

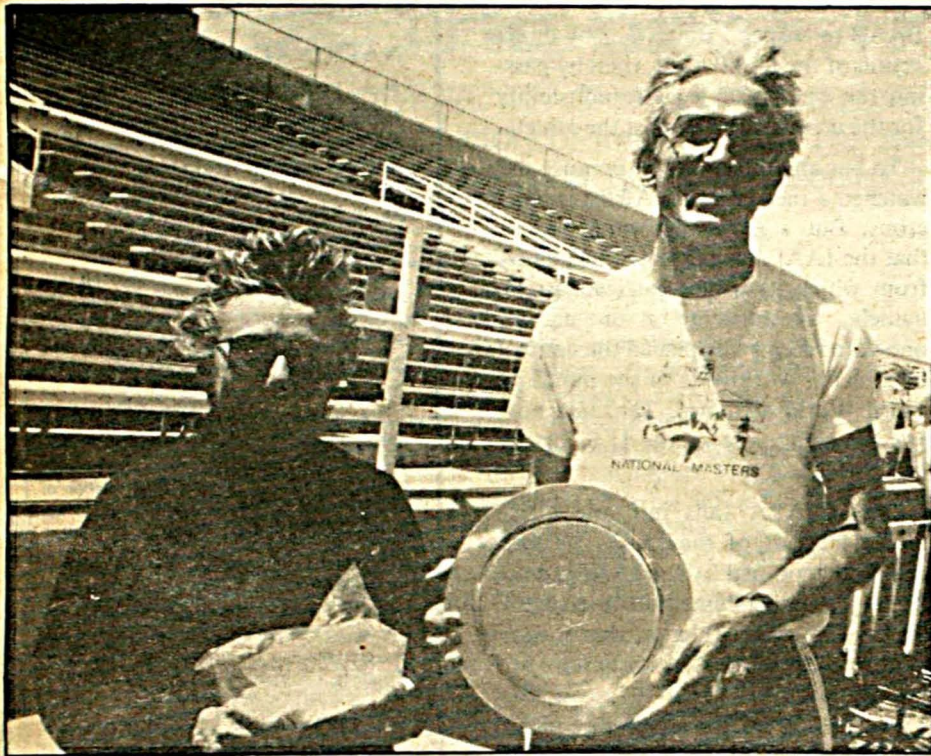
NATIONAL MASTERS NEWS

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

118th Issue

June, 1988

\$1.95



Meet champion Cliff Bedell receives award from scorer, Bev Hueter, at the Runners' Pentathlon in Albuquerque, N.M., May 1.

Bedell First as Masters Dominate New Mexico Runners' Pentathlon

by TOM BELL, Meet Director

Cliff Bedell, 50, of Scottsdale, Ariz., was first, and seven runners 35-and-over were in the top ten of the New Mexico Fourth Annual Runners' Pentathlon in Albuquerque on May 1.

Bedell scored 4092 points by running 3200 in 11:42:43 (793 points); 800, 2:18:69 (838); 200, 26:66 (848); 400, 59:31 (857) and 1600, 5:39:38 (756).

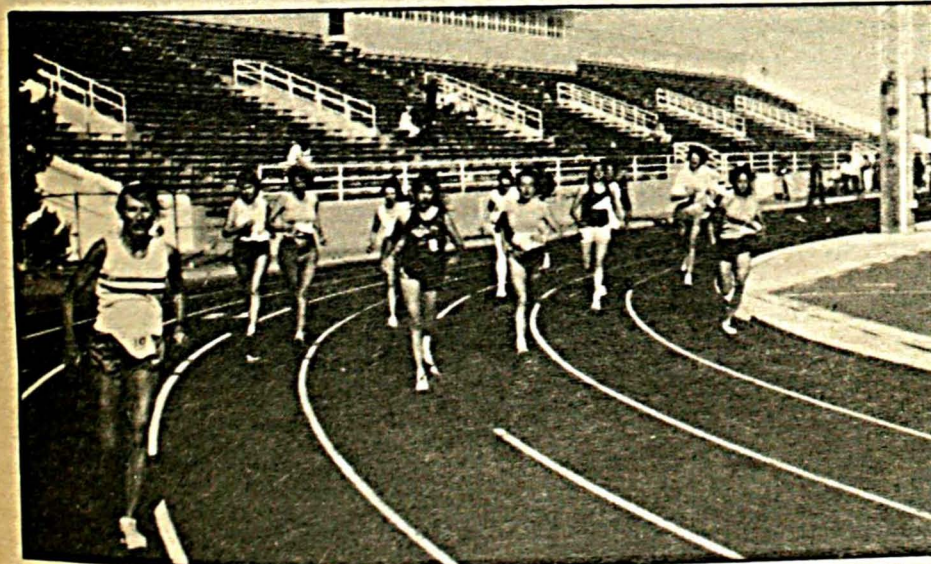
Scoring was based on an age-graded standards compiled by Chuck Phillips

and Al Sheahan, editor of *National Masters News*.

In third place overall, and the second master, with 4010 points, was Charles Wemberly, 54, of Kenner, La., followed in fourth place by Dan Bulkley, 70, of Phoenix, Oregon, (who was world champion in five events at Melbourne) with 3955 points.

The first woman was June Dickinson, 54, of Santa Fe, who scored 3673 points, placing 14th overall with a

Continued on page 14



Start of women's 800 in Runner's Pentathlon. Lane 1 - Aldie Leyba, Kim Prauda; Lane 2 - Rosa Knoulton, Francine Garcia; Lane 3 - Diana Best, Helen Engel; Lane 4 - Clara Silver, Joan Trebilcock; Lane 5 - Jean Lawton, Margaret Jaramillo; Lane 6 - June Dickinson.

Tobin, Kreuz Win U.S. 50-Miler

by JOHN WHITE

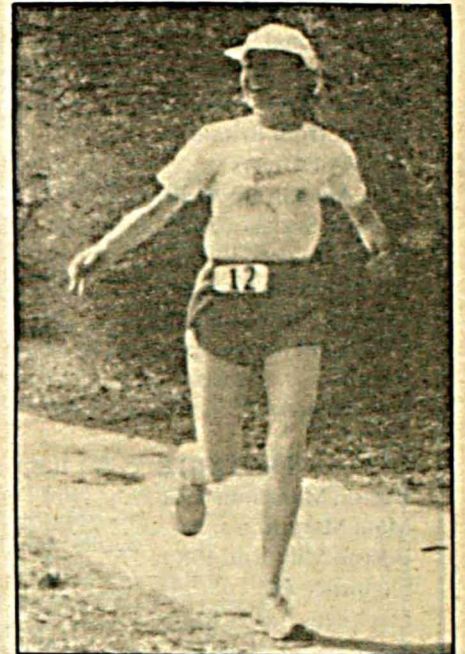
Bill Tobin of Sharon, Pa., and Jan Kreuz of Cincinnati, turned in spectacular performances to capture the overall TAC National Masters 50 Mile Championships at the Wolfpack 50 Miler held in Columbus, Ohio on April 9. Tobin, M45, ran a deliberate and controlled race to achieve one of the season's best marks of 5:31:38. Kreuz, W40, was relaxed and cheerful as she clicked off sub-eight minute miles for an amazing 6:37:22.

The weather was nearly perfect for the 5th running of the race. A slight frost greeted early morning motorists. Temperatures reached the mid-60s by noon. A total of 47 runners started at 7:30 a.m. In all, 33 athletes finished the full 50 miles.

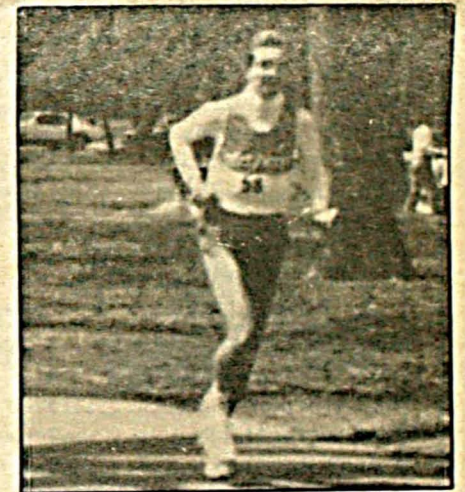
Kreuz was center stage from the very beginning, and if anyone was ever better prepared, you couldn't have determined it easily. For readers who don't follow ultrarunning, the world masters record for women of (6:09:09) was set at this race in 1984 by Sandra Kiddy of Palm Springs, Calif. Sub-seven hour 50 mile runs by women are not common. Sandra Kiddy was all business during her great run. Kreuz had some fun during her first 50 miler and still ran 6:37:22.

Tobin's victory was hardly assured. Ray Krolewicz of Pontiac, S.C., forced the first five miles, while other contenders stayed back with Tobin, who became the established leader by the 15-mile mark. His lead was over two minutes by the 25-mile mark. Buoyed by the fortunes of good weather and a fast course, Tobin ran a negative split

Continued on page 12



Jan Kreuz, W40, takes a relaxed attitude during her first 50-miler. Despite this, Kreuz was first female overall (6:37:22) in TAC's National Masters 50-Mile Championships in Columbus, Ohio, April 9.



Bill Tobin, M45, on his way to a 5:31:38 overall win in the National Masters 50-Mile Championships.

ICI to Sponsor Masters LDR Circuit

The United States Running Association (USRA) has announced that ICI Americas, Inc. has been signed to underwrite the newly-formed "World Class Masters Running Circuit."

The ICI/USRA Circuit will be comprised of 15 events that will place a special emphasis on the masters division for both men and women.

Dean Reinke, spokesman for USRA, said the Circuit will provide a Grand Prix prize purse of \$20,000, to be divided among six age groups.

ICI is a London-based firm, with U.S. headquarters in Wilmington, Del. It markets Glidden Paints and Stuart

Pharmaceutical Products (such as Mylanta), among others.

"ICI's purpose is to develop its im-

Continued on page 15

INSIDE:

- World and U.S. 5-Year Track & Field Records
- 1987 Rankings for 10K and Marathon
- 1987 Rankings for Pole Vault, 800, Steeplechase, High Jump, and Javelin
- Profiles, Training Advice, Stories and More

CONTENTS

DEPARTMENTS

TAC Officers 2
 Letters to the Editor 2
 NMN Sustainers 4
 Third Wind 6
 Training Advice - Robinson 8
 Speaker's Corner 10
 The Foot Beat 12
 Track & Field Report 14
 Health and Fitness 16
 Profile - Hatfield 18
 Five Years Ago 18
 International Scene 19
 Countdown to Eugene 20
 WAVA/TAC Specifications 20
 Report from Britain 21
 WAVA Officers 21
 New Age-Group Athletes 24
 Masters Scene 25
 Schedule 26
 All-American Standards 29
 Track & Field Rankings 30
 LDR Rankings 34
 Results 37
 Age Records 45

FEATURES

Boston Marathon 4
 Maui Marathon 4
 Boston Milk Run 10K 4
 Shamrock 8K 7
 Las Vegas Easter Runs 7
 Redlands Meet 9
 Trevira Twosome 11
 20th Masters Reunion 12
 St. Patty's Runs 13
 Road Pace Table 13
 Pear Blossom 20K 13
 National Pentathlon 14
 New Jersey Indoor Meet 17
 Mt. Sac Meet 17
 Australian Nationals 20
 Ontario Championships 21
 British Indoor Nationals 21
 Palm Beach Championships 24

ENTRY FORMS/RACE & PRODUCT INFO.

Mac Wilkins Video Tapes 3
 NMN Subscription Form 4
 Nor Cal Seniors Meet 5
 Not Over the Hill Run 7
 Western Regionals 9
 Dr. Gerald Frank 11
 San Diego Championships 12
 National Masters 10K 13
 NCNB Carolina Meet 14
 USRA Masters Circuit 15
 Porter & Foster 16
 Merrill Lynch Meet 17
 Philadelphia Meet 18
 Northwest Regionals 22
 Mammoth Athletics Camp 23
 Mastering the Sprints 24
 Personal Masters Coaching 24
 Classifieds 25
 Longest Day Road Runs 28
 All-American Certificate 29
 Sri Chinmoy Games 37
 The "J" Heel 41
 San Juan Championships 41
 NMN Subscription Form 43
 National T&F Championships 44
 Age-Record Form 45
 Sports America 52



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

SUSPENSION OF SOUTH AFRICA

The recent brouhaha over the suspension of the South African Zola Budd, now a British citizen, due to her having observed, but not participated in, a road race while on a visit to her native land illustrates several factors which can spill over into, and adversely affect, masters/veterans athletics.

The WAVA general assembly in Melbourne recently voted to disenfranchise the South African masters as voting members of WAVA. The vast majority of WAVA members had no desire to ban anyone from competing. The real reason, therefore, for the general assembly's action was a blatant fawning effort by WAVA to ingratiate itself to the IAAF. It is WAVA's perception that if it does not roll over on the South African issue, the IAAF will organize its own separate masters/veterans program and thereby eviscerate WAVA.

The British Amateur Athletic Board (BAAB), an avid supporter of the IAAF since its inception, now finds itself hoisted on its own petard on the Budd issue.

In its ruling, the IAAF is forcing the

BAAB to suspend Budd, not by direct action of the IAAF itself, thereby passing the buck and legal responsibility for the action taken against the athlete.

To bar an athlete merely because she watched a race in South Africa is ludicrous. But a more important fact is that the IAAF has put itself into a box from which it cannot extricate itself; namely, by adopting a one-nation, one-vote rule, it has placed the control of athletics worldwide in the hands of Third World affiliates. Tanzania now has the same vote as the U.S. or the U.S.S.R.

Once WAVA falls into the questionable hands of the IAAF, its fate will be determined by the IAAF's controlling membership. In the case of masters/veterans athletics, that means nations with no athletic program for the adult athlete, and no economic base capable of sending their master/veteran athletes to the world championships, will be decreeing WAVA's policies.

It's an irony that WAVA has now ejected South Africa as an affiliated member when it was the only African

Continued on page 22

NATIONAL MASTERS NEWS

June, 1988 — 118th Issue

Editor: Al Sheahan
 Associate Editor: Jerry Wojcik
 Assistant Editors: Teri Ingram
 Tom Sturak

Photo Editor: Gretchen Snyder
 Production: American Publishing Co.

The National Masters News (ISSN-0744216) is published monthly by GAIN Publications for \$18.75 per year from 6320 Van Nuys Blvd., #211, Van Nuys, CA 91401. Phone 818/785-1895. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. The editorial policy is not necessarily that of TAC or WAVA.

SUBSCRIPTIONS: A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$5 outside USA; \$8 1st class (USA & Canada); \$15 Foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

Unsolicited submissions to NMN are always welcomed. Manuscripts should be typed double spaced, but legibly handwritten material is also acceptable. Please include a stamped, self-addressed envelope if return is desired. Send editorial, advertising, and other correspondence to NMN, P.O. Box 2372, Van Nuys, CA 91404 818/785-1895.

POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena, CA 91107.

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Chairman: Jerry Donley 1715 Alamo Ave. Colorado Springs, CO 80907 (303) 635-1264	Outdoor Meet Coordinator: Bruce Springbett P.O. Box 1328 Los Gatos, CA 95030 (408) 354-7333	Weight Events Coordinator: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098	Midwest: Dick Green 8059 Rosemeade Rockford, IL 61107
Outdoor Records: Pete Mundle, 4017 Via Marina #C-301 Venice, CA 90291 (213) 823-8804	Secretary-Treasurer: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895	Race Walking Coordinator: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115	Mid-America: Jim Weed 11672 East 2nd Ave. Aurora, CO 80010 (303) 341-2980
Indoor Records and Indoor & Outdoor Rankings: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591	Law Coordinator: Bob Fine 4223 Palm Forest Dr. Delray Beach, FL 33445	Awards Coordinator: Bev LaVeck, above	Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066
Indoor Meet Coordinator: Ron Salvio, Box 116A Englishtown, NJ 07726 (201) 446-4959(d).	Women's Coordinator: Christel Miller 1740 Grandview Ave. Glendale, CA 91209 (818) 843-2139	Site Selection Coordinator: Max Goldsmith 481 Marcus Lewisville, TX 75067	West: Gary Miller 1740 Grandview Ave. Glendale, CA 94705 (818) 843-2139
Rules Coordinator: Graeme Shirley 8148 Genesee Ave. #114 San Diego, CA 92122 (619) 455-4440	Multi-Events Coordinator: Rex Harvey 3815 Lincoln Park Drive Des Moines, IA 50312	Regional Representatives: East: Haig Bohigian 225 Hunter Ave. N. Tarrytown, NY 10591 (914) 631-1547	Northwest: Jim Puckett 26000 S.E. Stark Ave. Gresham, OR 97030 (503) 667-7354

LONG DISTANCE RUNNING

Chairman: Bob Boal 121 W. Sycamore Ave. Wake Forest, NC 27587 (919) 556-4323	Secretary: Carole Langenbach 4261 S. 184th Street Seattle, WA 98188 (206) 433-8868	Championships Coordinator: Phil Benson Box 2287 Ocean, NJ 07712 (201) 531-4156	Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480
Vice Chairman Men: Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955	Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391	Nominating Committee Chairman: John Woods, Neils Pt. Rd. Harpwell, ME 04079 (207) 725-8006	Awards: Kirk Randall - Men 71 Bromfield St. Newburyport, MA 01950 (617) 465-9677
Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (415) 339-0563 (h) (415) 422-5554 (o)	Road Records & Rankings: Basil & Linda Honikman TACSTATS 7745 S.W. 138 Terrace Miami, FL 33158 (305) 255-1405		Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553

let's face it!
MASTERS throwers



YOU CAN'T BE

A MAC WILKINS A WILLIE BANKS
 AN AL FEUERBACH or A YURIY SYEDKH
 A TOM PETRANOFF

**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



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,

Yuriy Syedikh — USSR. *Winning Hammer Ways* was produced by SyberVision with 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 finest 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 Al, Dave Laut (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 1 1/2"). 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 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)



Name: _____

Address: _____

City/State/Zip: _____

Check Money order Visa MasterCard Other _____

Card No.: _____ Exp. Date _____

Please Send:

Mac Wilkins' GOLD MEDAL DISCUS	\$ 49.50	_____
Al Feuerbach's BASIC 70 FOOT SHOT PUTTING	\$ 49.50	_____
Combination DISCUS and SHOT Videos	\$ 90.00	_____
Tom Petranoff's JAVELIN VIDEO	\$ 68.00	_____
Yuriy Syedikh's SYBERVISION HAMMER VIDEO	\$ 60.00	_____
Willie Banks' BANKS ON TRIPLE JUMP	\$ 59.95	_____

Beta or VHS

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

Break Course Records**Marczak, Welch Top Boston Masters**

by JERRY WOJCIK

Ryszard Marczak, 43, of Poland won the masters contest in the Boston Marathon, April 18, with a 40-and-over course record 2:17:53. The previous record of 2:19:04, set in 1986, was held by Britain's Mick Hurd.

Four-time Boston winner and local sentimental favorite, Bill Rodgers, 40, of Brookline, Mass., finished second master in 2:18:17.

Although not a household name in masters circles, Marczak is not an unknown. In the 1981 New York Marathon at age 35, he finished fifth-overall in 2:11:36. A week before this year's Boston, Marczak defeated a strong masters field, which included Britain's Allan Rushmer, 44, and

Larry Olsen, 41, of Massachusetts, in the MDA-Boston Milk Run 10K with a 30:18.

Britain's Priscilla Welch, 43, women's winner of the 1987 New York Marathon, was first W40-and-over, also with a masters course record of 2:30:53, which broke Evy Palm's 2:32:47 of 1986, and placed Welch fourth woman.

Angela Hearn, 42, of New York City, ran 2:40:15 for the second W40 place.

The open winners were Kenya's Ibrahim Hussein (2:08:43) with a one-second victory over Tanzania's Juma Ikangaa, and Portugal's Rosa Mota, who took her second consecutive title in 2:24:30. □

Huber-Cogswell First in Maui

by JERRY WOJCIK

Judy Huber-Cogswell, 41, of Honolulu was the first woman in the

18th Annual Maui Marathon, March 13, with a women's course record 2:59:27. The race was her 38th marathon. When asked how she might use the winner's round-trip airfare from Hawaiian Airlines, she reflected, "I like to run in cold weather, so I think I'll run in the Portland Marathon."

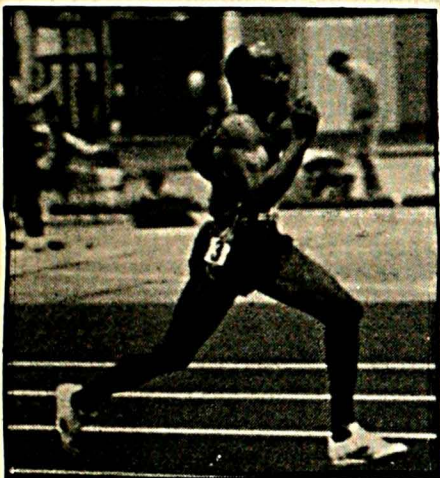
The Maui course is point-to-point with rolling hills and varied road conditions. Huber-Cogswell ran a 2:58 in the Honolulu Marathon in December.

Canadian Les Turner, 40, of Toronto, finished second overall in 2:42:44.

Larry Igarashi (70, 5:13:25) of Kula, Hawaii, and Jeremias Medina (70, 5:14:42) of Kahulia, Hawaii, both broke the M70+ course record.

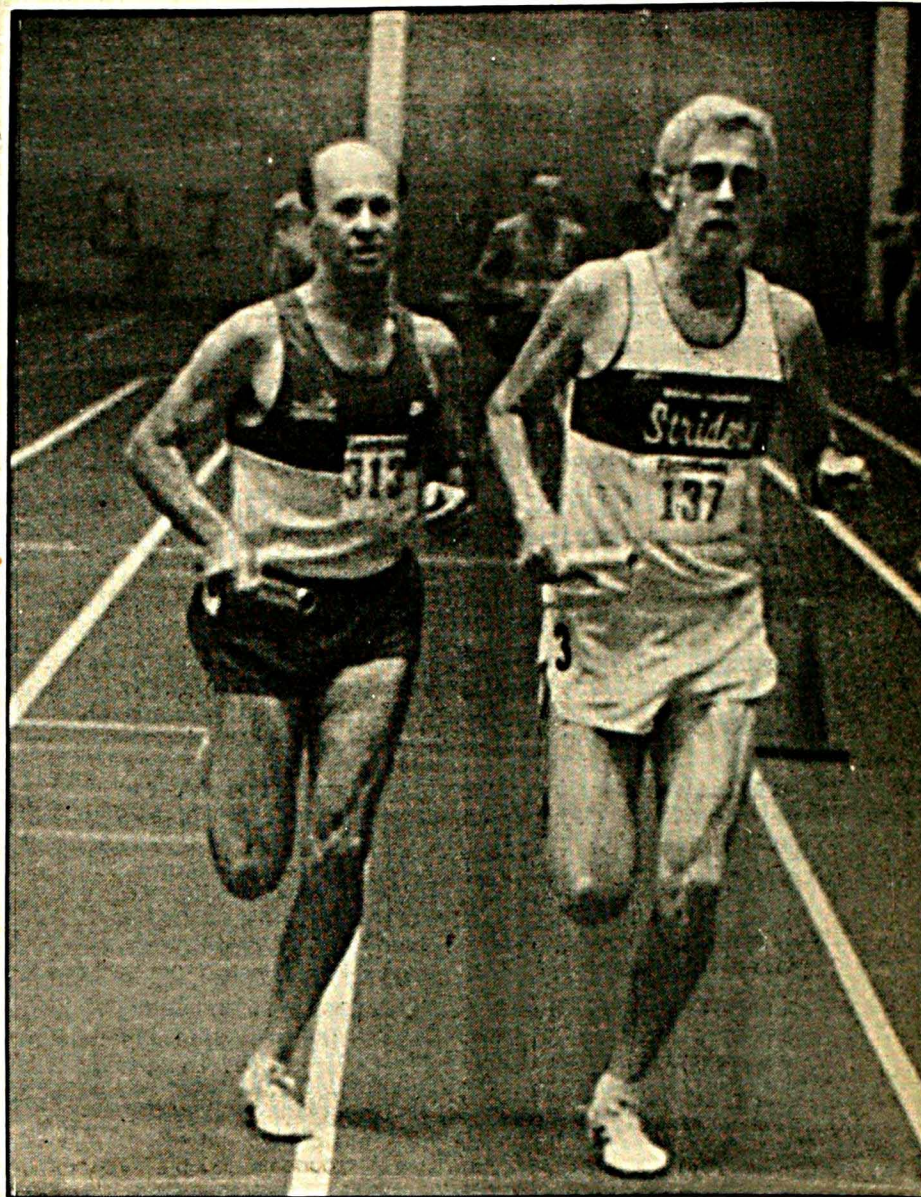
The men's winner was Michael Georgi, 35, of Honolulu in 2:33:07.

The event was staged by Maui's Valley Isle Road Runners Association. □



Lee Blount, M55, races to victory in 2:40.61 in the 1000-yard run at the indoor Nationals held in Baton Rouge on March 19.

Photo by Danny Thiel



Charles Wemberly (left) passes a runner from the Southern Calif. Striders team in the M50 4 x 880 relay at the Indoor Nationals held in Baton Rouge, March 19. Wemberly's team, the Louisiana Lightning TC, won the relay in 9:57.67.

Photo by Danny Thiel

Marczak, Andersen First in Boston 10K

Ryszard Marczak, 43, of Poland defeated a strong international and U.S. masters field in the 7th Annual Massachusetts Dietetic Association-Boston Milk Run 10K on April 10, and Gabriele Andersen had no problems with the W40-and-over contingent.

Marczak won the first-place masters prize of \$500 with a 30:18. Britain's Allan Rushmer, 44, last year's winner (30:37), was second in 30:34, worth \$250, and Mexico's Antonio Villanueva, 47, won \$100 for his third-place 30:54.

The first American was Larry Olsen, 41, of Millis, Mass., in fourth (31:02). Others in the field included Nicol Bergeron of Canada, Barry Brown of Florida, and Murray Hunt of New

Zealand.

Gabriele Andersen, 42, had an easier time than Marczak in winning the women's masters contest with a 35:13. Kathy Brown, 40, of Fairport, N.Y., was second in 37:43, and Jan McKeown, 41, of Prospect, Conn., took third with a 38:05. Women's cash prizes equaled the men's.

The open winners were Jim Cooper (28, 28:24) of North Carolina, and Lorraine Moller (32, 32:06) of New Zealand, who received \$5000 each in TAC Development Funds.

The MDA-Boston Milk Run supports the Massachusetts Anti-Hunger Coalition, an inter-faith hunger, education, and action organization established in 1974. □

12 Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who contribute funds to provide additional support to the National Masters News and the masters athletics program. These additional funds enable us to offer better coverage, deeper results, more photos, world and American records, and more.

This month, special thanks go to Ross Carter and Carl Klehm, both of whom donated \$50. Thanks also go to:

Mark Cole	Arnold Russell
Albert Cruzado	Gordon Seifert
Gus Franze	Walter Wilowatyj
Merle Knox	W.R. Womack
Adolf Koch	Earl Young

NATIONAL MASTERS NEWS

Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$18.75. Subscribe now.

Add postage per year:

- | | | | |
|--|---|---|----------------------------------|
| <input type="checkbox"/> 1 year, \$18.75 | + \$ 8 1st class (USA, Mexico & Canada) | <input type="checkbox"/> Payment enclosed | <input type="checkbox"/> New |
| <input type="checkbox"/> 2 years, \$35 | | <input type="checkbox"/> Bill me later | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 3 years, \$50 | + \$ 15 air mail (foreign) | <input type="checkbox"/> \$_____ as a contribution to your work | |

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 5185
Pasadena CA 91107

Or call:
818-577-7233

NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLASSIC

July 30, 1988 Sanctioned by: PAC/TAC Sponsored by: No. Calif. Seniors Track Club

Edwards Field, University of California, Berkeley. Off Freeway 80, take University Avenue east to the campus, right on Oxford to the track (on SW corner of campus). Free parking Saturdays in non-reserved spaces on Cross Campus Road (north side of track) and the University parking lot between Bancroft Way and Durant (near Fulton, across the street from south side of track).

Competition (if there are enough entries) and awards in 5 year age divisions, age 30 and up; relays, 10 year age division (must have at least two teams in that division and all team members from the same club). TAC registration required — available at meet for \$10.

Entry fees: First event \$8, second event free, each additional event \$5; relays \$16 per team.

Entry Deadline: Entry must be received by Monday, July 25; relays, up to 1 hour before the event.

The WAVA and TAC hurdles and implements specifications will be in effect. See National Masters News. Field events will be in flights of 6, to be set up after entry deadline. Heats in the 100 and 200 meters, if needed, will be at the beginning, and finals at the end of the scheduled event time. Order: women, older to younger men.

Hospitality Room Shattuck Hotel, 2086 Allston Way, Berkeley, CA 94709 (415/845-7300), one block west of track, opens 2:00 pm Friday July 29 and closes 6:00 pm July 30. Packets (including final schedule, program, competition numbers, pins) and T-shirts - available July 29 at the Hospitality Room, and at the track. Make reservations three weeks in advance for hotel meet rates.

The Durant Hotel, 2600 Durant Ave, Berkeley, CA 94704 (415/845-8981) is four blocks SE of the track. For California outside of the Bay Area call 1-800-5DURANT; and for outside of California call 1-800-2DURANT.

SCHEDULE The final schedule will be set after entries are received.
Field events will be divided into two heats of older and younger groups, women with the older men. Some adjustment will be made according to ability.

8:30	<u>Hammer</u>			
	<u>Shot</u>	<u>Javelin</u>	<u>Long Jump</u>	<u>High Jump</u>
9:30	Younger group	Older group	Younger group	Older group
10:15	Older group	Younger group	Older group	Younger group
11:00	<u>Pole Vault</u>	<u>Discus</u>	<u>Triple Jump</u>	
11:45	Older group	Older group	Older group	
	Younger group	Younger group	Younger group	

Track events Five year age groups — women first followed by older to younger men. The program will contain the exact age group schedule.

9:15	3000M (men 30-59)	2:45	800M (women)
9:40	3000M (men 60 up, women)	2:50	800M (men)
10:15	4 x 100 relay	3:10	400M Intermed. hurdles
10:25	100M Hurdles (men 70 up; women)	3:15	200M (women)
	110M Hurdles (men)	3:25	200M (men)
1:00	100M (women: 55 up, 30-54)	4:15	1500M (heat 1, women)
1:05	100M (men)		heat 2, men 60 up)
1:55	400M (women)		heat 3, men 30-59)
2:00	400M (men)	4:40	4 x 400 relay and/or
			4 x 200 if requested

Mail entries with check payable to N.C.S.T.C. to James Johnson, Meet Director, 1026 Murchison Dr., Millbrae, CA 94030 (415/697-1889). For further info., send SASE.



(Please Print Application)

Name _____ Club affiliation _____
 Address _____ TAC # _____
 _____ Male _____ Female _____
 Telephone _____ Birthdate _____ Age on 7-30-88 _____
 Events _____ Best recent mark _____ Total entry fees _____
 _____ T-shirt @ \$6 ea. _____
 _____ (S, M, L, XL, XXL) _____
 _____ Total amount enclosed _____

I would not be interested in a dinner July 30. No.: _____
 I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur while traveling to or from or participating in this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____



Getting Really MAAD!

While competing in the 40-44 (more often the 40-49) division, I had very little appreciation of older masters. I didn't think of masters as a number of age divisions; rather, I saw it as one big division — everyone over 40. Whenever I finished first among all those over 40, I considered myself "the masters winner" — not the 40-44 or 40-49 winner.

One reason I didn't fully appreciate the upper age divisions is that I didn't expect to be running as "slow" as the winners of those age divisions when I reached their ages. From 40 through 44, I pretty much maintained my times, although in retrospect I realize that I worked a lot harder each year in order to do so.

When I was 40, I admired the older age-division champions like Ray Hatton, Hal Higdon, Alex Ratelle and

Something should be done to further the cause of older masters.

Clive Davies. But I fully expected to be running as fast, if not faster, than they were when I reached their respective divisions. Now, at 51, I realize that they were way ahead of me, even though they finished behind me in some races. I'd be hard-pressed now to run as fast as Davies did when he was 61. What was once admiration has now turned to awe.

This misconception of masters competition seems to be widespread today. Here are some examples:

- The Road Runners Club of America ballot for 1987 masters road runner of the year listed five men and

five women — all in the 40-44 division;

- In the February 1988 issue, *Runner's World* presented its rankings of top masters road runners. Using the system launched by the defunct *The Runner*, the magazine treated masters as a single division. As a result, no one over 50 made the list of top 50 men and top 25 women;

- The Boston Marathon and other major races offer prize money only to the top overall masters, thereby virtually excluding anyone over 45;

- Most reports of road races in *National Masters News* continue to focus on the 40-44 winners.

Having made the mistake of not giving older masters their proper due, I now welcome the opportunity to correct this type of thinking among others by working with Jim O'Neil and Paul Reese, both also in the class of those very elite masters mentioned above, in promoting the objectives of MAAD — Masters Against Age Discrimination (the acronym should not be confused with MAAD — Mothers Against Drunk Driving).

"There are so many ways we're being subtly discriminated against," O'Neil wrote in this column last December. O'Neil, a 60-64 competitor from the San Diego area, and Reese, a 70-74 runner from Auburn, Calif.,

went on to elaborate on how masters runners, especially the older masters, get the short end of the stick. They mentioned lack of prize money, broad age groups beyond 50 or 60 in many road races, limited media coverage beyond the 40-44 division, and no seeding of older masters, among other things. They proposed MAAD as a masters lobby.

One of the primary goals of MAAD, O'Neil explained, would be to promote five-year age groups on up to at least 80. And if enough 80-year-olds enter the event, there should be five-year age divisions for them, too.

"It won't be a 'gimme, gimme, gimme' type approach," said O'Neil. "We simply want to promote aware-

Events should have 5-year divisions from 40 to at least 80, preferably to 90; or a single handicap division.

ness and encourage people who have control of these things to correct them."

Added Reese: "And we want to get the message across that we're not a bunch of side-show freaks, as some of the media seem to view us."

O'Neil opined that when Frank Shorter and Bill Rodgers joined the masters ranks in December, things would improve for the new (40-44) masters but would get worse for the older masters. His prediction seems to have come true, as race directors and the media have focused much attention on Shorter and Rodgers.

"No one admires those two guys more than I do," said O'Neil, more recently. "So it's difficult to express my feelings about the attention they're getting. On the one hand, you'll have to agree that it's a plus to get any attention for masters running. At the same time, what most people now perceive as 'masters runners' are all those over age 40 lumped together as a single division. Obviously, this approach will do nothing for the elite runners in the 50-, 60-, 70-, and 80-year-old divisions."



Jim O'Neil, USA, ahead of the pack during 5000m Division I final, VII World Games, Melbourne. O'Neil is one of the leaders of MAAD, Masters Against Age Discrimination.

Photo by Gretchen Snyder

O'Neil, Reese, and I are not the only ones who believe something should be done to further the cause of older masters. In that December column, O'Neil invited others who shared his views to write to him. He received about 20 responses. As any newspaper editor will tell you, for every person who takes the time to write there are many more out there who share the same view.

To help get MAAD off the ground, O'Neil, Reese, and I have begun with a simple objective: To promote equity in age-class competition. To that end, we have come up with three simple precepts:

1. Events should have 5-year age divisions from 40 to at least 80, preferably to 90, or a single handicap division in which each competitor is rated based upon how close he or she comes to a national record or other

Continued on page 7

Comments From Supporters of MAAD

- Here are comments from some of those who wrote to Jim O'Neil in support of MAAD:

- "Count me as a MAAD participant. Nearly all races in San Antonio have a top age group of 60+. I will be 75 in February and have to compete with the 60-year-old kids." — Dorse H. DuBois, San Antonio, TX.

- "The entire awards setup at most races comes out of the Dark Ages, especially when they get to the older runners." — Ray S. Stewart, Atherton, CA.

- "...I was in a triathlon in Orlando, Florida, that advertised five-year age groups up to 80-and-over, probably because of my letter protesting age discrimination. I was glad to win the 70-74 age group, but was even happier to see Ed Root, 80, of Jacksonville compete and win the 80-84 award. I am sure Ed

would not have driven over 100 miles to compete if the age ceiling leveled off at 60-and-over." — James R. Ward, Seminole, FL.

- "Your efforts are more meaningful to me than to you. You and Paul can compete effectively against younger runners, but slowpokes like me can't keep up with those young 60-year-olds, now that I'm 67." — Bob Martin, Tucson, AZ.

- "Sounds like a great idea to me as I'll be 49 on January 28." — Dan Conway, Chetek, WI.

- "If Ed Benham ran a 10K here in Oklahoma in 45 minutes, I'm afraid that most folks would say, 'How nice of that old gentleman to be out jogging with the kids.' That would be a mighty insult in light of a phenomenal running achievement... People should listen to you and others who enjoy a position in the

limelight. And if others at lower levels join the struggle, we might bring about some of the needed changes." — Jim Smith, Oklahoma City, OK.

- "...in the period 1979-82, it was quite common for an age-group winner in a major race to receive a reward with some value. However, recently there has been a trend to increase the value and depth of open awards at the expense of age-group awards." — Herb Chisholm, Alexandria, VA.

- "I'm prepared to back you all the way." — Bess James, San Jacinto, CA.

- "I believe what we are doing would be consistent in the kind of recognition that senior athletes ought to have." — Ken Marshall, U.S. National Senior Olympics, St. Louis, MO.

Loudat Breaks U.S. Record

Rushmer Runs World Best in Shamrock 8K

by JERRY WOJCIK

Allan Rushmer, 44, of Great Britain, ran the shorter portion of the 16th Annual Shamrock Marathon/8K, March 19, in Virginia Beach, Va., in an M40-44 world best 24:03, placing 14th of 2150 finishers. Web Loudat, 41, of Albuquerque, N.M., with a 24:20, broke the American M40 record of 25:12 set by Kirk Randall in 1984. The time is also below Bruce Mortenson's pending 24:56 of 1986.

Mary Ellen Williams, 41, of Darneston, Md., won the W40-and-over race with a 29:24 from Carol Lasseater, 45, of Woodbridge, Va. Susie

Klutz, 51, of Winston-Salem, N.C., won the W50+ division (33:26).

In the marathon, Fred Steier, 40, of Virginia Beach finished 19th of 893 runners, with a 2:32:37. Second master was Toby Skinner (43, 2:34:33) of Beaverton, Oregon.

Vernon Geary, 75, of Williamsburg, Va., who ran both the St. Patty's 10 Mile and 5K on Sunday the week before in Allentown, Pa., finished in 4:16:55.

Kathleen Digiore, 40, of Lancaster, N.Y., won the W40-49 division (3:21:15), and Samara Balfour, 52, of NYC, bested the W50+ runners (4:01:51). □

Tropicana Easter Runs Held in Las Vegas

The 5th Annual Tropicana/KLAS-TV Easter Run in Las Vegas, April 2, offered runners a half-marathon or a 10K. Don Zaph, 43, of Boise, Idaho, and Judy Kewley, 43, of Simi Valley, Calif., gambled on the half-marathon and came out winners.

Zaph's 1:18:38 left Ricardo Martinez, 40, of Las Vegas a half minute behind in the M40+ race, and Kewley, with a 1:35:01, finished well-ahead of Ilona Klar, 44, of Houston, Texas, in the W40+ contest.

In the adjunct 10K, Steve Lester, 45, of Salt Lake City, won the M40+ tussle with a tenth-place 32:16. Lorin Hall, 42, of Roanoke, Texas, was the W40+ winner in 43:51. Lucille Adney, 74, of Long Beach, Calif., was the oldest finisher (1:15:37).

Masters winners in both races won \$100 each.

Three of the four open winners broke course records in the event, a charity for Big Brothers-Big Sisters of Southern Nevada. □

Third Wind Continued from page 6

scientifically determined standard for his/her age division;

2. If the event is not judged by a handicap system, awards should be distributed equally among all age divisions; however, consideration may be given to the number of competitors in each division;

3. Unless determined by a handicap system, there should be no single "masters winner." That is, the best masters performance is not necessarily that of the runner with the fastest time. Consideration should be given to both time and age in selecting those winners to be accorded special recognition.

MAAD will strive to achieve the above by:

— contacting race and meet directors and other prime movers to make them aware of disparities or to applaud them for having achieved equity in age-group competition;

— distributing to *National Masters News* and other interested media a rating of races and events (for example, a four-star rating to those events fully meeting the objective of MAAD on down to one star for those having limited age-group competition and a "thumbs down" to those totally ignoring older runners);

— offering assistance to race and meet directors in developing handicap

standards or in determining distribution of awards;

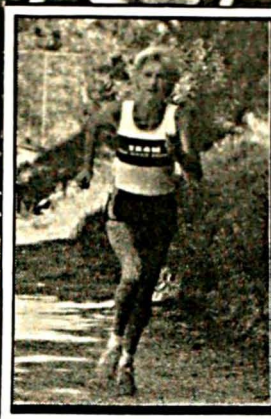
— offering assistance to the media in recognizing the best masters performers.

As a first step, I have developed a form letter directed at race and meet directors explaining the objective and precepts of MAAD. O'Neil will be sending copies to all those who have written to him so that they can photocopy the letter, personalize it, and mail it on to directors in their areas. Anyone else interested in receiving a copy or discussing MAAD with O'Neil can write to him at 6497 Caminito Formby, La Jolla, CA 92037. □

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.*

NOT OVER THE HILL RUN



Gina Faust, age 51, has 12 national titles to her credit. She will be the guest runner at Providence Point's Not Over the Hill Run and will present a pre-race clinic on Saturday, July 16.

Providence Point

A Swanson-Dean Community for Senior Adults

8k Race for Ages 50 and Over

Sunday, July 17 • 9AM

Issaquah, WA

\$3000 - in cash prizes

Six overall winners determined by age grading. Three cash prizes given in each category.

"Run for the Next Generation" to benefit Ryther Child Center

FOR FURTHER INFORMATION: Call race headquarters at (206) 343-1543 or Moving Legs at (206) 783-8546. For day of race information, (206) 392-1922.

6:00 p.m. Pre-race dinner - \$8.95
7:00 p.m. Clinic by Gina Faust - Free

DIRECTIONS: To Providence Point: Drive east on I-90, take exit 17, go left on East Lake Samammish Boulevard and right on SE 43rd Way to the Providence Point Entrance gate.

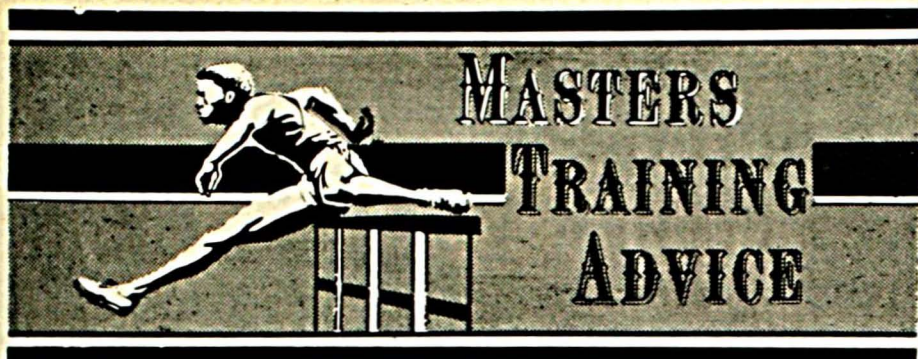
Sunday, July 17:
8:00 a.m. Race day check-in
9:00 a.m. START OF RACE
11:00 a.m. Awards Ceremony
Schedule subject to change

Saturday, July 16:
5:00 p.m. Social hour with no-host bar

ENTRY FEE: \$10.00 includes race, continental breakfast and T-shirt.

Medical assistance provided by Overlake Hospital Medical Center.

Full Name _____ Runner # _____ official use only _____
Address _____
City, State, Zip _____
Date of Birth _____ Age on Day of Race _____
Daytime telephone _____ 1988 TAC number _____
T-Shirt size: S M L XL Divisions: Male Female Walking/Shopping
 50-54 55-59 60-64 65-69 70-74 75-79 80+
 Participating due to proceeds benefiting Ryther Child Center
Entry fee: \$10 until July 13, 1988 \$12 Day of Race Please make me a reservation for _____ persons for the pre-race dinner at Le Pointe Cafe
Enclosed is \$ _____ (reservations limited) **Make checks payable to: Providence Point's Not Over the Hill Run**
Mail entries to: Not Over the Hill Run, 1111 Tower Building Seattle, WA 98101
I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and conditions of the road. I and anyone entitled to act on my behalf waive and release Swanson-Dean Corp. dba Providence Point, The Feanix Group, Moving Legs, Ryther Child Center, Overlake Hospital and other agents, employees or volunteers from all claims or liabilities of any kind arising out of my participation in this event. I understand that photographs, motion pictures or any other record of this event may be used for legitimate purposes and that my entry fee is non-refundable.
Signature _____ Date _____
Entries also available at local running stores or by calling 783-8546



Will Robinson, Consistently Tops

by TERI INGRAM

He may not be the fastest M55 in the world, although he did win the Nationals last year, and he may not be the most famous, but he quite possibly may be the most consistent, and, on an age-graded basis, the most improved.

Will Robinson has been running for 18 years, since the age of 40, and he has never had a surgery nor suffered more than minor problems with injuries. His most serious problem has been "burn-out," due to over-training, and he has taken as long as 4 months to 'come back' with rest and easy jogging. Yet, year-in and year-out, he has improved and has never missed a full season since he first took up masters sprinting and hurdling eight years ago.

How has he avoided injury all these years? Robinson considers it's partly 'in the genes.' "I feel very appreciative," he says, "of the fact that my genes are such that I have health and longevity at the age of 57." There are also two main pieces of advice he can offer: "One, listen to your body, and

two, rest when you are tired, which is not as easy as it sounds."

Robinson's main event is the 400 intermediate hurdles, and he won the M55 Nationals in this event in '87 in 68.02, which he considers his 'competitive highlight.'

While others have slowed up significantly, Robinson has tailed off only slightly. His best time in 1987 was 67.41, which compares to season bests of 65.70 in 1983, 67.50 in 1984, 65.27 in 1985, and 66.44 in 1986. On an age-graded percentage basis, that's 86.5% in 1983, 85.0% in '84, 88.8% in '85, 88.2% in '86, and 87.8% in '87.

He also is a regular in the 100, 200 and 400. In training for these events, his mileage never exceeds 15 miles a week, in-season. "Sprint training takes

much less time than distance training, so it's really no problem fitting in the workout." His wife, Joyce, and his two teenage children are also supportive of his competing.

In the off-season, he'll run speed-work on the track once a week and do a 5K road race on the weekend. In-season (February through September), he's a little more intense, doing work on the track as often as four days a week with a mile warm-up and stretching, wearing spikes. On his easy days he runs in regular running shoes. Robinson will take as much as four days rest or easy running before a

tough competition and take at least one day off afterward.

Although he did weight work-outs in 1986, he got out of the habit. "It's so hard to go back inside after being outside for eight hours (at work as a mechanical engineer for Aerospace). I'm thinking of starting again since people say one should do it to avoid losing muscle as age advances."

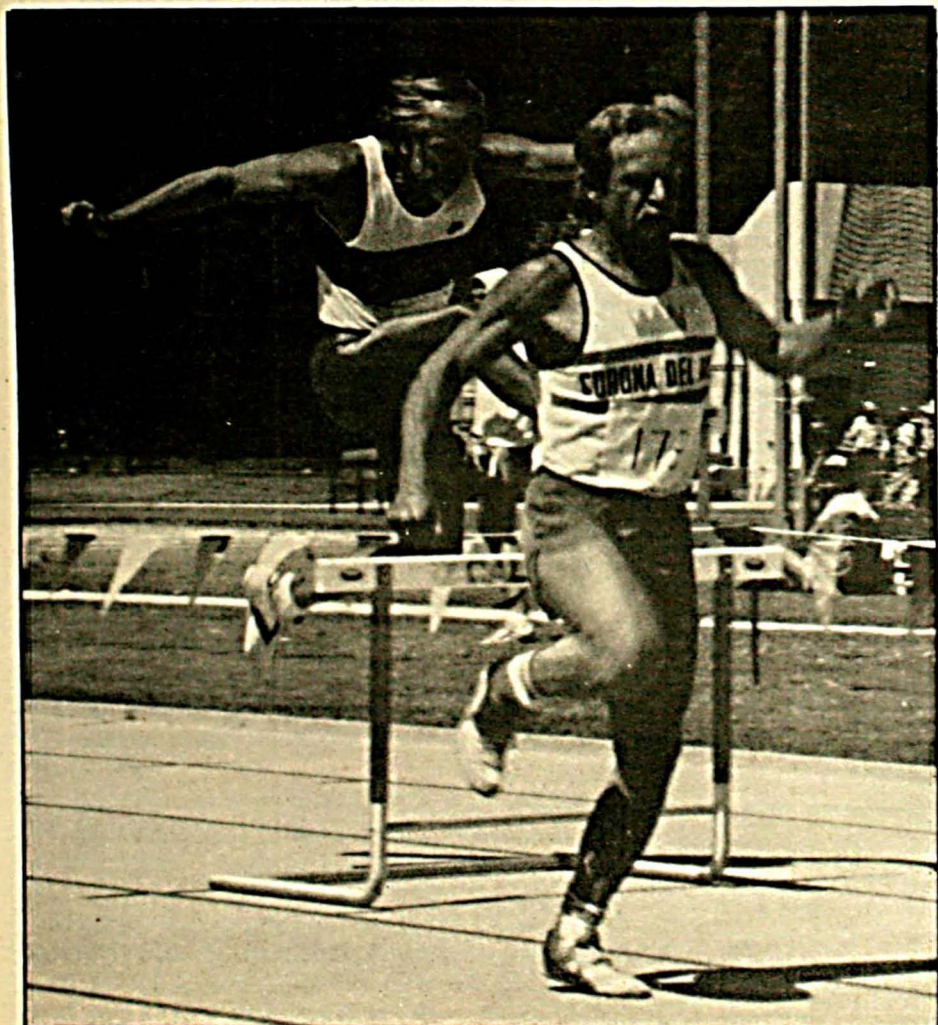
Outside of training and competing, Robinson enjoys traveling, backpacking and bike riding, and puttering around the house and garden.

Although he doesn't follow any

Continued on page 9



Taking home the gold in the M55 4x100 relay (48.73) from the World Veterans Games in Melbourne are, from left: Will Robinson, Bruce Springbett, Dawson Pratt, Harry Brown.



M55 Will Robinson, right, winning the 400-meter hurdles at the Senior Olympics, University of California at Berkeley, July 18, 1987. Dave Douglass trails. Photo by Gretchen Snyder

Daily Training Schedule - Will Robinson

Off-Season Training:

Monday	Rest
Tuesday	Track workout. One-mile warm-up and easy stretching. 6X300 or 3X400 or 2X600 or 1X800. Rest 1-3 minutes between. (75% effort).
Wednesday	Two-mile easy jog on roads; easy stretching.
Thursday	Three-mile easy jog on roads; easy stretching.
Friday	Same as Wednesday.
Saturday	5K Road Race in about 20 minutes.
Sunday	3-6 miles easy; light stretching. Total weekly mileage: 11-19.

In-Season Training:

Monday	Track. One-mile warm-up and stretching. Stride 100, walk 100 for half-mile (75% effort). 2X100, 2X200, 2X300, 2X400 (85%-90% effort).
Tuesday	Rest
Wednesday	Track. Easy workout. One-mile warm-up and stretching. 1/4 mile jog and 1/4 mile stride at 75% effort. Practice starts and 50s (90% effort).
Thursday	Track. Same as Wednesday, adding 3X3 rows of intermediate hurdles (75%).
Friday	Track. Same as Wednesday.
Saturday	Race on track. To warm-up, one mile easy plus stretching. 1/4 mile jog plus 1/4 mile striding at 75%. Race 200, 400 and 400H.
Sunday	Rest Total weekly mileage: 7-10. Spikes on hard days; flats on easy days.

Stuart, Ames Set World Marks in Redlands

Two world age-division records were broken at the Kiwanis Masters Track and Field Meet in Redlands, Calif., April 30.

Larry Stuart threw the javelin 215-9 to better the previous M50 record of 209-0, set by Sweden's Jan Smiding in 1983.

Mary Ames raced to a 41:56.2 in the 5000, to establish a new mark for women 85-and-over.

Tony Nasralla, M55, won four events, the 100 (12.6), 200 (26.1), 400 (60.4), and 300H (52.0). The meet was directed by J.R. Hedrick. □

Quote of the Month:

"Enter the arena, make the attempt and do your best."
— Olympic motto

Will Robinson Tops

Continued from page 8

special diet, he does try to eat wisely. "I seem to like chicken, fish, veggies and grains more than fat, salt and sugar, so it isn't too difficult."

Robinson ran the 100 and 200 (league champion) at Burbank High in Burbank, Calif. He graduated with a B.S. in Geology from UCLA in 1953.

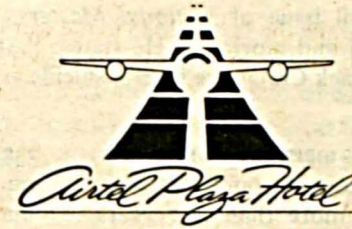
Of necessity, his sprint training is done alone. "I'd rather train with others, but they're too far away from my home in Thousand Oaks," (50 miles west of Los Angeles). He credits Dave Jackson (winner of several World Games gold medals) for teaching him stretching and training methods.

Robinson's goals for the future are, immediately, to do well in the 1988 Nationals in Orlando in August, and long-term, to win a medal in a World Games. "It's not probable in 1989, since I'll be running against people four years younger. I have more realistic hopes for 1991, when I'll be at the bottom of my age-group."

What does he consider his most important achievement outside of sports? "To be 'there' for my friends and associates . . . to be the one who friends rely on in time of need. To be a dependable associate at work."

He would also like to congratulate meet organizers. "They take on a big job, needing much know-how and time. Often participants are unappreciative and hard to please. I am very appreciative when someone will go to the considerable trouble to put on a meet.

"I think I should add," Robinson goes on, "that even though my training has worked well for me in the past, I will probably ease up now that I am nearing my 60s, hoping to avoid injury." □



Airtel Plaza Hotel
Sherman Way at Van Nuys Airport
7277 Valjean Avenue
Van Nuys, CA 91406-3425
(818) 997-7676

TAC MASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIP
SAT., JUL 16 & SUN., JULY 17, 1988 AT CALIFORNIA STATE UNIVERSITY NORTHRIDGE

LOCATION	CALIFORNIA STATE UNIVERSITY NORTHRIDGE CSUN. 18111 NORDOFF, NORTHRIDGE, CA 91330
FACILITIES	ARTIFICIAL SURFACE 400 METER TRACK (9) LANES, 3/16 OR 5MM SPIKES PERMITTED ONLY. ALL RUNWAYS ARE ARTIFICIAL AND CONCRETE RINGS (GRASS JAVELIN THROW RUNWAY). ALL FINALS ACCUTRAC TIMING.
DIVISIONS	5 YEAR AGE DIVISION. WOMEN FIRST AND MEN FROM OLDEST TO YOUNGEST. IMPLEMENTS & HURDLES FOLLOW TAC REGULATIONS. (TIME LIMIT FOR FIELD EVENTS 2 MINUTES)
ENTRY FEES	\$ 10.00 FOR FIRST EVENT; \$ 7.00 FOR EACH ADDITIONAL EVENT; \$ 20.00 PER RELAY TEAM. INCLUDES T-SHIRT. NO REFUNDS.
ENTRY DEADLINE	TO GUARANTEE PARTICIPATION IN THIS CHAMPIONSHIP ALL ENTRIES MUST BE POSTMARKED ON OR BEFORE WEDNESDAY, JULY 6TH, 1988. YOU MAY PHONE IN YOUR COMPLETE ENTRY INFORMATION UNTIL DEADLINE DATE. LATE ENTRIES DOUBLE ENTRY FEES. IF SPACE AVAILABLE. NO SUBSTITUTION OF EVENTS.
RULES	SPA/TAC. NO FALSE START RULE WILL BE ENFORCED.
MEET DIRECTORS	MARVIN THOMPSON, GLEN JOHNSON AND JERRY WILLIAMS. TELEPHONE No. (213) 666-7341
AWARDS	WESTERN REGIONAL CHAMPIONSHIP MEDALS FOR FIRST, SECOND AND THIRD PLACES IN 5 YEAR AGE GROUP.
NOTE	TAC REGISTRATION REQUIRED
VIDEO TAPING	LAPOC VIDEO SPORTS PRODUCTION, LTD.-2301 HYPERION AVE., SUITE P, LOS ANGELES, CA 90027- WILL VIDEO TAPE ALL FINALS. COPIES WILL BE AVAILABLE \$ 30.00 BY ORDERS ONLY. ALLOW 4 TO 6 WEEKS FOR DELIVERY.
MAIL ENTRY TO	LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE. P.O. BOX 2981, BEVERLY HILLS, CA 90213-2381.
MEET HEADQUARTERS	AIRTEL PLAZA HOTEL- 7277 VALJEAN AVE., VAN NUYS, CA 91406-3425. SHERMAN WAY AT VAN NUYS AIRPORT. THE SPECIAL EVENT DISCOUNTED RATES EXTENDED TO ALL WESTERN REGIONAL ATHLETES ARE \$ 60.00 FOR STANDARD ROOMS FOR SINGLE, DOUBLE, TRIPLE OR QUADRUPLE OCCUPANCY, AND \$ 119.00 FOR ALL SPECIALTY ROOMS AND SUITES. CALL DEBARAH JO ESKEW (818) 997-7676 EXT. 451.

SATURDAY JULY 16, 1988		TENTATIVE SCHEDULE OF EVENTS		SUNDAY JULY 17, 1988	
TRACK EVENTS		TRACK EVENTS		TRACK EVENTS	
12:00 NOON 5K TRACK-WALK (COMB.FINAL)	3:15 P.M. *OFFICIALS BREAK *	10:00 A.M. 2000/3000 M. STEEPLE-CHASE -FINALS	1:00 P.M. 400 METERS-PRELIM.	1:00 P.M. 400 METERS-PRELIM.	
1:00 P.M. 80 M.HURDLES-FINAL	3:45 P.M. 100 METERS-FINAL	11:00 A.M. 200 METERS-PRELIM.	1:30 P.M. 300 I.H.-FINAL	1:30 P.M. 300 I.H.-FINAL	
1:15 P.M. 100 M.H.- FINAL	4:15 P.M. *PENTATHLON 200 METER FINAL	11:45 A.M. 200 I.H.(EXHIBITION)	2:00 P.M. 400 I.H.-FINAL	2:00 P.M. 400 I.H.-FINAL	
1:30 P.M. 110 M.H.H.-FINAL	5:30 P.M. 1500 METERS-FINAL	12:00 NOON 200 METERS-FINAL	2:20 P.M. 400 METERS-FINAL	2:20 P.M. 400 METERS-FINAL	
1:45 P.M. 4 X 100 M. RELAY	6:00 P.M. *PENTATHLON 1500 M.-FINAL *	12:30 A.M. *OFFICIALS BREAK *	2:50 P.M. 4 X 200 M. RELAY	2:50 P.M. 4 X 200 M. RELAY	
2:00 P.M. 800 METERS-FINAL	6:15 P.M. 4 X 400 M. RELAY		3:00 P.M. 20K TRACK-WALK (COMB.-FINAL)	3:00 P.M. 20K TRACK-WALK (COMB.-FINAL)	
2:45 P.M. 100 METERS-PRELIM.	6:30 P.M. 5000 M.RUN (COMB.FINAL)				
FIELD EVENTS		FIELD EVENTS		FIELD EVENTS	
1:00 P.M. *LONG JUMP PENTATHLON *	4:00 P.M. TRIPLE JUMP M45-59	8:00 A.M. DISCUS W/M 60+	2:30 P.M. JAVELIN W/M 60+	2:30 P.M. JAVELIN W/M 60+	
2:15 P.M. *JAVELIN PENTATHLON*	4:00 P.M. TRIPLE JUMP M30-44	9:30 A.M. DISCUS M45-59	3:30 P.M. JAVELIN M45-59	3:30 P.M. JAVELIN M45-59	
4:30 P.M. *DISCUS PENTATHLON*	5:00 P.M. HIGH JUMP W/M 60+	11:00 A.M. DISCUS M30-44	4:30 P.M. JAVELIN M30-44	4:30 P.M. JAVELIN M30-44	
1:00 P.M. HAMMER THROW W/M 60+	5:00 P.M. HIGH JUMP M45-59	11:30 A.M. SHOT PUT W/M 60+	2:30 P.M. LONG JUMP W/M 60+	2:30 P.M. LONG JUMP W/M 60+	
2:15 P.M. HAMMER THROW M45-59	6:00 P.M. HIGH JUMP M30-44	12:30 P.M. SHOT PUT M45-59	3:30 P.M. LONG JUMP M45-59	3:30 P.M. LONG JUMP M45-59	
3:30 P.M. HAMMER THROW M30-44	3:00 P.M. POLE VAULT W/M 60 +	1:30 P.M. SHOT PUT M30-44	4:30 P.M. LONG JUMP M30-44	4:30 P.M. LONG JUMP M30-44	
2:00 P.M. TRIPLE JUMP WOMEN	4:30 P.M. POLE VAULT M45-59				
3:00 P.M. TRIPLE JUMP M60+	6:00 P.M. POLE VAULT M30-44				

OFFICIAL ENTRY FORM (PLEASE PRINT)

NAME _____ LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

SEX : M _____ F _____ DATE OF BIRTH _____ AGE _____ TAC # _____

INDIVIDUAL FEES \$ _____ RELAY TEAM \$ _____ TOTAL \$ _____

CLUB OR TEAM REPRESENTING _____ T-SHIRT SIZE: S _____ M _____ L _____ EX-L _____

EVENT (S) ENTERED BEST '87/88 _____ EVENT (S) ENTERED BEST '87/88 _____

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

MAIL ENTRY TO : LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE- P.O. BOX 2981, BEVERLY HILLS, CA 90213-2981.

ATHLETE'S WAIVER : I WAIVE ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST CSUN, THE ATHLETIC CONGRESS, LOS ANGELES PATRIOTS, AND THE SPONSORS OF THIS ATHLETIC EVENT ARISING FROM ANY INJURY, ILLNESS, OR ACCIDENT THAT I MAY SUSTAIN OR INCUR PARTICIPATING IN THIS EVENT OR AT THIS EVENT. I DECLARE THAT I AM IN A GOOD HEALTH TO PARTICIPATE IN THIS EVENT.

SIGNATURE _____ DATE _____



Rebuttal to "Cholesterol & Mortality"

In the April issue of *National Masters News*, Dr. Tom Bassler writes on cholesterol and mortality. He states: "Among members of the Los Angeles Seniors Track Club were several suicide events associated with low cholesterol levels."

As that club's membership secretary, and as the editor and publisher of its newsletter for more than five years, permit me a few comments.

Nathan Pritikin rejoined the club in June of 1983. He had terminal leukemia when he died by his own hand, at age 69, on February 21, 1985. Does Tom want us to believe that Pritikin did himself in because he had low cholesterol?

On February 19, 1986, David T. Parker, M.D., another member of the club, died by his own hand. Parker rigorously practiced vegetarianism, following the suggestions of the Seventh Day Adventist faith of which he was a prominent member. It is (apparently) assumed that Parker had low cholesterol, and this caused him to end his life. I saw matters differently than Tom and came to quite different conclusions.

In the last few years of Parker's life, his distance running performances deteriorated due to chronic injuries, in spite of the shots he gave himself to lessen the pain and permit heavy train-

ing that would hopefully put him back on top. Parker had been a national masters champion and was proud of his past achievements, sometimes taunting other club members to reach his level of performance.

In the last few months of his life Parker's personality did an about face. He became humble and reticent on public occasions; the booming voice that fellow road runners had come to dread at road races became silent.

In spite of Parker's effort, a family member's drug problems did not go away. Parker was no longer in charge. He met with failure in his efforts towards matters that were important to him. Yet Tom wants us to believe that low cholesterol did Parker in.

Who are these other suicides of Seniors Track Club members brought on by low cholesterol that Tom Bassler wants us to know about? Tom uses the word "associated," yet lets us make the presumption of cause and effect. I know of none.

Tom is guilty of the "post hoc, ergo propter hoc" mistake in logic — a Latin phrase meaning "after this, therefore because of it." Bassler says 15 runners have died on Pritikin's diet. Applying the same faulty logic, apparently. An aging man, who has followed a high-fat, high-cholesterol diet for 50 years, starts running and goes on the Pritikin diet. Within a year he drops dead of a heart attack. Now what caused the heart attack? His lifestyle during the first 50 years, or that in the last year before death? Tom wants us to think he knows.

On page 90 of Pritikin's book *The Pritikin Promise*, in a chapter entitled "Run and Die on the American Diet," Pritikin names three members of the Seniors Track Club who died during, or shortly after, a run. I know of two others: a former president of the club residing in Arizona, and an M.D. who had just completed a personal record in a 10K. Did any of these five people die of low cholesterol? Or was death due to arteries clogged from years on an imprudent diet? Tom knows that these

deaths happened long before Pritikin's ideas were practiced by runners.

Like Pritikin, Bassler also wrote a book on diet. *The Whole Life Diet* was published in 1979. It is now out of print. In it Bassler describes a woman who has all kinds of medical problems. Tom says, "This is the first patient I referred to Nathan Pritikin. I had met him through the Seniors Track Club, and had heard that he gave dietary advice to very sick people with some surprisingly good results . . . I have to admit I was skeptical, back in those days. I was certain that diet and exercise were important for health, of course; but I thought you had to start early in life to see benefits. I just did not have Nathan's optimism."

Is this the same Tom Bassler who now carries on whenever Pritikin's name is mentioned? When did Tom lose the faith? Did he have one of those "nutritional arrhythmias" he is always warning us about? It certainly can't be envy of a former fellow club member and successful author. Tom has also written science fiction — under the name of T.J. Bass. No one has suggested that Tom use that name as the author of his articles on running deaths.

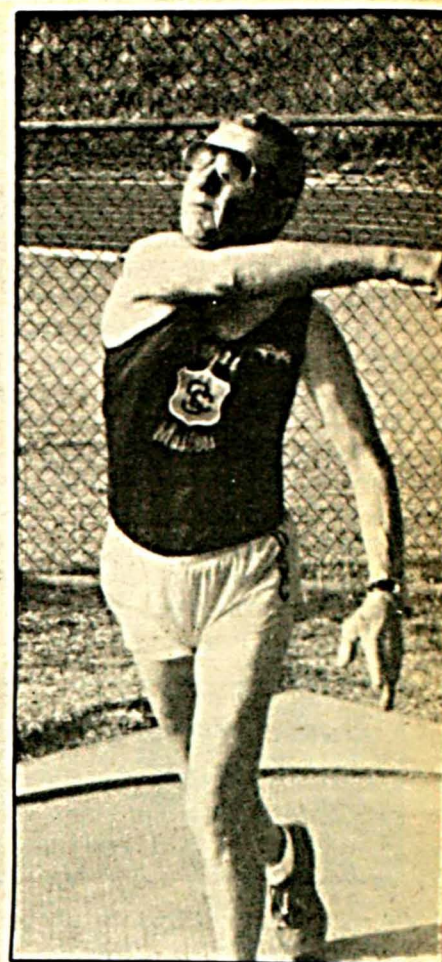
Joe Burgasser, while editor of the *Seniors Track Club Newsletter*, ran a 2:27 marathon. Joe was beyond 40 years of age and followed the Pritikin diet at the time of his performance. Joe is still alive and well in Florida.

Rob de Castella, a marathoner of no mean achievement, also has been following the Pritikin diet. Rob won the first World Championship marathon in 1983.

Dave Scott's victory in the Ironman Triathlon last year was his sixth or so. He is the greatest long-course triathlete that ever lived. For many years, Dave has followed a diet that is even stricter than Pritikin's (as have many other top athletes in the sport). Why doesn't Dave drop dead out there pounding the ground at sub-three hour pace as Tom has predicted for people on the Pritikin diet?

Dr. Ken Cooper devotes a whole chapter in his book *Running Without Fear* to the "Jim Fixx Syndrome," telling us about the myths that cause runners to go to an early grave. He mentions Bassler on page 21 of this chapter: "Ironically, Bassler at one time gained notoriety as a major proponent of the notion that anyone who finished a marathon in less than four hours was immune to heart disease." Ironic, because of late, Bassler says runners are dying not because they followed his advice on running, diet, and immunity, but because they don't.

The second chapter of Cooper's book is entitled "Why Did Jim Fixx Die?" He shows that Fixx's major coronary arteries were obstructed between 70 and 99 percent. Jim's ratio of total cholesterol to the good HDL type was



Elmer Siegel, M70 DT (65-4), Sportarcade III, Northridge, Calif., March 5.

Photo by Jerry Wojcik

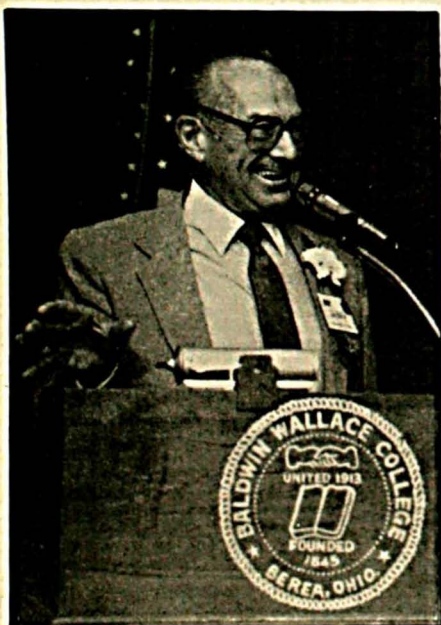
3.48 at death. Well below (the lower the better) the suggested ratio of 4.5 for men, vindicating Pritikin's idea. In this case, that only total cholesterol mattered.

Cooper interviewed just about everyone connected with Fixx's last days. Dr. Eleanor McQuillen, the chief medical examiner of Vermont, conducted Fixx's autopsy. It suggested that Fixx had had three other heart attacks during the eight weeks before his final one. We'll probably never know if Jim was aware of them.

Goodloe Byron's case is similar. Dr. Manuel G. Jimenez, who did Byron's autopsy, says "The coronaries were narrowed to only pinprick openings; Congressman Byron's coronary arteries were worse than most I've autopsied . . . for me, it was plainly coronary insufficiency due to atherosclerosis" (from the *Pritikin Promise*, pages 83 and 84).

On hearing of Byron's death, Bassler said the death had not been caused by heart disease. "He probably wasn't eating one of the six foods that marathoners eat: yeast, yogurt, peanuts, beer, wheat germ, and vitamin C." (*Pritikin Promise*, page 84.) Tom details his thoughts on diet in *The Whole Life Diet*, mentioned above.

Tom Bassler no longer talks about the immunity of marathoners to heart disease. But, since Byron and Fixx had cholesterol in the 220s, which Tom says is O.K., then it must be Pritikin's diet that is at fault. Right, Tom? □



Donald Hull of Orange, Fla., at his induction into the Baldwin-Wallace College Hall of Fame, Berea, Ohio, February 20. In the late '30s, Hull was an outstanding 440/880 runner for the college. He has been a TAC Masters All-American for the past two years.

Photo by Ron Linek

Stern, Hearn-Grenning Win In Trevira Twosome

by JERRY WOJCIK

Hal Stern (42, 57:17) and Christine Hearn Grenning (42, 1:02:06) combined for a tenth-place 1:59:23 of 593 finishing couples to win the age-80-to-99 category in the 10th Annual Trevira Twosome 10 Mile in Central Park, NYC, on April 16.

Ben Johns (52, 59:26) and Diane Palmason (50, 1:06:04) won the 100-to-119 division with a 2:05:30 total. Stephen Richardson (67, 1:12:08) and Laurette Rindlaub (54, 1:12:18) were well-matched at ten seconds apart and took the 120-and-over race with a 2:24:26 total.

Winners overall were John Gregorek (28, 48:31) and Grete Waitz (34, 53:48).

In the adjunct two-mile race, Ted Haiman (45, 9:53) teamed with Diane Ditchfield (35, 11:46) to take ninth place of 292 couples and win the 80-to-99 category, while Witold Bialokur (53, 10:39) and Anna Thornhill (47, 12:44) took the 100-to-119 race, and John McHugh (67, 13:22) and Melva Murray (55, 15:39) won the 120-and-over title.

Rose Donoghue (28, 9:07) and Nnenna Lynch (16, 11:00) placed first.



Mavis Lindgren, 79, finishing her 49th Marathon, the Los Angeles Marathon, March 6. Her granddaughter (F79), ran with her the whole way. Photo by Richard Lee Slotkin

Note: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. The opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertisement

Advertisement

An Open Letter from Dr. Gerald S. Frank

Training Intensity: the major factor in staying young

This is one of Michael L. Pollock's principal findings in his continuing study of master runners started back in 1971: the key to holding back the aging process is Training Intensity.

Let's look at *Training Intensity*. It's composed of two elements: Motivation and Energy. While our motivation must come from within, I can help provide you with the needed energy. My name is Dr. Gerald S. Frank, and I have pioneered the formulation of coenzymes for athletes. I call it CAPS — the Coenzyme Athletic Performance System.

I told Gregg Stewart about CAPS, and he used them every day for a month before the 1987 Ironman. He finished third with a sub-nine-hour time. He was the only top finisher who bettered his 1986 time! Gregg swam 2.4 miles, cycled 112 miles, and then cut 14 minutes and 58 seconds off his 1986 marathon split. That's more than 34 seconds per mile!

And at the end of the Ironman, Gregg strode across the finish line looking and feeling great — all of this despite the extreme heat and humidity. The very next day he got up early and did some sightseeing with his family. Gregg then flew to France, where he finished 5th in the Nice Triathlon just two weeks later.

Here's how it works: as a serious athlete you expend a tremendous amount of energy. This energy is produced by breaking the phosphate bonds in adenosine tri-phosphate [ATP] in the muscles. Coenzyme Q10 [$^{CO}Q_{10}$], the primary ingredient in RACE CAPS, is the most powerful oxidizer. It enables you to reach your optimum aerobic capacity by pushing your anaerobic threshold to its limit. And when you cross it, thus becoming anaerobic, $^{CO}Q_{10}$ is the essential precursor to ATP.

This means that one of my products, RACE CAPS (with $^{CO}Q_{10}$), is the most powerful ergogenic aid for sprinters, distance runners, and field competitors. You see, as we get older, we lose our natural ability to produce $^{CO}Q_{10}$, which is normally synthesized in the liver. This is literally the core of the aging process! Those of us who take RACE CAPS bring our level of $^{CO}Q_{10}$ up to where it was when we were younger.

All of us have problems with lactic acid, soreness, and muscle burn. For this I recommend ENDURO CAPS, a coenzyme compound that raises the anaerobic threshold and reduces the production of lactic acid, shunting it back into the energy cycle so it doesn't make us tired.

There's no down side to the CAPS system. There's no way to take too much — only too little. So athletes like you who use RACE CAPS and ENDURO CAPS properly will experience:


- ★ longer sustained peak performance,
- ★ greatly increased endurance, and
- ★ dramatically shortened recovery time.

In fact, after finishing an event that's grueling to others, CAPS users feel just great! Personally, CAPS changed my life. I look forward to every workout. I feel younger and more vital. I'm so certain that CAPS will do the same for you that I'll guarantee it.

Get 2 bottles of RACE CAPS and 1 bottle of ENDURO CAPS (a \$70 value) for only \$45.95 + \$2.35 shipping and handling — that's 50% more RACE CAPS for only \$6 more than our previous offer. In addition, I'm pleased to offer wholesale discounts to Race Clubs and other groups ordering 12 or more bottles. Call and ask about these special prices.

If for any reason you're not satisfied, just send back the empty bottles and let me know. I'll refund your money, no questions asked. But I think you'll be so satisfied that you'll want to enjoy these products for a long time to come.

To order, call toll free today: 1-800-336-1977 (in California, call 1-800-441-1977, or if local in the San Francisco Bay Area, call [415] 931-1977). Or send your check, money order, or VISA/MasterCard number (plus expiration date and signature) directly to: Hansen & Frank, Inc., Dept. M; 2886 Geary Boulevard, Suite 205; San Francisco, CA 94118.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Muscle Soreness

One of the pleasant sidelights of the American Olympic Marathon Trials in New Jersey this year was a seminar in sports medicine with emphasis on running.

I thought we could share some of the more practical highlights.

A nutritionist specializing in sports medicine lectured on muscle soreness after competition. He said:

1) After a hard marathon, it takes 12 weeks to reduce muscle damage to a normal level. This may dictate the use of extensive rest after marathon runs and may improve performance over the long run.

2) Muscle soreness after a hard marathon reaches peak soreness in 48 hours. After 48 hours, soreness

diminishes.

3) Trained runners need at least 1.4 grams of protein per kilogram of body weight per day. Most of us are far short of this level.

4) Aspirin delays healing. It tends to blunt protein turnover. He recommends other non-steroidal anti-inflammatories to control pain.

5) Most damage to muscle tissue comes from eccentric contraction — running down hill.

6) As muscles become damaged from long distance running, scar tissue

replaces muscle tissue. He feels that long distance runners, over a period of time, lose healthy muscle tissue to scar tissue. For those of us who have difficulty training year after year and suffer muscle soreness, we are probably in this category.

I feel we should pay attention to these facts. We may have to increase our stretching routine and perhaps use

cross training with emphases on bicycle or swimming. We must also pay close attention to our diets and make sure we are getting sufficient protein intake.

(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.)

U.S. Masters 20th Reunion in San Diego

A reunion of all masters athletes who participated in the initial masters track meets at Balboa Stadium in San Diego between 1968 and 1972 will be held in conjunction with the San Diego-Imperial TAC Masters Championships to be conducted at the stadium on Saturday, July 2.

Augie Escamilla, who, back in 1968-1972, held a number of masters mile and 2-mile records, is attempting to reach as many of the entrants who are still in active competition, as well as those who may have dropped out but

would still like to keep in touch. All are invited to come to San Diego on July 2 and participate in the meet or just socialize at the BBQ which will follow.

To enter, send SASE to: David H.R. Pain, Co-chairman, 5643 Campanile Way, San Diego, CA 92115 (619) 582-3316, or just drop a note to: Augie Escamilla, 4974 Dafter St., San Diego, CA 92105, (619) 262-2128 and just let him know you will be attending. The price of the BBQ is \$7.50 and must be received by June 29th. Entry form on this page.

Tobin, Kreuz Capture 50 Mile Crowns

Continued from page 1

for the last 25 miles to come within two minutes of the TAC M45 record, claim his first National Championship, and set a new course record.

Florida's Ed Barreto, M50, extended

his one-marathon-a-week Guinness Book of Records streak to 65 by completing 30 miles in 6:40:56.

Finally, the diehard fans were able to witness the end of a titanic struggle for the M65 championship. The battle raged for 10:10:29 between John Lewis of Frederick, Md., and Wolfpack's Harry Smith of London, Ohio. Smith saw his early three-minute lead melt away by the 25-mile mark. Lewis built up his own three minute lead until he became sick to his stomach at mile 45. As Smith caught up again, Lewis elected to renew the battle. After several attempts to pull away from one another, the exhausted warriors talked it over and agreed to a dead-heat finish for the M65 crown.

1. DISPLAY ADVERTISING RATES				
Column Inches	Ad Size	Cost	Width	Height
52	Full page	250	10"	13"
39	1/4 page	210	10"	9 1/4"
			7 1/2"	13"
26	1/2 page	160	5"	13"
			10"	6 1/2"
13	1/4 page	100	5"	6 1/2"
			10"	3 1/4"
7	1/8 page	60	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 page	50	2 1/4"	3 1/4"
1		25	2 1/4"	1"

2. FREQUENCY DISCOUNTS (1-year period)
 3 to 5 insertions 10%
 6 to 12 insertions 15%

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

4. SPECIAL RATES
 25% discount for race and meet notices. No frequency 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 \$35.

8. CLOSING DATES
 The 10th of month before date of issue.

9. CIRCULATION February 1987
 Paid: 4210 Distribution: 5000
 Published monthly. Subscriptions \$18.75/year.

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



John White (left) race director of the TAC National Masters 50-Mile Championships, April 9, chats with overall winner, M45 Bill Tobin (5:31:38).

CASH AWARDS \$100 • \$50 • \$25

SDIAC MASTERS (30 & over)

TRACK & FIELD CHAMPIONSHIPS

San Diego, California • Balboa Stadium

Saturday • July 2, 1988

Home of the 1989 National TAC Masters Track & Field Championships
 Help Celebrate the 20th Anniversary of the Birth of Masters Athletics

Facilities: Brand new \$400,000 Mondo Rubber track, runways & javelin • 1/8" SPIKES OR FLATS ONLY. Concrete rings. Hammer subject to availability of facility.

Timing: Electronic timing for all running events.

Order of Competition: Women first, oldest to youngest in 5-year age groups starting 30 years. Heats will be run if needed. Divisions may be combined at meet director's discretion.

Awards: TAC championship medals to first 3 finishers in each division and to 3 SDIAC-registered competitors. \$100 cash award to top age-graded performance in meet, \$50 to second, \$25 to third.

Registration: Entries must be received by Wednesday, June 29. ABSOLUTELY NO DAY OF MEET REGISTRATION.

Entry Fee: \$7.00 per event. No entry fee for special age-graded handicap 100m & 800m • enter day of meet.

TAC Registration: All entrants must hold 1988 TAC registration (proof may be required). San Diego and Imperial County residents can register at 1135 Garnet Avenue, San Diego, 92109, or by including \$10 registration fee with entry (pick up TAC card at meet).

Post-Meet Picnic: An all-you-can-eat barbeque picnic will be held at the stadium at the completion of the meet. A fee of \$7.50 per person must be included with the entry fee.

Directions: From North • I-5 to "B" Street (west), right (north) at 16th Street to Stadium.
 From South • I-5 to San Diego City College exit, north on 16th Street to Stadium.

SCHEDULE			
9:30	5,000m Racewalk	2:00	400m
10:15	5,000m Run	2:30	100m & Wheelchair 100m
10:45	400/200m IH	3:15	1500m
11:15	Steeplechase	3:45	200m
12:00	Wheelchair 1,500m	4:30	Age-graded Handicap 800m
12:15	800m		Age-graded Handicap 100m
1:15	110/100/80m Hurdles	4:30	Picnic
			10:00 Hammer (if facility available)
			Javelin
			11:00 Pole Vault & Long Jump
			12:00 Shot Put & Triple Jump
			1:00 Discus & High Jump

ENTRY FORM

Name _____ Phone () _____
 Address _____ City _____ State _____ Zip _____
 Age on 7/2/88 _____ Date of Birth _____ Sex _____ M _____ F _____
 1988 TAC # _____ Club _____

EVENTS	Best 87/88 Mark	FEES
1. _____	_____	Events @ \$7 each
2. _____	_____	Post-Meet Picnic @ \$7.50 each
3. _____	_____	SDIAC TAC Registration \$10.00
TOTAL: _____		

WAIVER
 I make all rights that I, or my heirs or assigns may have against the sponsors or directors of this athletic event, arising from any injury, illness, or accident that I may sustain or incur participating in these events. I declare that I am in good health to participate in these events.

SIGNED: _____ DATE: _____ 1988

Checks payable to: SDIAC Masters Championships
 Send to: David Pain • 5643 Campanile Way • San Diego, CA 92115

Rushmer Sets 5K World Best

Swenson Wins St. Patty's Mile

The St. Patty's 10 Mile, scheduled for March 13 in Allentown, Pa., was actually a two-day, three-race event, starting on March 12 with the Mayor's Cup Dream Mile. In the masters segment, an out-and-back run, Al Swenson, the M40 1988 masters indoor mile champion (4:19.3), out-legged Britian's Allan Rushmer for first, 4:20.6 to 4:21.5, with Harold Nolan capturing third (4:23.2) in a field of 13.

On Sunday, Rushmer, came back strong, setting an M40 5K world best of 14:38. Larry Olsen, of

Massachusetts, broke his own M40AR of 14:47 with a 14:43. Harold Nolan was again third (15:11). M45 Tom Tushingham, of Ontario, Canada, ran an excellent 15:39.

Eileen Shovlin, 40, was top masters female in 18:13.

Three hours later in the main event, the 10-miler, Barry Firestone (41, 57:40) and Keith Gaunt (45, 58:00) finished one-two M40+, and Linda Toretsky (43, 1:09:46) and Judith Bugyi (41, 1:10:40) took the W40+ top two spots. □

Hatton Breaks M55 Record in Pear Blossom

by JERRY WOJCIK

Ray Hatton, 56, of Bend, Oregon, set an M55-59 national record, and both masters leaders placed in the top ten in the 12th annual Pear Blossom 20K in Medford, Oregon, April 9. Hatton ran 1:12:19, more than a minute below Ross Smith's M55 mark of 1:13:23, set in 1983.

First masters runner, John Zinselmeir, 40, of Mad River, Calif., placed sixth overall with a 1:08:43, and Elaine Delsman, 42, of Ashland, Oregon, was eighth woman in 1:21:13. Just behind Zinselmeir, Lynn Harmon, 42, Portland, Oregon, also made the top ten, with a ninth 1:09:17, as did Judy Watson, 40, Clackamas, Oregon, among the women with a tenth

1:21:35. Orlo Keniston, 61, of Seattle won the M60 race in 1:17:44.

Hatton's performance percentage, which is calculated by dividing his time standard of 1:06:33 for the M55 20K by his finishing time, was a high 92.0%. Paul Reese, 70, of Auburn, Calif., who won the M70 race with a 1:26:46, three seconds shy of his four-month-old M70-74 record, had a performance percentage of 90.8%, calculated by dividing the M70 time standard of 1:18:47 by his finishing time.

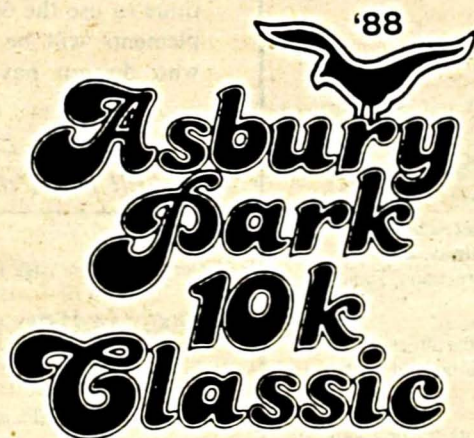
Keniston's performance percentage was 89.9%, while Zinselmeir's was 86.1%.

Winners overall were Matt Cato (29, 1:03:16) of Portland, and Karen Rayle (18, 1:14:17) of Eugene, Oregon. □

Road Pace Table

Mile	8 km	10 km	15 km	10 ml	20 km	1/2 mar	30 km	Marathon
4:30	22:23	27:58	41:57	45:00	55:56			
4:40	23:12	29:00	43:30	46:40	58:00	1:01:11	1:27:00	
4:50	24:02	30:02	45:03	48:20	1:00:04	1:03:22	1:30:06	2:06:44
5:00	24:52	31:04	46:37	50:00	1:02:09	1:05:33	1:33:13	2:11:06
5:10	25:41	32:07	48:10	51:40	1:04:13	1:07:44	1:36:19	2:15:28
5:20	26:31	33:09	49:43	53:20	1:06:17	1:09:55	1:39:26	2:19:50
5:30	27:21	34:11	51:16	55:00	1:08:21	1:12:06	1:42:32	2:24:13
5:40	28:10	35:13	52:49	56:40	1:10:26	1:14:18	1:45:38	2:28:35
5:50	29:00	36:15	54:23	58:20	1:12:30	1:16:29	1:48:45	2:32:57
6:00	29:50	37:17	55:56	60:00	1:14:34	1:18:40	1:51:51	2:37:19
6:10	30:40	38:19	57:29	1:01:40	1:16:39	1:20:51	1:54:58	2:41:41
6:20	31:29	39:22	59:02	1:03:20	1:18:43	1:23:02	1:58:04	2:46:04
6:30	32:19	40:24	1:00:35	1:05:00	1:20:47	1:25:13	2:01:10	2:50:26
6:40	33:09	41:26	1:02:09	1:06:40	1:22:51	1:27:24	2:04:17	2:54:48
6:50	33:58	42:28	1:03:42	1:08:20	1:24:56	1:29:35	2:07:23	2:59:10
7:00	34:48	43:30	1:05:15	1:10:00	1:27:00	1:31:46	2:10:30	3:03:32
7:10	35:38	44:32	1:06:48	1:11:40	1:29:04	1:33:57	2:13:36	3:07:54
7:20	36:28	45:34	1:08:21	1:13:20	1:31:08	1:36:09	2:16:42	3:12:17
7:30	37:17	46:37	1:09:55	1:15:00	1:33:13	1:38:20	2:19:49	3:16:39
7:40	38:07	47:39	1:11:28	1:16:40	1:35:17	1:40:31	2:22:55	3:21:01
7:50	38:57	48:41	1:13:01	1:18:20	1:37:21	1:42:42	2:26:02	3:25:23
8:00	39:46	49:43	1:14:34	1:20:00	1:39:26	1:44:53	2:29:08	3:29:45
8:10	40:36	50:45	1:16:07	1:21:40	1:41:30	1:47:04	2:32:15	3:34:08
8:20	41:26	51:47	1:17:41	1:23:20	1:43:34	1:49:15	2:35:21	3:38:30
8:30	42:16	52:49	1:19:14	1:25:00	1:45:38	1:51:26	2:38:27	3:42:52
8:40	43:05	53:52	1:20:47	1:26:40	1:47:43	1:53:37	2:41:34	3:47:14
8:50	43:55	54:54	1:22:20	1:28:20	1:49:47	1:55:48	2:44:40	3:51:36
9:00	44:45	55:56	1:23:53	1:30:00	1:51:51	1:57:59	2:47:47	3:55:59
10:00	49:43	1:02:09	1:33:13	1:40:00	2:04:17	2:11:06	3:06:25	4:22:12
11:00	54:41	1:08:21	1:42:32	1:50:00	2:16:42	2:24:13	3:25:04	4:48:25
12:00	59:39	1:14:34	1:51:51	2:00:00	2:29:08	2:37:19	3:43:42	5:14:38

SHORE ATHLETIC CLUB INVITES YOU TO
**The 1988 Men's and Women's National Masters
TAC 10K Championship**



SATURDAY, AUGUST 13, ASBURY PARK, NJ.

THE CLASSIC OFFERS IT ALL:

- SITE OF THE SUMMER'S NO. 1 RACE WEEKEND
- \$26,000 in TAC Prize Funds awarded in the Open and Master's Divisions (\$8,500)
- The best Master's field ever assembled.
- EXPO., Friday "All You Can Eat" Pasta Dinner, Runner's Forum, Saturday "All You Can Eat" Poolside Barbecue, Gala Runner's Dance and Post Race Results Program.
- Ranked among the top races to run by RUNNER'S WORLD



JCPenney

ENTRIES MUST BE RECEIVED BY AUGUST 8
Send request to AP 10K, Box 2287, Ocean, NJ 07712
For Information: 201-922-9479





MASTERS TRACK & FIELD REPORT

by BRUCE SPRINGBET

The Future of the Nationals

Since my TAC title is "National Masters Outdoor Coordinator," I will confine my comments to outdoor competition and, specifically, the National Championships.

There are basically two schools of thought on the continued operation of the Nationals. The old school wants to leave everything exactly the same as it has always been — in effect, a large all-comers meet with lots of camaraderie, visiting with old friends and acquaintances, poor meet management, inadequate facilities, and 500-600 competitors.

Well, folks, the dinosaurs are long gone. So are the days when we had to beg people to put on our National Championships meet. We are in demand, being courted, and in a position to begin changing the public perspective on masters competitors.

I don't think we will ever be a big box office draw, but we will be enticing more and more competitors into the program who want to compete, rather than just participate. As we evolve along these lines, we are going to have to consider qualifying standards, better compensations to officials, sanction fees, and higher entry fees. We have added heats for the 800 and 1500 — how long before heats are run in the 5000 and 10,000?

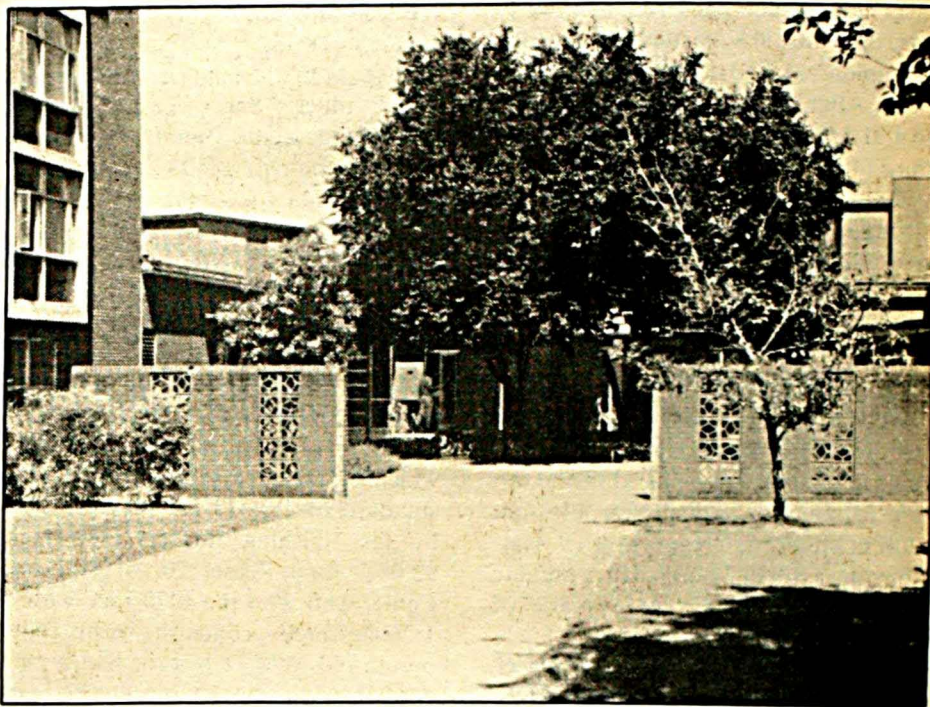
So far we haven't been a raging success in finding sponsors to foot the bill for our meets, so it will probably fall on the individual competitors to ante-up the cost of providing these things

that are being advocated by the majority of participants.

The arrival of "Senior Olympics" and State Games on the scene will help fill the bill for those who want a more low-key approach, while, I'm sure, our

Nationals will become the most prestigious meet for the older competitor.

Any comments or suggestions on improving our competitions are welcome. □



The dorms at Eugene, where many will be staying during the '89 World Championships.

Photo by Gretchen Snyder

U.S. Pentathlon To Use New Implements

by SCOTT THORNSLEY

The 1988 TAC National Masters Outdoor Pentathlon Championships, June 26, at Mt. Saint Mary's College in Emmitsburg, Md., will require the new, WAVA-specified discus (30-49 2k; 50-59 1.5k; 60+ 1k). Similarly, the "new rule" 800g javelin will be required for M30-59. M60+ will continue to use the 600g. The "new" implements will be provided for those who do not have their own at the

Championships.

It is probable that 1988 will see the last national pentathlon championships to be run separately from the outdoor championships. Costs to hold these championships, especially when the more sophisticated FAT equipment is used, have made the event financially prohibitive when it can rely only on the application fees and TAC sponsorship.

Application deadline is June 19. □

Bedell First as Masters Dominate New Mexico Pentathlon

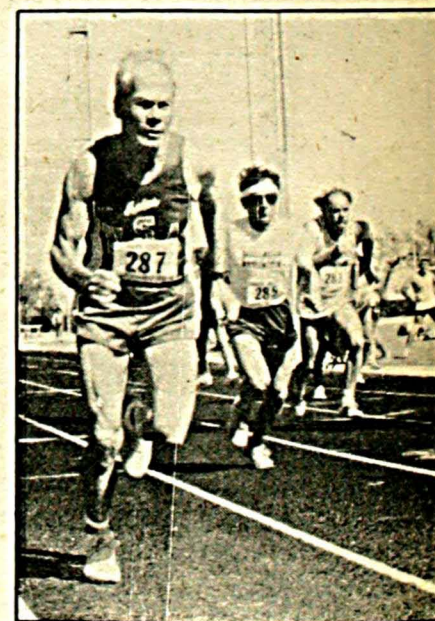
Continued from page 1

3200, 14:22:78 (748 points); 800, 3:03:95 (742); 200, 34:13 (747); 400, 1:22:11 (712) and 1600, 6:59:97 (724).

Meet officials were surprised at the results because high winds were constant with gusts up to 60 miles an hour.

□

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



Start of the M55+ 200 at the Runners' Pentathlon. From left, Dan Bulkley, M70; Larry Johnson, M65; Glenn Brodd, M60.



NCNB



NCNB invites you to participate in the
Second Annual NCNB Carolina Masters
Track and Field Championship
July 23-24, 1988

at the
Thomasville Senior High School
Thomasville, North Carolina

Operated by the Carolina Masters Athletic Club, Inc.
TAC Sanctioned

The Thomasville High School track is a relatively new synthetic rubber Action Track surface that is fast and comfortable. The Jumping, Vaulting, and Javelin runways are also Action Track. The Jumping Pits are reversible, as are Sprint and Hurdle directions. Timing will be by Accu-Trac Automatic except for the longer runs.

EVENTS: The 5K Race Walk and 5K Run on the track will be run late on the afternoon of Saturday, July 23. The full schedule of track and field events will be held starting in mid-afternoon, Sunday, July 24.

AGE DIVISIONS: Based on age at time of competition. Five year brackets starting with sub-masters 30-34. Women may compete in all events except Pole Vault. Women will compete against women when possible.

This event is TAC sanctioned. TAC membership is not required, although recommended.

Please send me _____ sets of entry forms/meet information for the 1988 NCNB Carolina Masters Track and Field Championships.

Name _____

Address _____

City _____

Mail to: CMAC, INC.
801 Longbow Road
Charlotte, NC 28211

Meet Director: Jim Saxon
(919) 475-0851
between 2:00-5:00 p.m. EDT

Conti
age i
long
ning
them

Bill
from
publi
ingto
set u

IC
are
them
amon

Ma
their
Circu
finis
total

Th
50-59
wom
will e



Jacquelin
Carlsbad

ICI to Sponsor Masters LDR Circuit

Continued from page 1

age in the USA," Reinke said. "It's a long term commitment to masters running and we're very pleased to have them as our title sponsor."

Bill Adams, 47, a masters runner from Bartlesville, Okla., and now public affairs manager of ICI in Wilmington, worked closely with Reinke to set up the sponsorship.

ICI/USRA Masters Circuit events are all races that have distinguished themselves nationally and are ranked among the country's "top 50."

Masters runners will earn points by their finish position at each race on the Circuit and may take their top eight finishes in accumulating season point totals.

The six age groups will be: 40-49, 50-59 and 60+ for both men and women. The winner of each division will earn 10 points; second will earn 9,

third 8, down to 1 point for 10th place. Two events — the Hospital Hill Half-Marathon and the Stamford Classic Marathon — will award 15 points to each winner.

The \$20,000 prize money will be split between the six groups, with about 50-70% going to the 40-49 divisions.

In addition to the Grand Prix prize money, some races will also award their own cash prizes to masters. Special ICI/USRA Masters Circuit

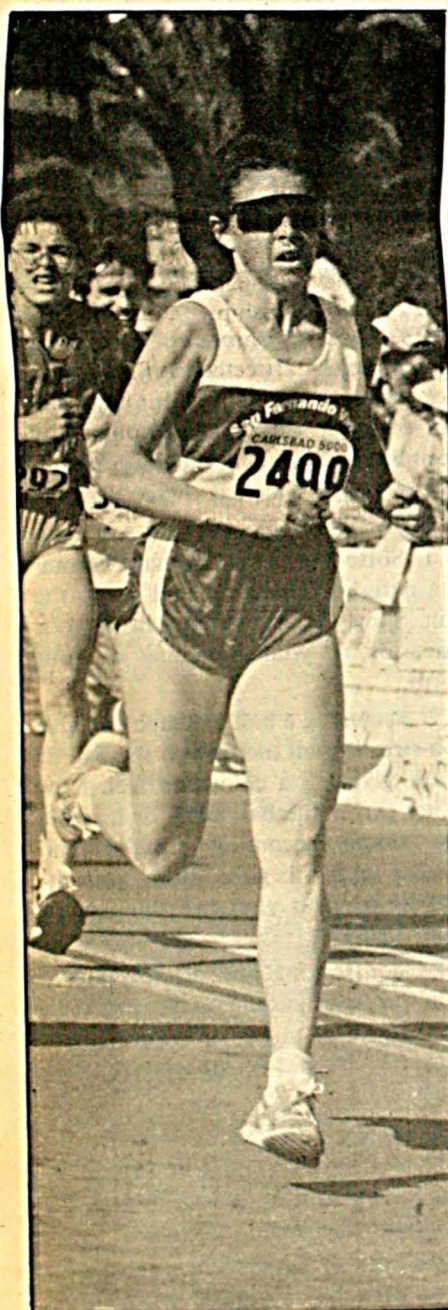
awards (not cash) will be presented to winners in each five-year age division at each of the 15 races.

Reinke said the original list of 12 races (see complete list on this page) would be expanded to 15 with the addition of three races in the western half of the U.S.

"Many of the top masters men and women have already committed to complete in a number of the Circuit events," Reinke said. "Among them

are Bill Rodgers and Frank Shorter, although they won't necessarily compete in all 15 events."

The *National Masters News* will provide continuing reports on the results and point totals of the Circuit.



Jacqueline Hansen, 39, first female in the Carlsbad 5000 open race in 17:25.
Photo by Richard Lee Slotkin

The Legends Return!

The men who made Running have just turned 40. Far from over the hill, the stars of the sport are going head to head once again. Frank Shorter, Bill Rodgers, Jim Ryun, Kip Keino, Tracy Smith, Kenny Moore, Gerry Lindgren, Jeff Galloway and Barry Brown are among the names we grew up with who have all joined the ranks of the Masters.

This time it's the *USRA MASTERS CIRCUIT*, where these legends and others can run in 12 of America's top races, which will place special emphasis on the Masters Division. Men and women can compete for thousands of dollars and a chance to determine who are the best Masters. A special newsletter, "The Masters Report", edited by some of the sport's top writers, will highlight Circuit events and profile the new stars of the roads.

The *USRA MASTERS CIRCUIT* is a series whose time has come. *The Legends are back and it's better than ever!*

March 12 — Azalea Trail Run 10K
Mobile, AL (205-433-3145)
May 30 — Cotton Row Run 10K
Huntsville, AL (205-881-5807)
June 4 — Myrtle Beach Classic 10K
Myrtle Beach, SC (919-876-8347)
June 5 — Hospital Hill Run Half Marathon
Kansas City, MO (913-362-7223)
July 10 — Utica Boilermaker 15K
Utica, NY (315-797-1310)
August 6 — TAC Masters T & F
Championship Legends Mile
Orlando, FL (407-628-8850)

August 13 — Asbury Park 10K Classic
Asbury Park, NJ (201-531-4156)
August 27 — Crim Road Race 10 Mile
Flint, MI (313-235-3396)
October 1 — Heartland Hustle 10K
Davenport, IA (319-359-9197)
October 8 — Capital Trail Run 10 Mile
Raleigh, NC (919-876-8347)
October 16 — Stamford Classic Marathon
Stamford, CT (203-325-4688)
January 7, 1989 — Charlotte Observer 10K
Charlotte, NC (704-379-6896)

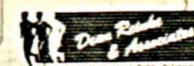
For more information and a sample copy of "The Masters Report", contact:

USRA MASTERS CIRCUIT

Dean Reinke, Executive Director
1210 Harding Street
Winter Park, FL 32789
(407) 647-2918



United States Running Association Masters Circuit



Masters Health and Fitness

by CRAIG DEAN, M.D.

How to Speed Up Injury Recovery

By JUDY FOSTER and KAY PORTER, Ph.D.

Coping with injury is one of the most difficult parts of training. To see your teammates and competitors exercising, competing, practicing their techniques, and having fun while you sit on the sidelines; to feel yourself losing your stamina and strength; to begin believing you are losing your edge — all this can be depressing at best.

What can you do to combat and cope with your feelings of helplessness and frustration? Along with backing off on your physical training you can develop the following.

A. Mental Training

A mental training program for dealing with your injury. Begin by creating physical healing goals for yourself.

All goals should be set in conjunction with a qualified healthcare professional, such as a Certified Athletic Trainer.

For example:

Goal: I want to be strong and able to work out with a healthy and pain-free body in three weeks. (The length of time depends on the extent of your injury.)

After writing your goals, write at least five affirmations (positive self-statements) for each goal, such as:

1. I am performing pain free.
2. I am strong and healthy.
3. I am healing more and more every day.

4. My body is healthy and pain free.

5. I am healing and nurturing my body.

Read these statements to yourself at least twice a day.

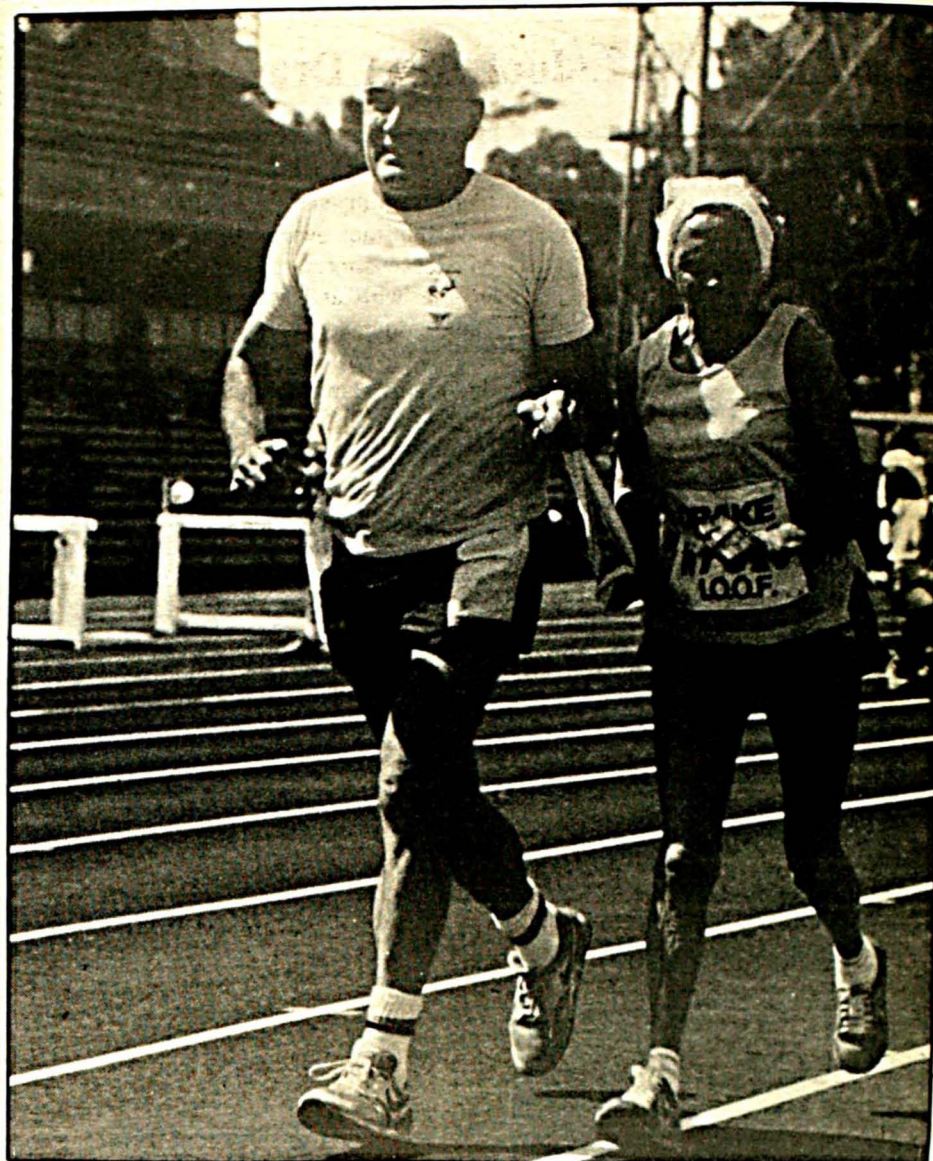
B. Visualization

A visualization program for healing the injury. A mental image that projects a positive healing process and future outcome is vitally important.

The visualization you imagine stimulates your mind and your body. It creates a positive intention for healing. Start with relaxation and lead into a visualization. For example:

Relaxation: Breathe deeply several times. Begin to check in with your body to see where you are tense or tight and let go. Relax and breathe. Feel yourself becoming warm and empty, quiet and completely relaxed.

Imagination: Begin to imagine and experience your injured part mending and becoming whole. Send it healing



Blind Ivy Granstrom will undoubtedly be pleased to hear that blind competitors will be allowed to run at the 1989 World Championships in Eugene. Ivy is shown here running with her guide at the VII World Veterans Games. Photo by Gretchen Snyder.

energy and support, thanking it for wanting to become well. Experience it becoming stronger and healthier every day. Then imagine yourself performing exactly as you want to perform, well bodied and whole, without pain or weakness.

C. Pain Control

The use of pain control techniques for injuries. Directly confront and acknowledge the pain within you. Let go of your anger, frustration and resistance with the pain. Simply acknowledge that it is there. Begin to imagine the injury:

1. Softening, spreading and becoming defused like butter melting in the sun. Slowly let it dissipate. Bring your attention to your breathing or your form.

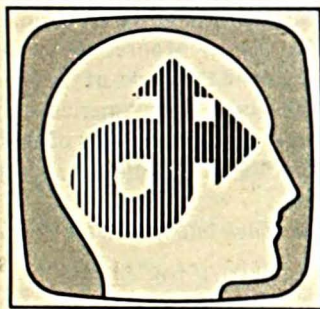
2. Becoming a ball or shape and give it a size. Put all the pain in the ball or shape giving it a color and feel. Now either throw the ball away or imagine the shape becoming smaller and smaller until it is gone. Bring your attention back to your breathing or to your form.

By confronting and acknowledging pain through focusing on it rather than through fear, anger or anxiety, you release yourself from the intensity of the pain.

Summary

These methods are for you to use in managing and dealing with athletic injury pain when you need relief.

Set healing goals which give you direction and a sense of control. Regard the injured part as a friend to be helped and healed rather than an enemy to be resented or feared. □



YOUR MIND MAKES THE DIFFERENCE

The champion trains the mind... conditioning, strengthening and developing it so it is focused, positive and concentrating on fulfilling a goal. Porter Foster, owners of a sports and organizational counseling firm and authors of *The Mental Athlete: Inner Training for Peak Performance*, apply their nationally recognized Five Steps to Mental Success model to corporate fitness programs, university teams, individual athletes as well as business and corporate settings.



PORTER FOSTER SPORTS & ORGANIZATIONAL COUNSELING

Seminars offered by Porter Foster:
ATHLETIC

- Mental Training for Peak Athletic Performance
- Mentally Coping & Control of Pain and Injury
- Dealing with Blocks in Competition
- Reframing Female Athletic Issues

NON-ATHLETIC

- Mental Training for Peak Performance in Life
- Peak Performance for the Working Woman
- It's Not the Issue That's the Issue
- Time Out for Excellence: Mental Training for Success

To order books and tapes or for more information, call (503) 342-6875, or write to Porter Foster, P.O. Box 5584, Eugene, OR 97405

Books and tapes offered by Porter Foster:

BOOKS

- The Mental Athlete* (Ballantine Books, 1987)... \$3.95
- Mental Training for Peak Performance in Life: A Workbook* (Porter Foster, 1985)... \$7.00

VIDEOTAPE

- The Mental Athlete: Inner Training for Peak Performance* (Westcom Productions, 1985)... \$59.95

GUIDED VISUALIZATION AUDIOTAPES \$10.00 each

- Goal Achievement
- Pain Control & Healing of Injury
- The Marathon
- A 10K Race
- The 800M and 1500M Races
- Stress Reduction & Relaxation

Postage \$2.40

New Jersey TAC Indoor Meet Draws 188

by ED KOCH

One-hundred-and-eighty-eight athletes from nine states entered the New Jersey TAC Indoor Masters Track & Field Championships on February 28, for an increase of 33% over 1987. The meet was held at the new Fairleigh Dickinson University fieldhouse in Hackensack.

The battle for the team championships was the most competitive in recent years. Merrill Lynch Realty AC won the masters title with 118 points, edging Shore AC (100) and the North Jersey Masters (99). Shore AC won the submasters title with 66 points, edging the host New Jersey Striders (53) and Merrill Lynch (53).

Albin Swenson of Connecticut visited the meet to continue his rivalry in the M40 group with New Jersey Champion Harry Nolan of the Shore AC, and edged Nolan in the mile (4:27.6 to 4:29.8) and the 1000 (2:39.7 to 2:42.0). He also had the fastest 2-mile of the day (9:55.9).

Shore AC dominated the mile racewalk, led by Ray Funkhouser, who had an un-pedestrian time of 6:40.6.

In the track events, the North Jersey Masters dominated the 60+ age groups with at least two gold medals each going to: Kelsey Brown, M60, B.J. Manno, M65, Warren Tashian, M70, and Manfred d'Elia, M75. Teammate Henry Zachman, M75, added a gold medal in the 1000 and two more in field events.

Decathlete Tony Ciccone, M30, led the New Jersey Striders with gold medals in six events. Ciccone and teammates Dan Goia and Peter Vanechanos swept the M30 long and high jumps.

Otherwise, Merrill Lynch dominated the field events, especially the pole vault, in which it had four New Jersey Champions: Mike Jenetta, M30, Sam Prentice, M35, Jeff Tindall, M45, and George Taylor, M55. Prentice had an excellent vault of 13-6 but was outdone by guest Don Severn, M30, of Pennsylvania who vaulted 13-6. □

Mt. SAC Lures Masters Competitors

by JERRY WOJCIK

The masters section of the huge Mt. SAC Relays met on April 17 in Walnut, Calif., east of Los Angeles, with sprinters and throwers supplying the largest fields.

In the 100, Ken Dennis, M50, tied with Warren Spikes, M35, and Frank Little, M40, for the fastest runner honors with a 11.3. Bruce Springbett won the M55 100 in 12.0. Bob Hunt took the M65+ 100 in 14.2, with javelin thrower Bill Morales, 71, second in 14.45.

In the M55 400, Clifford McPherson, second (12.3) to Springbett in the 100, won in 59.5.

The closest race in the 800 went to Fred Karlin, who won the M50 contest by two seconds with a 2:22.1 from Booker Washington. Bill Sumner won

the 800 (2:10.6) and the 1500 (4:20.4).

Steven Hardison, M30, pole vaulted 15-6, and Gary Miller, M50, sailed over the bar at 12-0.

Frank Reilly, soon to be a master, won the M35 shot put (49-9½) and the discus throw (165-11). Bob Humphries took the M50 discus (154-5) and hammer (138-1) throws, but Jim Hart took the M50 shot (46-10½) in a good contest from Hal Smith (46-6) and Humphries (43-6).

Olympian and M50-54 discus world-record holder Parry O'Brien won the M55 discus with a 148-5. Bill Bangert, M60, threw the shot 47-4 and the discus 134-2.

Winners in the javelin throw included Christel Miller (W50, 95-0), Larry Stuart (M50, 196-5), and Del Pickarts, M60, who threw the 800g 165-8 for an age-61 world record. □



Art Goolsbee, M45 5000 RW (27:19.9). Sportarcade III, Northridge, Calif., March 5. Photo by Jerry Wojcik

THE 3RD ANNUAL
MERRILL LYNCH REALTY A.C. & RANDOLPH TOWNSHIP
FOURTH OF JULY NATIONAL TRACK MEET, FAIR & FIREWORKS
(SANCTIONED BY N.J. TAC)
TO BE HELD SUNDAY JULY 3RD, 1988

RUNNING EVENTS			
5000 Meters	10:00 am	1500 Meter Walk	1:15 pm
110 Meter High Hurdle	11:00 am	400 Meter Dash	2:00 pm
1500 Meters	11:30 am	800 Meters	2:30 pm
ROBERT STANFORD MEMORIAL			
100 Meter Dash	12:30 pm	200 Meter Dash	3:00 pm

FIELD EVENTS			
	30-39 MEN	40-49 MEN	MEN 50+/ALL WOMEN
Pole Vault	10:00 am	10:00 am	10:00 am
Shot Put	10:00 am	11:00 am	12:00 pm
High Jump	10:30 am	10:30 am	10:30 am
Long Jump	11:00 am	10:00 am	12:00 pm
Javelin	12:00 pm	10:00 am	11:00 am
Discus	1:00 pm	2:00 pm	3:00 pm
Triple Jump	1:00 pm	2:00 pm	3:00 pm

SHORT SPIKES ALLOWED

Hurdle heights & implements will be according to TAC Masters Rules. We will attempt to adhere to the above schedule. It is the athletes sole responsibility to be aware of any changes. "WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE." If you miss a call or check in, you have forfeited that attempt on that race. The One-false-start rule will apply. All Throwers, Long Jumpers & Triple Jumpers please note, that groups will start immediately after preceding group. Listen for announcement.

ELIGIBILITY

Any TAC Sub Masters or Masters Athlete with Tac Card. Men or women 30-90 years of age. Any Randolph resident who falls within the above age groups. The fee is \$5.00 per event, post entry \$10.00 per first event, \$5.00 every other (payable to Merrill Lynch Realty AC), no charge for Randolph residents. There are no limits on the amount of events you may enter.

PRIZES

Medals will be awarded to the top three in each 5 year age group, in each event for both men and women.

BRING YOUR WHOLE FAMILY FOR THE FOURTH OF JULY FESTIVAL!!!!!!

SITE

Randolph High School, Randolph, New Jersey
DIRECTIONS - From George Washington Bridge, Route 80 West to Route 287 South to route 10 West, (10-15 minutes) and left on Millbrook Avenue, (right at jug-handle). Go 2-3 miles, first entrance to High School on the right.

TRAVEL ARRANGEMENTS

For travel arrangements and hotels call Beryl Hahn at "TRAVEL MASTERS" (201-361-3220). There are many major hotels in the nearby area.

ADDITIONAL INFORMATION

Call Meet Directors: Ron Salvo.....Days 201-446-4959
Morton Hahn.....Days...201-625-1764
Evenings.....201-361-3282

Meet directors reserve the right to run all groups together in any event; and then separate them by age, times and distances. This is in case we do not have enough participants in any event or we are running behind schedule.

MERRILL LYNCH REALTY IS A MAJOR SPONSOR FOR THE 1988 OLYMPICS!!!!!!

Fill out and return to: Merrill Lynch Realty AC
525 Highway 33
Englishtown, New Jersey 07726

NAME _____ TAC# _____ PHONE _____ SEX _____
STREET _____ CITY & STATE _____ APT _____
AGE _____ DATE OF BIRTH _____ CLUB _____
EVENTS ENTERED _____

AMOUNT ENCLOSED (\$5.00 PER EVENT)
ALL CHECKS PAYABLE TO MERRILL LYNCH REALTY AC

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & recreation Dept., Randolph Township, The Randolph Board of Education, Merrill Lynch Realty AC or the Meet Directors and Officials resulting from my participation in this Meet.

SIGNATURE _____ DATE _____

PROFILE

Carl Hatfield: Never Beaten by a McCoy

Carl Hatfield doesn't know if he inherited his competitive spirit from his ancestors, the legendary feudin' mountain boys. He's fairly certain, though, that he's never been beaten by a McCoy.

"I take that back," he says, laughing. "My big brother in my college fraternity was a real McCoy — Robert McCoy, and he beat me with a paddle one time. But that was a lifetime ago."

In that "lifetime," Hatfield, a 41-year-old hospital administrator from Clarksburg, West Virginia, has accomplished much as a runner. A 4:37 high-school miler, he went on to West Virginia University and won two NCAA district cross-country championships as well as several southern conference track championships. His best college track times were 4:07 (mile), 8:46 (2-mile), 13:54 (3-mile) and 29:54 (6-mile).

After graduating from WVU in

1969, Hatfield took to the roads, recording a 29:09 for 10K and three 2:17 marathons, including a 10th place 2:17:36 in the 1974 Boston Marathon, a seventh-place 2:17:26 in the 1976 New York City Marathon and a first-place 2:17:20 in the 1978 Skylon International Marathon.

He has especially fond memories of the latter race, the national marathon championship that year. After sharing the lead with a dozen other runners for the first five miles, covered in 25:42, Hatfield took the lead and ran the next five in 25 minutes flat. "But I never really did get away from the pack," he recalls.

At 17 miles, Hatfield shared the lead with Ron Wayne. Wayne then pulled

ahead to a 50-yard lead by 20 miles. Bothered by stomach cramps, Hatfield was ready to throw in the towel. But the cramps left him, and he began to battle back, catching Wayne on the 22nd mile and continuing on to a 49-second victory.

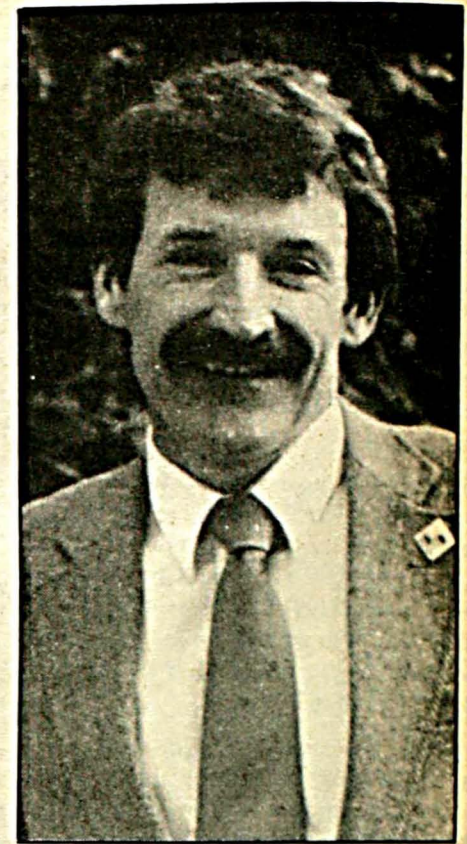
"I ran the last mile in 4:47 and knew I was about to win something big, that no one could take away," Hatfield adds.

Since entering the masters arena a year ago, Hatfield has run 15:42 for 5K, 33:21 for 10K, 50:59 for 15K and 55:49 for 10 miles. "I've had only one healthy race in 25 races since I became a master," he says. "If I could stay healthy I believe I could run as fast as in previous years. I've been constantly injured since age 39 as I've tried to do too much."

While he regularly logged 90-120 miles a week 10-15 years ago, Hatfield now averages 50-60 a week. In addition to leg problems, job responsibilities have limited his training. "My motto used to be that I wouldn't let my job interfere with my running. Now I try not to let my running interfere with my job. My family also takes precedence over my running."

Carl and Georgia have two children, Bryan, 15, and Stephanie, 4.

Still, running is very important to Hatfield. He feels nearly as strong



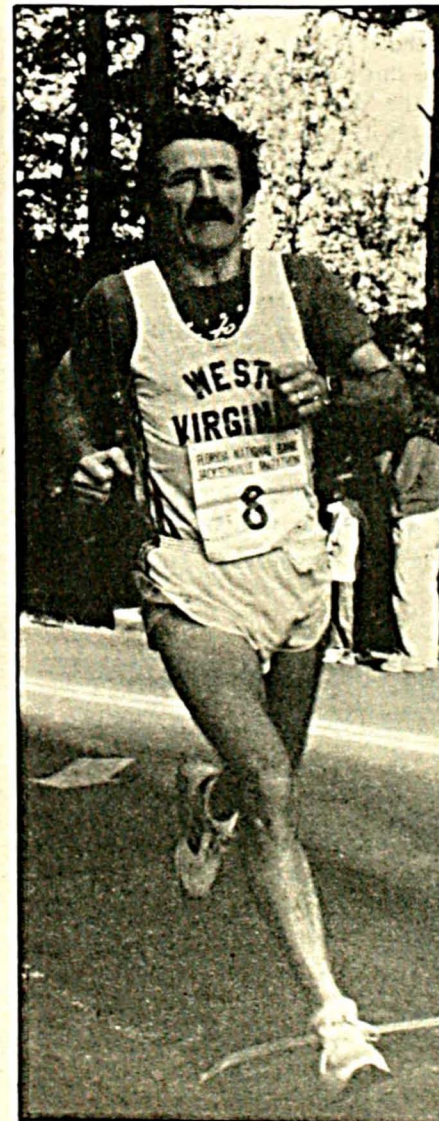
Carl Hatfield

about it as he did seven years ago when he was quoted: "Running and racing both represent to me something that is pure, strong, and iron-willed. . . It's a form of self-expression. When I step to the starting line of a race, I feel that I am showing that I have refined my art. I toe the line in order to prove that I can do something or accomplish something. I don't care whether I prove it solely to myself or to thousands. If I run a good race, then I have proved that I have done something right."

Hatfield's immediate goals are to break 15:30 for 5K and 32:00 for 10K. "Beyond that I'd like to run a healthy marathon under 2:30 and win the 1989 National Masters 10K race in Pittsburgh," he remarks.

But even if he doesn't achieve those goals, Hatfield will remain forever indebted to running. "Most of the kids I grew up with in the small coal mining town of New Town had a narrow view of the world and very little in the way of financial resources," he concludes. "I got out of that through running."

□ — Mike Tymn



Showing his winning form is Carl Hatfield.

PHILADELPHIA MASTERS TRACK ASSOCIATION 1988 OUTDOOR INVITATIONAL

(Open to all TAC members, male or female, age 30+)

DATE & LOCATION: Saturday, July 16, 1988. Ursinus College, Route 422, Collegeville, PA (all-weather track, short spikes)

AWARDS: Plaques to first 3 in each age group from 30-34 through 75-79, 80+, men and women

ENTRY: \$6.00 per event

ENTRY RULES:

- o Advance entry only. NO POST ENTRIES. No changes!
- o Deadline for entries: Must be RECEIVED by meet director no later than 6:00 p.m., July 10, 1988.
- o Send entries to Walt Fisher, 263 S. Roberts Rd., Bryn Mawr, PA 19010 (215-LA5-5081).
- o Payable to Philadelphia Masters Track Association.

NOTE: This is an invitational, not a championship. Thus, the Philadelphia Masters reserve the right, as noted below, to limit field event attempts in the interest of completing the meet in timely fashion.

TRACK

10:00 a.m. 10,000m run
11:15 a.m. 110/100/80m hurdles
100m dash
1500m run
400m dash
1500m racewalk
800m run
3000m run
200m dash

FIELD

9:30 a.m. high jump
9:30 a.m. shot* (4 throws)
9:30 a.m. javelin (4 throws)
11:00 a.m. pole vault
11:00 a.m. discus (4 throws)
11:00 a.m. long jump: 4 jumps
1:00 p.m. triple jump (4)
1:00 p.m. weight throw (4)

*SHOT: TAC standards are now 16 lbs for M30-49, 6k (13.2) for M50-59, 5k (11.0) for M60-69, 4k (8.8) for M70+ and W30-49, and 3k (6.6) for W50+. Officials will exercise discretion based on availability of implements.

NAME _____ DOB _____ AGE _____ SEX _____

ADDRESS _____

CLUB _____ TELEPHONE _____

EVENTS ENTERED _____

TOTAL ENTRY FEE _____

Five Years Ago

- Bill Hall wins third straight masters title in Boston Marathon in 2:23:19.
- Philadelphia Masters 4X400 relay team (Dhamiri Abayami, Bob Stanford, Ed Roberts and Jim Burnett) set American masters record of 3:25.4.
- Bill Stewart sets two U.S. M40 records in 1500 (3:54.9) and 25K (1:21:57).

The International Scene

WAVA Council Meets in Eugene

by ALASTAIR LYNN, Secretary, WAVA

There are occasions (usually few and far-between) in life when we feel stimulated and excited by something which has happened or is about to happen. Such a stimulus occurred during the recent visit of the WAVA Council to Eugene-Springfield to preview arrangements for the World Veterans' Championships, to be held during the summer of 1989.

Here is an area where track and field rules, where people are friendly, cooperative and creative, where facilities for a first-class track & field and road meet are excellent. The two towns of Eugene and Springfield, close to each other, are clearly gearing up to make the next Championships truly memorable. On the civic side, under the leadership of the two mayors, the towns are dedicated to holding a Championship in our best tradition; on the athletics side, under the leadership of Tom Jordan (Executive Director) and Barbara Kousky (Executive Secretary), the organization will undoubtedly be first-class. For a few days in the summer of '89, Eugene-Springfield will become the Veterans/Masters Capital of the World. In addition, the advice being given by the organizers of the fine

Championships we enjoyed at Melbourne is helping in the planning process.

It has for some years been the practice of the WAVA Council to meet in the city of the Championships during the year prior to the Championships. The need is two-fold:

1. To review documentation and facilities for the Championships.

2. To work through a long agenda of 'Veterans' business affecting the way WAVA carries out its responsibilities to its Affiliates.

A detailed report will be sent by me to all WAVA Affiliates later in May; this article records some conclusions reached at our meetings.

IAAF Veterans Meeting

It so happened that about ten days



Members of WAVA Council inspecting facilities at Silke Field, the secondary track for the VIII World Veterans Championships in Eugene/Springfield, Oregon, USA.

before the meetings in Eugene the first meeting of the new IAAF Veterans Committee was held in London, Great Britain. Four members of the WAVA Council — Messrs. Beccalli, Axmann, Green and Ms. Cushen — represent their respective countries on that Committee, along with people from other countries; the Chairperson is Hans Skaset of Norway. The IAAF showed WAVA the courtesy of inviting the WAVA Treasurer and Secretary to participate in this meeting.

The IAAF meeting was well-chaired and proceeded smoothly; it is not my purpose to record all the results in this article. I think it is sufficient at this stage to say:

1. The IAAF is proceeding steadily in its quest for WAVA to integrate but no-one is attempting to rush the decision. Such a decision—which must eventually be put to a vote in a WAVA General Assembly—would be based on the benefits to all Veteran athletes and the form of integration within the IAAF.

2. As a first stage, steps are being taken to try to bring the East European and African countries into the WAVA family.

3. The IAAF recognizes WAVA as the organization responsible for the development of Veterans' track & field and road racing, world-wide.

The next meeting of the IAAF Veterans Committee will be held in Eugene at the beginning of our Championships so that its members can enjoy and understand the camaraderie in this unique event.

WAVA Council Meeting

The WAVA Council started its work in Eugene on the morning of the 29th April and finished p.m. on May 2nd. It fully discussed a wide range of subjects all aimed at providing fair and organized competition for veteran athletes. It also inspected the various competition venues and accommodation (and enjoyed the hospitality of the residents). We also witnessed an inter-university track and field meet which ran smoothly despite a heavy dose of April showers. The large audience of townspeople at this meet, despite the inclement weather, suggested that we will have many spectators next sum-

mer.

We were favorably impressed by their facilities. Hayward Field — the main track in Eugene — is all-weather with clearly a nucleus of very capable and dedicated officials who know how to keep a meet moving. The second track, at Springfield, is a good rubberized asphalt track and has excellent changing and warm-up facilities. All the run-ups at this track are to be refurbished before the Championships. The back-up track at the Lane Community College is also good rubberized asphalt.

Members of the Council walked round the cross country course — also at Lane and set in magnificent scenery. Clem Green, the Vice-President responsible for non-stadia events, made a number of suggestions, which were accepted, aimed at making the course more demanding. The road courses are good and will be well monitored. We were impressed by the varied accommodation available and by the short distances involved. The availability of a massive shuttle bus organization will make movement very easy.

I will give Affiliates a more detailed account of the WAVA Council's discussions in my report but amongst the many decisions made were:

1. We will continue with the practice that no entry standards are required; participation is our objective.

2. The Council passed the following resolution:

"All medal winners must achieve or better the published medal standards before being awarded their medal."


This procedure, or variations on this theme, is already applied in a number of countries and will be applied in the European Veterans' Championships in June, 1988. The standards set, partially based on the European standards, are not difficult but do require a minimal athletic ability. The aim, of course, is to make the winning of a World Championship medal have some reasonable athletic meaning. The standards will be in the entry booklet.

3. The budget for the period to the next Championships was agreed. It includes a sum to be allocated to

Continued on page 21



Winners in the M60 100-meter hurdles at the April 1 Pan-Am Games held in Santiago, Chile. From left are: second-place E. Ojeda (20.96), first-place J. Figueras (19.27) and third place L. Lagos (20.98).



WORLD ASSOCIATION OF VETERAN ATHLETES

13 Months To Go

Countdown to Eugene

Entry Form and Schedule Due Next Month

The time schedule, entry form and housing form for the VIII World Veterans Championships will be published in the July issue of NMN.

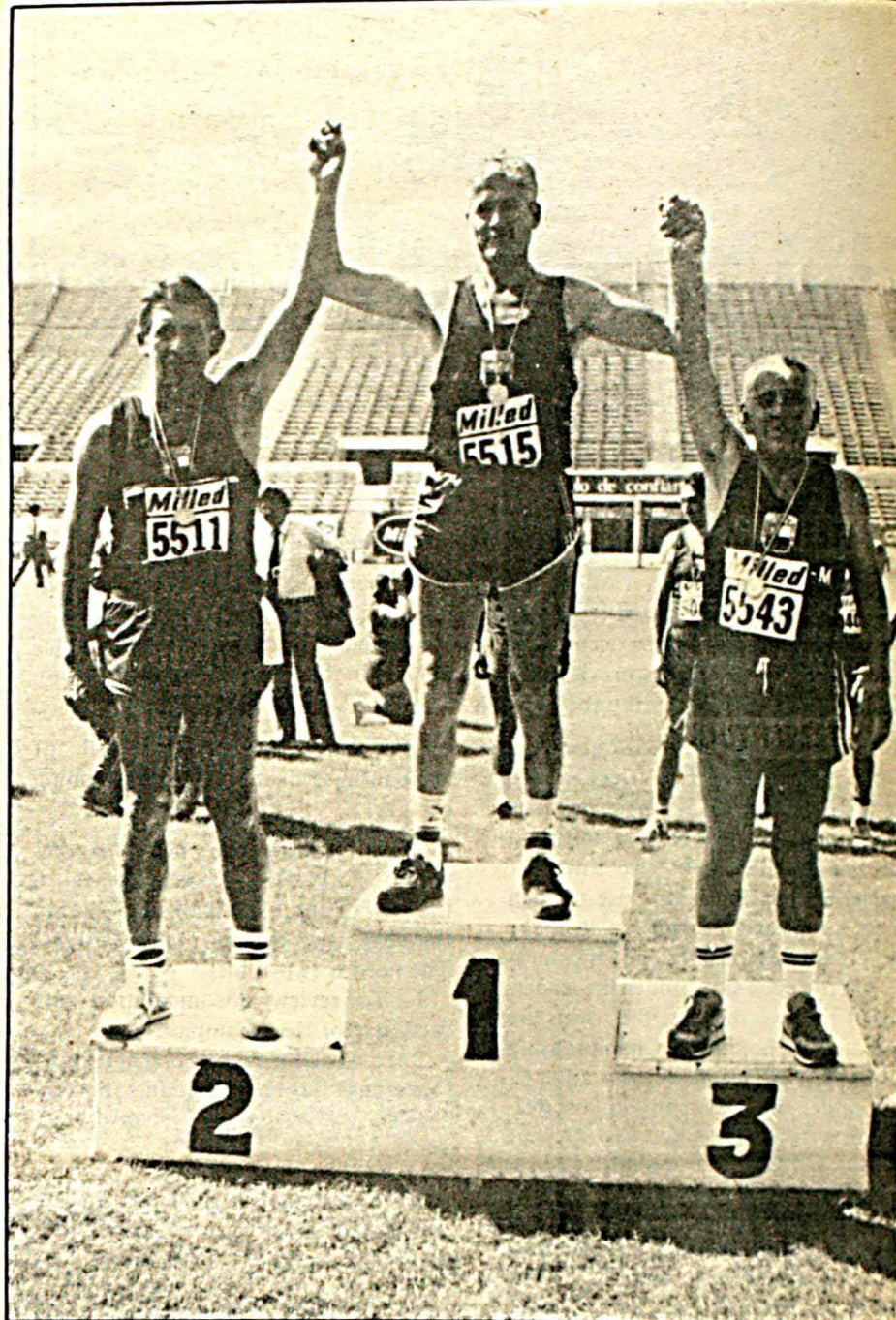
The opening date of the event has been moved from Saturday, July 29 to Thursday, July 27. The first two days will be devoted exclusively to the new decathlon and heptathlon championships. The opening ceremonies will take place on Friday with the regular track and field program getting underway on Saturday the 29th.

More than 4000 athletes from over 50 nations are expected to attend. Competition will be held in the traditional five-year age groups, beginning at age 40 for men and age 35 for women. It's the first time the presti-

gious event has ever been held in the U.S.A. There are no qualifying standards; anyone who meets the age requirement is eligible to participate.

At the meeting of the WAVA Council in Eugene last month, the name of the event was formally changed from "World Veterans Games" to "World Veterans Championships."

"The name change will add to the prestige of the event," said both Tom Jordan, Executive Director of the Championships, and Cesare Beccali, President of the World Association of Veteran Athletes. □



Winners in the M55 5000 walk at the April 1 Pan-Am Games in Santiago, Chile were, from left: J. Alzamora (28:27), M. Aguayo (28:24) and J. Molina (29:33).

WAVA/TAC Hurdles and Implements Specifications

Age	Race Distance	Hurdle Height	HURDLES		
			To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
60-69					
70 Plus					
35-39	400m	.762m	45.00m	35.00m	40.00m
		30"	147'7½"	114'9½"	131'2½"
40-49	400m				
50-59					
60-69	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
70 plus					
			MEN		
30-39					
40-49	110m	.991m	13.72m	9.14m	14.02m
		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34.5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
70 plus	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7½"	114'9½"	131'2½"
50-59	300m	.840m			
		33"			
60 +	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
			IMPLEMENTS		
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
35-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

*New IAAF Specifications

650 Compete In Australian Nationals

from MIKE HALL

Unprecedented rains through northern Australia caused major flooding but failed to hinder the success of the Australian National Veterans Track and Field Championships in Brisbane, April 1-4.

Despite the adverse conditions in some events, three world and 17 additional Australian five-year age-group records were established.

Nearly 650 entries were received for the 16th annual event, and the usual infectious camaraderie prevailed throughout the four days of action-packed competition.

The three world marks were set in new events by: Jim McGrath, M55 (100H, 18.44); Don Williams, M50 (300H, 46.86); and Quentin Anthony, M55 (300H, 47.64).

World champions Una Lund, W45, and Jan Hynes, W40, were both outstanding. Lund won eight gold and one silver medal, while Hynes swept all seven of her events.

In its second year, the main feature

event of the meet was the "Master of Masters Sprint Handicap," comprising all individual 100-meter age-group winners — each handicapped on their respective winning times. Run in two divisions, male and female, both races produced blanket finishes, and provided the major highlight of the championships.

In the men's division, world champion Harry Gathercole, M80, retained his lead from the front mark to win by the narrowest of margins from Rudy Hochreiter, M60, Mike Johnson, M65, and Graeme Noden, M50. The entire field of nine was separated by just .63 seconds.

Karen Abams, W35, snatched victory from Hynes with a great win from the back mark, closely followed by Dorothy Whittam, W50, Daphne Pirie, W55, and Lund — all clocked in 12.2.

Col O'Brien edged Tony Murray (4:00.30 to 4:00.91) in the M40 1500, but Murray reversed the order in the 5000 (15:13.76 to 15:18.82). □



Report from Britain

by ALASTAIR AITKEN and MARTIN DUFF

The British National Veterans Cross-Country title was won by 42-year-old Alun Roper (31:23) at Irvine, Scotland, on March 13 from Scotland's Colin Youngson (31:47). Roper, who continues to inspire his senior club side, Swansea, to Welsh championships, is perhaps the best vet at present in the U.K. At the T.V.K. Relays near Heathrow, he was fastest at 3½ miles in the 16:56 of Martin Duff (17:04) and Shel Cowles. The previous week, Cowles had narrowly beaten Ernie Cunningham and new vet Peter Jones over 10K at Eastleigh in Hampshire in 30:23 — with just two seconds covering all three.

At the Fleet Half-Marathon, Cunningham came out best (66:37), while at the Bath Half-Marathon, it was Dave Cardwell (67:36). Barry Watson, former Olympian, won the Wathing 20 Mile outright (1:46:18), and another ex-Olympian, Jeff Norman, was only slightly slower (1:46:41), in the Stafford 20.

Peter Jones won the Woking 10 Mile (50:21) from Cunningham. Duff was

first vet in the Feltham 5 (25:00) over John Sheridan of Ireland. Anne Ford has had good wins at the Fleet Half (72:16) and Feltham (26:21), while her twin sister, Paula, ran 32:44 in the Eastleigh 10K. Glynis Penny was second overall in the Woking (56:40).

Stars of the London Marathon were 36-year-old Anne Ford (2:30:38), second in the women's race, and 46-year-old Swede Evy Palm, third (2:31:35) — personal bests for both. Alastair Kean with a 2:23:49 was the best male vet.

Veteran road racing has witnessed some pretty phenomenal efforts this spring, with the top runners racing each other regularly over the half-marathon, now the U.K.'s most popular distance. Cunningham has been unbeatable. He followed up the Fleet win with a superb 65:13 at Reading. Neither course is easy; both have a series of hills. At Reading, only Mick Hurd has ever gone faster as a vet, and then only by seven seconds. Indeed, Cunningham can now lay claim to being the best U.K. vet at the half, as Hurd has been a little below par.

Nine WRs Set in Ontario T&F Championships

Nine indoor world records were set in the Ontario Masters Track & Field Championships held at York University on March 5.

Jean Horne, W55, accounted for three of the records, running the 800 in 2:50.1 (old record 2:51.7), the 1500 in 5:41.9 (5:46.0), and the 3000 in a sensational 12:25.3, which erased 7½ minutes from the former record of 20:09.3.

Blain Till, M80, lowered the 60m time (11.7) by over a second with a 10.2, and the 200 (38.9) by almost two

seconds with a 37.0.

In the 400, Earl Fee reduced the M55 record from 58.5 to 56.7, and Anne Vander Vleuten ran 74.5, decreasing the W50 record of 75.1.

In the 3000 walk, Jaan Roos, M50, lowered the record from 14:23.6 to 14:10.5, and Art Keay, M80, knocked 4½ minutes from the old record of 31:02.1 with a 26:29.9.

In addition to those marks, a good number of Canadian national and Ontario provincial records went by the boards. □

WAVA Council Meets in Eugene

Continued from page 19

supporting communication activities in various countries around the world, as recommended by Regional Delegates in consultation with WAVA's National Affiliates.

4. A number of new bylaws, aimed at promoting fairness for all competitors, were approved. Included was the following: "Blind competitors requiring guides are not to receive any advantage over other competitors in the assistance so received. A guide may only be in a position behind or to the side of the competitor. A tether may be used but not to pull the competitor ahead. In races using lanes the outside lane must be used."

5. An updated WAVA Handbook will be published in the Fall of this year.

6. All track & field events will be

open to women competitors.

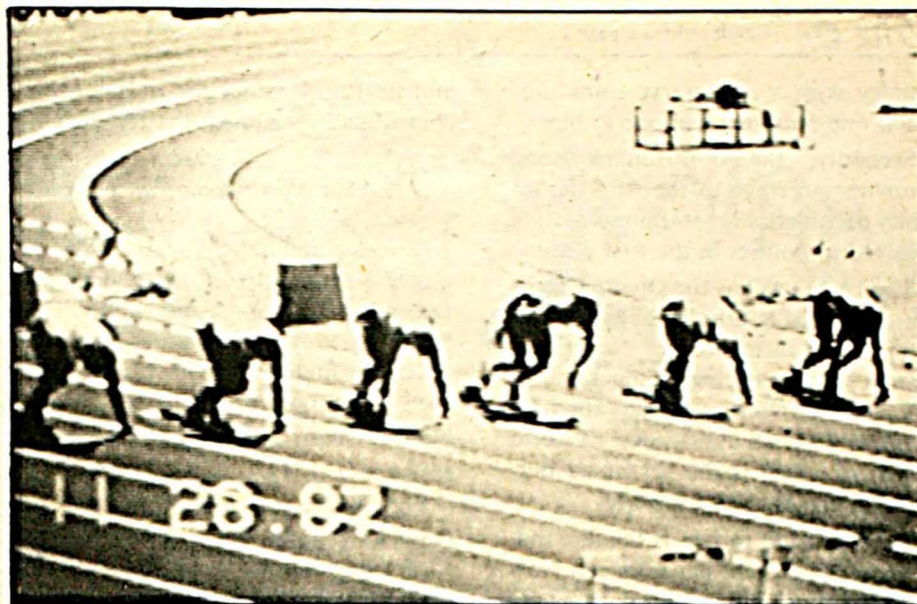
7. Relays and team events for women will be extended from Melbourne to cover the following age-groups:

35-39 years; 40-49; 50-59; 60 years over.

The Championships will commence on Thursday, July 27, 1989, with the 10K road running race and the Decathlon/Heptathlon events and will end on August 6 with the Marathon and Relays.

I want to end this article on the same note as I began: the 8th World Veterans' Championships in Eugene-Springfield should be an exciting and friendly event, organized by dedicated and competent people who know and love our sport.

And it's the ONLY World Veterans' Championships in 1989! □



A case for instant replay? The camera catches Switzerland's Nanette Furgine (3rd from right) apparently false-starting in the finals of the W40 80-meter hurdles at the World Veterans Games in Melbourne. No recall gun was fired, and Furgine went on to win the gold medal in 11.84, with the USA's Phil Raschker (left of Furgine) second in 11.94. An appeal by the USA was rejected by meet organizers. Photo by Phil Mulkey

Roper Sets 1500 WR

British Nationals Held in West Midland

by BRIDGET CUSHEN

The British National Veterans Indoor Championships was a two-day affair, March 25-26, at the RAF Cosford track in West Midlands. An overcrowded program last year prompted the scheduling of heats and some finals on Friday evening, the 25th. However, there were fewer entries, and with a smaller crowd huddled together in the huge converted aircraft hangar, the meeting on Saturday lacked atmosphere. That did not, however, dampen the spirit of some of the competitors as the standard in many events reached world class.

The 15-strong field in the M40 1500 included Melbourne gold medalist Ron Bell; defending champion Alun Roper;

and ex-marathon international Bernie Plain. As they reeled off lap after lap on the banked, 200 track, Roper looked relaxed and went on to break the tape and the world M40 indoor record of 4:02:0 held by Ernest Billups of the U.S., in the magnificent time of 3:58.2. He is currently in the form of his life.

Other notable performances came from M55 400 world-record-holder outdoors, Charlie Williams in the 60m and 200; ex-Commonwealth Games discus gold medalist, Rosemary Chrimes, nee Payne, winning the W50 60m hurdles (11.5), high jump (1.30/4-3¼), long jump (4.32/14-2), triple jump (6.35/20-10), and shot put (11.46/37-7¼); and Janis Kerr, who reached 13.00 (42-8) in the W40 shot. □

PRESIDENT:
Cesare Beccalli
Via Martinetti 7
20147 Milano, Italy

EXECUTIVE VICE PRESIDENT:
Peg Smith
P.O. Box 67
Williamstown 3016
Victoria
Australia

VICE-PRESIDENT (Track & Field):
Bob Fine
4223 Palm Forest Drive
Delray Beach, FL 33445
USA

VICE-PRESIDENT (Distance Running):
Clem Green
46 Hargreaves St.
Wellington 2
New Zealand



SECRETARY:
Alastair Lynn
23 Reuben St.
Aurora, Ontario
L4G 2M3 Canada

TREASURER:
Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404
USA

PAST-PRESIDENT:
Don Farquharson
269 Ridgewood Road
West Hill, Ontario
M1C 2x3 Canada

WOMEN'S DELEGATE:
Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

DELEGATE OF NORTH AMERICA:
David Pain
5643 Campanile Way
San Diego, CA 92115
USA

SOUTH AMERICA:
Juan H. Kulzer
Estrada 3429
Olivos (1536)
BUENOS AIRES
Republica Argentina

ASIA:
Mr. Hariomataram
Medan Medaka
Selantan 10,
Jakarta, Indonesia

EUROPE:
Hans Axmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:
Jim Blair
P.O. Box 2910
Wellington, New Zealand

AFRICA:
Contact President

Write On Continued from page 2

country with a masters/veterans program, and an integrated one at that.

Secondly, the unfortunate Budd controversy brings to the fore the insanity of athletics organizations getting involved in politics in the first place.

The IAAF, as has the Olympic committee, barred South Africa because of its apartheid racial policies. Now Great Britain is experiencing the backlash of this position. None of this has anything to do with the administration of world athletics, which is the presumed purpose for the IAAF's existence.

What one has to fear is the fact that a terrible precedent has been set. Now a coalition of Third World countries can manipulate the IAAF as a platform to achieve purely political ends.

None of this bodes well for WAVA

and its future under the questionable control and dictates of the IAAF.

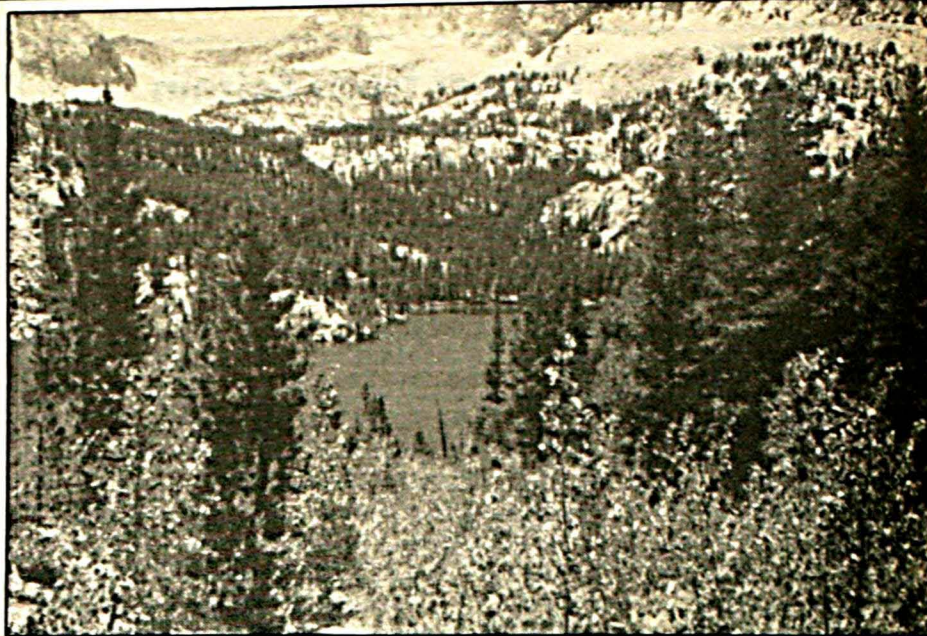
David H.R. Pain

WAVA North American Delegate

The decision taken by the WAVA General Assembly in Melbourne on December 2, 1987, has no validity and South Africa is not prepared to waive its rights under the constitution, not even if the motion, as phrased, would imply a change of the constitution as such.

For, in fact the motion, as passed, reads as follows: "...WAVA will not accept or continue to recognize as an affiliate any organization whose national federation is suspended by IAAF."

The true facts are that the South



Hilton Lake in Mammoth, Calif.; one of the spots on a Mammoth Athletics Camp run.

African Masters Athletic Association was and still is affiliated to one body only — the World Association of Veteran Athletes. It never had any ties with any other national federation in South Africa or elsewhere. As such, the South African Masters Athletic Association was and still is the only national body for the sport in South Africa. Therefore, it follows also that the IAAF could not suspend the SAMAA.

Perhaps, for the sake of expediency, another General Assembly will be convened to change the wording of the motion?

I sincerely trust that note will be taken of this important fact; for indeed, even the wording of the motion is testimony of nothing short of a sinister act.

Hannes Booysen, President
South African Masters Athletics Association

ALL-AMERICAN AWARDS

A large segment of our masters community uses the Standards of Excellence as an achievable and challenging goal.

To develop the initial tables, the "rate of decreased performance" was developed for each track & field event, by plotting performance vs. age on a graph.

Single-age world records were used to develop the first slope of decreased performance. Then, using Haig Bohigian's 1981 ranking book, the 2nd thru 11th place performances were averaged and plotted by 5-year age groups.

This showed the rate-of-decreased-performance slopes are linear from 40 to 60 years. Above 60, insufficient performances in many events did not allow us to establish clear performance slopes.

Once the slopes were established, they were super-imposed on a graph, where the performances of the finalists at the National Masters T & F Championships were plotted vs. 5-year age groups. The slope was adjusted as necessary. In so doing, some age

groups had all made the standard, and others, none. The 30-39 and 60+ slopes were artificially adjusted to include most 5-year age groups.

A starting point to establish these tables is to accept the rates of decreasing performances, assume them to be linear from 40 to 60, and adjust for others as necessary to accomplish the main reasons for the All-American concept — to motivate.

The elite have their gold, silver and bronze to motivate them. To benefit the maximum number of athletes, the standards must be consistent from one age group to the next. If we keep changing the requirements, they will cease to be a motivational tool. Much better to have too many achieve the standard. The standards can be fine-tuned by either changing the slope, or moving up or down.

Jim Weed
Aurora, Colorado

(Jim Weed was the Chairman of the All-American Committee which developed the original Standards of Excellence. He was not involved in developing the "proposed new standards," printed in April's NMN, to which reaction has been generally negative. Those "proposed new standards," have been scrapped by the Committee, and the old ones remain in place. Many excellent suggestions for improvement have been received, and will be reviewed by the AA Committee at TAC's 1988 Convention in Phoenix in December. — Ed.)

CHOLESTEROL AND MORTALITY

Regarding your article "Cholesterol and Mortality," my husband had run from the time he was 14 until he died at 57. He died of cholesterol — it clogged the valves of his heart from 50-80%. The heart muscle itself was in perfect shape, as was he. Tony was never on a low-cholesterol diet. I wonder what Dr. Bassler would say about this?

Audrey Sapienza
Bradford, Massachusetts

MASTERS CIRCUIT
The 12-city masters running circuit is
Continued on page 28

1988 MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS

JULY 22-23

Sponsored by: **PORTLAND MASTERS TRACK CLUB** and **MT HOOD COMMUNITY COLLEGE**

Held at: **MT HOOD COMMUNITY COLLEGE**
26000 SE Stark Gresham, Or

SCHEDULE OF EVENTS

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

<p>Fri Nite (times approximate)</p> <p>6 - 8 pm LONG JUMP (women & men) SHOT PUT (w & m) DISCUS (w & m) HIGH JUMP (30-49 men)</p> <p>6:15 pm 3000m STEEPLE (w & m) 2000m WALK (w & m) 5000m (women)</p> <p>8:00 pm 110m HURDLES (w & m) 100m (w & m) 1500m (w & m) 400m (w & m)</p>	<p>Sat Nite (times approximate)</p> <p>4 - 6 pm TRIPLE JUMP (women & men) JAVELIN (w & m) POLE VAULT (w & m) HIGH JUMP (women & +50 men) HAMMER (w & m)</p> <p>6:00 pm 400m HURDLES (w & m) 200m (w & m) 3000m (w & m)</p> <p>8:15 - 5000m (40+ men) 8:25 - 5000m (30-39 men & 40+ men who choose to enter) 8:00m (w & m) *specify the one you're entering</p>
---	--

NOTES:

- = BEAUTIFUL MEDAL TO FIRST 3 PLACES, EACH EVENT
- = TAC SANCTIONED MEET
- = TIMES DETERMINE WINNERS IN EACH AGE GROUP
- = OLDEST WILL COMPETE BEFORE YOUNGEST
- = WOMEN WILL COMPETE BEFORE MEN
- = NO HOST BREAKFAST - Sat, 9am, HEIDI'S - \$7

deadline:
JULY 12

Send Entry and Entry Fee to: **JIM PUCKETT (503) 667-7354**
MT HOOD C C ATHLETIC DEPT
26000 SE STARK STREET
GRESHAM, OR 97030

Checks payable to:
PORTLAND MASTERS TRACK CLUB

Please Print

NAME _____ FOR ATHLETES AGE 30 AND UP
ADDRESS _____ AGE (as of 7/22/88) _____
CITY _____ ST _____ ZIP _____ PHONE () _____

EVENTS ENTERING _____ Best 87/88 mark? _____

ENTRY FEE _____

1. _____ 1 Event - \$ 8
2. _____ 2 Events - \$ 13 (total)
3. _____ Each Additional - \$ 3
4. _____ MUST BE POSTMARKED BY 7/12
5. _____ Late Entry Fee - \$ 10
(if space available)

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

SIGNED _____ DATE _____

MAKE YOUR PLANS AND RESERVATIONS NOW!

MAMMOTH ATHLETICS CAMP, INC.

Mammoth Lakes, California

- A TAC-Sanctioned Olympic Development Camp -

AMERICA'S FINEST ALTITUDE TRAINING COMPLEX
FOR ALL EVENTS, ALL AGES, ALL ABILITIES



1988 MAMMOTH CAMP SESSIONS: JUNE 19-25 · JUNE 26-JULY 2 · **JULY 24-30

**Special Distance Running & Fitness Walking Session



CAMP DIRECTOR: DR. KEN FOREMAN: 1988 USA OLYMPIC COACH

SPRINTS COACH: JOHN SMITH: 440 World Record Holder, UCLA Sprint Coach
MURDLES COACH: DALE KENNEDY: Head Coach, Montana State University
DISTANCE COACHES: DORIS HERITAGE: 5-time World Cross Country Champion
 TRACY SMITH: Former World Record Holder for 2 & 3 Miles
 JACQUELINE HANSEN: 2-time Marathon World Record Holder
 SKIP STOLLEY: Head Coach, TRACK WEST

THROWS COACH: DR. PAUL WARD: US Olympic Strength Coach for the Throws
MULTI-EVENTS: DR. KEN FOREMAN & DALE KENNEDY
TRIATHLON: JACQUELINE HANSEN, Coach, Santa Monica Triathlon Club

!!! PLUS MANY OTHER TOP AMERICAN COACHES, ATHLETES, AND SPORTS MEDICINE PROFESSIONALS !!!

CAMP REGISTRATION FEE \$199.00 PER PERSON

4 TYPES OF ACCOMODATIONS + AN OPTIONAL MEAL PLAN AVAILABLE AT THE WORLD-CLASS MAMMOTH MOUNTAIN INN....Note our new REDUCED PRICES!!!

	ADD PER PERSON EA. SESSION (6 NIGHTS)
#1 YODLER DORM ROOMS (2 Twin beds + bath).....	\$73.00 (double occupancy)
#2 EAST-WEST WING (2 Queen beds).....	\$138.00 (double occupancy)
#3 1BR CONDO (Queen bed + sofabed) Full kitchen + 1½ baths.....	\$198.00 (double occupancy) \$134.00 (triple) \$102.00 (quad)
#4 2BR CONDO with Loft Queen + twin in ea. BR/queen + 3 twins in loft Full kitchen + 2 full baths.....	\$73.00 (8 minimum)
** HOTEL MEAL PLAN (6 days Breakfast & Dinner).....	\$112.00 per person ..



VISA and MASTERCARD ACCEPTED

MAMMOTH ATHLETICS CAMP INC. 7411 Earldom, Playa del Rey, CA 90293 (213) 281-1993
*** Call or write us for Team, Group, and Family Discounts ***

ENCLOSED IS MY REGISTRATION/RESERVATION FEE: \$179 (April 1 postmark) \$199

Name _____ Age _____ Event(s) _____

Address _____ City _____ Zip _____

Phone () _____ Session Dates: _____ **BALANCE DUE**

ACCOMODATION PLAN: #1 #2 #3 #4 (circle) ADD..... \$ _____

MEAL PLAN: yes no (circle) ADD..... \$ _____

TOTAL BALANCE DUE JUNE 1, 1988..... \$ _____

A \$50 fee will be charged for cancellations

CHARGE TO: VISA MASTERCARD Card Number _____

Please make checks payable to:
MAMMOTH ATHLETICS CAMP INC.

EXP Date _____ Signature _____



Murphy, Hurl-Tuffley Are Fastest Masters

Even though the luck of the Irish may not have helped him, Patrick Murphy easily won the fifth running the Fastest Masters 10K on April 24, setting a race record in the process.

The race is sponsored by the San Diego Track Club and is restricted to runners over 40 years old. It lives up to its name by drawing the best masters field annually to San Diego, since it also serves as the San Diego-Imperial County Championships.

The local Athletics Congress awards \$50 to the winning registrants in five year age groups, giving a total of over \$800 to the champions.

Murphy, who was profiled in NMN last month, flew into San Diego about 36 hours before the race from County Kildare, Kilarney, Ireland to face the best San Diego has to offer. The Fastest Masters was preparation for Spokane's Lilac Bloomsday race the following weekend, where he had placed first or second among masters in 1985-7.

Even fighting jet lag, Murphy had a sizable lead one mile into the race, and was comfortably in front as he covered three miles in 15:21. He had planned to pick the pace up over the last half, but was unable to, due to having to fight a stomach problem.

Murphy's 32:37, while about a

minute slower than what he planned to run, still beat La Mirada's Ron Jensen, one of the best over-40 runners in the Los Angeles area, by 31 seconds, and eclipsed George Keim's race and course record by eight seconds.

Patti Hurl-Tuffley, just three months past 40, ran 39:17 to win the women's race by more than two minutes over defending champion Kathy Loper, who has been coming back from an ankle injury.

In third place, Caroline Murray continued her domination of the 50+ age group with a personal-best and division record 41:35. Murray may be proving that life begins at fifty, as she has run 43:52, 42:26, and 41:35 to win her division the last three years in this race.

Other division records were set by Jim O'Neil (37:29 for ages 60-64), and Wayne Zook (43:16 for 70-74).

Judy Simon continued her streak of five division wins in the five editions of the race, as she ran 55:26 at age 72. Mary Storey is the only runner close to matching that feat, as she has won the 60-64 division four years in a row.

Race director Dale Larabee succeeded in increasing the size of the field to 172 finishers, the largest since 1985, due in part to drawing a number of runners from outside San Diego.

— from the San Diego Track Club



Sub-Master Larry Rogers of the Little Switzerland Track Club on his way to victory in the M30 600y (1:13.45) at the National Indoor Championships, Eaton Rouge, Louisiana, March 19-20.

Sponseller Sets World 800 Mark In Palm Beach

The Palm Beach Track and Field Championships kicked off the masters outdoor season in Greenacres, Florida on April 15-16.

Jay Sponseller set a new world M70 record of 2:34.36 in the 800, breaking Monty Montgomery's 11-year old record of 2:34.5.

He ran in the same race with Archie Messenger, M60, and World Games' silver medalist, Jack Rice, M65. They all came by the 400 in 71 seconds as all three were aiming for U.S. age-group marks. Messenger finished in 2:28.31, followed by Rice in 2:30.46 — both short of new records. But Sponseller, who didn't compete in Melbourne, finished 10 seconds faster than Dan Bulkeley's winning time down under.

Good performances were turned in by the large international field. □



"What, me, tired?" Jan Kreuz seems to say after her victory (6:37:22) in the 50-Mile Championships, Columbus, Ohio, April 9.

MASTERING THE SPRINTS

AN INSTRUCTIONAL VIDEO FOR THE MASTERS SPRINTER



ONLY
\$39⁹⁵
VHS FORMAT

Covers:

- Sprint Skills
- Philosophy of Training
- Speed Development
- Proper Running Form
- Plyometrics
- Developing a Yearly Plan
- And Much, Much more

A video developed specifically to aid in the development of the masters sprinter. Produced by Scott Sanders, a proven masters coach. No serious masters athlete should be without this tape. Get ready for the summer racing season and order your copy today. To order: send check or money order for \$39.95 + \$3.00 P & H to: VIDEOSPORT PRODUCTIONS, P.O. Box 1735, Boulder, CO 80306.

PERSONAL MASTERS COACHING

SPRINT EVENTS: 100 - 200 - 400 - HURDLES

Now you can subscribe to monthly personal services by mail. Experienced masters coach will develop a personal training plan tailor-made to your specific needs and abilities. Your progress monitored monthly to ensure that your program is working, or if modifications need to be made.

PROGRAM INCLUDES:

* Monthly programs written specifically for your goals * Training reference manual * Monthly evaluation of progress * Proven success record will work for you

* Rates: \$30.00 per month; "Mastering the Sprints" video included free with 3 months training paid in advance (\$90.00).

To receive information on how to subscribe for your own monthly training program and coaching services, send your name and address to: Scott Sanders, P.O. Box 1735, Boulder, CO 80306 or call: 1-303-422-0622.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE, 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LUCILLE ADNEY (LONG BEACH, CA)	6-11-13	75-79
DOROTHY DONNELLY (EL CAJON, CA)	6-21-23	65-69
MARYLIN GRAY (TALENT, OR)	6-30-33	55-59
BARBARA GREENLEAF (CA)	6-26-28	60-64
MARION HIGGINS (ONTARIO, CA)	6-26-93	95-99
MARY OWEN (US)	6-23-43	45-49
MARDI REED (ME)	6- 2-43	45-49
JUNE THATCHER (MANHATTAN BCH., CA)	6-19-18	70-74
TRAUDE WELLER (HOUSTON, TX)	6-16-23	65-69
MANFRED D'ELIA (RIDGWOOD, NJ)	6-19-08	80-84
GUNNAR EKMAN (SWE)	6-18-43	45-49
CHET FORTIER (LUNENBURG, MA)	6- 1-33	55-59
DAVID FRANCIS (GB)	6-14-28	60-64
GILBERTO GONZALEZ (PUR)	6-18-13	75-79
KARL HEIN (WG)	6-11-08	80-84
HENRY HOPKINS (INDIANAPOLIS, IN)	6-17-43	45-49
EARL MEADOWS (US)	6-29-13	75-79
GERALD MORRISON (KANSAS CITY, MO)	6-10-23	65-69
JAMES OUTLAW (TYLER, TEXAS)	6-20-18	70-74
PAUL RICHARD (BOUND BROOK, NJ)	6-28-38	50-54
HOWARD RUBIN (NEW HARTFORD, NY)	6- 9-28	60-64
JANUSZ SIDLO (POLAND)	6-19-33	55-59
SREKO STIGLIC (YUG)	6-11-43	45-49
SHELDON VARNEY (HONOLULU)	6-26-28	60-64
ZDENEK VITULA (CZE)	6-18-28	60-64
ANTHONY VIVEIROS	6-07-28	60-64
WALT WESBROOK (US)	6- 6-98	90-94
COLLISTER WHEELER (PORTLAND, ORE)	6-20-93	95-99
JAMES YORK (MODESTO, CAL)	6-29-13	75-79

MASTERS SCENE

NATIONAL

• The U.S. athletics community was saddened by the recent death of Dr. Nell Jackson, Secretary of The Athletics Congress. "She was a delightful person," said Jerry Donley, Chairman of TAC's Masters Track and Field Committee. "She was in love with track and field, and encouraged women's participation in athletics. She was a great credit to the athletics community and we will miss her."

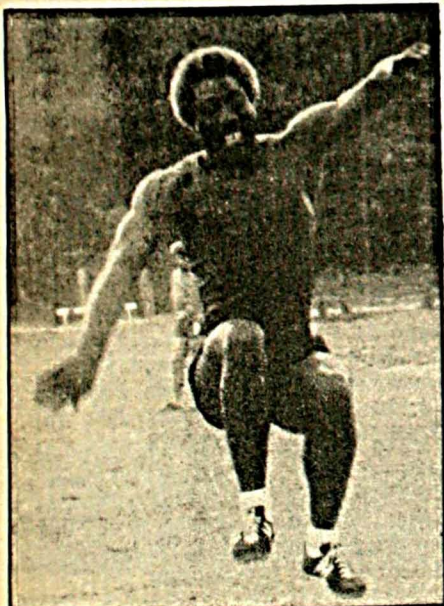
• The results of the Road Race Management survey on the most powerful people in running: 1. Fred Lebow, director of NYC Marathon, president of New York Road Runners Club; 2. Alvin Chriss, special assistant to the executive director of TAC; 3. Don Kardong, president of Association of Road Racing Athletes, '76 Olympian, chairman TAC men's long distance running committee, writer; 4. Ollan Cassell, executive director of TAC; 5. Jeff Darman, promoter, race director; 6. Bill Rodgers, masters runner; 7. Phil Stewart, race director, publisher; 8. George Hirsch, publisher *Runner's World*; 9. Joan Benoit Sammuelson, '84 Olympic marathon champ; 10. Allan Steinfield, chief operating officer of New York Road Runners.

• Sales of Reebok International have leaped from \$307 million in 1985 to an estimated \$1,780 million in 1988. The Canton, MA, company expects earnings per share of \$1.78 in 1988, compared to 45¢ in 1985. Its stock trades at 15, only 8.4 times estimated 1988 earnings compared to 13 times earnings for the S&P 500. The stock dropped 63% from 20 to 7¼ after last October's crash, but has rebounded sharply.

• Our thanks to Joe Henderson, who writes in his bi-weekly *Running Commentary*: "My favorite regional or specialized publication is a tie between *National Masters News* and *Running Stats*; all work stops when they arrive."

• The 1988 U.S. Race Walk Handbook is available from the Book Order Department of TAC. Edited again by Bob Bowman, it sells for \$6 in the U.S. and \$10 from outside the U.S., and contains schedules, records, all-time lists, personal stats, and more. Book Order Dept., TAC/USA, P.O. Box 120, Indianapolis, IN 46206.

• John Bell returns. Not as a runner, but as the fiancée of nationally-syndicated radio-talk-show psychologist Dr. Toni Grant. Bell, a 45-year-old Indiana millionaire, was disqualified from the 1986 New York Marathon for failing to pass required checkpoints during the



Overall winner in the long jump (18-11) at the March 13 All-Comers Meet in Deland, Florida is M35 Cleveland Smith. Photo by Karen Russi



Rick Schmidt, M50, after an 18-8 long jump, Sport-Arcade Meet, Northridge, Calif., March 5. Photo by Jerry Wojcik

race, after "winning" the masters division in 2:25:15. He did not receive the \$3000 first prize and was asked to return his trophy, but refused, claiming he had run the full distance. He and Grant are scheduled to be married in June.

EAST

• Olympic Marathon Trials qualifier Bob Schlau, 40, of Charleston, SC, who upset Bill Rodgers in the L.A. Marathon in March, was 48th of the 77 finishers in the New Jersey Waterfront Marathon, April 24, which served as the U.S. men's Olympic Trials. Schlau, who ran 2:19:27 in L.A., slowed to a 2:28:10 but took some consolation in finishing ahead of younger, better-knowns like Don Janicki (2:31), Thom Hunt (2:35), Don Kardong (2:37), and Benji Durden (2:45).

• Art Hall, 41, toured the 12K course of the Ellesse Vivicitta in Prospect Park, Brooklyn, April 10, in 40:03 to repeat his last year's masters victory (39:58). Second M40+ was 52-year-old Gerald Lopez. Bill Coyne, 66, won his division race in 52:16. Mimi Meyers, 45, led the W40+ finishers with a 57:23.

• New Yorker Gary Null, 43, was first overall (4:06:15) in the racewalk division of the New Jersey Waterfront Marathon, April 24. Marsha Hartz, 48, of Maryland was the leading W40+ walker (5:22:09). Harry Drazin, 74, was the oldest finisher (6:01:01). Despite 35 mph winds and having to share the course with about 2500 runners, walkers who also competed last year recorded much better times this year.

• Laurie Binder, 40, Oakland, CA, ended 35th (2:42:29) of 100 finishers in the U.S. women's Olympic Marathon Trials, held with the Pittsburgh Marathon, May 1. Barbara Filutze, 41, of Erie, PA, was 60th (2:46:53).

SOUTHEAST

• Bob Moss gave a good account of himself with an M40+ first (36:18) in the 3rd Annual 1040K, sponsored by the Charlotte Chapter of

the North Carolina CPAs, April 16. Doubling his assets was Randy Whitt, best masters CPA (39:31) for the second straight year. The top CPA team was Peat Marwick Main.

The Wendy's 10K, usually run in late October, has been cancelled. Voted one of the "Top 25" road races by *Runners World* in the last five years, Wendy's has become too big for its own good. Race director Dave Mason says "The race has just become too large and demanding for our company to manage effectively without sacrificing important aspects of our Wendy's operations. The immense amount of work and time involved in putting on the race has become too time consuming for our company." The race, which has attracted top masters runners to the Bowling Green, KY, site for years, grew from 300 to 4000 runners in its eight-year history.

MIDWEST

• Eugene Kitts, 40, of Hawaii, who was "profiled" in the February 1988 NMN, was the oldest walker in the U.S. men's Olympic 50K Walk Trials in Indianapolis, April 24, and finished seventh (4:24:36) of the 16 survivors.

SOUTH WEST

• Gregg Evans, 43, Austin, TX, ran 34:26 to head the masters runners in the Capitol 10,000 in Austin, March 27. Ino Cantu, 54, El Campo, TX, won his division with a 36:22. Josie Bowman, 42, Round Rock, TX, paced the W40+ runners with a 44:10.

• Allan Rushmer of Britain took the masters title with a 30:37 over Bob Schlau (31:01) of South Carolina, who held off Canada's Mike Creery (31:08) in the Crescent City Classic 10K, New Orleans, April 16. Four seconds also separated first W40+ Barbara Filutze (34:43) of Pennsylvania from runner-up Gabriele Andersen of Switzerland. Laurie Binder of California finished third (35:02).

WEST

• Nelly Wright, 42, Pacific Grove, CA, broke the women's course record in the Big Sur International Marathon, April 17, with a 2:55:45. Wright ran for Bolivia in the '84 Olympics. Byrle Smullen, 40, Agoura Hills, CA, placed fourth in 2:41:48. Over 1600 runners ran the hilly course on California's scenic Highway 1, in what is billed as the "world's largest all-rural marathon."

• The San Diego-Imperial Athletics Congress Masters Meet at Balboa Stadium, San Diego, July 2, will be entirely age-graded, with awards of \$100, \$50, and \$25 for the top three age-graded performances. The meet will be capped off by an additional 100 and 800, also age-graded, with no entry fees and open to all competitors. The awards will be given out at a post-meet barbeque.

• Steve Myhro, 42, finished first M40+ in the Fontana Days 5K, Fontana, CA, April 16, with a 15:07. Larry Banuelos, 63, won the M60 race in 18:13 on the fast course, which almost guarantees a PR.

• Wally Ingram, M55, outlegged all masters to the finish in 18:55 in the Duarte Bud Light 5K, Duarte, CA, April 16. Eva Guray, W40, was

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.95 each, plus \$1 postage and handling for each order.

Send to:

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

first W40+ (22:16). Patricia Pruitt was up with the leaders with her W55 win (25:08).

• The Hawaii Masters TC holds workouts at Punahou H.S. in Honolulu every Sunday from 2:00 to 5:00 p.m. Mainlanders headed for the Islands can contact club president, Ken Wheeler, at P.O. Box 15763, Honolulu, HI 96830-5763.

NORTHWEST

• The Not Over The Hill 8K for runners 50-and-over (with divisions through 80+) scheduled for July 17 at Providence Point, Issaquah, WA, will award \$500, \$50, and \$25 to the top three men and women, as determined by an age-grading system in which runners' times will be handicapped using official TAC national age-group records. Additional cash awards of \$75, \$50, and \$25 will be awarded to the first three in every age division. Gina Faust, 51, of Woodland Hills, CA, is this year's guest runner and will conduct a clinic Saturday evening. The event is sponsored by Providence Point, a Swanson-Dean community for senior adults.

CANADA

• Mike Creery, 40, Victoria, BC, with a 4:36 first mile, tied the Canadian M40+ 5K record of 14:58 in the Coors Light Series 5K in Victoria, April 2. Maurice Tarrant, 58, of Victoria, broke the Canadian M55 record by 22 seconds with a 16:45. Ramona Stewart, W40, was first W40+ in 19:14. On April 11, Creery was first overall (64:15) in the British Columbia 20K Championships in Vancouver. Rosamund Dashwood, W60, was second in the W50+ rce with a 1:41:23.

INTERNATIONAL

• R. Lippis had the honor of finishing 20, 789th and last in a time of 8:03:51 in the London Marathon, April 17.

CLASSIFIEDS

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

• 15th Jim Latz Mile Beach Run at twilight - formerly known as Knife and Fork Inn Run. 7:30 p.m., Saturday, July 23. Old time low key race with splits, water and good cheer. Awards for age groups up to 70+. SASE TO J.L. Running Resources, 5511 Winchester Avenue, Ventnor, NJ 08406.

• ARTHUR LYDIARD RUNNING CAMP
June 26 - July 2, 1988

Runners - Competitors - Coaches

Take advantage of a unique opportunity to study and experience the training techniques of one of the greatest all time Olympic coaches. Don't miss the LAST New York Lydiard Camp to be conducted with Arthur Lydiard, who lectures and demonstrates the entire week. For information contact: Lydiard Running Camp, T. Robinson, 128 Clarence Rd., Scarsdale, N.Y. 10583.

• June 11. Buffalo Belles and Brawn International Open and Masters Meet. Parker Field, Buffalo, NY. Bette Zoschke, 266 Puritan Rd. Tonawanda, NY 14150. 716/835-6018.

• July 30. Buffalo Belles and Brawn Classic For Girls and Women, Parker Field, Buffalo NY. Bette Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

• July 31. Buffalo Belles and Brawn Classic for Boys and Men, Parker Field, Buffalo, NY. Bette Zoschke.

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 26. U.S. TAC National Masters Pentathlon Championships, Mt. St. Mary's College, Emmitsburg, Md. Scott Thornley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 to 11 p.m.

July 8-9. U.S. TAC National Masters Decathlon/Heptathlon Championships, Cal-State, Los Angeles. Mike Strong, Cal-State L.A., 5151 State University Dr., Los Angeles, CA 90032. 213/224-3692.

July 15-23. U.S. Olympic Trials, Indianapolis. U.S. T&F Trials/88, P.O. Box 6060, Indianapolis, IN 46206. 317/636-1988.

August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gailey, 341 N. Maitland Ave., Maitland, FL 32751. 305/628-8850.

EAST

June 4. Connecticut Senior Olympics, U. of Bridgeport, Bridgeport. 55+. U. of B. Office of Communications, Park Hall, Bridgeport, CT 06601. Scott Ames, 203/576-4918.

June 5. New Jersey TAC Masters/Submasters Championships, Trenton State College. Sandy Kalb, 201/363-5426.

June 11. Buffalo Belles and Brawn International Open/Masters Meet, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

June 18. Mid-Atlantic TAC Masters Games, Ambler, Pa. Pre-entry only. Earl Williams, Mid-Atlantic TAC, P.O. Box 7231, Philadelphia, PA 19101. 215/843-MAAC.

June 25. Waltham TC Masters Invitational, MIT, Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

June 26. Rhode Island Senior Olympics, Lincoln H.S., Lincoln, R.I. 40+. Dolores Bergeron, 79 Washington St., Providence, RI 02903. 401/277-6880.

July 3. Merrill Lynch Realty AC Masters Meet, Randolph, N.J. Merrill Lynch Realty AC, 517 Highway 33, Englishtown, NJ 07726. 201/625-1764(d); 361-3282. Travel arrangements: 201/361-3220.

July 16. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walter Fisher, 263 South Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.

July 16. Sri Chinmoy Masters Games, Forest Hills, Queens, N.Y. 50+. Sri Chinmoy Games, 150-47 87th Ave., Jamaica, NY 11432. 718/523-2600. Entry form in June issue.

July 30-31. Buffalo Belles and Brawn Classic, Buffalo, N.Y. 30th-girls/women: 31st-boys/men. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

July 31. Tri-State Track Club Classic, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 21. TAC Eastern Regional Masters Championships, Rhode Island College, Pawtucket, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869.

SOUTHEAST

June 11. TAC Southeast Regional Masters Championships, Emory U., Atlanta. Includes team championship. Sid Davis, c/o Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9064.

June 11. Regional Sunshine Games with racewalk, Ft. Lauderdale, Fla. Joe Valdes, POB 1735, Ft. Lauderdale, FL 33302-1735.

June 11-12. 13th Annual Northwest Classic, Miami-Dade Community College, North Campus. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

June 17-19. Tennessee TAC Masters Championships, U. of Tennessee, Knoxville. Oak Ridge TC, P.O. Box 3394, Oak Ridge, TN 37830. Dean Waters, 615/483-7743; Alan Morgan, 615/522-5881.

June 25. Open & Masters Meet, Brentwood Academy track, Brentwood, Tenn. 5:00 p.m. Randall Brady, 615/741-7366(d); 383-6733(n).

June 25. Tampa Bay All-Comers Meet, U. of Tampa Pepin Rood Stadium. 238-6451/223-8615.

July 23-24. NCNB/Carolina Masters Championships, Thomasville, N.C. 5K and 5K RW July 23/all other events July 24. Thomasville High. CMAC, 801 Longbow Rd., Charlotte, NC 28211. 919/475-0851 (2-5); 704/366-1373.

September 3. 13th Annual Blue Cross/Blue Shield Virginia Masters Championships, U. of Virginia, Charlottesville. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

MIDWEST

June 6-11. Indy Senior Classic, Indianapolis. Susan Field, 317/636-1802.

June 12. 5th Annual Athlete's Foot Open/Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, Masters Meet, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

June 17-19. White River Park State Games Regional competition, Richmond & Terre Haute, Ind. Chris Varnau, Coordinator, Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.

June 24-26. White River Park State Games Regional competition, Columbus, Elkhart, Evansville, Ft. Wayne, Logansport, Muncie, Ind. See June 17-19.

June 25. Cleveland Track Classic, Wickliffe H.S., Cleveland, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid, OH 44121. 216/382-2656.

July 8-10. White River Park State Games, Indianapolis, Ind. Chris Varnau, Coor-

dinator, Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.

July 17. Northern Illinois Open/Masters Championships, Byron H.S. D. Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

July 24. TAC Midwest Regional Masters Championships, York H.S., Elmhurst, Ill. see July 17.

September 11. Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

MID-AMERICA

June 9-11. Iowa Senior Olympics, West Des Moines. West Des Moines Community School District, 713 8th St., W. Des Moines, Iowa 50265. 515/277-6026.

July 2. Early Morning "R" Track Masters '88, Hamline U., St. Paul, Minn. Pre-registration. Rachel Lyga, 122-63 1/2 Way NE Fridley, MN 55432.

July 29-31. Show-Me State Games, University of Missouri — Columbia. T&F athletes must qualify at 1 of 9 district meets between May 15-July 1. Show-Me State Games, 404 Jesse Hall, University of Missouri, Columbia, MO 65211. 314/882-2101. Missouri residents only.

August 14. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

September 3-4. Rocky Mountain Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Av., Aurora, CO 80010. 303/341-2980

SOUTHWEST

June 4-5. Duke City TAC Masters Games, Albuquerque, N.M. New Versaturf track, throwing surfaces, and jumping aprons — U. of New Mexico. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

June 11. 3rd Annual Gulf Coast Classic Masters Meet. Lynn Ellison, 409/945-7631; 945-8758.

June 18. Hill Country Classic, Mason, Texas. Lee Graham, Mason, TX 76856. 915/347-5620(h); 347-5921(w).

July 9. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802.

July 23. Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4309 N. Central Expressway, Ste. 206, Dallas, TX 75206. 214/824-3800. Sport watches to 1st three places.

WEST

June 4. Southern California Striders Meet of Champions, U.C. Irvine, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

June 11. Pacific Association/TAC Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

June 18. SCA/TAC Masters Championships, Occidental College, Eagle Rock, Calif. Gary or Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 19-25, June 26-July 2, *July 24-30. Mammoth Athletics Camp, Mammoth Lakes, Calif. Camp director will be Dr. Ken Foreman, 1988 Olympic team coach. See ads in NMN for other coaches. *Special Distance Running & Fitness Walking Session. MAC Inc., 7411 Earldom, Playa del Rey, CA 90293. 213/281-1993.



Theo Viltz, M40 110H (15.2), Sportarcade III, Northridge, Calif., March 5.

Photo by Jerry Wojcik

June 25-26. Bay Area Corporate Athletic Assn. Championships, Stanford Stadium, Palo Alto, Calif. Hank Lawson, BACAA, P.O. Box 898, Menlo Park, CA 94025. 408/446-9060.

June 28-August 19. All-Comers meets, Los Angeles, 7 p.m. Tues: Southwest College; Wed: Birmingham HS; Thurs: Bell HS; Fri: Santa Monica CC. 40-49, 50-59 and 60+ divisions at all sites. Finals on Sat., Aug. 20 at Birmingham.

June 30-August 11. All-Comers meets, South Lake Tahoe, Calif. Every Thursday, 5:30 p.m. So. Lake Tahoe Rec. Dept., 916/541-4611. Finals on August 20.

July 2. River City Invitational, CSU-Sacramento, Calif; plus weight pentathlon. SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

July 2. San Diego-Imperial Athletics Congress Masters Meet, Balboa Stadium, San Diego. SASE to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316. Entry form in June issue.

July 16-17. TAC Western Regional Masters Championships, CSU-Northridge, Calif. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

July 30. Northern California Seniors Meet, UC-Berkeley. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101.

August 6-7. U.S. Corporate Athletics Assn. National Championships, Stanford Stadium, Palo Alto, Calif. Hank Lawson, BACAA, P.O. Box 898, Menlo Park, CA 94025. 408/446-9060.

August 20. 3rd Annual California Masters Team Championships, Sacramento State U., Sacramento. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

September 3. 4th Annual Patriots Summer Relays '88, L.A. Southwest CC, Los Angeles. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

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

Continued on page 26

Continued from page 25

October 1. Club West Masters Meet, Santa Barbara Community College, Calif. George Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

NORTHWEST

June 4. Senior Sports Festival Meet, Seattle. Diana Hovland, 100 Dexter Ave. North, Seattle, WA 98109. 206/684-4951. 40+.

June 17-18. 5th Annual Federal Way Invitational, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. Ron Mattila, 206/838-1340(d); 206/845-8745(e).

June 25-26. 7th Hayward Classic, Eugene, Oregon. Jerry Jackson, 933 Northridge, Springfield, OR 97477. 503/746-0605.

July 22-23. TAC Northwest Regional Masters Championships, Gresham, Oregon. See entry form in May and June issues. Jim Puckett, Mt. Hood CC, 26000 S.E. Stark St., Gresham, OR 97030.

August 12-13. 10th Montana Masters Championships, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132. 406/587-8726.

CANADA

June 18-19. Ontario Masters Athletic Association Championships, Etobicoke. CMAA, 1220 Sheppard Ave. East, Willowdale, Ontario M2K, 2X1. 416/495-4059.

August 27-28. Canadian Masters Athletic Association Championships, York U., Metro-Centre, Toronto. Don Farquharson, c/o Sport Ontario, 1220 Sheppard Ave. E, Willowdale, Ontario, M2K2X1.

INTERNATIONAL

June 11-15, 1988. IV Oceania Veterans Championships, Noumea, New Caledonia. AAVAC, PO Box 311, Greensborough, 3008, Victoria, Australia.

June 25-July 2. VI European Veterans Championships, Verona, Italy. VERONA '88, c/o IMITT Club Italia, Via Martinetti 7, 20147 Milano/Italy. Entry deadline April 15.

July 23-24. British Veterans National Championships, Cumbrian, Wales. Mike Bolton, CRWCCA Farm, Felindre, Swansea, Wales.

August 27-28. North American Championships, York U., Metro-Centre, Toronto, 1st class facility. Don Farquharson, c/o Sport Ontario, 1220 Sheppard Ave. E, Willowdale, Ontario M2K2X1.

September 17-18. San Juan Annual International Masters Meet, Sixto Escobar Stadium, San Juan, Puerto Rico. Gilberto Gonzalez, P.O. Box 11074, Caparra, San Juan, PR 00922. 809/765-5702.

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

October 15-25. Central Australian Masters Games, Alice Springs, Northern Territory. P.O. Box 1095, Alice Springs, NT 5750. Tel (089) 528222.

July 27-August 7, 1989. VII 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: 503/687-9064; Tom Jordan: 503/683-3635.

LONG DISTANCE RUNNING NATIONAL

January 1-December 31, 1988. Shore Athletic Club One-Hour Postal Racewalk. Not a TAC national championship. Don Henry, Postal Racewalk Coordinator, 24

Fairview Ave., Bricktown, NJ 08724.

July 23. U.S. TAC National Masters 1 Mile Championships, Hibbing, Minn. Tim Zbinkowski, 11270 E. French Lake Rd., Osseo, MN 55369. 218/941-3300.

August 13. U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township, NJ 07712. 201/531-4156.

September 4. U.S. TAC National Masters 20K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NJ 11554. 516/579-7466.

September 11. U.S. TAC National Masters 25K Championships, Eugene, Oregon. Marcia McChesney, 4965 W. Hillside Dr., Eugene, OR 97404. 503/344-8106.

September 24-25. U.S. TAC National Masters 24-Hour Run Championships, Atlanta, GA. Larry Robbins, 4654 Latimer Ct., Kennesaw, GA 30144. 404/529-7196.

October 22. U.S. TAC National Masters 100K Championships, Duluth, Minn. William Wenmark, 1829 Portland Ave. So., Minneapolis, MN 55402. 612/593-9041.

November 13. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Sebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712.

November 20. U.S. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Box 116A, Hwy. 33, Englishtown, NJ 07726. 201/446-4959.

November 25. U.S. TAC National Masters 5K Cross-Country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

November 27. U.S. TAC National Masters 15K Cross-Country Championships, Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

December 3. U.S. TAC National Masters 8K Championships, Phoenix, Ariz. Mike Copeland, 115 W. Echo Lane, Phoenix, AZ 85021. 602/997-6494.

December 4. U.S. TAC National Masters Marathon Championships, Sacramento, Calif. \$28,200 masters prize money. John Mansoor, 10513 Fair Oaks Blvd., No. J, Fair Oaks, CA 95628. 916/966-6185.

December 10. U.S. TAC National Masters Half-Marathon Championships, Orlando, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

EAST

June 4. L'eggs Mini-Marathon Women's 10K, NYC. Allan Steinfeld, 9 E. 89th St., New York, NY 10128. 212/860-4455.

June 4. Shelter Island 10K, Shelter Island, N.Y. 5:00 p.m. SASE to: Box 266, Shelter Island, NY 11964

June 12. Granite State Independent Living Foundation 5K, Manchester, N.H. Nancy Park, GSILF, 105 Loudon Rd., Prescott Park Bldg. 4, Concord, NH 03301. 603/228-9680.

July 10. Utica Boilermaker 15K, Utica, N.Y. Dean Reinke & Associates, 1210 Harding St., Winter Park, FL 32789. 305/647-2918. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1310.

July 23. Jim Latz 5-Mile Beach Run, Ventnor, N.J. J.L. Running Resources, 5511 Winchester Ave., Ventnor, N.J. 08406.

August 21. Falmouth Road Race, Falmouth, Mass. Rich Sherman or John Carroll, P.O. Box 732, Falmouth, MA 02451. 617/540-4417.

November 6. New York City Marathon, NYC. Applications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

SOUTHEAST

June 4. Myrtle Beach 10K, Myrtle Beach, S.C. Myrtle Beach 10K, 1015 2nd Avenue

South, N. Myrtle Beach, SC 29582. 803/272-6855.

June 11-12. Old Dominion 100 Mile Endurance Run, Front Royal, Va. Richard Schriber, 665 S. Columbus St., Alexandria, VA 22314. 202/452-2733(w); 703/549-3239(h).

July 4. Peachtree 10K, Atlanta, Ga. \$3000 masters money. Julia Emmons, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

August 20. Parkersburg Homecoming Half-Marathon, Parkersburg, W. Va. \$500 first m/w masters. Camden-Clark Memorial Hospital, P.O. Box 718, Parkersburg, WV 26102.

August 20. Maggie Valley Moonlight 5 Mile, Maggie Valley, N.C. MVMR, Stallard Plaza, Maggie Valley, NC 28751. 704/926-1686.

MIDWEST

June 11. 2nd Annual National Black Music Month 5K Series, Muncie, Ind. Ralph Vaughn, P.O. Box 1117, Muncie, IN 47305. 317/289-5876; 282-7930.

June 18. Steamboat Classic 4 Mile/15K, Peoria, Ill. \$3000 masters money. Steve Shostrom, 700 W. Main St., Peoria, IL 61606. 309/671-7077. Glenn Latimer, 312/356-1733.

July 4. Independence Day Run, Ohio TAC Open & Masters 10K Championships, Columbus. Bill Schmidt, 614/261-7650; 895-1514(e).

August 13. TAC Midwest Masters Age-Graded 10K Championships, Momence, Ill. Howard Strassenberg, Box 282, Rt. 1, Momence, IL 60954. 815/472-2807, or Dick Green, 815/397-5685.

August 20. 2nd Annual National Black Music Month 5K Series, Muncie, Ind. Ralph Vaughn, P.O. Box 1117, Muncie, IN 47305. 317/289-5876; 282-7930.

August 27. Bobby Crim 10 Miler, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

October 8. The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. 125 total entry limit. SASE to U.R., Jackson Comm. Coll., 2111 Emmons Rd., Jackson, MI 49201.

MID-AMERICA

June 5. Hospital Hill Run Half-Marathon/7.7 Mile, Kansas City, Mo. \$1300 masters money. Hospital Hill Run, 2440 Pershing Rd., St. 500, Kansas City, MO 64108. 816/274-4039.

June 11. Grandma's Marathon, Duluth, Minn. Legal SASE to Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

June 12. Garden of the Gods 10 Mile, Manitou Springs, Colo. \$500 masters prize money. (\$150, \$70, \$30, m/w). Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625. Entry form in May issue.

June 12. Steamboat Marathon/10K, Steamboat Springs, Colo. P.O. Box 774408, Steamboat Springs, CO 80477. 800/332-3204; 303/879-0740.

July 9. Longest Day Marathon, 5K/10K and 5K Racewalk, Brookings, S. Dak. Dr. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-6236.

July 17. Colorado Springs Classic 10K, Colorado Springs, Colo. Fred Mais, Race Director, Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

July 30. Bix 7-Miler, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

August 20 & 21. Pikes Peak Ascent (20th) & 33rd Annual Pikes Peak Marathon (21st), Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625.

October 2. Twin Cities Marathon, Min-
Continued on page 27

ON TAP FOR JUNE

TRACK & FIELD

The month opens out West with meets on the 4th in Albuquerque, Seattle, and Southern California. The 11th finds the TAC Southeast Regional Championships in Atlanta and meets in Buffalo, N.Y.; Ft. Lauderdale and Miami, Fla.; and Northern California. Meets are scheduled for the weekend of the 18th in Philadelphia; Knoxville; Indianapolis; Mason, Texas; Los Angeles; and Federal Way, Wash., followed by another full bill a week later with meets in Cambridge, Mass.; Brentwood, Tenn.; Cleveland; and Eugene, Oregon. State Senior Olympics are set for Connecticut, Rhode Island, Indiana, and Iowa.

Frequent flyers can choose between the Oceania Veterans Championships in New Caledonia, 11th-15th, or the European Veterans Championships in Verona, Italy, 25th-July 2nd.

Masters with multi-talent will be in Maryland on the 26th for the TAC National Masters Pentathlon Championships.

The first Mammoth Athletics Camp session starts on the 19th, and the second on the 26th.

LONG DISTANCE RUNNING

Running survives the post-Olympic Trials letdown with the L'eggs 10K in NYC, the Myrtle Beach 10K in South Carolina on the 4th, and the Hospital Hill Half-Marathon (\$1300 masters money) in Kansas City, Mo., and The Race 8K in Eugene on the 5th. The first 5K in the celebration of National Black Music Month gets the downbeat in Muncie, Ind., along with Grandma's Marathon in Duluth, and the 22nd Annual Palos Verdes Marathon in Los Angeles on the 11th. On the 12th, Colorado hosts both the Garden of the Gods 10 Mile (masters money) and the Steamboat Marathon. Runners who miss the first boat can catch the Steamboat Classic in Peoria, Ill., with \$3000 in masters prizes, on the 18th, or the Cascade Run Off 15K, with \$3500 masters money, in Portland, Oregon, on the 26th.

The Mammoth Athletics Camps, on the 16th and 26th, also provide LDR coaching. The Oregon Experience Running Vacations' first session starts on the 26th.

Continued from page 26

neapolis. TWM, P.O. Box 24193, Minneapolis, MN 55424. 612/929-8646.

WEST

June 2, 5, 9, 16, 23, 26, 30. Legg Lake Runs, So. El Monte, Calif. A. Martinez, 213/949-0394.

June 5. Bob Seagren 5/10K For Children With Special Needs, UCLA campus, Los Angeles. Kit Kehr, 213/825-2405.

June 11. Palos Verdes Marathon, Palos Verdes, Calif. George Owens, P.O. Box 153, Palos Verdes Estates, CA 90274. 213/377-3419. Entry form in May issue.

June 19-25, June 26-July 2, *July 24-30. Mammoth Athletics Camp, Mammoth Lakes, Calif. Camp director will be Dr. Ken Foreman, 1988 Olympic team coach. See ads in NMN for other coaches. *Special Distance Running & Fitness Walking Session. MAC Inc., 7411 Earldom, Playa del Rey, CA 90293. 213/281-1993.

June 25-26. Bay Area Corporate Athletic Association 5K & 10K Team Championships, Stanford U., Palo Alto, Calif. Hank Lawson, BACAA, P.O. Box 898, Menlo Park, CA 94025. 408/446-9060.

June 29. 4th Annual Union Bank Heart of the City 5K, downtown L.A. 7:00 p.m. Dave Sims, Union Bank, 213/236-5716.

July 17. San Francisco Marathon, San Francisco. Scott Th... Box 2755 **CANCELLED** 94127. 415/...

August 6-7. U.S. Corporate Athletics Assn. National 5K & 10K Team Championships, Stanford U., Palo Alto, Calif. Hank Lawson, BACAA, P.O. Box 898, Menlo Park, CA 94025. 408/446-9060.

August 21. America's Finest City Half-Marathon, San Diego. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

NORTHWEST

June 5. The Race 5K, Eugene, Oregon. OTC, Box 1107, Eugene, OR 97440.

June 26. Cascade Run Off 15K, Portland Oregon. \$3500 masters money. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

June 26-July 4, July 30-August 5. Eugene Experience Running Vacations, Eugene, Oregon. Free brochure: Box 5453, Eugene, OR 97405. 503/343-2063.

July 17. Not Over The Hill 8K, Providence Point, Issaquah, Wash. \$500, \$50, \$25 to top 3 m & w, determined by age-grading system. \$75, \$50, \$25 to top 3 in all divisions. Melissa Smith, Julie Soderquist, 4135 Providence Point Drive S.E., Issaquah, WA 98027. 206/343-1543. Entry form in June issue.

CANADA

July 24. Ontario Open/Masters Marathon Championships, Massey, Ontario. Voyageur Marathon, c/o Shelda/Norm Patenaude, Lee Valley Rd., RR No. 2, Massey, Ontario, Canada, POP IPO. 705/865-2671.

INTERNATIONAL

June 4. Festival de Primavera 5K/10K/10 Mile, Rosarito Beach, Baja California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417; 213/634-3026.

November 27-December 4. International Running Tour of Israel 1988. Includes 5K in Jerusalem and Tiberias Marathon. Barry Shaw, International Running Tour of Israel, 6 Shmuel Hanatziv St., Netanya 42281, Israel. Tel: 053-381343. Telex: 341929 SHAR IL.

RACE WALKING NATIONAL

July 9. U.S. TAC National Masters 10K Walk Championships, Niagara Falls, N.Y. Ron Winiecki, 161 Stewart Ave., Buffalo, NY 14211. 716/896-7609.

August 7. U.S. TAC National Masters 20K Walk Championships, Showalter Field, Orlando, Fla. Jose Rodriguez, Florida TAC Association, 1330 N.W. 6th St., Gainesville, FL 32601. 904/377-0134.

August 13. U.S. TAC National Masters 15K Walk Championships, Chicago. Ray Vandersteen, 312/833-7303.

September 11. U.S. TAC National Masters 40K Walk Championships, Ft. Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/221-9213.

October 16. U.S. TAC National Masters 30K Walk Championships, E. Meadow, N.Y. Gary Westerfield, P.O. Box 440, Smithtown, NY 11787. 516/979-9603.

December 18. U.S. TAC National Masters 100K Walk Championships, Research

Triangle Park, N.C. Carl Birk, 8915 Broadway, #9262, Houston, TX 77061. 713/645-3917.

SOUTHEAST

June 11. Broward-Palm Beach Sports Festival 5K Racewalk, Lake Worth, Fla. B-PB SF, 3944 Florida Blvd., Ste. 504, Palm Beach Gardens, FL 33410. Bob Fine, Race Director, 407/499-3370; Festival office, 626-3018.

June 18. Tree Tops Park 5K Racewalk, Broward County, Fla. Broward Co. Parks & Rec., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

July 16. Tradewinds Park 5K Handicap Racewalk, Broward County, Fla. Broward Co. Parks & Rec., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

WEST

June 5. Pacific Association/TAC 20K Walk Championships, Golden Gate Park, San Francisco. Alkmene Bandar, GGRW, 47 Marietta Dr., San Francisco, CA 94127. 415/334-6341. □

Write On Continued from page 22

"nationwide" in name only. The races listed are all in the eastern half of the US: Alabama, Connecticut, Florida, Iowa, Michigan, Missouri, New Jersey, New York, North Carolina, South Carolina.

Consider that the western-most of these, Kansas City, is 1900 miles from San Francisco and only 1200 miles from New York. Those of us living in the West have little hope of attending these races. This appears to be an advertising and publicity ploy geared to make money off the ranks of the growing masters population. It comes as no surprise to see that the organization behind this is a "Marketing and Public Relations Firm based in Winter Park, Florida." I doubt that these folks have the best interests of the masters runner in mind.

Archie George
Moscow, Idaho

(Whoa, there. Give it a chance. Efforts are already underway to include western races. It's not that easy. Many smart people have struck out trying to develop masters sponsorship. A masters circuit should certainly be a plus for masters runners. Hold your judgment. — Ed.)

70+ers SNUBBED

I want to know why Hal Smith, the meet director of the April 17 Mt. SAC Relays, shut-out the age 70+ masters from competition against their peers? Does he realize that the likes of Payton Jordan, Tony Castro, and Herb Miller, all medalists in the World Games in Melbourne, were by-passed in favor of 14 events for sub-masters as young as 30.

I do not believe we should be discriminated against because of our age! We have, for twenty years, paid our dues!

I have written and called Smith and left messages on his machine but have never received the courtesy of a reply. On the entry form it read "masters program," not "sub-masters program." It also said, "If you are older and want to run in a younger age

division, you may do so." How condescending! Imagine a 70-year-old running against the likes of Tom Patsalis or Bob Hunt. Is this fair?

Come on, Hal, how about giving us a few events in 1989!

Al Guidet
California City, California

RACE WALKING CAMP

I just spent an unforgettable weekend, April 15-17, at the "Walkers Weekend" at Camp Waldmar in Hunt, Texas. It's situated on the banks of the Guadalupe River in a scenic valley. Barbara Ayres of Heel and Toe, Inc., in Austin, Texas instructed us on race walking and fitness techniques. Former Olympian and Pan-Am medal winner, John Knifton, was on hand to talk about his experience and share his approach to training. Texas Longhorns women's coach Paul Segersten was an invaluable person with tips and suggestions on training and body development.

Al Cruzado
El Paso, Texas

WORLD VETERANS GAMES

My heartfelt thanks to Mr. Hari Chandra, Secretary, Asian Veteran Athletics Association, and Mr. Kassim Syed Mohd, Singapore Broadcasting Corporation, both from Singapore, who helped me in my participation to the VII World Veterans Games.

If not for these people, Philippine athletes could not have gone to Melbourne. Hope this will be the start for us. Also a word of praise to Ms. Peg Smith, for the special attention I got from her during the entire Games. We need more people like the three of you.

Olivia S. Aquino
Women's Representative
Athletics Masters Assn.
of the Philippines

■ 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.

**NINETEENTH LONGEST DAY
MARATHON / 10K / 5K and 5K RACEWALK**

Saturday, July 9, 1988 South Dakota State University Brookings, S.D.

**AWARDS MARATHON/10K/5K/
5K RACEWALK**
Band Shell, Pioneer Park, 2 P.M.

Open Places 1-6 Women 1-3
First male and female finishers in the following groups:
35-39 45-49 55-59 65-69
40-44 50-54 60-64 70+

Medals to all 5K and 10K and 5K Racewalk participants.
T-shirts to all marathoners and relay participants.

RACE FACTS
Flat 2-loop course run on pavement and 2 miles of gravel
High to low elevation change, 75 ft.
10-year average weather: Low 65, High 77; Humidity 60-70%; wind 2-5 m.p.h. NW.
Pre-race refreshments—Blue and Gold Room, Staurolite Inn, 7-9 p.m.
Post-race refreshments at Sexauer Field.
Aid stations—every 3 miles.
Splits 1, 3, 5, 10, 15, 20, 25 miles.
10K (seventh annual) 1-loop course with same finish line as marathon
5K (fourth annual) 1-loop course with same finish line as marathon.
5K Racewalk on same course as 5K Run.

**LONGEST DAY MARATHON/10K/5K ENTRY FORM
5K RACEWALK**

Mail to: Charles S. Roberts, Jr., MD, 1345 First St., Brookings, SD 57006

Name _____ Age (as of July 9, 1988) _____ Sex _____
Street _____ City _____ State _____ Zip _____
Club Affiliation _____ Telephone (day) _____ Occupation _____

T-Shirt Size: S M L XL Number of marathons completed _____ Best Time _____ Best Time 10K _____
(Marathon and Marathon Relay only—others may purchase T-shirt for \$6.00)

EVENT
 Marathon Relay: \$60 per team Marathon: \$10 (Late \$13) 10K: \$6 (Late \$9) 5K: \$6 (Late \$9) 5K Racewalk: \$6 (Late \$9)

Relay categories: Corporate JayCee Open Male Female Mixed

Lodging at Staurolite Inn _____ Rooms held until June 25, 1988. Motel: 605/682-9421
Lodging may be scarce. Check with Chamber of Commerce 605/682-6125 or Race Director: 605/682-6236 or 605/682-2334.

In consideration of my entry, I, intending to be legally bound do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue to me against TAC, Prairie Striders, all race sponsors, City of Brookings, County of Brookings, State of South Dakota, meet directors, or any race official, while traveling to and from the event and participating, or its or their respective officers, agents, representatives, successors and/or assign, for any or all injuries suffered by me in this event.

Signed (Participant): _____ Date _____
Signed (Parent or guardian if under 18): _____ Date _____

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

ALL-AMERICAN ACHIEVERS FOR APRIL, 1988

NOTE:

More than 40 letters — mostly negative — have been received by NMN in response to the proposed new All-American Standards (April, NMN).

Many replies carried detailed analysis, charts and graphs, for which TAC's All-American Committee is grateful. The proposed new standards have been scrapped, and the old ones remain in place with the addition of the decathlon and pentathlon.

All suggestions for improving the AA Standards will be reviewed by the AA Committee at TAC's 1988 Convention in Phoenix in December. If you'd like to join the Committee, please contact Chairman Gary Miller, 1740 Grandview Ave., Glendale, CA 91209.

M45	EVENT	MARK
ERVIN T. MITCHELL, SR.	100 Meters	11.78
ERVIN T. MITCHELL, SR.	100 Meters	11.95
ERVIN T. MITCHELL, SR.	100 Meters	12.0
ERVIN T. MITCHELL, SR.	200 Meters	25.14

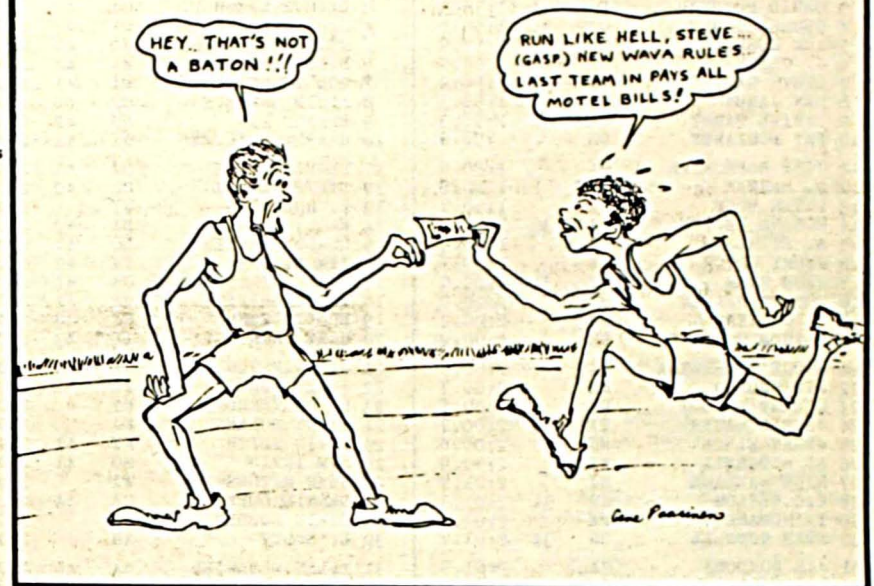
M50	EVENT	MARK
RICHARD R. GLASGOW	100 Meters	12.5
RICHARD R. GLASGOW	200 Meters	25.7
BROTHER EDWARD KENT	Long Jump	16'10 3/4"
MARVIN LAFFERTY	Triple Jump	11.16 Meters

M65	EVENT	MARK
MYRON E. DOVER	Long Jump	3.78

W45	EVENT	MARK
ANNE DRAPER	100 Meters	14.50
ANNE DRAPER	200 Meters	30.89
MARILYNN HARBIN	800 Meters	2:27.35
MARILYNN HARBIN	1500 Meters	4:57.15

W60	EVENT	MARK
LA VONNE HOTTENSMITH	5K Racewalk	34:28

MASTERS LOWLIGHTS



ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8"	4'5 1/4"	4'2"	3'11"	3'7 1/4"	3'6 1/4"	3'4 1/4"	3'2 1/4"	3'0 1/4"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 1/2"	28'3"	26'7 3/4"	25 1/2"	23'5 1/2"	22'7 3/4"	20'5 1/2"	18.10	16'5"	13'11 1/4"	13'1 1/2"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
5K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
10K							9:30	10:30	12:45	14:00		
110mHH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mHH							18.0	20.0				
80mHH								18.0	21.0			
300mLH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
H.J.	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 1/2"	6'3 3/4"	5'9 1/4"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4'1 1/2"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20' 1/2"	18'8 1/4"	17'4 1/2"	16'3/4"14'9"	13'6 1/2"	12'2 1/2"	10'11"	9'6 1/4"	8'4 1/4"	7' 1/2"	
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 1/2"	38'3/4"35'9 1/4"	33'5 1/2"	31'4"	29'2 1/2"	26'11"	24'7 1/2"	22'3 1/2"	20' 1/2"	18' 1/2"	
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/2"	49'2 1/2"	35'4 1/2"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2"	46'3"	42'8"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/2"	31'2"	27'6 1/2"	23'7 1/2"
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for auto time; use standard conversion for hand time
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
 4) Shot put: 30-49: 168; 50-59: 128; 60+: 88
 5) Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg
 6) Javelin: 30-49: 800g; 60+: 600g
 7) Hammer: 30-49: 168; 50-59: 128; 60+: 88
 8) Metric heights and distances are the standard; feet and inches listed for convenience

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

MEET SITE: _____

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

U.S. MASTERS TRACK & FIELD RANKINGS

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

1987 MEN'S 800 METERS 30-34
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	BEN BROWN	CA	33	1:51.9
2	D. FUTRELL	IL		1:52.4
3	DAVID POTEET	GA	31	1:56.5
4	GEORGE CAGLE	CA	31	1:56.8
5	MARK KOENIG	DE	31	1:57.9
6	J. CLARK	NE		1:58.0
7	STEVE LACY	WI		1:58.2
8	BEN JAMUN	CA		1:58.3
9	DANIEL BARRY	CA	31	1:58.3
10	PAT MORIARTY	OH		1:58.5
11	JOEL HOFFSMITH	PA		1:58.6
12	D. HEHMAN	NY		1:58.7
13	PETER MOGG	CA		1:58.7
14	HOWARD KEELEY	CA	30	1:58.7
15	A. STERRETT	NY		1:58.9
16	JERRY OTT	NE		1:59.7
17	HICK VAIR	NY	31	2:00.0
18	ROBERT WALKER	CT		2:00.0
19	J. GARCIA	CA		2:00.2
20	CLAUDE HOLLAND	OH		2:00.2
21	BRUCE VERMILYEA	WI		2:00.5
22	JIM HUDSON	MA		2:00.7
23	ROBERT STROUT	RI		2:00.7
24	JESSIE MAYES	TX	30	2:00.7
25	JERRY ELSON	NJ		2:00.8
26	AL MITCHELL	TX		2:00.9
27	HIGH WALLACE	NJ		2:01.5
28	K.C. TAYLOR	OR	31	2:01.5
29	T. HOWARD	TX		2:01.7
30	STAN GOODALL	OR	34	2:01.7
31	JIM BORDONI	CA		2:01.9
32	R. LESLIE	CA		2:02.0
33	BRUCE LANG	OR	34	2:02.2
34	ALEX BRATHOLE	PA		2:02.5
35	RICK BARBERO	OR	33	2:02.7
36	JIM GEISTHART	WI	32	2:02.9
37	D. MARSTILLER	TX		2:03.3
38	D. SENTER	NC		2:03.8
39	VINCE CAMPUS	CA	30	2:04.5
40	WAYNE JOHNSON	CA	32	2:04.6
41	MIKE MERRITT	MD		2:05.1
42	JOHN FISHER	GA		2:05.2
43	JEROME HAYMOND	LA	33	2:05.7
44	JIM DONNELLY	FL		2:06.0
45	J. HYMAN	VA		2:06.0
46	DALLAS JACOBS	RI		2:06.2
47	MICHAEL BAIRD	SC	34	2:06.3
48	RUSS ZORNICK	OH		2:06.5
49	FRANK REILLY	CA		2:06.5
50	TERRY BOOS	MT		2:06.6

1987 MEN'S 800 METERS 40-44
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	RONALD JENSEN	CA	40	1:59.0
2	SEANCY BARNETT	CA	40	1:59.3
3	GEORGE MASON	CA	43	1:59.6
4	HARVEY FRANKLIN	CA	43	2:00.0
5	MICHAEL TUCKER	WA	42	2:00.2
6	BILL STEWART	MI	44	2:01.0
7	LOU SCOTT	MI	41	2:01.0
8	ALBIN SWENSON	CT	40	2:01.4
9	EDWARD DAW	NC	42	2:01.9
10	GRAEME SHIRLEY	CA	41	2:02.0
11	DENNIS TRACY	CA	41	2:02.4
12	STEVE FERRAZ	CA	40	2:03.1
13	B. ROBINSON	NY		2:03.3
14	WALLY HERRARA	MI	42	2:03.4
15	GORDON HEIFER	MO	41	2:03.7
16	JIM MALONE	TX	42	2:03.7
17	DAVID HIRMELBERGER	CA	41	2:03.7
18	WAYNE GHIPP	OR	41	2:03.7
19	DUSTIN MANN	MI	40	2:03.7
20	GARY CAHR	IL	43	2:03.8
21	JIM HAMPTON	CA		2:04.0
22	JAMES PORTER	IL		2:04.4
23	D. MASTERSON	NY		2:04.7
24	HARRY NOLAN	NJ		2:04.7
25	KEVIN SMITH	NY	41	2:04.8
26	JIM IRWIN	MO	41	2:04.9
27	STAN MATHES	WI		2:05.1
28	DENNIS DUFFY	CA	44	2:05.1
29	DAVID BOWDEN	FL		2:05.6
30	L. SCOTT	IN		2:05.7
31	ALLEN McDANIEL	GA	44	2:06.0
32	S. PERKS	NY		2:06.1
33	JOHN JORDETH	WA	41	2:06.2
34	MIKE PHILLIPS	CA	40	2:06.6
35	W. BETTS	CA		2:06.8
36	WILLIE CLARKE	CA	44	2:06.8
37	HELGE PHARO	WI		2:07.6
38	J. BRAIGE	IL		2:07.9
39	MIKE PARFIT	CA		2:08.2
40	WILSON WELDON	GA		2:08.2
41	DON PARKER	CA	44	2:08.5
42	VIC WOLFE	OR		2:08.6
43	B. BETANCOURT	CA		2:08.7
44	LARRY NORRIS	OR	42	2:09.4
45	KEN ROYD	NJ		2:09.6
46	J. SIMMONS	VA		2:09.8
47	BOB WILLIAMS	OR		2:10.2
48	FRANK DAVIS	IL		2:10.4
49	VIC FAIRBANKS	OR		2:10.4
50	JOHN KUHLE	NJ	43	2:10.4

1987 MEN'S 800 METERS 50-54
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	T. HALL	TX		2:01.6
2	ERNIE BILLUPS	IL	50	2:07.3
3	KEN BAKER	NJ	50	2:07.8
4	CLIFF PAULING	NY	52	2:08.5
5	JOHN CONNER	NY	52	2:08.8
6	PETE RICHARDSON	CA	52	2:09.8
7	WILLIAM MAYER	TX	50	2:10.2
8	CHARLES WIMBERLY	LA	53	2:14.5
9	BOB BARNISTER	OR	51	2:16.3
10	HECTOR CISNEROS	TX	53	2:17.7
11	BARNIE ALMOND	RI		2:17.7
12	FRED KARLIN	CA	51	2:18.2
13	ART CONRO	RI		2:18.3
14	KEN OGDEN	OR	51	2:18.9
15	INO CANTU	TX		2:19.7
16	F. VELLARDITO	NY		2:19.9
17	ROBERT URDIALES	WI		2:20.9
18	LARRY COLBERT	OH		2:21.1
19	JAMES BRADLEY	ND		2:22.2
20	D. CROGHAN	NM		2:22.3
21	FRANK HAVILAND	NJ		2:22.5
22	FRED LEHR	CA		2:22.6
23	ROLLAND ELLIOTT	MD	51	2:22.6
24	B. MARSH	NY		2:23.7
25	ED ALEXANDER	MO		2:23.7
26	DENNIS O'CONNOR	TN	52	2:24.6
27	BRUCE GILBERT	PA		2:24.6
28	ROBERT CULLING	CA		2:24.9
29	IRWIN BERSTEIN	NJ	54	2:25.0
30	KEN COMBS	IN		2:25.1
31	D. BAUER	CA		2:25.3
32	HAIG BOHIGIAN	NY	51	2:25.6
33	JESSE CARRINGTON	CA		2:25.7
34	BUCK GILLIVRAY	OR		2:26.3
35	TOM STURAK	CA	54	2:27.1
36	ROSS DUNTON	CA	54	2:27.2
37	CHAZ HABA	CA		2:27.7
38	BILL FOULK	MT		2:29.3
39	LLOYD McGUIRE	CA		2:29.6
40	J. GALLAGHER	CA		2:30.4
41	D. SAYLORS	NM		2:32.0
42	TRACY BROWN	CA	53	2:33.3
43	L. JOHNSON	SC		2:34.3
44	GEORGE MARKETT	CA	51	2:34.3
45	BILL BERRY	MT		2:35.1
46	MELVIN MILLER	KS		2:36.6
47	PAUL BARRETTE	TN	51	2:39.0
48	WILL DANERON	VA		2:39.1
49	ALEX COFFIN	NC		2:39.4
50	BOYD HOGLUND	IA		2:39.8

1987 MEN'S 800 METERS 60-64
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	DEAN SMITH	IL	61	2:18.8
2	KELSEY BROWN	NJ	60	2:20.0
3	WAYNE COLLIER	KY	60	2:22.5
4	HUDY VALENTINE	NY		2:27.7
5	RICHARD WIDENER	TX		2:28.0
6	JOE KING	CA	61	2:28.7
7	ARCHIE MESSENGER	NH	63	2:19.3
8	HAROLD JOHNSON	GA		2:32.2
9	LOUIS BEADLE	CA	60	2:33.3
10	CARL HAMMEN	RI		2:34.2
11	GLENN BRADD	IL		2:34.9
12	RAY CHERNIAK	NJ		2:35.1
13	PAUL SCHMITT	MO		2:36.8
14	WILLIAM OSBORN	MD		2:37.0
15	DENNIS EGGLEY	CA		2:38.7
16	LARRY BANUELOS	OR		2:38.7
17	LEN TRITSCH	CA	62	2:39.8
18	WALLACE COLE	CA		2:40.3
19	RAY GIL	CA		2:42.6
20	AVERY BRYANT	CA		2:43.0
21	VANCE KOERNER	CA	60	2:43.7
22	COLE WALLACE			2:44.7
23	HOWARD BROOKS	NJ		2:46.0
24	M. MEYER	IN		2:46.5
25	DICK GREEN	WI		2:46.6
26	BUZZY HOOD	OH	63	2:47.2
27	J. MCCARTHY	VA		2:47.9
28	JACK GREEN	CA		2:48.2
29	B. HENNIG	NY		2:49.2
30	JOCK JOCOY	CA	61	2:50.0
31	BOB DAVENPORT	IN		2:50.7
32	W. HARRER	IN		2:50.7
33	E. MAC DONALD	VA		2:51.5
34	RICHARD BENSON	GA		2:52.0
35	ALLAN JACKSON	OH		2:53.0
36	B. KAY	CA		2:54.0
37	WALTER ATCHESON	CA	60	2:54.4
38	MARCEL DIRRISON	CA		2:56.1
39	CLEO ORRIS	IL		2:56.8
40	B. CLARK	OH		2:57.0
41	GIL DURAN	CA	60	2:59.6
42	GORDON ENGLISH	CA		3:01.0
43	ANDREW THOMSON	OH		3:01.1
44	ARTHUR BRADLEY	NY	60	3:01.2
45	LOUIS MAYER SR.	NJ		3:05.0
46	DAVID PAIN	CA	64	3:05.3
47	DES MARGETSON	NY		3:06.6
48	R. KOCH	CA		3:08.5
49	R. WHITTINGTON	TX		3:08.9
50	BRUCE HUDSON	NC		3:10.0

1987 MEN'S 800 METERS 35-39
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	STEVE ZANDER	EA		1:57.4
2	NOLAN SMITH	CA	37	1:58.1
3	D. SCHULTZ	CA		1:58.6
4	JAMES GELSONINI	CA	38	1:59.9
5	RICHARD PUCKERIN	MA	37	1:59.9
6	R. TAYLOR	TX		2:00.2
7	J. BRADY	NY		2:00.2
8	JOHN DWYER	NY		2:00.4
9	BRIAN JANSSEN	ID	35	2:00.4
10	DAN PETERSON	CO	38	2:00.5
11	RUSSELL FLOYD	NJ		2:00.6
12	JONATHAN KILROY	CA		2:00.8
13	J. GARCIA	TX		2:01.0
14	L. VICENIK	TX	35	2:01.0
15	KLEINSASSEC	NY		2:01.0
16	J. HABERKERN	CA		2:01.5
17	DAVID HARRIS	CA		2:01.7
18	TIM ANDERSON	WI		2:01.8
19	HESTON HALL	TX	35	2:01.9
20	JOHN CLARK	NE		2:02.0
21	FRED WHITESIDE	IL		2:02.1
22	MARC ANDERSON	NJ		2:02.7
23	REX HALL	CA	37	2:03.3
24	PAUL ZINK	VA		2:03.5
25	DANNY MOON	CA		2:03.5
26	RANDY TAYLOR	TN	39	2:03.5
27	JIM HIEBERT	OR	36	2:03.6
28	M. MORGAN	NY		2:03.6
29	HOYLE MOZEE	NJ		2:04.0
30	FRANK CORNETT	TN	39	2:04.0
31	ROBERT PARKS	CA		2:04.4
32	JASPER ROYAL	VA	38	2:05.1
33	S. JONES	CA		2:05.3
34	JACK TODD	SC		2:05.6
35	JERRY WILLIAMS	CA	36	2:05.7
36	RONALD MERVILLE	TN		2:05.8
37	WAYNE DOUGLAS	CA		2:06.0
38	FRANK REILLY	CA	35	2:06.1
39	MIKE GRANUM	OR	38	2:06.3
40	JOHN BRASELL	GA		2:06.5
41	JIM SHANK	MD		2:06.7
42	MIKE FLETCHER	IL		2:06.7
43	MICHAEL DALY	OR	39	2:06.9
44	TOM JORDAN	OR	38	2:06.9
45	NORMAN THOMAS	OH	37	2:07.2
46	BRIAN KIVLAN	NY		2:07.4
47	L. SWANSON	IL		2:07.4
48	K. HASMUSSEN	NY		2:07.4
49	D. DODGE	NY		2:07.5
50	CRAIG DEAN	IL	39	2:07.7

1987 MEN'S 800 METERS 45-49
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	DAVID ROMAIN	CA	45	2:01.3
2	GEORGE COHEN	CA	47	2:02.0
3	DAVID FARLEY	RI		2:04.4
4	ERIC OWERS	CA		2:04.5
5	MEL ELLIOTT	CA	49	2:05.6
6	MAURICE McDONALD	NC	46	2:05.8
7	SID HOWARD	NJ	48	2:06.1
8	CLIFF BEDELL	CA	49	2:07.9
9	MACK STEWART	TX		2:08.0
10	GEORGE HERNANDEZ	CO	46	2:08.9
11	ROBERT BENNETT	DE	45	2:09.6
12	FRANK REYNOLDS	OR		2:09.6
13	DENNIS TANCREDI			2:10.2
14	BILL KNOCKE			

U.S. MASTERS TRACK & FIELD RANKINGS

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

Continued from previous page

11 JACK PARDEE	NM	3:07.0
12 DELBERT BENDEN	SD	3:08.6
13 CLAYTON BELSFORD	NC	3:16.1
14 BILL SHRADEE	NY	3:23.6
15 E. KULMAN	CA	3:27.8
16 R. HULL	NJ	3:35.1
17 R. TREADWAY	IL	3:37.7
18 PHIL SCHAEFFER	PA	3:39.4
19 MADELEN BLAKE	IL	3:40.3
20 WALLACE MCCROY	AL	3:48.4
21 IGOR STOROJEFF	FL	4:02.4
22 PEPE TROCCOLI	NJ	4:13.0
23 LLOYD BERG	MT	4:34.6

1987 MEN'S 800 METERS 75-79

1 BYRON PIKE	OH	79	3:07.3
2 MEL SHINE	CA	78	3:16.8
3 CALDWELL NIXON	NC		3:18.0
4 SAM MONASTERO	PA		3:20.1
5 HENRY ZACHMAN	NJ		3:20.7
6 CHEN-LING WANG			3:24.3
7 EMMETT BENNETT	SD		3:30.8
8 ANTHONY INZINNA	NJ		3:34.0
9 SID MADDEN	CA	79	3:37.7
10 KEN CARNINE	CA	79	3:37.7

11 J. GOODMAN	CA	3:39.5
12 MANFRED D'ELIA	NJ	3:54.0
13 STANLEY THOMSON	HI	4:29.8
14 NORMAN BRIGHT		4:53.2

1987 MEN'S 800 METERS 80-84

1 ED BENHAM	MD	80	3:05.5
2 WILLARD BENTON	CA		3:50.1
3 CHET CHABB	OH	80	3:54.1
4 K. BRENDENBECK	OH		4:02.5
5 HARRY McARDLE	NY	80	4:20.8
6 SING LUM			5:03.5
7 WILLIAM MAINE	OH		6:19.4

1987 MEN'S 800 METERS 85-89

1 PAUL SPANGLER	CA	88	4:25.5
-----------------	----	----	--------

1987 WOMEN'S 800 METERS 30-34
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	PAULINE PULICE	WA	34	2:18.7
2	SUE GRIGSBY	WA	30	2:21.6
3	TINA STOUGH	CA	34	2:22.8
4	M. CUNNINGHAM	CA	24	2:23.0
5	A. MICHALEK	NY		2:24.3
6	D. WARREN	TX		2:24.6
7	SARA ALLENKAMP	TX	30	2:27.3
8	MARY RUSSELL	OR		2:28.5
9	BETH REHER	IN	30	2:29.1
10	SHERIE ROBERTSON	WI	30	2:31.4

11 JENNIFER KYLE	AL	2:33.0	
12 NANCY FROST	CA	33	2:34.3
13 JODY MURRAY	FL	2:36.4	
14 C. CAMER	TX	2:38.2	
15 C. MEHMEBASICH	CA	31	2:40.8
16 AUDREY HITCH	MO	34	2:42.7
17 M.B. STEFFEN	NY	2:42.9	
18 CINDY THEILER	GA	2:45.0	
19 BEV HARSTAD	WI	2:48.7	
20 LEAH REWOLINSKI	IL	2:54.5	
21 SHERY GREENBURG	PA	31	2:55.9
22 P. DOLAN	MA	2:57.9	
23 JOYCE NOLAND	NC	2:59.8	
24 CARLA HINAND	MD	3:03.4	
25 TERRY OZELL	GA	3:05.7	
26 JEAN HOEDER	IL	3:10.7	
27 B. PAYNE	VA	3:13.9	
28 JAN LAMAR	IL	3:23.3	
29 KATIE GILLESPIE	IL	3:28.0	

1987 WOMEN'S 800 METERS 35-39

1 NANCY SHAFER	OH	36	2:18.0
2 DEBBIE ANDERSON	IN	35	2:19.7
3 GEORGETTE GREEN	TX		2:31.0
4 SUSAN HOULTON	GA		2:31.7
5 KATHY HOLMSTROM	OR	37	2:33.8
6 DAIVA JUSIONIS	CA	39	2:34.3
7 N. OSHIER	NY		2:34.4
8 BETTY SEARCY	NJ		2:35.9
9 JANET BELL	GA	36	2:38.1
10 BARBARA SAUER	RI		2:41.0
11 G. GIAMBRO	NY		2:41.9
12 PATRICIA SUNDQUIST	OR	36	2:43.3
13 SUZETTE HALL	RI	35	2:44.2
14 C. CLARK	NY		2:49.3
15 PAT PONTY	WI		2:50.4
16 SHERY QUIGLEY	CA		2:54.0
17 D. STILES	IL		2:54.8

18 ANDREA PEASE	GA	2:55.0	
19 NANCY BOUNINI	IL	2:56.5	
20 BETTY BASKIN	MD	38	3:06.0
21 REBECCA CANNON	GA	35	3:13.7
22 D. CONTARIO	NY		3:18.2
23 MARY REED	GA		3:24.0
24 E. HOLMES	NC		3:41.1

1987 WOMEN'S 800 METERS 40-44

1 SUSAN HOULTON	GA	40	2:23.8
2 LINDA UPTON	MA	44	2:25.8
3 E. MATHEWS	NY		2:27.4
4 CAROLYN WOOD	OR	41	2:28.8
5 ELAINE PHILLIPS	DE		2:29.6
6 LAURIE OLSON	CA	41	2:31.5
7 ROBIN VILLA	WA	44	2:34.7
8 M.O'LOUGHLIN	TX		2:40.8
9 S. HUNTER	RI		2:41.9
10 LORRAINE DEKKERS	TX		2:42.9

11 BARBARA BALLARD	OR	2:44.8	
12 D. REIKO	HI	2:47.0	
13 B. BAUM	IN	2:48.0	
14 PAMELA MURRAY	WA	40	2:49.5
15 I. JOFFRION	GA	2:49.9	
16 BARBARA WINTERS	GA	44	2:55.2
17 LORI SCHUTT	OR	2:57.2	
18 S. BOEHLKE	NY	3:02.5	
19 ELENOR CRENSHAW	GA	3:05.8	
20 J. SUNDREN	CA	3:13.9	
21 JEAN SIKORSKI	OH	3:14.2	
22 MARYANN PARHAM	GA	3:18.0	
23 R. SHANK	NC	3:19.3	
24 K. SABELLA	NC	43	3:41.7

1987 WOMEN'S 800 METERS 45-49

1 MARILYN HARBIN	CA	47	2:30.9
2 BARBARA PIKE	MA	45	2:31.3
3 JANE ARNOLD	CT	46	2:31.9
4 LULITA BACHE	CA	45	2:33.7
5 L.FIGG-HOBLYN	OR	46	2:34.7
6 JOAN ULLYOT			2:40.1
7 K.GOTTSCHE	NY		2:46.1
8 LORI SCHUTT	OR	45	2:54.2
9 LYNN TAYLOR	OK		3:00.9
10 RITA RUDDER	OR		3:05.8
11 BARBARA LATTA	NC	45	3:29.0
12 JOAN GIBSON	OH		3:37.2

1987 WOMEN'S 800 METERS 50-54
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	SUSAN REDFIELD	MA	51	2:38.3
2	MARY CZARAPATA	OR	52	2:40.0
3	GRETCHEN SNYDER	CA	53	2:46.9
4	GERRI OWENS	NY		2:47.6
5	LYN LAGRANDE-COLE	OR	50	2:48.3
6	SUSIE KLUTZ	NC	50	2:52.1
7	BARBARA CARLSON	CA	53	2:58.1
8	TAMI GRAP	CA	51	3:01.0
9	M. HERADA	MA		3:03.4
10	B. DANERON	VA		3:09.0
11	H. HAMILTON	MA		3:10.5
12	V. GILL	CA		3:11.8
13	D. WODEK	IL		3:17.9
14	BARBARA ROBBERN	CA	53	3:18.4
15	BEV LAMPE	WI		3:19.7
16	JANE DODS	CA		3:25.0
17	NANCY TAYLOR	GA		3:27.5
18	MARIE BARRIE	PA		3:31.0
19	KATHRYN WELDEN	GA		3:31.5
20	J. HUGUELET	NC		3:50.0
21	PAT WILLIS	VA		4:20.0

1987 WOMEN'S 800 METERS 55-59

1 B. SKELTON	NY	2:58.6	
2 TOSHIKO D'ELIA	NY	2:58.9	
3 RACHEL BOURN		3:00.6	
4 PEGGY AINSLIE	WA	3:00.7	
5 BILLIE STACY	OH	3:02.7	
6 H. BUELE	NY	3:04.0	
7 RUTH ANDERSON	CA	58	3:07.3
8 M. CHRISTLAN	IL	3:12.5	
9 JANE ARNOLD	TN	3:14.6	
10 MARCIA McCHESNEY	OR	57	3:17.8
11 MARY PATTERSON	OH	3:26.8	
12 VERA WHITESIDE	IL	3:30.8	
13 JO GONSE	IL	3:42.1	
14 B. KEADE	CA	3:57.0	
15 MARIE BETTS	NC	4:09.9	
16 LONNIE PROCTER	NC	4:20.2	

1987 WOMEN'S 800 METERS 60-64

1 PAULINE SESSIONS	TN	3:17.5
2 DOTIE GRAY	MO	3:25.0
3 DOROTHY BRILL	MO	3:25.3
4 ANGIE SMITH	NY	3:31.8
5 PATRICIA PETERSON	NY	3:35.8
6 M. HENNIG	NY	3:38.9
7 ELIZABETH GANN	AK	3:40.8

1987 WOMEN'S 800 METERS 65-69
COMPILED BY BILL BENSON

RANK	NAME	STATE	AGE	TIME
1	MARGARETA LAMBERT	CO	67	3:16.4
2	GERRY DAVIDSON	CA	66	3:18.2
3	PAT DIXON			3:24.2
4	JACLYN CASELLI	CA		3:25.4
5	MARIE STAFFORD	OR	68	3:32.7
6	RITA TOKASSINE	GA		3:38.5
7	CHRISTINE PRICE	GA		3:40.0
8	CAROL PEEBLES	WI	66	3:40.0
9	IRENE CRANE	OR	69	3:49.2
10	HELEN QUANSTRUM	IL		4:06.3
11	JEAN STEVENS	WA	69	4:57.5
12	LOLA NICKELSON	MT		5:06.4
13	INOGENE MITCHELL			6:01.2
14	RUTH GAMBLE	NC		6:26.5

1987 WOMEN'S 800 METERS 70-74

1 PEARL MEHL	CO	73	3:44.3
2 MILDRED CREWS	WI		3:56.0
3 DOROTHY STOTSENBERG	CA		4:20.3
4 SUSIE NEVERGOLD	VA		4:38.0
5 FRANCES PATTERSON	MO		6:17.0
6 FAUSTINA FORD	AK	70	7:08.8

1987 WOMEN'S 800 METERS 75-79

1 BESS JAMES	CA	4:00.6	
2 MARILLA SALISBURY	CA	79	6:30.4

1987 WOMEN'S 800 METERS 80-84

1 MARY AKES	CA	84	5:55.0
2 MARILLA SALISBURY	CA	80	6:47.6

1987 Pole Vault Compiled by Jerry Wojcik

M30-34	NAME	AGE	TIME
1	Doug Sockmiller	16-6	8/14
2	S Harrison	16-6	5/23
3	Robert Olssen	16-0	8/14
4	John Winters	16-0	8/14
5	Steve Smith	16-0	6/20
6	Kim Scott	15-7	9/5
7	Craig Boyak	15-0	8/14
8	Peter McGinnis	15-0	8/14
9	Mike Hogan	15-0	7/31
10	Will Freeman	14-9 1/2	7/11
11	Bill Lawson	14-9 1/2	7/11
12	Mike McGinnis	14-6	8/2
13	Wilson Soo Hoo	14-6	7/18
14	Kevin Myers	14-6	6/6
15	Tom Wilson	14-0	7/11
16	James Fountain	14-0	8/14
17	Bob Meekman	14-0	7/25
18	Carlton Huff	14-0	5/31
19	Jerry Cahill	14-0	6/7
20	Leon Roach	13-6	2/21
21	W Credle	13-6	8/2
22	Keith Petranek	13-6	7/25
23	John Anderson	13-6	6/20
24	Don Severn	13-6	5/31
25	Shawn Nicklas	13-0	8/6
26	B Haley	13-0	3/28
27	J Bilderbreck	12-9 1/2	7/11
28	Ted Tiernan	12-6	8/9
29	M Smith	12-0	6/21
30	R Phillips	12-0	6/27
31	D Beshears	11-7	5/1
32	B Hall	11-6	7/31
33	Greg Echols	11-6	6/6
34	C Barnard	11-6	9/5
35	Shepherd	11-0	4/25
36	Mike Jannetta	11-0	8/1

M40-44	NAME	AGE	TIME
1	Bob Neutzling	15-0	8/2
2	Rex Harvey	14-9 1/2	7/11
3	Chas Polhamus	14-6	6/6
4	Joe Johnston	13-9 1/2	11/28
5	Bruce Hotaling	13-8	8/14
6	Mike Norris	13-8	8/14
7	Tom Rauscher	13-6	7/31
8	Jeff Tindall	13-0	5/31
9	Wm Busby	12-6	9/2
10	Henry Hopkins	12-6	7/25
11	Bruce Perkins	12-4	8/14
12	G Lemen	12-0	7/4
13	M Kilpelain	12-0	6/21
14	Richard Ying	12-0	7/25
15	Bob Bly	11-6	3/14
16	Richard Stepp	11-6	7/18
17	Bud Olsen	11-5	3/47/11
18	D Begel	11-2	6/7
19	Roger Werne	11-0	7/18
20	Jim Rose	11-0d	9/19
21	John Charles	11-0	7/25
22	J Stafford	11-0	6/21
23	M Anderson	11-0	8/2
24	B Willis	10-6	5/1
25	J Decker	10-6	7/31
26	M Norberg	10-0	8/2
27	D Baumsteiger	10-0	10/31
28	Harold Sansbury	10-0	3/14
29	John Fielder	10-0	3/14
30	Bill Eubanks	9-6	4/25

M45-49	NAME	AGE	TIME
1	W Sokolowski	13-6	3/28
2	Gary Miller	13-0	5/16
3	G Counihan	12-9 1/2	11/28
4	George Dayles	12-8	8/14
5	Larry Holmes	12-4	8/14
6	Ed Zuraw	12-0	6/6
7	Bill Keel	12-0	7/25
8	P Richards	12-0	6/14
9	Dee De Witt	11-0	7/25
10	T Blodgett	11-0	6/7
11	Heath Whittle	10-6	4/25
12	Gary Bane	10-6d	7/11
13	Tom Allen	10-6	6/14
14	M E Wheeler	10-0	6/27
15	J Frenck	10-0	7/31
16	John Forsyth	9-8	8/14
17	Gary Isham	9-8	8/14
18	Jim Ratzlaff	9-5 1/2	7/11
19	John Butler	9-0	

U.S. MASTERS TRACK & FIELD RANKINGS

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

Continued from previous page

M50-54

1 Bill Foulk	11:06.1	8/14
2 R Langenbach	11:11.7	8/14
3 T Butterfield	12:00.2	5/1
4 F Haviland	12:05.9	8/14
5 Ted Oviatt	12:10.8	7/25
6 J Gilmore	12:43.1	5/1
7 R Elliott	12:49.9	9/6
8 Ralph Chase	13:34.9	7/12
9 W Nicoll	13:53.6	5/1
10 G Danth	14:06.6	7/31
11 B Outler	14:30.1	6/27

M55-59

1 James Darcy	11:15.7	7/11
2 Bob Ouling	11:36.1	8/14
3 John Hepner	11:47.6	7/3
4 Jerry Withers	13:15.8	8/14
G Freeman	13:15.8	7/31

M60-64

1 Luis Torres	7:43.4	11/28
2 Walt Atcheson	9:14.7	8/14
3 Chester Peters	10:51.5	8/14
4 W Siderwitz(3K)	16:12.2	7/31

M65-69

1 Jim Dyas	10:07.3	8/14
2 Bill Granby	10:21.5	11/28
3 Chester Peters	10:26.6	11/28

M70-74

1 Dan Bulkley	8:55.6	11/28
2 Gene Heller	9:02.8	11/28
3 Robert Hull	10:42.1	11/28

M75-79

1 Robert Boal	10:45.9	8/14
---------------	---------	------

M50-54

1 William Duckworth	183-0
2 Phil Conley	175-10
3 Bill Houck	174-11
4 Robert Youngs	167-11
5 Steve Holmes	167-6
6 Phil Scudieri	165-7
7 Bob Darling	162-1
8 Wayne Morris	157-10
9 Don Rose	152-6
10 Gary Miller	150-3
11 M Rose	149-5
12 Hal Smith	148-7
13 J Rothrock	145-4
14 J Gilmore	142-0d
15 John Reider	140-9
16 D Reitz	138-0
17 B Tucker	137-1
18 Ed Martin	136-6
19 Kirk Nieland	134-0
20 Dale Buisse	133-10
21 F Skvarek	131-1
22 Phil Mulkey	127-7d
23 Earl Meig	123-9
24 Chuck Coutts	121-4
25 Memo Maasik	120-9
26 Jim Hart	117-10
27 L Knight	115-10
28 Ray Feick	115-8
29 Mike Devlin	114-10
30 Ray Fitzhugh	114-2
31 B Porter	114-1p
32 Joe Beckham	114-0
33 Ed Oleata	113-8p
34 John Howell	113-4
35 Norton Hahn	111-10
36 R Richardson	111-3
Marvin Kintish	111-3
38 Haig Bohigian	110-0
39 Vern Spencer	109-0
40 G Gosling	107-11

M65-69

1 Ed Lukens	128-3
2 Gordon Nordgren	128-0
3 Jerry Siefert	119-5
4 Charles Obye	117-9
5 Don Reid	114-5
6 Arnold Scott	113-1
7 Bruce McDonald	111-9
8 Frank Bowles	109-8d
9 Bob Stone	109-6
10 Boo Morcom	106-11p
11 Mort Neumann	106-2
12 Andy Jones	105-2
13 A Ricciardi	102-11
14 Don Cumley	102-9
15 Don Harris	100-5
16 Richard Hustace	98-9
17 Mel Buschman	98-5
18 C Beaudry	96-6
19 John Vislocky	96-4
20 Dale Buisse	96-3
21 J Allen	94-3
22 F Geiter	93-9
23 Marid Minafra	93-2
24 D Mack	91-11
25 Jack Ralls	87-4

W30-34

1 Vickie Johnson	89-9
2 Joann Angotti	88-1
3 Robin Rosenbloom	81-3
4 K Good	72-6
5 A Moncuskey	72-6
6 J Bruhn	68-9
7 S Thompson	68-6
8 K Tennal	60-6
9 C LeBlanc	47-7
10 Jennifer Kyle	44-2
11 M Myar	43-7
12 C Griffin	40-7
13 F Kaye	38-2

W35-39

1 Joan Stratton	115-6
2 Kathy Pierce	93-2
3 S Thompson	70-7
4 Lorraine Green	68-11
5 --- Clair-Searcy	63-3
6 L Sills	55-4
7 Mary Reed	51-6

1987 High Jump Rankings
Compiled by Charles Mercurio

1987 MEN'S HIGH JUMP 30-34

1 ED FERN	2.11
2 GREG HAYNIE	2.09
3 JASON MEISLER	2.03
4 JEFF WATRY	2.00
5 LEOTHA STANLEY	1.98
- TOM HARRIS	1.98
- SCOTT EVANS	1.98
- MELVIN EMBREE	1.98
- WAYNE EMBREE	1.98
10 BILL WILLIAMS	1.93
- WALDEN CURRY	1.93
- JERRY COLEMAN	1.93
13 P. DAVIS	1.91
14 TONY CICCONE	1.90
15 RICK VINCENT	1.88
- RANDY RENFRO	1.88
- DENNIS DE LOACH	1.88
18 T. SCHULZ	1.86
19 CHRIS POLAKOWSKI	1.85
- BILL LAWRENCE	1.85
- JIM GIESEMAN	1.85
- WILL FREEMAN	1.85
23 RON SHIELDS	1.84
24 R. WILLIAMS	1.83
- WILLIAM WERLING	1.83
- MAX KAISER	1.83
- DAVID P. DAVID	1.83
28 GREG SMITH	1.81
- JEFF BILDERBECK	1.81
30 JERRY OTT	1.78
- G. KLAYSEN	1.78
- STEVE HEILMAN	1.78
- DON DOTHARD	1.78
- RY CZYNSKI	1.78
35 TED TIERNON	1.76
36 THOMAS ZISKA	1.73
- D. WECKSTEIN	1.73
- D. ST. H. ARIE	1.73
- FRANK SMITH	1.73
- MORRIS BLUEFORD	1.73
41 NATHAN TAYLOR	1.68
- R. PHILLIPS	1.68
- B. HALEY	1.68
- GREGORY ECHOLS	1.68
- DANA BOARDMAN	1.68
- JEFFREY BATY	1.68
47 RICH WATSON	1.65
- ROBERT DORAN	1.65
49 AT KRESS	1.63
- S. KEYES	1.63
51 DAVID BESHEARS	1.60
42 DAVID HOOVER	1.58
- MEL GRANT	1.58
- AL CESTARO	1.58
55 DAVID VENEMA	1.53
- DENNIS SMITH	1.53
- BRIAN OWEN	1.53
- ANDREW HECKER	1.53
- RUSSELL ACEA	1.53
60 BILL KELLER	1.50
- S. CARLSON	1.50
62 S. ROGERS	1.48
63 JERRY ANDERSON	1.43
- DAVE SMITH	1.43
65 G. MCINTYRE	1.37
66 CURTIS LACKEY	1.36
67 M. BAKER	1.35
68 DAVE SARAFIN	1.30
69 T. MELINGER	1.22

1987 Javelin Rankings
Compiled by Jerry Wojcik

M30-34

1 C Youngbren	218-11
2 Gary England	217-5
3 Robert Sing	216-4
4 Jeff Carter	204-0
5 Mike Moore	198-10
6 D Kelly	185-4
7 S Pelletier	182-1
8 Bill Wilson	176-5
9 Al Rood	174-8
10 N Taylor	173-7
11 K Tennal	171-8
12 S Jarvis	171-0
13 Grant Overstake	170-1
14 J Baty	163-11
15 Brian Valley	162-8
16 Richard Jahmarkt	162-2
17 Gary Schmidt	161-10
18 Jeff Bilderbreck	161-5p
19 R Watson	159-2p
20 A Miller	157-11p
21 M Sayers	156-10
22 B Singer	156-6
23 Bill Lawson	151-4d
24 Tom Johnson	151-1
25 Aaron Miller	149-0
26 T Wood	147-5
27 D Morgan	144-7
28 Mike Selig	144-6
29 Charles Youngren	144-1
30 R Reabold	143-7p
31 David Beshears	142-4
32 T Noonan	142-0
33 C Busby	141-7
34 M McGinnis	140-5
35 Jim Geiseman	139-8

M40-44

1 B Buffalo	211-3
2 Richard Sander	197-7
3 --- McNabb	195-7
4 Glenn Weaver	182-11
5 William Busby	179-6
6 Robert Engelstad	177-1
7 S Stoddard	172-6
8 Joe Stefanile	172-0
9 Ed Hill	171-1
10 H May	168-9
11 Ladd Zastoupil	167-9
12 Roy Schell	164-9
13 Eric Westin	162-5
14 R Rawls	158-9
15 D Shaw	157-7
16 Dennis Neufeld	149-7
17 Rex Harvey	149-6p
18 M Bent	148-7
19 Bob Brown	148-2
20 Don Dansoreau	147-10
21 Rich Stepp	147-6
22 B Forsyth	142-5p
23 M Woodward	142-2
24 Don Kozlowski	142-1
25 W Betts	140-0p
26 Joe Wallek	137-11
27 Mike Hodges	137-3
28 Richard Rook	135-6
29 Mike Holzgang	128-11
30 J Hollister	128-0p
31 Dan LaBelle	126-2
32 John Hess	125-10
33 D Selby	125-5p
34 --- Woosencraft	125-2
35 D Weikert	123-11
36 Bud Olsen	121-4d
37 Jim Rose	120-8d
38 Henry Hopkins	120-6d
39 A Ray	120-3
40 Gordon Reiter	119-10d

M55-59

1 R E Hudson	160-9
2 Jack Shields	160-3
3 Randy Cooper	142-6w
4 Bob Flaherty	136-11
5 Leonard Olson	135-9
6 Earl Ventura	134-6
7 Wendell Palmer	132-10
8 Ray Feick	125-2
9 Harry Hawke	123-5p
10 David Norton	122-0
11 John Hepner	120-11
12 R Belliveau	120-9
13 Jerry Reiserer	118-2p
14 Hal Wallace	115-9
15 Pay Carstensen	115-2
16 M D Gaskin	112-10
17 D Skartvedt	106-6p
18 Ron Noreen	105-5p
19 Tom Allison	104-8
20 Harry Graham	104-7
21 Maury Werress	104-6
22 T Tolson	104-4
23 Dave Douglass	103-1
24 Hal Rhode	102-11
25 G Taylor	102-3
26 B Dods	100-6
27 Jack Morrill	99-4
28 Al Brenda	98-3p
29 James Holmes	98-1
30 Hani Galfotti	98-0

M70-74

1 Bill Morales	157-9
2 Manuel White	125-1
3 Ham Morningstar	118-0
4 Jerry Siefert	109-9
5 W Eipel	99-1
6 Jack Wood	98-4
7 Milo Lightfoot	97-11
8 Everett Bolton	96-4
9 Chris Christy	94-0
10 Gordon Taylor	91-10
11 Gil Gonzalez	91-9p
12 Elmer Shaw	91-7
13 Herm Hand	89-9
14 W MacMurray	87-11
15 Doug Latimer	86-11
16 R Mack	83-8
17 H Grimm	81-6
18 Stan Laski	81-0
19 Russell Arnold	77-3
20 G Taylor	73-5
21 Les Liebenberg	72-5
22 E Bost	71-8
23 Gene Wood	68-9p
24 Igor Storojeff	68-7
25 Bob Detweiler	66-5

W40-44

1 Lurline Struppeck	127-0
2 Kathy Pierce	95-6
3 Karen Huff	94-10
4 C Leaf	87-3
5 Mary Priest	81-0
6 L Rothrock	69-6
7 Phil Raschker	68-6
8 Alyce Goldwash	64-9
9 L Glass	57-1
10 Susan Weeks	47-8

W45-49

1 C Leaf	101-6
2 Fran Conley	101-0
3 Karen Huff	99-9
4 J Anderson	93-4
5 Alita Rosenfeld	84-4
6 J Meyer	73-8
7 Joyce Bowerman	72-9
8 Laurie Rothrock	69-7
9 Shirley Ingram	53-10
10 Barbara Stewart	51-0w
11 C Parry	44-10

W50-54

1 Christel Miller	104-5h
2 Marjorie Larney	85-5
3 J Dash	81-8
4 Shirley Ingram	78-9
5 Joan Youngs	71-9
6 Ann Cirulnick	64-6
7 C McKenzie	53-11
8 D Swanson	51-11
9 E Hyer	50-8
10 E Smith	43-5

W55-59

1 Shirley Kinsey	81-1
2 Magdalena Kuehne	67-6
3 Mary Jane Miller	65-1
Sharon Sahonchik	65-1
5 Patricia Osmon	64-1
6 Miriam Lockman	60-1
7 E Smith	58-3
8 June Jordan	56-6
9 Helen Darnall	52-9
10 Katie Joocy	52-3
11 B LaFollette	46-10
12 Elizabeth Messenger	34-11

W60-64

1 Bernice Holland	92-10
2 Shirley Dietrich	72-3
3 Patricia Osmon	59-0
4 B Hummel	58-3
5 T Ricciardi	57-7
6 Harriet Boyd	54-8
7 Virginia McRoy	39-1
8 Audrey Bergenback	35-11
9 Lillian Rankin	35-5
10 Estelle O'Connor	33-7
11 Jeanne Glaub	32-0

W65-69

1 Helen Stephens	64-2
2 Pearl Auerbach	60-4
3 Polly Herzer	55-8
4 Mary Bowermaster	48-10
5 Marie-Lou Holbert	46-10
6 Bernice Kleinschmidt	46-0
7 R Pascale	39-4
8 Julia Emmons	36-3
9 Diane Delaware	29-1

W70-74

1 Rose Ruston	57-0
2 Mary Bowermaster	56-2
3 Thelma Witchey	55-6
4 Betty Jarvis	47-3
5 Libby McCants	43-9
6 Claire Veith	38-11
7 Gerida Bergman	35-3
8 Sylvia Simons	32-6

W75-79

1 Edity Mendyka	65-8
2 Sylvia Swartz	53-2
3 Marie Uebel	45-9
4 Alice Humphrey	34-3
5 B Gray	27-6
6 Marilla Salsbury	22-11

1987 MEN'S HIGH JUMP 35-39

1 REYNALDO BROWN	2.03
2 CHARLES RADER	2.00
3 JOHN HAWKINS	1.88
4 MICHAEL SAAFIR	1.86
5 BILLY SMITH	1.85
- MIKE HILL	1.85
- GENE HOFFMAN	1.85
8 DONALD PURDOM	1.83
- ERIC HOWARD	1.83
- RICK CHRISTOPH	1.83
11 T. MARKS	1.80
12 BRUCE FOOTE	1.78
13 MARK SALZMAN	1.76
- JOHN GREEN	1.76
15 DENNIS OLAFSON	1.75
16 CHESTER FORSH	1.73
- BRUCE DALLAS	1.73
- ED BASKAUSKAS	1.73
- STAN ALLEN	1.73
20 CHARLES STRODE	1.70
21 STEVE SUTO	1.68
- O. MURPHY	1.68
- BILL KNIPMEYER	1.68
- MIKE DAVIS	1.68
- J. DAVIS	1.68
- WILLIAM CORSEY	1.68

Continued on next page



Continued from previous page

Table with columns: RANK, NAME, MARK. Lists names and marks for various categories including 1987 Men's High Jump 45-49 and 1987 Women's High Jump 70-74.

MEN'S HIGH JUMP 40-44

Table with columns: RANK, NAME, MARK. Lists names and marks for Men's High Jump 40-44.

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 45-49.

MEN'S HIGH JUMP 50-54

Table with columns: RANK, NAME, MARK. Lists names and marks for Men's High Jump 50-54.

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 55-59.

1987 MEN'S HIGH JUMP 55-59

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 55-59.

1987 MEN'S HIGH JUMP 60-64

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 60-64.

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 65-69.

1987 MEN'S HIGH JUMP 65-69

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 65-69.

1987 MEN'S HIGH JUMP 70-74

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's High Jump 70-74.

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 70-74.

1987 WOMEN'S HIGH JUMP 70-74

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 70-74.

1987 WOMEN'S HIGH JUMP 75-79

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 75-79.

1987 WOMEN'S HIGH JUMP 80-84

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 80-84.

1987 WOMEN'S HIGH JUMP 85-89

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 85-89.

1987 WOMEN'S HIGH JUMP 30-34

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 30-34.

1987 WOMEN'S HIGH JUMP 35-39

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 35-39.

1987 WOMEN'S HIGH JUMP 40-44

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 40-44.

1987 WOMEN'S HIGH JUMP 45-49

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 45-49.

1987 WOMEN'S HIGH JUMP 50-54

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 50-54.

1987 WOMEN'S HIGH JUMP 55-59

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 55-59.

1987 WOMEN'S HIGH JUMP 60-64

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 60-64.

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 70-74.

1987 WOMEN'S HIGH JUMP 75-79

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 75-79.

1987 WOMEN'S HIGH JUMP 80-84

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 80-84.

1987 WOMEN'S HIGH JUMP 85-89

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 85-89.

1987 WOMEN'S HIGH JUMP 30-34

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 30-34.

1987 WOMEN'S HIGH JUMP 35-39

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 35-39.

1987 WOMEN'S HIGH JUMP 40-44

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 40-44.

1987 WOMEN'S HIGH JUMP 45-49

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 45-49.

1987 WOMEN'S HIGH JUMP 50-54

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 50-54.

1987 WOMEN'S HIGH JUMP 55-59

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 55-59.

1987 WOMEN'S HIGH JUMP 60-64

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 60-64.

1987 WOMEN'S HIGH JUMP 65-69

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 65-69.

1987 WOMEN'S HIGH JUMP 70-74

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 70-74.

1987 WOMEN'S HIGH JUMP 75-79

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Women's High Jump 75-79.



1987 Men's Marathon Rankings - Continued from Page 36

Table with columns: RANK, NAME, MARK. Lists names and marks for 1987 Men's Marathon Rankings, including age groups and foreigner status.

Continued from previous page

FOREIGNERS

Table with 2 columns: Rank and Name. Includes names like ANTONIO VILLANUEVA, JIM DALEY, BILL OLDRICH, etc.

Table with 2 columns: Rank and Name. Includes names like JIM DALEY, BILL OLDRICH, ANDRE TOCCO, etc.

TACSTATS/USA 1987 RANKINGS 10K ROAD RACES - MEN

Table with 2 columns: Rank and Name. Includes names like GAYLON JORGENSEN, DON GAMMIE, DAVID T LONG, etc.

Table with 2 columns: Rank and Name. Includes names like JIM O'NEIL, JIM O'NEIL, ORLO KENISTON, etc.

Table with 2 columns: Rank and Name. Includes names like ANTHONY NAPOLI, JIM SMITH, ORLO INADA, etc.

Table with 2 columns: Rank and Name. Includes names like WAYNE ZOOK, ED VUOLO, DUTCH BENEDETTI, etc.



TACSTATS/USA 1987 RANKINGS - MARATHON ROAD RACES - WOMEN

Table with 2 columns: Rank and Name. Includes names like SHARLET GILBERT, SHARLET GILBERT, MINDY IRELAND, etc.

Table with 2 columns: Rank and Name. Includes names like GAIL LADAGE SCOTT, LAURIE BINDER, BARBARA FILUTZE, etc.

Table with 2 columns: Rank and Name. Includes names like MARGIE TIMBERLAKE, ZOFIA TUROSZ, LINA CONNORS, etc.

Table with 2 columns: Rank and Name. Includes names like BETTY RATTLEY, MEN-SHI YU, MEN-SHI YU, etc.

Table with 2 columns: Rank and Name. Includes names like TOSHIKO D'ELIA, RUTH ANDERSON, MARY ANNE MOODRING, etc.

Table with 2 columns: Rank and Name. Includes names like CARLA BEURSKENS, CHRISTA VAHLENSIECK, MAGDA ILANDS, etc.

Table with 2 columns: Rank and Name. Includes names like PRISCILLA WELCH, LORNA IRVING, EVY PALM, etc.

Table with 2 columns: Rank and Name. Includes names like EVY PALM, MINORU MURAMOTO, ANNE HEARN, etc.

Table with 2 columns: Rank and Name. Includes names like FUSAKO KONDO, ANNE MARIE CHAPPELLE, MIYOKO TANI, etc.

Table with 2 columns: Rank and Name. Includes names like NELLY RUBLI, ELFRIEDE SCHINDLER, YOSHIKO WATANABE, etc.



Continued on next page

Continued from previous page

TACSTATS/USA 1987 RANKINGS - MARATHON ROAD RACES

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:32:05 to 5:27:22.

FOREIGNERS IN AGE GROUP= 60-64. Lists international runners with times from 3:52:52 to 4:51:19.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:32:59 to 2:27:06.

FOREIGNERS IN AGE GROUP= 65-69. Lists international runners with times from 5:08:28 to 7:35:31.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:51:30 to 2:39:33.

FOREIGNERS IN AGE GROUP= 70-74. Lists international runners with times from 5:30:43 to 6:00:32.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:59:36 to 2:39:33.

FOREIGNERS IN AGE GROUP= 75-79. Lists international runners with times from 6:22:05 to 6:22:05.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:59:36 to 1:59:36.

FOREIGNERS IN AGE GROUP= 80-84. Lists international runners with times from 6:38:08 to 6:38:08.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:59:36 to 1:59:36.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:21:54 to 5:27:22.

FOREIGNERS IN AGE GROUP= 35-39. Lists international runners with times from 2:13:07 to 2:28:16.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:20:46 to 2:28:16.

FOREIGNERS IN AGE GROUP= 40-44. Lists international runners with times from 2:22:44 to 2:28:16.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:21:54 to 2:38:59.

FOREIGNERS IN AGE GROUP= 40-44. Lists international runners with times from 2:17:53 to 2:20:23.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 2:21:37 to 2:38:34.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:22:53 to 2:46:02.

FOREIGNERS IN AGE GROUP= 45-49. Lists international runners with times from 2:22:44 to 2:46:02.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 2:22:44 to 2:46:02.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:21:37 to 2:46:02.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 2:50:54 to 2:54:39.

FOREIGNERS IN AGE GROUP= 50-54. Lists international runners with times from 2:38:19 to 2:53:22.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:27:42 to 3:06:57.

FOREIGNERS IN AGE GROUP= 55-59. Lists international runners with times from 2:48:12 to 3:06:57.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:52:38 to 3:19:16.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 2:31:37 to 3:19:37.

FOREIGNERS IN AGE GROUP= 60-64. Lists international runners with times from 2:50:55 to 3:27:52.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:30:10 to 3:53:16.

FOREIGNERS IN AGE GROUP= 65-69. Lists international runners with times from 3:36:43 to 3:47:52.

Table with columns: RANK, TIME, ATHLETE NAME. Lists marathon runners with times ranging from 1:30:05 to 3:48:54.

TRACK & FIELD RESULTS

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

EAST

21st Annual Hartshorne Masters Mile Ithaca, NY; January 17

First Three Men

Dave Treschlavay	40	4:42.7
Terry Habecker	40	4:43.3
Bob Milner	52	4:51.0
M40 Fred Gordon		4:52.3
M50 Peter Doherty		4:59.1
M60+Len Bagley		6:15.3

First Three Women

Mary Leivers	41	5:33.4
Margarita Ekiss	40	5:39.1
Sue Compton	42	5:41.6
W35 Barbara Brodhagen		5:51.7
M40 Suzanne Gardinier		5:42.0
W55+Gloria Brown		*6:22.5

*U.S. age-56 record

New Jersey AC Masters Indoor Championships; Hackensack, NJ Feb. 28

New Jersey Division:

55 METER HURDLES

M30 Tony Ciccone, NJS	7.9
M35 David Saleem, SAC	8.4
Ray Harrison, un	9.6
M40 Ken Brinker, ML	7.8
M50 Lee Trout, SAC	8.5
M55 George Taylor, ML	11.2

55 METER DASH

M30 Ron Artis, NJS	6.6
P. Vanechanos, NJS	7.1
M35 W. Spikes, un	6.8
P.G. Felton, ML	7.1
Ray Harrison, un	7.3
Terry Baxter, un	7.5
D. Juengling, un	7.7
Bob Palermo, SAC	8.8
M40 Ken Brinker, ML	7.1
Rab Hagin, ML	7.3
Robert Mead, un	8.1
Robert Melok, un	8.2
M45 Rob Williams, un	7.0
Bill Wheelock, ML	7.4
M50 R. Weaver, ML	7.1
John Snell, un	7.3
Lee Trout, SAC	7.6
Fred Oakes, SS	8.8
M55 R. Barretta, un	7.7
Charles Irace, NJM	8.2
George Taylor, ML	9.0
M65 Jim Manno, NJM	8.5
M70 W. Tashian, NJM	9.0
M75 M. D'Elia, NJM	9.5
F55 N. Ammermuller, SAC	9.3
F75 E. Marshall, un	19.6

New Jersey Division

300 METER DASH

M30 Jerry Elson, un	37.7
Ron Artis, NJS	37.7
Don McNeill, un	39.3
Michael Sanders, un	40.1
M35 Warren Spikes, un	38.4
P.G. Felton, ML	40.2
P.A. Schiro, un	41.9
M40 Ken Brinker, ML	39.5
Bob Inne, SAC	40.3
Charles Teubler, ML	41.7
Rab Hagin, ML	42.5
M45 Bob Williams, P10	41.1
Bill Wheelock, ML	44.2
M50 Frank Haviland, SAC	41.3
John Snell, un	44.5
Fred Oakes, SPT	52.4
H. Jabloner, SAC	55.0
M55 Richard Barretta, un	47.7
L. Cheringal, un	53.6
M65 Jim Manno, NJM	47.8
M70 W. Tashian, NJM	58.4
M75 Manfred d'Elia, NJM	58.2
F55 N. Ammermuller, SAC	54.3

500 METER RUN

M30 J. Elson, un	1:09.4
E. Runyon, CJRRC	1:13.9
M. Sanders, un	1:14.2
M35 P.A. Schiro, un	1:17.3
M40 Don Kessler, un	1:13.3
M50 F. Haviland, SAC	1:17.2
M55 Charles Irace, NJM	1:45.8
M60 K. Brown, NJM	1:25.4

New Jersey Division

1000 METER RUN

M30 Barry Blake, SPT	2:49.1
Dallas Jacobs, un	2:50.8
R. Castillo, un	2:55.6
Dave Hoch, MB	3:01.7
M35 Ben Brockwell, un	2:50.1
P. Reinhart, SAC	2:51.1

M40 Harold Nolan, SAC	2:42.0
Antonio Roque, un	2:47.9
John Kuhl, SAC	2:58.0
Paul Jayson, un	3:03.0
R. Abramowitz, un	NT
M45 Sid Howard, un	2:49.8
Dave Gerridge, NJM	NT
Charles Finley, un	NT
M50 I. Bernstein, SAC	3:09.9
Noah Marshall, un	4:08.7
M55 Hans Hunziker, un	3:25.5
M60 Kelsey Brown, NJM	3:17.5
M75 H. Zachman, NJM	4:45.8
F30 Susan Corr, SAC	3:41.6
F70 A. Salmini, un	6:23.9

New Jersey Division:

1 MILE RUN

M50 Gene Chase, SNF	5:20.5
Fred Oakes, SS	6:12.7
H. Jablowes, SAC	6:29.2
M55 H. Hunziker, NJM	5:46.1
J. Wallace, un	6:24.5
W. Siderovitz, un	6:38.0
M60 K. Brown, NJM	5:25.3
M65 J. McGilurian, NJM	7:00.5
M70 A. Nevsan, un	5:55.0
Robert Hall, ML	7:26.8
F30 Susan Corr, SAC	6:17.6
F60 A. Salmini, un	9:15.8

1 MILE RUN

M30 R. Castillo, un	4:50.7
P. Hinck, SAC	5:02.7
M35 P. Reinhardt, SAC	4:57.8
B. Brockwell, un	4:58.5
Chris Monroe, un	5:13.9
M40 H. Nolan, SAC	4:29.8
A. Roque, un	4:41.1
R. Abramowitz, un	5:03.5
M45 Sid Howard, un	4:49.2
Frank Mari, ORC	5:20.5

TWO MILE RUN

M30 Chris Peters, SAC	9:57.3
B. Hitchcock, SAC10	13.0
Gary Peters, un	10:25.0
Philip Hinck, SAC11	36.5
M35 Hoyle Mozee, SAC	9:56.2
A. Roncy, un	10:20.4
M. Supkowski, CJR10	21.5
John Nitek, un	10:53.5
Ed King, un	NT
M50 Gene Chase, SF	11:14.4
M55 Hans Hunziker, un	12:00.2
Jack Wallack, un	12:37.5
D. Buccino, un	13:11.0
M60 Ray Cherniak, un	13:08.0
M65 Tim Dyas, NJM	14:55.4
M70 Austin Newman, un	12:40.7
Robert Hall, ML	NT
F30 R. Anthes, SAC	11:11.0

ONE MILE WALK

M30 Dan Brannen, GSRT	7:58.6
J. Tannachion, SAC8	20.6
Keith Vine, un	12:20.5
M35 R. Funkhouser, SAC6	40.6
Bob Palermo, SAC	11:49.8
M45 Gerald Kass, SAC	9:41.4
M50 Morton Hahn, un	12:17.6
M55 Roger Barr, SAC	9:29.0
M65 George Heller, un	9:01.0
Tim Dyas, NJM	9:02.5
M70 Don Johnson, SAC	9:27.8
F35 Laura Nielsen, SAC9	39.1
F60 Marie Henry, SAC	10:48.8

New Jersey Division

ONE MILE RELAY

New Jersey Masters	5:19.5
--------------------	--------

TWO MILE RELAY

Shore AC	9:31.6
----------	--------

New Jersey Division

HIGH JUMP

M30 Tony Ciccone, NJS	5-7.5
Dan Goia, NJS	5-7.5
P. Vanechanos, NJS	5-5.5
Mike Jenetta, ML	4-8
M35 Glen Stone, ML	6-0
Ron Salvio, ML	4-8
M45 J. Sullivan, ML	4-5
M50 Leon Trout, SAC	4-8
Morton Hahn, ML	4-2.5

POLE VAULT

M30 Mike Jenetta, ML	12-0
M35 Sam Prentice, ML	13-0
Ron Salvio, ML	9-0
M45 Jeff Tindall, ML	12-0
M55 George Taylor, ML	7-0

LONG JUMP (IN METERS)

M30 Tony Ciccone, NJS	5.83
P. Vanechanos, NJS	5.75
Dan Goia, NJS	5.71
Jerry Elson, un	5.66
M35 Ron Salvio, ML	5.66
Ray Harrison, un	4.95
M40 Ken Brinker, ML	6.03
M45 DeLeon Gibson, NJM	2.32

M50 Leon Trout, SAC	4.76
John Snell, un	4.66
Morton Hahn, ML	3.21
M55 George Taylor, ML	3.83
M75 H. Zachman, NJM	2.05

TRIPLE JUMP (IN METERS)

M30 Tony Ciccone, NJS	11.57
P. Vanechanos, NJS	10.87
M35 Ron Salvio, ML	9.96
M45 R.J.O'Brien, ML	8.10
M50 Morton Hahn, ML	4.83
M55 George Taylor, ML	5.96
M75 H. Zachman, NJM	4.72

SHOT PUT (IN METERS)

M30 Tony Ciccone, NJS	12.80
Dan Goia, NJS	11.43
M35 Roger Kamla, un	15.24
Bob Martinez, un	8.21
Ron Salvio, ML	7.53
M40 Rich Dunphy, ML	11.45
Frank Monroe, un	9.28
M45 Larry Keys, un	8.18
M50 Tom Jackson, ML	10.46
Morton Hahn, ML	8.68
M60 Don Henry, SAC	9.58
M65 Mart Neuman, ML	10.78

WEIGHT THROW

M30 Mike Jenetta, ML	14-9.5
M35 P. Corrigan, ML	40-8.5
Ron Salvio, ML	27-6.0
Bob Palermo, SAC	14-8.5
M40 Frank Monroe, un	25-6.5
M45 Larry Keys, un	21-3.0
M50 Tom Jackson, ML	26-2.0
Morton Hahn, ML	14-5.5
M60 Don Henry, SAC	31-8.5

Non-New Jersey Division:

M50 Robert Smith, NY	9.7
M65 J.W. Pierson, PA	10.6
F45 Barbara Stewart, NY	13.6
F60 Pat Peterson, NY	13.9

55 METER DASH

M35 D. Robinson, NY	6.8
Karl Caster, PA	7.2
Louis Miller, NY	8.9
M40 Tom Toscano, NY	6.9
Tom Rauscher, NY	7.6
M45 Ernain Gil, NY	7.0
M50 William Wright, MA	7.4
Robert Smith, NY	8.5
M55 Bob Keegan, PA	7.2
John Murphy, NY	7.7
Tom Talbott, NY	8.5
Ned Curran, VA	8.7
Jack Nyhan, MA	8.9
Jim Lawrence, PA	17.6
M65 J.W. Pierson, PA	8.2
M75 Donald Ernst, PA	10.5
F35 Jennifer Pinto, NY	7.9
Sharon Osborne, NY	8.3
F45 Barbara Stewart, NY	8.4
F50 M. Fitzgerald, PA	8.6
F60 Pat Peterson, NY	9.3
F70 Marjorie Smith, NY	11.0
F75 Vivian Neilson, PA	11.3

Non-New Jersey Division

300 METER DASH	
M30 James Brown, un	38.5
Dave Quier, un	44.8
M35 D. Robinson, NY	38.2
Ron McDonald, NY	38.4
Karl Caster, PA	38.9
Mike Blake, NY	40.7
A. Ahmad, NY	47.1
Louis Miller, NY	52.6
M40 Tom Toscano, NYM	39.7
Victor Broushet, P1040.5	
Tom Rauscher, GRTC	41.1
Kevin Smith, NYM5C	42.0
M45 Rett Oren, PA	42.6
Edward Small, NYPC	39.5
William Burrell, un	41.5
Emain Gil, un	44.2
Carmelo Roldan, un	44.7
M50 Haig Bohigian, un	42.3
M55 Bob Keegan, PA	45.4
Tom Talbott, NYM	51.4
Ed Quier, un	55.6
M65 J. Walker Pierson, un	48.5
F30 Dana Severn, un	66.7
F35 Jennifer Pinto, NYM	44.5
Lynne Diezi, PUMA	47.5
Sharon Osborn, PAL	48.3
F45 Barbara Stewart, NYM51.2	
F50 M. Fitzgerald, un	50.0
F60 P. Peterson, NY	61.7
F70 Marjorie Smith, NYM	73.5
F75 Vivian Neilson, ML	88.0

300 METER DASH

M30 James Brown, un	38.5
Dave Quier, un	44.8
M35 D. Robinson, NY	38.2
Ron McDonald, NY	38.4
Karl Caster, PA	38.9
Mike Blake, NY	40.7
A. Ahmad, NY	47.1
Louis Miller, NY	52.6
M40 Tom Toscano, NYM	39.7
Victor Broushet, P1040.5	
Tom Rauscher, GRTC	41.1
Kevin Smith, NYM5C	42.0
M45 Rett Oren, PA	42.6
Edward Small, NYPC	39.5
William Burrell, un	41.5
Emain Gil, un	44.2
Carmelo Roldan, un	44.7
M50 Haig Bohigian, un	42.3
M55 Bob Keegan, PA	45.4
Tom Talbott, NYM	51.4
Ed Quier, un	55.6
M65 J. Walker Pierson, un	48.5
F30 Dana Severn, un	66.7
F35 Jennifer Pinto, NYM	44.5
Lynne Diezi, PUMA	47.5
Sharon Osborn, PAL	48.3
F45 Barbara Stewart, NYM51.2	
F50 M. Fitzgerald, un	50.0
F60 P. Peterson, NY	61.7
F70 Marjorie Smith, NYM	73.5
F75 Vivian Neilson, ML	88.0

500 METER RUN

M40 E. Robinson, NY	1:15.7
V. Broushet, NY	1:17.8
M45 Edward Small, NY	1:15.2
Rett Oren, PA	1:16.4
C. Kolden, NY	1:20.8
M50 Haig Bohigian, NY	1:18.6
M55 Tom Talbott, NY	1:41.2
F35 Lynne Diezi, NY	1:28.4
F50 M. Fitzgerald, PAL	37.1
F60 P. Peterson, NY	2:17.9

Non-New Jersey Divisions

1000 METER RUN	
M35 Russell Floyd, un	2:47.2
Abdulkarim Ahmad, un	NT
M40 Albin Swenson, CT	2:39.7
M45 S. McClendon, CT	3:01.0
M50 John Conner, NYAC	2:57.5
M55 Jack Nyhan, MA	3:43.6
Tom Talbott, NYM	4:00.5
F30 W.E. Malloy, PA	3:17.5

Non-New Jersey Divisions:

1 MILE RUN	
F30 D. Tirrito, NY	5:27.6
F55 T. D'Elia, NY	6:19.5

1 MILE RUN

M30 Paul Brady, PA	4:56.3
M35 M. Blake, NY	4:55.1
A. Ahmad, NY	5:52.1
M40 A. Swenson, CT	4:27.6
Kevin Smith, NY	DNF
M45 Dick Ashley, CT	5:01.9
Ray Crothers, CT	5:02.9
S. McClendon, CT	5:04.8
Jack Brennan, NY	5:18.3
M50 John Conner, NY	4:55.9

TWO MILE RUN

M40 Albin Swenson, CT	9:55.9
M45 Dick Ashley, CT	10:58.9
Denis Daly, PUMA	11:50.5
M50 Bob Milner, un	10:47.3
M55 Jack Nyhan, MA	14:07.3
Tom Talbott, NYM	16:15.0
M60 Duv Margotson, un	13:52.6
F55 T. d'Elia, ATA	13:09.0

Non-New Jersey Divisions:

ONE MILE RELAY	
Philadelphia Masters	3:54.9

ONE MILE WALK

M45 Albert Cruzado, FLR	05:7
-------------------------	------

Non-New Jersey Division

HIGH JUMP

M35 D. Robinson, NY	5-3.5
M40 Jan Decker, NY	4-6.5
M45 Jai Singh, NY	4-1
M55 Bob Wainman, NY	4-2.5
Ned Curran, VA	3-7
M60 Jack Doorian, CT	4-1
M70 Ch. Hirshey, SC	2-6
F30 M.E. Malley	

Continued from previous page

Table of athletic results for various events including Shot Put, Pole Vault, 1500 M, 100M Hurdles, 4X100 Relay, 4X200 Relay, 100M, 200M, 400M, 800M, 1500 M Race Walk, Long Jump, Triple Jump, and 5000.

Table of athletic results for various events including Shot Put, Pole Vault, 1500 M, 100M Hurdles, 4X100 Relay, 4X200 Relay, 100M, 200M, 400M, 800M, 1500 M Race Walk, Long Jump, Triple Jump, and 5000.

Table of athletic results for various events including Shot Put, Pole Vault, 1500 M, 100M Hurdles, 4X100 Relay, 4X200 Relay, 100M, 200M, 400M, 800M, 1500 M Race Walk, Long Jump, Triple Jump, and 5000.

Table of athletic results for various events including Shot Put, Pole Vault, 1500 M, 100M Hurdles, 4X100 Relay, 4X200 Relay, 100M, 200M, 400M, 800M, 1500 M Race Walk, Long Jump, Triple Jump, and 5000.

Table of athletic results for various events including Shot Put, Pole Vault, 1500 M, 100M Hurdles, 4X100 Relay, 4X200 Relay, 100M, 200M, 400M, 800M, 1500 M Race Walk, Long Jump, Triple Jump, and 5000.

Table of athletic results for various events including Shot Put, Pole Vault, 1500 M, 100M Hurdles, 4X100 Relay, 4X200 Relay, 100M, 200M, 400M, 800M, 1500 M Race Walk, Long Jump, Triple Jump, and 5000.

MIDWEST

Ohio TAC Indoor Championships, Columbus, March 6

SOUTHWEST

See Page 41

WEST

Mt. SAC Relays Walnut, CA. April 17

Kiwanis Masters, Redlands, CA. April 30

Continued on next page

Continued from previous page

Table with 2 columns: Athlete Name and Time. Includes entries for M40 Harold Schneider, M45 Walter Butler, M50 Norbert Wedepohl, M55 Tony Nasralla, M60 Robert Watanabe, M65 Charles Mercurio, M70 Herbert Miller, M75 Bert Morrow, W30 Tina Stough, W45 Jeanne Carter, W55 Magdalena Kuehne.

Table with 2 columns: Athlete Name and Time. Includes entries for M70 Glen Reid, W30 Tina Stough, M35 Bob Myers, W45 Jeanne Carter, M50 Jesse Carrington, M55 Tony Nasralla, M60 Gene Harte, M65 Karlin Smiltens, M70 Pete Ganahl.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Steve Lucero, W30 Tina Stough, N35 Ron Rook, M40 Lawrence Peter, M45 Stan Baker, M55 Robert Culling, M60 Louis Beadle, M65 Joe Fleischman, M70 Pete Ganahl.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 John Aranas, M35 Gary Foltz, M40 Michael Figueroa, M45 David Morris, M50 John Harper, M55 Robert Culling, M60 Bob Anderson, M65 Joe Fleischman.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Stewart Boden, M35 Gary Foltz, W35 Dianne Huppman, M40 John Hawkins, M45 Rodney Anzal, M50 Richard Johnson.

Table with 2 columns: Athlete Name and Time. Includes entries for M60 Harold Willis, M65 Joe Fleischman, W80+ Mary Ames, 5000 M-Facewalk, M30 Stewart Boden, M40 David Snyder, M40 Donna Kennedy, M45 Richard Horton, M50 Carl Acosta, M50 Jill Latham, M55 Charles Boyer, M60 John Burns, M65 Karlis Smiltens, M70 Don Larson.

Table with 2 columns: Athlete Name and Time. Includes entries for M75 Herb Miller, Bert Morrow, Harry Yu.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Kenneth Satterf, Kevin Speaks, M40 Brian Arnsperger, M45 Walter Butler, M50 Alvin Henry, M60 Loren Noyes, M65 George S. Simon.

Table with 2 columns: Athlete Name and Time. Includes entries for M55 Tony Nasralla, M60 Robert Watanabe, Loren Noyes.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Kevin Speaks.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Kenneth Satterf, M35 Mike Black, M50 Alvin Henry, M55 Dave Jackson, M55 Magdalena Kuehne, M65 Charles Mercurio, M70 Herbert Miller, Harry Yu, M75 Joe Caruso.



Shot Put

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Mike Deller, Russ Reabold, M40 Steve Jarvis, Steve Chaton, M45 Robert Walsh, M50 Gary Miller, Allan Brown, W35 Janet Wilson, M55 Dave Douglas, Mike Devlin, M60 Bill Bangert, Loren Noyes, W60 Pat Osmon, M65 Mike Castaneda, Dan Aldrich, Jim Minah, M75 Art Vesco, M80+ Bob Mac Conaghy.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Kenneth Satterf, M50 Alvin Henry, M55 Dave Jackson, M65 Charles Mercurio, M70 Herbert Miller, Elmer Spiegel, M75 Joe Caruso, Art Vesco.

Table with 2 columns: Athlete Name and Time. Includes entries for M30 Stan Eckels, M35 Rick Lehmann, M40 Charlie Rader, George Birnbaum, Ed Walsh, M45 Robert Walsh, M50 Gary Miller, Harold Creson, M55 Boyd Shumway, Dave Douglas, M65 Burl Gist, M70 Pete Ganahl, Herbert Miller, M75 Art Vesco.

Table with 2 columns: Athlete Name and Time. Includes entries for M40 Mike Morris, Jim Evanson, M50 Gary Miller, M55 Dave Douglas, M70 James Vernon, Elmer Siegel, M75 Jack Angelman, M80+ Bob MacConaghy.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Ron Rook, Rick Lehman, M40 Steve Jarvis, Brian Arnsperger, Richard Rook.



Table with 2 columns: Athlete Name and Time. Includes entries for M35 Russ Reabold, W35 Janet Wilson, M40 Steve Chaton, M45 Lloyd Higgins, Abe Shenker, Robert Walsh, M50 Bob Humphreys, Allan Brown, M55 Lloyd Shumway, Dave Douglas, Dick Kennerly, M60 Del Pickarts, Bill Bangert, Arnold Gaynor, M60 Pat Osmon, M65 Dan Aldrich, Jim Minah, Mike Castaneda, M70 Clarence Trahar, Elmer Siegel, M75 Art Vesco.

Table with 2 columns: Athlete Name and Time. Includes entries for M45 Robert Walsh, M50 Larry Stuart, Harold Creson, Chuck Coutts, M60 Del Pickarts, Jack Morrill, M65 Terry Roberts, M75 Jack Angelman, Art Vesco, M80+ Bob MacConaghy.

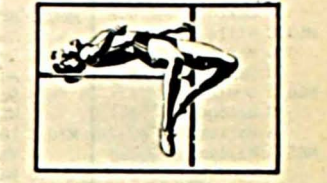


Table with 2 columns: Athlete Name and Time. Includes entries for M35 Mike Deller, M40 De Walsh, M45 Lloyd Higgins, Abe Shenker, Robert Walsh, M50 Bob Humphreys, Allan Brown, M55 Mike Devlin, Dave Douglas, M60 Bill Bangert, Jack Morrill, Loren Noyes, M65 Jim Minah, Dan Aldrich, M75 Art Vesco.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Walter David, George Kening, Milt Britton, M40 Robert Zimmerman, Tom Rauscher, Jack Lyda, M45 Don Ciancone, Alan Slater, Brad Hill, M50 George Horton, John VanderVleuten, Charles Agnoo, M55 Earl Fee, Ross Mitchell, Ken Morris, M60 Stan Egerton, Kurt Hering, Norm Baum, M65 Art Obokata, M70 Max Pickl, Ben Mackereth, Hans Warwas, M80 Blain Till, W35 Emily Milgram, Rhona Trott, W40 Martha Ferreira, Pam Duncan, M45 Barbara Stewart, Ann Marie Rosenitch, W50 Anne VanderVleuten, Margaret Heiling, W55 Doreen Carmichael, W65 Elga Meri, M60m, M35 H K Hudson, George Kennis, John Allardyce, M50 John VanderVleuten, Hugo Bain, Bob Land, M65 Andrew Thomson, Art Obokata, M70 Max Pickl, Hans Warwas, 200m, M35 Walter David, Horace Hudson, Milt Britton, M40 Bob Zimmerman, Tom Rauscher, Tony Cappella, M45 Juan Stocker, Don Ciancone, Brad Hill.

Table with 2 columns: Athlete Name and Time. Includes entries for M50 George Horton, Ed Andrade, Charles Agnoo, M55 Earl Fee, Tom Callender, Ross Mitchell, M60 Norm Baum, Wally Gordon, M65 Andrew Thomson, Art Obokata, M70 Max Pickl, Ben Mackereth, Hans Warwas, M80 Blain Till, W35 Emily Milgram, Rhona Trott, W40 Martha Ferreira, Mary Smith, W45 Ann Marie Rosenitch, Barbara Stewart, W55 Doreen Carmichael.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Horace Hudson, Steve Caws, Rodger Knight, M40 Bob Zimmerman, Tom Van Auken, Tony Cappella, M45 Juan Stocker, Brad Hill, Ian Atkinson, M50 Ed Andrade, John VanderVleuten, Paul De Biasi, M55 Earl Fee, Karl Virkavs, Norm Baum, M65 Andrew Thomson, M70 Ben Mackereth, W40 Liz McBlain, Mary Smith, W45 Ann Marie Rosenitch, W50 Ann VanderVleuten, W55 Ruth Carrier.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Aris Birze, John Pickard, Richard Landry, M40 Ray Tucker, Tom Van Auken, Jim Wilson, M45 Ian Atkinson, M50 Bill Arnold, Jim Pascoe, Bruce Hill, M55 Earl Fee, John Johnston, M60 Cliff Hall, Richard Maxwell, Charlie Blancher, M70 Hans Weickardt, W40 Linda Findley, Mary Smith, Georgie Gillis.

Table with 2 columns: Athlete Name and Time. Includes entries for W45 Eileen Crichton, W55 Jean Horne, Ruth Carrier, W60 Dorly Brechbuehl.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Dave McLeod, Dave Cowl, M40 Ray Tucker, Jim Wilson, Usher Poluszny, M45 Dennis Featherstone, Bob Daniel, Dave Woodhall, M50 Paul De Biasi, Bill Oxtoby, Bruce Hill, M55 John Johnston, Gerry Fenwick, M60 Cliff Hall, Richard Maxwell, Manuel Teodoro, M70 Hans Weickardt, W40 Lindsay Findley, Eileen Appleton, W45 Eileen Crichton, W50 Molly Turner, W55 Jean Horne, W65 Judy Kazdar.

Table with 2 columns: Athlete Name and Time. Includes entries for M40 Gordon Roberts, Jim Lowry, M45 Mike Freeman, M50 Jaan Roos, Bill Arnold, Gordon Rice, M55 Vaino Kukkola, Pat Bryan, M60 Sal Brancaccio, M65 Uno Limit, M70 Ernest Sharpe, M75 George Peterson, M80 Art Keay, W50 Liday Sawdyk, Margaret Heilig.

Table with 2 columns: Athlete Name and Time. Includes entries for W40 Nancy Wells, W45 Eileen Crichton, W55 Jean Horne, Vira McIlham, W65 Judy Kazdar, M35 Scott MacKenzie, Pat Monahan, Usher Pasluszny, Bob Watson, M45 Bob Moore, Vic Matthews, Fernando Afonso, M50 Dave Wallace, Gordon Rice, Bruce Hill.

Table with 2 columns: Athlete Name and Time. Includes entries for M55 Jim McIlwham, John Johnston, Gerry Fenwick, M60 Manuel Teodoro, John Reeves, Charlie Blancher, M65 Ed Vivanco, M70 Whitey Sheridan.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Steve Caws, M40 I Kiraly, Bill Wood, James Dodd, M45 Dave Morris, Juan Stocker, M50 Ed Andrade, Bob Land, M55 Max Woerle, Walt Mozewsky, M60 Art Jaago, Alan Todd, M65 Andrew Thomson, M Dukovac, M70 Ian Hume, M75 Karl Trei, H Warwas, W55 L Sawdyk, W60 Helgi Pedal.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Ken Roblec, M40 Tom Rauscher, Hugh Miller, Fred Quick, M50 Bob Land, M55 Walt Mozewsky, M60 Stan Egerton, Alan Todd, Ross Goheen, M70 Ian Hume.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 Ron Thompson, Milt Holder, Gregg Clifton, M40 Bill Wood, George Pachovsky, Imrich Kiraly, M45 Alan Slater, Dave Brand, Dave Waddell, M50 Hugo Bain, Bob Land, M55 M Woerle, W Mozewsky, M60 K Hering, Karl Pavasars, A Jaago, M65 A Obokata, M70 M Pickl, I Hume, W Warwas, M75 K Trei.

Table with 2 columns: Athlete Name and Time. Includes entries for W40 Liz McBlain, Pam Duncan, W45 Barbara Stewart, Audrey Hiemstra, W50 A VanderVleuter, W55 D Carmichael, W65 Elga Meri.

Table with 2 columns: Athlete Name and Time. Includes entries for M35 R Thompson, Milt Holder, M40 Bill Wood, Fred Quick, James Dodd, M45 A Slater, D Waddell, D Brand, M50 E Andrade, H Bain, B Land, M55 W Mozesky, M60 K Hering, K Pavasars, M65 A Thomson, M70 I Hume.

Table with 2 columns: Athlete Name and Time. Includes entries for M40 Rick Westwood, John Kasperski, Keith Heidorn, M45 Carl Klehm, D Ciancone, M50 Alf Sundin, Fred Cechl, M55 M Woerle, Jackson Tovell, W Mozewsky.

Table with 2 columns: Athlete Name and Time. Includes entries for M60 A Jaago, Helmut Lange, Alfred Karklind, M65 A Zakis, Aleks Upnialis, Mato Dukovac, M75 K Trei, W40 Mary Smith, W45 B Stewart, W55 L Sawdyk, W60 Helgi Pedal, Velta Tomsons, W65 Elgi Meri.

Table with 2 columns: Athlete Name and Time. Includes entries for M40 J Kasperski, J Dodd, Rick Westwood, M45 C Klehm, M50 Alf Sundin, Fred Cechl, M55 M Woerle, J Tovell, M60 H Lange, Alf Karklis, A Jaago, M65 M Dukovac, A Zakis.

Continued on next page

Continued from previous page

INTERNATIONAL

British National Indoor Championships RAF Coxford; March 26

Table of results for British National Indoor Championships, including 60m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 2000m Walk, High Jump, Shot Put, and Pentathlon.

Table of results for British National Indoor Championships, continuing from the previous table.

Table of results for British National Indoor Championships, continuing from the previous table.

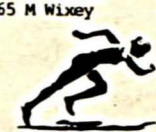
Table of results for British National Indoor Championships, continuing from the previous table.

Table of results for British National Indoor Championships, continuing from the previous table.

Table of results for British National Indoor Championships, continuing from the previous table.

Table of results for British National Indoor Championships, continuing from the previous table.

Table of results for British National Indoor Championships, continuing from the previous table.



1988 Australian Championships, Brisbane, April 1-4

Table of results for 1988 Australian Championships, Brisbane, April 1-4, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 2000m Walk, High Jump, Shot Put, and Pentathlon.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.



Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Table of results for 1988 Australian Championships, Brisbane, April 1-4, continuing from the previous table.

Continued on next page

Continued from previous page

SOUTH WEST

**1988 Runners' Pentathlon Official Results
NMTC State Championship
Albuquerque, N.M. May 1**

AGE NAME	3200	PTS	800	PTS	200	PTS	400	PTS	1600	PTS	SCORE
W50 June Dickinson	14:22.78	748	3:03.95	742	34.13	747	1:22.11	712	6:59.97	724	3673
W50 Karol Perry	16:25.35	655	3:26.37	662	37.77	675	1:31.93	636	7:54.30	641	3269
W45 Margaret Jaramillo	15:09.51	673	3:17.83	651	35.78	682	1:25.37	651	7:20.99	648	3305
W45 Joan Trebilcock	14:48.51	689	3:18.54	649	39.87	612	1:28.02	631	7:17.33	653	3234
W45 Jean Lawton	14:54.53	685	3:29.56	615	50.31	485	0:00.00	0	0:00.00	0	1785
W35 Clara Silver	15:45.17	595	3:23.10	572	33.08	692	1:19.28	641	7:47.20	549	3049
W35 Helen Engel	16:20.20	574	3:27.59	560	41.52	551	1:31.27	557	7:52.73	543	2785
M70 Dan Bulkley	15:33.47	758	3:12.70	754	31.18	861	1:14.63	829	7:12.35	753	3955
M65 Larry Johnson	15:00.83	733	3:23.59	671	38.56	661	1:29.88	651	7:23.19	686	3402
M60 Glenn C. Bradd	14:06.23	732	2:45.58	778	29.44	827	1:09.52	799	7:16.59	655	3791
M55 Al Gallegos	13:37.02	717	3:04.93	660	34.55	677	1:22.00	647	6:42.41	671	3372
M55 Don Murray	16:08.41	605	3:51.33	528	32.01	731	1:15.50	702	8:43.16	516	3082
M50 Cliff Bedell	11:42.43	793	2:18.69	838	26.66	848	0:59.31	357	5:39.38	756	4092
M50 Charles Wimberley	11:45.83	789	2:19.97	830	28.02	807	1:03.11	805	5:29.47	779	4010
M50 Ramon Mondragon	12:45.27	728	2:41.01	722	29.01	779	1:08.13	746	6:16.06	682	3657
M50 Bill Perry	14:01.79	662	2:59.51	648	32.00	707	1:14.46	682	6:48.97	628	3327
M50 Jon A. Schlosser	14:18.14	649	2:59.83	646	30.29	746	1:17.32	657	6:49.96	626	3324
M50 Walter Rice	14:01.79	662	3:01.30	641	32.09	705	1:13.89	688	6:52.05	623	3319
M45 Keith Hartman	11:07.50	800	2:22.82	779	29.96	732	1:04.88	753	5:26.15	753	3817
M45 Stan Hayes	12:12.89	729	2:32.89	728	28.74	763	1:03.78	766	5:41.18	720	3706
M45 LeRoy Cope	13:49.99	643	2:59.10	622	34.77	630	1:20.76	605	6:54.70	592	3092
M40 Jim Irwin	11:44.39	731	2:15.80	790	27.34	779	0:59.13	797	5:31.61	714	3811
M40 David J. Johnson	11:23.97	753	2:27.60	727	30.41	701	1:04.51	731	5:27.93	722	3634
M40 Ed Sanchez	12:28.29	688	2:29.55	717	27.75	768	1:01.92	761	5:58.80	660	3594
M40 Bill Forsyth	12:47.93	670	2:34.64	694	25.69	830	1:00.84	775	6:21.53	620	3589
M40 Martin Doviak	11:58.68	716	2:31.63	707	29.14	731	1:03.50	742	5:43.25	690	3586
M40 Joe L. Trujillo	12:11.73	704	2:37.52	681	27.71	769	1:01.68	764	5:57.41	662	3580
M40 Chuck Schuch	11:22.92	754	2:26.84	731	31.27	681	1:08.51	688	5:48.69	679	3533
M40 Ray A. Paytiamio	12:03.91	711	2:35.84	688	29.65	719	1:06.02	714	5:48.22	680	3512
M40 Cliff Heintschel	13:25.32	639	2:42.56	660	28.39	751	1:03.90	738	6:18.36	626	3414
M40 Brad Burkholder	11:41.22	734	2:57.24	605	29.71	717	1:15.39	625	5:36.30	704	3385
M40 Norm Choate	14:26.24	594	3:04.96	580	31.70	672	1:13.72	639	7:05.28	557	3042
M40 Josef Dolejs	14:43.93	582	3:08.65	569	30.00	710	1:16.73	614	7:10.22	550	3025
M35 David Salazar	11:18.58	738	2:15.91	766	24.96	832	0:57.60	792	5:20.93	717	3845
M35 Larry Ruggles	11:36.59	719	2:25.60	715	26.07	797	1:02.22	734	5:37.66	681	3646
M35 Lawrence Chamas	12:05.68	690	2:27.05	708	27.50	755	1:04.83	704	5:41.30	674	3531
M35 Thomas Duran	12:27.67	670	2:30.67	691	27.50	755	1:03.03	724	6:02.06	635	3475
M35 Bob Freck	11:41.32	714	2:41.44	645	31.82	653	1:11.14	642	5:46.34	664	3318
M35 Dan K. Marker	0:00.00	0	2:26.55	710	25.54	813	1:01.81	738	5:44.85	667	2928
M35 Ed Leek	13:31.89	617	2:45.98	627	27.10	766	0:00.00	0	0:00.00	0	2010

1988 Runners' Pentathlon

O/A AGE NAME	SCORE	O/A AGE NAME	SCORE
1 M50 Cliff Bedell	4092	42 W45 Margaret Jaramillo	3305
3 M50 Charles Wimberley	4010	44 W50 Karol Perry	3269
4 M70 Dan Bulkley	3955	45 W45 Joan Trebilcock	3234
6 M35 David Salazar	3845	48 M45 LeRoy Cope	3092
7 M45 Keith Hartman	3817	50 M55 Don Murray	3082
8 M40 Jim Irwin	3811	51 W35 Clara Silver	3049
10 M60 Glenn C. Bradd	3791	52 M40 Norm Choate	3042
12 M45 Stan Hayes	3706	53 M40 Josef Dolejs	3025
14 W50 June Dickinson	3673	55 M35 Dan K. Marker	2928
16 M50 Ramon Mondragon	3657	57 W35 Helen Engel	2785
17 M35 Larry Ruggles	3646	58 M35 Ed Leek	2010
18 M40 David J. Johnson	3634	59 W45 Jean Lawton	1785
21 M40 Ed Sanchez	3594		
23 M40 Bill Forsyth	3589		
24 M40 Martin Doviak	3586		
25 M40 Joe L. Trujillo	3580		
27 M40 Chuck Schuch	3533		
28 M35 Lawrence Chamas	3531		
29 M40 Ray A. Paytiamio	3512		
30 M35 Thomas Duran	3475		
33 M40 Cliff Heintschel	3414		
34 M65 Larry Johnson	3402		
35 M40 Brad Burkholder	3385		
36 M55 Al Gallegos	3372		
38 M50 Bill Perry	3327		
39 M50 Jon A. Schlosser	3324		
40 M50 Walter Rice	3319		
41 M35 Bob Freck	3318		



SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

PARQUE SIXTO ESCOBAR, SAN JUAN, P.R.
17-18 SEPTEMBER 1988

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION
AGE DIVISION: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64
65-69; 70-74; 75-79; 80 AND OVER
ENTRY FEE: \$5.00 FIRST EVENT, \$3.00 EACH ADDITIONAL EVENT. RELAYS FREE.
AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION
DEADLINE FOR ENTRIES: SEPTEMBER 10, 1988.
RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEARS INCREMENTS.
ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P.M. SATURDAY AND SUNDAY.
ENTRIES: SEND THE ENTRY FORM BELLOW WITH CHECK TO:
PUERTO RICO MASTERS ASSOCIATION
MR. GILBERTO GONZALEZ JULIA
P.O. BOX 11074, CAPARRA HEIGHTS, SAN JUAN P.R. 00922
REGISTRATION: AT PARQUE SIXTO ESCOBAR FROM 10:00 A.M. ON SATURDAY 17.
HOTELS: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE SIXTO ESCOBAR.
CARIBE MILTON TEL. (809) 721-0303 OCEAN SIDE TEL. (809) 722-2410
HOLIDAY INN " (809) 721-1000 QUALITY ROYALE (809) 721-4100
EXCELSIOR " (809) 721-7400 MIRAMAR " (809) 722-6239
HOTEL TORO " (809) 725-5150 TANAMA " (809) 724-4160

SCHEDULE OF EVENTS:

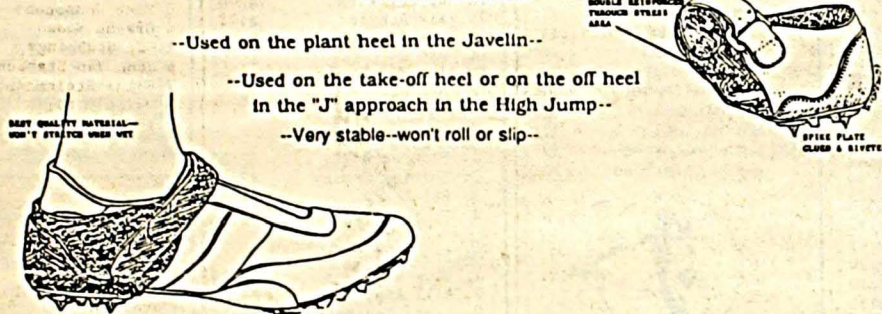
TIME	SATURDAY SEPT. 17	SUNDAY SEPT. 18
3:30 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)
4:00 P.M.	2. 300 M. HURDLES	15. SHOT PUT (W-M)
	3. POLE VAULT	16. LONG JUMP (W-M)
	4. HAMMER	
5:00 P.M.	5. 110 M. HURDLES (M)	17. 800 M. (W-M)
	6. 100 M. HURDLES (W-M)	18. JAVELIN (W-M)
	7. 80 M. HURDLES (M)	19. HIGH JUMP (W-M)
5:30 P.M.	8. DISCUS (W-M)	20. 3000 M. (W-M)
6:30 P.M.	9. 3000 M. STEEPLECHASE	21. 200 M. (W-M)
	10. 2000 M. STEEPLECHASE	
7:30 P.M.	11. 100 M. (W-M)	22. 5K WALK (W-M)
8:00 P.M.	12. 1500 M. (W-M)	AFTER 5K WALK
		4 X 400 RELAY (W-M)
8:30 P.M.	13. 10000 M. (W-M)	
AFTER		
10000	4 X 100 RELAY (W-M)	

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:
ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE SIXTO ESCOBAR AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME _____ PHONE _____
ADDRESS _____
AGE (AS OF SEPT. 17, 1988) _____ DIVISION _____ M OR F _____
PLEASE ENTER ME:
1. _____ 5. _____
2. _____ 6. _____
3. _____ 7. _____
4. _____ 8. _____
SIGNATURE _____ DATE _____

THE "J" HEEL WILL CONVERT A STANDARD TRACK SPIKE INTO A MULTIPURPOSE SHOE FOR JUMPERS AND THROWERS



--Used on the plant heel in the Javelin--

--Used on the take-off heel or on the off heel in the "J" approach in the High Jump--

--Very stable--won't roll or slip--

Designed by Tom Ragdale, high school track coach for 30 years and U of O track official for 35 years

The "J" Heel is fantastic! Our heptathlete is doing great with it--she can hardly tell it's on her foot over the sprint spike.
Scott Irving, U. Of Florida Track

I received my first two a week ago and they work great.
Bob Bush, College of San Mateo

Now we can outfit our throwers and jumpers and give the added advantage of good footing on the approach.
Dennis Davis, North Eugene HS Track, Oregon

Its versatility allows the heel to be used by a number of athletes in a number of different events. It is a well constructed shoe addition which eliminates the need for expensive specialty shoes.
Roger Herbert, Sheldon HS Track, Oregon

We have used the J Heel very successfully with our decathletes for both the high jump and javelin.
John Gillespie, Asst. Track Coach, U of Oregon

I think this is one of the most practical and innovative additions to track and field in many years. The "J" Heel is a real aid to our multi-event athletes since they do not have to invest in 2 or 3 different shoes and still have a secure heel to be competitive.

Jim Puckett, Competitions Director
U. S. Organizing Committee
VIII World Veterans' Games

J HEEL ORDER FORM ONE SIZE WILL FIT ALL
A strap you can adjust for smaller sizes

Please send _____ heels at \$14.95 each.

Name _____

Delivery address _____

Please make check or money order payable to
TOM RAGSDALE
1585 Hackamore Way
Eugene, OR 97401
(503) 344-2770

LONG DISTANCE RESULTS

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

NATIONAL

Wolfpack 50 Miller National Masters Championships, Columbus, OH April 9

M30		
Ray Krolewicz	7:33:35	
Jeff Tinchler	7:38:31	
Neil Henry	8:21:39	
Randy Johnson	10:03:48	
Robert Koch	10:35:22	
Egor Egan	11:01:14	
M35		
Robin Fry	6:27:59	
Phil Freeland	6:58:13	
Bruce Ostran	8:36:24	
Igor Skalsky	8:45:24	
Steven Clark	9:14:59	
M40		
Jim Pearson	5:59:38	
Ron Crawford	6:23:54	
John Giovengo	6:34:37	
Billy Smith	7:57:49	
Rodger Puckett	8:37:00	
Delbert Ruckle	8:48:50	
Ed Klingelhebe	9:10:44	
M45		
William Tobin	5:31:38	
Barry Erickson	7:29:26	
Larry Anderson	7:39:51	
Paul Crabtree	9:11:24	
M50		
Norm Roof	7:55:20	
Dick Sammons	7:50:53	
Andrew Lovy	10:53:42	
M55		
Glenn Jividen	9:01:01	
John Lewis	10:10:29	
Harry Smith	10:10:29	
F40		
Jan Kreutz	6:37:22	

William Tobin, 49, PA	5:31:38
Jim Pearson, 43, WA	5:59:38
Ronald Ross, 29	6:15:42
Ron Crawford, 40, ID	6:23:54
Robin Fry, 35	6:27:59
John Giovengo, 42, PA	6:34:37
Jan Kreutz, 40	6:37:22
Kevin O'Grady, 29	6:48:14
Phil Freeland, 37	6:58:13
Barry Erickson, 45	7:29:26
Ray Krolewicz, 33, SC	7:33:35
Norm Roof, 51	7:35:20
Jeff Tinchler, 31, IN	7:38:31
Larry Anderson, 45, MI	7:39:51
Dick Sammons, 50, MI	7:50:53
Conn Day, 29, IN	7:56:10
Billy Smith, 44, TN	7:57:49
Neil Henry, 31, NJ	8:21:39
Bruce Ostran, 37, IL	8:36:24
Rodger Puckett, 44, IN	8:37:00
Igor Skalsky, 36	8:45:24
Delbert Ruckle, 42	8:48:50
Ed Klingelhebe, 44	9:10:44
Paul Crabtree, 49	9:11:24
Steven Clark, 38, MI	9:14:59
Randy Johnson, 32, TN	10:03:48
Harry Smith, 66, MD	10:10:29
John Lewis, 67, MD	10:10:29
Robert Koch, 34, MI	10:35:22
Andrew Lovy, 53, MI	10:53:42
Egor Egan, 30, NS	11:01:14

47 started, 33 finished

EAST

New Bedford Half-Marathon New Bedford, MA March 20

Additions from last issue:

W50+	
Barbara Robinson	1:43:27
Liz Szawowski	1:48:47
Adeline Kearney	1:54:28
Leona Doherty	1:54:57
Araxi Prevot	1:55:32
W40-49	
4. Betsy Harshbarger	1:30:37
5. Susan Ernsdorff	1:33:03
M50-59	
4. Richard Murphy	1:23:16
5. Fred Wright	1:23:53
M60+	
Carlton Mendell	1:35:19
Hugh Short	1:36:14
Leo Belanger	1:36:52
John Dicomandrea	1:38:12
Carl Hammen	1:38:31

Nancy Waters Memorial 5K Seaford, L.I.: March 20

Overall	
Allan Kilfoyle	15:47
Corliss Spencer	20:03
M35 Kevin O'Connor	16:27
M40 John Ferrero	17:19
M45 Maury Dean	17:44
M50 Joe Cordero	18:23
M55 Hans Hunziker	19:58
M60+Colin Harris	20:02
W35 Cynthia Bermudez	20:48
W40 Mary Anne Leahy	21:02
W45 Sarah Pettinato	25:01
W50 Pamela DeLise	25:42
W55 Cecele Miller	28:40
W60+Sallie Festa	27:59

Vivicitta Ellesse 12K Prospect Park, NYC; April 10

Overall	
Gianni Truschi 32	37:17
Ann Vazquez 25	46:40
M40 Art Hall	40:03
Carl Hatfield	41:14
Carl Lettman	45:46
M45 Jim Steele	46:36
John Stokes	46:38
Francisco Virella	47:07
M50 Gerald Lopez	44:09
Gilberto Robles	45:04
Dan Jacobs	51:34
M55 William Fortune	47:07
Ken Jones	49:10
Hue Burns	50:03
M60 Hugh Bowen	57:50
Cliff Gulbransen	1:02:18
Fernando Losada	1:11:47
M65 William Coyne	52:16
Morris Goldberg	53:27
Tom Gibbons	54:24
M70+Roberto Renny	1:00:44
Charles Feldman	1:02:22
Max Popper	1:31:47
W40 Beverly Taylor	59:30
Ruth Kaufman	1:03:47
Clare Nolan	1:04:47
W45 Mimi Meyers	57:23
Cindy Sutliff	1:01:45
Lilo Roche	1:04:30
W50 Rosa Nales	1:03:58
W60 Elaine Hauser	1:12:51
Race Walkers	
Mike Cooper 45	1:20:43
Claire Sylvan	1:20:58

MDA Boston Milk Run 10K Boston, MA; April 10

Overall	
Jim Cooper 28	28:24
Lorraine Moller 32	32:06
Masters Men	
1 Ryszard Marczak POL	30:18
2 Allan Rushmer GBR	30:34
3 Antonio Villanueva MEX	30:54
4 Larry Olsen MA	31:02
5 Atlaw Belilgne NY	31:45
6 Nicol Bergerson CAN	31:49
7 Barry Brown FL	32:04
8 Murray Hunt NZ	32:05
9 Sumner Brown MA	32:06
10 Brock Thomas MA	32:48
11 Rick Bayko MA	33:05
12 Bob Hall NH	33:15
13 Dick Anderson ID	33:49
14 Joe Coady MA	34:47
15 Dan Frye MA	34:59
Masters Women	
1 Gabriele Andersen CO	35:13
2 Kathy Brown NY	37:34
3 Jan McKeown CT	38:05
4 Sharon Gilligan MA	40:14
5 Barbara Sauer MA	40:17
6 Carol Lasseter VA	40:21
7 Bette Davis MA	41:55
8 Toshiko d'Elia NJ	42:26
9 Dorothy Fine MA	43:15
10 Andrea Hatch MA	43:16

Yonkers Marathon Westchester County, NY; April 10

Overall	
Randy Crist 27	2:35:55
Christiane Avin 39	3:31:31
M35 Robert Torchia	2:43:57
M40 Hector Vargas	2:44:58
M45 Dave Buckingham	2:59:40
M50 Hans Hartmann	2:57:44
M55 Ken Karcher	3:23:58

M60 Sy Mah	4:18:34
M65 Hudson Ansley	5:37:34
W35 Diane Hawkins	3:33:53
W40 Ninett Texidor	4:00:20
W45 Miriam Kaminer	4:17:02
W50+Mary Bazar 59	4:32:18
W60+Wilfredo Rios	4:17:59

10th Annual Trevisa Twosome 10 Mile, Central Park, NYC; April 16

Overall	
John Gregorek 28	48:31
Grete Waitz 34	53:48
(1:42:19)	
Combined Age 80 to 99	
Hal Stern 42	57:17
C Hearn Grenning 42	1:02:06
(1:59:23)	
William Kaye 48	58:14
Sylve Kinche 41	1:09:48
(2:08:02)	
Howard Bashart 43	1:03:06
Susan Then 41	1:07:30
(2:10:36)	
Combined Age 100 to 119	
Ben Johns 52	59:26
Diane Palmason 50	1:06:04
(2:05:30)	
Alan Fairbrother 51	1:00:10
Jill Martin 49	1:08:52
(2:09:02)	
Gene Chase 51	1:01:10
Dorothy McMartin 49	1:08:20
(2:09:30)	
Combined Age Over 120	
Stephen Richardson 67	1:12:08
Laurette Rindlaub 54	1:12:18
(2:24:26)	
Wilfredo Rios 71	1:19:58
Margaret Deckert 55	1:11:23
(2:31:21)	
Vincent Carnevale 71	1:18:09
Daisy Klein 62	1:34:03
(2:52:12)	
Check-In: 741m; 749w	
Finishers: 651m; 595w	
573 couples	
Partly cloudy, 42°, 40%h	



Fritzbe 10K, Rockville, MD April 17

Overall:	
Gerry Clapper 26	33:03
Pat Bullinger 27	36:07
M35 Chris Webber	31:50
Larry Frederick	32:22
W35 Linda Mills	40:42
Sharon Heidel	41:20
M40 Athol Barton	32:10
Lucius Anderson	33:31
W40 Mary Williams	37:51
Beverly Shooshan	38:36
M45 Ed Doheny	33:49
David Johnson	35:13
W45 Janice Stoodley	42:21
Charlotte Graves	42:47
M50 Chandler Robbins	36:03
Nigel Rudkin	36:27
W50 Charlotte Edwards	46:33
Sherry Kendall	57:24
M55 Thomas Momiyam	39:49
Larry Dickerson	41:58
W55 Doralie Segal	48:22
Patricia Gray	61:15
M60 Herbert Chisholm	39:32
Bill Osburn	42:54
W60 Monica Friedman	50:38
M65+Alvin Guttg	58:59
Richard Chapin	60:17

New Jersey Waterfront Marathon Racewalk Division Jersey City; April 24

M35 John Alfonso	4:10:32
Ray Funkhouser	4:18:07
M40 Gary Null	4:06:15
Ion Wilson	4:18:42
M45 Michael Cooper	4:52:48
Patrick Biverna	5:01:40
M50 Lew Willey	5:19:40
M55 Stanley Schecter	4:47:35
M70 Harry Drazin	6:01:01
W30 Laura Meyers	*5:19:40
W35 Robin Nilsen	6:01:01
W45 Marsha Hartz	5:22:09
W50 Marguerite Olsen	5:30:38
*1st overall walkers	

SOUTHEAST

Shamrock 8K/Marathon Virginia Beach, VA; March 19

---8K---	
Overall	
Joseph Kipsang 27	22:44
Marie Alico 24	26:25
M40 Allan Rushmer	24:03
(world best)	
Web Loudat	24:20
(U.S. age-group record)	
Tom Bernard	25:38
M45 Robert Davis	27:47
William Cseh	28:53
Gary Hicks	29:13
M50 Bryan Hawley	27:19
Chan Robbins	28:32
Bob Randall	30:22
M60+Herb Chisholm	31:31
Richard Pollitz	37:10
Lewis Allen	37:42
W40 Mary Ellen Williams	29:24
Carol Lasseter	31:49
Barbara Ekstrom	32:18
W50+Susie Kluttz	33:26
Betty Dameron	35:10
M P MacFarlane	36:36
---Marathon---	
Overall	
Gary Gargasz 32	2:15:26
Elizabeth Andrews 25	2:50:30
M40 Fred Steier	2:32:37
Toby Skinner	2:34:33
Les Christian	2:35:04
M45 Walt Wyoff	2:48:24
Matt Husson III	2:50:59
Fred Kirsch	2:51:13
M50 Mel Williams	2:37:22
Bernie Davis	2:49:06
Bruce Hurlburt	2:55:50
M60+Robert White	3:07:16
Cokey Daman 69	3:36:22
Rolf Duerr	3:41:19
W40 Joanie Zirkelbach	3:07:59
Jeanne Kruger	3:09:27
Joyce Ploeger	3:11:06
W50+Samara Balfour	4:01:51
Omajana Fox	4:15:06
Nita Rizzo	4:18:49

Tree Tops Park 5K Racewalk, Palm Beach, FL; April 9

M40 John Fredericks	24:08
Bill Mahford	29:35
Ed Halor	33:35
M50 Dennis Lerner	31:16
Greg Wittig	31:44
Norm Rasmussen	34:48
M70 Sol Tannenbaum	38:10
W40 Ferne Zim	33:43
Adrienne Halford	34:41
Mary Cannata	35:05
W50 Beverly Beavers	36:59
Anne Bellenger	40:07
W60 L Hottensmith	35:07
Martha Cable	37:56
W70 Ruth Usatorres	39:39
Helen Galarneau	58:02



MIDWEST

Metro-Macomb 2-Mile Run; Mt. Clemens, MI; May 4

Results	
Top three overall	
1. Sam Aleman	10:12
2. Mark Wellhausen	10:18
3. Gary Soback	10:47
50 and above: FEMALE:	
1. Glenna Lee	48:41
MALE:	
1. Michelle Gay	12:41
2. Windi Guntch	13:06
3. Janine Colby	15:58

40-49 Years	
1. George Gambert	11:21
2. Andy Chochol	11:43
3. John Wegrzyn	11:44
4. Tim Klinkhamer	12:05
5. Dan Peters	12:17

50-59 Years	
1. Herb Seegert	11:51
2. Jim McManus	12:33
3. Jerry Lovejoy	12:40
4. Lou Palmieri	13:29
5. Jim Hastings	13:54

60+ Years	
1. Zeke Vogt	15:37
2. Fete Bolos, 75	16:22

SOUTHWEST

Eastern Classic Bunnly Hop; Norman, OK; April 2

8 Km RESULTS:	
OVERALL WINNERS: (min:sec)	
FEMALE: Debbie Heaton 31:57	
Male: Kevin Mitchell 126:11	
35-39: FEMALE:	
1. Pam Bell	40:55
2. Rich Alford	47:44
3. Jeannie Jimenez	52:32
MALE:	
1. Mike Haeger	28:04
2. Rich Alford	30:58
3. John Jensen	31:25
4. Dave Davis	32:37
5. Richard Scofield	33:11
6. Richard Scifren	33:31
7. Lafayette Williams	33:25
8. Randy Athnos	34:20
9. Jeff Kiser	34:55
10. Raymond Rangel	35:54
11. Steven Henderson	37:54
12. Wayne Frazier	37:59
13. Ron West	38:06
14. Michael Valadez	38:10
15. Gregg Eichefield	38:13
16. Phil Stambeck	38:26
17. Hal Thompkins	38:28
18. John Northcutt	38:36
19. Terry Henry	39:27
20. James Weyman	40:35
21. Toy Ligon	43:07
22. Rick Hamilton	43:43
23. Joseph Hill	44:11
24. Dan Aleto	44:48
40-44: FEMALE:	
1. Jan Cosgrave	37:02
2. Donna Hamilton	38:03
3. Susan Kelly	44:35
4. Pat Mehliop-Cifelli	45:13
5. Roberta Alford	45:38
6. Metzle Toothaker	48:52
MALE:	
1. Michael Kent	28:58
2. Gerald Doeksen	30:35
3. Bob Heaton	30:45
4. Danny Cossairt	32:13
5. Jim Denham	32:55
6. Steve Webb	33:42
7. Robert Copeland	35:28
8. Fred Carr	36:27
9. John Hargrove	37:19
10. Jerry Davis	38:12
11. Robert Kiehn	40:00
12. Wayne King	41:10
13. Ken Willingham	42:50
14. Pat Whitaker	44:12
15. Richard Grotte	45:03
16. Roy Reed	48:09
45-49: FEMALE:	
1. Maureen Bixby	32

Continued from previous page

El Cajon 20K El Cajon, CA; April 2

M40-49 40 - 49

M50-59 50 - 59

M60-69 60 - 69

M70-99 70 - 99

Racewalk

Wheeler

ASSOCIATION CHAMPIONSHIP

M30-39 30 - 39

M40-49 40 - 49

M50-59 50 - 59

M60-69 60 - 69

M70-99 70 - 99

3rd Annual Big Sur International Marathon

Carmel, CA; April 17

Overall

M40

M45

M50

M55

M60

M65

M70+

M40

M45

M50

M55

M60

M65

M70

M75

M80

M85

M90

M95

M100

M105

M110

M115

M120

M125

M130

M135

M140

M145

M150

M155

M160

M165

M170

Racewalkers:

Dale Sutton 48 48:34

John F. Meyer 43 57:47

Gates Ingram 49 64:04

Lyle Rich 41 64:19

Michael Kelly 42 73:06

Donna Pollock 42 87:12

Elissa Davis 41 87:15

Wheeler:

Paul Herman 40 36:32

Roy Gash 41 41:25

Long Beach Marathon

Long Beach, CA May 1

TOP FINISHERS

MEN

NAME TIME

1. Naek Sagala 2:21.37

2. Jeff Dettmer 2:22.08

3. Wu Zhihan 2:22.13

WOMEN

1. Dianne Fodger 2:44.52

2. Aracely Salas 2:46.56

3. Trudy M. Fenton 2:48.32

WHEELCHAIR

1. Marty Vogel 2:04.17

2. Ray Stewart 2:06.12

3. Steve De Jong 2:11.11

30-34

1. Naek Sagala 2:21.37

2. Enrique Alvarez 2:31.37

3. Michihito Muro 2:32.59

35-39

1. Edward Nares 2:36.04

2. Charles Dunckle 2:37.21

3. Paul Robinson 2:42.14

40-44

1. Pablo Drobny 2:46.22

2. Dan Ashmine 2:51.49

3. Richard Nelson 2:53.46

RACE WALKERS

1. Dale Sutton 4:19.00

2. Jim Coats 4:22.01

3. Clyde B. Hatfield 4:31.26

4. Jim Hagin 4:41.28

5. Dave Thorpe 4:43.11

6. Edgar Ricci 4:49.43

7. Jill D. Lethan 4:50.56

8. Lois E. Nicholls 5:00.03

9. Veda B. Roubideaux 5:01.48

10. Judith A. Morris 5:05.33

NORTHWEST

Pear Blossom 20K Medford, OR; April 9

Overall

Matt Cato 29 1:03:16

Karen Rayle 18 1:14:17

M40 JohnZinselmeir 1:08:43

Lynn Harmon 1:09:17

Chuck Wall 1:14:55

M45 Edgar Kousky 1:16:22

Alan Tracy 1:16:36

Roger Dannen 1:19:42

M50 Bruce Kielsmeier 1:18:43

Ron Grabowski 1:20:22

Tom Kramer 1:21:27

M55 Ray Hatton 1:12:19

U.S. age-group record

John Hepler 1:16:22

Bill Beckwith 1:19:32

M60 Orlo Keniston 1:17:44

Joe King 1:20:54

Boyce Jacques 1:25:41

M65 Ken Stevens 1:38:40

Harry Gillis 1:42:32

Bill Hutchinson 1:44:13

Paul Reese 1:26:46

Alvin Grah 1:41:49

John Gustafson 2:08:33

CANADA

Coors Light Vikes 5K Victoria, B.C.; April 2

Overall

Paul McCloy 14:11

Ulla Marquette 15:52

M40 Mike Creery 14:58

Canadian M40+ Record

M45 John Crouch 16:20

M50 Maurice Tarrant 16:45

Canadian Record

M60+Don Madge 18:29

W40 Ramona Stewart 19:14

W45 Merell Harlow 20:59

W50 Jette Haagansen 24:00

W60+Rosamund Dashwood 22:47

INTERNATIONAL

British National Veterans Cross-Country Championships

Scotland; March 13

M40 Alan Roper 31:23

Colin Youngson 31:47

Barrie Williams 32:04

117 finished

M45 Brian Little 32:19

Techwyn Davies 33:23

Rob MacFarquhar 33:29

68 finished

M50 S H James 33:27

Cyril Leigh 33:29

Ted Isaacs 33:46

58 finished

M55 Gerry Spinks 35:39

Bill Stoddart 36:22

Eric Appleby 36:33

36 finished

M60 Bill Marshall 38:31

Bob Belmore 38:41

Bill Temple 39:41

14 finished

M65 James Johnston 44:25

Joe Kennedy 46:55

Tom Harrison 47:41

M70 Dave Morrison 46:43

Gordon Portgous 48:21

Richard Jackson 50:20

M75 John Farrell 47:32

Stan Bradshaw 57:29

W35 Christine Price 19:20

Janette Stevenson 21:32

Lynn Pawsey 21:46

W40 Suzanne Kirkup 21:57

Chris Ashberry 22:04

Barbara Kirk 22:06

W45 Ann Nally 23:17

Iris Hornsby 23:54

Margaret Robertson 25:16

7 finished

W50 Lola Small 23:27

Judy Rowntree 23:32

Margaret Moore 26:26

5 finished

W55 Peggy Fletcher 23:24

Shirley Suddens 23:11

York Half-Marathon

York, G.B.; March 27

Overall

Colin Walker 65:03

M40 John Bell 70:20

M50 Cyril Leigh 70:42

M55 Eddie Kirkup 76:22

W35 June Cowpes 81:00

Harrow 10K

London, G.B.; April 16

Overall

Mike Williams 29:27

Cassandra Mihailovic 33:48

M40 Martin Duff 31:14

Taff Davies 49 31:35

Brian O'Neill 31:38

M50 Laurie O'Hara 55 33:40

Pete Freeman 35:29

W35 Caroline Oxton 37:31

London Marathon

London, G.B.; April 17

Overall

Henryk Jorgensen 2:10:20

Ingrid Kristiansen 2:25:41

M40 Alastair Kean 2:23:49

Les Davis 2:24:46

Gunther Kopp FRG 2:26:29

M45 Graham Bagwall 2:27:40

M50 Arnie Maxwell 2:36:48

M55 Ray Manning 2:41:29

M60 Bob Peart 2:54:31

M65 Hugh Currie 2:55:44

W35 Anne Ford 2ndW 2:30:38

W40 J Goreau CAN 2:36:04

W45 Evy Palm 3rdW SWE 2:31:35



Fastest Masters 10K San Diego, CA April 24

M40 Patrick Murphy 32:37

Ron Jensen 33:08

Peter Stern 33:13

Ron Wells 33:23

Fred Ortega 33:44

John Montgomery 34:16

Don McCarthy 34:19

Steve Dornish 34:25

Mick Eck 34:41

M45 Caterino Gonzalez 34:13

Dan McCaskill 34:50

Jerry Hackett 35:01

Frank Duarte 35:27

Mike Donghue 35:27

Chuck McClung 36:20

Keith Wetterer 36:47

Hans Dieben 36:57

Edward Garrity 38:16

Larry Templeman 38:26

M50 Andre Tocco 35:49

Jim Temples 36:58

Bob Potts 37:53

Carl Petersen 38:11

Warren Osborn 39:16

William Smith 40:27

Ted Reeve 41:16

Gary Peterson 41:49

Carl Garczynski 41:54

Jerry Dietrich 42:54

M55 Marsh Haraden 38:44

Dick Robinson 39:51

Frank Morris 39:52

John Lockhart 40:52

John Terrell 41:03

M60 Jim O'Neil 37:29

Joe Curray 39:19

Jim Stoltzfus 41:32

Leonard Sirota 46:25

Jim Powers 46:54

M65 Lowell Tozer 49:11

David Pain 50:09

Robert Sprouse 51:38

Harold Mulder 54:46

Wayne Zook 43:16

Walt Kuetzing 52:44

Paul Katsuro 53:06

M70 Patti Hurl-Tuffe 39:17

Diana Chadwell 44:28

Carol Ann Carter 47:59

Patty Jensen 50:33

Carolyn Brosman 51:47

Nancy Elliot 55:36

M75 Kathy Loper 41:28

Ursula Rains 42:40

Carolyn Balkwell 43:48

Mrs. Humphreys 49:27

TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS



Mosher Track — Showalter Field
Winter Park, Florida

August 4-7, 1988

Hosted by Florida Athletics Congress

*Complimentary shuttle from the Orlando Airport to the Meet Headquarters Hotels (9 a.m. to 9 p.m. only) go to the "Meet & Greet" booth at the center of the terminal.

\$45.00 group rate single through quad occupancy plus applicable taxes (*a portion of this rate will be returned to Florida Athletics Congress to help defray meet expenses).

*Complimentary shuttles to Showalter Field from the Headquarters Hotels.

AIRLINES INFORMATION:

The Florida Athletics Congress is pleased to announce that Continental/Eastern Airlines is the official airlines for the 1988 National Track and Field Championships. Continental/Eastern Airlines will offer drastically reduced fares for all participants and their families and friends traveling to compete in the 1988 TAC/USA National Masters Track and Field Championship in Orlando, Florida.

Continental will offer 5% off the lowest applicable fare at the time of booking or, at least 30% off their first class or (Y9) fare. Eastern will offer you at least 30% off first class or 60% off coach fares.

To qualify, reservations must be booked through the Continental/Eastern Convention Desk using the Easy Access Number listed below:

Refer to Easy Access Number E28P24

We invite you to call the toll free number and take advantage of this excellent travel discount:

For discount fares, call 1-800-468-7022 (in Continental U.S.)

OFFICIAL TRAVEL AGENCY

Friendship Travel Agency is the official travel agency for the Florida Athletics Congress. Make your plans today for the TAC/USA Masters National Track and Field Championship in Orlando, Florida, by calling Friendship Travel. They will assist you with making airline reservations, hotel accommodations, Alamo Rent A Cars and/or a Florida Vacation package. Please call the toll free number at 1-800-752-3977.

ADMISSIONS

\$2.00 per day - 3 day pass, \$5.00; 4 day pass, \$6.00

AGE DIVISIONS

5 year age divisions for men and women 30 & over

ELIGIBILITY

All athletes are required to register with The Athletics Congress (TAC). TAC registration will be available at meet site.

ENTRY FEES

\$10 entry fee (includes first event & T-shirt); \$6 per additional event; \$25 per relay team (teams must belong to same club; each runner must be entered in meet).

ENTRY DEADLINE

All entries must be received by Wednesday, July 20, 1988. Entries received before July 20th will be confirmed with additional meet information. No late entries accepted. Any entry or change postmarked after July 20th will be allowed only if space is available and a \$25.00 entry fee is included.

VENUE

Bob Mosher Track has an all-weather polyurethane running surface, concrete throwing rings, Javelin - polyurethane/grass.

AWARDS

TAC Championship medals will be awarded to the top three Americans in each event. Additional medals will be awarded to foreign athletes with equal or better effort. Ribbons will be awarded to athletes in fourth through sixth places.

BRUNCH

Brunch will be served 11:00 a.m. Saturday, August 6, 1988 at the Sheraton Maitland Hotel. Brunch tickets are \$10.00 per person. Please check the appropriate section on the entry form.

CO-HEADQUARTERS HOTELS

Sheraton Maitland Hotel & Towers
1-4 & Maitland Blvd.
P.O. Box 6300
Orlando, Florida 32853
1-800-325-3535 (in North America)
305-660-9000 (in Florida)
Special rate: \$45.00 (flat rate)

Altamonte Springs Hilton & Towers
350 S. North Lake Blvd.
Altamonte Springs, FL 32701
1-800-247-1985 (in FL & US)
305-830-1985 (local)
Special rate: \$45.00 (flat rate)

ALAMO RENT A CAR

Alamo Rent A Car is the official car rental for the Florida Athletics Congress. Alamo is the "Driving Force" behind Amateur Athletics in Florida. For unlimited mileage and great savings while attending the 1988 TAC/USA Masters National Championship, call the toll free number at 1-800-732-3232 and be sure to present the TAC/USA Masters National program number: BY-93500

Schedule Of Events

Thursday, Aug. 4th

P.M.
3:00 Javelin (W&M)
Hammer (W&M)
5:30 High Jump (W)
7:00 Long Jump (W,M 30-59)
Intermediate Hurdles (W&M)
8:00 1500m-Trials (M 30-59)*
8:30 10,000m (W&M)

Friday, Aug. 5th

A.M.
8:00 Long Jump (M 60+)
Shot Put (W,M 30-54)
Pole Vault (M 60+)
Discus (W,M 55+)
7:00 5000m Racewalk (W&M)
10:00 400m - Trials (W&M)
P.M.
4:00 Discus (M 30-54)
Shot Put (M 55+)
Pole Vault (M 50-59)
5:00 High/Low Hurdles Trials (W&M)*
6:00 Triple Jump (W&M)
6:45 Opening Ceremony
7:00 High/Low Hurdles Finals (W&M)
8:00 800m - Trials (W&M)*
8:30 Steeplechase (W&M)
9:30 4x100 Relay (W&M)
10:15 4x400 Relay (W&M)

Saturday, Aug. 6th

A.M.
8:00 Pole Vault (M 40-49)
High Jump (M 60+)
7:00 5000m (W&M)
11:00 Brunch

P.M.
4:00 Pole Vault (M 30-39)
High Jump (M 30-59)
100m - Trials (W&M)

7:00 100m - Finals (W&M)
8:00 1500m - Finals (W&M)
9:30 400m - Finals (W&M)
10:45 4x800 Relays (W&M)

Sunday, Aug. 7th

A.M.
7:00 20K Racewalk (W&M)
8:00 200m - Trials (W&M)
9:30 800m - Finals (W&M)
11:00 200m - Finals (W&M)

Order of Events

Women precede men; Older precede younger. Timed sections seeded by declared 1988 marks. *Where Needed.

PACKET PICK-UP

Athletes' packet pick-up will be on Wednesday, August 3rd at the Altamonte Springs Hilton Hotel from 9 a.m. to 9 p.m., and on Thursday through Sunday at Bob Mosher Track.

1988 TAC/USA MASTERS NATIONAL TRACK AND FIELD CHAMPIONSHIPS FLORIDA OFFICIAL ENTRY FORM

Please Print



I. Personal Information

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: Home _____ Office _____
Birthdate: _____
Age as of Date of Meet _____ Male _____ Female _____
T.A.C. / _____ Club Name: _____

II. Event Entries

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

III. Relay Entries

1. Club: _____
2. Names: _____

IV. Entry Fees - make all checks payable to: TAC/USA MASTERS NATIONAL CHAMPIONSHIPS

1st Event is \$10.00 _____ X \$10.00 = _____
Additional / events _____ X \$ 6.00 = _____
Relay is \$25.00 _____ X \$25.00 = _____
T-shirt size S M L XL
Extra T-shirts _____ X \$ 6.00 = _____
Brunch: _____ X \$10.00 = _____

Total Amount Enclosed \$ _____

Send Checks to: Nick Gailey, Meet Director
341 N. Maitland Avenue
Maitland Florida 32751
(407) 628-8850

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, and forever discharge any and all claims which I may have or which may hereafter accrue against The Athletics Congress, Florida Athletics Congress, the City of Winter Park, all meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. Recognizing the risk of this activity in the warmer month of August, I certify that I am physically able to compete. I voluntarily assume the risks of injury and agree to make no claims foreseen or unforeseen, and expressly waive any rights or benefits I may have under any law or statute relating to the release of unknown claims. I am entering this meet voluntarily and for my own pleasure. I have read the above waiver.

Signed _____ Date _____

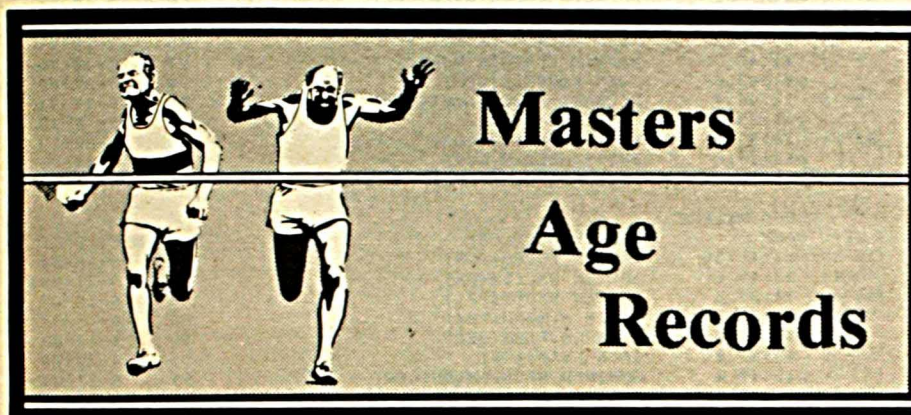
NATIONAL MASTERS NEWS

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

118th Issue

June, 1988

Section II



New Age-Group Records Compiled

In this issue are new world and U.S. outdoor five-year age group track and field records for men and women age-35-and-up, along with new world indoor age-group records. The marks are those compiled and approved, as of April 1,

1988, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track & Field Committee of The Athletics Congress (TAC), both headed by Records Chairman Peter Mundle.

Included are pending records for which documentation has still not been received by WAVA or TAC (such as marks from the VI World Veterans Games in Rome in 1985).

The official WAVA/TAC record forms are printed on this page. Meet directors should keep several copies on hand, fill them out and mail them to Mundle if a potential record is set. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

Again, note that U.S. shot and hammer marks are listed in imperial (American) weights — since U.S. com-

petitors generally use "pound" weights for these two events rather than the "kilogram" weights officially used on the world level.

The 1988 world and U.S. masters age-record book has been delayed, and will not be ready until July.

Long Distance Records

There is no official list of world long distance road records, but the latest American road marks were printed in the November 1987 issue. The list is periodically compiled by TACSTATS, the official record-keeping arm of TAC.

WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance, in support of which the following is submitted:
(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____
Address _____

Date(s) of Birth _____
(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) _____ (Signature) _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature) _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:
(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10 (a). We further certify that the circle or runway complied with I.A.A.F. specifications.

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of April 1, 1988

Men's World Five Year Age Group Records

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	10.3	EDWARD JEFFERIS (RSA)	35 11-24-71
40-44	10.7	THANE BAKER (USA)	41 9-13-72
45-49	11.0	THANE BAKER (USA)	48 6-14-80
50-54	11.2	KEN DENNIS (USA)	50 7-18-87
55-59	11.6	PAYTON JORDAN (USA)	56 6-23-73
	11.6	ALFRED GUIDET (USA)	56 6-22-74
60-64	11.8	PAYTON JORDAN (USA)	61 5-27-78
65-69	12.5	BERNARD HOGAN (AUS)	65 11-30-85
70-74	13.0	PAYTON JORDAN (USA)	70 4-25-87
75-79	14.3	JOSIAH PACKARD (USA)	75 6-23-79
80-84	15.4	JOSIAH PACKARD (USA)	80 2-25-84
85+	16.3	DUNCAN MCCLEAN (SCO)	88 7- 6-73

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	20.8	DELANO MERIWETHER (USA)	35 6- 9-78
40-44	21.9	REGINALD AUSTIN (AUS)	40 8-10-77
	p21.8	MANUEL ULACIO (VEN)	42 9- 4-82
45-49	22.3	GEORGE RHODEN (JAM)	45 7- 2-72
50-54	22.9	KEN DENNIS (USA)	50 7-18-87
	22.91	RON TAYLOR (GBR)	52 7-31-86
55-59	23.6	ALFRED GUIDET (USA)	55 6-24-73
60-64	24.9	PAYTON JORDAN (USA)	60 6-19-77
65-69	25.6	BERNARD HOGAN (AUS)	65 12- 6-85
70-74	26.8	PAYTON JORDAN (USA)	70 6-20-87
75-79	29.5	JOSIAH PACKARD (USA)	75 6-24-79
80-84	32.3	JOSIAH PACKARD (USA)	80 2-18-84
85+	41.1	DUNCAN MCCLEAN (SCO)	87 8-24-72
	p40.83	HERB ANDERSON (USA)	85 9- 5-87

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	46.38	JAMES KING (USA)	35 5-25-84
40-44	48.75	HAGUES ROGER (FRA)	41 7-16-82
45-49	50.46	HANNO RHEINECK (GDR)	45 12- 5-87
	p50.46	JAMES BURNETT (USA)	45 6-29-85
50-54	51.8	RON TAYLOR (GBR)	52 9-27-86
55-59	53.98	CHARLIE WILLIAMS (GBR)	57 12- 5-87
	p53.81	BERTHOLD NEUMANN (GDR)	55 9- 6-86
60-64	57.65	JACK GREENWOOD (USA)	60 7-20-86
65-69	61.4	JOHN ALEXANDER (USA)	67 5-16-87
70-74	64.6	JOSIAH PACKARD (USA)	73 8-10-77
75-79	68.5	JOSIAH PACKARD (USA)	75 6-23-79
80-84	75.4	HAROLD CHAPSON (USA)	80 7- 9-83
85+	1:42.2	JOSEF GALIA (GDR)	87 9- 4-85

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	1:49.2Y	GEORGE SCOTT (NZL)	35 5-12-72
40-44	1:53.5	RON BELL (GBR)	40 6-14-87
	p1:53.3	NOEL CARROLL (GBR)	40 - -82
45-49	1:57.73	GEORGE COHEN (USA)	45 8-23-85
50-54	2:00.70	TOM ROBERTS (AUS)	50 4-22-84
55-59	2:06.6	DEREK TURNBULL (NZL)	55 5-14-82
60-64	2:17.0	JOHN GILMOUR (AUS)	60 1-11-81
	p2:14.02H	FRANK EVANS (NZL)	60 6-25-85
65-69	2:20.5	JACK STEVENS (AUS)	65 8-13-82
70-74	2:34.5	MONTY MONTGOMERY (USA)	71 9- 4-77
75-79	2:40.0	HAROLD CHAPSON (USA)	75 5-14-78
80-84	2:53.5	HAROLD CHAPSON (USA)	80 7-11-82
	p2:49.4	HAROLD CHAPSON (USA)	81 10- 9-83
85+	3:45.5	JOSEF GALIA (GDR)	87 9- 4-85

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:33.91	MIKE BOIT (KEN)	36 8-21-85
40-44	3:52.0	MICHEL BERNARD (FRA)	40 6-20-72
45-49	4:01.47	DAVID SIRL (GBR)	45 12- 5-87
50-54	4:05.2	TOM ROBERTS (AUS)	50 3-22-84
55-59	4:17.4	DEREK TURNBULL (NZL)	55 2-20-82
	p4:14.4	GUNTHER HESSELMANN (GDR)	55 6-23-81
60-64	4:30.0	JOHN GILMOUR (AUS)	60 12-22-79
65-69	4:41.82	JACK RYAN (AUS)	65 12- 5-87
70-74	5:11.8	MERV JENKINSON (AUS)	70 1- 6-80
75-79	5:30.1	HAROLD CHAPSON (USA)	75 8-11-77
80-84	6:04.28	ED BENHAM (USA)	80 12- 5-87
	p5:54.5	HAROLD CHAPSON (USA)	80 7-17-82
85+	7:29.4	JOSEF GALIA (GDR)	87 9- 4-85

1 MILE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:53.28	MIKE BOIT (KEN)	36 8-28-85
40-44	4:16.2	RON BELL (GBR)	40 8- 1-87
	p4:13.8	DEREK VAUGHAN (GBR)	40 3- 5-85
45-49	4:16.75	DAVID SIRL (AUS)	45 12- 6-87
50-54	4:30.06	TOM ROBERTS (AUS)	53 12- 6-87
55-59	4:40.4	JACK RYAN (AUS)	55 12-15-77
60-64	4:57.1	JOHN GILMOUR (AUS)	61 11-13-80
65-69	5:05.61	JACK RYAN (AUS)	65 12- 6-87
70-74	5:42.2	MONTY MONTGOMERY (USA)	70 7- 9-77
75-79	6:15.1	HAROLD CHAPSON (USA)	78 7- 5-81
80-84	8:07.1	PAUL SPANGLER (USA)	81 6- 7-80
	p6:43.3	HAROLD CHAPSON (USA)	80 3- 4-83
85+	8:04.7	JOSEF GALIA (GDR)	87 9- 4-85

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7:52.48	JOHN WALKER (NZL)	35 7-10-87
40-44	8:17.4	JACK FOSTER (NZL)	43 1-31-76
	p8:17.4	BARRY BROWN (USA)	40 7-30-84
45-49	8:36.0	LAURIE OHARA (GBR)	45 7- 8-77
50-54	8:53.8	RAY HATTON (USA)	50 6-25-82
55-59	9:12.8	JACK RYAN (AUS)	55 1-24-78
	p9:01.8	GUNTHER HESSELMANN (GDR)	55 7-15-81
60-64	9:41.2	JOHN GILMOUR (AUS)	61 11-22-80
65-69	10:10.2	JOHN GILMOUR (AUS)	65 11-22-84
70-74	11:46.2	HAROLD CHAPSON (USA)	73 3-28-76
	p11:43.8	JOHN FARRELL (GBR)	70 6-27-82
75-79	13:06.4	RICHARD BREDEBECK (USA)	75 6-13-81
	p12:23.4	ED BENHAM (USA)	75 5- 7-83
80-84	14:39.0	PAUL SPANGLER (USA)	80 7-22-79
	p13:17.0	FRITZ HELBER (GDR)	80 9-14-86
85+	16:32.0	PAUL SPANGLER (USA)	85 5- 4-84

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:16.36	CARLOS LOPES (POR)	37 6-28-84
40-44	13:45.6	LUCIEN RAULT (FRA)	40 5-21-76
45-49	14:23.6	LUCIEN RAULT (FRA)	46 6-19-82
50-54	15:31.0	ALAIN MIMOUN (FRA)	50 6- 6-71
	p15:06.0	JEAN ONSELEN (BEL)	50 4-12-82
55-59	15:52.8	JACK RYAN (AUS)	55 4-20-78
	p15:42.4	GUNTHER HESSELMANN (GDR)	55 6-27-81
60-64	16:33.3	JOHN GILMOUR (AUS)	61 8- 9-80
65-69	17:43.35	JACK RYAN (AUS)	65 12- 1-87
70-74	19:33.0	JOHN FARRELL (GBR)	70 6-20-79
75-79	20:59.0	EDWARD BENHAM (USA)	75 9-23-83
80-84	22:31.82	EDWARD BENHAM (USA)	80 12- 1-87
85+	26:50.2	JOSEF GALIA (GDR)	87 8-16-85

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	27:17.48	CARLOS LOPES (POR)	37 7- 2-84
40-44	28:33.4	LUCIEN RAULT (FRA)	40 6- 9-76
45-49	30:02.56	ANTONIO VILLANUEVA (MEX)	45 11-29-87
50-54	32:05.6	LUCIANO AQUARONE (ITA)	51 10- 1-81
55-59	33:08.2	DEREK TURNBULL (NZL)	55 2-13-82
	p32:50.3	GUNTHER HESSELMANN (GDR)	55 6- 2-81
60-64	34:23.0	JOHN GILMOUR (AUS)	61 11-26-80
65-69	36:04.6	TEDE JENSEN (SWE)	65 9-15-72
70-74	40:40.2	ALAN BURGOYNE (AUS)	71 12-16-85
75-79	42:34.8	LUIS RIVERA (MEX)	75 9- 3-77
80-84	45:44.27	EDWARD BENHAM (USA)	80 11-29-87
85+	54:23.0	JOSEF GALIA (GDR)	87 8-28-85

ONE HOUR RUN			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	12-1599	20.774 GASTON ROELANTS (BEL)	35 9-20-72
40-44	11-1309	18.900 WILLIAM STODDART (GBR)	40 8-21-71
45-49	11-1268	18.862 ALAIN MIMOUN (FRA)	45 3-20-66
50-54	11-954	18.575 ALAIN MIMOUN (FRA)	50 5-16-71
55-59	10-1194	17.185 JOHN GILMOUR (AUS)	55 10-14-74
60-64	10-831	16.853 JOHN GILMOUR (AUS)	61 10-21-79
65-69	9-1540	15.892 JOHN GILMOUR (AUS)	65 10- 7-84
70-74	9-173	14.642 STAN NICHOLLS (AUS)	72 6-14-83
75-79	8-335	13.181 LOU GREGORY (USA)	75 12-17-77
	p8-899	13.697 ED BENHAM (USA)	75 4- 9-83
80-84	7-946	12.130 PAUL SPANGLER (USA)	81 11- 1-80
85+	6-472	10.088 PAUL SPANGLER (USA)	85 11-18-84

3000 METER STEEPLECHASE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:33.4	IVAN KABANOV (URS)	36 7-27-75
40-44	8:41.5	GASTON ROELANTS (BEL)	40 7- 6-77
45-49	9:25.28	RON ROBERTSON (NZL)	45 12- 4-87
	p9:16.2	NILS UNDERSAKER (NOR)	45 9-12-84
50-54	9:58.2	MAURICE MORRELL (GBR)	50 8- 3-83
55-59	10:39.0	ELIGIO GALICIA (MEX)	56 8- 1-79
60-64	11:41.6	OLLE ELVLAND (SWE)	61 8- 1-79
65-69	12:24.8	NORMAN BRIGHT (USA)	65 8-15-75
70-74	13:26.5	STAN NICHOLLS (AUS)	70 4-11-81
75-79	15:21.0	STAN NICHOLLS (AUS)	75 11-15-86

HURDLES			
110M: 35-39, 42"; 40-49, 39"; 50-59, 36"; 100M: 60-69, 30"; 80M: 70+, 30"			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	14.1	GHULAM RAZIK (PAK)	36 2-16-69
40-44	14.4y 42"	DON FINLAY (GBR)	40 8- 1-49
	14.7	LEOPOLD MARIEN (BEL)	41 8-13-75
45-49	14.7y	VALBJORN THORLAKSSON (ICE)	45 7- 8-79
50-54	15.1	JACK GREENWOOD (USA)	51 8-10-77
55-59	16.6	ANDRE FINDELI (FRA)	55 9-14-78
	p16.3	JACK GREENWOOD (USA)	56 8-29-82
60-64	14.98	JACK GREENWOOD (USA)	60 7-19-86
65-69	17.43	BOB HUNT (USA)	65 5-18-85
70-74	14.52	HERB MILLER (USA)	70 7-18-86
	p13.52	TEOFILO COLON (PUR)	70 6-23-85
75-79	16.23	AHITI PAJUNEN (FIN)	76 7-30-86
80-84	17.5	RUSSELL MEYERS (USA)	80 7- 7-84

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	49.72	JAMES KING (USA)	35 5-13-84
40-44	54.08	LEON HACKER (RSA)	40 7-29-79
	54.1	GEORGE MATHE (RSA)	40 6-30-79
45-49	55.18	GUIDO MUELLER (GDR)	47 8- 1-86
50-54	58.1	JACK GREENWOOD (USA)	50 7- 3-76
55-59	59.85	JACK GREENWOOD (USA)	57 9-27-83
60-64	66.01	RUDOLPH VALENTINE (USA)	62 8-23-85
	p65.56	FRANS BUYS (HOL)	60 6-28-85
	p64.45	FRANS BUYS (HOL)	60 5- 3-85
65-69	71.4	ROBERT HUNT (USA)	65 5-18-85
70-74	77.50	GILBERTO GONZALEZ (PUR)	70 9-27-83
75-79	89.58	RUSSELL MEYERS (USA)	77 5- 9-81
80-84	1:51.0	HERBERT ANDERSON (USA)	80 7-24-82

Continued on next page

Continued from previous page

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7-1	2.16 VIKTOR BOLSHOV (URS)	35 6-20-74
40-44	6-9	2.06 JOHN HARTFIELD (USA)	40 9-1-85
45-49	6-2 3/4	1.90 HERM WYATT (USA)	48 4-19-80
50-54	6-2	1.88 HERM WYATT (USA)	51 8-21-83
55-59	5-9	1.75 HERM WYATT (USA)	55 10-4-86
	p5-10 1/2	1.79 HERM WYATT (USA)	55 5-26-87
60-64	5-3	1.60 HANS OVERLAND (NOR)	60 8-22-84
65-69	5-0	1.52 BURL GIST (USA)	65 5-4-85
	p5-1	1.55 HANS BITTER (GDR)	65 6-23-85
70-74	4-10 1/4	1.48 IAN HUME (CAN)	70 9-8-84
75-79	4-3 1/4	1.30 GULAB SINGH (IND)	76 4- -81
	4-3 1/4	1.30 HERBERT ANDERSON (USA)	75 3-24-78
	p4-4	1.32 STAN THOMPSON (USA)	75 12-28-85
80-84	3-11 1/4	1.20 HERBERT ANDERSON (USA)	80 8-28-82
	3-11 1/4	1.20 GULAB SINGH (IND)	83 12-1-87
85+	3-8 1/2	1.13 BUELL CRANE (USA)	85 7-26-85

POLE VAULT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	17-4 3/4	5.30 KRISTOS PAPANIKOLAOU (GRE)	36 9-9-77
	p18-0 1/4	5.49 ANTON KALLIOMAKI (FIN)	35 7-4-82
40-44	15-9	4.80 RUDOLF TOMASEK (CZE)	40 8-13-77
45-49	15-5	4.70 MAURICE HOUVION (FRA)	45 4-12-80
50-54	14-4	4.37 VIC COOK (USA)	50 7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (USA)	55 8-4-76
60-64	12-9 1/2	3.90 HERBERT SCHMIDT (GDR)	61 10-14-71
65-69	12-4 1/2	3.77 BOO MORCOM (USA)	65 8-3-86
70-74	10-0	3.05 CAROL JOHNSTON (USA)	73 4-13-85
	10-0	3.05 JIM VERNON (USA)	70 1-17-87
	p10-10	3.30 HERBERT SCHMIDT (GDR)	70 - -80
75-79	9-6 1/4	2.90 CAROL JOHNSTON (USA)	75 2-7-87
80-84	6-2 3/4	1.90 A. E. PITCHER (USA)	82 5-26-84
85+	5-0	1.52 A. E. PITCHER (USA)	85 7-25-87
	p5-4	1.62 A. E. PITCHER (USA)	85 8-2-87

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	25-11 1/2	7.91 REIJO TOIVONEN (FIN)	35 1-30-72
40-44	24-4 3/4	7.43 TOM CHILTON (USA)	40 3-24-78
	p24-7 1/4	7.50 TAPANI TAAVITSAINEN (FIN)	40 7-7-84
45-49	21-11	6.68 SHIRLEY DAVISSON (USA)	45 10-4-75
	p23-4 3/4	7.13 PERICLES PINTO (POR)	45 5-1-82
50-54	21-5 1/2	6.54 PERICLES PINTO (POR)	50 12-4-87
55-59	20-1 1/4	6.10 TOM PATSALIS (USA)	59 7-18-81
60-64	19-11	6.07 TOM PATSALIS (USA)	60 7-10-82
65-69	17-4 1/4	5.29 TOM PATSALIS (USA)	65 12-1-87
70-74	15-10 1/4	4.83 MAZUMI MORITA (JPN)	70 9-23-83
75-79	14-0 1/2	4.28 GULAB SINGH (IND)	78 9-23-83
80-84	12-5 3/4	3.80 GULAB SINGH (IND)	83 12-5-87
85+	9-1	2.77 BUELL CRANE (USA)	85 6-6-85

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
40-44	48-11 1/2	14.92 MICHAEL SAUER (GDR)	40 7-14-82
45-49	46-6 1/4	14.18 STIG BACKLUND (FIN)	47 7-28-87
50-54	44-5 1/2	13.55 HERMANN STRAUSS (GDR)	51 7-14-82
55-59	41-10	12.75 HERMANN STRAUSS (GDR)	55 7-28-86
60-64	39-4 3/4	12.01 JACOB RYPDAL (NOR)	61 12-5-87
	39-4 3/4	12.01 VACLAV BARTL (SWE)	61 12-5-87
65-69	35-6 3/4	10.84 TOM PATSALIS (USA)	65 12-5-87
70-74	32-1 1/2	9.79 MAZUMI MORITA (JPN)	70 9-25-83
	p32-5	9.88 IAN HUME (CAN)	70 5-25-85
75-79	31-2 3/4	9.52 HEIKKE SIMOLA (FIN)	75 12-4-87
80-84	27-2 1/2	8.29 GULAB SINGH (IND)	83 12-4-87
85+	20-2 1/4	6.15 BUELL CRANE (USA)	85 8-23-85

SHOT PUT (35-49: 16#; 50-59: 6KG; 60-69: 5KG; 70+ 4KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	72-9 3/4	22.19 BRIAN OLDFIELD (USA)	38 5-26-84
40-44	70-3	21.41 BRIAN OLDFIELD (USA)	40 8-22-85
45-49	58-1 1/4	17.71 PIERRE COLNARD (FRA)	47 6-12-76
	p68-1 3/4	20.77 IVAN IVANCIC (YUG)	45 8-31-83
50-54	57-7 1/4	17.56 HERMANN HOMBRECHER (GDR)	50 8-14-75
55-59	51-9	15.77 HERMANN HOMBRECHER (GDR)	55 8-6-80
60-64	47-5	14.45 REINO NOKELAINEN (FIN)	64 8-22-84
65-69	48-2 3/4	14.70 REINO NOKELAINEN (FIN)	65 8-3-85
70-74	43-11 1/2	13.40 ROSS CARTER (USA)	72 8-30-86
	p46-1 1/4	14.05 VOITTO ELO (FIN)	70 6-23-85
75-79	39-8 3/4	12.11 GERHARD SCHEPE (GDR)	76 11-28-87
80-84	31-9 1/2	9.69 KARSTEN BRODERSEN (FRG)	80 11-28-87
85+	23-6 1/4	7.17 HERBERT ANDERSON (USA)	85 11-28-87

DISCUS THROW (35-49: 2KG; 50-59: 1.5KG; 60+: 1KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	233-9	71.24 JOHN POWELL (USA)	36 6-9-84
40-44	227-11	69.48 AL OERTER (NY)	43 5-31-80
45-49	216-11	66.12 AL OERTER (USA)	45 3-28-82
	p222-9	67.90 AL OERTER (USA)	46 11-12-83
50-54	185-9	56.62 PARRY O'BRIEN (USA)	52 8-19-84
	p214-3	65.30 AL OERTER (USA)	50 12-28-86
55-59	177-1	53.98 KAUKO JOUPPILA (FIN)	56 9-3-77
60-64	187-2	57.06 KAUKO JOUPPILA (FIN)	61 7-16-82
65-69	182-6	55.62 KONSTANTY MAKSYMZYK (GBR)	65 9-17-79
70-74	156-6	47.70 OLV REPPEN (NOR)	71 9-11-82
75-79	136-6	41.60 OSMO RENVALL (FIN)	76 7-19-86
80-84	111-9	34.08 KARSTEN BRODERSEN (CHL)	80 12-4-87
85+	67-2	20.47 BUELL CRANE (USA)	85 7-26-85
	p67-7	20.60 BUELL CRANE (USA)	86 7-11-86

HAMMER THROW (35-49: 16#; 50-59: 6KG; 60-69: 5KG; 70+: 4KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	256-5	78.16 GIANPAULO URLANDO (ITA)	39 7-25-84
40-44	243-11	74.34 ED BURKE (USA)	44 4-28-84
45-49	205-1	62.52 HANS POTSCH (AUT)	48 7-18-81
50-54	208-6	63.56 HANS POTSCH (AUT)	54 11-29-87
55-59	197-8	60.26 BOB BACKUS (USA)	55 8-2-81
60-64	190-3	58.00 PENTTI SAARIKOSKI (FIN)	61 8-26-87
65-69	154-2	47.00 WOLFRAM HAUSMANN (FRG)	65 12-1-87
	p156-10	47.80 VEIKKO POHJONEN (FIN)	65 - -85
70-74	148-5	45.24 ROY FOLEY (AUS)	70 12-1-87
75-79	133-5 1/2	40.68 OSMO RENVALL (FIN)	75 6-15-86
80-84	112-5	34.28 KARSTEN BRODERSEN (FRG)	80 12-1-87
85+	89-6 3/4	27.30 FRIEDERICH BENDER (GDR)	85 6-22-85

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	286-1	87.20 JANIS ZIRNIS (URS)	35 5-14-83
40-44	259-1	78.98 URS VON WARTBURG (SWI)	42 8-2-79
45-49	238-10	72.80 LARRY STUART (USA)	46 5-12-84
	p239-7	73.02 LARRY STUART (USA)	48 6-14-86
50-54	198-5	60.48 JOSE KOPITAR (YUG)	50 7-15-82
	p209-0	63.70 JAN SMIDING (SWE)	51 8-17-83
	p203-2	61.92 JOSE KOPITAR (YUG)	53 6-23-85
55-59	187-5	57.14 VEIKKO KUJALA (FIN)	55 6-28-87
	p189-0	57.62 VEIKKO JAVANAINEN (FIN)	56 8-0H-YV
60-64	191-10	58.48 DELES PICKARTS (USA)	60 11-28-87
65-69	156-10	47.80 MAURI MERTAKIVI (FIN)	65 7-28-86
	p168-2	51.26 BILL MORALES (USA)	65 3-13-82
	p160-5	48.90 MAURI MERTAKIVI (FIN)	66 8-31-87
70-74	142-2	43.34 BILL MORALES (USA)	71 12-3-87
	p144-6	44.06 HANS SCHNEIDER (GDR)	70 6-11-82
	p152-1	46.36 BILL MORALES (USA)	70 7-25-87
	p157-9	48.08 BILL MORALES (USA)	70 8-16-87
75-79	126-4	38.52 GERHARD SCHEPE (GDR)	76 12-5-87
80-84	94-6	28.80 HERBERT ANDERSON (USA)	80 7-24-82
	p97-5	29.69 HERBERT ANDERSON (USA)	80 1-29-82
85+	62-5	19.02 BUELL CRANE (USA)	85 6-6-85
	p66-0	20.11 HERBERT ANDERSON (USA)	85 8-16-87
	p74-5	22.69 HERBERT ANDERSON (USA)	85 9-5-87

DECATHLON (1962 IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7547	WERNER VON MOLTKE (GDR)	35 5-12-72
40-44	6784	WOLFGANG LINKMANN (GDR)	40 6-6-81
45-49	5734	GARY MILLER (USA)	47 3-23-85
50-54	5399	HARVEY SCHELLENBERG (USA)	50 7-2-83
55-59	5246	RICHMOND MORCOM (USA)	55 9-11-76
60-64	4552	RICHMOND MORCOM (USA)	61 8-28-82
65-69	3400	IAN HUME (CAN)	66 6-20-81
70-74	3097	GILBERTO GONZALEZ (PUR)	70 7-2-83
75-79	1659	HERBERT ANDERSON (USA)	75 3-24-78
80-84	994	HERB ANDERSON (USA)	80 8-28-82

PENTATHLON (1962 IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3645	SILVIO HODOS (FRA)	35 4-17-83
40-44	3391	WERNER SCHALLAU (GDR)	40 9-24-78
45-49	2998	GARY MILLER (USA)	45 9-30-83
	p3001	UWE KEILER (GDR)	45 6-29-85
50-54	2671	GARY MILLER (USA)	50 12-3-87
55-59	2439	RICHMOND MORCOM (USA)	56 8-12-77
60-64	2209	RUDY HOCHREITER (AUS)	61 12-3-87
65-69	1915	GUDMUND SKRIVERIK (NOR)	65 7-31-86
	p1934w	RICHMOND MORCOM (USA)	65 7-13-86
70-74	1550	ADOLF KOCH (GDR)	70 12-3-87
75-79	971	GERHARD SCHEPE (GDR)	76 12-3-87
80-84	774	KARSTEN BRODERSEN (CHL)	80 12-3-87
85+	216	HERB ANDERSON (USA)	85 12-3-87

MENS BEST KNOWN MARKS TO DATE FOR NEW EVENTS (UNOFFICIAL RECORDS)

INTERMEDIATE HURDLES (300M: 60+, 30")			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
60-64	46.31	JACK GREENWOOD (USA)	60 7-19-86
65-69	50.63	BOB HUNT (USA)	66 7-19-86
70-74	53.90	GILBERTO GONZALEZ (PUR)	73 10-10-86
	53.84	DAN BULKLEY (US)	70 12-3-87
75-79	61.75	CLAUDE HILLS (USA)	75 12-3-87

2000 METER STEEPLECHASE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
60-64	7:23.45	LUIS TORRES (PUR)	60 12-5-87
65-69	8:52.63	EMIL PAUWELS (BEL)	68 7-30-86
70-74	8:52.74	EUGENE KELLER (USA)	70 6-27-85
75-79	10:32.17	STAN NICHOLLS (AUS)	76 12-5-87
	10:46.0	BOB BOAL (USA)	75 8-15-87

Women's World Five Year Age Group Records

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11.6	ERIKA ROST (GDR)	35 6-2-79
40-44	12.0	MAEVE KYLE (IRL)	40 4-25-70
45-49	12.5	MAEVE KYLE (IRL)	45 1-21-74
	12.5	WENDY ELY (AUS)	45 2-4-84
50-54	12.9	IRENE OBERA (USA)	51 6-1-85
55-59	13.6	SHIRLEY PETERSON (AUS)	55 1-21-84
60-64	14.57	PAULA SCHNEIDERHAN (GDR)	61 9-24-83
65-69	15.07	PAULA SCHNEIDERHAN (GDR)	65 12-4-87
70-74	16.2	POLLY CLARKE (USA)	70 4-17-81
75+	16.87	POLLY CLARKE (USA)	75 8-31-85

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	22.5	MARINA STEPANOVA (URS)	36 6-27-86
40-44	25.0	VIVI MARKUSSEN (DEN)	40 8-17-80
45-49	26.2	WENDY EY (AUS)	45 3-4-84
50-54	27.3	IRENE OBERA (USA)	51 6-1-85
55-59	28.9	ELIANA GAETE (CHL)	55 11-1-87
60-64	30.26	PAULA SCHNEIDERHAN (GDR)	61 9-26-83
65-69	32.15	AILEEN HOGAN (AUS)	65 11-28-87
70-74	34.2	POLLY CLARKE (USA)	71 9-6-81
75+	35.93	POLLY CLARKE (USA)	75 8-31-85

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	50.56	AURELIA PENTON (CUB)	35 7-15-78
40-44	55.3	MAEVE KYLE (IRL)	41 7-22-70
45-49	59.68	COLLEEN MILLS (NZL)	47 1-10-81
	p58.35	JUDY POLLOCK (AUS)	45 8- -85
50-54	63.2	ANNE MCKENZIE (RSA)	50 10-15-75
55-59	68.6	DAPHE PIRIE (AUS)	55 4-18-87
60-64	72.5	AILEEN HOGAN (AUS)	60 9-17-83
	p72.24	PAULA SCHNEIDERHAN (GDR)	63 6-27-85
65-69	74.31	PAULA SCHNEIDERHAN (GDR)	65 12-5-87
70-74	84.23	POLLY CLARKE (USA)	73 9-28-83
	p79.4	AUDREY REID (RSA)	70 9-17-83
	p79.74	AUDREY REID (RSA)	70 6-27-85
75+	89.62	POLLY CLARKE (USA)	75 8-25-85

Continued on next page

Continued from previous page

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	1:56.51	JARMILA KRATOCHVILLOVA (CZE)	35 7-13-86
40-44	2:06.5	ANNE MCKENZIE (RSA)	41 7-1-87
45-49	2:19.2	ANNE MCKENZIE (RSA)	45 11-13-70
	p2:18.52	GUDELIEVE ROGGEMAN (BEL)	45 6-23-85
	p2:16.8	JUDY POLLOCK (AUS)	45 8- -85
50-54	2:23.1	ANNE MCKENZIE (RSA)	50 10-29-75
55-59	2:42.03	VALBERG OSTBERG (NOR)	55 8-1-86
	p2:39.03	OLGA VYSKOVSKA (CZE)	55 6-22-85
60-64	2:53.8	ANNE MCKENZIE (RSA)	60 10-16-85
65-69	3:09.10	BRITTA TIBBLING (NOR)	68 8-1-86
70-74	3:22.43	JOHANNA LUTHER (GDR)	71 8-24-84
	p3:19.03	JOHANNA LUTHER (GDR)	71 6-23-85
75+	3:49.74	POLLY CLARKE (USA)	75 8-23-85

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:57.73	MARICICA PUICA (ROM)	35 8-30-85
40-44	4:20.7	JOYCE SMITH (GBR)	40 5-21-78
45-49	4:49.2	ANNE MCKENZIE (RSA)	49 11-16-74
	p4:43.84	GUDELIEVE ROGGEMAN (BEL)	45 6-28-85
	p4:40.35	JUDY POLLOCK (AUS)	45 8- -85
50-54	4:54.5	ANNE MCKENZIE (RSA)	50 10-15-75
55-59	5:15.7	JEAN ALBURY (AUS)	55 4-6-85
60-64	5:44.9	MARGARET MILLER (USA)	60 7-16-86
	5:44.81	SHIRLEY BRASHER (AUS)	61 12-5-87
65-69	6:10.17	BRITTA TIBBLING (SWE)	66 8-25-84
70-74	6:45.49	JOHANNA LUTHER (GDR)	71 8-25-84
75+	7:30.01	BERTA HIELSCHER (GDR)	75 8-25-84

ONE MILE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	4:17.33	MARICICA PUICA (ROM)	35 8-21-85
40-44	4:54.69	DORIS HERITAGE (SEATTLE, WA)	40 4-23-83
45-49	5:28.9	MARYLIN HARBIN (MARTINEZ, CA)	45 2-29-83
50-54	5:29.39	JEANNE HOAGLAND (USA)	50 12-6-87
55-59	5:50.6	MARGARET MILLER (THOUSAND OAKS, CA)	55 2-7-81
60-64	6:35	PAT DIXON (BEND, OR)	63 7-23-82
65-69	6:55.6	PAT DIXON (EUGENE, OR)	66 6-22-85
70-74	8:09.97	EWA ERIKSSON (SWE)	70 12-6-87

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:27.83	MARICICA PUICA (ROM)	35 9-7-85
40-44	9:11.2	JOYCE SMITH (GBR)	40 4-30-78
45-49	10:23.4	URSULA BLASCHKE (GDR)	45 7-30-77
	p9:34.7	JOYCE SMITH (GBR)	46 9-15-84
50-54	10:34.2	VALBORG OSTBERG (NOR)	50 7-5-81
55-59	11:29.0	LYDIA BACKES (GDR)	55 9-9-81
60-64	12:26.8	LIESELOTTE SCHULTZ (GDR)	61 6-13-81
65-69	13:15.6	JACLYN CASELLI (USA)	65 7-6-86
70-74	14:25.2	JOHANNA LUTHER (GDR)	71 9-22-84
75+	17:37.2	BESS JAMES (USA)	75 8-10-85

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	15:32.76	MARICICA PUICA (ROM)	35 7-22-86
40-44	16:02.88	EVY PALM (SWE)	43 7-17-85
45-49	17:52.18	SHIRLEY MATSON (USA)	45 6-7-86
	p17:41.24	ANNA MARIE GRUENER (GDR)	45 6-25-85
	p17:33.4	DOT BROWNE (AUS)	45 3-28-86
50-54	18:15.0	VALBORG OSTBERG (NOR)	50 8-7-81
55-59	18:49.0	JEAN ALBURY (AUS)	55 4-7-85
60-64	21:14.53	SHIRLEY BRASHER (AUS)	61 12-1-87
65-69	22:41.8	JACLYN CASELLI (USA)	65 7-5-86
70-74	24:58.26	JOHANNA LUTHER (GDR)	70 9-23-83
75+	29:19.8	BESS JAMES (USA)	75 6-25-85
	p27:03.2	BERTA HIELSCHER (GDR)	77 10-2-86

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	32:43.7	CHARLOTTE TESKE (GDR)	35 9-6-85
40-44	33:00.78	EVY PALM (SWE)	43 7-27-85
	p32:47.25	EVY PALM (SWE)	44 7-5-86
45-49	37:38.98	DIANE PALMASON (CAN)	46 8-17-84
	p36:41.04	ANNA MARIE GRUENER (GDR)	45 6-22-85
	p37:01.6	DOT BROWNE (AUS)	45 3-23-86
50-54	38:53.6	MILA KANIA (USA)	51 6-26-82
	p37:35.0	VALBORG OSTBERG (NOR)	50 - -81
55-59	38:38.6	JEAN ALBURY (AUS)	55 4-5-85
60-64	44:32.6	SHIRLEY BRASHER (AUS)	61 11-28-87
	p43:21.4	LIESELOTTE SCHULTZ (GDR)	61 8-20-81
65-69	48:50.4	LENORE MARVIN (CAN)	67 11-28-87
70-74	51:03.0	JOHANNA LUTHER (GDR)	70 9-25-83
75+	64:08.4	IVY GRANSTROM (CAN)	75 8-1-87
	p62:41.81	IVY GRANSTROM (CAN)	75 8-14-87

HURDLES (35-39: 100M, 33"; 40+: 80M, 30")			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13.8	RIMMA LARIONOVA (URS)	35 6-23-71
40-44	11.78	JUDY VERNON (GBR)	40 8-1-86
45-49	12.28	CORRIE ROOVERS (HOL)	47 7-14-82
50-54	12.73H	CORRIE ROOVERS (HOL)	52 11-28-87
55-59	14.81	ASTA LARSSON (SWE)	56 11-29-87
60-64	15.5	KIRSTEN HVEEM (NOR)	61 8-1-86
65-69	18.62	ROSALINE SOLE (NZL)	68 9-28-83
70-74	16.24	ROSALINE SOLE (NZL)	72 11-29-87
75+	33.66	IRJA SARNAMA (FIN)	75 1-11-81

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5-8 1/4	1.73 CHRISTA VOSS (GDR)	36 7-30-79
40-44	5-4 1/4	1.63 DOROTHY TYLER (GBR)	41 8-2-81
45-49	5-0	1.52 DOROTHY TYLER (GBR)	45 7-18-65
50-54	4-10	1.47 DOROTHY TYLER (GBR)	50 6-14-70
55-59	4-5 1/4	1.35 DAPHNE PIRIE (AUS)	55 12-5-87
60-64	4-0	1.22 KIRSTEN HVEEM (NOR)	62 12-5-87
	p4-0 1/2	1.23 KIRSTEN HVEEM (NOR)	60 6-23-85
65-69	4-0	1.22 GWEN DAVIDSON (AUS)	65 11-28-87
70-74	3-8 1/2	1.13 MARY BOWERMASTER (USA)	70 11-28-87
75+	3-3 1/2	1.00 IRJA SARNAMA (FIN)	75 8-9-81

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE (USA)	35 10-26-74
40-44	19-1 1/2	5.83 FRANCISKA JANSSEN (HOL)	40 8-22-85
	p20-1 1/4	6.13 FRANCISKA JANSSEN (HOL)	40 6-13-85
45-49	17-0	5.18 CORRIE ROOVERS (HOL)	47 7-15-82
50-54	16-6 1/2	5.04 MAE KYLE (IRL)	50 7-29-79
55-59	14-11 1/2	4.56 LIESELOTTE SEUBERLICH (GDR)	55 7-15-82
	p15-1	4.60 SHIRLEY PETERSON (NZL)	56 3-3-85
60-64	14-3 3/4	4.36 LIESELOTTE SEUBERLICH (GDR)	60 7-29-86
	p14-6 3/4	4.44 PAULA SCHNEIDERHAN (GDR)	60 - -82
65-69	14-8	4.47 PAULA SCHNEIDERHAN (GDR)	66 12-1-87
70-74	10-2 1/2	3.11 MARY BOWERMASTER (USA)	70 12-1-87
75+	8-5 3/4	2.58 IRJA SARNAMA (FIN)	75 8-7-81

SHOT PUT (35-49: 4KG; 50+: 3KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	70-1 3/4	21.38 HELENA FIBINGEROVA (CZE)	35 8-22-84
40-44	62-10 1/2	19.16 ANTONINA IVANOVA (URS)	41 2-24-74
45-49	46-6 1/4	14.18 LIESL HUBER (GDR)	45 10-13-79
	p55-1	16.79 HELGA PARTS (URS)	45 - -83
50-54	48-8 3/4	14.85 VALERIE YOUNG (AUS)	50 11-29-87
55-59	37-9 1/4	11.51 MARIANNE HAMM (GDR)	58 8-1-86
60-64	32-7 3/4	9.95 ISUZU TSUJII (JPN)	60 9-23-83
	p38-6 1/4	11.74 MARIA VAN AS (RSA)	60 5-9-81
65-69	32-11 3/4	10.05 MARIA VAN AS (RSA)	65 4-5-86
70-74	25-5 1/2	7.76 HANNA GELBRICH (GDR)	70 9-23-83
75+	25-7	7.80 IRJA SARNAMA (FIN)	78 8-22-84

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	228-4	69.60 FAINA MYELNIK (URS)	35 9-9-80
40-44	206-5	62.92 HELGI PARTS (URS)	41 10-4-78
	p209-0	63.70 HELGI PARTS (URS)	43 10-2-80
45-49	160-7	48.94 ODETE DOMINGOS (BRA)	47 4-8-82
	p194-6	59.30 HELGI PARTS (URS)	45 9-2-83
50-54	142-10	43.54 VALERIE YOUNG (AUS)	50 12-5-87
	p143-2	43.64 ODETE DOMINGOS (BRA)	50 6-27-85
	p145-0	44.20 ODETE DOMINGOS (BRA)	50 9-13-84
55-59	115-4	35.16 MARIANNE HAMM (GDR)	56 8-21-84
60-64	101-3	30.86 ANNCHEN REILE (GDR)	60 10-19-75
65-69	94-9	28.90 ANNCHEN REILE (GDR)	66 8-9-81
70-74	74-1	22.58 ANNCHEN REILE (GDR)	72 11-29-87
75+	59-3	18.08 VERA WISCHMANN (GDR)	75 7-29-86

JAVELIN THROW (30-49: 600G; 50+: 400G)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	193-4	58.94 ANNELIESE GERHARDS (GDR)	37 8-13-72
	p209-4	63.80 NINA NIKANOROVA (URS)	35 9-4-82
40-44	170-1	51.84 ANNELI VIRKKALA (FIN)	40 8-2-87
45-49	156-7	47.74 ANNELIESE GERHARDS (GDR)	45 5-30-81
50-54	129-8 1/2	39.54 HEATHER DOHERTY (AUS)	54 11-14-87
55-59	118-7	36.14 LENA GROBLER (RSA)	57 5-2-81
60-64	92-10 1/4	28.30 BERNICE HOLLAND (USA)	60 11-29-87
65-69	84-7 3/4	25.80 HANNA GELBRICH (GDR)	67 8-6-80
70-74	81-11	24.97 HANNA GELBRICH (GDR)	70 9-26-83
75+	74-2 1/2	22.62 IRJA SARNAMA (FIN)	77 9-26-83

Women's Best Known Marks to Date for New Events (Unofficial Records)

INTERMEDIATE HURDLES (400m: 35-49, 30"; 300m: 50+, 30")			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	52.94	MARINA STEPANOVA (URS)	36 9-17-86
40-44	63.58	JAN HYNES (AUS)	43 12-5-87
	p62.8	JAN HYNES (AUS)	43 11-7-87
45-49	67.33	ANNELISE OLESON (DEN)	45 12-5-87
50-54	52.01	PIRKKO MARTIN (FIN)	50 12-5-87
	p49.78	BRENDA PARKINSON (AUS)	50 12-5-87
55-59	56.92	ASTA LARSSON (SWE)	56 12-5-87

2000 METER STEEPLECHASE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
40-44	9:02.13	ERICA MERCER (AUS)	44 12-5-87
45-49	8:43.79	FAY RILEY (NZL)	45 12-5-87
55-59	10:06.2	RUTH CARRIER (CAN)	56 8-2-87

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	37-1	11.30 EILEEN HINDLE (AUS)	38 12-2-87
40-44	35-7 1/4	10.85 PHIL RASCHER (USA)	40 8-15-87
45-49	30-8 1/4	9.35 JOAN GRISSOM (USA)	45 9-18-83
50-54	30-5 1/2	9.28 DOROTHY WHITTAM (AUS)	51 12-5-87
55-59	26-1 1/2	7.96 MAGDALENA KUEHNE (USA)	56 7-11-87
60-64	14-6 1/4	4.42 MARY HOLBERT (USA)	60 6-12-82
65-69	15-10 1/2	4.84 ERNESTINE YEOMANS (CAN)	66 3-24-85
70-74	19-9 1/2	6.03 SHIELA EVANS (RSA)	70 8-24-85
75+	15-7	4.75 EDITH MENDYKA (USA)	75 5-17-86

HAMMER THROW (PROPOSED WEIGHTS 35-49: 4KG; 50+: 3KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	132-5	40.36 CHRISTINE SCHULTZ (AUS)	36 11-29-87
40-44	102-11	31.38 CHRISTINE BATTERSBY (AUS)	43 11-29-87
	p102-11	31.38 BEV SAVAGE (NZ)	40 11-29-87
45-49	111-10 1/2	34.10 IRENE MITCHELL (AUS)	46 11-28-87
50-54	108-4	33.02 ANNEMARIE SCHOLTEN (GDR)	53 12-4-87
55-59	66-10	20.37 BERNICE HOLLAND (USA)	56 7-3-83
	p68-6 3/4	20.90 WINI PAPENE (NZL)	55 12-5-87
60-64	99-11 1/4	30.46 LYDIA WIDERA (AUS)	61 12-5-87
65-69	91-9 1/2	27.98 ILSE BELLING (GDR)	66 11-28-87
70-74	30-10	9.40 BERYL SYRINGER (USA)	70 10-9-83
75+	56-6	17.22 IRJA SARNAMA (FIN)	82 11-28-87

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of April 1, 1988

Men's American Five Year Age Group Records

100 YARDS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9.7	WALT BUTLER (ALTADENA, CA)	37 6-11-78
40-44	9.8	THANE BAKER (DALLAS, TX)	42 7-13-74
	9.8	PERCY KNOX (EDWARDS, CA)	41 7-11-75
45-49	10.0	THANE BAKER (DALLAS, TX)	46 5-27-78
50-54	10.4	THANE BAKER (DALLAS, TX)	52 6-23-84
55-59	10.7	PAYTON JORDAN (LOS ALTOS, CA)	55 3-25-72
	10.7	ALFRED GUIDET (PETALUMA, CA)	55 7-14-73
	10.7	CHARLES BEAUDRY (EDINBURG, TX)	55 8-10-74
60-64	10.9	PAYTON JORDAN (LOS ALTOS, CA)	61 5- 6-78
65-69	12.1	HARRY KOPPEL (BELMONT, CA)	66 7-19-79
70-74	13.4	BARRY IVERS (BREWER, ME)	72 8- 6-83
75-79	13.4	HERBERT ANDERSON (BELLVUE, CO)	75 10- 1-77
80-84	15.1	HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82
85+	22.2	HARRY JACKSON (PHILADELPHIA, PA)	87 8-13-83

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	10.3	RUBEN WHITNEY (SAN MARINO, TX)	35 6-14-80
40-44	10.7	THANE BAKER (DALLAS, TX)	41 9-13-72
45-49	11.0	THANE BAKER (DALLAS, TX)	48 6-14-80
50-54	11.2	KEN DENNIS (LOS ANGELES, CA)	50 7-18-87
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CA)	56 6-23-73
	11.6	ALFRED GUIDET (CALIFORNIA CITY, CA)	56 6-22-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CA)	61 5-27-78
65-69	12.6	PAYTON JORDAN (LOS ALTOS, CA)	65 6-12-82
70-74	13.0	PAYTON JORDAN (LOS ALTOS, CA)	70 4-25-87
75-79	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75 6-23-79
80-84	15.4	JOSIAH PACKARD (SAN FRANCISCO)	80 2-25-84
85+	18.7	BUELL CRANE (TWIN FALLS, ID)	85 7-26-85

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	20.8	DELANO MERIWETHER (US)	35 6- 9-78
40-44	22.3y	THANE BAKER (DALLAS, TX)	42 7-13-74
45-49	22.9	RICHARD STOLPE (OMAHA, NB)	45 6-20-70
	22.9	MILTON NEWTON (INGLEWOOD, CA)	46 6-22-80
50-54	22.9	KEN DENNIS (LOS ANGELES, CA)	50 7-18-87
55-59	23.6	ALFRED GUIDET (PETALUMA, CA)	55 6-24-73
60-64	24.9	PAYTON JORDAN (LOS ALTOS, CA)	60 6-19-77
65-69	26.1	PAYTON JORDAN (LOS ALTOS, CA)	65 6-12-82
70-74	26.8	PAYTON JORDAN (LOS ALTOS, CA)	70 6-20-87
75-79	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75 6-24-79
80-84	32.3	JOSIAH PACKARD (SAN FRANCISCO)	80 2-18-84
85+	45.45	BUELL CRANE (TWIN FALLS, ID)	85 8-24-85
	p40.83	HERB ANDERSON (US)	85 9- 5-87

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	46.38	JAMES KING (US)	35 5-25-84
40-44	49.36	JAMES BURNETT (PHILADELPHIA, PA)	41 8-15-81
45-49	50.59	JAMES BURNETT (CHICAGO, IL)	45 8-25-85
	p50.46	JAMES BURNETT (CHICAGO, IL)	45 6-29-85
50-54	52.79	LARRY COLBERT (LANHAM, MD)	50 12- 5-87
55-59	54.56	RUDOLPH VALENTINE (NYC, NY)	55 6- 9-79
60-64	57.65	JACK GREENWOOD (MENDECINO LODGE, KS)	60 7-20-86
65-69	61.4	JOHN ALEXANDER (MCCAMEY, TX)	67 5-16-87
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO, CA)	73 8-10-77
75-79	68.5	JOSIAH PACKARD (SAN FRANCISCO, CA)	75 6-23-79
80-84	75.4	HAROLD CHAPSON (HONOLULU, HI)	80 7- 9-83
85-89	1:43.74	HERB ANDERSON (BELLEVUE, CO)	85 12- 5-87
	p1:44.72	HERBERT ANDERSON (BELLVUE, CO)	85 8-15-87

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	1:52.1	RALPH LEE (CA)	37 6- -79
40-44	1:54.9	GEORGE COHEN (INGLEWOOD, CA)	40 8-16-80
45-49	1:57.73	GEORGE COHEN (INGLEWOOD, CA)	45 8-23-85
50-54	2:01.1	BILL FITZGERALD (PALOS VERDES, CA)	50 6-29-75
55-59	2:08.9	BILL FITZGERALD (PALOS VERDES, CA)	55 7- 5-80
60-64	2:18.87	DEAN SMITH (LOMBARD, IL)	61 8-16-87
65-69	2:25.3	FRANK FINGER (CHARLOTTESVILLE, VA)	65 7- 5-80
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CA)	71 9- 4-77
75-79	2:40.0	HAROLD CHAPSON (HONOLULU)	75 5-14-72
80-84	2:53.5	HAROLD CHAPSON (HONOLULU)	80 7-11-82
	p2:49.4	HAROLD CHAPSON (HONOLULU)	81 10- 9-83
85+	3:58.3	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 5- 5-84

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:52.7	RAMSEY THOMAS (CANTONVILLE, MD)	35 7-11-79
	p3:50.9	BILL STEWART (ANN ARBOR, MI)	37 5-24-80
40-44	3:56.2	BILL STEWART (ANN ARBOR, MI)	40 9-27-83
	p3:54.9	BILL STEWART (ANN ARBOR, MI)	40 4-23-83
45-49	4:04.4	ERNEST BILLUPS (CHICAGO)	46 9-27-83
	p4:03.13	MIKE MANLEY (EUGENE, OR)	45 8-15-87
50-54	4:05.8	RAY HATTON (BEND, OR)	50 7- 8-82
55-59	4:25.24	IM SUTTON (WHITEFIELD, PA)	55 7-19-86
60-64	4:49.8	DON LONGENECKER (SILVER CITY, NM)	62 6-24-78
65-69	4:59.1	WILLIAM ANDBERG (ANOKA, MN)	65 7- 4-76
70-74	5:19.38	AUSTIN NEWMAN (NJ)	70 7-19-86
75-79	5:30.1	HAROLD CHAPSON (HONOLULU)	75 8-11-77
80-84	6:04.28	ED BENHAM (OCEAN CITY, MD)	80 12- 5-87
	p5:54.5	HAROLD CHAPSON (HONOLULU)	80 7-17-82
85+	7:44.96	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 5- 5-84

ONE MILE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	4:12.4	RAMSEY THOMAS (CANTONVILLE, MD)	35 7-26-79
40-44	4:24.0	RAY HATTON (BEND, OR)	43 7-18-75
	p4:23.1	KIRK RANDALL (WELLESLEY, MA)	41 6-25-83
45-49	4:29.5N	BILL FITZGERALD (PALOS VERDES, CA)	46 4-23-72
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CA)	50 7-13-75
55-59	4:55.3	WILLIAM FRASER (EDINA, MN)	55 7-22-85
	p4:46.5	DON GAMMIE (CENTERVILLE, OH)	55 10- 5-86
60-64	5:15.2	CLIVE DAVIES (PORTLAND, OR)	63 6- 9-79
65-69	5:22N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	65 4- 8-72
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CA)	70 7- 9-77
75-79	6:15.1	HAROLD CHAPSON (HONOLULU)	78 7- 5-81
80-84	8:07.1	PAUL SPANGLER (SAN LUIS OBISPO, CA)	81 6- 7-80
	p6:43.3	HAROLD CHAPSON (HONOLULU, HI)	80 3- 4-83
85+	12:23.6	HERB KIRK (BOZEMAN, MT)	87 8-26-83

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:31.5	RAMSEY THOMAS (CANTONVILLE, MD)	35 8- 4-79
40-44	8:43.7	WEB LOUDAT (NM)	40 6-13-87
	p8:17.4	BARRY BROWN (GAINESVILLE, FL)	40 7-30-84
45-49	9:06.6	KIRK RANDALL (WELLESLEY, MA)	45 6-13-87
50-54	8:53.8	RAY HATTON (BEND, OR)	50 6-25-82
55-59	9:56.0	BILL MCCHESENEY (EUGENE, OR)	56 7-13-84
	p9:52.2	TONY SAPIENZA (BRADFORD, MA)	56 6-15-85
60-64	10:47.0	BILL ANDBERG (ANOKA, MN)	64 8-13-75
65-69	10:51.0	NORMAN BRIGHT (SEATTLE, WA)	65 6-17-75
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73 3-28-76
75-79	13:06.4	RICHARD BREDEBECK (INDEPENDENCE, OH)	75 6-13-81
	p12:23.4	ED BENHAM (OCEAN CITY, MD)	75 5- 7-83
80-84	14:39.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7-22-79
85+	16:32.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	85 5- 4-84

TWO MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9:21.4	GLYNN WOOD (WASH., DC)	35 10-26-69
40-44	9:17.6N	RAY HATTON (BEND, OR)	40 4- 1-72
	p9:06.6	BARRY BROWN (GAINESVILLE, FL)	40 7-30-84
45-49	9:37.8	DENNY MEYER (SEATTLE, WA)	45 5- 5-78
50-54	10:15.2	DAVID STEVENSON (PALO ALTO, CA)	50 7-26-79
55-59	10:35.0	BILL MCCHESENEY (EUGENE, OR)	55 7-15-83
60-64	11:09	DON LONGENECKER (SILVER CITY, NM)	62 6-25-78
65-69	11:30.0N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	66 3-25-73
70-74	12:40.0	HAROLD CHAPSON (HONOLULU)	73 3-14-76
75-79	14:30	LOU GREGORY (PENSACOLA, FL)	76 9-30-78
80-84	15:47.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7-28-79

THREE MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:44.2	PETER MCARDLE (NYC, NY)	35 5-11-64
40-44	14:29.2	RAY HATTON (BEND, OR)	42 6-15-74
45-49	15:07	PETER MUNDLE (VENICE, CA)	46 7- 7-74
50-54	15:37.8	JAMES O'NEIL (SACRAMENTO, CA)	50 1-10-76
55-59	16:51.2	CLIVE DAVIES (PORTLAND, OR)	59 7-13-75
60-64	16:59.2	DON LONGENECKER (SILVER CITY, NM)	62 6-25-78
65-69	17:59.2	NORMAN BRIGHT (SEATTLE, WA)	65 7-22-75
70-74	19:20	JOHN STEVENS (US)	70 6-16-79
75-79	21:10.8	LOU GREGORY (PENSACOLA, FL)	75 5- 6-78
80-84	24:08.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7-28-79

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:51.7	MIKE MANLEY (EUGENE, OR)	38 6- 1-80
40-44	14:59.6N	HAL HIGDON (MICHIGAN CITY, IN)	41 8-25-72
	p14:27.0	MIKE MANLEY (EUGENE, OR)	40 6- 6-82
45-49	15:17.4	RAY HATTON (BEND, OR)	48 8- 2-80
	p15:11.0	SALVADOR VASQUEZ (ALAMEDA, CA)	46 7- 5-86
50-54	16:09.80	JIM DALEY (NEW IPSWICH, NH)	51 8-16-87
	p15:42.0	RAY HATTON (BEND, OR)	51 7-30-83
55-59	16:27.1	JAMES O'NEIL (SACRAMENTO, CA)	55 1-12-81
60-64	17:19.0	CLIVE DAVIES (PORTLAND, OR)	64 8- 2-80
	p16:52.0	JAMES O'NEIL (SACRAMENTO, CA)	60 6-25-85
65-69	18:30	WILLIAM ANDBERG (ANOKA, MN)	65 7- 4-76
	p17:40.4	CLIVE DAVIES (PORTLAND, OR)	66 7-30-82
70-74	20:02.57	ALFRED FUNK (BOZEMAN, MT)	73 8-16-87
75-79	20:59.0	EDWARD BENHAM (OCEAN CITY, MD)	75 9-23-83
80-84	22:31.82	ED BENHAM (OCEAN CITY, MD)	80 12- 1-87
85+	28:03.8	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 4-14-84

SIX MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	28:02.4	PETER MCARDLE (NYC, NY)	35 5- 3-64
40-44	29:59.0	RAY HATTON (BEND, OR)	43 4-26-75
45-49	30:47.0	RAY HATTON (BEND, OR)	45 6-11-77
50-54	32:40	PETER MUNDLE (VENICE, CA)	50 10- 1-78
55-59	35:05	CLIVE DAVIES (PORTLAND, OR)	59 7-12-75
60-64	36:41.6	JAMES OLESON (SANTA MONICA, CA)	60 6-11-78
65-69	38:17.4	NORMAN BRIGHT (SEATTLE, WA)	65 7-12-75
70-74	42:14	EDWARD BENHAM (OCEAN CITY, MD)	73 5- 2-81
75-79	44:35	LOU GREGORY (PENSACOLA, FL)	76 9-30-78

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	29:03.4	FRANK SHORTER (BOULDER, CO)	36 6- 8-84
	29:03.4	PETER MCARDLE (NYC, NY)	35 5- 3-64
40-44	30:56.0	RAY HATTON (BEND, OR)	43 4-26-75
45-49	31:48	RAY HATTON (BEND, OR)	45 6-11-77
50-54	32:10.4	RAY HATTON (BEND, OR)	51 6-18-83
55-59	33:53.6	NORMAN GREEN (WAYNE, PA)	55 11-29-87
	p33:47.4	RAY HATTON (BEND, OR)	55 8- 1-87
60-64	35:19.8	CLIVE DAVIES (PORTLAND, OR)	63 8-19-78
65-69	38:38.0	NORMAN BRIGHT (SEATTLE, WA)	66 8- 3-76
70-74	41:21.0	RAY SEARS (CHICAGO)	70 8-10-77
75-79	43:54.75	ED BENHAM (OCEAN CITY, MD)	75 9-25-83
80-84	45:44.4	ED BENHAM (OCEAN CITY, MD)	80 11-29-87
85+	63:58.4	PAUL SPANGLER (SAN LUIS OBISPO, CA)	86 6-22-85

Continued on next page

Continued from previous page

ONE HOUR RUN			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11-1070	18.681 KEN MUELLER (BELLINGHAM, MA)	35 5-13-72
40-44	11-740	18.379 RAY HATTON (BEND, OR)	44 8-7-76
45-49	11-223	17.907 HAL HIGDON (MICHIGAN CITY, IN)	48 6-26-79
50-54	10-1335	17.314 PETER MUNDLE (VENICE, CA)	50 10-1-78
55-59	10-775	16.802 JAMES O'NEIL (SACRAMENTO, CA)	56 8-4-81
60-64	10-201	16.277 CLIVE DAVIES (PORTLAND, OR)	61 8-7-76
65-69	9-604	15.036 NORMAN BRIGHT (SEATTLE, WA)	65 6-13-75
70-74	8-1131	13.909 WILLIAM ANDBERG (ANOKA, MN)	70 10-4-81
75-79	8-335	13.181 LOU GREGORY (PENSACOLA, FL)	75 12-17-77
	p8-899	13.697 ED BENHAM (OCEAN CITY, MD)	75 4-9-83
80-84	7-946	12.130 PAUL SPANGLER (SAN LUIS OBISPO, CA)	81 11-1-80
85+	6-472	10.088 PAUL SPANGLER (SAN LUIS OBISPO, CA)	85 11-18-84

3000 METER STEEPLECHASE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:38.8	MIKE MANLEY (EUGENE, OR)	38 - -80
40-44	9:18.6	HAL HIGDON (MICHIGAN CITY, IN)	44 8-15-75
45-49	9:39.0	HAL HIGDON (MICHIGAN CITY, IN)	46 8-11-77
50-54	10:50.0	DON SLOCOMB (US)	51 8-4-85
55-59	10:59.2	KEN CARMAN (GARDEN CITY, MI)	56 7-28-84
60-64	12:33.2	BOB BOAL (WAKE FOREST, NC)	64 4-3-76
65-69	12:24.8	NORMAN BRIGHT (SEATTLE, WA)	65 8-15-75
70-74	13:43.27	EUGENE KELLER (CINCINNATI, OH)	70 8-24-85
75-79	19:04.8	LOU GREGORY (PENSACOLA, FL)	76 8-20-78

HURDLES			
110M: 35-39, 42"; 40-49, 39"; 50-59, 36"; 100M: 60-69, 30"; 80M: 70+			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	14.7	MIKE KELLY (TYBEE IS., GA)	37 6-16-84
40-44	14.67	WALT BUTLER (ALTADENA, CA)	40 8-8-81
45-49	15.0	JACK GREENWOOD (MENDECINO LODGE, KS)	46 9-14-72
50-54	15.1	JACK GREENWOOD (MENDECINO LODGE, KS)	51 8-10-77
55-59	16.8	CHARLES BEAUDRY (EDINBURG, TX)	55 8-24-74
	p16.3	JACK GREENWOOD (CO)	56 8-29-82
60-64	14.98	JACK GREENWOOD (CO)	60 7-19-86
65-69	17.43	BOB HUNT (US)	65 5-18-85
70-74	14.52	HERB MILLER (ORANGE, CA)	70 7-18-86
75-79	16.35	CLAUDE HILLS (FLOURTOWN, PA)	75 8-14-87
80-84	17.5	RUSSELL MEYERS (PENSACOLA, FL)	80 7-7-84

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	49.72	JAMES KING (CA)	35 5-13-84
40-44	55.9	RON WHITNEY (CALISTOGA, CA)	40 10-26-83
45-49	55.7	JACK GREENWOOD (MENDECINO LODGE, KS)	46 8-24-72
50-54	58.1	JACK GREENWOOD (MENDECINO LODGE, KS)	50 7-3-76
55-59	59.85	JACK GREENWOOD (MENDECINO LODGE, KS)	57 9-27-83
60-64	66.01	RUDOLPH VALENTINE (NEW YORK, NY)	62 8-23-85
65-69	71.4	ROBERT HUNT (ANAHEIM, CA)	65 5-18-85
70-74	77.50	GILBERTO GONZALEZ (SAN JUAN, PR)	70 9-27-83
75-79	89.58	RUSSELL MEYERS (PENSACOLA, FL)	77 5-9-81
80-84	1:51.0	HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	6-8 3/4	2.05 JOHN DOBROTH (VENTURA, CA)	38 5-13-79
	p6-9	2.06 JOHN HARTFIELD (HOUSTON, TX)	37 8-7-82
40-44	6-9	2.06 JOHN HARTFIELD (HOUSTON, TX)	40 9-1-85
45-49	6-2 3/4	1.90 HERM WYATT (LOS GATOS, CA)	48 4-19-80
50-54	6-2	1.88 HERM WYATT (LOS GATOS, CA)	51 8-20-83
55-59	5-9	1.75 HERM WYATT (LOS GATOS, CA)	55 10-4-86
	p5-10 1/2	1.79 HERM WYATT (LOS GATOS, CA)	55 5-23-87
60-64	5-2 3/4	1.59 BURL GIST (SAN MARCOS, CA)	64 4-28-84
65-69	5-0	1.52 BURL GIST (SAN MARCOS, CA)	65 5-4-85
70-74	4-8	1.42 HAMILTON MORNINGSTON (SALINE, MI)	70 7-25-87
75-79	4-3 1/4	1.30 HERBERT ANDERSON (BELLVUE, CO)	75 3-24-78
	p4-4	1.32 STAN THOMPSON (HONOLULU, HI)	75 12-28-85
80-84	3-11 1/4	1.20 HERBERT ANDERSON (BELLVUE, CO)	80 8-29-82
85+	3-8 1/2	1.13 BUELL CRANE (TWIN FALLS, ID)	85 7-26-85

POLE VAULT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	16-1	4.90 BOB NEUTZLING (US)	36 5-31-80
40-44	15-1 1/4	4.60 ROGER RUTH (US, VICTORIA, CAN)	44 9-7-72
	p15-3	4.65 CHARLES POLHAMUS (FITZGERALD, GA)	41 6-28-85
45-49	15-0	4.57 ROGER RUTH (US, VICTORIA, CAN)	45 7-21-73
50-54	14-4	4.37 VIC COOK (WOODLAND HILLS, CA)	50 7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (PHILADELPHIA)	55 8-4-76
60-64	12-3 1/2	3.74 BOO MORCOM (PHILADELPHIA)	63 8-2-84
65-69	12-4 1/2	3.77 BOO MORCOM (PHILADELPHIA, PA)	65 8-3-86
70-74	10-0	3.05 CAROL JOHNSTON (WHITTIER, CA)	73 4-13-85
	10-0	3.05 JIM VERNON (W. COVINA, CA)	70 1-17-87
75-79	9-6 1/4	2.90 CAROL JOHNSTON (WHITTIER, CA)	75 2-7-87
80-84	6-2 3/4	1.90 A. E. PITCHER (INDIANAPOLIS, IN)	82 5-26-84
85+	5-0	1.52 A. E. PITCHER (INDIANAPOLIS, IN)	85 7-25-87
	p5-4	1.62 A. E. PITCHER (INDIANAPOLIS, IN)	85 8-2-87

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	25-11	7.90 TOM CHILTON (KNOXVILLE, TN)	35 6-8-72
40-44	24-4 3/4	7.43 TOM CHILTON (KNOXVILLE, TN)	40 3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON (VICTORVILLE, CA)	45 10-4-75
50-54	21-1	6.42 SHIRLEY DAVISSON (VICTORVILLE, CA)	50 4-12-80
55-59	20-1 1/4	6.10 TOM PATSALIS (ALHAMBRA, CA)	59 7-18-81
60-64	19-11	6.07 TOM PATSALIS (ALHAMBRA, CA)	60 7-10-82
65-69	17-4 1/2	5.29 TOM PATSALIS (ALHAMBRA, CA)	65 12-1-87
70-74	14-10 1/4	4.53 CLAUDE HILLS (FLOURTOWN, PA)	70 7-3-82
75-79	12-10 1/2	3.92 HEPBERT ANDERSON (BELLVUE, CO)	76 8-5-78
80-84	11-7	3.53 WALT WESBROOK (CA)	80 6-24-78
85+	9-1	2.77 BUELL CRANE (TWIN FALLS, ID)	85 6-6-85

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	49-11 1/2	15.23 DAVE JACKSON (CARSON, CA)	36 5-16-68
40-44	46-11	14.30 DAVE JACKSON (CARSON, CA)	41 7-7-73
45-49	45-2 1/4	13.77 DAVE JACKSON (CARSON, CA)	45 8-11-77
50-54	43-3 1/2	13.19 DAVE JACKSON (CARSON, CA)	50 7-10-82
55-59	41-5	12.62 GORDON FARRELL (VAN NUYS, CA)	57 1-8-75
60-64	39-3	11.96 TOM PATSALIS (ALHAMBRA, CA)	60 7-10-82
65-69	35-6 3/4	10.84 TOM PATSALIS (ALHAMBRA, CA)	65 12-5-87
70-74	29-5 1/4	8.97 JOHN DAMSKI (VAN NUYS, CA)	70 5-25-85
75-79	28-2 3/4	8.60 WINFIELD MCFADDEN (SAN DIEGO, CA)	75 8-17-80
80-84	22-8	6.91 HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82
	p25-4	7.72 WINFIELD MCFADDEN (SAN DIEGO, CA)	81 10-4-86
	p24-5	7.44 WINFIELD MCFADDEN (SAN DIEGO, CA)	80 5-25-85
85+	20-2 1/4	6.15 BUELL CRANE (TWIN FALLS, ID)	85 8-23-85

SHOT PUT (35-49: 16#; 50-59: 12#; 60-69: 8#; 70+ 8#)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	72-9 3/4	22.19 BRIAN OLDFIELD (CA)	38 5-26-84
40-44	70-3	21.41 BRIAN OLDFIELD (CA)	40 8-22-85
45-49	53-7	16.33 CARL WALLIN (HANOVER, NH)	45 10-18-87
50-54	58-1 1/2	17.71 PARRY O'BRIEN (MISSION HILLS, CA)	52 7-1-84
55-59	51-8	15.75 GEORGE KER (GRANADA HILLS, CA)	55 5-13-78
60-64	55-4	16.86 GEORGE KER (GRANADA HILLS, CA)	60 5-21-83
65-69	48-3 3/4	14.72 JACK THATCHER (MANHATTAN BEACH, CA)	65 10-3-81
70-74	47-3	14.40 ROSS CARTER (EUGENE, OR)	73 7-12-87
75-79	41-8 1/2	12.71 VERNON CHEADLE (S. BARBARA, CA)	75 5-4-85
80-84	30-1 1/2	9.18 BUELL CRANE (TWIN FALLS, ID)	84 7-13-84
85+	26-6	8.08 BUELL CRANE (TWIN FALLS, ID)	85 7-26-85

DISCUS THROW (35-49: 2KG; 50-59: 1.5KG; 60+: 1KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	233-9	71.24 JOHN POWELL (US)	36 6-9-84
40-44	227-11	69.48 AL OERTER (NY)	43 5-31-80
45-49	216-11	66.12 AL OERTER (NY)	45 3-28-82
	p222-9	67.90 AL OERTER (NY)	46 11-12-83
50-54	185-9	56.62 PARRY O'BRIEN (MISSION HILLS, CA)	52 8-19-84
	p214-3	65.30 AL OERTER (NY)	50 12-28-86
55-59	163-6	49.84 WENDELL PALMER (STEPHENVILLE, TX)	55 7-25-87
60-64	174-1	53.06 DANIEL ALDRICH (NEWPORT BEACH, CA)	62 8-17-80
65-69	163-1	49.72 THOMAS MCDERMOTT (MADISON, CT)	66 5-1-84
	p164-10	50.24 DANIEL ALDRICH (NEWPORT BEACH, CA)	65 4-28-84
70-74	139-1	42.40 ROSS CARTER (EUGENE, OR)	72 7-19-86
75-79	118-0	35.96 A. REDMOND DOMS (CULVER CITY, CA)	75 5-8-82
80-84	91-4	27.84 BURT DEGROOT (PAC. PALISADES, CA)	80 8-15-87
85+	67-2	20.47 BUELL CRANE (TWIN FALLS, ID)	85 7-26-85
	p67-7	20.60 BUELL CRANE (TWIN FALLS, ID)	86 7-11-86

HAMMER THROW (35-49: 16#; 50-59: 12#; 60-69: 12#; 70+: 12#)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	232-5	70.84 HAROLD CONNOLLY (SANTA MONICA, CA)	37 7-20-69
40-44	243-11	74.34 ED BURKE (CA)	44 4-28-84
45-49	198-5	60.48 ED BURKE (CA)	45 5-19-85
50-54	182-6	55.62 BOB BACKUS (PEMBROKE, MA)	50 6-12-77
55-59	175-0	53.34 BOB BACKUS (PEMBROKE, MA)	55 8-9-81
60-64	161-5	49.20 BOB RICHARDS (CA)	61 9-12-87
65-69	126-10	38.66 NOLAN FOWLER (COOKEVILLE, TN)	67 1-14-80
70-74	104-1	31.72 STANLEY HERRMANN (SANTA BARBARA, CA)	71 10-4-75
75-79	97-8	29.77 STANLEY HERRMANN (SANTA BARBARA, CA)	75 5-12-79
	p100-8	30.68 PHIL PARTRIDGE (FL)	75 5-3-86
80-84	66-3	20.19 JOHN WHITTEMORE (SANTA BARBARA, CA)	80 6-7-80
85+	51-4	15.64 JOHN WHITTEMORE (SANTA BARBARA, CA)	85 10-5-85

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	268-1	81.72 WILLIAM FLOERKE (SHAWNEE MISSION, KS)	35 7-21-79
40-44	242-9	74.00 LARRY STUART (EL TORO, CA)	41 6-9-79
45-49	238-10	72.80 LARRY STUART (EL TORO, CA)	46 5-12-84
	p239-7	73.02 LARRY STUART (EL TORO, CA)	48 6-14-86
50-54	188-0	57.30 PHILIP CONLEY (WOODSIDE, CA)	51 5-18-86
55-59	180-9	55.10 BILL MORALES (SANTA ANA, CA)	56 4-19-73
60-64	188-7	57.48 DELES PICKARTS (VENTURA, CA)	60 11-14-87
65-69	148-3	45.18 BILL MORALES (SANTA ANA, CA)	67 5-26-84
	p168-2	51.26 BILL MORALES (SANTA ANA, CA)	65 3-13-82
70-74	142-2	43.34 BILL MORALES (SANTA ANA, CA)	71 12-3-87
	p152-1	46.36 BILL MORALES (SANTA ANA, CA)	70 7-25-87
	p157-9	48.08 BILL MORALES (SANTA ANA, CA)	70 8-16-87
75-79	108-0	32.92 EMERY CURTICE (CALISTOGA, CA)	75 7-24-82
80-84	94-6	28.80 HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82
	p97-5	29.69 HERBERT ANDERSON (BELLVUE, CO)	80 1-29-82
85+	62-5	19.02 BUELL CRANE (TWIN FALLS, ID)	85 6-6-85
	p66-0	20.11 HERBERT ANDERSON (BELLVUE, CO)	85 8-16-87
	p74-5	22.69 HERBERT ANDERSON (US)	85 9-5-87

DECATHLON (1962 IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	6230	PHIL MULKEY (BIRMINGHAM, ALA)	38 3-26-71
40-44	6212	DAVE THORESON (SANTA BARBARA, CA)	40 6-6-81
45-49	5734	GARY MILLER (GLENDALE, CA)	47 3-23-85
50-54	5399	HARVEY SCHELLENBERG (REEDLEY, CA)	50 7-2-83
55-59	5246	RICHMOND MORCOM (PHILADELPHIA)	55 9-11-76
60-64	4552	RICHMOND MORCOM (PHILADELPHIA)	61 8-28-82
65-69	2783	CLAUDE HILLS (FLOURTOWN, PA)	65 6-24-77
	p3064	RICHMOND MORCOM (PHILADELPHIA)	65 7-26-86
70-74	2513	CLAUDE HILLS (FLOURTOWN, PA)	70 7-3-82
75-79	1659	HERBERT ANDERSON (BELLVUE, CO)	75 3-24-78
80-84	994	HERB ANDERSON (BELLVUE, CO)	80 8-28-82

PENTATHLON (1962 IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3223	FRANK REILLY (WEST HILLS, CA)	39 6-20-87
	p3237	MIKE HILL (US)	36 6-20-87
	p3224	REX HARVEY (DES MOINES, IA)	36 - -82
40-44	2933	GARY MILLER (N. HOLLYWOOD, CA)	43 8-16-81
45-49	2998	GARY MILLER (N. HOLLYWOOD, CA)	45 9-30-83
50-54	2671	GARY MILLER (GLENDALE, CA)	50 12-3-87
55-59	2439	RICHMOND MORCOM (PHILADELPHIA)	56 8-12-77
60-64	2182	JOHN ALEXANDER (MCCAMEY, TX)	61 5-8-81
65-69	1865	RICHMOND MORCOM (PHILADELPHIA)	66 6-20-87
	p1934w	RICHMOND MORCOM (PHILADELPHIA)	65 7-13-86
70-74	1316	BILL MORALES (SANTA ANA, CA)	71 12-3-87
75-79	732	CLAUDE HILLS (FLOURTOWN, PA)	75 12-3-87
85+	216	HERB ANDERSON (BELLVUE, CO)	85 12-3-87

Women's American Five Year Age Group Records

100 YARDS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	12.3	ALMETA PARISH (SAN	

Continued from previous page

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11.9	PHIL RASCHKER (ATLANTA, GA)	36 6-25-83
40-44	12.31H	PHIL RASCHKER (ATLANTA, GA)	40 12- 1-87
	p12.3	PHIL RASCHKER (ATLANTA, GA)	40 6- 6-87
45-49	12.63	IRENE OBERA (MORAGA, CA)	45 7- 7-79
50-54	12.9	IRENE OBERA (MORAGA, CA)	51 6- 1-85
55-59	14.6	RUTH CHRISTIAN (CORONA, CA)	55 8-18-79
60-64	15.5	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63 10- 3-81
65-69	16.1	POLLY CLARKE (LOVELAND, CO)	67 5- 6-78
70-74	16.2	POLLY CLARKE (LOVELAND, CO)	70 4-17-81
75+	16.87	POLLY CLARKE (LOVELAND, CO)	75 8-31-85

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	24.63	PHIL RASCHKER (ATLANTA, GA)	36 9-24-83
40-44	25.72	PHIL RASCHKER (ATLANTA, GA)	40 12- 4-87
	p25.7	PHIL RASCHKER (ATLANTA, GA)	40 6- 6-87
45-49	26.21	IRENE OBERA (MORAGA, CA)	47 1-13-81
50-54	27.3	IRENE OBERA (MORAGA, CA)	51 6- 1-85
55-59	32.6	JANE CLARKSON (ST. LOUIS, MO)	56 7-25-87
60-64	33.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63 2-27-82
65-69	34.2	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	67 5-18-85
70-74	34.2	POLLY CLARKE (LOVELAND, CO)	71 9- 6-81
75+	35.93	POLLY CLARKE (LOVELAND, CO)	75 8-31-85

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	56.8	PHIL RASCHKER (ATLANTA, GA)	36 6-25-83
40-44	59.9	IRENE OBERA (OAKLAND, CA)	42 7- 4-76
45-49	61.1	IRENE OBERA (OAKLAND, CA)	46 8-16-80
50-54	63.7	IRENE OBERA (MORAGA, CA)	51 5-18-85
55-59	76.1	JANE CLARKSON (ST. LOUIS, MO)	56 8- 2-87
60-64	80.3Y	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	64 5- 1-82
65-69	82.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	65 10- 1-83
70-74	84.23	POLLY CLARKE (LOVELAND, CO)	73 9-28-83
75+	89.62	POLLY CLARKE (LOVELAND, CO)	75 8-25-85

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	2:20.95	SUSANNE HOULTON (ATLANTA, GA)	36 7-14-84
	p2:19.70	DEBBIE ANDERSON (US)	35 12- 5-87
	p2:16.2	NANCY NOONAN (CLEVELAND, OH)	36 6-10-84
40-44	2:22.0	SANDRA KNOTT (CLEVELAND, OH)	43 1-10-81
45-49	2:27.35	MARILYN HARBIN (MARTINEZ, CA)	46 8-19-84
	p2:26.9	SUSAN REDFIELD (MARBLEHEAD, MA)	46 8- 6-82
50-54	2:33.00	GRETCHEN SNYDER (BERKELEY, CA)	50 5-19-84
55-59	2:48.2	BERYL SKELTON (FAIRPORT, NY)	55 8-17-84
60-64	3:11.4	PAT DIXON (BEND, OR)	62 8-29-81
65-69	3:15.1	MARGARET LAMBERT (DILLON, CO)	65 5-27-87
70-74	3:30.0	POLLY CLARKE (LOVELAND, CO)	70 8- 6-82
75+	3:49.74	POLLY CLARKE (LOVELAND, CO)	75 8-23-85

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	4:40.2	CINDY DALRYMPLE (HONOLULU, HI)	35 6-18-77
	p4:39.5	NANCY SHAFER (BOWLING GREEN, OH)	36 8-15-87
40-44	4:39.8	MIKI GORMAN (LOS ANGELES)	42 9- 3-77
45-49	4:57.1	MARILYN HARBIN (MARTINEZ, CA)	46 8-18-84
50-54	5:09.5	MILA KANIA (WARWICK, NY)	50 7-25-82
	5:09.42	JEANNE HOAGLAND (LOS ANGELES, CA)	51 11-29-87
55-59	5:20.0	MARGARET MILLER (THOUSAND OAKS, CA)	56 5- 8-82
60-64	5:44.9	MARGARET MILLER (THOUSAND OAKS, CA)	60 7-16-86
65-69	6:26:49	JACLYN CASELLI (SAN JOSE, CA)	65 7-19-86
70-74	7:31.9	POLLY CLARKE (LOVELAND, CO)	72 8- 8-82
75+	7:42.30	BESS JAMES (SAN JACINTO, CA)	75 6-29-85

ONE MILE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5:09.52	SUSANNE HOULTON (ATLANTA, GA)	38 4-13-85
40-44	4:54.69	DORIS HERITAGE (SEATTLE, WA)	40 4-23-83
45-49	5:28.9	MARILYN HARBIN (MARTINEZ, CA)	45 2-29-83
50-54	5:29.39	JEANNE HOAGLAND (LOS ANGELES, CA)	51 12- 6-87
55-59	5:50.6	MARGARET MILLER (THOUSAND OAKS, CA)	55 2- 7-81
60-64	6:35	PAT DIXON (BEND, OR)	63 7-23-82
65-69	6:55.6	PAT DIXON (EUGENE, OR)	66 6-22-85
70-74	12:22.6	MARILLA SALISBURY (SAN DIEGO, CA)	73 7-11-81

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9:38.6	CINDY DALRYMPLE (HONOLULU, HI)	35 6-11-77
40-44	10:04	MIKI GORMAN (LOS ANGELES)	41 5-22-77
45-49	10:41.8	VICKY BIGELOW (SAN LORENZO, CA)	48 3-22-84
50-54	11:29.6	MILA KANIA (WARWICK, NY)	50 7-25-82
55-59	13:33.8	MARCIA MCCHESENEY (EUGENE, OR)	55 6-23-85
	p12:39.0	RUTH ANDERSON (OAKLAND, CA)	55 5-18-85
60-64	12:25.6	MARGARET MILLER (THOUSAND OAKS, CA)	60 7-23-86
65-69	13:15.6	JACLYN CASELLI (SAN JOSE, CA)	65 7- 6-86
70-74	18:22.0	BESS JAMES (SAN JACINTO, CA)	72 1-31-82
75+	17:37.2	BESS JAMES (SAN JACINTO, CA)	75 8-10-85

TWO MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11:39.61	NINA KUSCIK (US)	39 1-11-78
40-44	11:29.2	SANDRA KNOTT (CLEVELAND, OH)	41 8- 4-79
45-49	11:43.0	MARY CZARAPATA (NEW BERLIN, WI)	45 9-13-80
50-54	12:13.0	MARGARET MILLER (THOUSAND OAKS, CA)	54 6- 7-80
55-59	13:46	MELBA HATCH (CANTON, MI)	57 7-23-85
60-64	19:48	FLORENCE FAWLEY (WESTERVILLE, OH)	61 5-27-84
70-74	26:03.8	MARILLA SALISBURY (SAN DIEGO, CA)	73 7-11-81

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	16:36.2	DORIS HERITAGE (SEATTLE, WA)	35 4-22-78
40-44	16:57.4	JUDY FOX (SUNNYVALE, CA)	40 8-16-81
	p16:44.8	GABRIELLE ANDERSON (SUN VALLEY, ID)	40 6-25-85
45-49	17:52.18	SHIRLEY MATSON (SAN DIEGO, CA)	45 6- 7-86
50-54	18:44.6	MILA KANIA (WARWICK, NY)	50 6-13-82
55-59	20:05.0	HELEN DICK (LOS ANGELES, CA)	59 4-29-84
	p19:45.6	MARION IRVINE (SAN RAFAEL, CA)	55 6-25-85
60-64	22:26.4	PAT DIXON (BEND, OR)	62 8-16-81
	p22:19.4	JACLYN CASELLI (SAN JOSE, CA)	62 8-22-83
65-69	22:41.8	JACLYN CASELLI (SAN JOSE, CA)	65 7- 5-86
70-74	27:25.8	BESS JAMES (SAN JACINTO, CA)	74 9-23-83
75+	29:19.8	BESS JAMES (SAN JACINTO, CA)	75 6-25-85

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	33:37.39	CAROL MCLATCHIE (HOUSTON, TX)	35 6-25-87
40-44	35:33.6	JUDY FOX (SUNNYVALE, CA)	40 8-15-81
	p35:20.59	LAURIE BINDER (SAN DIEGO, CA)	40 8-14-87
45-49	38:19.8	VICKY BIGELOW (SAN LORENZO, CA)	48 8-21-83
50-54	38:53.6	MILA KANIA (WARWICK, NY)	51 6-26-82
55-59	41:32.2	TOSHIKO D'ELIA (RIDGWOOD, NJ)	55 8-23-85
60-64	44:51.0	PAT DIXON (BEND, OR)	63 7-16-82
65-69	49:22.41	JACLYN CASELLI (SAN JOSE, CA)	65 7-18-86
70-74	60:01	BESS JAMES (SAN JACINTO, CA)	70 7-13-80
	p58:25.98	PEARL MEHL (BOULDER, CO)	73 8-14-87
75+	89:49.8	MARILLA SALISBURY (SAN DIEGO, CA)	75 7- 9-83

ONE HOUR RUN			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9-1124	15.512 MARYLIN PAUL (PORTLAND, OR)	36 7-20-74
40-44	9-1197	15.579 LINDA SIPPRELLE (WASH., DC)	43 7-29-78
45-49	9-376	14.828 MARILYN HARBIN (MARTINEZ, CA)	45 3-26-83
50-54	8-1355	14.114 NICKI HOBSON (SAN DIEGO, CA)	50 8- 4-81
	p8-1909	14.620 NOLA BRUHN (US)	51 5-18-80
55-59	7-1021	12.199 MARCIE TRENT (ANCHORAGE, AK)	58 7-18-76
60-64	8-10	12.884 MARCIE TRENT (ANCHORAGE, AK)	61 7-28-79
65-69	5-1194	9.139 EDNA BERG (BOZEMAN, MT)	67 2- 5-83
70-74	6-52	9.704 ALICE WERBEL (S. LUIS OBISPO, CA)	70 9-14-86
75+	4-167	6.590 MARILLA SALISBURY (SAN DIEGO, CA)	76 6- 7-84

HURDLES (35-39: 100M, 33"; 40+: 80M, 30")			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	14.7	CARMEN BROWN (US)	39 8-13-87
40-44	12.10H	PHIL RASCHKER (USA)	40 12- 3-87
45-49	12.5	CHERRIE SHERRARD (CHICO, CA)	45 7-14-84
50-54	14.6	CHRISTEL MILLER (GLENDALE, CA)	50 6- 1-85
55-59	16.6	SHIRLEY KINSEY (LA CRESCENTA, CA)	55 7-14-84

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5-2	1.57 JOANNE GRISSOM (INDIANAPOLIS, IN)	37 7-16-76
	5-2	1.57 PHIL RASCHKER (ATLANTA, GA)	36 7- 2-83
40-44	5-1	1.55 PHIL RASCHKER (ATLANTA, GA)	40 7-11-87
45-49	4-4	1.32 SHIRLEY SMITH (ST. PETERSBURG, FL)	47 7-16-82
50-54	4-4 1/2	1.33 CHRISTEL MILLER (GLENDALE, CA)	51 3-29-86
55-59	3-8	1.12 SHIRLEY KINSEY (LA CRESCENTA, CA)	56 3-29-86
	3-8	1.12 JOYCE VARNEY (HONOLULU, HI)	57 9-17-83
60-64	3-4	1.01 BARBARA HUMMEL (CANTON, OH)	60 8- 3-85
65-69	3-8	1.12 MARY BOWERMASTER (FAIRFIELD, OH)	67 8-17-84
70-74	3-8 1/2	1.13 MARY BOWERMASTER (FAIRFIELD, OH)	70 11-28-87

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE (US)	35 10-26-74
40-44	16-10 3/4	5.15 JOANNE GRISSOM (INDIANAPOLIS, IN)	44 7-20-83
	p17-10	5.43 PHIL RASCHKER (ATLANTA, GA)	40 6- 6-87
45-49	15-9	4.80 IRENE OBERA (OAKLAND, CA)	45 4- 7-79
50-54	13-3	4.04 CHRISTEL MILLER (GLENDALE, CA)	50 8-23-85
	p13-3	4.04 IRENE OBERA (OAKLAND, CA)	53 7-25-87
55-59	12-0	3.66 SHIRLEY KINSEY (LA CRESCENTA, CA)	55 7- 1-84
	p12-2 1/2	3.72 MAGDALENA KUEHNE (TAJUNGA, CA)	56 6-20-87
60-64	7-11 3/4	2.43 BARBARA HUMMEL (CANTON, OH)	60 11- 2-85
65-69	10-5 1/4	3.18 MARY BOWERMASTER (FAIRFIELD, OH)	66 9-23-83
70-74	10-2 1/2	3.11 MARY BOWERMASTER (FAIRFIELD, OH)	70 12- 1-87
75+	7-1	2.16 EDITH MENDYKA (TUJUNGA, CA)	75 5-17-86

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	36-7	11.15 PHIL RASCHKER (ATLANTA, GA)	36 9-18-83
40-44	36-7 1/2	11.16 PHIL RASCHKER (ATLANTA, GA)	40 12- 1-87
45-49	30-8 1/4	9.35 JOAN GRISSOM (INDIANAPOLIS, IN)	45 9-18-83
50-54	28-9 3/4	8.78 CHRISTEL MILLER (GLENDALE, CA)	52 12- 5-87
55-59	26-1 1/2	7.96 MAGDALENA KUEHNE (TAJUNGA, CA)	56 7-11-87
60-64	p14-6 1/4	4.42 MARY HOLBERT (KIRKWOOD, MO)	60 6-12-82
65-69	p9-10 1/2	3.01 AMY ROBERTSON (US)	67 6-12-82
70-74	16-9 3/4	5.12 EDITH MENDYKA (TUJUNGA, CA)	73 1-29-84
75+	15-7	4.75 EDITH MENDYKA (TUJUNGA, CA)	75 5-17-86

SHOT PUT (30-49: 8#/4KG; 50+: 6#/3KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	45-3	13.79 LYNN GRAHAM (FRESNO, CA)	35 4- 9-83
	p47-3	14.40 LYNN GRAHAM (FRESNO, CA)	35 - -83
40-44	42-4	12.90 JOANNE GRISSOM (INDIANAPOLIS, IN)	41 7-22-80
45-49	39-7 3/4	12.08 JOANNE GRISSOM (INDIANAPOLIS, IN)	45 7-22-84
50-54	32-4	9.85 ANNE CIRULNICK (ROSEDALE, NY)	52 10-25-86
	p34-10 1/4	10.62 MARJORIE LARNEY (OAKLAND, CA)	50 8-15-87
55-59	31-6	9.60 BERNICE HOLLAND (CLEVELAND, OH)	58 8-25-85
	p31-11 1/2	9.74 BERNICE HOLLAND (CLEVELAND, OH)	58 6-23-85
60-64	31-4	9.55 EDITH MENDYKA (TUJUNGA, CA)	61 6-17-72
	p36-2 1/2	11.03 HELEN STEPHENS (FLORISSANT, MO)	64 6- 1-82
65-69	35-4	10.77 HELEN STEPHENS (FLORISSANT, MO)	65 6- 1-83
70-74	29-3	8.91 EDITH MENDYKA (TUJUNGA, CA)	70 5- 9-81
75+	26-4	8.02 EDITH MENDYKA (TUJUNGA, CA)	75 1-19-86

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	128-3	39.10 JOAN STRATTON (S. LAKE TAJOE	

World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of April 1, 1988

Men's World Indoor Records

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	7.08	Ken Dennis(USA)	40	1-7-77
p7.06		Peika Metsahoid(FIN)	40	-84
45-49	7.33	George Horton(CAN)	45	2-2-80
	7.3	Scott Tyler(CAN)	47	3-7-87
50-54	7.4	Ron Taylor(GBR)	52	3-15-86
55-59	7.7	Charlie Williams(GB)	56	3-28-87
	7.7	William Guy(GB)	57	3-28-87
60-64	7.7	Payton Jordan(USA)	60	1-7-78
65-69	7.8	Cecil Paul(CAN)	66	3-8-86
70-74	8.6	Colin Fairley(GB)	70	3-28-87
75-79	9.8	Barry Ivers(USA)	75	2-23-86
p9.1		Ahti Pajunen(FIN)	75	-84
80-84	11.7	Nestor Jalonen(FIN)	80	-83
85+ p14.86		Nikko Salonen(FIN)	85	-84

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	23.1	B. Bianchi(ITA)	40	-
45-49	24.2	Ron Taylor(GB)	45	-
50-54	23.8	Ron Taylor(GB)	52	3-15-86
55-59	25.8	Rudolph Valentine(USA)	55	-82
60-64	27.1	G. Bridgeman(GB)	60	3-15-86
65-69	28.8	Cecil Paul(CAN)	66	3-8-86
p28.63		Atte Porkka(FIN)	65	-83
70-74	29.22	Guiseppe Marabotti(ITA)	70	-
75-79	33.1	Barry Ivers(USA)	76	2-22-87
p32.1		Ahti Pajunen(FIN)	75	-84
80-84	38.90	A. E. Pitcher(USA)	84	3-9-87
85+ 78.0		Herb Kirk(USA)	87	2-5-83
p60.36		Nikko Salonen(FIN)	85	-83

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	51.36	Lamar Miller(USA)	40	1-2-86
45-49	54.2	C. Mootan(GB)	45	-
50-54	54.8	Ron Taylor(GB)	53	3-28-87
55-59	58.5	Earl Fee(CAN)	57	3-7-87
	58.5	Karl Virkava(CAN)	55	2-14-81
60-64	61.7	Norman Baum(CAN)	61	3-7-87
p59.7		Toivo Vikman(FIN)	60	-83
65-69	65.58	Pietro Piccolli(ITA)	65	3-9-85
70-74	71.06	Attilio Parma(ITA)	70	-
68.0		Eino Salminen(FIN)	70	-84
75-79	80.7	Byron Fike(USA)	75	1-5-85
80-84	p140.8	Willie Wikbari(FIN)	80	-85
85+ 2:52.0		Herb Kirk(USA)	87	2-5-83

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	1:57.2	Ron Bell(GB)	40	3-28-87
45-49	2:03.19	Tom Tushingham(CAN)	45	2-8-87
50-54	2:07.43	Enrico Grazi(ITA)	50	3-9-85
55-59	2:12.9	D. Thomas(GB)	55	3-15-86
60-64	2:23.49	G. Endrizzi(ITA)	60	-
p2:18.64		Toivo Vikman(FIN)	60	-83
65-69	2:36.36	Corrado Cigognani(ITA)	65	3-9-85
p2:32.1		Eero Santala(FIN)	65	-81
70-74	2:42.0	Austin Bowman(USA)	70	3-23-86
75-79	3:20.0	Harry Zachman(USA)	75	1-5-86
80-84	4:40.0	Ned White(GB)	80	-
85+ 6:18.0		Herb Kirk(USA)	87	2-5-83

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	4:02.05	Ernest Billups(USA)	40	1-5-80
45-49	4:10.4	Ed Whitlock(CAN)	46	1-22-77
50-54	4:19.21	Benjamin Johns(CAN)	50	1-31-87
55-59	4:28.9	James Sutton(USA)	55	1-4-87
60-64	4:56.6	Harry Tampan(GB)	61	3-28-87
65-69	5:16.2	Eero Santala(FIN)	65	-82
70-74	5:27.4	Austin Bowman(USA)	70	3-23-86
75-79	6:54.8y	Byron Fike(USA)	75	3-20-83
80-84	7:04.2	Paul Spangler(USA)	80	3-18-79

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8:41.1	Robert Daniel(CAN)	40	2-17-79
p8:24.7		Chris McCubbin(CAN)	40	1-18-86
45-49	8:46.80	Bernate De Palma(ITA)	45	3-9-85
50-54	9:10.0	Art Taylor(CAN)	50	1-15-77
55-59	9:44.6	Luciano Acquarone(ITA)	55	-
60-64	10:23.62	G. Endrizzi(ITA)	60	-
65-69	11:07.74	Pietro Boali(ITA)	67	3-9-85
70-74	11:27.4	Scotty Carter(USA)	70	3-15-87
75-79	14:17.1y	Byron Fike(USA)	76	3-25-84
80-84	15:12.4y	Paul Spangler(USA)	80	-

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8.9	L. Bowell(GB)	40	3-28-87
45-49	9.2	Scott Tyler(CAN)	47	3-7-87
50-54	9.6	Colin Shaffer(GB)	52	3-28-87
55-59	9.8	Boo Horcom(USA)	55	9-21-77
60-64	10.6	Lee Williams(GB)	60	-
p10.43		Harro Suokruuti(FIN)	60	-85
65-69	11.7	A. Lovett(GB)	65	-
p11.3		Valdemar Raino(FIN)	65	-84
70-74	11.3	Ian Hume(CAN)	70	3-11-85
75-79	12.2	Karl Trai(CAN)	77	3-7-87
p11.5		Ahti Pajunen(FIN)	75	-84

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	8:48.4	P. Hannell(GB)	40	3-15-86
45-49	8:33.4	David Stevens(GB)	45	-
50-54	9:19.6	George Chaplin(GB)	50	-
55-59	10:24.1	Peter Worth(GB)	57	3-27-87
60-64	10:41.9	L. Croo(GB)	60	3-27-87
65-69	10:48.0	C. Colman(GB)	65	3-27-87
70-74	10:41.3	James Grimade(GB)	70	3-27-87

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	13:21.1	Gabrielle Bigro(ITA)	40	3-9-85
p13:18.3		A. Melkillo(FIN)	40	-85
45-49	12:58.0	Jan Ross(CAN)	47	1-28-84
50-54	14:23.6	M. Sciarretto(ITA)	50	-
55-59	15:37.5	F. Tanetti(ITA)	55	-
60-64	16:03.8	Max Gould(CAN)	64	1-30-82
65-69	16:03.0	Max Gould(CAN)	66	1-28-84
70-74	18:19.3	H. Brivio(ITA)	70	-
75-79	20:13.0y	Gordon Wallace(USA)	75	-
80-84	p31:02.1	H. Toivi(FIN)	80	-84

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	6-7	2.00 John Hartfield(USA)	41	2-23-86
45-49	6-1	1.85 Nerm Myatt(USA)	49	2-22-81
50-54	5-10	1.78 John C. Brown(USA)	51	2-15-81
	5-10	1.78 Milton Newton(USA)	51	3-30-85
	5-10	1.78 Richard Richardson(USA)	53	3-15-87
55-59	5-7 1/4	1.71 John C. Brown(USA)	56	1-11-86
60-64	5-2	1.57 Burl Gist(USA)	64	3-24-84
65-69	5-0	1.52 Burl Gist(USA)	65	3-30-85
70-74	4-8	1.42 Ian Hume(CAN)	70	3-24-85
75-79	4-0	1.22 Richard Lacey(USA)	75	2-23-86
80-84	3-9 3/4	1.16 A. E. Pitcher(USA)	82	3-24-84
85+ 3-2		0.96 A. E. Pitcher(USA)	85	2-22-87

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	15-0	4.57 Wladimir Sokolowski	40	3-28-81
45-49	14-6	4.42 Roger Ruth(CAN)	45	2-18-73
50-54	13-6	4.11 Boo Horcom(USA)	54	3-14-76
55-59	13-2 1/2	4.02 Boo Horcom(USA)	59	-81
60-64	12-1	3.68 Boo Horcom(USA)	60	1-5-82
65-69	10-0	3.05 Boo Horcom(USA)	65	1-9-87
70-74	9-9 1/4	2.98 Carol Johnston(USA)	73	3-30-85
75-79	9-0	2.74 Carol Johnston(USA)	75	3-28-87
80-84	6-5	1.95 A. E. Pitcher(USA)	83	1-5-85
85+ 5-0		1.52 A. E. Pitcher(USA)	85	3-28-87

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	23-1	7.03 Stan Whitley(USA)	40	2-22-86
p23-11 3/4		7.31 Tapani Tuovinen(FIN)	40	-84
45-49	20-10 3/4	6.37 Alvin Henry(USA)	45	3-26-83
50-54	20-8 1/2	6.31 Shirley Davidson(USA)	50	3-29-80
55-59	19-3 1/4	5.87 Boo Horcom(USA)	55	3-13-77
60-64	17-6 1/2	5.34 Boo Horcom(USA)	60	3-14-82
65-69	17-1 3/4	5.22 Tom Patasalis(USA)	65	3-28-87
70-74	15-8	4.77 Gilberto Gonzalez(PUR)	70	2-26-84
75-79	12-8	3.86 Russell Reynolds(USA)	76	3-29-80
p13-1		3.99 Ahti Pajunen(FIN)	75	-84
80-84	10-4	3.15 Russell Reynolds(USA)	80	3-24-84
85+ 6-6 1/2		1.99 A. E. Pitcher(USA)	85	2-16-87

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	44-5	14.15 Sean Power(GB)	40	-
45-49	44-11 1/2	13.70 Ira Davis(USA)	46	3-27-83
50-54	40-7 3/4	12.39 Olovi Belai(FIN)	50	-82
55-59	39-4 3/4	12.01 Amelio Compr(ITA)	55	-82
60-64	39-9 1/2	12.13 Amelio Compr(ITA)	60	3-9-85
65-69	35-7 3/4	10.86 Tom Patasalis(USA)	66	3-29-87
70-74	32-5 1/2	9.89 Mikki Simola(FIN)	72	-84
75-79	25-10 1/2	7.88 A. Carlo(ITA)	75	-
80-84	22-7 3/4	6.90 Benjamin Fox(USA)	80	2-23-86
85+ 15-0 1/2		4.58 A. E. Pitcher(USA)	85	3-29-87

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
40-44	65-10 1/4	20.07 Brian Oldfield(USA)	40	1-17-86
45-49	49-10	15.19 Oiva Lahtinen(FIN)	45	-79
50-54	48-9 1/4	14.86 Tom Moselemb(USA)	51	1-11-86
48-11		14.91 R. Marcandalli(ITA)	50	-83
p64-0		14.46 Oiva Lahtinen(FIN)	50	-80
55-59	47-4 1/2	14.44 Reino Hakola(FIN)	55	-79
60-64	45-2 1/2	14.83 Reino Hakola(FIN)	60	-81
65-69	40-1 1/2	15.28 Volto Eto(FIN)	65	-82
70-74	43-5	13.23 Ross Carter(USA)	71	3-30-85
p47-1		14.35 Volto Eto(FIN)	70	-85
75-79	32-9 3/4	10.00 Arnoldo Ticciano(CAN)	75	1-28-84
p40-2 1/4		12.25 Osmo Barwell(FIN)	75	-85
80-84	28-0 3/4	8.55 Nestor Jalonen(FIN)	80	-83
85+ p14-8 3/4		4.49 Nikko Salonen(FIN)	85	-83

Women's World Indoor Records

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8.05	Beatrice Waldin(SUI)	39	3-9-85
40-44	8.3	Pat McInab(GB)	40	-
45-49	8.4	Una Gore(GB)	48	3-28-87
50-54	9.1	Carina Graham(GB)	50	3-28-87
	9.1	Rosemary Chrimes(GB)	54	3-15-86
55-59	9.3	Hilary Farmer(GB)	55	-
60-64	9.9	Mary Macey(GB)	60	-
65-69	10.2	Mary Macey(GB)	65	3-15-86

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	26.07	Beatrice Waldin(SUI)	39	3-9-85
40-44	28.2	Marjorie Rocknall(GB)	40	3-15-86
45-49	28.8	Una Gore(GB)	48	3-27-87
50-54	30.8	Carina Graham(GB)	50	3-27-87
55-59	32.5	Jacqueline Ogden(GB)	55	3-27-87
60-64	35.5	Mary Macey(GB)	60	-
65-69	36.1	Mary Macey(GB)	65	3-15-86
70-74	46.39	Vivian Nelson(USA)	71	1-8-84

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	59.7	Caroline Marler(GB)	36	3-27-87
40-44	63.6	Marjorie Rocknall(GB)	40	3-15-86
45-49	65.0	Jean Mullis(GB)	48	3-27-87
50-54	75.1	Grace Butcher(USA)	50	1-5-85
55-59	75.8	C. McLennan(GB)	55	3-27-87
60-64	87.65	Ella Kovtist(FIN)	60	-83
65-69	145.5	Ivy Granstrom(CAN)	69	3-13-81

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2:03.2	Ileana Siloi(ROM)	36	2-7-78
40-44	2:13.69	Erna Kozak(CAN)	40	2-23-86
45-49	2:30.1	Diane Palmason(CAN)	46	3-2-85
p2:29.6		Pirkko Martti(FIN)	45	-82
50-54	2:42.03	Nonni Gastaldi(ITA)	51	3-9-85
55-59	2:51.7	Ruth Carrier(CAN)	56	3-7-87
60-64	3:22.0	Dorly Brochbaum(CAN)	61	3-8-86
70-74	3:47.8	Pearl Muhl(USA)	70	1-19-85

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:05.4	Ileana Siloi(ROM)	36	3-17-87
40-44	4:21.6	Erna Kozak(CAN)	41	2-21-87
45-49	5:05.0	Diane Palmason(CAN)	46	3-2