

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

June, 1992 166th Issue

Keston Best Age-Graded

Heffernan Wins Fifty Plus 8K

by JIM TURNER

The ninth annual Fifty Plus 8K run, held March 22 in Stanford. Calif., was highlighted by the first head-to-head competition between nationally top-ranked 50 + runners Mike Heffernan and Sal Vasquez, Heffernan, 51, of Portland, Ore., defeated Vasquez, 52, and the rest of the field in 26:18, with Vasquez second in 26:42.

The lead exchanged hands through the first two miles. At that point Heffernan established a 30-meter lead. which he held through the next two miles and extended over the last mile for a 24-second final margin.

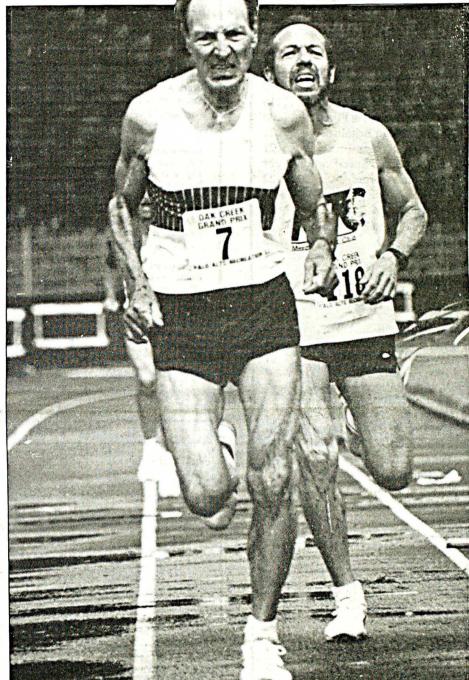
Shirley Matson, 51, of Moraga, Calif., won the women's division in 29:45. Her time broke the single-age U.S. 8K record of 31:14 set in 1988 by Gina Faust. Barbara Miller, 52, of Modesto, Calif., was second in 32:34 and Eve Pell, 54, was third in 33:03.

The top age-graded score was turned in by John Keston, 67, of McMinnville,

Ore. He ran 30:07, which translates to an outstanding 94.9%. Heffernan, Matson, and Vasquez followed in order with 91% + age-graded scores. The strength of the field is reflected in the fact that an additional 33 runners turned in national class age-graded scores over 80%.

For the first time, this year the race also served as a Pacific Association TAC championship race for Senior (50+) and Supersenior (60+) men and women. The three-man team championship was won by a strong

Continued on page 5



John Keston, 67, finishing the Fifty-Plus Fitness Association 8K, Stanford, Calif., March 22, where he ran a top age-graded (94.9%) 30:07. Kenneth Schwisow follows.

Levisse, Welch Top Masters in Sallie Mae 10K

Cindy Dalrymple speeds to a 39:40 finish to top all W50s in the Sallie Mae 10K, Washington, Victor Sailer/Agence Shot D.C., April 12.

by NANCY SIEBERT MURPHY

Pierre Levisse, 40, of France and Priscilla Welch, 47, of Great Britain set new masters course records in the ninth annual Sallie Mae 10K, held in Washington, D.C., on April 12. Levisse, who won the International Veterans 8K Cross-Country Championships in Boston earlier this spring, turned in a speedy 29:33, shaving 39 seconds off the old course record set by Ken Hamilton of Ontario, Canada, in 1990. Levisse's performance netted him \$1000 in prize money, and a seventh-place overall finish.

Welch's time of 34:38 eclipsed the previous course mark of 35:39, set by Nancy Grayson of Columbia, S.C., in 1991. Finishing in eighth place among all women entrants, Welch took home \$850 as a reward for her stellar effort. Grayson, who came in second female master, also bettered her own course record with a 34:56, good enough for

Other prize money winners included Switzerland's Kurt Hurst (40, 30:27, \$400); Domingo Tibaduiza of Colombia (42, 30:28, \$300); and Barbara Filutze of Erie, Pa., (45, 35:57, \$300). Continued on page 5

Spokane To Host Nationals

More than 800 athletes from throughout the USA are expected to compete in the 25th annual TAC/USA National Masters Track and Field Championships on August 13-16 in Spokane, Wash.

The meet will be held at Spokane Falls Community College. The meet returns to the Northwest region for the first time since 1987, when over 900 athletes competed in Oregon. The eastern Washington area is one of the most scenic in the nation, and many participants will use the meet as a good excuse to take the family on an adventurous vacation trip.

Competition is open to all men and women 30 years of age and older. The complete entry form is published on the back cover of this issue. Low-cost accommodations have been arranged by the Spokane organizers.

Once again, the meet will stage two special events on closing day. First, the popular age-graded 100 will be held, with the winners of each 5-year 100-meter final invited to compete,

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\$2.50

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The National Masters News (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$24.00. 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.

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

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

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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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O Box 16597, No. Hollywood, CA 91615.

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

A NEW LOOK

In response to your "New Look," I commend you for trying to improve the image of NMN. I like the new whiteness of the publication; it adds sharpness. I also like the idea of changing the color each month.

The small type on page 8 of the March issue is too small. Why make the paper more difficult to read? Keep the present type size.

You have a unique publication. No other publication covers our sport like NMN. I like the present title, although you might consider "Masters Track & Field News." We have a good thing going. Let's not upset the apple cart.

> Leon Joslin Seattle, Washington

How does "National Masters Running News" sound? Lousy. Do you recall the phrase "field event?"

Your publication serves a very important function for all of us who compete in age-group track & field. So why not simply call it like it is: "U.S. Veterans Track & Field News?"

Gordon Bobell Arlington, Virginia

In regard to your new look:

- 1) I like the white pages;
- 2) I have no feeling on color;
- 3) I thing "National Masters Running News" tells the story.
 - 4) The small type is a bit of a strain. Andy Neidnig Sag Harbor, New York

I love the whiter paper; keep it. As for the smaller type, my 50-year-old eyes have trouble reading it. Keep the larger type. No opinion on the name, but it's a great publication.

J. Kirchoffer Milwaukee, Wisconsin

(Readers were nearly unanimous in praise of the white paper on the cover, so we'll keep it. No one preferred the smaller type, so we'll forget it. Opinion was mixed on the name, so we'll give it

more thought. A narrow majority preferred the blue color, saying "it's your image," so we'll stay with it. Thanks for your comments. — Ed.)

INDOOR NATIONALS

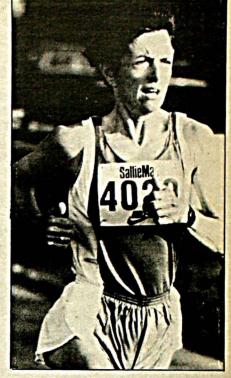
Just returned from the National Indoor Championships in Columbus, Ohio. A great facility at OSU, and the people that put on the meet were top of the line. What impressed me was that everything seemed to go off on time. At least the throws did. It appeared from a spectator point of view that the races were also on time.

Once again it was time to meet new friends and renew old friendships from years past. Isn't it great to go to a meet like the Nationals and to find that even though you may have gotten a year older that you don't look or feel any older? The speed you once had, the endurance for long distance running, the strength for throwing out of sight may not be as fine tuned as in years past, but on a comparative basis, you are just as good as you used to be. And when you win, place or show, the feelings of euphoria are still there.

We'll next get together at the outdoor Nationals in Spokane in August. In the meantime, there are lots of good track and field meets in your area, wherever you may be. If you can travel, check the schedule in NMN for

Five Years Ago

- Web Loudat Wins Bud Light Legends Mile in 4:20.89
- Priscilla Welch, 42, Sets Masters Women's World Record of 2:26:51 in London Marathon
- England's Dave Clark (43, 2:21:37) and Sweden's Evy Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
- Paul Bruvik (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon



Priscilla Welch, 47, of Great Britain topped all masters women (34:38), Sallie Mae 10K, Washington, D.C., April 12.

Victor Sailer/Agence Shot

upcoming meets in the Northwest. We would love to have you come and visit. It is a great place to retire.

Richard Lee Eugene, Oregon

THE TURN MACHINE

When I wrote about the turn machine (May 1992), I anticipated perhaps ten inquiries, so I prepared a dozen mailings to play it safe. The first day I received 11, all dated from California on April 29. By the time my copy of NMN made it to me here on the East Coast, I had received 143 letters and I rather fear that that is just the beginning. I can see four or five hundred before the dust settles. Can you imagine licking that many stamps? Yuck!

Everyone will be answered in good time, so please be patient. I operate a mobile dog and cat grooming service and this is the start of my busiest time of the year so it will slow me down a lot. Each reply is numbered and will be answered in order received.

In the meantime, anyone in the area is welcome to drop in, check it out and try a little workout.

Holbrook, Massachusetts

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Five Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics 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 go to:

Doug Smith Robert K. Stone Sally Strazdins Cliff Pauling Donald G. Ross

Laguna Hills, CA Kensington, CA New Milford, CT Bronx, NY Marblehead, MA

Levisse, Welch Top Masters in Sallie Mae Continued from page 1

Cindy Dalrymple led the 50+ women in 39:40.

The race offered a total of \$19,000 in



Frenchman Pierre Levisse, 40, was first master in 29:33, Sallie Mae 10K, Washington, D.C., April 12. Victor Sailer/Agence Shot

prize money, with \$500 for masters firsts and a \$250 bonus for course records. Featuring a field of more than 3000 runners representing 14 countries, proceeds of the contest go to the National Capital Chapter of the American Red Cross.

Heffernan Wins Fifty Plus 8K

Continued from page 1

team from West Valley Joggers & Striders with Vasquez, 2nd, Bill Meinhardt, 4th in 28:09, and Tim Rostege, 5th in 28:24.

A total of 392 runners completed the race with 307 men and 85 women finishers. The M50-54 division alone had 113 finishers. The contest was held on the Stanford University campus, starting outside the football stadium, following a fast flat course through the campus and returning to the stadium to finish with a lap on the track. Ten single-age 50 + 8K American records have been set in the nine years this race has been held, more than any other single 8K/5-mile race in the country. The event is also accompanied by a 5K fitness walk. The Fifty Plus Fitness Association can be contacted at P.O. Box D, Stanford, CA 94309.



Shirley Matson, first woman (29:45), and Mike Heffernan, first overall (26:18), receiving awards, Fifty Plus Fitness Association 8K, Stanford, Calif., March 22. At the microphone is Ray Stewart, president of the Fifty Plus Club, who finished fourth in the M65-69 race.

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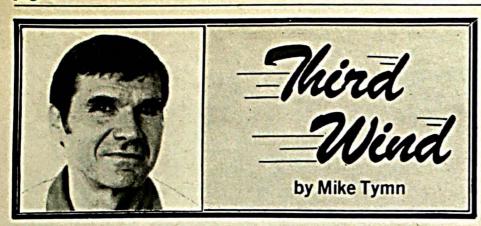
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Quantity or Quality?

very now and then a novice runner asks me for training advice. The assumption is that with nearly 40 years of running experience I must have

Frankly, I had more answers when I had only 30 years of experience, even more with 20 years of running behind me. When I had only 10 years of experience and was coaching as well as racing, I thought I had all the answers.

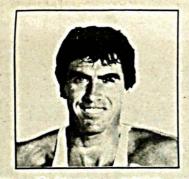
Consider, for example, the most basic issue in long-distance training, that of quality (speed) vs. quantity (distance). I don't think I'm any closer to knowing the proper blend of these two elements than I've ever been.

If you'd have asked me 30-35 years ago which is more important, I would have answered quality training. During the 1950s and '60s, I trained like most distance runners - hammer, hammer, hammer. I'd do 220 or 440 intervals every other day and an all-out fourmile time trial on the days between. I didn't keep count back then, but I'm sure I never ran more than 25-30 miles a week.

LSD Training

During the late '60s, a new concept began to unfold. It came to be called long, slow distance training (LSD). The object was to do less hammering and more cruising, while going longer. Initially, I rejected the idea. It just didn't make any sense to me that training at seven-minute mile pace would help me when trying to run a race at close to five-minute pace. However, I

A recent letter from Barry Brown, America's most respected Masters runner, to the Vice-President of STIM-O-STAM:



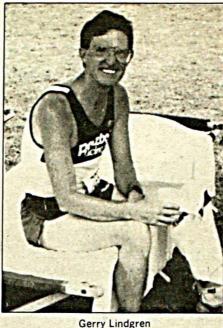
In brief, I began using Stim-O-Stam in 1968 at the High Altitude Olympic Training Camp in Lake Tahoe. California. It was recommended to me by Tommy Farrell (the eventual Bronze medalist in the 800 meters in Mexico City). I have used Stim-O-Stam ever since, and I honestly believe it has enabled me to remain competitive for the past 23 years. With the high mileage training that I do, it is essential to keep my body in balance and my legs feeling fresh. Stim-O-Stam and its related products have definitely made a difference in how I recover and feel during hard training. I'm hooked on it!

Sincerely,

Barry J. Brown

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began noticing that a friend who had taken to LSD training, and who was always behind me in short races, was always ahead of me in the longer ones. In my first two marathon attempts, I wasn't even close to him.

In 1975, I decided to give LSD a try. I began running 90-100 miles per week at about seven-minute pace. Even though I was then aproaching the age of 40, my marathon times began improving significantly. I became a real believer in LSD. At first, I thought it was beneficial only for marathon running. After a few years, I came to realize that LSD was also paying off in shortdistance racing. Thereafter, I began running at least 80 miles a week yearround. Not all of it was LSD, though, as I'd mix in two interval sessions per week or one interval session and one

More Is Better

For a number of years after that, there was no doubt in my mind that more was better, as long as about 10 percent of it was quality training. I would have done more than 100 miles per week if my family and job responsibilities would have permitted it.

Looking back, though, I now suspect that it wasn't so much the increase in mileage that was allowing me to run faster as it was the dramatic reduction in body weight (12-15 pounds) that accompanied the high mileage.

On the other hand, I look at the tremendous lowering of competitive swimming records over the past 25 years - apparently due for the most part to mega-training mileage - and have to wonder. Light weight does not benefit swimmers; in fact, it is more of a hindrance.

Certainly, there is a tradeoff between quality and quantity. Too much of one limits the other. How you mix them is the problem that continues to perplex many runners.

Quality vs. Quantity Tradeoff

"It's a double-edge sword," said Dr. Al Morris, an exercise physiologist and coach, when I discussed the subject with him last year. "It depends to some extent on the distance of the race, but if we're talking about the marathon, it's the athlete who can do the most

mileage and yet do the most quality and that may be an antithesis - who is going to be the best prepared."

During his prime, 1976 Olympian Duncan Macdonald, who ran 13:19 for 5,000 meters and 2:12 in the marathon. seemed at his best on a modest regimen of 60 miles a week. That was considered very low for a world-class runner at that time. Macdonald told me then that he'd break down when he would try to go much higher than 60

Like Macdonald, New Zealander Jack Foster, who ran a 2:11 marathon at age 41, averaged just about 60 miles a week during his best years. I used to wonder what Macdonald and Foster might do if they'd only awaken to the benefits of much higher mileage.

High-Mileage Pioneer

At the other extreme, 1964 Olympian and schoolboy phenom Gerry Lindgren was one of the pioneers in real high-mileage training. "I never really kept count," Lindgren told me recently, "but my coach figured out that I was running anywhere from 175 to 250 miles a week. I was running five times a day. It was ridiculous. I'd get up in the middle of the night and run 10 miles. Maybe that's why I have so many injuries now."

Although Lindgren said that some of his training was pretty slow, it would not have been classified as LSD, a term popularized by runner-writer Joe Henderson in his 1969 book entitled Long Slow Distance. Lindgren's training more resembled the approach of New Zealander Arthur Lydiard, who during the early '60s began advocating high-mileage training at something close to anaerobic threshold (i.e., fairly fast).

While both LSD and high-mileage training seem to have gained popularity during the late '60s, the ideas were not entirely new. In his book, Marathon, first published in 1937, seven-time Boston Marathon winner Clarence DeMar wrote about his training around 1910: "I ran at the leisurely speed of seven or eight miles per hour, to and from work, usually carrying a dry undershirt." The one-way distance to work for DeMar was seven miles.

Concerning his preparation for the 1911 Boston Marathon, DeMar wrote: "I had worked hard in practice covering nearly a hundred miles per week for a couple of months with several twenty-mile jaunts, besides my regular runs to and from work."

Emphasis On Speed Work

Some of the real old elite road runners followed regimens similar to DeMar; however, the success of interval-trained track runners of the '50s and '60s and the cross-over of those track athletes to road racing apparently placed more emphasis on speed work.

"When you and I were youngsters, the pendulum was certainly on the short, fast interval side," Henderson said in a recent phone interview. "Then it swung over to the superdistance side. It's definitely swinging back now toward quality rather than

Continued on page 13

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Track & Field Rankings Report

by JERRY WOJCIK

Masters T&F Rankings Coordinator

This issue contains the 10K and 20K racewalk rankings for 1991, compiled by Dr. Glen Peterson of South Dakota, and the 1992 indoor season 200, 1500, and 55m hurdles. The July issue rankings will include the indoor mile and shot put.

The names and addresses of the 1992 outdoor track & field rankers will be published in August; please do not send marks to me or NMN before then.

Corrections to the 1992 indoor rankings will be published in the December issue. Corrections to the 1991 outdoor rankings book will be published periodically in the NMN and in total in the 1992 rankings book.

Jordan, Butler Set World Marks

In what he says will be his last year of masters track and field competition, the great Payton Jordan, 75, of Los Altos, Calif., began his season impressively with two world M75-79 sprint records.

In the Ken Carnine Classic in Sacramento, April 25, Jordan broke Joe Packard's M75 world 100-meter record of 14.3 with a hand-timed 13.5.

On May 3 in a masters tri-club meet in Los Gatos, Calif., Jordan shattered Packard's M75 200 WR of 29.5 with a hand-timed 28.3.

At the Carnine meet, Walt Butler, 51, broke his own M50 world mark of 13.57 in the 100-meter hurdles with a 13.5 hand-time. Butler also raced to 11.5 in the 100, not far off the M50 WR of 11.2.

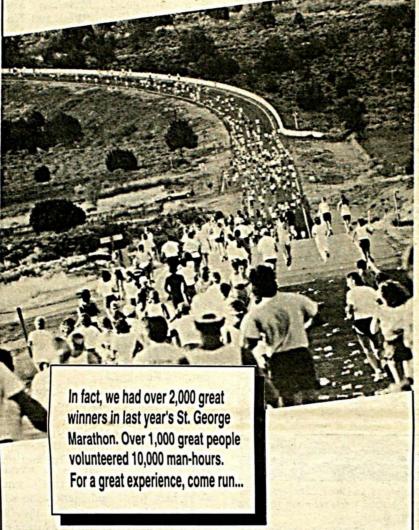
Paradoxically, hand-times are allowable for world age-group records but are not recognized as U.S. marks.



The Southern California Striders 4x800 relay team lowered the M60-69 national indoor championship record from 11:32.57 to 10:58.77, TAC National Masters Indoor Championships, Columbus, Ohio, April 3-5. Standing: #318 Bob Culling (2:39.1) and Harold Willis (2:53.6). Kneeling: #836 Gunnar Linde (2:39.57) and Jerry Withers (2:46.5). Sitting is Al Escobosa, who, with Avery Bryant, Willis and Withers held the old record.

Photo from Jerry Withers.

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MONTH

Payton Jordan

he Sorbothane Masters Athlete-of-the-Month feature resumes this month and will continue every other month in NMN.

An outstanding masters athlete is chosen, based on performances during the past 60 days in track, field, road running and racewalking, and announced in NMN. The winner receives \$100 from Sorbothane.

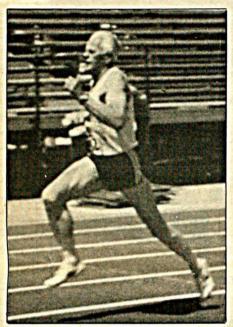
Sorbothane produces lightweight, shock-absorbing air-infused insoles which can be found at most sporting goods stores.

This month's award goes to one of the true legends in masters track & field - Payton Jordan of Los Altos, Calif. At age 75, Jordan has set dozens of world and U.S. sprint records over the past 20 years and says he intends this year to be his last in masters competi-

"Each year it gets harder and harder to stay in competitive shape," he said. "It takes a lot more work for the same results than it did when I was a youngster."

On April 25, at the Ken Carnine Relays in Sacramento, Jordan smashed the world M75-79 record of 14.3 with a time of 13.5 — a 97.9% on the masters age-graded scale. On May 3 in Los Gatos, Calif., Jordan ran a 200 in 28.3 (98.9%) to break Joe Packard's 13-year-old mark of 29.5.

Jordan has long been one of the most popular masters competitors on world, national and local levels. Hewas the U.S. team coach at the 1968 Mexico City Olympics, and has long been an outstanding emissary for the



Payton Jordan 75 Los Altos Calif. on his way to an M75-79 100m world record of 13.5. Los Gatos, Calif., May 3.

Photo by Shirley Dietderich

masters athletics program.

Congratulations to Payton Jordan - the Sorbothane Masters Athlete-ofthe-Month.

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Spokane To Host Nationals

head to head, with the older runners getting a head start, based on the WAVA age-graded tables. There will be two races: one for women and one for men.

Second, the national all-star regional 4x100 relay will be held for the second straight year. Each of the seven regions (East, Southeast, Midwest, Mid-America, Southwest, West and Nor-

Bozeman To Host 1993 Indoor Championships

TAC's Masters Track and Field Committee officially selected Montana State University in Bozeman as the site for the 1993 National Masters Indoor Track and Field Championships. The Bozeman organizers, represented by masters athlete Bob Sager, and Rob Stark, MSU Track Coach, announced that blocks could be used for the 200 and 400 meter events. The Committee had deferred their decision on the site for the Championships until the question regarding the use of blocks could be resolved. "Their quick and positive response to our concerns was very much appreciated," said Chairman Barbara Kousky.

Montana State University, guided by their Weight Coach Mike Carignan, has hosted masters meets for 14 years. "We're really excited about hosting the National Championships; we have a high commitment to track and field, and anything we can do to accommodate the athletes - that's what we're here for," said Stark, who will serve as Meet Director for the '93 Championships and will be assisted by Cathy Close, MSU Events Coordinator for Track and Field.

Bozeman, located just north of Yellowstone National Park, is served by five airlines, including Continental, Northwest, Delta, Alaska/Horizon, and SkyWest. The Montana Masters group is arranging for special travel packages to the Championships.

thwest) will be permitted four teams: two men's and two women's:

1) A junior squad of age-groups 30. 35, 40 and 45 (a minimun of 150 agegroup years), and 2) a senior foursome of age-groups 50, 55, 60 and 65+ (a minimum of 230 age-group years).

All participants will receive a championship T-shirt of a color chosen by their regional coordinator. The event will be scored by points (10, 7, 5, 4, 3, 2. 1) for each of the four races. The region whose teams compile the most points will receive a cash award from Holiday Inn, the sponsor of the race.

Individual awards will be given to the top three team finishers in each race. The winning regional team members will each receive a patch. A traveling trophy-plaque with the winner's name engraved will be presented to that region to be held until next year.

Phil Mulkey, regional relay coordinator, says: "It is hoped all the regional all-star team members will be chosen on the basis of their performances in the 100-meter-dash in their respective regional championships. The winners of each age-division would be the logical qualifiers. If they couldn't be in Spokane, the runner-up would then be eligible, then third,

For more information on the all-star regional relays, contact Mulkey at 404-973-3825.



Scott Evans finished fourth M30 in the high jump (1.89), 1991 TAC/USA National Masters T&F Championships. This year's championships will be held in Spokane, Wash., August 13-16. See entry form on last page.

Photo by Jerry Wojcik

1992 TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Contact

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A Flotilla of 5Ks Amid Snowflakes and Sleet

by MAURY DEAN

Long Island's sodden, soggy spring, awash with deep puddles, ushered in our March-April festival of 5Ks. As usual, our speedy masters contingent is braving the groaning gales and hustling for hardware in a 40° weather warp that's been rolling over New York's "tropic isle" since November, Yearning for balmy May, let me present this bouquet of 5K gullywashers.

Jenny's Jog in Stony Brook, April 18, was the fastest, a flat, mid-isle romp of windless wonder. So who won? Wynne. Joe Wynne. Speedy Wynne, 40, shucked 30 pounds to blast a supersonic 16:21 on suburban cement, while the W40 + distaff gold was glommed by equally fleet-footed Sue Curtis (19:28). The M50s contest was a photo finish, with birthday-celebrant (50) Mike Service (18:38) losing to Jose Mendez (18:36); wife Daisy Mendez won the W50s (31:59). Phil Roth (17:20) served notice to the 45-49 crew that his October 45th birthday should bedeck the Roth mantel with a trophy

Long Island masters triumphed in the Suffolk Bar Association 5K. A cold April 25th drizzle and an annoying boreal blast at about 15 mph tromped tremendous times, but superfast Dennis Nee (17:03) proved a serious "nee problem" for 100 other harriers on the rolling hills and bepuddled straightaways, with a second overall. Maury Dean, 49, finished third (17:17), and swift Estella Clasen, W40, keyed her comeback with a fine third woman (21:31).

At the Hicksville 5K, April 5, Wynne cruised to a pair of \$100 Adidas trainers, while second-place Jay Hildebrand (17:27) got the same, due to 36-40, 41-45, 46-50 age-groups. Agegroup winners win expensive shoes, while most second-placers had to settle for socks (anyhow, top-of-the-line socks). Quirkily, ironman Joe Cordero (53, 18:07.7) won shoes over birthdaylad Roger Pflugfelder (50, 18:07.1), who won the nifty socks. Nancy Grever busted the 20-minute barrier (19:58), while incredible times were run by 51-55 leaders Marion Stanjones (20:30) and Annette Frisch (21:42). NY Road Runners Club 65-69 champ John McManus (68, 20:53) outdueled L.I. champ Bert Jablon (22:14) in this very generous Lions Club annual race on a fine, flat, and fast course in Billy Joel's Hicksville (zapped today by a zwift zephyr of wind).

Last but least was the Parkway Foundation "5K" around the Flushing Meadow Lake by the Brooklyn-Queens border, March 29. Buoyed by a fine organization, a generous awards program, and an accurate and speedy



The Over The Hill TC quartet that won the M30-39 4x400 relay (3:38.07), TAC National Masters Indoor Championships, April 3-5, Columbus, Ohio. From left: Bob Thomas, Frank Makozy, Lawrence Finley, Dave Kirk.

Photo from Bob Thomas

results package, the race was rendered absurd by an inaccurate course measurement. When your first mile split is 50 seconds slow, you lose gumption. Keith Sullivan (40, 18:29) outlasted Luis Guichichulca (44, 18:34) and a grumpy third-place master (18:35). Gloria Neuman (42, 23:45) outdistanced the W40+ field. The wind might have accounted for 15-25 seconds, but hey, it was probably a 3.3-mile race, and 300 runners slogged

to PWs (Personal Worsts). The second-place man, who had won a true 5K on a hilly course in 15:59 the week before, finished in 17:11. The one thing a race director must ascertain is the course's accuracy (of course, fewer crusty curmudgeons grumble if the course is a tad short).

New York's runners look forward to May and 55° breezeless, flat, lilac-scented splendor. □



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Tips on Training Alone

he following is an interview with Paul Johnson, a racewalker for 3½ years. This year, Paul has competed and won his age division (M50) in three indoor meets - Brown Invitational, RI, 1-mile 7:58; Augustana College, IL, 3000m 15:33, and 1500m 7:35 — TAC Indoor Nationals, OH, 3000m 14:58.4. In April, he was an age group winner at the Mt. SAC Relays, CA, 10K (54:41).

How many racewalkers are there in Arkansas?

Probably about two or three. How did you get started?

I had a friend in Ft. Worth, Texas, who kept talking to me about racewalking, but I really didn't have any interest because I was a runner. During the 1988 Honolulu Marathon, I was struggling through the last five miles when a racewalker passed. Here I was dying, and he went by so smooth and easy. That got my interest up. I wrote an article about my experience for our state running newsletter with the headline: "It Is Time For This Runner To Take A Walk."

After Honolulu, my friend and I began training for the racewalk in the New York Marathon. I got very taken in by the sport, and entered the 20K walk at the World Veterans Games in Eugene. It was my first judged race and I did a 1:56. That inspired me more. I began overtraining and ended up by having to lay off for nearly four months.

I realize now that the injury was probably caused by faulty technique, but I had nobody to show me. There may have been other causes, too. I wasn't doing any stretching or strengthening, and the fact that I had been running for 12 years probably

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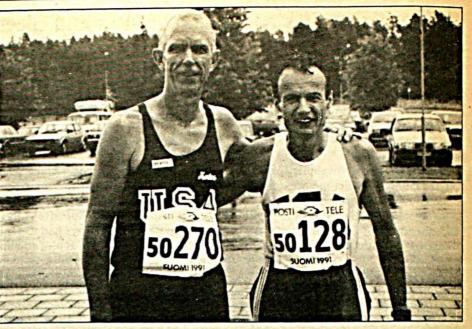
U.S. NATIONAL RACEWALK TEAM MEMBER DAVE McGOVERN WILL BE HOSTING HIS FOURTH COMPETITIVE WALKING TRAINING CAMP AT NATIONAL MASTERS CHAMPION GARY NULL'S HEALING SPRINGS RANCH IN TIOGA, TEXAS AUGUST 19TH - 23RD, 1992

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For further information please contact:

Dave McGovern P.O. Box 6601 New York, NY 10128-0006 (212) 744-5515



Paul Johnson (I) and John El Warner at the World Veterans Games in Turku, Finland. El Warner was first American M50 in the 5K and 20K racewalk (23:53.9, 1:48:51) and Johnson was second Photo from Elaine Ward American in 25:48.7 and 1:56:59.

worked against me. I was so strong and had so much aerobic power, the muscles and tendons used in racewalking weren't ready for the new work. I probably overstressed them trying to get too much speed.

Because you have to train by yourself, what kind of system do you follow

I alternate hard days and easy days, six days a week, and average about 35 miles. The difference is I train with a heart monitor now. Back in November, I took a lactate blood test using a treadmill and a heart monitor. In this test, the technician notes the speed you are going and your matching heart rate, and from the blood samples he takes, he records your lactate acid accumulation. From this information, he makes a chart to show your training ranges.

I was given three training ranges: aerobic, extensive anaerobic, and intensive anaerobic. My aerobic training range is 120-140, the range I keep on my easy days. I am not to train under 120 or over 140. The 140 to 150 range is a dead zone in which I get no training

The 150-160 range is my extensive anaerobic zone. For example, yester-Continued on page 12

Ten Years Ago

- Herb Anderson, 75, Wins 10 Gold Medals and Phil Raschker, W35, Captures 7 Golds in National Masters Indoor T&F Championships
- Southern California Striders -Bill Knocke, Ralph Lee, Mel Elliot, and George Cohen -Smash M40-49 Medley Relay Record in 11:03.7
- Cindy Dalrymple (W40, 55:25) and Mike Tymn (M45, 49:43) are Top Masters in Hawaii's Norman K. Tamanaha 15K
- Herb Lorenz (43, 31:39.6) Wins National Masters 10K

Racewalking **Pros and Cons**

(It is the policy of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program.)

FORESIGHT PAYS OFF

I have just returned from this year's TAC National Indoor Masters Track & Field Championships at Ohio State University. You may recall at last year's meet that Gary Null was forced to do an extra lap because there was only one lap-counter for everyone in his race. The error denied him an American record.

This year's meet was considerably different. The official provided lap counters for each walker, and the men were divided into two sections. Those under 55 were in one group and those 55 and over were in another. However, there was a new problem.

At the finish of my race, I thought that I had won my age division until I was informed at the awards table that I had finished second. I went to the judges table to question the results. The official there showed me the lap sheets. The finish time my lap counter had recorded was .5 of a second behind the alleged winner.

Since they were using Accutrac timing, I asked for the photo of the finish, but was told they only took the photo of the overall winner, Ray Funkhouser. Remembering Gary Null, I had set up my video camera prior to the race and had it focused on the finish line. When I returned to my hotel and reviewed the tape, it clearly showed I had won the race.

I returned to the track and told my lap counter. He took me to the judges table, and again the lap sheets were reviewed. Because there was a different official helping, he went back through

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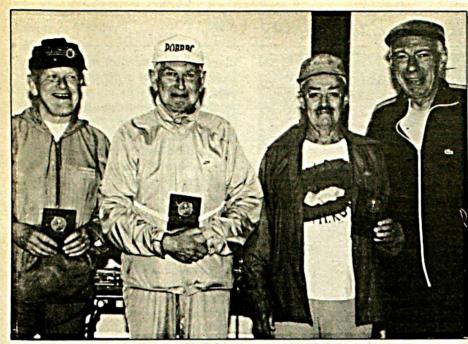
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Plainview 10K M70 + leaders are all smiles as they accept their awards, Plainview, L.I., N.Y., April 11. From left: Walter Moritz, Bill Benson, Willie Rios (at 75 the oldest runner in the race), and Leo Photo by Mike Polansky

Race Walking Pros and Cons Continued from page 10

the Accutrac photos and came up with a photo of my finish which showed I was a stride length ahead. The results were changed and I received the reward.

Overall, I think the officials at this meet tried their very best to put on a good meet. Providing individual lap counters for each walker was great. Allowing them to use their individual stop watches to determine finish times caused the error. The possibility of this type of error occurring should be addressed in the proposed Race Walk Management Manual for meet directors and officials.

> Paul Johnson Arkansas

ANOTHER VOICE FROM **NEW JERSEY**

(Though the Racewalking Section of the April NMN was to conclude the discussion of racewalks vs. another type of competitive walk, the following provides the resounding finale of cymbals. - EW.)

My good friend Mr. Avram Shapiro's letter, published in the Masters RWing column of May 1992, was carried under the subhead, "New Jersey Perspective." Let me say right now that it was most definitely NOT the perspective of the New Jersey TAC race walking chairman. THIS is that perspective.

There can be no sport without rules and when rules are not adhered to, we no longer have a sport. There can be no degrees of RW judging. Either you are walking by the rule book - or you're not.

You don't rewrite the rule book when it's a good one. You don't say you're "almost" racewalking. You don't ask the judges to "liberalize," because when you do, you're asking for racewalking to be "liberated" from



Ray Funkhouser, 41, president of New Jersey's Shore AC, plans to enter the Olympic RW trials Photo by Elliott Denman this month.

track and field, our parent sport. Nothing could crush all of us who've spent long years to establish racewalking's current degree of acceptance in the track and field community - more.

Rules must be followed. Racewalkers must not "lift" and must not "creep." It's that simple.

Elliott Denman, NJTAC RW Chairman and Member of IAAF RW panel

Send your letters to: Elaine Ward, North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312.

Masters Highlight Plainview 10K

by MIKE POLANSKY

Every way you look at it, the 15th annual edition of the Plainview 10K "Run for ASPIRE," April 11, on Long Island, was a great event for masters runners.

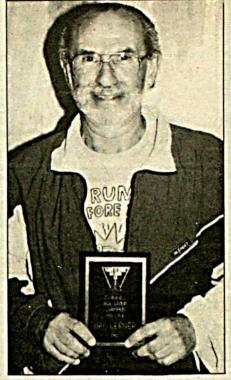
The top masters finisher was 49-year-old Ted Haiman of Rego Park, Queens, N.Y. Haiman crossed the finish line in 34:35, beating his nearest competitor, John Eiseman of Seaford, by 23 seconds, and taking 7th place overall.

Among the masters women, Cheryl Ralya of New York City's Atalanta Racing Team led the way in 38:33, with Sue Curtis of the Northport RC next in 41:13.

Perhaps the most impressive performance of the morning was that of 71-year-old "Grandpa Leo" Karmin, who turned in a strong 47:19 to take top honors in the 70 + age group.

A total of 707 runners and walkers - up from 674 last year — traversed the course through the roads of Plainview and Old Bethpage before crossing the finish line at the Mattlin Middle School. The run raised more than \$5000 for ASPIRE, the special program that provides prosthetic devices, intensive physical therapy and rehabilitation for young amputees, most of whom have endured the amputation of a leg to save their lives from bone cancer.

The run was sponsored by the town of Oyster Bay, and Nationwide In-



Hal Lerner, 60, honoree as Plainview-Old Bethpage RRC M60-64 top runner for 1991-92 at the club's annual awards night, April 21.

Photo by Mike Polansky

surance, and conducted under the direction of the Plainview-Old Bethpage RRC. Two Oyster Bay Town Board members — Len Symons of Plainview and Dough Hynes of Farmingdale - competed in the run, as did Irv Jackofsky, WCBS-TV Weatherman "Mr. G." □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE, 1992

ATHLETE (RESIDENCE)
SUSAN BUCHANAN (PHOENIXVILLE, PA)
MARY LOU CARLSON (MINNEAPOLIS, MN)
DAPHA COTTON (EUCLID, OH)
BETTY KEATING (OVERLAND PARK, KS)
CAROLE LEAF (VALLEY STREAM, NY)
VALERIE LUCAS (US)
ISABEL MCCONNELL (WHARTON, NJ)
BETTY OLSON (LINCOLN, NB)
PATRICIA OSMON (JUNCTION CITY, OR)
CONNIE RODEWALD (VENTURA, CA)
MARY RUFFIN (CA)
PATRICIA SHER (JACKSONVILLE, FL)
HELEN TENDLER (US)
JOAN ALLISON (GB)
JUDY COX (AUS)
LUISE HAUSHOFER (WG)
PAM KENNY (NZ)
LOAN OCCEPT (CB) BIRTHDATE AGE GROUP ERINA PODKOPAYEVA (URS)
A RICHARDS (AUS)
SAKATA (BRA) YEKATERINA PODKOPAYEVA (URS)
GLORIA RICHARDS (AUS)
WANDA SAKATA (BRA)
GLORIA SEYMON (AUS)
KARLA WACHTER (SUI)
ELISE WALE (NOR)
LIANE WINTER (WG)
CLYDE ALLING (CULVER CITY, CA)
KARSTEN BRODERSEN (CHL)
MAX CARR (NZL)
THOMAS CRONAN (CHARLESTON, SC)
RON DAWS (MINNEAPOLIS, MN)
TED ENSLIN (PORTERVILLE, CA)
HARRY GATHERCOLE (AUS)
ANTONIO GOTAY (PUR)
NORMAN GREEN (WAYNE, PA)
JOHAN HESSELBERG (NOR)
CLAUDE HILLS (FLOURTOWN, PA)
ALEX HOSSACK (US)
THEDDE JENSEN (SWEDEN)
GILBERT LATORRE (SAN JOSE, CA)
VLADIMIR LYAKHOV (URS)
PIETRO MENNEA (ITA)
LAURIE OHARA (GB)
STIG OLDEN (SWE)
JOHN POWELL (CUPERTINO, CA)
DAVID PRATT (DAVIS, CA)
EDMUND SCHULER (ST. PETERSBURG, FLA)
ELMER SHAW (SYRACUSE, NY)
ALLAN SHEAHEN (VAN NUYS, CA)
MALCOLM SHURTLEFF (URBANA, IL)
VILMOS VARJU (HUN) MALCOLM SHURTLEFF (URBANA, IL)
VILMOS VARJU (HUN)
TED WASSAM (CA) JACK WOOD (CHARLOTTE, NC) CHUCK YOUNG (US)

Continued from page 10



Pagliano's Podiatric Pointers

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

Flat Feet

I'm a 56-year-old runner with flat feet. My condition has never bothered me very much until recently when I decided to increase my training efforts. • After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

The pros and cons of flat feet have been debated in athletic circles for • years. Some flat feet range in severity from a very mild forefoot deformity to a foot that becomes unstable during normal walking.

The forefoot deformity, which allows the foot to over-pronate or turn and twist excessively, can cause painful leg fatigue by making the muscles and tendons of the foot contract prematurely. This condition can also put stress on the lower leg and cause muscles to over-compensate.

Since you are only experiencing discomfort as a result of an increased training schedule, it would seem that cutting back your workout routines should help alleviate the problem. Also, switching to proper-fitting shoes is a good idea.

If the condition remains the same or worsens after you reduce your running, it would be advisable to have a thorough biomechanical examination by a foot specialist.

Masters Racewalking



Racewalking coach and judge Frank Alongi (I) and Jack Bray, M55 racewalker, at a racewalking clinic, sponsored by the North American Racewalking Foundation and Elaine Ward, Los Photo by Chris Rael Angeles, April 11-13.

day I did 30 minutes in my aerobic zone, 30 minutes in my extensive zone. and 30 minutes in my aerobic zone again. The purpose is to extend my workout time in the extensive anaerobic zone.

The third level is 160-170, the intensive anaerobic zone. This coincides with speed workouts, and is equivalent to my 3K or 5K pace. I vary my speed intervals between 200 and 800 meters. I also change the interval rest time from 30 seconds to two minutes. For example, I will work out for 40 or 45 minutes doing 800 meters at a 4-minute pace, rest two minutes, and do another 800 at a 4-minute pace.

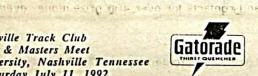
What kind of improvements are you experiencing?

I have been using the heart monitor seriously for about four months, and my training seems to be much easier. What I find is that my speed is increasing within the three ranges. Last year I was doing too many miles too fast, and I was training between 140-150 because I felt I wasn't working hard enough at a slower pace. But in truth I was working too hard and my body wasn't getting enough rest. Now I am doing more slow miles, but the miles I do fast are quality. I am also doing less miles than last year, but I am making PRs. 🗆

Entry Deadline:

Nashville Track Club Open & Masters Meet Vanderbilt University, Nashville Tennessee Saturday July 11, 1992

Schedule of Events



7:30	Pentathlon
Afternoon E	reals:
5:00	80/100/110 Hurdles, Pole Yault High Jump, Javelin
5:20	1500M Run, Shot Put, Long Jump followed by Triple Jump
5:30	
5:50	800M Run, Discus
6:00	4 X 100M Relay
6:10	300M Dash
6:20	200M Dash
6:40	
6:50	1 Mile Run
7:05	
7:15	JOOOM Run
7:40	4 x 400M Relay
	ery depending on number of participants.
**Note: Pol	e vault will be held at a nearby track.
	Open-20 to 29 Men & Women: Masters-5 vr are groups Men & Women
**Note: Pol	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age
**Note: Pol	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 Inishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group.
**Note: Pol	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best age.
**Note: Pol Age Divisions: Awards:	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best age-graded masters performance of meet. The track is an 8-lane, polyurethane surface (2 yrs. old). 1/4" salks
**Note: Pol Age Divisions: Awards:	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best age-graded masters performance of meet. The track is an 8-lane, polyurethane surface (2 yrs. old). 1/4" salks
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oonote: Pol Age Divisions: Awards: Facility: Nearby Hotels: Rules:	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best agegraded masters performance of meet. The track is an 8-lane, polyurethane surface (2 yrs. old). 1/4" spike maximum. Javella approach is grass. Participants must provide own implements other than starting blocks. Vanderbilt Holiday Inn, Days Inn (West End Ave.), Ilampton Inn (West End Ave.), Vanderbilt Plaza. TAC/WAVA.
**Note: Pol Age Divisions: Awards: Facility: Nearby Hotels:	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best age-graded masters performance of meet. The track is an 3-lane, polyurethane surface (2 yrs. old). 1/4" spike maximum. Javelin approach is grass. Participants must provide own implements other than starting blocks. Vanderbilt Holiday Ina, Days Ina (West End Ave.), Hampton Ina (West End Ave.), Vanderbilt Plaza. TAC/WAVA. First Event-\$5.00; Additional Events-\$4.00; Relay-\$12.00;
**Note: Police P	Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best age-graded masters performance of meet. The track is an 8-lane, polyurethane surface (2 yrs. old). 1/4" spike maximum. Javelin approach is grass. Participants must provide own implements other than starting blocks. Vanderbilt Holiday Inn, Days Inn (West End Ave.), Hampton Inn (West End Ave.), Vanderbilt Flaza.

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	(4)	(5)	(6)
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Waiver: In	consideration of	your acceptance of my	entry I do hereby for myself, my
heirs, and execut	ors waive, release	and forever discharge	e any and all claims for damages
which I may hav	e or which may	hereafter accrue agains	t Nashville Track Club, Vanderbilt
University, TAC	and all volunteer	rs associated with the	meet
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Mail Entry & Fees To: NTC, 2709 Linmar Ave. No. 5, Nashville, TN 37215 (615-383-6733)

Thursday July 9, 1992. NO MEET DAY REGISTRATION

TRACK SHOE SPECIALS

The following discontinued models are offered at these low prices. The sizes and the numbers which we have are listed below.

CONVERSE

Distance Spike--sizes-4,4.5,2/5,5.5, 2/6,2/6.5,7,7.5,2/8,2/9,9.5.....\$29.00 Indoor Spike--sizes-6,8,.....\$29.00 Steeplechase Spike--size 11.....\$29.00 Long Jump sizes-3/6,7,8,10.5.....\$29.00 High Jump--sizes-2/4,4.5,8.....\$29.00 Shot Put--sizes-2/4.5,2/5,2/5.5..\$29.00

NIKE

Zoom Ultra 11 (distance spike) sizes 8, 8.5,9.5,11.5.....\$51.00 Shot & Discus sizes 8,3/9,5/9,5,\$39.00 Zoom Sprint sizes 2/6,7,7.5,9,9.5, 11.5,12.....\$49.00 Zoom Light (sprint spike) sizes 2/8, 9,9.5,2/10,12.5.....\$39.00

CURRENT NIKE MODELS

High Jump-nylon & synthetic suede, EVA forefoot pad with full-length nylon, 10-spike plate & rubber outsole wrap. white/royal blue-black sizes 6-13........\$65.00 \$54.00 Long Jump-nylon & synthetic suede, EVA midsole with negative taper, solid rubber outsole and forefoot, nylon, 7-spike plate. white/navy blue-red sizes 6-13......\$65.00.\$54.00 Javelin-athletic mesh & synthetic leather, full-length nylon sole, 10-spike plate & solid rubber mini-waffle outsole. white/red-black sizes 6-15......\$65.00 \$54.00

NEW MODELS

Zoom Rotational-(replaces shot & discus) athletic mesh & synthetic leather upper, for shot, discus, & hammer. white/solar red-eggplant. sizes 3-16.....\$77.00 \$64.00 Zoom S-(replaces Zoom Sprint) polylight & synthetic upper, phylon sprint wedge, kwinskin outsole provides excellent traction & torsional rigidity, 6 spike nylon plate, white/black-neo yellow sizes 4-13.....\$92.00 \$75.00 Zoom D-(replaces Zoom Ultra 11) lightweight nylon & synthetic suede upper. full-length phylon contoured midsole mirrors the shape of the foot for cushioning & support, full-length outsole 6-spike plate provides traction & support. neon yellow/black-red plum. sizes 4-13......\$92.00 \$75.00 Zoom V-(replaces internationalist) upper poly-x & synthetic suede trim full-length EVA midsole provides cushing through entire foot strike. white/white-black. sizes 3-16.....\$61.00 \$49.00

Master Card & VISA are accepted. COD's are \$4.00 extra and are cash only. Shipping is \$4.00 for 1 pair of shoes and \$1.00 for each additional pair (Continental US). Foreign orders are 30% for airmail shipping and 20% for surface mail. Allow three weeks for personal checks to clear.

1-800-433-0324

ELITE SALES Inc., Box 345, Accord Ma 02018

1-617-749-4389

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2373, Van Nuys, CA 91404.

SPORT QUILTS: Personalized quilts made from your favorite T-Shirts. For brochure, send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

MESA RUNNING CAMP — 2-week trip to Masters TAC Championships in August, four other sessions. Send for brochure. Jay Birmingham, 1404 Second St., Alamosa, CO 81101.

JULY 5 MINNESOTA MASTERS - SENIORS — Early Morning "r" Track & Field. See entry form, May issue page 9.

Third Wind

Continued from page 6

quantity. What I see the problem being is that the pendulum swings always go to the extreme, and either extreme is unhealthy, whether it's running 40 fast quarters on the track or 150 miles at the slowest possible pace. What I'd like to see happen is the pendulum settling down in the middle, where there'd be a balance."

Middle Ground

But where is that middle ground, that balance? Dr. David Costill, another exercise physiologist, conducted a study and found that marathon runners showed a 16-percent increase in running efficiency by going from 25 miles to 50 miles a week. From 50 miles to 75 miles there was an additional three-percent gain. But when the training mileage was increased to 100 miles a week, there were no additional gains. In fact, there may have been some losses at 100 miles.

Still, it may be an individual thing. Had Costill divided up the test subjects by body type, I think he would have found some differences, perhaps some benefit beyond 90 miles a week for heavy runners. Those like Macdonald and Foster, seemingly thin enough to fit between jailhouse bars and featherlike in their running, may very well maximize their training at around 60-70 miles a week. But heavier, stronger runners such as Rob de Castella and Rod Dixon may need much more than that.

"I fully agree," offered Henderson.
"Lydiard pointed out that Peter Snell
did so well because the high mileage
kept his weight down. The little whippets like Sebastian Coe can speak out
against it, but they don't have the
weight factor to overcome."

It's probably best that we don't know the answer to the quality vs. quantity problem. When you have all the answers there's not much challenge or fun in the pursuit. It's exploring the unknown that makes it interesting.

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Quantity	是一个"我们的",他们会就是某个是一个"一种",就是是是这些特别的一个	Total (US\$)
	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00	
	Masters Track & Field Rankings Men's and women's 1991 U.S. outdoor track & field. 5-year age-group rankings. 56 pages. Over 100-deep in some events: All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00	s
	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran \$5.95.	\$
	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field event, age 35 and up, as of April 15, 1992 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. WAVA and TAC Masters T&F Records Chairman. \$1.50.	s
	Competition Rules for Athletics (1992) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ <u> </u>
WASS WES	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11,95.	
	Time Master Calculator. Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. \$45.00.	\$
	Guide to Prize Money Races and Elite Athletes 1992 Published by Road Race Management the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.	
	TAC/USA Patches. Embroidered, 4" x 3". \$2.50	三二世典《 》
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	U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$
	U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8" bar pin with safety catch. \$5.00.	S
	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	
*e:;	Run Fast by Hal Higdon How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$
	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	s
	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensible running newsletter." — Amby Burfoot. \$16.00 per year.	S
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TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS



MASTERS MEN & WOMEN * SUBMASTERS MEN & WOMEN NON-CHAMPIONSHIP EVENTS FOR OPEN MEN & WOMEN

SATURDAY JUNE 13, 1992

Los Gatos High School & West Valley College Sanctioned by TAC/PACIFIC ASSOCIATION Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 10, 1992

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All men and women registered in TAC/Pacific Association. 1992 TAC Registration required.

Registration available at meet \$12.00.

Pre-entry required before Wednesday, June 10. Phone entry O.K. (408) 354-5660. Entries:

\$7 per event, \$20 for relays. \$10 late entry if space available. Fees:

Note:

Hammer will be contested at West Valley College (See map on back).

Fully automatic timing by Accutrack and Wind Gauge.

Heats:

Will be run if required in 100 and 200. Heats will be contested in all age divisions that they will be run if required in 100 and 200, heats will be confessed in an age divisions that are needed and the finals run at the end of alloted time slot. 400 will be run in timed sections based on times submitted on entry form.

Timing: Facilities:

All weather track surface 1/4" spikes only. Concrete throwing rings, grass javelin runway.

Age Groups:

30 and above in 5 year age groups. Age on June 13, 1992 determines age group.

TAC/Pacific championship medals to first three places in all events and in all 5 year age Awards:

T-Shirts: For sale at meet - \$12.

MEN 60-64, 65-69, 70-74, 75-79, 80+ MEN 40-44, 45-49, 50-54, 55-59 OPEN MEN & WOMEN

AT WEST VALLEY COLLEGE (See man

HAMMER
2 00 JUNIORS, ALL DIVISIONS
3.00 MASTERS
WOMEN, SUBMASTERS, MEN 60+
4 00 OPEN MEN

TAC/PACIFIC MASTERS & SUBMASTERS TRACK & FIELD CHAMPIONSHIPS 1992

(408) 354-5660 SEE REVERSE SIDE FOR REQUIRED SIGNATURE

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Date of Birth		100		Male	Female	
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NO REFUNDS FOR DEFAULT

WAIVER

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Popejoy Edges Waigwa to Win Masters Mile in Penn Relays

by MARC BLOOM and PETER TAYLOR

Ken Popejoy, 41, waited for Wilson Waigwa, 43, to launch his kick in the last 200 of the Runner's World Masters Mile, then jumped Waigwa off the last turn and sprinted ahead for the victory in 4:16.11. The contest, which was held at Philadelphia's historic Franklin Field on April 24-25, was one of the highlights of the 98th Annual Penn Relays.

Waigwa led through the quarter (65), half (2:10) and three-quarter (3:15) marks, finishing in 4:17.62. Popejoy bided his time in second, followed closely by newcomer Swag Hartel, 40, of Louisville, Ky., then made his move in the last 200. Popejoy's last quarter was about 60 seconds flat, and completed an outstanding double victory for him on the weekend. The day before, he took the masters 800 at the Drake Relays, running a 1:57 under cold and windy conditions.

Hartel finished in 4:18.38 for an excellent debut performance, followed by Albin Swenson (4:20.60) and Byron Dyce (4:21.94).

In the 4 x 100 relay (M40+) on Friday the Houston Masters Elite Team of Russell Austin, Bill Collins, Bob Mitchell, and John Hartfield roared to a 43.26 finish, narrowly missing the U.S. and world record by .16 seconds. Collins got a big response from the crowd as he blistered the second leg.

On Saturday, in the 4 x 400, Houston (running in a different order) appeared to be the winner in 3:31.12, only to be disqualified for running out of their lane on the first leg, a tough call in a crowded field of 14 teams. The Washington, D.C. Police squad of Jasper Royal, David Goodridge, Ralph Penn, and Fred Sowerby was placed first with a time of 3:33.10.

In the first masters event of the meet, the 4 x 100 for men 50+ (or women 40+), the Caribbean Connection team of Melvin Wongshing, Norm Tate, Kent Bernard, and Edwin Ro-

berts won in 47.02; Potomac Valley Seniors followed in 47.98.

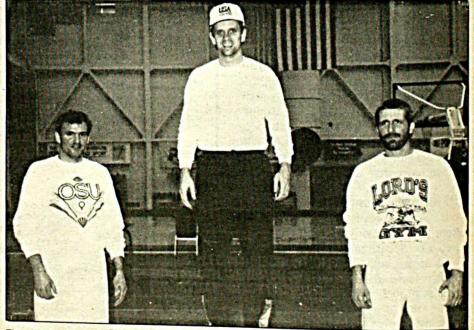
In the day's final event, the 4 x 400 relay, a very wet Potomac Valley Seniors team of Alby Williams, Ralph Romain, Ken Baker, and Larry Colbert set a U.S. M50-59 club record of 3:45.10. Amazingly, all but Williams are 55 or over, with Romain looking forward to his 60th birthday in July! A game and talented NY Pioneers foursome of Richard Rizzo, Glen Shane, Ed Small, and William Burrell finished second in 3:46.75.

On Saturday, Garfield "Gar" Schoener had his day in the sun as he narrowly edged Robert "Sparks" Sorlien in the 75 + 100 meters, 16.23 to 16.30. Claude Hills was next in 16.88, followed by Jeremiah Gaines in 17.43. The happy Schoener, from nearby Lansdowne, Pa., revealed to the Philadelphia Inquirer that he had had triple-bypass heart surgery in May 1991. According to the Inquirer account, Schoener, now 76, didn't start sprinting until age 74.

Early Saturday morning, Ray Funkhouser walked a brilliant 21:14 (6:50 per mile) to take the Men's Masters 5000. Gary Null was second in 23:06. Sixty-five-year-old Ed Gawinski toured the 121/2 laps in an excellent 28:23.

Linda Stein took the Women's Masters 5000, racewalking 27:10, followed by Lois Dicker in 28:53.

Unfortunately, one of the most "memorable" aspects of the meet for some competitors was undoubtedly the decision to change the masters 4 x 400 40+ race, originally scheduled for Saturday at 2:25 p.m., to 4:25 p.m. The runners were notified of the change just a few minutes before race time, with many of them already in the paddock. Apparently, the masters 4 x 400 was not deemed to be sufficiently deserving of national TV exposure, which was from 2:00 p.m. to 3:30 p.m.



The 30-34 age-group winners, TAC National Masters Indoor Pentathlon Championships, Indianapolis, February 15 (I to r): Stephen Mills, 32, Ohio, second; David Caldwell, 34, Missouri, first, Keith Kinnaird, 32, Indiana, third. Photo by Gary Black

MEN'S INDOOR NATIONAL CHAMPIONSHIP MEET RECORDS THRU 1992

		IV	IEM 2 III
PRE	PARED	BYHA	IG BOHIGIAN
		HURDLES MARK	NAME
30-34	1992	8.07 I	PETER GRIMES NATE ROBINSON
40-44	1989 1989		STAN DRUCKERY WILLIE DAVENPORT
50-54	1990	8.92	CHARLEY MILLER
55-59 60-64	1989	9.36	JACK GREENWOOD
	1989 1992		EDVIN LUKINS TOM PATSALIS
75-79 80-84	1991		FRANK FINGER KARL TREI (CAN)
60 METE	. MEN'S	DACH	THE RESERVE
AGE	YEAR	MARK	NAME
35-39	1990 1989	6.91	ARTEGO JAUNES BILL COLLINS
45-49	1990		EDDIE HART STAN WHITLEY
50-54 55-59			KENNY DENNIS NUGO HARTENSTEIN
60-64	1990 1992		HARRY BROWN TROY BANKS
65-69 70-74	1991	8 14	JIM LAW PAYTON JORDAN
75-79		9.73	GILBERTO GONZALES
	1992 1989		BARRY IVERS KONRAD BOAS
200 ME1	ER MEN'	S DASH	* 35 TOT
AGE 30-34	YEAR 1989	MARK	NAME MICHAEL MC DOWELL
35-39	1989	22.21	BILL COLLINS
45-49	1992	23.08	STAN UNITLEY
50-54 55-59	1990	24.20 24.94t	ROY TURNER HUGO HARTENSTEIN
65-69	1989	26.37	JACK GREENWOOD JIM LAW
70-74		28.00	PAYTON JORDAN FRANK FINGER
80-84 85-89	1992	33.87	BARRY IVERS KONRAD BOAS
Testillary	F 154	42.51	STREET LAND
AGE	YEAR	S RUN MARK	NAME
	1990 1992	49.74 50.55	MICHAEL MC DOWELL
40-44		50.16 51.15	The second secon
	1990	54.65 55.96	The second secon
60-64	1989	59.82	EARL FEE
65-69 70-74	1991	1:06.03	JOHN ALEXANDER
75-79 80-84		1:20.44	
85-89		1:31.75	
800 MET	TER MEN'	S RUN MARK	NAME
30-34 35-39		1:56.71	MICHAEL NC DOWELL
40-44	1991	1:56.70	HOLAN SHITH JR
50-54	1990 1990	1:57.81	
55-59 60-64	1990	2:10.62	JOHN CONNER EARL FEE
65-69 70-74	1989	2:29.38	ARCHIE MESSENGER JAY SPONSELLER
75-79	1989		RUDOLF NILSON
80-84		1	05-15-1 P
1500 H	YEAR	MARK	NAME
30-34 35-39	1989 1990	4:04.7	
40-44	1991	3:59.24	NOLAN SMITH JR
	1991	4:22.61	DAN CONWAY
60-64	1990 1992	4:30.76	JIM SUTTON
70-74			GEORGE SHEEHAN
75-79 80-84		6:35.71 7:48.4	
		EN'S RUN	
AGE	YEAR	MARK	NAME RICH MANION
30-34 35-39	1992	8:45.4	MARK FURKIS
45-49	1992	9:04.7	2 AL SWENSON
50-54 55-51	1990	10:01.6	9 JIM SUTTON
65-6		10:34.9	3 JIM FORSHEE
70-7- 75-7	4 1990	12:44.9	S NOWARD KNOK
80-8			

DOOR NATIONAL (CHAMPIO
3000 METER MEN'S RACE WALK AGE YEAR MARK NAME	MEN'S ONE MILE RELAY (
30-34 1990 16:28.06 TIM SAITER 35-39 1990 14:27.52 ROBERT KORM	30-39 1980 3:24.40 0 40-49 1980 3:33.30 0
40-44 1992 12:42.62 RAY FUNKHOUSER	50-59 1986 3:53.50
50-54 1989 13:59.1 JAAN ROOS	60-69 1988 4:37.39 70-79 1986 5:53.83
55-59 1989 14:43 MAX GREEN *60-64 1991 15:42.90 V. GENZLINGER	MEN'S TWO MILE RELAY
65-69 1991 15:36.50 ROBERT MINM 70-74 1989 19:18.9 BILL TALLMADGE	AGE YEAR MARK 30-39 1985 8:15.56 I
75-79 1989 26:29.7 GEORGE KNOX	40-49 1988 8:15.29
BO-84 MEN'S HIGH JUMP	50-59 1986 9:33.20 (60-69 1984 11:48.14 (
AGE YEAR MARK NAME	and the second of
30-34 1988 7-0 2.13 GREG MANIE 35-39 1992 6-9.88 2.08 JAMES BARRINEAU	
40-44 1986 6-7 2.005 JOHN MARTFIELD 45-49 1991 5-10.5 1.79 JOHNIE MEISNER	WOMI
1991 5-10.5 1.79 JIN JOHNSON 50-54 1985 5-10 1.775 NICK NEVTON	A Control of
55-59 1991 5-6 1.727 RICHARD RICHARDSON	
60-64 1990 5-5 1.65 JAMES GILLERIST 65-69 1985 5-0 1.525 BURL GIST	AND AND A BING
70-74 1991 4-6 1.37 BURL GIST 75-79 1990 4-6 1.37 IAN HUME	PREPAR
80-84 1984 3-9.75 1.16 ARLING PITCHER	60 METER WOMEN'S HURDLE AGE YEAR MARK
85-89 1988 3-2 0.965 ARLING PITCHER	30-34 1992 11.64 35-39 1990 10.08
MEN'S POLE VAULT AGE YEAR MARK NAME	40-44 1990 9.65
30-34 1989 16-6 5.03 GARY MUNTER	45-49 1992 10.20 50-54 1989 11.52
35-39 1992 16-8 5.08 GARY MUNTER 40-44 1981 15-0 4.57 WALLY SOKOLOWSKI	55-59 1990 11.47 60-64 1992 12.7
45-49 1988 14-1 4.29 WALLY SOKOLOWSKI 50-54 1976 13-6 4.115 BOD MORCOM	65-69 1992 14.9
55-59 1977 13-0 3.96 BOO MORCOM	70-74
60-64 1986 12-0 3.66 BOB RICHARDS	60 METER WOMEN'S DASH AGE YEAR MARK
65-69 1987 11-0 3.35 BOO MORCOM 70-74 1985 9-9.25 2.98 CAROL JOHNSTON	30-34 1989 8.06
75-79 1988 9-3 2.82 CAROL JOHNSTON 80-84 1992 7-10.5 2.40 CAROL JOHNSON	35-39 1992 8.19 40-44 1991 8.10
85-89 1988 5-6 1.675 ARLING PITCHER	45-49 1992 8.35 50-54 1992 8.98
MEN'S LONG JUMP	55-59 1990 9.36 60-64 1992 9.87
AGE YEAR MARK NAME 30-34 1987 24-9.5 7.555 LEOTHA STANLEY	65-69 1992 10.03
35-39 1984 22-1.5 6.74 RUFUS MORRIS 40-44 1986 23-1 7.035 STAN WHITLEY	75-79 1990 11.75
45-49 1991 21-8.75 6.62 STAN WHITLEY 50-54 1980 20-8.5 6.31 SHIRLEY DAVISSON	75-79 1987 16.15
55-59 1977 19-3.25 5.87 BOO MORCOM	200 METER WOMEN'S DASH AGE YEAR MARK
65-69 1987 17-1.75 5.225 TON PATSALIS	30-34 1989 27.0 35-39 1992 27.11
70-74 1990 16-6.25 4.73 JOHN ALEXANDER 75-79 1980 12-8 3.86 RUSSELL MEYERS	40-44 1991 27.08
80-84 1989 11-1.5 3.39 KARL TREI (CAN) 85-89 1988 8-3 2.515 EVERETT MOSACK	45-49 1992 27.73 50-54 1992 30.4
MEN'S TRIPLE JUMP	55-59 1991 32.97 60-64 1992 33.51
AGE YEAR MARK MAME	65-69 1992 35.25
35-39 1992 46-7 14.2 MIKE JACOBS	70-74 1989 37.85 75-79 1989 46.58
40-44 1985 45-4.75 13.835 JOHN MARTFIELD 45-49 1983 44-11.25 13.695 IRA DAVIS	400 METER WOMEN'S DASI
50-54 1983 40-7.38 12.375 DAVE JACKSON 55-59 1988 36-4 11.075 PHIL MULKEY	AGE YEAR MARK 30-34 1992 1:02.07
60-64 1985 34-8 10.565 ED LUKENS	35-39 1991 1:03.26
65-69 1987 35-7.75 10.865 TOM PATSALIS 70-74 1992 31-11.86 9.75 TOM PATSALIS	40-44 1991 1:02.11 45-49 1991 1:03.56
75-79 1990 28-1 8.56 IAN HUME 80-84 1989 23-3.25 7.09 KARL TREI (CAN)	50-54 1992 1:09.15 55-59 1991 1:15.61
85-89 1990 15-5 4.70 KONRAD BOAS	60-64 1992 1:20.26 65-69 1992 1:25.57
MEN'S SHOT PUT AGE YEAR MARK NAME	70-74 1992 1:45.03
30-34 1988 52-6 16.00 GARY ENGLAND	75-79 1989 1:45.59
40-44 1986 52-10.75 16.12 EDWARD HILL	300 METER WOMEN'S RUN AGE YEAR MARK
45-49 1988 51-9.5 15.785 EDWARD HILL 50-54 1987 49-10 15.19 JAMES HART	30-34 1991 2:21.43 35-39 1991 2:24.54
55-59 1987 46-7.5 14.21 LEN OLSON 60-64 1978 51-5 15.67 MAT HEARD	40-44 1991 2:24.89
65-69 1984 43-10 13.36 MURRAY OGUSS 70-74 1985 43-5 13.23 ROSS CARTER	45-49 1991 2:25.08 50-54 1990 2:44.40
75-79 1990 40-4.25 12.30 ROSS CARTER	55-59 1991 2:51.80 60-64 1992 3:18.31
80-84 1992 30-5 9.27 LEON JOSLIN 85-89 1988 20-9.5 6.335 EVERETT HOSACK	65-69 1992 3:30.74 70-74 1992 4:23.48
MEN'S WEIGHT THROW	75-79 1990 4:03.77
AGE YEAR MARK NAME 30-34 1992 53-4.25 16.26 MARK NECKEL	1500 METER MOMEN'S RU
35-39 1991 50-2.5 15.30 LARRY WAITHE	AGE YEAR MARK 30-34 1989 4:44.2
45-49 1976 58-9 17.905 BOB BACKUS	35-39 1991 4:36.12
50-54 1977 61-1.25 18.625 BOB BACKUS 55-59 1992 45-5.67 13.86 BILL MC WILLIAMS	
60-64 1992 55-0.63 16.78 CLIFF BLAIR 65-69 1989 48-10.25 14.89 BILL WALMROTH	50-54 1990 5:26.18 55-59 1991 5:48.07
70-74 1988 46-6 14.17 TOM MCDERMOTT	60-64 1989 7:12.7
75-79 1990 36-0 10.97 NOLAN FOWLER 80-84 1992 23-6.68 7.18 LEON JOSLIN	65-69 1992 7:06.0 70-74 1992 8:57.4
85-89 1989 15-7.75 4.77 EVERETT HOSACK	75-79 1989 7:43.3

MEN	's O	NE M	ILE RELAY	(4 x 440)		MEN'S	4 X 4	OO METER	RELAY	
AC	E YE	EAR	MARK	NAMES	CLUB	AGE	YEAR	MARK	NAMES	CLUB
30-	39 19	980	3:24.40	OVERBY, DYCE, JACKSON, LEVIS	N.Y.PIONEERS	30-39	1991	3:37.45	BONILLO, MATHIS, BOJKO, JOHNS	ON CLUB SO CA COMB
40-	49 19	980	3:33.30	GATON, SMALL, SHANE, O'NEAL	N.Y.PIONEERS	40-49	1991	3:39.38	RUSSELL, REITER, MITCHELL, NA	EVEY DECATHLON HOUT
50-	59 19	986	3:53.50	7,7,7,7	MUNTSVILLE TC	50-59	1992	3:47.32	SHANE, RIZZO, SMALL, BURRELL	NEW YORK PIONEERS
60-	69 19	988	4:37.39	JOCOY, AMBROS, HARTE, WATANABE	LA VALLEY AC	60-69	1989	4:29.74	7,7,7,7	LA VALLET
70-	79 19	986	5:53.83	7,7,7,7	DALLAS MASTERS	70-79	1989	5:10.02	7,7.7.7	FLORIDA ATHLETIC
			156	A STATE OF THE PARTY OF THE PAR				100		A THE RESERVE
MEN	'S TI	N 04	ILE RELAY	(4 X 880)		MEN'S	4 x 8	BOO METER	RELAY	STATE OF THE PARTY
AC	E YI	EAR	MARK	NAMES	CLUB	AGE	YEAR	MARK	NAMES	CLUS
30-	39 19	985	8:15.56	MARRISON, CARR, REITER, IRVIN	TEAM KANGAROOS	30-39	1992	8:21.02	KIRK, THOMAS, HUNTSINGER, WA	LLIS OVER THE HILL
60-	49 19	988	8:15.29	MASON, THOMAS, FRANKLIN, BARNETT	WEST VALLEY TO	40-49	1992	8:46.39	GREENE, KEYES, GAIRNES, KEYE	S MAC ASSOCIATION
50-	59 19	986	9:33.20	FUSLIER, MCCONNEL, TENNISON, WIM	BERLY KENNER TC	50-59	1990	9:19.20	7,7,7,7	CENTRAL PARK T
ю-	69 11	984	11:48.14	MCCARTHY, HARRIS, SPONSELLER, NET	ELL PHILLY MSTR	60-69	1992	10:58.77	CULLIN, VILLIS, VITHERS, LIN	DE SO CAL STRIDERS
				The state of the s	and the same of th				7,7,7,7 CULLIN, VILLIS, VITHERS, LI)	

WOMEN'S INDOOR NATIONAL CHAMPIONSHIP **RECORDS THRU 1992**

t = TIME MADE IN A TRIAL HEAT

				_
			MEE	ı
	313	15		
		PREPAR	ED BY HAIG BOHIC	ilA
60 METI	ER WOME	N'S HURDL	ES NAME	1
	1992	11.64	CATHY MCKEEVER	1
35-39	1990	10.08	SHERICE DU CHAMP	8
45-49	1992	9.65	PHIL RASCHKER PHIL RASCHKER	100
50-54	1989	11.52	CHRISTEL MILLER	30
55-59 60-64	1990	11.47	CHRISTAL MILLER BETTY VOSBURGH	
65-69		14.9	PAT PETERSON	N
70-74				or Gar
60 METI	ER WOKE	N'S DASH		100
	YEAR	MARK	NAME	3
30-34	1989	8.06	DONNA POPE-GREEN IRENE THOMPSON	74
40-44	1991	8.10	PHIL RASCHKER	1
45-49	1992	8.35 8.98	PHIL RASCHKER MARY LUKER	
55-59	1990	9.36	CHRISTAL MILLER	1
65-69	1992	9.87		1
70-74	1989	10.03	PAT PETERSON MARY BOWERMASTER	100
75-79	1990	11.75	MILLIE CREWS	40
75-79	1987	16.15	GRACE LABELLE	1
		EN'S DASH		1
AGE 30-34	YEAR 1989	MARK 27.0	DONNA POPE-GREEN	15
35-39	1992	27.11		-
40-44		27.08	PHIL RASCHKER	13
45-49 50-54	1992	27.73 30.4	PHIL RASCHKER	N. S
55-59	1991	32.97	BETTY VOSBURGH	1
65-69	1992	33.51 35.25	BETTY VOSBURGH PAT PETERSON	2000
70-74		37.85	Access to the second se	1
75-79	1989	46.58	PEARL NEHL	Į,
400 M	TER WO	HEN'S DAS		
AGE	YEAR	MARK	KAME	3
30-34	1992 1991	1:02.07	LOUISE CLARK IRENE THOMPSON	200
1000	1991	1:02.11	PHIL RASCHKER	140
45-49	1991	1:03.56	ERNA KOZNAK (CAN) ANN MARIE	-
55-59		1:15.61	BETTY VOSBURGH	
60-64		1:20.26	BETTY VOSBURGH	1
65-69 70-74	1992	1:25.57	PAT PETERSON CAROL PEEBLES	N. Cal
75-79	1989	1:45.59	PEARL MEHL	1
			143	
300 M		MEN'S RUN MARK	NAME	
30-34	1991	2:21.43	JOAN STERRETT	1
35-39		2:24.54	JUDY WARVICK (CAN)	U
45-49	1991	2:25.08	ERNA KOZNAK (CAN)	Ţ
50-54	1990	2:44.40		7
60-64	1992	2:51.80 3:18.31	BETTY VOSBURGH	ريد
65-69	1992	3:30.74	DOTTIE GRAY	15
70-74		4:23.48	CAROL PEEBLES PEARL MEHL	+
				Í.
1500 AGE	METER V	MARK	NAME	1
30-34				1
35-39		4:36.12	CINDY BREMSER	
45-49	1989		MARIE BURLESON ROBIN VILLA	
50-54	1990	\$:26.18	SANDRA KNOTT	1
55-5		5:48.07 7:12.7		1
DU-6	1709	1:14.7	PART HURCEAUER	- 1

DOTTIE GRAY

	1				
3000 NETER MOMEN'S RUN	VOME	'S LONG	JUNP		
AGE YEAR MARK NAME	AGE	YEAR	MA	RK	NAME
30-34 1989 10:18.5 JANET TAKANASHI	30-34	1987	19-1	5.815	DONNA POPE-GREEN
35-39 1989 10:52.4 JANELLE SWANBER	35-39	1984	18-7.5	5.675	PHIL RASCHKER
40-44 1989 10:22.1 MARY MOOD	40-44	1987	18-5	5.61	PHIL RASCHKER
45-49 1992 11:06.77 JONI SHIRLEY	45-49	1992	15-9.75	4.82	PHIL RASCHKER
50-54 1990 11:41.86 SANDRA KNOTT	50-54	1985	13-7	4.14	CHRISTEL MILLES
55-59 1992 11:45.94 MOLLY TURNER	55-59	1991	12-3.5	3.75	BETTY VOSBURG
60-64 1992 14:00.94 WHAYONG SEMER	60-64	1992	11-8.16	3.56	LEONORE MCDANIEL
65-69 1991 16:18.04 QUEENIE THOMPSON	65-69	1984	11-0	3.35	MARY BOUERHASTER
70-74 1991 15:15.10 ELLEN MC COY	70-74	1988	10-10.25	3.31	VIVIAN NELSON
75-79 1989 15:53.5 PEARL MENL	-				
The street of th	MOHEN	'S TRIP	LE JUMP		
3000 HETER WOMEN'S WALK	AGE	YEAR	N.	ARK	NAME
AGE YEAR MARK MAME	30-34	1982	27-0	8.23	J. ENGLISH
30-34 1990 14:19.51 VICTORIA HERAZO	35-39	1984	33-0	10.06	PHIL RASCHKER
35-39 1992 14:23.33 VISHA SEDLAK	10-4	1988	35-4.5	10.78	PHIL RASCHKER
40-44 1990 15:11.15 JULIE RATHES	15-4	1992	33-10.25	10.32	PHIL RASCHKER
45-49 1992 16:29.54 JEANNE BOCCI	50-5	1988	27-5.5	8.37	CHRISTEL MILLER
50-54 1992 17:28.21 ELION RICHARDSON	55-5	9 1992	26-7.25	8.11	LUCY BROBST
55-59 1991 18:16.02 PORKY GADIENT	60-6	4 1992	25-3.5	7.71	BETTY VOSBURGH
60-64 1989 18:46.9 JOAN ROWLAND	65-6	9 1990	20-8	6.30	JOSEPHINE SULLIV
65-69 1992 19:06.8 RUTH LEFF	2019				
70-74 1989 20:56.8 ERNESTINE YOEMANS	NONE	N'S SHO	T PUT		
75-79 1990 22:17.08 MILLIE CREWS	AGE	YEAR		MARK	NAME
	30-3	10	42-3.5	12.89	B. FRIEDRICK
MOMEN'S HIGH JUMP	35-3	9 1988	43-5	13.23	DENISE WOOD
AGE YEAR MARK NAME	40-4	4 1980	37-0	11.28	JOANN GRISSON
30-34 1981 5-1 1.55 PHIL RASCHKER	45-4	9 1991	32-11.75	10.05	VANESSA HILLIARD
35-39 1984 5-4 1.625 CASSANDRA CLARK	50-5		41-6.5	12.66	JOANN GRISSON
40-44 1989 5-0.25 1.53 PHIL RASCHKER	55-5	9 1986	32-4.5	9.87	BERNICE HOLLAND
45-49 1992 4-10.25 1.48 PHIL RASCHKER	60-6	4 1990	33-1.25	10.09	BERNICE HOLLAND
50-54 1989 4-2.75 1.29 CHRISTEL MILLER	65-6			8.57	BERNICE HOLLAND
55-59 1990 4-1.25 1.25 CHRISTAL HILLER	70-7		C	7.76	MARY BOWERMASTER
60-64 1991 4-1.25 1.25 LEONORE MCDANIELS	2000	9 1987	15-0.25	4.58	GRACE LABELLE
65-69 1985 3-9 1.14 MARY BOWERMASTER	and the same of				
70-74 88 489 3-7 1.09 MARY BOWERMASTER			GHT THROW		
	AGE	YEAR		MARK	KAME
WOMEN'S POLE VAULT	30-3	10		9.10	VIRGINIA BOGNI
AGE YEAR MARK MAME	35-3			12.35	JOANN STRATTON
35-39 1984 8-0 2.44 PHIL RASCHKER	40-4	1990	24-11.25	7.60	KATHY PIERCE
40-44 1991 8-1 2.46 PHIL RASCHKER	45-4	9 1991	38-4.75	11.70	VANESSA HILLIARD
45-49 1992 9-0.25 2.75 PHIL RASCHKER	50-5	1990	40-6.25	12.35	JOANN GRISSON
50-54 1992 5-10.87 1.80 ANNE ROSENITSCH	55-	59 199	2 27-4.5	8.34	
55-59 1992 4-7.12 1.40 LUCY BROBST	60-	64 199	0 33-8.2		
The state of the s	65-	69 199	2 31-4.5	9.56	
the second secon	70-	74 199	2 26-2.2	7.98	
AND THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TWO I	4				TWO INSTITUTE
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	- American	mark - mi	and the same of th		The state of the s



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WOMEN'	S ONE	HILE RELAY	(4 x 440)	
AGE	YEAR	MARK	NAMES	CLUB
30-39	1987	4:10.02	7,7,7,7 WISCO	NSIN UNITED AC
40-49	1982	4:41.00	PIKE, PARSI, CAPETLA, REDFIELD	LIBERTY AC
50-59	100			
WOMEN'	s TWO	MILE RELAY	(4 X 880)	
AGE	YEAR	MARK	NAMES	CLUB
40-49	1980	12:22.20	SPAETH, BLAKELY, DEBOER, BOOKER	FINGER LAKES
				Total Control
WOMEN'	5 4 X	400 NETER	RELAY	
AGE	YEAR	MARK	NAMES	CLUB
30-39	1992	4:18.44 0	LARK, HULSE, CLAIR-SEARCY, J STE	RRETT MAC ASSOC
			rest of the single will	
MONEN	'S 4 X	800 METER	RELAY	
AGE	YEAR	MARK	MARES	CLUB
			O'BRIEN, BREMSER, ROBERTSON, TH	OMSON WISCON U
			DAY , NASLUND , KLITZKE , NIATT	

THE NAMES AND RUNNING ORDER ARE CERTIFIED

24.97 25.04 25.05 25.12y 25.14 25.2 25.28 25.6 25.66

22.76* 22.84 23.2

June

Contin

Mou-Jim Earl Char Bill kobe Lon Jim Hard

Leon Ed D

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31 M 32 M 33 G 34 C 35 J

1 La 2 Ch 3 Do 4 Ga 5 Vi 6 Pr

7 No 8 Ph 9 Te 10 Br

11 Do 12 Ro 13 No 14 Da 15 Wa 16 Ro 17 Ri 18 Fr 19 Ro 20 Pa

21 Let 22 Pei 23 Pai 24 Pei 25 Ali 26 Jei 27 Rol 28 Sti 29 Dia 30 Jos

4:51.46* 4:52.8 4:55 5:04.19

5:13.46

Gary DeFrance 58 Burr Grim 58 Ken Ogden Don Slocombe

Tony Farrand 56 5:35.6
Dick Kowalski 5:43.27
Fran Riley 5:46.15
Vanness Robinson 56 5:57.0

Tom Lyckman 59 6:00.8

Continued on next page

U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Woici irman)

Includes 1991 December meets Ma0-34 Skipper Clark 44 Larraine Tucker Kathy Pierce 44 1-10 Loon Devero 7.5 Kobert Johnson 7.6 Long Masson 32 8.2 Mark Mont 32 8.2 Month	
Indoor Hurdles	
	0.9
Includes 1991	
Bub-34 1-10 Leon Devero	0.0
A30-34 1-10	0.2
Leon Devero 7.5 Nobert Johnson 7.6 Dan vijusnerski 33 7.9 Michael Hill 1 MaryLou Platis 1 Johnson 8.2 Bill Johnson 8.2 Bill Johnson 8.2 John Dyer 8.31 Michael Hill 1 MaryLou Platis 1 MaryLou P	1.0
Dan (0.2
Mark Monti 7.96 Loug Mason 32 8.2 Bill Johnson 8.2p John Dyer 8.3l Jeff Brower 8.32 Sonny Thornton 9.9 M35-59 Lucy Anne Brobst 1 Rachel Lyga 1 M55-64 Leonore McLaniels 1 M65-69 Fat Peterson 1 M65-69 Fat P	2.89
Bill Jonnson 8.2p John Dyer 8.31 Jeff Brower 8.32 Sonny Thornton 9.9 M35–59 Lucy Anne Brobst 1 Rachel Lyga 1 R	3.1
Just	
Hasterspan Has	1.30
George Crummel	
Norace Hudson 39	2.20
Mark Johnson 6.4 Ron Haulfold 8.5 Jeff Watry 8.66 Chris Polanski 9.44 M40-44 I-10 Nate Robinson 7.5 S Mathis 7.76 R Finnie 7.90 John P Jones 41 8.0 Jerry Gaines 6.14 Robert Hahn 6.31 Pat Crandall 41 8.4 C Pittman 8.69 I-16 Dan Weller 9.2 Ivan Black 43 9.2p Louis Johnson 9.41 Angal Nieves 9.5p Bill Dekorm 9.8 Paul Gansle 0.37 Carrell Sovell Feature Robert Johnson Revin McCarragher 11-25 Carrell Sovell Feature Robe	3.6
Materian	
M40-44	
1-10	
S Mathis	
John P Jones 41 8.0 Jerry Gaines 8.14 Robert Hahn 8.31 Pat Crandall 41 8.4 C Pittman 8.69 William Clark 8.77 Gene Hoffman 8.9 11-16 Dan Weller 9.2 Ivan Black 43 9.2p Louis Johnson 9.41 Angel Nieves 9.5 Bob Burke 9.5 Bill Dehorn 9.8 M45-49 1-5 Mike Milove 8.9 Mike Augeri 9.8 Paul Gansle 9.9 Charles Varnet 10.0 M DeJesus 10.57 M50-54 1-9 Barry Kline Sr 8.7 D Ellis 8.76 B Mills 8.94 John Ewing 52 George Labelle 52 George Labelle 52 George Labelle 52 George Labelle 52 M55-59 1-6 Phil Milkey 9.1 Leon Trout 9.48 Doug Alberts 10.1 Jim Peterson 57 In George Taylor 61 Larry Pratt Sr 60 Bob Thomas 11.2 George Taylor 61 Bill Townsend 65 Bob Thomas 11.2 George Taylor 61 Bill Townsend 65 Lous Alberts 10.1 George Taylor 61 Bill Townsend 65 Denver Smith 9.4 Bill Townsend 65 Bob Thomas 11.2 George Harris 11.9 Le J Morrissette 67 Louis Johnson Kevin McCarragher 11 Correll Sowell Paul Herda 30 Exercise Femics 2 J M Smith 2 Championships M30-34 1-10 M60-64 Paul Santh Kenneth Fews Kenneth Fews Leaneth Jews	
Robert Hahn	100
C Pittman 8.69 William Clark 8.77 Gene Hoffman 8.9 1.1-16 Dan Weller 9.2 Ivan Black 43 9.2p Louis Johnson 9.41 Angel Nieves 9.5 Bob Burke 9.8 M45-49 1-5 Mike Milove 8.9 Mike Augeri 9.8 Milon Edason Lavid Knaus John Hunter Robert Johnson Revin McCarragher 11-25 Cornell Sowell Paul Herda 30 Revin Gleason Lavid Knaus John Hunter Steven Mazzi R Jetters Frank Makozy Lawrence Finley John Folan Bob Feller Bob Feller Bob Feller Bob Feller Bob Feller Bob Feller Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Bruce Lamers Eric Joiner Doug Mason 32 Jeff Brower Eric Joine	
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Louis Johnson 9,41 Angel Nieves 9,5 500 Burke 9,5 500 Burke 9,5 500 Burke 9,5 5111 Deltorn 9,8	3.55
Bob Burke 9.5	23.7
M45-49	24.21 24.4 24.4
Mike Milove	24.61
Paul Gansle 9.9 Charles Varnet 10.0 M DeJesus 10.57 M50-54 1-9 Barry Kline Sr 8.7 D Ellis 8.76 B Mills 8.94 John Ewing 52 9.21 George Labelle 52 9.6 Nate Bird 53 9.7 D Connolly 10.49 Norm Cyprus 10.5 Mike Valle 10.80 M55-59 1-6 Phil Mulkey 9.1 Leon Trout 9.48 Doug Alberts 10.1 Jim Feterson 57 10.6 Haig Bohlquan 55 11.2 James Bradley 11.60 M60-64 1-7 Clarence Trinkner 8.76 Larry Pratt Sr 60 9.3 Bailey Gore 10.13 Tom Delany 63 10.2 Bill Townsend 10.6 Bob Thomas 11.2 George Taylor 61 12.2 Uscar Harris 11.9 E J Morrissette 67 12.5 J W Pierson 13.4	4.75
M DeJesus 10.57 Steven Mazzi R Jetrers Frank Makozy Lawrence Finley John Folan Bob Feller Doug Mason 32 John Ewing 52 9.21 George Labelle 52 9.6 Nate Bird 53 9.7 D Connolly 10.49 Norm Cyprus 10.5 Mike Valle 10.80 1-10 M55-59 1-6 Phil Mulkey 9.1 Leon Trout 9.48 Doug Alberts 10.1 Jim Peterson 57 10.6 Haig Bohigian 55 11.2 James Bradley 11.60 M60-64 1-7 Clarence Trinkner 8.76 Larry Pratt Sr 60 9.3 Bailey Gore 10.13 Tom Delany 63 10.2 Bill Townsend 10.6 Bob Thomas 11.2 George Taylor 61 12.2 M65-69 1-6 Denver Smith 9.4 Bill Townsend 65 10.2 Oscar Harris 11.9 E J Morrissette 67 12.5 J W Pierson 13.4 Fred Murrell	4.8
1-9	24.97
Barry Kline Sr	25.05 25.12)
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George Labelle 52	25.28 25.6
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M60-64	23.4
M60-64 1-7 Clarence Trinkner 8.76 Larry Pratt Sr 60 9.3 Bailey Gore 10.13 Tom Delany 63 10.2 Bill Townsend 10.6 Bob Thomas 11.2 George Taylor 61 12.2 Claude Holland Horace Hudson 39 T J Lester Donald Jones -6 Denver Smith 9.4 Bill Townsend 65 10.2 Oscar Harris 11.9 E J Morrissette 67 12.5 J W Pierson 13.4 Pred Murrell	23.95 24.0
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Bailey Gore 10.13 Tom Bloxom	24.20
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M65-69 1-6 Denver Smith Bill Townsend 65 Cocar Harris J M Pierson 13.4 T J Lester Donald Jones 21-30 Scott Thornsley Ken Castro Franklin Knox Fred Murrell	24,54 24,6
Denver Smith 9.4 Bill Townsend 65 10.2 Oscar Harris 11.9 E J Morrissette 67 12.5 J W Pierson 13.4 Pred Murrell	24.6U 24.8
Oscar Harris 11.9 Ken Castro E J Morrissette 67 12.5 Pranklin Knox J W Pierson 13.4 Fred Murrell	
J W Pierson 13.4 Fred Murrell	25.1 25.4 25.5
Total David	25.6 25.7
M70-74 Joseph Hehn Jr	25.8 25.8
1-7 Ed Lukers 70 9.8 Ed Anthony 39	26.3 26.3
Boo Morcom 10.6 Bruce MacPherson	26.30
	26.7
Bob Warwick Sr 11.52 Gary Martin	26.70 26.77
Herston Hall John Ferrari	26.82 26.9
Harold Massie 26.7 Harold Jenkins 38	

inated by Jerr	y Wol	CIK,
	21.2	
Joe Piotti brian Bohne Bob Noyes	27.24 27.6	1
Ted Bielefeld	27.78	200
M40-44 1-10	23.08*	
Tom Thompson Bill Collins	23.00	
Stan Druckrey Robert Mitchell	23.46 23.74	, i
Ralph Penn Jr 40 Charles Allie	23.8 23.88 24.01	
Dorel Watley K Brinker Errol Lee	24.21	
Ellis Mayfield	24.54	
Phil Felton 42 Don Radiff	24.6 24.83	
Pershing Reid 41 Ron McLonald	24.9 25.0 25.0	
Joe Mack 41 Tom Van Auker 44	25.0 25.0 25.0	
Money Goines 40 David Goodridge	25.1 25.14	in the
Greg Florant 40 21-30	25.2	Cor
Clifton Jackson Bill Krieger Rob Jackson	25.3 25.4	
Bob Micho 44	25.5 25.5	
Alan Taylor 44	25.51 25.6	-
Melvin Fields Paul Murray Jesse Longely	25.6 25.68 25.77	
Noah Perlis	25.8	
Tom Cunningham David Larsen	26.0 26.0	
H A Johnson Ivan Black	26.3 26.35	
Mike Nedd D Lucia	26.35 26.45	
Kay Panek Sr Tim Dickens 44	26.5	
Mike Conway Ken Endris 41-55	26.77	1
Bill Bixler John P Jones 41	26.8 27.0	
Dan Weller	27.0	i
Mark Galovic Russ Anteronen 43 Owen Listovich	27.65 27.8 28.0	A.
Greg Hanson #1 Bill Slattery	28.3	F
James Crutcher Larry Cheatham 43 Joe Bailiff	28.36y 28.4	I
RUSSell Floyd	28.5	i i
Hhil Dorf Steve Schmitt	28.73 28.8	
M45-49 1-10	Alleying	
Stan Whitley Joe Johnson 47 NJ Roger Pierce 47	22.70* 23.6 24.0	
Ron Johnson Steve Robbins	24.00 24.31	H
Tom Bassett Tyron Carlin	24.4 25.0	1
Chip Robinson Jim Lee	25.03 25.4	F
Angel Nieves 45	25.5	
Michael Augeri Paul Henry 47 Gary Patterson	25.52 25.60 25.66	
Paul Stelmaszyk 49 kab Hagin 47	25.9 26.04	
Lioyd Hathcock Randall Cleven 49	26.19	
Samuel Hall 46 Mike Milove	26.5 26.50	
V Broushet 21-35 Jim Brady	26.72	
James Vicks — Seary	26.9 27.07 27.3	3
Tom Osborne — Wood	27.39	
Ladislav Pataki Dale Bernauer	27.65 27.83	
Bob Chinchillo Bill Angus — Wheeler	28.07y	i
Tom Hartman 49 Roger Steele	28.3 28.3 28.3	1
Duke Thorson Bob Grau	28.4 28.87y	1
Tony Matthias	29.12	ì
M50-54 1-10 Ed Small		
W Burrell Gene Ballard	25.04* 25.27 25.79	1
Kenny Dennis Joe Johnson OR	25.79 25.91 25.94	

ik, T&F Rankir	igs Cha
Thorton Shelton Jim Hammond 51	26.2 26.5
Rich Rizzo Irv Heath 51 Roy Turner	26.8 26.8 27.07
11-20 P Tams	27.1
Bob O'Brien Paul Dorsey	27.1
Grover Coats Dennis Buss	27.24 27.26
Carlos Vernon 54 J O'Neill	27.6 27.64 27.65
Avital Schurr Lawrence Harvey	27.9
Barry Kline Sr 51 21-30 Dermott Tiernan	28.1
Jim Streeby, John Ewing 52	28.28 28.5
Jack brunner Bill Durnam	29.28 29.40
David Galligani Ken Sullivan	29.7 30.05
Jim Hodge Rich Ciccone	30.5
Lee Stopoulos M55-59	30.85
1-10 Larry Colbert Paul Johnson	25.30*
Richard Rizzo 55	25.56 26.1
Jim Mathis Cliff Pauling Jimmy Weaver	26.18 26.31 26.47
Robert Cozens Joe Hemler 57	26.73
Alex Johnson 58 Fred Schlereth 58	27.09
11-24 Bob Sobolewski	27.58
Jim Bradley 55 James Ware	28.4 28.62
Tony DaPonte Phil Plant 50	28.9 29.1
Ed Kent 55 Ray Eiland	29.4 29.68
Doug Alberts 56 Jim Peterson 57 J Snell	29.7 29.8 30.42
Dick Croak Earl Mege 57	30.7
Hanion Bob Bradley	31.1
M60-64 1-10	
Harry Brown R Barretta	27.24* 27.65
D Lindsey	27.89
Andy Anderson Chuck Sochor	28.06
Jack Greenwald Roger Hocker	28.64 28.67
Ted Swanson 11-25	28.9
Ross Mitchell — Rebill	29.0 29.0
Joe Summerlin Estes Redditt	29.10 29.30
Al Crowley David Klingensmith	29.5 1 30.19y
Jay Edmonds Ray Elland 60	30.59 30.8
Bill Bergen 63 Giorgio Chiavelli Tom Dyckman 60	31.0 31.35
Tom Dyckman 60 Jack Lance Donald Walsn	31.7 31.8 31.90
Pat Ferraro Tom Morris 61	32.1
M65-69	
1-10 Jim Law	2/.22*
Willie Blackmon Mel Larsen Robert Naylor 66	27.54 27.58 29.2
.I Hemthold	
Jon Tobey 65 Howard MacMillan (Denver Smith Walker Pierson 68	55 29.8 30.28
Cocar narris 6/	30.6 31.1
11-17 Sam Madia 67 Manny Herscher	31.57
Manny Herscher Bill Townsend Bob Wingo	32.3 32.53 32.68
Charles McGarvey Willis Moses	32.68 33.5 34.97
Jim Platis	37.66
1-10 Tim Murphy	28.99*
Ed Matthews 71 Jay Sponseller	29.27 30.73
Jim Manno 71 L R More 70	30.94
John McCarthy	37.04

M75-79 1-8		
Fred White	34.	25
Champion Goldy Robert Sorlien	34.	7
Robert Sorlien Milo Lightfoot	35.	31
Mel Flachs Frederick Praeger	37	10 29
Claude Hills 79 Clarence Trahan	38	
	52	+
M80-84 Barry Ivers		.87
Virgil McIntyre Dick Lacey		.52 .98
particular de la companya del companya del companya de la companya		
W30-34 1-7	21	.44
Marilyn Gilliard 30 Stephanie Vega 33	25	.74
Renee Sterrett 30	26	.34
Louise Clark 34 Kay Freund 31	26 28	.8
Pamela King Carol Asam	29	.70 .26
W35-39 1-6		
Marcia Fredericks 3 Marcia Hulse	627	.03
Irene Thompson 37	27	.17
GlenMarie David 35 Joann Angotti 38		.33
Lou Bloxom	30	.47
W40-44		
Jenniter Pinto 43	28	1
Sharon Osborne	28	.2
Donna Settles Kathy Pierce 44 Rhona Trott CAN	29	.36 .8
Rhona Trott CAN	30	.33
Eliz Riordan Rene Blenden	32.	58 75 55 _y
Marcella Hale Bobbi Lindabury	33.	55y
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W45-49	27	730
W45-49 1-8 Fhil Raschker	27. 28.	7
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 44	28.	7 58
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton	28. 29. 30.	7 58 8 7
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer	28. 29. 30. 31. 33. 33.	7 58 8 7 3
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs	28. 29. 30. 31. 33.	7 58 8 7 3
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowerstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54	28. 29. 30. 31. 33. 33. 34.	7 58 8 7 3 .40 .25
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowerstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Lanielson W50-54 Mary Liker A kosenitsch CAN	28. 29. 30. 31. 33. 33. 34.	7 58 8 7 3 .40 .25
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons	28. 29. 30. 31. 33. 33. 34. 30. 30.	7 58 8 7 3 .40 .25
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowerstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Lanielson W50-54 Mary Liker A kosenitsch CAN	28. 29. 30. 31. 33. 33. 34. 30. 30. 33. 36.	7 58 8 7 3 .40 .25
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree	28. 29. 30. 31. 33. 33. 34. 30. 30. 33. 36.	7 58 8 7 3 40 .25 .40 .25
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowerstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree W55-59 1-7	28. 29. 30. 31. 33. 33. 34. 30. 30. 30. 37.	7 58 8 7 3 40 .25 .5 .2 .64 .34
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 46 Linda Upton Marlene Sachs Cathy Frimmer Penny Lanielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir	28. 29. 30. 31. 33. 33. 34. 30. 30. 33. 36. 37.	7 58 8 7 3 40 .25 .25 .40 .25 .26 .34 .34
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir Kati McIntyre	28. 29. 30. 31. 33. 33. 34. 30. 33. 36. 37. 31. 34. 35. 35. 35.	7 58 8 7 3 40 .25 .2 .64 .34 .98 .42 .74
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowerstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Lanielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Coffee W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir Kati McIntyre Fei-Mei Chou Rachel Lyga	28. 29. 30. 31. 33. 33. 34. 30. 31. 33. 34. 35. 35. 35. 35. 35.	7 58 8 7 3 40 25 4 5 2 64 34 8 8 98 42 74 97
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir Kati McIntyre	28. 29. 30. 31. 33. 33. 34. 30. 33. 34. 35. 35. 35. 35. 35. 35. 35. 35. 35. 35	7 58 8 7 3 40 .25 .2 .64 .34 .98 .42 .74
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowerstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Liker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Coffee W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir Kati McIntyre Fei-Mei Chou Rachel Lyga Lucy Brobst Carole Austin	28. 29. 30. 31. 33. 33. 34. 30. 33. 36. 37. 31. 34. 35. 35. 35. 36. 36. 36. 36. 36. 36. 36. 36. 36. 36	7 58 8 7 3 40 25 4- 5 2 64 34 8 98 8 98 42 74 97 97 97 97 97 97 97 97 97 97 97 97 97
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir Kati McIntyre Fei-Mei Chou Rachel Lyga Lucy Brobst Carole Austin W60-64 Betty Vospumn 60	28. 29. 30. 31. 33. 33. 34. 30. 33. 36. 37. 31. 34. 35. 35. 35. 36. 37. 36. 37. 36. 36. 37. 37. 37. 37. 37. 37. 37. 37. 37. 37	7 58 8 7 3 40 25 4 5 2 64 34 8 8 9 8 8 9 8 2 9 7 1 0 6 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1
W45-49 1-8 Fhil Raschker Lorraine Tucker Pam Duncan CAN Nadine Lowenstein 40 Linda Upton Marlene Sachs Cathy Frimmer Penny Danielson W50-54 Mary Luker A kosenitsch CAN Kay Lyons Eileen Wosoba Marion Cofree W55-59 1-7 Carolyn Cappetta Sallie Stiegelmeir Kati McIntyre Fei-Mei Chou Rachel Lyga Lucy Brobst Carole Austin W60-64 Betty Vospumn 60	28. 29. 30. 31. 33. 33. 34. 30. 33. 36. 37. 31. 34. 35. 35. 35. 36. 37. 36. 37. 36. 36. 37. 37. 37. 37. 37. 37. 37. 37. 37. 37	7 58 8 7 3 40 25 4 5 2 64 34 8 8 9 8 8 9 8 2 9 7 1 0 6 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1
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W45-49 1-8 FILL RASCHKER LOTTAINE TUCKER PAME DUNCAN CAN NADINE LOWERSEIN 46 LINDA UPTON MARIENE SACHS CATHY FRIMMER PENNY LUKER A KOSENITSCH CAN KAY LYONS Eileen WOSODA MARION CAPPETA SAILIE STIEGELMEIT KATI MCLINTE FEI-MEI CHOU RACHEL LYGA LUCY BRODST CAROLE AUSTIN W60-64 BETTY VOSDURGH 60 LEONORE MCLANIELS MARYANN CARTINO 61 Phyllis Goodlad CAN W65-09 PAT PETERSON JOS SULLIVAN ANN MCGOWAN FIO BERTY	28. 29. 33. 33. 33. 33. 33. 33. 33. 33. 33. 3	7 58 8 7 3 .40 .25 .4° .25 .4° .25 .51 .9 .84° .77
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Bob Warwick Sr George Rajcevich Emil Balz 73

Clarence Osborn

37.78

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1992 Indoor 15	00m
Compiled by	
Jerry Wojcil	
Includes 1991 December meets	
*1st-place time, 19	92
National Masters Championships	
The state of the s	
M30-34 1-12	4:05.35*
Jonathan Stokka 33	4:00.9
Tim Stratioti 30 Rich Marion	4:02.1
Todd Sperling 31 Paul Giannobile 32	4:13.7 4:16.2
Mike Egle	4:16.99
Joe Carroll 30 Doug Foster	4:17.6
Todd Ashley	4:20.3
Anthony Smith Vincent Walls	4:26.5
Gregory keuter 30	4:38.4
M35-39	
1-12 Bob Hodges	4:05.7
Mark Furkis	4:13.62*
Rusty Moore 36 Stan Hockerson	4:20.5 4:21.84
Joe Ercel Jac	4:23.33
Stan Polkowski John Stepek	4:29.17
Tim Otis 37	4:36.3
Jack Harbaugh 35 Willie Speignt	4:37
John Dickey Ken Florance 38	4:47.09
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M40-44 1-10	
1-10 Ken Popejoy Noian Smith	4:01.59* 4:03.55
Swag Hartel Dave Patterson	4:06.07
Dave Patterson Duane Green	4:08.53
Richard Puckerin	4:15.16
Barney Klecker 40 Bill Lee	4:19.8
John Naslund 41	4:27.0
11-20	
Tom Eisenrich 40 Ridge Kelley	4:30.5
Spider Rossiter 40 Thomas Heimdal 42	4:32.2
Reinnold Wotawa 41	4:35.9
Don Fish Thomas Homeyer 43	4:37.87
Joe Dailey 41 . Micks Purnell 42	4:50.3 4:52.8
Jim Bilik 42	4:53.3
Tom Lamme Lloyd Smith	4:56 4:57
Mike Tometich Rick Sundlin	5:05.95
Bob Histed 40	5:06.00 5:06.5
M45-49	THE PARTY NAMED IN
1-12 Harold Notan	4:20.6*
Bruce Carter	4:31.9
Elton Horst 45 Herb Engman 46	4:35
Frank Myers	4:43.2
Nicholas Papas Mark Hosler	4:43.3
Ellis Boal Jerry Bergenstock	
Paul Ancoin 46	5:08.0
H Heideprem George Atkinson	5:14.2 5:28.03
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M50-54 1-13	T. St. St. St. St.
Sid Howard	4:29.73*
Kirk Randall Rick Kleyman 52	4:34.35 4:36.0
Jim Fitch Bob Bridges	4:45,63 4:56.11
Doug Goodhue	4:58.12
Jim Verdier Vincent Colgan 52	4:58.57 5:03.6
John Robinson	5:19.48
Ron Breon 54 Horace Andrews	5:31.3 5:35.6
Maurice Hobbs 54	5:36.3
, Dan Mittler 51	5:36.9
M55-59 1-10	STATE OF A
Charles Wimberley	4:51.46*
Gary DeFrance 58	4:52.8

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1-11	Joe King 5:02.50*	Bob Matteson 7:50.8	Jean Roder 5:15.15 Pam Graver 5:43.67*	Mary Hiatt 45 5:31.6 Peggy Smith-Hite 6:14.60	W60-64
Jim Sutton 4:44.3* Earl Fee CAN 4:48.49	Jim Forshee 5:03.74 Archie Messenger 5:29.1	Warren Wiggins 8:35.14	W40-44	国际高生产工程的企 会 包含	MaryAnne Cavicchi 11:16.0*
Charles Williams 5:02.27 Bill Fortune 5:03.7	John Hosner 5:38.19	W3U-34	1-8	W50-54 July Wilmott CAN 5:54.73*	W65-69
Robert Culling 5:17.50	George Gavras 65 5:59.7	1-7 Alicia Moss 30 4:22.14	Debbie Anderson 5:07.74* Linda Finley CAN 5:10.28	Audrey Schroeder 52 5:55.5 Marilyn Morehead 6:02.72	Dottie Gray 7:06.0* Queenie Thompson 7:52.2
Uon Ross 5:25.3 Jim Keats 5:40.43	M70-74 Merle Knox 6:03.91*	Gillian Beschloss 334:40.48 Sarah Sauvayre 31 4:43.86	Claudia Scott 5:27.38	Eileen Wosoba 6:32.98	W70-74
Harold Willis 5:49.42	Emil Balz 73 6:31.8	Joan Sterrett 34 5:00.91*	Sally Sundborg 5:28.4 Ann Igoe 5:28.6	W55-59	Carol Peebles 8:57.4*
Ed Doucette 5:54.7	John Bays 6:31.9 Howard Strassenberg 6:40.59	Berni Creed 5:03.45	Karyl Colarusso 5:54.04 Elaine Boyd 5:5£.23	Carole Austin 6:05.01* Donna Gulley 6:33.00	W75-79
Dick Dobbin 64 5:56	Dan Geer 6:49.4	Ronda Massey 5:10.04	Diane Sherrer 40 6:03.6	Marian Kowalski 6:34.17	Pearl Mehl 9:05.5*
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TO SHARE LOOKENING TO SHEET IN	34 Paul Perry 62:24.0	14 Johnny Parks 64:55.0	W 45-49	3 Ray Funkhouser 1:42.30	3 Robert Fine 1:58.47
M 30-34 1 Gary Horgan 42:22.0	35 Robert Jennings 63:34.0 36 Ron Baers 64:12.0	16 Ryszard Nawrocki 66:11.0	1 JoAnn Nedelco 53:27.0 2 Kathy Frable 57:57.0	4 EnriqueCamarena 1:43.08 5 Andrew Smith 1:43.43	4 Moshe Myerowitz 2:04.04 5 Charles Deuser 2:07.58
2 Bob Briggs 44:06.0	Tom Sullivan 64:12.0 38 Robert Falciola 66:26.0	17 Mel Grantham 67:10.0 18 Richard O'Hara 67:23.0	3 Dorothy Sholeen 58:15.0	6 Alan Price 1:44.53	6 VanceGenzlinger 2:10.11
3 Robert Cole 44:15.0 4 Don Lawrence 45:01.0	39 Doug Brown 72:51.0	19 Barney Jones 67:36.0 20 William Ellington 68:06.0	4 Jolene Steigerwalt58:37.0 5 Jeanne Bocci 58:59.0	7 John Fredericks 1:44.56 8 William McCray 1:45.28	8 Cervin Robinson 2:11.08
5 Ian Whatley 45:46.0 6 Thomas Lapp 46:10.0	40 Tim Rogers 73:45.0	是 1/2 公司 音中有一次 Apple 10 1	6 Tess Marino 59:45.0 7 Marilyn Chute 61:48.0	9 Art Grant 1:46.17 10 Stan Chraminski 1:46.34	9 Mike Michel 2:19.05 10 Richard O'Hara 2:20.17
7 John Kerfoot 46:22.0	M 50-54	21 John Gallagher 68:45.0 22 Bob Enever 69:11.0	8 Karen Helms 62:11.0	TOTAL CASELO CONTRACTOR	11 J. Lavenberg 2:21.57
8 Carl Schueler 47:54.0 9 Dave Lawrence 48:04.0	1 Jaan Roos 50:08.0 2 John Elwarner 50:28.0	23 William Matthews 70:00.0	9 Judy Heller 63:05.0 10 Valerie Stowe 63:15.0	11 Dean Easterland 1:53.59 12 Bill Penner 1:54.54	12 Robert Dodson 2:23.04
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Water Training

by BARBARA MARQUAND

ap lanes in the swimming pools across the country are being taken over by a new breed of fitness buff — and some of them don't even know how to swim. They are water walkers, people who have gotten hooked on walking and running in the swimming pool.

Water walking has become a fitness sensation, attracting men and women of all ages and fitness levels — from top athletes to couch potatoes. Runners also are taking their workouts to the water to reap the benefits of cross-training or to keep fit

while nursing painful injuries.

The activity has become so popular, water-walking classes and water-running competitions have sprung up all over the country, and many community pools and fitness centers have

set aside pool lanes for walking.

"My prediction is by 1993 there will be more water walkers in the pool than lap swimmers," says John Spannuth, executive director of the U.S. Water

Jacqueline Hansen's Typical Water Workout

Warm-up — 10-15 minute easy "jog"

This can either be running in place, touching the pool bottom, or back and forth across the pool's width. It can also be done in the deep end, wearing a flotation device and optional tether.

Workout — Minute runs

Simply increase the effort of a continuous run for one minute hard, followed by 30 seconds easy — and repeat. Depending on your fitness level and your goal (endurance or speed), you determine how many and what intensity. Start with 10 x 1 min. and build up to 20 or more. 10 will give you a 15-minute workout; 15 will take 22½ minutes; and 20 will take 30 minutes. Add warm-up and cool-down time to judge your overall workout time.

Stretching —

Cool-down - 10-15 minute easy run

Hamstring, Quad, Ab- and Adductor stretches

Additional Workout Ideas

• Re-create your usual track workouts in the pool by converting distances into time segments. Run with appropriate effort for time instead of distance.

• For strength work, run in a "bounding" fashion (a la Lydiard) across the pool, back and forth. This should be done in the shallow end of the pool, waist-to-chest deep.

Alternate running and walking in deep water. Use straight legs, and alternate your arm swing with your leg stride. For a real challenge, try this without a flotation device. Only your effort will propel you forward and keep you from sinking. This will make your heart rate soar, so make sure you're warmed up first.

 Use your pulse rate as a guide to your workload. To determine your "target" rate, subtract your age from 220 and multiple by 70-80%. A good rule-of-thumb is to aim for 20 minutes out of an hour's workout in your target zone.

Equipment

Equipment can range from the sophisticated to the simple. Pool shoes can be the specially-designed, rubber-soled, mesh-topped water socks, or you can use an old pair of lightweight racing flats. Flotation devices can be any of the following: 1) a simple ski belt, 2) an "aqua jogger" for more back support, 3) a "wet belt", or 4) a "wet vest" which offers complete buoyancy and freedom of motion. You can also add weights or "resistance" items like boots that act as leg weights; hand weights that use the water itself for resistance work; or rubber tethers that offer both resistance and stabilization.

Jacqueline Hansen won the W35 1500 and 5000 at the World Veterans Championships in Melbourne in 1987, and placed fourth in the W40 1500 in Turku last year. She teaches group water-workout classes in Topanga, Calif., and teaches private classes of any size.

Fitness Association in Boynton Beach,

How does it work? Walking in water provides a good workout because water adds 12-14 percent more resistance to your movements than when you are on dry land. The more vigorously you move under water, the more resistance you encounter and the more calories you burn. Fitness experts estimate you burn about 450 to 550 calories per hour during an energetic water walking workout and even more per hour when you run in water.

Anyone Can Water Walk

"Anyone can learn to water walk," says Pamela Wright, hydro research and development coordinator for the Cleveland County Family YMCA, whose water fitness program is rated one of the tops in the country. "You do not have to be a swimmer. You don't have to worry about coordination or timing or anything."

Wright has worked closely with the Norman, Okla., medical community to design water fitness programs for athletes as well as victims of arthritis and strokes. Because of the water's buoyancy, water walking is easy on the joints. Wright says runners who have shin splints or knee injuries use water walking to keep fit while they heal.

Fitness experts advise that before starting a water walking program, to check with your doctor first, just as you would before beginning any other fitness activity. To do the exercise, simply walk in water that is waist - to chest-deep. Keep your hands under water, your back straight, your stomach tucked in and your bottom tucked under. Don't bend over while you walk. And don't walk behind someone. The person in front of you will cut a path through the water and decrease the resistance, thereby decreasing the effectiveness of the workout.

Wright suggests for every lap you walk forward, to walk one lap backward. That way, you work all the muscles in your feet. When you walk forward, reach with your heel, walk all the way through your foot, and push off with your toe.

For an upper body workout, you can do such toning exercises as bicep and tricep curls, punching the water in front of you or swinging your arms naturally. Some runners, in fact, are going to the pool instead of the weight room now to tone muscles. They combine water walking with a routine using dumbbells in the water.

Deep Water Workout

You don't have to stay in the shallow end of the pool. You also can train by running in deep water, using flotation devices to keep your body erect and your head above the water. Flotation devices designed especially for water running are available in some sporting goods stores. The devices are similar to the belts worn by water skiers.

Running in deep water is especially beneficial to injured runners. In deep water, the body becomes weightless, so no stress is placed on any part. Wright has worked with runners who have had such severe shin splints they were

unable to walk on dry land but were able to run without pain in deep water.

The exercise provides a highintensity workout, Wright says, because it makes the heart rate rise more quickly and stay up longer than running on land. Because of its intensity, Wright suspects that water running provides a more-efficient workout than regular running.

As with any other aerobic exercise, a good water walking or water running workout includes a warm up and a cool down. During your warm up, do a variety of stretches in or out of the water; then begin walking slowly. Gradually increase your pace to a level with which you feel comfortable. During your cool-down, walk slowly until your heart beat slows and you can breathe normally. Finish with gentle stretches.

Starting A Training Program

When you start a water walking program, limit the main set of your workout to only as long as you feel comfortable; then gradually increase the time you spend in the water. Don't expect to spend as much time running in water as you do running on the track. Remember, the water resistance will make your heart rate rise more quickly than when you are on dry land.

Keep track of how much time you spend in the water, so you can monitor your workout, Spannuth says. Because the water soothes muscles, you might not notice how hard you're working. Track your progress by how much time you spend in the pool and how many laps you complete with each workout.

Beware of dehydration. You won't notice yourself sweating in the pool, but you will lose water. Keep a water bottle on the edge of the pool so you can take sips between laps.

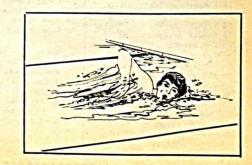
For safety, Wright suggests using a flotation device, such as a water skiing belt — even in shallow water — and making sure a lifeguard is on duty

while you are in the pool.

How often you work out in the water is up to you. If you're injured, a water workout could replace your running routine. But again, get your doctor's approval first. If you have no injuries, but simply want a change in your running routine, try adding a water workout once a week.

To find where you can water walk, call you local community swimming pool, fitness center or YMCA facility and ask if they have water walking programs. Also, you can get free information about water walking by sending a self-addressed stamped envelope to the U.S. Water Fitness Association, P.O. Box 3279, Boynton Beach, FL 33424.

Barbara Marquand is a free-lance writer who lives in Grass Valley, Calif.



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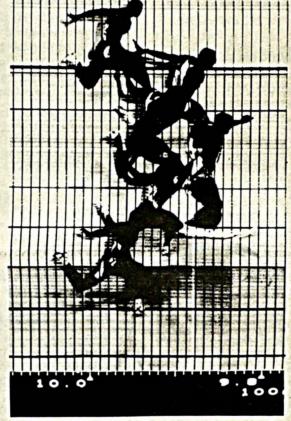
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Masters Runners Can Take The Heat

e sweat less as we grow older, but if we drink plenty of fluids before and during long workouts, there's no evidence we'll become more sensitive to heat as we age.

An Australian study matched runners in their 50s to runners in their 20s. They ran for two hours at 70° Fahrenheit and 50% relative humidity while drinking during the run. Both groups had about the same skin temperature, loss in blood plasma volume, and percentage weight loss. (Karen Wooley, Ph.D., University of Queensland, Australia).

A British study found low-back-pain patients treated by chiropractors improved more then those who visited hospital clinics.

Chiropractors tended to treat patients for longer periods — to 30 weeks - while hospital therapists usually completed treatment within 12 weeks.

(British Medical Journal, Vo. 300, No. 6737, pp. 1431-1437)

Running backward is a good supplement to normal running, because it develops leg muscles and helps the knees, according to a study led by Paul Devita, Ph.D., at Southern Illinois U. in Carbondale.

(Above items reported in Running & FitNews, an ARFA publication.)

A Brown U. study shows that a majority of cases of one type of skin cancer originate on the ear. The study recommends wearing sunscreen or a hat with a brim.

(Reported in Johns Hopkins Medical Letter: Health After 50.)

Men who consume 300 to 400 milligrams of vitamin C daily live about six years longer than men who don't, and the vitamin may extend women's lives by about a year, a study suggests.

James Enstrom, a UCLA epidemiologist who authored the study, said it's better to consume vitamin C by eating five daily servings of fresh fruits and vegetable than by taking vitamin pills. Foods rich in vitamin C include oranges, strawberries, cantaloupes, watermelons, cabbage and broccoli.

The study analyzed a U.S. government survey of 11,348 adults ages 25 to 74 who were examined during 1971-74 and followed through 1984. Men who took 300 to 400 mg daily had 42% lower overall death rates than those who got less than 50 mg a day.

The study was the largest and most detailed ever to look at the effects of vitamin C on death rates, Enstrom said. The study was published in the May 8 issue of the journal Epidemiology.



Paul Schmitt, 67, Florissant, Mo., 800 winner (2:45.1), St. Louis Senior Olympics.

Photo by Hank Kiesel



1992 Southern California Association Masters Track and Field District Championships and Pentathlon

Schedu	le of Events
Tentative Pentathi	on Schedule:
11:30 am	U
12:30 pm	JT.
1:20 pm	200m
2:00 pm	DT
3:00 pm	1500m
Field:	
1:00 pm	HT, PV, JT
1:30 pm	U
2:00 pm	SP
2:30 pm	HJ, TJ
3:00 pm	DT
Track:	
1:00 pm	нн
1:30 pm	5 K walk
2:30 pm	300/400m IH
3:15 pm	100m
4:15 pm	800m
4:45 pm	200m
5:25 pm	1500m
5:50 pm	400m
6:20 pm	5 K run

Occidental College 1600 Campus Road, Los Angeles, CA - Patterson Field

June 20, 1992

Divisions: 5 year divs. for men and women, age 30 and above.

Entry Fee: \$10.00 per event, Pent. \$20.00 - Sorry, No Refunds.

Entry Deadlines: All entries must be postmarked by June 13,

1992. Late entry is \$15.00 for first event on space available basis only. Please enter early!

Miscellaneous: Competition order - oldest to youngest, women first, (except HJ & PV which start at lowest height).

TAC Registration Required.

SCATAC District Championship Medals to top 3 residents, there will also be medals for non-residents who finish in the top three places. Identical to L.A. Coliseum - 9 mm

elements required for track, LJ, TJ, PV, HJ. 12 mm required for JT.

Send check and entry form to:

Christel Miller, 1740 Grandview, Glendale, CA 91201 Telephone: (818) 843-2139 (until 9 p.m.)

The state of the s	Southern California Association Ma	sters Track and F	ield Championsh	ips
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Report from Britain

By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

There were two big events in the UK during April — the British Veterans 5K Championships and the London Marathon. In the 5K contest, Dave Hill managed to retain his M40 title in 15:03, despite some close competition. Top M45 was Brian O'Neill in 15:28, with John Deas taking the M50 division in 16:07.

On the distaff side, Celia Duncan captured the W35 title, while Pat Gallagher led the W45s with an exceptional 17:36.

John Wheway, 40, led all masters in the London Marathon with a 2:18:47 and took home \$3000 in prize money.

Joseph Nzau, M40, of Kenya finished second (2:22:20, \$2000), with Norwegian Vidar Kalnes coming in third vet (2:24:20, \$1000). Barry Watson won the M45 division (2:28:39), followed by top M50 Peter Andrews (2:35:53) and M55 leader Mike Lonnen (2:43:31). New Zealand's Derek Turnbull set an M65 world best in 2:41:57.

In the women's contest, Mary O'Connor (NZ, 2:51:44) was top W35. Sue Coxshall bested the W40s in 2:37:36, with Val Lemmis taking the W45s in 2:58:04 and Christine Huf of Germany winning the W50 division in 3:00:47.



U.S. W60-69 4x100 relay team members: (I to r) Pat Peterson, Leonore McDaniels, Josephine Sullivan, and Betty Vosburgh, WAVA World Championships, Turku, Finland

Photo from Leonore McDaniels

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70 plus

*Either "old" or "new" javelin may be used

Two WRs Set in Ontario Championships

by JERRY WOJCIK

The 1992 Ontario Masters Indoor Championships drew 224 entries to York University in Toronto, Canada, on March 7. They left with two world, 19 Canadian, and four Canadian open

Aleks Ernesaks broke the M80 world record of 86.79 for the 400 with a 79.6, and Dorly Brechbeuhl ran a 6:53.0 to break the W65 1500 world record of

Elga Meri, W70, led the attack on the Canadian records with four. The Canadian open records went to U.S. citizens Dortha Swanson, W55, and Pat Peterson, W65.

Meet Director Brian Keaveney, employing the labor and talents of a dedicated group of students and staff from East York Collegiate school, won kudos for a superb meet.

The 1992 Ontario outdoor championships will be held in Hamilton in June.

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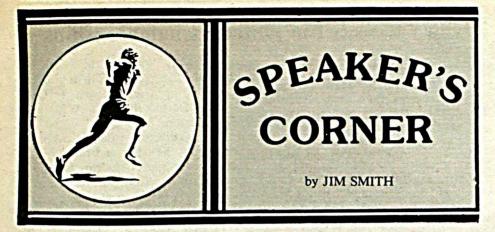
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50-59	80m	.762m	12.00m	7.0m	19.00m	
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30-49	400m	.914m	45.00m	35.00m	40.00m	
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50-59	400m	.840m	A CONTRACTOR	Theu The	The transfer	
	400	33"			The department	
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-	18 Y 18. 15	30"	164'01/2"	114'91/2"	131'2¾"	
	and the second	r styletements		distributed in the tax	Carlo Marian	
AGE	SHOT		DISCUS	HAMMER	JAVELIN	
Women	31101	101	Discus	TAMMEN	The back of	
30-49	4.0	Ok	1.00k	4.00k	600gms.	
	3.0		1.00k	3.00k	400 gms.	
50 plus	3.0	UK .	1.00k	3.00k	400 gills.	
Men			Sales Survive	The same of the same	Esta-Piet	
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.0		1.50k	6.00k	800 gms.*	
60-69	5.0		1.00k	5.00k	600 gms.	
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Attention: Race Directors

his is being written as a formal protest against some Race Directors' procedure of awarding prize money in the masters category. For age 40 and over, your method of giving money to the first runners who cross the finish line based on time only is grossly unfair.

THE SEVENTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP T&F CHAMPIONSHIPS (SANCTIONED BY NJ TAC) SUNDAY, JULY 5, 1992

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups RUNNING EVENTS
1500 METER RACE WALK
400 METER DASII
800 METERS
200 METER DASII 1:30 PM 2:15 PM 2:30 PM 3:00 PM 3:45 PM 5000 METERS 110 METER HH MILE RUN 100 METER 4X400 REL FIELD EVENTS 40-49 MUN 10:00 AM 10:45 AM 10:30 AM 11:00 AM 12:15 FM 13:30 PM MEN 60 + /WOMEN 10:00 AM 12:30 PM 1:00 PM 10:30 AM MEN 50-59 10:00 AM 11:30 AM 2:15 PM 10:30 AM POLE VAULT SHOT PUT WEIGHT THROW HIGH JUMP
 EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS

 MILE RUN
 AGES 9-10, 11-12, 13-14, 15-29
 11:30 AM

 100 METERS
 AGES 9-10, 11-12, 13-14, 15-29
 12:00 PM

 400 METERS
 AGES 9-10, 11-12, 13-14, 15-29
 2:00 PM

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forseited. FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MALE & FEMALE MALE & FEMALE

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT, AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE. All races will be run as finals. If necessary, sections will be run for sprints

RULES SPIKES ALLOWED - 1/4" or less IIURDLE HEIGHTS & IMPLEMENTS - TAC Masters Rules.
ELIGIBILITY - TAC membership required. Available at meet. FEES - Free to Randolph residents.

Pre-registered - (Received on or before June 30.) \$5 per event.

Received after June 30 - \$5 late fee added to first event.

Relay Teams - \$15 per team.

FALSE START - One false start rule will apply.

4x400 METER RELAY

ADDITIONAL INFORMATION
Meet Directors: Morton Habn
Ken Brinker days 201-625-1764 evenings 201-361-3282
AWARDS - Medals for first, second, and third place in each age group.
TRAVEL ARRANGEMENTS - Call "TRAVEL MASTERS" (201)361-3220 for botels and travel arrangements.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE SITE-Randolph High School, Millbrook Road, Randolph, New Jersey

DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN,
19 BEDMINSTER ROAD, RANDOLPH, NJ 07869

LNAME	FNAME	<u></u> H (R F AGE AS C	F 7/5
ADDRESS		CITY	STATE	ZIP
CLUB	TAC NO.			
FUCUTE CUTCOCO			7 14 2 1	

MAKE CHECKS PAYABLE TO GARDEN STATE ATREFIT CLUB

I hereby waive any or all claims I or my heirs may have against Randolph Township
Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden
State Athletic Club or the Meet Directors and Officials resulting from my participation

I understand that the activity will be supervised and that the Township of
Randolph DOES NOT INSURE participants with accident insurance and I will participate at
MY OWN RISK. It is understood that this program is a physical activity and various
injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE Parent/Guardian signature (if competitor is under 18)

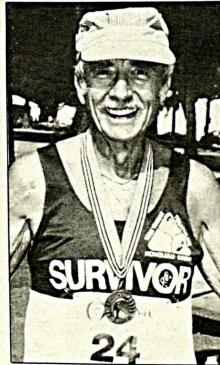
High school and college-age runners are not normally eligible to receive money, so they are not considered in the prize picture; however, they may be awarded ribbons, medals or trophies. The Open category may include a runner of any age, but it is generally made up of runners between ages 20-24. We've long known that runners in the Open compete favorably with each other. In other words, there is no apparent physiological slowing up. So, in the Open, it is fair to award prize money based on the actual order of finish.

Starting from around the age of 35, runners gradually slow down. Their slowing phenomenon increases its rate with age until runners in their 60s, 70s and 80s can not run abreast of those in their 40s. Most all runners understand and accept this. But, most masters do not consider it fair to award masters prize money based on race time alone. Such a procedure completely ignores the natural aging process.

Many Race Directors have established age groups for both sexes from the very young to the over-70. This is good because it provides a reasonably fair way to give awards. However, when giving masters prize money, they often lump everyone over 40 into one, huge age group. Is this not a double standard?

The age groups and the Open awards should always be based on time only. Time and age must both be considered in determining the best performances for masters prize money. In the same manner, you must consider time, age and weight in the Clydesdales. Would it be fair for a 70-year-old, 230-lb. runner to compete with a 180-lb., 25-yearold runner? This principle also applies to team scoring where there is a big gap in the ages of team members.

Here is an example of what actually happened in a race. The prize money in this particular race was five deep and the first five masters to cross the finish were in their 40s. These five runners posted very average times. In this same



Martin Sherman happy to be third (52:09), M70 + division, Aloha State 10K, Honolulu Photo by Tesh Teshima

race, a 66-year-old man turned in an outstanding performance that was only 12 seconds slower than the 5th place finisher. This runner finished 6th in the masters based on actual time. Can you be serious when you tell us that these five average runners deserved the prize money and the record performance deserved none? Are you serious when you say a 40-year-old should run heads-up with an 80-year-old? Are you aware that the average age

of runners goes up each year and in a few more years it will be near 50? It took several years of protests and even petitions to get the older groups installed. Why should we have to do the same for prize money?

The World Association of Veteran Athletes did not come up with a gimmick or throw something together over-night in developing their agegraded scoring system. It was a timeconsuming and very thorough study by a large group of experts on the subject, who also happen to be older athletes. It is accepted world-wide. It sorts out the best performance of all the masters and is the only way to award prize money equitably. It can be done on race day with a calculator and only requires a few minutes.

The proceeds from your events all go to excellent causes. We very much want to be a part of these. Yet, you are saying to us: we want you to come and pay to enter, but we cannot consider you for prize money even though you may set a state, national or world record.

We think it is high-time you came out of the dark ages. You should take a lesson from the Tulsa Run, Redbud Classic, Night Tracks, Bristow Wildflower Run and other races that use the WAVA age-graded system to award masters prize money.

Bell, McLatchie Win in Tyler Azalea 10K

by JERRY WOJCIK

Doug Bell, 41, of Greeley, Colo., and Carol McLatchie, 40., of Houston, won \$500 each for top masters finishes in the Azalea Trail 10K, Tyler, Texas, on April 11. Bell ended with a tenth-place 31:13, while McLatchie was seventh woman in 36:43.

Both were also top age-graded masters with Bell at 92.0% and McLatchie at 86.8%.

Masters second places, worth \$250 apiece, went to Ed Swiatocha (41, 32:09) of Dallas, and Ginger Streeter (41, 39:13) of Bossier City, La.

Omar Rodriguez, 52, ran 37:45 to win the M50-54 race. Tyler's Susie Hughes, who turned 85 last month, received a rousing ovation at the awards for her 83:03 finish.

Humidity and hills took their toll, with most runners slower than their predicted times by a minute or more.

About 3800 participants competed in the 10K and 1 two-mile fun run, with proceeds benefiting the Regional Texas Food Bank. Sponsors included American Eagle/American Airlines, Brookshire's, and Nabisco Brands, Inc. [

MASTERS SCENE

NATIONAL

 The seventh World Congress of Association of International Marathons and Road Races (AIMS) held in Bangkok, Thailand, unanimously conferred the title of President Emeritus to Fred Lebow, race director of the NY Marathon, AIMS General Secretary Andy Galloway, New Zealand, remarked, "Fred has long been regarded as the father of the modern marathon, with mass participation, fast times, and top road runners competing for considerable awards, and hence it is only appropriate that this incredible man's achievement should be recognized in this way." The title is the highest honor for road running administrators and has only once been awarded, and that was to Will Cloney of the Boston Marathon



Joanne Johnson, 51, Murraysville, Pa., first woman (36:15), Vintage Run 5 Mile for age 50-and-over runners, Pittsburgh, Pa., April 25.. Photo by Eddie Jones

EAST

- Rick Pieschel, 40, hastened to the 40 + win, with a third-place 21:09 of 499m in the NYRRC Run For The Parks 4 Mile, Central Park, April 12. George Thompson, 66, sped to an M65 victory in 27:10. Mary Ryan, 45, was second woman of 346 finishers with a quick 25:06.
- Chris Webber (40, 52:59), Sayville, NY, and Rose Malloy (43, 61:53), Annapolis, MD, tripped through the Cherry Blossom 10 Mile, Washington, DC, April 5, for masters firsts. Cindy Dalrymple, 50, Arlington, VA, was third W40 + in 65:13.
- William Backe (42, 35:52), and Ann Davies (45, 40:34) gamboled through the NYRRC The Rites Of Spring 10K to 40+ wins in Central Park, March 22. Toshiko d' Elia, 62, bounced to an easy W60-69 win in 46:06.
- Ted Haiman (49, 35:03) and Mary Ryan (45, 40:46) charged to 40 + victories in the NYRRC Roosevelt Island Spring 10K, NYC, April 5. Edith Jones (52, 45:11) captured an impressive division victory.
- First overall in the 12th annual Vintage 5 Mile (for runners age 50-and-over), Pittsburgh, PA, April 25, were Dick Amato (53, 28:58), Pittsburgh, and Joanne Johnson (51, 36:15), Murraysville, PA. Dr. Paul Spangler, 93, San Luis

- Obispo, CA, the keynote speaker at the awards luncheon, finished in 83:16.
- Michigan's Doug Kurtis, 40, won \$9000 as first master (5th overall) with a 2:19:31 in the Giant Eagle City of Pittsburgh Marathon, May 3. France's J. Michael Charbonnel, 40, was 2nd 40+ (9th overall) in 2:20:04 (\$1500). third master was Mexico's Artemio Navarro (42, 2:22:08). California's Sharlet Gilbert, 40, topped all masters women in 2:47:18, notching \$6000 as fifth female overall.

SOUTHEAST

- Nick Rose, 40, England, won the M40 + title, with an eighth-place 29:52, worth \$1200, Cooper River Bridge 10K, Charleston, SC. April 4, but conceded, "I just didn't have the speed of 20 years ago not to catch those guys (Kenyans, who took the first three places)." Nancy Grayson, 41, won \$1000, with a ninth-place 35:51 to please her hometown fans.
- Bill Adams, M50, acknowledges that his time was slow and the usual competition wasn't there, but he still relishes his probable-first masters win (18:18) in the Hospice 5K, Fort Lauderdale, April 24. Guess what? No masters division awards.

MID AMERICA

- Barney Klecker, M40, Minnetonka, MN, whose wife, Janis, placed first in the 1992 women's Olympic marathon trials, won the Longest Day Marathon, Brookings, SD, in 2:41:53. Tim Zbikowski, M40, Osses, MN, was first overall in an adjunct 5K in 17:45. Mike Wiggins, M40, Hawarden, IA, took the 5K RW in 24:32.
- Doug Bell, 41, Greeley, CO, was tenth (24:56), Cherry Creek Sneak 8K, Denver, April 26. The closest masters were also Coloradans: Pablo Vigil (40, 25:28); Chuck Smead (40, 25:57); and Benji Durden (40, 26:17).

SOUTH WEST

- Jim Pearson (43, 33:17) Lakeland, FL, and Alice Spoonts (44, 42:17), Austin, TX, turned in masters firsts in the Austin American-Statesman Capitol 10,000, April 5. Susie Hughes, 85, Tyler, TX, toured the course in 85:00.
- Thirteenth-place Wilson Waigwa (42, 31:34) and seventh-woman Priscilla Welch (47, 35:17) collected \$1000 each for 40 + wins in a steamy (80°, humidity 100%) Crescent City 10K, New Orleans, April 18. Carol McLatchie (40, 35:55) finished eighth, worth \$500.
- Two-time Olympian (1980 & '84) Dan O'Connor, 40, Bellmore, NY, strode to a pending U.S. masters record 4:13:53 (old record 4:20:26, Eugene Kitts, April '90) in the U.S. 50K RW Olympic Trials, April 26, New Orleans, in his first race since turning 40 on March 29. He finished sixth overall.
- Jim Smith, 70, was top age-graded masters, with a state M70+ record 21:31 (AG 15:29), Cross Roads 5K, Norman, OK, April 25.
 Frances Searcey, 62, won W40+ age-graded honors with a 27:05 (AG 20:45).
- Wendell Palmer, Pampa, TX, turned 60 on April 22 and broke the M60-64 discus WR two days later with a 189-1 in an open meet. The old record of 187-2 was held by Kauko Jouppila of Finland.

WEST

- Top age-graded perfomers in the Big Sur Marathon, Carmel, CA, April 26, were Ray Piva, 65, San Francisco, 3:10:00 (AG 84.7%) and Nelly Wright, 46, Pacific Grove, CA, 3:05:51 (AG 81.5%)
- Laurie Binder (44, 17:16) and Carol McLatchie (40, 17:23) were top masters in the Alllowa Festival of Races Women's 5K in Cedar

Rapids, May 2

- Paul Spangler, 93, was profiled in the Los Angeles Times, May 6. Titled "On the Run to 100," the upbeat article told of Spangler's serious training at his San Luis Obispo, CA home a 7-mile run, three days a week, at 4:30 a.m., then a half-mile swim or a 45-minute Nautilus workout. His goal is to collect \$100,000 as the first person over 100 to run the New York Marathon.
- Stan Whitley, 46, won a special masters agegraded 100-meter race at the annual Mt. SAC Relays in Walnut, Calif., April 18. Whitley, with an 8.3-meter handicap, finished first in 10.23. Walt Butler, 51, with a 10.6-meter handicap, was second in 10.65. The 3-day meet drew 12,000 spectators, the most in several years.

NORTHWEST

- Philip Welch (43, 51:08), Seattle, and Judy Groombridge (52, 65:34), Seattle, were top finishers in the Northwest Masters 15K, Seattle, April 11.
- Four 40 + course records fell in the Pear Blossom 10 Mile, Medford, OR, April 11, including the M65-69, by John Keston, McMinnville, OR, with a 63:08. Former NMN-staffer Jane Dods, 56, Springfield, OR, won the W55 (83:35). First masters were Gary Wilborn (43, 54:32), Beaverton, OR, and Susan Bradley (50, 71:47), Coos Bay, OR.

INTERNATIONAL

• Derek Turnbull's two M65 WRs (1500, 4:39.9; 5000, 16:38.8) overshadowed other fine performances in the New Zealand Championships, Auckland, March 13-15. Bruce McPhail broke national M55 records in the 100 (12.1), 200 (24.7), and LJ (5.42), won the 400 (57.3), and had the highest score (3350) of all pentathletes. Ron Robertson, who has pending WRs in the M50 SC and 10,000, won the SC (9:44), 5000 (15:26.2), and 10,000 (32:06.8),

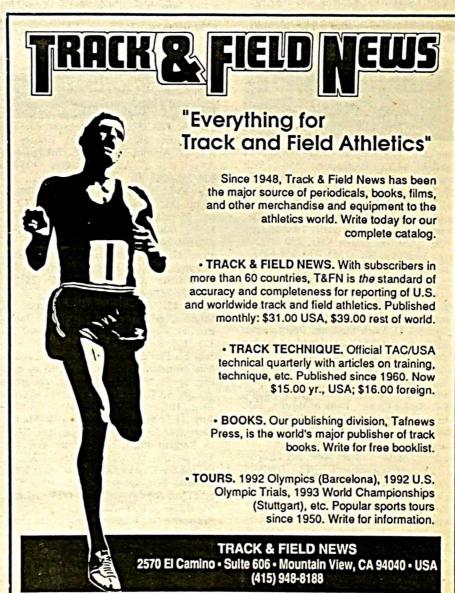


Jim Lacey, 58, first M55, (31:26) Vintage Run 5
Mile for age 50-and-over runners, Pittsburgh
Pa., April 25.

Photo by Eddie Jones

all NZ records.

• Several NMN readers have contacted Venezuela for entry forms to the South American T&F Championships, October 9-12. The forms are not yet ready but will be mailed as soon as they are. □



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

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

July 25-26. TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/533-3644; Fax: 509/533-4128.

September 5. TAC/USA National Masters Weight Pentathlon Championships, Seat-tle, Wash. Seattle Masters AC, Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-4219(d); 938-3895(e). October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia Pennsylvania, Rhode Island, Vermont

June 5-6. Connecticut Senior Olympics Fairfield H.S., Bridgeport. 55+. Will Berger, U. of Bridgeport, Wheeler Recr. Center, Bridgeport, CO 06601. 203/576-4242.

June 7. MAC Outdoor Championships,

Downing Stadium, Randalls Island, New York. SASE to Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

June 12-14. New Jersey Senior Games, Lawrenceville. 55 + . NJ Governor's Council on Fitness & Sports, Trenton, NJ 08625. 609/633-7400.

June 13-14. Empire State Games qualifiers, Columbia U. Wien Stadium. (Masters can qualify at any TAC-sanctioned meet, but there will be a masters section. N.Y. residents only.) Ed Joyce, 45-11 Auburndale Lane, Flushing, NY 11358. 718/358-7559. June 26-27. Massachusetts Senior Games, 55 + . Senior Games, Bank of Boston, 1350 Main St., Springfield, MA 01103. John Neumann, 413/787-3153; Marjorie Vallone, 413/787-6124.

June 27. Phila. Masters Meet, St. Joseph's U. Flat track events, LJ, TJ. Triathlon (100m, LJ, 200m). Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

June 28. Three Rivers TAC Championships, Carnegie-Mellon U., Pittsburgh, Andrew McNeill, 412/322-9392. Masters & Open.

July 5. Garden State AC International Masters Championships, Randolph, N.J. M. Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764(d); 361-3282, or Ken Brinker, 8 Covair Ct., Flanders, NJ

July 11-12. Garden State Games, Site TBA. N.J. residents only. James Siedliski, P.O. Box 6909, Piscataway, NJ 08855-6909. 908/463-8444.

July 12. Boston Masters NEAC Championships, Northeastern U. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 24-25. Empire State Games Masters Section (N.Y. residents only), Albany. No post entry. Qualifying deadline, July 1. Ed Joyce, 45-11 Auburndale Lane, Flushing, NY 11358. 718/358-7559.

July 25. Phila. Masters Meet, LaSalle U. Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

July 25-26. Buffalo Belles & Brawn International Meet, Kenmore, N.Y. 25th-W/26th-M. E. Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

August 30. Don Harris Memorial Meet, Ardmore, Pa. Pete Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N., Arlington, VA 22207. 703/243-1290.

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

June 6. TAC Southeast Regional Masters Championships, Atlanta, Ga. Entries by May 29. Atlanta TC, 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

June 13-14. 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 27. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(e).

June 28. Commonwealth Games of Virginia, Salem H.S., Roanoke. James Bradley, meet director, 703/644-0726; 323-3196. Residents only.

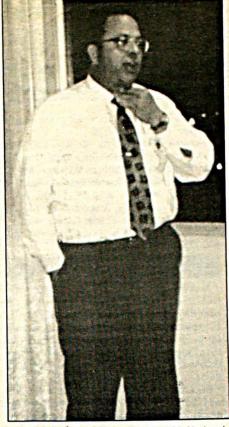
July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

July 11. Nashville TC Open & Masters Meet, Vanderbilt U. For entry send SASE to: Randall Brady, 2709 Linmar Ave., No. Nashville, TN 37215, 615/383-6733.

September 12. Florida Track Circuit Meet. DeLand. 5-yr. age groups from 19 to 80+. SASE to: John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

September 26. Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80+. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.

October 10. Nashville TC Open & Masters Meet, Vanderbilt U., Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.



Jim Pearce, meet director, TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5, addressing the meeting at the Holiday Inn, April 4.

Photo by Jerry Wojcik

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

June 6. 9th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 13. Indy Senior Classic, Indiana U. -Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 20. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

June 20. TAC Midwest Masters Meet, Byron, Ill. Byron Park District, Tower Rd., Byron, IL 61010. 815/234-8435 or Harry Brown, 708/526-7686.

July 11. Illinois Masters Meet, Libertyville HS, Libertyville, Ill. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL

July 17-18. White River Park State Games, Indianapolis. State residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. Central Indiana: 317/237-5030. Statewide: 800/HI-FIVES. Fax: 317/237-5041.

August 1. Midwest Masters Championships, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Tr., Ona, WV 25545, 304/736-8474,

August 1. TAC Midwest Regional Masters Championships, Wauconda, Ill. Harry Brown, 610 Hillside Ave., Waucona, IL 60084. 708/526-7686.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

June 6-7. Duke City Masters, Submasters, & Open Meet. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234

June 7. Blue River Valley Meet, Jay Haggard, Recr. Director 209 N. Eighth, Marysville, KS 66508. 913/562-5331.

June 28. TAC Mid-America Regional

Masters Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

ON TAP FOR JUNE TRACK AND FIELD

On the 6th, Atlanta hosts the TAC/Southeast Regional Championships, and Dallas, the TAC/Southwest Regionals, with other meets taking place in Illinois, New Mexico, and Oregon. The MAC Championships are held at NYC on the 7th.

The slate for the 13th shows the Northwest Classic, Miami, Fla.; TAC/Pacific Championships, Los Gatos, Calif.; and Ontario Championships, Hamilton, Canada.

The schedule for the 20th lists the Hayward Classic, Eugene; SCATAC Championships, Los Angeles; and meets in Illinois, Ohio, and Texas.

The Southeastern Classic, Greenville, S.C., is set for the 27th, followed by the TAC/Mid-America Regional Championships, Lincoln, Nebr., on the 28th. The U.S. Olympic Trials will be held in New Orleans, 19th-28th.

Senior games (55+) run throughout the month. The European Veterans Championships open on the 26th in Nor-

LONG DISTANCE RUNNING

The East, on the 5th, offers Freihofer's Run For Women, Albany, N.Y., and the New England TAC 10K, Winthrop, Mass.

Races of interest on the 13th are the Shelter Island 10K, Long Island; Dam To Dam 10K, Des Moines; and Vestal XX, Vestal

The 20th brings Grandma's Marathon to Duluth, while the Fujitsu 8K shoots off in San Jose, Calif., and the Steamboat 4 Mile plays in Peoria.

The Western States 100 Mile plods forward on the 27th in California, and the Cascade Run Off 15K thunders through Portland, Ore., on the 28th.

RACEWALKING

Events include the TAC/Maine 5K and MAC One-Hour Championships) and the LDR events the the MAC Women's 5K on the 14th. Many of the t&f meets (such as the SCATAC Championships) and the LDR events (the Shelter Island races) include racewalks.

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63½ Way NE, Fridley, MN 55423. 612/574-9661.

July 24-26. Show Me State Games, Rockbridge H.S., Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 314/434-0851.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. David Simmons, 1550 Baseline, Boulder, CO 80302. 303/443-4919.

Continued on next page

Continued from previous page

September 20. Fall Classic Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 6. TAC Southwest Regional Masters Championships, SMU, Dallas, Texas. John L. Pritchett, 2206 So. Harwood St., Dallas, TX 75215. 214/298-2041.

June 13. Oil Capital Masters Track Meet, Mustang Bowl, Andrews, Texas. Andrews County Chamber of Commerce, 700 W. Broadway, Andrews, TX 79714. 915/523-2695

June 20. Hill Country Classic. Lee Graham, Rucker Rt., Box 31C, Mason, TX 76856.

July 10-11. TAC Southern Association Masters Track and Field Championships including weight pentathlon. East Ascension H.S., Gonzales, La. S.A.S.E. to Jeff Baty, 321 E. Josephine St., Gonzales LA 70737. 504/644-6930.

July 25. Texas Masters Championships, U. of Texas-Arlington. Tom Garzillo, 1130 E. Parker Rd., S-203, Plano, TX 75074. 214/422-2273.

WEST Arizona, California, Hawaii, Nevada

June/July. Los Angeles area summer All-Comer Meets. Contact SCATAC office:

213/869-4575.

June 6. San Diego Senior Sports Festival, Balboa Stadium. 50 + . Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

June 13. TAC/Pacific Masters Champion-ships, Los Gatos H.S., Los Gatos, Calif. Joy Margeram or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5660.

June 20. SCATAC District Championships, Occidental College, Los Angeles. Includes pentathlon. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 12. Trojan Masters Meet, USC, Los Angeles, Calif. Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

July 18. Foothill College Throw Series #7, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Court, Santa Cruz, CA 95062. 415/479-0202(h).

July 18. River City Summer Relays, Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

July 19. SCA/TAC Officiating Clinic, Mt. SAC College, 9 a.m. to 4 p.m. Anyone who wants to learn how to officiate and help out at masters meets is welcome. Christel Miller, 818/843-2139.

July 25-26. TAC West Regional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

August 1. River City Summer Relays,

Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

August 8. Foothill College Throws Series #8, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Court, Santa Cruz, CA 95062. 408/479-0202(h).

September 13. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

September 20. Sri Chinmoy Masters Meet, CSU-Long Beach, Calif. 45 + . Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/838-4746.

October 3. Club West Masters Meet, Santa Barbara Comm. College, Calif. Lloyd Albright, P.O. Box 1079, Goleta, CA 93116. 805/682-9540.

October 20-23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 1355 So. Foothill Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

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

June 4, 18, 25. Alaska TAC All-Comers, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

June 6. Senior Sports Festival, West Seattle Stadium. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951.

June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

June 13. Volcano Classic, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 19-20. Montana Senior Olympics, Billings. 55 + . Don Tavolacci, 465 Freedom

Ave., Billings, MT 59105.

June 20-21. Hayward Classic, Eugene, Ore.
Becky Sisley, 310 E. 48th, Eugene, OR
97405. 503/342-3113(h). Oregon TAC

Masters Championships.

June 27-28. Oregon Association TAC Masters Decathlon/Heptathlon Championships, Phoenix. Don Gray, P.O. Box 119, Phoenix, OR 97535. 503/535-2400.

June 28. Peace Arch Games, Bellingham Parks & Recr., 210 Lottie St., Bellingham, WA 98225. 206/676-6985. Events include 1500 and 5000 RWs.

July 9, 16, 23, 30. Alaska TAC All-Comers, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

July 11. Helena Masters & Senior Championships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-19. Washington State Games, Sammamish H.S., Seattle. Tim Davidson, 1001 4th Ave. Plaza, Ste. 3135, Seattle, WA 98154, 206/682-4263.

July 24-25. TAC Northwest Regional Masters Championships, Lewis & Clark College, Portland, Oregon. Jim Puckett, Mt. Hood CC, 26000 SE Stark, Gresham, OR. 503/667-7354.

July 31-August 1. Montana Masters Meet, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132.

August 1-2. Alaska TAC Association Triathlon, Heptathlon, Decathlon, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

August 8. Alaska TAC Association Championships, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

CANADA

June 13-14. Ontario Masters Championships, Hamilton. Doug Smith, 58 Newmarket Ave., Toronto, Ont., Canada. M4C 1V9. 416/699-5818.

July 18-20. Canadian Masters Athletic Association Championships (in conjunction with Canadian Masters Summer Sport Festival), M&W35+ (non-champ. events

Continued on next page

Symposium: The Biology of Aging **Interventional Strategies**

"Youthful Aging, Maximum Longevity, Peak Performance"

Condell Medical Center, Libertyville, III. Moderator: Craig Dean M.D.

"The purpose of education is to enable a person to come into all his

power." - J. Dewey

9:00 - 10:00 a.m. Nutritional Considerations for Altering the Biology of Aging

Optimism, Health and Successful Aging 10:00-11:00 a.m. Race Walking Clinic

11:15 - 12:15 p.m.

11:15 - 12:15 p.m. Biomarkers of Aging/Performance

12:30 - 1:30 Lunch

Achieving Excellence in Health and 1:30 - 2:30 p.m. Athletics after the age of 60! (Panel Discussion with American Record Holders

Algene Williams, Anne Clarke, Harry Brown)

2:30 - 4:00 p.m.

Current Research and Practical Implications for Altering Life Span

Richard Weindruch Ph.D., Director of Faculty: Biomedical Research, Institute of Aging,

Univ. of Wisc. Craig Dean M.D., Researcher in the Biology of Aging Studying Human Performance/Health Elite Masters Runners,

Condell Medical Center. Peg Cronin M.P.H. C.H.E.S., Behavioral

Health Educator.

Mike DeWitt, Assistant National Coach, National Race Walking Team, Univ. of Wisc.

Cost: **Dinner Reception:**

\$25.00 includes lunch.

July 10, 1992

Condell Medical Center, Libertyville, III.

Welcome 5:30 p.m. Dinner 6:30 p.m.

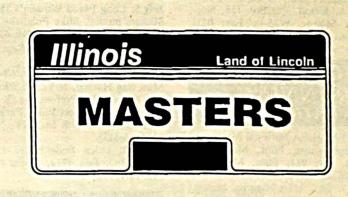
7:30 p.m. Keynote Address Motivation for "Dynamic Aging"

Coach Joe Newton

Coach 1988 U.S. Olympic Track Team.

\$15.00 per person Cost:

Hotline 708-367-6387



Saturday, July 11, 1992 9:00 a.m. Libertyville High School Track Park Avenue, Libertyville, IL

MEET SITE: HOST CLUBS Libertyville High School, Libertyville, IL All Weather Track

Liberty Road and Track Club. Abbott Rabbits, Lake Forest - Lake Bluff Running Club.

DIVISIONS:

Masters: 5 year age groups 30 - 90

RULES:

As set forth by TAC. No false starts.

AWARDS:

Specially designed, COMMEMORATIVE MUO will be provided so the first three in each age Group. Limit ONE MUO per sthlete, medals will be awarded for additional 1st, 2nd, and 3rd place finishes.

CASH AWARDS:

\$2000.00 (Sex and age graded)

Craig Dean M.D. MEET DIRECTOR:

For additional information/entry form, please send a stamped self-addressed envelope to Dr. Craig Dean, 719 Stonegate Court, Libertyville, Illinois 60048

Continued from previous page

M&W30). Regina, Saskatchewan. CMSSF, Suite #206, 1911 Park St., Regina, Saskat-chewan, S4N 2G5. Masters hotline: 1-800-661-1992.

INTERNATIONAL

June 6-7. British Veterans Southern Area Championships, W. Thomas, 97A Waterside, Kings Langley, Hertsfordshire.

June 26-July 4. WAVA European Champ-

ionships, Kristiansand, Norway. Europeans

July 11-12. Russian National Championships, Moscow. M/W 30+. Vadim Mar-shev, Fax: 095-572-6952. Or Sports Travel International, Phone: 619/225-9555; Fax: 619/225-9562.

July 17-19. Mexican National Masters Championships, Monterey Nuevo Leon. Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

July 18-19. British Veterans Athletic Federation Championships, Hendon, London, Barbara Dunsford, 71 Hillside Crescent, South Harrow HA20QU.

July 25-August 9. XXV Olympics,

Barcelona, Spain.

August 19-23. WAVA North American Regional Championships, Jalapa, Vera Cruz, Mexico. Entry form in April issue. Sports Travel, 619/225-9555; Northwest Mgmt., 503/687-1989; Diana Schneider, 212/391-5616.

September 11-13. 13th All-Japan Masters Championships, Tottori Prefecture. July 10 deadline. Kinki Nippon Tourist, Tottori Branch, 706 Sakaemachi, Tottori City 680 Japan. Tel. 0857-23-1161.

October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 0 11 56 2

October 24-25. Hong Kong Veterans International Meet. M&W35+. AVOHK, International Meet, G.P.O. Box 10368, Central

Hong Kong.
November 30-December 6. VI WAVA Regional Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M40+, W35+. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

LONG DISTANCE RUNNING

August 22. TAC/USA National Masters 10 Mile Championships, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

September 7. TAC/USA National Masters 20K Championships, New Haven, Conn. John Bysiewicz, P.O. Box 1893, New Haven, CT 06508. 203/397-0214.

October 4. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortensen, 15301 Highland Pl., Minnetonka, MN 55345.

November 8. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place,

Columbus, OH 43220. 614/459-2547.
November 14. TAC/USA National 25K Championships, San Diego, Calif. Joni Shirley, 8565 LK Murray Blvd., No. 223,

San Diego, CA 92119. 619/465-1049. November 21. TAC/USA National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 29. TAC/USA National Masters 15K Cross-Country Championships, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.

December 6. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

EAST
Connecticut, Delaware, Massachusetts,
Maryland, Maine, New Hampshire,
New Jersey, New York, No. Virginia
Pennsylvania, Rhode Island, Vermont

June 6. Friehofer's Run For Women, Albany, N.Y. 1st-\$1000/ 2nd \$500/3rd-\$300/4th & 5th-100 each. Friehofer's RFW, 233 Fourth St., Troy, NY 12180. George Regan, 518:273-0267.

June 6. Mike Eruzione Winthrop Hospital 10K. Masters money. Larry Keller, 40 Lincoln St., Winthrop, MA 02152. 617/539-0046.

June 6. New England Athletics Congress 10K Championships & 5K. Over \$2200 masters individual & team money. Winthrop Hosp., Public Relations Dept., 40 Lincoln St., Winthrop, MA 02152. Deadline 6/5. 617/539-0046.

June 6. Yellow Brick Road 8K, Chittenmango, N.Y. 315/687-3471.

June 7. Clarkstown Spring Sprint 10K, West Nyack, N.Y. 914/634-3437.

June 7. Bel Air Town 5K. Alan Dean, 1352 Southwell Lane, Bel Air, MD 21014. 301/879-6410.

June 13. Shelter Island 10K. Cristine Clarke, P.O. Box 266, Shelter Island, NY 11964, 516/749-7867.

June 14. Litchfield Hills 7+ Mile. Rick Evangelisti, Box 1428, Litchfield, CT 06759. 203/567-8470.

June 14. Orange Classic 10K. Masters money. Ruth Mitchell, Times Herald-Record, 40 Mulberry St., Middletown, NY 10940. 914/343-2181, X220.

June 20. Vestal XX (20K), Vestal, N.Y. 607/797-9215.

June 20. Mt. Washington 7.6 Miles, Gorham, N.H. Masters money based on WAVA age-adjusted performance. Robert Teschek, POB 990, New Port, NH 03773. 603/663-2537.

June 25 (Thur). President's Cup Night 5K, Millburn, N.J. 201/376-0231.

July 4. Cranford Jaycees Firecracker

4-Miler, Nomahegan Park, Cranford, N.J. John Bashaw, 501 Orange Ave., Cranford, NJ 07016. 908/276-4818.

July 5. Long Island Women's 5K, Jericho. Masters money. Mike Polansky, 62 Sylvia Ln. Plainview, NY 11803. 516/433-0920(e). July 5. Firecracker 5K, Massapequa, N.Y. 516/799-0144.

July 9 (Thur). Sag Harbor Whale Run 3 Mile, Sag Harbor, N.Y. 516/696-4355. July 12. NYRRC Prefontaine 5K "Go Pre"

Classic, Van Cortlandt Park, Bronx, NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

July 12. Utica Boilermaker 15K. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1310.

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

July 4. Peachtree 10K. SASE to: Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305.

July 4. Yorktown Freedom 5K, Yorktown, Va. Masters money. Rick Platt, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 804/229-7375.

July 9. Miami RC 3 Mile Cross-Country, Thompson Memorial Park. 7 p.m. Miami RC, Tropical Park, 7920 S.W. 40 St., Miami, FL 33155. 1-800/940-4RUN.

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

June 7. Run For The Zoo 10K, Chicago. Helene Lerner, Associated Race Management, 2211 Forest View Rd., Evanston, IL 60201. 708/328-3678.

June 11. (Thurs). Detroit Grand Prix 5K, Detroit, Mich. Ed Koxloff, Motor City Striders, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.



Mark Winitz, 41, Los Altos, Calif., TAC/Pacific Association LDR Chairperson and editor of RUNCAL magazine, after running a 49:15, Houlihan's to Houlihan's 12K, March 29.

Photo by Flory Rodd

June 20. Steamboat 4 mile/15K. Joy Kessler, Steamboat 4 Mile, 101 N.E. Roanoke, Peoria, IL 309/688-7313.

July 12. Chicago Distance 20K/5K. Lorna Brett, 1440 W. Washington Blvd., Chicago, IL 60607. 312/786-1900.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

June 7. Steamboat Marathon/10K. Steamboat Springs Chamber-RT, P.O. Box 77408, Steamboat Springs, CO 80477. 303/879-0880.

June 13. Dam To Dam 20K, Des Moines, Iowa. \$900 to masters. Dam To Dam, 1603 22nd St., Suite 107, W. Des Moines, IA 50265. Bill Wallace, Race Director, 515/243-3208(3); 279-6072(n).

June 14. Garden Of The Gods 15K. Masters

money. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 20. Grandma's Marathon, 6000 limit. SASE to: Grandma's Marathon, P.O. Box 16234, Duluth, MN 55816-0234. 218/727-0947.

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 11. Midnight Madness Masters 10K. Roman Lynch, 1326 Lincoln Way, Ames, LA 50010. 515/232-6718.

WEST Arizona, California, Hawaii, Nevada

June 6. Fontana Days Half-Marathon/5K Run & RW. Fontana Community Services Dept., 9460 Sierra Ave., Fontana, CA 92335. 714/350-7635.

June 13. Palos Verdes Marathon. George Owens, P.O. Box 153, Palos Verdes, CA 90274, 213/377-3419.

June 20. Fujitsu 8K, David Grenier, Fujitsu Microelectronics Inc., 3545 N. First St., San Jose, CA 95134. 408/922-9115.

June 21. City of San Francisco Marathon. Rich Nichols, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-0587.

June 27. Western States 100 Mile, Squaw

Valley, Calif. 916/638-1161.

June 28. Gardena 5000. Dan Ashimine/Gardena Valley Runners, 16820 Western Ave., Gardena, CA 90247. 213/324-7085.

June 28. West Covina Downhill Mile Championships. Tri Events Inc., 3222 Virginia Ave., West Covina, CA 91791. 818/331-0169.

August 2-7. Redwoods Running Camp, UC-Santa Cruz, Calif. Roy Benson, 56 Roswell Rd., #355 North, Atlanta, GA 30342. 404/255-6234.

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

June 28. Cascade Run Off 15K. Cascade Run Off, Box 40228, Portland, OR 96240. 503/226-0717.

July 26-31. Spokane River Running Camp, Whitworth College, Spokane, Wash. Roy Benson, 56 Roswell Rd., #355 North, Atlanta, GA 30342. 404/255-6234.

INTERNATIONAL

June 6. Festival De Primavera 5K, 10K, 10 Mile, Rosarito Beach, Baja California, Mexico. SASE to: Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

June 14. Mizuno Masters 10K, Battersea Park, London. Large SASE to: Mizuno 10K, Alexandra Gate Lodge, Hyde Park, London SW7 1QH.

June 14-21. Run Ireland Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360. 219/879-0133

July 26. Paarvo Nurmi Marathon, Turku, Finland. Pirkko Martin, phone 358-21-503 526, fax 358-21-503 106.

August 2. BVAF 10 Mile Championships, Oswestry, N. Wales Borders. Doug Morris, 27 Whittington Rd., Oswestry, Shropshire, SY 11, IJD. 0 691-653338.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. M40+, W35+. 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

RACE WALKING

June 7. MAC 1-Hour En pionships, NYC. Years 1 G Barry 20th St., 3rd F. NYC 10011, or Stella Cashman, 212/628-1317.

June 7. TAC 5K Championships, Brewer. Maine Walkers, c/o Myerowitz Chiropractic Center, 1570 Broadway, Bangor, ME 04401-2497. 207/947-3333.

June 13. Shelter Island 5K, Shelter Island, N.Y. 5 pm. Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787, or Stella Cashman, 212/628-1317.

June 14. MAC 10K Championships & Women's 5K, Central Park. Park Walkers Club, c/o Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028, 212/628-1317.

June 21. Empire State Games 5K Qualifier, Central Park. NYWC, c/o Howard Jacobson, Box 210, Commack, NY 11725, or Stella Cashman, 212/628-1317.

July 4. Independence Day 5K, Bethpage, N.Y. Plainview-Old Bethpage RC, c/o Michael Polansky, 62 Sylvia Ln., Plainview, NY 11803, or Stella Cashman, 212/628-1317.

July 11. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 706/875-6361

August 13-16. TAC/USA National Masters Championships, Spokane, Wash. 5K track. 20K & 10K road. See T&F National.

August 19-23. Dave McGovern's Racewalk Camp, Healing Springs Ranch, Tioga, Texas. Dave McGovern, P.O. Box 6601, New York, NY 10128. 212/744-5515.

September 6. North American Masters 15K Racewalk & Territorial 5K, Albuquerque. 15K-M40+, W35+. 5K-all ages. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

September 13. TAC/USA National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 201/222-9213.

October 18. TAC/USA National Masters 1-Hour & 2-Hour Championships, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

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

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Ritchie Geisel	One Mile	4:50.8	2-23-92	M60-64		* Line		W40-44	Service State of the		
Michael Dove	10K	33:44	3-7-92	Bill Butterworth	High Jump	5-0	9-28-91	Lurline Struppeck	Javelin	36.10	6-22-91
M50-54									Shot Put	10.44	6-22-91
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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	93:18
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	2:22
20K	1:38	1:40	1:43		1:52						2:40	2:55	3:10
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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	2:48
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	3:47
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914	U. .5			constitu	STATE OF THE STATE	R ME	7 3 3 3 3 3					
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
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-15	9:15 10:16 32:30 32:30
110H 100H 80H 400H	15.3 57.6	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
300H 3K-SC 2K-SC	10:00	10:20	10:55	11:40	48.0 12:30	51.0 13:20	9:30	60.0	66.5	74.5	84.0	95.0 19:30
НJ	1.94	1.85 6-3/4	1.76 5-9½	1.68 5-6	1.59 5-2½	1.50 4-11	1.41	1.32 4-4	1.23	1.13 3-8	1.02	.92 3-1
PV	4.40 14-5½	4.15 13-7½	3.90 12-9½	THE RESERVE	3.30 10-10	3.05	2.80 9-2½	8-44	2.30 7-6½	2.05 6-8 ¹ 2	1.80 5-11	1.50 4-11
IJ	6.55 21-6 13.35	6.20 20-4½ 12.65	5.85 19-2½ 11.90	5.45 17-10 ¹ 2 11.15		4.75 15-7 9.65	4.40 14-5½ 8.90	4.00 13-15 8.20	3.65 11-11½ 7.50	3.35 11-0 6.80	3.00 9-10 6.10	2.65 8-84 5.50
Shot	43-9½ 15.20 49-10½	41-6 14.10 46-34	39-½ 13.00 42-8	36-7 12.00 39-45		31-8 11.20 36-9	29-2½ 12.00 39-45	26-11 10.80 35-5½	24-7½ 10.00 33-0	8.80 28-10 ¹ / ₅	7.65 25-14	18-½ 6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2½	16.20 53-2
Harmer	155-0	44.20 145-0	41.14	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00
	203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00	38.50 126-4	40.00	35.00 114-10	29.00 95-2	24.00 78-9	19.00	15.00 49-2
35#Wt. 25#Wt. 56#Wt.	4	9.00	8.50	8.00	6.00	9.00 5.00	11.00	10.00	9.00 3.50	8.00 3.00	7.00 2.50	6.00
Pen Dec		0 2600 0 52 50				2600 5250			2600 5250	2600 5250	2600 5250	2600: 5250
notes	2) Sho 3: Lor 4) Sho 5) Die 6) Has 7) Jav 8) Met	ort hurdle ort put: scus thre mer: relin: cric hei	les: 30- 25: 30- 30- 30- 30- 30- 30-	49: 39"; 49: 36"; 49: 7.26 49: 2kg; 49: 7.26 59: 800g distanc	50-59: 50-59: k (16#); 50-59: k (16#); ; 60+:	me; use : 36"; : 33"; : 50-59 : 1.5kg; : 50-59 600g :he stand: ; 40	60-69: 30' 60+: 30' 60+: 1 60+: 1 6k; 6	33"; 70- 60-69: 51 1.0kg. 60-69: 51	+: 30". k; 70+: k; 70+:	4k. 4k. isted fo	r conve	nience.

	U.S.	MAS	TERS			ARDS OMI		EXC	ELL	ENCI	E
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100 200 400 800	13.8 28.0 63.5 2:32	14.2 29.2 65.5 2:35	14.6 30.3 67.5 2:40	15.0 31.4 69.5 2:46	15.6 32.5 71.5 2:54	16.2 34.0 73.5 3:05	16.9 35.7 78.5 3:19	17.8 37.5 83.7 3:36	18.8 40.0 90.0 3:56	20.0 43.5 96.5 4:09	21.2 47.0 103.3 4:35
1500 Mile 5000 10000	5:10 5:34 19:45 41:00	5:19 5:44 20:30 42:40	5:29 5:35 21:20 44:40	5:40 6:07 22:16 47:00	5:58 6:26 23:12 49:30	6:20 6:49 24:16 52:00	6:48 7:19 26:08 56:00	7:23 7:46 28:08 60:00	8:04 8:47 30:08 66:00	8:52 9:39 32:21 76:00	9:48 10:45 34:26 86:00
100H 80H 400H 300H	17.2 75.5	18.2 79.9	15.0 84.4	15.8 88.8	16.5	17.6 72.0	18.7 79.0	20.2	22.2 96.0	25.0	28.0
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97 3-24	.92 3-0½	.89 2-11	.84
'n	5.00 16-5	4.60 15-1	4.25 13-114	3.90 12-9½	3.55 11-8	3.20 10-6	2.85	2.60 8-64	2.35	2.10 6-11	2.00
TJ	10.00 32-10	9.20 30-24	8.60 28-25	7.80 25-74	7.18 23-7	6.40	5.70 18-84	5.20 17-1		4.20 13-94	3.80 12-55
Shot	10.30 33-9½	9.30 30-6½	8.40 27-7	7.70 25-34	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0½	5.25	4.70 15-5	4.25 13-11½
Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20 Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
notes:	 Shot Jave Hamm Metr 	put: elin: mer:	30- 30- 30- 30- 30-	49: 4k; 49: 600 49: 4k; distan	50+3 gm; 50 40+:	: 30" 3k. 0+: 400g 3k.	ş m .				



APPLICATION FOR AN

ALL-AMERICAN CERTIFICATE/PATCH NAME_______AGE-GROUP _____ ADDRESS______SEX: M_____F ____ CITY______STATE_____ZIP _____ MEET______DATE OF MEET _____ MEET SITE ______ EVENT:______MARK: _____ HURDLE HEIGHT_____WEIGHT OF IMPLEMENT_____ CERTIFICATE ____PATCH ____PATCH TAG

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 results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2½" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

M 65-69

NATIONAL

TAC/USA National Masters Indoor Championships Columbus, OH; April 3-5

*American Record **World Record

**World Record
Corrected Results

Ι	RIPL	E	JU	MΡ
	M			
1	Manu	let	To	pir
	Latter			

1 Manuel Toppins	RI	13.84
2 Jeffrey Helton	FL	12.80
3 John Hunter	GA	12.71
4 Michael Vorhess	OH	11.97
5 Frank Makozy	PA	11.79
6 Kevin Gleason	MA	11.66
M 35-39	ALE WEST	
1 Mike Jacobs	OH	14.23
2 Scott Thornsley	PA	12.47
3 Scott Evans	OH	12.33
M 40-44	Calast	elis) comunication
1 Larry Rodenbeck	MO	12.99
2 Walter Davenport	MA	12.05
3 Joseph Brown	PA	11.48
4 Lee Myers	OH	11.37
5 Ivan Black	NY	10.93
6 G Taylor Turnstall	PA	10.87
M 45-59		Se wall district
- Alan Slater	CAN	11.61
1 K H Troy	WA	11.56
2 Ken Scoggins	FL	11.42
3 Fred Johnston	CA	11:06
3 FIEU JUINSTON	CA	11.00

MO

KY

OH

GA

NY

10.09

9.78

9.77 8.24

10.01

8.89 8.54

	1 Denver Smith	OH	9.70
	2 Buck Bradberry	AL	9.65
7.	3 Fred Hirsimaki	OH	8.85
	4 Bill Townsend	NY	8.71
	M 70-74		
í	1 Tom Patsalis	CA	*9.75
1	2 Edwin Lukens	NY	9.62
1	3 Ed Matthews	MD	8.33
1000	M 75-79		
9	1 Robert Sorlien	RI	8.37
Š,	- lan Hume	CAN	8.02
9	2 Clarence Trahan	CA	6.88
•	3 Ham Morningstar	MI	6.45
ı	M 80-84	CAN	0.70
1	- Karl Trie 1 Dick Lacey	CAN	6.79 4.90
I	W 45-49		4.90
١	1 Phil Raschker	GA	**10.32
١	W 55-59		10.02
١	1 Lucy Brobst	NC	+8.11
ı	2 Christel Miller	CA	7.61
ı	3 Dortha Swanson	NY	6.56
ı	The second second	150 15	
ı	W 60-64	CA	*** 74
۱	1 Betty Vosburgh	GA	**7.71
1	2 Leonore McDaniels W 70-74	VA	7.64
١	Property of the second	NA	E 10
ı	1 Libby Hagemann	MA	5.13
1			
۱	WEIGHT THROW		
١	M 30-34		
1			-10

ACTION OF THE MERCHANTON	- > 3-17-6-1	187
M 45-49		
1 Mike Hill	AL	15.72
2 George Mathews	WA	14.64
3 Ladislav Pataki	CA	
		13.66
4 Mickey Bitsko	OH	12.26
5 James Pauli	PA	11.94
6 John Hess	IL	9.40
M 50-54		
1 Richard Hotchkiss	CA	13.46
2 Norm Cyprus	NY	13.38
3 Dick Bloomfield	SC	13.02
4 Brian McKenna	NY	10.64
M 55-59	Carlet St. 1	Walter deinter
1 Bill McWilliams	MA	13.86
2 Tom Wesselowski	KS	10.66
3 Richard Lee	OR	8.26
	Un	0.20
M 60-64		
1 Clifford Blair	MA	16.78
2 Pay Carstensen	NY	13.04
3 Len Olsen	FL.	12.92
4 Phil Brusca	MO	12.02
5 Ken Weinbel	WA	11.98
6 Ray Feick	PA	11.69
M 65-69		
1 Bill Walmroth	MI	13.20
2 Jacob Stein	KY	9.52
M 70-74		
1 Boo Morcom	NH	5.48
M 75-79		
1 Nolan Fowler	TN	9.42
2 Ham Morningstar	MI	8.72
- Ian Hume	CAN	7.66
3 Bob Detweiler	PA	7.28
M 80-84		
1 Leon Joslin	WA	7.18
W 30-34		A STATE OF THE STA
1 Virginia Bogni	VT	9.10
2 Deborah Eckhardt	NY	6.54
W 50-54	Mary Mary Control	and the second
1 Joann Grissom	IN	10.84
2 Brenda Bloomfield	SC	10.42
3 Roslyn Katz	NY	9.76
W 55-59	Lend Landy and	
1 Dortha Swanson	NY	8.34
2 Anne Cirulnick	NY	7.98
0	ALC: UNITED BY	

EAST

4 Donald Prososki
George Pachovsky
M 50-54
Avital Schurr

2 Grover Coats
3 John Sloan
M 55-59
1 Phil Mulkey

M 6U-64

1 Ted Swanson 2 Jack Lance

> Penn Relays Philadelphia, PA April 24-25

4 x 100m relay (M 50+, W 40+)

Caribbean Connection	47.02
Melvin Wongshing, Norm	Tate
Kent Bernard, Edwin Rol	perts
Potomac Valley Seniors	47.98
New York Pioneers	48.43
Philadelphia Masters	49.57
Shore AC	51.00
Garden State AC	51.25
New York PAL (3W, 1M)	53.24
New York TC (3W, 1M)	55.26
	:02.91

4 x 100m relay (M40+)

CONTRACTOR OF THE PARTY OF THE	COLUMN DESIGN
Houston Masters Elite	43.26
Russell Austin, Bill Co	ollins,
Rob. Mitchell, John Har	rtfield
Masters of 'Universe	45.15
Washington DC Police	46.03
Philadelphia Masters A	46.06
Shore AC	47.07
Pony Express TC	47.59
New York Pioneers	47.79
Roosevelt Striders	48.44
Harrisburg Masters TC	48.84
Four Winds TC	48.94
Warriors TC	48.96
NADIA TC	49.77

4 x 400m relay (M50+)

Potomac Valley Srs	3:45.10
Alby Mitchell, Ralph	Romain,
Ken Baker, Larry Coll	bert
New York Pioneers	3:46.75
Central Park TC	4:02.18
Phila. Masters 50+	4:07.39
Garden State AC	4:14.73
Phila. Masters 60+	5:09.0h

100m dash (M75+)

Gar Schoener (PA)	16.23
Sparks Sorlien (RI)	16.30
Claude Hills (PA)	16.88
Jeremiah Gaines (VA)	17.43
Tommy Rawson (MA)	24.95

Runner's World Masters Mile

1 Mark Heckel

2 Randy Fox

2 Robert Hartman

M 35-39 1 Patrick Burns

M 40-44

1 Dave Stebing 2 Norman Bower 3 John Roehr

4 Bob Sager 5 Roger Kamla

Ken Popejoy (MI)	4:16.11
Wilson Waigwa (TX)	4:17.62
Swag Hartel (KY)	4:18.38
Albin Swenson (CT)	4:20.60
Byron Dyce (FL)	4:21.94
Harry Nolan (NJ)	4:23.07
Dave Patterson (PA)	4:27.82
Gary Tompkins (PA)	4:38.44
Ken Sparks (OH)	d.n.f.

4 x 400m Relay (M40+)

T A TOOM RETAY (MAOT)	
Washington DC Police	3:33.10
Jasper Royal, Dave Go	odridge
Ralph Penn, Fred Sowe	rby
Pony Express TC	3:38.26
Shore AC A	3:40.17
Mast of the Universe	3:40.37
Phila. Masters A	3:40.71
Central Park TC	3:47.15
Shore AC B	3:51.26
New Jersey Striders	3:52.10
NADIA TC	3:52.35
Phila. Masters B	3:52.4h
Garden State AC	4:12.3h
LA Connection	4:20.5h
(Houston Masters Eli	
3:31.12 but was disq	
TO SELECT A	SALES CONTRACTOR

Men's Masters 5000m Walk

Ray Funkhouser	21:14
Gary Null	23:06
John Fredericks	23:15
Franko Rentoni	24:35
Larry Simmons	26:03
Ron Morra	28:01
Tom Zdrojewski	28:21
Ed Gawinski (age 65)	28:23
Ed Merrill	28:59
Joel Dubow	29:01

Women's Masters 5000m Welk

Women's Masters 5000m	Walk
Linda Stein	27:10
Lois Dicker	28:53
Elton Richardson	28:59
Donna Cetrulo	29:29
Pat Weir	29:30
Bess Beste	30:00
Nadya Dimitrov	30:10
Beth Alvarez	30:34
June Marie Provost	31:27

MID-AMERICA

11.92

12.80

11.88

10.44

IN OH MD

MT

Kansas Relays Masters 800 Lawrence; April 15-18

	1	Steve Sell	43	2:08.1
	2	Robert Fite	42	2:08.2
	3	Dustin Mann	45	2:14.5
	4	Al Petz	40	2:16.2
į	5	James Irwin	45	2:17.3
	6	Wally Brawner	52	2:23.0
	7	Mel Yoder	55	2:24.0
	8	Paul Heitzman	61	2:24.2
	9	Ross Greathouse	54	2:30.2
	10	Ed Alexander	57	2:31.9
	11	Jan Howell	57	2:39.9
Š	1	from Paul Heitz	nan	

Drake Relays Masters 800 Des Moines, IA; April 24

-	STATE OF STA	AND DESCRIPTION OF THE PARTY OF
1	Ken Popejoy	1:57.39
	Dennis Schultz	2:03.11
3	Alan Russell	2:03.40
4	Bob Fite	2:04.65
5	Curt Hoegh	2:05.35
6	David Miller	2:06.44

WEST

Foothill College Throws Meet No. 5 Los Altos Hills, CA; April 18

SHOL TUL	The state of the s
M30 E Hodgdon	41-10
M35 K Winter	43-5
M40 G Kelmenson	36-101
M50 Joe Keshmiri	45-4
M70 Bob Stone	27-11
Discus	
M40 Gary Kelmenson	102-2
M50 J Keshmiri	158-7
M70 Bob Stone	91-10
W55 Fei-Mei Chou	64-2
Hammer	
M30 Eric Hodgdon	127-8
M40 G Kelmenson	136-6
M70 Bob Stone	97-5

Javelin	
M35 Tony Grant	175-8
Skip Butler	165-11
Kevin Winter	162-8
M40 G Kelmenson	109-1
M60 B Stevens	91-0
M70 Al Fairchild	58-8
Weight Throw	No. of the last
M40 G Kelmenson	37-81
M70 B Stone	28-71

Ken Carnine Classic Sacramento, CA; April 25

1000		
	Darrell Smith	11.32
	Frank Demby	12.3
M40	Paul Raymond	11.85
	Earl Bryant	12.44
M45	Win Emert	11.84
	Bill Probst	13.13
M50	Walt Butler	11.44h
	Martyn Adamson	12.26
M55	Bruce Springbett	13.02
	Richard Martin	13.1
M60	Vernon Regier	12.94
	Bob Feaster	13.28
M65	Carl Orndoff	14.41
	R Higginbotham	14.73
M70	Chas Mercurio	15.46
W. The	Frank Toner	15.69
M75	Payton Jordan	13.44h
	(age-group WR; old,	14.3h)
M80	Wilfred Bigelow	18.12
	Michele Demby	13.74
	Margaret Dixon	12.97
	Kay Lyons	15.29
	Fei-Mei Chou	16.7
	Shirley Dietderich	18.0
W70	Josephine Kolda	20.4
200	一种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种种	

M65	C Orndoff.	31.23
	B Ballantine	32.51
M70	Frank Toner	33.04
	Chas Mercurio	33.1
M75	Payton Jordan	29.33
W30	V DeMartini	26.26
	Michele Demby	30.05
W35	Margaret Dixon Valarie Scott	29.03
W40	Martie Behrens	30.0 30.4
W45	Janet Seiler	40.4
W50	Nadine O'Connor	29.37
	Jutta McCormick	29.45
W55	Fei-Mei Chou	39.1
400m		
M35	Ken Wun	56.12
	Wayne Morris	57.3 56.29
M45	John Aldridge Steve Gillman	59.8
M50	Martyn Adamson	56.6
	Dave Bennett	61.43
M55	Marvin Smoller	62.1
	Bob Fuller	67.42
M60	Bob Feaster	62.25
	Bernie Stevens	63.71
M65	Bill Ballentine	73.9
W30	Veronica DeMartin	i 57.96
W35	Valerie Scott	67.79
W50 800n	Nadine O'Connor	67.09
M40		2:14.81
1140	Max Naegele	2:16.38
M45	Searcy Barnett	2:04.4
	Mike Ackley	2:07.61
M50	Dave Bennett	2:29.8
M60	Fred Gunther	2:39.62
W50		2:31.22
1500	Om .	
M30	Leonard Speranded Rick Kushman	4:01.46
M35	Tim Shannon	4:18.98
M40	K Gravenhorst	4:30.6 5:11.52
M45		4:25.48
	Ed Mahany	6:56.87
	Bill Ballentine	6:59.33
3000		
	Max Naegele	10:03.6
M45	Dan Alarid	10:28.4
	m - 11 11 1	
	Teddy Walton	13:19.0
M60	Don Anhorn	13:19.0 14:12.0
M60 M70	Don Anhorn Norton Jacobs	13:19.0
Sho	Don Anhorn Norton Jacobs rt Hurdles	13:19.0 14:12.0 14:28.1
Sho	Don Anhorn Norton Jacobs rt Hurdles	13:19.0 14:12.0 14:28.1 18.2
Sho M35 M50	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler	13:19.0 14:12.0 14:28.1 18.2 13.49h
M35 M50	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old	13:19.0 14:12.0 14:28.1 18.2 13.49h
Sho M35 M50	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier	13:19.0 14:12.0 14:28.1 18.2 13.49h d, 13.57) 18.16 18.58
Sho M35 M50 M60	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass	13:19.0 14:12.0 14:28.1 18.2 13.49h 1, 13.57) 18.16 18.58 17.76
M35 M50 M60 M65 M70	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi	13:19.0 14:12.0 14:28.1 18.2 13.49h 1, 13.57) 18.16
M35 M50 M60 M65 M70 High	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi	13:19.0 14:12.0 14:28.1 18.2 13.49h 1, 13.57) 18.16 18.58 17.76 18.85
M35 M50 M60 M65 M70 High M55	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Dump Don Dvorak	13:19.0 14:12.0 14:28.1 18.2 13.49h d, 13.57) 18.16 18.58 17.76 18.85
M35 M50 M60 M65 M70 High M55 M60	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi	13:19.0 14:12.0 14:28.1 18.2 13.49h 4, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4
M35 M50 M60 M65 M70 High M55 M60	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi 1 Jump Don Dvorak Dave Douglass	13:19.0 14:12.0 14:28.1 18:2 13.49h 1, 13.57) 18.16 18.58 17.76 18.85
M60 M65 M70 High M55 M60 M65 M75	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Jump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke	13:19.0 14:12.0 14:28.1 18.2 13.49h 4, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 4-4 3-10
M60 M65 M70 High M55 M60 M65 M75 W55	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Jump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou	13:19.0 14:12.0 14:28.1 18:2 13.49h 1, 13.57) 18.16 18.58 17.76 18.85
M60 M65 M70 High M55 M60 M65 W55 Pole	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Jump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou	13:19.0 14:12.0 14:28.1 18.2 13.49h d, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 3-10 3-6
M60 M65 M70 M65 M60 M65 M75 W55 P010 M45	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Jump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou e Vault Bruce Hotaling	13:19.0 14:12.0 14:28.1 18.2 13.49h 4, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 4-4 3-10
M60 M65 M70 High M55 M60 M65 W55 P01 M45 Lon	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi 1 Jump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou e Vault Bruce Hotaling g Jump	13:19.0 14:12.0 14:28.1 18.2 13.49h 4, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 3-10 3-6
M65 M75 M60 M65 M70 M65 M75 W55 P01 M45 Lon M35	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Dump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou e Vault Bruce Hotaling g Jump Richard Ulrich	13:19.0 14:12.0 14:28.1 18.2 13.49h 4, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 3-10 3-6 13-0 17-0
M60 M65 M70 High M55 M60 M65 W55 P01 M45 Lon	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Jump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou Vault Bruce Hotaling g Jump Richard Ulrich Angelo Cachinero	13:19.0 14:12.0 14:28.1 18:2 13.49h 1, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 3-10 3-6 13-0 17-0 18-9
M65 M75 M60 M65 M70 M65 M75 M60 M65 W55 Poli M45 Long M35 M40	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Dump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou Vault Bruce Hotaling Jump Richard Ulrich Angelo Cachinero James Manor	13:19.0 14:12.0 14:28.1 18.2 13.49h 4, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 3-10 3-6 13-0 17-0 18-9 17-7
M65 M75 M60 M65 M70 M65 M75 W55 P01 M45 Lon M35	Don Anhorn Norton Jacobs rt Hurdles Rich Ulrich Walt Butler (age-group WR; old Vernon Regier Dave Douglass Bob Higginbotham A U Ricciardi Dump Don Dvorak Dave Douglass Mike Orlich Carl Orndoff Bob Boucke Fei-Mei Chou Vault Bruce Hotaling Jump Richard Ulrich Angelo Cachinero James Manor	13:19.0 14:12.0 14:28.1 18:2 13.49h 1, 13.57) 18.16 18.58 17.76 18.85 5-4 4-4 4-4 3-10 3-6 13-0 17-0 18-9

2	M60 J Schnobrich	13-0
2000	M65 Bob Higginbotham Jim Johnson	13-0 10-10
	M70 A U Ricciardi M75 Bob Boucke	12-4 6-9
1000	n/5 bob boucke	
200	Triple Jump M35 Richard Ulrich	
	M35 Richard Ulrich M40 Angel Cachinero	33-7 39-1
	M40 Angel Cachinero James Manor M70 Charles Mercurio	34-5 27-6
	Shot Put	
	M35 Bob Mackay M50 R Hotchkiss	44-7 45-9
M.	John Ross M55 Jim Hart	42-8 40-1
	Dennis Rietz	36-2
Total Paris	M60 Bob Feaster Jan Smit	40-5 36-5
	M65 Mike Orlich Roy Wigginton	38-6 33-1
	M70 Hal Cronkhite	35-10
	A U Ricciardi M75 Bob Boucke	30-7 29-5
	W45 Donna Rietz	19-2
	W55 Fei-Mei Chou Johanna Smit	20-7 19-2
	Discus M50 R Hotchkiss	144-8
	Karl Mayer	132-6
THE PERSON	M55 Jim Hart Dennis Rietz	134-4 109-1
	M60 Jan Smit	127-6 90-10
	Dave Douglass M65 Mike Orlich	127-8
	Roy Wigginton M7O Hy Booth	102-1 110-11
200	A U Ricciardi	110-11 101-3
1000	M75 James York- Bob Boucke W55 Fei-Mei Chou	80-5 75-6
	W55 Fei-Mei Chou Johanna Smit	63-1 49-1
	Hammer	
	M35 Bob Mackay M50 R Hotchkiss	40.78 45.98
	Rasal Young Joe Orsini	42.30
	M55 Dennis Rietz	37.80 33.68
	Jim Hart M60 Dave Douglass	33.68 36.18
8	Jan Smit M65 Mike Orlich	34.64
h	Jerry Silsdorf	19.62
)	M70 A U Ricciardi Bob Stone	34.78
	M75 James York Bob Boucke	27.25 19.64
	Javelin Javelin	19.04
A STATE OF	M35 Bob MacKay	138-10
	M40 Bob Powers M45 Rich Speidel	171-10 108-10
100	M50 John Burns R Hotchkiss	173-1
No.	Karl Mayer	160-6 146-6
	M55 Phil Conley Don Rose	163-2 130-11
	M60 Dave Douglass Max Phillips	105-4 100-1
	M70 John Kilbuck	93-4
	A U Ricciardi M75 Bob Boucke	87-0 61-6
	W55 Ruth Hallanger W65 Shirley Dietderic	35-11 h 75-10

Ken Carnine Classic Weight Pentathlon Sacramento, CA; April 25

Name	<u>Age</u>	Hammer	Shot	Discus	Javelin	Weight	Score	
Dick Hotchkiss	53	45.98	13.94	44.10	48.92	12.89		
		847	838	789	836	855	4165	
Jim Hart	55	33.68	12.21	40.94	26.46	9.32		
		661	744	750	407	611	3173	
		1 1						
Dennis Rietz	57	33.68	11.03	33.24	31.54	11.72		
美術 流流 1		685	686	607	544	600	3122	
Bob Stone	71	30.91	8.48	26.36	23.26	8.52		
		667	551	537	528	605	2889	
Dave Douglas	60	36.18	10.1	6 27.68	32.10	10.31		
		696	591	419	542	554	2802	
Jerry Silsdorf	68	19.62	8.23	22.17	13.33	6.27		
		444	555	392	217	376	1984	

Notes: Marks are actual distance thrown; scores age factored using Partridge tables; scoring tables are IAAF 1985 edition, hammer 1962 Belgrade edition. Implement weights WAVA standards except Rietz 25 lb. weight.

NORTHWEST

Lewis & Clarke Invitational Lake Oswego, OR; April 25

llamm		
	Geo Mathews	149-4
M60	Ken Weinbel	117-9
M70	Jim Minah	135-6
	from Ken Weinbe	



CANADA

Ontario Masters Indoor Championships Toronto, CAN: March 7

Toronto, CAN; March	n 7
60m	
M35 Kerry Smith-	7.32
Geo Kenins	7.65
Kevin Lozano	7.68
M40 Bob Martin	7.59
Tony Tidd	7.81
Arnold LaFramboise	
M45 Bob Zimmerman	7.69
Alan Slater	7.96
Allan Callender	8.32
M50 Scott Tyler	7.75
Cam Miller	8.05
Peter Tams	8.28
M55 Chas Agnoo	7.94
Tom Callender	8.21
John Vandervleute	
M60 Ted Swanson .	8.49
Ross Mitchell	8.60
Eric Malmstrom	8.89
M65 John O'Neil	8.89
Norm Baum	9.01
John Reeves	9.22
M70 Cecil Paul	9.27
Mel Buschman	9.76
M75 Ben Mackereth	9.76
M80 Karl Trei	11.26
W35 Rhona Trott	9.18
W45 Pam Duncan	9.19
W50 Anne Rosenitsch	9.47
Juta Riegal	9.52
W55 Margaret Heiling	10.50
Janet Holmes	10.70
W60 Doreen Carmichael	10.00
W65 Pat Peterson	11.58
W70 Elga Meri	11.30
200m	A Contract
	CR22.4
Al Keen	23.4
Kevin Lozano	25.1
M40 Tony Tidd	25.3
Roger Knight	26.1
Geo Nedelkoff M45 Bob Zimmerman	29.2
	24.5
Phil Hankins Wayne Martinez	27.1
M50 Cam Miller	26.7
Ken Mollineau	27.5
Peter Tams	27.8
recer rama	21.0

M55	J Vandervleuten	26.8
100	Tom Callender	27.0
	Bill Marr	28.8
M60	Fort For	28.2
1100	Earl Fee Ross Mitchell	
2.50		29.0
	Ted Swanson	29.4
M65	N	20.6
1103		29.6
4.70	John O'Neill	31.2
M/O	Cecil Paul	31.3
M75	Ben Mackereth	33.4
W35	Elle Sildva	30.5
W40	Rhona Trott	30.1
W45	Pam Duncan Anne Rosenitsch	C029.7
W50	Anne Rosenitsch	31.6
W55	Janet Holmes	37.0
W60	Doreen Carmichae	1CR35.1
400000	Ruth Carrier	38.2
W65	Pat Peterson	COR35.5
W70	Elga Meri	CR40.6
400r		SK40.0
M35	Kevin Lozano	58.2
MYO	John Garland	56.4
M40	John Garland	
1500	John Faulkner	59.5
海州中	Erik Little	60.1
M45	Bob Zimmerman	54.8
2300	Phil Hankins	60.2
100	Phil Schubert	61.8
M50	Juan Stocker Bill McIlwaine	57.8
Spirit.	Bill McIlwaine	59.1
	Vern Christensen	
M55	J Vandervleuten	60.1
	Tom Callander	66.5
	Bill Bryson	70.4
M60	Ken Morris	76.1
MARKET	Jack Castle	81.7
M65	Rich Maxwell	68.1
April 1	Valden Sadul	68.2
M75	Ben Mackereth	78.6
MPO	Alala Parala	WR79.6
MOU	Aleks Ernesaks Pam Duncan A Rosenitsch	WR/9.6
W45	Pam Duncan	68.4
WOO	A KOSENILSCH	CR69.4
W55		83.7
W60	Ruth Carrier	CR83.8
		COR90.5
800		
M35	Greg Irwin	2:09.7
1000	Allan Mayhew	2:10.9
M40	Ron Frid	2:06.3
是於主義	John Garland	2:15.0
1000	John Faulkner	2:16.3
M45	Wayne Richardson	2:22.2
The second	Bill Wier	2:24.9
1000	Rill Horwich	2.31 1
M50	Paul Bourgeoie	2:13.7
Mornes	Paul Bourgeois Bill McIlwaine	2:22.8
The state	Wayne Cosgrove	2:27.1
1	and cosgrove	2:21.1
A STATE OF	ACCOUNT ACCOUNTS NAMED IN TAILS	A CASA STATE OF
	ASSESSMENT OF THE PARTY OF THE	65 (A. A. S. S. S. S. A. A.

		ational
	27200000	的数图
	Vandervleuten	
Chi	ris Wilson	2:46.4
M60 Ear	rl Fee	2:17.7
Day	ve Wilson	2:52.4
	ck Castle	3:17.7
	ifford Hall	2:49.1
	lden Sadul	3:01.8
	d Crozier	3;17.9 2:54.8
W45 Ged	orgie Cillis	
W50 Ju	dy Wilmott	2:58.1
W60 Ru	dy Wilmott th Carrier	CR3:11.8
1500m		The same
M35 Gre	eg Irwin	4:20.6
	lcolm Balk	4:23.2
Geo	orge Aitkin	4:26.1
M40 Roi	n Frid	4:15.5
Jol	nn Clarke	4:16.7
Gai	hn Clarke ry Hastings n Tushingham b Moore	4:38.3
M45 Tor	n lusningham	4:32.7
Bol	o moore	4:48.4 5:10.9
M60 Ear	Christensen rl Fce	CD4-46 1
MOU Ear	ri ree	CR4:46.1
	rt Gelbhaar	5:47.0
	Farquharson	
	Crozier	6:40.1
	ino Soligo	6:53.3
W35 Pai	uline Watson orgie Gillis	5:16.1
W45 Ged	orgie Gillis	5:45.0
W65 Dor	ly Brechbeuh	1WR6:53.0
	lv Kazdan	7:54.2
3000m		11.00 7
WSS Pat	line Watson orgie Gillis	11:02.7
W43 Gec	nne McKeigan	12:58.2 17:10.7
W55 Mo1	lly Turner	11:50.1
W65 Dox	ly Brechbueh	1 14:47.7
5000m	Ty brechbuen	
M35 Ger	orge Aitkin	16:37.9
Fre	ed Dyckman nn Clarke il Riposo ry Hastings	17:10.9
M40 Jot	n Clarke	16:12.1
Phi	1 Riunso	17:49.8
Gar	v Hastines	18:05.9
M43 Pet	er naase	17:15.9
Mik	e Sheridan	18:01.7
Bil	ll Wier	18:18.3
M50 Vic	Matthews	17:09.2
	ert Moore	17:18.5
	n Zelin	18:17.6
	m Abbott	18:40.7
Day	ve Wallace	18:42.4
Der	nie Foule	20.07 3
M60 Ed	Whitlock	CR19:01.3
Mar	nuel Teodoro	20:29.5
M65 Ric	ch Maxwell rt Gelbhaar	21:08.5
		21:13.5
	Wilson	24:42.3
		That I do.
india/reference	STATE OF THE PARTY	and the later
1 - 1 = 1 F	William March Control	

Masters News	
with all or hand to a to the state of the st	Sales Sales Sales
M70 Odino Soligo	25:30.1
M75 Whitey Sheridan	30:04.0
60mH	AND COMME
M35 George Kennis	9.90
M45 Phil Johnson	11.69
M50 Scott Tyler	9.35
Hugo Bain-	11.51
M55 Bob Land	11.56
M60 Jim Mathers	11.97
Eric Malmstrom	12.52
Ken Morris	13.99
	11.67
M65 Andrew Thomson Valden Sadul	12.08
M80 Karl Trei W45 Jean Hemming	14.21
W45 Jean Hemming	12.66
W65 Pat Peterson	16.32
High Jump	A PARTY OF
High Jump M35 Bob Davidson	1.66
Merek Nowicki	1.66
M45 Klinger Witold	CR1.81
Imrich Kiraly	1.62
Rich Westwood	1.54
M50 Peter Tams	1.30
Harvey Boles	1.28
M55 Bob Land	CR1.44
Jack Boyd	1.16
- M60 Max Woerle	1.36 1.32
Jim Mathers	
Ted Swanson M65 Andy Thomsons	1.08
M65 Andy Thomsons Alan Todd	1.24
M70 Mel Buschman	1.04
M70 Mel Buschman M75 Ian Hume	1.24
MOO Varl Trai	CR1.12
M80 Karl Trei W45 Jean Hemming	1.32
W50 Jeanne McKeigan	1.08
W60 Liday Sawdyk	1.00
W60 Liday Sawdyk W65 Helgi Pedel	1.12
Dala Vanla	4
Pole Vault M45 Hugh Miller	2 00
M45 Hugh Miller Fred Quick	3.80 3.20
M50 Harvey Boles	3.20
M50 Harvey Boles M55 Bob Land	2.50 2.70
M65 Alan Todd	CR1.85
M75 Ian Hume	2.10
W50 Juta Riegal	CR2.00
Long Jump	CKL.CC
M35 Merek Nowicki	5.91
Tim McCloy	5.01
M40 Arnold LaFramboi	
Roger Knight	4.49
M45 Alan Slater	5.52
Tom Callender	5.30
M50 Bryant Barber	5.30 4.50
Dave Waddell	4.38
Carlos Vernon	4.38 4.37
A Committee of the Comm	THE REAL PROPERTY.

100			
	M60	Ted Swanson	4.42
-		Jim Mathers	4.13
1	X	Max Woerle	4.02
3	M70		3.72
3	M75	Mel Buschman Ian Hume	3.63
5	MOO	Karl Trei	3.38
1	M80	Karl Irei	
3		Vera Cabanus	3.06
0	W45	Jean Hemming	3.86
H	W55	Dortha Swanson	3.17
3	W70	Elga Meri	CR2.83
Ä			Franklin St.
1	Tei	ple Jump	man Figure
*		A LaFramboise	10.48
A	.140		9.59
**	M45	Roger Knight	
	M43	Alan Slater Fred Quick	11.20
3	wea	Fred Quick	10.12
20	M50		10.40
13		Carlos Vernon	9.69
10		Dave Waddell	9.59
ė.	M55		8.52
	M60	Ted Swanson	9.03
30		Jim Mathers	8.98
3		Eric Malmstrom	7.87
8	M65	Andy Thomson	7.81
3/	M75	Ian Hume	8.01
15	MRO	Karl Troi	
3	MVO	Karl Trei Vera Cabanus	6.64
V.	W55	Deaths Canada	6.70
1	#33	Dortha Swanson	5.85
4			100
38.	Shot	Put	
17	M40	Rob Murphy	10.55
1	A Park	Keith Heidorn	10.54
20	M45	John Kasperski	11.94
in.		O Skoloudik	- 11.70
100	WILL S	Rick Westwood	11.14
	MSO	Carl Klehm	CHARLES TO
	1150		11 20
			11.29
200	MEE	Harvey Boles	8.87
15	M55	Harvey Boles Ald Sundin	8.87
10.1	100	Harvey Boles Ald Sundin Juhan Toomes	8.87 11.05 11.00
100	M60	Harvey Boles Ald Sundin Juhan Toomes Max Woerle	8.87 11.05 11.00 10.73
San Contract	M60	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers	8.87 11.05 11.00 10.73 10.18
TO STATE OF THE STATE OF	M60 M65	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins	8.87 11.05 11.00 10.73 10.18 9.77
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State of the state	M60 M65	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06
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はない はず しん いあり	M60 M65 M70	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09
一大 一大 一大 一大	M60 M65 M70	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood Ian Hume	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85
The state of the s	M60 M65 M70	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Aleks Upmalis Walter Lood Ian Hume Debi Heit	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41
はないと、は、大一人村 いあいました	M60 M65 M70	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbac	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19
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· · · · · · · · · · · · · · · · · · ·	M60 M65 M70 M75 W40	Harvey Boles Ald Sundin Juhan Toomes Nax Woerle Evalds Viskers Alfred Karklins Gerry Bachman Aleks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbac Vera Cabanus Jean Hemming	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19 7.87 7.26
おといっている かある かに 大田 という	M60 M65 M70 M75 W40	Harvey Boles Ald Sundin Juhan Toomes Nax Woerle Evalds Viskers Alfred Karklins Gerry Bachman Aleks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbac Vera Cabanus Jean Hemming	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19 7.87 7.26 COR7.80
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10日 日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日本の日	M60 M65 M70 M75 W40	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbac Vera Cabanus Jean Hemming- Dortha Swanson Violet Darling Velta Tomsons	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19 7.87 7.26 COR7.80 5.42 7.48
	M60 M65 M70 M75 W40 W45 W55	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbact Vera Cabanus Jean Hemming- Dortha Swanson Violet Darling Velta Tomsons Doreen Carmichae	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19 7.26 COR7.80 5.42 7.48 1 6.49
いいか 一日 一日 一日 一日 一日 一日 日 日 日 日 日 日 日 日 日 日	M60 M65 M70 M75 W40 W45 W55	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbac Vera Cabanus Jean Hemming Dortha Swanson Violet Darling Velta Tomsons Doreen Carmichae Helgi Pedel	8.87 11.00 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19 7.26 COR7.80 5.42 7.48 1 6.49 7.56
	M60 M65 M70 M75 W40 W45 W55	Harvey Boles Ald Sundin Juhan Toomes Max Woerle Evalds Viskers Alfred Karklins Gerry Bachman Alcks Upmalis Walter Lood Ian Hume Debi Heit Darlene Aulenbact Vera Cabanus Jean Hemming- Dortha Swanson Violet Darling Velta Tomsons Doreen Carmichae	8.87 11.05 11.00 10.73 10.18 9.77 CR11.06 10.94 10.09 9.85 9.41 k 8.19 7.26 COR7.80 5.42 7.48 1 6.49
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- 88	Page 7
SHAPE OF	THE RESERVE THE RESERVE TO SHEET
.42	Weight Throw
13	M45 John Kasperski 10.80
02	Imrich Kiraly 8.80
72	M50 Carl Klehm 9.40
63	M55 Juhan Toomes 10.62
38	Alf Sundin 8.54
06	M60 Max Woerle 11.44
86	M65 Alfred Karklins 8.84
17	M70 Mel Buschmann 20# 9.38
.83	Alex Upmalis 20# 8.78
	Walt Lood 20# 7.66
	W40 Darlene Aulenback 7.60
.48	Debi Heit 7.00
59 -	W45 Jean Hemming 5.22
20	W55 Dortha Swanson COR8.04
12	W60 Mary Thomson 7.42
40	AND THE RESIDENCE OF THE PARTY OF
69	3000mRW
59	H40 Roman Olszewski 14:23.5
52	M45 Mike Gough 17:29.3
03	M50 Len Weinstein 17:04.0
98	M55 S Summerhayes CR15:39.4
87	Ron Turner 19:11.8 M60 Sal Brancaccio 17:04.0
81	Josh Fedder 19:32.6
01	M65 Peter Fellowes 19:28.9
64	W35 Susan Perkins 16:52.7
70	W45 Marilyn Chute 17:29.9
85	W50 Jeanne McKeiganCR18:26.6
	Cecelia Roth 18:29.2
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INTERNATIONAL

New Zealand Veterans Championships

Christchurch; March 13-15

100m	The property	
	J Barnfield	11.70
	Guptill	12.60
	1 Fraser	12.30
	McPhail	12.10
M60 I	8 Kerr	13.60
M65 N		14.90
M70 1		15.70
M75 S	Taylor	15.70 17.00
M80 I	Cox	20.40
W30 1	Peterson	12.20
W35 S	McCann	14.80
W40 I	Hunt	13.20
W45 I	Anderson	13.90
W50 (Dick	15.40
W55 N	Peters	15.10
W60 S	Peterson	14.50
W70 1		22.30
W75 /		18.70
200m		
M35	Barnfield	23.70
M40 I	Malcolmson	23.90
M45 1		25.50
M50 N		25.10
M55 I		24.70
Mc Control of	Thomas	29.90
M65 N		31.40
M70 I	CONTRACTOR OF COMMENTS AND COME	33.40
M80 H		45.90
W30 I		25.30
W40 (Turner	27.70
W45 (29.20
W50 (G Dick	32.50
W55 N		
		31.60
W70	- occioni	30.60
		49.60
	Sole	40.70
400m M35	ALL TO SEL	E1 60
Mary Control of the Control		54.60
M45 N	The state of the s	54.50 57.40
M50 N		56.40
	McPhail	50.40
M60		57.30 66.90
		63.30
M70 I		
M80 I		74.80 99.70
W35 I	THE RESERVE OF THE PARTY OF THE	71.80
W45 (. MOCDUCK	69.10
	Waring Orman	70.50
W55 1		76.90
W60 (77.00
	Sole	1:42.9
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		9

II					· 推图: 原
I	800m		19 m (49-7) (2 m)	e e e i a c	
٦		1	Riley	2:09.50 1:58.70 2:03.70 2:09.00	W60 M
١	M40		Hunter	1:58.70	Short M40 M
9	M45 M50	M	Sirl Fraser	2:09.00	M40 M
	1150		riaser	Carried State	M45 M
100	M55 .	I		2:19.40	M50 R
		2	Macdonald		M55 I
9		Ò	Barnett Turnbull	2:17.80	M60 M
		H		2:46.40	M70 A
9	M80			4:11.40	W35 J W40 P
11.			Smeaton	2:18.70	W45 L
	W45		Donaldson	2:47.60	W50 V
	W50 N	1	Orman	2:43.10	W60 C
Š	W55	r	Brown	3:00.70	What for the
5	WGO I		Fletcher	2:59.50	Steep
Ė	1500i				M35 B
è		B	Finch	4:29.30	M40 K
	M40 1		Hunter	4:02.20	M45 D
			Sirl	4:05.60	M50 R
			Robertson	4:16.60	M55 W
3			Macdonald	4:43.50	M60 J
		0	Melrose	5:26.10	M65 W
2)	Turnbull	*4:39.80	M70 D
			Clark	5:42.80	W35 V
	M75 (7	Currie	8:26.80	W40 E
9,	W35 N		Hillier	7:54.60 5:00.10	W45 L
	W40		Turner	4:59.90	W50 M
1	W45 1			5:15.80	W55 T
1	W50 1	4	Orman	5:33.60	Long
	W55	J	Miles	6:03.80	M40 K
			Fletcher	6:06.70	M45 M
	5000r				M50 R
1	M34	3	Finch-	16:26.10	M55 I
-		A	McManus	14:59.20	M60 C
	M45 1		Gray	15:00.50	M70 A
	M50 I		Robertson	15:26.20	W40 P
1			m Macdonal	d17:14.20	THE REAL PROPERTY.
		D	Melrose	18:59.60	High
	M65	ט	Turnbull	16:38.80	
		п	Clark	21:13.20	
7		G	Currie	34:39.00	
	M80 I		Cox	28:42.40	uce n
		J	Adams	18:29.10	1100 11
1		Г	Stewart	18:22.70 22:46.90	
	W50		Woodham Thompson	20:38.40	
À	W55		Brown	21:52.20	
5			Fletcher	22:29.10	TIOC I
	10,0				W40 J
4			Finch	34:22.00	W45 L
7		A	McManus	30:56.30	W50 C
	M45	E	Gray	30:58.00	M CCM
100	M50		Robertson	32:06.80	W60 S
		S	Pavett	35:53.50	W70 1
			Melrose	39:23.10	Pole
		S	Opie	38:33.40	M40 M
1		٧	Adams	40:21.10	M45 R
		J	Stewart	39:03.80	
	W50	С	Thompson	43:09.10	M60 M

多种的从各种线等性。	
W55 C Tennant 57:03.10 W60 M Hawkins 47:33.10	M W
Short Hurdles	L M
M40 M Anderson 18.00 M45 M Callaghan 19.00	M M
M50 R Fletcher 16.60	M
M55 I Montgomery 20.90 M60 M Shirley 15.40	M M
M70 A McIntosh 19.90	M
W35 J Adams 22.40 W40 P Hunt 13.20	M M
W45 L Anderson 15.80	W
W50 V Ilood 17.80 W60 C Brunker 17.00	W
Steeplechase	W
M35 B Meder 9:50.00	W
M40 K Johnstone 11:01.80 M45 D Trow 11:42.60	W
M50 R Robertson 9:44.00	W
M55 W Kenny 11:25.00	T
M60 J Brownie 8;28.00 M65 W Opperman 9:14.00	M M
M70 D Greenlees 10:18.90 W35 V Adams 7:53.90	M M
W40 E Eskrick 8:05.10	M
W45 L Donaldson 9:16.50 W50 M Orman 7:58.10	M
W55 T Brown 9:29.80	M
Long Hurdles	W
M40 K Hutton 62.90 M45 M Callaghan 63.60	W
MSO R Fletcher 47.80	8 8 8
M55 I Montgomerie 52.90 M60 C O'Brien 56.90	W
M70 A McIntosh 64.00	SI
如《美国集合》等	M: M
High Jump M35 S Bennett 1.57	M
M40 M Anderson 1.57	M:
M45 G Blair 1.48 M50 R Fletcher 1.69	Me
M55 B McPhail 1.42	M.
M70 M Bennie 1.05	M: Ma
M80 F Cox 0.85 W30 J Maxwell 1.35	W
W35 J Adams 1.14	W:
W40 J Anderson 1.20 W45 L Anderson 1.20	W
W50 G Dick 1.17	W:
W55 M Stanley 0.99 W60 S Peterson 1.14	We
W70 I Lister 0.99	W
Pole Vault M40 M Anderson 3.00	D
M45 R Stewart 2.20	M4
M50 B Senior 3.00	M:

Service Services	The state of the s	Marian State of	and the property of the contract of	and the second second
	which the same	BOTT !		Mar Training
03.10	M70 T Monaghan	1.90	M60 G Lawless	45 60
33.10	W40 J Anderson	2.20	M65 J King	32.42
33.10	The Ville bearing and the	CE VALUE OF	M/U D Gibson	27.92
18.00	Long Jump M35 J Barnfield	5.28	M75 b Kaiser	17.30
19.00	M40 M Anderson	5.13	M80 N Hawke	18.68
16.60	M45 M Callaghan	4.81	W30 J Maxwell W35 D Murray	34.00
20.90	M50 R Petrie	4.81	W40 H Steer	27.02 28.42
15.40	M55 B McPhail M60 C Deacon M70 M Bennie	5.42 4.89	W45 M Loveridge	23.62
19.90	M60 C Deacon	4.89	W50 V Hood	27.84
22.40	M/O M Bennie	1.91	W55 M Stanley	27.44
13.20 15.80	M80 F Cox W30 J Maxwell	3.95	W60 C Brunker	22.74
17.80	W35 D Murray	4.02	W65 A Wood	18.80
17.00	1110 11	1 115	W70 J Husband	15.68
THE .	W45 L Anderson	4.07	Hammer	
EO 00	W50 G Dick	3.86	M35 G McNie	43.30
50.00	W55 R Wenmoth	2.73	M40 W Stephenson M45 G McColl	23.78
42.60	W60 S Peterson W70 I Lister	4.12	M50 T Erown	41.10
:44.00	W70 I Lister	2.15	M55 L Devlin	45.06
100 Y 100	THE COUNTY AND THE CONTRACT OF THE COUNTY OF	2.44	M60 G Lawless	40.32
:25.00	Triple Jump	10 57	M65 M Carr	40.34
;28.00	M35 S Bennett M40 G Smith	10.57 10.13	M70 A Husband	26.38
:14.00	M45 R Stewart	9.81	M80 N Hawke	25.34
:53.90	M50 R Fletcher	11.38	W30 C McNie	31.70
:05.10	M55 D Ward	9.72	W35 J Hurring W40 H Steer	18.52 32.38
:16.50	M60 M Shirley	9.43	W45 M Loveridge	32.30
:58.10	M70 M Bennie	6.44	W50 V Hood	32.66
:29.80	M80 F Cox	4.45	W55 M Stanley	29.68
	W35 S McCann	7.64	W60 P Leech	23.78
62.90	W40 A Hunter	9.27	W65 H May	21.44
63.60	W45 M Fraser W50 V Hood	6.53	W70 J Husband	20.40
47.80	W50 V Hood W55 M Slattery W60 S Peterson W75 A Sole	7.51 6.79	<u>Javelin</u>	
52.90	W60 S Peterson	8.46	M35 D Garland	19.66
56.90			M40 - Malcolmson	45.82
64.60	Shot Put M35 G McNie M40 K Hutton M45 R Stewart		M45 R Stewart	41.24
31.00	M35 G McNie	10.09	M50 R Fletcher M60 A Grayburn	38.68
	M40 K Hutton M45 R Stewart	9.41	M65 J King	32.74
1.57	M50 R Fletcher	9.83	M70 K Swindelis	21.84
1.57	M55 R Melrose	10.32	M75 B Kaiser	14.62
1.48	M55 R Melrose M60 G Lawless	12.73	M80 N Hawke	23.24
1.69	M65 D Leech	9.38	W30 J Maxwell	30.64
1.33	M70 A Husband	10.57	W35 D Murray	22.86
1.05	M75 B Kaiser	6.54	W40 A Birtles W45 L Anderson	26.60 20.96
0.85	M80 N Hawke	6.54 7.44 12.38 8.77	LISO M O	28.50
1.35	W30 J Maxwell	12.38	W55 I Bishop W60 C Blair	16.30
1.14			W60 C Blair	23.12
1.20	W40 A Birtles W45 L Anderson	8.73	W65 A Williams W70 J Husband	23.12 20.70 12.08
1.20	W50 V Hood	9.07	W70 J Husband	12.08
1.17	W55 M Stanley	8.61	Pentathlon	
0.99	W50 V Hood W55 M Stanley W60 O Gibb W65 A Wood	7.85	N35 J Barnfield	2786
0.99	W65 A Wood	7.12	WA D D .	2694
0.77	W/O I LISTER	5.88	M40 B Doyle M45 R Stewart M50 P O'llalloran	2648
2.00	Discus	00.56	MSO P O'llalloran	2827
3.00	M40 P Gilbertson M45 R Stewart		M55 B McPhail M60 D Tucker	3350 3210
3.00	M50 F Goodhall	34.62 28.04	MEE D CILL	1010
2.20	M55 L Devlin	29.54	M70 T Monoghan	1721
- 1	D DOTTER		6	

H-X = 773		STATE N	EN.	
Weig	ghi	Pentathl	on	
M40	P	Gilbertso	n	200
M45	M	McCol1		243
M50	T	Brown		242
M55	L	Devlin		305
M60	G.	Lawless		336
M65	D	Leech		336
W35	D	Murray		199
		Steer		264
W45	M	Loveridge		233
W50	٧	Hood		335
W55	M	Stanley		360
W65				425
3000)m	RW		
M35	N	Bishop	14:3	6.9
M45	8	Inglis	14:2	0.0
		llenderson		

| M55 - Saxby 14:52.10 | M60 F Alpin 17:09.60 | 2436 | M65 P Tearle 18:09.60 | M70 K Swindelis25:51.00 | M75 G Currie 22:13.30 | M80 F Cox 23:19.30 | M30 S Jerrett 18:19.80 | M35 SDegrootgreeg:46.40 | 2647 | W40 N Deane 16:00.10 | 2335 | W50 L Foster 16:19.30 | M35 M Slattery 18:51.00 | W256 M Slattery 18:51.00 | W60 A Austin 22:16.10



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LONG

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than 4 months old. Results that are typed
(maximum 28 spaces/2½" wide) in our
format receive preference. Deadline is
the 10th of the month prior to issue date.

EAST

NYRRC Rites Of Spring 10K Central Park; March 22

Overall	
Doug Ihmols 26	32:28
Marie Wickham 37	39:38
M40 William Backe	35:52
Vincent Gaines	35:50
Walter Severini	35:54
M45 James Hudick 46	36:35
Mike Wilson	37:09
Michael Hudick 46	38:58
M50 Pat Cosgrove	36:42
Justino Valentin	39:56
M55 Alan Fairbrother	38:00
Joe Roche	42:17
Chas Clark M60 Joe Burns	42:17
Albert Puma	42:39
	46:12
Frank Lorey M65 John McManus	46:49
	43:05
George Thompson Jack Haar	43:21
	44:23
M70 Bill Coyne	46:15
Peter Harangozo	50:19
M75+Vince Carnevale 75	
Wilfredo Rios 75	54:31
Chas Feldman 76	55:14
W40 Belinda Saunders	42:48
Jacqueline Seltzer	43:51
Janet McViney	44:34
W45 Ann Davies	40:34
Ann Makoske	41:07
Laurie Baker	44:33
W50 Lucinda Clark	45:12
Edith Jones	45:53
Carol Jimenez	48:45
W55 Pat Masterson	56:40
Ilona Gardosh	61:17
W60 Toshiko d'Elia 62	46:06
Muriel Merl 66	52:39
Finishers: 769m/321w	1 1 1 1 1 1 1 1 1
Weather: 29°/h38%/wSE6	mpn

Parkway Foundation 5K Flushing Meadow, NY; March 29

Overall	
Robert Morrison 22	16:58
Candace Strabach 33	18:49
M40 Keith Sullivan 40	18:29
L Guachichulca 44	18:34
Maury Dean 49	18:35
M50 Terry Parsons 50	24:40
Ed Diamond 56	24:51
M60+Joseph Simonte 63	25:29
John Regan 61	28:34
Ed Preston 72	42:03
W40 Gloria Neuman 42	23:45
Florinda Coral 42	37:49
W60+ Sondra Roppolo 60	31:04
300 finishers from Maury Dean	
THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW	SELECTION OF THE PARTY OF THE P

Cherry Blossom 10 Mile Washington, DC: April 5

Washington, DC, April 5			
<u>Overall</u>			
	47:06		
	53:44		
M40 Chris Webber	52:59		
Thom Suddeth	53:48		
Chuck Moeser	53:58		
Bill Lee	55:26		
Daniel Brach	55:27		
M45 Lucius Anderson	55:12		
Andy Smythe	56:00		
Rich Davis	57:12		
Peter Hallop	57:54		
Barry Firestone	58:19		
M50 Fay Bradley	57:47		
Ron Thomas	59:02		
Daniel Hamner	60:46		
Gerald Ives	61:01		
M55 Burr Grim	60:23		
Ralph Swain	64:16		
Wm Hoss	64:54		
M60 Barrie Hardwick	67:02		
Thomas Myama	68:30		
Clarence Wingate	68:51		
M65 Lou Lodovico	67:25		
Herb Chisolm	70:35		
Deron Hemphill	72:40		
M70 Hubert Morgan	70:46		
W40 Rose Malloy	61:53		
Joyce Rankin	64:08		
Karen Knuepfer	65:22		
W45 MaryEllen Williams	66:06		
Beverly Shooshan	84:45		
W50 Cindy Dalrymple	65:13		
W55 Wen-Shi Yu	72:59		
W60 Doralie Segal 61	84:52		
W70 Hedy Marque 74	85:10		
W80+Ruth Rothfarb 90 3	:29:08		

NYRRC Roosevelt Island Spring 10K NYC; April 5

Overall	
Nat Larson 29	31:2
Julie Foster 29	37:4
M40 Luis Guachichulca	
Ernesto Ayala	36:5
Bill Devoe	37:1
M45 Ted Haiman	35:0
Sam Skinner	36:2
James Santomier	38:1
M50 Pat Cosgrove	36:0
Ramon Ruiz	38:4
H Do Vale Jr	41:00
M55 Alan Fairbrother	38:1
Witold Bialokur	38:38
Eric Seiff	40:29
M60 Pat McElroy	44:26
Albert Puma	46:09
Chauncey Leake Jr	48:34
M65 Geo Thompson	43:49
Wallace Cutler	50:21
M70 Eugene Schapiro	74:04
Frank Brownstein	87:42
M75+Vince Carnevale 75	
Wilfredo Rios 75	55:39
Chas Feldman 76	57:18
W40 Laura Osorio	46:02
Mary Spera	46:34
Jeanine Hartnett	47:23
W45 Mary Ryan	40:46
Nicole Cherry	48:16
W50 Edith Jones	45:11
Susan Kossowsky	59:18
W55 Pat Masterson	56:33
Roberta Warshawsky	
W60 Florence Rose 62	63:50
Evelyn Hudson 65	70:51
Finishers: 509m/192w	
Weather: low 40°s/sun/v	vindy

Hicksville Lions 5K Hicksville, L.I., NY; April 5

The State of the S	ALL SERVICE
<u>Overall</u>	
Kevin Corliss	15:22
Lee DiPietro	17:36
M36-40	
Joe Wynne 40	16:39
Jimmy McFarlane	17:23
M41-45	表现的
Jay Hildebrand	17:27
John Ferrero 45	17:36
M46-50	U. Charles
Maury Dean	17:12
Roger McCarthy Roger Pflugfelder 50	18:05
	18:07
M51-55	
Joe Cordero	18:07
Rich Chester	20:24
M56-60	
Geza Feld	19:58
Jack Williams	21:36
M60+John McManus 68	20:53
Bart Jablon	22:14
W36-40	
Mary Von Bevera	20:38
Lois Polesky	21:08
W41-45	WALL BY
Nancy Grever	19:58
Estella Clasen	21:51
W46-50	
Gloria Newman	22:33
Carolyn Langford 50	24:26
W51-55	20. 22
Marion Stanjones	20:30
Annette Frisch W56-60	21:42
Chickie O'Toole 60	26.50
Ruth Stockes	26:50
	28:35
W60+Margie Munro Doris Pritchard 67	28:12
262 finishers	35:11
from Maury Dean	442
- rauty bean	THE NAME OF STREET

iew 10K Run

For ASPIRE		
Plainview, L.I., NY: April 11		
FIA	inview, L.I., NT; Apr	HIL
M40	John Eiseman	35:08
	Tom Hall	35:11
	Craig Stewart	36:30
	Philip Roth	36:44
	Ed Melnik	36:48
M45	Ted Haiman	34:45
	Maury Dean	35:14
	Daniel Badalalment	37:22
	Bob Hansen	38:25
	Richard Kleiman	38:40
M50	Lance Hugelmeyer	35:35
1	Julian Goldsmith	37:38
	Jose Mendez	38:44
	Mike Service	40:37
M55	Mel Cowgill	37:25
	Mel Gough	37:59

	John Boyle	39:17
	Tom Moylett	40:29
M60	Robert Nelson	42:34
	John Sullivan	43:08
	George Marr	46:55
M65	John Corrigan	43:01
	Bert Jablon	45:24
Marie.	Arthur Bowen	46:56
M704	Leo Karmin 71	47:19
	Wilfredo Rios 75	54:01
	William Benson 72	54:51
	Walter Moritz 73	60:01
W40	Susan Curtis	41:13
	Jacquie Gow -	43:35
	Eliz Penagos	45:58
W45	Cheryl Ralya	38:33
	Judy Carroll	41:45
	Hilory Boucher	43:56
W50		44:13
	Carolyn Cornell	54:41
	Maria Klein	59:33
W55	Julie Shapiro	49:10
	Nancy Fraser	50:09
	Naomi Fixman	52:28
W60	Chickie O'Toole	55:28
	Vera Allen	58:23
W65	Doris Pritchard	79:27

Run For The Parks 4 Mile

Central Park, NYC; April 12		
Overall		
Sean Doyle 37	20:36	
Chris Scobey 25	24:38	
M40 Rick Pieschel	21:09	
Vincent Gaines	22:04	
Walt Severini	22:39	
M45 Art Hall	21:53	
Sam Skinner	22:17	
Alan Turner	23:36	
M50 Pat Cosgrove	22:47	
Jeremiah O'Connor	24:27	
Ramon Ruiz	24:35	
M55 Alan Fairbrother	23:59	
Fritz Mueller	24:33	
Eric Seiff	25:21	
M60 Albert Puma	28:38	
Leslie Buckland	30:11	
Phil Winterer	30:59	
M65 Geo Thompson	27:10	
Jack Haar	27:42	
Stan Edelman	30:30	
M70 Bill Coyne	30:01	
Al Goldstein	31:47	
Tom Gibbons	33:26	
M75+Vince Carnevale 75	31:34	
Wilfredo Rios 75	34:31	
James Keeney 76	35:29	
W40 Jean Perry-Wolf	27:24	
Carol Gellman	29:09	
Christine Summeral		
W45 Mary Ryan	25:06	
Laurie Baker	28:28	
Julie Ratner	29:46	
W50 PattyLee Parmalee	27:44	
Edith Jones	29:24	
Barbara Bulow	35:06	
W55 May Chou	31:33	
Margaret Carinci W60 Bertha McGruder 63	33:00	
Barbara Beck 63	40:08 40:52	
	40:52	
Jozi Neulinger 68	60:15	
W70+Mayme Bdera 77	00:15	
Finishers: 499m/346w	F-0.0-87	
Weather: 40°/slight rn	ovrest	
Annester Carlos Company of the service of	e and the later	

Sallie Mae 10K Washington, DC April 12

Men	
Pierre Levisse, 40 FRA	29:33
Kurt Hurst, 40 SWZ	30:27
D. Tibaduiza, 42 COL	30:28
Gary Romesser,41	30:30
Bryan Stride,41 CAN	31:30
Chuck Moeser, 40	31:52
Alan Mauk, 42	32:21
Bob Schlaue, 44	32:33
James Pearson, 43	32:49
Thom Suddeth, 43	32:56
Women	
Priscilla Welch, 47 GBR	34:38
Nancy Grayson, 41	34:56
Barb Filutze, 45	35:57
Nancy Mieszczak, 43	36:58
Rose Malloy, 43	37:30
Cindy Dalrymple, 50	39:40
Linda Mills, 42	39:59
Elaine Unterman, 49	42:19
Tammy Villano, 44	43:31
E. Portz-shovlin, 44	43:36
will the wife the state of the state of the	and the same

Jenny's Jog 5K Stony Brook, L.I., NY

April 18	
Overal1	
Rick Jackofsky	15:25
Ellen Giambalvo	18:10
M40 Joe Wynne 40	16:21
Maury Dean 49	17:05
Phil Roth	17:20
M50 Jose Mendez	18:36
Mike Service	18:38
M60+Miles Borden	22:51
John Moran	24:19
W40 Sue Curtis	19:28
Joyce Lowenstein	27:40
W50 Daisy Mendez	31:59
100 finishers	
from Maury Dean	

Vintage Run 5 Mile (ages 50+) Pittsburgh, PA; April 25

ACCUMULATION OF THE PARTY OF TH	
Overall	
Dick Amato 53	28:58
Joanne Johnson 51	36:15
M50 Robert Whitesides	31:29
M55 James Lacey	31:26
M60 Jim Roser	34:04
M65 Jordan Bisceglia	34:38
M70 Francis Albaugh	39:46
M80+ Paul Spangler 93	83:16
W50 Georgette Lacey	37:19
W55 Beverly Hogan	45:25
W60 Dorothy Siemon	52:45
W70+Pauline Tursic	48:58
126 finishers	

Suffolk Bar Association 5K Hauppauge, NY; April 25

(Overall	
Ī	Oon MacKay	16:47
N	Maria Garcia	20:17
1	140 Dennis Nee	17:03
	Maury Dean	17:17
1	150 Julian Goldsmith	18:13
- 69	Mike Service	18:3
1	160 Jim Scovel	21:2
- 30	Howard Moore	23:3
- 1	470+Bill Merz	27:3
1	W40 Estella Clasen	21:3
1	Hillary Boucher	21:4
1	W60 Sandra Rippolo	20:2
3	122 finishers	
	from Maury Dean	
-37	The state of the s	

SOUTHEAST

Shamrock Marathon

Virginia Beach, VA; I	March 2
Overall	
Dave Berardi 31	2:21:23
Tammy Slusser 26	2:47:41
Masters	
1 Sadot Mendez 40	2:33:25
2 Wm Rogers 40	2:37:31
3 Larry White 41	2:40:53
1 Jeanne Rogers 42	3:15:35
2 Maggy Zidar 42	3:30:41
3 Wen-Shi Yu 57	3:31:33
MANAGE CONTRACTOR AND AND AND AND ADDRESS.	and the same

Hospice 5K	
Fort Lauderdale, FL; A	pril 24
Overall	
Matt Novack 22	15:1
Kay Jones 26	18:2
M40 Bill Winter	18:3
M45 David Larson	18:1
M50 Bill Adams	18:1
M55 Art Bigelow	20:5
M60+John McCoy	19:5
W40 Beatriz Raydo	21:2
W45 BettyLou Murphy	20:5
W50 Maria Germaine	22:1
W55 Carol Ingle	28:1
W60+Sylvia Werner	23:3
The state of the s	PARTY OF THE PARTY

Runway Runaway 5K Tamiami Airport, Miami April 25

Robe	erto Castillo 35	15:43
Shar	on Chiong 28	17:25
M40	Rolando Cabrera	17:34
	Fred Burgess	19:42
	Tim Daniels	20:03
	Joe Marchese	21:26
	Frank Taylor	21:52
M45	Albert Bezilla	18:29
	Ricardo Arnaldo	18:47
	Ralf Lindberg	19:37
	Mac Innis Looby	20:43
	Chuck Thomas	20:47
M50	Joe Cordero	18:12
	Louis Buttacavoli	19:10
	Don Kemp	19:28
	Luciano Castro	24:09
M55	Ernest Bauer	19:21
	Bert Grapin	19:38
	Richard Arnold	20:25
M60	Benedicto Cepero	22:52
	Bob Overcash	34:01
M65	Robert Levy	28:18
	Bill Wolf	32:02
W40	Beth Thomas	20:30
	Anke Stimpson	22:59
	Sharon Rygiel	23:01
W45	Marj Ralston	24:38
	JoAnn Smith	28:22
W50	MaryAnn Wagner	25:06
	Sally Molina	26:33
W55	Eliz Frank	23:50
	Marilyn Zeiger	32:12
W60	Sylvia Weiner	22:55

Scholarship Saturday 5K

200
16:02
19:12
17:10
17:12
17:53

M45 Albert Bezilla	18:26
Mike Edison	18:49
Ralf Lindberg	19:16
M50 Chas Teseniar	18:06
Louis Buttacavoli	19:13
M55 Ernest Bauer	19:25
Bert Grapin	19:46
M60 Jim Higgins	20:31
Benedicto Cepero	23:06
M65+Robert Levy 67	27:47
Peter Lopez 70	28:49
W40 Sharon Rygiel	22:58
Ellie Norwitch	24:38
W45 B MurphyBoppart	20:27
Cindy Jacobson	24:22
W50 Linda Sparrow	22:16
Nila Withee	26:16
W55 Marilyn Zeiger	32:12
Helen Hoff	33:13
W60 Helen Weiss	30:26
W65+Charlotte Baker 66	41:25
Racewalkers	
M40 Bill Suit 44	33:29
M50 Bruce Folkerth 53	39:40
M60+Erik Johansson 66	34:47
W40 Betty Ann Ocel 45	36:56
W50 Margaret Roberts 5	337:11

MIDWEST

Glass City Marathon Toledo; April 12

Ove	rall	
Tom	Wilhelm	2:32:01
Pen	ny Grandstaff	3:05:26
Mas	ters Overall	
Nic	k Merucci	2:40:26
Pat	ricia Payette	3:28:54
M40	Gregg Klipan	2:44:5
	John McDonald	2:44:54
	Ken Welsheimer	2:48:47
	Dennis Kollai	2:50:22
M45	Tom Fall	2:52:5
	Terence Smith	2:56:46
	Ron Baldwin	3:01:50
M50	Chuck Schultz	3:00:09
	Bradley Yoder	3:02:48
	Gil Gilmore	3:16:30
M55	Norm Roof	3:16:49
	Bernie Marvin	3:22:47
M60	Ralph Cleaves	3:50:52
	Joe Schwaiger	3:53:34
M65	Rolf Duerr	4:15:25
	Jim Zink	5:05:47
W40	Vicki Hughes	3:29:25
	Maggie Zidar	3:32:49
	S Van Howe	3:44:07
W45	Marilyn Brown	3:52:11
	Jean Hillery	4:16:37
W50	Louise Miklovic	3:46:11
USE	Janet Wallen	3:57:27
MOO	Wen Shi-Yu	3:33:45
1160	Ann Fleck Whavong Semer	4:28:03
MOO	wnavong Semer	3:37:09

West Bloomfield Half-Marathon West Bloomfield, MI; April 26

Overal1

1:12:13
1:19:13
1:18:00
1:18:56
1:20:43
1:20:52
1:22:34
1:20:09
1:23:28
1:29:09
1:34:50
1:38:33
1:32:32
1:36:31
1:36:44
1:39:38
1:52:01

MID AMERICA

Longest Day Marathon/10K/ 5K/5K RW Brookings, SD; April 18

I Id I & CHOIL			
Overal1			
Barney Klecker M40 2			
Janet Skaalen 3			
M40 Rich LeTourneau			
M45 Don Mattley	3:01:23		
M50 David Nelson	3:28:19		
M55 Ray Scharenbrock	4:07:13		
M60 Glen Zirbel	4:03:42		
	5:07:44		
no W40+ finisher:	S		
10K			
Overall			
Joel Dudgeon	32:52		
Sarah Zimmer	53:49		
M40 Ron Alverson	41:46		
M45 Gary Julin	37:29		
M55 James Thredt	45:48		
no W40+ finisher:	S		
5K			
Overall			
Tim Zbikowski M40	17:45		
Lorna Squyer	20:44		
M40 Jim Skberg	19:54		
M50 Omar Olson	23:59		
313011	43:39		

30:12

M60 Bruce Blake

W40 Carol Wake	29:44
W45 Carol Klitzke	20:38
5K RW	
Overall	Maria San San San San San San San San San Sa
Mike Wiggins M40	24:32
Gayle Sturdevant	33:28
M40 Craig Pahl	36:12
M60 Glen Peterson	32:36
W45 Barbara Curnow	40:25

SOUTHWEST

Austin American Statesman Capitol 10,000 Austin, TX; April 5 M40 Jim Pearson 43 33:17

	Jim Tear Son 43	22:11
	Pete Vandermey 42	34:46
		36:02
	Larry Brown 45	36:18
		36:24
M50		37:28
		38:57
		39:00
YEVE		40:31
		41:37
M60		41:09
		41:19
		43:13
	Control of the party of the par	43:42
1120		47:43
M/0		56:40
		65:21
MBOH		nta
1110		nta
W40	Alice Spoonts 44	42:17
		42:33
		42:36
UEO		43:37
WOU		
		49:39
		50:40
1160	Mary Lumpe 53	53:38
WOU	Jan Kichards 64	50:30
100		56:14
W70		
/0		67:00
	Fliz DeCamp 72	80:24
. M80*	Sucia Humbac 85	85:00
	Co cought area	00:00
A COM	19 中华的一个一个一个	March 1872
	M600 M800 W400 W500 W600	Carlos El Toro 43 Larry Brown 45 Glenn Welchert 46 M50 Orwood Minor 50 James Crossland 53 Gary Schmidt 55 Carlos Sauceda 54 David Greene 57 M60 Arturo Melendez 61 William Conrad 64 Jack Caldwell 65 Ai Becker 63 Herb Eddy 61 M70 Dale Allen 71 Paul Randall 74 M80+Sidney Smith 81 Paul llughes 86 W40 Alice Spoonts 44 Patty Shackleton40 Marilyn Mitton 40 Linda Musil 40 W50 Barbara Schneider5 Diane Pepin 54 Midge Goodrich 51 Mary Lumpe 53 W60 Jan Richards 64 Mimi Nalls 61 Shirley Gilliland61 Charlene Ricketts66 W70 Wanda Hall 70

Tishomingo Whirlwind 5K Tishomingo, OK; April 11

	Overall	
ı	Randy Weaver 28	17:06
ı	Rita Flagler 33	20:55
ı	M40 Bob Thomas 43	18:09
۱	Jerry Cross 42	19:21
١	0. Heminger 42	19:24
1	M45 R. Kuykendall 47	18:30
	Ken Hughes 46	19:12
	Button Tisdell 48	19:58
	M50 Larry Worth 53	18:05
	Robert Flagler 50	19:52
ā	Chuck Chandonia 50	21:00
	M55 Billy Mitchell 57	22:59
	Randy Jacob 55	32:38
	M6C+John Holladay 61	23:37
	B. Bloodworth 69	25:05
	Ken Karty 63	27:13
0	W40 Emilie Stahler 43	25:16
1.70	the section of the section of the section of	LUMP YOU
	making transfer our office of a sign	OV MA

Tyler Azalea Trail 10K Tyler, TX; April 11

7	Ove		
2	Teri	ry Thornton 24	29:34
		sty Johnston 25	34:23
1967	M40	Doug Bell	31:13
Ė		Ed Swiatocha	32:09
		Robert Wallace	32:22
94	1	Dennis Baker	34:39
		Carlos El Toro	36:01
		Tony Colins	36:24
П	7	Wm Kinman III	37:06
Ш	SEAT	J A Brown	37:12
-	M45	Arnold Cannon	37:57
1		Paul Hill	39:32
		Bob Clemens	40:31
6.3		Ronnie Henderson	40:37
275	MSU	Omar Rodriguez	37:45
11	Land.	George Eastes	38:13
0.0	(25 m)	Tom Ford	39:43
12.0		Terry Shelden	41:28
4,000	MOO	Farl Roberts	41:52
5		Raul Betancourt	43:39
		Townes Pressler	43:58
_	Men	Bill Duer	45:00
	MOU	Kenneth Loueks 64	
1		Zeno Boehmer 63	45:50
à	W70	Allen Russell 62	48:13
	M/U	Dick Findley 70	50:25
3		Herschel McCord 72	
į.	WA	John Buckner 73	62:35
9	W40	Carol McLatchie	36:43
		Ginger Streeter	39:13
3	1	Donna Spencer	39:40
		Marisa Quinones	42:13
	1116	Margaret Steenson	43:5
	W45	Carrel Briley	46:3
	7.	Janice Snyder	51:2
	16235	Linda Love	51:3
	W50		46:44
١		Wanda Nixon	50:09
		Hope Macklin	50:45

Continued on next page

15:44 15:50

15:26 15:31 16:11 16:12 16:19 16:23

16:07 16:24 16:37

16:42

16:44 16:44 16:47 16:53 16:57 17:26

18:44 18:36 19:17 20:56 21:39

24:02 27:26 30:17

17:14 17:47 18:19 18:41 17:56 18:15

20:08 20:27 23:34 23:45 23:27

Continued from previous page

W55	MaryAnn Cotten	50:22
	Izola Williams	58:32
	Jo Samford	70:30
W60	Fita Knudsen 60	54:34
	Imagene McCord 62	59:40
	Millie Czurak	78:30
W70	Kathy Chambers 70	89:14
	Sunny Thurmond 77	95:01
W85	Susie Hughes 85	83:03

Cross Roads 5K Norman, OK; April 25

received the	
Overall -	
Brian Hamrick 31	15:32
Stephanie Becker 31	19:14
M40 Greg Owings	17:02
Mike Allen	17:44
Rich Alford	18:35
M45 Butch Eichholz	18:07
Jim Denham	18:33
Steve Webb	18:37
M50 Glenn Lumry	19:36
Curt Ransom	19:45
Ray Mayfield	22:21
M55 Gene Groff	21:52
Leroy McGee	22:45
M60 Ken Peterson	20:46
Richard Boggs	23:30
M65 Ralph Ratcliff	24:19
Boyd Searcey	39:16
M70+Jim Smith 70	21:31
W40 Linda Besett	23:48
Pam Cullison	28:39
W45 Evelyn Rowland	26:24
Olga Smith	27:00
W50 Patricia Lee	26:30
Gloria Stearns	26:56
W55 Kay Morrison	28:25
Lea Smiley	33:58
W60 Frances Searcey	27:05
Dorothy Faison	43:16

WEST

Fifty Pla		
Stanford, CA	; March	1 22
Name		raded%
M50-54	CASE NO.	40.0
1 Mike Heffernan	126:18	92.7
2 Sal Vasquez	26:42	92.0
3 D Spickelmier	27:52	87.5
4 Bill Meinhard		86.6
5 Tim Rostege	28:25	85.8
6 Tom Mota	28:48	86.1
7 Tim Jordan	28:51	85.2
8 Stephen Lyons	29:27	82.8
9 K Griepenburg	29:33	84.6
10 Jim Williams	29:48	81.8
11 RichLeutzinger	29:53	82.9
M55-59		
1 Craig Roland	30:01	85.7
2 John Finch	30:12	85.1
3 Norm Saucedo	31:49	80.0
4 Raoul Hagen	31:53	80.7
5 Robert Hudson	32:27	77.7
6 Tom Guldman	32:33	80.5
7 Wm Flodberg	32:40	79.5
8 JerryCzamansk	e32:41	79.4
M60-64	Mary .	
1 Ross Smith	31:13	88.5
2 Hirich Knompf	31.25	85 1

M60-64		
1 Ross Smith	31:13	88.
2 Ulrich Kaempf	31:25	85.
3 G Jorgensen	31:45	85.
4 Bob Malain	32:22	85.
5 Richard Laine	33:05	81.
6 Eph Romesberg	33:15	80.
M65-69		
1 John Keston	30:07	94.

1103-03		
1 John Keston	30:07	94.9
2 Joe King	31:32	88.6
3 Boyce Jacques	32:57	84.7
4 Ray Stewart	33:56	82.3
M70-74		
1 Floyd Carley	35:49	82.6
2 Larry Johnson	38:07	78.6
3 Barden Finch	40:43	72.7
M75-79		
1 Bill Nice	40:31	78.8
2 2 2 2 2		

3 Al Jarschke	44:54	74.0
M80-84		
1 Chick Dahlste	en40:39	84.1
2 Mel Shine	47:40	73.8
3 Joe Goodman	53:16	63.2

2 mer Snine	47:40	13.
3 Joe Goodman	53:16	63.
M90-94		
l Paul Spangler	80:44	

W50-54	
1 Shirley Matson29:43	92.4
2 Barbara Miller32:34	
3 Eve Pell 33:04	
4 JuttaMcCormick34:33	79.5
W55-59	
1 11:1	

l WilmaMaddock	37:03	78.7
2 Jo Sullivan	37:31	79.4
3 Myra Rhodes	37:44	79.0
W60-64		
1 ChristieWood	48:18	65.51

1 ChristieWood 48:18	65.51
2 Dorothy Strout50:09	60.13
3 Shirley Petrak50:20	62.09
W65-69	
1 DorothyThomas 41:30	79.22
2 V:- D: 13 10 11	75 15

1 DorothyThomas	41:30	79.22
2 Kit Pickles	43:11	75.15
3 Helen Lachman	47:49	67.00
W70-74		
1 Judy Golding	48:07	72.12

1 Judy Golding W75-79	48:07	72.12
l Ada Thomas (Results are top age group or to shers, whicheve	10% of p 3 fin	each i-

Cross Roads 5K Age-Graded Times Norman, OK; April 25

Name	Age	Race Time	Age Graded
Jim Smith	70	21:31	15:29
Greg Owings	44	17:02	15:39
Butch Eichholz	45	18:07	16:32
Ken Peterson	60	20:46	16:42
Mike Allen	40	17:44	16:43
Jim Denham	46	18:33	16:49
Steve Webb	46	18:37	16:52
Curt Ransom	53	19:45	16:58
Glenn Lumry	52	19:36	16:59
Rich Alford	41	18:35	17:25
Age-Grad	ded Ti	mes (Women)	Age
Name	Age	Race Time	Craded

50 46

27:05 23:48 28:25

26:56

26:30

Ontario 5000 (TAC Western Regional Championships) Ontario, CA; April 12

Frances Searcey Linda Besett Kay Morrison Gloria Stearns Patricia Lee Evelyn Rowland

Overall	
Salah Hissou 21	14:19
Kathleen Smith 26	17:11
M40 Bill Summer	16:53
Herb Tanzer	16:54
Alex Posner	17:28
Jim Smith	17:48
M45 Nike Figueroa	16:41
Jed Cope	17:57
Jack Getskow	18:28
Bobby Roberts	19:26
M50 Jon Hart	17:59
Les Hite	19:22
Booker Washington	19:29
Joaquin Granado	19:31
M55 Sonny Monioz Peter Faust	17:45
Peter Faust	19:15
Alan Jacobs	21:22
M60 Paul Saucedo	20:08
Efrain Sanchez	21:09
Sam Deluca	22:01
M65+Larry Banuelos 67	21:10
Bill Dietrich 71	27:12
W40 Sandy Robbins	18:56
Gale Gordon	24:47
Lee Butler	26:20
W45 Jennifer Short	25:55
Christine Klima	30:21
T J Roberts	30:36
W50 JoEllen Sanders	24:56
Katy Burroughs	27:27
W55 Gina Faust	20:30
Joan Rainey	32:41
W60 Pat Pruitt	27:08
Joyce Wood	34:54
W65+Mary Storey 67	24:29

Jacobs City YMCA 10K Tucson, AZ; April 12

l Leslie Woods	39	33:09
11 Hayden Smith	44	35:53
14 Bill Diaz	43	38:11
22 Earl Evans	47	38:51
26 Don Branaman	53	39:03
65 Frank Patania	59	43:05
67 Wm Chapdelain	61	43:11
160 Stew Lancaster	65	53:21
163 Bob Martin	71	54:13
l Kathleen Delgado	26	39:01
8 Valeria Koch	40	44:22
12 Holly Keppel	40	45:46
19 Dinny Shryock	47	47:56
21 Sue Fletcher	50	48:12
78 MariaElenz Lucero	60	62:37

Lake Powell Marathon & 10K Page, AZ; April 25

20:45 21:40 22:32 22:58

23:00

Marathon Overall Cameron Mitchell 24 Sherry Johns 37 M40 Ray Lobato John Morris Mark Theken M45 Bob Wilson Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40 W50 Jeanette Rusk 50	
Cameron Mitchell 24 Sherry Johns 37 M40 Ray Lobato John Norris Mark Theken M45 Bob Wilson Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	
Sherry Johns 37 M40 Ray Lobato John Norris Mark Theken M45 Bob Wilson Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	
M40 Ray Lobato John Morris Nark Theken M45 Bob Wilson Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 N40 Eddie Tsinigine Fay Reber N45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	2:45:19
John Norris Nark Theken N45 Bob Wilson Jim Boyd N50 Steve Utley Gene Powell N55 Nelvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 N40 Eddie Tsinigine Fay Reber N45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:35:23
Mark Theken M45 Bob Wilson Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:04:23
M45 Bob Wilson Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 5510K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:05:29
Jim Boyd M50 Steve Utley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:13:50
M50 Steve Útley Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:41:07
Gene Powell M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:47:10
M55 Melvin Miles John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	3:40:09
John Gregrich W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	4:14:00
W40 Linda Whiting 43 W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 N40 Eddie Tsinigine Fay Reber N45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	4:20:27
W55 Gaby McQuitty 55 10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber N45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	4:53:40
10K Overall Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	4:40:56
Overall Jim Klein 29 Beth Ellickson 25 N40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	4:08:53
Overall Jim Klein 29 Beth Ellickson 25 N40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	
Jim Klein 29 Beth Ellickson 25 M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	
Beth Ellickson 25 N40 Eddie Tsinigine Fay Reber N45 Larry Hobbs Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	
M40 Eddie Tsinigine Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	34:44
Fay Reber M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	39:36
M45 Larry Hobbs Tony Shaw M50 Chuck Morrow Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	43:03
Tony Shaw N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	45:06
N50 Chuck Morrow Dwight Peterson N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	45:13
Dwight Peterson M60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	47:47
N60 Solomon Lobato 66 John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	46:10
John Devenney 61 W40 Lynn Cramner 44 Louise Stone 40	47:44
W40 Lynn Cramner 44 Louise Stone 40	
Louise Stone 40	63:57
	49:59
woo Jeanette Rusk 50	56:58
	54:06

Run Through Redlands Half-Marathon & 10K Redlands, CA; April 26

Ha	alf-Marathon	
Over	rall	
Jeff	Ambos	1:14:16
Alic	ce Bernard	1:45:32
M40	Duke Bartoo	1:27:24
	Duane Carney	1:28:15
	Rich Kenniger	1:29:51
	Bill Sayers	1:30:40
	Tim Reynolds	1:30:58
	Pete Rodriguez	1:33:24
M50	Don Greywood	1:42:02
	Alan Banks	1:43:50
	Dennis Schneider	
	Bob Bell	1:50:52
	John Harris	1:51:29
M60	Frank Ramos	2:01:03
	Phil Wood	2:04:59
	Fred Kruger	2:32:52
	Art DeLeon	2:37:58
W40	Sue Lien	1:52:03
	Maria Rodriguez	1:52:37
	Portia Cornell	1:53:47
	Tina Javid	2:09:18
W50	Elena Guisa	2:15:40

Big Sur Marathon; Carmel, CA; April 26

ria:	sters Age-Graded So Name	State	Age	Time	Age Graded
1	Ray Piva	CA	65	3:10:00	84.7%
2	Denis O'Halloran	CA	40	2:34:20	84.3%
3	Byrle Smallen	CA	44	2:38:30	84.2%
4	Bob Barber	CA	55	3:00:03	80.7%
5	Mike Dove	CA	45	2:49:39	79.2%
6	Charlie Freeman	CA	41	2:47:00	78.4%
7	Douglas Colton	CA	40	2:46:14	78.2%
8	the same of the sa	CA	45	2:52:35	77.9%
9	Tony Nonan	HI	50	3:02:03	76.5%
	Carl Murdoch	GBR	43	2:53:38	76.4%
-1	Nelly Wright	CA	46	3:05:51	81.5%
	Janet Glassman	PA	63	3:51:18	77.6%
3	Marcia Winger	CAN	46	3:16:12	77.2%
4	Myra Rhodes	CA	59	3:45:56	75.8%
	Jane Serues	PA	44	3:19:40	74.8%
6	Mary Campbell	CA	45	3:24:17	73.6%
7		CA	45	3:25:26	73.2%
8	Jo Sullivan	CA	59	3:54:47	73.0%

10K	
Overall	
Matt Underwood	34:48
Carol Carrigan	40:01
M40 John Allen	39:28
Arthur Byme	40:55
Crosby Sanders	41:07
Peter Moates	41:45
Alfred White	42:21
Ken Tolar	42:24
M50 Bob Mcgeough	37:07
Jess Maxcy	42:01
Frank Freyne	42:20
Charles Harworth	47:53
Gary Frykman	48: 4
M60 Sam Deluca	47:06
Jack Goertzen	50:46
John Baird	51:14
Vic Eberanz	51:58
M70+Walt Kalinski	62:04
	74:01
Selim Ascar	84:13
W40 Kathy Gebauer	42:29
Karen Wilczynski	46:11
Pat Stone	49:35
Peggy Hatfield	50:59
W50 Clarice Flower	59:04
Ginny Beck	62:47
MaryLou Bailey	65:23
W60 Anna Hollenberg	52:18
Pat Haire	71:20
W70+Esther Coffman	81:52
Iris Wise	90:01

VORTHWEST

Northwest Masters 15K/10K RW

Seattle, WA; Apr	11 1	1
1 Philip Welch	43	51:08
2 David Williams	50	53:04
3 Will Comeback	49	55:26
5 David Pitkethly	56	58:94
23 Judy Groombridge	52	65:34
31 Larry Doering	60	69:00
34 Sue Dodd	41	72:45
37 Norman Hansen	71	75:18
39 Nancy Peterson	54	77:51
10K RW		
1 Stan Chraminski	44	51:08
5 Lewis Jones	46	58:30
6 Bev LaVeck	55	60:47
10 Martin Graham	50	63:56
ll Gail Jones	51	68:14
13 Jerry Magorty	61	75:48
14 Norm Folling	73	81:17

Pearblossom 10 Mile Medford, OR; April 11

	Overall	-
1	Roger Dix 24	50:18
	Deanna Scheidler 27	60:32
	M40 Gary Wilborn	54:32
	Emo Mello	57:30
	Mike Sullivan	57:53
		58:51
	Bruce Engdahl	59:50
ı	Dennis Whitfield	60:52
	Gary Clarida	62:19
	James Huber	62:44
١	Guy Freeman	63:15
	Dick Boothe	63:13
	M45 Rusty Vaughan	60:04
	Alden Glidden	
		60:06
	Wayne Shepard	61:19
١	Walter Radloff	62:23
	Mike Miller	62:34
	James Sutherland	63:24
١	Rick Lloyd	63:41
	M50 Richard Northrup	63:32
ı	Tom Howes	64:23
	Gary Sampson	64:25
	Marv Rexius	64:38
	Roger Clark	67:11
	Les Young	67:26
1	M55 Everett Riggle	65:31
1	Tom Burnham	66:53
ı	George Felker	70:14
١	Dean Hatfield	72:37
ı	Gary Keppen	73:35
١	M60 Bernard Scherrer	69:11
ı	Bill Stowell	73:02
١	Harry Kittleman	73:04
ı	Mel Sullens	77:55
1	. Charles Thomas	79:23
١	M65 John Keston	63:08
ı	Joe King	65:20
ı	Boyce Jacques	69:24
ı		75:42
ı	Len Ramp	
ı	M70+Alvin Grahn 75	83:56
ı	Bill Hutchinson 72	88:37
١	George Weinzetl 73 W40 Marilyn Nippold	93:43 67:20
ı		
ı	Virginia Falkowski	68:58 70:00
١	Sandi Whittle	
١	Ryan Bonazzola	70:16
١	Diane Smith	73:02
ı	Denise Mahoney	75:19
١	W45 Elaine Deisman	72:33
١	Gail Johnson	77:17
ı	Doris Segner	83:07
1	Guen Mitchell	85.58

Doris Segner Gwen Mitchell

Sharron Hudson Susan Bradley

Shirley Ingram Norma Smith Jean Johnson

	WSS	Jane Dods	83:35
		S A McMahon	89:09
		Jo Ann Dornlas	93:29
l	W60	Daisy Roberts	82:58
ı	8.67	Brita Hazell	89:11
l		Phyllis Stevens	1:44:56
ı	W65	Dawn Russell	98:01
l		Betty Gillette	1:59:55
l	W70	Carol Klocke 71	
ı			

Lilac Bloomsday Run Spokane, WA; May 3

	0.0000
Men	
D. Tibaduiza, 42	37:50
Doug Bell, 41	38:10
Herm Atkins, 44	36:14
Larry Almberg, 45	39:18
Benji Durden, 40	39:26
Women	
Priscilla Welch, 47	42:58
Mary Wood, 47	45:41
Janet Jordan, 43	47:10
Linda Cash, 42	48:01
Patti Donley, 51	49:01

CANADA

Ontario Masters 8K Championships **Brooks Spring Run Off** High Park, Toronto; April 11

			9)
	M35	1 Karel Jircik	26:05
		2 Mike Vidito	27:09
		3 Damien Cooper	27:58
	M40	1 Charlie McMullin	25:10
		2 Henry Bickford	25:22
		3 Ted McKeigan	25:45
	H45	1 Neil Dunford	27:34
		2 Pat Monahan	28:55
		3 Bob Watson	29:20
	M50	1 Tom Tushingham	27:52
		2 Robert Moore	28:03
		3 Robert Glazier	30:08
	M55	1 Norm Abbott	30:44
		2 Dave Wallace	31:31
		3 Ron Crichton	31:36
	M60	1 Jim Mcilwham	33:23
		2 Graham Downer	36:32
		3 Hank Hanger	37:13
	M65	1 Richard Maxwell	34:55
		2 Richard Troy	40:34
		3 Nels Pascoe	42:00
	M75	1 Whitey Sheridan	47:41
		2 Sid Pritchard	48:56
	W35	1 Ann Forbes	29:46
ı		2 Maureen Griffith	
ı		3 Suzanne Henry	31:59

ı		, ,	draine nenty
ı	W40		aura Lynn
ı		2 A	nne Emmett
ı		3 K	athleen Walker
ı	W45	1 G	eorgie Gillis
ı		2 M	argaret Sinclain

W45	1 Georgie Gillis	37:17
	2 Margaret Sinclair	37:36
	3 Carol Mitchell	38:41
W50	1 Ilse Hardinge	33:28
	2 Judy Willmott	39:02
	3 Margaret Harrison	40:31
W55	1 Molly Turner	33:34
		36:22

INTERNATIONAL

W65 1 Dorly Brechbuehl 40:34

British Veterans Athletic ederation 5K Championships Dunsfold; April 5

M Hagar D Throop M Fisher

0:04 0:06 1:19 2:23	Britis Federati D	
2:34 3:24 3:41 3:32 4:23 4:25 4:38 7:11	M Ha D Th M Fi K Pe	gar roc she nny
7:26 5:31 6:53 0:14 2:37 3:35 9:11 3:02 3:04 7:55 9:23	1	
3:08 5:20 9:24 5:42 3:56 8:37 3:43 7:20 8:58 0:00 0:16 3:02		S s h b s a

85:58 86:33 71:47 79:20 86:28

29	A Rich	15:5
58	M45 B O'Neil	15:2
11	G Jones	15:3
56	E Cooke	16:1
01	J Treadwell	16:1
55	M Duff	16:1
	D Rogers	16:2
	M50 J Dear	16:0
	P Lancaster	16:2
	J O'Brien	16:3
- 1	A Garrett	16:4
107	D llaughney	16:4
50	G Harrold	16:4
10	M55 R Davidson	16:5
14	C Crump	16:5
18	T Everitt	17:2
26	J Portsmore	17:5
200	M60 J Chandler	17:5
58	L Forster	18:3
41	J Taylor	18:4
10	M65 H Tempan	18:3
01	R Dare	19:1
01	A llughes	20:5
-	M70 D Eyers	21:3
_	J Horner	24:0
	M75 A Rawlinson	27:2
	P Frean	30:1
	W35 C Duncan	17:1
	A Turrington	17:4
20	S Ogilvie	18:1
Y 1	A Cartwright	18:4
1	W40 D Hepplewhite	17:5
67	J Gardner	18:1
5	S Barker	18:2
9	W45 P Gallagher	17:3
8	J Norris	19:0
0	P Rich	19:5
2	W50 J Smith	18:3
5	J Hulls	20:0
4	I Hornsey	20:2
5	W55 H James	23:3
0	B Smith	23:4
2	W60 B Forster	23:2
3	WOO D TOTSCEL	
8	Т	
4	Teams	69
1	M40-49 Aldershot	82
16	Croydon H	36
23	M50-59 Cardiff AAC	100
12	Cambridge H	16
13	M60+ Barnet AC	43
55	Belgrave H	31
34	W35-49 Arena 80 AC	
00	Fleet-Crookham	
11	W50+ Bromley Vetera	
56	Shaftesbury	20

I Emery A Rich

RACE WALKING

University of Wisconsin-Parkside AC 10K RW April 22

Overall	
Dave Doherty 21	45:35.0
Michelle Rohl 26	46:47.5
M40 D Easterlund	54:20.0
Steve Frey	59:44.6
M45 Don Mowles	51:15.2
M50 Al Fisher	56:11.1
Art Kerbs	63:35.7
M55 Ed Jiskra	63:22.2
M75 W Barnett	74:31.7
R Truemmer	85:05.4
M85 Martin Bartels	89:07.7
W40 Nancy Wnuk	69:19.3
W45 D Graham Henry	61:09.8
Peggy Jacobs	72:08.1
W50 R Weatherford	67:53.2
W55 Joyce Decker	61:06.5
Fran Forys	69:29.8
W65 Ruth Leff	65:45.7
Chief Judge: La	arry Larson



15:03

15:12 15:20 15:25

15:30 15:39

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.



TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Spokane, Washington • Spokane Falls Community College • August 13-16, 1992

GENERAL INFORMATION

Meet Directors:

Vernie Foxley (509-533-3644) Maury Ray (509-533-3631) FAX - (509-533-4128)

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 13, 1992 will determine the competitor's age group. Individual competition will be held in age groups of five 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 competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. 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. Duplicate awards will be given to foreign athletes who place. Competitors will receive a certificate of participation.

ENTRY FEES AND PROCEDURES: Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathlon \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. 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. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1992, with \$20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP: Packets consisting of number, t-shirt and updated schedule and information will be available at track site beginning Wednesday, August 12 from 9 a.m. to 6 p.m. Other meet information will be mailed with entry confirmation.

ACCOMMODATIONS: We have negotiated special housing and meal packages which are lower than normal rates. All packages include taxes. Accommodations range from economy, moderate and superior, starting at \$186 for three nights double occupancy. Meal packages include continental breakfast for four days for \$10, and lunch and dinner package for four days for \$40. Meals, provided by Marriott, will be "all-you-can eat," with vegetarian entrees always available, as well as seasonal, fresh fruit. Separate meal prices are higher. We can accommodate special dietary needs upon request. Also, airline tickets are available at discounted prices. Time To Travel (509-533-8898, FAX 509-533-8836) can give you quotes on all air, accommodation and meal packages. Please feel free to deal with your own travel agent, however, our prices will be much lower. Special discounts will be 10 percent off land packages with purchase of air transportation prior to May 1; 5 percent off land packages only when purchased prior to May 1; and 5 percent off land packages with purchase of air transportation prior to June 1. Call to have more information sent to you.

OFFICIALS: Most officials and all head officials will be nationally or masterranked TAC certified officials from across the United States

ADMISSION (For Non-Competitors): \$2.00 per day, \$5 for three-day pass, \$6 for four-day pass.

VENUE: Newly remodeled, full-depth polyurethane, 400-meter track with eight 48-inch lanes. Fully automatic timing will be used. Only 1/4 inch spikes may be

Tentative Schedule of Events Final schedule will be included in each athlete packet upon check-in in Spokane. Age groups may be merged into one race when the entries are not adequate for a full field

THURSDAY **AUGUST 13**

PENTATHLON (WOMEN) 8.00 Hurdles High Jump Shot Put Long Jump 800M

PENTATHLON (MEN) 8:00 Long Jump Javelin 200M Discus 1500M

800M (TRIALS)
1:00 W55
1:10 W50
1:20 W45
1:30 W45
1:40 W35
1:40 W35
1:20 reas per age group will edvance to finels.

400M (TRIALS) 1:50 W/40 1:55 W/60 2:00 W/55 2:05 W/50 2:10 W/45

HAMMER THROW
(PRELIMS & FINALS)
9:00 W/50/55/60/65/70
10:00 W/30/35/40/45
11:00 W/55/60
Noon W/55/60
1:00 W/45/50
2:00 W/30/35

FRIDAY **AUGUST 14**

5000M RACEWALK (ALL FINALS) 7:00 W/50/55/60/65/70/75 8:00 W/30/35/40/45 9:00 W/30/35/40/45

110M HURDLES (TRIALS) 11:00 M/40 11:10 M/35

M STEEPLECHASE (ALL FINALS) 4:30 W/all ages M:60/65/70/75/80

110M HURDLES (FINALS) 11:30 W45 W40 W35 W30 3000M STEEPLECHASE (ALL FINALS) 5.00 ME

100M HURDLES (FINALS) 11:50 W/30/35 W65 W60 W55 W50 POLE VAULT (FINALS) 8:00 W65/70/75/80/85 10:00 W50/55/80 Noon W40/45 2:00 W30/35 4:00 W/all ages

80M HURDLES (FINALS) 12:15 W/50/55/60/65/70 W/40/45 W/75/80 W/70

1500M (TRIALS) 2:00 M/45 M/40

100M (TRIALS)

W/30 W60 W55 W50 W45 W40 W35 W30

100M (FINALS) 3:30 W/70/75 W/60/65 W/50/55

M/70
400M (ALL FINALS)
400M (ALL FINALS)
400M (ALL FINALS)
12-40 Wison557075
12-45 Wison55
12-55 Wi44
12-55 Wi44
1:00 Wi35
1:00 Wi30
1:10 M/7075/80
1:15 M/85
1:30 M/50
1:20 M/50
1:25 M/55
1:30 M/50
1:35 M/45
1:40 M/40
1:45 M/35
1:50 M/30 1:30 W50/55 3:30 W40/45 4:30 W30/35

HIGH JUMP (FINALS) 9:00 W/50/5560/65 10:30 W/30/35/40/45 Noon M/70/75/80 1:00 M/50/65 2:00 M/50/55 3:30 M/40/45 4:30 M/30/35

SHOT PUT (PRELIMS & FINALS) 8:00 W/60/65/70/75/80 9:00 W/50/55 10:00 W/50/55 10:00 W/30/35/40/45 11:30 W/60/65

TRIPLE JUMP
(PRELIMS & FINALS)
8:00 W/50/55/60/65
9:00 W/40/45
10:00 W/30/35
1:00 W/50/35
1:00 M/50/55

SATURDAY **AUGUST 15**

400M HURDLES (ALL FINALS)

800M (ALL FINALS)
1.05 W800/85/70/75
1:10 W50/55
1:20 W/35
1:20 W/35
1:20 W/35
1:30 W70/75/80
1:35 W85
1:40 W80
1:45 W55
1:55 W45
2:00 W40
2:05 W45
2:10 W30

DISCUS (PRELIMS & FINALS) 8.00 W/50/5/60/65/07/5 9.30 W/30/5/40/45 11:00 M/50/55/07/5/80 1:00 M/50/55 2:30 M/40/45 4:00 M/30/35

10,000M RUN (ALL FINALS) 7:00 W/All ages 8:30 W/50/55/60/65/70/75 10:00 W/30/35/40/45

SUNDAY **AUGUST 16**

10 000M ROADWALK (FINAL) 7:30 W/all ages

20,000M ROADWALK (FINAL) 7:30 Wall ages

1500M (ALL FINALS) 9:30 W/60/65/70/75/8/ 10:10 W/70/75/80/85

4X100 RELAYS
(ALL FINALS)
11:15 W/s0-69/70-79/80+
W/s0-39
W/40-49
W/s0-59
W/s0-59
W/s0-59
W/s0-39

4X400M RELAYS (ALL FINALS)

4X800M RELAYS
(ALL FINALS)
12:40 W/s0-68/70-79/80+
W/40-49
W/40-39
M/50-59
M/40-49
M/30-39

4X100M REGIONA RELAY (FINALS) 1:10 M&W

100M AGE-GRADED FINAL

JAVELIN (PRELIMS & FINALS) 8:00 W/50/55/60/65/70/75 8:45 W/30/35/40/45 9:30 W/60/65/70/75/80/85 10:30 W/50/55



1992 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

For publicity purposes, please forward your past accomplishments (Olympics, national masters, etc.), or enclose resume, photos or newspaper clippings.

(Please Print Clearly) Last Name First Name Affiliation/Club _____ M/F ____ Division _____ Age (On 8/13/92) ____ __ City/State ____ Address Event #1 & Best Mark ____ x \$15 US ___ Event #2 & Best Mark Event #3 & Best Mark _____ x \$10 US Event #4 & Best Mark Pentathlon & Best Mark x \$20 US Relay - Team Name Individual Relay Names: T-Shirt S M L XL XXL (add \$2 for each XXL) Extra Shirts x \$7 US each TAC Registration Number TOTAL AMOUNT ENCLOSED \$

ACTION TIME TO TRAVEL SPORTSWEAR

Method of Payment ... Check or Money Order in U.S. Dollars payable to "Spokane Sports Unlimited."

W. 3410 Fort George Wright Dr. • MS 3070

Spokane, WA 99204

WAIVER: I hereby declare I am in good health and properly conditioned for the competition, and of the stated age. I absolutely relieve the National Masters Track and Field Championships Organizing Committee, TAC/USA the I absolutely relieve the National Masters Track and Field Championships Organizing Committee, TAC/USA the sponsoring organization, Community Colleges of Spokane and all officials conducting the meet 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 1992 TAC National Masters Track & Field Championships.