142nd Issue June, 1990 \$2.

Almberg, Sparks Set U.S. Masters Mile Marks

Masters Athletes Shine in Penn Relays

by PETER TAYLOR and MARC BLOOM

HILADELPHIA, April 28. Larry Almberg, 43, overcame sleep deprivation and 91-degree weather today to set an American masters mile record of 4:12.24 in the Runner's World Masters Mile at the famed Penn Relays.

A middle-school vice principal from Ellensburg, Wash., Almberg blazed his last quarter in 60 seconds to break the record of 4:13.50 set last year at the New York City Games by Duncan Macdonald.

Zeller, Haywood Win U.S. 50-Miler

by JOHN WHITE

Al Zeller, of Holt, Mich., and Sharon Haywood, 47, of Pataskala, Ohio, won TAC/USA National Masters 50-Mile Championship titles in the Wolfpack 50-miler in Columbus, Ohio, April 1.

It was Zeller's third overall victory in the Wolfpack 50. He clocked a good 6:03:51, nearly 17 minutes ahead of runners-up Robin Fry (37, 6:20:53) of Columbus, and Tom Perry (44, 6:23:21) of Culver City, Calif.

Haywood, who has run several Continued on page 21

Al Zeller, 43, of Holt, Mich., first overall (6:03:51) in the TAC/USA National Masters 50-Mile Championships in Columbus, Ohio.

Florida's Byron Dyce took second (4:16.57), while Cleveland's Ken Sparks was third in 4:18.83, a time which smashed the U.S. M45 mile mark of 4:29.5, set by Bill Fitzgerald 18 years ago.

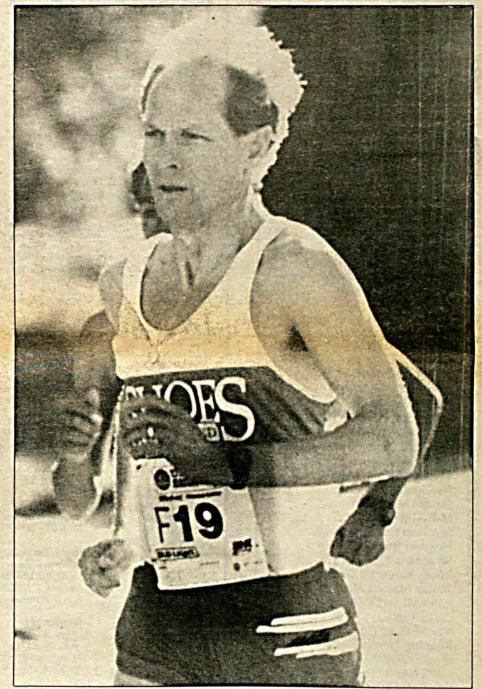
The race was the fourth event in the Runner's World Masters Mile Series, which is an invitation-only circuit for world-class male runners. The fifth and final race this season will take place at the New York City Track & Field Games, July 29. There, Rod Dixon (who turns 40 on July 13), Wilson Waigwa, Dave Stewart and Almberg may threaten the 4-minute mile.

Almberg led the Penn Relays race from the opening lap and hit the half-mile in 2:08.

"All I thought about was sleep," he said. Almberg had taken the redeye flight from Seattle the previous night and arrived the morning of the race. He didn't sleep on the plane.

Harry Nolan (4:27.09) and Steve Ruckert (4:27.56) were 4th and 5th. Stewart was entered but was forced to withdraw because of injury.

Almberg was timed in 3:36.42 for 1500, three seconds off his own American record of 3:53.18, set last year in Eugene. Continued on page 30



Larry Almberg, 43, shown here running in the National 8K in Naples, Fla., set a new U.S. masters mile record of 4:12.24 in the Penn Relays in Philadelphia, April 28.

Photo: Victah Sailer/Agence Shot

Filutze Wins in Freihofer's 5K

by JAMES O'BRIEN

Temperature in the 40s and a steady drizzle did not prevent many of America's finest female masters road racers from assembling in downtown Albany, N.Y., on May 5 for the 11th edition of the Freihofer's Run for Women 5K.

Erie's Barbara Filutze, 42, returning to form following a 1989 fraught with injuries, came from behind to overtake Idaho's Gabriele Andersen, 45, for a 12-second victory in 17:07. Nancy Grayson of South Carolina was third in 17:31, followed by Nancy Oshier of New York in 17:48.

"Last night I was really depressed when I heard that Nancy Grayson was running," Filutze said on race day.

Although Grayson has shown considerable talent since entering the Continued on page 30

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The National Masters News (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$22.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. 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. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director; Alvin Chriss, Special Asst. to the Ex-

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

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NMN welcomes contributions - results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is

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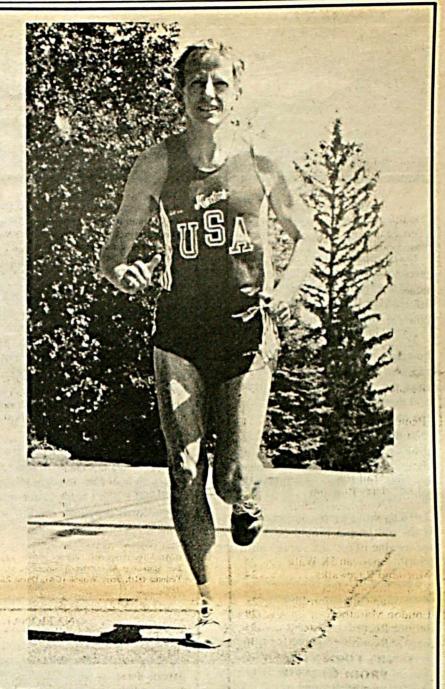
Masters Running Guide

By Hal Higdon

What motivates masters athletes? Hal Higdon, Senior Writer for Runner's World, claims it is not fitness.

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JAVELIN SURVEY

Re your javelin survey (April NMN), I propose the following:

- 1) Use either the old or the new-rule javelin (M40-59). The old javelin poses no safety problem, since no over-40 athlete is a threat to throw it out of bounds.
- 2) Only new javelin throws, however, should be considered for records. The old javelin travels farther than the new. Last year, I tried both and threw 7.5% farther, at age 56, with
- 3) Since buying a new javelin is expensive, a five-year transitional period should allow use of either implement. By 1995, only new javelins would be allowed.
- 4) For multi-event competitions, only the old javelin should be used, and the records kept the same, until the IAAF revises its tables.

Keep in mind that the old javelin will become increasingly inaccessible. It's true that flat landings occur with the old javelin, but TAC rules say flat landings shall not be judged for distance, so no harm is done if either is used. If you think your competitor is gaining an advantage with a new or old javelin, the rules allow you to use his or her implement.

The opinion of the IAAF should have no bearing on our competitions. It was its idiotic ruling which started the entire mess. What we want to do is our own business and I say good riddance to the IAAF.

> **Edward Martin** Anaheim Hills, California

I prefer the old javelin for masters. It is absurd to allow both javelins in competition. A 200-foot thrower with the old javelin will throw 180-185 feet with the new. Old javelins will still be plentiful, since high schoolers use them. If they switch, then we also might have to. If we go to the new, some throwers might even try to sneak in the old.

The only benefit we'd get from the new javelin is it's easier to mark, since it doesn't land flat. Records are important, and I don't want to see our current records devalued. I know of one good thrower who will retire if we require the new javelin.

Our Montana meet will support whatever WAVA decides.

Mike Carignan Bozeman, Montana

Only the new javelin should be allowed, since the new javelin is tougher to throw. All old records should be kept and noted with an asterisk. The standards of excellence should be adjusted down 10% to 15%. New javelins should be available for all to use at meets.

> Steve Wordell Santa Barbara, California

The IAAF rule knows only one

Hans Axmann Ansbach, Fed. Rep. of Germany

I can't afford a new spear. There are few throws over 150 feet. Leave everything as is.

> John Sloan Canton, Ohio

Use either the old or new. I threw the old javelin when I was young and would like to continue to do so as a measure against myself. This isn't possible with the new javelin.

Terry Halmi Erie, Pennsylvania

It is unfair to expect someone using the new javelin to compete with someone using the old style. The old records should remain, but a new set will start for the new javelin.

> Richard Igou Huntington Beach, California

Use the new javelin. As a field judge, it's very difficult to verify a flat throw as "fair" or "foul." There were enough new javelins available at meets

> Del Pickarts Ventura, California

Return to the old javelin. The distances masters throw do not merit the use of the new-rule javelin.

> Tony DuMay Columbia Falls, Montana

Stay with the new javelin. There must be uniformity in use of implements, otherwise records and performances are meaningless.

> Manuel White Helena, Montana

Use either old or new. It won't make any difference to 95% of throwers. Javelins are too expensive to keep messing around.

> W.H. Duckworth Jonesboro, Georgia

(We received 43 replies to the javelin survey. 13 (30%) favored using the old javelin exclusively; 19 (44%) favored the new javelin exclusively; 11 (26%) voted to use either the old or new. -

9 Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and the masters athletics program by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month to to William F. Burrell of Melville, N.Y., who generous donated \$100.

Thanks also to:

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EUGENE COURSES NOT CERTIFIED

In a recent issue of TACTIMES, the top 15 W50-59 marathoners were listed. Imagine my surprise to see that number 15 had a 3:19 while I had run a 3:15:10 in Eugene.

A letter to TACTIMES was followed by their rapid response that, much to my surprise, the road events in Eugene were not certified.

I carefully select one or two marathons a year for peak efforts. Eugene was my 1989 effort and now I am quite angry to learn that the course was not certified. Can anyone explain how this happened?

> Joan Reiss Sacramento, California

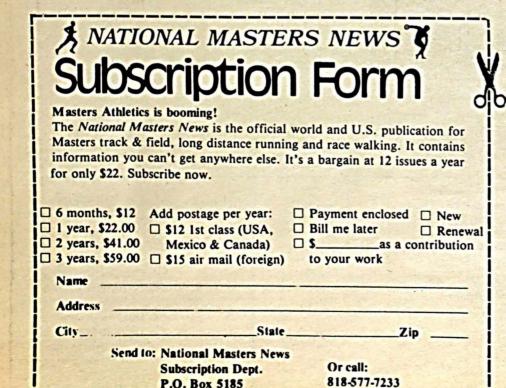
(The organizers of the VIII World Veterans Championships state that they only learned in January that the final approval of course certifications had not been given. They maintain that all courses are accurate and deserve certification, and say that they are actively engaged in resolving the situation. - Ed.)

CHANGE THE RULES

I feel there's an overwhelming majority in favor of the 300 hurdles, rather than 400, for the M50-59 divisions. Why doesn't the governing body poll the membership for input into major modifications such as this? We do not have the youth and stamina for the longer race.

Sometimes I think we get so involved with rule making and bureaucracy that we tend to forget why we are here - to compete, have some fun, and enjoy the camaraderie of other masters athletes. If the former takes over the program, I may just as well go back to my office and sort through paperwork.

Jerry Stanners Bakersfield, California Continued on page 30



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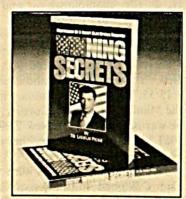


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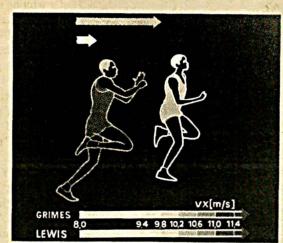
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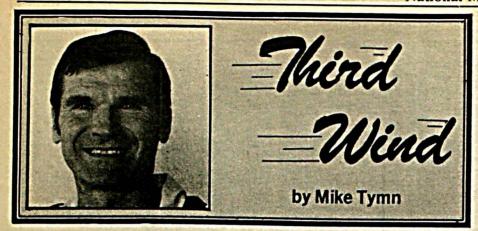
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Does John Campbell Have a Secret?

feel I'm in the best shape of my life right now," said John Campbell, who, just two weeks before, had finished fourth in the Boston Marathon with a time of 2:11:04, breaking by 15 seconds the 16-year-old over-40 record of the now-legendary Jack Foster, a fellow Kiwi.

Campbell, 41, was on an eight-hour layover in Honolulu on his return trip to his home in Auckland, New Zealand. We were dining at a downtown restaurant. Max Telford, a 55-year-old veteran ultramarathoner from New Zealand now living in Honolulu, was in on the interview.

"I knew I was on pace for the record, but I really didn't know for sure that I had it until I saw the (finish line) clock at 2:10:38," the mildmannered Campbell recalled. "I thought I might even get under 2:11, but those final yards seemed to take forever."

For readers not fully tuned in to marathon running, Campbell averaged 4:59.9 per mile for 26.2 miles. That's moving, especially for someone 41 years old. Moreover, conditions were on the warm side, less than ideal for fast marathoning.

"The heat doesn't really bother me," said Campbell. "I like to run in warm weather."

What about the course and the recent controversy over The Athletics Congress having eliminated it from American record consideration? "It's a fairly tough course, even though TAC doesn't think so," Campbell replied. "The top runners looking for a fast time pass up the race in favor of London or Rotterdam. That should say something." (Note: Since there are no official world records on the roads, Campbell still gets credit for a world masters "best.")

A Personal Best

It was a personal best for Campbell, bettering by four seconds his 1988 Boston time. A 29:04 in the Boston Milk Run the week before the marathon equalled his personal best (in the 1989 Boston Milk Run) for 10K. So Campbell's comment that he felt in the best shape of his life was not without some support.

I can understand a runner turning in a personal best at 41 if he had taken up the sport just five to ten years before. It takes most runners five to ten years to fully adept to distance running. That's the way it was with Foster, who

switched from bicycle racing to running in his early 30s and then set the old marathon masters record when he was

But the few articles I had read about Campbell indicated that he had been running competitively for many years. It seemed that he should have been fully adapted to the sport and that some physical decline should be evident by now. After all, it's a scientific fact that a man at 41 does not have the same



John Campbell

strength, speed, and overall vitality he had at 25, or 30, or 35. Look at Bill Rodgers and Frank Shorter, the superstars of a dozen years ago. They're in their early 40s and not anywhere near their best times. Rodgers clocked 2:20:46 in this year's Boston Marathon, more than 11 minutes slower than his 2:09:27 winning time of 1979. That figures to be a loss of a minute a year.

What Makes Campbell Different?

So what makes Campbell different? Has he discovered some kind of secret formula that other aging runners don't know about? I pressed him for an answer. Could it be that he is training harder now than in prior years? That might very well explain it.

"No, actually, I'm training less," he replied. "I used to run 170 miles a week. I'm doing only 130 to 140 now."

Said Telford: "I think John was slow to mature. There are some people like that. Allison Roe, for example. She was around for a long time before she won some major races and become well known. Many people thought that she was new to the sport. She was just one of those slow to mature."

Campbell pondered Telford's comment for a few seconds and responded, "No, I don't think that's it. I think it's the diet. My diet is much different now than in the past."

Since he had selected chicken from the menu, it was clear that Campbell is not a vegetarian. Is the secret in bee pollen, maybe heavy doses of vitamin E, a special mineral water?

"No, it's just that I used to eat a lot of rubbish," he offered. "I'd always be eating bloody ice cream and it would sit in my system when I'd run. The training wasn't as efficient as it is now. Now, I watch what I eat. You've gotta have those carbohydrates with a good balance of protein and limit the fat. I'm just more careful now as to what I eat."

Changed His Diet

But Campbell had mentioned that he had changed his dietary ways four or five years ago. So the diet factor doesn't fully explain why he's running faster this year.

"He trains like a bloody maniac," said Telford, laughing. "That's the way we were brought up in New Zealand. That's why he's doing so well now."

As Telford sees it, New Zealand's tradition of excellence in distance running is due in large part to the work ethic instilled early in life. "It's different now, I think, but when we were growing up, we weren't spoiled. We had to work hard, and we walked or ran to school. It was a lot like the Africans now.'

Campbell nodded, "Yeah, I used to run to school. I ran everywhere... yeah, everywhere. I think that has something to do with it."

But Campbell was doing 170 miles a week several years ago. He was even more of a "maniac" then, I pointed out. Why now when he's doing only 130 to 140 miles?

"I began to realize around 1987 that I didn't need to do that much," Campbell answered that question. "I was working 12 or 14 hours a day and never felt fresh. Now, I'm more rested, more balanced."

I was beginning to understand why Campbell is now in the best condition of his life, but I wasn't completely satisified. I asked for more detail on his competitive experience.

Began Running at Age 14

Campbell began running at age 14, did a 14:20 5K and a 2:45 marathon at 16, then made the New Zealand team for the World Cross-Country Cham-

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15K	45:34	15th
10M	48:57	13th
20K	1:01:03	14th
3M	1:04:26	13th
15M	1:14:24	12th
25K	1:16:37	12th
30K	1:32:46	11th
20M	1:39:34	9th
35K	1:48:29	6th
40K	2:04:11	5th
25M	2:04:56	5th
Fin	2:11:04	4th

pionships at 18. However, after a middle-of-the-pack finish in that event, he became disillusioned. "In those days if you didn't finish in the first three or four you were considered sort of an outcast," he explained, laughing. "So I gave it up."

Campbell became a commercial fisherman, got married, had two children, invested in a milk business, and gained some weight. Then, at 24, he attempted a comeback in pursuit of a berth on New Zealand's team for the 1974 Commonwealth Games in Christchurch. He ran 14:01 for 5,000 meters, but was not selected for the team. He was in the crowd, however, that watched the Commonwealth Marathon, the one in which Foster ran his 2:11:19. "I've never met him, though," Campbell said. "Maybe I'll look him up one of these days."

Laid Off Eight Years

Again disillusioned, he hung up his competitive shoes a second time. He would not return to running until 1982, a layoff of eight years. "My marriage had broken up and it was a way to work off the stress," Campbell explained his return to the sport.

He recorded a 2:22 marathon in 1983, made the New Zealand World Cross Country team in 1985, did poorly in the championships and soon thereafter was diagnosed as being anemic. It was then that he became concerned with his dietary habits.

In 1986, Campbell placed 14th in the New York City Marathon with a 2:15:55. The following January he won the Manila Marathon. However, when he was not selected for New Zealand's 1987 cross-country team, he retired again, briefly.

Ten months before his 40th birthday, Campbell finished sixth in the Boston Marathon with a 2:11:08 and the running world, as well as his own country, began to take notice. That performance gained him a spot on the New Zealand Olympic team. He finished 12th in Seoul with a 2:14:08.

It now made even more sense. Campbell had not been a competitive runner for as many years as I had thought. He had had a sporadic career with some long layoffs. Much of the adaptation began in 1982. It probably took him until 1987 or 1988 to fully adapt. Then there were some refine-

Continued on page 7

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Third Wind Continued from page 6

ments in training methods and further fine tuning of the body. Over the past eight years, he has slowly shed 10 pounds of body weight. He now carries around 140 pounds on a 5-10 frame. "Just before Boston this year, I weighed myself and was four pounds lighter than I've ever been," he commented.

Lost Weight

"The weight is a big factor with us,"
Telford pitched in. "We eat a lot of
dairy products in New Zealand and
many people are overweight. It's hard
to keep it down."

The pieces were now in place. Campbell is better than ever at 41 for several reasons: late adaptation along with better focus, which includes diet and weight reduction. Add in consistency and a more intelligent, better balanced training program, momentum and greater incentives. I suspect that Campbell had the potential to run a marathon in the 2:07 area five or ten years ago. He has lost something to the years; he just hasn't seen it, because the losses have been more than offset by the gains.

"Maybe, I don't know," Campbell shrugged and responded to that theory. "I still hope to improve, though. I think I can get down to 2:10. I'm working on it. It's not that I'm going to increase my mileage. I'll try to improve the speed somewhat by running more short races and looking for a little better balance in the speed workouts. I don't feel that I've lost much speed, if any. I went 14:11 for the first 5K of the Milk Run. It's just that I think you have to work at your speed more as you grow older."

Speed Sessions

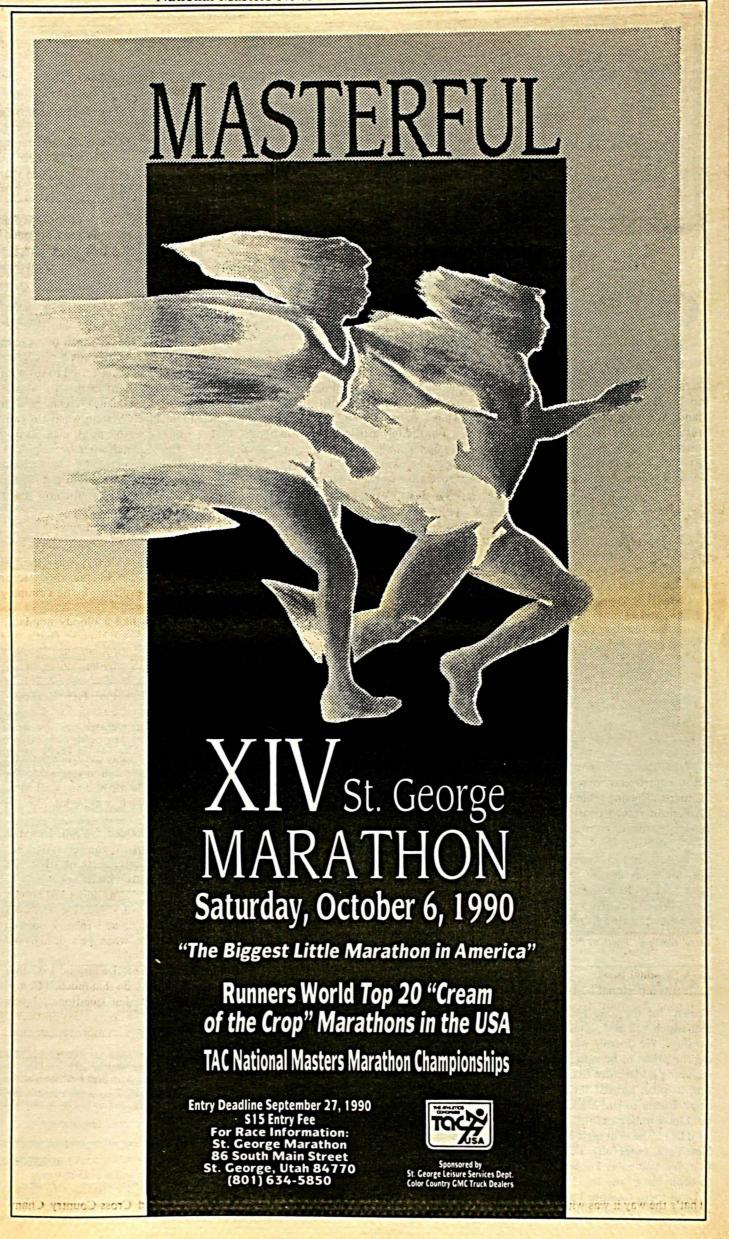
Campbell does at least two speed sessions a week, sometimes three. They include 20-30 200-meter reps in 30-31 seconds with a 200-meter jog between and eight times 800 meters in an average 2:15 with an 800 jog between. He also tries to put in a hard hill-interval workout a week. "Once upon a time I had a schedule that I'd keep to, but I'm traveling and racing so much now that it's hard to keep to any kind of regular routine. I try to run everyday, though, even if I'm travelling. I have regular courses around some airports. I find it helps beat the jet lag."

When he's not doing speed work, Campbell often runs for an hour or more twice a day at around 5:45-mile pace. "I seldom do over 16 miles in a single run," he continued to explain his training. "I'm not sure you need to do those 20 milers to prepare for a marathon if everything else is in balance."

Triple Crown

Campbell's focus now turns to the New York City Marathon in early November. If he wins the masters title there, he'll have captured the "Triple

Continued on page 8





MASTERS ATHLETE OF THE MONTH

Larry Almberg

nce again, several athletes vied for the ICI Masters Athlete-of-the-Month Award. Cleveland's Ken Sparks set a U.S. M45-49 record of 4:18.83 in the mile, taking 11 seconds off Bill Fitzgerald's 18-year-old mark. California's Payton Jordan, 73, raced to a 13.47 in the 100 meters, a 96.1% age-graded perfor-



Almberg, 43, who set a new U.S. masters mile record of 4:12.24 in the Penn Relays in Philadelphia on April 28, breaking Duncan Macdonald's year-old mark of 4:13.50. Almberg's performance rated an outstanding 97.9% on the masters age-graded scale. The middle-school vice-principal

But this month's honors go to Larry

The middle-school vice-principal from Ellensburg, Wash., will receive \$100 for his efforts — compliments of ICI.

ICI employs 133,800 people worldwide. Of this total, 41% are in the UK, 26% in the Americas, 12% in Continental Europe, 12% in Asia, and 9% in other countries.

Previous monthly winners were Dave Stewart, Gabriele Andersen, and John Campbell.

Congratulations to Larry Almberg
— the ICI Masters Athlete-of-theMonth. □

Note: The May issue of NMN contained two sections, plus an advertising insert from Training Management Systems, Inc. Some readers report they did not receive the second section or insert — or both. If your Section II was missing, call 818-785-1895 for a replacement. If the insert was gone, call 1-800-553-2188.

Larry Almberg. Photo by Richard Lee Slotkin

Third Wind Continued from page 7

Crown" of the road racing circuit, a feat which will add significantly to his earnings. He doesn't want to risk losing the prizes to be won in New York, including a Mercedes Benz, by attempting to push himself into 2:10 condition. "I want to run a good race there, but I have to be careful," he explained. "I'd like to be in at least 2:12 shape for New York. Hopefully, I can win it with that, but you never know who is going to come out of the woodwork."

Until then, Campbell plans to run a rumber of shorter races around the

United States. He even is considering attempting a few one-mile races on the track to see what he is capable of. "I think I can do 4:15," he said. "I'm not really sure." He is also considering moving to Pittsburgh, Boston, or some other eastern city in order to be closer to the action while cutting down on the travel time.

"You've got to watch out you don't run too many races and run yourself into the bloody ground," Telford cautioned. "That's one reason. New Zealand runners have been as successful as they have. They don't run year-round."

"No, I don't intend to run that many high-pressure races," said Campbell. "I plan to run to win, sure, but you can't go out and run a bloody 29-minute 10K every time out. If I avoid those high-pressure races, I don't think I'll be over-racing."

For dessert, Campbell ordered a banana cream pie and requested a little extra whipped-cream on the top, Telford and I both laughed and asked if that was in keeping with that special diet he had talked about.

"Well, you're entitled to a little rubbish now and then," Campbell ended. "I'll burn it off."

THE FIFTH ANNUAL

GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP FOURTH OF JULY TRACK MEET...FAIR & FIREWORKS (SANCTIONED BY N.J. TAC) TO BE HELD SUNDAY, JULY 1ST, 1990 ALL NEW TRACK & FIELD FACILITIES

ALL NEW TRACK & FIELD FACILITIES						
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Medals will be	awarded t	to the top t	hree in ea	ch 5 year ag	e group, in	

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

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

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Randolph Township Parks & Recreation Dept. Randolph Township,
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Meet Directors and Officials resulting from my participation in
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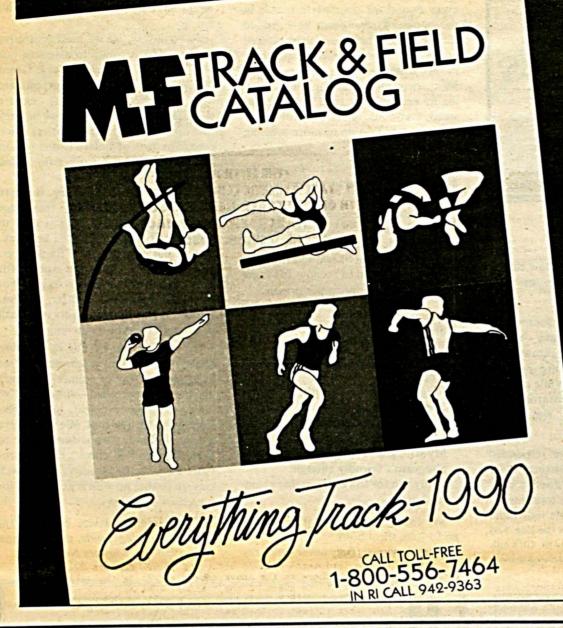
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EVENTS SCHEDULE

TIME: DATE: SATURDAY 18 SUNDAY 19 1. 400M. HURDLES 2. 300M. HURDLES 3. POLE VAULT 14. 400 M. (W-M) 15. SHOT PUT (W-M) 16. LONG JUMP (W-M) 3:30 PM HAMMER THROW 17. 800M. (W-M)
18. JAVELIN (W-M)
19. HIGH JUMP(W-M)
20. 5,000M (W-M)
21. 200M. (W-M)
22. TRIPLE JUMP
23. 5K WALK (W-M) . 110M. HURDLES(M) . 100M. HURDLES(W-M) . 80M. HURDLES (M) 5:00PM 7. 80M. HORDLES (M)
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11. 100MTS. (W-M)
12. 1,500 M. (W-M)
13. 10,000 MTS(W-M)
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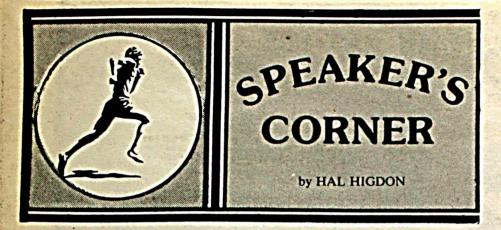
ORDER OF COMPETITION WILL BE WOMEN, THEN MEN, SENIORS TO YOUNGER

TO ENTER, PLEASE COMPLETE AND RETURN THE FOLLOWING RELEASE:
IN THE CONSIDERATION TO THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL
MASTERS TRACK & FIELD CHAMPIONSHIP, I DO HEREBY, FOR MYSELF, MY HEIRS AND
EXECUTIORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR
DAMAGES THAT I MAY HAVE, OR WHICH HEREAFTER MAY ACCRUE TO ME AGAINST THE
CITY OF SAN JUAN, ITS OFFICIALS, ORGANIZING COMMITTEE OR AGENTS, INCLUDING THE
P.R. MASTERS ASSOCIATION AND ITS OFFICIALS, THE SPONSORS AND ANYONE CONNECTED
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CERTIFY THAT I HAVE NO PHYSICAL DEFECTS. OR MEDICAL WARNING THAT WILL

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umber of shorter races around the Zealand runners have been as

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Facing the Fear of Failure

t the TAC Masters Indoor Championships, I chatted with a fellow competitor who shall remain anonymous. He offered the following excuse for his sub-par performance:

"I had a hermorrhoid operation only three days ago."

He lost the race, but won the gold medal for most creative alibi at the meet held in Madison, Wisc., in March. I was a double loser. Not only did I finish far behind, but I couldn't offer any decent excuses.

I finally thought of one driving out of town. With a new book just published, I might have said I didn't want to offend any potential customers by outkicking them on the last lap. But why would anyone buy a book on training written by someone they had so soundly beaten?

Maybe we could all learn something from the pile-suffering runner—except he erred by offering his excuse post-race. Proper etiquette requires pre-race disclosure of ailments. While wishing all of us good luck on the starting line, he could have simply announced, "Three days post-op."

To which I could have responded with my standard, "Getting older every day." Except that doesn't elicit much sympathy at masters track meets.

The most knowledgeable individual when it came to alibis was the late Ted Haydon of the University of Chicago Track Club. During a coaching career

that spanned five decades, Ted heard every excuse for poor performance in the books. At one point he collected them into an alibi list, which he offered at the start of each season to members of his track team, so they wouldn't waste their intellectual capacity dreaming up excuses after each bad race. Instead, they could check the proper box on the list and go on to more pressing priorities.

"This list is intended to simplify the problem of selecting the proper alibi to suit the occasion," wrote Haydon. "While some athletes are so bad they don't need an excuse, there comes a time in the developing career of almost every athlete when he will feel the need for an explanation to account for some unusually disappointing performance."

Among Ted's alibis: Shin splints.

Blisters.

I'm building up slowly for the next Olympics.

Forgot to cut my toenails.

Jock strap too tight.

Jock strap too loose.

It broke after the start.

My wife got too friendly last night. She wasn't friendly enough.

I only run for fun and winning spoils everything.

My coach reminds me of my father and I hate them both.

Unfortunately Ted never met my

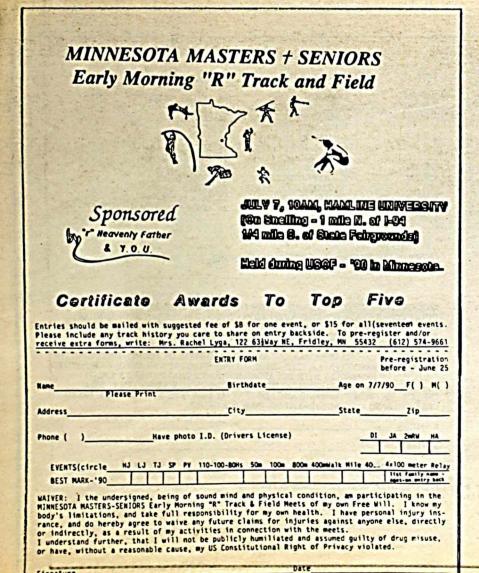
pile-suffering friend; otherwise, he could have added another alibi to his

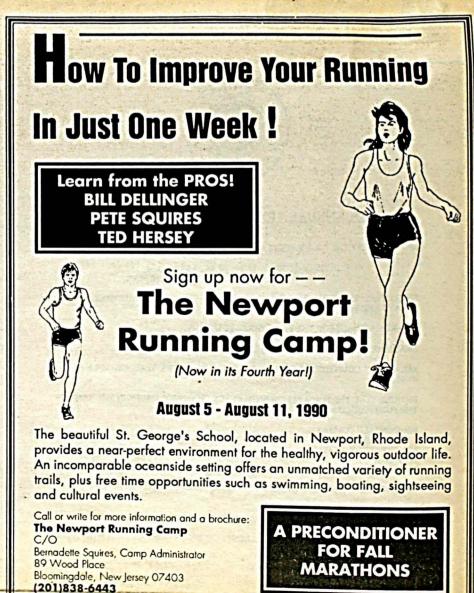
Nevertheless, we all need protective shields when it comes to assessing our performances. For every Norm Green or Derek Turnbull, whose defeats are rare, hundreds of others expose themselves to humiliation when they line up at the start of a masters track race. The fear of failure is one reason that discourages many otherwise gifted athletes from competition.

This is why road racing is more popular than track. In a road race populated by thousands, it is easy to stagger across the finish line far back, beaten but unseen. In a track meet, your competitive flaws are exposed for all to witness. Those with fragile egos may be unwilling to suffer the embarassment of running badly in a small arena with everyone watching.

By making fun of our ego-serving alibis, Ted Haydon attempted to free us from our fear of failure. Through his list, he succeeded—although I've always considered defeat, like confession, good for the soul. We all deserve a dose of humility from time to time to keep our egos in check. Defeat provides me with the incentive to run well enough so that no alibi is necessary, for myself or for others.

(Hal Higdon's latest book is The Masters Running Guide, available now from National Masters News.)



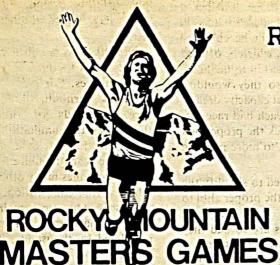


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TENTH ANNIVERSARY

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V 1		to to a office	HOTEL	1345 28th Street, Boulder, Colorado, 80302 (303)443-3850. 859,00/night or 1/2 double for \$30.00/night. Call for reservations.
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MA	STERS	GAMES	29 DE USER TOUR MARDSI	First six places in each event receive medals. A maximum of three medals will be awarded to any entrant. Additional medals won may be purchased for \$3.00 at the end of the meet.
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June



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Heel Pain

I'm a 39-year-old male sprinter and I've had pain in my right heel for the last seven months. I treated it with ice, heel cups, etc., but nothing helps, even with six weeks of not running. A podiatrist said it's caused by a bursal sac. He's giving me cortisone injections, and says if that doesn't work, surgery may be needed. Can you tell me more about a bursal sac, and what kind of recovery to expect?

A bursal sac is the body's defense mechanism which surrounds and protects an irritated area. It usually occurs in athletes around the Achilles area and underneath the heel.

USC TROJAN HASTERS TRACK HEET

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TO BENELD AT THE

UNIVERSITY OF SOUTHERN CALIFORNIA

LOS ANGELES, CALIFORNIA

SUNDAY JULY 15, 1990



TROJAN MASTERS



A TRACK HEET FOR HASTERS & SUB HASTERS

(potential)	Action Section	distribution	- permanen
8:00	SOOM	WALK	(MEW)
9:00	5000H	RUN	(MEW)
9:45	RELAY	4 X 1	LOOM
	3 500M	DIM	

RUNNING EVENTS:

10:30 RELAY

11:15

400H

AOM

11:30 100M HURDLES
12:00 110M HIGH HURDLES
12:15 OFFICALS LUNCH BREAK
1:00 100M SPRINT
1:05 800M RUN
2:15 300M INT. HURDLES
2:05 200M SPRINT
3:15 RELAY 0 X 400

10:00 POLE VAULT 10:00 JAVELIN 10:00 LONG JUHP 1:00 SHOT PUT 1:00 HIGH JUHP 1:00 TRIPLE JUHP 2:30 DISCUS

FIELD EVENTS:

ENTRY FEE: \$12 FIRST EVENT; \$3 EACH ADDITIONAL EVENT # ADD #3.00 FOR DAY OF MEET REGISTRATION.

MAN TURNOUT IS EXPECTED TO BE HEAVY

4 X 200H

HURDLES

CHECKS: PAYABLE TO 'TROJAM MASTERS' >----SEND TO---->

PHONE: FOR ADDITIONAL INFO (213) 666-4964

TROJAN MASTERS
BOB STROBEL 8 3
2017 VESTAL AVE

	Official Entry Form	The residence of the second second second
Print Name: (18)	Age_	Date of Birth F_
Address: Number Street	City	State Zip
Phone (Include area code)	() Club_	TAC NO.
List events to be entered	(limit of six, excluding	g relay) and your personal

Event P.R.	Event	P.R.
TOTAL CONTRACTOR OF THE PARTY OF	The state of the s	AND BUILDING

Majver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

Signature_	A COLLEGE POLY	Action the second	Acres de la la la
	Date_	THE STREET	- 2 · · ·

The sac itself is just that — a sack. It's usually inflammatory in nature, meaning it's filled with fluid. This provides the heel with a protective balloon. Unfortunately, it is difficult to run on.

In the heel area, it is usually associated with plantar fascitis and heel spurs. Your condition may be a bursae, a spur, plantar fascia, or a combination of any or all three:

Usually rest will resolve the inflammation. This may mean no running for 6-8 weeks. Cortisone injections and the use of physical therapy, especially ultrasound, are helpful.

I don't recommend surgical correc-

tion until all other avenues of treatment have been pursued. In many cases, the surgical removal may leave a larger deposit of scar tissue than you already have.

I would also recommend strapping the foot and doing light running on grass or dirt for several weeks. There is a technique called low-dye strapping which is a take-off on the old Louisiana ankle wrap used for basketball players. It works quite well.

(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.)



Women shotputters at the Indoor Championships, Madison, March 24-25: (I to r) Shirley Kinsey (3rd W60, 7.42); Sally Polk (2nd W60, 8.11); Bernice Holland (W60, WR 10.09); Lucille Sampson (4th W60, 7.28); and Florence Berry (1st W65, 5.34).

Hart Shines in Ken Carnine Relays

by BOB ROEMER

SACRAMENTO — California and Nevada athletes responded to near perfect track weather at the Ken Carnine Relays, April 28, performing so well that masters around the nation may have to work all season to catch up.

As expected, Eddie Hart broke out of the blocks four days after his 41st birthday with outstanding performances.

The Oakland sprinter, a Cal graduate and 1972 Olympian, ran away from a good field with a 10.7 100, beating Ken Dennis' 10.8 age-41 standard set in 1978. Eddie's 21.9 in the 200 was three-tenths of a second faster than the 22.2 age-41 best attributed to Great Britain's Ron Taylor 15 years

Hart received virtually no help from the wind which was measured at .06 mph for the 100 and 1.95 for the furlong.

Grass Valley's Dick Hotchkiss, 51, exhibited great versatility with winning tosses of 139-1 in the hammer and 157-10 in the discus and a 5-6 high jump. Hotchkiss missed a fourth gold medal by three inches, edged out in the shot by Karl Mayer, of San Francisco, 45-9 to 45-6.

Jim Hollister, 45, took four golds—11.7 100 meters, 16.8 110-meter hurdles, 18-9 long jump and 36-6 triple jump.

The meet, in its 15th year, was directed by Roy Wigginton, Ken Carnine, Mike Ackley, Bob Cooper and Bob Roemer.

Tom Perry ty, Calif., I ships, Colu

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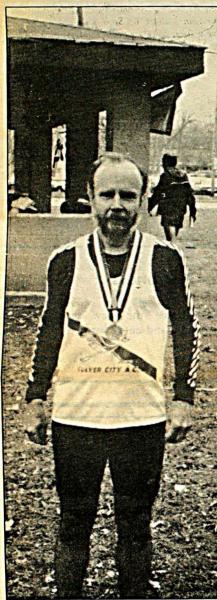
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Tom Perry, second M40 (6:23:21), of Culver City, Calif., National Masters 50 Mile Championships, Columbus, Ohio, April 1.

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MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Election of Women's Coordinator

s I stated in my March column, several women indicated an interest in serving as the Women's Coordinator on the Masters Track and Field Committee. Because of this expanded interest, it was agreed that an election would be held for that position. The election will take place at the women's meeting which will be held during the Outdoor Championships in August.

Under the leadership of Christel Miller, the position of Women's Coordinator has developed to include the following:

The primary responsibility is to collect and receive information from the women athletes, and to represent them by communicating issues and concerns to the Masters Track and Field Committee. The Women's Coordinator is responsible for facilitating the women's meeting at the Indoor and Outdoor Championships. Communication skills and follow-through are very important to this position. The Coordinator will attend and participate

in the annual TAC Convention. This year's Convention will be held in Seattle, November 27-December 1. In addition, the Coordinator serves as the U.S. TAC Masters Track and Field Women's Representative to the World Association of Veteran Athletes Women's Committee.

I encourage those interested in standing for the position of Women's Coordinator to submit their names and a brief resume to me no later than June 8. This information will then be published in the July issue of the National Masters News.



Andrew Smith (40, Crownpoint, NM) and Mataji Graham (36, Albuquérque, NM) were overall winners in the 10K State Racewalk Championships co-sponsored by the NMTAC and the NM Racewalkers on April 17. Unofficial times were 50:34 for Smith and 54:34 for Graham.

Photo by Gene Div

in

New Schedule for Nationals

The schedule of events for the 1990 National Masters T&F Championships in Indianapolis, August 2-5, has been revised.

Please see the new tentative schedule and entry form on page 44. □



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Ruth Heidrich runs 1:13:05 to win the W55 division of the Norman K. Tamanaha 15K Run in Honolulu, March 25.

Photo by Tesh Teshima

Campbell, Welch Win in Azalea Trail 10K

by DON WRIGHT

MOBILE, Alabama—John Campbell of New Zealand and Priscilla Welch of Great Britain via Boulder, Colorado, were easy masters division winners during the 13th annual edition of the Azalea Trail Run here March 31.

Despite extremely high humidity and overcast skies, Campbell ran 29:07.2 and was the 10th overall male finisher. Welch finished as the ninth woman overall in 34:12.1. Both earned \$1,200 for their efforts.

The open divisions paid \$5,000 for first and were won by Martin Pitayo of Mexico in 28:25.7 and Francie Larrieu Smith of Dallas, Texas, in 32:01.8.

Wilson Waigwa won \$750 as second masters male in 30:26.5; Ken Hamilton earned \$500 placing third in 30:36.3; Earl Owens came fourth in 31:01.1; and Domingo Tibaduiza finished fifth in 31:38.9.

Barbara Filutze (\$750) finished second to Welch in 35:35.7; Jane Hutchison (\$500) placed third in 36:02.6; Kathy Groh was third in 41:39.2; Jeannie Dixon came in fourth in 42:53.3; and Isabelle Joffrion wound up fifth in 42:55.3.

Grandmasters (50 and older) division winners were Ron Tocci in 36:16.4 and Fleeta Mills in 43:56.6.

The 14th Azalea Trail run is scheduled for Saturday, March 23, 1991. An equally large masters purse is

Green Top Runner in Nike Cherry Blossom-

by JERRY WOJCIK

Ideal conditions with temperatures in the 50s greeted entrants in the 18th Annual Nike Cherry Blossom 10 Mile in Washington, D.C., on April 1. Running past blossomless cherry trees, which had bloomed prematurely in March, seven masters division winners were over 90% on the age-graded standards, led by Norm Green, Jr., whose 54:53 equaled a 96.0%, which topped all finishers and set an age-57 record.

Ed Benham, 82, of Ocean City, Md.,

set another single-age best with a 1:20:56, good for a 93.6% performance.

Other division winners over 90% were Bob Giambalvo, 40, Shirley, N.Y. (52:04, 90.6%); Meeri Bodelid, 40, Muttontown, N.Y. (60:11, 90.8%); Fay Bradley, M52, Washington D.C. (54:11, 93.3%); Gaylon Jorgenson, 60, Henderson, Nev. (59:04, 93.7%); and John Hosner, 65, Blacksburg, Va. (62:47, 93.0%).

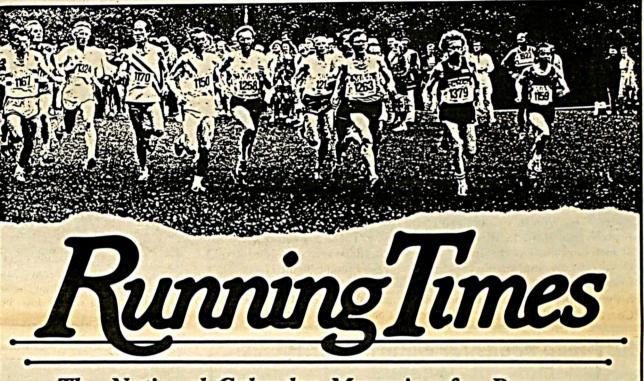
Ruth Rothfarb, 88, of Miami Beach,

Fla., set a U.S. W85-89 record of 3:24:08.

Chris Fox (47:06, 94.4%) and Lisa Weidenbach (52:38, 93.8%) each won \$3000 for their overall victories.

Among the finishers was Honorary Race Director Indiana Senator Richard Lugar.

The race continued its no-entry-fee policy through sponsorship by Nike, Gatorade, Fleet Feet of Washington, D.C., Poland Spring, and Tom's of Maine. Jeff Darman was race coordinator.



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Margaret Lee Makes It to the Victory Stand

argaret Lee had some reservations about running in the Los Angeles Marathon this year. In 1988, she won the 65-69 age division, but was denied the award at the awards ceremony because the results from her age division had not yet been sorted out. It happened again in 1989 after Lee defended her age-division championship. Lee, a native of Hawaii, was a little taken aback when a race official asked her if she had run the entire race.

"They didn't accuse me of cheating, but boy was I mad," says Lee, now able to laugh about it. "I wasn't going to go again this year, but I figured it couldn't happen three years in a row."

It did! Lee, who turned 70 last November, recorded a time of 4 hours, 31 minutes, 22 seconds, to easily capture the 70-74 division. Her time is believed to be a national record for an out-and-back course, battering the 4:37:37 by Mavis Lindgren way back in 1979.

Some twelve hours after finishing the 1990 Los Angeles marathon, Lee attended the awards banquet in the hope of finding out if she had won her division. But she was informed that the

results of the women's 60- and 70-year old divisions were not available.

The award arrived in the mail about a month later.

"It's no big thing, but it's sort of nice to be able to go up and get your award when everyone else does," says Lee. "I don't think I'll be going back there again. Maybe I'll try San Francisco next year."

Lee was not without recognition in Honolulu, however, when the awards were handed out after the annual Norman K. Tamanaha Memorial 15K race on March 25. Not only did she receive a plaque for winning the 70-74 age division in state-record time, but she was awarded the "best runner" plaque, ahead of overall winner Steve Littleton and women's winner Cheryl Brady.

The "best runner" award was based upon a handicap system whereby runners competed against a target time, figured from national and Hawaii agerecords for the 15K distance. Lee, who clocked 1:31:12 for the 9.3-mile race, finished 1:14 over her target time to beat out 68-year-old Naoto Inada (1:04:07, + 2:19) for the award. Brady, at 55:18, was 3:11 over her target time for third place in the division, while Littleton, at 49:03, was 3:52 over his, for fourth place.

"I'm just an old woman with pretty good endurance but not much speed," Lee said, smiling, after being called up on stage to receive the award. "But it makes you feel good to receive a little recognition once in a while."

Lee, born on the island of Maui but a resident of Oahu since an infant, took up running in 1975 after a physical exam. "I had always been a fairly active person," she explained, "but I had never thought about running until my doctor suggested it after I took a treadmill test. Growing up in a strict Chinese family, you just didn't think about sports or running.

"My doctor told me I was in excellent condition and that I should get out there and join the running crowd. My husband was in a running class at the YMCA then and when I told him what the doctor had said he encouraged me to give running a try.'

At first, Lee was content to run a few miles three times a week for exercise. "After a year or so of that, I thought I'd give the marathon a try," she said. "I struggled through the 1977 Honolulu Marathon in just over six hours."

The following year, Lee lowered her time to 5:11:20. "I've always been sort of competitive, although not in sports, and after that one I decided to really work at it and be tops in my division," Lee continued.

In 1979, she improved to 4:47:14 and a second-place in her division. The next year she won the first-place trophy with a time of 4:26:28. She continued



of the L.A. Marathon in 4:31:22.

Photo by Tesh Teshima

to chop minutes off, peaking in 1983 with her personal best of 4:11:16 while again winning the women's 60-69 division of the Honolulu Marathon.

In preparing for a marathon, Lee runs from 55 to 70 miles a week and does occasional speed work on the track with Faerber's Flyers, a women's running club.

"Some of my friends tell me I'm running way too much," Lee offers. "They say, 'Margaret, you've got to stop this running nonsense,' that I'm too old to be doing it. They tell me that I used to be so fair and round - what Chinese people consider healthy — you know, and now I'm so dark and undernourished-looking. They're afraid that I'm sick, but I tell them that I'm in perfect health and I have no intention of quitting. I enjoy it too much." - Mike Tymn

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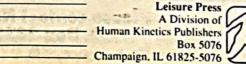
Margaret Lee (center) accepts the Harold Chapson perpetual award given to the first place finisher in the age-graded division of the Norman K. Tamanaha Memorial 15K run. Chapson, who holds many age-class world records and Mrs. Norman Tamanaha, widow of the man referred to as the "father of in Hawaii, present the award.

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Two World Records Set in Florida

by BOB FINE

Two world age-group records were set at the First Annual Florida Athletic Club/Greenacres City Masters Track and Field Championships on April 21 at John Leonard High School in Lake Worth, Florida.

Cliff Blair, an Olympian from Holbrook, Mass., set an M60 record of 15.19 (49-10) in the shot, while Jim Gilcrist, 63, from Boca Raton, Fla., broke his own world M60 record with a high jump of 1.66 (5-5½).

Competitors came from Canada,

Puerto Rico, the Bahamas, Oklahoma, New York, New Jersey, New Hampshire, South Carolina, Massachusetts and Ohio.

Twenty-two athletes turned in 40 All-American performances. They were led by Gilberto Gonzalez, the world M70 decathlon champion, who turned in eight All-American performances. Tom McDermott, 72, and Vanessa Hilliard, 49, each earned three AA performances.

Special thanks go to the Palm Beach Sports Council and the Palm Beach Tourist Bureau for their support.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUN 1990

ATHLETE(RESIDENCE)	BIRTHDATE	AGE GROUP
HELEN BUEME(LACKAWANNA, NY)	6-18-30	60-64
	6-18-30	60-64
ELIZABETH BURT(ANN ARBOR,MI)		ACTION OF THE PARTY OF THE PART
MARY ANN CAVICCHI(OH)	6-17-30	60-64
MARY CZARAPATA(NEW BERLIN, WISC)	6- 7-35	55-59
BETTY DAMERON (FREDERICKSBURG, VA)	6- 3-35	55-59
DOTTIE GRAY(KIRKWOOD, MO)	6-14-25	65-69
MARY HARADA (WEST NEWBURY, US)	6-17-35	55-59
MARY ISOM(SAN DIEGO, CA)	6-13-25	65-69
MARTHA KLOPFER(DURHAM, NC)	6- 3-35	55-59
VADINE KOENIG (HAMILTON, OH)	6-30-20	70-74
MARGARETA LAMBERT (DILLON, CO)	6- 6-20	70-74
VIRGINIA LANDUYT(CA)	6-13-20	70-74
EVELYN LERCHER(ENUMCLAW, WA)	6- 6-20	70-74
JAMI LITTLEJOHN(MI)	6- 4-50	40-44
SUE MEDAGLIA(BRONX, NY)	6- 4-35	55-59
MARYLIN MODEREAD/DETROIT MIN	6-24-40	50-54
MARY SPECKING(US)	6-22-30	60-64
MARYLIN WASTE(SAN FRANCISCO,CA)	6-30-30	60-64
DONNA WRIGHT (BARTLESVILLE, OK)	6-15-35	55-59
COLLEENA BLAIR(NZ)	6-19-30	60-64
TRISH CONNELL(AUS)	6- 3-45	45-49
SANDRA FORREST(GB)	6- 1-45	45-49
	6-22-35	
INGRID JUNGE(WG)		55-59
GERDA MUELLER(WG)	6-16-15	75-79
JUDY POLLOCK(AUSTRALIA)	6-25-40	50-54
JUNE PREECE(AUS)	6- 3-35	55-59
MARGARET TIPPING(GB)	6-12-35	55-59
MANUEL ALONSO(SPAIN)	6-11-30	60-64
FRITZ ASSMY(WG)	6-11-15	75-79
RICHARD LUKE BROWN (MEDFORD, OR)	6-11-40	50-54
HERBERT CORDWENER(WG)	6-11-40	50-54
JIM CRAINE(HONOLULU)	6- 6-20	70-74
DONALD CUMLEY(ENNIS,MT)	6-30-20	70-74
HAROLD DEMOSS(MOUNTAIN VIEW, CALIF)	6-21-35	55-59
EUGENE DRIVER(LOS ANGELES, CA)	6-19-50	40-44
JOHN ECCLES(NZ)	6-20-25	
		65-69
CHARLES ESPY(DUNEDIN, FL)	6-18-10	80-84
BENJAMIN FOX(PHOENIX, AZ)	6-20- 5	85-89
FRITZ HECKER(WG)	6- 9-25	65-69
MIKE HILL(BOULDER,CO)	6-12-50	40-44
WLADYSLAW KOMAR(POL)	6-11-40	50-54
RICHARD LACEY(CLEARWATER, FL)	6- 5-10	80-84
EDDY LAMB(SAN DIEGO, CALIF)	6-27-10	80-84
TOM LARIS(CA)	6-26-40	50-54
ERWIN LUDWIG(WG)	6-17-20	70-74
ERNEST MARINONI (PLACERVILLE, CALIF)	6- 5- 5	85-89
DICK MARLIN(MODESTO, CALIF)	6-24-30	60-64
HANS MOHR(WG)	6-25-10	80-84
WINFRED MORGAN(GB)	6-19-35	55-59
BRAYTON NORTON (LAGUNA BEACH, CALIF)	6- 1-30	60-64
	CONTRACTOR OF THE PARTY OF THE	
BRIAN OLDFIELD(ELGIN, IL)	6- 1-45	45-49
SANDY PATTERSON (BOSTON, MA)	6-21-20	70-74
WARREN PIKE(GREENLAND, NH)	6-25-10	80-84
STEVE RICHARDSON(CT)	6-24-20	70-74
BOB ROEMER(EL DORADO HILLS, CAL)	6-12-25	65-69
DON ROSE(KENTFIELD, CA)	6- 9-35	55-59
ALOYSIUS SIBIDOL(BRU)	6-20-20	70-74
ALOYSIUS SIBIDOL(MAL)	6-20-20	70-74
BOB STONE (KENSINGTON, CA)	6-12-20	70-74
ARTHUR WALSHAM(GB)	6-22-30	60-64
		75-79
RUDOLPH WANECK(WG)	6-28-15	Cultural Avenue
DUTCH WARNERDAM(FRESNO,CA)	6-22-15	75-79
BERTIL WISTAM(SWE)	6-28-40	50-54
Rob Jackson	8-28-38	M7.0
KOD Jackson	0-19-30	M40
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The National Masters News Needs Help



Jane Dods, our current assistant editor, is moving to Eugene in mid-July. A replacement is urgently needed to handle a wide variety of activities.

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Weight Training

by BOB STONE

mail survey of training methods of 45 top masters throwers was made last year. The first report on throwing workouts appeared in the April, 1990 NMN. This article covers weight workouts. The advice is applicable to non-throwers, as welf.

The survey showed 85% of the respondents consider weight training almost as important as throwing workouts. This was surprising, since most over-50 throwers did little or no weight training in their college days.

Throwers typically work with weights two or three days per week for a half to one hour per workout. Weight workouts are generally shorter than throwing workouts, but 40% said they'd cut down on throwing rather than weights if time became limited.

We divided the 45 respondents into their competition specialty. Six of seven javelin specialists used weight training, but generally worked with lighter weights than the heavyimplement throwers.

Motivation

Half the throwers said weight training was "very" important to their throwing success; 25% said it was of "some" help; the remainder weren't sure.

They feel weight training helps maintain throwing skills as they age, helps prevent injuries, and makes them feel better



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Event No.	Time ¹	Running Events ⁴	T-shirts 7 56 each 🗌 📗 📗
	8:00 a.m. 9:00 a.m. 9:30 a.m. 10:00 a.m.	Open 5K Road Run ⁶ 110M Hurdles 1500M Run 400M Hurdles 200M Dash	Total enclosed Ipayable to Tennessee Masters Meeti
1 10 10	11:30 p.m.	4x100M Relay8	Number Event Name
11	12:00 p.m.	3000M Racewalk	CONTRACTOR OF THE PROPERTY OF THE PARTY OF T
JISSE ST	1:00 p.m.	4x200M Relay 55M Dash	Mary and Maries Sweets and
11	2:10 p.m.	400M Run	the state of the s
lans is an	2:40 p.m.	100M Dash	IN THE REPORT OF THE PARTY OF T
16	3:10 p.m. 3:40 p.m.	BOOM Run 3000M Steeplechase?	一个多年。 2000年8月 - 中国的人的人的人
		South Steeplechase.	N. 1
Event No.	Time	Field Events	
18	8:00 a.m. 8:30 a.m.	Hammer High Jump	Managert water and white are pre-
20	9:00 a.m.	Long Jump	AND AND AND SECURITION OF THE PARTY OF THE P
21	9:30 a.m.	35 1b wt	HE HELD HER MANUFACTURE TO COME
22	10:30 a.m.	Pole Vault5	Charles Court of Manual Styles
23	11:00 a.m.	56 1b wt	以"A大人" 计扩展 的 对于图144 等
25	12:00 a.m.	Javelin	The state of the s
26	1:45 p.m.	Discus	THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW
Lasi Name	TITITL	First Name	TAC Registration Number

Weight Programs

More than half work out in weight gyms at YMCAs, schools and health clubs, The rest work out at home with at least a 110-pound adjustable barbell/dumbbell set, a few extra barbell plates, and, in some cases, a bench with upright supports suitable for doing squats with safety. Two-thirds prefer free weights over machines.

Their workouts consist of a number of sets and reps with each of several exercises in a preplanned sequence. They warm up with light weights and then increase to heavier weights, e.g. 60% to 85%. Most never lift more than 90% of their ability. "It's not any fun and could cause injury," was a typical response.

Exercises

Squats were voted the most important exercise. The bench press was rated highly; the bicep curl was rated low. Sit-ups were ranked high; some doing 200-300 a day. Next in popularity were flies, pullovers, power cleans, military press, leg extensions and deadlifts. Throwers alternate exercises from workout to workout to emphasize different muscle groups.

Seasonal Weight Training

Many college throwers reduce weight training during the competitive season. Masters throwers likely do the same (although this question wasn't asked on the survey). It's assumed they do no heavy lifting or practice throwing for several days before a major competition.



Shown during competition at the 1990 Soviet Veterans indoor championship are high jumpers from left to right: Olavi Niemi (FIN), Valeri Brumel (URS), Floyd (Bud) Smith (Iowa), Juri Tarmak (URS). Niemi broke the world indoor M55 triple jump record here (12.20, 40'4"), Brumel and Tarmak held world records and were Olympic gold medalists (Tokyo and Munich respectively).

Masters Training Tips

by JOAN STRATTON, Masters T&F Representative to TAC's Sports Medicine and Sports Science Committee

At TAC's Convention in Washington, I was asked to provide a list of materials available thru TAC developmental projects.

Below is the list, assembled by Lyle Knudson, TAC Sports Science Coordinator. Most of these are worthwhile. The Athletics Science Journal and Athletic Science Bulletin are a bargain.

TAC Development Science Projects (not-for-profit offerings to track/field athletes, coaches, scientists, administrators and officials)

TAC Senior Championships, Houston — TAC Junior Championships, Columbus — NCAA Championships, Provo — profess

sionally edited, \$15 per tape to cover the costs of reproduction and mailing only.

II. 1988 USA Olympic Trials videotapes
— all events (women and men), all rounds
of competition, all participating athletes, at
least two views of each event — 26 different
tapes, by event groups, \$15 per tape.

III: 1987 World Championships IAAF biomechanical studies videotapes — slow motion views of top performers in most events, women and men — accompanying biomechanical analysis of selected aspects of each event — \$20, to cover the cost of reproduction and mailing only.

IV. Athletics Science Journal & Athletics Science Bulletin — new scientific journals, specifically for track/field — includes research and practical application articles — subscriptions, \$1 per issue; publication opportunities. For information, write to: Dr. Lyle Knudson, Science Coordinator, Development, 3625 S. Verbena St., #404, Denver, CO 80237.

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Pelton, Stockman Lead "Flying 50s" at Hudson Mohawk Half Marathon

by PAUL MURRAY

A pair of "old" masters in their 50s stole the spotlight from their younger rivals in the Hudson Mohawk Half-Marathon on April 1.

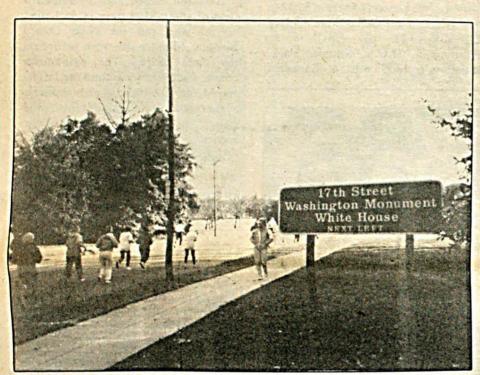
Although Rick Stark, 40, was the first master to cross the finish line in 1:16:12, he was closely pursued by John Pelton, 50, in 1:17:49, good for an 86% performance on the agegraded charts,

Anny Stockman, 57, returned to competition after a long injury layoff with a fine performance of 1:37:15,

which placed her among masters women and gave her an 82% agegraded performance.

Bob Gauvreau easily won the M60 title in a speedy 1:28:25 (83% AG), while Nancy Gerstenberger took the W60 division and fourth masters woman in 1:42:52 (81%).

Half of the 500 runners in the annual Schenectady-to-Albany race were masters. The race was sponsored by the Community Health Plan and organized by the Hudson Mohawk Road Runners Club. Steve Basinait was the race



Runners brave below-zero wind-chill in TAC's National Masters 8K Championships in the nation's

Track & Field Rankings Report

by JERRY WOJCIK, TAC Masters T&F Rankings Coordinator

The 1989 rankings book has been delayed a month from the proposed late-May publication date but should be available by the end of June, a month ahead of last year's July printing. The rankings book will contain much deeper rankings in all events published so far in the National Masters News and include some events which have not been published, such as the 3000, weight throw, relays and 1500 and 5000 racewalks.

Indoor rankings for 1990 will be done for the 55m/60yH, 200, 800, mile, long jump, and high jump, and will be published in winter issues of the NMN. If you are interested in doing an indoor event, contact me through the NMN.

Compilers for 1990 outdoor events are needed for the 3000, 10,000, and long (intermediate) hurdles.

The 1989 rankings for the shot, hammer, and perhaps the weight are again suspect because some athletes continue to throw lighter weights, such as the 12-lb. shot instead of the 6kg, in the M50-59 divisions. TAC-meet participants are supposed to adhere to TAC-specification implements, but if non-standard weights are used, their sizes should be indicated in results sent to the NMN.

Converting feet-inches for the field events to meters doubles rankings compilation time and discourages potential compilers. Except for the national championships and a few other meets, results sent to the NMN are rarely in meters. I suspect that most of the fault lies with event officials, who are more comfortable with the traditional feetinches measurement. Athletes should suggest, if not insist, that field event marks he measured in meters.



The Athletics Congress Southeastern Sectional Master's Track and Field Championships 1990



July 21, 1990- SHOWALTER FIELD, WINTER PARK (NEAR ORLANDO)

Sanctioned by The Athletics Congress-sponsored by the Florida Athletic Club

Fees: \$10.00 first event; \$6.00 each additional event; \$10.00 per relay; late entry fee of \$5.00 for entries marked after July 16th.

Competitor's momentos to the first 150 entrants.

Awards: Championship medals to the first three finishers, men and women, by five year age divisions form age 30 to 85 +

Team championship based on cumulative total points on the basis of 5-3-2-1 within each division and event.

Participants must be registered with The Athletics Congress.

Field Events: high jump, long jump, shot put, triple jump, discus, javelin, pole vault and hammer throw. Each compenior will have four throws or jumps. All measurement will be in meters.

All field event competitors are to report at 4:00p.m.- you will receive a schedule at that time based on the number of entries in each event.

Track Events: only the order of events will be given at this time. the schedule will depend on the number of entrants. For example TAC rules limit the numbers of runners and walkers in a 5K event to no more than 24 in a section. thus if there are more than 24, there will be more than one section. The running events will start at 4:00p.m. and esumated schedule will be posted at the start of the meet.

Order of Events: 100 meters, 5,000 meters, high hurdles, 5,000 meter walk, 800 meters, 200 meters, 1500 meters, 400 meters, 4 x 100 meters relay, and 4 x 400 meters relay.

PLEASE PRE-ENTER in post entering you will only delay the meet. The meet director has the right to refuse any post entry based on heat or flight assignments. Divisions may be combined for scheduling purposes, with separate awards to each division. Seeded sections may be used.







REDUCED HOUSING

Arrangements have been made with the Holiday Inn of the University Central Florida, 12123 High Tech Ave. Orlando, FL 32817; (407) 275-9000 for a special rate of \$54.00 per room. Each room has two double beds with a maximum of four to a room. These rooms must be confirmed by July 1st.

REDUCED AIRFARES

Reduced air fares can be obtained from Easterns Airlines. Call 1-800-325-7597 and note the easy access number EZ14TP10 and advise them that this is for the Southeastern TAC Master's Championship. Continental Airlines will offer a reduce air fare for further information please confact the meet address for the access number.

REDUCED CAR RENTAL

Reduced rates on rental cars can be obtained through Alamo Rent a Car by calling 1-800-732-3232 and requesting pain "BY 175093" reservations must be made 24 hours in

NAME	ADDRESS	A PROPERTY OF
NAME CITY AGE	STATE ZIP PHO BIRTHDAY SEX CLUB	NE
TAC #	(MUST HAVE A NUMBER TO COMPET	E)
EVENT(S)	i) 100M_200M_400M_800M_1500M_5,000M RUN_	

5,000M WALK_INTERMEDIATE HURDLES_HIGH HURDLES_

SHOT PUT_HIGH JUMP_LONG JUMP_TRIPLE JUMP_DISCUS_

JAVELIN_POLE VAULT_HAMMER THROW_

4 X 100 RELAY_Declare team at the start. Must be registered in the same club. Going down in age is permitted. Youngest team member determines the division. Teams must be all female or all male. 4 X 400 RELAY_

I certify that I am in good health, properly trained and physically capable of competing in this meet. I hold harmless The Athletics Congress, Florida Athletic Club, and the city of Winter Park for any injuries I may sustain.

\$10.00 first event, \$6.00 each aditional event, \$10.00 per relay make check payable to FAC Mail to 4223 Palm Forest Dr. N. Delray Beach, FL 33445 (SE Masters)

Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

Groin Pull

ne of the most annoying and frustrating muscle injuries is that of the groin pull or strain of the adductor muscle group of the inner thigh. This can be especially debilitating to a masters athlete because of somewhat decreased flexibility and circulation. The groin pull can easily hinder an entire season if not cared for properly.

Almost every event can be susceptible to this injury ranging from awkward landings or slipping at takeoff in jumping events to quick lateral direction changes in races or workouts to avoid collision, to general overuse injury from muscle imbalance. As this muscle is bulky in nature, the injury may not be as intensely painful as a hamstring pull and may be neglected until it reaches an advanced stage.

As in most injuries, at the first sign of pain, reduce or stop your training

regimens. Massage, both with direct pressure on tender points and cross fiber massage at the muscle, may be begun as soon as the pain level is tolerable. Acupuncture can be used to reduce possible swelling and increase circulation to the area.

As soon as possible, begin stretching and strengthening exercises. To stretch the adductor group; sit with legs wide apart with fingers on the floor between the legs. Walk the fingers forward while the body folds forward. Work gently and give a stretch to back and

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hamstring muscles as well. To strengthen these muscles, place the legs on each side of a chair, box or other object where the legs are 1½ feet apart and push the legs toward each other, holding for a count of 15. Repeat 4-5 times each day. Do all exercises at a comfortable level to not aggravate the injury.

Homeopathic remedies useful in these cases include: (1) Rhus Tox, where pain is worse on first movement; (2) Bellis Perennis, where there is also collected blood in the area; and (3) Arnica, to reduce general muscle soreness.

If properly treated, it should take 2-4 weeks to be back at full strength, but if progress is slow consult a health-care professional for further advice.

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries or suggestions for topics to be addressed in this column, write to Dr. Flowers, National Masters News, Box 2372, Van Nuys, CA 91404).

Hamilton, Filutze Win Sallie Mae 10K

by NANCY SIEBERT MURPHY

Ken Hamilton, 40, of Maple, Ontario was the masters winner in 30:12 in the 7th Annual Sallie Mae Cherry Blossom 10K on April 8 in Washington, D.C.'s Potomac Park. Hamilton's time was a Canadian

masters 10K record, breaking the mark of 30:19 set last fall by Dave Stewart.

Hamilton placed 18th overall in a field of about 3500 runners, including several who ran the Nike Cherry Blossom 10-miler the week before on the same course. The well-known course winds its way around the Jefferson Memorial which, in early April, is surrounded by hundreds of blossoming cherry trees — giving both races their names

Hamilton, whose 25-year running career includes first place at the North York Marathon and third in the Toronto Marathon, outpaced Steve Ruckert, 40, of Westminster, Md., (31:56), and Jim Pearson, 41, of Lakeland, Fla., (32:05).

In the women's masters competition, Barbara Filutze, 43, of Erie, Pa., captured first in 35:40. Second was Nancy Oshier, 41, of Rush, N.Y., in 36:17. Nancy Mieszczak, 41, of Buffalo, N.Y., was third in 36:54.

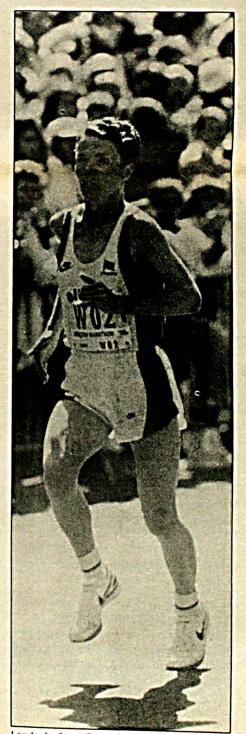
Hamilton had placed first over-40 in the Jacksonville River Run 15K on March 10; second in the Red Lobster 10K on March 3, and third in the Gasparilla 15K on February 17.

"The clear, cool spring weather and fast course helped me today," Hamilton said after the race. "My three previous races had been run in the Florida heat. I was hoping to break 30, but am pleased with my performance."

Other solid efforts were turned in by Atlaw Belilgne (45, 32:19), an Ethiopian who lives in New York City, Fay Bradley (52, 35:36), of Washington, D.C., Herb Chisholm (63, 39:52), of Alexandria, Va, Judy Fellhauer (42, 37:50), of Colorado Springs, Colo., Mary Ellen Williams (43, 38:25) of North Potomac, Md., and Eileen Portz-Shovlin (42, 39:25) of Emmaus, Pa.

Hamilton and Filutz each won \$500. Overall winners were Steve Taylor (24, 28:58) and Rosalind Taylor (22, 32:30).

Race Sponsor Sallie Mae (Student Loan Marketing Association) is the nation's largest single source of education funds. All proceeds from the race benefitted the American Red Cross.



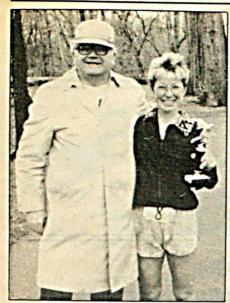
London's Anne Roden captured the women's masters title in 2:39:36 in the Boston Marathon April 16...

Photo: Victah Sailer/Agence Shot

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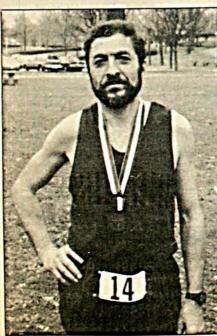
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Sharon Haywood, first W45 (9:50:38), of Pataskala, Ohio, with Race Director John White, National Masters 50 Mile Championships, Col-



Bob Blum, first M45 (6:28:46) of Cleveland, Ohio, National Masters 50 Mile Championships, Columbus, Ohio, April 1



Ferdinando Saglio, third M40 (6:33:29), of Grove, City, Pa., National Masters , 50-Mile Championships, Columbus, Ohio, April 1.

Zeller, Haywood Capture National 50-Mile Race

Continued from page 1

ultras - usually in the rear-of-thepack — was surprised and thrilled to win the masters crown (9:50:38) with the home crowd and family watching.

Virginia Yates, 35, was the first woman overall in 7:17:33.

The overall field of 34 finishers, including five women, was the best ever seen in Ohio. Eleven runners broke seven hours, 17 bettered eight hours,

and 25 came home under nine hours. The weather was favorable and the course was flat and scenic.

Other age-group champions were Norm Roof (M50, 6:52:13), of Mansfield, Ohio; Carl Pegels (M55, 7:17:02) of Buffalo; Charlie Steinmetz (M60, 9:42:40) of Indianapolis, and Harry Smith (M65, 11:01:08) of London, Ohio.

Ten Years Ago

June, 1980

- Nick Newton Sets M45 400 WR of 51.1
- Herm Wyatt Sets M45 HJ WR of 6-23/4
- Hal Higdom Sets M45 25K AR of 1:23:53

9th Annual **Hayward Masters Classic** Track & Field Championships

Hosted by OREGON TRACK CLUB MASTERS

June 23, 1990

Field events and track events begin at 8:00 a.m.

Hayward Field University of Oregon Eugene, Oregon

Host to 3 Olympic Trials, the 1984 & 1987 U.S. National Masters Track & Field Championships and the 1989 VIII World Veterans' Championships

Weyerhaeuser Paper Company Containerboard Manufacturing Springfield, Oregon

OREGON MASTERS

SCHEDULE OF EVENTS

SATURDAY, JUNE 23, 1990

Long Jump - M & W Triple Jump - M & W

Javelin - M & W

Shot Put - M & W Discus - M & W

Hammer - M & W

Pole Vault - M & W

High Jump - M & W

3K Steeplechase - M & W

10,000 Meters - M & W

5000 Race Walk - M & W 3000 Meters - M & W

High Hurdles - M & W

100 Meters - M & W

800 Meters - M & W

400 Meters - M & W

Intermediate Hurdles - M & W 200 Meters - M & W

5000 Meters - M & W

Mile - M & W

Relay 4 x 400 - M & W

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

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

ENTRY FEES: \$12 for 1st event (includes T-shirt); additional \$6 for 2nd event; additional \$3 each 3rd, 4th and 5th event.

ENTRY DEADLINE: All entries must be postmarked by Saturday, June 16, 1990.

* LATE ENTRIES WILL NOT BE ACCEPTED * NO REFUNDS FOR DEFAULT * MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.

PACKETS: Available for pickup at Eugene Hilton Friday evening, June 22; and June 23 at the meet.

AWARDS: 1st, 2nd, and 3rd place medals. Ribbons through 6th place. DETACH AND MAIL * Please Print * Birthdate: ____/ Age (as of 6/23/90) ____ Male ___ Female ___ _ Club Affiliation _ Phone (T-Shirt size (check one) **EVENTS** □ small □ med Entry fee ☐ large ☐ x-large TOTAL. NOTE: LATE ENTRIES WILL NOT Make checks payable to: BE ACCEPTED. OREGON TRACK CLUB MASTERS

Pwaive 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 participating in this event or at this event. I declare that I am in good health to participate in this event.

Send entry with check to: Oregon Track Club Masters, c/o Marcia Long, 3522 Westleigh, Eugene, OR 97405 or Les Castle, 720 E. 20th, Eugene, OR 97405. 344-9809.

MR 88'S WORLD CLASS 100 RACES

July 21, 1990

The following are the top ranked masters events of 1988-89 as rated by the Editorial Board of Masters Running '88. The quality of the event and its uniqueness of character were the selection

6:00 P.M.

BUFFALO 4 - MILE CHASE

Masters C/R:

M - Tony Simmons

• F - Nancy Oshier

22:44

Masters \$ M-F: \$500/300/150/100/75

criterion used.

Buffalo 4 Mile Chase; Buffalo,

N.Y.; August 10th - An international field of runners dominated the eighth edition of the increasingly popular Subaru 4-Mile Chase in Buffalo, NY. An estimated crowd of 10,000 spectators came out to this unique evening race to watch 1100 runners run the fast, flat layout through the Buffalo

State College area.

For applications and more information, write or phone:

Jim Nowicki

625 West Delavan Buffalo, N.Y. 14222 (716) 881-1652

Please include S.A.S.E.

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Land of Lincoln

MASTERS

JULY 7, 1990

MASTERS TRACK AND FIELD CHAMPIONSHIPS

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The Daily Herald

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Lincolnshire, III. 1-800-527-1133

For further details, send SASE to:

Craig Dean, M.D. 719 Stonegate Ct. Libertyville, IL 60048

1990 TAC

Mid America Track & Field Sectional Championships

Lincoln Track Club

Time and place

Sunday, July 1, 1990

Field events start at 10 a.m., running events start at 11 a.m. Abel Stadium Track, Nebraska Wesleyan University, Lincoln, Nebraska





Eligibility and awards

Open to men and women 19 and older

Age groups: Five-year increments (19-24, 25-29 and so

Attractive medals for first three finishers in each age

Entry fee schedule

\$7 for first event, \$4 for each additional event for entries received on or before June 22

Add \$1 per event for entries received after June 22 Non-Lincoln Track Club members must register by June 22 deadline

Events

110 hurdles, 100, 200, 400, 800, 1500, 5000, high jump, long jump, triple jump, shot put, discus, javelin.

Order of running events

110 hurdles 400

200 5000

1500

3/16" spikes allowed. Dressing room available.

Information: Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521, (402) 435-7061

TAC Mid America **Sectional Championships Entry Form**

To enter

Mail form and entry fee to:

Gary Bredehoft 4037 N. 20th St. Lincoln, NE 68521

Waiver (must be signed)

In consideration of your acceptance of my entry, I hereby for myself, my heirs, and executor, waive and release any and all rights and claims for damages against the Lincoln Track Club, Nebraska Wesleyan University, this event, their agents, representatives, successors, and assigns for any and all injuries suffered by me in said

Personal information

Address

City/State/Zip

Events entered

Amount enclosed

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ELITE SALES, Inc. Box 345, Accord, MA 02018

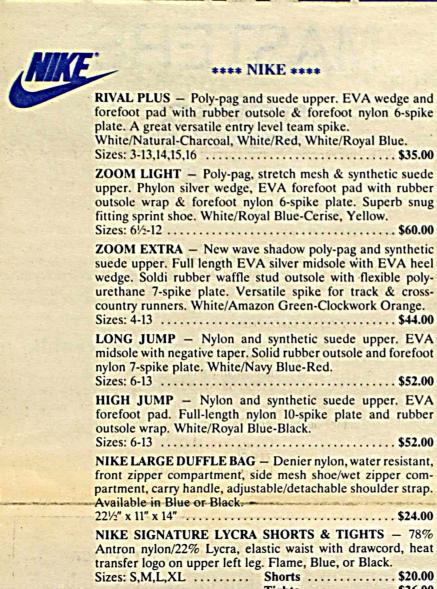
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Sizes: 6-14,15\$52.00 INTERNATIONALIST — Poly-pag & synthetic suede upper. EVA wedge and forefoot pad with rubber outsole and forefoot nylon 6-spike plate. Versatile spike for runners, hurdlers and vaulters. White/Blue Sizes: 3-13,14,15,16 \$44.00 NIKE ZOOM SPRINT - Synthetic nylon & suede upper. Phylon silver wedge, EVA forefoot pad & forefoot 6-spike plate designed for optimal flexibility & traction. Silver/Black Sizes: 6-13\$69.00 **** CONVERSE CLOSE-OUT SPECIALS **** JAVELIN - Durable blue suede upper with adjustable midfoot strap which stabilizes and secures foot. Sole is made of non-slip rubber studded material. Ten spikes in each shoe (four in heel). Blue/White Sizes: 7-13.....\$38.00 HIGH JUMP - Special nylon cork forefoot spike plate attenuates shock and stabilizes the foot when jumping. Red suede upper. Eight spikes in each shoe (two in heel). Red/White Sizes: 4-10½......\$35.00 LONG JUMP, SPRINT, HURDLES - Lightweight performance shoe designed for optimal support, traction, and stability. Six spikes in each shoe. White/Red. DISTANCE NYLON - Lightweight with extra cushioning designed for events with extreme or prolonged heel impact. Six spikes in each shoe. White/Blue SHOT, DISCUS, & HAMMER — Blue/White suede. Sizes: 4-5½ \$30.00 INDOOR - Molded rubber outsole and unique spike plate provides superb traction on different indoor surfaces. Yellow/Red Sizes: 8-10½ (no 10)\$30.00 SPRINT - A lightweight performance shoe designed for intermediate and advanced sprinters. White/Red Sizes: 8-9½ STEEPLECHASE - A light, cushiony shoe with open weave mesh which allows water to pass through. Blue/White

Sizes: 10½,11\$30.00



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WAFFLE RACER - Extremely Lightweight "spikeless spike" racing shoe. White/Black-Electric Green. SHOT & DISCUS - Athletic mesh and suede upper. Phylon silver wedge and full-length BRS 1000 outsole. White/Blue/ Black. e ad thirth) and EV. Sizes: 6-14,15\$52.00



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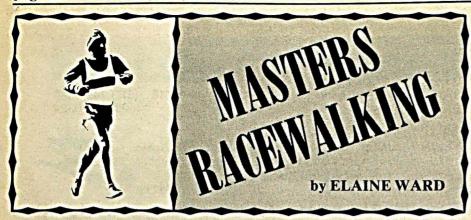
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Jo Ann Nedelco Is Hooked On Racewalking

o Ann Nedelco, 46, of Sausalito, Calif., was voted the outstanding masters female racewalker of 1989 by The Athletics Congress, edging Viisha Sedlak by one vote.

As Jo Ann states in the following interview: "I don't really buy the whole business about aging and slowing down. I think it is attitude, not age, which determines performance."

EW: Congratulations for receiving the award for outstanding female masters racewalker. What you are accomplishing at age 46 is an inspiration. How long have you racewalked?

JN: Just a little over two years. Before I started racewalking, I was a distance runner for 10 years. Then I attended a racewalking clinic and was hooked on it from almost the first time I went out for a walk.

EW: What specifically hooked you? JN: I was always fascinated by racewalkers. They seemed to be in such control. When we were all struggling in marathons, you would see the occasional racewalker go sailing by with a big smile on. Racewalking seemed an interesting movement, very smooth.

EW: It's unusual for someone to be immediately attracted by the techni-

JN: I found the technique fascinating and took to it right away. The more you do it, the more you find you need to work on it. It is infinitely perfectible. I find I'm learning and improving all the time. I think my best races are still ahead.

EW: Then you don't find age a limiting factor?

JN: Not at all. I think it's attitude, not age, which determines performance. My times slowly keep coming down as I keep learning more.

EW: What kind of mental attitude do you work for when you're going into a race?

JN: I've been doing a lot of yoga. I think it helps me, not only with physical flexibility, but in keeping centered and giving me mental confidence. That's the whole key. You have to be mentally strong when you go into competition.

EW: Do you mean able to withstand the physical stress during a race?

JN: You have to able to concentrate - to stay in focus. You can't let little things bother you. You can't think negatively at all. I read an interestingbook called The Mental-Athlete. It has ... sports. If people will just learn the

all sorts of exercises on how to train your mind to stay focused in the here and now during competition. It gives ways to remain positive, especially in the longer races. (The book is written by Kay Porter and Judy Foster, Ballantine Books, \$3.95).

EW: What are your goals for 1990? JN: To try to bring my 5K and 10K times down. (JoAnn's best times are 25:28 and 52:35, respectively.) I would love to qualify for the Women's Nationals again this year and to do well at the National Masters in Indianapolis in

EW: You once told me you'd like to make the Women's Olympic Trials in

JN: That's a long way off, but it would really be exciting to take part in that. Just going to the Trials for someone like me is like going to the actual Olympics.

EW: Do you have any specific suggestions for women over 40 entering racewalking?

JN: When I look at racewalkers, I don't really distinguish ages. It's such a fantastic sport. I would just say to keep it up and train every day.

EW: Then you train every day?

JN: Almost every day. I usually take one day off a week but I walk between 40-50 miles a week. I live in a very hilly area and work out at least every other day on hills. Once a week, I try to do track intervals. I used to hate working out on a track, but I've gotten to like it more. You're able to pace yourself better at a track and to keep more focused. On the road, my mind will drift. The combination of hill and track workouts has helped me bring my times down more than anything in the last year.

EW: Do you train by yourself? JN: Yes, usually.

EW: When you try to recruit someone to the sport, what do you say?

JN: I say racewalking is fabulous exercise, especially for the upper body. It's a total body exercise from the neck down. I think you get so much more from it than a lot of other aerobic

technique, they'll get so much more from their regular walking. You don't have to be competitive.

EW: True, but masters racewalking is glad you are.

(Elaine Ward is the head of the

North American Racewalking Foundtion, and author of Introduction to the Technique of Racewalking, available for \$8.50 from North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312,

Sedlak First Overall in North American 5K RW

by BOB FINE

The North American Masters 5K Racewalking Championships were held in downtown Tampa, Fla., March 31, as part of the Prevention Magazine All-American Walker's Rally. First overall in a women's masters world record time of 25:03 was Visha Sedlak, 41, the defending WAVA champion, from Boulder, Colo.

Second overall and the first male was Ron Daniel, 48, of Sunnyvale, Calif. Just getting back into competition, Daniel stayed with Sedlak for the first

2500m but then had to back off.

Tom White, 57, of St. Petersburg, Fla., turned in an All-American performance (26:52), as did Joy Clingman, 55, of St. Petersburg, in 30:20; and Helen Sutter, 77, of Largo, Fla., the oldest lady in the race, with a 36:26.

Twenty-seven personal records were set on the 1250-meter circuit course. The 28 men and 56 women constituted the largest number ever to compete in a North American 5K Championships.

Kitts Makes American Team in Racewalk

Eugene Kitts, a 42-year-old chiropractor from Aiea, Hawaii, placed fifth in the national TAC 50K racewalk championships in Atlanta, Ga. on April 8. The first five qualified for the team that will represent the United States in international competition later this year, including the Pan Pacific Cup race in Mexico City on October 5.

Kitts heel-and-toed the 31.2-mile course in 4:20:24, bettering the American 40-44 record 4:22:20 by John Knifton.

"The conditions were perfect and it was my best time for the distance, so

I'm very happy with the effort," said Kitts, who took up racewalking in 1985 after back problems prevented him from running and training for the triathlon. "I backed off the heavy duty training a few weeks in advance this year. I was more rested, and that may have made a difference."

Kitts trains on around 130 miles a week and has gone as high as 150. His previous best for the distance was 4:23:19.

The race was won by Tim Lewis of Colorado Springs in 4:30:20. - Mike

Green, Johnson Capture Mortland Racewalks

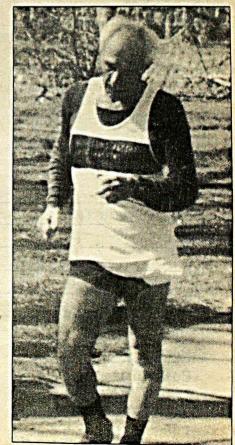
by JOHN WHITE

Max Green, 58, of Taylor, Mich., and Gayle Johnson, 41, of Columbia, Mo., captured the masters crowns at the Third Annual Jack Mortland Racewalks in Whetstone Park, Columbus, Ohio on April 8.

Green finished seventh overall in the men's 20K race in 1:43:41. Johnson took second overall in the women's 10K race with a PR 53:08.

Green had strong competition from his younger wolverine Pacer teammates John Elwarner, 50, and Victor Sipes, 44. Their three-man time of 5:14:03 won the overall team title, and supports the claim that the Pacers can field the top masters men's racewalk team in the country.

Green's time is a new M55 world best. Elwarner's times of 1:17:37 (15K) and 1:44:34 (20K) are U.S. age-50 records.



Max Green, 58, betters the M55 20K WR with a time of 1:43:41 at the John Mortland Invitational Racewalks in Columbus, Ohio on April 8. Photo by John White

The International Scene

Japan in 1993? — Part III

by BOB FINE, WAVA Executive Vice-President

visited Japan a week after WAVA Council members Cesare Becalli, Alastair Lynn, and Hari Chandra. I was directed to review the following specific areas of concern regarding the bid of Japan to host the 1993 WAVA World Veterans Athletics Championships in Miyazaki Prefecture (state).

1) Physical Facilities

The main stadium consists of an 8-lane artificial surface track, with stands, announcing facilities, dressing rooms, and meeting areas.

Food-vending booths are set up just outside the stadium. The entire stadium is to be refurbished, including a resurfacing of the track. I requested that a scoreboard be constructed, two additional jumping pits be installed (making a total of four), and that some covering be placed over the grandstand.

Next to the main stadium is a 300-meter dirt track. Surrounding the stadium are many baseball and soccer fields, any of which can be converted into throwing circles.

The secondary track is at the University. It's a 6-lane dirt track which will be converted to an artificial track. I suggested additional jumping pits and a steeplechase jump be installed.

The Japanese were most cooperative. They will appear before

Uniformed Japanese schoolchildren in front of the famed Kiyomizu Temple in Kyoto, Japan

the WAVA Council this month in Turku. At that time, definitive plans are to be submitted. In my opinion, with the modifications suggested, the physical facilities should be satisfactory.

2) Busing Facilities

Busing is absolutely essential as the two tracks are 15K from the city and the roads are fairly narrow, which means the travel time would be between 15 to 25 minutes.

I was advised that there are 683 buses available and the head of the bus company is an enthusiastic supporter of the bid.

3) Accommodations

This was my biggest concern, Miyazaki is a resort city that was the "Honeymoon Haven" of Japan. Now, many of the honeymooners are going overseas. The result is that the tourist industry, which is the prime source of income for the city, is hurting. Thus, the governor of the Prefecture is anxious for Miyazaki to get the bid.

There are 200 dormitory beds available at both the sporting complex and the University (10 to 20 in a room). The bulk of the accommodations will be in the city.

Most of the hotels have either Western or Japanese-style accommodations. The Japanese-style has bedding stored in closets to be taken out at night. The bedding is quite comfortable. The Japanese style rooms can accommodate more guests. These rooms would be perfect for families.

All the rooms we saw had TV and separate bathrooms. All the hotels will offer breakfast and dinner, both Japanese and Western style. The estimated cost per night per person will vary from \$20 for the dormitories to \$40 for the hotels. A detailed plan will be presented by the Hotel Association.

There is also the Phoenix, a four-star hotel 30K from the stadium; prices range from \$70 to \$100 per night.

There is also the possibility that many

of the residents would open up their homes. In sum, there certainly should be enough housing accommodations at reasonable prices.

4) General Comments

One of the major sponsors of the event would be Kintetsu International, a conglomerate which owns the Kinki Nippon Tourist Co., various hotels and a railroad (not the "bullet train"). Kinki would be in charge of arranging tours and accommodations, and would work with travel agents. To my mind, traveling all the way to Japan without touring the country would be a waste.

Inexpensive food is available in the department stores and on the side streets. Plastic models of the dishes appear in the windows with the prices. Japanese food is healthful and varied. Since breakfast and dinner are included in the hotel charges, food should not be a problem or a major expense.

The Japanese were unbelievably gracious hosts. Their reputation for politeness and cleanliness is well deserved. They are very intelligent. The nicest part of the trip was that I left with the feeling that I had made many new friends. To me, that's what our program is all about.



Almut Brommel (Federal Republic of Germany) hurls the discus 38,30 (125-8) to take the silver medal in the W50 discus in last year's World Veterans Championships in Eugene.

Photo by Gretchen Snyder

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13 Months To Go

Countdown Turku

More Than 5000 Expected in Finland

by PIRKKO MARTIN, Executive Secretary, IX WAVA World Veterans Athletics Championships

urku, Finland - Greetings from Turku. We were recently honored by the visit of Barbara Kousky, Executive Secretary of the VIII World Games in Eugene. She gave us valuable information which will help us organize the next WAVA World Championships in Turku next year.

Friends from the USA, Federal Republic of Germany, Australia and Hungary have already visited the venues and the hotels. WAVA President Cesare Beccalli was heré from April 27-30. The WAVA Council will meet here this month.

I had the opportunity to visit Moscow in March for their National Indoor Veterans Championships.

Valery Brumel, Juri Tarmak, and other Soviets will probably compete in Turku in 1991.

The organizers of this year's European Championships in Budapest expect a record number of entrants. So it looks like we may have more than 5000 participants here in Turku next year. I hope you'll be able to join us. [

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Report from Britain

by ALASTAIR AITKEN of Athletics Today

Tony Simmons, the international cross-country champion for the last two years, in his warm up for the London Marathon ran 67:26 in the Fleet Half-Marathon, March 25. The 42year-old Luton United runner went on to run the fastest veterans time in the Southern Road Relay Championships at Wimbledon on the Athletics Today road relay, April 7, with a 25:54 for the long stage.

Andy Holden, last year's national veterans cross-country champion, has been in fine form, running a veteran relay road record 27:07 for the long leg for his winning Tipton team in the Midland Veterans Road Relay Championships on March 31.

The Aldershot team has dominated

veterans road running for some years now, but it looks as though Tipton could cause them serious problems in the National Road Relay for Veterans at Aldershot on May 13.

The next big event is the 20th British Veterans T&F Championships, July 14-15, in Glasgow, Scotland. U.S. athletes could combine the meet with a visit to 1990 Exhibitions in Glasgow.



17 World Records at **British Veterans Championships**

by MARTIN DUFF of Athletics Weekly

Nearly 400 athletes contested the British Veterans Indoor Track and Field Championships at the famous RAF Cosford arena on March 31,

With world champions galore, 17 world indoor bests were set. Despite not setting a world record, Peter Browne, M40 winner at Eugene last summer, received the best-under-50 trophy for his 400 (52.3), 800 (2:01.7), and 1500 (4:09.3) treble, with an outof-sorts Ron Bell not offering any worthwhile challenge.

Ron Taylor, M55, set world bests in the 60m (7.6) and 200 (24.7), while the women went to town in the 400. Anna McDonald stopped the watch at 61.9 in the W40 race, and Jean Hulls ran 68.2 in the W50 section, both world records.

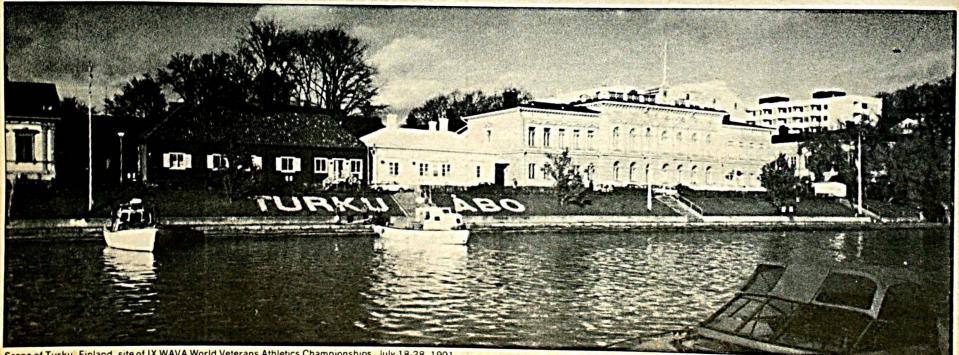
John Potts brought the M45 800 time down to 2:01.5 to add to his 1500 and 3000 world records set earlier in the winter. Les Presland lowered the M50 3000 to 8:58. 8. Dot Fellows did likewise in the W45 (10:41.0).

Over the sticks, Hulls added another WR with a 11.0 in the 60mH, with Hilary Farmer setting new figures of 12.3 for the W60.

Bob Care, M40, set a 3000 RW of

In the field, records were thin, but Mike Winch (M40 shot, 15.06) and Mike James (M40 long jump, (6.61) were outstanding.

Complete results in May issue.



Scene of Turku, Finland, site of IX WAVA World Veterans Athletics Championships, July 18-28, 1991

Photo from Olavi Niemi



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WAVA/TAC Hurdles and Implements Specifications

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-Record 801 Australian Veterans Return to Melbourne-

by JERRY WOJCIK

A record 801 Australian athletes returned to the site of the 1987 World Veterans Games at the Olympic Park complex in Melbourne for the 18th edition of the Australian Veterans Track and Field Championships on April 13-16.

By the meet's end, 10 world records and 45 national marks had fallen. Amazingly, all the world bests were set by women, and, even more astoundingly, three of them came from W60 Jean Albury. Albury, from the state of Victoria, broke records in the 1500 (5:36); 5000 (20:04); and 10,000 (42:16). (Marion Irvine has a 19:14 5000 mark pending.)

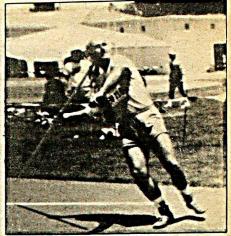
Other records were set by Ann Cooper (W60, 100, 14.40); Jan Shaw (W35, 2000-SC, 8:16); Marg Robinson (W50, SC, 9:08); Helen Searle (W50, HT, 41.56); Ruth Frith (W80, LJ, 2.40, and HT, 19.12); and Nance Jeffreys (W80, 5K RW, 39:04).

Among the many multiple medal winners was Rudi Hochreiter of Victoria, the M60 decathlon champion of

the 1989 World Games in Eugene, Oregon, who won the pentathlon with 4117 points, topping all pentathletes, for one of his ten medals.

The meet had huge fields in the M40 distance races — 30 in the 5000 (won by M. Lynn in 15:16) and 27 in the 10,000 (taken by Gerry Hand in 31:32). Twenty-seven M45s competed in the 10K cross-country race, won by T. Wilson with a 34:53.

The Victorian Veterans club hosted the meet, under the guidance of Ray Callaghan and Peter McGrath.



Johann Hansen, M50, of West Germany, 8th (43.68) in the javelin, TAC Masters Championships, San Diego. Photo by Jerry Wojcik



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London Marathon, Eyewitness Report

from MARTIN DUFF of Athletics Weekly

1988 Olympian Francie Larrieu-Smith, 37, was the star veteran performer in the world's biggest marathon (24,871 finishers) on April 22. Starting steadily, the W35 world 5000 and 10,000 record holder was back in fourth place overall as late as 23 miles. However, a storming late run saw her move up to third, then pass fellow U.S. colleague Lisa Weidenbach on Westminster Bridge to take a glorious second in 2:28:01, 1½ minutes down from winner, Wanda Panfil of Poland.

Behind Francie, Sylvianne Geffray, W35, of France; Martine Van De Gehuchte, W35, of Belgium; and Jutta Pedersen, W45, of Sweden also ducked under 2:40. Lola Smal recorded a new British W55 best of 3:16:22, while Jose Walles, 67, was just outside the W65 world best with a 3:39:28.

Men's open winner Allister Hulton's 2:10:10 was a U.K. M35 best. Stan Curran, in 61st overall, retained his M40 title with a 2:20:37 — but there's no prize money for veterans.

Former Olympian Barry Watson, 46, ran 2:26:25 to take the M45 title. There were good wins for Bob Peart (M60, 2:48:41); Hugh Currie (M65, 2:55:11); and Eugene winner Bob Brierley (M70, 3:22:30),



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Sorbothane/USRA Masters Circuit Report

inter Park, Fla. — While the calendar approaches the halfway point, the 1990 Sorbothane/USRA Masters Circuit is still in "early season" with 21 of its 23-race schedule yet to be contested. Memorial Day Weekend was a big one with the new Charleston (WV) 8K and the annual Cotton Row 10K giving Mid-Atlantic and Southern runners a chance to earn valuable points. The first Sunday in June provides Eastern and Midwestern masters a chance to gain in the Circuit standings with the SuperPlace 10K (Attleboro, MA) and Trinity Hospital Hill Half-Marathon respectively.

This is the first year we've put two Sorbothane/USRA Masters Circuit events on the same weekend but are only doing so in different regions of the country. With our objective of getting more masters regionally involved in the grand prix competition, this was the concession we had to make. The response has been favorable from the athletes with watching the "starting lineups" becoming a more integral part of masters racing strategy.

Just around the corner on the Circuit are the Utica Boilermaker 15K, July 8, and the season's first West Coast event, the Arvida Fiesta 5K in San Clemente. Newly added to the Circuit in the last month is the Rockland Half-Marathon in the New York City market, our first foray near the Big Apple. The enthusiasm and support for the Sorbothane/USRA Masters Circuit continues to grow and we appreciate your comments and suggestions at Circuit headquarters here in Florida (Dean Reinke & Associates, 400 N. New York Ave., Suite 102, Winter Park, FL 32789, 407-647-2918/FAX 407-647-0433.

And of course it is never too early to start thinking about Naples, Florida—now becoming a popular tradition on the World Masters Scene. Date will remain the second Saturday in January (12) in beautiful Naples. I'll be traveling down this month to discuss details with local sponsors and officials. Organizers are planning for another world assault on the 8K record book at the 3rd edition of the Sorbothane/USRA Masters Circuit National Championship—stay tuned for more details in upcoming issues.



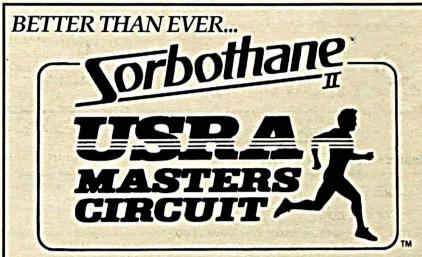
Sorbothane Performance Nutrition

CIRCUIT HAPPENINGS

Rod Dixon can't wait till he's 40 on July 13; he's scheduled to run the Hamot 10K in Erie, Pa., June 3. Nancy Grayson made a successful debut in her first major masters effort with a win over Sorbothane/USRA Masters Circuit leader Linda Banning at the Gumtree Run in Tupelo. Wilson Waigwa led the men while defending champion and course record holder Graham Tattersall dropped out . . . Former University of North Carolina distance runner (and Tony Waldrop teammate) Earl Owens of Atlanta continues to strengthen his reputation with a decided victory at the Fiesta 10K in Pensacola. He's a former triathlete who reports he's focused on the roads for now Welcome to Mississippi's Everitt Morris, a former Troy State (AL) runner, who just joined the masters ranks. His 3rd place showing at Fiesta (ahead of several notables including Wes Wesseley) showed he's for real . . . '89 RRCA and TAC Master Runner-of-the-Year Bob Schlau up to his old tricks again on the marathon scene with a top American finish at Pittsburgh in 2:22, some 40 seconds back of Ryszard Marczak of Poland. Schlau's next 26-miler scheduled is Grandma's in Minnesota this month and in Helsinki in August . . . Bill Rodgers turning race promoter with brother Charlie in trying to find financial support for a revival of the old "Boston Freedom Trail" 8-miler in October tentatively titled the "Boston Tea Party" run . . . Rodgers tentatively scheduled to run a new road race in Macon, GA, sponsored by Hardee's, September 29 Bel Air Town Run 5K, always a producer of fast times, scheduled for Saturday evening June 2 near Baltimore . . . Rodgers will be joined by Frank Shorter June 10 for the Orange Classic 10K in Middletown, NY, Shorter's home town . . . Shorter has joined with Fruit-of-the-Loom in a national scholarship program providing \$2000 scholarships for high school runners in conjunction with a number of road races nationwide . . . West Coast event to keep an eye on: Fujitsu 5-miler in San Jose discussons already taking place for '91 Sorbothane/USRA Masters Circuit . . . Will it play in Peoria? Yes, it will if you are a master in hopes of picking up some prize money at the Steamboat Days 4-Miler (\$400) or 15K (\$500) . . . Wilson Waigwa

among the names to be competing at Portland's Cascade RunOff and vying for \$1000 first prize . . . Waigwa was atop the victory stand at Bloomsday with Larry Almberg and Domingo Tibaduiza 2nd and 3rd . . . Julia Emmons of Peachtree reports the Atlanta July 4 classic will offer a \$1500 masters 1st prize while expanding the field from 25,000 to 40,000 . . . Marty Liquori has purchased ESPN's "Running and Racing" from Ambrose Salmini, while Toni Reavis will remain on board with Hal Rothman also assisting. Danskin, sponsors of a 3-city women's triathlon series, will serve in the title sponsor role. Charlotte's Summer Breeze 5K will offer a masters \$500 1st prize . . . Subaru has cut back its sponsorship of the Buffalo 4-miler

this sumer and no definitive reports of the prize purse . . . John Campbell and Bill Rodgers early commitments at Bix while race director Ed Froehlich and athletes coordinator John Hobbs are trying for a trifecta with Rodney Dixon on the line stay tuned . . . Rochester's Nancy Oshier placed 2nd overall at Old Kent River Run 25K in Grand Rapids ... Nancy Mieszczak of Buffalo taking some time off with an undisclosed illness that has her constantly tired - her physician: '89 U.S. World Cross-Country team member Dr. David O'Keefe . . . Ralph Zimmerman finished 2nd master and top 45-49 year old at the Nissan Buffalo Marathon . . . Laurie Binder making her comeback after surgery kept her off roads first 1/3 of year . . . !



Over \$250,000 has been distributed through the SORBOTHANE/USRA MASTERS CIRCUIT the past two years. 1990 plans to be better than ever and will again feature Grand Prix competition in 5-year age groups through age 70. The season will again culminate at the SORBOTHANE/USRA MASTERS CIRCUIT National Championship, which has been acclaimed the "greatest masters road race of all time."

March 17 Nissan Shamrock 8K Virginia Beach, VA (804) 481-5090

March 24 Myrtle Beach Classic 10K Myrtle Beach, SC (803) 497-2451

May 28 Charleston Marathon 8K Charleston, WV (304) 345-2511

May 28 Cotton Row Run 10K Huntsville, AL (205) 881-5807

June 3 Hospital Hill Half Marathon Kansas City, MO (816) 561-1085

June 3 Superplace Road to Good Health 10K Boston, MA (508) 339-5454

Utica Boilermaker 15K Utica, NY (315) 797-6929 July 22 Arvida Fiesta 5K San Clemente, CA (714) 498-3550

August 11 Asbury Park 10K Asbury Park, NJ (201) 531-4156

August 25 Crim Road Race 10 Mile Flint, MI (313) 235-3396

September 3 Soundtrack Challenge 10K Denver, CO (303) 741-3587 September 23

Rockland Half-Marathon Orangeburg, NY (919) 359-5425

October 6 Myriad Gardens Run 10K Oklahoma City, OK (405) 842-4141 October 6

October 6 Music City Championship 5K Nashville, TN (615) 833-4124

October 13 First Federal/Nissan Capital Trail Run 10 Mile Raleigh, NC (919) 876-8347

For further details of the SORBOTHANE/USRA MASTERS CIRCUIT and a free copy of Masters Running '90, the official Circuit Publication, please call or write:

SORBOTHANE/USRA MASTERS CIRCUIT

Dean Reinke & Associates 400 N. New York Ave., Suite 102 Winter Park, FL 32789

(407) 647-2918; FAX (407) 647-0433 (include \$3 for postage)

DEAN REINKE

8 Associates

October 14 Tandem-Dayton River Corridor Classic Half-Marathon Dayton, OH (513) 885-4683

November 11 Foundation 30K Championship Sacramento, CA (916) 631-5603

November 11 San Antonio Marathon San Antonio, TX (512) 732-1332

Seattle Half Marathon Seattle, WA (206) 525-1295

December 8 WZYP Rocket City Marathon Huntsville, AL (205) 881-9077

January 5, 1991 Charlotte Observer Marathon 10K Charlotte, NC (704) 379-6896





Write On Continued from page 4

Shortening the distance between hurdles for the M50-59 groups is crazy. For experienced hurdlers, this abrupt change greatly affects athletic performance. If the rule is not changed back to 30-feet between hurdles, (the 40-49 spacing), I will not hurdle when I reach

I understand the change was made to encourage greater participation in hurdling, but it will also eliminate this hurdler and other true hurdlers.

I hate to see events butchered every time a couple of people have difficulty competing due to a lack of condition and preparation.

> Cornelius McCormick, Laguna Niguel, California

DAN ALDRICH

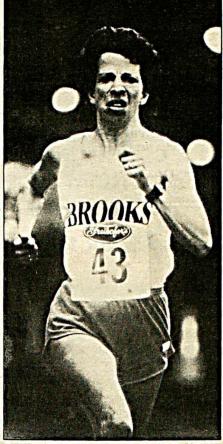
I know I join a long list of people who pay tribute to Dan Aldrich. This man of letters, whose courage and fortitude in the face of adversity, set standards we all will find hard to emulate.

His spirit will pervade our efforts for many years to come. This tall, strong and genuine man with a cheery smile and matchless spirit will be truly miss-

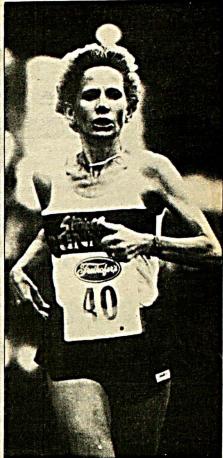
So long, dear friend. May God love Jim Hart and keep you.

Walnut Creek, California

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.



Barbara Filutze wins the masters division in 17:07 in the Freihofer's 5K in Albany, N.Y., May Photo: Victah Sailer/Agence Shot



South Carolina's Nancy Grayson won her masters debut with a win at the Gumtree Run in Tupelo, and here takes third masters prize in the Freihofer's 5K in Albany, N.Y., May 5.

Photo: Victah Sailer/Agence Shot

BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL Sponsored by The Rhode Island Track and Field Foundation

DATE:

FACILITY:

Sunday, August 12, 1990

Brown University Statium, Elmgrove Avenue, Providence, RI

DIRECTIONS: From I-95 North or South, take 195 East exit. Follow 195 until you hit the Gano Street exit (#3). Take a right onto Gano Street (north) which becomes Taber Avenue. Follow Taber until yo

reach Lloyd Ave. Turn right on Lloyd and go to Elmgrove Ave. Turn left and follow until you

see Brown Stadium on the left hand side.

New, 6 lane, rubberized Action 200 track (1/4" spikes). Same surface for jumping areas an

javelin runway, concrete throwing circles. First three places in all events.

DIVISIONS: Five-year groupings for men and women (30-80+).

ENTRY FEE: Pre-entries will be \$6 first event; \$5 each additional event by August 8, 1990

**Post entries will be \$7 first event; \$5 each additional event by 11:00 a.m. on day of meet.*

ORDER OF EVENTS: 12:00 p.m. Track 5,000m Run High Hurdles 100 m (Trials/Finals) 400 m

Mile 200m 800m 5.000m walk

1,600m Relay (10yr. groups no fee /no awards)

11:00 a.m. Javelin (Young to Old) Hammer (Young to Old)

12:30 p.m.

Pole Vault (Bar Not Lowered) Long Jump followed b Triple Jump (Old to Young) High Jump (Bar Not Lowered)

Shot Put followed by

Discus (Young toOld)

LOCAL HOTELS:		(401) 941-660 (401) 272-2400 a (401) 421-07	Can will tall the	Maria de la compania
FOR ADDITIONAL INFOR		46 Roberta Pawtucket,	Avenue RI 02860 869 (Evenings)	
		ASE PRINT		
Name		* 200	Phone No	
Address				
Street		City	State	Zip Code
Age (as of 8/12/90)		The state of	Male	Female
Club		_ TAC# _		Date of Birth
1. DESPERSION OF THE PARTY OF T	st Recent Mark	4. 5.		Best Recent Mark
Total fee enclosed \$		6.	enthers of each	Alignosia Selan ballaces program Selan Ballaces (Selan Selan

k, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Rob Avenue, Pawtucket, RI 02860.

WAIVER: In consideration of your accepting this entry for the 1990 Brown University Masters Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Signature

Filutze Wins in Freihofer's 5K

Continued from page 1

masters ranks on April 24, once the gun sounded it was Andersen who aggressively bolted to the forefront in an attempt to steal the race from her vounger rivals.

"I only caught Gabriele at the top of the hill," smiled Filutze, who swept past Andersen on the sweeping downhill to score a 12-second triumph and win \$1000. Andersen collected \$600 for her efforts.

In the 50-59 group, Zofia Turosz of Hartford, Conn., clocked 20:04 for a convincing 102-second win, while Albany's Nancy Gerstenberger bested Toshiko d'Elia in the W60 + category, 21:55 to 22:19.

The overall winner was Lynn Jennings, 29, in 15:31.

The preceding 10K saw Jan McKeown of Prospect, Conn., take masters honors in 38:48, second overall among 600 runners.

Almberg, Sparks Set U.S. Mile Records

Continued from page 1

In other masters events, Claude Hills, 77, overcame a poor start to prevail in a masters 100 for men 70-and-up. Hills clocked 15.7, followed by Byron Fike (15.9), Leslie Thomas (16.5), Senator Alan Cranston (17.0), Leo McEvoy (17.5), and George Braceland (DNF).

Two masters 4 x 400 relays were contested, with the George Mason Track Club (Ron Johnson, Errol Lee, Greg Marshall, and Bob Brown) posting the best time of 3:31.96.

Yesterday, Boo Morcom, Gerry Counihan, Tom Rauscher, and Phil Raschker distinguished themselves in the Edward Silverman Memorial Masters Pole Vault, the first masters field event ever in the Penn Relays.

The redoubtable Monzornicjust a few

days short of his 69th birthday, got over the bar at 3.40 meters (11-134) to win the age-graded competition with a 93.4%. Counihan, 50, took second with an 85.3% score, vaulting 4.00 meters (13-11/2). Rauscher, 43, went higher than anyone else - 4.30 (14-11/4) for a score of 84.0%. Raschker, 43, bettered her worldrecord Eugene performance by a centimeter in 2.47 (8-11/4) to finish fourth at 82.9%.

The pole vault was an invitational event which boasted a stellar field; eleven of the twelve competitors had finished in the top seven in the World Championships last year in Eugene.

Finally, a team of Patrick Caldon, Markus Heidelberg, Mickey Milove, and Rick Lapp won the 4x100 relay for the New York Masters in 46.04 [

MASTERS SCENE

NATIONAL

- Pete Mundle, WAVA/TAC T&F Records Chairman, reports some of the indoor shot put records (March NMN) are incorrect. Some "records" were thrown with underweight implements, it was learned after publication. A new list will be published in a future issue.
- Kathleen Wilson of Diamond Bar, Calif, has been appointed to the TAC Cultural Exchange Committee as the Masters Track and Field Representative.
- Visual Athletics is a new book by Judy Foster and Kay Porter, following their successful The Mental Athlete. It's a mental training handbook for every sport and all athletes, from recreational to elite. "Athletes can benefit greatly from visualization and mental training," says Alberto Salazar on the book's flyleaf. The 210-page, softcover book is available at bookstores for \$13.95 or from Wm. C. Brown Publishers, 319-589-4607.
- Omitted from the WR's list in the 1990 Indoor Championships in Madison was Mel Larsen's 27.87 in the M65 200, which is almost a second better than Canadian Cecil Paul's 28.87 in 1986.
- The U.S. National Senior Olympics officially changed its name to the U.S. National Senior Sports Organization. The USNSO acronym remains the same. The name change was required by the U.S. Olympic Committee, of which USNSO is a member. The UNSNO is designated by the USOC as the organization to administer national multi-sport competition for senior adults. The biennial national multi-sport competition will be called the U.S. National Senior Sports Classic. The 1991 event will be held in Syracuse, N.Y. from June 28-July 3, and is open to ages 55-and-up. National sponsors include AT&T, NaturalSport, and Holiday Inns. Holiday is sponsoring a tour for Atlanta's Phil Mulkey to visit five cities around the country and talk to seniors about fitness and sports. Mulkey, 57. was a member of the 1960 U.S. Olympic Team and is a frequent participant in masters T&F competition.
- Six cities submitted bids to host the 1992 U.S. Olympic Trials: Durham, N.C.; Eugene, Ore.; Knoxville, Tenn.; New Orleans, La.; Sacramento, Calif.; and Seattle, Wash. TAC's Site-Selection Committee will entertain presentations in Chicago, July 6-8, and will announce its decision at TAC's Convention in Seattle on November 27-30. TAC officials estimate that the Trials will bring \$5 million to the host city.
- At long last, Hal Higdon's The Masters Running Guide is off the press and in the mails. If you ordered a copy prior to May, you should have received it by now. New orders will be filled within two weeks. See page 3 for details.



Gail Rodd, 47, 3:28:13, 1st W40+, Big Sur W the New York Nessaga inches

EAST

- Meeri Bodelid, W45, battled open winner Sandra Natal to the finish in a superb women's race, ending second overall, four seconds back, in 17:53, in the Nancy Waters Memorial 5K, Seaford, Long Island, NY, March 24, Maury Dean, M45, chalked up an M40 + first (17:06).
- Elton Richardson, a W50 walker, placed first W40 + (1:02:24) in a Long Island, NY, 10K, April 22, and first woman overall (29:21) in the Alley Pond Striders 5K RW, Queens Village, NY, April 29.
- Priscilla Welch, 45, was first master and 15th overall in 26:56 (\$300) in the Nike Women's 8K in Washington, D.C., May 13.
- Bill Rodgers, 42, broke Barry Brown's longstanding U.S. masters 10-mile mark of 49:48 with a 49:08 in Kutztown, PA., March 31, finishing fourth overall. Rodgers won a 1990 automobile for his efforts. Bob Schlau was second over-40 in 53:04. Terry Delph (55:38) was third. Jane Millspaugh (63:19) was first 40+ woman
- The Eastern Sectional Masters T&F Championships on July 21 will be moved from Rochester, NY to a site TBA. The Rochester organziers cancelled out because of a lack of volunteers and a high daily (\$1500) facility fee.

SOUTHEAST

- Ken Hamilton (M40, 47:07) and Barbara Filutze (W40, 55:07) took masters honors in the River Run 15,000, Jacksonville, FL, March 10. Other division winners included second master Victor Mora (M45, 47:27); Jim Blount (M60, 58:09); and Althea Wetherbee (W70+, 1:33:25). Open winners were Ed Eyestone (43:59) and Francie Larrieu-Smith (49:39), who dueled with Lisa Weidenbach to the finish and won by four seconds.
- Hometowner Bob Schlau was the masters favorite in the Cooper River Bridge 10K, Charleston, SC, April 7, but Earl Ownes of Dunwoody, GA, proved strong with a M40 + course record 31:26. Schlau followed in 31:53, with Lee Fidler of Stone Mountain, GA, third in 33:26. The top three female masters were an exact repeat of the '89 race. Judy Greer of Orlando, FL, took first with a 37:45; Claudia Ciavarella of Winter Park, FL, second (38:02); and Gail Bailey of Charleston third (38:28).
- Miami Magic 5 Mile masters firsts were Alberto Echeverria (47, 29:09) of Miami and Marla Germaine (48, 39:01) of Dania, FL, in Miami, April 21. First W40 + RW-ers were John Frederick (42, 40:45) of Hollywood, FL, and Linda Stein (42, 48:18) of Sunrise, FL.
- The Seven Mile Bridge Run in Florida fills its 1500-runner limit within two weeks after entry forms are printed. The course runs from Marathon to Little Duck Key on the 65-feet high span of the longest of the 43 bridges that make up the Overseas Highway in the Florida Keys. Runners see sky to the left and right and the green-blue waters of the ocean and the Gulf of Mexico. Despite closing the bridge on the only link from the mainland to Key West for two hours, there have been no significant incidents in the eight years of the run. On April 21, Dale Parfit of Lantana, FL, with a 37:02, and Sharon Beal, a five-time winner of Fort Lauderdale, FL, in 41:53 were the 40+ firsts.
- on May 5. Jane Dods, 54 (Assistant Editor of NMN), strolled the 41.2 mile course in 8:42.
 "My most exciting moment was running, albeit at a 13-minute pace, past two males who were walking in the last mile," says Jane. This was her first ultra, but she's already thinking about the tate of the t

MIDWEST

 Nancy Oshier, 42, was second woman overall and 1st 40+ female in 1:31:59 in the Old Kent River Bank Run in Grand Rapids, Mich., May 13. More results next month.

MID AMERICA

 Masters entrants in the Trinity Hospital Hill Half-Marathon, June 3, Kansas City, MO, include Domingo Tibaduiza of Reno, NV, and Jane Hutchison, two-time USRA champion, from Webb City, MO.

SOUTH WEST

- Pat Halliburton (43, 34:33) of Garland, TX, and Nino Bovio (44, 40:11) of Brighton, MI, galloped through a Texas stampede of 22,000 runners in the Austin American Statesman Capitol 10,000, April 1, for masters firsts. Sixty-and-over winners were William Conrad (62, 39:50) of Houston, and Jan Richards (62, 46:47) of Arlington, TX.
- The Southwest Sectional Meet, set for July 21 at Starksville, MS, has been cancelled because of track refurbishment, reports Dan Thiel. The meet will be tied in with the Texas Masters Championships, July 14, at the U. of Texas-Arlington.

WEST

- The "best runner" in the 13th Annual Norman K. Tamanaha Memorial 15K run on March 25 in Honolulu was 70-year-old Margaret Lee. Lee, who finished 477th among some 650 runners, was awarded the Harold Chapson Best Runner trophy based upon a handicap system whereby the runners compete against target times. The target times were figured from national and Hawaii age-division records for the 15K. Lee clocked 1;31:12, just 1:14 over her target time to beat out Naoto Inada, 68, by 1:15 for the award.
- Val Schultz reports seeing Harold Chapson, now 89, and Clive Davies, 74, in Hawaii. Chapson competed in Eugene last year, but says he won't compete again. Davies spends time each year in Hawaii. Although he runs regularly, he also can't compete due to osko-arthritis. "But at least both men are healthy," Schultz says.
- Payton Jordan, Los Altos, CA, set an age-73 100m WR of 13.47 in the S&W Modesto open meet, Modesto, CA, May 5. Carl Orndoff, 64 was second (13.98), and Clarence Killion, 72, third (14.53). Jordan is returning to form after a slow start due to prostate surgery.
- The 2nd Annual City of San Francisco Marathon on July 1 expects 4000 runners from across the USA and around the world. The city and Mercedes-Benz will co-sponsor the race the next three years. The scenic course begins on Golden Gate Bridge. First-place masters will each win \$750. Contact 415/896-1530.
- Charles Thompson, 40, of San Francisco was first overall of 201 m/finishers with a speed 54:32 in the Waterfront 10, San Francisco, March 27. Bill Sevald, 43, of San Francisco finished in Thompson's shadow with the same time for second. Kathy Frank, 42, of Palo Alto, CA, took a W40 + in 1:13:32.
- Hilary Naylor, 43, of Oakland, CA, snagged a 13th-place 38:26 of 857 finishers in the Bonne Bell 10K, San Francisco, April 8. She was top masters performer with an age-graded 82.9%. Gail Rodd, 47, won the 45-49 race in 41:07 for an 80.4%. Frances Sackerman, 60, took the W60 + division in 47:32.0, an 80.2%, while Jaclyn Caselli, 69, ended in second in 50:29.0, also equal to an 80.2% age-graded performance. Nancy Ditz, 35, was first in 34:38 (90.0%). Jeanne Krall, 40, toured the adjunct 5K course in 20:53 for best female master.
- Byrle Smallen (42, 2:49:21) of Agoura Hills,
 CA, and Rodd (3:28:13) toured the scenic Big
 Sur International Marathon course to masters
 firsts in Carmel, CA, April 29. Strong head
 winds on the Highway 1 course slowed winning



Harolene Walters, W45-49 winner (1:20:31) in the Fontana Days Half-Marathon, April 21. Photo from Barbara Smith

times. The race drew entrants from far off, including Wen-Shi Yu of New York (1st W55, 3:45:32) and George Carill of Australia (3rd M65, 4:47:57).

• Harolene Walters, 47, was fourth woman and first W40 + (1:20:31) in the Fontana Days Half-Marathon, Fontana, CA, April 21. Mike Mahler, 47, was her male counterpart (1:09:06). Pat Devine, 61, finished with the leaders with a fine 1:19:14. Jane Lauscher, 43, nabbed masters honors in the 5K race with an eighth-place 17:51. Gina Faust, 53, was three seconds back in ninth. Stephen Keyes, 40, was tenth male and first M40 + (14:35). In the 5K RW, Keith Ward (41, 22:13) placed second overall and Jill Latham (53, 25:44) seventh of 64 finishers. Victoria Herazo, 30, was first overall in 22:02.

NORTHWEST

- Wilson Waigwa (37:05, \$1000) captured the masters title in the Lilac Bloomsday 12K Run on May 6 in Spokane, Wash., besting Larry Almberg (37:19, \$800), and Domingo Tibaduiza (37:44, \$600). Erna Kozak (44:18, \$1000) topped Karen Macharg (44:58, \$800) for the women's masters crown.
- The women's results of the Snake River Marathon in Idaho, March 4, which appeared on p. 50 in the May issue, are from another race and should be disregarded.

CANADA

 Art Meaney, 46, of St. John's, Newfoundland, ran 33:38 at the Easter Bunny 10K in Clearwater, Fla., on April 14 to top the M45 division and finish 9th overall.

INTERNATIONAL

- · A slight change in plans for Rod Dixon's attempt to be the first masters 4-minute miler: Dixon will not run the mile at the Bislett Games in Oslo on July 12. Instead, he'll run the 3000 there, followed by a 1000 on July 16 and a 1500 in London on July 20. Promoter Andy Norman and the BBC are working on setting up a special mile race around July 24-26 at Isley Road Track in Oxford, site of the first-ever 4-minute mile by Roger Bannister in 1954. "Looking back over my past performances, I find that my best times come from running overdistance and then underdistance before a major race," Dixon said, "Also the pace in the Oslo mile will be too fast and I'd be running virtually alone; I need to come by the half in around 2:00 with runners around me. Hopefully, the Oxford race will supply that." Dixon is training in San Francisco and will leave for Europe in
- Phil Garvin, 40, in his 30th marathon, was first M40 + and third overall (2:29:27) in the Australian Veterans Marathon Championships held with the Canberra Marathon in Canberra, April 8. Margaret Grice, 37, won the women's exeterans race (3:03:14).

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

July 14-15, U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840. August 2-5. 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. Marshall Goss, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583. November 27 - December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

EAST

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

June 1-3. Connecticut Senior Olympics, Bridgeport, Conn. Ginger Bedat, 203/576-4722.

June 3. New Jersey Masters Championships, Monmouth College, Long Branch, N.J. Sanford Kalb, 22 Addison Road, Howell, NJ 07731. 201/363-5426.

June 3. New York Masters Mini-Meet (throws and jumps only), Merchant Marine Academy, Kings Point, N.Y. Beatrie Kee, 58-31 Bell Blvd., Bayside NY 11364.

June 7-10. New York State Parks Senior Games, Albany. 55+. Debra Keville, NYS Office of Parks & Rec., Agency Bldg. 1, 12th Flr., Albany, NY 12238. 518/474-0403.

June 10. MAC Masters Championships, Randall's Island, NYC. Post entries only. 10 a.m. Sandy Pashkin, 212/666-3671 (7-9 p.m.).

June 10, 24; July 8, 22; August 12, 26. Potomac Valley Seniors TC Development Meets, St. Stephen's School, Alexandria, Va. Scott Bentley, 703/451-5869.

June 16. Don Harris Memorial Meet, U. of Pennsylvania, Philadelphia. Peter Taylor, 3120 Schoolhouse Lane (JA9), Philadelphia PA 19144. 215/842-3807.

June 22-23. Adirondack TAC Open and Masters Championships, Shenendehowa H.S., Clifton Park, N.Y. Jim Burnes, P.O. Box 1200, Troy NY 12180. 518/273-5552. June 24. Rhode Island Senior Olympics (40+), Lincoln H.S., Lincoln, R.I. Dolores Casey Bergeron, Dept. of Elderly Affairs,

160 Pine St., Providence RI 02903. June 24. Buffalo Belles and Brawn Open/Masters Meet, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

July 1. 5th Annual Garden State Athletic Club Fourth of July Track Meet. Randolph H.S., Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NY 07869. 201/625-1764 Junino

July 14. Sri Chinmoy Masters Games (raindate, July 21), 8 a.m., Victory Field, Forest Park, Queens, N.Y. 50+. SASE to SCMG, 150-47 87th Ave., Jamaica, NY 11432. 718/291-1468.

July 21. TAC Masters Eastern Sectional Championships. Site TBA.

July 28. Masters Meet, La Salle U., Philadelphia, Pa. No HJ or PV. Post entry only. Peter Taylor, 3120 School House Lane JA9, Philadelphia, PA 19144. 215/842-3807.

July 28-29. Buffalo Belles & Brawn Age-Group Classic, Parker Field, Tonawanda, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda NY 14150. 716/835-6018.

July 29. New York City Games, Columbia U. Masters mile. By invitation only. Marc Bloom 201/308-9701. Masters 3200 relay. M. Ahmed, P.O. Box 52-0249. University Heights Station, Bronx, NY 10452. 212/901-7416.

August 5. Keystone State Games. 55+. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

August 12. Brown U. Masters Invitational, Brown U., Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02680. 401/728-2869 (h)

August 18. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.

September 1. 15th Annual Virginia State Championships, Lannigan Field, Charlottesville, Virg. Karen Beaver, P.O. Box 5696, Charlottesville, VA 22901.

September 2. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, Arlington VA 22207. 703/243-1290.

Late September. New York Masters Weight Pentathlon (M, W) and Throwing Triple (W), Randall's Island, NYC. SASE to Jai C. Singh, 254-24 75th Ave., Glen Oaks, NY 11004. 212/704-5582 (8-11 pm).

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

June 2. Northwest Miami Meet, Tropical Park, Miami. Bob Fine, 4223 Palm Forest Drive North, Delray Beach FL 33445.

June 5, 12, 19, 26. Miami RC/Florida TAC All-Comers Meets, Tropical Park Track, Miami, Miami RC, Tropical Park, 7920 SW 40 St., Miami, FL 33155. 305/227-1500. June 9-10. 15th annual Northwest Classic,

Miami-Dade College, Miami. Youth, open, masters. Jesse Holt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.

June 10. Atlanta Masters Meet (formerly Southeast Sectionals), Atlanta. Julia Emmons, Atlanta TC, 3097 Shadowlawn Ave., Atlanta GA 30305.

June 17-24. Tennessee State Games, Nashville. Tennesseans only. Tennessee Sportsfest, 315 Deaderick St., 20th Floor, Nashville TN 37238.

June 22-23. Tennessee Masters Championships, Univ. of Tennessee, Knoxville. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743 (h); 615/576-0307 (o).

June 30. Masters Meet. Gainesville, Fla. Bob Fine, 4223 Palm Forest Drive North. Delray Beach, FL 33445. 407/99-3370.

July 7. Southeastern Masters Classic, Furman U., Greenville, S.C. Dick Bloomfield, 103 Crestwood Rd., Greer, SC 29651.

July 10, 17, 24. Miami RC/Florida TAC All-Comers Meets, Tropical Park Track, Miami. Miami RC, Tropical Park, 7920 SW 40 St., Miami, FL 33155. 305/227-1500.

July 14. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave. No. 5, Nashville TN 37299. 615/383-6733. July 15. Sunshine Games Masters Championships. 40+. Florida residents only. Bob & Gloria Fine, 4223 Palm Forest Dr., Delray Beach FL 33445.

July 21. TAC Southeast Sectional Masters Championships, Orlando, Fla. SASE to Bob Fine, 4223 Palm Forest Dr. N, Delray Beach, FL 33445, 407/499-3370.

July 22. North Carolina Masters Championships, Thomasville, N.C. David A. Kirkman, 8009 Willow Glen Trail, Greensboro, NC 27405. 919/643-3432 (h). September 22-23. Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville NC 27360. 919/476-1228.

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

June 2-3. 7th Annual Athlete's Foot Masters Meet and Pentathlon, Augustana College, Rock Island, Ill. Illinois Master sGrand Prix I. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 49. Indy Senior Classic, Indianapolis,

June 4-9. Indy Senior Classic, Indianapolis, Ind. 55+. Annie Chester, Parks & Recr., 1426 W. 29th St., Indianapolis, IN 46208-0630. 317/924-7059.

June 6-8. Mt. Vernon Senior Olympics, Mt., Vernon, Ill. 55+. Teresa Doherty. 521. Perkins, Mt. Vernon, IL 62864. 618/242-7010.

June 9. Cincinnati Midwest Track Classic, Fairfield, Ohio. Open and masters. John Blakely, 2137 Yorktown Ct., Fairfield OH 45014. 513/829-3565.

June 1417. Senior Games of Indiana, South Bend. 55+. Beth Keultjes, 624 N. Notre Dame, South Bend, IN 46617. 219/233-3117.

June 15-16. Kentucky Senior Games, Bowling Green. 55+. Charlie Daniel, Western Kentucky U., Bowling Green, KY 42101. 502/745-6042.

June 16. Discount Drug Mart/City of Medina Meet, Medina, Ohio. Track Meet Committee, P.O. Box 703, Medina, OH 44258, 216/725-2304.

June 17. Illinois Masters Grand Prix 2, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

June 22-24. Upper Michigan Peninsula Summer Sports Festival, Marquette. Jerry

Pangrazzi, 906/226-8702.

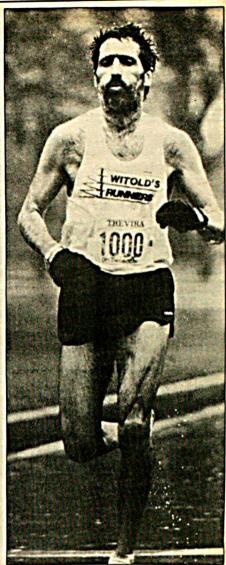
June 23. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

June 30. Illinois TAC Masters Championships & Grand Prix 3, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. Illinois Masters Championships, Libertyville. Over \$2000 in cash prizes. SASE to: Craig Dean, M.D., 719 Stonegate Ct., Libertyville, IL 60048.

July 9-13. Dayton Senior Olympics, Dayton, Ohio. 55 + . Dr. Mary Leonard, U. of Dayton, Phys. Ed. Dept., 300 College Park Dr., Dayton OH 45469. Park Dr., 513/229-4208.

July 13-15. Indiana White River Park State Games Finals, Indianapolis. T&F Regional sites (June 29-July 1): Anderson, Columbus, Elkhart, Evansville, Fort Wayne,



Ted Haiman, pictured here in the Trevira 10K won the M45 division (34:30) in the Al Gordon Rites of Spring 10K, Central Park, NYC, April 1. Photo: Victah Sailer/Agence Shot

Logansport, Richmond, Terre Haute. Indiana residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.

July 22. TAC Masters Midwest Sectional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125, 815/332-4743.

August 11-12. Masters Meet, Marshall U., Huntington, W.V. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

September 3. Columbus Senior Olympics, Bexley High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Yassenoff Jewish Center, 1125 College Ave., Columbus OH 43209. 614/321-2731. September 9. Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2449 Southway Dr., Columbus OH 43221. 614/294-4606 (w).

MID-AMERICA

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

June 2-6. St. Louis Senior Olympics, Wendy Ludwig, 2 Millstone Campus Dr., St. Louis MO 63146. 314/432-5700; ext. 118. June 3. Blue River Valley Meet, Marysville, Kansas. Marysville Recr. Dept., 209 N. 8th St., Marysville, KS 66508. 913/562-3031. June 29-30. Minnesota TAC Championships, U. of Minnesota, Minneapolis. TAC T&F Championships, 5429 Wooddale Ave., Edina, MN 55424.

July 1. TAC Masters Mid-America Sectional Championships, Nebraska Wesleyan U., Lincoln, Neb. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. July 7. Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Rachel Lyga,

Continued on page 33

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12263½ Way NE, Fridley, MN 55432. July 7-9. Central Iowa Senior Olympics, West Des Moines. 55+. Janet Ridgeway, 713 8th St., W. Des Moines, IA 50265. 515/277-6026.

July 12-15. Minnesota State Senior Olympics, Duluth. 55+. Tim Hunt, 330 City Hall, Duluth, MN 55802. 218/723-3337. July 23-31. Show-Me State Games, Colum-

bia, Missouri. Phil Brusca, Horton Watkins H.S., 1201 S. Warson Rd., St. Louis MO 63124. 314-993-6447.

September 1-2. 10th Annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980. Nancy Manson, 303/341-7992.

September 30. Lincoln TC Fall Classic, Nebraska Wesleyan U., Lincoln. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061. (h).

October 20. Kansas Big Guys Classic III, Lawrence, Kansas. Gary England, Rm. 43, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST Louisiana, Mississippi, Texas.

June 2. TAC Southwestern Association Championships, Dallas. John Pritchett, Mt. View College, 4849 W. Illinois, Dallas TX 75211. 214/333-8660.

June 9. 5th Annual Gulfcoast Masters TC Meet, Texas City, Texas. Lynn Ray Ellison, 807 2nd Avenue So, Texas City, TX 77590. 409/945-4038h; 765-6637w.

June 9. 6th Annual Oil Capital Masters Meet, Andrews, Texas. Gloria Grissom, 700 W. Broadway, Andrews TX 79714. 915/523-2695.

June 16. The Hill Country Classic Masters Meet, Mason H.S., Mason, Texas. Rucker Rt., Box 31C, Mason, TX 76856. Lee Graham, 915/347-5620 (h); 347-5921 (w).

July 14. Texas Masters Championships and TAC Southwest Sectional Championships, U. of Texas at Arlington. Joe Murphy, 4703 W. Lovers Lane, Dallas TX 75209. 214/357-5613.

July 21. TAC Southwest Section Displays CANCELLED M. Miss St. CANCEL St. 601/325-2892.

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

June 2-3. Duke City Masters Sub-Masters Open Meet, & Runners' Pentathlon, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.

June 3. 5th Annual Meet of Champions, Cal State Long Beach. Hugh Cobb, 2963 Galena Avenue, Simi Valley, CA 93065. 805/527-5471 (between 7-8 p.m.).

June 9. TAC Pacific Association Open and Masters Championships, Los Gatos H.S.,

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.



Atlanta's Phil Raschker, 43, became the first woman ever to pole vault in competition at Philadelphia's Franklin Field. In a special masters-only vault competition, Raschker cleared 2.47 meters (8-11/2) to establish a new world best for women over age 40.

Photo: Victah Sailer/Agence Shot

Los Gatos, Calif. Willie Harmatz, PO Box 1328, Los Gatos, CA 95031. 408/354-5660.

June 16. SCA/TAC Masters Championships, Occidental College, Los Angeles. Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105. 818/799-5981 before 9 p.m.

June 26-August 3. Los Angeles All-Comers Meets. Youth through Masters, 7 p.m. Tues: L.A. Southwest College; Wed: Birmingham High; Thurs: East L.A. College; Fri: Santa Monica College. Championships: Santa Monica College, August 3. No meets on June 28 or July 4. 818/904-2164.

July 5 - August 16. All-Comers Meets, each Thursday, 6 p.m., SBCC La Playa Stadium, Santa Barbara, Calif. Robin Paulson, 805/564-5422.

July 15. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026 213/666-4964 (h); 213/977-7492 (w).

July 21. TAC Western Sectional Masters Championships, UCSD, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla, CA 92037. 619/456-3656 (o).

August 11-12. 2nd Annual Hawaiian International Festival, War Memorial Stadium, Wailuku, Maui, Hawaii. Youth, open, masters. Marvin Thompson, 2301 Hyperion Ave., No. P. Los Angeles, CA 90027. 213/666-7341.

September 8. Northern California Seniors Classic, UC-Berkeley, Calif. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.

September 23. Sri Chinmoy Masters Meet, UC Irvine, Calif. Bigalita Egger, 1921 S. Sherbourne Drive, Los Angeles CA 90034. 213/838-4746.

October 6. 17th annual Club West Masters Meet, Santa Barbara Community College, Santa Barbara, Calif. No entries accepted after September 16. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/682-9540.

November 3-4. Palm Springs Senior Olympics. 50+. Ben Green, 555 N. Palm Canyon, Palm Springs CA 92262. 619/323-5689.

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

June 2. 7th annual Volcano Classic, St. Helens H.S., St. Helens, Oregon. Emil Torquato, 28 Sunset Place, St. Helens OR 97051. 503/397-4102.

June 2. Senior Sports Festival, Seattle Wash. 30+. Seattle Parks & Recr., 100 Dexter N., Seattle, WA 98109. 206/684-4951.

June 9-10. Southern Oregon Decathlon/Heptathlon, So. Oregon St. College, Ashland. SASE to SOSC Athletic Dept., Monty Cartwright, Ashland, OR 97520. 503/482-6236.

June 16. 3rd Annual Scholastic/Masters Classic, Gresham, Ore. Ange 18 vs. age 30-34, age 17 vs. 35-39, etc. P.O. Box 842, Gresham, OR 97030. 503/667-1145. Entry form on page 9. May issue.

form on page 9, May issue.

June 17-24. Oregon Track & Field Camp
for Masters, Hayward Field, Eugene. Bill
Dellinger, coach. Tom Jordan and Barbara
Kousky, P.O. Box 10825, Eugene OR
97440. 503/687-1989.

June 23. Federal Way Summer Meet, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way WA 98023. 206/874-3226.

June 23. Hayward Masters Classic, Eugene, Oregon. Marcia Long, 3522 Westleigh, Eugene OR 97405. 503/485-5132.

June 29-30. Peace Arch Games, Bellingham, Wash. Bellingham Parks & Recr., 210 Lottie St., Bellingham, WA 98225. 206/676-6985.

July 27-28. TAC Northwest Sectional Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, Mt. Hood CC, 26000 S.E. Stark, Gresham OR 97030. 503/667-7450.

August 24-25. 12th Montana Masters Meet, Bozeman, Mont. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717.

CANADA

June 9-10. Ontario Masters Championships, Etobicoke, Ont. George Gluppe, 1 Yeomans Rd., Downsview, Ontario, M3H 313.

June 26-July 4. 1st Canada Summer Master Athlete Open Games, Toronto, Ontario. Master Athlete Games, 200 Silver Star Blvd., Unit 300, Scarborough, Ont. M1V 5H4. 416/321-8620; 475-3433.

August 11-12. Canadian Masters Championships, Montreal. 35+. Ian Hume, R.R.1, Melbourne, P.Q. JOB 2BO. 819/826-5418.

INTERNATIONAL

June 23.24. 2nd Annual San Pedro de Macoris Masters Meet, San Pedro de Macoris, Dominican Republic. Calle Altagracia No. 14. Tel. 529-5793. San Pedro de Macoris, Dominican Republic.

June 30-July 8. VII WAVA European Championships, Budapest, Hungary. Europeans only.

July 14-15. 20th British Veterans Championships, Glasgow, Scotland. David Morrisson, 12C Deedes St., Airdrie, Lanarkshire, ML6 9AG, Scotland.

August 18-19. San Juan Annual Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Assn., P.O. Box 31300, 65th Infantry Station, San Juan, PR 00929.

August 23-26. WAVA North American Regional Championships, Port of Spain, Trinidad & Tobago. P.O. Box 7823, San

ON TAP FOR JUNE

TRACK & FIELD

A busy month starts on the first weekend with meets in Miami, Albuquerque, Dallas, Long Beach, Calif., Long Branch, N.J., and Augustana, III.

On the next weekend are events in Miami, Los Gatos, Calif., New York City, Atlanta, Andrews, Texas, and Toronto.

The 16th finds meets in Philadelphia, Los Angeles, Byron, Ill., Medina, Ohio, Mason, Texas and the interesting Scholastic-Masters matchup in Gresham, Oregon.

The Oregon Track & Field Camp for Masters will be held on June 17-24 in Eugene, Oregon, culminating with the Hayward Classic on the 23rd. Also on that weekend are meets in Federal Way, Wash., Clifton Park, N.Y., Knoxville, Tenn., Cleveland, Ohio, and Buffalo, N.Y.

The 1st Canada Masters Games open on the 26th, and the month ends with meets in Gainesville, Fla., and Naperville, Ill. (site of the 1991 Nationals).

Many Senior Games for 55 + are sprinkled around the country in June, and the European Championships (Europeans only) begin on the 30th.

LONG DISTANCE RUNNING

The Race 8K in Eugene and the Bel Air Town 5K with masters money go off on the 2nd. Two USRA Masters Circuit races are scheduled for the 3rd: the Superplace 10K in Plainville, Mass., and the Hospital Hill Half-Marathon in Kansas City, Mo.

The Shelter Island 10K in Long Island, N.Y., on the 9th, and the Garden of the Gods 10 Mile in Colorado Springs on the 10th dominate this weekend.

The Steamboat Classic 4 Mile plays in Peoria on the 16th, followed by the massive Cascade Run Off in Portland, Oregon, on the 17th.

The WAVA North American Regional Marathon Championships debut in Whitehorse in the Yukon on the 23rd. The International Veterans Grand Prix 10K/25K returns to Brugge, Belgium, on the 23rd-24th.

Diego CA 92107. 619/225-9555. Fax: 619/225-9562.

November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

November 11. Guyana Masters Games, Georgetown, Guyana. Complete T&F pro-Continued on page 34

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gram. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Maskenkatu 6 AA 33, SF-20700 Turku, Finland. Telephone: 358-21-512-469.

LONG DISTANCE RUNNING NATIONAL

September 23. TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St.

George, UT 84770. 801/628-3088. October 7. TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Nate White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

October 14. TAC/USA National Masters 50K Championships, Muncie, Ind. \$1650 masters money equally divided (\$150/\$75/\$50) among 40s, 50s, 60s, Jan Gilbert, P.O. Box 1032, Muncie, IN 47305. 317/288-4448.

October 27. TAC/USA National Masters 100K, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

October 28. TAC/USA National Masters 100K Championships, Manneapolis. William Wenmark, 18665 Rutledge Rd., Minneapolis MN 55391.

November 3. TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Don Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/545-9242.

December 2. TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388, 206/756-8494.

EAST

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

June 2. Bel Air Town 5K, Bel Air, Md. Masters m & w money. Bel Air Town Run, 605 Bernadette Dr., Forest Hill, MD 21050. 301/879-6410.

June 3. Superplace Road to Good Health 10K, Plainville, Mass. USRA Masters Circuit. 201/825-0469; or Dean Reinke & Associates, 407/647-2918.

June 9. 11th Annual Shelter Island 10K, Shelter Island, N.Y. SASE to Box 266, Shelter Island, NY 11964. 516/749-RUNS. July 4. Long Island Summer Women's 5K, Jericho, N.Y. Barry Salstberg, 9 Ardis Ln., Plainview, NY 11803. 516/433-7397.

July 8. Utica Boilermaker 15K, Utica, N.Y. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1310.

July 15. Women's Catch The Sun 10K, Westfield, N.J. Tina Di Rienzo/Pat Flynn, P.O. Box 513, Westfield, NJ 07091. 201/233-8567.

July 21. Buffalo 4-mile Chase, Buffalo, N.Y. 6 p.m. James Nowicki, 625 W. Delavan Ave., Buffalo, NY 14222. 716/881-1652.

August 5. Blue Cross/Shield of N.J. 10K Road Run, South Orange, N.J., also 3000 meter XC run, and masters 100, 800 and 1 mile. SASE to Summer Track Festival, Essex County Dept. of Parks, Recreation & Cultural Affairs, 115 Clifton Ave., Newark, NJ 07104. 201/338-3893.

August 5-11. Newport Running Camp,

Newport, R.I. NRC, Bernadette Squires, 89 Wood Place, Bloomingdale, NJ 07403. 201/838-6443.

August 11. 10th annual Asbury Park

Classic 10K, Asbury Park, N.J. P.O. Box 2287, Ocean Townwhip, NJ 07712. 201/922-9479.

August 12-25. Green Mountain Running Camps, New England. John Holland, 2434 Hawthorne Drive, Yorktown Heights NY 10598. 914/962-5238.

August 19. Falmouth 7.1 Mile, Falmouth, Mass. Jon Carroll & Rich Sherman, P.O. Box 732, Falmouth, MA 02541. 508/540-7000

August 19. Masters Twi-Light Four Mile, Easton, N.J. 40+. Mercer Street Striders, P.O. Box 227, Phillipsburg, NJ 08865. Woody 215/252-6033(d); Ray 201/454-8397(e).

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

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

August 4. Full Moon Frolic 8 Mile, DeLand, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 18. Parkersburg Half-Marathon, Parkersburg, W.Va. Dorsey Cheuvront, P.O. Box 718, Parkersburg, WV 26102. 304/424-2786.

MIDWEST

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

June 16. Steamboat Classic 4 Mile, Peoria, Ill. Steve Shostrom, Running Central, 700 W. Main St., Peoria, IL 61606. 309/676-6378.

July 15. Chicago Distance Classic 20K, Chicago. Diane Wood, 1440 W. Washington Blyd., Chicago, IL 60607. 312/243-2000

August 25. Bobby Crim 10 Mile, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

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

June 3. 17th annual Hospital Hill Half-Marathon, Kansas City, Mo. \$2000 masters money. Hospital Hill Run, 2440 Pershing Road, Suite 500, Kansas City MO 64108. 816/274-3196.

June 3. 9th Annual Steamboat Marathon/10K, Steamboat Springs, Colo. Steamboat Springs Chamber Resort Assn., Inc., P.O. Box 774408. Steamboat Springs, CO 80477. 303/879-0880.

June 10. Women's Race For The Cure, Davenport, Iowa. St. Luke's Cancer Center, 1227 E. Rusholme, Davenport, IA 52803. 319/326-6797.

June 10. Garden of the Gods 10 Mile, Colorado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 23. 14th Annual Grandma's Marathon, Duluth, Minn. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

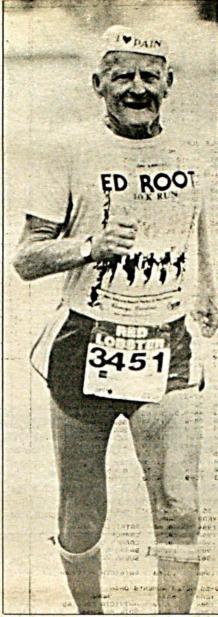
July 7. Midnight Madness Open 10K/Masters 10K/5K, Ames, Iowa. MMRR, P.O. Box 266, Ames, IA 50010. 515/232-6718.

July 15. Colorado Springs Classic 10K. Nancy Hobbs, Triple Crown, P.O. Box 38235. Colorado Springs, CO 80937.

719/473-2625. July 28. Bix 7 Mile, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

August 25. Pikes Peak Ascent (13.4 miles). Nancy Hobbs, Triple Crown, P.O. Box 38235, Colorado Springs, CO 80937.

August 26. Pikes Peak Marathon, Manitou Springs, Colo. Nancy Hobbs, P.O. Box Colorado Springs, CO 80937.



Ed Root, 94, first M80 + in 1:30:59, Red Lobster 10K, Orlando, Fla., March 3. Photo by Sailer Ltd

SOUTHWEST Louisiana, Mississippi, Texas.

July 4. Firecracker Fast 5K, Little Rock, Ark. \$500 1st 40+ m & w. SASE to Gary Smith, Race Director, Sportstop, 1800 N. Pierce, Little Rock, AR 72207. 501/666-1720.

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

June 2, 3, 9, 10, 16, 17, 23, 24, 28, 30. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

June 2. Shadow of the Giants 50K, Fish Camp, Calif. Baz Hawley R.D., P.O. Box 25, Fish Camp, CA 93623. 209/683-7426. June 9. Palos Verdes Marathon, Palos Verdes, Calif. George Owens, P.O. Box Palos Verdes, CA 90274. 213/541-5033.

June 17. Run for Gay & Lesbian Pride, Los Angeles, Calif. Frontrunners of Los Angeles, P.O. Box 691772, West Hollywood, CA 90069. Jane Dods, 818/761-2043.

June 24. Aptos Women's 5 Miler, Aptos, Calif. Gail Goettelmann, 866 Burns Ave., Aptos, CA 95003. 408/688-1624.

July 1. San Francisco Marathon, San Francisco, Calif. Rich Nichols, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-1530.

July 15. Irvine Bastille Day 8K, Newport Beach, Calif. Susan Whetzell, 125 E. Baker St., Costa Mesa, CA 92626. 714/557-5100. July 24. Deseret News Marathon, Salt Lake City, Utah. Marathon, P.O. Box 1257, Salt 719/473-2625.

August 19. America's Finest City Half-Marathon, San Diego, Calif. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

August 26. Santa Monica Marathon, Santa Monica, Calif. Marathon, Recr. Division, 2600 Ocean Park Blvd., Santa Monica, CA 90405, 213/458-8311,

NORTHWEST

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

June 2. The Race 8K, Eugene, Oregon. John Nosler, P.O. Box 11364, Eugene, OR 97440, 503/485-6934,

June 17. Cascade Run Off, Portland, Oregon. P.O. Box 40228, Portland, OR 97240. 503/226-0717.

July 14-21; 22-29. Eugene Experience Adult Running Vacations, Eugene, Oregon. Box 5306, Eugene, OR 97405. 503/343-2063.

July 21-22. Goodwill Games Marathon 1990, Seattle. Send 50c postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle WA 98119. 206/282-5565.

CANADA

July 22. Friendly Voyageur Marathon, Massey, Ontario, Canada. Canadian Masters Marathon Championships. Shelda & Norm Patenaude, Lee Valley Rd., R.R. No. 2, Massey, Ontario, Canada POP IPO. 705/865-2671.
September 2. Montreal International

Marathon, Quebec. Marathon Interna-tional of Montreal, P.O. Box 1570, Succ. B. Montreal, Quebec, Canada H3B 3L2. 514/879-1027.

INTERNATIONAL

June 2. 5th Annual Festival De Primavera 5K/10K/10 Mile, Rosarito Beach, Baja California, Mexico, SASE to Finish Line. International, 7846 Comie Dr., Hun-tington Beach, CA 92648, 714/841-5417. June 23. 1st WAVA North American Regional Marathon Championship and Yukon Gold Midnight Marathon, Whitehorse, Yukon Territory, Canada, North American Marathon, Box 4502, Whitehorse, Yukon, Canada YIA 2R8. 403/668-4463 (p.m./weekends), 403/668-4236 (days).

June 23-24. International Veterans Grand Prix 10K/25K, Brugge, Belgium. Jacques Serruys, Postbox 7, B8000, Brugge,

July 1. 8K Cross Country Championship, Georgetown, Guyana. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

August 11. Moscow International Peace Marathon/10K, Moscow, Soviet Union. Marathon Tours, Inc., 108 Main St., Charlestown District, Boston, MA 02129. 617/242-7845

RACE WALKING

January 1 to December 31. Shore AC One-Hour Postal Racewalk. Five-year age groups thru 85 + . Gerald Kiss, 18 Rutland Place, Eatontown NJ 07724. 201/542-1779.

July 7. TAC/USA 10K Racewalk, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

July 21. TAC Western Sectional Masters 5K Championships, Balboa Stadium, San Diego. Ed Oleata, 619/456-3656.

Aug. 2-5. TAC/USA Masters National 5K/20K Championships, Indianapolis, IN. 812/855-8583.

September 9. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Denman, 28 N. Locust Ave.,
Branch, NJ 07754, 201/222-9213.

FOR INFORMATION cell (718) 291-1468 or 7406

Nothing Mores News

Records Set At Indoor Eastern Championships Meets Thru 1990 Prepared by Haig Bohigian

60 YAR	D-55 MET	ER MEN'S	S HURDLES
AGE	YEAR	MARK	NIME
30-34	1982	7.13	BOR RUDROW
35-39	1985	7.87	DAMUD SALEEM
40-44	1981	7.80	JAMES O' HARA
STATE STATE	1988	7. 80	KEN BRINKER
45-49	1983	7.80	CHARLES PRATT
50-54	1983	. 10	LARRY PRATT SR.
55-59	1985	8.87	CLIFFORD MURPHY
60-64	1902	9. 20	BOO MORCON
65-69	1987	9.59	ED LUKENS
THE STATE OF THE STATE OF	1990	9.6	ED LUKENS
70-74	1986	10.02	GILBERTO GONZAL
75-79	1988	10.70	BUSCELL MEVEDS

	1 700	6. 33	SINH MATIFEA
45-49	1982	6. 50	LLOYD RIDDICK
50-54	80. 81 683	6. 90	BERT LANCASTER
55-59	1983	7.28	RUDY VALENTINE
60-64	1982	7.34	DAVID LAWYER
65-69	1965	7.93	DAVID LAUYER
70-74	1986	8.29	GILBERTO BONZALEZ
75-79	1983	4. 70	BYRON FIKE
80-84	1963	9. 10	EVERETT HASACK
Marin Toronto	A Charles St.	Marin Name	Newson House have
200 ME	TER MEN'S	DASH	
	Lanen work		

CON THE	IEM WEW	A DHOM	
30-34	1989	23.55	VAL BARNUELL
35-39	1989	23. 01	AL HALTON
40-44	1989	24.03	BILL OVERBY
45-49	1990	24.3	ROGER PIERCE
50-54	1989	24.28	LARRY COLDERT
55-59	1990	26.9	CLIFF DAULING
60-64	1990	28.9	TOM PROOKS
65-69	1989	30.14	VERN MATSON
78-74	1989	33.23	SPARKS SORLIEN
75-79	1990	37.6	JERRY WIBLE
80-84	1990	42.0	DON ERNST
AL AND DESCRIPTION		Billion, Malantelle	

400 METER H	EN'S DASH	
30-34 1989	52.6	ADRIAN STERETT
35-39 1961	31.9	HORACE HUDSON
40-44 1996	53. 9	JORDON SIMPONS
45-49 1994	53.5	ROGER PIERCE
50-54 1909	54.0	LARRY COLBERT
55-59 19N	57.7	CLIFF POLLING
60-64 1994	65.4	JOE KELLY
65-67 1990	72.4	OSCAR HARRIS
70-74 1989	76.0	GEORGE SHEEMAN
75-79 1994	M. M.	JERRY WIBLE
A A A MINISTER !	MANAGEMENT	STATE OF THE PARTY

METER MEN'S RUN

- Ju-34	1986	4159.06	JIM HUDSON
35-39	1986	1156.20	WALTER HAMKING
40-44	1967	2101.40	ALBIN BHENSON
-5-49	1907	E104.40	DAVID FARLEY
50-54	1986	2110.65	CLIFF PAULING
55-59	1990	2114.5	CLIFF PAULING
60-64	1990	2132.6	BILL COONEY
65-69	1949	2127.1	ARCHIE MESSENGE
70-74	1986	2141.94	AUSTIN NEWMAN
75-79	1990	3126.4	JERRY WIBLE
80-84	1990	3150.0	HENRY ZACHMAN

1544	-	N'S RUN	STORES OF THE PARTY OF THE PART
AGE .	YEAR	MARK	NOTE
30-34	1986	4:17.10	FREDERICK KOLTHA
35-39	1986	4105.60	HAROLD NOLAN
40-44	1986	4115.60	KIRK RANDALL
45-49	1986	4134.50	SETH KAMINSKY
50-54	1989	4128.3	JOHN CONNER
55-59	1990	4137.6	JOHN CONNER
60-64	1990	5104.9	BILL COONEY ARCHIE MESSENGER
65-69	1989	5105.0	OUSTIN NELMON

75-79	1990	6148.6	JERRY WIBLE
80-84		forth - 10 at	
3000 M	ETER M	EN'S RUN	是是一种特别的
AGE	YEAR	MARK	NAME
30-34	1988	8154.88	ROBERT PETRILLO
35-39	1989	8:58.3	JOE CONTARIO
40-44	1988	9104.00	ALBIN SHENSON
45-49	1987	9126.60	TIMOTHY SIMPSON
50-54	1989	9. 55. 4	BOB MILNER
55-59	1987	10:30.20	TONY SAPIENZO
60-64	1986	11130.80	LUTHER BURDELLE
65-69	1990	12:18.9	CARL HAMMEN
78-74	1987	11127.50	SCOTTY CARTER
75-79		C. P. C.	
80-84			AND THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUM

00-04	E 600000		
3000 M	ETER M	EN'S RACEM	ALK
AGE	YEAR	MARK	NAME
30-34	1988	13140.00	DAVID LAHRENC
35-39	1990	14159.7	JAMES BROCHIN
40-44	1987	13126.60	ROBERT KEATIN
45-49	1998	13:27.0	GARY MULL
50-54	1988	15:55.50	WILLIAM PREST

35-39	1990	14159.7	JAMES BROCHIN
40-44	1987	13:26.60	ROBERT KEATING
45-49	1990	13:27.0	GARY MULL
50-54	1988	15:55.50	WILLIAM PRESTON
55-59	1990	14159.4	JACK BOITAND
60-64	1987	17:32.00	JOHN GRAY
65-69	1986	18:01.30	DON JOHNSON
70-74	1987	20:39.10	ROBERT MULIKEN
75-79	1990	18:55.4	JERRY WIGLE
MEN'S	HIGH J	UND	
G(st	VEGE	ALC:	NOME

AGE	YEAR	CONTRACTOR OF	RK	NAME
30-34	1989	6-9	2.055	JERRY CROCKETT
35-39	1981	6-0	1.83	MIKE O'MEARA
	1966	6-0	1.83	ERIC HOWARD
	1990	6-0	1. 63	LARRY GOSTKOWSK
40-44	1976	5-11	1.60	HASCOCK
45-49	1977	5-A	1.725	WALT HUTCHINS
1 20	4 & 19a	5-0	4.725	GERHLD COUNTHAN
237 10000	1948	5-8	1.725	PAUL DORSEY
50-50	1974	5	1.643	SOG MONCUM
	1993	5-4	1.625	GERALD COUNTHAN
44-49	1977	7-0	1 4.34	BOO BOHE CHE
	1981	5-0	1.525	SPOTTY HOLL
60-64	19634196		1.47	POO MOSCOM
Bally Vanis	1986	4-18	1.47	DENVER SMITH
65-69	1983	4-8	1.42	IAN HUME .
70-74	1385	4-8	1.42	IAN HUME
75-79	1988	3-10	1.17	CLAUDE HILLS
STATISTICS.	1990	3-10	1.17	GEORGE BRACELAN
80-84		The state of the		The trade profession to the

	1 300	4-16		DEMAEM SHILL
65-69	1983	4-8	1.42	IAN HUME .
70-74	1985	4-8	1.42	IAN HUME
75-79	1988	3-10	1.17	CLAUDE HILLS
	1990	3-10	1.17	GEORGE BRACELAN
80-84				
MEN'S	POLE V	AULT		
AGE	YEAR	MARK		NAME
30-34	1986	15-5.75	4.72	ROBERT MEYERS
35-39	1982	15-6.5	4.735	CHARLES POLHAMUS
40-44	1983	14-6	4.42	HALLY SOKOLOWSKI
45-49	1986	13-6	4. 115	GERALD COUNTHAN
	1987	13-6	4.115	HALLY BOKOLOWSKI
50-54	1974	13-0	3.96	BOO MORCOM
55-59	1977	13-1	3.99	BOO MORCOM
60-64	83485	12-0	3.66	BOO MORCOM
65-69	1987	9-0	2.74	BOO MORCOM
70-74	1985	9-0	- 2.74	IAN HUME
75-79	1990	7-0	2.13	GEORGE BRACELANI
80-84		veli i e		Har of the second second for the

MEN'S	LONG J	UMP		地区区人产的证明
AGE	YEAR	MARK		NOME
30-34	1988	21-9	6.63	EUGENE CACCIATOR
35-39	1988	21-11	6.68	AL MALTON
40-44	1988	22-0.25	6.71	KEN BRINKER
45-49	1980	19-4.875	5. 915	BILL CLARK
50-54	1986	18-10.25	5.745	EARL CLINE
55-59	1988	18-7.75	5. 68	RUDY ENDERS
60-64	1982	17-6.5	5. 345	BOO MORCOM
65-69	1987	16-5	5. 00	BOO MORCOM
78-74	1985	14-4.5	4. 38	IAN HUME
Market III	1988	14-4.5	4. 38	ROBERT SORLEIN
75-79	1980	11-10.25	3.61	RUSSELL MEYERS
89-84			E CONTRACT	

MEN'S	TRIPLE	JUMP		意思と記された。
AGE	YEAR	MARK		NAME
30-34	1987	44-10.75	13.645	NATHAN TAYLOR
35-39	1987	44-10.75	13.685	DAVID PRUITT
40-44	1984	40-10	12.45	GRANT KROW
45-49	1982	35-9	10. 895	TOM BUTTERFIEL
50-54	1967	35-7	10.845	HAIG BOHIGIAN
55-59	1988	33-9.5	10.30	RUDY ENDERS
60-64	1985	36-3.5	11.06	ED LUKENS
65-69	1987	35-7	10.845	ED LUKENS
70-74	1985	34-5	9. 27	IAN HUME
75-79	1988	24-9.75	7. 56	RUDOLPH NILSEN
80-84			BEER PE	Sell-Mark State of Control

MEN'S SHOT PUT	The second second
The second secon	3. 92 JOHN DUPUIS
35-39 1977 47-7.5 14	. 515 ERNIE MCCOMBS
1980 47-7.5 14	. 515 ED HILL
48-44 1983 46-2 14	. 67 LARRY PRATT
45-49 1987 48-5 14	. 755 CARL WALLIN
50-54 1983 48-10.5 14	. 89 LEN OLSON
55-59 1989 46-2.25 14	. 06 CLIFF BLAIR
68-64 1981 45-9 13	. 945 BILL COLEMAN
65-69 1980 38-6	.735 GEORGE BRACELAND
1964 38-6	. 735 MURRAY OGUSS
78-74 190A 27-9 35 L	FLACO CHO.
75-79 1990 20-9	. 15 WEDNIE BRACE AND
80-84 1987 21-6	. 55 HARRY MCARDLE
THE RESIDENCE OF THE PARTY OF T	AND THE RESIDENCE AND ADDRESS OF THE PARTY O

MEN'S WEIGHT THROW	
AGE YEAR MARK	MAC
30-34 1982 47-3 14.46	AL PALIMODA
35-39 1976 52-1 15.475	STEM THOMPSON
40-44 1983 44-9.5 13.65	NORM CYPRUS
45-49 1976 58-8 17.88	BOB BACKUS
56-54 1979 59-8 17.98	BOB BACKUS
55-59 1982 47-1 14.35	LEV HOZHAEV
68-64 1982 44-11 13.69	DILL GILLIGAN
65-69 1985 45-6 13.67	TOM MCDEAMOTT
70-74 1988 36-11 11.25	ELPER SHOW
75-79 1990 25-4 7.72	ALFRED SKONBERG
A4-44 -1947 -19-0 - 14 44	Comments and the same

AGE YEAR	MARK	SANTE STATE
30-34 1984	8. 80	PATRICIA COLLIN
35-39 1942	8.56	CARMEN BROWN
40-44 1984	8. 50	CARNEN BROWN
45-49 1969	11.40	BARBARA STEWART
50-54 1987	11.06	SUSAN MEDFIELD

60 YARD-55 M		
AGE YEAR	MARK	THE PROPERTY OF
36-34 1984	7.30	PATRICIA COLLINS
15-19 1962	7.15	PHIL RASCHKER
1963	7. 40	CARREN BROWN
45-49 1990	7.4	MARILYN MITCHELL
-4-54 HOAZ		CHAIL M HENTIE
1998	4.6	MARILYN FITIGERAL
		BERNICE HOLLAND
55-59 1963	9. 60	
68-64 1988	9.10	PATRICIA PETERSON
65-69 1945	12.40	IDO KEELING
The second secon		VIVIAN NELBON
78-74 1986 75-79	11.20	AIAIMA METROA

COU MET	ER HOMEN'S DA	
30-34	1989 27.72	I RENE THOMPSON
35-39	1949 27.72	ITTOONS SMADL
48-44	1949 27.57	JENNIFER PINTO
45-49	1949 29.02	MARILYN MITCHELL
50-54	STREET, SON	A SECURIT OF SECURITION OF SECURITICAL OF SECURITION OF SE
55-59	1990 32.1	MARILYN FITZGERAL
60-64	1949 35.26	PATRICIA PETERSON
65-69		A DESCRIPTION OF THE PERSON OF
70-74	1998 46.4	MARJORIE SMITH
75-79	1990 57.7	VIVIAN NELSON
75-79	1998 57.7	VIVIAN NELSON
A Lake State To	Charles and the second	AND THE PARTY OF T

	NO COMPANY	Part of the second	A STATE OF THE PARTY OF THE PAR
400 ME	TER WOM	EN'S DAS	H
30-34	1998	61.3	SUSAN KROGETAD
35-39	1989	63.6	LYNNE DIEZI
40-44	1989	65.6	KATHY PIERCE
45-49	1990	80.8	HELENE SAMUELSON
50-54	1998	72.9	MARILYN FITZGERALD
55-59	1989	78.6	NANCY AMMERMULLER
68-64	1989	91.0	PATRICIA PETERSON
65-69	Activities.	SECTION S	A STANDARD OF THE PERSON NAMED IN
78-74	1994	1:52.0	MARJORIE SMITH

STATES AND ADDRESS OF THE PARTY		MEN'S RUN	
AGE	YEAR	MARK	NAME
30-34	1988	2:31.20	MARY ELLEN MALLOY
35-39	1988	2133.70	JANINE LEE
40-44	1987	2123.60	ELAINE PHILLIPS
45-49	1967	2:31.30	BARBARA PIKE
50-54	1987	2146.50	SUSAN REDFIELD
55-59	1990	2155.9	GERI OHENS
60-64			A THE RESERVE OF THE
65-63			
78-74			

1500 F	ETER W	OMEN'S RUI	N THE REPORT OF THE PARTY OF TH
AGE	YEAR	MARK	MARE
30-34	1986	5100.30	HENDY SCHER
35-39	1986	5108.80	LORETTA MCCARTHY
40-44	1986	4159.70	LINDA UPTON
45-49	1989	5109.3	ELAINE MEADONS
50-54			The State of the S
55-59	1990	5:51.6	GERI OHENS
68-64	Status 9	The state of the state of	
65-69	1998	7:55.4	QUEENIE THOMPSON
70-74	THE STATE OF	Dewiller.	

		OMEN'S RUN	NOME
AGE	YEAR	MARK	
58-34	1990	10:36.5	NANCY FITZGERALD
35-39	1989	10:35.2	JAN VERMILYE
40-44	1988	10:58.20	KATHY BROWN
45-49	1986	14:15.80	HELEN PLOEGER
50-54	1989	12:34.9	MARY HARADA
55-59	1988	12123.60	GLORIA BROWN
160-64		.661010	71100 .01110 10
65-69			
70-74	To a series	- C	La Company of the second

3000 FE	TER W	OMEN'S RACEWALK
AGE	YEAR	MARY
34-34	1930	16:28.2 JODY BLANCHARD
35-39	1990	18:57.8 LOCANNE DOUGHERTY
40-44	1998	15134.5 JULIE RATNER
		20128.90 MARSHA HARTZ
50-54	1994	
55-59		A virtual and the second of th
60-64	1987	28:39.78 MARIE HENRY
65-69	1334	22155.2 QUEENIE THOMPSON
70-74		26113.10 MARY GORHAM
75-79	The Later of the l	Same of the Street Miles and Miles a
	2	
WOMEN'S	HIGH	Just
	YEAR	
		4-7 1.395 TRENE THOMPSON
		5-1 1.55 PHIL RASCHER
	1988	4-8 1.42 CASSANDRA CLARK
45-49		
56-54		
55-59		
60-64		
65-69		2-9 0.84 DORIS BERLEPSCH
	1985	3-0 0.915 VIVIAN NELSON
75-79	1990	2-4 0.86 VIVIAN NELSON
NIE WELL	en spirely	STATE OF THE PROPERTY OF THE P
THE REAL PROPERTY.		2. 10 10 10 10 10 10 10 10 10 10 10 10 10
WOMEN'S	POLE	VAULT
AGE	YEAR	MARK NAME
35-39	1982	8-8 2.44 PHIL RRSCHKER
	医含甲树	
HOMEN'S	LONG	
AGE	YEAR	MARK
30-34	1984	
		18-0.25 5.49 PHIL RASCHIER
40-44	1930	15-4.25 4.68 CASSANDRA CLARK
45-49	1989	11-6.5 3.52 BARBARA STEWARD
54-54	Strate Asia	后来一位。1916年,1916年,1916年,1916年,1916年,1916年
55-59	1986	7-7.75 2.33 EILEEN SMITH
60-64	1969	8-1 2.46 PATRICIA PETERSON
Many and their wife of	Mary Company Com	the said of the sa

-	The second of		Separate Sep	and the second	
	65-69	1989	THE PERSON	3.31	LIBBY HAGEMAN
500	A STATE OF THE PARTY OF	1986	All the second s		
S	78-74			1.78	
	75-79	1990	5-7	1.70	AIAIM METZON
E.	TO PER MI	STATE	THE REAL PROPERTY.		
	- HOMEN'	S TRIP	LE JUMP		
20	AGE	VEAR	March Cole 10	RK	NOME
5.	39-34	1986	25-11	7.90	MARY ELLEN MALLOY
E.7:	35-39	1984		10.685	PHIL RASCHKER
		1983		8. 93	KATHY PIERCE
8	40-44			7. 455	BORBORO STEWART
2	45-49	1989	24-5.5	7. 433	British Sich
	50-54	The state of			元 100 100 100 100 100 100 100 100 100 10
25	55-59	1985	15-9	3. 885	BEVERLY COHEN
2	68-64		THE STREET		ESNER KOMPASMITA
£.	65-69	1989	16-9.5	5. 12	LIBBY HAGEMAN
Œ-		Diam'r	AGUSTUSES.	200 E	第一个专用的
2	Edward Pro			A Ch 30 1	
2					
8.				1	The second secon
25	HOMEN'	S SHOT	PUT		
3.1	AGE	YEAR		RK	NOVE
15	30-34		40-6	12.345	BARBARA FRIEDRICH.
	35-39	1990		11.30	JOHN STRATTON
100			34-9.75		MATHY PIERCE
100	40-4			8.26	ROS: YN KATZ
1	45-49				AND ADDRESS OF THE PARTY OF THE
150	50-54			9.54	JUAN DASH
	min and	1073	-	9 04	を かった
	64-6-	1960	25-3.65		WELTA TOMSONS
500	65-69	1990	22.3-35	6.76	LIBBY HAGEMANN
AF:	70-74	STATE OF		MAN TO PERSONAL PROPERTY.	A STATE OF THE PARTY OF THE PAR
96	75-79	1967	16-6.5	5.04	THERESA BUCACCI
32	British 100		The state of the s	Ser and the second	Additional Committee A Dis
25	HOFFEL	E HE : 0	HT THROW	Part Town	
100	AGE	YEAR		AK	MANUEL MA
TK.				8. 43	VIRGINIA BOYNL
ž.	34-34	1990			
P.	35-39			11.61	JOAN STRATTON
25	44-44	1996			CASSANDRA CLARK
				5. 54	MARSARA STEWARD
5	45-49	1988	18-2.25	151. D. D. 161	Bernauer Bigming
100	45-49	1988	18-2.23	1.69	State and the second
No. of the last		1948			は大学を表
の一般とな	58-54	1944	18-2.23		
は一個ではなり	50-54 55-59 66-64				Contract Contract
は一時代は一日	58-54		19-1.25		LIBSY HAGEMAN

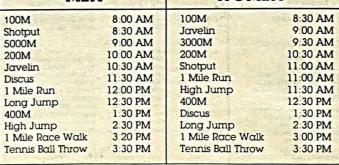
AGE YEAR MARK NAMES	CLUB
40-49 1984 3136.40 0'NEAL, DIREC, SMALL, E 58-59 1988 4124.60 7,7,7,7 68-69 1986 5188.90 7,7,7,7	
76-79	1922 Name (1985)
MEN'S THO MILE RELAY (4 K 880) AGE YEAR MANES	
30-39 1984 8:38.40 CONTARRIO, PETTINGLIA,	MILLIAMS, VANCHER GREATER ROCHESTER
50-59 1945 10:02:90 7,7,7,7 60-69 1945 13:06:46 7,7,7,7	N. Y. PIONEERS SYRACUSE CHARGERS SYRACUSE CHARGERS
MEN'S 4 & 400 NETER RELAY	
AGE YEAR MARK MANES 30-39 1990 4101.4 BERNSTEIN, MCCREADY, BA	POWELL, BROOKS BEAC
48-49 1998 3:51.7 RIZZO, SMALL, OVERBY, MC	
48-49 1998 9:12.4 SALIH, SHANE, ROBINSON, 58-59 1998 9:51.4 PAULING, COPLON, GOLUSK	AHMAD N. Y. PIONEERS IN, HOWARD CPTC

Continued on next page

THE SRI CHINMOY LASTER **Events for Men** and Women Ages 50 & up

Saturday, July 14th, 1990 (Raindate, Sat. July 21) 8:00 am Victory Field, Forest Park Forest Hills, Queens, NY - TAC sanctioned

	schedule of Events									
STORY TO BE	M	EN SE	WOM	EN						
	100M	8:00 AM	100M	8:30 AM						
	Shotput	8:30 AM	Javelin	9:00 AM						
7	5000M	9:00 AM	3000M	9:30 AM						
	200M	10:00 AM	200M	10:30 AM						
	Javelin	10:30 AM	Shotput	11:00 AM						
Ş	Discus	11:30 AM	1 Mile Run	11:00 AM						
Section 19	1 Mile Run	12:00 PM	High Jump	11:30 AM						
	Long Jump	12:30 PM	400M	12:30 PM						
0	400M	1:30 PM	Discus	1:30 PM						



DAY OF RACE ENTRY \$10 (covers all events) = Refreshments and drinks provided AWARDS: 1—3rd places each category, each event, men and women AGE CATEGORIES: 50—59 • 60—69 • 70—79 • 80 and over FOR APPLICATION send SASE to Sri Chinmoy Master's Games 150-47 87th Ave Jamaica, NY 11432 FOR INFORMATION (all (718) 291-1468 or 7406







page 36	National I
Continued from previous page	68-64 1986 12-0 3.66 BOB RICHARDS 65-69 1987 11-0 3.35 BOO MORCOM
Records Set At Indoor	70-74 1985 9-9.25 2.98 CAROL JOHNSTON 75-79 1988 9-3 2.82 CAROL JOHNSTON
National Championship Meets Thru 1990	85-89 1988 5-6 1.675 ARLING PITCHER
Prepared by Haig Bohigian	《正台》的 是一个表现的第三
68 METER MEN'S MURDLES NGE YEAR MARK NAME	MEN'S LONG JUMP AGE YEAR MARK NAME 38-34 1987 24-9.5 7.555 LEOTHA STANLEY
30-34 1998 8.31 BRUCE LAMMERS 35-39 1998 8.23 NATE ROBINSON	39-34 1987 24-9.5 7.855 LEOTHA STANLEY 25-39 1984 22-1.5 6.74 RUFUS MORRIS 48-44 1986 23-1 7.035 STAN WHITLEY
45-49 1989 8.76 WILLIE DAVENPORT	45-49 1983 20-10.75 6.37 AL HENRY 50-54 1980 20-8.5 6.31 SHIRLEY DAVISSO
50-54 1990 8.92 CHARLEY MILLER 55-53 1989 9.21 LARRY PRATT SR. 50-64 1989 9.36 JACK GREENHOOD	55-59 1977 19-3.25 5.87 BOO MORCOM 60-64 1987 17-1.25 5.21 BUCK BRADBERRY
65-69 1989 18.14 EDWIN LUKINS /4-74 1989 12.07 ART DBOKATA	65-69 1987 17-1.75 5.225 TOM PATSALIS 70-74 1990 16-6.25 4.73 JOHN ALEXANDER 75-79 1980 12-6 3.86 RUSSELL MEYERS
75-79 1989 12.73 CLAUDE HILLS 80-84 1989 13.42 KARL TREI	AN-84 1989 11-1.5 3.39 KARL TREI 85-89 1988 8-3 2.515 EVERETT MOSACK
60 METER MEN'S DASH	MEN'S TRIPLE JUMP
HGE YEAR MARK NAME 30-34 1990 7.11 ARTEGO JAUNES 25-39 1989 6.91 BILL COLLINS	AGE YEAR MARK NAME 3V-34 1987 47-10.75 14.60 LEDTHA STANLEY 35-39 1987 44-8 13.615 LARRY RODENBEC
48-44 1998 6.97 EDDIE MART 45-49 1998 7.48 ROGER PIERCE	40-44 1985 45-4.75 13.835 JOHN HARTFIELD 45-49 1983 44-11.25 13.695 IRA DAVIS
59-54 1998 7.610 ROY TURNER 55-59 1998 7.530 HUGO MARTEMETEIN	50-54 1983 40-7.38 12.375 DAVE JACKSON 55-59 1988 36-4 11.875 PHIL MULKEY
68-64 1990 8.11 MARRY BROWN 65-69 1990 8.29 MELVIN LARSEN 78-74 1989 8.46 PAYTON JORDAN	64-64 1985 34-8 10.565 ED LUKENS 65-69 1987 35-7.75 10.865 TOM PATSALIS 74-74 1990 38-10.25 9.40 JOHN ALEXANDER
75-79 1989 9.73 GILBERTO GONZALES 84-84 1989 18.25 BYRON FIKE	75-74 1998 38-18.25 9.40 JOHN ALEXANDER 75-79 1998 28-1 8.56 IAN HUME 88-84 1989 23-3.25 7.89 KARL TREI
85-89 1989 11.92 KONRAD BOAS	85-89 1990 15-5 4.70 KONRAD BOAS
200 METER MEN'S DASH AGE YEAR MARK NAME 30-34 1989 '22.81 MICHAEL MC DOMELL	MEN'S SHOT PUT AGE YEAR MARK NAME 30-34 1988 52-6 16.00 GARY ENGLAND
35-39 1989 22.21 BILL COLLINS	30-34 1988 52-6 16.00 GARY ENGLAND 35-39 1987 54-0.5 16.47 GEORGE TYMS 40-44 1986 52-10.75 16.12 EDWARD HILL
45-49 1990 23.66 ROGER PIERCE 50-54 1990 24.20 ROY TURNER	45-49 1988 51-9.5 15.785 EDWARD HILL 58-54 1987 49-18 15.19 JAMES HART
55-59 1990 24.94t HUGO HARTENSTEIN 68-64 1989 26.37 JACK GREENWOOD 65-69 1990 27.87 MELVIN LARSEN	55-59 1987 46-7.5 14.21 LEN DLSON 68-64 1978 51-5 15.67 NAT HEARD
78-74 1989 27.87 MELVIN LARSEN 78-74 1989 28.00 PAYTON JORDAN 75-79 1989 33.46 GILBERTO GONZALES	65-69 1984 43-10 13.36 MURRAY DGUSS 70-74 1985 43-5 13.23 RDSS CARTER 75-79 1990 40-4.25 12.30 RUSS LARTER
80-84 1989 35.62 MANFRED D'ELIA 85-89 1990 42.51 KONRAD BOAS	80-84 1988 26-9 8.15 BURT DEGROOT 85-89 1988 20-9.5 6.335 EVERETT HOSACH
AND METER MEN'S RUN	MEN'S WEIGHT THROW
HG: YEAR MARK NAME 30-34 1990 49.74 MICHAEL MC DOWELL 35-39 1989 51.21 RALPM PENN	AGE YEAR MARK NAME 30-34 1982 50-9.5 15.475 AL PALIMODA 35-39 1984 49-11.5 15.225 MIKE GRISKO
48-44 1989 51.20 LAMAR MILLER 45-49 1998 52.49 HAROLD MORIOKA	40-44 1977 64-10.75 19.78 AL HALL 45-49 1976 56-9 17.905 BOB BACKUS
50-54 1990 54.65 HARRY TOLLIVER 55-59 1990 56.56 JIM MATHIS	58-54 1977 61-1.25 18.625 BOB BACKUS 55-59 1989 48-2 12.24 JOE CHADBOURNE
HN-64 1989 59.82 EARL FEE HS-69 1990 1106.55 EDWARD GODDIN 70-74 1990 1106.03 JOHN ALEXANDER	60-64 1990 53-6.25 16.31 CLIFF BLAIR 65-69 1989 46-10.25 16.89 BILL WALMROTH 70-74 1988 46-6 14.17 TOM MCDERMOTT
70-74 1996 1106.03 JOHN ALEXANDER 15-79 1989 1120.44 GILBERTO GONZALES 85-86 1989 1126.79 BYHUN FIRE	78-74 1988 46-6 14:17 TOM MCDERMOTT 75-79 1998 36-8 18:97 NOLAN FOWLER 88-84 1998 21-2:75 6:47 GORDON POWELL
85-89 1990 1:56.20 KONRAD BOAS	85-89 1989 15-7.75 4.77 EVERETT HOBACH
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35-39 1989 2:01.51 FLETCHER BAILEY	bo mētēji mūmēn's mumulēs Ade yēha Mank Name 30-30 1989 10,28 CATHY MC KEĒVĒR
45-49 1990 1:57.81 KEN EPARKS 58-54 1990 2:09.49 HARRY TOLLIVER 55-59 1990 2:18.62 JOHN CONNER	AGE VEHK MARK NAME 30-34 1989 14.28 CATHY MC.KEEVER 35-39 1990 10.80 SHERICE DU CHAMP 40-44 1930 9.65 PHIL MASCHIER
60-64 1989 2117.84 EARL FEE 65-69 1989 2129.38 ARCHIE MESSENGER 72-74 1989 2144.50 JAY EPOMBELLER	45-49 1989 12.02 MANDARM STEWART 56-54 1989 11.52 CHRISTEL MILLER
75-79 1989 3:09.80 RUDOLF NILSON	55-59 1990 11.47 CHRISTAL MILLER 08-64 1990 14.19 SHIRLEY KINSEY 65-69
89-84 1590 METER MEN'S RUN	76-74
AGE YEAR MARK NAME 38-34 1989 4184.7 JEAN-GELAN RULEAU	60 METER WOMEN'S DASM AGE YEAR MARK MAME MO-30-30 1989 8.06 DONNA PCZE-GREEN
35-39 1998 4105.11 TIM ANDERSON 40-44 1998 4104.76 NOLAN EMITH JR 45-49 1998 4104.88 KEN SPARKE	35-34 1989 8.06 DONNA PCZE-GREEN 35-39 1989 6.28 JO ANN ANGOTTI 40-44 1990 8.14 Pril RASCHKER
58-54 1998 4124.58 DAN COMMAY 55-59 1998 4138.76 JOHN CONNER	45-49 1989 8.72 MARILYN MITCHELL
60-64 1990 4:56.92 BILL FORTUNE 65-69 1989 5:10,6 ARCHIE MESSENGER	55-59 1990 9.36 CHRISTAL MILLER 68-64 1989 9.93 PATRICIA PETERSON 65-69 1990 11.06 JOSEPHINE SULLIVAN 70-74 1989 10.36 MARY BOMERMASTER
76-76 1996 5:53.55 GEORGE SHEEMAN / 75-79 1996 6:35.71 BILL BROBBTON / 80-86 1989 7:48.4 BYRON FIKE	75-79 1990 11.06 JUSEPHINE SULLIVAN 75-79 1990 11.75 MILLIE CREMS
WARE METER MENUE BLIM	75-79 1987 16.15 GRACE LABELLE
AGE YEAR MARK NAME	GE YEAR MARK NAME
35-39 1990 8:53.33 TIM ANDERBON 40-44 1990 8:53.83 MARK GIBBING 45-49 1990 9:21:76 VI MECKLER	30-34 1969 27.0 DONNA POPE-GREEN 30-34 1969 27.55 JD RNN ANGOTTI 40-44 1990 27.30 PHIL RASCHKER 42-49 1989 29.53 MARILYN MITCHELL
	45-49 1989 29.53 MARILYN MITCHELL 58-54 1990 33.88 ANNE VAN DER VLEUTI 55-59 1990 34.89 BETTY VOSBURGH
58-60 1990 10134.92 BILL FORTUNE 55-69 1990 11139.79 JOHN NC MANUS 78-70 1990 12144.95 MOMARD KNOX	55-59 1990 34.09 BETTY VOSBURGH 60-64 1989 35.12 PATRICIA PETERSON
78-79 1990 12:44.95 HOMERD KNOX 75-79 1989 13:51.0 BILL BROBSTON 88-84	60-64 1989 35.12 PATRICIA PETERSON 1990 35.12 MARY PATTERSON 65-69 1990 39.47 JOSEPHINE SULLIVAN 70-74 1989 37.85 MARY BOMERMASTER
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13-49 1990 13:56.39 GARY MALL	35-39 1990 1100.08 TYRONE CARLIS
20-54 1989 13159.1 JAAN ROOS 25-59 1989 14143 MAX GREEN 00-64 1998 16127.61 MOSHE MYEROMITZ	45-49 1989 1144. 89 R. M. ROSENITSCH 58-54 1998 1113. 40 ANNE VAN DER VLEUT 55-59 1998 1116. 96 BETTY VOSBURGM
	60-64 1930 1124.34 MARY PATTERSON
70-74 1969 19118.9 BILL TALLMADGE 75-79 1989 26129.7 GEORGE KNOX	79-74 1989 1159.27 ERNESTINE VEDMANS 75-79 1989 1145.59 PEARL MEML
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PENTS WISH JUNE MARK NAME 38-34 1968 7-8 2:13 GREG MANIE	SU-SU 1989 2130.03 KATHLEEN SHANON
35-39 1983 6-5.88 1.975 FRANK COSTELLO 35-39 1986 6-7 2.005 JOHN MARTFIELD 40-49 1979 5-10 1.775 DICK RICHANDSON	45-44 1989 2138.49 SUSAN MOULTON 65-49 1998 2137.42 RUBIN VILLA
-5-49 1979 5-14 1.775 DICK RICHARDSON 58-54 1985 5-18 1.775 NICK NEWTON	1989 2138.49 SUSAN MOULTON 45-49 1998 2137.42 ROBIN VILLA 56-59 1998 2144.48 SANDRH KNOTT 55-59 1998 2184.11 GRACE BUTCHER MACH BUTCHER MACH BUTCHER MACH BUTCHER 1998 1149.95 CAROL PEEBLES
55-59 1987 5 3.75 1.87 MILMMMU MILMMUDUN MA-60 1990 5-565 JAMES GILLERIST 65-69 1985 5-8 1.525 PUNL GIST	65-64 1996 3149.95 CAROL PEEBLES /4-/4 1989 4134.27 EANESTINE TOEMANS 75-79 1990 4103.77 PEHNL MEML
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My-84 1984 3-9.75 1.16 MALING PITCHER 85-89 1988 3-2 0.965 ARLING PITCHER	COMP IN LA HUMEN 2 HUM L HOE YEMR MANN NAME
MEN'S POLE VAULT AGE YEAR MARK NAME	Se 34 1987 4144 JANET HINNHAMI S21 1998 4147,43 NUSE HUFFUN 48-44 1919 4154.3 MINITERUNCESUN
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AGE FERR MARK 38-34 1989 16-6 5.83 GARY MUNTER 35-39 1988 16-1 4.99 BRAD MINTER 48-44 1981 15-9 4.57 MALLY SONDLOWSKI 45-49 1988 14-1 4.29 MALLY SONDLOWSKI 58-54 1976 13-6 4.115 BOD MORCOM	55-59 1989 5149.6 GLORIA BROWN FW-64 1989 7116.7 MARY NORCHHUER 65-63 1989 7159.5 CAHOL PEERLES
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		OMEN'S RUN	NA	。	AGE	YEAR	MA	RK	NAME
AGE	YEAR	MARK 19:18.5	the same of the sa	AKANASH I	30-34	1987	19-1	5. 815	DONNA POPE-GREEN
30-34	1989	10152.4		SWANBERG	35-39	1984	18-7.5	5. 675	PHIL RASCHKER
40-44	1989	10132.1	MARY WO		40-44	1387	18-5	5.61	PHIL RASCHKER
45-49	1990	11141.43	RIDBIN V		45-49	1983	14-4.375	4. 375	CHRISTEL MILLER
50-54	1330	11141.86	SANDRA		50-54	1985	13-7	4.14	CHRISTEL MILLER
55-59	1989	12132.5	GLORIA		55-59	1330	12-2.5	3.72	BERNICE HOLLAND
60-64	1989	15135.3	MARY NO		60-64	1987	11-0	3.35	MARY BOWERMASTER
65-63	1990	16134.96		THUMPSON	65-69	1984	11-0	3.35	VIVIAN NELSON
78-74		or details the said	Section 1	and the second second	70-74	1988	10-10.25	3.31	Ololling inces
75-79	1989	15:53.5	PEARL M	EHL					
			A STANFORM				LE JUMP	HILL	NAME
3000 M	ETER W	OMEN'S WALK		THE PARTY STATES	30-5-	AL DA		6. 43	J. EMBLISH
AGE	YEAR	MARK	NA.	ME	35-34	1984	33-0	14. 46	PHIL RASCHKER
34-34	1330	14119.51	VICTORI	A HERAZO	40-44	1968	35-4.5	10.78	PHIL RASCHKER
35-39	1339	16150.66	CINDY F	AFFUMI	45-49	1982	27-10.5	8.49	CHRISTEL MILLER
40-44	1330	15:11.15	JULIE R	ATNES	50-54	1968	27-5.5	8.37	CHRISTEL MILLER
45-49	1990	16137.66	VIRGINI	A SCALES	55-59	1990	26-2.25	7. 98	CHRISTAL MILLER
58-54	1930	19104.74	BETH YO	UNG-GRADY	60-64	-			The text of the second
55 59	1990	19158.47	JOYCE D	ECKER		1990	20-8	6. 30	JOSEPHINE SULLIVAN
E4-64	1383	18:46.9	JOAN RO		Charles and		4.005.0		编 为中国经济公司
65-69	13.30	20153.91		THOMESON	HOMEN'	S SHOT	PUT		CTTO DESIGNATE DESIGNATION OF THE PERSON OF
10-74	1383	20156.8		NE YOUMANS	AGE	YEAR		ARK	NAME
75-79	1330	22117.08	MILLIE	CREWS	30-34	1982	42-3.5	12.89	B. FRIEDRICK
				THE THE RESERVE	35-39	1988	43-5	13.23	DENISE WOOD
MOWEN.				The Asia Control	40-44	1980	37-0	11.28	JOANN GRISSOM
AGE	YEAR	MAF		NAME	45-49	1990	29-0	8.84	VANESSA HILLIARD
30-34	1981		1.55	PHIL RASCHKER	50-54	1990	41-6.5	12.66	JOANN GRISSOM
48-44	1984	5-4.25	1.625	CASSANDRA CLARK	55-59	1986	32-4.5	9. 87	BERNICE HOLLAND
45-49		82 4-2	1.53	CHRISTEL MILLER	60-64	1990	33-1.25	10.09	BERNICE HOLLAND
Automatical States	1984	4-2	1.27	ESSIE KEA	65-69	1984	26-2.25	7.98	MARY BOWERMASTER
58-54	1987	4-2.75	1.29	CHRISTEL MILLER	70-74	1989	25-5.5	7.76	MARY BOWERMASTER
55-59	1930	4-1.25	1.25	CHRISTAL MILLER	75-79	1987	15-0.25	4.58	BRACE LABELLE
68-64	1990	3-6.5	1.00	SHIRLEY KINSEY	S. Barrier				
65-69	1385	3-9	1.14	MARY BOWERMASTER			HT THROW	William .	METERS NO. 10 12 14 14 14 14 14 14 14 14 14 14 14 14 14
70-74		89 3-7	1.09	MARY BOWERMASTER	AGE	YEAR	A STATE OF THE STA	MARK	NAME
					30-34		- Sec	Editor.	
HOMEN!	S POLE	VAULT			35-39	1989	40-6.25	12.3	
AGE	YEAR	Mi	ARK	NAME	40-44	1990	24-11.25	7.6	
35-39	1984	8-0	2.44	PHIL RASCHKER	45-49	1990	32-9	9.9	
40-44	1988	. 8-6	2.44	PHIL RASCHKER	50-54	1390	40-6.25	12.3	5 JOANN GRISSOM
					55-59		and the sale		
					60-64	1990	33-8.25	12.3	
PARTY N					65-69	1983	12-5.5		95 BERYL SINGER
		Y The same of		THE WALLS	70-74	1988	8-4	2.5	4 LENKA SEDA
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		The state of the s	and the second	SCHOOL SHOP THE SAME	Contraction Contraction	A STATE OF	A MARKET BARRIES	CHARLES TO	A CONTRACT OF THE PARTY OF
	1000		T. 2.					1	
				Y (4 X 440)				TOWNER CO.	
		GE YEAR	MARK	NAMES	The state of	NOT THE	CLUB		
	3000	-39 1987	4110.02	7, 7, 7, 7	H 1 / 1 / 1 / 1 / 1	WISCO	MEIN UNITE	D AC	

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MOREN'S DIRE MILE RELAY (4 X 448)

MISCONGIN UNITED AC

40-39 1982 A:11.00 PIKE, PARSI, CAPETLA, REDFIELD

MOREN'S TWO MILE RELAY (4 X 888)

MOREN'S TWO MILE RELAY (4 X 888)

AGE YEAR MARK

MOREN'S TWO MILE RELAY (4 X 888)

AGE YEAR MARK

MOREN'S A X 800 METER RELAY

AGE YEAR MARK

MOREN'S A X 800 METER RELAY

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Eastern Records (continued from previous page)

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55 A	MARILE STATE			
HOMEN	S ONE	MILE RELAY	(4 X 442)	268度於公司的自然的一切。
AGE	YEAR	MARK	NAMES	
38-39	1964	4133.10	OSBORNE, CARTER, ROB	INSON, CLARK P. A. L.
44-49	1984	4153.60	7, 7, 7, 7	
54-59	1985	6135.96	1. 2.2.2.2	N. Y. MASTERS
WOMEN	S THO	MILE RELAY	(4 x 880)	Figure 1 - College Carrier
AGE	YEAR	MARA	NAMES	
38-35	1986	11114.50	7, 7, 7, 3	CLUB
44-45	1965		2, 2, 2, 2	SYRACUSE CHARGERS

MOTEN'S & 1 400 METER RE_AY TEAT AGE YEAR MARK NAMES CLUB 32-39 1990 5:22.0 MUNOZ, CLARK, BARRIE, FITZGERA_D GARDEN ST. AC

INCLEMENT MEIGHTS IN THE SHOT PUT AND MEIGHT THROW SUBJECT TO VERIFICATION

RELAY MARKS ARE NOT OFFICIAL UNLESS ATHLETES' NAMES AND THE ORDER IN WHICH THEY

IMPLEMENT WEIGHTS IN THE SHOT PUT AND WEIGHT THROW SUBJECT TO VERIFICATION

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

M30-34				Gordon Bobell	Hammer	130-1	9-2-89	Thomas Flack	Shot Put	39-8-3/4	Sept.89
Mark Cwiek	Javelin	213-90	3-7-88	Ed Alexander	800	2:17	A STATE OF THE PARTY OF THE PAR	Howard Knox	1500	MATERIAL CONT TO STREET	Mar. 90
M35-39				M55-59				Control of the Control	800	2:58.0	Mar. 90
Larry Wray	800	1.58 50	July 72	William Pattison	5000	10.15	2-10-90	Mel Flachs	200	35.07	7-8-89
Larry wray	1500	4:05.50	The second second	George McGinnis	Shot Put		2-10-90		200 -	35.17	Mar. 90
	1300	4:03.30	July 12	Jack Twet	56# Weight	Control of the second	2-11-90	Sy Lampert	Shot Put	37-6	2-25-90
M40-44					56# Weight		3-11-90		Discus	106-4	2-25-90
Douglas Tanabe	Long Jump	19-45	6-10-89		Jon Belgic	19-1	3-11-90	M75-79			
Marc Wiitala	800	2:06.30	July 89	M60-64				Ross Carter	Shot Put	40-44	3-24-90
	1500	4:19.71	July 89	Sam Daniell	10K	40:22	11-5-89	LA CATALON AND AND AND AND AND AND AND AND AND AN		LALEND WORL	Section Section 7
Bill Forsyth	Pentathlon	3108 pts	7-20-89	Tom Lacey	200	27.00	7-2-88	M85-89			
	Decathlon	5261 pts	7-28-89		Long Jump	15-84	2-23-86	George Conway	10K Walk	83:56	7-8-89
M45-49		- C 1 War 10	The September 1	Robert Thompson	10K	39:54	3-10-90	W40-44			Section 1
Robert Harvey	Shot Put	42-7-3/4	6-11-89	Alan Cohen	400	64.30	4-8-90	Mary Lou Platis	Long Jump	14-10	1-28-90
Robert Harvey	Shot Put	43-6-1/2		William Brazelton	Javelin	131-11	2-17-90		Triple Jump	A STATE OF THE PARTY OF THE PAR	STATE OF THE PARTY
	Shot Put	43-3-3/4		M65-69				A STATE OF S	Long Jump	14-4	2-11-90
Donald Boyer, Jr.	800	A THE PARTY OF THE	Mar. 90	Jim Platis	Long Jump	15-74	2-11-90		Triple Jump	CONTRACTOR - MAY STANK	2-11-90
		2.11.00	Har. 50	market and the second	Triple Jump		2-11-90	100		The second second	
M50-54	• Depart 1			Graeme Dalzell	Long Jump	15-0	Feb. 90	<u>w65-69</u>			
Mickey Lafferty	Triple Jump		3-24-90	M70-74				Evelyn Lercher	Long Jump	8-104	Oct. 89
Sonny Monioz	5000		3-25-90	Frank Delear	1500	6:18	8-3-89	CORRECTION: In M	ay issue we s	howed Fran	k Delear
and the second second second	Mile	5:03	3-31-90	Flank Delear	10K	48:02	6-23-85	with a 22:58 3000	And the second s	CONTRACTOR SOUTH MARKET AND	the Same of the Same of the Same

MEN CONTRACTOR OF THE PROPERTY													
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	90-9
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:0
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:1
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:2
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:5
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:1
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:2
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:1
						WC	MEN						
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:4
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:3
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:0
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:1
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:41	1:5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:4

	U.S. MASTERS STANDARDS OF EXCELLENCE											
	FOR MEN											
Event	30-34	35-39	40-44	45-49	<u>50-54</u>	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0 25.1	12.5 26.0	13.0 27.2	13.5 28.5	14.0 29.8	15.0 32.4	16.5 35.8	18.0	20.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	The second second	5:02	5:24	5:47	BELL C. C. H.	7:03	7:59	9:15
Mile 5000	15:30	15:42	4:42	4:53		5:25 18:24	5:49	6:14	23:30		8:42	10:16 37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61-15	SP:30
110H	15.3	16.4	17.75				4.9.104	Sec. (21.5)		e ()		
100H 80H					18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6	******			A SERVICE SERV		
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
нЈ	1.94	1.85	1.76	1.68				1.32	1.23	1.13	1.02	.92
1000	A CHARLETTE		5-91	国际的产品	5-24	4-11		4-4	P. Carrier L.		Television in	3–1
PV	4.40 14-5½	4.15 13-7½	3.90	3.60	3.30	3.05	2.80		2.30 7-6½	2.05 6-8k	1.80 5-11	1.50
ш	6.55	6.20	5.85	5.45	5.10			4.00	ALC: NO		3.00	2.65
	21-6	Mary Control of the	19-24	CONTRACTOR NOT	16-9	15-7			11-115		9-10	8-84
TJ					10.40	9.65		8.20				5.50
	The State of the	41-6	39-12	36-7	34-15	31-8	29-25	26-11	24-74	22-4	The state of the s	
Shot	15.20 49-10½	Carlo Market Company	13.00 42-8		12.40 40-81		12.00	10.80	10.00 33-0		A CONTRACTOR OF THE PARTY OF TH	6.50
Discus	The state of the s	42.60		38.00	Desert Self	36.40	40.00	36.80	31.60		21.40	16.20
The same	147-0	139-9		124-8				120-9		86-7	70-21	THE RESERVE TO SERVE THE PARTY OF THE PARTY
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00		22.50	18.00
				125-0		118-1	118-1		95-2			60-0
Jav	62.00	57.00 187-0	52.60 170-7	48.00	43.00	38.50 126-4	40.00	35.00 114-10	29.00		19.00	15.00 49-2
35 / Wt.		14.00	的性性的	12.00	10.00	9.00	A STATE OF THE STA	214-10	Book och	10-1	02-4	
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56 Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen Dec	280 550	0 2600 0 5250	2600	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250		
notes	: 1) 100	standa	rds are	for auto	matic t	lme; use	standa	rd conve	rsion fo	r hand	tine.	
					50-59 50-59			33"; 70	+: 30".			
	4) Sho	t put:	30-	49: 7.26	k (16#)	50-59	: 6k;	60-69: 5	k; 70+:	4k.		
Marie Control	6) Has	er:	30-	49: Zkg;	50-59 k (16#)	1.5kg; 50-59	: 6k;	1.0kg. 60-69: 5	k; 70+:	4k.		
		ric hei	the and	59: 800g	: 60+:	600g.	dard: f	et and	inches I	lated fo	or conve	nience.
N TAKE	9)/Be	n/Dec	W 000-	SO LEAJ	Mapte	DI 34 40	H TWAY	A fac	torin	d a (us	VAWE	A) .
-			A STATE OF THE REAL PROPERTY.		100	The second	The same					The state of the last

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN <u>Event</u> 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 14.6 15.0 30.3 31.4 67.5 69.5 2:40 2:46 13.8 16.2 34.0 73.5 16.9 35.7 78.5 17.8 18.8 37.5 40.0 83.7 90.0 20.0 21.2 43.5 47.0 96.5 103.3 15.6 63.5 65.5 2:32 2:35 71.5 3:05 3:19 4:09 1500 5:10 5:19 5:29 5:40 5:58 6:20 6:48 Mile 5:34 5:44 5:55 6:07 6:26 6:49 7:19 5000 19:45 20:30 21:20 22:16 23:12 24:16 26:08 10000 41:00 42:40 44:40 47:00 49:30 52:00 56:00 7:23 8:04 7:46 8:47 28:08 30:08 9:39 10:45 32:21 34:26 60:00 66:00 76:00 17.2 18.2 15.0 15.8 84.4 88.8 22.2 25.0 28.0 16.5 17.6 18.7 20.2 75.5 79.9 66.0 72.0 79.0 87.0 1.27 1.19 3-11 1.07 3-6½ 1.02 3-44 .97 .92 3-2½ 3-0½ .89 .84 2-11 2-9 2.60 2.35 8-61 7-81 5.00 4.60 4.25 3.90 3.55 16-5 15-1 13-11 12-9 11-8 2.10 2.00 6-11 6-7 3.20 10-6 9-44 10.00 9.20 29-7½ 28-3 7.80 7.18 6.40 25-0½ 23-5½ 22-8 5.70 5.20 4.70 20-54 18-10 16-5 8.60 26-8 8.40 7.70 27-7 25-31/4 7.95 7.20 26-1 23-7½ 5.80 5.25 19-04 17-3 21-4 Jav 39.50 33.50 27.50 21.50 25.00 19.00 18.00 16.00 15.00 14.00 13.50 129-7 109-11 93-6 70-6½ 82-0 62-4 59-1 52-6 49-2 45-11 44-4 Discus 30.0 27.8 26.0 24.0 98-5 91-2 85-4 78-9 22.0 20.0 18.0 72-2 65-8 59-1 16.0 15.0 14.0 13.5 52-6 49-2 45-11 44-4 40.0 35.0 30.0 25.0 23.0 22.0 20.0 131-3 114-10 98-5 82-0 75-6 72-2 65-8. 18.0 14.0 12.0 9.0 59-1 45-11 39-5 29-7 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) Javelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience.

and State of the S	APPLICATION FOR AN
standa of the Common	ALL-AMERICAN CERTIFICATE/PATCH NAMEAGE-GROUP
With the second	ADDRESS SEX: M F
100 PASSAGE	CITYSTATEZIP.
100	MEETDATE OF MEET
	MEET SITE
1	EVENT:MARK:
	HURDLE HEIGHTWEIGHT OF IMPLEMENT
	□ CERTIFICATE □ PATCH □ PATCH TAG
The state of the s	If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send 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" by 10" certificate—suitable for framing—and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

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

Masters Weight Hanover, N	
June 11	reals To
16# Shot Carl Wallin 47	48-6
Luke Hotte 42 Bob Harvey 46	$43-3\frac{1}{2}$ $42-7 \ 3/4$ $41-11 \ 3/4$
Al Neville 45 Ed Daniels 36 Bud Atwood 55 126	36-3
16# Hammer	
Carl Wallin Ed Daniels Al Neville	146-10 139-2 138-1
Bob Harvey 2k Discus	111-10
Luke Hotte	126-2 118-9
Bob Harvey Carl Wallin Al Neville	114-1 111-10
June 18 16# Shot	
Carl Wallin 47 Bob Mead 44	50-2½ 45-6½
16# Hammer Bob Mead	158-0
Carl Wallin 2k Discus	146-6
Bob Mead Carl Wallin	127-10 121-3
16# Shot Carl Wallin 47	49-3 1
Bob Mead 44 Al Neville 45	47-½ 42-6
Barb Stewart W47 Russ Foregger 51	21-11½ 4k 44-2½ 12#
16# Hammer Bob Mead	159-11
Carl Wallin Al Neville Barbara Stewart	145-1 125-1 65-3 4k
2k Discus Bob Mead	129-8
Carl Wallin	113-11 112-3
July 15 16# Sh Carl Wallin 47 Luke Hotte 42	50-10
Harold Krause 41	44-2½ 43-1½
Al Neville 45 Bob Harvey 46	41-8 41-1
Cliff Blair 59 Bill Garrahan 59	43-8½ 6k 40-5 6k
Harold Krause Carl Wallin	151-2 150-11
Al Neville Bob Harvey	129-1 108-0
2k Discus Bob Harvey	118-6
Carl Wallin Al Neville	117-11 117-0
July 22 16# Shot	
Carl Wallin 47 Bob Mead 44	51-2* 47-5½
Al Neville 45 16# Hammer	40-111
Bob Mead Carl Wallin Al Neville	153-7 151-3 138-1
2k Discus Mark Dupuis 39	153-7
Bob Mead Carl Wallin	136-2 123-7
Al Neville	118-4
16# Shot Carl Wallin 47	50-9 1
Al Neville 45 16# Hammer	41-9
Carl Wallin Al Neville	145-7 127-0
2k Discus Al Neville Carl Wallin	123-0 122-11
-Sentember 24-	
All-Around Weight (16# SP; 16# HT;	Throw 2k DT; 35#
WT; JT new IAAF) Carl Wallin 3549	(15.77/
46.20/36.12/15.5 Cliff Blair 3185 52.40 6k/37.80 1	(14.16 6k/
28.73)	(12.72/
39.54/36.02/11.7	7/28.93)
33.68/35.00/9.94/	32.36) 2620 (10.67/
47.32/30.10/14.74 A1 Bashian 48 20 27.03/30,06/8.81	/24.71) 65 (8.99/
27-03/30,06/8,81	/34.24)

AND THE PROPERTY AND THE PARTY	San Strategic Commission
September 30	
16# Shot	
Carl Wallin 47	51-3
Al Neville 45	41-11
16# Hammer	
Carl Wallin	154-2
Al Neville	132-11
2k Discus	
Carl Wallin	121-10
Al Neville	117-1
*Single-age AR; **	Sinole-age
August 27	2.0
16# Shot	
Carl Wallin 47	51-8 3/4
Al Neville 45	41-11
Cliff Blair 59	40-31**
	CONTRACTOR OF STREET

Al Neville	132-11
2k Discus	
Carl Wallin	121-10
Al Neville	117-1
*Single-age AR;**Si	ngle-age
August 27	
16# Shot	
Carl Wallin 47	51-8 3/4
Al Neville 45	41-14
Cliff Blair 59	40-31**
16# Hammer	Harris Control
Carl Wallin	153-0
Cliff Blair	148-11*
Al Neville	131-8
	LA CONTRACTOR
2k Discus Carl Wallin	125-1
Carl Wallin	123-1
Cliff Blair 1.6k	
Al Neville	119-8
September 3	1 10
16# Shot	The state of the
Carl Wallin 47	51-8
Mark Dupuis 39	44-0
Bob Harvey 46	42-31
Al Neville 45	41-9 37-8
Russ Foregger 52	37-8
16# Hammer	
Carl Wallin	147-8
Al Neville	119-9
	117-7
2k Discus	140 11
Mark Dupuis Carl Wallin	149-11 121-11
Carl Wallin	121-11
Bob Harvey	120-11
Al Neville	116-0
September 10	1 10 7
16# Shot	
Carl Wallin 47	52-6*
Bob Mead 45	46-63
Cliff Blair 59	42-3**
2k Discus	
Bob Mead	128-9
Carl Wallin	124-11
Al Neville 45	115-6
Al Neville 45 Cliff Blair 1.5k	126-5
September 17	
16#	
Carl Wallin 47	152-3
Al Neville 45	136-2
	130-2
2k Discus	125.0
Mike Grisko 42	125-9
Carl Wallin	121-9
35# Weight	NEW AGE
Carl Wallin	48-0
Mike Grisko	44-11
Al Neville	39-4

Penn Relays Philadelphia April 27-28

Section 1:

New York Pioneers	46.55
(Ed Small, Roosevelt	Weaver,
Ed Howard, Ron McDona	ld)
Manhattan Seniors	47.50
Phila. Masters A	48.41
Cincinnati AA (50+)	49.26
Section 2:	

New York Masters 46.04
(Patrick Caldon, M. Heidelberg, M. Milove, Rick Lapp)
Phila. Masters 50+ 49.31
Modern Masters (3 Women, 1 51.80
Phila. Masters 60+ 55.14
New York TC (all women) 55.53

E. Silverman Masters Pole Vaul (invitational)

Tom Rauscher 43 Rex Harvey 43 Rex Harvey 43 4.20
Gerry Counihan 50 4.00
Charlie Polhamus 46 3.80
Boo Morcom 68 3.40
Phil Mulkey 57 3.20
Tom Hinkes 60 2.80
Phil Raschker 43 (W) 2.47

(Morcom winner by age-grading)
Raschker's vault is WR, Morcom
has higher age-68 pending. Jerry Donley, Paul Richard, Bill Busby, Joe Johnston all "no height."

April 28	
4 x 400 relay	
Section 1:	
George Mason TC	3:31.9
(Ron Johnson, Errol	Lee,
Greg Marshall, Bob	Brown)
Four Winds TC "A"	3:32.1
Glenarden TC	3:33.6
New York Pioneers	3:38.6
Shore AC "A"	3:41.6
New York Masters	3:42.1

Section 2:

Potom. Vall. Srs 50+	3:48.55
Manhattan Seniors	3:51.27
Phila. Masters 50+	3:55.90
Hartford TC	3:57.68
Central Park TC 50+	4:04.95
Four Winds TC "B"	4:05.00
STATE OF THE PERSON NAMED IN COLUMN TO SERVICE OF THE PERSON OF THE PERSON NAMED IN COLUMN TO SERVICE OF THE PERSON NAM	

Masters 100-meter dash

Claude Hills (77)	15.7
Byron Fike (82)	16.0
Leslie Thomas (75+)	16.5
Sen. Alan Cranston (75)	17.0
Leo McEvoy (70-74)	17.5
Geo. Braceland (75+)	dnf.

Runner's World Masters Mile (by invitation)

Larry Almberg	4:12.2
Byron Dyce	4:16.5
Ken Sparks	4:18.8
Harry Nolan	4:27.0
Steve Ruckert	4:27.5
Steve Ruckert	

SOUTHEAST

Florida Athletic Club-Greenacres City Masters Championships Lake Worth, Florida, April 21

100	METERS	
M30	MITCHELL TAYLOR	11 70
	RICK CHRISTENSEN	11.28
1000000		13.65
M35	NATE ROBINSON	11.32
M40	JON DAVID	12.16
M45	THADDEUS BELL	11.04
San	TYRONE CARLIS	
A TOTAL STATE OF		11.81
	WILL PATRICK	12.92
M50	PETER TAMS	12.48
	JOHN WHELAN	12.74
ZIN NEX	N. DeLANEUVILLE	13.31
	N. DELANEUVILLE	
	BOB O'BRIEN	13.33
	JOE DELUCA	17.65
M55	BILL WRIGHT	12.67
-	NORM MOSLEY	12.70
460	RAY ARMSTRONG	14.70
MOU		14.04
	HAROLD COLEN	15.06
M65	VERN MATTSON	14.30
	BLAIR MCFARLANE	14.50
M70	BILL WEINACHT	14.25
ACCES MANAGES	NAT HEARD	15.85
M75	GILBERTO GONZALES	15.65
M/S	GILBERTO GONZALES	15.51
B.S. Silved		GITTER TO
WGS	JOANN CLANTON	26.54
200	METERS	
M30		23.40
	MITCHELL TAYLOR	
M35	TYRONE CARLIS	24.23
	THADDEUS BELL	24.34
	WILL PATRICK	25.35
43 MILES	DAVE DRIEFUERST	
	DAVE DRIEL DENSI	27.68
M50	PETERS TAMS	
M50	PETERS TAMS	26.26
M56	PETERS TAMS NORM MOSLEY	26.26 27.22
	PETERS TAMS NORM MOSLEY	26.26 27.22
M56 M65	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON	26.26 27.22 30.05 31.01
M56 M65 M60	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG	26.26 27.22 30.05 31.01 29.61
M56 M65	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT	26.26 27.22 30.05 31.01 29.61 29.88
M56 M65 M60 M70	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD	26.26 27.22 30.05 31.01 29.61 29.88 33.94
M56 M65 M60	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT	26.26 27.22 30.05 31.01 29.61 29.88 33.94
M56 M65 M60 M70	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES	26.26 27.22 30.05 31.01 29.61 29.88 33.94
M56 M65 M60 M70	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTION RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92
M56 M65 M60 M70	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92
M56 M65 M60 M70 M75	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTION RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92
M56 M65 M60 M70 M75 400 M40 M45	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS LINDSEY BODDEN DAVE DRIFFUERST	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92
M56 M65 M60 M70 M75 400 M40 M45 M55	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS LINDSEY BODDEN DAVE DRIFFUERST PAUL GAULDEN	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92 59.13 67.75 74.03
M56 M65 M60 M70 M75 400 M40 M45 M55 M60	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS LINDSEY BODDEN DAVE DRIFFUERST PAUL GAULDEN RAY ARMSTRONG	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92 59.13 67.75 74.03 67.08
M56 M65 M60 M70 M75 400 M40 M45 M55	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTION RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS LINDSEY BODDEN DAVE DRIEFUERST PAUL GAULDEN RAY ARMSTRONG MICKEY BARTON	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92 59.13 67.75 74.03 67.08 70.92
M56 M65 M60 M70 M75 400 M40 M45 M55 M60	PETERS TAMS NORM MOSLEY BLAIR MCFARLANE MICKEY BARTON RAY ARMSTRONG BILL WEINACHT NAT HEARD GILBERTO GONZALES METERS LINDSEY BODDEN DAVE DRIFFUERST PAUL GAULDEN RAY ARMSTRONG MICKEY BARTON JERRY KAUFFMAN	26.26 27.22 30.05 31.01 29.61 29.88 33.94 33.92 59.13 67.75 74.03 67.08

NAI BEARD	33.34
GILBERTO GONZALES	33.92
MARKET	
METERS	が長さるよう
LINDSEY BODDEN	59.13
DAVE DRIEFUERST	67.75
PAUL GAULDEN	74.03
RAY ARMSTRONG	67.08
MICKEY BARTON	70.92
JERRY KAUFFMAN	91.27
GILBERTO GONZALES	89.30
GIEBBRIO GONGREES	111111111111111111111111111111111111111
METERS	是一、整一
KENT BURNO	2:01.5
MARSHALL JONES	2:12.1
STEVE CHRISTLIEB	2:23.5
LINDSEY BODDEN	2:14.7
DAVE COMPTON	2:22.1
PAUL GAULDEN	2:58.5
ARCRITE" RESERVED	2:35.2
MICKEY BARTON	
	2159.9
JERRY KAUFFMAN	3:18.2
MAX QUACKENBOS	2:58.9
GOR STOROJEFF	4:28.0
DATTY DVF	7:47.7
	1
METERS	
STATE OF THE PARTY	
	4:27.4
	4:33.0
ARCHIE MESSENBER	5:35.4
MAC QUACHENBOS	6:01.1
IGOR STOROJEFF	9:38.0
יים פיניפיים פילי	5:44.8
Note that the same of the same of	Land Service Control

the second secon	
5000 METER RUN	
	22:39.8
M40 BILL ROESTER	19:38.3
M45 HECTOR RODRIQUES	17.40.0
Audit greine Val	
5000 METER WALK	
MIS STEVE CHRISTLIEB	32:22.4
M45 BILL HALFORD	28:02.7
M50 BILL SAXTON	30:46.5
MSS BOB FINE	29:31.8
TOM SHAUGHNESSY	37:08.8
M60 SIG KURZ	34:04.4
M65 CHARLES POLADIAN	30:34.8
JERRY KAUFFMAN	35:38.5
ARMAND BECK	37:31.0
M60 CHARLES DEUSER	30141.8
W40 ADRIANNE HALFORD	34:35.3
W45 VERNESSA HILLIARD	31:00.2
W50 BARBARA BENSON	48:14.5
W55 JOY CLINGMAN	31:02.6
JUDY MANULKIN	35:02.6
M60 CAROL STEPHEN	44:46.9
GERRI BECK	44:52.2
M70 HELEN GALARNEAU	54:04.6
The second of the second	
HURDLES	
M30 110 METER 39"	William Co.
NATE ROBINSON	14.53
M50 100 METER 36"	
N. DELANEUVILLE	17.27
M60 100 METER 33"	100
HAROLD COLEN	20.92
M70 80 METER 30"	State of the last

	JERRY KAUFFMAN	35:38.5
	ARMAND BECK	37:31.0
M60	CHARLES DEUSER	30:41.8
W40	ADRIANNE HALFORD	34:35.3
W45	VERNESSA HILLIARD	31:00.2
W50	BARBARA BENSON	48:14.5
W55	JOY CLINGMAN	31:02.6
	JUDY MANULKIN	35:02.6
M60	CAROL STEPHEN	44:46.9
	GERRI BECK	44:52.2
M70	HELEN GALARNEAU	54:04.6
HUE	DLES	
M30	110 METER 39"	Military and
	NATE ROBINSON	14.53
M50	100 METER 36"	
	N. DELANEUVILLE	17.27
M6		
	HAROLD COLEN	20.92
M7		and the state of
	CARMEN WILLIAMS	17.28
что	SH JUMP	
M50		1.45
M55		
M60		1.66
HOU	WARREN JACKSON	1.295
M65		1.12
M70		1.17
6.0	BILL CARMEN	1.015
M75		
	ERNEST DENNISON	1.015
1.0	NG JUMP	
	ALLAN ROBERTSON	4.77
M4		5.87
74.10	JERRY ARLINESON	4.38
M50	JOHN WHELAN	4.84
VACSE!	BOB O"BRIEN	4.73
	N. DeLANEUVILLE	4.02
	PETER TAMS	4.43
TA ALE	JOE DELUCA	4.02
	NORM MOSLEY	4.54
M6		4.97
	JIM GILLCRIST	4.84
M6	VERN MATTSON	4.47

ERNEST DENNISON	1.0
LONG JUMP	
M40 ALLAN ROBERTSON	4.7
M45 TYRONE CARLIS	5.87
JERRY ARLINESON	4.38
M50 JOHN WEELAN	4.8
BOB O"BRIEN	4.7
N. DeLANEUVILLE	4.0
PETER TAMS	4.4
JOE DELUCA	4.0
M55 NORM MOSLEY	4.5
M60 HAROLD COLEN	4.9
JIM GILLCRIST	4.8
M65 VERN MATTSON	4.4
M70 JOE BROADBENT	560 3 .1
M75 GILBERTO GONZAL	
F65 JANANN CLANTON	2.2
TRIPLE JUMP	
M50 N. DELANEUVILLE	9.7
BOB O'BRIEN	9.2
JOE DELUCA	8.1

	M60					6.	
		VERN				7.	
	M70	BILL				7.	
		JOE B	ROADE	ENT		6.	54
		The same			Tara V		
		PUT		REFE	2	1	416
	M35	JOHN I	KIRCH	NER	. !	1:	88
		ALLAN				0.	
		JERRY DON B				8.	
	M60					5.	
	Meu	RANDY				2	
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	M65						7
		ARTHU					
	M70					Η.	
		TOM M		OTT		1.	
		NAT H				10.	
		JOHN !					. 0
	M75	ERNES	I DEN	NISC			. 6
		GILBE	RTO G	INSINO	ES		. 9
į	F60	MAXIN	E BC	MAN		0	.0
	DIS	cus					
		JOHN	KIRC	INFR		8.	2

	MANY CAMUNAS	22.	7
140	BOB SILVA	32.5)
	GARY LANE	29.0)
145	JERRY ARLINESON	33.	3
150	EDWARD FASS	35.	7
	DON BRECKENRIDGE	27.	7
155	PHIL BRADY	43.8	3
160	RANDY COOPER	45.8	3
100	JAMES GILLCRIST	43.2	2
	CLIFF BLAIR	41.6	5
	WARREN JACKSON	36.6	5
	ART KNAPP	11.	
170	TOM MCDERMOTT	37.4	
	RAY RUPELLI	28.3	2
	TOHN RUSSELL	24	2
75	GILBERTO GONZALES	27.	
	ERNEST DENNISON	25.	
	IGOR STOROJEFF	18.	
45	VANESSA HILLIARD	27.	
	MAXINE BRODMAN	16.	

45	JERRY ARLINESON	19.
50	DON BRECKENRIDGE	30.
50	CLIFF BLAIR	52.
55	ART KNAPP	14.
70	TOM MCDERMOTT	42.
	STAN LASKI	34.
	NAT HEARD	31.
	JOHN RUSSELL	18.
75	GILBERTO GONZALES	
ē		19.
15	VANESSA HILLIARD	23.
V	ELIN	
5	NATE ROBINSON	45.
0	LINCOLN MCFARLANE	
		-

HAMMER THROW M40 BOB SILVA

M35	NATE ROBINSON	45.5
M40	LINCOLN MCFARLANI	38.
	GARY LANE	34.
M45	JERRY ARLINESON	30.8
M50	DON BRECKENRIDGE	28.0
M55	BILL MONDELL	39.0
M60	RANDY COOPER	46.
M65	ART KNAPP	18.
M70	JOHN RUSSELL	21.8
M75	GILBERTO GONZALES	
	IGO STOROJEFF	21.8
	ERNEST DENNISON	19.
F60	MAXINE BODMAN	9.0
WEIG	HT THROW 25#	
		5.60
M70	TOM MCDERMOTT	11.45
	The second secon	The second second

	THROW 25#	
	KNAPP	5.60
	MCDERMOTT	11.45
RAY	RUPPELLI	8.53
	LASKI	7.70
ERNI	ST DENNISON	6.38
VANI	SSA HILLIARD	A 94

		CLUBS
CC	•	CAPE COD
FAC		PLORIDA ATHLETIC CLUB
LAS		LOS ANGELES STRIDERS
MTC		MANASOTA TRACK CLUB
NYA		NEW YORK ATHLETIC CLUB
NYM		NEW YORK MASTERS
OTH		OVER THE HILL CLUB
PBT		PALM BEACH TRACK & FIEL
LOW		LOWELL STRIDERS
NWE		NORTHWEST EXCPRESS CLUB
MR		MIAMI RUNNERS CLUB
MTL		MONTREAL CLUB
UN		UNATTACHED

WEST

Sportarcade V U. of California — Irvine March 11

60m		
M30	James Bonilla	7.
	Andre Frazier	7.
	Carlos Rodriquez	7.
M35	Albert Hearvey	7.
4	Thierry Boucquey	7.
RIE	Jim Uyechi	7.
M40	Herman Castille	7.
	Leroy Clipps	7.
M45	Fred Niedermeyer	7.
	Juan Bustamante	7.
M50	Roger Tsuda	7.
	Stan King	8.
	Alvin Henry	8.
M55	Don Benton	7.
	Nick Newton	7.
	Ray Graves	7.
	Doug McFetters	8.
M60	Gene Harte	8.
	Bob Watanabe	8.
M65	Claude Taggart	9
	George Simon	9
	Pete Ganahl	10
	Bert Morrow	10
	C Rodriquez	9
	Jeanne Carter	9
	Magdalene Kuehne	9
MPO	Shirley Kinsey	10
		4
300		
3001	CANADA CAMBRA CA	

300III	
M30 James Bonilla	36.9
Randy Walker	37.5
Andre Frazier	38.4
Steven Nelson	39.7
M35 Foots Williams	40.9
M45 Don Parker	37.6
Stan Baker	41.6
Fred Niedermeyer	41.9
M50 Stan King	43.1
Jesse Carrington	45.5
M55 Ray Graves	43.3
Will Robinson	46.2
Frank Kishi	52.3
M60 Louis Beadle	46.6
Bob Watanabe	53.9
M65 Claude Taggart	54.1
W30 C Rodriquez	56.5
W35 Tina Stephens	45.0
W50 Jeanne Carter	51.3
1000m	
M30 Frank Boegeman	2:48.
Mike Grobler	2:50.
Bobbie Schipper	3:26.
M35 Gary Carlin	2:58.
M45 Joe Perry	3:15.

M43	Joe Perry	3:13.4
M50	J Carrington	3:22.2
M55	Robert Culling	3:13.6
	Marsh Haraden	3:17.9
	Ross Dunton	3:20.2
M60	Gunnar Linde	3:20.3
	Louis Beadle	3:27.7
	Harold Willis	4:04.1
M65	Avery Bryant	3:55.0
W50	Jean Hoagland	3:37.3
3000	Om	
	Larry Alla bach	10:18.1
14.2	Bobbie Shipper	10:58.4
	Mark Cleary	11:08.2
M40	Nolan Smith	9:26.4
25	Ross Bogert	10:42.4
	Conrad Brooks	10:51.3
M55	R Culling	11:15.4
	M Haraden	11:19.1
M60	Al Escobosa	13:06.2
	Harold Willis	13:38.9
M65	Avery Bryant	12:48.7

	60ml		
	M30	Andre Frazier	8.0
		D Robinson	8.0
	M40	Fred Johnston	9.0
		Theo Viltz	8.8
		Larry Sallinger	9.0
	M50	Alvin Henry	9.0
	M55	Doug McFetters	9.4
		Bill Adler	10.6
		Bob Watanabe	11.6
	M65	George Simon	12.1
		Al Guidet	10.6
		Christel Miller	10.9
	W60	Shirley Kinsey	13.9
	300r	nH	4 to
		Larry Allabach	49.1
	M40	Jorge Birnbaum	49.8
		Fred Johnston	51.2
		Leroy Clinno	EC .
ú	M50	Jackson Steffes	
	M55	Will Robinson	47.1 51.1
	-	Tinfoll Paule	B CON
			W. C. C. C. C.

	4x100m Relay	
	M50 Corona Del Mar TC 49.0	
No.	L.A. Valley TC 53.1	
	M60 L.A. Valley TC 61.3	2.5
В	4x200m Relay	
	Corona Del Mar TC 1:56.7	
MARC I	4x400m Relay	
ELD	So Cal Striders 5:24.8	
UB	Sprint Medley Relay(800,200,	
UB	200.400)	
000	Team Patriots USA 4:00.2	
	Distance Medley Relay(1200,	
NEW Y	800,400,1600)	
=	Team Patriots USA 4:15.2	
	Long Jump M35 John Kuechle 20-7	
	1155 doing Rucenize	
	1140 DOD DI	
	OUI BE DITHOUTH	
	Mike McCarthy 12-61	
2004	MSO Roger Tsuda 17-31	

Team Patriots USA	4:15.2
Long Jump	
M35 John Kuechle	20-7
M40 Bob Bly	16-11/2
Jorge Birnbaum	15-11
Mike McCarthy	12-61
M50 Roger Tsuda	17-31
M75 Art Vesco	7-51
W55 Christel Miller	12-0 11-11
Magdalen Kuehne	10-6
W60 Shirley Kinsey	10-0
Triple Jump	
M40 Milan Tiff	49-6
M75 Art Vesco	17-6
Shot Put	
M30 Val Olotoa	42-41
M40 Mike Nash	46-4
Mike Deller	44-4
Chris Jordan	37-7
M45 Juan Bustamante	24-6
M50 Gary Miller	40-4
Don Breckenridge	31-6
M55 Dennis Rietz	38-81
Joe Durrenberger	33-10½
Bob Eldridge	31-1
M60 Arnie Gaynor	40-31
Hal Wallace	34-5
M70 Jack Thatcher	31-11
M75 Ross Carter	40-9 1
(Age-group WR)	22.2
Art Vesco	23-3
Javelin	N. C. Carlo
M40 Ron Rook	142-0
Richard Rook	122-3
M50 Steve Wordell	106-11
Don Breckenridge	84-6
M60 Arnie Gaynor	98-4
M75 Art Vesco W55 Christel Miller	53-4
Magdalene Kuehne	93-10 64-8
raguatene kuenne	04-8

Phoenix TC Spring Masters Series Phoenix, AZ April 8

100	CHEST WEEK	
M30	Burrell Bender	11.3
	Randal Haun	11.8
	Tim Netson	12.1
	Russell Hankins	13.0
	Armando Contrera	13.2
	MarkMcCloskey	13.6
M40	Chris Jensen	12.0
	Jerry Griffin	12.8
M50		12.3
	Donald Clay Jude	13.3
	Melvin Moore	13.4
	Andy Almaraz	13.7
	Bob Williams	14.1
M55	Ray Graves Will Robinson	12.7
M60	Joe Sarvis	13.2
MOU	Alan Cohen	14.4
M65	Hugh Hackett	15.2
M70	Virgil McIntyre	17.3
W30	LouAnn Bolick	14.8
		B. Siral
200		
M30	Burrell Bender	25.4
	Tim Netson	25.4
	Randal Haun	25.5
M40	Chris Jensen	26.0
	Robert Biesbroe	27.4
A Delivery	Norman Ambos	28.0
M50	Norb Wedepohl	26.4
	Donald Clay Jude	
	Andy Almaraz	28.9
	Bob Williams	31.2
M55	Ray Graves	26.5
MCO	Will Robinson	27.9

7575	KODINGON	41.	
M60	Charlie Rice	30.	
	Alan Cohen	30.	
M65	Hugh Hackett	33.	
M70	Virgil McIntyre	38.	
W30	LouAnn Bolick	30.	
		Unbelle	
400			
M30	Randal Haun	55.	
	Link Nunsuch	57.	
	Jose Garza	59.	
	Mark McCloskey	65.	
	Armando Contrera	69.	
M40	Robert Biesbroel	58.	
	Norman Ambos	60.	
	Jerry Griffin	62.	
M50	Melvin Moore	63.	
	Bob Williams	66	
	Carl Hobe	83.	
M55	Ray Graves	61	
	Will Robinson	62	
M60	Alan Cohen	66	
	Charlie Rice	67	
W30	LouAnn Bolick		
		71.	
0.01	Continued on nex	t pa	s

	The state of the s	Ivational ivia	isters frems	THE RESERVE AND A SHARE WE WORK A	And the second s
Continued from previous page	D	Vertile and a manufacture of the second	W.F. W. 1. D	M45 Jack Karbens 93-07	4x100m relay
Continued it off previous page	Phoenix TC	Shot Put	M45 Mel Brooks 23.6		(mixed ages)
800	Spring Masters Series	M30 Bill Wincheste 51'41"	Gary Patterson 24.8		West Valley A 47.5
	Phoenix, AZ	Jim Lothrup 44'9½"	Jack Karbens 27.4		
	April 29	Gary Wincheste 38' 7 "	Tony Quintero 29.1		
Lupe Ibarra 2:19.8	April 23	M45 George Davies 37'83"	M40 Eddie Hart 21.9	M30 Jim Scileny 78-06	San Francisco T&F Club 49.7
Link Nunsuch 2:36.9	100	M50 Donald Clay Ju 34'61"	Matt Pruitt 23.3		West Valley B 54.1
M40 Mark Mahl 2:23.9	M30 Burrell Bender 11.6	Melvin Moore 32'8;"	Manuel Pan 25.4	Long jump	San Francisco women 60.2
Raul Berrelez 2:26.9	Timothy Netson 12.0	Andy Almaraz 32'41"	Steve Gillman 26.2	W55 Marj Moore 8-01	1.5日本通过10年的世界中,12个
M45 Kenneth Busboc 2:37.5	M40 Herman Castille 11.7	M55 Hank Dunlap 34'10"	M35 Michael Summers 26.1	M70 A.U. Ricciardi 12-11	4x400m relay
M50 Carl Hobe 3:16.6	Chris Jensen 12.0	Warren Wolf 30'73"	M30 Art Leland 26.1		(One entry)
M60 Alan Cohen 3:20.8	Thomas Schroer 14.5	M60 Wes Goodwin 35'81"		M60 Mike Orlich 12-00	San Francisco T&F Club
	M50 Norb Wedepohl 12.2	M65 Stan Sadofsky 33'0"	400m	M55 Steve Richmond 14-08	age 30-39 Aaron Levin,
1500	Fred Niedermeyer 12.4	M70 Myron Dover 31'113	W45 Nadine O'Connor 68.6		
M30 Jose Garza 4:30.6		Charles Roloff 26'23"	W40 Martie Behrens 66.8	0.7	Earl Bryant, Frank DeMay,
Lupe Ibarra 4:45.9	Donald Clay Jude 13.3	W30 LouAnn Bolick 23'9			Johnie Kelly 4:18
Charles Knecht 5:25.2	Andy Almaraz 13.5		W35 Nancy Frost 65.5		TO A THE PERSON AND A PROPERTY OF THE PERSON AND A PERSON
Mark McCloskey 5:32.7	M55 Ray Graves 13.0	W55 Magdalena Kuer 24'41"	W30 Norma Lopez 74.3	1 1 2 1 07	PATER DAL A TRACALLA
M40 Mark Mahl 4:45.2	Samuel Flory 13.5	W60 Barbara Brandt 23'51"	M50 Martyn Adamson 56.2	W/O D-1 T-1 1- 10 11	INTERNATIONAL
Raul Berrelez 4:54.7	Bill Adler 15.1		Robert Fuller 67.4	1	
	Carl Wolf 15.7	Long Jump	M45 Mel Brooks 52.0		Australian Veterans
M45 Kenneth Busboc 5:10.9	M60 Joe Saruis 14.3	M30 Link Nunsuch 19'2 "	Gary Patterson 59.0		Championships
M50 Dave Doerrer 5:24.4	Charles Rice 14.6	Russell Hankii 16'7 "	Jack Karbens 61.0	Mike Holzgang 17-00	
M55 Walter Chapko 6:30.6	M70 Milton Silverst∈14.8	M40 Chris Jensen 17'9 "	M40 Matt Pruitt 54.		Olympic Park
M60 Alan Cohen 6:27.4	Dick Bennett 16.7	Manny Rivero 13'8 "	Jim McMillen 58.:	M30 Jim Scileny 11-05	Melbourne
	W45 Alleene Turpin 16.2	M50 Andy Almaraz 13'73"	Steve Gillman 61.		April 13-16
3000	W50 Jeanne Carter 14.9	M55 Ray Graves 15'4"	M35 John Kirkpatrick 55.	Triple jump	STEEL
M40 Norman Ambos 13:48.0	W55 Magdalena Kuehn∈16.6	Hank Dunlap 11'11	Michael Summers 60.	M65 Jim Johnson 25-07	100m
M45 Kenneth Busboc11:11.0	在1000mm (2000mm) (20	M60 Novi Milicevi 14'6"	M30 Gary Marty 54.0	M55 Steve Richmond 30-06	M35 D Gallagher 11.3
M60 Alan Cohen 14:35.0	200			M50 Dee De Witt 32-06	M Lynch 11.4
	M30 Burrell Bender 25.5		800m	0. Legend 28-01	P Nissen 11.6
5000	Timothy Netson 25.8	M70 Myron Dover 11'8 1"	W65 Thelma Rubin 3:32.	M45 Jim Hollister 36-06	M40 H Van Bavel 11.5
M30 John Rinkenba 17:59.9	Link Nunsuch 26.0	Dick Bennett 10'71"	W35 Nancy Frost 2:36.		P Cootes 11.8
Herschel Port 19:58.5	M40 Herman Castille 24.4	W30 LouAnn Bolick 12'6"	Laurel Ulrich 2:57.		
Charles Knech 20:12.9	Chris Jensen 25.5	W55 Magdalena Kue 11'10½	M55 Jack Westbrook 2:48.	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
M45 Kenneth Busbo 17:40.5	M50 Fred Niedermeyer 26.2		M50 Pete Richardson 2:22.		M45 P Crombie 11.7
The state of the s	Dave Doerrer 27.6	Discus		WOE EL D	H Steinman 12.1
3000m Racewalk		M30 Bill Winchest 139'9"	M45 John Aldridge 2:01.		n McIntyre 12.2
M45 Dave Nelson 19:34.6	ALTERNATION OF THE PROPERTY OF	Jim Lothrup 133'11"	M40 Searcy Barnett 2:07.	W00 1: 0 1 00 00	M50 B Kernaghan 12.1
MAJ Dave Merson 19:34.6		Gary Winchest 122'5	Barry Armstrong 2:11.	to the state of th	G Noden 12.5
100- 11	M60 Louis Beadle 29.0	M45 George Davies 110'9"	M35 David Amster 2:02.		K Daniels 12.7
100m Hurdles	Charles Rice 29.6	M50 Pete Chasar 122'0 "	Michael Summers 2:20.	W70 Marie Corvello 18-01	M55 H Dillon 12.8
M30 Kerry Winkle 20.6	M70 Milton Silverste 30.1	Donald Clay J 100'0 "	Rick Thoman 2:21.	W55 Fei-Mei Chou 23-01	J Liascos 12.9
	W30 LouAnn Bolick 31.9	M55 Hank Dunlap 107'11"	Pete Davalos 2:25.	M80 A.J. Puglizevich 24-09	B Solomon 13.0
80m Hurdles	W45 Alleene Turpin 34.8	M60 Wes Goodwin 116'3 "	Frank Demby 2:35.	M70 Hal Cronkhite 32-11	M60 R Hochreiter 12.7
M65 Hugh Hackett \$7.6	W50 Jeanne Carter 32.0	Arthur Brandt 89'31"	Earl Bryant 2:38.		L Coffey 12.8
A NOW ASSESSMENT OF THE PARTY O	W55 Magdalena Kuehne 37.3	M65 Stan Sadofsky 107'0"	M30 Gary Marty 1:56.	n.o. kittlaidi 32-09	L Kent 13.0
High Jump	400	M70 Myron Dover 108'13"	Johnie Kelly 2:19.		M65 T Hishon 13.6
	M30 Jose Garza 56.5	Charles Rolof 94'1"	是"智力"的特别的《自然》是《自然》的《自然》。	M65 Jerry Silsdorf 27-02	f O'Connor 13.6
M30 Brian Campbell 6'6"	M40 Herman Castille 53.1	W30 LouAnn Bolick 63'13"	1500m	M60 Michael Orlich 38-09	M Johnston 14.1
Russell Hankins 5'8"	Robert Biesbroec 57.9	W45 Betsy Lehman 58'2"	W65 Thelma Rubin 7:00.	Roy Wigginton 34-05	M70 G Boag 15.7
1130 miles	M45 Eric Owers 56.7	W60 Barbara Brand 64'7 "	W35 Margy Amster 6:58.	M55 Bob Feaster 36-11	f Kelly 17.1
	M50 Dave Doerrer 60.4	W65 Renee Roloff 47'2 "	M70 Troy Grove 6:38.	Bob Beedle 35-02	J Lowe 18.5
MOU DOC DUITE	Melvin Moore 63.3		M55 Jack Westbrook 6:08.		M75 0 Burton 16.5
M65 Charles Obye 4'6" M70 Virgil McIntyre 4'0"	M60 Louis Beadle 65.5	Triple Jump	M45 Charles Johnson 5:23.	M50 Karl Mayer 45-09	J Wright 16.8
Dick Bennett 3'8"	Charles Rice 70.4	M40 Joel Whitfiel 38'10"	M40 Tim Shannon 4:20.		A Smith 17.0
Myron dover 3'6"	W50 Jeanne Carter 73.1	M60 Novi Milicevi 31'11"	Charles McCarthy 5:17.		M80 H Gathercole 16.1
w60 Barbara Brandt 3'4"	如此也在1000000000000000000000000000000000000	Provider and the Country of Country and	M35 David Amster 4:17.		W30 R Binney 13.1
	800	Contra property of the second property of	Pete Davalos 4:57.		K Maurer-Smith 13.2
Pole Vault	M30 Jose Garza 2:13.5	Ken Carnine Relays	Richard Ulrich 5:37.		M Perrott 13.5
M30 Roy Willits 14'	Ron Smith 2:15.2	Sacramento, CA		M35 Mike Woody 41-08	W35 K Adams 12.8
M35 Greg Hull 13'	Samuel Ruiz 2:31.7	CONCRETE TO A CONTRACT TO SECURITY OF SECU	3k was to daily sitelas A shi sali	The state of the s	S Chadwick 13.1 K Macey 13.8
M40 Richard McPeek 11'6"	M60 Louis Beadle 2:49.3	April 28	W35 Laurel Ulrich 12:31.		K Macey 13.8 W40 M Taylor 13.0
M45 Danny Boyle 12'	1500 - See all 120 - 120	100m	M70 Norton Jacobs 14:08.		A Holcombe 13.6
M55 Warren Wolf 8'	1500 M40 Mark Mahl 4:50.1	W65 Thelma Rubin 18.7	M65 Walter Eugenio 12:32.		M Wong 14.0
M70 Dick Bennett: 7'6"		Diana Smith 19.1	M45 Craig Thomas 11:07.		W45 U Lund 13.5
· · · · · · · · · · · · · · · · · · ·	M45 Dave Nelson 6:04.6	W60 Shirley Dietderich 17.2	Charles Johnson 11:14.		N Parrish 13.9
Long Jump	M55 Robert Culling 5:14.4	W55 Fei-Mei Chou 16.3	M30 Johnie Kelly 10:02.	6 1 1/10	R Philpott 14.8
M30 Brian Campbell 20'2"	3000	Marj Moore 16.9	00-1-11		W50 A Horsnell 14.3
Randal Haun 18'5"	3000 M30 Servel Built 11-45 3	W45 Nadine O'Connor 14.5	80m hurdles	1 1 1	T Wharton 14.5
Russell Hankins 16'2"	M30 Samuel Ruiz 11:45.2	W30 Michelle Demby 14.5	M70 Al Guidet 14.		M Dunbar 14.7
. M40 Jerry Griffin 16'5"	5000	Becky Post 14.5	A.U. Ricciardi 16.		W55 P Carr 15.4
Chris Jensen 15'3"	M30 Chris Skelly 19:32.0	Norma Lopez 15.3			B Byrne 15.9
M45 Lonny Tomlinson 11'2"		M70 Clarence Killion 14.6	100m hurdles	Discus	W60 A Cooper *14.4
M50 Andy Almaraz 13'3"	M45 Dave Nelson 24:26.0 M40 Mark Mahl 17:43.1	Frank Toner 15.4	M60 Vern Regier 18.		J Green 15.6
Bob Williams 11'2"	M40 Mark Mant 17:43.1	A.U. Ricciardi 15.7	M55 Steve Richmond 20.		0 Webb 17.7
M55 Ray Graves 15'3"	2000- Procupilly	M65 Claude Taggart 15.2	Dave Douglass 23.	W50 Lorraine Coppola 58-09	W65 G Davidson 15.7
M60 Joe Sarvis 13'6"	3000m Racewalk	M60 Vern Regier 12.7	M50 Dee De Witt 15.	7 W55 Fei-Mei Chou 61-10	W70 M Collins 21.5
M65 Charles Obye 14'10	M45 Dave Nelson 18:43.0	Bernie Stevens 13.3	Carl Johnson 19.	M80 A.J. Puglizevich 57-Q2	
Hugh Hackett 12'10	100m Hurdles	Carl Orndoff 14.2		M70 Hy Booth 114-00	G Smith 23.8 W80 R Frith 20.2
George Butchko 10'7"		M55 Bruce Springbett 12.4	110m hurdles	A.U. Ricciardi 108-09	#00 K 111EH
M70 Myron Dover 11'2"	M50 Dave Doerrer 16.8	Bob Feaster 12.8	M45 Jim Hollister 16.	Hal Cronkhite 84-09	
Virgil McIntyre 11'1"	Melvin Moore 18.7	M50 Martyn Adamson 11.7	M40 Fred Johnston 16.		200m
Dick Bennett 10'	M55 Doug McFetters 17.0	Gil La Torre 12.0	Sylvester Jones 19.		
	Bill Adler 18.4	Reuben Fielder 12.8	Mike Holzgang 19.		M35 D Gallagher 23.2
Triple Jump	90- Hundlin	Robert Fuller 12.9	M35 Ed Baskauskas 16.		P Nissen 23.4
M30 Brian Campbell 41'4"	80m Hurdles	M45 Jim Hollister 11.7	为关系是是国际国际国际国际	Roy Wigginton 106-00	C Burge 23.9
M40 Joel Whitfield 38'7"	M70 Dick Bennett 18.3	Gary Patterson 11.8	300m hurdles	WEE David David On On	M40 H Van Bavel 23.5 K Atkins 24.3
Chris Jensen 30'10	ALL SOME STREET, AND A STREET, AND A	Bill Probst 12.9	M65 Walter Dahlin 55.	MEO Dieli Heachter 157 10	G Ford 24.7
M60 Alan Cohen 23'3"	High Jump	Clive Matson 13.1	M45 Phil Agostini 51.	Taba Dana 1/0 10	
	M30 Russell Hankins 5'10	Jack Karbens 14.0	M35 John Kirkpatrick 43.	John Ross 149–10	M45 P Crombie 23.6 H Steinmann 24.2
Shot Put	M45 George Davies 5'2	M40 Eddie Hart 10.7	新位文(1) 2 · 上上,	Jim Hart 149–10	
M45 Lonny Tomlinso 29'4"	M50 Andy Almaraz 4'8	Del Eckels 11.8	Ui ah du-a	Karl Mayer 145-05 Don Rose 100-10	G Clemens 24.6 M50 B Kernaghan 24.6
M50 Clay Judd 33'7	M55 Carl Wolf 4'2	Ray Yeck 12.1	High jump	· 阿尔克克·马克·克尔克尔克克尔克尔克克克尔克尔克尔克尔克尔克尔克尔克尔克尔克尔克尔	G Noden 25.4
Melvin Moore 32'11	M60 Joe Sarvis 4'2	Angel Cachinero 12.2	W55 Marj Moore 3-0	naumer	J Shand 26.0
Andy Almaraz 31'7"	M70 Dick Bennett 3'6	James Manor 12.7	M70 A.U. Ricciardi 4-00	M/U A.U. KICCIAIGI 113-04	M55 H Dillon 26.3
M55 Hank Dunlap 33'9"	。 《日本》 《日本》 《日本》 《日本》 《日本》 《日本》 《日本》 《日本》	M35 Richard Ulrich 11.7	M65 Walter Dahlin 4-00	KICK nustace 70-01	b Molloy 26.4
M60 Alan Cohen 22'5"	WAO & Stockelashura 510	William Smith 12.1	Jerry Silsdorf 3-10	19-11	
M70 Myron Dover 31'7"	W40 A. Steekelenburg 5'0	Kelly Stewart 12.8	Jim Johnson 3-10 M60 Carl Orndoff 4-0	Jerry Silsdorf 60-00	B Solomon 26.9 M60 R Hochreiter 26.7
W30 Lou Ann Bolick 22'2"	W60 Barbara Brandt 3'8	M30 Art Leland 12.4		MOU HICHAEL OFFICE 107-03	L Kent 27.3
W60 Barbara Brandt 20'2"	THOUGH BETTER THE A CONTRACTOR	· · · · · · · · · · · · · · · · · · ·	M55 Dave Douglass 4-00	Dave Douglass 127-10	A Rolfe 27.6
Discus	Pole Vault	200m	Steve Richmond 4-00 M50 Dick Hotchkiss 5-00	MOU DICK HOLCHKISS 139-01	M65 T Hishon 27.9
Discus	M30 Roy Willits 13'0	W65 Diana Smith 49.1	M50 Dick Hotchkiss 5-00 Dee De Witt 5-00	Jim nart 129-01	F O'Connor 28.3
M50 Clay Judd 102'10	Jim Coleman 10'0	W55 Fei-Mei Chou 34.6			C Scarff 28.6
M55 Hank Dunlap 110'3"	M45 Danny Boyle 13'0	Marj Moore 37.3			M70 G Boag 32.5
M60 Alan Cohen 103'5"	George Davies 13'0	W45 Nadine O'Connor 29.7	M45 Don Dvorak 5-00	The state of the s	
Arthur Brandt 91'0"	M50 Dave Doerrer 9'6	W40 Martie Behrens 30.1	M40 Del Eckels 5-02	and district the second	F Kelly 36.9 D McConchie 41.6
M65 Hugh Hackett 96'1"	M55 Doug McFetters 9'0	W30 Michelle Demby 29.7	Mike Holzgang 5-00	iles into i agrizzevich 00-09	M75 O Burton 32.2
George Butchko 92'5"	Warren Wolf 8'6	M70 Clarence Killion 30.7	M35 Ed Baskauskas 5-06	mo mot maceauter 30-03	V Turner 33.7
M70 Myron dover 106'10	M70 Dick Bennetd 8'0	Frank Toner 32.1	M30 Allen Eggman 6-04	Mach Mastace 75-00	
W30 Lou Ann Bolick 63'6"	The state of the s	M65 Walter Dahlin 31.2	The state of the s	Dick Mack 86-00	
W60 Barbara Brandt 61'	Javelin	Bill Ballantine 32.0	Pole vault	M65 Jerry Silsdorf 53-10	M80 H Gathercole 33.3
	M30 Jim Lothrup 201'6	Claude Taggart 33.3	M70 Jim Vernon 8-7		W30 R Binney 26.7
<u>Javelin</u>	Mike Chapman 190'1	M60 Bernie Stevens 27.5	M65 Jim Johnson 8-1		K Maurer-Smith 27.4
M30 Jim Lothrop 206'6"	M40 Ron Rook 149'7½	Vern Regier 27.8	M55 Dee De Witt 9-1	100	M Cole 27.6
Mike Chapman 182'3"	Manny Rivero 118'0"	Mel Melgosa 28.4	M45 Bruce Hotaling 13-1	Don Rose 143-01	W35 C McCardle 26.5
M40 Manny Rivero 123'10	M45 George Davies 133'10	Carl Orndoff 28.4	Roger Werne 12-1	M45 John Burns 168-06	K Adams 26.7
M50 Carl Hobe 113'5"	M55 Hank Dunlap 76'2"	Service of the servic	M40 Bert Serrano 13-1	Jack Karbens 119-03	S Chadwick 27.1
M60 Arthur Brandt 108'("	M60 Arthur Brandt 95'11	M55 Bruce Springbett 25.8	Ed Seese 12-7	M40 Fred Johnston 151-01	W40 M Taylor 28.0
Alan Cohen 105'6"	M70 Charles Roloff 91'61	Bob Feaster 27.0	Dick Stepp 11-7	Mike Holzgang 138-09	M Wong 28.9
			James Veilleux 9-1	Alan Feia 122-04	H Steadman 29.5
	W55 Magdalena Kueh 65'2	M50 Martyn Adamson 24.1		HIBH 1618 122-04	11/F W 4333
M65 Charles Obye 132'9"	W55 Magdalena Kueh 65'2½ W60 Barbara Brandt 91'8"	6. Gil La Torre 24.9	Mike Holzgang 9-1	M30 Jim Scileny 108-06	W45 M Allison 28.0
Hugh Hackett 110'0"	W55 Magdalena Kueh 65'2½ W60 Barbara Brandt 91'8" W65 Renee" Roloff 62'3"	1.50 1.50) 1.	Mike Holzgang 9-1	M30 Jim Scileny 108-06	W45 M Allison 28.0 Continued on next page

Free	PART CONTRACTOR	eu, Jak	THE STREET			-22-21-3-3	Mai	ional Mas	21612 1	CWS care Capacitant and Comments	a water of the		the state of the s	June, 1996
Continued from pr	revious pa	ge	T McCoy	4:39.0	W35 K Gobby	37:00.0	M45	T Barnard	1.53	M70 K Hopkins	7.40	W60 L Widera	25.62	W40 U Lund 3375
N Parrish	28.7	MSS	J Fredrickse T Roberts	n 4:39.0 4:31.0	H Winchester G Murphy	41:29.0		J Cooper	1.53	M75 V Younger	6.83	0 Webb W65 L Frawley	17.88	C Battersby 3222 N Parrish 2797
D Pedrick W50 A Horsnell	29.0		M McAvoy	4:34.0	W40 L Feldman			K Martin T Hancock	1.50 1.50	A Smith W Tunaley	4.47	G Davidson	17.90	W50 M Dunbar 2600
T Wharton	29.8 30.2		D Carr	4:45.0	L Bishop	51:12.0		P O'Halloran	1.43	W30 G Johnson	10.40	W70 M Stevens W75 A Simcox	8.36 6.36	G Seymon 2168 W55 P Carr 2100
M Dunbar W55 P Carr	31.0		B Seton V O'Brien	5:01.0 5:03.0	V Thompson W45 L Petrie	51:28.0 39:00.0		K Priestley K Thew	1.43	W35 M Fowler D Wickham	8.84 8.35	W80 R Frith	14.48	W65 G Davidson 2785
B Byrne	32.8 34.5		N Anthony	5:06.0	Y Crowe	47:21.0		T Morgan	1.33	E Dundas	7.30	Hammer		5K Track Racewalk
P McIntosh	36.6		R Hughes G McKeown	5:00.0 5:09.0	D Southern	52:08.0		P Maye	1.25	W40 M Taylor K Sodoli	10.78 7.61	M35 E Zuccolin	33.38	M35 C Riddoch 24:02
W60 A Cooper J Green	30.3 35.0	100	D Orr	5:45.0	W50 M Ellis-Smith				1.49	W45 C Battersby	9.52	B Babijczuk C Riddoch	31.76 29.56	D Clarke 29:22 M40 G White 22:36
W70 G Smith	52.6	M70	J Gilmour	5:18.0	S Counsel	44:08.0 45:33.0		A Rolfe R Hochreiter	1.49	U Lund	9.40	M40 H Lotz	57.26	K Law 24:29
400m	are men		T McDonald	5:43.0	B Dalglesh W55 J Cox	46:37.0		K McConnell	1.40	R Philpott W50 H Searle	8.29 9.50	R Glass R Guy	45.90 45.48	W Harbour 24:50 M45 P Krier 24:48
M35 N Appleby	50.7		J Stevens A Smith	5:51.0 6:53.0	J Mallory	54:37.0		W Widera	1.37	G Seymon	8.19	M45 K Readwin	45.36	G Paton 25:13
D Gallagher	51.0	TO THE	L Foulser	6:59.0	W60 J Albury	*42:16.0		K Hopkins G Boag	1.18	M Nunn W55 P Carr	6.10 8.08	J Reynolds	36.84 35.80	P Buller 25:51
I Stewart M40 P Cootes	52.4 52.2		S Nicholls J Brown	7:36.0 8:07.0	110mH M35 D Douglas	15.1	M75	V Younger	1.13	B Brooks	6.83	R Green M50 A Spaits	41.42	M50 M Dickinson 23:46 B Gardiner 24:13
D McCauley	53.2	W30	J Munday	5:34.0	C Burge	15.2		A Smith K Maurer-Smit	1.10 th 1.60	W60 O Webb. W65 G Davidson	6.35 7.32	D Hansen	40.74	B Mee 24:20
K Atkins M45 P Crombie	53.4 52.7		J Fitch K Gobby	6:35.0 4:47.0	B Babijczuk M40 G Stretton	16.0	100	G Johnson	1.47	Shot Put		K Henry M55 G Mencik	38.94 41.58	M55 K Walters 26:04 B Chapman 26:12
K Martin	54.3		R Busteed	4:57.0	A Latu	16.3		C Rouse M Taylor	1.41	M35 M Rohkamper	12.05	I Mancs	37.70	K LaRoche 26:50
E Kemplay M50 B Kernaghan	54.5 53.8		J Shaw J Daly	4:59.0	J Gordon	17.1	W45	C Batterby	1.38	B Babijczuk	10.71	F Cron M60 H Duholm	36.06 42.40	M60 G Gourlay 28:37
A Pollock	55.9		G Lynn	4:44.0	M45 H Giles T Barnard	15.5		R Philpott S Westbrook	1.20	E Zuccolin M40 R Guy	10.30	C Rann	40.48	C Hainsworth 28:54 C Mackay 29:30
J Howes	56.3		A Shaw	4:55.0	K Martin	18.5		T Wharton	1.29	A Turbin	13.27	R Hochreiter	38.46 38.36	M65 T Orr 26:38
M55 D Carr B Solomon	57.7 59.0		L Petrie M L'Huillier	5:07.0 5:27.0	100mH			B Parkinson	1.23	J Roehr M45 R Green	13.16 12.06	M65 D Blandy A Pavulins	38.16	G Nevitt 29:01 J Kilfoyle 29:10
B Molloy	59.1		M Burroughs	5:30.0	M50 K Priestley G Powell	15.9 17.7		G Seymon B Brooks	1.20	G Rose	11.98	W Widera	35.64	M70 J Petersen 33:12
M60 C Cooper L Kent	61.2		M Ellis-Smith M Robinson	5:26.0	D Williams	19.6		G Davidson	1.07	C Tziotis M50 S Wijesinghe	11.39	M70 R Foley G Boag	43.70 21.52	L MacGregor 41:08 M75 T Daintry 29:49
A Rolfe	61.6		J Morrey	5:51.0	M55 D Mather J Sturzaker	17.2 18.3		Vault	SWITTEN.	P Schiworski	11.30	M75 J Fraser	33.66	R Field 32:55
M Johnston	63.1 64.0		J Cox P Mews	6:04.1	B Moulton	18.9		B Babijczuk J Neale	3.05 2.45	T Hancock	11.01	H Holland V Younger	26.92 17.88	M90 G Theobold 36:47
R Hughes	65.9	4 3.	J Mallory	6:39.0 7:26.0	M60 G Gourlay	19.7	M40	A Latu	3.20	M55 G Mencik I Mancs	12.38	W50 Helen Searle	*41.56	W30 V Maleckas 29:40 W35 A Thompson 26:21
J Stevens	72.9 74.6	W60 .	J Albury Brasher	*5:36.0	M Collins L Childs	21.4		G Stretton R Guy	2.75	H Vann	10.74	-W80 Ruth Frith	*19.12	P Dalziel 27:11
E Gamble	83.8		S Young	6:17.0 6:26.0	M65 K McConnell	19.1		J Poulter	2.60 3.05	M60 J Peridis C Rann	12.47 11.88	Javelin M35 M Rohkamper	60.70	M Gourlay 30:54 W40 K Woodward 26:47
80 H Gathercole	81.1	W70 N	1 Collins	8:22.0	C Scarff F O'Connor	19.6 19.7		J Reynolds	2.45	R Hochreiter	11.64	M Stevens	55.68	G McPherson 26:57
35 C McCardle S Chadwick	59.3 60.1	CONTRACTOR OF THE PARTY OF THE	Nicholls	9:02.0	W30 R Binney	16.5	M50	P McWilliams R Barclay	2.00 3.40	M65 A Pavulins F Jekabsons	11.37 10.62	B Babijczuk	44.48	M Robb 27:05 W45 P Hall 28:23
K Adams	61.4	5000m	Beech	15:12.0	K Maurer-Smit M Cole	h 16.6 17.4	建筑	K Priestley	3.30	W Widera	9.44	M40 A Farr R Guy	52.86 51.54	W May 28:49
40 A Holcombe M Wong	59.4		Duck	15:25.0	W35 E Dundas	30.0	M55	G Powell R Daniels	3.20 3.05	M70 R Foley	10.13 7.95	S Selby	44.94	L Osborne 28:57
A Shaw	65.0		I Johnson I Lynn	15:57.0 15:16.0	80mH			J McGrath	2.40	G Boag M75 H Holland	8.79	M45 G Rose D Nainie	53.56	W50 M Stanway 30:52 M Seedsman 30:56
45 M Allison D Pedrick	62.8	G	Hand	15:24.0	M70 G Boag W40 M Taylor	18.1		H Wynhoven K McConnell	2.20	J Fraser V Younger	8.76	P Crombie	41.80	B Leigh 31:50
M L'Huillier	70.1		Box Kerr	15:39.0 15:59.0	W45 C Battersby	14.4	1200	A Stuchbery	2.40	M80 H Gathercole	6.41	M50 T Hancock S Wijesinghe	47.42	W55 T Leb 34:16 J Clarke 36:38
50 L Woodman M Duguid	71.6		Wilson	16:01.0	L Hamilton S Westbrook	16.7 18.9	M75	W Widera V Younger	2.30 1.60	F Scully	3.65	K Daniels	39.62	W60 S Brasher 32:03
M O'Shea	87.2		Davies Seymon	16:33.0 16:29.0	W50 B Parkinson	13.7	W30	G Johnson	2.40	M85 R Frith W30 M Holahan	5.61 8.31	M55 H Vann A Stone	39.74 37.62	
55 P Carr P McIntosh	77.9 82.9		Oberscheide		T Wharton G Seymon	14.7 15.1	400000	M Perrott	1.80	W35 C Schultz	13.47	L Kendall	36.58	W65 B Newman 31:46
B Wilkie	85.4		Leigh McAvoy	17:16.0 17:14.0		13.1		Jump P Urban	6.47	D Palmer K Bowles	7.16	M60 A Grayburn N2 R Hochreiter		M Colthup 34:09 V Tyson 35:41
V60 A Cooper J Green	69.2 75.2		Roberts	17:22.0	M35 C Burge	59.0	500	b Babijczuk	6.14	W40 T Connell C Rouse	8.80 8.65	C Rann	36.26	W70 D Jack 35:03
S Brasher W70 M Collins	80.4		J Clarke B Seton	17:55.0 18:38.0	P Collins N Fowler	60.0		M Clapper M Tolbert	5.92 6.52	J Dann	5.33	M65 A Pavulins F Jekabsons	38.24	G Smith 40:13 W75 A Nicholls 41:35
800m	L Male	A STREET, STREET, STREET,	V O'Brien F Tutchener	18:40.0 19:08.0	M40 K Atkins J Gordon	59.5 61.0		N Peters P Lambert	5.82 5.69	W45 M Thomas U Lund	11.53	D Frawley	29.70	W80 N Jeffreys *39:04
M35 N Appleby	1:55.0	M65	R Hughes	18:46.0	G Ford	63.3	M45	P Vallance	5.78	A Rose	8.21	M70 K Hopkins G Boag	27.98 21.82	10K Roadwalk W35 P Dalziel 55:32
I Stewart A McLeod	1:57.0 2:01.0		T Orr G McKeown	19:26.0 19:31.0	M45 H Giles K Martin	58.8 64.0		G Donaldson T Barnard	5.59	W50 H Searle G Seymon	9.39	M75 V Younger B Schultz	17.74 15.22	M Gourlay 64:09
M40 P Tippett	2:00.0		J Gilmour	18:47.0	B Muller	67.5		G Noden	5.36	H Dunbar	8.59	H Holland	15.03	E Dundas 72:36 W40 H McDonald 52:54
D McCauley J Bell	2:01.0		C McDonald D Kirkman	21:26.0 23:27.0		63.8 73.0		K Priestley K Daniels	5.31 5.16	W55 H Doherty M Wahren	9.32 7.38	M80 H Gathercole F Scully	12.32	K Woodward 54:38
M45 N MacDonald	2:03.0	M75 /	Burgoyne	22:20.0	J Shaw	73.2	M55 .	J Sturzaker	4.95	B Brooks	6.20	M85 R Frith	11.70	G Vines 55:07 W45 P Hall 58:25
B Smith P Critchley	2:04.0	The state of the s	L Foulser S Nicholls	25:32.0 28:15.0	E Dundas	2:01.4		l Morgan J Soutar	4.55	W60 L Widera O Webb	8.70 7.17	W30 M Holahan J Fahey	25.50 15.20	W May 59:07
M50 A Pollock	2:08.0		J Brown	29:03.0	W40 M Taylor W45 M Allison	76.8 68.2		R Hochreiter	4.53	W65 G Davidson	7.46	W35 C Schultz	34.72	L Osborne 59:20 W50 M Seedsman 62:27
J Howes M Hall	2:10.0 2:13.0			4	C Battersby	73.9		Rann Heywood	4.00 3.87	L Frawley W80 R Frith	5.60	K Macey S Brown	30.78	J Thew 77:10
			Munday Fitch	20:39.0 24:04.0	J Kinsey	91.7		1 Johnston	4.77			W40 T Connell	34.74	W55 J Clarke 72:28 W60 C DeGroot 64:07
155 T Roberts	2:12.0	W35 K	Gobby	17:19.0	300mH M50 M Hall	44.8		McConnell O'Connor	4.53	Discus		J Dann W45 I Mitchell	23.90 34.50	0 Webb 64:55
D Carr M McAvoy	2:13.0 2:19.0		Winchester Murphy	19:28.0 20:04.0	B Wright	46.0		Hopkins	3.76	M35 B Babijczuk	38.00	C Battersby	33.64	W65 B Newman 62:24 V Tyson 73:50
160 C Cooper	2:22.0	W40 G	Lynn	18:05.0	D Williams M55 J Sturzaker	50.4		G Boag V Younger	3.63	R Scrivens E Zuccolin	36.96 32.86	K Penfold W50 H Searle	30.28	W70 D Jack 71:23
E Pickett J Plummer	2:27.0 2:34.0		Shaw Wallace	18:48.0	B Moulton	50.0		Smith	2.70	M40 R Guy	43.32	A Schiworski	22.78	G Smith 79:28 W80 n Jeffreys 77:35
M65 R Hughes	2:26.0	W45 I	Petrie	20:02.0 18:27.0	R Cunliffe M60 H Meiselbach	50.3 51.1	i,	Tunaley	1.90	A Turbin T Dent	38.34 37.38	G Seymon	21.78	ACTION AND ADDRESS OF STREET
G McKeown D Orr	2:28.0	2	Manthorpe	20:27.0	M Collins	56.0		Maurer-Smit Johnson	h 5.31 5.13	M45 R Green	36.62	W55 H Doherty M Wahren	28.80 28.12	20K Roadwalk M35 D Clarke 2:07:48
M70 J Stevens	2:47.0		M Burroughs M Ellis-Smith	20:38.0	T Pryer M65 F O'Connor	59.7 50.7	A	Duff	5.07	J Cooper C Tziotis	35.24 34.92	T Leb	18.96	M40 G White 1:37:53
E Gamble J Burr	3:01.0 3:16.0	M	Robinson	20:16.0	C Scarff	53.2		Macey Wickham	4.88	M50 A Spaits	39.04	W60 L Widera O Webb	29.82 15.62	K Law 1:44:57 W Harbour 1:47:26
175 A Smith	3:11.0		Counsel Cox	21:01.0 21:53.0	S Stankovic M70 K Hopkins	55.6	5	Chadwick	4.23	S Wijesinghe T Hancock	38.38	W65 G Davidson	26.08	M45 G Paton 1:45:44
S Nicholls M80 J Brown	3:38.0 4:02.0	F	Mews	24:30.0	3000m SC			1 Taylor . Sly	5.27 4.25	M55 I Mancs	37.48 36.32	L Frawley W80 R Frith	17.20 19.12	P Buller 1:51:56 T Johnson 1:58:43
W30 M Cole	2:33.0		Mallory J Albury	26:11.0 *20:04.0	M35 J Broderick	9:13	K	Sodoli	3.49	G Mencik	35.02	ere and the only		M50 M Dickinson 1:41:11
J Munday	2:43.0	5	Brasher	21:54.0	R Fitch M40 R Reid	12:26 10:10	A lambar and the	Battersby Lund	4.56	H Vann M60 H Duholm	34.94	Pentathlon		B Gardiner 1:43:51 G Major 1:55:44
W35 C McArdle S Chadwick	2:22.0		Young	22:51.0	A Bennie	10:27	S	Orr .	4.02	C Rann	42.56	m-LJ, JT, 200, DT		M55 K Walters 1:50:00
R Busteed	2:26.0	10,00 M35	DOm J Duck	32:17.0	T Hawksworth M50 J Seymon	10:41		Searle	2.70	R Hochreiter M65 A Pavulins	40.12 36.74	w-DT, LJ, 200, JT, M35 P Urban	3545	B Chapman 1:51:34
W40 J Daly A Shaw	2:18.0 2:22.0	F	Weavers	34:52.0	L Farley	11:16	W55 E	B Brooks	3.96	F Jekabsons	35.14	B Babijczuk	3394	M Dando 1:52:54 M60 C Hainsworth 1:59:09
H Steadman	2:27.0		R Fitch G Hand	36:38.0 31:32.0	P Trotter M55 B Hughes	12:49		Widera Webb	3.25	W Widera M70 R Foley	32.86	C Riddoch M40 J Gordon	3109 3093	G Gourlay 2:00:20
W45 M L'Huillier S Orr	2:43.0	, i	1 Lynn	31:41.0	A Mallory	15:59	W65 6	Davidson	3.62	K Hopkins	24.26	G Stretton	2775	C Mackay 2:03:48 M65 J Kilfoyle 2:03:40
S Westbrook	2:58.0		L Harvey B Squires	32:35.0 33:20.0	2000m SC		W80 R	Frith	*2.40	G Boag M75 V Younger	22.12 26.52	G Ford M45 P Crombie	2573 3268	B Jones 2:08:13
W50 M Robinson L Woodman	2:47.0		[Kerr	33:55.0	M60 M Collins G Goode	8:28 10:31		e Jump	10 Me	J Fraser	25.98	H Giles	3196	G Hogarty 2:09:24 M70 J Petersen 2:19:53
M Duguid	2:57.0		S Bakaitis A Oberscheide	34:07.0 er35:05.0	M65 M McKay	8:35		Pabijczuk Collins	13.32	H Holland M80 H Gathercole	23.00	G Rose M50 K Daniels	3093 3268	L MacGregor 2:55:41
W55 P Mews P Brooks	3:05.0 3:38.0	星	J Seymon	35:28.0	A Tyson S Stankovic	9:07 9:37	M	Clapper	11.99	M85 R Frith	14.28	G Noden	3218	M75 T Daintry 2:06:19 R Field 2:21:40
W60 J Green	2:59.0		L Farley M McAvoy	35:36.0 36:02.0	M70 K Hopkins	10:23		Tolbert Peters	12.74	W30 A Duff M Holahan	28.28 27.84	B Wright M55 K Thew	3138 3201	M90 G Theobold 2:39:57
S Brasher C McKerr	3:04.0 3:11.0		J Clarke	37:29.0	W35 J Shaw K Bowles	*8:16 11:22	P	Lambert	11.51	J Fahey	14.36	M Clement	3180	The state of the s
W70 M Collins	4:06.0		D Bowers B Seton	37:46.0 38:17.0	E Dundas	12:49		Martin McIntyre	11.22	W35 C Schultz D Palmer	44.52	J Sturzaker	2978	of sylvange - who we
W75 A Nicholls	5:15.0		V O'Brien	39:14.0	W40 A Shaw H Ducat	7:58 9:50	P	Vallance	11.17	K Bowles	32.54 23.00	M60 R Hochreiter M Collins	4117 2507	
1500m M35 M Beech	4:01.0		Tutchener McKeown	40:06.0 42:08.0	W45 S Westbrook	10:49		Priestley	10.93	W40 T Connell	23.16	L Childs	1786	to the second
N Appleby	4:04.0		D Howatson	43:45.0	W50 M Robinson W55 P Mews	*9:08 10:29	R	Jacotine Harris	10.62	J Dann W45 U Lund	16.82	M65 M Johnston S Stankovic	4072 3338	
R Johnson	4:13.0 4:06.0	I I	B Caudle	44:06.0	High Jump.	10:29	M55 J	Sturzaker	10.96	M Thomas	31.64	M McKay	3122	
M40 P Fuller E Sigmont	4:09.0		J Gilmour D Kirkman	39:49.0 50:36.0	M35 P Collins	1.65		Soutar Soulsby	9.37 8.38	C Battersby W50 H Searle	26.58 25.78	M70 G Boag M75 A Smith	2531 2146	17
J Bell	4:11.0	5	Stapleton	51:08.0	C Riddoch M Clapper	1.60	M60 R	Hochreiter	9.81	M Dunbar	24.56	W30 M Cole	2947	
M45 R Hendy N Spurling	4:12.0 4:28.0		Foulser J Bennett	53:44.0 55:14.0	M40 G Richards	1.85	C	Gourlay Rann	8.78 8.69	J Bourke W55 I De Neefe	19.70	A Duff	2652	1 Later to
R Ward MAN T Booth	4:28.0	M80 J	Brown	63:35.0	J Gordon	1.75	M65 K	McConnell	10.58	noil as Hallohesty	27.84	W35 K Macey S Chadwick		wood w Gerstenberger 1:4
MOU I BOOTH	Princia.	ו אסט י	(mirda)	- TEPAU	J Gordon	iA L.OJ	I When	Sychologia	1:3008	nsi Sw Wahren	18.08	WES SEALER FROM		Deleres Oulan 2:0

June, 1990

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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

TAC National Masters 50 Mile Championships

Columbus, OH	April 1
Open	6:03:51
Al Zeller Virginia Yates	7:17:33
Virginia lates	7:17:33
M30	
Kevin O'Grady	6:57:19
M35	
Robin Fry	6:20:53
Charles Kozlesky	6:33:08
Ken Burge	6:35:17
Dave Lang	7:48:08 7:55:16
Phil Freeland David Powell	8:23:11
Brian Farrell	8:36:49
Egor Egan (NB)	9:34:51
M40	
Al Zeller	6:03:51
Tom Perry	6:23:21
Ferdinando Saglio	6:33:29
Chuck Frame	6:52:13
John Glovengo	6:54:17
Jeff Washburn	8:29:39
Frederick Davis Delbert Ruckle	8:56:38 9:34:50
Steve Clark	9:53:06
M45	3.33.00
Bob Blum	6:28:46
Donald Lindley	8:14:15
Roger Puckett	8:24:52
M50	
Norm Roof	6:52:13
Keith Kussmaul	7:39:34
M55 Carl Pegels	7:17:02
Chuck Bundy	8:43:03
Glenn Jividen	9:08:08
M60	A STATE OF THE PARTY OF
Harrison Smith	8:02:58
Charlie Steinmetz	9:42:40
Jack Sargent M65	9:46:13
Harry Smith	11:01:08
W35	
Virginia Yates	7:17:33
W45	经发展
Sharon Haywood	9:50:38
FAST	A Part of the

EAST

Nancy Waters Memorial 5K Seaford, L.I., NY

IVIGI CII 24	
Overall	
Andrew Whitney	15:27
Sandra Natal	17:49
M35 John Lupski	17:26
M40 Ralph Epifanio	18:31
M45 Maury Dean	17:06
M50 Martin Schwartz	19:22
M55 Bob Appel	19:10
M60+Roger Williams	20:57
W35 Mary Von Bevern	20:18
W40 Charleen Byrnes	21:43
W45 Meeri Bodelid	17:53
W50 Nancy Fraser	23:18
W55 Sondra Roppolo	28:55
W60+Sallie Festa	27:08

Hudson Mohawk Half-Marathon

Schenectady to Albany, NY						
0ve	rall April 1					
Go	rdon Neysmith	1:06:55				
	ne Kuklinski	1:24:37				
M40	Rick Stark	1:16:12				
	Darryl Ferguson	1:19:04				
	Ronald Nimmer	1:19:25				
M45	Charles Parmalee					
	Doug Griset	1:22:09				
MEO	Gene Monaco	1:23:02				
nou.	John Pelton	1:17:49				
	Don Wilken	1:24:28				
MCC	Anthony Scott	1:29:05				
נטו	Bruce Marsh	1:27:53				
	Wade Stockman	1:28:31				
M60	James Tierney Bob Gauvreau	1:30:13				
1100	Jim Edwards	1:28:25				
	Pat Fitzgerald	1:35:30				
M65	Mike Bartholomew	1:54:08				
The sales	Louis Altamari	1:58:38				
M70-	Dan Geer	1:51:59				
W40	Judith Swazey	1:41:21				
	Chris McKnight	1:43:04				
155	Sherry Dixon	1:43:28				
W45	Dorothy Clark	2:02:50				
W50	Jane Rogers	2:01:44				
	Connie LaSalle	2:02:50				
W55	Anny Stockman	1:37:15				
	Lois Bell	1:51:51				
A00	N Gerstenberger	1:42:52				
-	Delores Quinn	2:03:45				

Nike Cherry Blossom 10 Mile

	Washington, DC	
Ove	rall April 1	
	ris Fox	47:06
	sa Weidenbach	52:28
M40	Bob Giambalvo	52:04
	Tom Morris	53:31
100	Thom Suddeth William Walker	53:38 54:00
45.8	Ben Beach	54:00
M45	Ben Dyer	56:07
The Name of	William Wooden	57:36
	John Loughran	58:11
	Ed Doheny	58:18
	Bernie Gallagher	58:43
M50	Fay Bradley Mel Williams	54:11
		58:51
	Nigel Rudkin	58:53
	Dave Cartwright	59:25
M55	Lawrence I'Anson	60:03
MOO	Norm Green Jr	
1000	William Hoss Jr	61:16
1	Barrie Hardwick Charles Daniels	63:55
	Tom Momiyama	66:05
M60	Gaylon Jorgensen	59:04
Shine	Bill Fortune	62:29
SER	Al Treichel	63:08
	Herb Chisolm	67:03
	David Shenkenberg	
M65	John Hosner Lou Lodovico	62:47
		65:51
	Paul Lackey	66:43
ALC: N	Dixon Hemphill	70:47
M70	Santee Tallia Eugene Keller 75	75:35 76:00
M/U	Nate White	76:54
Box	Sam McNeely	79:30
M80	+Ed Benham	80:56
W40	Marge Rosasco	60:52
ALC:	MaryEllen William	s62:34
	Suzanne Puryear	65:08
	Cheryl Rayla Barbara Ekstrom	65:33
W45		67:12 60:11
	Susan Weisbrod	62:54
100	C Tattersall	63:46
	Chris Stockdale	66:24
	Carole Lelli	66:35
W50		68:51
	Gudrun Philips	69:38
	Judith Flannery	74:00
	Tami Graf	74:04 76:05
W55	Donna Mehler Wen-shi Yu	70:50
		72:32
	Gloria Brown Joanne Mallet	76:09
	Janet Nelson	79:34
15726	Jeanette Chambers	
W60		82:10
-22/10	Monica Friedman	85:20
	Betty McNeely	86:49
W70	Hedy Marque	87:01
M80-	+Ruth Rothfarb 88	1:24:08
Taking C.	STATE OF THE PARTY OF	

Alley Pond 5K Bayside, NY April 29 Overall

Overall	
Donald Didonato	15:09
Caroline Croce	20:39
M40 Michael Wilson	17:48
Ahmed Mead	18:02
Gene Leany	19:12
M45 Maury Dean	16:58
Robert Dine	18:02
Mike Andreachi	18:19
M50 Frank Byrne	19:08
Bernie Mackey	20:01
Phil Brewer	20:11
M55 Raymond Fletcher	20:03
Wolstan Brown	22:20
William Oberg	23:18
M60 John Sullivan	20:21
Jack Haar	20:49
Al Puma	22:14
M65 John McManus	22:02
Tom Gibbons	24:02
Joe O'Neill	22:40
M70+Leo Karmin Charlie Feldman	25:42
Max Popper	33:22
W40 Robin Drucker	22:08
Maureen Frisone	24:20
Pansy Mullins	25:07
W45 Lillie Smith	22:30
Mary Raguso	23:34
Phyllis Meltzer	24:28
W50 Christine Garino	23:07
WSS Ellen Rosenblum	28:12
Sondra Roppolo	28:55
Ethyl Charles	48:34
W60 Ethyl Autorino	24:45
Rolalie Ames	36:50
W65 Sallie Pesta	26:42

Boston Marathon April 16

M60	Michael Sullivan	2:53:32
	Richard Roodberg	2:56:42
	Sam Smidley	2:58:22
	Ray Piva	3:00:50
	Konrad Hernelind	3:12:27
	Jerry Johncock	3:14:16
	Robert Dolphin	3:14:40
	Anthony Shields	3:16:01
	Bill Hoffman	3:16:50
	George Lundon	3:21:16
W60	Bette Mihalek	4:11:32
	Nancy Bell	4:11:48
	Gerry Davidson	4:16:22
13.00	Caroline Earl	4:20:40
	Loretta Shehan	4:33:23
	Aslaug Tomas	4:35:00
	Jane Arnold	4:50:04

Freihofer's Run For Women 5K - Albany, NY May 5

Overall	>	SI	TIME
Lynn Jennings	5000	NH	15:31
W40-44			
Barb Filutze	1000	PA	17:07
Nancy Grayson	300	SC	17:27
Nancy Oshier	100	NY	17:31
Angella Hearn		NY	17:48
Kathy McIntyre		NY	18:10
Christine Gren	ning	NY	18:14
Barbara Mathew	son	CT	18:18
Jan Vermilye		NY	18:24
W45-49			
Cabr Anderson	600	TD	17.10

Gabr.	Andersen	600	ID	17:19
Meeri	Bodelid		NY	18:21
Susan	Weisbrod		NY	18:43
W50-54				
Zofiz	Turosz		CT	20:04
Jean 1	Poodiack		CT	21:46
Helen	Partyka		MA	22:48
10 TO				

W55-59		
Annie Stockman	NY	21:22
Margarete Deckert	FL	21:29
Geri Owens	NY	21:58
W60+		
Nancy Gerstenberge	rNY	21:55
Toshiko d'Elia	NJ	22:19

Freihofer's Run For Women 10K - Albany, NY May 5

may 5	
Open Lisa Polzinett	i 36:25
W40 Jan McKeown	38:28
Carolyn Riley	41:52
Mary Rosado	41:54
W50 Barbara Frasca	47:44
Ann Drapeau	48:00
Louise Klaber	50:36
W60 Dolores Quinn	50:55
Regina Tumidaje	wicz54:28
Ellen Miller	55:55

from James O'Brien

Hurricane 5K Westhampton Beach Long Island, NY

	the latest the same of the sam	
Ric	hard Webber 29	16:0
Di	ane Nelson 32	17:0
M30	Tim Nordland	17:0
	Bob Kish	17:33
	Armando Vallencia	18:42
M40	Maury Dean	16:47
	Dave Oakley	17:24
	Tony Venesina	17:45
M50	John Connors	17:21
	Trevor Finch	20:17
	Peter LaMagna	22:06
M60	Chet Smiley	25:37
M70	Andy Neidnig	23:14
W30	Darlene Moritz	20:29
	Annette MacNiven	21:28
	Stacey Moran	23:09
W40	Jeanie Whiting RW	26:50
Tag 15		W-95

SOUTHEAST

Sarasota Herald Tribune 10K

0010000110	
March 4	
Overall Overall	
Randy Jordan 3	12:05
Barbara Jamagin 3	15:46
M40 Philip Welch	34:09
Dennis Stallard	36:17
Boot Baesler	36:26
M45 Richard Quevillon	35:19
Sam Huckel	35:45
Frank Harrison	37:54
MSO Ron Hill	35:54
Sandor Rendeczky	36:11
Robert Muntz	40:35
M55 Bob Bowman	38:27
Johnny McGowan	39:26
Jim Hively	41:16
M60 Pat Gallagher	42:16
Ray Wunderlich	43:35
Larry Nolan	44:13

M65	John Kaelberer	42:40
	Buzzy Hood	50:21
SPE	Joe Lavarine	51:08
M704	William Neely	50:05
	Bob Curtis	54:01
	Stan Chichester	56:24
W40	Peg Miller	39:59
	Amy Petz	47:00
	Margaret Reeves	48:01
W45	Vicky Imes	40:14
	Monique Quevillon	44:21
307	Tina Braam	46:09
W50	Sandra Depenbrock	50:05
To Real Prince	Peggy Jackson	53:33
1000	Marilyn Zook	55:36
W55	Edith Alsvig	59:14
	Nancy Carson	63:41
	Diane Stone	64:34
W60	Emma Hickey	54:07
THE REAL PROPERTY.	Sue Newhall	66:13
W65	Melanie Paschal	57:23
100	Lulu Mancini	59:04
	Pauline Babakian	76:31
W70-	Mary Haines	70:25
200		

M60-64 1 Benton Morton

1 Benton Morto 2 Ray Finley 3 Doc Strange 4 Gene Brock 5 G B English

6 Jim Mitchell 7 Bill Rice 8 F G Wilkins 9 Paul Wissler 10 Willie Clark

Mille Clark
M65-69
1 Dan McCarty
2 Ed Knight
3 D K McMickle Jr
4 Sam Hudson
5 Jim Matthews
6 A Gassen Jr

7 Frank Maples 8 Melvin Burt 9 Jim Harrington

10 Lucien Joly

10 Lucien Joly
M70+
1 Tony Lipscomb
2 Mike Mickelo
3 Joe Reid
4 Rick Sasser
5 Earl Wert
6 Lee Rivers
7 C C Hawkins
8 C E Massey
W40-44

W40-44 1 Priscilla Welch GB 34:12

1 Carol Sealy AL 45:19
2 Susan Provo LA 45:21
3 Jerri Bennett MS 45:50
4 Phylis Logsdon AL 46:10
5 Billie Welch MS 46:34
6 Jean Grabowski FL 48:39
7 Betty Lafferty AL 49:34
8 Linda Shipp AL 49:37
9 Glenda Daugherty LA 50:22
10 Betty Bigelow GA 50:47
W50-54

4 Jill Hall AL 47:24
5 Betty Dance AL 47:26
6 Marj Peterson GA 48:49
7 Martha Wright LA 51:28
8 Mary Watson AL 51:58
W55-59
1 Helen Corley FL 48:32
2 Pat Fossum AL 53:51
3 Connie Brazelton AL 54:08
4 Ann Knight FL 54:37
5 Ellen Rummel FL 57:58
6 Paula Baker AL 60:28
W60-64

6 Paula Baker AL 60:28

W60-64
1 Faye Eisenacher AL 51:59
2 Maureen Hudachek MS 57:43
3 Ann Hibbard FL 61:21
4 Helen Dethloff AL 64:03

W65-69
1 Mary Lee AL 59:35
2 Daphne Dvorak AL 64:59
3 Pat Wolfskeil FL 68:25

Cooper River Bridge 10K

Charleston, SC April 7

2 Barbara Filutze 3 Jane Hutchison

5 Jane nutchison
4 Kathy Groh
5 Jeannie Dixon
6 I C Joffrion
7 Kathleen Magbee
8 Mary Wilson
9 Pam Marshall
10 Marian Loftin
WAS-40

W50-54

1 Fleeta Mills
2 Martha Harris
3 Carol Leckband
4 Jill Hall

W45-49 1 Carol Sealy

AL 40:54

AL 40:54 AL 40:57 MS 41:54 TX 42:40 AL 43:23 AL 44:32 FL 45:21 FL 45:26 FL 45:33 LA 46:02

MS 41:47

FL 42:57 WI 45:41 AL 45:46 AL 51:22 LA 51:54 AL 52:50 AL 53:04 FL 54:03 MS 56:49

AL 51:51 AL 53:06 MS 56:10 FL 56:50 AL 56:54 AL 64:02

US 35:35 MO 36:02 US 41:39

AL 42:53 AL 42:55 LA 43:19 FL 44:58 AL 45:08 AL 46:09

AL 45:19

MS 43:56 AL 46:38 FL 46:52 AL 47:24

29:20 32:57 31:26 31:53 33:26 34:52 34:56 35:51 35:44 36:37 36:42 40:31 41:04 42:29

River Run 15.000 Jacksonville, FL

march 10	
Overall	
Ed Eyestone	43:59
Francie Larrieu-Smit	
M40 Ken Hamilton	47:09
Socorro Neri	48:21
Earl Owens	48:46
M45 Victor Mora	47:27
Allan Rushmer Derek Frechette	52:05
M50 Joe Burgasser	55:01
Jesus Romero	57:02
Bob Brockway	58:56
M55 William Pattison	60:55
James Vogt	61:05
Everett Crum	62:16
M60 Jim Blount	58:09
James Parks	63:00
Robert Gray	63:21
M65 John Keston	59:01
Gene Watson	69:43
Malcolm Anderson M70+Max Quackenbos	69:21
W40 Barbara Filutze	55:07
Judy Greer	57:30
Mary Wood	57:33
W45 Elfrieda Wyner	61:28
Birgit Horn	62:54
Nancy Frisillo	70:00
W50 Janet Vogt	68:23
Carol Schneider	73:49 74:51
Joyce Hodges W55 Helen Ramos	80:03
Carolyn Hoffman	80:35
W60 Adeline Kearney	80:13
Cassie Bazar	81:39
	:52:12
Justine Shippey 1	:57:14
W70+Althea Wetherbeel	:33:25

Azalea Trail 10K Mobile, AL March 31

1	7 Carl Nicholson	AL 32:55	Shelly Steel	32:57
ı	8 Richard Dorman	AL 32:33	M40 Earl Owens	31:26
	9 Ken Cole	FL 34:36	Bob Schlau	31:53
	10 William Gartman		Lee Fidler	33:26
	M45-49	AL 34:43	M45 Tom Dooley	34:52
ı	1 Jim Whitehead	FT 2/ 10	Gerry Camer	34:56
		FL 34:10	Fred Reinhard	35:51
	2 Gary Gray	FL 34:21	M50 Sam Stone	35:44
ı	3 Don Wright	AL 34:25	Charles Teseniar	36:37
1	4 Bobby Dannellley		Orbin Thompson	36:42
L	5 Gerry Tann	AL 34:45	M55 Walt McDaniel	40:31
ı	6 Jerry Foreman	MS 35:01	Phil Szczepanski	41:04
п	7 Chuck Fields	FL 35:40	Wayne Smith	42:29
1	8 John Toole	GA 35:52	M60 Jim Blount	39:00
1	9 Mike Sealy	AL 36:09	George Wilson	42:36
1	10 Steve Ries	FL 37:46	Gordon English Sr	
L	M50-54	200	M65+David Mellard	43:55
1	1 Ron Tocci	LA 36:16	Larry Moore	48:17
ı	2 Marion Matchett	AL 38:47		50:11
74	3 Bill Weatherford		W40 Judy Greer	37:45
1	4 Don Jacks	FL 39:24	Claudia Ciavarella	38.02
1	5 Larry Peterson	FL 39:43	Gail Bailey	38:28
1	6 Joe McCaffrey	LA 40:01	W45 Joyce Ploeger	41:41
ŀ	7 Keith Ward	AL 40:10	Marilynn Martin	43:23
	8 Billy Bedsole	AL 40:12	Barbara Davidson	46:40
9	9 Will Wright	AL 40:20	W50 Susie Kluttz	44:22
1	10 Dave Deruiter	FL 40:29	Mimi Oliveira	46:37
1	M55-59		Pat Rhode	48:54
1	1 Fenner McConnell		W55 Barbara Neagley	56:04
7	2 Joe McReynolds	AL 39:16	Camille Daniel	56:27
1	3 C N Stinnett Jr	AL 40:24	Eileen Hallman	59:22
	4 Preston Masters	AL 41:43	Mary Moore	60:52
ı	5 Patrick Forton	AL 42:13	W60 G Embler	52:17
	6 Jim Wooten	MS 42:42	Faye Motley	64:24
	7 Jim Durham	FL 43:02	Wyndall Henderso	73:51
2	8 Graham Reeves	LA 43:17	W65+Evelyn Smith	68:34
0	9 M O Sumrall	AL 43:19	Lucy Jones	78:26
	10 Lowell Wheat	AL 43:40 I	Lucy Jones	70:20
				1

Miami Magic 5 Mile Miami, FL April 21

Whi ii CT	
<u>Overall</u>	
Richard Partridge 31	24:36
Ruth Partridge 29	27:43
M40 Roland Cabrera	29:49
Jack Wilson	31:17
Arie Dagon	31:29
M45 Al Echeverria	29:09
Anson Clapcott	31:26
L Buttacavoli	32:12
M50 George Lopes	31:16
Bruce Kadota	31:17
Otto Schneider	34:08
M55 Morris Hollander	38:42
Norman Amorosi	40:43
M60 Bob Johnston	34:26
Ron Latremouille	34:52
Wesley Reuter	35:06
M65+Ron Storm	36:46
Dan Biele 70	39:11
Bill McDonough 76	39:59
W40 Mary Wright	40:03
Anke Stimpson	42:25
Barbara Dabney	44:30
W45 Marla Germaine	39:01
Kitty Zavaleta	46:42
Martha Basora	47:27
W50-54 mone	
W55 Jacqueline Asplund	
W60 Helen Weiss	52:52
W65+Lucille Pincus	54:57
AND THE PERSON NAMED IN COLUMN	THE REAL PROPERTY.

Miami Magic 5 Mile Racewalk Miami, FL

April 21	
M40+John Fredericks 42	40:45
Peter Black 47	45:47
Gary Canner 49	50:15
Dan Piguillem 44	50:40
L E Spradlin 50	50:41
W40+Linda Stein 42	48:18
Anne Dann 53	57:30
June Ranforsky 55	58:19
Mertice Courbier 42	260:56
Rhea Adams 45	64:13

Seven Mile Bridge Run Marathon, FL April 21

	all		
	s Vanegas	26	34:17
	ren Miles	36	
M40	Dale Parfitt		37:02
	Richard Bohr	er	39:02
3.75	Norm Brown		39:02
M45	Lou Fisher		41:40
	Donald Blue		41:44
MEO	Bill Adams	10000	42:27
MOU	Bill Springer		37:21
	Roger Fisher		43:21
MEE	Don Kemp		43:30
MD3	Jim Vogt David Branch		42:39
			46:38
MACH	Manny Ortiz A J Ryan		49:31
	Leroy Buckner	A CONTRACTOR	47:52
	Gary Landahl		49:10
	Sharon Beal	4	52:49
	Astrid Soli		47:47
	Joy Siegner		47:58
W45	Linda Sparrow	Table.	49:13
	Elsie Hudson		49:13
	Julie Biancar	di	52:06
W50	Jan Vogt		48:37
	Susan Bahary		54:59
	Sandy Brierly		57:34
W55	Sylvia Weiner		49:45
	Lupe Parsons		53:19
	Fujiyo Abel		58:05
	Marion Nelson		62:00
	Miriam Gordon		63:33
	Martha Lorime		66:35
	No. of Concession, Name of Street, or other Persons	Transmission of	E CHALLES

MID-AMERICA

Redbud Run 10K Oklahoma City OK

Original City, Of	
April 8	
Overall	
Noel Berkeley 25	29:26
Susan Scites 29	35:40
M40 Gary Madison	34:43
Greg Owings	35:07
Mel Langston	35:20
M45 Mike Reding	37:24
Levis Chandler	37:41
Mike Peterson	37:49
M50 Charles Landry	39:10
Glenn Lumry	41:03
Hugh Macpherson	41:20
MSS Walter Birney	39:01
Tom Briggs	40:37
Bob Campbell	42:25
M60 Tracy Brown	43:37
Richard Boggs	45:14
John Sikes	48:41
M65 Jim Smith	45:23
Leo Wade	51:29
Jack Rector	53:08
M70+Gerald Sibley 72	55:25
W40 Jane Hutchison	
	36:48
Diane Langston Jeannie McDaniel	42:12
) Seamile McDaniel	43:22

Continued on next page

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Kay Morrison Barbara Vernon Linda Johnson Margarette Malone

Drake Relays 10K

Phyllis Pearson
Judith Muller
Janet Bannister
Melba Fite
Carolya Minnich
Rae Gene Burger
Norma Wessel

Jane Brown Cleojean Olson Myrna Bruner

Mianne Zefron Marge Baker O Pat Neff

Drake Relays Maratho

Catherine Smith

3:27:34 2:59:37 3:10:16 3:20:03 3:21:56

3:25:43

3:52:52 4:46:40 4:47:32

3:52:17

3:53:58 4:10:56

4:14:53

Gene Harding M60+Irv Steinberg

Bob Poppe W40 Jean Wells Laura Ewers Connie Vos

Chuck Coyle

Des Moines, IA

4

The supplemental and the suppl

1

Steve Littleton
Cheryl Brady

Overall

M70+Charles Weis 23.30.
Thomas Cullen 44:14

page 42		
Continued from previous	s page	W40 Vicky Fegaly
W45 Sheryl Drevo	43:37	Diane Langston Jo May
Jan Cosgrove Gerry Reif	50:09 50:42	Paulette West
W50 Donna Wright	45:57	Kathy Brown W45 Jan Cosgrove
Neena Haddad Barbara Crowder	48:58 49:31	Judy Timothy
W55 Anita Foss	62:38 69:43	Jean Mullican Gerri Stivers
Linda Johnson Barbara Vernon	69:55	Nancy Starbuck
The Committee of the Committee of	- 1	W50 Kathy Moffitt Glenna Lee
Longest Day Marathon Brookings, SD		Gloria Stearns Rowz Coulter
April 14	1.0	Mildred Lawson
Marathon		W55 Anita Foss Kay Morrison
Overall Randy Fischer 33	2:41:49	Barbara Vernon
Janet Bragans 37	3:16:10 +	Linda Johnson Margarette Malone
M35 Fred Constancio M40 Larry Brooks M45 Marty Luhmann	2:59:25	The second second second second
M45 Marty Luhmann M50 Bill Lofthus	3:14:22	Drake Relays 10
M55 Ed Abramic	3:29:26	Des Moines, IA
M60 Burt Carlson W40 Mary Croft	4:12:40 3:36:35	April 28
10K		Overall Ashley Johnson
Overall Richard O'Brien M40	33:36	Janis Klecker
Vicki Coyle M35 Duane Millslagle	39:40 34:03	M40 Dennis Stewart Don Fish
M40 Rich Koenders	37:29	Eddy Vaughan
M45 Dave Schaeffer M50 Robert Finch	42:48	Dennis Delmott Skip Smith
	44:22	M45 Ronald McKay
5K b	इत दशका	Carl Purscell Marc Ayers
Overall Jeff Webber	18:28	Jim Floyd
Kjersten Swanson	21:44	Brendan Quann M50 Guy Ealey
M35 Jim Smieja M40 Bob Fite	19:38 19:07	Bill Duggan
M50 Omar Olson	22:55	John Beamer Don Garsh
W40 Cheri Begin	32:26	Don Nelson
Oklahoma Cup 8	K	M55 Jim Schleisman Kenneth Lane
Tulsa April 14	a was	James Graham Ronald Billings
April 14 Overall	2716	Duane Bain
Noel Berkeley Kim Drooen	22:52	M60 Bernard Phillips Gordon Rischer
M40 Mel Langston	27:27	Bernie Tjarksen
Tom Lloyd Jim Lewis	27:36 28:18	Bill Leonard Don Holmberg
M45 Ernest Vance	29:00	M65 Robert Spencer
Charlie Baker Dan Vasicek	29:26 29:44	Wayne Mitchell M70+Joe Anholt
Dan Vasicek M50 Jim McFadden	29:44	M70+Joe Anholt Donald Schultz W40 Phyllis Pearson
Dan Vasicek M50 Jim McFadden Joe Heggquist Andy Hogan	29:44 30:02 30:50 32:31	M70+Joe Anholt Donald Schultz W40 Phyllis Pearson Judith Muller
Dan Vasicek M50 Jim McFadden Joe Heggquist Andy Hogan M55 Steve Blanchard Arturo Melendez	29:44 30:02 30:50 32:31 30:42 31:11	M70+Joe Anholt Donald Schultz W40 Phyllis Pearson Judith Muller Janet Bannister Melba Fite
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38:53 39:52	Capitol 10,000 Austin, TX	
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51:50	4 Glenn Weichert 5 Gary Wilkinson	35 35
50:53 52:39	6 Gene Timberline 7 Steve Shopoff	35 35
53:17 55:29	8 David Chester	35 36
55:47 ≥	10 Rich Jolly M50-59	36
er day	1 Larry Worth 2 Ino Cantu	35 36
Ten.	3 Stan Kelley 4 Gary Schmidt	37
	5 Bill Mitchell 6 Carlos Sauceda Sr	38
28:06 31:44	7 Richard Henry	39
33:09 34:54	9 Rich Miller	39
35:29 35:41 35:44	10 David Greene	39
36:30	1 William Conrad 2 Jim Southard	41
36:34 36:52	3 Charles Redepenning 4 Jack Caldwell	42
37:34 37:43	5 John Cahill <u>W40-49</u>	42
36:43 37:01	1 Nino Bovio 2 Diane Morris	40
39:09 39:11	3 Sandra Baran 4 Ann Buller	44
40:30 39:50	5 Marilyn Griffin 6 Alice Spoonts	45
41:59 42:29	7 Ann Weaver 8 Renee Blenden	48
43:27	9 Sallie Short 10 Mary Saucedo	49
43:55	M50-59	
44:14	1 Barbara Schneider 2 Diane Pepin	46
49:08 56:11	3 Vivian Daugherty 4 Maria Johnson	50
58:40 NTA	5 Midge Goodrich	50 51
47:30 NTA	6 Judith Fowler 7 Peggy Zapalac 8 Georgia Sweezea	51 52
42:46 44:57 46:51	9 Jeanie Lamar 10 Shirley Gilliland	52 52
49:32	M60+ 1 Jan Richards	46
43:51	2 Wanda Hall 3 Charlene Ricketts	55 59
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49:37	(over 22,000 entrants)	
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07:46	March 24 Overall	
59:13	Charles Thompson 40 Janine Aiello 30	54 59
03:06	M40 Bill Sevald 2nd	54
58:39	M45 Bruce Ryner M50 Mike Dumas	63
16:33	M55 Ed Mooney M60 Geoff Bardsley	72
23:12	M65 Warrener Pait W40 Kathy Frank	73
:59:37 :10:16	W45 Nancy Pelayo W50 Margaret Johnson W55 Marjorie Macris	78 86
20:03	W55 Marjorie Macris W60 Dorothy Griggs	91 93
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National Masters News				
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M55	Ken Calvin	1:25:30
	William Wall	1:26:51
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M55		3:17:46 3:17:54 3:14:59
M55	Michael McGie Stan Block	3:17:46 3:17:54 3:14:59 3:34:21
	Michael McGie Stan Block Dusty Snyder G Brookkothlow	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47
	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Richard Lamermye	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 r3:40:37
M60	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Richard Lamermye John Lodarski Geoff Bardsley	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 r3:40:37 3:49:58 3:52:52
M60	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Richard Lamermye John Lodarski Geoff Bardsley Ray Penkert	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 r3:40:37 3:49:58 3:52:52 3:39:08
M60 M65	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Richard Laine Richard Lamermye John Lodarski Geoff Bardsley Ray Penkert Murray Cohen George Cavill	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 r3:40:37 3:49:58 3:52:52 3:39:08 4:23:27 4:47:57
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M60 M65 M704 W40	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Lamermye John Lodarski Geoff Bardsley Ray Penkert Murray Cohen George Cavill Jack Kirkpatrick Earl Rippee Frank Dawson Carmel Vrabel Carol Mortier Susan Wilson Mary Jo DelCampo Sandra Hart Gail Rodd	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 r3:40:37 3:49:58 4:23:27 4:47:57 3:55:52 4:28:12 4:46:30 3:37:09 3:39:18 3:40:42 3:42:44 3:28:13
M60 M65 M704 W40	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Rardsley Ray Penkert Murray Cohen George Cavill Plack Kirkpatrick Earl Rippee Frank Dawson Carmel Vrabel Carol Mortier Susan Wilson Mary Jo DelCampo Sandra Hart Gail Rodd Joan Mulvihill Carol Bianconi	3:17:46 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 73:40:37 3:49:58 3:52:52 3:39:08 4:23:27 4:47:57 3:55:52 4:28:12 4:46:30 3:37:09 3:39:18 3:40:34 3:40:34 3:40:34 3:40:42
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M65 M704 W40	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Murray Cohen George Cavill Plack Kirkpatrick Earl Rippee Frank Dawson Carmel Vrabel Carol Mortier Susan Wilson Mary Jo DelCampo Sandra Hart Gail Rodd Joan Mulvinill Carol Bianconi Ann Grove Setsu Rosen Joan Reiss	3:17:46 3:17:54 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 73:40:37 3:49:58 3:52:52 3:39:08 4:23:27 4:47:57 3:55:52 4:28:12 4:46:30 3:37:09 3:39:18 3:40:34 3:28:13 3:40:42 3:42:44 3:28:13 3:40:29 3:44:22 3:45:20 3:45:20 3:32:32
M60 M65 M704 W40 W45	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Laine Richard Lamermye John Lodarski Geoff Bardsley Ray Penkert Murray Cohen George Cavill Jack Kirkpatrick Earl Rippee Frank Dawson Carmel Vrabel Carol Mortier Susan Wilson Mary Jo DelCampo Sandra Hart Gail Rodd Joan Mulvihill Carol Bianconi Ann Grove Setsu Rosen Joan Reiss Yvette Lavigne	3:17:46 3:17:54 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 73:40:37 3:49:58 4:23:27 4:47:57 3:55:52 4:28:12 4:46:30 3:37:09 3:39:18 3:40:42 3:42:44 3:28:13 3:37:50 3:40:22 3:45:20 3:34:30 4:03:24
M60 M65 M704 W40 W45	Michael McGie Stan Block Dusty Snyder G Brookkothlow Richard Lamermye John Lodarski Geoff Bardsley Ray Penkert Murray Cohen George Cavill Jack Kirkpatrick Earl Rippee Frank Dawson Carmel Vrabel Carol Mortier Susan Wilson Mary Jo DelCampo Sandra Hart Gail Rodd Joan Mulvihill Carol Bianconi Ann Grove Setsu Rosen Joan Reiss Yvette Laviene	3:17:46 3:17:54 3:17:54 3:14:59 3:34:21 3:39:17 3:41:47 3:31:12 73:40:37 3:49:58 3:52:52 3:39:08 4:23:27 4:47:57 3:55:52 4:28:12 4:46:30 3:37:09 3:39:18 3:40:34 3:28:13 3:37:50 3:40:29 3:44:22 3:45:20 3:345:20 3:345:20 3:341:30
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	Contract to		
54:44	W40 Joan Keeney	26:59	を
55:34	Nancy Ruffner	27:13	
56:24 54:15	Laura Lackey W45 Marijke Valencia	31:22 27:47	
55:07	Susan Condon	28:48	
1:00:14	Ginny Heimann W50 Mary Tupen	29:36	
54:22	Laurene Feingold	31:01	
58:20 59:02	Isabel Davis W55 Charlene Chase	46:09	
1:00:25	Lola Eslick	57:31	
1:08:52	B. McCullock 1 W60 Norma Kerhoulas	33:44	
1:05:42	WOU NCIMA REINOULAS	minute and	
01:11:17	Fontana Days Half-Marath	on/5K	
1:04:20	Fontana, CA		
1:09:57	April 21		
1:20:32	Half-Marathon	STATE !	
1:32:06	Overall	1 21:12	
1:36:13	Gordon Christi 28 1 Karla Ely 30 1 M40 Steven Cornish 1	:01:53	
1:07:04	M40 Steven Cornish 1	:16:38	Jet
1:07:54	Sam Gorsline	:17:23	
1:25:30	Juan Gomez 31 M45 Mike Mahler 1 Mike Scott 1	:18:12	
1:34:35	Mike Scott 1	:10:29	
1:15:16	M50 Paoul De La Sota 1	:23:03	
1:15:19	Don Steinke 1	:25:28	
1:36:45	Mike Scott lawyne Mitchell lawyne Mitchell lawyne Mitchell lawyne Mitchell lawyne lawyn lawyn lawyne lawyn lawy	:27:26	
1:20:28	Eugene Black 1	:26:51	
1:30:48	M60 Patrick Devine 1	:19:14	
1:32:26	W40 Elizabeth Blair I Theresa Riley I Mary Rodriguez I	:29:05	
1:54:09	Theresa Riley Mary Rodriguez	:33:47	
ad Mile	W/S Warelane Walters	• 201• 31	
, CA	Linda Kewin Carol Dougherty W50 Dixie Madsen	:28:19	
4:52	W50 Dixie Madsen	:32:22	
4:57 5:08	W50 Dixie Madsen Shirley Blush W55 Irene Olberz	:39:04	
4.48	W55 Irene Olberz W60 Mabel Pitteroff W70+Eliz Vainerman	2:19:42	
4:55 4:56	AND THE RESERVE OF THE PARTY OF	-	
5:03	5K		
5:06 5:16	Duerall	Committee of the Commit	SAC
5:14	Jani Johnson 34	15:40	
5:23 5:36	M40 Stephen Keyes	16:02	
5:49	Des Wilson	16:12	10
5:53	M45 Fred Reeves Catarino Gonzalez	15:33	
5.59	Roger Brownlow	17:39	
6:48	M50 Bill Crum equiling	17:11	
6:01	Peter Faust	17:18	1
6:55	M55 Ron Morgan	17:59	1
5:53 6:37	W40 lane lauscher	17:51	200
6:52	Barbara Reukema Anne Coy W45 Myra Lauder Judy Dempsey	22:03	
7:39	W45 Myra Lauder	20:34	
8:35	Linda Fernandez	24:00	-
K	W50 Gina Faust	17:54	
CA	Kay Dell Ives	27:25	
	Big Sur International Ma	rathon	
34:38	Carmel, CA.		
38:26 39:58	Overall April 29	CHANGE!	
42:43	Brad Hawthorne 34 2		
42:46	Kim Shaffer-Bruyn28 2	:56:19	
41:07	M40 Byrle Smallen 2 Syl Pascale 2	:52:18	
41:55 43:49	Mike Dove	.56.35	
45:00	Gabriel Sandoval 2 Bob Milan M45 Dan Hamner Don Matthews Roger Sebert Tony Nonan	:58:13	
44:28	M45 Dan Hamner	3:08:54	
47:29	Roger Sebert 3	11:01	
50:06 50:17	Tony Nonan	:12:10	
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5K	vaxou or	1640
Overall		1
Sam Obwocha 35 Jani Johnson 34	13:26	9
Jani Johnson 34	15:40	the first
M40 Stephen Keyes	14:35	
Terry Martin Ben Wilson	16:02	
M45 Fred Reeves	15:33	-
Catarino Gonzale	z 15:49	100
Koger browntow	. 1/:39	信
M50 Bill Crum	16:37	45
Joaquin Granado	c 17:11:	4
Peter Faust	17:18	10
Bob Rice	17:50	4
W40 Jane Lauscher	17:51	3
Barbara Reukema	21:03	
Anne Coy	22:03	2
W45 Myra Lauder	20:34	
Bob Rice W40 Jane Lauscher Barbara Reukema Anne Coy W45 Myra Lauder Judy Dempsey	24:44	100
Linda Fernandez W50 Gina Faust	24:55	980
WOU Gina Faust	27-25	A
Kay Dell Ives	27:25	1
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Big Sur International N	narathon	200
Carmel, CA.		- No
April 29 a	Constant Co	1
Overall	Winds of	東北海
Brad Hawthorne 34 Kim Shaffer-Bruyn28	2:25:03	3
Kim Shaffer-Bruyn28	2:56:19	
M40 Byrle Smallen Syl Pascale Mike Dove	2:49:21	1
Mike Dove	2:52:18	100
Gabriel Sandoval Bob Milan	2:58:13	1
M45 Dan Hamner	3:08:54	5
- Don Matthews	3:11:01	
Bob Milan M45 Dan Hammer Don Matthews Roger Sebert Tony Nonan Richard Rioux M50 Bob Barber Jerry Stearns John Peacock Jay Cook	3:11:01	
Tony Nonan	3:12:10	
Richard Rioux	3:12:22	
NOU Bob Barber	3:07:24	7
Jerry Stearns	3:15:02	3
John Peacock Jay Cook	3:17:46	
M55 Michael McGie	3:14:50	10
M55 Michael McGie Stan Block Dusty Snyder G Brookkothlow M60 Richard Laine	3:34.21	1000 N
Dusty Snyder	3:39:17	-
G Brookkothlow	3:41:47	3
460 Richard Laine	3:31:12	1
vicuato ramermos	r 1:4(): 1/	
John Lodarski Geoff Bardsley M65 Ray Penkert Murray Cohen George Cavill	3:49:58	100
Geoff Bardsley	3:52:52	
Murray Cohon	3:39:08	1
George Cavill	4:23:27	
170+Jack Kirkpatrick	3.55.52	1
		ill.
Frank Dawson	4:28:12 4:46:30 3:37:09	1
Frank Dawson W40 Carmel Vrabel	3:37:09	1
Carol Mortier Susan Wilson	3:39:18	100
Susan Wilson	3:40:34	1
Mary Jo DelCampo	3:40:42	à
Sandra Hart V45 Gail Rodd	3:42:44	1
	3:28:13	1
Joan Mulvihill Carol Bianconi	3:37:50	1
Ann Grove	3:40:29	Sept.
Setsu Rosen	3:44:22	
V50 Joan Reiss	3:32:32	100
Yvette Lavigne	3:41:30	1
- Josephine Rocara	4:03:24	
Nancy Troxa	4:13:03	3
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W55	Wen-shi Yu	3:45:32
	Jo Sullivan	3:55:43
J. Bally	Joan Fogel	4:39:37
W60	Billie Murphy	3:59:39
	Etta Palmer	4:53:01



Australian Veterans Championships Melbourne April 13-16

1	April 13-16	
, 10K	Cross-Country	
M35	M Beech	33:15
	G Holden	34:50
1 1	P Rake	35:41
M40	G Hand	33:19
	P Hunt	33:23
15-7-63	K Sweeney	33:42 34:53
M45		35:27
trees.	S Bakaitis	35:31
M50	T Kerr J Seymon	35:36
MOU	A Oberscheider	
	L Farley	37:34
M55	M McAvoy	37:46
ככוז	R Morgan-Morri	
1 27	T Roberts	38:33
M60	V O'Brien	42:07
ST TOTAL	F Tutchener	42:29
The P.A.	J Plummer	44:20
M65	R Hughes	41:39
11-12	T Orr	42:46
	G McKeown	44:35
M70	J Gilmour	41:41
	T McDonald	47:20
	D Kirkman	53:19
M75	A Burgoyne	49:36
1 2	J Bennett	58:40
MOO	L Foulser J Brown	62:03
M90	J Braakhuis	69:42 43:00
	J Munday	45:15
	G Jardine	46:40
	K Gobby	37:58
1 3	H Winchester	43:20
4 25	G Murphy	45:55
W40	G Lynn Lazwe	39:51,
	A Shaw	41:03
WE	T Wallace	40:01
W45	L Petrie M Burroughs	45:56
	S Manthorpe	46:38
WSO	M Ellis-Smith	44:16
+ "-	M Robinson	46:11
1	S Counsel	46:29
W55		59:33
the same	J Mallory	59:47
W60		47:23
	S Brasher	49:46
1 -	S Young	51:23
1	and the second	

London Marathon London, England April 22

April 22
Overall
Allister Hulton GB 2:10:10
Wanda Panfil POL 2:26:31
M40 Stan Curran GB 2:20:37
R Vuillemonot FR 2:23:28
Tony Simmons GB 2:24:55
M45 Barry Watson GB 2:26:25
Les Davis GB 2:26:53
John Davies GB 2:28:09
M50 Peter MarshallGB 2:32:59 Jim Garagher GB 2:35:02
Jim Garagher GB 2:35:02
Geoff Gee GB 2:38:40
M55 Hans Zipfel FRG 2:46:46
Alec Dunn GB 2:47:20
John Toplis GB 2:49:03
M60 Bob Peart GB 2:48:41 Georg Phipps GB 3:00:41
Georg Phipps GB 3:00:41
M65 Hugh Currie GB 2:55:11
M70 Bob Brierley GB 3:22:30 A Osselaes BEL 3:47:41
M75 Ernie Warwick GB 4:15:20 W35 F Larrieu-SmithUS2:28:01
S Geffray FRA 2:31:49
M VandeGehuchtBEL2:35:27
W40 Eleanor Adams GB 2:40:12
Pin Steiner CR 2:40:12
Pip Steiner GB 2:49:55 Kath Howe GB 2:51:36 W45 Jutta PederseSWE 2:39:29 Hilary JohnsonGB 2:55:32
W45 Jutta PederceSWF 2:30:30
Hilary Johnson CR 2:55:22
R Aesterland DEN 3:00:20
W50 M Pye GB 3:18:47
T Merzikin URS 3:20:42
E Lang GB 3:20:53
W55 Lola Smal GB 3:16:22
W60 M Reid GB 3:59:55
W65 Jose Walles GB 3:39:28
W70 a I inuma JAP 5:27:57
W75 J Wood-Allen GB 5:43:25
Continued on next page
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Continued from previous page

RACE WALKING

North American Masters 5K Racewalk Championships Tampa, FL

March 31		
M4U		
Dr. Edward Evors	FL	31:31 33:04 33:54
Allan Ingraham	DAH	33:04
Philip King Fred Dias	FI.	35:56
M45	SPE	33.30
Ron Daniel	CA	25:54
Paul Alvord	IN	25:54 27:20
Bill Malford	FL	27:23
Fred Cichocki	FL	28:20
R J Jennings Jr	PA	30:08
MSU Bob Mitchell	NY	32:33
Dick Ford	GA	32:33 33:01 33:53
Mark Bricklin	PA	33:53
John Cameron	MA	34:15
M55 Tom White		
Tom White	FL	26:52 33:24
James Wooten	MD	33:24
Tom Grey	FL	34:04
M60 William Matthews	FI	32:48
Bob Nucci	NJ	32:48 33:03 40:46
Elvin Schweid	FL	40:46
M65		
Sylvester Murray		36:04
Dr. Hans Neumann	FL	36:12
M70	ET	32:27
Paul Geyer R B McLellan	NC	46:46
M80+	110	40.40
Sam Gadless	FL	37:07
- <u>W35</u>		
Carol Staack	FL	30:24 32:18
Sara Struve	MN	
Susan Perkins Elizabeth Carey	CAN	36:09
Robin Radford	BAH GA	36:10
Louise Thurston	CAN	36:46
W40		
Visha Sedlak	CO	25:03
(First overall)		THE PARTY OF
Mary Lawnicki	PA	31:31
Shelley Cantor	MA	32:03
C M Hunziker	CT	33:22
Marilyn Chute	CAN	32:03 33:22 34:24 35:35
Susan Finney		-5.55
W45	WO	30.00
Anita Hermach Vanessa Hilliard	FI	30:00
Verna Bucks	FL	30:22 30:29 34:37
Ann McLamb	FL	30:29 34:37 36:23
Kathy Rogowski	FL	36:23
Flo Duchkowski	FL	38:09
Beth Young Grady	TN	32:05
Beth Young Grady Anne Damm	FL	33:30
Aranka Palancz	FL	33:30 35:34
Judy Domm	FL	36:12 36:13 37:05
Connie Horan	MA	36:13
Geri Pedler	CAN	37:05
K K Mahammad W55	CI	40:43
Joy Clingman	FI	30:20
Judy Mallkin	FL	30:20 33:24 37:44
Trudy Grey	FL	37:44
Trudy Grey Nancy Grahill	FL	40:46

New Mexico State 10K Racewalk Championships San Gabriel Park, NM April 7

FI. 40-48

BER 41:14 MI 43:28

FL 39:09 FL 40:10

CA 41:34

FL 47:13

M60 Fritz Kavohl

Marion Smith Doris Bennett

W65 Marge Pritchard

Nancy Mavila

Betty Galbraith

Helen Sutter (28m; 56w. 27 PRs.)

Overall	
Andrew Smith	50:34
Mataji Graham	54:34
M30 Randy Burden	55:05
Don Pettis	56:11
Salvador Waquie	69:51
M35 Larry Martinez	52:59
James Spiller	61:27
David Wormald	62:10
Anthony Cuaron	68:03
M40 Andrew Smith	50:34
Joe Cameron	58:02
Peter Armstrong	58:29
Fred Moore	61:64
M45 Pat Bryan	57:24
Richard Harris	62:07
M50 Charles Cooper	68:31
Richard Bright	74:50
M55 Mel Bork	75:56
Paul Gaffan	82:17
M60 Bentley Lyon	57:52
Dave Romero	77:49
M65 Sam Murdock	68:32
PORT OF THE PROPERTY OF THE PARTY OF THE PAR	A DEL

W30	Rosanne Tena	88:39
W35	Mataji Graham	54:34
	Anna Wormald	61:36
	Juneal Smith	61:39
	Claudia Aragon	74:30
W40	E. Walbridge	54:43
	Kathy Lovell	61:46
	Rebecca Nolda	67:43
	Judith Clymer	70:57
W45	Susan Johnson	70:35
1	Dora Epler	73:12
	Karen Cooper	74:59
	Marlene Hebron	80:18
W50	Jean Keeley	78:07
W65	Marjorie Holmes	72:29

Jack Mortland Invitational Racewalks Columbus, OH

April 8		
Men's 20K		
Ove	rall	O John H
	ary Morgan	1:32:07
M35	Steven Pecinovsk	
	Mitch Segal	2:02:52
	K. Applegate	2:27:20
M40	Bob Ryan	2:01:49
M45	Victor Sipes	1:45:48
STATE OF	T. McHoskey	1:51:26
	Jim Shreeves	2:04:48
M50	John Elwarner	1:44:34
	Jimmy Johnson	2:06:42
	Robert Premo	2:34:39
M55	Max Green	1:43:41
	Jim Higgens	2:02:07
	James Spitzer	2:06:07
	Richard Fencl	2:06:59
	Charles Deuser	2:07:31
M60	William Peet	2:16:45
	Jack Shuter	2:29:05
Sec. Box	en's lok	
	rall	
The same of the sa	ofia Wolan	49:30
		53:08
W40	Gayle Johnson Camille Schoeber	
MAE	Roberta Boyle	1:02:55
W45	Valerie Stowe	1:05:02
	Porky Gadient	1:07:26
	E. Yeomans	1:15:43
W/0	E. Ieomans	W
Sant in	distribution of the Committee of the Com	district of the

Longest Day 5K Racewalk Brookings, SD

April 14	-tial
Overall	# 41 :
Randy Van Zee M35	26:24
Jennifer Carpenter	44:45
M4C Mike Wiggins	27:07
M55 Don Phillips	34:19
M60 Glen Peterson	33:29
W35 Linda Linn	44:46
W40 Sally Odenbach	34:16
W50 Mary Ann Burnes	44:55

Fontana Days 5K Racewalk Fontana, CA April 21

Overall	
Keith Ward 41	22:13
Victoria Herazo 30	22:02
M40 Art Grant	25:38
Mike Bayne	31:54
M45 Richard Horton	37:27
Steve Kopp	38:50
M50 Mike Dempsey	28:15
Jerry Brenneman	31:19
M55 R Ted Greiner	24:57
Sam Stote	28:35
M60 Ralph Hannibal	32:35
Corky Cornell	39:48
M65 Mel Granttham	25:43
Walt Heppner	33:22
M70+Tony Perona	34:32
W40 Linda Hiltunen	33:30
Olga Ross	39:01
W45 Christine Eppard	31:11
W50 Jill Latham	25:44
Nicki Noble	30:09
W55 Eleanor Alguire	26:21
Audrey Singer	34:47
W60 Mary Gerwing	37:55
W70+Ruth Youngren	42:21

Mt. SAC Relays 10K Walk Walnut, CA April 22

Allen James	44:3
Sara Standley	50:1
M30-39	
Enrique Camarena	52:2
Stewart Boden	55:3
Wilson Crone	1:00:5
Richard Nakawatase	
M40-49	
Larry Walker	45:0
Andrew Smith	50:3
Ed Bouldin	54:3
Ignacio Miranda	55:0
Dave Snyder	55:0
Art Grant	55:5
Jesus Orendain	56:1
	57:1
Carl Warrell Ron Baers	
	1:00:1
Stewart Ray	1:03:2
M50-59	23 7
Carl Acosta	57:4
Bill Neder	58:4
Robert Kleppe	1:00:4
Ken Yoshihara	1:00:5
Eugene Hampton	1:02:1
Hap Chandler	1:03:0
Samuel Stote	1:03:5
Dale Duxbury	1:04:5
M60+	
Joe Weston	1:03:1
John Burns	1:03:3
Mel Granttham	1:05:4
Jorge Newbery	1:09:5
W30-39	37 12 2
Mary Howell	51:4
Cathy Mish	59:0
Kathy Blackmer	59:0
J. Janousek-Diaz	1:03:2
Karen Helms	1:06:4
Helen Hoover	1:07:1
Jacqueline Hams	1:16:2
W40-49	
Virginia Scales	58:2
Cathy Rehage	59:2
S. Synal-Griffen	1:00:0
Jaye Horowitz	1:00:3
Donna Cunningham	1:00:5
Donna Kennedy	1:04:19
; Jutti Marsh	1:06:03
Cheryl Kincaide	1:12:26
Lucy Shoemaker	1:20:00
The state of the s	Salar

Alley Pond 5K Racewalk Bayside, NY April 29

1:01:17 1:04:25 1:05:10 1:12:32

1:10:30

1:15:20

W50-50

Jill Latham Lynn Marsh Shirley Capps Ria Marsh

M40-49	
Gary Helman	33:59
M50-59	
Stanley Schecter	28:3
M60+	
Frank LaMorte	29:5
W40-49	
Vicki Mulignano	30:3
w50-50	
Elton Richardson	29:1
(FIRST OVERALL WOMAN)	
W60+	
Betty Stotter	42:3
The state of the s	

CORRECTION: The overall winner in the "YMCA Midwest Masters Classic VIII" 2-mile racewalk in Omaha, Nebraska on March 31 was inadvertently omitted in the May results: Randy Vanzee, 38 16:42

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.

14 th Annual

VOYAGEUR MARATHON

MASSEY, ONTARIO

(60 Miles West of Sudbury) (130 Miles East of Sault Ste. Marie)

Sunday, July 22, 1990 5:30 a.m.

\$2500. in Cash Awards

ONTARIO OPEN AND MASTERS CHAMPIONSHIPS

NORTHERN ROAD RUNNING SERIES

COURSE: Two loops, fast, flat, shaded and very scenic with abundant wildlife. Parallels the Spanish River. TAC and OTFA certified.

AWARDS: Cash in Open and Masters M/F categories and for age group records. Voyageur medals in 20 age groups. All finishers receive merchandise prizes, certificates and complete results. First 150 finishers receive hand-

Long sleeve T-shirts to first 150 entrants, regular T-shirts to others. Pancake breakfast at awards presentation. Pre & post-race pool social.

TAKE PART IN A WEEK-LONG FESTIVAL OF RUNNING EVENTS

Saturday, July 21 6:00 p.m. 5 km Fun Run 6:05 p.m. 2 km Fun Run Sunday, July 22 6:30 a.m. SPANISH RIVER HALF-MARATHON

Saturday, July 28 6:00 a.m. SAGANOK 60 KN RACE

Contact: Shelda/Norm Patenaude, Lee Valley Road, R.R. #2, Massey, Ontario, Canada POP 1PO 705-865-2671

**NATIONAL MASTERS NEWS ** Subscription Form

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

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

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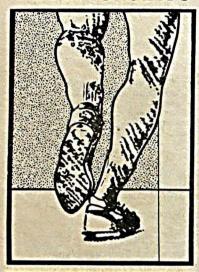
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1990 TAC/USA NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

AUGUST 2-5, 1990 INDIANAPOLIS, INDIANA

TAC/USA National Masters Track & Field CHAMPIONSHIPS



INDIANAPOLIS-1990

ANAUNIVERSITY



For technical information about the competition call the meet director. Marshall Goss, at 812-855-8583.

For general information call Heidi Neuburger at 317-274-3363.

F04637

GENERAL INFORMATION

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 2, 1990 will determine a competitor's age group. Individual competition will be held in age groups of 5 year increments starting at age 30. Relays will be held in age groups of 10 year increments.

Proof of registration with The Athletics Congress will be required from all U.S. nationals at on-site registration. Foreign compelitors will compete as guests and no TAC registration will be required

Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport, or birth certificate will be acceptable documentation.

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. All competitors will receive a Certificate of Participation

ENTRY FEES AND PROCEDURES: Entry fee is \$20.00 for the first event, \$15.00 for the second event, and \$10.00 for each subsequent event. The entry fee includes a commemorative souvenir item to be received at on-site registration.

All entries MUST BE RECEIVED BY JULY 10,1990. Confirmation of entry will be sent within 30 days, or no later than July 24, 1990. Late entries will be charged a \$25.00 surcharge after July 10, 1990. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason.

RELAYS: Relay entries will be taken at on-site registration only. Please have one club representative enter all relay teams for their club. This club relay representative should be prepared to pay the relay entry fee for each team entered (\$30.00 per relay team) as well as submit the following documentation for each individual entered in a relay: 1) TAC registration number, 2) proof of date of birth (photocopy of a birth certificate, passport, or driver's license).

All relays must be entered by noon on Friday, August 3.

SPECIAL EVENTS: Local ground tours will be operated by Grayline of Indianapolis.
Competitors and their traveling companions may make arrangements to visit many exciting local destinations upon arrival in Indianapolis. A beer garden will be operated each evening during the hours of 5PM and 9PM. Join up with some old friends or meet new friends after a long day of competition, and enjoy a cold drink, light snacks, and casual entertainment.

ON-SITE REGISTRATION: All competitors will be required to go through on-site registration, located at the IU Natatorium (adjacent to the Track and Field Stadium) upon their arrival in Indianapolis. On-site registration hours will be:

Wed. August 1 9AM - 9PM Thurs. August 2 9AM - 9PM

Fri. August 3 - Sun. August 5 on-site registration will move to the Track Stadium and will be available from 10AM - 9PM.

Athletes will register in alphabetical order. We will verify that all fees have been paid and required documentation is in order. Athletes may then pick up their packets and make their declarations.

Declarations must be made at the time of on-site registration and no later than two house before the scheduled time of the first event of participation. Events starting before 10AM must be declared before 9PM the day before competition. It will be the athletes' responsibility to declare. Prepare for a long line.

ACCOMMODATIONS: All competitors will be responsible for making their own overnight arrangements. The following hotel properties are holding room blocks at a discounted rate for this event. Please identify yourself with this event when making your reservations. No local shuttle bus transportation will be provided by the local organizing committee.

the second of the Land of the second of the second of the second of	And A County Colombia (Colombia) and American Colombia (Colombia)	NOTICE TO A PARTY OF THE PROPERTY OF THE PARTY OF THE PAR
Days Inn Airport	317-248-0621	rate:\$47.00 flat
Located 15 minutes fro	m track stadium by car.	
Embassy Suites	317-635-1000	rate:\$106.00 double
Located 1 mile from tra		一 医子科 如此是原始为
Hyatt Regency Indianap	olis 317-632-1234	rate:\$72.00 double
Located 1 mile from tra	ick stadium.	
Omni Severin Hotel	317-634-6664	rate:\$69.00 flat
Located 1 mile from tra	ick stadium.	
Ramada	317-635-4443	rate:\$67.00 flat
Located 1/2 mile from	track stadium.	
Holiday Inn, Union Static	on 317-631-2221	rate:\$81.00 flat
Located 1 mile from tra	ick stadium.	。 1.
University Place	317-260-9000	rate:\$82.00 flat
Located 2 blocks from	track stadium.	
The Westin Hotel		rate:\$76.00 flat
Located 1 mile from tra		
TRAMPI HOAT	1	- the -the-deer -(the 4000 TAC/IICA

TRAYEL: USAir agrees to offer an exclusive low fare for the attendees of the 1990 TAC/USA National Masters Track and Field Championships. You may receive details on fares and restrictions by calling Heidi Neuburger at 317-274-3363. When making your reservations please refer to GOLD FILE NO. 313668

TENTATIVE SCHEDULE OF EVENTS

(revised March 21, 1990) Note: Final schedule will be published & posted 8/1/90 Indiana University Track & Field Stadium

THURS. 8/2/90

PM

10,000 Run (All Women) 10,000 Run (60+ Men) 10,000 Run (50-59 Men)

400 M Dash (All Trials - Women before Men - oldest to youngest) 10.00

Pentathlon (30+ Men & Women)
800 M Run (All Trials - Women before Men - oldest to youngest)
5,000 Walk (45+ Women)
5,000 Walk (30-44 Women)
5,000 Walk (60+ Men)
5,000 Walk (50-59 Men)
5,000 Walk (40-49 Men)
5,000 Walk (30-39 Men) 12:00

4:30 6:15 7:00 7:45 8:30 9:15 10:00

FRL 8/3/90

10,000 M Run (40-49 Men)
10,000 M Run (30-39 Men)
Discus (60+ Men & Women)
High Jump (50-59 Men & Women)
100 M (All Trials - Women before Men - oldest to youngest)
Discus (50-59 Men & Women)
High Jump (60+ Men & Women)
400/300 M Hurdles (All Finals - Women before Men - oldest to youngest) AM

11:15

PM 2.00

Discus (40-49 Men & Women)
High Jump (30-39 Men & Women)
100 M Dash (All Finals - Women before Men - oldest to youngest)
Discus (30-39 Men & Women)
High Jump (40-49 Men & Women)
400 M (All Finals - Women before Men - oldest to youngest)
1500 M Run (All Trials - Women before Men - oldest to youngest)

7:30

SAT AM

7:00 8:00

5,000 M (All Finals - Women before Men - oldest to youngest)
Shot Put (60+ Men & Women)
Javelin (30-39 Men & Women)
Long Jump (40-49 Men & Women)
Pole Vault (50-59 Men & Women)
200 M Dash (All Trials - Women before Men - oldest to youngest)
Shot Put (30-39 Men & Women)
Javelin (60+ Men & Women)
Long Jump (50-59 Men & Women)
Pole Vault (40-49 Men & Women) 11:00

Pole Vault (40-49 Men & Women)
800 M run (All Finals - Women before Men - oldest to youngest)
Shot Put (40-49 Men & Women)
Javelin (50-59 Men & Women)
Long Jump (604 Men & Women)
Pole Vault (30-39 Men & Women)
200 M Dash (All Finals - Women before Men - oldest to youngest)
Shot Put (50-59 Men & Women)
Javelin (40-49 Men & Women)
Javelin (40-49 Men & Women)
Long Jump (30-39 Men & Women)
Pole Vault (60+ Men & Women)
Women's Meeting, University Place
General Meeting, University Place PM 2:00

6:00 7:00

SUN. 8/5/90 10K/20K Walk (All Finals - Women & Men together - all ages)
Triple Jump (60+ Men & Women)
Hammer (50-59 Men & Women)
Hurdles 80/100/110 (Trials as needed)
1500 M Run (All finals - Wommen before Men - oldest to youngest)
Triple Jump (50-59 Men & Women)
Hammer (60+ Men & Women)
National Masters News Age-Handicapped 100M 7:00 8:00

10:00

12:00

4x400 Relay (All Finals - Women before Men - oldest to youngest), 10 year PM 12:30

increments
Hurdles 80/100/110 (All finals - Women before Men - oldest to youngest)
Triple Jump (40-49 Men & Women)
Hammer (30-39 Men & Women)
Charlesbeer (All Finals - Men - oldest to youngest) 1:00

Halliner (30-39 Meri & Wolmer)
Steeplechase (All Finals - Men - oldest to youngest)
Triple Jump (30-39 Men & Women)
Hammer (40-49 Men & Women)
4x800 M Relay (All Finals - women before Men - oldest to youngest), 10 year 3:30

increments) 4x100 M Relay (All Finals - Women before Men - oldest to youngest), 10 year 4.00

ENTRY FORM: 1990 TAC/USA NATIONAL MASTERS T&F CHAMPIONSHIPS

IVAIVIL			BIITTIDATE		AGE ON 0/2	
ADDRESS		(4) "我是个生涯的	CITY		STATE	ZIP
PHONE		1990 TAC#		CLUB _		
EVENTS ENTERED)		Darlie .	Note The		
BEST MARKS 89-	90				Belleville	
MALE	FEMALE					
ENTRY FEES:	1st event entry fee 2nd event entry fee					US \$20.00 US \$15.00
	additional events =	events x US \$10.00				<u>2</u>
	surcharge for entries	received after July 10 (US	\$25.00)			
	*Gold Medal Support	er (optional-US \$25.00)				<u>574</u>
1 13 V.	10 10 10 10 10 10 10 10 10 10 10 10 10 1		ТОТ	AL AMOUNT DU	ΙΕ	<u>200</u>

*Gold Medal Supporter: your voluntary \$25.00 contribution will allow us to purchase gifts for the officials who generously donate their time and expertise in order to make this event possible. Gold Medal Supporters will be recognized in the meet program.

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Bank Draft or check in US dollars, payable to:

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or					

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	Number	Exp. Date
	Signature	

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve Indiana TAC, 1990 TAC/USA National Masters Track and Field Championships Organizing Committee, TAC/USA, the sponsoring non-profit organizations, Indiana University-Purdue University at Indianapolis, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1990 TAC/USA National Masters Track and Field Championships.

Tear off and mail entry form to: TAC/USA National Masters T&F Championships c/o Heidi Neuburger 901 W. New York St., Rm. 204 Indianapolis, IN 46202 FAX: 317-274-7769