI National Championship in Naples and placed her ahead of Circuit champion Jane Hutchinson and national class Barb Filutze. Raleigh, North Carolina's Claudia Ciaverella is also a recent entrant into the ranks of the masters, making her debut at Nissan Shamrock, and she too will be heard from in the final standings.

The above elite group will be joined by other masters very shortly. With only five events counting toward final point tallies, there will likely be several age division rankings decided at the ICI Championship in Florida come January. While New Zealand's John Campbell, Colombia's Victor Mora, and England's Shell Cowles appear to be the new master "names" for '89, it remains to be seen whether or not they can run enough ICI Circuit events to accumulate points towards a title.

Whatever the result, the ICI/USRA Masters Circuit for 1989 appears well on its way to yet another successful

Chicago and Sacramento Join Circuit

Two more major road races have joined the ICI/USRA Masters Circuit, bringing to 16 the number of events on the 1989 Circuit. The Chicago Distance Classic 20K, July 16, (312-243-2000) and the Foundation 30K in Clarksburg, Calif., (916-636-0707/916-665-1712) November 12 are the additions.

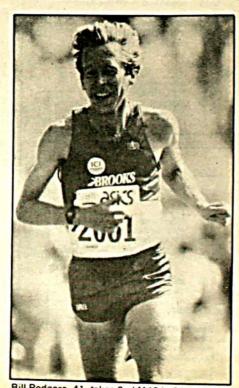
The Chicago Distance Classic has been one of the Windy City's top races for more than a decade. Race Director Diane Wood reports a "resurgence" in the event that traverses scenic Lake Shore Drive and often brings cool relief from Chicago's hot summers.

The Foundation 30K (formerly the Pepsi 20 Miler) attracts over 3000 runners and has historically been well received by Masters. In its second year on the ICI/USRA Masters Circuit, the race distributed over \$3500 in masters prize money a year ago and provides travel and housing support.

ICI Circuit organizers report that negotiations are continuing with a few more races to round out the '89 schedule. Meetings will be held later this month with National Championship sites with final plans being announced this summer.

— Dean Reinke

year. As we proceed, please keep us informed on your thoughts and suggestions as well by contacting ICI/USRA Masters Circuit, 400 N. New York Ave. — Suite 102, Winter Park, FL 32789. (407) 647-2918/FAX: (407) 647-0433. See you on the roads! □



Bill Rodgers, 41, takes 2nd M40 in 24:14 in the Nissan Shamrock 8K, the first race on the 1989 ICI/USRA series. Photo from Dean Reinke

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-ICI/USRA Masters Circuit "Happenings"-

Former Ocean State Marathon champ and Rhode Island resident Bobby Doyle recently celebrated his new arrival into the 40-and-over age group with a win at the New Bedford Half-Marathon, running 69:07, good for \$500 . . . John Campbell's 29:25 at Azalea Trail in Mobile and Wilson Waigwa's 23:54 at the ICI/USRA Masters Circuit season opener at Nissan Shamrock in Virginia Beach have to rank among the best-ever combined performances by masters on a single day . . . "Waigwa", by the way, is Wilson's "middle name" while "Wakihuri" is his true last name - let's stick with Waigwa for the time being! . . . Quote of the month from Wakihuri, whoops, Waigwa following Nissan Shamrock when asked about the age: "I don't know", shaking his head, "I was criticized for being too old for college (UTEP) and now too young for masters. I just don't know", he said. . . . National Masters News'. Peter Mundle reports that his research indicates that Waigwa is "indeed" 40 years of age . . . An Achilles tendon injury has put Bill Rodgers on the sideline for Boston, so Campbell and Poland's Richard Marczak will have to go it alone. Word has it that Colombia's Victor Mora may also be at the starting line. Hot, after impressive masters wins (at age 44) at Jacksonville, Red Lobster and Gasparilla, he is a former runnerup in Beantown . . . The third leg on the '89 ICI/USRA Masters Circuit stops in Huntsville, Ala., for the Cotton Row Run. Money goes five deep for men and women (\$750-500-300-200-100) while grand masters will earn \$250, 100 and 50. Call John Dennison (816) 881-5807 . . . Myrtle Beach Classic, in an unusual move, is offering \$5000 of its \$7500 prize purse to masters, possibly the start of a trend . . . Joseph Nzau rumored to be nearing 40. Look out if so, as he recently won a five miler in Puerto Rico in 22:55 . . . Frank Shorter shined in his "Biathlon" debut in February in Palm Springs. He defeated fellow master and superstar cyclist John Howard, besting him by 1:13 on the 10K run-40K cycle-10K run course. Dennis Kasischke, sporting a 2:23 marathon best and having run against (although not near) Shorter in college, bested Frank by 20 seconds but was disqualified for drafting. Shorter informs us that he is anxious to run the ICI Circuit this year . . . New master Don Kardong will headline Hospital Hill (4th event-ICI Circuit) Half-Marathon, June 4, in Kansas City. Prize money for masters is \$500-150-100 with Carl Sniffen handling athlete inquiries (816) 561-1085) . . . Athletes coordinator Dick Mattia reports considerable early interest for the July 9 Utica Boilermaker 15K, the 5th race on the '89 ICI/USRA Masters Circuit. Masters money includes (\$1000-500-200-150-100-50) and Grand Masters (\$400-150-100-50). Mike Hurd is the first master commitment. Contact Mattia at (315) 797-6929 . . . Harold Tinsley, race director of Huntsville, Alabama's "Rocket City Marathon" reports some interesting findings from this past year's marathon: "The average participant was a married male slightly over 40-years-old with an income of just under \$44,000. Participants created an economic impact of \$635,000..." New Jersey's Herb Lorenz, one of great masters of the late '70-early '80s, turned 50, April 7. Could make it interesting for Bill Johnston, Don Sleeman, Bill Olrich, Bob Schul, and others ... England's Ron Hill will run his first

race as a grand master at Elby's this month. He's looking to run sufficient ICI Masters Circuit events to be a factor at the Championships in January . . . April 29 Drake Relays will feature a road 10K with a \$15,000 prize purse including \$1400 for masters (\$400-200-100) . . . Ames, Iowa's Midnight Madness, July 8, looking to promote the masters division again with Bill Rodgers and Frank Shorter returning . . . Pacific Sun in California will feature a \$1600 masters purse, May 29 . . . Bloomsday in Spokane, May 7, will feature a \$6000 masters purse (\$1000-800-600-400-200) . . . Bob Schlau will speak at a race clinic to the

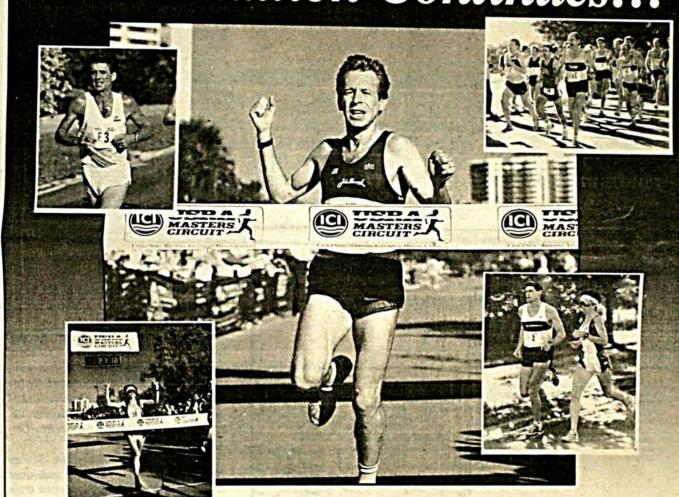
Lake County Marathon in Chicago, April 29 . . . May 13 National Capital 10K to feature \$3000 masters money (\$750-500-250)... ——Dean Reinke





Four age-group winners in the 60m at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. Left to right: Payton Jordan (M70), Gilbert Gonzales (M75), Tim Murphy (M65), and Jack Greenwood (M60).





Last year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Masters in the inaugural ICI/USRA MASTERS CIRCUIT. This year the tradition continues as over \$125,000 in prize money will be awarded featuring Grand Prix competition in 5-year age groups through age 70. The Circuit will again culminate with the season ending ICI/USRA Masters National Championship won last year by Bill Rodgers and Priscilla Welch.

Masters Running '89, the official magazine of the ICI/USRA MASTERS CIRCUIT, will also be published featuring in-depth profiles and reports from the exciting Masters scene. "National Masters News" will again serve as the "official newsletter" of the Circuit and provide monthly results and Circuit coverage.

So, if you're 40 or over, it's sure to be a tradition you'll want to continue!

March 18 - Nissan Shamrock 8K, Virginia Beach, VA (804) 481-5090

April 8 - Myrtle Beach Classic, 10K, SC (919) 847-3109

May 29 - Cotton Row Run 10K, Huntsville, AL (205) 881-5807

June 4 - Hospital Hill Run Half Marathon, Kansas City

(816) 561-1085

July 9 - Utica Boilermaker 15K, Utica, NY
(315) 797-6929

(315) 797-6929 August 12 - Asbury Park 10K, NJ (201) 531-4156 August 26 - Crim Road Race 10 Mile, Flint, MI (313) 235-3396

September 24 - Pittsburgh Great Race 10K, PA (412) 255-2493

September 30 - Myriad Gardens Run 10K, Oklahoma City, OK (405) 752-2369

October 8 - Twin Cities Marathon, Minneapolis, MN

(612) 881-3863 October 14-Capital Trail Run 10 Mile, Raleigh, NC (919) 876-8347

January 6 - Charlotte Observer 10K, NC (704) 379-6898 January, 1990 - ICI/USRA Masters Championship 8K, Florida (407) 647-2918



produced by
DEAN REINKE

Waigwa Tops Rodgers in Nissan Shamrock 8K-

by MIKE DAVIS

VIRGINIA BEACH, VA. — The weather for this year's Nissan Shamrock 8K was the warmest ever — but that's not what kept Wilson Waigwa and Bill Rodgers from setting world masters records.

Waigwa, 40, Mission Viejo, Calif., felt he was on a record pace going into the final mile of the March 18 race, based on what he thought was a 4-mile split of 18:11. But even with a closing 300-yard sprint, he still only clocked 23:54 at the finish line. That was three seconds off the mark currently held by Rodgers.

Rodgers, 41, Sherborn, Mass., meanwhile, was still feeling the effects of running another hot race at the Los Angeles Marathon 13 days earlier, and could only post a time of 24:14.

The women's masters winner was Nancy Mieszczak (40, Buffalo, N.Y.), in 28:54.

Though not a record, Waigwa's time was the third-fastest in the 8K field of 2700. Rodgers was seventh overall.

It was the first match ever in a masters 8K between the two, and came in the first race of the 1989 ICI/USRA Masters Circuit.

"If I had laid off the marathon, I would have won the race here and set the record," Rodgers told Michael Kates of The Virginian-Pilot. "Cer-

tainly it affected me very much and made a tremendous difference."

He had tried for Barry Brown's masters marathon record of 2:15:15 in Los Angeles, but missed it by nearly seven minutes. He said he still hadn't recovered when the Shamrock race rolled around, even though he had cut back his training to 65 miles a week (down from 110).

"I was still deeply fatigued and wasn't very sharp," Rodgers said. "Even two weeks after a marathon, your legs, down to the cell level, are still in shock. My stomach really hurt, too. The last mile and a half, I could not breathe easily."

Waigwa took control of the race early, but was the victim of what turned out to be an inaccurate 4:10 split in the first mile and later thought he was on a pace that would put him in the low-23-minute range at the finish.

He said his 3-mile split was 14:05 and he heard an 18:11 at 4 miles.

Rodgers, on the other hand, said he was about 15 seconds behind Waigwa at 4 miles and he heard a split of 19:22 at that point.

Though Waigwa's sprint at the end was too much for Rodgers to overcome, he also was too strong in the middle portions, too.

"I had to beat him in the middle of the race and just couldn't get my body to do it," Rodgers said.

"Ten years ago I could have come here and run at my best, even with the circumstances. Still, I'm pretty happy with my race. I thought I was going to run maybe 30 seconds slower."

Looking ahead to 1990, Rodgers said he would only run the Boston and New York marathons and would also try to better the 8K mark, perhaps in next year's Shamrock race.

"I'm supposed to be retired from

marathon running," he told Kates. "I guess that means I'm supposed to concentrate on other things, other records."

In the accompanying marathon, Bill Hart (40, Virginia Beach) was the masters winner at 2:38:03 and was third overall. Ed Brinkley (48, Chesapeake, Va.) was second in the masters standings and eighth overall at 2:44:58. The top female masters finisher was Joyce Ploeser (45, Norfolk, Va.) at 3:19:52.



Bill Rodgers, left, chats with Wilson Waigwa after Nissan Shamrock 8K.

Photo from Dean Reinke

Rodgers, Filutze Win in Myrtle Beach 10K

MYRTLE BEACH, S.C. — Bill Rodgers ran with a vengeance in the April 8 Myrtle Beach Classic, and it paid off with a 30:00 victory in the 10K event on the ICI/USRA Masters Circuit.

Last year in this race, Bob Schlau beat Rodgers by six seconds and went on to win the circuit's Grand Prix Championship.

This time, though, Rodgers steadily widened a lead from the 1K mark on—and Schlau, of Charleston, S.C., slipped to third behind Dave Stewart of Ottawa, Canada.

Barbara Filutze of Erie, Pa., was the women's winner in 35:20, also defeating a Grand Prix Champion — Jane Hutchison of Webb City, Mo.

"Last year when I came in here, I had been coming off a virus, and I was just getting in top form again," Rodgers told Andre Christopher of the Myrtle Beach Sun News.

"And I think Bob might be a better heat runner than me," he added. "It was a little warm here last year. But this is the best weather conditions I've had to race in all year, and I hoped to take advantage of it."

Training also played a part, according to Schlau and Rodgers.

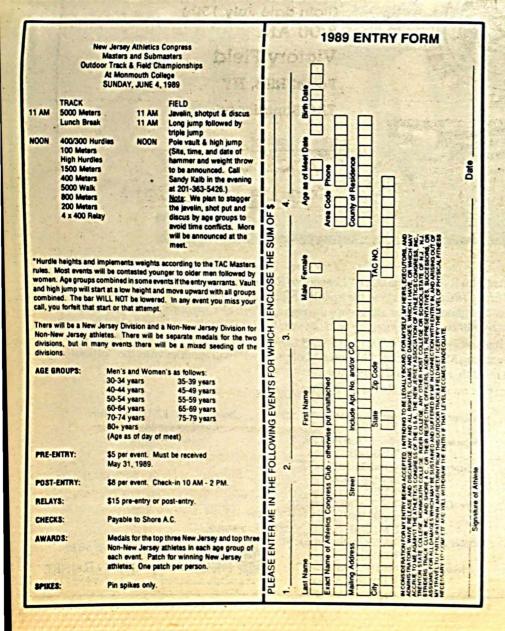
"I know I trained hard," said Rodgers, who lives in Sherborn, Mass. "December, January, February — three months I averaged 113 miles a week. I was as high as 130 miles one week. I had some good training, so I had to get some results somewhere."

"Rodgers is in a lot better shape this year," Schlau acknowledged. "I've been racing an awful lot, a little bit too much. So it's kind of the worst of both worlds. He was in better shape, and I was a little flat."

Even Stewart saw the winner's advantage: "The difference is he runs 100 miles a week, and I run 50 a week, (and) that I work for a living. I just try to run as fast as I can. He's in a class by himself. There's no doubt about that," he said.

This race marked the first time, Rodgers, Schlau, and Stewart had met since the ICI/USRA Masters Championship in January. They finished here in the same order they did there.

The overall winner in the Myrtle Beach Classic was Greg Beardsley of Charlotte, N.C., with a course-record time of 29:40. The women's champion was Teresa Ornduff of Abingdon, Va., in 34:19.



Villanueva is Best Age-Graded Performer

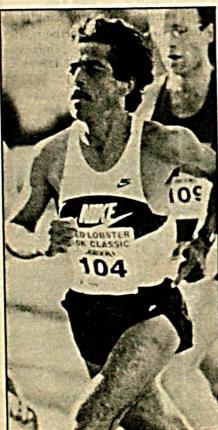
Mora, Welch Streak to Victories in Red Lobster 10K

by STEVE LEWALLEN

Colombia's Victor Mora (44, 30:07) and Great Britain's Priscilla Welch (44, 33:19) captured masters victories at the Red Lobster 10K in Orlando, Fl., on March 11. Both runners dominated the masters field, not only moving ahead of their competitors early in the race,



Shel Cowles (M40) at the Red Lobster 10K in Orlando, Florida on March 11. His 30:35 placed him third master. Photo by Saifer, Ltd.



Mexico's Antonio Villanueva (48, 30:51) at the Red Lobster 10K in Orlando, Florida on March 11. Villanueva was top age-graded master with a 98.6 performance percentage.

Photo by Sailer, Ltd.

but finishing with new course records as well.

Mora and Welch, who also shared top honors at the Gasparilla 15K exactly one month ago, garnered \$2,000 each for their victories plus \$500 bonuses for the course records.

Mora came in 23 seconds ahead of second master Dave Stewart, (40, 30:30), of Canada, while Welch finished 65 seconds in front of Idaho's Gabriele Andersen, (43, 34:24).

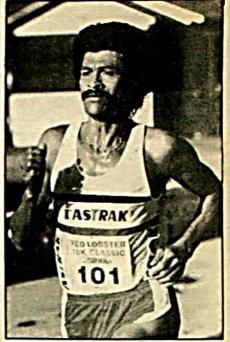
Top age-graded performance of the day was turned in by Mexico's Antonio Villanueva. When his age-48 standard of 30:07 is divided by his finishing time of 30:51, the result is an amazing 98.6%. Mora was second male with 97.8%, while 42-year-old Briton Shel Cowles was third with 94.1%. Welch

was top age-graded female (97.9%), followed by Andersen (94.5%) and California's Laurie Binder, (41, 34:29, 93.5%).

Other notable age-group winners were Bart Ross (M65, 41:51), Dudley Healty (M70, 47:05), and Anne Trigg (W60, 48:17), with performance percentages of 84.5%, 83.3%, and 71.7%, respectively.

The runners were hindered by a slight headwind but competed under sunny skies, sparing them the cold and rainy conditions that prevailed in the previous two years. Of the 2500 starters, 1850 finished.

Overall winners of the seventh annual race were Keith Brantly (26, 28:02) and Liz Lynch McColgan (24, 30:38).



Victor Mora, first master, in 30:07 at the Red Lobster 10K in Orlando, Fla.

Photo by Sailer, Ltd.

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"Thank you for running such a lovely meet. It was a most rewarding day — not just the competition, but meeting all of the gracious delightful people."

Rose A. Ruston, Jackson Heights, NY



ah Rewolinski (W30), who finished the 400m th a 1:17.76 at the National Masters Indoor nampionships in Columbus, Ohio, March 1-April 2. Photo from Jim Pearce

62 World Indoor Records Set in Nationals

Continued from page 1

Not all thrilling races were recordbreaking ones. Ken Sparks (2:00.41) took the M40 800 narrowly from Ray Tucker (2:00.71), with the sixth-place at 2:04.42.

Fourteen field-event records were set or equaled, and five U.S. records, all in the high jump, were altered.

Six 3000-racewalk records fell, two by the men, and four by the women, who literally knocked minutes off of the former records.

The top age-graded mark of the meet was turned in by California's Payton Jordan, whose 28.00 in the M70 200 gave him a performance level of 94.6% (calculated by dividing the M70 200 standard of 26.50 by 28.00). Canada's Earl Fee, M60, had the two next-best age-graded marks (400, 59.82, 93.3% and 800, 2:17.84, 93.2%).

Fourth best was Pennsylvania's Jim Sutton (M55, 1500, 4:37.9, 93.0%) followed by Canada's Harold Morioka (45, 400, 52.79, 92.8%), Texas' Bill Collins (M35, 200, 22.21, 92.3%), Michigan's Lamar Miller (M40, 400, 51.20, 92.1%), Cleveland's Ken Sparks (M40, 800, 2:00.41, 91.1%), Alabama's Gordon Siefert (M60, HJ, 1.59, 90.9%),

and Oregon's Ross Carter (M75, shot, 11.95, 90.8%).

Local television coverage on the nightly news during the meet supplanted non-existent newspaper coverage, and included interviews with Bob Richards of Texas, Barbara Stewart of New York, and several of the M80-and-over athletes.

Participants agreed that the officals were top-notch.

Jim Pearce was the meet director.

Meet sponsors were Harman America, Bank One of Columbus, TAC/USA, Over The Hill TC, Wolpack TC, and Nike Corporation. □



Ross Carter (M75) at the National Masters Indoor Championships in Ohio, where he set a new age-group world record in the shot put (11.95).

Photo from Jim Pearce

PENNDING WORLD AGE-GROUP RECORDS SET AT NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS IN COLUMBUS, OHIO MARCH 31 - APRIL 2, 1989

WORLD RECORDS

11-7-12				THE WAR	
Event	Age	New Mark	Name	Old Mark	Held By
60m	M70	8.46	Payton Jordan	8.6	Colin Fairey
	M80	10.26	Byron Fike	11.7	Nestor Jalonen
	M85	11.92	Konrad Boas	14.86	Mikko Salonen
	W40	8.15	Phil Raschker	8.3	Pat McNab
TO THE WAY	W70	10.36	Mary Bowermaster	1 120 K 74 3	consult of maken
	W75	13.44	Pearl Mehl	27.1	C Buldaman
200m	M60	26.37	Jack Greenwood Payton Jordan	29.22	G. Bridgeman Guiseppe Marabot
" and	M70 M80	35.62	Manfred d'Elia	38.90	A.E. Pitcher
10 July 27 W	M85	42.91	Konrad Boas	78.00	Herb Kirk
Transplantes.	W40	27.73	Jennifer Pinto	27.9	Marjorie Hocknel
	W60	35.12	Patricia Peterson	35.5	Mary Wixey
	W70	37.85	Mary Bowermaster	46.39	Virginia Nelson
	W75	46.58	Pearl Mehl		AND RESIDENCE AND RESIDENCE
400m	M40	51.20	Lamar Miller	51.38	Lamar Miller
	M45	52.79	Harold Marioka	54.2	C. Wooten
	M60	59.82	Earl Fee	61.7	Norman Baum
	M70	69.30	Jay Sponseller	71.06	Antilio Parma
使言一份是	M75	1:20.44	Gilberto Gonzalez	The second secon	Byron Fike
de la	M80	1:26.79	Byron Fike	1:40.8	N. Nikkari
X 12 30	M85	1:59.40	Konrad Boas	2:52.0	Herb Kirk
Like Street	W65	1:43.96	Carol Peebles Pearl Mehl	1:45.5	Ivy Granstrom
800m	W75 M60	1:45.59 2:17.84	Earl Fee	2:23.49	G. Endrizzi
OUUL	M65	2:29.38	Archie Messenger	2:36.36	Corrado Cigognar
	M75	3:09.08	Rudolf Nilsen	3:20.0	Harry Zackman
W. 199	W65	4:14.00	Carol Peebles	3.20.0	narry Zackman
	W75	4:06.55	Pearl Mehl		
1500m	M65	5:10.6	Archie Messenger	5:16.2	Eero Santala
100	M75	6:37.4	Bill Brobston	6:54.8	Byron Fike
	W75	7:43.3	Pearl Mehl		
3000m	M75	13:51.0	Bill Brobston	14:17.1	Byron Fike
	W75	15:53.5	Pearl Mehl	2000年。	
60mH	M40	8.15	Stan Druckery	8.9	L. Bovell
	M45	8.76	W. Davenport	9.2	Scott Tyler
	M50	8.98	Dale Lance	9.6	Colin Shafto
- 10	M55	9.21	Lawrence Pratt	9.8	Boo Morcom
	M60	9.36	Jack Greenwood	10.6	Les Williams
	M65 M80	10.14	Edwin Lukens	10.8	Les Williams
	W50	13.42	Karl Trei	11 50	
НЈ	M75	1.22	Christel Miller Gilbert Gonzales	11.52	R. Chrimes
	m	1.22	V. McIntyre	1.22	Claude Hills
- 1	M85	.965	A.E. Pitcher	.96	A.E. Pitcher
	W40	1.53	Phil Raschker	1.52	Phil Raschker
MAN E	W70	1.09	Mary Bowermaster	1.09	Mary Bowermaster
PV	M65	3.05	Boo Morcom	3.05	Boo Morcom
	W40	1.83	Phil Raschker		Doo norcou
LJ	M80	3.39	Karl Trei	3.15	Russell Meyers
TJ	M80	7.09	Karl Trei	6.90	Benjamin Fox
1417	M85	4.83	Konrad Boas	4.58	A.E. Pitcher
	W60	6.39	Jean Udell		
SP	W70 M75	4.98	Ernestine Yeomans	THE PARTY OF THE P	The second second
AT THE REAL PROPERTY.	W70	11.95 7.76	Ross Carter	10.00	A. Ticmanis
3K Walk	M50	13:59.1	Mary Bowermaster	7.62	Mary Bowermaster
	M55	14:43	Jaan Roos	14:23.6	M. Sciaretti
	W35	18:23.2	Max Green	15:37.5	F. Tonetti
	W40	15:32.2	Cathi Sullivan Gayle Johnson	21:53.7	Lorraine Oho
	W60	18:46.9	Jean Rowland	15:40.7	Jocelyn Richards
	W65	20:54.1	Marie Henry	20:39.7	Marie Henry
	W70	20:56.8	Ernestine Yeomans	24:23.6	Lois Mullihen
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NIKE

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Ella and Andrzej Krzesinski

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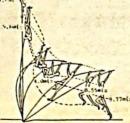
Ella and Andrzej Krzesinski are two of the world's best track and field coaches. Few coaches can match their accomplishments. Ella is an Olympic gold (1956) and silver (1960) medalist and former record holder in the long jump. She is best known in Oregon ad the coach of 1984 Olympic silver medalist hurdler Judi Brown-King and 1984 and 1988 Olympic heptathlete Cindy Greiner. Andrzej, an Olympian for his native Poland, has coached many Olympians including Tadeusz Slusarski (pole vault, gold, 1976 and silver, 1980), world record holder Wladyslaw Kozakiewicz (pole vault, gold, 1980), Wojciech Buciarski (pole vault, 5th, 1976), Daley Thompson (decathlon, gold 1980 and 1984), Kory Tarpenning (pole vault, 1st 1988 U.S. Olympic Trials), and Tim Bright (decathlon, 7th, 1988, decathlon, pole vault world record holder). As master, Ella broke two world records in the 1986 long jump and high jump. Andrzej cleared 12' few years ago.

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ANDRZEJ KRZESINSKI 2820 ELINOR ST. EUGENE OR 97403

-Meeting Held at Indoor Nationals-

About 80 people attended a meeting called by Jerry Donley, TAC Masters Track & Field Chairman, at the Holiday Inn in Columbus, site of the Indoor Nationals, on Saturday, April 1, at 7:30 p.m.

1989 Outdoor Nationals

David Pain, meet organizer, said a large foreign contingent is expected for the outdoor nationals in San Diego, July 20-23: 25% of the entries to date are from overseas. He promised great weather and fast tracks, "ideal for setting PRs." Some complaints were made about the \$30 entry fee. Pain said the relatively high fee was needed to provide free bus transportation to all athletes from the airport/train station to the tracks and accommodations. Locals and Californians who drive and won't need the transportation are essentially subsidizing foreigners and out-of-staters, but their total transportation costs will obviously be much

1989 World Championships

Jim Puckett, meet director, said the deadline for entries to the WAVA Championships is May 1. "The momentum in Eugene is building," he said. "People are very excited; merchants are doubling their inventory; the 3-inch medal is beautiful." He said all U.S. participants should plan to be gracious hosts, greet foreign participants, be helpful, etc.

U.S. Team Uniforms

Donley said the official U.S. team uniform will be the same one as in 1987. However, no new uniforms are available. Mike Castaneda, who handled the uniforms in 1987, "has disappeared and said he would never do it again," Donley reported. Donley said no one had volunteered to assume the "thankless task."

Relays in World Championships Scott Thornsley, U.S. co-team



West Valley Track Club, first M30-39 in the 4x800 relay (8:30.8), at the National Masters Indoor Track and Field Championships in Columbus Ohio, March 31-April 2. Left to right: David Tomerlin, Searcy Barnett, Dennis Duffy, and Bill McCarthy. Photo from Jim Pearce

manager (along with Sandy Pashkin), suggested relay teams in Eugene be based on actual times in the 100 and 400 in either San Diego (at the Nationals) or Eugene. After long discussion, Thornsley said he would take all suggestions under advisement.

1990 Indoor Nationals

Madison, Wisc., was awarded the bid to host the 1990 Nationals. Thornsley reported on the difficulty in obtaining suitable indoor sites. Dartmouth may be interested for 1991, and Columbus, again, for 1992, when the city is celebrating the 500th anniversary of Columbus' arrival in America.

Drug Testing

Joan Stratton reported many masters are using drugs to improve

their performance. Should drug testing be instituted at masters meets? Some said we should have nothing to do with drug testing. "Who cares if someone wants to abuse their body with drugs; we're all adults," Jim Weed said. Others said with prize money being offered, we should do something. "The first three finishers should be tested," Thaddeus Bell suggested. Do steroids hurt anyone else but the user? No, said some. Yes, said others, because it affects the placings. "We don't let competitors get an unfair advantage by using an improper implement weight so we shouldn't let anyone gain an unfair advantage by using drugs," Jeff Wenig said. No action was taken. Stratton said she had been invited to speak to the WAVA Council in Eugene on drugs, but will be unable to make it. She asked for a volunteer to go in her place.

Amendments to WAVA Constitution

Four amendments to the WAVA Constitution and By-Laws were unanimously approved and will be submitted to WAVA to be put on the agenda for discussion in Eugene:

- 1) Change the name from "Veterans" to "Masters."
- 2) Allow men age 35-39 to compete in the World Championships.
- 3) Mandate that any WAVA Regional Championships (Europe, Asia, North America, etc.) allow en-

Continued on page 32

MIAMI NORTHWEST EXPRESS TRACK CLUB, INC.

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-Age-Graded Tables Available-

Age-graded tables for masters and open runners are now available.

Compiled by the National Masters News and the World Association of Veteran Athletes (WAVA), the tables can be used to:

- 1) Keep track of your progress over the years.
- 2) Compare your own performance



The Over-The-Hill Track Club (4x400 relay, 4:49.91) at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. The M60 members are George Roudebosch (45), Allen Jackson (38), Richard Cavicchi (26), and Buzzy Hood (36). Photo from Jim Pearce

to a different event.

- 3) Compare performances of different individuals in the same or different events.
 - 4) Estimate your time in new events.
 - 5) Set goals for the future.
- 6) Select the best performances in a race among all age groups.
- 7) Make awards more meaningful.
- 8) Give recognition to good performances in the upper age groups.

For a six-page guide on how to conduct a road race using age-grading, send an SASE to the National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NMN has also prepared a 30-page guide on how to use the tables to chart your own personal progress; and a 60-page "director's kit" on how to conduct a race, racewalk, or track and field meet — with single-age standards and factors, detailed explanation, sample races, and personal performance examples and charts. To get the 30-page personal guide, send \$5 to cover printing and postage to NMN. For the 60-page director's kit, send \$7.50.

National Indoor Pentathlon Held

by SCOTT THORNSLEY

The U.S. TAC National Masters Indoor Pentathlon drew its second largest field since its inception in 1985, with 24 men and five women — the most women ever.

Held for the fourth time at Dickinson College in Carlisle, Pa., the meet featured metric distances and kilogram weights, the same WAVA standards used throughout the world.

Also employed for the first time in the U.S. was the new WAVA "Scoring Tables for Veterans Combined Events," compiled by a WAVA Committee headed by Rodney Charnock. Each men's and women's five-year age group employs a factor for each event. These tables will also be used for the outdoor pentathlon and decathlon in all future meets.

Maryland's Mark Witherspoon, M30, high-jumped 2.03m (6-8); Iowa's Rex Harvey, M45, put the shot 12.43m (40-9); Atlanta's Phil Raschker led all women with an age-factored 3417 points. The men's leading scorer was Buck Bradberry, M60, with 3667 points.

Meeting Held at Indoor Nationals Continued from page 31

tries from other regions.

4) Stage a 20K racewalk for women instead of a 10K.

A fifth amendment was passed, 22-1, at TAC's convention last December, and will also be submitted to WAVA:

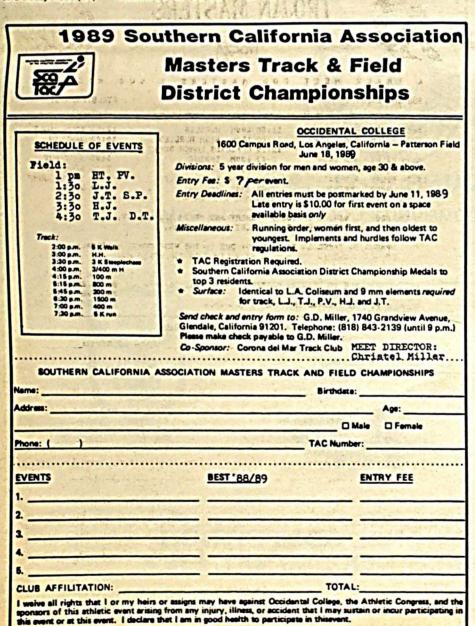
5) No medal standards shall be imposed at WAVA Championships.

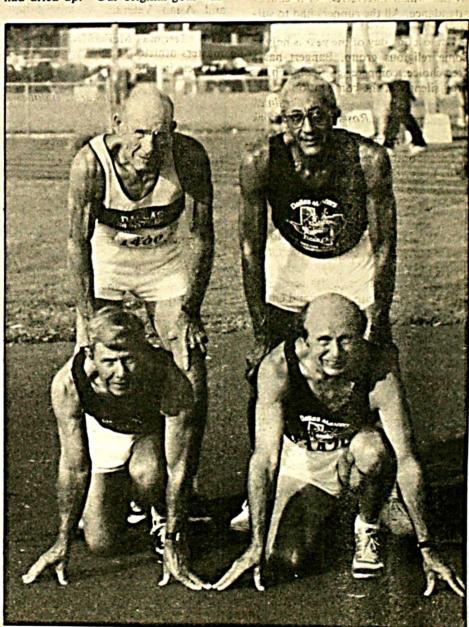
Fund Raising for Eugene

Donley said fund raising for Eugene had dried up. "Our original goal was \$100,000, but we're stalled at \$80,000." He thanked those who had generously donated to the cause, adding that "Eugene couldn't have put on the Games without the up-front \$80,000." He urged donations to be sent to the Masters Sports Association, c/o Donley, P.O. Box 1119, Colorado Springs, CO 80901.

The meeting adjourned at 9:30 p.m.

- Al Sheahen, Masters T&F Secretary





The first-place M60-69 relay team (52.70) at the Nationals in Orlando, from the Dallas T&F club: (front I to r) Max Goldsmith, 65; Tim Murphy, 67; John Alexander, 69; Jim Law, 62.

Photo by Hermia Murphy

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Write On! Continued from page 4

SUNDAY MEETS AND RACES

In your April issue, Bill Bangert complains about meets being held on Sundays, which conflict with his church attendance.

Have you noticed, also, that some meet directors schedule their events on Saturdays, thereby excluding Orthodox Jews and Seventh Day Adventists?

And what about people who work on weekends — should their needs not be taken into account?

Until directors learn to be more considerate and hold meets at times that are convenient to everyone, I suggest that Bangert organizes one himself. Then he can pick his own date and time.

Brian Pritchard Westlake Village, California

While Sunday is the sabbath for most Christians, other people observe other days of the week. Saturday is the sabbath for Jews, Friday for Moslems, the fastest growing religion in the U.S.

I used to run a marathon on the Sunday before Labor Day in Quebec. We usually had hot weather. The race could not start in the morning because the Catholic Church objected to activities which interferred with church attendance. All the runners had to suffer for that.

Almost any day of the year is holy to some religious group. Bangert has a free choice: compete, go to church, or pray silently at the competition.

Nat Cirulnick Rosedale, New York

OTTO ESSIG

Last month, I received a letter from Otto Essig, the man behind the scenes of the greatest masters race in New England — the Westfield 10K. Otto Essig is an intense runner and a great organizer. His race was an event to attend, even if you had an injury and couldn't run!

Now, this great race has to be discontinued, and I can understand Otto's position. He does work hard, and he always gave 100% for us runners. Retirement is inevitable for all of us, but it sure sneaks up on us!

For all the masters runners, I just want to say thank you for all those great years. To you, we were all champions, and your kindness has not gone unnoticed. God bless you.

Vin Fandetti Glastonbury, Connecticut

CAPS

Please cancel my subscription. You persist in placing ads for CAPS, simply to get money. I will not support any magazine involved in this sort of thing.

Jerome Perry Raleigh, North Carolina

Why do you continue to accept ads from Gerald Frank for his nostrums? It's your duty to protect your readers (many of them quite gullible) from, or at least warn them about, these snake oil salesmen and the dubious efficacy of their products. These ads should be clearly labeled as ads across the top of the page.

> Al Hromjak Simi Valley, California

(NMN respects the opinions of Perry, Hromjak, Higdon and others who have detailed their beliefs that CAPS is not a useful product. However, several readers have written to praise CAPS. It's not the money. We're just opposed to censorship. We feel it's wrong to turn down ads unless the evidence is strong that the product is harmful (e.g. cigarettes). Neither Perry nor Higdon claims CAPS is harmful; only that it's useless and a waste of money. Are some NMN readers naive and gullible, as Hromjak claims? Do they have to be protected by Big Brother? We hope not. We hope our readers are intelligent adults, who can make their own decisions based on the open forum which NMN has given both pro-CAPS and anti-CAPS advocates.-Ed.)

FOREIGNERS BANNED

I am disturbed that the European and Asian Veterans Championships refused American entrants. I agree with Jerome McFadden that all masters athletes should be allowed to compete in foreign countries.

W. Th. Sigar Jakarta, Indonesia

BRICKBATS

I subscribe to several health or running-oriented publications, including Running Research News and American Running & Fitness Association magazine. Whereas I find all of this information edifying, I do not see very much of it relating to the over-40 athlete.

I subscribed to your publication hoping to fill this void, but unhappily, I found the same emptiness. Take, for example, Hal Higdon's article, "The Truth About Pill Popping," in the November 1988 issue. The article is interesting for what it is but has very little to do with the older athlete. The article would have been right at home in The Michigan Runner, Runner's World, or any magazine primarily directed at the sub-40 athlete.

Johnny Parks Detroit, Michigan

The reason I let my subscription expire is that your publication has many well-written, interesting articles that I enjoy reading. It also has, however, far more emphasis on track and field than I have any interest in. I found myself reading only small portions of NMN each month — not enough to justify the cost.

Sharon Beal Fort Lauderdale, Florida

KUDOS

HARRIST WHITE BUDGET PORTS

I was delighted to receive the copy of "1988 Masters Age Records" — which is always of vital interest to me and to many others in this country.

Hopefully I will be able to continue as a sustainer in time to come, for I have found NMN to be fascinating, not only from the point of view of my race-walking but also from athletics in general.

Connor Johnston Melkbosstrand, South Africa

I have been receiving your magazine for some years now, and I wish to thank you for the enjoyment I get out of reading it. As we are a long way from the rest of the world, it keeps me informed of the veterans news overseas.

It is most unlikely that I will be able to come to Eugene because of lack of finance. However, I wish that you have a happy and successful World Games. Heather Doherty Brisbane, Australia

Your newspaper is great. I enjoy it all and pass it on to friends. Keep up the good work, especially your profiles of masters runners.

> Joan Arsenault Elkton, Oklahoma

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. 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.

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9:45 RELAY 4 X 100M 1:00 100M SPRINT 10:00 1500M RUN 1:45 800M RUN	1:00 SHOT PUT 1:00 HIGH JUHP 1:00 TRIPLE JUHP
10:30 RELAY 4 X 200M 2:15 300M INT. HURDLES 11:00 400M SPRINT 2:45 200M SPRINT 11:15 80M HURDLES 3:15 RELAY 4 X 400	2:30 DISCUS
ENTRY FEE: 014.00 INCLUDES T-SHIRT AND UP TO SIX EVENTS ADD 01.00 FOR DAY OF MEET REGISTRATION.	
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Please find my check made out to Trojan Masters enclosed \$

MASTERS SCENE

NATIONAL

On July 15, the RRCA will stage its tenth Women's Distance Festival with races organized exclusively by RRCA clubs throughout the U.S. Last year, races were hosted in 70 different cities. This year's contact is Dianne Zellner, 4325 NW 9th Place, Gainesville, FL 32605. 904/374-6749h; 377-0134w.

EAST

- Bill Hart (40, 1:59:21) and Manuel Caneva (41, 1:59:31) finished ninth and tenth of 382 m/finishers in the NYRRC Mike Hannon 20 Mile, Central Park, NYC, March 19. Fifty-twoyear-old Fritz Mueller (2:02:10) was 15th. Anna Thornhill (48, 2:25:28) and Patty Lee Parmalee (49, 2:25:52), took the seventh and eighth spots of 81 w/runners. In the 4-miler, which took off 20 minutes after the 20K started. Anthony Blackett (40, 22:41) and Laurie Baker (45, 28:26) captured masters firsts. Gary Null (44, 30:58) and Marcella Tobias (63, 48:57) were first 40+ walkers.
- . In the NYRRC 5K Horoscope Run, Central Park, NYC, March 11, in which a male-female team under the same Zodiac sign competed for one of the 12-division awards, Jean Perry-Wolf (41, 20:21) combined with Paul Mascali (36, 15:42) to take the Taurus trophy. First M40+ was Dennis Barham (50, 17:59).
- Angella Hearn (43, 1:15:37) claimed second from 341 w/finishers in the Brooklyn Half-Marathon, Prospect Park, March 12. In a tight W50-59 race, Jill Martin (50, 1:32:14) left second to Lisa Praskins (54, 1:32:25) and third to Zofia Turosz (51, 1:32:35). Art Hall (41, 1:11:06) was 16th of 1496 m/finishers.
- Elmer Shaw, M70, Syracuse, NY, according to one of his many friends at the Indoors in Columbus, broke a leg throwing the weight and will be out 8-9 weeks

SOUTHEAST

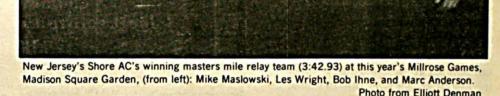
- · Texan Chuck Miller on a business trip to Tennessee stopped by the Tennessee Indoor Open/Masters Meet, March 11, in Nashville and left with an M50-54 WR 9.09 for the 60mH. The previous best of 9.6, set in '87, was held by Colin Shafto of the U.K.
- The 3rd Annual Tennessee Masters T&F Meet (June 16-17 in Knoxville) expects 170-190 participants. By request, the steeplechase has been added, along with 3K and 10K track racewalks. The track and field areas have been completely redone and are reportedly excellent. Two open events - mile and 5K - will be included so that children of masters athletes can compete. Race HQ will be the Holiday Inn World's Fair site.

SOUTH WEST

• Bob Mohler (M40, 35:21) and Sandra Baran (W40, 43:23) sped to masters wins at the Capitol 10,000 in Austin, Tex. on March 12. The 12th annual race drew over 20,000 competitors, some from as far away as Minnesota. Canada, and Great Britain. The course took runners up a few miles of hilly terrain and then sent them to a fast finish over four miles of hot. hard pavement

WEST

- Paul Reese, 71, Auburn, CA, managed three weekends of strenuous running in March with a 3:49:29 marathon on the 4th, another in 3:41:49 on the 12th, and a national M70-74 50-mile track record of 9:17:57 in Santa Rosa, CA on the 18th.
- . The San Francisco Marathon dropped off the calendar in 1988. It returns in July under new direction, on a new course and at a new time. According to the San Francisco Chronicle, the race will start an hour earlier at 7 a.m. to ease traffic snarls and avoid Fisherman's Wharf



merchants' and residents' concerns about con-

. A Grand Prix series for 1990 is proposed by the Southern California Ultrarunners (SCU) with the purpose of attracting sponsorship (\$\$\$) to put on more 1st-class events for ultrarunners. Sixteen races are planned; series awards (including money, if any) will be based on point accumulation. For the schedule, which includes race descriptions and contacts, send \$2 and a SASE to Lee Preble, West Coast U., 550 S. Main St., Orange, CA 92668. 714/953-2700.

· INTERNATIONAL

- . Britisher lan Stewart, third in the 172 and sixth in the '76 Olympics in the 5000, turned 40 in January, and reportedly has his sights set on the 10K European Championships in June and on the World Games in Eugene, where he plans to run the 10K road, 5000, 10,000 and crosscountry. In '77, Stewart ran the 10 mile in
- The History of the Birchfield Harriers (1877-1988), a comprehensive record of the most successful club in the U.K., is available for \$20, including mailing, from Wilfred Morgan, 159 Marsh Lane, Erdington, Birmingham, B23, 6JA, U.K. World-record hold Ray Hatton, now a resident of Oregon, was a Birchfielder in the
- · British runner/businessman Ron Hill, after two-year absence from the States, will race in

- 45:13, the fastest ever.

CLASSIFIEDS

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c 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.

AUSTRALIA: Friendly sightseeing tours for runners, walkers and all who prefer to keep active while vacationing. Billy Platypus, Australia, 215 Berry Street, Clifton, KS 66937 (800) 633-8032.

July 8. Buffalo Belles & Brawn Open and International Meet, Parker Field, Buffalo NY. Bettie Zoschke, 266 Puritan Rd, Tonawanda NY 14150. 716/835-6018.

July 29-30. Buffalo Belles & Brawn T&F Classic, Parker Field, Buffalo NY. Zoschke...

Elby's 20K in Wheeling, WV, May 27. Hill, in his first year in the M50 division, is best known for his 25-year running streak, the longest on record, but he has also run a successful sports business, dealing primarily in running gear, for-20 years, and intends to set up a U.S. subsidiary in California later this year.

· Athletes traveling from Oceania or the Far East to the World Veterans Championships in the USA can take in an all-comers meet in Honolulu any Sunday morning in July. On the way back, two Hawaii International two-day masters meets will be held - on August 12-13 and August 19-20. See schedule for details or contact Stan Thompson, 808/734-8450.

- . Meet and Match! want to get together with someone at the World Championships in Eugene? Drop a note to NMN and we'll publish your request in the June and July issues. For example, Pat Dixon, personable W70 middledistance runner, says: "Companion wanted to hike and explore after the Championships. Me: 70, able-bodied till four in the afternoon, fairly sound of mind, 5'2", 102 lbs. You: charming, energetic, good athlete and leader who could lead me thru the jungle, alligator-infested swamps, stampedes, or locusts. One who would keep my bicycle in super condition, while I would sew unmentionables as well as share in the cooking and washing of the paper plates and plastic utensils. This dreamboat should be between 55 and 72, a non-smoker, easy on the alcohol, who could give and take a good shoulder or hamstring massage without assuming that the next move was a leap into a single sleeping bag. Expenses straight 50-50. Where to hike and bike for six weeks or so? Ireland? Tibet? England? New Zealand? Reply to Pat Dixon, 1354 N.W. Federal, Bend OR 97704, USA. 503/389-5459." If you'd like a match, send 50 words or less to Dixon, Meet and Match
- At age 55, New Zealand's Jack Foster still holds the world masters marathon record of 2:11:19, set in 1974. Where is he now? He hasn't competed in a running race since 1982. although he clocked an unofficial 31:50 10K in a team triathlon in October, 1987. "I'm still in fair shape," he told NMN. "I just ran 15 miles in 1:29, and I usually do 58-59 minutes on a hilly 10K course near my home." But cycling is his competitive hobby now. "I'll be in the New Zealand Masters 40K Cycling Championships on May 6. For the past seven years, I've either won or been second in my age group." Foster said he plans to retire from work soon and hopes to visit the USA.

BOSTON ATHLETIC ASSOCIATION **MASTERS TRACK & FIELD** CHAMPIONSHIPS

(FORMERLY THE WALTHAM MASTERS MEET) SATURDAY JULY 8, 1989

Northeastern University's Solomon Track Dedham, MA

The Track

This is the first time masters athletes will have the opportuinty to compete on this extremely fast 8 lane Rekortan surface that has produced many world and national laeading times in the men's and women's open divisions.

Focus of the 1989 Meet

The 1989 version of the meet will continue to foster paticipation through the offering of an extensive schedule of events. As a highlight of the 1989 event we will be inviting the top masters milers in the country to compete in a special invitational mile.

The date of the meet has been moved to July to facilitate preparation for those athletes planning to compete in the U.S. National Championships to be held on July 20 and the World Veterans Games in early August.

For information and applications send a s.a.s.e to;

Fred Treseler 79 Manet Rd. Chestnut Hill, MA 02167 (617) 964-7802

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schedule

Track and field events feature competition for men and women over 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 newspaper 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 17-18. U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C. Bill Busby, 105 Piney Wood Rd., Thomasville, NC 27360. 919/474-0851 (o), 919/476-1228 (h).

July 20. U.S. TAC National Masters Pentathlon, Balboa Stadium, San Diego. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

July 20-23. 22nd U.S. TAC National Masters Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

EAST

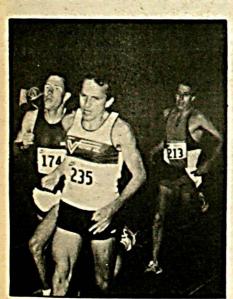
Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

May 13. Don Harris Memorial (Philadelphia Masters) Meet, U. of Pennsylvania, Philadelphia. Pre-entry only, entries close May 11. Peter Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

May 29. Western Penn Championships, Washington, Pa. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301. 412/228-1872.

June 4. NJTAC Masters Championships, Monmouth College, Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.

June 11. Mid-Atlantic TAC Games — Masters Division, Ambler, Pa. 9:00 a.m. Mid-Atlantic TAC, P.O. Box 7231,



Jim Holzman (#235, M35) and Tom Bachtel (#174, M30) go head-to-head in the 3000m., with Joe Contario (#213, M35) close behind, at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2.

Photo by Jim Pearce

Philadelphia, PA 19101. 215/843-MAAC.

Pre-entry only.

June 17. MAC Masters Championships,
Downing Stadium, Randalls Island, NYC.
Sandy Pashkin, 212/666-3671(h).

June 25. Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I., 55 + Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.

July 2. Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englishtown, NJ 07726. 201/625-1764 (days); 201/361-3282 (eve); travel 201/361-3220.

July 6-9. Garden State Games, Middlesex County College, N.J. N.J. residents only. June 1 entry deadline. Morton Hahn, Inc., P.O. Box 328, Dover NJ 07801-0328. 201/625-1764 (days).

July 8. Sri Chinmoy Masters Games. Rain date: July 15. 8 a.m. Victory Field, Forest Hills, N.Y. Sri Chinmoy Masters Games, 150-4 87th Ave., Jamaica, NY 11432. 718/291-7406.

July 8. Buffalo Belles & Brawn International Meet, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

July 8. Boston Athletic Association Masters Track and Field Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802. July 16. TAC Eastern Sectional Championships, Monmouth College, N.J. Sandy Kalb, 22 Addison Rd., Howell, NY 07731. July 29-30. Buffalo Belles & Brawn Classic, Parker Field, Buffalo, N.Y. See July 8. August 13. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

September 3. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

SOUTHEAST Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

May 20-21. Manasota TC Meet, Sarasota, Fla. Kent Wiley, 2035 Constitution Blvd., Sarasota, FL 34231. 813/922-3561.

May 20. Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031. Entry form in April issue.

May 27-28. North Carolina TAC Masters Championships, Thomasville. Includes pentathlon, women's heptathlon, 5K RW on track, 10K on track. SASE: Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 704/536-6266.

June 10-11. 14th Annual Northwest Classic, Miami-Dade Community College, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409 after 9 p.m.

June 10. TAC Southeast Sectional Championships, Georgia Tech, Atlanta. SASE: Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065. June 16-17. Tennessee Masters Championships, U. of Tennessee Tom Black Track. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743.

July 8. Florida Athletics Congress Championships, Delray Beach. Non-Floridans may compete for comparable awards. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

July 8. Nashville TC Open/Masters meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

July 15. Nashville TC Open & Masters Meet, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

August 19. North Carolina Masters Meet, Wilmington, N.C. Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 919/722-7013 (o); 704/536-6266 (h).

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

May 13. Oakwood Invitational, Welcome Stadium, Dayton, Ohio. Fred Tuzzi, 227 Wilshire Blvd., Dayton, OH 45419. 513/294-1053.

May 21. Tiffin Invitational, Heidelberg College, Tiffin, Ohio. New World TC, P.O. Box 09147, Columbus, OH 43209.

May 28. Ohio TAC One-Hour Track

May 28. Ohio TAC One-Hour Track Run/Racewalk Championships, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

May 28. Wolfpack Pentathlon Meet, Columbus, Ohio. See John White, above.

May 28. Ohio TAC Open/Masters Championships, Trotwood H.S., Dayton, Ohio. Harold Martin, P.O. Box 44, Dayton, OH 45428. 513/837-5069.

June 3-4. 6th Annual The Athlete's Foot Masters Meet, Augustana College, Rock Island, III. 3rd — pentathlon only. 4th—Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

June 4, 18. Northwest Classic (4th) and Relays (18th), Trotwood H.S., Dayton, Ohio. Harold Martin, P.O. Box 44, Dayton, OH 45428, 513/837-5069.

Dayton, OH 45428. 513/837-5069.

June 11. 2nd Illinois Grand Prix Meet,
Byron, Ill. Dick Green, P.O. Box 6147,
Rockford, IL 61125. 815/397-5685.

June 17. Green Bay YMCA Open/Masters Meet, GB Premontre HS, Green Bay, Wisc. Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54304. 414/497-2189 (eve.)

June 17. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

June 17-18. Ohio TAC Decathlon/Heptathlon, Sciotoville. Glen Queen, Rt. 2, Box 572-C, Sciotoville, OH 45662. 614/574-8374.

June 25. 3rd Illinois Grand Prix Meet, Springfield, Ill. See June 11.

July 7-9. White River Park State Games Finals, Indianapolis. Open to Indiana residents only, Jeff Coates, P.O. Box 2730, Indianapolis, IN 46225, 317/237-5000.

July 8.9. Masters Midwest Championships (not the sectional championships), Huntington, W. Va. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

July 9. 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147. Rockford, IL 61125. 815/397-5685.

July 15-16. Midwest Sectional (Regional) Championships, York High School, Elmhurst, Ill. Dick Green, 8059 Rosemeade, Rockford IL 61107. 815/897-5685. Continued on page 36

1989 TAC NATIONAL MASTERS DECATHLON/HEPTATHLON

Saturday and Sunday, June 17-18, 1989 Thomasville High School Track Thomasville, North Carolina

ite: Thomasville High School track. Recently resurfaced 400 meter track with Action Track synthetic rubber surface. HJ, LJ, PV, Jav have Action Track runways. Grass javelin runway will also be used. Two high jump pits and three pole vault pits will be used. Accutrack fully automatic timing. Direction of 100 M, hurdles, long jump, and polevault can be reversed to take advantage of the prevailing wind.

	Starting times are approximate,
	but age groups will not start
179	before scheduled time.
	Sunday's events will start at
The same of the	9:00 AM.

Saturday, June 17 10:00 AM ages 65 & up 10:25 AM ages 55-64 10:50 AM ages 45-54 11:15 AM ages 40-44 11:30 AM ages 30-39 12:00 noon Women

Divisions: 5 year age groups (men and women) 30-85+. TAC Championship medals to top three scorers in each 5-year age group.

Entry Fee: \$20.00

Starting Times:

Entry Deadline: Entries must be postmarked by June 7. No day-of-meet entries.

Scoring (tentative): Newly developed 5-year age group factoring tables used with 1985 IAAF Decathlon/Heptathlon Scoring Tables

Location and Lodging: Thomasville is 20 miles southwest of Greensboro on I-85. 25 minutes from Piedmont Triad (Greensboro - High Point) Airport. Special airfare available from Piedmont Airlines. Track is one block south of Business Loop I-85.

Selected local motels and approximate cost for a single room (and distance from track):

Send entry forms to William J. Busby, 105 Pineywood Road, Thomasville, North Carolina, 27360. For further information, phone me after 6:30 PM at (919) 476-1228.

	ENTRY	FORM
Name:		Age on June 17, 1989:
Street:	_ City:	State: Zip:
1989 TAC Registration # (red		Phone: ()
Make checks to Bill Busby - compete.	National	Decathlon. Waiver must be signed to

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Continued from page 35

September 10. Wolfpack Throwing Classic & Ohio TAC Two-Hour Run, Worthington HS, Worthington. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

May 20. Ponca City Classic, Red Rock, Okla. Mike Shaw, 746 N. 5th St., Ponca City, OK 74601. 405/762-7822.

May 30-31, June 1. St. Louis Senior Olympics, St. Louis Country Day School, St. Louis. 55+. Wendy Ludwig, c/o JCCA, No. 2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188.

June 19-24. U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55+. Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-631/2 Way N.E., Fridley, MN

July 28-29. Show-Me State Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSG, 404 Jesse Hall, Columbia, MO 65211. 314/882-2101.

September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

6:30 p.m. Charles Wimberley, 48 Chateau

Haut-Brion, Kenner, LA 70065. 504/467-1197.

May 27. TAC Southwest Sectional (Regional) Championships, Tulane U., New Orleans, La. Danny Thiel, 1459 Verna St., New Orleans, LA 70119. 504/486-8066.

June 2, 16, 30. King of the Hill Meets, Kenner, La. 6:30 p.m. Charles Wimberley, 48 Chateau Haut-Brion, Kenner, LA 70065. 504/467-1197.

June 3. Southwestern Association Masters Championships, SMU, Dallas. Joe Mur-phy, 4704 W. Lovers Ln., Dallas, TX 75269. 214/357-5613.

June 17. Hill Country Classic, Mason, Texas. TBA.

July 8. Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

May 7. Meet of Champions, Long Beach, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471 (7-8 p.m.) May 13, 4th Annual California Masters Team Championship, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

May 27. Anteaters Masters Classic, U. of California - Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 27-28. Bruce Jenner Mobil Grand Prix, San Jose State U, Calif. M40+ 400/1500; 50+ 200; 60+ 100. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos,

May 28-29. San Diego Senior Olympics, San Diego, Calif. 55+. Senior Olympics,

4079 54th St., San Diego, CA 92105. 619/583-3300.

June 3. 10th Annual Redlands Kiwanis Masters Meet, Redlands, Calif. 9:30 a.m. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373, 714/792-2453.

June 3-4. Duke City TAC Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.

June 10. TAC/Pacific Association Championships, Los Gatos HS, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030, 408/354-5660.

June 11. Fifth Annual Runners' Pentathlon (3200, 800, 200, 400, & 1600). Age-Graded Scoring. SASE to Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM, 87111. Days 505/844-6943, Eve. 505/821-2454.

June 18. SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 24-27, June 29-July 2. Mammoth Athletics Camp, Two 4-day sessions, Mammoth Lakes, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448

July 1. World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

July 2, 9, 16, 23. All-Comers Meets, 9 a.m. Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Dr., Honolulu HI 96821. 808/734-8450. Or Ken Wheeler, 808/422-4694.

July 3-8. Olympian Coach T&F Camp, Long Beach State U., Long Beach, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

July 8. Western Sectional (Regional) Championships, Sacramento, Calif. Michael Holzgang. S.A.S.E. P.O. Box 255131, Sacramento, CA. 95865. 916/482-7881. July 16. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No./ 3, Los Angeles CA 90026, 213/977-7492 (w); 213/666-4964 (h)

August 12-13, August 19, 20. Hawaii International Masters Games, Kaiser High-School, Honolulu, Stan Thompson, 2164 Halekoa Drive, Honolulu HI 96821. 808/734-8450. Or Ken Wheeler, 808/422-4694.

September 2. 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

September 16. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 415/697-1889.

September 24. Sri Chinmoy Seniors (50+) Meet, UC-Irvine, Calif. Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

October 7. Club West Masters Meet, Santa Barbara, Calif. George H. Adams, P.O. Goleta, CA 93116. 805/484-5982

October 16-27. World Senior Games, St. George, Utah. 50 + . T&F/Road Races: October 25-27. Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

NORTHWEST Alaska, Idaho, Montana, Oregon, Washington, Wyoming

June 3. Senior Sports Festival, Seattle. 40+. Carole Langenbach, 4261 S. 184th

St., Seattle, WA 98188. 206/433-8868.

June 16-17. Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226.

June 24-25. 8th Annual Hayward Masters Classic, Hayward Field, Eugene, Oregon. Jerry Jackson, 933 North Ridge Ave., Springfield, OR 97477. 503/746-0605.

ON TAP FOR MAY TRACK & FIELD

In the East, major activity opens with the Oscar Harris' Memorial Meet in Philadelphia on the 13th and closes with the West Penn Meet on the 29th.

In the Southeast, the Birmingham Classic in Alabama on the 20th will include some agegraded events; Sarasota, Fla., hosts a two-day affair on the 20th-21st; and the North Carolina Championships offer a full schedule of age-graded events on the 27th-28th. The Southwest Sectional Championships are set for the 27th in New Orleans.

The Western menu lists the Meet of Champions in Long Beach, Calif., on the 7th; the California Masters Team Championships on the 13th in Los Angeles; and the Anteaters Classic in Irvine, Calif., on the

LONG DISTANCE RUNNING

TAC National Masters One-Mile Championships should attract a good turn-out of Easterners to Ridgewood, N.J., on the 21st.

Road action opens with the Trevira Twosome 10 Mile in NYC on the 6th, and the Lilac Bloomsday 12K in Spokane, and the Pittsburgh, Pa.; Nissan Buffalo, N.Y.; Lincoln, Nebr.; and Long Beach, Calif., marathons on the 7th ? January 10:

The Old Kent River 25K in Michigan and the Vintage 5 Mile (55+) go off on the 13th, followed on Sunday by the Nike Women's 8K in D.C. and the L'eggs Tune-Up 5K in NYC.

On the 21st, the massive Bay To Breakers thunders through San Francisco, and Cleveland and Olympia, Wash., stage marathons.

On the 27th, entrants spin through Elby's 25K in Wheeling, W.Va. The month ends with the Cottow Row 10K, an ICI/USRA Masters Circuit Event, in Huntsville, Ala.; the Bolder Boulder 10K in Colorado; and the Pacific Sun 10K in San Rafael, Calif.

The Ben Gay Active America Day covers races of various lengths in 50 cities on the 13th-14th.□

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon. Men 40+, women 35+. WVC, PO Box 10825, Eugene, OR 97440. 503/687-1989. August 7. Masters International Weight

Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

June 30-July 1. Northwest Sectional Continued on page 37

Louisiana, Mississippi, Texas. CA 95030. 408/354-2005; 354-7333(w). May 19. King of the Hill Meet, Kenner, La. TRACK 8 FIELD NEWS "Everything for Track and Field Athletics" Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog. TRACK & FIELD NEWS. With subscribers in more than 60 countries. T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: \$24.95 USA, \$31.50 rest of world. • TRACK TECHNIQUE. Now resumed as a quarterly under the auspices of The Athletics Congress of the USA, Track Technique has been one of the sport's technical publications since 1960. Now \$10.00 yr., USA; \$11.00 foreign. BOOKS. Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist. TOURS, 1988 Olympics (Seoul), 1992 Olympics (Barcelona), 1991 World Championships (Tokyo), 1990 Commonwealth Games (Auckland), etc. Popular sports tours since 1952. Write for information. **TRACK & FIELD NEWS** P.O. Box 296 • Los Altos, CA 94023-0296 USA

Continued from page 36

(Regional) Masters Championships, Mt. Hood Comm. College, Gresham, Oregon. T. Jean Peters, 510 SE 208th, Gresham, OR 97030. 503/667-1339.

August 11-12. 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132. 406/587-8726.

CANADA

June 17-18. Canadian Masters National Championships, Edmonton, Alberta. Liz McBlain, 10427 21 Ave., Edmonton, Alberta T6J 5E9.

July 8. Canadian Masters Inter-Club Championships, York U., Toronto. Molly Turner, 11 Romulus Dr., Scarborough, Ontario, M1K 4C1.

INTERNATIONAL

June 24. Southwest Championships, Bournemouth, England. David Lord, 311 Bournemouth Rd., Parkestone, Poole, Dorset, England.

June 30-July 2. Memorial "Farkas Maytas" Meet, Budapest, Hungary. Deadline: May 5. OTF-Penta Toura, Budapest 1051, Bajcsy Zslilinszky ut 12,

Hungary.
July 8-9. United Kingdom Championships, Reading, England. L. Brown, 55 Middle Lane, London N8, 8PE.

July 16. Four Counties Meet, High Wycombe (west of London), England. L. Thomas, The Clubhouse, Keephill Rd., High Wycombe, Bucks.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117

September 16-17. San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico. Ovidio de Jesus, P.O. Box 31300, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

October 1416. 10th Annual Japan Masters Championships. Tokyo Travel, 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 0734-24-1683.

October 14-22. 2nd Australian Masters Games, Adelaide,

LONG DISTANCE RUNNING NATIONAL

May 13-14. Ben-Gay Active America Day, races of various lengths in 50 cities. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918.

May 21. U.S. TAC National Masters One-Mile Road Championships, Ridgewood, N.J. Arne Olsen, 286 S. Irving St., Ridgewood, NJ 07450. 201/444-7393.

June 8-11. 32nd Road Runners Club of America National Convention, Colorado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950, 614/942-2186.

September 17. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, Pa. Mark Stewart, c/o Phil. Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

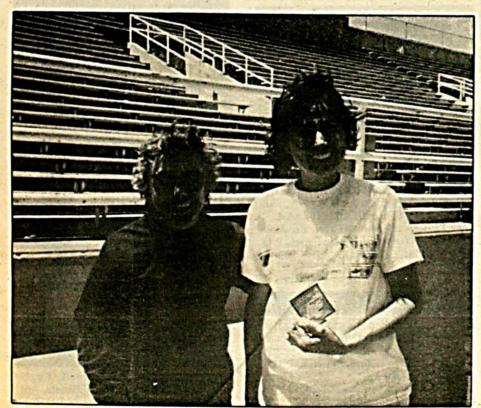
September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. Mike Radley, The Great Race, Room 400, City-County Bldg. Pittsburgh, PA 15219. 412/255-2493.

October 1. U.S. TAC National Masters 25K Championships, New York. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

October 8. U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

November 12. U.S. TAC National Masters 30K Championships, Clarksburg, Calif.



Bev Hueter, scorer, with Margaret Jaramillo, the W45 1st Place winner at the 1988 Runners' Pentathlon in Albuquerque. This year's meet will be held on June 11.

Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318. November 19, U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128, 212/860-4455.

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

May 6. Trevira Twosome 10 Mile, NYC. Allan Steinfeld, NYRRC, P.O. Box 881, FDR Station, NY, NY. 212/860-4455. May 7. Pittsburgh Marathon, Pittsburgh. PM, 638 USX Bldg., Pittsburgh, PA 15230. 412/391-2800.

May 7. Long Island Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY

11554, 516/542-4439

May 13. 9th Annual Vintage Run 5 Mile. Pittsburgh, Pa. 55 + . Cami Craig, Vintage, Inc., 401 N. Highland Ave., Pittsburgh, PA 15206. 412/361-5003.

May 13. 12th Annual Midland Run 15K, Far Hills, N.J. SASE to Midland Foundation, P.O. Box 5026, Readington Rd., North Branch, NJ 08876. 201/722-8250. May 14. L'eggs Tune-up 5K, New York, NY 10150-0881. 212/896-4455.

May 14. YWCA Women's 2/5 Mile, Manchester, N.H. Colleen Yanco, YWCA, 72 Concord St., Manchester, NH 03101. 603/625-5785.

May 14. Nike 8K For Women, Washington, D.C. Nike Race For Women, Box 134, Mt. Vernon, VA 22121. 703/780-3037.

May 21. Riverside Twilight 5 Mile, Agawam, Mass. Ed Carroll, Riverside Park, Agawam, MA 01001. 413/786-9300. June 3. Freihofer's 5K Run For Women (TAC Open National Championship), Albany, N.Y. W40+ \$2000; W50+ \$500. Also 10K. George Regan, Freihofer's Run For Women, 233 4th St., Troy, NY 12180. 518/273-0267.

June 10. Shelter Island 10K, Shelter Island, N.Y. Shelter Island 10K, Box 266, Shelter Continued on page 38



DATE: MAY 27, 1989

ANTEATERS MASTERS TRACK AND FIELD CLASSIC

CO-SPONSORED BY CORONA DEL MAR TRACK CLUB AND UNIVERSITY OF CALIFORNIA-IRVIN

PLACE: UNIVERSITY OF CALIFORNIA -IRVING

DIRECTIONS: 405 FREEWAY TO CULVER, SOUTH TO CAMPUS DRIVE, RIGHT TO BRIDGE ROAD. USE PARKING LOT 6 OR 8 (FREE PARKING).

AWARDS: FIRST 3 PLACES IN EACH EVENT. CUSTON DESIGNED THREE COLOR MEDAL

ENTRY PEE S7.00 FOR FIRST EVENT. \$3.00 FOR EACH ADDED EVENT.

ENTRY DEADLINE: POSTMARKED BY MAY 20, (LATE ENTRY ADD \$2.00 PER ATHLETE

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

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

SCHEDULE OF EVENTS

TRACK EVENTS

FIELD EVENTS 9:30 HAMMER ALL DIVISIONS

9:30 HAMMER ALL DIVISIONS
11:30 METER RELAY
10:15 JAVELIN 30-39, I & II
12:00 800 METER RUN
12:45 110 HIGH HURDLES
12:00 JAVELIN DIV III, IV & W
1:15 3000 METER RUN
1:00 SHOT PUT DIV III, IV & W
1:15 3000 METER DASH
2:00 400 METER DASH
3:20 1500 METER RUN (THE ALDRICH "MILE")
3:50 200 METER DASH
3:00 30-39, DIV I & II
3:50 200 METER DASH
3:50 200 METER DASH
3:50 200 METER DASH
3:50 300 METER DASH 10:00 5000 METER RACE WALK

4:10 400 METER HURDLES

JUMPING EVENTS

11:00 HIGH JUMP ALL DIVISIONS 1:00 LONG JUMP DIV III, IV & W 12:00 POLE VAULT ALL DIVISIONS 2:00 TRIPLE JUMP 30-39 I & II 12:00 LONG JUMP 30-39 DIV I & II 3:00 TRIPLE JUMP III, IV & W

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

Athletic release: in consideration of my entry fee, I do, hereby for myself and heirs and administrators, wave and release any and all claims I may have against the University of California-Irvine, and the Corona del Mar Track Club 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 prevent me from competing, and I compete at my

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Continued from page 37

Island, NY 11964.

June 24. L'eggs Mini 10K, New York City. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/896-4455. June 25. Fairfield Half-Marathon, Fairfield, Conn. Masters money. Steve Lobdell, 69 Beverly Ln., Fairfield, CT 06430.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

May 6. Apple Blossom 10K, Winchester,

Va. Shenadoah Apple Blossom Festival, 5 N. Cameron St., Winchester, VA 22601. May 13. Gumtree 10K, Tupelo, Miss. Masters money. Johnny Dye, Race Direc-

tor, 1007 Chester Ave., Tupelo, MS 38801. 601/842-6859(d); 842-2039(n). May 27. Elby's 20K, Wheeling, W. Va. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 304/233-5000.

May 27. King Street Mile, Charleston, S.C. Chuck Magera, 1090 N. Shadow Dr., Mt. Pleasant, SC 29464. 803/881-0876.

May 29. Cotton Row 10K, Huntsville, Ala. \$1800 masters money. John Dennison, 205/881-5807.

July 4. Peachtree 10K, Atlanta. \$3500 masters money. Julia Emmons, 3097 Shadowland Ave., Atlanta, GA 30305. 404/231-9064.

MIDWEST Illinois, Indiana, Kentucky, Michigan, Ohio,

Wisconsin, West Virginia. May 13. Old Kent River Run 25K, Grand

Rapids, Mich. Jeannie Fichtel, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.

May 21. Revco Cleveland Marathon/10K, Cleveland. Reno Starnoni, Race Director,

weeks in advance.)

P.O. Box 46604, Bedford, OH 44146. 216/232-6373.

June 17. Steamboat Classic 4 Miler, Peoria, Ill. \$1200 masters money. Steve Shostrom, 700 W. Main St., Peoria, IL 61606. 309/676-7866.

June 24. Oglesby 10K Classic, Oglesby, Ill. \$250 masters money. Oglesby 10K, P.O. Box 104, Oglesby, IL 61348.

July 4. Ohio TAC 10K Championships, Whetstone HS, Columbus. Bill Schmidt, 6163 Laurelwood Ct., Columbus, OH 43229. 614/261-7650(w); 895-1514(h).

July 16. Chicago Distance Classic 20K, Chicago. Diane Wood, 1440 W. Washington Blvd., Chicago, IL 60607. 800/786-1900; 312/243-2000.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

May 7. Lincoln Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.

May 29. Bolder Boulder 10K, Boulder, Colo. Masters money. BB, 3033 Iris Ave., Boulder, CO 80301. 800/525-2836; 303/444-7223 (CO).

June 4. Hospital Hill Half-Marathon, Kansas City, Mo. ICI/USRA Masters Circuit Race. \$3000 masters money. HHR, Crown Center, Ste. 500, 2440 Pershing Rd., Kansas City, MO 64108. 816/274-3196.

June 11. Steamboat Marathon, Steamboat Springs, Colo. SS Chamber Resort Assoc., Christina Schroeder, Box 774408, Steamboat Springs, CO 80477. 303/879-0740.

June 17. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

SOUTHWEST isiana, Mississippi, Texas

May 7. 22nd Annual Al Briede Gold Cup 3 Mile/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 13. Barrister's Run 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 21. Lakeview Civic Track 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 26. Greek Festival Run 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 29. Louisiana Masters Classic 5K, New Orleans. 40+. RRCA/TAC sanctioned. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

WEST Arizona, California, Hawaii, Nevada, New Mexico, Utah.

May 7, 20, 21, 27, 29. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

May 7. Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 21. Examiner Bay to Breakers 12K. San Francisco. No age-group awards. Bay to Breakers, 110 Fifth St., San Francisco, CA 94103. 415/777-7773.

May 29. Pacific Sun 10K, (PA/TAC Championships), San Rafael, Calif. \$1600 for masters individuals & teams, plus incentive money. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903. 415/472-RACE. Entry form in April issue. June 10. Palos Verdes Marathon, Palos Verdes, Calif. George Ownes, 2616 Via Anacapa, Palos Verdes Estates, CA 90274. 213/377-3419.

June 18. Valley Of The Flowers Marathon/Half-Marathon, Lompoc, Calif. Lee Heinz, P.O. Box 694, Lompoc, CA 93438, 805/737-0025.

June 21. Union Bank Heart of the City 5K. Los Angeles. Heidi von Kann or Dave Sims, 213/236-5124 or 236-5716.

NORTHWEST Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

May 7. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Sylvia Quinn, Race Director, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 21. Capital City Marathon, Olympia, Wash. CCM, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.

June 4. The Race 8K, Eugene, Oreg. The Race, P.O. Box 11364, Eugene, OR 97440. Pat Sundqvist, 503/342-7923. June 10. Alaska Women's 10K, Anchorage.

Larry Ross, 3605 Arctic No. AA, An-chorage, AK 99503. 907/562-2161 xAA. June 18. Cascade Run Off 15K, Portland, Oregon. \$3500 masters. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

CANADA

May 7. Canadian National Masters Marathon Championships (4th Annual Hamilton Marathon), Hamilton, Ontario. 25 Main St., No. 2215, Hamilton L8P 1H1. 416/522-8005.

May 13-14. Toshiba National Capital 10K (13th) & Marathon, Ottawa, Ontario. Toshiba Races, P.O. Box 426, Stn. "A" Ottawa, Ontario K1N 8V5. 613/234-2221.



Steve Dornish, masters winner of the RRCA South Bay 20K in 1:17:57 in Los Osos, Calif., Photo by Elaine Rosenfield

INTERNATIONAL

May 13. AAA Veterans Road Relays, Birmingham, England. D. Withers, 14 College Lane, Marlbrook, Bromsgrove B60, IDW, England.

June 24-25. European Veterans Champion-

ships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1,

July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

RACE WALKING NATIONAL

July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.

July 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213. July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina,

May 20. Florida Masters Racewalk Sectional, Coconut Creek, Fla. Robert Fine, 4223 Palm Forest Dr. N. Delray Beach, FL 22445. 407/499-3370.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

May 25. Cincinnati 10K Racewalk, Cincinnati, Gayle Johnson, 2918 Indianola, Apt. 1, Columbus, OH 43202. 614/267-2175. May 28. Ohio TAC One Hour Racewalk. See T&F schedule.

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

		S. S. S. L.	Walls wiew
M30			
Alex Johnston	400m	50.1	07/01/88
Mark Williamson	HJ	6-9	07/23/88
Rodney Atherton	Dec.	5,831	03/13/89
	13:131.	The state of	Service 19
M40	H. h		
Craig Shumaker	SP	45-11/2	01/15/89
Johnt Hunt	10K	34:45	04/30/88
Roger Assink	100m	11.67	06/04/88
STATE OF THE STATE	200m	23.8	06/04/88
	LJ	18-11	06/05/88
W.E			CARLED BLAT
M45	100		05/00/00
Alonzo Jones	400m	55.6	05/28/88
the state of the same			
M50			
Gordon Bobell	HT	148-2	09/03/88
Lee Stopoulos	LJ	17-6	03/19/89
Dennis Rietz	35#	10.85	12/21/86
district visites			elapone de period
WEEK TORONG TORONG			
M55	100		04 101 104
Joseph Kelly	400m	59.8	06/01/86

M60			
James McShane	LJ	14-51/2	08/04/88
Melvin Larsen	100m	12.88	09/25/88
THE PARTY PARTY	200m	28.13	09/25/88
THE RESERVE TO BE A PERSON OF THE PERSON OF	400m	65.00	09/25/88
	LJ	15-91/2	09/25/88
M65			
Jim Platis	LJ	13-91/2	03/19/89
M70			
Hal Cronkhite	SP	36-1	09/17/88
F. Carter	Mile	5:32.4	03/15/87
Jerry Siefert	SP	38-54	06/04/88
The same and the s	DT	104-8	06/04/88
	JT	119-8	06/04/88
Charles Hirshey	SP	31:58	11/12/88
W60		MANUFACTURE OF THE PARTY OF THE	
Joan Rowland	5K RW	31:58	11/12/88
W65			THE PERMIT
Jean Cotner	5K RW	39:28	03/11/89



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U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS 3K 2-mile 5K 10K 20K Hile Mile 3K 2-mile 5K H40 7:29.8 14:30 15:40 24:30 51:00 1:45 W40 8:55.4 17:20 18:40 29:00 1:00 2:04 M45 7:42.8 15:10 16:20 26:00 54:00 1:52 W45 9:12.4 17:53 19:17 31:00 1:04 2:12 M50 8:25.1 16:20 17:37 27:30 57:00 1:58 W50 10:30.2 20:24 21:59 33:00 1:08 2:20 M55 8:43.1 16:55 18:15 29:00 60:00 2:04 W55 10:55.4 21:13 22:51 35:00 1:12 2:28 M60 9:19.9 18:07 19:12 30:30 63:00 2:10 W60 11:45.0 22:49 24:35 38:00 1:18 2:40 1865 9:44.7 18:54 20:23 32:00 66:00 2:16 1870 16:25.4 20:15 21:49 34:00 70:00 2:24 1875 10:59.9 21:20 23:00 36:00 74:00 2:32 1880 11:40.7 22:40 24:25 36:00 78:00 2:40 1885 12:29.3 24:15 26:08 40:00 82:09 2:48 W65 12:20.2 23:59 25:50 41:00 1:24 2:52 W70 13:28.5 26:10 28:12 44:00 1:30 3:04 W75 14:19.5 27:49 29:58 47:00 1:36 3:16 W80 15:20.7 29:48 32:08 50:00 1:42 3:40 W85 16:35.7 32:13 34:44 53:00 1:48 3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN												
Event		35-39	40-44	45-49		55-59		65-69	70-74	75-79	80-84	85-89
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61:15	9:15 10:10 32:30 68:30
110H 100H 80H 400H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0 84.0	30.0 95.0
300H 3K-SC 2K-SC	10:00	10:20	10:55	11:40	Park Training	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94 6-45	1.85 6-3/4 4.15	1.76 5-9%	1.68 5-6 3.60	1.59 5-24 3.30	1.50 4-11 3.05	1.41 4-75 2.80	1.32 4-4 2.55	1.23 4-4 2.30	1.13 3-8 2.05	1.02 3-4	.92 3-1 1.50
PV	14-5½ 6.55	13-7k 6.20	12-95	11-94	10-10 5.10	10-0 4.75	9-24	8-4½ 4.00	7-64	6-8½ 3.35	5-11 3.00 9-10	4-11 2.65 8-84
ŢJ	21-6 13.35 43-95	12.65 41-6	11.90	17-10 ¹ 3 11.15 36-7	10.40	9.65 31-8	8.90 29-25	8.20 26-11	7.50 24-7k	6.80	6.10 20-4	5.50
Shot	15.20		13.00 42-8	12.00	12.40 40-8%	11.20 36-9	12.00	10.80 35-54	10.00 33-0	* IN 17 1 1 1	7.65 25-14	6.50
Discus	147-0	42.60 139-9 44.20	40.60 133-2 41.14	38.00 124-8 38.10	40.00 131-3 38.40	36.40 119-5 36.00	40.00 131-3 36.00	36.80 120-9 33.00	31.60 103-8 29.00	26.40 86-7 25.00	21.40 70-2½ 22.50	16.20 53-2 18.00
Jav	155-0 62.00 203-5	145-0 57.00 187-0	135-0 52.00 170-7	125-0 48.00 157-6	126-0 43.00 141-1	118-1 38.50 126-4	118-1 40.00 141-1	108-3 35.00 114-10	95-2 29.00 95-2	82-0 24.00 78-9	73-10 19.00 62-4	60-0 15.00 49-2
35#Wt. 25#Wt. 56#Wt.	15.00	9.00	13.00	12.00	10.00	9.00 5.00	13.00		9.00 3.50	8.00 3.00	7.00 2.50	2.00
PEN DEC	2800 5500	2600 5250	2400 5000	2200 4500	2000 4000	1800 3000		5500	3000 5000	2500 4000	2000	1000 1500
notes:	2) Short 3) Long 4) Short	hurdle put:	s: 30-4 30-4	9: 39"; 9: 36"; 9: 7.26k	50-59:	33"; 6	0+: 30" 6k; 6	0-69: 3K	; 70+:	4k.		

6) Hammer: 30-89; 7.20k (107); 30-39; 6k; 30-39; 6k; 30-39; 7.20k (107); 30-59; 800g; 60+: 400g.

8) Metric heights and distances are the standard; feet and inches listed for convenience.

9) Dec/Pentathlon: 30-59; IAAF points; 60+: Ian Hume points (old MAVA).

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	
	100 200 400 800	13.8 28.0 63.5 2:32	14.2 29.2 65.5 2:35	14.6 30.3 67.5 2:40	15.0 31.4 69.5 2:46	15.6 32.5 71.5 2:54	16.2 34.0 73.5 3:05	16.9 35.7 78.5 3:19	17.8 37.5 83.7 3:36	18.8 40.0 90.0 3:56	20.0 43.5 96.5 4:09	21.2 47.0 103.3 4:35	
	1500 Mile 5000 10000	5:10 5:34 19:45 41:00	5:19 5:44 20:30 42:40	5:29 5:55 21:20 44:40	5:40 6:07 22:16 47:00	5:58 6:26 23:12 49:30	6:20 6:49 24:16 52:00	6:48 7:19 26:08 56:00	7:23 7:46 28:08 60:00	8:04 8:47 30:08 66:00	8:52 9:39 32:21 76:00	9:48 10:45 34:26 86:00	
	100H 80H 400H 300H	17.2 75.5	18.2 79.9	15.0 84.4	15.8 88.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0	
	HJ	1.42	1.35 4-5k	1.27	1.19	1.12	1.07 3-64	1.02	.97 3-24	.92 3-04	.89	.84	
で特殊	'n	5.00	4.60	4.25 13-114	3.90	3.55	3.20 10-6	2.85 9-4k	2.60 8-6k	2.35 7-84	2.10 6-11	2.00 6-7	
	TJ	10.00 29-75	9.20 28-3	8.60 26-8	7.80 25-04	7.18 23-54	6.40 22-8	5.70 20-54	5.20 18-10	4.70 16-5	4.20	3.80	-
	Shot	10.30 33-95	9.30 30-6%	8.40 27-7	7.70 25-34	7.95 26-1	7.20 23-74	6.50 21-4	5.80 19-04	5.25 17-3	4.70 15-5	4.25 13-11%	Serse a
	Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50 70-65	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50	DOSPACE
	Discus	30.0	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18,0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5	Special in
	Hammer	40.0	35.0 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7	No. of Lot
,	20 Mt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75	
	notes:	1) 100	standa	rds are	for au	tomatic	time:	use star	ndard co	nversi	on for h	and tim	e.

1) 100 standards are for automatic time; use standard conversion for han
2) Short hurdles: 30-39: 33"; 40+: 30"
3) Shot put: 30-49: 48; 40+: 3k.
4) Javelin: 30-49: 600gm; 50+: 400gm.
5) Hammer: 30-49: 4k; 40+: 3k.
6) Metric heights and distances are the standard; feet and inches listed

	APPLICATION	FOR AN	See No.
	PRICAN	CEDTIEL	CATE
ALL-AM	EKICAR	CEKIIFI	CAIL

ALL-AMEN	CARCERIII
NAME:	PHONE:
ADDRESS:	AGE GROUP:
	SEX: M F
EVENT:	MARK:
MEET:	WEIGHT OF IMPLEMENT
DATE OF MEET:	HURDLE HEIGHT

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U.S. MASTERS TRACK & FIELD RANKINGS (Coordinated by Jerry Wojcik, T&F Rankings Chairman)

The second secon	CONTRACTOR OF THE PARTY OF THE	M20-24	The same of the sa	W40-44	8 Neal Schuster 24:30.0
1988 1500m Rankings	11 J Bevins 4:44.6 12 Ted Wilson 4:45.3	W30-34 1 Katie Cunningham 4:45.4	1988 1500 Race Walk Rankings	1 Laurie Schmitt 9:35.5	9 Alan Price 24:33.0
Compiled by Wiesia Wojcik	13 Art Conro 4:46.8 14 K Noel 4:50.2	2 Cori Sedwick 4:55.9 3 Marilyn Brandt 4:57.8	Compiled by Glen E. Peterson	2 Schmidt 9:55.3 3 Marti White 10:17.5	10 Franco Pantoni 25:17.0 11 Gil Amezcua 25:19.4
A CHARLES OF THE SECOND	15 S Vandenburg 4:50.4	4 Lauri Sax 5:00.1	inectify the state of the	THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TO PE	12 Joe Cameron 25:48.0
M30-34 1 D Parsel 3:58	16 Don Martin 4:53.2 17 J Meegan 4:53.5	5 Kitty Sokoll 5:05.3 6 Mary Russell 5:06.0	M30-34 1 James Wass 6:53.0	W45-49 1 Mary Wheeler 10:33.9	13 George Lattarulo 25:58.0 14 Eugene Kitts 26:03.0
2 Greg Gustafson 3:58.8	17 J Meegan 4:53.5 18 Dan Kies 4:53.7	7 J Dahlkoetter 5:16	2 Michael Steadman 7:08.0	2 Nancy Emery 12:05.7	15 Rick Wadleigh 26:15.0
3 Ken Burno 4:00.0 4 Steve Gallagher 4:00.1	19 Bruce Gilbert 4:54.6	8 Claudia Kasen 5:19.6 9 V Dale 5:24.2	3 Larry Crocker 7:19.3 4 Skip Willits 8:23.4	w50-54	16 Ed Cardonick 26:22.0 17 Larry Naukaun 26:46.0
5 Craig North 4:04.4	20 P Faust 4:54.8	10 Ellen McHugh 5:26.7		1 Jill Latham 8:34.0	18 Stan Chrasminski 27:15.0
6 John Hall 4:04.7 7 Robert Radnoti 4:05.7	M55-59	W2E 20	M35-39 1 Ron Salvio 7:37.6	2 Charlene Bryan 9:17.6 3 C. Cameron 10:49.2	19 Ed Whiteman 27:32.0 20 Paul Alvord 27:37.0
8 Ken Lampert 4:08.6	1 Ralph Miller 4:39.0 2 Jim Sutton 4:42.0	W35-39 1 Kim Campo 4:37.6	2 Tim Phillips 7:44.9	3 C. Cameron 10:49.2	21 Ned Stone 27:42.0
9 G Jeansonne 4:09.3 10 Paul Falgout 4:10.0	2 Jim Sutton 4:42.0 3 Jim Tennison 4:46.0	2 Nancy Shafer 4:42.8 3 Georgette Green 4:50.2	3 Bill Youngberg 7:45.8	W55-59	22 Joe Kay 27:48.0 23 Mike Lund 27:57.0
11 Pete Mogg 4:10.5	4 B Foulk 4:49.9 5 Bill Coopey 4:50.0	3 Georgette Green 4:50.2 4 Deborah Anderson 4:53.0	4 Dean Easterland 8:19.0	1 S. Harrow 9:39.9 2 Patricia Farrar 9:45.0	24 Ron Laird 28:06.0
12 J Napp 4:11.0	5 Bill Cooney 4:50.0 6 Casey Jones 4:50.7	5 Lori Wilson 5:00.1	H40-44	3 Irene Schankman 10:06.9	25 Robert Hall 28:31.0
13 C Valdovinos 4:12 14 Steve Ray 4:12.8	7 R Culling 4:52.0	6 a Michalek 5:05.6 7 Nancy Oshier 5:07.7	1 Bob Padilla 6:49.9	4 Doris Liberman 10:10.0 5 Bev Tober 10:36.3	H45-49
15 F Whittemore 4:13.5	8 W Cupp 4:53.4 9 I Wilson 4:58.4	8 Janet Bell 5:10	2 George Lattarulo 7:27.6 3 Jim Shaw 8:10.1	6 Ginny Rosenberg 10:48.5	1 John Knifton 22:31.0
16 G Henthorn 4:14.6 17 Norm Dodson 4:15.0	10 D Basye 5:04.0	9 Kathy Holmstrom 5:10.1 10 Patty Dye 5:18.1	4 G. Kidd 8:21.7	7 Shirley Sikkink 11:25.0 8 Lois Woodworth 11:39.9	2 Ray McKinnis 23:50.1 3 John Elwarner 24:15.0
18 Dahl 4:15.1	11 Marshall Haraden 5:05.4	W40-44	5 Greg White 8:44.3 6 Love 9:23.0	9 Betty Ryan 12:03.6	4 Jim Coots 24:32.0
19 H Reitz 4:15.5 20 Marc Cobb 4:16.0	12 J Withers 5:05.5 13 Irwin Bernstein 5:06.5	1 Nancy Oshier 4:47.2	7 J. Carlson 9:33.0	10 Mary Jane Wahl 13:37.0 11 Lorraine Youngberg 14:00.0	5 Thomas Knatt 24:56.0 6 Jesus Orendain 25:22.0
	14 Dave Colton 5:06.8	2 Judy Greer 5:11.8 3 Kathy Brown 5:14.4	8 Dick Martin 10:33.9	12 Shirley Bauer 14:19.0	7 Terry McHoskey 25:27.0
	15 Jim Blount 5:10.0 16 J Fuseller 5:10.7	4 Joni Pendleton 5:16.6	H45-49	13 Brown 15:10.6	8 Tom Gustafson 25:29.0 9 Charles Marut 25:38.0
M35-39	17 T Whelan 5:11.0	5 Barbara Pike 5:20.2 6 Barbara Sauer 5:23.7	1 Jerry Newsome 7:59.0 2 Bill Farrell 8:10.0	W60-64	10 Dave Snyder 26:01.0
1 Tom Maher 4:02.6 2 Nolan Smith 4:03.7	18 John Stanton 5:11.7 19 Jim Keat 5:15.6	7 Susan Compton 5:23.9	3 George LaBelle 9:35.3	1 Marie Henry 9:55.0	11 Sam Skinner 26:08.0
3 Roger Tumason 4:04.1	20 E LeRouge 5:16.1	8 Beverly Baum 5:25.7 9 Barbara Ballard 5:27.9	4 Mike Hoffer 9:41.9 5 Jai Singh 11:00.6	2 Barbara Ryan 10:29.4 3 Norma Hassels 10:40.2	12 John Hanan 26:29.0 13 Don Culp 26:32.9
4 James Gelsamini 4:06.9 5 R Sturgeon 4:07.7	MANAGER COLLY	10 Anna Moore 5:28.1	3 3a1 3ingh 11:00.0	4 Norma Houston 10:52.0	14 Gerald Patrick 26:41.0
6 D Amster 4:08.9	M60-64 1 J King 4:58.8	W45-49	M50-54	5 Lee Anthony 10:58.1 6 Joy Dunkelman 11:00.7	15 Dan Stanek 26:45.1 16 Bernie Finch 26:46.1
7 Max Harris 4:10.1 8 Ian Oumming 4:10.8	2 B Jacques 5:01.0	1 Elaine Matthews 5:16.0 2 Barbara Pike 5:18.3	1 Frank Brown 6:56.9 2 J. Mortland 8:09.2	7 M. Anderson 11:01.0	17 Albert Cruzado 27:02.0
8 Ian Cumming 4:10.8 9 T Painting 4:11.0	3 Gunnar Linde 5:04.0	3 May Cleveland 5:34.6	3 Joe Stefanowicz 8:50.0	8 Jean Culbertson 11:02.0 9 Grace DeLang 11:16.0	18 Art Fuldauer 27:11.0
10 T Boos 4:11.4	4 Bill Carey 5:06.3 5 J Gentry 5:08.7	4 Carol Flexer 5:34.7	4 Dick Brugger 9:43.0 5 Morton Hahn 11:03.5	10 Midge Mills . 11:25.0	19 Gary West 27:13.0 20 Dale Arthun 27:17.1
11 Eric Parker 4:12.0	6 Fred Frost 5:14.2	5 Marlyn Griffen 5:39.3 6 R Barnett 5:42.8	not con name 11103.5	W65-69	21 Richard Bales 27:30.0
12 J Haberkern 4:12.3 13 D Hunter 4:12.5	7 Wayne Hanson 5:18.2 8 Willam Conrad 5:23.0	7 Mary Jo Gillespy 5:50.4	M55-59 1 Glen Peterson 7:32.6	1 M. Lambert 9:21.5 2 Polly Bailey 10:24.4	21 Walter Lubzik 27:30.0 23 Robert Brzenk 27:47.7
Gordon Valiants 4:12.5	9 Luis Torres 5:24.9	8 Sandy Shockey 5:58 9 Mary Cullen 5:57.1	1 Glen Peterson 7:32.6 2 Jim Bryan 7:50.1	3 Imogene Watkins 10:31.8	24 Don Richmond 28:01.0
15 Jim Nirbert 4:13.5	10 Richard Packard 5:27,5	10 Rita Rudder 6:05.3	3 Wayne Nicoll 8:11.0	14 Deb Haimo 11:03.9 5 A. Amaral 11:44.0	25 Welson Fisher 28:09.0
16 Bob Brystad 4:15.4 17 Paul Ingrassia 4:16.0	11 Gene Brock 5:28.8	3416 341 7 5 6 12	4 W. Nicole 8:14.2 5 Gene Hall 9:44.6	6 Marie Houchin 11:49.1	MS0-5455 Statong chaud a
18 Bruce Kritzler 4:17.1	12 Pat Gallagher 5:29.8 13 Len Tritsch 5:34.5	W50-54	6 Richard Pearce 10:35.0	7 Evelyn Dybing	1 Charles Marut 25:26.0
19 Bruce Lang 4:17.4 20 M Sargent 4:17.9	14 Ernie Hirshfield 5:36.0	1 Gina Faust 5:16.5 2 Heidi Skaden 5:20.6	7 Vic Falk 11:56.7	9 Mary Meha 13:46.0	2 Richard Ruquist 25:55.1 3 Gerald Bocci 26:24.5
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M40-44	18 Gonzalo Rosales 5:47 19 Jose Salgado 5:48.2	6 Susie Kluttz 5:46.2	1 Carl Mays 9:19.5	1 Millie Crews 10:32.4 2 Emma Warnke 10:46.0	7 Lee Duffner 27:08.0
1 Graeme Shirley 4:03.9 2 Steve Ferraz 4:05.1	20 Ray Gil 5:51.3	7 Grace Butcher 6:01.3 8 G Owens 6:04.5	2 Bob Schmurbusch 9:19.9 3 Justin McCarthy 9:22.4	3 Lucille Monroe 10:46.8	8 Joel Nelson 27:21.1 9 Al Brumer 27:43.0
3 John Dwyer 4:05.6	5 Carmen Gilmen 24-96-69M	9 Sharon Fred 6:05.2	4 Vinson Freeman 9:23.2	4 Mary Keyer Put Ray Kang	10 Bob DiCarlo 27:48.0
4 Wally Herrala 4:06.8 5 Jim Hampton 4:07.5	1 Archie Messenger 5:00.6	10 Tami Graf 6:05.6 11 Joyce Hodges 6:08.7	5 Leroy Reistoffer 9:27.0 6 Paul Kavadas 9:29.3	5 Amy Souris 12:56.0 6 Belle Hinrichs 13:02.5	11 Clyde Hatfield 27:58.9
Dennis Tracy 4:07.5	2 Carl Hammen 5:13.2	12 G Lacey 6:28.6	7 J. Deerley 9:48.2	7 Elinor Erickson 13:37.0	12 Carl Acosta 28:18.2 13 Carl Meador 28:30.0
7 Ron Jensen 4:08.2 8 Ken Sparks 4:09.7	3 B Ross 5:27.8 4 A Napoli 5:43.7	W55-59	8 Charles Roberts 10:00.9 9 Arthur Clevenger 10:20.1	8 Ramona Trujillo 14:45.0 9 Lois Higbee 14:59.1	14 Lee Miller 28:36.0
9 Craig Runyan 4:09.9	5 Avery Bryant 5:53.1	1 Dorothy Stock 6:00.7 2 Helen Bueme 6:15.0	10 Orr 10:31.0	W75-79	15 M. Coleman 29:24.0 16 John Hines 29:40.0
10 Jarrett Slaven 4:11.1	6 J Mallon 5:56.7 7 H Stephens 6:03.1	3 Susan Means 6:44.0	11 LaVern Kiel 12:22.5	1 Hazel Johnson 12:51.2 2 Marie Wendt 13:19.5	17 Gus Davis 29:58.0
11 Paul Edstrom 4:11.7 12 Bob Fenning 4:13.5	8 N Hewson 6:03.9	4 E Wallace 6:48.6 5 M McChesney 6:56.4	M65-69	3 Helen Stout 14:00.7	18 Bob Koop 30:09.0 19 Greg Wittig 30:32.0
13 G Prock 4:14.0	9 J Montgomery 6:05.0	6 Betty Benkert 7:42.0	1 Gene Dix 8:12.8	4 Ethel Poncho 15:28.0	20 Ken Thompson 30:33.0
14 G Mason 4:15.4	10 P Schmitt 6:09.1	7 M Guinn 7:52.8	2 Dick Lukes 9:06.0 3 G. Hoefesser 9:24.9	W80-84	A CONTRACTOR OF STATE
15 J Folber 4:15.5 16 J Lee 4:16.9	11 E Dahl 6:11.1 12 P Heires 6:13.0	8 Gerry Smith 8:46.8 9 M Wilson 9:37.2	3 G. Hoefesser 9:24.9 4 Ken Schoulberg 9:41.6	1 A. Ward 12:29.0 2 Alice Johnson 13:58.2	M55-59 Jack Bray 25:06.0
17 Bob Williams 4:17.1	13 K Shoulberg 6:14.7	10 Mary Cavicchi 10:12.7	5 Vince Durkin 9:45.6	3 Vena Rasmussen 15:36.04	2 Max Green 25:21.0
18 Jack Petty 4:17.5 19 Jim Timberlake 4:18.3	14 E Llcyd 6:15.9 15 T Grove 6:17.4	<u>w60-64</u>	6 David Rutter 9:49.3 7 Phil O'Connell 9:49.6		3 Bob Fine 26:18.0
20 Bill Summer 4:19	16 D Wilgus 6:17.7	1 Pepper Davis 6:48.5 D Brechbuehl 6:48.5	8 Milt Propp 10:03.0	建国际的工作中国第一人共享的政策	4 Jim Bryan 26:44.0 5 Tom White 26:45.0
	17 L Johnson 6:20 18 C Bauer 6:20.3	3 Mary Norckauer 6:52.2	9 George Rajcevick 10:44.6 10 C. Cavicchi 11:38.2	1988 5000 Race Walk Rankings Compiled by Glen E. Peterson	6 R. Ted Greiner 26:57.0
	19 G Hugo 6:20.9	4 Dottie Gray 7:02.0 5 Kit Pickles 7:06.8	11 Lewis Oakland 11:56.0	Complied by Gien E. Peterson	7 John Kelly 27:01.0 8 Fred Dunn 27:04.0
M45-49	20 J Fleischman 6:24.2	6 Nancy Smalley 7:07.0	M70-74	M30-34	9 Robert Craig 27:14.0
1 Mike Holbrook 4:14.5 2 George Cohen 4:16.1	M70-74	7 L Marjon 7:48.9	1 Cliff Gouge 9:37.9	1 Paul Maler 21:41.1	10 Stan Schechter 27:20.0 11 Glen Peterson 27:48.6
3 Sam Huckel 4:18.3	1 Dan Bulkley 5:29.6	W65-69 1 L Sherhan 6:46.1	2 Julian Byers 9:48.2	2 Jim Heiring 21:43.5 3 Mark Green 22:40.0	12 Paul Kaald 27:58.0
4 Tom Laris 4:18.8 5 Tom Hare 4:20.6	2 Max Quackenbos 6:01.6 3 Al Funk 6:03.6	2 Gerry Davidson 7:01.8	3 Delbert Bender 9:49.5 4 Chuck Whitney 10:03.0	4 Alan Jacobson 23:03.0	13 Bentley Lyon 28:14.0 14 Andrew Briggs 28:24.0
6 Robert Abbott 4:20.8	4 N Exerson 6:07.5	3 Carol Peebles 7:59.7 4 Polly Bailey 8:09	5 Robert Mulliken 10:24.9	5 Bill Hutchinson 23:25.0 5 Dan Pierce 23:25.0	15 Howard Jacobson 28:43.0
7 Milton Howe 4:22.3 8 M McDonald 4:24.0	6 C Ogilvie 6:18.5	5 A Smith 8:15.6	7 Herb Cavin 10:39.0	7 Dave Lawrence 24:18.0	16 Frank Fina 28:49.0 17 Gordon Seifert 28:51.0
9 Jack Petty 4:25.7	7 J Pardee 6:32 8 Ed Stotsenberg 6:33.2	6 S Doro 8:17.1 7 Geneva Meadows 8:42.0	8 Frank Quirold 11:12.0 9 Roy Wall 11:28.0	8 David Couts 24:20.9 9 Terry Harville 24:39.0	18 Bob Moore 28:56.4
10 Ed Shattuck 4:28.5 11 Romack 4:29.6	9 B Van Fleet 6:36.1	<u>W70-74</u>	10 Frederico Acosta 11:30.0	10 Curt Sheller 25:16.0	19 Wayne Nicoll 29:11.2 20 Moshe Meyerowitz 29:22.1
Sullivan 4:29.6	10 C Brelsford 6:40.5	1 Pearl Mehl 7:18.9 2 M Crews 8:48.6	11 James Hinrichs 12:22.7	M35-39	To Hoshe Reverowitz 29:22.1
13 Jerome McFadden 4:30.3	M75-79	3 E Berg 9:23.3	M75-79	l Ray Funkhouser 22:18.6 2 Joe Barbuzynski 22:43.0	M60-64
14 Lee Gilbert 4:32.8 15 J Patterson 4:34.7	2 A Ballou 7:01.7	<u>₩75-79</u>	1 Paul McDowell 11:05.3 2 Emmett Bennett 11:15.1	3 Bob Korn 22:58.0	1 Robert Mimm 26:40.0
16 J Verdier 4:35.3	3 C Wang 7:06.8	1 Fran Peterson 13:26.5	3 Harry Inukai 11:37.0	4 Brian Saviolinis 23:51.0 5 David Waddle 23:57.0	2 Mel Grantham 27:01.0
17 Mike Mahler 4:36.4 18 C Cuprill 4:37.0	5 C Nixon 7:49.8	W80-84 1 Anna Ward 11:09.2	4 Bill Krasner 11:44.0	6 Philip McGaw 24:41.0	3 Bob Carlson 27:06.0 4 George Peter 28:50.0
19 D Ashley 4:37.1	6 Ken Carmine 8:02.9	2 Marilla Salisbury 12:44.1	5 Albert Sabaroff 12:26.9 6 Maurice Johnson 12:38.9	7 Larry Martinez 25:16.0 8 Carl Warrell 25:23.0	5 Wallace Cutler 28:58.0
20 L Decker 4:38.1	7 G Rivera 8:08.1 8 C Espy 8:22.7	A A TO NOT BE A TO SEE THE	7 Mike Calvin 13:21.0	9 Tom Coti 25:24.8	6 John Burns 29:32.0 7 Klaus Timmerhaus 29:41.0
	9 P McDowell 9:17.3	The state of the state of	M80-84	10 Tim Phillips 25:27.0 11 Steve Tyrer 25:47.0	8 Vic Crosetti 29:45.0
	10 W Wescott 10:11.4 11 Arling Pitcher 11:58	- X	1 George Freeman 12:22.6	12 Richard Nester 27:00.0	9 Maurice Sheehan 29:51.0 10 Richard O'Hara 30:02.0
<u>M50-54</u>	MOD 04	100	2 Cary Browne 12:51.6 3 George Laidlaw 13:48.0	13 Tim Sowards 27:15.0 14 Lance Wright 27:23.0	11 Jim Selby 30:03.0
1 Cliff Bedell 4:23.9 2 Pete Richardson 4:29.2	1 Ed Benham 6:10.0		4 Ted Larkin 14:39.5	15 Steve Brink 27:36.0	12 Al Christianson 30:12.0
3 I Cano 4:32.6	2 Syd Madden /:50.7	H	5 Morley Gluskoter 16:12.0	15 David McNayr 27:36.0	14 Jim Brown 30:45.0
4 Peter Doherty 4:33.1	4 Byron Fike 7:59.5		w30-34	1 Larry Walker 21:27.0	15 Maynard Michaelson 31:19.0
5 Bob Schul 4:34.6 6 Frank Wagner 4:38.4	5 Willard Benton 8:43.8	The state of the state of the state of	1 Bonnie Stein 8:47.0 2 Lori Ballinger 9:01.0	2 Bob Keating 22:01.0	16 Joe Lavenberg 32:03.0 17 John Gray 32:40.9
7 C Wimberley 4:39.8	6 A Muenring 11:14.9		2 Lori Ballinger 9:01.0 3 Janet Malone 10:13.3	3 Nicholas Bdera 22:40.0 4 Gary Null 22:59.0	18 Pete Palmer 32:50.5
8 G Larrieu 4:40.8 9 Bill Masterson 4:43.7		5	W35-39	5 John Fredericks 23:12.0	19 LeRoy Reistoffer 33:18.0 20 Arthur Clevenger 33:34.0
10 Don Slocomb 4:44.1		Comment of the same of the	1 Cathi Sullivan 9:21.3	6 Ed Bouldin 23:36.0 7 Victor Sipes 24:21.0	Continued on next page
				11121,0	Sommined on next page

M7

May, 1989		National Ma
Continued from previous page	5 Shirley Ingram 30:23.1	
M65-69 1 Frank LaMorte 28:05.0	6 Rhoda Green 30:47.0 7 Alpha Bennett 31:08.0	12 Steve Rogers 41-64 13 Hilary George 41-6
2 Wallace Cutler 29:38.0 3 George Heller 30:15.0	8 Joy Clingman 31:13.5 9 Dolores Randazzo 31:51.3	14 Steve Leuchlman 41-5 3/4 15 Jim Kirkpatrick 41-4
4 Newlie Hewson 30:16.0	10 Pinto 31:56.0 11 Shirley Lane 32:30.0	16 Rex Harvey 41-0 17 N Bower 40-9
5 Harold Wright 30:30.6 6 Gene Dix 31:04.0	12 A. Jong 33:13.0 13 Shirley McCollum 34:27.0	18 Woosencraft 40-11
7 Joe Vitucci 31:22.8 8 Tim Dyas 31:58.9	14 Lu Holwerda 34:55.0	19 Rick Omucenski 39-10 20 Jack Cashin 39-5½
9 Chester Peters 32:05.1 10 Sid Wright 32:08.6	15 Aggie Courtney 35:07.0	21 Ed Beebe 39-4 22 Mike Greska 38-11-
11 E.B. Lloyd 32:34.0	W55-59 1 ElizabethPetterson 32:59.1	23 William Scarola 38-8 3/4
12 Arnie Hovin 33:25.0 13 Harwd. Benton 33:42.0	2 Sandra Johnson 33:26.0 3 Patricia Farrar 33:56.9	24 Gordon Aimes 38-61 25 Don Butler 38-5
14 Max Peters 33:44.7 15 Jerry Gross 33:46.0	4 Audrey Dix 34:11.0 5 Helen Pearce 35:08.0	26 Bob Sager 38-3 27 Bob Fritz 38-21
16 John Wrenn 33:48.2 17 Joe Burke 33:55.2	6 Lilly Schmidmayer 38:23.0	28 Steve Chaton 38-3/4 29 Steve Jarvis 37-10
18 Paul Geyer 33:58.3 19 Vince Durkin 34:06.3	7 Marguerite Lindly 45:35.0	Sig Ogin 37-10
20 John Evans 34:49.1	1 Ruth Leff 30:43.0	M45-49 1 Ed Hill 55-24
M70-74 1 Don Johnson 31:58.6	2 L. Hottensmith 31:42.0 3 Collie Greene 32:41.0	2 Carl Wallin 50-11 3/4
2 Ed Seeger 32:42.0 3 Richard Stark 32:57.6	4 Joan Rowland 33:30.0 5 Lisa Borrel 33:36.0	3 Ed Kohler 47-9 4 Pat Burns 47-2
4 Don Larson 33:06.7	6 Marie Henry 34:07.2	5 John Gomhill 47-1 6 Jack McLaughlin 46-71
6 Jerry Wible 35:38.7	7 Ernestine Yeomans 35:44.0	7 Tom Gage 45-42 8 Gene Harris 44-2
7 Hugh Yeomans 35:40.0 8 Jorge Newberg 35:53.0	9 Martha Vitucci 35:55.9 10 Pat Palmer 36:05.5	9 Dennis Rietz 43-9
9 C. Langerfeld 35:56.6 10 Jack Scott 36:55.0	11 Marcella Tobias 36:30.0 12 Rose Kash 36:49.0	10 Bob Harvey 43-6½ 11 Richard Hotchkis42-1½
	13 Miriam Bales 37:42.0 14 Queenie Thompson 37:52.9	12 Steve Rogers 41-6
M75-79 1 John Hanna 34:11.0	15 Martha Cable 37:56.0	14 Harry Schwarze 39-9 3/4
2 Harry Drazin 36:23.2 3 Al Nellis 38:09.6	W65-69	15 Jim Neppl 39-5 16 Wayne Mebringer 39-3
4 Dick Donahue 42:22.7	1 LaVonneHottensmith31:41.7 2 Rose Kash 36:40.0	17 Mike Parker 39-3 18 Carl Klehm 39-1
M80-84 1 Byron Pike 35:39.0	3 Imogene Watkins 36:50.0 4 Stella Anacker 38:57.0	19 G Kuhnke 39-1 20 T Treat 38-2 3/4
2 Sam Goodless 36:20.0	5 Olivia Newsome 39:40.0 6 Marie Houchin 41:14.9	21 Jack Kalnas 38-21
3 John Clarke 39:25.0 4 Ches Unruh 40:00.0	7 Margaret McGee 43:40.0	22 Ken Brink 37-6 23 K Mayer 37-1
W30-34	9 Etta Hicks 54:07.4	24 Mike Vail 36-7
1 Mary Howell 25:17.0 2 Geyle Johnson 25:38.0	W70-74	26 E McGaugh 36-3
3 Sue Klappe 25:40.0 4 S. Frants-Renshev 25:49.0	1 Velme Jacobs 35:07.0 2 Eleanor Miller 38:40.0	27 C McCormick 36-0 28 Ed Schmidt 35-11
5 Susan Packard 25:51.0	3 Ruth Usatories 39:39.0 4 Leona Cook 40:45.0	29 E Arroyo 35-10 30 Dennis Stempel 35-9
6 Kathy Donley 26:35.0 7 Mary Baribeau 27:17.0	5 Lois Mulliken 43:31.9	A Section of the Sect
8 Shirley Olgeirson 28:54.0 9 Joan Smith 29:16.0	7 Mary Gorham 49:52.1 8 Helen Galarneau 58:02.0	M50-54 1 Doug Smart 49-10
10 D. Heirabedian 29:17.0 11 Laura Cribbins 29:28.0	W80-84	2 Jim Hart 49-6 3 Hal Smith 47-8 4 Tom Wesselowski 46-1
12 Cindy Arbeldide 29:36.0	1 Marilla Salisbury 42:48.0	5 Phil Brady 46-0 6 Jay Edwards 45-9
W35-39 1 Viisha Sedlak 26:00.9	1988 Shot Put Rankings	7 Bill Bolton 45-7
2 Susan Travellin 26:03.2 3 Paula Kash 26:05.0	Compiled by Kathy Pierce	9 Jeff Wenig 44-10
4 Martha Iverson 26:15.0 5 Barbara Hilger 28:00.0	M30-34 1 Mike Bailey 52-4½	10 Houzo 44-7 11 B Duckworth 43-3\frac{1}{2}
6 Mataji Graham 28:36.0 7 Lorraine Green 29:07.4	2 Rick Meindl 51-101	12 Jim Rothrock 43-1 13 Gary Miller 42-4
8 Kathy Blackner 29:40.4 9 Cathi Sullivan 30:32.0	3 Richard Gorbet 51-6½ 4 Gary England 51-1	14 Henry Wright 42-1 15 Gene Hendrix 41-1
10 Diana Zaritz 32:35.0	5 John Gamble 50-11 3/4 6 Robert Lane 46-3/4	16 Larry Knight 41-0
1 Joan Nedelco 26:37.0	7 Scott Bull 45-10 8 Dale Reed 45-5 3/4	17 Dennis Reitz 40-11 3/4 18 Carl Klehm 40-11 1/2
2 Holly Roberts 28:31.0 3 Donna Cunningham 29:27.0	9 Roy Silvers 44-5 10 Joe Klein 44-13	19 Bob Kemp 40-11 20 Ed Oleata 40-4
4 Jolene Steigerwalt 29:33.1 5 Marilyn Morehead 30:04.0	11 Tom Tillotson 43-7	21 Brb Warren 39-7 22 Larry Rice 39-4 3/4
6 Linda Rosner 30:06.0 7 Emily Hewitt 30:30.0	12 Tony Ciccone 43-2½ 13 Joe Vilella 43-1½	23 Tom Ragland 38-84
8 Veda Roubideaux 31:13.5 9 Donna Cetrulo 31:25.1	14 Lee Webb 42-10 3/4 15 Dan Lindquester 42-71	24 Alan Brown 38-6 25 Frank Frye 38-5
10 Lois Wells 31:34.0	16 Al Miller 42-7 17 Steve Kaye 42-21	26 Stan Zak 38-1 1 27 Tom Jackson 37-10 3/4
11 Henry 31:46.3 12 Donna Kennedy 31:54.9	18 Jeff Baty 42-1 19 Bill Lawson 42-1	28 Jim Peterson 37-9 29 John Mueller 37-8
13 Linda Kroesen 32:19.2 14 Hope Kerr 32:42.0	20 David Harvey 41-8 3/4	30 Robert Beedle 37-2
15 Ferne Zim 33:43.0 16 P.G. Rismon 33:59.0	M35-39 1 John DuPuis 53-3	M55-59 1 Wendell Palmer 51-9
17 Mary Alice Chester34:01.0 18 Donna Boecher 34:04.0	2 Roger Kamla 51-6 3 Bill Pendleton 49-3/4	2 Jack Erickson 51-5 3 Cliff Blair 49-1
19 Adrianne Halford 34:09.4 20 Jutti Harsh 34:15.0	4 Kevin Wallace 47-7 3/4	4 Richard Heir 48-91
21 Cherri Lewis 34:44.0	5 Patrick Burns 47-2 6 Jim Accardi 45-7	5 Phil Mulkey 45-4 6 R Richardson 43-6
22 Lois Anderson 34:50.3 23 Mary Cannata 35:05.0	7 Gene Ellis 45-1 8 Mike Deller 45-6	7 Len Olsen 43-5 8 Karl Kulerman 42-21
24 Odette Bruneau 35:19.0 25 Mary Allen 35:36.0	9 Russ Reebald 44-32 10 B Waterbury 44-12	9 Paul Bayan 41-91 10 Bill Garrohan 41-9
26 Doreen London 35:49.0 26 Ruth Everson 35:49.0	11 Estean Lenyon 43-81	11 James Rothrock 41-4
28 Sharon Conwell 36:18.0 29 Carole Langenbach 36:35.2	12 Palmer Sweet 43-62 13 Mark Douglas 43-6	12 Harry Hawke 40-4 13 Bob Flaherty 39-6
30 Penny Bohac-Cardel36:50.0	14 Craig Shoemaker 43-21 15 Don Morrison 43-2	14 Jerry England 39-31 15 Joe Mitchell 39-12
1 Virginia Scales 28:09.0	16 Mike Marcinaro 42-11 3/4 17 Ed Clark 42-5	16 John Geoghagen 39-1 17 Tom Henderson 38-101
2 Jeanne Bocci 28:41.0 3 Stella Cashman 28:49.0	18 Paul Brown 41-8	18 B Feaster 38-10 Ted Wassam 38-10
4 Roberta Boyle 29:02.0 5 Lynne Harsh 29:27.0	19 Al Miholovich 41-6 20 Paul Carrigan 41-5	20 Marty Mintish 37-9
6 Brielry Reybine 29:31.0 7 Jaye Horowitz 30:41.3	M40-44 1 Chuck Chapin 54-4	M60-64 1 Phil Brusca 47-10
8 Jean MacInnes 32:50.0 9 Espie Lassanyi 33:31.0	2 Edward Hill 52-4½ 3 Bob Mead 48-2	2 Art Jaago 47-5 3 Bill Bangert 46-3
10 Carlene Manion 33:58.0	4 Jim Roehr 47-10 3/4	4 Michael Orlick 45-7
W50-54	5 Craig Shumaker 45-12 6 P Lyman 45-2	5 Jim Holland 44-21 6 J Smith 44-21
1 Bev LaVeck 27:46.0 2 Jill Latham 29:00.0	7 M Recordw 44-41 8 Steve Kiser 44-0	7 Bob Richards 43-10 8 Harvey Williams 43-6
3 Barbara Hilger 29:36.0 4 Sheila Smith 29:41.0	9 Dave Stening 43-7 3/4 10 Gary Toche 43-11	Don Reid 43-61 10 Herb Cantor 43-31
FEED LEADING METERS		N. Contraction of the Contractio

13 Ivews	SALES OF THE PERSON NAMED IN THE PERSON	page vi
11 C Sampson 42-6	M80-84	W50-54
12 Arnold Gayner 42-4	1 Ed McGonagy 29-0	1 Marj Laney 31-10-
13 Hal Wallace 40-10-	2 Bob Macconnaghy 28-9	2 Shirley Ingram 31-10
14 Hal Robinson 40-5	3 Burt DeGroot 28-7	3 Joan Dash 31-3 3/4
15 Chuck Olson 40-2	4 W Garethune 27-51	Christel Miller 31-3 3/4
16 Bill Carter 39-3	5 A J Puglizevich 26-6	5 Marianna Venoski30-11
Chas Mandsayer 39-3	6 Robert Nelson 24-11	6 Anne Cirulnick 30-0
18 D Hulle 38-91	7 William Maine 24-11	7 Dortha Swanson 25-9
19 Fred Hirsimaki 38-1	8 Karl Salisbury 24-10	8 Rachel Lyga 25-1
J V Prown 38-1	9 Luis Ruiz 23-111	9 Cindy Fulerwider24-11 3/4
	10 Albert Hoffman 23-8	10 Joan Council 24-7 3/4
M65-69	11 Byron Pike 21-91	W55-59
1 B McIntyre 48-41	12 Orville Adams 21-1	1 Joan Dash 29-8 3/4
2 G Beaudry 41-1 3 Mike Castaneda 41-0	13 Alfred Segley 19-4	2 Lonnie Proctor 28-11
3 Mike Castaneda 41-0 4 Stan Sadofskey 40-9\frac{1}{2}	M85-89	3 S Saltonchick 26-3
5 Dan Aldrich 40-8	1 Herb Anderson 26-1	4 Sally Polk 26-0 5 C Fulerwider 25-1
Stan Weber 40-8	2 Buell Crane 23-6	6 S Steigelmeier 23-5
7 Hal Robinson 40-5	3 Everett Hosack 21-6	7 Anne Witt 23-4
8 Willam Walmroth 39-81	4 Konrad Boas 19-5	8 Alice Rogers 22-71
9 Floyd Simmons 39-6	5 Alfred Kamm 19-1	9 Elsie Draper 21-3
10 Jim Minah 39-4	M90+	10 Eliz Sutphin 21-0
11 Ray Rupelli 38-6	1 Richard Hallmark10-7	11 Eliz Lumadue 20-1
12 Seymour Lampert 37-94	and the state of t	12 Audry Dix 18-6
13 Bob Stone 37-4	W3C-34	13 M J Carvicchi 16-8
14 Ken Gorshkow 37-1	1 Linn Dunton 37-3	W60-64
15 Arnold Scott 37-0	2 Donna Pope-Green33-0	1 Bernice Holland 31-7
Greg Battick 37-0	3 Vicky Rupp 30-1	2 Lucille Sampson 26-6
17 M Newman 36-1 18 Art Holland 35-11-1	4 Leona Helvey 29-91	3 Evelyn Schmidt 25-11 3/4
18 Art Holland 35-11 1 19 Tony Lombardi 35-3 1	5 Vicki Johnson 28-3	4 Irene Willis 25-4
20 A C Ricciardi 35-0	6 Annie Felsman 27-7	5 Ann Tora 25-11 6 Bab Marks 24-101
stationary to the second second second second	W35-39	
M70-74	1 Joan Stratton 40-3	8 E O'Conner 23-9
1 Nat Heard 42-3	2 Janet Wilson 35-1	9 Jeane Glaub 22-7 3/4
2 Dan Aldrich 40-7	3 Barb Butler 34-0	10 Mary Norkauer 22-5
3 Elmer Shaw 40-7½	4 B Clair-Searcy 31-6 5 Judy Sielski 29-5	W65-69
4 Tom McDermott 40-5	5 Judy Sielski 29-51 6 Florence Wiggins29-1 3/4	1 Helen Tendler 24-11
5 Jerry Siefert 38-51 6 W MacMurray 37-8	7 Nancy LaChuisa 26-0	2 L Hogemann 23-1
7 Manuel White 38-0	8 J Halls 25-11	3 Harriet Boyd 22-10-
8 Jack Thatcher 37-5	9 Kathy McKenna 25-6	4 Polly Bailey 22-10
9 Gerald Cycenoski37-3	10 G Contreras 24-9	5 Pearl Auerback 21-8 6 M Holbert 21-5
10 Ham Morningstar 37-0	11 Janet Hill 24-4	7 B Kleinschmidt 21-4
11 Hal Cronkhite 36-1	W40-44	8 Raye Moodrock 19-11
2 H W Booth 35-11	1 L Struppeck 35-4 3/4	9 Florence Bailey 19-
3 Jim York 35-7	2 Kathy Pierce 34-9	10 Ricky Corvello 18-10
4 Del Bender 35-0	3 L Orivas 31-11	W70-74
5 Charles Hirshey 32-91	4 Bea Randall 29-2 3/4 5 Anne Whitehead 23-1	1 Helen Stephens 28-4
6 E Roolend 32-6 7 Gene Wood 31-101	6 Phil Raschker 23-0	2 Ethel Mayland 23-9
8 Joe Dillion 31-6	ATTACK TO SEE THE STATE OF THE	3 Ellen Brown 21-91
9 Paul Cole 31-3	7 Cindy LeBlanc 22-71	4 Rose Ruston 21-2 3/4
0 G Taylor 30-1	8 E Curry 22-3	5 Ruth Gamble 21-0 6 Urgula Valton 20-6
The second second	9 Diane Schultz 22-1	7 Mary Warren 18-11
	10 M Riede 21-9 11 Karen Scott 20-8	8 Sylvia Schwartz 17-9
The same of the	W45-49	9 Margaret Ellison16-10
	1 Jan McLurg 38-1	10 Linka Seda 14-51 11 Fran Hallmark 14-4
19	2 Vanessa Hillard 33-21	THE PARTY AND ADDRESS OF THE PARTY OF THE PA
75-79 Jim York 35-11	3 Karen Huff 32-3	W75-79
Jim York 35-11 Ernest Dennison 33-5 3/4	4 Laurie Rothrock 27-91	1 Edith Mendyka 22-7 2 Claire Veith 20-5
3 John Besson 33-0	5 Carmen Gilman 24-4 6 Judy Groop 22-11	3 Marie Uebel 20-4 3/4
Gordon Powell 32-111	7 Barbara Stewart 21-6 3/4	4 Sylvia Schwartz 17-9
5 Leon Joslin 32-5	8 A Boyle 21-1	5 Berta Gray 16-5
6 Jack Wood 31-8	9 B Bloomfield 20-9 3/4	6 Ruby Wilson 13-10
7 George Knox 31-7	10 Patti Smith 20-81	Ellen Julius 13-10
B Alfred Skonberg 31-7 Bill Eipel 31-3	11 Becky Sesley 20-2	W80-84
9 Bill Eipel 31-3½ 0 Don Hull 30-10¼	12 A Golcwash 19-3	1 R Menda 15-4
The state of the s	13 Marcia Przybula 17-4	2 Marilla Salisbury12-41
where I set before the second	A TABLE TO SEE STONE OF THE PARTY OF THE PAR	
RICE	TI A TI A TT A I	DIE
NO.	WAVAILA	BLE :
N	Age-Reco	-da 1000 I
IVI OCTOPO	\sim Δ (1 Δ -K Δ (1)	

Masters Age-Records 1988

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TAC National Masters Indoor Championships nch Fieldhouse-Ohio State

French Fieldhouse-Ohio S	tate
University, Columbus March 31-April 2	
*manual time	
1 Ellis Liddell 2 Val Barnwell	7.12
3 James Bonilla	7.28
4 Reggie Cannon 5 L Cornell Sowell	7.39 7.43
6 Kevin McCarragher M35-39	7.46
1 Bill Collins 2 Al Walton	6.91 7.24
3 Willard Thompson	7.29
4 Dallas Gaines 5 William Allen Harden	7.43
6 Glenn C Johnson M40-44	7.49
1 Clarence Ray 2 Lamar Miller	7.13 7.24
3 Thaddeus Bell	7.33
4 Melvin Fields 5 Charlie Allie	7.35 7.40
M45-49 1 Glennie Johnson	7.43
2 Scott Tyler	7.61 7.69
3 Roy Turner 4 Wim Emert	7.81
5 Nick Gailey M50-54	8.00
1 Gilbert Latorre 2 Roosevelt Weaver	7.65
3 Paul Williams 4 Paul Dorsey	7.77
5 Grover Coates	7.92
6 Charles Dudley M55-59	8.02
1 Bob Keegan	7.74
3 Bill Wright 4 Pierre Dobrovolny	7.85
5 Dick Marlin M60-64	8.24
1 Jack Greenwood 2 Robert Watanabe	8.23
3 Jim Law	8.26
4 Gene Harte 5 Vernon Regier	8.26
6 Berrard Stevens	8.35
M65-69 1 Tim Murphy	8.82
2 Tom Lacey 3 Oscar Harris	8.87
4 Ed Goddin	9.03
5 Andrew Thompson 6 J Walker Pierson	9.04
M70-74 1 Payton Jordan WR	
2 Jeff Bloomfield	9.05 9.26
3 Art Obokata 4 Jay Sponseller 5 Don Hull	9.28
6 Robert Sorlien	9.31 9.76
1 Gil Gonzales	9.73
2 Virgil McIntyre 3 Claude Hills	9.80
4 Bert Morrow 5 Roy Edwards	10.09
6 Bob Detweiler	14.25
	10.26
2 Manfred d'Elia 3 Karl Trei	10.32
4 Frank Furniss M85-89	12.57
1 Konrad Boas WR	11.92
2 Arling Pitcher 3 Everett Hosack	12.36
1 Donna Pope-Green	8.06
2 Irene Thompson 3 Ellen Amirkhan	8.24 8.37
4 Cathy McKeever	9.35
W35-39 1 Jo Ann Angotti	8.28
2 Laurie Barr-McNamee	8.33
3 Penny Farster-Gilke	
4 Marion Furst	
4 Marion Furst W40-44 1 Phil Raschker W	9.49 R 8.15
4 Marion Furst W40-44 1 Phil Raschker 2 Skipper Clark 3 Jennifer Pinto	8.63 9.49 R 8.15 8.47 8.65
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4 Marion Furst W40-44 1 Phil Raschker 2 Skipper Clark 3 Jennifer Pinto 4 Lorraine Tucker 5 Kathy Pierce 6 Linda Sikes	8.63 9.49 R 8.15 8.47 8.65 8.74
4 Marion Furst M40-44 1 Phil Raschker 2 Skipper Clark 3 Jennifer Pinto 4 Lorraine Tucker 5 Kathy Pierce 6 Linda Sikes M45-59 1 Marilyn Mitchell	8.63 9.49 R 8.15 8.47 8.65 8.74 8.92 9.20
4 Marion Furst M40-44 1 Phil Raschker 2 Skipper Clark 3 Jennifer Pinto 4 Lorraine Tucker 5 Kathy Pierce 6 Linda Sikes W45-59	8.63 9.49 R 8.15 8.47 8.65 8.74 8.92 9.20

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W50-54 1 Christel Miller 2 Essie Kea	9.28 9.98
3 Fei-Mei Lee Chou W55-59	10.08
W60-64	11.35
W65-69	9.93
2 Florence Berry 3 Carol Peebles	11.23 11.45 12.27
1 Mary Bowermaster WR 2 Ernestine Yeomans	10.36 13.37
W75-79 1 Pearl Mehl	13.44
<u>200m</u>	
2 Ellis Liddell	22.81
4 James Bonilla 5 Sammie Willis	23.27 23.46 23.81
M35-39 1 Bill Collins	24.61
3 Willard Thompson 4 Michael Andrews	23.23 23.51 23.59
6 Robert Bowen M40-44	24.25
2 Robert Mitchell 3 Thaddeus Bell	23.38 23.50 23.96
5 Ethelbert Peters M45-49	24.31 24.56
2 Glennie Johnson	24.13 24.58 25.39 25.52
5 Robert Utley 6 Randall Cleven M50-54	25.91 26.54
1 Jim Mathis 2 Phil Dorsev	25.43 25.59 25.62
4 Gilbert Latorre 5 Grover Coates 6 Sammy White	25.81 26.00 26.04
M55-59 1 Nick Newton 2 Bruce Springbett	25.69 25.72
a meeter eromered	28.47 28.85
M60-64 1 Jack Greenwood WR 2 Robert Watanabe	
3 Jim Law 4 Willie Blackman 5 Gene Harte 6 Vernon Regier	26.88 27.56 27.59
1 Tom Lacey	29.38
3 Andrew Thompson 4 Max Goldsmith	29.39 30.26 31.15
M70-74 1 Payton Jordan WR 2 Jeff Bloomfield 3 Jay Sponseller 4 Don Hull	28.00
	32.99
M75-79 1 Gil Gonzales 2 Virgil McIntyre	
4 Roy Edwards	39.48
1 Manfred d'Elia MR 2 Karl Trei 3 Byron Fike	35.62 36.29 38.62
	42.91 43.86
1 Donna Pope-Green 2 Irene Thompson	27.0* 27.63
3 Ellen Amirkha W35-39 1 Joan Angotti 2 Penny Farster-Gilkey	28.47
W40-44	31.48
1 Jennifer Pinto WR 2 Kathy Pierce 3 Lorrain Tucker 4 Pamela Duncan	29.42
4 Pamela Duncan 5 Linda Sikes	30.08

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W45-49	
1 Marilyn Mitchell 2 Mary Luker	29.53 30.77
3 Ann Marie Rosenita 4 Cathy Primmer	sch30.84 32.25
W50-54	
1 Essie Kea 2 Fei-Mei Chou	33.96 35.11
1 Sallie Stiegelmei	er 34.94
W60-64	A CONTRACTOR OF THE PERSON NAMED IN
1 Pat Peterson 2 Jean Udell	WR 35.12 39.29
W65-69	40.40
1 Elga Meri 2 Florence Berry 3 Carol Peebles	42.41 43.64
W70-74 1 Mary Bowermaster	
2 Ernestine Yeomans W75-79	50.20
1 Pearl Mehl	WR 46.58
400m M30-34	
1 Michael McDcwell 2 Claude Holland	50.03
3 Ellis Liddell	52.11
4 Michael Vorherr 5 Jay Mathis	53.45 53.61
6 David Murr M35-39	53.85
1 Ralph Penn 2 Bill Smith 3 Horace Hudson	51.21
3 Horace Hudson 4 Fletcher Bailey 5 Michael Andrew	52.51 53.11
5 Michael Andrew 6 Scott Thornsley	53.48 55.30
M40-44 1 Lamar Miller	WR 51.20
2 Don Parker 3 Stan Druckrev	51.75 52.89
4 Robert Zimmerman 5 Jasper Royal 6 Thomas VanAuker	53.45 53.46
M45-49	53.91
2 Glennie Johnson	52.00
3 Dennis Duffy 4 Roy Turner	53.97
5 Anthony Alfieri	58.00
M50-54 1 Jim Mathis	56.47
1 Jim Mathis 2 Clifford Pauling 3 John Van Der Vleu 4 Sammy White 5 Grootes 6 Maior Pobleion	57.28 iten57.79
5 Grover Coates	58.96
e hard Bonigian	60.50
1 Bruce Springbett	59.35
3 Norman Mosley 4 Robert Culling 5 Doug McFetters	64.47
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1 Earl Fee	WR 59.82 60.72
3 Gordon Seifert	60.72 61.19 61.91
5 Willie Blackman 6 Gene Harte	62.44 62.55
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1 Valden Sadul 2 Archie Messenger 3 Edward Goddin	1:07.87
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M70-74 1 Jay Sponseller WF 2 Jeff Bloomfield	1:09.30
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1 Gil Gonzales WF 2 Milo Lightfoot M80-84	1:20.44
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1 Konrad Boas WE 2 Arling Pitcher W30-34	
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3 Kathleen Shannon	1:07.77
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1 P Farster-Gilkey 2 Marion Furst	1:06.01
1 Jennifer Pinto	1:03.73
2 Kathy Pierce 3 Sue Houlton	1:07.09
4 Debbie Stiles 5 Kate McKenna 6 Marie Burleson	1:07.62
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4 Charles Johnson M50-54		ON UN
1 Sid Howard	4:29.8 4:31.9	Support
3 Bob Milner 4 Walter Wisell		Sales !
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2 Dick Benson	5-14 6	1
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1 Janelle Swanberg 2 Kathy Holmstrom	4:59.2 5:22.6	12
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1 Marie Burleson 2 Linda Findley 3 Susan Houlton 4 Anne Schmitt 5 Jeannie Rice	4:56.0 5:07.5	Spa .
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3 Mary Anne Cavicch W60-64	9:54.8	THE REAL PROPERTY.
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2 Vincent Walls M35-59	9:31.7	SHARK
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3 Larry Purtell 4 Chuck Foote	9:30.5	
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M45-49	Alberta State	
1 Michael Figueroa 2 Marshall Nason	9:47.1	
3 Mike Persak 4 Richard Greene 5 Ron Rohrer	9:47.4	
5 Ron Rohrer	10:14.8	
6 James Murphy	10:21.1	
M50-54 1 Don Sleeman	9:34.7	*
2 Joe Fador 3 Sid Howard	9:38.4 9:42.9	
4 Bob Schul 5 Bob Milner	9:44.7 9:45.6	
6 Ted Wilson	10:44.8	
1 Jim Sutton		
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4:15. 4:21.	1	1 Don Greenwood 2 George Rasch 3 Buzzy Hood	12:40.6 13:12.3 14:19.2
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4:15. 4:25.	.0	1 Janet Takanashi 2 Carol Wojcik	10:18.5 11:05.2
4:26	1	3 Julie Anderson V35-39 1 Janelle Swanberg	10:52.4
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6:21 6:46	.3	4 Horace Hudson 5 Tim Walters	8.97 9.54
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rg 4:59. m 5:22.	6	1 Dale Lance	11.02 WR 8.98
4:53 4:56	.0	2 Charlie Miller 3 Dee Dewitt 4 Grover Coates	9.44
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5:44	.3	1 Lawrence Pratt 2 Phil Mulkey	9.26
5:19		4 Don Slocomb 5 Hector Cisneros	10.73
5:37 6:33 5:49	100	1 Jack Greenwood	WR 9.36
5:57 ochi 9:54	.2	2 Buck Bradberry 3 Denver Smith 4 Vernon Regier 5 Bill Townsend	10.57
7:12		5 Bill Townsend 6 George Roudebusch 165-69	12.35
7:59 WR 7:43	.5	1 Edwin Lukens 2 Valden Sadul	11.35
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8:56 9:02	.5	1 Cathy McKeever W40-44 1 Phil Raschker	9.99
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10:05 10:14 10:21	8	1 Pat Peterson	14.63
		1x400m Relay 130-39	
9:34, 9:38, 9:42,	4	1 Niagara Assoc 2 Westchester Puma	3:47.60
9:44. 9:45. 10:44.	7 1	3 Over The Hill TC 440-49 1 Greater Rochester	Dies PAR
10:19.	6	2 Dallas Masters 3 Phila Masters 4 Atlanta	3:43.88
10:23. 10:25.	6 2	5 Detroit Fitness 6 Over The Hill	3:52.31 3:53.81 4:21.23
10:34, ki 11:23.	2	Continued on	next page
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Continued from previous page	M35-39	M85-89	M45-59	W60-64	7000	3000m Racevalk
M50-59	1 Richard Christoph 4.57 2 John Anderson 4.26	1 Everett Hosack 2.30 2 Konrad Boas 2.12	1 Ed Hill 15.69 2 Harry Schwartze 12.28	1 Bernice Holland 2 Mary Thompson	9.18 6.62	H30-34
1 Central Park TC 4:14.65 M60-69	2 Kenneth Roblee 4.26 4 Don Knapp 4.11	3 Arling Pitcher 1.95	3 Brian McKenna 11.39	3 Mary Norckauer	6.15	l Tim Saiter NT
1 LA-Valley 4:29.74 2 Over The HIll 4:49.91	5 Sam Prentice 4.11	W30-34 1 Donna Pope-Green 5.61	4 Jim Pauli 11.02 5 Dick Bloomfield 9.58	1 Elga Meri	7.29	2 Tim Bailey NT N35-39
M70-79	6 Mickey Kollros 3.50 M40-44	2 Irene Thompson 4.97 3 Yancy Munoz 3.71	6 Richard Russell 8.17 M50-54	2 Florence Berry W70-74	5.57	1 Robert Korn 13:33.3
1 Florida Athletic 5:10.02 W30-39	1 Warren Wilke 4.41 2 Matti Kilpainen 4.26	W40-44 1 Phil Raschker 5.00	1 Richard Hotchkiss 13.77	1 Mary Bowermaster	WR7.76	M40-44 1 Gary Null 13:49.4
1 Syracuse 4:43.47	3 Tom Rauscher 4.26	2 Skipper Clark 4.53	2 Jeff Wenig 13.66 3 Carl Klehm 11.76	2 Ermestine Yeomans	4.84	2 Franco Pantoni 14:49.2 3 Robert Campbell NT
4x800m Relay*	4 Greg Miguel 4.01 5 Elmer Brewer 3.80	3 Deborah Davis 3.43 W45-49	4 Brad Ankerstar 11.10 5 Lee Slick 10.35	Weight Throw	1	W30-34
M30-39 1 WVTC 8:30.8	6 William Busby 3.65 M45-49	1 Barbara Stewart 3.75 W50-54	M55-59	M30-34 1 Bob Hartmann	14.53	1 Kathy Finch 17:19.6 W35-39
2 Over The Hill 8:32.9 M40-49	1 Joe Johnson 3.96	1 Christel Miller 3.75	1 Phil Mulkey 12.35 2 Leonard Olsen 12.11	2 Peter Collins	14.52 12.66	1 C. Sullivan WR 18:23.2
1 Phila Masters 8:53.8	2 Charles Polhamus 3.96 3 John Hanoch 3.81	2 Essie Kea 3.39 W55-59	3 Gene Hendrix 11,31 4 Pay Carstensen 10,98	3 Chris Mitko 4 Scott Bull	11.77	1 Gayle Johnson 15:32.2
2 So Cal Law Enforce8:58.1 3 Victory AC 8:58.6	M50-54	1 Shirley Kinsey 2.89	5 Jerry England 10.78	M35-39 1 Peter Elmendorf		2 P Bohac-Caroello 19:44 W45-49
4 Detroit Fitness 9:24.7 5 Over The Hill 10:25.0	1 Paul Richard 3.60 2 Dale Lance 3.35	W60-64	6 Doug McKetters 9.77 M60-64	2 Pat Burns	12.30	1 Stella Cashman 17:17.5
M50-59	3 Dee Dewitt 3.04 4 David Martin 2.74	1 Bernice Holland 3.14 2 Jean Udell 3.03	1 Phil Brusca 13.75 2 Ned Curran 11.50	M40-44 1 Norman Bower	13.12	3 Valerie Stove 17:43.2
1 Central Park 9:31.2 M60-69	5 Don Zimmerman 2.74	3 Pat Peterson 2.80 4 Mary Norckauer 2.73	3 Cliff Sampson 11.47	2 Jim Pearce 3 Allen Ray	11.56 9.59	W55-59 Vera Spitzer 20:57.2
1 LA-Valley 12:32.4 2 Over The Hill 13:39.7	6 Rusty Hamilton 2.59 M55-59	5 Mary Thomson 2.38	4 Don Henry 9.33 5 Alfred Jankola 9.19	M45-49		W60-64 Joan Rowland WR 18:46.9
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High Jump	3 Hector Cisneros 3.20	2 Florence Berry 2.84 W70-74	1 Bill Bangert 12.98 2 Bill Walmroth 12.49	3 Jim Pauli 4 Dick Bloomfield	12.37	Mary Norckauer 20:58 W65-69
M30-34 1 Mark Williamson 2.08	4 Tom Hinkes 3.04 5 Doug McFetters 2.89	1 Mary Bowermaster 3.27	3 Jacob Stein 9.89	5 Brian McKenna	10.07	Marie Henry WR 20:54.1
2 Grey Gaynie 2.08 3 Jerry Crockett 1.98	6 Bob Wainman 1.98	2 Ernestine Yeomans 1.95	4 Boo Morcom 9.30 5 A U Ricciardi 9.29	6 John White M50-54	5.63	Jean Cotner 20:58.6 W70-74
4 Ken Ellis 1.83	1 Bob Richards 3.05	Triple Jump M30-34	M70-74 1 Andy Jones 11.48	1 Carl Klehm 2 Rich Hotchkiss	11.08	Ernestine Yeomans WR 20:56.8
5 Jeff Matthews 1.83 6 Bill Werling 1.83	2 Denver Smith 2.75 M65-69	1 Eugene Caccitatore 13.32	2 Murray Oguss 10.53	3 Lee Slick	9.56	M45-49 1 Terry McHoskey 14:59.6
M35-39	1 Boc Morcom =WR 3.05 2 Jim Johnson 2.75	2 Timothy LaBeau 12.92 3 Joe Lafferty 11.76	3 Ham Morningstar 10.39 M75-79	M55-59 1 Joe Chadbourne	12.24	2 John Elwarner 15:01.3
1 Eric Howard 1.93 2 Bill McCarthy 1.47	3 A U Ricciardi 2.44	4 Bill Harris 10.57	1 Ross Carter WR11.95	2 Leonard Olsen	10.79	3 Larry Simons 15:15.7 4 Norman Brown NT
M40-44 1 Johnie Meisner 1.83	M70-74 1 Jim Vernon 2.84	M35-39 1 L Rodenbeck 13.42	2 Milo Lightfoot 8.68 3 Bob Detweiler 7.67	3 Dick Mann 4 Jerry England	9.99	5 Dick Bales NT
2 James Sauers 1.78	2 Ham Morningstar 2.18 M75-79	2 Scott Thornsley 12.18 3 R Zahn 11.79	4 Gordon Powell 7.50 5 George Knox 5.93	5 Pay Carstensen 6 D E Hendrix	9.55 8.96	6 Bernie Finch NT M50-54
3 Stan Allen 1.67 4 Ivan Black 1.57	1 Carol Johnston 2.43	M40-44	M80-84	M60-64	The same	1 Jaan Roos WR 13:59.1 2 Walter Lubzik 15:17
5 Allen Ray 1.52 6 William Busby 1.47	2 Claude Hills 1.95 W40-44	1 Johnie Meisner 11.94 2 Lee Myers 11.66	1 Byron Fike 7.09 2 Frank Furniss 6.79	1 Bob Richards 2 Phil Brusca	15.15	3 Greg Wittig 18:45
M45-49	1 Phil Raschker WR 1.83	3 Ivan Black 11.58 4 Allen Ray 10.81	M85-89 1 Everett Hosack 6.00	3 Cliff Sampson 4 Don Henry	9.90	4 Jimie Johnson 17:32 (only 14 laps/1 lap short)
1 Don Dvorak 1.62 2 Bill Smith 1.57	The state of the s	M45-49	2 Arling Pitcher 5.85	5 Ned Curran	9.22	5 E Robert Premo 20:47 M55-59
3 William Crocket 1.52 M50-54		1 Alan Slater 11.75 2 Don Dvorak 10.16	3 Konrad Boas 5.59 W30-34	M65-69 1 Bill Walmroth	14.89	1 Max Green WR 14:43
1 Paul Dorsey 1.73		3 John Sloan 7.97 M50-54	1 Donna Pope-Green 9.84 2 Cathy McKeever 7.78	2 Bill Bangert 3 Jacob Stein	13.47	2 Moshe Myerowitz 15:46 3 Dob Dicarlo 16:19
2 Sammy White 1.62 3 Richard Hotchkiss 1.62	Long Jump	1 Pete Stopoulos 10.85	3 Yancy Munoz 7.65	4 Boo Morcom	8.18	4 Jim Higgins 16:46 5 Charles Deuser 16:26
4 Dee Dewitt 1.57 4 Tom Longenfeld 1.57	M30-34 1 Reginal Cannon 6.67	2 Sammy White 10.67 3 Haig Bohigian 10.53	W35-39 1 Joan Stratton 12.35	M70-74 1 Donald Hull	7.54	(14 laps) M60-64
6 John Head 1.47	2 Eugene Caccitatore 6.38	4 Dee Dewitt 10.36 5 David Martin 10.22	2 Laurie Barr-McNamee 6.58 W40-44	M80-84 1 Frank Furniss	5.52	1 John Grey 18:54
6 Steve Richmond 1.47 M55-59	3 Bill Werling 6.16 4 Joe Lafferty 6.11	6 Grover Coates 10.11	1 Kathy Pierce 9.19 2 Kate McKenna 7.49	M85-89	S. D. Carlot	2 Alan Jackson 20:35 3 Carl Brungard NT
1 Richard Richardson AR 1.67 2 Nick Newton 1.62	5 Timothy LaBeau 6.03 6 Lamont Wilson 5.85	1 Phil Mulkey 11.00	3 Skipper Clark 7.14	1 Everett Hosack W35-39	4.77	4 Jim Brown NT M65-69
3 Jack Fisher 1.57 4 Phil Mulkey 1.52	M35-39	2 Robert Jones 9.40 3 Pay Carstensen 8.78	4 Phil Raschker 6.98 W45-49	1 Joan Stratton W40-44	12.35	1 George Heller 18:38.5 2 Donald Cotner 21:41.5
5 Lawrence Pratt 1.42	2 Gerald Woolfolk 5.96	1 Denver Smith 10.23	1 Barbara Stewart 6.59 W50-54	1 Kathy Pierce W45-59	5.98	3 Bob Gardewing 21:42.5 H70-74
6 Robert Jones 1.37	3 Tim Walters 5.95 4 Scott Thornsley 5.72	2 Buck Bradberry 10.18 3 Fred Hirsimaki 9.23	1 Joann Grissom AR 12.30 W55-59	1 Barbara Stewart W60-64	6.63	1 Bill Tallmadge 19:18.9
1 Gordon Seifert AR 1.59 2 James Gillcrist 1.52	M40-44 1 William McClellon 6.36	4 Bill Townsend 9.06	1 Shirley Kinsey 7.34	1 Bernice Holland	10.27	2 Charles Whitney 21:57.9 H75-79
3 Fred Hirsimaki 1.42	2 Ivan Black 5.71	M65-69 1 Edwin Lukens 10.18	2 Mary Anne Cavicchi 4.95	2 Mary Thompson	7.21	1 George Knox 26:29.7
4 George Roudebusch 1.37 5 Bob Richards 1.32	3 Gordon Reiter 5.70 4 Allen Ray 5.46	2 Jim Johnson 8.89 3 Boo Morcom 8.73	TAC Maste	ers National Indoor Pentath	hlon Chan	npionships
6 Deriver Smith 1.32 M65-69	5 Fred Johnson 5.38 6 Thomas Henderson 4.92	4 Max Goldsmith 8.32	等成为一种可能的企业。 1	March 19, Carlisle,	ASSESSMENT OF THE PARTY OF THE	
1 Edwin Lukens 1.37 2 Burl Gist 1.37	M45-49	5 Richard Cavicchi 8.23 M70-74	Name	60mH LJ	SP	HJ 1000m Score
3 Andrew Thompson 1.32	2 Bill Smith 5.64	1 Robert Sorlein 8.37	Mark Williamson, 31, MD Andy Miller, 31, CT	8.5 5.77 9.4 6.10	8.37 11.49	2.03 3:25.1 2,999 1.70 3:17.7 2,839
4 Boo Morcom 1.32 5 Richard Cavicchi 1.27	3 Dick Rex 5.41 4 Don Dvorak 5.40	2 Donald Hull 7.19 M75-79		A Property of the second	April 1	The second secon
6 Jim Gross 1.22	5 William Crockett 4.49	1 Claude Hills 7.16 2 Bob Detweiler 4.76	Scott Thornsley, 36, PA Steve Suto, 37, NY	9.8 6.09 9.6 5.47	9.91	1.50 3:07.5 2,601 1.70 4:10.7 2,193
6 Jim Johnson 1.22 M70-74	M50-54 1 Pete Storoulos 5.63	M80-84	ASSET CONTRACTOR OF THE	THE PARTY OF THE P		The same of the sa
1 Ham Morningstar 1.30	2 Paul Williams 5.44	1 Karl Trei WR 7.09 2 Frank Furniss 5.70	Rex Harvey, 42, IA Pat Walker, 41, DEL	8.7 6.06 9.0 5.17	12.43 9.73	1.60 3:30.3 3,509 1.55 3:26.6 3,010
2 Andy Jones 1.17 3 Donald Hull 1.17	3 Dee Dewitt 5.27 4 Grover Coates 5.15	M85-89 1 Konrad Boas WR 4.83	Ivan Black, 40, NY	9.8 5.49	7.17	1.55 3:11.5 2,876
M75-79 1 Gil Gonzales =WR 1.22	5 Haig Bohigian 4.91 6 Nemour DeLaneville 4.77	2 Arling Pitcher 4.33	Bill DeHorn, 41, CAN	11.9 4.77	9.47	1.60 3:51.2 2,258
2 Virgil McIntyre =WR 1.22	M55-59 1 Phil Mulkey 5.15	W40-44 1 Phil Raschker 10.70	Bill Smith, 46, PA	9.7 5.89 10.4 5.02	10.01	1.42 3:41.4 3,168 1.58 3:02.6 3,158
3 Claude Hills 1.17 4 Mile Lightfoot 1.12	2 Jack Fisher 4.56	2 Kathy Pierce 8.45 W45-49	Jeff Loubet, 45, NM	10.4 5.34	7.27	1.42 3:38.6 2,714
5 Bob Detweiler .96	3 Pay Carstensen 4.36 4 Joseph Richards 4.25	1 Barbara Stewart 7.05 W50-54	Chuck Miller, 51, TX	9.1 5.49	10.76	1.58 3:46.7 3,658
1 Frank Furniss .96	M60-64	1 Christel Miller 8.12	Sam Rumford, 51, NJ	11.2 4.57	13.44	1.52 4:53.8 2,707
M85-89 1 Arling Pitcher =WR .96	2 Denver Smith 4.65	W55-59 1 Shirley Kinsey 5.97	David Martin, 53, PA	11.0 4.64	10.14	1.27 4:02.2 2,558
2 Konrad Boas .87 W30-34	3 Fred Hirsimaki 4.53 4 Merle Nickell 4.46	W60-64 1 Jean Udell WR 6.39	Phil Mulkey, 56, GA		12.32	1.42 3:48.6 2,848
1 Irene Thompson 1.42	5 Richard Turner 4.40 6 Jack Greenwald 4.36	W70-74	George Taylor, 58, DEL	13.4 3.72	8.37	1.12 4:18.9 1,947
W40-44 1 Phil Raschker WR 1.53	M65-69 10 1800 1800 0	1 Ernestine Yeomans WR 4.98	Buck Bradberry, 62, ALA	9.6 4.72	9.89	1.40 4:10.3 3,667
2 Skipper Clark 1.22 W45-49	2 Boo Morcom 4.69	Shot Put	Denver Smith, 63, OH Fred Hirsimaki, 64, OH	10.1 4.67 11.2 4.36	10.39	1.30 4:18.9 3,437 1.40 4:16.7 3,232
1 Cathy Primmer 1.12	3 Jim Johnson 4.33	M30-34 1 Rick Meindl 15.18	Art Harris, 61, 0H		8.70	1.05 DNF 1,103
2 Barbara Stewart 1.07	4 Tom Lacey 4.19 5 Max Goldsmith 3.93	2 Scott Bull 12.50	Boo Morcom, 67, NH	11.4 4.11	9.07	1.30 4:14.4 3,412
1 Christel Miller AR 1.29 2 Essie Kea 1.17	6 Richard Cavicchi 3.84	3 Robert Hartmann 12.28 4 Peter Collins 12.10	The second second	भी देश के तर्व अपने के विश्व क	27517	
W60-64	1 Bob Sorlein 1 3.85	5 Chris Mitko 10.83 M35-39	Ham Morningstar, 72, MI Don Hull, 70, FL	14.1 3.57 15.0 3.64	9.10	1.30 4:52.2 3,095 1.10 DNF 2,200
1 Pat Peterson AR 1.07	3 Don Hull 3.75	1 Roger Kamla 15.24	Charles and the State of	18,5	13991	
1 Mary Bowermaster =WR 1.09	4 Ham Morningstar 3.60 M75-79	2 Patrick Burns 14.62 3 Kevin Wallace 14.60	Claude Hills, 76, PA	12.6 3.52	7.12	1.15 5:22.2 3,109
Pole Vault	1 Gil Gonzales 3.77	4 Peter Elmendorf 12.41 5 Dave Hackbarth 9.40	Name	60mHH HJ	SP	LJ 800m Score
M30-34	3 Claude Hills 3.45	M40-44	Mary Ellen Malloy, 31, P		6.23	3.90 2:41.0 1.746
1 Gary Hunter 5.03 2 Rick Rogers 4.72	4 Virgil McIrtyre 3.29 5 Bob Detweiler 1.97	1 Dave Stebing 14.00 2 Craig Shumaker 13.99	Phil Raschker, 42, GA Skipper Clark, 41, NJ	10.2 1.50 11.7 1.42	7.31	4.90 2:50.6 3,417 5.00 2:47.6 3,128
3 Gerald Cahill 4.42	M80-84	3 John Roehr 13.96 4 Norman Bower 12.34	Barbara Stewart, 47, NY	12.1 1.06	6.32	3.81 3:51.0 1,986
4 Jerry Dowdy 4.26 5 Charles Barnard 4.26	2 02	5 Allen Pay 11.50	Pat Peterson, 62, NY	14.2 1.10	5.06	2.68 4:25.4 2,152 Continued on next page
	7 56	o James Sauers 11.39	The second second second second second	N	Charles and a	the same of the sa
6 Ted Tiernon 3.65	3 Frank Furniss 2.56	Cartera and constitution				

Continued from	om pre	vious	page
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EAST

Philadelphia Masters Indoor Meet, Haverford, PA March 4

55a	hurdles	
M35	Cliff Soith	0:08.7
M40	Pat Walker	0:08.8
	Ivan Black	0:09.3
	Dan Weller	0:10.3
M45	Bob Fuhrman	0:11.2
M50	Lee Trout	0:09.6
	Jim Bradley	0:09.8
	Dave Martin	0:10.4
	Bruce Gilbert	0:11.6
M55	Lawrence Pratt	0:08.8
The said	William Clark	0:09.0
	George Taylor	0:12.6
M60	Bill Townsend	0:09.9
国际在局	Art Harris	0:11.4
M65	Ed Lukens	0:09.9
3570	J. Walker Pierson	0:10.9
M75	Claude Hills	0:14.8
W45	Barbara Stewart	0:11.6
the second second	No. of the last of	Section Section

OF STREET	Art Harris	0:11.4
M65	Ed Lukens	0:09.9
	J. Walker Pierson	
M75	Claude Hills	0:14.8
W45	Barbara Stewart	0:11.6
55m		4.3
图与制		SHEET,
M30	Val Barnwell	0:06.6
	Phil Conzentino	0:06.8
	Denworth Frederick	
	Ken Bauersfeld	0:07.3
	Kevin Brown	0:07.7
M35	Tyronsky Conner David Robinson	0:06.8
472	Bob Bowen	0:06.9
	Cliff Smith	0:07.3
E 100	John Borden	0:07.4
	Karl Castor	0:07.5
	Louis Miller	0:08.2
M40	William Overby	0:06.8
1110	Willie Mitchell	0:06.9
-	Nat Watson	0:07.1
	James Galbreath	0:07.2
	Phil Felton	0:07.2
	Jeffrey Blatt	0:07.2
M45	Jim Bantum	0:07.2
Marine	Carl Grant	0:07.2
Tildher.	Mike Kulzer	0:07.4
	Gene Ballard	0:07.4
M50	Richard Rizzo	0:07.4
A CONTRACT	John Snell	0:07.6
	Haig Bohigian	0:07.8
	Dave Martin	0:08.0
	Earl Mege	0:08.4
W55	Bruce Gilbert	0:08.5
	Bob Keegan Lawrence Pratt	0:07.3
	Thomas Brooks	0:07.
	John Darrell	0:07.
	Jack Nyhan	0:08.
M60	Howard MacMillan	0:08.
	Bill Townsend	0:08.
	Ned Curran	0:09.0
To Copy	Art Harris	0:11.3
M65	Oscar Harris	0:08.1
	J. Walker Pierson	
M70	Dave Hall	0:08.7
M75	Rudolf Wilsen	0:09.5
PATE N	Claude Hills	0:09.7
	Danald Panel	



3000	Silver Services	
M30	Val Barnwell	0:37.8
	Henry Townes	0:39.8
	Denworth Frederic	
M35	Ken Bauersfeld Ron McDonald	0:41.9
133	Karl Castor	0:39.7
	Bob Bowen	0:40.2
Y	John Borden	0:46.5
-	Louis Miller	0:52.8
MAO	William Overby	0:38.4
	Eddie Howard	0:40.9
Think!	Phil Felton	0:41.1
	Bernie Noeller	0:41.6
777	Victor Broushet	0:41.9
	Tim Dickens	
	James Galbreath	0:43.5
	Al Draft	0:47.5
H45	Jim Bantum	0:41.9
1980	Carl Grant	0:42.2
	Jim Hodge	0:43.7
WE A	Jim Demma Ed Small	0:45.0
M50	Jim Bradley	0:40.2
M55	William Clark	0:43.7
Sec.	Bob Keegan	0:43.9
	John Darrell	0:45.4
M60	Howard MacMillan	0:49.0
M65	Oscar Harris John McCarthy	0:51.9
M75	Rudolf Wilsen	0:59.1
W35	Sharon Osborne	0:47.7

500		
3		1:16.1
M30	Val Barnwell Denworth Frederick	1:17.2
M35	Karl Castor Russell Floyd	1:13.1
10	Ron McDonald	1:19.1
M40	Bernie Noeller Ellsworth Robinson	1:15.9
	Ivan Black	1:17.6
	Victor Broushet Karim Ahmed	1:18.5
M45	Glen Shane	1:16.9
	Rett Oren Jim Hodge	1:18.4
M50	Ed Small	1:13.5
	Richard Rizzo Lawrence Harvey	1:13.9
	Jim Bradley	1:22.8
	Bruce Gilbert Haig Bohigian	1:25.0
M55	John Darrell George Taylor	1:24.8
M60	Kelsey Brown Howard MacMillan	
M65	Howard MacMillan John McCarthy	1:44.9
W40	Skipper Clark	1:32.4
800	The second second	100
Bons	She to the same of	
M35	Russell Floyd Jim Shank	2:10.2
Total Control	Fred Dedrick	2:12.3
	Ben Brockwell	2:13.6
2 1	Bob Clasen Tim Shay	2:24.2
whe	George Sanders	2:25.1
M45	Sam Huckel Jim Demma	2:20.7
WEA	Bob Fuhrman	2:25.7
M50 M55	Haig Bohigian Jack Nyhan	2:53.0
M65 M75	Jack McCarthy Rudolf Nilsen	3:35.2
A series	Sales Andread Tra	THE REAL PROPERTY.
1 mi	le sie sie sie	
M30 .	Johnnie Englehardt	
M35	John Krajek Dave Patterson	4:52.8
man,	Rich Durbano	4:36.5
8	John Emswiler Herman Richards	4:40.2 5:00.1
H40	Jim Shank	4:39.8
MASS.	Fred Dedrick Ben Brockwell	4:52.4
THE	Tim Shay	4:59.7
	George Sanders Carl Grossman	5:34.8 5:35.5
M45	Sam Huckel	4:40.2
HOU	Larry Dickerson	5:55.5
M60	Richard Bloom	7:17.8
W35	Gerard Nolan Loretta McCarthy	6:46.0
W45		6:11.8
10	le racewalk	7.44
E CONTRACTOR OF THE PERSON OF	Children services 11	Carried Co
M35	Ray Funkhouser Phil Kane	6:37.0 8:58.1
BIN	Stan Kauffman	10:14.5
M45	Larry Simons Robert Jennings	7:45.9
M50	Ken Reichstein	10:43.9
H75	Morton Hahn George Braceland	13:00.2
-17	Albert Sabaroff	13:52.2
W35	Merle Kolker	10:32.5
W65	Marie Henry	10:53.7
4.36	ile walk (informal	style)
Tren.	FELLIN TO THE STREET	A Charles
M55	Dan Ross Ray McKeeman	9:10.4

ALC: THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED	moner a neumirula	0.14.0
M50	Ken Reichstein	10:43.9
77200	Morton Hahn	13:00.2
M75	George Braceland	10:15.3
100	Albert Sabaroff	13:52.2
W35	Merle Kolker	10:32.5
W50	Susannah Maher	12:05.0
W65	Marie Henry	10:53.7
19.365	A STATE OF THE STA	Ex 100
1 m	ile walk (informal	style)
	Dan Ross	9:10.4
M55		
M60	Ray McKeeman	11:32.8
M75	Donald Ernst	15:30.4
W30	Diana Severn	14:35.6
W40	Carolyn Jackson	13:50.0
W50	Rita Ross	12:56.4
W55		
M22	Catherine Taylor	13:55.4

M90	Lillian Jankola	
3000		
M35 M40	Larry Hart Frank Goldcamp Ben Brockwell Carl Grossman	10:15.8 10:03.2 10:18.7 11:29.8
M55 M60 W35	Larry Dickerson Harold Williams Maurice Schepers Gerard Nolan Loretta McCarthy	11:50.9 14:43.5 10:37.8 13:34.1 12:32.1
pole	vault	

ı	M55	Larry Dickerson	
ı	Separate Separate	Harold Williams	
۱	M60	Maurice Schepers	
ı	(Service)	Gerard Nolan	
ı	W35	Loretta McCarthy	12:32.1
ł	34 M	The state of the s	Marie Toler
I	pole	vault	
ı	STAME	AND STATE OF THE PARTY OF THE P	1
1	M30	Don Severn	13'0"
۱	TARRE	Michael Jennetta	n.h.
ı	M40	Maria Control of the	10'0"
۱	3243	Ron Salvio	3.0ª
ı	M50	Dave Martin	9.0
ı	TO THE	Lee Trout	8.6.
1	M55	George Taylor	7'0"
ı	M75	George Braceland	
ı	100	Claude Hills	6.6.
ı	HOUSE BELLEVILLE		-
ı	long	lump	
۱	神 一块	American Control of the Control of t	
ı	M30	Tyronsky Conner	
ı	M35	David Robinson	19'2"
ı	75	Harold Jenkins Ed Laurelli	18'5"
ı	7 10 10	Ed Laurelli	15'11"
١	H40	Ivan Black	
ı		Ron Salvio 15'	
ı	-	Al Draft	14.3
			V IN CHE WAY

1	National M
M45	George Scherer 12'9"
M50	laba Caall 161 E 1/24
	Ed Kent 15' 5 1/4" Vince Ruffin 15'3"
	Earl Mege 14'9"
M55	William Clark 16'9"
	Pay Carstensen 14' 5 1/4"
	John Darrell 13'1" George Taylor 12' 5 1/2"
M60	Bill Townsend 14' 1 1/2"
noo	Ned Curran 12' 10 1/4"
	Art Harris 11' 7 1/2"
M65	Ed Lukens 15'5" Oscar Harris 12' 10 1/4"
M70	Eugene Wood 9'0"
H75	Eugene Wood 9'0" Claude Hills 11' 7 3/4" Rudolf Nilsen 11'4"
	Rudolf Nilsen 11'4"
W40	Bob Detweiler 5' 6 1/2"
W45	Skipper Clark 13'8" Barbara Stewart 11'9 1/2"
W75	Vivian Welson 6' 6 1/2"
trip	le jump
H30	Jeff James 38'0"
M35	Harold Jenkins 34'8"
	Ed Laurelli 31'10"
H40	Bob Bowen 29'9" Ivan Black 36'6"
mu	Ron Salvio 32' 3 3/4"
Service of the last	Jim Quirk 29'3"
M45	Grant Krow 36'1"
M50	George Scherer 23'5" Haig Bohigian 33' 3 3/4"
	Dave Martin 31' 8 1/2"
	Ed Kent 28' 10 1/4"
MEE	Earl Mege 27' 9 3/4" William Clark 30' 5 3/4"
M55	
	George Taylor 24' 6 1/2"
M60	Dan Ross 24'11' George Taylor 24' 6 1/2" Bill Townsend 29' 8 3/4" Ned Curran 21' 11 1/4" Ed Lukens 32' 10 1/4" Putolik Nilsen 38' 10 1/4"
M65	Ned Curran 21' 11 1/4"
M75	
	Claude Hills 23'0"
uhe	Claude Hills 23'0" Bob Detweiler 14'10" Barbara Stewart 25'9 1/2"
W45	Barbara Stewart 25'9 1/2"
high	jump
-	Now BENEFIT TO SERVE
M30	Jeff James 4'10" David Robinson 5'2"
M35	David Robinson 5'2" Rob Schaible 5'2"
5,532	Harold Jenkins 5'0"
Series.	Ed Laurelli 4'10"
M40	Ivan Black 5'2" Ron Salvio 4'10"
MHE	Grant Krow 5'0"
H45	George Scherer 4'1"
M50	3:11 Simon 3'9" Vince Ruffin 4'8"
	Earl Mege 4'6"
- D.	Morton Hahn 4'1"
M55	Ed Kent 3'11" Walt Hutchins 4'10"
	Lawrence Pratt 4'8"
174	Robert Flynn 3'5"
M60	Art Harris 3'11"
M65 M75	Ed Lukens 4'3" Claude Hills 3'9"
100	Bob Detweiler 3'1"
	Rudolf Nilsen 3'1"
W30	Mary Ellen Malloy 3'11" Skipper Clark 4'3"
W45	Skipper Clark 4'3" Barbara Stewart 3'3"
W75	Vivian Nelson 3'1"
3/2	
shot	put
M30-	49 (161bs)
M30	Dom Concilio 41' 1/2"
	Michael Piersol 40'5" Scott Bull 39'3"
	Peter Collins 37'5"
M35	Stew Beltz 39'3"
MHO	Rich Smith 36' 1 1/2"
1140	Craig Shumaker 43' 2 3/4" Bill Scarola 38' 7 1/2"
47	Bishard Durahu 30 / 1/2

ı	31.50	Rudolf Nilser	Total Control	3'1"
ı	W30		llow	21111
ı	MOO	Thispen Clast	illoy	3 11 211
ı	W40	Skipper Clark	· Sec	4'3"
ı	W45	Barbara Stewa	irt	3.3.
1	W75	Vivian Nelson		3'1"
ı	PRES	Skipper Clark Barbara Stewa Vivian Nelson		
١	shot	put		
١	Bleve	Committee of the		
ı	M30-	49 (161bs)		
ı				
ı	M30	Dom Concilio Michael Piers Scott Bull	41	1/2"
1	Mark too	Michael Piers	101	4015"
ı	CAR	Scott Bull	42	20'2"
١		Peter Colline	1000	27'5"
1	Mac	Stan Palta	100	39'3"
ı	133	Stew Beitz		39 3
ı		Scott Bull Peter Collins Stew Beltz Rich Smith Craig Shumaker Bill Scarola Richard Dunch	30.	1 1/2"
ł	140	craig Snumaker	43	2 3/4"
ı		Bill Scarola	38'	7 1/2"
ı		Richard Dunph	y	38'6"
ı		Richard Dunph Jim Quirk Frank Monroe	32' 1	0 3/4"
ı	9850	Frank Monroe	30'	9 1/2"
ı		Dennis Ziemba Ed Bradway Bill Simon	MACHINE	25'2"
ı	M45	Ed Bradway		33'1"
ı	Black	Bill Simon	29'	3 3/4"
ı				3 3/4
ı	M50-	59 (12 pounds)		
1	11.70	39 (is poulds)		A Common
1	MEA	Ton Inches	261	8 1/2"
ı	טכה	Tom Jackson Dave Martin	30.	
1		Dave Martin Larry Keys Morton Hahn Len Olson		30' 10"
ı	M.	Larry Keys	29.	9 1/4"
1	2.15	Morton Hahn		24'7"
1	M55	Len Olson		42'5"
ł	克斯袋	Pay Carstensen	37'	1 1/2"
ı		中华大学的现在分词	C DO	
ı	460-	64 (11 lbs [5k	g])	
ı	M60	Ned Curran	37'	4 1/2"
1	- F - N	Alfred Jankola	-	
ı	THE REAL PROPERTY.	Alired Jankola	30.	3 1/2"
ı	5403	AFT MAFF13	29' 10	1/2"
ı	The state of the s	Don Henry	59.	3 3/4"
1	25 100	H. MacMillan	25'	2 1/2"
1	M70	Art Harris Don Henry H. MacMillan Gene Wood	31'	1/2"
ı	M75	George Bracela Bob Detweiler Skipper Clark Barb Stewart Joan Dash	and	27'4"
1	100	30b Detweiler		24'5"
ı	H40	Skipper Clark		22'5"
ı	W45	Barb Stewart	21'1	1.3/4"
ı	W55	Joan Dash	28' 2	1/2"
ı	Special States	STATE OF THE PARTY	Lucia.	500 18
ı	weigh	nt throw		27 7
ı		the second second	200	
1	M30	Peter Collins Scott Bull	271 -	
ı		Conta Collins	31. 1	1/5-
ı	wee	Scott Bull	31'	3/4"
ı	H40	rrank Monroe	32' 7	1/2"
ı	12-30	Bill Scarola		27'9"
1	100	Scott Bull Frank Monroe Bill Scarola Ron Salvio		26'6"
	N A	Dennis Ziemba	24 5	1/4"
	1	SALE OF THE SALE O	- Maria	15 10
		The state of the s		

sters News	22'10"
M45 Ed Bradway M50 Tom Jackson 2 Larry Keys	7' 3 1/4"
M55 Len Olson Pay Carstensen	32'8"
M60 Don Henry Alfred Jankola	19'2"
Ned Curran 18	11 1/2"
	THE ST
	3.3
TAC Eastern Master	e Indoor
Championships, Pro	vidence,
RI, March 18	
M30-34	6.71
Val Barnvell Denworth Frederick	7.20
Dan Glushefski M35-39	6.75
Al Walton Neil Steinberg	6.84
Pershing Reid	
Bill Overby Roger Pierce	7.00
Jasper Royal	7.20
John Whelan	7.13 7.54
Richard Ciccone	8.31
Roosevelt Weaver Larry Colbert	7.15
Haig Bohigian M55-59	7.56
Bill Wright Lawrence Pratt	7.33 7.56
John Darrell M60-64	8.03
Ross Mitchell Howard MacMillan	7.62 8.23
Manny Herscher M65-69	8.64
Vern Mattson Angelo Oliver	8.41 8.57
Don Knapp M70-74	9.08
Sparks Sorlien M75-79	8.93
Bob Detweiller W30-34 Irene Thompson	7.54
Regna Peart	7.69
W35-39 Joanne Angotti	7.60
Sharon Osborne W40-44	7.99
Jennifer Pinto Lorraine Tucker	8.07 8.19
W45-49 Marilyn Mitchell	8.07
Barb Stewart N. Ammermuller	8.48 9.57
W70-74 Carmela Harris	11.25
200m	11.25
M30-34 Val Barnwell	23.55
Denworth Frederick Bill Wright	
M35-39 Al Walton	23.01
Neil Steinberg Horace Hudson	23.49
M40-44 Bill Overby	24.03
Roger Pierce Nat Watson	24.09
M45-49 Tom Toscano	24.76
Bill Burrell M50-54	25.51
Larry Colbert Ed Small	24.28 24.54
Phil Plant M55-59	27.23
Bill Wright John Darrell	27.18 28.16
Pat Ferraro M60-64	29.73
Howard MacMillan Dick Klein	29.22
Manny Herscher M65-69	31.94
Vern Mattson Angelo Oliver	30.14 32.15
Don Knapp M70-74	33.40
Sparks Sorlien	33.23 33.80
W30-34	27.72
Irene Thompson Regna Peart W35-39	27.72
Joanne Angotti Betty Searcy	27.72 28.96
Lynne Diezi W40-44	29.50
Jennifer Pinto Kathy Pierce	27.57 29.00

	111111111111111111111111111111111111111
22'10"	W45-49
21'2"	Marilyn Mitchell
32'8"	Nancy Ammermuller
30'5"	W60-64 Pat Peterson
19'2"	400m
11 1/2"	The same that the same of the same
THE SA	M30-34 Adrian Sterrett
Tax Est	M35-39
750	Horace Hudson Don Hodge
3234	Rob Walker
	M40-44 Tom Van Auker
Indoor	Ellsworth Robinson
idence,	Nat Watson
SEC.	Bill Burrell
	Anthony Alfieri Glen Shane
6.71	M50-54
7.20	Larry Colbert Ed Small
	Cliff Pauling M55-59
6.75	Fritz Schlereth
6.88	John Darrell Tom Talbott
6.88	M60-64
7.00	Dick Klein Howard MacMillan
7.20	M70-74
7.13	George Sheehan W30-34
7.54 8.31	Constancia Hayes
THE MARKET	Irene Thompson W35-39
7.15	Lynne Diezi
7.56	Betty Searcy W40-44
7.33	Kathy Pierce
7.56	Kate McKenna W50-54
8.03	Gerri Owens
7.62	W55-59 Nancy Ammermuller
8.23 8.64	Nancy Ammermuller W60-64
THE REAL	Pat Peterson
8.41 8.57	800m
9.08	M30-34 Bob Strout
8.93	Adrian Sterrett
13.15	Peter Lenhart
State of the last	Rob Walker Doc Savage
7.54	Russ Floyd
8.08	M40-44 Jasper Royal
7.60	Dale Ladd
7.99	Stephen Viegas M45-49
8.07	Sam McClendon Jim Verdier
8.19	Fred Bertelsen
8.07	M50-54 Cliff Pauling
8.48 9.57	M55-59
1.3/	Arnold Meardon M65-69
11.25	Archie Messenger
	W45-49 Elaine Mathews
23.55	Robin Villa
24.66	W50-54 Gerri Owens
26.30	1500m
23.01	M30-34
23.49 23.96	Peter Lenhart M35-39
The same	Bob Ferrari
24.03	Glenn Powell Bob Caplin
25.32	M40-44
24.76	Rick Bayko
25.51	Lou Lainey Tom Derderian
24.28	M45-49 Jim Verdier
24.54 27.23	M50-54
21.23	John Conner Pete Doherty
27.18 28.16	N. Golushkin
29.73	M55-59 Jim Keat
29.22	M65-69
29.60	Archie Messenger W30-34
31.94	Karen Lein
30.14	Lydia McIntosh.
32.15	W40-44
	Anne Schmitt W45-49
33.23	Elaine Mathews
HOM TO PER	3000m
27.72 29.60	M30-34 Bob Wanamaker
	Bob Strout
27.72 28.96	M35-39 Joe Contario
29.50	Tom Hiten
27.57	H40-44 Larry Purtell
29.00	Rick Bayko
30.31	Joe Burleson
	THE WALL THE

	May	, 1989
'hannet	M45-49	9:45.3
11 29.02	Kirk Randall M50-54	
ler 34.71	Bob Milner Bill Masterson	9:55.4
35.28	Jim Keat	11:21.1
1 -10-1	Vin Fandetti M60-64	11:52.9
t 52.6	John Gray M65-69	13:25.1
51.9 53.0	Nat White W30-34	12:53.1
53.8	Karen Lein W35-39	12:21.0
54.2 Inson 54.4	Jan Vermilye W50-54	10:35.2
55.5	Mary Harada 55mH	12:34.9
56.4 56.7	M30-34	
57.5	Dan Glushefski M35-39	8.40
54.0 54.2	Horace Hudson M40-44	8.3
58.0	Ivan Black Michael Milove	9.1
th 59.2 63.3	Bill Busby M45-49	9.5
72.1	Charles Varnet	10.3
68.0 lan 71.3	Lawrence Pratt M60-64	8.9
n 76.0	Hanny Herscher W40-44	11.6
yes 62,7	Kathy Pierce W45-49	11.0
63.6	Barb Stewart	11.4
63.6 65.5	4x400m Relay H30-39	
65.6	Anderson TC NY Pioneers	3:36.
70.6	NY Masters M40-49	4:34.
75.9	Greater Rochester	3:50.
ller 78.6	4x800m Relay M40-49	大き の
91.0	NY Pioneers M50-59	9:16.
	Central Park	10:11.5
2:05.1 et 2:05.3	High Jump M30-34	
2:07.6	Jerry Crockett Joe Lafferty	6-9
2:06.2 2:07.8	M35-39 Harold Jenkins	5-2
2:07.9	M40-44 Ivan Black	5-16
2:07.6 2:08.8	James Brady John Buckley	4-8
2:14.8	Willy Crockett	5-2
2:16.9 2:19.7	Charles Varnett Ron Smith	4-8 3-4
2:33.9	M50-54 Mickey Lafferty Earl Mege	4-10
2:12.4	M55-59	4-4
3:15.7	Hank Perry	4-10
er 2:27.1 2:33.2	Anthony Vivieros	4-2
2:33.2 2:40.1	Manny Herscher Ned Curran	3-8 3-8
2:54.7	Irene Thompson	4-7
	Yancy Hunoz	3-6
4:20.6	W45-49	4-8
4:24.1	Barb Stewart	3-2
4:35.6 4:39.1	Pat Peterson W65-69	3-6
4:22.7	Pole Vault	2-9
4:37.7	M30-34 George Cabill	13-6
4:43.7	M35-39 Sam Prentice	13-0
4:38.3	John Hoogasian	13-0
4:52.2	Tom Rauscher Bill Busby	13-0 11-6
5:17.5	John Buckley	9-0
r 5:05.0	Wally Sokolowski	13-0
5:28.8	Long Jump	
W - 5:41.6	Joe Lafferty	20-14
5:20.5	M35-39 Harold Jenkins	18-64
5:09.3	Ivan Black	17-84
37ta	Mike Milove Bill Busby	17-2½ 16-1
9:37.1	Bill Masuck	16-8
9:54.4	Charles Varnet	15-74
8:58.3 9:25.8	Haig Bohigian M55-59	16-44
9:26.7	Pay Carstensen	14-114
9:32.6	John Kendrick Continued on r	14-5L
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	· of white or Agentic	- ball

	,		National M	asters News			page 4:
	Continued from previous page	255 - Phil Hulkey DQ 260 1. Denver Smith 9.8	COLUMNICACE	M40 C Williams	41.3	M50 B Ankerstar 35-2	Discus
	M60-64	7.0	SOUTHEAST	J Moss	42.5	F Caron 32-6 3/4	M30 Jeff Baty 127-10
	Manny Herscher 13-34	3. Tom Delaney 11.2	Lauren manual of harmonics	R Marinello	42.5	A Coats 24-31	M45 Ed Guardnapo 80-6
	Ned Curran 12-11 Anthony Vivieros 12-9	THE RESERVE OF THE PROPERTY OF THE PARTY OF	Tennessee Indoor Meet	M50 G Coats	41.8	M55 J England 37-7	M50 Ron Werby 105-11
	M65-69	200m 130 1. John Brooks 23.7	Nashville; March 11	L McCain R Premo	46.8 57.1	C Johnson 34-9 3/4 D Mann 34-8 3/4	M55 Bill Mondell 99-7 M65 R Dew 50-10
	Vern Mattson 14-54	2. Joel Pechart 25.7	60mH	M60 J Greenwald	46.2	M60 P Brusca 44-61	M75 C E Hirshey 72-5
	Don Knapp 11-5	3. Phil Conzentino 27.3 235 1. 3ill Harden 25.1	M30 Ellis Liddell 8.28	M65 T Lacey	48.7	M65 J Stein 31-3 3/4	Javelin
	M70-74 Sparks Sorlien 12-9		M35 Robbie Short 8.30	J Tuttle	50.9	M70 A Jones 37-8	M30 Jeff Baty 156-6
	W30-34	2. 3ob Bowen 25.2 3. John Borden 27.8 245 1. Rett Oren 27.8	M45 Reg Sharley 10.11 M50 Chuck Miller 9.09	D Cavicchi W55 M Cavicchi	1:32.8	H Yeomans 30-8 W30 R Sigafoose 21-9	M40 Roy Schell 151-1 M55 Bill Mandell 123-3
	Irene Thompson 15-84	2. Jim Hodge 28.1	M50 Chuck Miller 9.09 (Age-group WR)	600m	1.3210	W60 B Holland 30-71	Jerry Lyons 92-6
	W35-39	3. Jim Demma 28.9	55m	M30 C Holland	1:26.8	W70 E Yeomans 16-10	M70 Nordgren 103-9
	Marie Beretey 14-114 W45-49	4. 3ob 0'3rien 29.4 350 1. Dick Ocker 27.1	M30 Ellis Liddell 6.82	P DiDirro	1:29.2	35# Weight Throw	M75 C E Hirshey 59-6
	Barb Stewart 11-64		M35 Richard Finnie 7.01	B Jones	1:31.0	M30 C Mitko 10.83 M40 N Bower 13.58	W30 Sharon Ryan 42-2
	W60-64	2. Jim Bradley 27.8 3. Willard Dameron 31.4	M40 Tom Brewer 6.83 M45 Don Lamb 7.12	M35 M Gallagher D Vessells	1:32.4	A Ray 10.35	The second second second
	Pat Peterson 8-1	M55 1. Bob Keegan 26.5	M50 Ralph Summerlin 7.29	N Thomas	1:34.6	M45 E Hill 16.65	THE RESERVE OF THE PERSON OF T
	W65-69	2. Ray Stiner 30.8 M65 1. Sam Madia 31.9	M60 Robert Hewitt 8.39	M40 G Reiter	1:29.7	M Bitsko 13.25	
-	Libby Hageman 7-11 Doris Berlepsch 5-5	2. Max Goldsmith 32.1	W55 Helen Darnall 10.04	D Mann	1:30.7	M55 J England 10.35 D Mann 10.12	CALLED BY THE STATE OF THE STAT
	Triple Jump	M70 1. Don Hull 32.4	W55 Helen Darnall 10.04	L Scott M45 G Johnson	1:31.9	25# Weight Throw	
	H30-34	2. Dave Hall 33.2 3. Earl Wentz 33.2 4. Pred Weiland 44.7	M30 E Liddell 23.61	W Waterman	1:33.9 nta	M60 P Brusca 12.53	
	Joe Lafferty 38-6		M35 R Short 25.05	R O'Neal	nta	M65 J Stein 10.33	
	H35-39	P75 1. Vivian Relson 52.1	M40 Tom Brewer 25.31 M45 Don Lamb 24.90	M50 G Coates	1:45.0	W60 B Holland 6.77	The state of the s
	Harold Jenkins 34-51	400m	M45 Don Lamb 24.90 M50 C Miller 26.85	D O'Connor R Premo	1:50.0	1500m Walk	
	M40-44 Ivan Black 37-24	M30 1. Joel Pechart 55.3 M35 1. Bob Bowen 55.9	M70 E Bolton 37.22	M55 R Thompson	2:14.0	M30 C Knotts 6:51.5	
	Mike Milove 36-34	2. George Crummel 56.5	W55 H Darmall 38.75	W40 M Burleson	1:51.9	M35 J Oliver 9:10.2	
	M45-49	3. Al Harden 56.7 4. Ali Salaam 63.2	300m M30 Jay Mathis 39.73	W55 S Stiegelmeier		M40 J Nelson 9:19.4 M50 J Blackburn 7:23.1	
	Bill Masuck 31-104	M40 1. Gerald Rasmus 61.1	M35 R Short 39.87	M Cavicchi W70 E Yeomans	3:30.6 3:20.3	J Mortland 8:20.1	
	M50-54 Haig Bohigian 35-3	N45 1. Rett Oren 59.9	M40 T Brewer , 40.10	1000m	A STEELS	E R Premo 10:21.3	WEST
	Hickey Lafferty 33-10	2. Jim Hodge 61.3 M50 1. Dick Ocker 59.5.	M45 Curtis Calihan 51.70	M35 V Peters	3:23.5	M55 J Spitzer 7:43.6 J See 9:56.5	The street of th
	Earl Hege 27-51	2. Jim Bradley 61.7	M50 Jim Mathis 41.69 M60 Robert Hewitt 56.25	M40 J Irwin G Rieter	2:52.1 2:52.3	M60 C Brungard 10:10.5	Palm Springs Invitational
	M55-59	300m	M70 Everett Bolton 59.50	G Jenkins	3:08.3	M65 D Cavicchi 10:12.2	Senior Olympics
	Pay Carstensen 28-0 M60-64	300m 30 l. Mike Baer 2:35.5	W55 Helen Darmall 1:04.5	M45 P Wayte	2:56.6	B Gardewing 10:15.6	Palm Springs, CA
	Ned Curran 21-54	X40 1. Jim Shenk 2:09.4 2. Bob Weiner 2:16.9	M30 2 Liddell 55.19	J Huffman	3:09.9	M70 H Yeomans 10:19.4 M75 g Knox 10:51.6	March 4-5
	M65-69	3. Brian Hermon 2,20.3	M35 Ron Merville 58.40	W Waterman M50 D O'Connor	3:11.7	W40 G Johnson 6:57.0	100m
	Vern Hattson 28-1	M45 1. Jerry McPadden 2:19.0	M50 J Mathis 58.80	E R Premo	4:17.2	M Fowler 9:27.0	M55 Don Benton 12.87 Bob Feaster 13.29
	M70-74 Sparks Sorlien 25-4	M50 1. Lawrence Harvey2,22.5	M70 E Bolton 1:29.0	M65 D Cavicchi	4:44.9	W55 V Spitzer 11:40.3	Milton Newton 13.36
	M75-79	2. Willard Dameror2,45.7	600m M35 Will Shipley 2:16.0	W55 M Cavicchi 3000m	6:20.4	M Cavicchi 12:51.7 W60 M Lacey 12:37.7	M60 Gene Harte 12.93
	Bob Detweiler 15-4	M75 1. Nilsen Rudolf 3:11.6	M50 J Mathis 1:33.3	M30 J Kender	10:03.3	W70 Z Yeomans 10:23.8	Bob Watanabe 13.06 Walter DeBruyn 13.47
	W40-44 Kathy Pierce 29-34	1500m	M70 E Bolton 2:24.1	M35 J Kernan	9:58.2	TO THE REPORT OF STREET	M65 Rich Herzer 13.30
	W45-49	M35 I. Larry Kerr 5:03.5 M40 1. Jim Shenk 4:23.4	800m M35 Guy Giles 2:11.8	S Wilkin	10:00.0	SOUTHWEST	Bob Hunt 14.20
	Barb Stewart 24-514	2. Bob Heaver 4:39.6	M35 Guy Giles 2:11.8 M40 Jim Montmarquet 2:14.6	M40 D Sekerak L Schaffnel	9:12.2	SOUTHWEST	Charles Mercurio 14.47
	W65-69	3. Ralph Kissel 4:45.9	M50 Rich Peck 2:46	S Piatt	12:53.9	Gulfport Masters Meet	M70 Al Guidet 14.63 Bill Morales 14.64
	Libby Hageman 16-95	150 1. Villard Dameror 5:36.8	M70 Ev Bolton 3:39.3	M45 D Hysell	11:18.1	Gulfport, MS	Clarence Kilvon 15.23
	Shot Put	3000m	1000m M35 Ron Merville 2:48.61	M50 J Miller	10:54.3	March 18	M75 Joe Caruso 16.90 Jerry Wible 17.28
	M35-39	30 1. Fom Cherchuck 9:11.1	M40 Ed Kellis 2:55.0	E R Premo M60 C Brungard	14:31.4 17:06.4	100m	Jerry Wible 17.28 Les Holmquist 18.21
9	Ed Daniels 35-94 M40-44	435 1. Pat Logue 0.07.0	M50 Dean Whitehead 3:20.1 M70 Ev Bolton 4:36.2	W30 M Bachtel	11:14.0	M30 Ellis Liddell 10.88 Robert Hicks 11.60	W55 J Feaster 24.71
		2. 3ob Thomas 10:06.2 M60 1. 3ob Lister 12:47.7	The state of the s	W35 K Kellog C Minton	11:04.7	M35 Lonnie Hammond 11.5	W60 E Sheppard 19.36 June Wahl 20.45
	Lee Opdyke 35-9 John Buckley 34-24	to n toss byoth save.	1500m M35 Guy Giles 4:32.4	W40 M Burleson	10:30.8	Ed Wheeler 12.4 Ben Galloway 13.2	Roberta Henning 21.14
	M45-49	1. Victor Ramos 5.70 1. Ivan Black 5.27	M40 M Gavin 4:54.5	High Jump	2116.2	M45 Jack Dunn 12.10	W65 Wilma Davenport 21.44 W70 Helen Robinson 24.72
	BOD DELAGA	145 T. Bob O. Brieu	M45 Tomas Depaulis 4:54.3 M50 Ted Wilson 5:00.1	M30 B Werling	6-2 5-10	Ed Guardnapo 14.9 M50 Mike Boudreaux 12.13	Natalie Gammey 33.62
	Joe Menton 35-115	2. Palmer Sweet 4.56	M55 Ron Gerughty 5:07.3	T Tiernon M35 R Christoph	5-8	Harry Carpenter 12.80	W80+Rose Monda 25.37 Marilla Salisbury28.89
	Brian McKenna 34-31 MSO-55	M55 1. Phil Mulkey 4.95 M60 1. Bill Townsend 4.36	3000m	M40 S Allen	5-6	M55 Akbar Mukmin 13.0	2COm
	Jeff Weng 47-84	2. Art Harris 3.26	M35 Guy Giles 9:36.4 M40 M Gavin 10:13.0	A Ray	4-10	Jerry Lyons 13.4	M55 Milton Newton 25.78
	Russ Foregger 43-41	1.65 1. Ed Lukens 5.00 1.70 1. Don Hull 3.31	M45 T Depaulis 10:05.4	M45 J Sloan M50 P Dorsey	3-10 5-6	200m	Don Benton 25.98 Bob Feaster 26.65
	M55-59 Cliff Blair 46-24	760 1. Mary Thornsley 2.17	M55 Don Sheumaker 11:53.0	R Boyd	4-10	M30 Robert Hicks 25.8 M35 Lonnie Hammond 24.49	M60 Gene Harte 26.54
	Cliff Blair 46-24 M60-65	F75 1. Vivian Nelson 2.27	4x400m Relay	G Coats	4-8	Ed Wheeler 26.2	Bob Watanabe 27.13
	Al Nicholson 36-9	A total Day at Mich	Holloway, Enor, Russell, Dummett 4:01.44	M55 R Jones M60 V Phillips	4-6 4-6	M45 Jack Dunn 25.46	Erling Krosby 28.54 M65 Rich Herzer 28.22
	M65-69 Gree Battick 31-9		Charles of the second second	M65 D Cavicchi	4-4	Ed Guardnapo 32.56 M50 Harry Carpenter 26.52	Bob Hunt 29.26
	Greg Battick 31-9 W30-34		and the same of th	M70 A Jones	4-2	M55 Akbar Mukmin 27.7	Charles Mercurio 30.54
	Yancy Munoz 23-91	HULL	MIDWEST	W50 E Kea W70 E Yeomans	4-0 3-0	Jerry Lyons 30.3	M70 Al Guidet 30.17
	W35-39	and the same of th	AND DESCRIPTION OF THE PARTY OF	W/U E reditaris		400m	Clarence Kilvon 31.35 John Irvin 38.42
	Betty Searcy 30-6	TJ 20 1. Jeff James 11.02 240 1. Ivan Black 10.15	TAC/Ohio Association	Pole Vault		M30 E Liddell 49.58	M75 Jerry Wible 37.31
	W40-44 Kathy Pierce 31-44	140 1. Ivan Black 10.15 145 1. Grant Krow 11.29	Indoor Championships	M30 J Grubb C Barnard	14-0 13-0	M35 E Wheeler 58.20	W55 Elenor Wallis 42.47
	W45-49	2. Palmer Sweet 8.92		T Tiernon	12-0	M40 Jim Rose 59.01 M45 John Suares 62.55	W60 E Sheppard 46.94 W65 Wilma Davenport 52.13
	Rose Henton 22-7k	M50 1. David Martin 9.66 M55 1. Phil Mulkey 9.96	March 12	M35 R Christoph	14-6	M50 M Boudreaux 57.80	W70 Helen Robinson 1:02.58
	W55-59	2. George Taylor 7.08	The same of the sa	M40 M Kilpelainen	13-6 8-6	THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER.	W75 Rose Monda 58.61
	Joan Dash 29-94 W60-64	M60 1. Denver Smith 10.09 2. Fred Hirsimaki 9.48	M30 F Makozy 6.6	A Ray		1500m M35 E Wheeler 4:56.2	Marilla Salisbury1:22.79
	Estella O'Connor 21-5	3. Bill Townsend 9.24	R Cannon 6.7	Long Jump		M50 Charles Wimberly 4:41.1	400m M55 Don Benton 1:00.52
	the second secon	M65 1. Ed Lukens 10.40 E70 1. Don Hull 7.16		M30 R Cannon B Werling	6.83	Don Lee 5:07.0 Joseph Fusellek 5:42.0	Bob Feaster 1:02.36
	Pennsylvania "Sure Pull"	175 1. Claude Hills 7.53	M35 M Andrews 6.5 J Evans 7.0	S Sharp	5.25	3200m	Charles Rice 1:04.95 M60 G Harte 1:00.43
	Invitational; Carlisle, PA.	2. Nilsen Rudolf 7.38	R Ilq 7.3	W35 R Ilg	5.70	M50 Bailey Abernathy 13:57.6	M60 G Harte 1:00.43 B Watanabe 1:03.03
	March 19	740 1. Phil Raschker 9.21 760 1. Mary Thornsley 5.48	M40 C Ray 6.6	J Evans M40 W McClellon	6.22	HE STATE OF STREET SERVICE	Alan Cohen 1:09.23
	ii)0 1. John Brooks 7.2	ACCUSE THE PARTY OF THE PARTY O	L Hathcock . 6.7	J Moss	5.55	High Jump M35 Ed Wheeler 5-2	M65 B Hunt 1:07.31
	2. Phil Consentino 7.4	NJ 1. Mark Williamson 2.03	C Brown 6.9 M45 G Johnson 6.9	G Reiter	5.46	Ben Galloway 4-8	R Herzer 1:10.90 Bob White 1:19.20
	M35 1. Bill Harden 7.2	2. Ray Lomek 1.02	A Aingh 7.2	M45 R O'Neal	4.44	M40 Jim Rose 5-2	M70 Andy Collins 1:25.11
	2. Leroy Galloway 7.4	1.40 1. Bruce Dallas 1.78	T Allen 7.2	J Sloan M50 P Williams	3.93 5.39	M55 Bill Mondell 4-8 M75 C E Hirshey 2-8	John Irwin 1:26.28
		2. Ivan 3lack 1.52	M50 P Dorsey 6.9	L McLin	4.96	M75 C E Hirshey 2-8	Harold McDonald 2:18.73 M75 Ed Stotsenberg 1:23.95
	3. Bob Bowen 7.5 4. Ali Salaam 3.4	2. Ivan Black 1.52 - Bill DeHorn NH	n W1114 7 1				
	3. Bob Bowen 7.5 4. Ali Salaam 3.4	- Bill Dedorn No.	P Williams 7.1 G Coats 7.2	G Coates	4.95	Pole Vault	
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	3. Bob Bowen 7.5 3. All Salaam 3.4 240 1. Tom Rauscher 7.9 K50 1. Roosevelt Weaver 7.7	- Bill DeHorn NF 1.52 1. Grant Xrow 1.52 1.50 1. Sam Rumford 1.52 1.60 1. Tom Delaney 1.41 2. Fred Hirsimaki 1.36	P Williams 7.1 G Coats 7.2 M55 B Wright 7.3 F Zubovich 7.6	MSS R Jones J See	4.12 3.46	M40 Jim Rose 10-4 Long Jump	J Wible 1:34.06 W55 Eleanor Wallis 1:31.09 W60 E Sheppard 1:55.19
	3. Bob Bowen 7.5 5. Ali Salaam 3.4 240 1. Tom Rauscher 7.9	- Bill DeHorn Nr. 1.45 1. Grant Krow 1.52 1.50 1. San Rumford 1.52 1.60 1. Tom Delaney 1.41 2. Fred Hirsimaki 1.36 3. Art Marris 1.16 1.65 1. Ed Lukens 1.26	P Williams 7.1 G Coats 7.2 M55 B Wright 7.3 F Zubovich 7.6 R Jones 7.8 M60 J Greenwald 8.0	M55 R Jones J See J Richards M60 R Turner	4.12 3.46 3.43 4.30	M40 Jim Rose 10-4 Long Jump N35 Ed Wheeler 16-7	J Wible 1:34.06 W55 Eleanor Wallis 1:31.09 W60 E Sheppard 1:55.19 W65 Eunice Miller 1:48.59
	3. Bob Bowen 7.5 3.4 240 1. Tom Rauscher 7.9 2. Jim Bradley 8.4 3.5 3.4 3.4 3.4 3.4 3.4 3.4 3.6 3.6 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7	- Bill DeHorn No. 1,52 No. 1,5	P Williams 7.1 G Coats 7.2 M55 B Wright 7.3 F Zubovich 7.6 R Jones 7.8 M60 J Greenwald 8.0 R Turner 8.0	M55 R Jones J See J Richards M60 R Turner V Phillips	4.12 3.46 3.43 4.30 4.16	M40 Jim Rose 10-4 Long Jump N35 Ed Wheeler 16-7 Ben Galloway 15-5	J Wible 1:34.06 W55 Eleanor Wallis 1:31.09 W60 E Sheppard 1:55.19 W55 Eunice Willer 1:48.59 W Davenport 2:17.45 W70 D Stotsenberg 1:58.38
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	3. Bob Bowen 7.5 3.4 Ali Salaam 3.4 240 1. Tom Rauscher 7.9 2. Jim Bradley 8.4 255 1. Bob Keegan 7.7 260 1. Tom Delaney 8.4 260 1. Sam Hadia 9.0	- Bill Deform No. 1, 52 No	P Williams 7.1 G Coats 7.2 M55 B Wright 7.3 F Zubovich 7.6 R Jones 7.8 M60 J Greenwald 8.0 R Turner 8.0 V Phillips 8.1 M65 R Caviochi 6.2	M55 R Jones J See J Richards M60 R Turner V Phillips	4.12 3.46 3.43 4.30 4.16	M40 Jim Rose 10-4 Long Jimp M35 Ed Mheeler 16-7 Ben Galloway 15-5 M40 Jim Rose 17-4 M50 B Abernathy 12-5 M55 Jerry Lyons 13-11	J Wible 1:34.06 M55 Eleanor Wallis 1:31.09 W60 E Sheppard 1:55.19 W65 Emnice Miller 1:48.59 W Davenport 2:17.45 W70 D Stotsemberg 1:58.38 M80+R Monda 2:28.86 M Salimbury 3:13.57
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Jerry Withers 5:10.00 Jim Franklin 5:45.00	
Jim Franklin 5:45.00 M60 Orlo Keniston 5:11.83	
G Linde 5:12.03	è
A Cohen 5:49.00 M65 Delmar Gourley 5:59.73	8
Ira Samuels 7:22.45	5
M75 E Stotsenberg 6:26.01	5
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M70 Omer Rudrud 26:52.0	ď
M75 Ed Stotsenberg 24:06.0 M80 Lagrand Nielsen 29:57.0	
High Jump M55 M Newton 5-4	
Bill Adler 4-4	
Ted Ovenell 4-2 M60 Artemi Jaago 4-0	
	1
Ulric Grigsby 3-10	1
M65 Rich Herzer 4-4 Armando Ricciardi 3-10	1
Phil Dettmer 3-8	1
M70 Ham Morningstar 4-4	1
Bill Morales 4-2 Richard Weires 3-8	
M75 Les Holmquist 3-6	
W55 Barbara Brandt 3-2	
W60 June Wahl 3-2	
Long Jump	1
M55 Ed Martin 15-7 3/4 Ray Arnold 15-1 3/4	1
Robert Meador 14-101	
M60 Art Jaago 12-9	
Mike Orlich 12-4½ Bobby Hall 12-4½	
M65 Hugh Hackett 13-41	
R Herzer 13-3 3/4	
A Ricciardi 12-7 3/4 M70 Bill Morales 14-21	1
H Morningstar 11-41	1
M/3 JOE Caruso 11-115	100
J Wible 9-1 L Holmquist 8-4 3/4	9
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10K Road Race (March 4) M55 W Ingram		
Tom Gent 42:45 M60 O Keniston 37:57 Gerry Hopkins 41:02 M65 Bob White 49:43 M70 Omer Rudrud 54:14 M80 Lagrand Nielsen 1:03:32 M55 Jeaster Feaster 58:10 W60 Virginia Terry 55:14 Roberta Herning 59:57 Spottercade VI CSU-Northridge, Los Angeles, CA March 11 6cm 6cm 700 Dennie Scott 6.96 M35 Marion McCoy 6.95 Bob Myers 7.36 Joe Greenberg 7.40 M40 Ron Beadle 7.10 Bill Weinstock 7.24 M45 Robert Simmons 7.37 Fred Niedemeyer 7.52 Juan Bustamante 7.54 M50 Ken Dennis 6.98 Ray Graves 7.98 John Carr 8.98 M55 Sam Flory 7.97 Tony Nasralla 7.98 Hugh Cobb 8.06 M60 Gene Harte 7.74 Bob Watanabe 8arney Phillips 8.39 M65 C Taggart 8.58 Chas Mercurio 8.63 George Simon 9.60 M70 Al Guidet 8.55 Clarence Killion 8.60 Herb Miller 8.89 M30 Pat Casey 9.95 W40 Kandy Shannon 9.97 W55 Magdalena Kuehne 9.67 M35 Marion McCoy 11.05 Roger Enfield 12.42 M40 Ray Yeck 9.95 M40 Kandy Shannon 9.97 M55 Magdalena Kuehne 9.67 M50 Fen Dennis 1.35 T Carnon 12.48 Ray Graves 13.05 M55 Tony Nasralla 12.82 Sam Flory 12.84 Hugh Cobb 13.33 M60 Bob Watanabe 12.63 Gene Harte 12.63 Charles Powers 13.72 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 HARS Marion McCoy 12.63 Gene Harte 12.63 Charles Powers 13.72 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 Harry Hung Lu 17.03 M75 Stan Thompson 20.80 M85 John Rust 18.03 M96 Glenn Reid 25.35 M35 M McCoy 22.50 M40 Ray Yeck 21.13 M60 Bob Watanabe 12.63 Gene Harte 12.63 Charles Powers 33.72 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 Harry Hung Lu 17.03 M75 Stan Thompson 20.80 M85 John Rust 18.03 M96 Glenn Reid 25.35 M35 M McCoy 22.50 M40 Ray Yeck 22.50 M40 Ray Peck 26.10 M45 Jackson Steffes 24.16 M50 Rob Ray Peck 56.57 M50 G Harte 66.60 M50 Ray Peck 56.57 M50 G Harte 66.60 M50 Ray Peck 56.57 M50 G Harte 66.60 M50 Ray Peck 56.57 M50 C Harry Glennia 31.34 Herb Miller 31.90 Pet Ganpalus 41.76 M70 Clarence Killion 31.30 M70 Charles Glennia 31.34 Herb Miller 31.90 M70 Charles Glennia 31.34 Herb Miller 31.90 M7	10K Road Race (March	h 4)
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M55 Jeaster Feaster M60 Virginia Terry 55:14 Roberta Herning 59:57 Spot Fercade VI CSU-Northridge, Los Angeles, CA March 11 6Cm M35 Marion McCoy 6.95 M35 Marion McCoy 6.95 Bob Myers 7.36 Joe Greenberg 7.40 M40 Ron Beadle 7.10 Bill Weinstock 7.24 M45 Robert Simmons 7.37 Fred Niedeneyer 7.52 Juan Bustanante 7.54 M50 Ken Dennis 6.98 Ray Graves 7.98 John Carr 8.98 M55 Sam Flory 7.97 Tony Nasralla 8.98 M50 Gene Harte 7.74 Bob Watanabe 8.68 Gaerge Simon 9.60 M60 Gene Harte 7.74 Bob Watanabe 8.58 Chas Mercurio 8.63 George Simon 9.60 M70 Al Guidet 8.99 M30 Pat Casey 9.95 M40 Kandy Shannon 9.97	M70 Omer Rudrud	54:14
## Sport Perry Sp:57	M80 Lagrand Nielsen	1:03:32
Spotiercade VI	W60 Virginia Terry	55:14
CSU-Northridge, Los Angeles, CA March 11 60m M30 Dennie Scott 6.96 M35 Marion McCoy 6.95 Bob Myers 7.36 Joe Greenberg 7.40 M40 Ron Beadle 7.10 Bill Weinstock 7.24 M45 Robert Simmons 7.37 Fred Niedemeyer 7.52 Juan Bustamante 7.54 M50 Ken Dennis 6.98 Ray Graves 7.98 John Carr 8.98 M55 Sam Flory 7.97 Tony Nasralla 7.98 Hugh Cobb 8.06 M60 Gene Harte 8.58 Barney Phillips 8.39 M65 C Taggart 8.58 Barney Phillips 8.39 M65 C Taggart 8.63 George Simon 9.60 M70 Al Guidet 8.55 Clarence Killion 8.60 Herb Miller 8.89 M75 Stan Thompson 12.39 W30 Pat Casey 9.95 W40 Kandy Shannon 9.97 W55 Magdalena Kuehne 9.67 100m M30 Dennie Scott 11.34 Glen Reid 12.55 M35 Marion McCoy 11.05 Roger Enfield 12.42 M40 Ray Yeck 12.17 M5 Jackson Steffes 12.33 Fred Niedermeyer 12.39 Juan Bustamante 12.63 Kam Flory 12.84 Hugh Cobb 13.33 M60 Deh Watanabe 12.63 Cene Harte 12.63 Charles Powers 13.72 M65 C Taggart 14.21 M60 Ray Stan Thompson 12.48 Hugh Cobb 13.33 M60 Bob Watanabe 12.63 Charles Powers 13.72 M65 C Taggart 14.21 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 Hert Miller 15.00 M75 Stan Thompson 20.80 M65 John Rust 18.03 M40 Kandy Shannon 17.27 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Stan Thompson 20.80 M65 John Rust 18.03 M75 Stan Thompson 20.80 M65 John Rust 18.03 M75 Stan Thompson 20.80 M75 Stan Thompson 20.80 M75 Stan Thompson 30.80 M75 Stan Thompson 30.80 M75 Stan Thompson 47.27 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M75 Jeanne Carter 14.60 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M70 Clarence Killion 15.81	Roberta Henning	59:57
CSU-Northridge, Los Angeles, CA March 11 60m M30 Dennie Scott 6.96 M35 Marion McCoy 6.95 Bob Myers 7.36 Joe Greenberg 7.40 M40 Ron Beadle 7.10 Bill Weinstock 7.24 M45 Robert Simmons 7.37 Fred Niedemeyer 7.52 Juan Bustamante 7.54 M50 Ken Dennis 6.98 Ray Graves 7.98 John Carr 8.98 M55 Sam Flory 7.97 Tony Nasralla 7.98 Hugh Cobb 8.06 M60 Gene Harte 8.58 Barney Phillips 8.39 M65 C Taggart 8.58 Barney Phillips 8.39 M65 C Taggart 8.63 George Simon 9.60 M70 Al Guidet 8.55 Clarence Killion 8.60 Herb Miller 8.89 M75 Stan Thompson 12.39 W30 Pat Casey 9.95 W40 Kandy Shannon 9.97 W55 Magdalena Kuehne 9.67 100m M30 Dennie Scott 11.34 Glen Reid 12.55 M35 Marion McCoy 11.05 Roger Enfield 12.42 M40 Ray Yeck 12.17 M5 Jackson Steffes 12.33 Fred Niedermeyer 12.39 Juan Bustamante 12.63 Kam Flory 12.84 Hugh Cobb 13.33 M60 Deh Watanabe 12.63 Cene Harte 12.63 Charles Powers 13.72 M65 C Taggart 14.21 M60 Ray Stan Thompson 12.48 Hugh Cobb 13.33 M60 Bob Watanabe 12.63 Charles Powers 13.72 M65 C Taggart 14.21 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 Hert Miller 15.00 M75 Stan Thompson 20.80 M65 John Rust 18.03 M40 Kandy Shannon 17.27 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Stan Thompson 20.80 M65 John Rust 18.03 M75 Stan Thompson 20.80 M65 John Rust 18.03 M75 Stan Thompson 20.80 M75 Stan Thompson 20.80 M75 Stan Thompson 30.80 M75 Stan Thompson 30.80 M75 Stan Thompson 47.27 M65 C Taggart 14.21 George Simon 16.79 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M75 Jeanne Carter 14.60 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M70 Clarence Killion 14.40 Hert Miller 15.00 M75 Tangart 14.21 M70 Clarence Killion 14.40 Hert Miller 15.00 M70 Clarence Killion 15.81		
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### Bill Weinstock ### 7.24 ### 7.25 ### 7.27 ### 7.27 ### 7.27 ### 7.27 ### 7.28 ### 7.29 ### 7.	Joe Greenberg	
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M45 Jackson Steffes	M40 Ray Yeck	12.42
Mode	M45 Jackson Steffes	12.33
Moderate	Juan Bustamante	12.40
Ray Graves M55 Tony Nasralla Sam Flory M60 Bob Watanabe Sam Flory M60 Bob Watanabe Sam Flory M65 C Taggart Secret Flore M65 C Taggart M65 C Taggart M65 C Taggart M66 S Thompson M67 Stan Thompson M68 John Rust M68 John Rust M68 John Rust M60 Watanabe M60 Glenn Reid M60 Glenn Reid M60 Glenn Reid M60 K Dennis M60 Glenn Reid M60 G Harte M60 K Dennis M60 G Harte M60 G Hart	T Carnon	11.35
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M70 Clarence Killion 14.40 Hert Miller 15.00 Harry Hung Lu 17.03 M75 Stan Thompson 20.80 M85 John Rust 18.03 W40 Kandy Shannon 17.27 W45 Jeanne Carter 14.60 W55 Magdalena Kuehne 15.83 200m M30 Glenn Reid 25.35 M35 M McCoy 22.50 M40 Ray Yeck 24.13 Joe Perry 26.10 M50 K Dennis 24.41 Stan King 26.13 M55 Sam Flory 27.26 T Nasralla 27.26 Frank Kishi 27.80 Juan Pedevilla 28.50 M60 G Harte 26.89 Chas Powers 30.40 Tom Miller 32.00 M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 166.0 Leonard Walts 67.0 M65 C Taggart 72.0 M65 C Taggart 72.0 M65 C Taggart 72.0	Charles Powers	13.72
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### Jeanne Carter	M85 John Rust	18.03
M30 Glenn Reid 25.35 M35 M McCoy 22.50 M40 Ray Yeck 24.13 Joe Perry 26.10 M45 Jackson Steffes 24.16 M50 K Dennis 24.44 Stan King 26.13 M55 Sam Flory 27.26 T Nasralla 27.26 Frank Kishi 27.80 Juan Pedevilla 28.50 M60 G Harte 26.89 Chas Powers 30.40 Tom Miller 32.00 M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 1.27.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	W45 Jeanne Carter	14.60
M30 Glenn Reid 25.35 M55 M McCopy 22.50 M40 Ray Yeck 24.13 Joe Perry 26.10 M45 Jackson Steffes 24.16 M50 K Dennis 24.44 Stan King 26.13 M55 Sam Flory 27.26 T Nasralla 27.26 Frank Kishi 27.80 Juan Pedevilla 28.50 M60 G Harte 26.89 Chas Powers 30.40 Tom Miller 32.00 M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 166.0 Leonard Walts 67.0 M65 C Taggart 72.0 M65 C Taggart 72.0	W55 Magdalena Kuehne	15.83
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Joe Perry 26.10 M45 Jackson Steffes 24.16 M50 K Dennis 24.44 Stan King 26.13 M55 Sam Flory 27.26 T Nasralla 27.26 Frank Kishi 27.80 Juan Pedevilla 28.50 M60 G Harte 26.89 Chas Powers 30.40 Tom Miller 32.00 M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M55 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M65 C Taggart 72.0	M40 Ray Yeck	24.13
M50 K Dennis 24.44 Stan King 26.13 M55 Sam Flory 27.26 Frank Kishi 27.80 Juan Pedevilla 28.50 M60 G Harte 26.89 Chas Powers 30.40 Tom Miller 32.00 M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 1.27.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	Joe Perry	26.10
Stan King 26.13	MEG W D.	
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Frank Kishi 27.80 Juan Pedevilla 28.50 M60 G Harte 26.89 Chas Powers 30.40 Tom Miller 32.00 M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M65 C Taggart 72.0	T Nasralla	27.26
M60 G Harte	Frank Kishi	27.80
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M70 C Killion 31.34 Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	Chas Powers	30.40
Herb Miller 33.90 Pete Ganahl 35.41 M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M30 Herman Duncan 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 1.4 B Watanabe 1.4 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	M70 C Killion	31.34
M50 S Thompson 47.89 M80 John Rust 41.76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	Herb Miller	33.90
M80 John Rust 41,76 W30 Tracey Watts 29.80 W40 LaTanya Glass 31.66 Tracey Watts 29.80 W45 Jeanne Carter 30.49 W85 Mary Ames 1:11.68 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	M50 S Thompson	47.89
400m M30 Herman Duncan M35 Steve Hardison Roger Enfield M40 Don Parker M40 Don Parker M45 Stan Baker M55 Stan Baker M55 T Nasralla M60 G Harte M65 C Taggart M65 C Taggart M65 Ed Stotsenberg M67 M87 M87 M87 M87 M87 M87 M87 M87 M87 M8	MRO John Ruet	A1 76
400m M30 Herman Duncan M35 Steve Hardison Roger Enfield M40 Don Parker M40 Don Parker M45 Stan Baker M55 Stan Baker M55 T Nasralla M60 G Harte M65 C Taggart M65 C Taggart M65 Ed Stotsenberg M67 M87 M87 M87 M87 M87 M87 M87 M87 M87 M8	W40 LaTanya Glass	31.66
400m M30 Herman Duncan M35 Steve Hardison Roger Enfield M40 Don Parker M40 Don Parker M45 Stan Baker M55 Stan Baker M55 T Nasralla M60 G Harte M65 C Taggart M65 C Taggart M65 Ed Stotsenberg M67 M87 M87 M87 M87 M87 M87 M87 M87 M87 M8	Tracey Watts	29.80
## 400m M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 1.27.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0 M75 Ed Stotsenberg 1:27.0 M83 Steve 1.27.0 M83 Steve 1.27.0 M84 Steve 1.27.0 M85 Steve March 1.27.0 M85 Steve March 1.27.0 M85 Ed Stotsenberg 1:27.0 M85 Steve March 1.27.0 M80 Herman Duncan 53.04 M80 Herman Duncan 53.04	W85 Mary Ames	1:11.68
M30 Herman Duncan 53.04 M35 Steve Hardison 50.02 Roger Enfield 60.19 M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M55 Stan Baker 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 1.27.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	A CONTRACTOR	
M35 Steve Hardison	M30 Herman Duncan	53.04
M40 Don Parker 51.58 Ray Yeck 56.57 Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Natanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	M35 Steve Hardison	50.02
Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	M40 Don Parker	
Joe Perry 57.76 M45 Stan Baker 57.75 M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	Ray Yeck	56.57
M50 Cliff Bedell 57.45 Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	Joe Perry	
Ross Irving 59.03 M55 T Nasralla 62.19 M60 G Harte 61.4 B Watanabe 66.0 Leonard Walts 67.0 M65 C Taggart 72.0 M75 Ed Stotsenberg 1:27.0	M50 Cliff Bedell	57.45
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M75 Ed Stotsenberg 1:27.0		66.0
M75 Ed Stotsenberg 1:27.0	MOJ C Laggart	72.0
Scall indepent 1:36	M75 Ed Stotsenberg	1:27.0
	Scan Trumpech	1.30

	Natio	nal M
8C Or		
	Michael Miles Nolan Smith	2:17 2:00
	David Tomorlin	2.01
M40	Bill McCarthy Don Parker	2:01
	Searcy Barnett J: Ron Rook	2:04
M50	Ron Rook Cliff Bedell Ross Irving Robert Culling Ross Dunton Gunnar Linde Louis Beadle Day Cal	2:15
MDS	Ross Irving Robert Culling	2:24
MED	Ross Dunton	2:30
MOU	Louis Beadle	2:53
	May off	2:55
W50	Jane Dods	2:55
	Dot Stotsenberg	4:46
1500 M35	Om Nolan Smith	4:06
	David Tomerlin	4:06.7
M40	Nolan Smith David Tomerlin Bill McCarthy Graeme Shirley Waight	4:22.7
M45	Cliff Bedell	4:42
	Peter Faust	4:53
M55	Robert Culling	
	Gunnar Linde Orville Bingley Ed Stotsenberg Jane Dods	6:27.6
M75 W50	Ed Stotsenberg Jane Dods	6:27 5:57
M55	Bob Strobel	22:01
		21:11
10,0 M60	Orville Bingley	51:21
W84	Mary Ames	1:37:00
60mH	H 39"	8.92
M40	Roosevelt Wells Bill Sevilla	11.46
60mH	36"	
M50	Jerry Stanners Bill Adler	9.30
100m	nH 33"	
		17.35
M65	Jerry Stanners John Carr George Simon	19.83
ROmH	30"	ALC: N
M70	Al Guidet	15.07
	Harry H Lu	20.76
110m	MH 39" Roosevelt Wells	16.26
M40	Roosevelt Wells Richard Katus	15.69
-71	Bill Sevilla Bill Weinstock Theo Viltz	21.49 21.64 15.37
M45	Theo Viltz	15.37
300n M30	nH 33" R Wells	
1 50	R Wells A Hector Michael Miles T Cannon	43.63
M50	T Cannon	44.85
MSE	John Carr	49.86
	John Carr Dave Douglass Bill Adler	63.86
3000	m Steeplechase	
M35	Don Robinson S Barnett Jr	1:53.88
4×10	00m Relay -69 LA-Valley AC	56.7
High	Times	Charle !
M30	Robert Adam	4-1
M40	Robert Adam Bill Weinstock Bill Sevilla Jerry Stanners	4-5 3-11
M50	Jerry Stanners	4-9
M55	Al Brown	5-6
1000	Dave Douglass	4-5
M60	Bob Richards	4-1
	Bill Adler Bob Richards Hal Wallace Bob Perry Tom DeVauchn	4-3
M65	Tom DeVaughn	3-11
M70	John Damski Pete Ganahl Carol Johnston	4-1 3-11
M75	Carol Johnston	3-11
S L	S Thompson Art Vesco	3-5
NA I	NO THE RESERVE OF THE PARTY OF	A REAL PROPERTY.
M60	Bob Richards	10-6
	nai wallace	9-0
COL	Ralph Biesemeyer Tom DeVaughn	6-2
M70	Tom DeVaughn Jim Vernon Elmer Siegel	7-0
M75	Elmer Siegel Carol Johnston	8-6
394	A STATE OF THE STA	
M45	Dennis Duffy	17-10
M60 M70	Dennis Duffy Bob Richards Elmer Siegel Art Vesco	14-4
M75	Art Vesco	8-7
340-4	Magdalene Kuehne	12-6
Trip	ole Jump	49-4
	Milan Tiff Ron Rook	49-4 31-9½
M50 M65	Jerry Stanners Chas Mercurio	30-10-1 26-10
M70	John Damski	27-41
M75	Jerry Starmers Chas Mercurio John Damski Elmer Siegel S Thompson	21-4

isters News	3
Shot Put	
Shot Put M30 Richard Gorbet	51-11 32-0
Bob Adam M35 Russ Reabolt	41-6
Joe Greenberg	41-6 33-1
M40 Steve Chaton	36-0
Bill Weinstock Bill Sevilla	29-5 28-11
M50 Jim Hart	47-7
Dennis Rietz	41-6
Al Brown M55 Dave Douglass	34-1 32-9
M60 Bob Richards	40-5
M60 Bob Richards Hal Wallace	36-5
Robert Perry M65 Bill Bangert	26-0
Bob Stone	41-4 31-9
M80 Burt DeGroot	25-2
Discus M30 Richard Gorbet	131-9
M35 Puge Peabelt	129-1
Joe Greenberg	100-10
PDU JIII HAIL	148-0
Al Brown Dennis Rietz	136-6 112-11
M55 Dave Douglass	10 mm P
MCO Data Distant	180
M60 Bob Richards Hal Wallace	147-4 132-11
Robert Perry	67-9
M65 Bob Stone	114-9
M75 A Vesco	64-10 82-4
M75 A Vesco M80 Burt DeGroot W35 Janet Wilson	135-10
W85 Mary Ames	22-10
Hammer M50 Bob Humphreys	141-0
Allan Brown	128-4
	164-5
M55 Stewart Thomson Dave Douglass Jerry Wojcik	123-4
M60 Bob Richards	99-6 145-5 80-0
Bob Perry	80-0
M65 Bill Bangert	113-1
Bob Stone Tom DeVaughn	107-1 83-1
Javolin	
M30 Robert Adam	42.50
M35 Joe Greenberg	55.56
Bill Weinstock	38.92
Bill Weinstock Bill Sevilla M55 Jerry Wojcik	34.58
M55 Jerry Wojcik	31.12
M60 Hal Wallace Bob Richards	37.67 36.20
M65 Bob Stone M75 Art Vesco	28.78
M75 Art Vesco	17.80
M65 Don Cotner	34:17
W40 Linda Kroesen	31:50
5000m Walk M65 Don Cotner W40 Linda Kroesen W50 Jill Latham W65 Jean Cotner	30:36 39:28
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STATE OF THE PARTY	42000
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Calculation of the price Adv	47.475.64

British National Indoor Championships Glasgow, Scotland; March 26

M40 S Barnett Jr 11:16.33		BAR LOW HOLLING	ar Libe	NYRRC Central Park 5 Mile
Auton Balau		60	SOUTH !	
4x100m Relay M60-69 LA-Valley AC	56.7	60m	(Frinceson)	Central Park, NYC
M60-69 LA-Valley AC	30.7	M40 G. McNeill	7.2	March 5
High Jump	1-2000年	M45 B. Green	WR 7.3	Overall
M30 Robert Adam	4-1	M50 I. McAnany	7.7	Matt Centrowitz 34, 24:57
M40 Bill Weinstock	4-5	M55 W. Guy	7.9	Gillian Beschloss 30 28:54
Bill Sevilla	3-11	M60 G. Bridgeman	8.4	M40 Tim Hassall 26:20
M50 Jerry Stanners	4-9	M65 L. Williams	8.8	Manuel Caneva 27:23
Al Brown	4-1	M70 J. Lucas	9.3	Jay Hildebrand 27:44
M55 Nick Newton	5-6	W35 A. Munro	8.3	M45 Gabriel Bernal 28:32
Dave Douglass	4-5	W40 Y. Priestman	8.8	Joe Cote 28:35
Bill Adler	4-1	W45 R. Allcock	8.7	Frank Colon 29:14
M60 Bob Richards	4-7	W50 U. Gore	8.8	M50 Gerald Lopez Jr 29:34
Hal Wallace	4-3	W55 R. Chrimes	9.4	Joe Roche 31:25
Bob Perry	3-11	200m	The second second	. Alexander Smith 32:03
M65 Tom DeVaughn	3-7	BT THE REST		M55 Noel Byrne 32:33
M70 John Damski	4-1	M40 R. Walters	23.4	Pat McElroy 34:19
Pete Ganahl	3-11	M45 I. Foster	23.5	Frank Lorey 34:20
M75 Carol Johnston	3-7	M50 J. Swannell	25.3	M60 George Thompson 31:54
S Thompson	3-5	M55 J. Bryce	26.5	Joseph Burns 32:44
Art Vesco	3-3	M60 G. Bridgeman	27.7	Richard Attilio 33:42
NA CALL	Carlo Come	M65 L. Williams	30.3	M65 William Coyne 35:06
Pole Vault		M70 L. Watson	32.3	Wallace Outler 37:21
M60 Bob Richards	10-6	W35 A. Munro	28.3	Sab Koide 38:57
Hal Wallace	9-0	W40 A. McDonald	28.6	M70+Vince Carnevale 34:55
M65 Ralph Biesemeyer	8-6	W45 M. Hocknell	28.6	Wilfredo Rios 40:14
Tom DeVaughn	6-2	W50 U. Gore	29.6	Charles Feldman 43:04
M70 Jim Vernon	7-0	W60 J. Ogden	31.6	W40 Aine Kelly 36:19
Elmer Siegel	7-0	400m	AND YES	Denise Branter 38:48
M75 Carol Johnston	8-6	The state of the state of the state of	AND WHITE	Judith Lewis 38:54
	4 2 4 4 5		52.5	W45 Carol Johnston 33:18
Long Jump		M45 R. Austin	55.5	Patty Lee Parmalee 33:58
M45 Dennis Duffy	17-10		57.4	Edith Jones 39:06
M60 Bob Richards	14-4	M55 B. Parnaby	59.5	W50 Joan Bondell 36:48
M70 Elmer Siegel		M60 G. Bridgeman	64.2	Esther Marcus 38:50
M75 Art Vesco	8-7	M65 B. Neilsen	70.0	E Richardson 40:38
W55 Magdalene Kuehne	12-6	M70 B. Taylor	92.1	W55 Carol Tittle 50:24
Bulletin Committee	N - 10	- W35 J. Bigos		Linda Scharer 52:57
Triple Jump	40.4	W40 A. McDonald	WR 62.4	Joan Epstein 1:00:47
M40 Milan Tiff	49-4	W45 M. Hocknell	63.9	W60 Aslaug Tomas 43:19
Ron Rook	31-91	800m	ON THE PARTY.	Barbara Beck 46:40
M50 Jerry Stanners M65 Chas Mercurio	30-10-		District Co.	Corrinne Cassidy 53:10
M70 John Damski	26-10	M40 R. Bell	1:56.2	W70+Althea Weatherbee 46:10
Elmer Siegel	27-41 21-4	MAS T. Alderdice	2:03.7	Racewalkers
M75 S Thompson		M50 B. Bartholomew	2:12.3	1 Nick Bdera 40 39:31
A Vesco	21-1 17-5-	MSS F. Cowan	2:25.7	2 Tom Gustafson 47 & 41:54
W55 Magdalena Kuehne		M60 W. Temple	2:29.6	1 Marcella Tobias 631:01:02
noo regulate a kuerne	20-33	M65 J. Todd	2:35.4	2 Elaine Leonard 41 1:05:52
			Mary Ton	1 F F F 7 2 2 7 2 2

		1710	,, 170
H70 B. Taylor H75 D. Morrison W35 J. Bigos W40 P. Gallagher W45 K. Yewer	3:32.8	Long Jump	
M75 D. Morrison	2:53.1	WO W T	
W35 J. Bigos	2:24.5	M40 M. James M45 J. Topliss	5 73
W40 P. Gallagher	2:20.2	MEO I Warney	5.67
W45 K. Yever	2:35.7	M50 J. Newcombe M55 K. Glenesk	4.50
		M60 A. Kalirai M65 J. Swinton M70 L. Watson M75 J. Murphy W35 S. Johnston W40 S. Wood	4 88
1500m		M65 T Swinton	3.98
M40 R. Bell	4:10.1	W70 I. Watson	4.09
M45 V. Smith	4:18.4	M75 J. Murnhy	4.82
		W35 S. Johnston	4.56
M50 I. Leggett M55 M. Morrell M60 W. Marshall M65 J. Todd W35 H. Wisley W40 J. Holmes W45 K. Yewer W55 B. Norrish	4:47.9	W40 S. Wood	4.19
M60 W. Marshall	4:49.5	W40 S. Wood W45 P. McNab	4.41
M65 J. Todd	5:11.3		
W35 H. Wisley	4:55.0	Triple Jump	10.15
W40 J. Holmes	4:48.4	M40 K. Brown	10.15
W45 K. Yever	5:22.2	M45 C. Green	11.26
W55 B. Norrish	6:20.2	M50 J. Newcombe	11.63
The state of the s	-	M55 T. McManus	8.90
2000-		M60 A. Kalirai	10.18
3000m		W66 7 U/11/1	0 77
M40 D. Evans	9:06.4	USE C Brown	8 74
M45 R. MacFarquhar M50 H. Rankin	9:12.4	W45 C. Tyler	7.48
M50 H. Rankin	9:45.4	W55 R. Chrimes	WR 8.57
M55 W. McBrinn	10:02.1	W45 C. Tyler W55 R. Chrimes W65 M. Wixey	WR 6.66
M60 W. Marshall	10:18.6	A SHI SHIP WAS A SHIP TO SHIP	
M65 J. Geddes	14:49.4	Pole Vault	
M75 G. Porteous WR		M40 T. Levis	3.70
W35 J. Stevenson	10:35.3	M50 A. Mackay	3.20
W40 P. Gallagher	13:52.2	M55 B. Ford	2.90
W55 B. Norrish	13:52.2	M60 A. Woods	3.20
Set a series of the		Pole Vault M40 T. Levis M50 A. Mackay M55 B. Ford M60 A. Woods Shot Put	
60mH	THE RESE	The second second	
M40 L. Bovell M45 B. Ferguson	8.9	M40 M. Winch	15.14
M45 B. Ferguson	9.1	M45 J. Scott	12.51
M50 C. Shafto	9.8	M50 J. Walters	13.20
M60 I. Steedman	10.1	M55 J. Watson	10.97
M65 L. Williams	10.9	M60 A. Woods	11.03
W35 C. Brown	11.7	M65 W. Laing	8.21
M50 C. Shafto M60 I. Steedman M65 L. Williams W35 C. Brown W45 P. McNab	9.9	M75 J. Murphy	6.26
W55 R. Chrimes	WR 11.1	M75 J. Murphy W35 C. Brown W40 J. Hogg	9.00
The state of the s		W40 J. Hogg	7.82
High Jump		W45 P. McNab W55 R. Chrimes	UP 12 0
M40 G. Griffiths	1.83	WSS R. Chrimes	WK 12.04
MAS R Rudd	1.60	W60 J. Ogden	
MSO I Freeheirn	1.70	W65 M. Wixey	5.65
MSS T. McManue	1 10	2000m Walk	
M60 A. Woods	1.35	MAO P Com	P 8.30
M65 L. Williams	1.35	M40 R. Care	0.0/
W35 N. Thompson	1.35	M45 P. Hannell M55 P. Worth	10.36
W40 P. Spence	1.30	MAS C COLON	10:30.6
W45 P. McNah	1.35	W35 S. Howard	11:41 4
M40 G. Griffiths M45 B. Rudd M50 J. Freebairn M55 T. McManus M60 A. Woods M65 L. Williams W35 N. Thompson W40 P. Spence W45 P. McNab W55 R. Chrimes	WR 1.30	M65 C. Colman W35 S. Howard W60 M. Worth	11:02-5
The section of	- Grandel	, add no worth	
1			
	100	Company of the Company of the Company	APASSON SHIP
		A STATE OF THE PARTY OF THE PAR	Married World Co., or other Designation of the last of

LONG **RESULTS**

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

EAST

Central Park, NYC		
March 5		
Overall	ifu t	
. Matt Centrowitz 34	24:57	
Gillian Beschloss 30	28:54	
M40 Tim Hassall	26:20	
Manuel Caneva	27:23	
Jay Hildebrand	27:44	
M45 Gabriel Bernal	28:32	
Joe Cote	28:35	
Frank Colon	29:14	
M50 Gerald Lopez Jr	29:34	
Joe Roche	31:25	
. Alexander Smith	32:03	
M55 Noel Byrne	32:33	
Pat McElroy	34:19	
Frank Lorey	34:20	
M60 George Thompson	31:54	
Joseph Burns	32:44	
Richard Attilio	33:42	
M65 William Coyne	35:06	
Wallace Outler		
Sab Koide	38:57	
M70+Vince Carnevale	34:55	
Wilfredo Rios	40:14	
Charles Feldman	43:04	
W40 Aine Kelly	36:19	
Denise Branter	38:48	
Judith Lewis	38:54	
W45 Carol Johnston	33:18	
Patty Lee Parmalee		
Edith Jones	39:06	
W50 Joan Bondell	36:48	
Esther Marcus	38:50	
E Richardson	40:38	
W55 Carol Tittle	50:24	
Linda Scharer	52:57	
Joan Epstein 1	:00:47	
W60 Aslaug Tomas	43:19	
Barbara Beck	46:40	
Corrinne Cassidy	53:10	
W70+Althea Weatherbee	46:10	
Racewalkers		
1 Nick Bdera 40	39:31	
2 Tom Gustafson 47	41:54	

Brooklyn Half-Marathon Prospect Park, NYC March 12

Overall
Pat Petersen 29 1:05:02
Gordon Bloch 28 1:13:34
M40 Art Hall 1:11:06
Ed Sandoval 1:15:16
Chuck Elkins 1:16:18 Lisa Praskins 1:32:25
Zofia Turosz 1:32:35
W60 Aslaug Tomas 1:56:46
Barbara Beck 2:10:57
Elaine Hauser 2:18:32
W70+Althea Wetherbee2:02:37
Racewalkers 2 Gary Null 44 1:46:35
3 Nicholas Bdera40 1:51:49
1 Jewell Aristol43 2:23:01
2 Susan Henricks33 2:23:43
3 Rhoda Green 55 2:23:55

Nissan Shamrock 8K Virginia Beach, VA March 18

THE REAL PROPERTY.	STATE OF THE PARTY	
M40	Wilson Waigwa	23:54
F. 54-	Bill Rodgers	24:14
	Ron Bell	25:47
	Ken Sparks	26:38
	Thom Suddeth	26:59
M45	Ralph Zimmerman	27:09
	Joe Carr	27:09
是神影	Thomas Hare	27:11
M50	Donald Sleeman	27:47
ST. TELL	Jim Larson	28:12
	Bill March	30:16
at the	Continued on n	ext nage
-		bage

M55	Tom Ray	32:31
	Stan Wilomski	34:5
	Thomas Wilton Jr.	35:1
M60	John Hosner	31:1
	Bill Fortune	31:4
M70	Lewis Creasy	52:5
W40	Nancy Mieszczak	28:5
	Nancy Oshier	29:3
	Sally Foster	32:4
	Mary Shaver	33:5
	Betty Williams	33:5
W50	Susie Klutz	35:2
	Betty Dameron	35:3
W60-	Mary Norckover	43:1

Virginia Beach, VA March 18

M40	Bill Hart	2:38:03
1	Don Rich	2:46:11
	Fred Sieler	2:47:04
	Timothy Heath	2:54:41
A. Ye	John Tobin Jr.	2:58:15
M45	Ed Brinkley	2:44:58
	William Cseh	2:55:46
	Mike Malheny	2:57:02
	Robert Wright	3:07:16
	Walter Wykoff	3:08:02
M50	Donald Siefers	3:04:31
	Bernie Davis	3:09:12
	Bruce Hurlburt	3:20:16
M55	Mickey Montieth	3:11:20
	Jim Mcilwham	3:12:52
4.1	Mike Kelly	3:22:47
M60	Andrew Polansky	3:58:05
	F. Simmons	4:15:31
M70-	+Cokey Damon	3:47:47
UAO	Linda Miesch	3:52:30
		3:56:08
W43	Janet Newbursh	3:59:27
	Penny Jenkins	4:37:27
MOO	Nancy Carlson	
100	Nila Rizzo	4:47:49

Mike Hannon 20 Mile & 4 Mile Central Park, NYC March 19

20 Mile	
Overall	The Total
Mark Will-Weber 34	1:50:20
Gillian Beschloss30	2:01:18
M35 P Cruz-Martin	1:52:36
M40 Bill Hart	1:59:21
M45 Rafael Bordonaba	2:11:16
M50 Fritz Mueller	2:02:10
M55 Jay Sturdevant	2:12:27
M60 Ken Karcher	2:23:31
M65 Peter Harangozo	2:45:48
M70+Vince Carnevale	2:46:09
W35 Patricia O'Brien	2:24:16
W40 Cris Sterling	2:30:42
W45 Anna Thornhill	2:25:28
W50 Rosa Nales	2:41:01
W60 Aslaug Tomas	3:05:15
4 Mile	No.
Overall	17 L
Carl Kemmerer 23	19:11
Bea Huste 24	22:47

Carl Kemmerer 23	19:11
Bea Huste 24	22:47
M35 Tim Weaver	21:23
M40 Anthony Blackett	22:41
M45 Frank Colon	23:22
M50 Dennis Barham	22:53
M55 Eric Seiff	25:28
M60 George Thompson	24:51
M65 William Coyne	27:47
M70+Roberto Renny	32:52
Charles Feldman	34:54
Max Popper 85	43:09
W35 Nancy Adler	24:59
W40 Ann Moore	28:51
W45 Laurie Baker	28:26
W50 Joan Bondell	29:32
W55 Ernestine Sinclain	
W60 Lya Killan	35:50
W70+Mayme Bdera	48:37
Racewalkers	THE REAL PROPERTY.
1 Gary Null 44	30:58
2 Nicholas Bdera 40	31:43
3 Ed Preston 69	51:28
1 Susan Henricks 33	
2 Marcella Tobias 63	
3 Mir:am Herscher 43	
J ILL LOW HELSCHEL 43	31.33

Utility Bill 5-Mile Ocean City, NJ March 25

Overall:	
Tony Wilson	26:45
Jennifer Weber	32:31
M40-49	
Bill Moreland	29:14
Jim Donahue	29:16
Mike Naples	29:47
M50-59	
Herb Townsend	28:26
George Jackson	32:59
Edward Neighbour	34:49
M60+	
Mike Bertolini	34:59
W40-49	
Debbie Sykes	33:45
Carole Lelli	34:47
Gail Epifanio	39:46
W50-59	
Doris Kemper	45:28

SOUTHEAST

Calle Ocho 8K March 11

Ove.	rall:	
Ste	phen Male	24:28
Ann	Henderson	26:59
M40	Jim Pearson	24:48
	Byron Dyce	25:32
	Everardo Jimenez	26:44
	Ricardo Arnaldo	26:47
	Allen Miller	27:19
M45	George Lopes	29:42
M50	Cooper Black	31:26
M55	Art Bigelow	31:18
M60	John McCoy	32:04
	Dan Biele	32:25
M70-	Bill McDonough	37:00
W40	Karen Macharg	29:47
	Judy Greer	30:06
	Sharon Beal	31:42
	Betty Boppart	32:44
W45	Sally Snyder	33:18
	Mimi Oliveira	34:56
W50	Ann Sartorelli	38:10
W55	Sylvia Weiner	36:06
W60	Helen Weiss	52:16

Red Lobster 10K Orlando, FL March 11

28:02

30:38 30:07

Overall: Keith Brantly

Liz McColgan

M40 Victor Mora

Dave Stewart	30:30
Shel Cowles	30:35
Bob Schlau	30:47
A. Villanueva	30:51
M45 Francisco Martinez	
Greg King	34:23
John Boyle	36:09
David Compton	36:10
Jim Wharton	36:20
M50 Joe Burgasser	34:59
Jim Larson	
Bob Brockway	37:50
John Randolph C. DesRosier	39:01
M55 David Long	37:05
Robert Gauvreau	38:02
Jim Blount	38:17
Don Boardman	39:18
Leonard Hoffman M60 Richard Benson	39:37
M60 Richard Benson	40:23
Ervin Krouse	44:41
Jim McNearny	45:37
Lindsey Hedgepeth	46:10
Hal Cook	46:32
M65 Bart Ross Bill Tribou	41:51
Bill Tribou	42:36
Bill Bernard Dave McCarthy	43:04
Aldo Branchini	45:41
	45:58
M70+Dudley Healy	47:05 50:50
Bernard Ryan John Lampley	51:53
Dick Fortier	52:08
ACCOUNT AND MADE OF THE PARTY O	
W35 Karen Miles	35:04
Linda Cash	38:29
Brenda Dayton	39:50
Cheryl Davis	39:60
Nina Ehmer	40:45
W40 Priscilla Welch	33:19
G. Andersen	34:24
Laurie Binder	34:29
Barbara Filutze	35:45
Jane Hutchinson	35:53
W45 Judith Daniel	44:20
Donna Hiatt	46:54
Lynne Richards	47:49
Barbara Miller	48:45
Libby Burke	49:02
W50 Pat Dixon	46:31
Carol Schneider	47:15
Marjorie Peterson	48:47
Jane Robbins	51:19
Dot Mitchell	51:52
W55 Margarete Deckert	45:14
J. Imhoof	48:60
Marilyn Walters	52:07
Elaine Goldberg	53:36
Midge Mirandi	54:25

Hidge Mirandi W60+Anne Trigg Erma Hickey Angela Saldana Nancy Beward St. Patrick's Day Classic Brandon, FL

52:07 53:36

54:25 48:17 51:17

54:21

56:52

March 12	10 100
5K	1
Overall:	
Jeff Pigg	15:37
Lori Chandler	18:33
M40 Joe Pettway	18:10
M45 Dick Jackson	18:07
M50 Earle Klofe	20:32
M55 Dan Ruttenvert	20:20
M60 John Hickey	22:22
M65+Ken Disler	23:15

١	W35 Lynn Gray	22:17
١	W40 Jan Thompson	24:20
	W45 Maryann Stanley	27:21
	W50 Donna McCabe	n/a
١	W55 Ruth Patterson	31:29
	W60 Erma Hickey	25:20
	10K	
١	Overall:	
	Allen Boucher	31:09
	Leigh Ann Larison	38:55
	M40 Steve Curtis	33:05
	M45 Peter Crellin	36:38
	M50 Vic Lamontagne	38:29
١	M55 Jack Taylor	39:43
	M60 Don Kruger	46:10
	M65+Millard Shumate	44:16
	#35 Rosalyn Randall	42:57
	W40 Jackie Gay	59:33
	W45 Glenda Tyroff	44:10
1	Destroyer of the state of the first	

Myrtle Beach Class 10K Myrtle Beach, SC April 8

THE RESIDENCE THE PARTY OF THE PARTY.	
M40 Bill Rodgers	30:00
Dave Stewart	31:06
Bob Schlau	31:30
David Reese	33:04
Phil Peterson	34:26
Lari Dunlap Sr.	36:07
M45 Ralph Zimmerman	34:02
Wendell Crib	39:34
Earl White Jr.	40:50
M50 Jim Larson	35:23
Sammie Yarborough	38:47
Tom Selmon	41:30
M55 John Harwick	40:12
Charles Moore	44:49
Warren Martin	47:10
M60 Herb Chisholm	42:35
Ed Hamilton	44:13
Charles Evans	46:43
M65 Robert White	41:51
Bill Tribou	43:02
Charles Dotson	44:30
W40 Barbara Filutze	35:20
Jane Hutchison	35:55
Claudia Claverella	
Linda Miesch	42:45
Brenda Pantoja	44:34
Lynn Dobiel	44:34
W50 Susie Klutz	43:22
The second secon	67:38
W55 Jean Evans W60 Mary Norckauer	56:31
W65 Loretta Shehan	51:45
Imy Ernst	70:13
Overall:	70:13
Greg Beardsley	29:40
Teresa Ornduff	34:19
Teresa Ormour	34.17

MIDWEST

Metro-Macomb Easter 4-Miler Mt. Clemens, MI March 25

Overall:

Olaf Meier	20:47
Judy Porte	25:58
M40 Andy Chochol	23:08
Tom Henderson	23:27
Tim Klinkhamer	24:16
M45 Chuck Frame	23:29
Harry Stoddard	24:35
	26:46
M50 Herb Seegert	24:51
Jerry Lovejoy	27:56
Terry Wild	28:00
M55 Jim Hastings	27:09
Jim McManus	29:10
Bob Pietraszewski	30:55
M60 Herb Chisholm	25:19
Fred Curol	29:50
Paul Zylstra	35:36
M70+Pete Bolos	32:56

MID-AMERICA

First Run 8K Oklahoma City, OK April 1

Ove	rall:		Valerie Bed
	ndy Heierding	16:12	W40 Harriett S1
	orgia Irion	23:10	W45 Jeanette Ru
	Richard Sinner	17:46	10K
	Robert Heaton	18:34	Overall:
200	Steve Webb	19:20	Mark Souza
M45	Perry Taaco	19:50	Angela French
	Mike Lodes	21:43	M40 John Grange
100	R. Canterberry	22:00	Eddie Tsing
M50	Curt Ranson	21:36	Terry Tucke
	Max Price	22:38	M45 Jeff Fisher
	Bill Luce	24:01	Jim Fletche
M55	Ronald Howland	22:23	Fred Mancou
	Bill Hand	24:28	MSO Jim Way
100	Earl Moore, Jr.	28:31	Jim Woolsto
M60	Richard Boggs	22:07	M55 Ronald Gare
SUN	Perry Tennison	22:21	Don McKenna
	Ronny Greenberg	23:12	M65 Solomon Lot
M65	Marvin Hambrick	25:34	nos solomon Lot
AUSTIC STREET	Leo Wade	25:42	W35 Becky Cast
	PART TO SERVICE STREET	A fine	Pan Ebert
M32	Georgia Irion	23:10	W40 Madja Boyd
	Cheryl Bullard	24:57	W45 Deb Miller
	Marcy Leon-Ward	- 25:43	

W40 Cheryl Tobin	24:57
Kathy Brown	26:58
Susan Estes	30:29
W50+Vera Zerger	24:07
Patsie Degiusti	32:10

SOUTHWEST

Capitol 10,000 Austin, TX March 12

Overall:	
Douglas Tolson	30:08
Vickie Smith	36:46
M40-49	
Bob Mohler	35:21
Dennis Manske	35:33
Pat Halliburton	35:48
David Chester	36:05
Louis Allred	36:31
Harvey Hamilton	36:34
Glenn Weichert	36:39
Greg Evans	36:49
Richard Rogers	37:00
Danny Glenn	37:01
M50-59	
Ino Cantu	35:52
Larry Worth	36:09
Dan McCormak	36:36
Bill Mitchell	36:51
Carlos Sauceda	38:16
David Carson	40:15
William Hoss	41:08
David Greene	41:50
Robert Harms	41:56
Raul Balderrama	42:01
M60+	
William Conrad	39:38
John White	42:35
	42:33
W40-49	
Sandra Baran	43:23
Ann Buller	44:34
Diane Morris	44:44
Barbara Lindner	47:29
Mary Thompson	47:31
Josie Bowman	47:46
Mary Sauceda Laura Cantrell	48:40 49:07
Lana Tighe	49:07
Diane Bechtold	49:45
Diane pecuroid	47:47



W50-59 Nancy McCormick Diane Peppin Millie Williams Erika Sartain

Georgia Sweezes

W60+ Jan Richards Wanda Hall

47:34 49:32 51:38 53:43

N/A

47:46 1:06:43

2:30:05

Lake Powell Marathon Page, AZ

Overall: Mike McManus Debbie Hanson

3:00:20
3:28:25
3:54:37
4:03:27
3:32:05
3:37:57
3:43:31
3:31:31
3:58:29
4:31:55
3:40:06
4:16:22
The second second
3:08:28
3:41:22
4:09:12
5:02:41
3:55:25
The state of the s
33:30
38:35
42:28
43:33
43:45
36:30
47:30
1:03:20
1:03:20
1:03:20 39:40 53:40
1:03:20 39:40 53:40 55:16
1:03:20 39:40 53:40 55:16 1:01:44
1:03:20 39:40 53:40 55:16
1:03:20 39:40 53:40 55:16 1:01:44 44:56 53:51
1:03:20 39:40 53:40 55:16 1:01:44 44:56
1:03:20 39:40 53:40 55:16 1:01:44 44:56 53:51

Tucson, AZ March 12

or may racinga	
Marie Boyd	55:29
M40 David Oropeza	53:35
. Hayden Smith	55:31
Joe Mensching	57:15
M45 Eric Vimmerstedt	1:00:11
G. Garcia	1:01:40
Jerry Sullivan	1:02:20
M50 David Mellady	55:35
James Peller	57:29
Don Branaman	57:50
M55 Frank Patania	1:07:34
Luis Pina	1:10:11
Fred Cone	1:12:10
M60+Orlo Keniston	59:28
A Guillermo	1:14:42
I Hermosillo	1:22:38
W35 Nancy Samples	1:04:45
Angela Jenkins	1:05:46
Mary McKellar	1:07:05
W40 Marian Loftin	1:11:10
Bonnie Harvey	1:18:38
Barbara Liguori	1:24:27
W45 Josie Chalmers	1:04:26
Shirley Hester	1:16:18
Janice Catt	1:18:10
W50 Jean Hardy	1:29:48
Phyllis Morgan	1:39:22
WSS Inge Wildfang	1:26:19
Lucy Jimenez	1:31:19
Connie Myren	1:41:09
W60+Emma Bowman	1:51:43
Imy Ernst	1:53:42

	Carlsbad, CA April 2	
W40	Wilson Waigwa	14:22A
140	Steve Myhro	15:44
	Bob Betancourt	15:55
MA 5	Steve Lester	15:35
	Mario Gonzalez	15:49
	C. Gonzales	16:42
MSO	Cal Hamren	18:51
130	Leon Simms	18:57
	Bud Davis	18:59
M60	Pat Devine	18:50
	Jim O'Neil	19:30
M70	Eddie Levin	22:00
-	Oscar Burgen	23:15
	Walt Kuetzing	24:28
	Laurie Binder	16:54
W40	Sandi Carter	19:53
	Willie Tennant	20:30
240	Eileen Pue	20:18
	S. Synal-Griffen	21:39
	Carol Dougherty	21:47
usn	Wilma Maddock	20:47
	Dixie Madsen	22:43
	Carol Hemus	23:51
	Caroz nemus	

Northwest Masters 15K Run/ 10K Racewalk Seattle, WA; March 25

08:28	712
28:25	Joh
	H45 Jon
54:37	Jam
03:27	Tim
32:05	M50 Der
37:57	B11
43:31	Ron
31:31	M55 Lar
58:29	Bob
31:55	Fie
40:06	M60 Mas
16:22	Bur
08:28	M65 Roe
41:22	Name of Street, Street, or other
09:12	W45 Rom
02:41	W60 B11
55:25	
33.23	A STATE OF THE STA
-	
33:30	9
38:35	
42:28	3000
43:33	
43:45	1
36:30	11
47:30	11
03:20	1
39:40	
53:40	The state of
55.76	100

Tucson Sun 15K

Marie Boyd	55:29
M40 David Oropeza	53:35
Hayden Smith	55:31
Joe Mensching	57:15
M45 Eric Vimmerstedt	1:00:11
G. Garcia	1:01:40
Jerry Sullivan	1:02:20
M50 David Mellady	55:35
James Peller	57:29
Don Branaman	57:50
M55 Frank Patania	1:07:34
Luis Pina	1:10:11
Fred Cone	1:12:10
M60+Orlo Keniston	59:28
A Cuillermo	1:14:42
I Hermosillo	1:22:38
W35 Nancy Samples	1:04:45
W35 Nancy Samples Angela Jenkins	1:05:46
Angela Jenkins Mary McKellar	1:05:46
Angela Jenkins Mary McKellar W40 Marian Loftin	1:05:46 1:07:05 1:11:10
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey	1:05:46 1:07:05 1:11:10 1:18:38
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt W50 Jean Hardy	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10 1:29:48
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt W50 Jean Hardy Phyllis Morgan	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10 1:29:48 1:39:22
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt W50 Jean Hardy Phyllis Morgan W55 Inge Wildfang	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10 1:29:48 1:39:22 1:26:19
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt W50 Jean Hardy Phyllis Morgan W55 Inge Wildfang Lucy Jimenez	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10 1:29:48 1:39:22 1:26:19 1:31:19
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt W50 Jean Hardy Phyllis Morgan W55 Inge Wildfang Lucy Jimenez Connie Myren	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10 1:29:48 1:39:22 1:26:19 1:31:19 1:41:09
Angela Jenkins Mary McKellar W40 Marian Loftin Bonnie Harvey Barbara Liguori W45 Josie Chalmers Shirley Hester Janice Catt W50 Jean Hardy Phyllis Morgan W55 Inge Wildfang Lucy Jimenez	1:05:46 1:07:05 1:11:10 1:18:38 1:24:27 1:04:26 1:16:18 1:18:10 1:29:48 1:39:22 1:26:19 1:31:19

Carlsbad 5K

	Carlsbad, CA April 2	
440	Wilson Waigwa	14:22A
	Steve Myhro	15:44
	Bob Betancourt	15:55
M45	Steve Lester	15:35
	Mario Gonzalez	15:49
	C. Gonzales	16:42
M50	Cal Hamren	18:51
	Leon Simms	18:57
	Bud Davis	18:59
M60	Pat Devine	18:50
	Jim O'Neil	19:30
M70	+Eddie Lewin	22:00
	Oscar Burgen	23:15
	Walt Kuetzing	24:28
W40	Laurie Binder	16:54
	Sandi Carter	19:53
	Willie Tennant	20:30
145	Eileen Pue	20:18
273	S. Synal-Griffen	21:39
	Carol Dougherty	21:47
W50	Wilma Maddock	20:47
	Dixie Madsen	22:43
	Carol Hemus	23:51

NORTHWEST

15	K Run	The second
M4	Done Frame	50:54
1	Jim McGill	52:15
Taren .	John Hahn	52:31
M4.	Jon Houghton	57:15
5000	James O'Brien	57:24
2.23	Tim Joslin	57:26
MS	Derek Mahaffey	56:18
Miles.	Bill Hickman	59:27
553	Ron Williamson	59:57
MS	Larry Doering	1:04:13
Tire.	Bob Burd	1:04:56
1	Field Ryan	1:10:25
M6	Masahiro Sato	1:12:49
	Burt Fadich	1:18:20
M6	Roelif Laughlin	
no	Noeill Languille	****
W4	5 Roma Montoya	1:15:46
W6	Billie Murphy	1:16:16
美华声	STATE OF THE PARTY	

10K Racewalk 53:45 1:02:22 1:03:27 59:56 1:02:48 M40 Stan Chraminski Ernie Smith S. Frederickson M45 Bob Brewer John Hanan M60 Paul Kavadas 1:07:00 William Kimder M65 Arthur Clevenger 1:13:48 M70+John Neville 1:32:23 58:18 1:05:13 W35 D. Hairabedian Terry Hagen 1:05:13 Karen Hertzog 1:06:03 W40 Diane Schurr 1:03:40 C. Frederickson 1:03:50 W50 Charlene Bryan 1:06:31



British Athletic Federation Cross-Country Championships Sunderland, England March 12

	THE RESERVE
(3 laps of a 3300m	course)
M40 Andy Holden	30:24
Colin Youngson Brian Emmerson	30:39
Brian Emmersor	30:52
Brian O'Neill	31:07
Ben Grant	31:13
Ken Woodhouse	31:17
M45 Brian Little	31:21
Les Presland	31:44
Allan Adams	32:08
Denis Quinlan	32:44
Denis Quintan	32:51
Dave Rogers	
Roger Highnam	32:56
M50 Taff Davies	32:17
Steve James	32:32
Ted Isaacs	32:59
Walter Ryder	33:13
Alan Griffith	
M55 Gerry Spink	33:57
Neil Newnham	34:41
Frie Amlahu	34:58
Alan Hughes	35:16
L V Hockinson	35:44
M60 Eddie Kirkup	35:41
Bob Peart	36:07
Ron Franklin	37:49
Edgar Nicholl	
M65 Reg Fernyhoug	
John Fraser	40:36
James Johnston	n 41:21
M70 Bob Jackson	52:59
Jack Selby	55:24
M75 David Morrison	44:47
Team	
M40 Aldershot	64
Belton	90
M50+Heaton	39
Havering	54
(11 laps of a 3300 W35 Marilyn Palmer	m course)
W25 Marilum Dalmor	18:25
Was Parling Paulor	19:12
Lesley Taylor	19:21
Kathy Musson Doris Trueman	
Doris Trueman	19:23
W40 Pat Gallagher	19:07
Eleanor Adams	19:43
Lesley Cliff	20:23
Kathy Howe	20:59
A STATE OF THE LOCAL PROPERTY OF THE LOCAL P	***
W45 Julie Beckford	
Iris Hornsey	21:53
Ann Nally	21:59
June Aitcheson	
W50 Sue Barr	23:44
Pat Parr	24:54
Mary Holmes	25:00
W55 Lola Smal	22:11
W55 Lola Smal Vera Robson	24:47
Betty Smith	25:05
W60 Monica Shone	26:43
	20:43
Team Was Devel Outs	ALC: THE PARTY OF
W35+Royal Sutton	46
Claremont	60



DEADLINE

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



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