

# NATIONAL MASTERS NEWS

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

95th Issue

July, 1986

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Judy Pickert, 42, and Atlaw Belilgne, 41, congratulate each other on successfully defending their Cotton Row Run masters titles in Huntsville, Alabama on May 26. Their winning times for the 10K event were 39:35 and 32:12, respectively. Photo by Greg Machen, Huntsville News

## Andersen Leads Masters in Freihofer's 10K

Gabriele Andersen, 41, a Swiss citizen who resides in Sun Valley, Idaho, was in charge of the masters race throughout the whole course in Freihofer's 10K Run For Women in Albany, N.Y., on May 17 and finished in 35:31. Excessive humidity and an unseasonably high 80° temperature took their toll on Andersen, who was helped through the finish chute. Andersen is most widely-remembered

for her staggering finish in the 1984 Olympic marathon.

Angella Hearn, 40, of New York, N.Y., was the second master in 36:15, and Shirley Matson, 45, of Solana Beach, Calif., took third place in 36:41.

Anny Stockman, 53, of Rensselaer, N.Y., won the 50-54 division in 40:49. Toshiko d'Elia, 56, of Ridgewood,

Continued on page 13

## 1000 to Compete in Nationals in New York

As many as 1000 athletes, age-30-and-up, will compete in the 19th annual U.S. TAC National Masters Track and Field Championships on July 18-20 at the Mitchell Athletic Complex in Uniondale, Long Island, New York.

Because of the population density of the East Coast, the low airline fares to New York from most cities, and the growing interest in masters athletics, the largest turnout in the history of the championships is expected. (The previous high was 702 in Houston in 1983.)

The Mitchell Field complex is first-rate, with low-cost dorms available to participants at nearby Hofstra U. at \$20 per night. The Marriott Hotel — a half-mile from the track — will serve as

Continued on page 14

## Atlaw and Judy Play it Again at Cotton Row

by JIM OAKS

For the first time in the seven-year history of the Cotton Row Run 10K, both the male and female master title holders successfully defended their crowns in the May 26, Memorial Day run in Huntsville, Alabama.

Atlaw Belilgne, a mathematics professor at Texas Southern University in Houston, ran 32:12 through a light rain for his second straight title, and Judy Pickert became the first female master to win this race for a second time with a 39:35. Each was awarded \$150 for the win; 2nd and 3rd overall master finishers received \$100 and \$50, and the 50-&-over winners took home \$75.

In winning his second straight Cotton Row, Belilgne joined Herb Lorenz and Dan Conway in the record books as double winners of this noted masters competition. Conway gave the Ethiopian native his closest competition this

year, running 32:13, only one second off Belilgne's winning time.

Belilgne, who will be moving to Staten Island this summer to teach at a branch of St. John's University, said, "Conway ran a tough race. He came up on me during the last half of the race and made me run a little harder than I would have liked right at the end."

For Pickert, the victory margin was wider, although the Yorkstown Heights, N.Y. resident said the race this year was harder than last. "My hamstring had been bothering me since the previous Thursday, and I almost dropped out. This weather (rain and 65 degrees at the start) is nice, and I like running in it, but it is hard to keep your legs warm and mine were starting to tighten up. I seriously thought about dropping out around the two-mile mark, but then I decided to push

Continued on page 29

## Conley Sets New American Javelin Record

Phil Conley, of Woodside, Calif., broke his own M50 American record of 186-6 in the javelin, set in August, 1985, with a throw of 188-0 in the PA/TAC Masters Championships in Los Gatos, Calif., May 17-18.

Besides Conley's record, notable performances included a 23.02 by Steven Hardison, M35, and 27.9 by Irene Obera, W50, in the 200; a 63.66 in the 400 by Gene Harte, M60; a dou-

ble distance win, in the 1500 (5:03.4) and the 5000 (18:46.6) by Joe King, M60; and a 30:47 5000 racewalk by Julio de Pietra, M75.

In one of the best 800-meter contests ever run outside of a world or national championship, Dave Romain (1:59.7) edged George Mason (2:00.0) and Rich Walters (2:01.2) in the M40 division,

Continued on page 9



Dave Romain, right, edges George Mason, left, in the age 40-49 800-meter run in the PA/TAC Championships in Los Gatos, Calif. on May 17. Romain's time was 1:59.7. Mason clocked 2:00.0. Eric Owers was third in 2:00.9, ahead of Rich Walters (2:01.2). Photo by Gretchen Snyder

**New World and U.S.  
Track & Field  
Age-Group Records  
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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

## REPLIES TO STEIN

May I reply to the letter from my friend, Sylvester Stein, suggesting that South African athletes should not be allowed to enter the 1989 World Veteran Athletic Championships.

WAVA's objectives are set out in Section 2 of its Constitution. None of those objectives is of a political nature and I believe that most veteran athletes resent attempts to use World Veteran Championships as instruments of political pressure, however far-fetched that concept might be. The present WAVA Council certainly has no corporate view on social conditions in South Africa or any other country. WAVA should not adopt a stance on matters in which it has no expertise and which are not within the scope of its declared objectives.

On a related matter, I note your report that the European Veterans Athletic Association "has received an application from Yugoslavia to host the 1989 World Veteran Games." I must make it clear that it is the Secretary of WAVA who receives and deals with all applications to host the

World Veteran Athletic Championships. It is, at present, my responsibility to negotiate, with the officials of each Organizing Committee, terms of a contract which is fair and equitable, both to WAVA and to that Committee, and which must be signed on behalf of that Committee before the bid is considered by WAVA's General Assembly.

I confirm that I have received an application on behalf of the town of Split, Yugoslavia for 1989.

Owen Flaherty  
WAVA Secretary  
Javea, Spain

I am very much disturbed that the National Masters News saw fit to publish the long letter by Sylvester Stein on banning the South Africans from the WAVA.

Let's keep the paper's valuable space for track and field news and omit controversial subjects or you are going to start losing readers.

Bob MacConaghy  
Redondo Beach, California

Continued on page 27

## NATIONAL MASTERS NEWS

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# DEERBROOK'S 25K

## TAC/USA Women's/Master's National Championship Illinois State Championship

### Sunday, September 21, 1986 Joliet, Illinois



Women's Starting Time — 8:00 a.m.  
Men's Starting Time — 8:30 a.m.



## \$6,000 in Prize Money

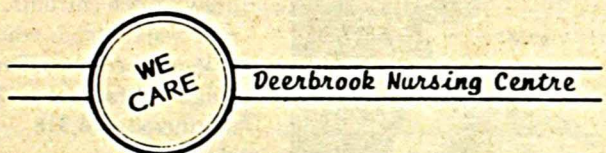
**Male:** 1st — \$1000 2nd — \$300 3rd — 250  
**Female:** 1st — \$1000 2nd — \$300 3rd — 250  
**Overall Masters Winner - \$500**

\$100 to overall winners in each of the following age groups; Male and Female  
20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70& over

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**Race Day:** Breakfast with Large Video Screen of Race.

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Sex \_\_\_\_\_ Age(on race day) Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

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Mail form to:  
**DEERBROOK NURSING CENTER**  
306 North Larkin Avenue  
Joliet, Illinois 60435

**ALL PROCEEDS GO TO UNIVERSITY OF ILLINOIS GERIATRIC RESEARCH FUND**

## Sevald, Stavolone Capture Pacific 10K Titles

by KEES TUINZING, Race Director

Typical warm Memorial Day weather prevailed for the 9th annual running of the Pacific Sun 10K Masters PA/TAC Championships on May 26 in Marin County, California. This event was sponsored by Ross General Hospital, Pacific Sun Newspaper, Mountain High Yoghurt, and Tamalpa Runners, with over \$12,500 in prize money at stake in the open and masters divisions.

Newly-turned master, Bill Sevald (31:29), won out over the ever-dominant Sal Vasquez (31:50) to take the 40-49 title (next year there will be

5-year age groups). Sevald was also first overall in the Cherry Blossom Kimochi 5-Mile Run on April 21.

Top women's master was Juava Stavolone of San Jose in 36:58 with Joan Colman second in 39:08. As expected, Vickie Bigelow won the 50+ category; she likely will not be challenged until Sister Marion comes back from her injury. Jaclyn Caselli easily won the 60+ category in 48:16, repeating last year's win.

John Moreno was first overall in 30:17.

Terry Puckett took female honors in 34:38, as some 1000 runners finished the race. □

## Van Garderen, Gerstenberger Lead 6th Annual Hudson-Mohawk Masters 10K

by PAUL MURRAY

The Hudson Mohawk Road Runners Club staged its sixth annual masters race in Guilderland, N.Y. on May 3, as 72 runners from three states competed for the RRCA Eastern Regional 10K Championship.

For the first three years of its existence this event was held in November, but in 1984 the date was switched to May in hopes of finding more favorable weather. Unfortunately, the revised schedule has provided no relief from the elements. This year the temperature was in the 40's and a stiff breeze brought back memories of winter. The runners had to battle the wind for the first half of an out-and-back course that is best described as "all hills."

Peter Van Garderen, 45, from Glens

Falls, N.Y., took the lead from the starting gun and was never threatened. His winning time of 35:20 was well off his course record of 31:54 set in 1983, but was still impressive, especially considering that he had completed the Boston Marathon only 12 days earlier.

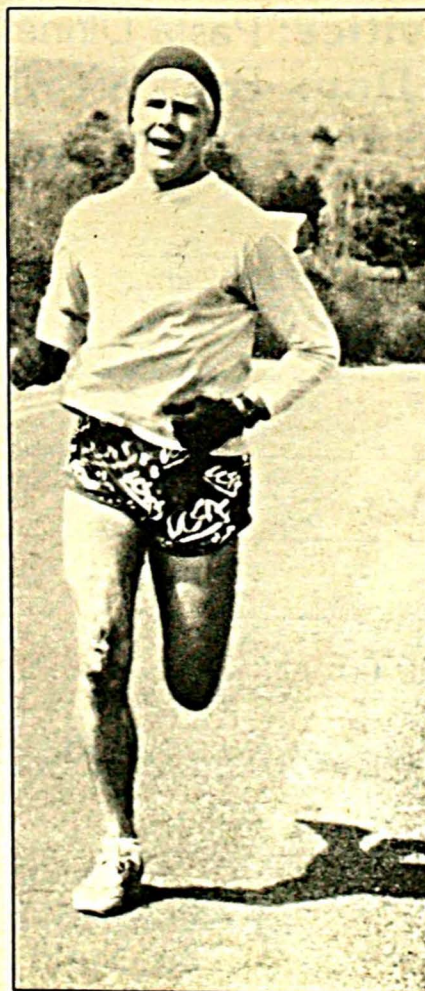
Trailing Van Garderen was 1984 winner, Lee Wilcox, 47, from Troy, N.Y., (35:51); and Paul Murray, of Albany (36:29).

Gerald Barney, 53, of Swanton, Vermont, won a narrow victory over Richard Shook from Pittsfield, Mass., in the 50-59 group, 37:37 to 37:46. Bob Hennig took the M60 crown in 46:44, while Bill Shrader copped the 70+ title in 55:04.

Albany's Nancy Gerstenberger, 56, was the women's winner in 46:26. □



Bill Sevald, M40 winner of Pacific Sun 10K PA/TAC Championships, Marin, Calif., May 26, in 31:29. Photo by Gene Cohn



Paul Murray, 41, Albany, N.Y., finishes third in the Hudson Mohawk Road Runners Club Masters 10K, May 3.

## Hurd, Andersen Strike Gold in the Rockies

Mike Hurd, M40, of Britain, whose prize money account in the British Amateur Athletic Union exchequer may soon rival Queen Elizabeth II's net worth, walked away from the Boulder Boulder 10K post-race festivities in Boulder, Colo., on May 26, with \$1,200 first-place masters money for his 32:16 effort.

Damien Koch, Fort Collins, Colo., won the masters second-place award of \$800 with 32:41, and Steve Lester, Colorado Springs, Colo., took the third M40+ place in 33:39, worth \$500. Robert Greene, 51, Longmont, Colo., was first M50-and-up in 36:17.

Switzerland's Gabriele Andersen, who resides in Sun Valley, Idaho, fattened up her Zurich bank account by \$1,200 with a women's masters win in 36:59. Gail LaDage Scott, of Durango, Colo., with 38:59, and Gail Hunter, Denver, Colo., with 40:13, collected amounts equal to the masters men for their second and third showings.

The race, which attracted 20,250 participants, was won by Mexico's Arturo Barrios in a course-record 28:46. Portugal's Rosa Mota took the women's contest in 33:54.

Fred Lebow, director of the New York City Marathon, in Boulder to observe the staggered start set-up used in the Boulder, called the race. "the most organized race I've ever seen." □

## British Make Hay in Bloomsday 12K

The 10th Annual Bloomsday 12K Run in Spokane, Wash., on May 4, drew 48,406 entrants, who signed up to run, walk, stroll, wheel, or hobble the 7.46-mile course. The finishers, from Aaad (Brad) to Zyznic (Andre), numbered 44,318 — 92% of the starters.

The masters horde was led by Britisher Mike Hurd, M40, first M40-and-up in this year's Boston Marathon in 2:19, who ran 37:43, outdistancing Ireland's Pat Murphy, M40, who closed in 38:12. Californian Sal Vasquez, M45 winner, took the third masters spot with 38:21. Hurd won \$1,000 masters prize money; Murphy collected \$800, and Vasquez, \$600.

Other men's masters division winners were Derek Mahaffey, M50, 43:14; New Zealand's Derek Turnbull, M55, 43:18; Lynn Dompier, M60-69, 48:14; Ray Garnet, M70-79, 1:03:31; and Ray Dempsey, 1:32:52 in a rare M80+ division.

The British also claimed the women's masters top spot when Priscilla Welch, W40, finished sixth woman in 41:01, worth a handsome \$1,350 in open money. California's Shirley Matson, W45, took the first-

Continued on page 13

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# FOURTH PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS 1986



SIXTO ESCOBAR STADIUM, SAN JUAN, PUERTO RICO

## OCTOBER 10-11-12, 1986

SPONSORED BY THE CITY OF SAN JUAN, PUERTO RICO AND THE PUERTO RICO MASTERS ASSOCIATION  
SCHEDULE OF EVENTS

TIME	FRIDAY, OCTOBER 10	SATURDAY, OCTOBER 11	SUNDAY, OCTOBER 12
6:00 AM			21.3 Km. Marathon
4:00 PM	10,000 m (W-M) Shot Put (W-M) Pole Vault (M)	5,000 m (W-M) Hammer (M)	10,000 m Walk (W-M) Discus (W)
4:30 PM		4 x 100 Relay (W-M)	Long Jump (W) 400 m (W-M) Heats
5:30 PM	100 m (W-M) Heats Long Jump (M) Discus (M)	400 m Hurdles (M) 300 m Hurdles (M)	3,000 m Steeple (M) 2,000 m Steeple (M)
6:30 PM	800 m (W-M)	1,500 m (W-M) High Jump (W-M) Javelin (W-M)	400 m (W-M) Final Triple Jump (M)
7:30 PM	100 m (W-M) Final	110 m Hurdles (M) 100 m Hurdles (W-M) 80 m Hurdles (M)	4 x 400 Relay (W-M)
8:00 PM	5,000 m Walk (W-M)		
8:30 PM		200 m (W-M) Final	
9:00 PM	200 m (W-M) Heats		

ORDER OF COMPETITION WILL BE: MEN AND WOMEN - OLD TO YOUNG

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+

ELIGIBILITY: Open to all men and women 30 years of age or older who reside in the countries of the Western Hemisphere.

PRIZES: \$10.00 First Event, \$5.00 each additional event. \$20.00 per Relay Team.

DEADLINE FOR ENTRIES: September 25, 1986. All entries will be confirmed by mail.

FACILITIES: Sixto Escobar Stadium, has 8 lanes tartan track with all the modern facilities to hold olympic meets. In addition has a nearby 220 meters warm-up tartan track.

RELAYS: By countries with divisions in 10 years increments. Runners may move down from their age division.

COCKTAIL-BUFFET: There will be a free cocktail-buffet on Sunday evening at the Pedrin Zorrilla Coliseum to all participants.

ENTRIES: Send the entry form below with check to FUNDEPORTE, Call Box 70179, San Juan, P.R. 00936. No entry will be accepted without fee.

HOTELS: Accomodations should be arranged by individual participants. The following hotels are in the vicinity of the Sixto Escobar Stadium.

Caribe Hilton	Tel (809) 721-0303	Ocean Side	Tel (809) 722-2410
Holiday Inn	" (809) 721-1000	Gran Bahia	" (809) 725-1212
Excelsior	" (809) 721-7400	Miramar	" (809) 722-6239
Hotel Toro	" (809) 725-5150	Tanama	" (809) 724-4160
Olimpo Court	" (809) 724-0600		

REGISTRATION: All participants will be registered at the Sixto Escobar Stadium Office which will be working from 8:00 AM. to 10:00 PM. every day.

OFFICIAL ENTRY FROM FOURTH PAN AMERICAN MASTERS GAMES

NAME \_\_\_\_\_ SEX: M ( ) F ( )  
 ADDRESS \_\_\_\_\_ AGE AS OF OCTOBER 10, 1986 \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
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PLEASE REGISTER ME IN THE FOLLOWING EVENTS:

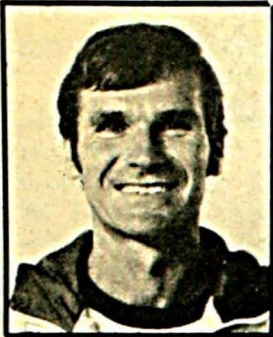
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( ) 100 Mts _____	( ) 3,000 Mts Steeple (M) _____	( ) Long Jump _____			
( ) 200 Mts _____	( ) 2,000 Mts. Steeple (M) _____	( ) Triple Jump _____			
( ) 400 Mts _____	( ) 110 Mts. Hurdles _____	( ) Shot Put _____			
( ) 800 Mts _____	( ) 100 Mts. Hurdles _____	( ) Discus _____			
( ) 1,500 Mts _____	( ) 80 Mts. Hurdles _____	( ) Javelin _____			
( ) 5,000 Mts _____	( ) 400 Mts. Hurdles _____	( ) Hammer _____			
( ) 10,000 Mts _____	( ) 300 Mts. Hurdles _____	( ) 5,000 Mts. Walk _____			
( ) 21.3 Kms. Marathon _____	( ) High Jump _____	( ) 10,000 Mts. Walk _____			
		( ) Pole Vault _____			

I enclose herewith my check for \$ \_\_\_\_\_ to cover:  
 First Event \$10.00 Additional Events \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

ATHLETIC RELEASE

In consideration of the right to participate in the FOURTH PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the City of San Juan, the Organizing Committee or their Officers or agents and the Sixto Escobar Stadium and any and all sponsors of the aforementioned championships. I further CERTIFY that I am in good physical condition and have recently undergone a thorough examination by a certified doctor.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# THE GUN LAP

by MIKE TYMN

## Here Comes Earl Ellis

**T**he over-50 competition on the national distance running scene has been pretty tough in recent years. Now that Earl Ellis has graduated to the half-century club, it promises to be even tougher.

Ellis, a resident of Seattle, Wash., has been one of the best masters runners in the Pacific Northwest since 1977 when he ran his first over-40 race. He won national championships at 5,000 and 10,000 meters on the track in 1979 and in the Hour Run in 1981. Last year, at age 49, he won the Toronto World Games 10-K cross-country championship and the 45-49 division of the USA-Canada 10-K cross-country meet in Vancouver. His best masters times are 15:34 (5-K), 32:29 (10-K), 49:01 (15-K) and 1:24:23 (25-K). The 49:01 for 15-K in 1982 was an American 45-49 record until Dan Conway broke it two years later. It still stands as a single year (46) age record.

Along with Dave Hambly, Ellis has been the backbone of the Snohomish Track Club, consistent team winners in national masters competition since 1979.

Talking to Ellis, you get the impression he values his daily running streak,

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***"I stay off the road and track as much as possible in training, using grass and trails to prevent injuries."***

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which dates back to December 1976, more than any of his records or titles.

"It's not an obsession with me, but it has eliminated the problem of a decision on whether I'll run each day or not," he explains. "It has required me to run on occasion at hours between midnight and 4 a.m. before or after trips and once at Gatwick Airport in London for 30 minutes while waiting for the plane delay. I used a wash basin for a shower. However, I'm not in a class with Ron Hill (whose streak exceeds 21 years) and several others."

Ellis adds that his minimum daily run is three miles and that he has not been under 3,000 miles a year since 1971 when, at age 35, he made a decision to go back into training.

Born in Lewiston, Idaho, Ellis grew

up in Mt. Vernon, Washington. At Mt. Vernon High School, he was a state champion swimmer. He also recorded a 2:05 for 880 on the track.

At the University of Iowa, where he majored in physical education, Ellis continued swimming, competing in the 440 to 1500 freestyle events and earning All-American honors. He says that he resumed running soon after college in order to fill the gap left by his retirement from swimming.

Representing the Seattle Olympic Club, Ellis turned in times of 4:25 (mile), 9:22 (2-mile), 14:22 (3-mile), and 30:12 (6-mile) on the track during the early '60's. But, it was his 52:58 victory in the National Canadian 10-mile track championship at Vancouver, B.C. in 1964 that he considers his best pre-masters performance.

"I trained specifically for that race for six months," he recalls. "I didn't expect to win and didn't take the lead until the final quarter. I exchanged the lead three times with Doug Kyle, who was the Canadian defending champion and ran a 63-second final quarter. The feeling was absolutely exhilarating."

Hanging up his spikes after that victory was, Ellis says, one of the biggest mistakes he has ever made.

"From May 1964 to July 1971, my weight went to 185 (he now carries 155 on a 5-10 frame) and my resting pulse from the low 40's to over 80 beats a minute," he points out. "I became ill in 1969 with a rare disease of the spleen and had to have it removed. By 1971, when I made a decision to go back into training, I couldn't finish a three-mile jog on grass that first day. It took six months of terrible aches and pains to drop 22 pounds and get my mileage up to 80 a week. I don't plan to ever stop again unless injury or sickness prevails."

In preparation for a specific race or series of races, Ellis puts in 70-75 miles a week for six weeks and then tapers to 60-70 for two weeks prior to the race. He hits the track once a week and also attacks a 300-meter hill ten times in one of his workouts.



Earl Ellis at the 1984 IGAL World Championship 10K in San Diego. Antonio Villanueva of Mexico follows.

"On the track I'll do six to eight times 800 meters or four to six times 1200 meters with one-half the interval distance as a recovery," he remarks. "The hard running is usually at 85-90 second quarter pace — not very fast, but it seems to be hard for me. And I usually always can race at 80-85 pace for 10-K."

Ellis says that his daily runs have slowed from 6:15 to 6:45 mile pace during his early 40's to 7:15 to 7:45 speed the last couple of years.

"There's no doubt I'm slowing down," he says. "What I'm trying to do is delay the slow-down. I find myself losing flexibility and strength, so I'm doing a little more swimming now and also train with the weights twice a week, hitting all muscle groups. I stay off the road and track as much as possible in training, using grass and trails to prevent all sorts of injuries."

Interestingly, Ellis earns his living as swimming coach at the University of Washington. In 18 years of coaching both the men and women, he's had a winning percentage of roughly 90 percent. This year his men and women went undefeated in 21 combined meets. He has coached 35 All-America swim-

mers, seven Olympians, and six national champions.

One of Ellis' most talented swimmers now is his daughter Jana, 19, who owns seven individual varsity records. He has two older children, Robin, 23, and Duffy, 22. Wife Pat is nursing director of a group health cooperative.

"My family has been very patient and supportive of my running," Ellis says. "The most stressful time for me is during the college swim season, from October through April. After cross-country competition is over in mid-November, I back off to 50-60 miles a week of easy running and then pick it up again after our last swim meet."

Just beginning to shift into high gear at the time of this interview, Ellis hopes to be competitive again by July. He's looking forward to the Veterans Road Championships in Vancouver this October.

"The main thing for me is just remaining healthy and fit," he says. "After four major surgeries because of various complications, including removal of the spleen and part of the stomach, I've come to appreciate being healthy enough just to participate in any kind of competition." □

## Albuquerque Hosts Runners' Pentathlon

by TOM BELL, Meet Director

The second edition of the Runners' Pentathlon was held May 11 in Albuquerque, N.M. Sixty-three runners of all ages and abilities from New Mexico and five other states came to enjoy outstanding competition and camaraderie.

Using performance-table scoring based on Gerry Purdy's *Computerized Running Training Programs*, participants scored points for their times in each of five races — 200, 400, 800, 1600 and 3200. The system proved better than last year's cross-country-style scoring.

The husband-and-wife team of Dale (55) and Kenny (53) Goering of Santa Fe, N.M., both won their age groups. Noel (41) and Carol (41) Prussmann of Muscatine, Iowa, took first and third, respectively.

The largest age group was M45-49 with 10 entrants. Arizona's Cliff Bedell edged locals Stan Hayes and Buck Schreyer.

Dick Croghan only finished first in one event — the 800 — but piled up four seconds to win the M50 division.

Jim Krakar, 45, summed up the feelings generated by the unique event: "Thanks for the most memorable day I've had in a long time. See you next year." Jim was the last place finisher in the M45-49 age group. □



John Weldy, leading pack in 1600M of Runners' Pentathlon, Albuquerque, New Mexico, May 11. Weldy won the M50 1600, but came in 2nd to Dick Croghan (4th from left) in overall points. Winner of the M40 1600M was Sean McCormick (#116). Photo by June Dickinson

## Schuler, Sponseller Star At Tampa Bay

Good performances by Ed Schuler and Jay Sponseller highlighted the masters division of the Third Annual Tampa Bay T&F Championships on May 17 in Clearwater.

Schuler, 58, from St. Petersburg, Fla., ran 11.1 for 100 yards into a headwind, and also won the 220, long jump and high jump. Sponseller, 68, from Naples, Fla., took the 440 in 66.7 and, ten minutes later, won the 880 in 2:45.1.

Other multiple winners included Carlos Fraundorfer, 54, of Tampa, in the shot, discus, and hammer, and Dick Jones, 44, from Burnsville, Minn., with firsts in the 5000, mile and 880.

Charlie Polhamus, 42, of Fitzgerald, Ga., came to the meet feeling he was ready for 16 feet; however, the masters world champion, frustrated by the wind, had to settle for 14.

An indication that race walking among masters in Florida is on the way up was demonstrated by the fact that 16 competitors (eight men and eight women) entered the two-mile walk. The over-all winner was Dr. Tom White, 53, from St. Petersburg, in the good time of 17:08. Bob Fine, 54, who recently moved from New York to Delray Beach, Fla., was second. Women's winner was Emily Williams, 40, of St. Petersburg. □

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# On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

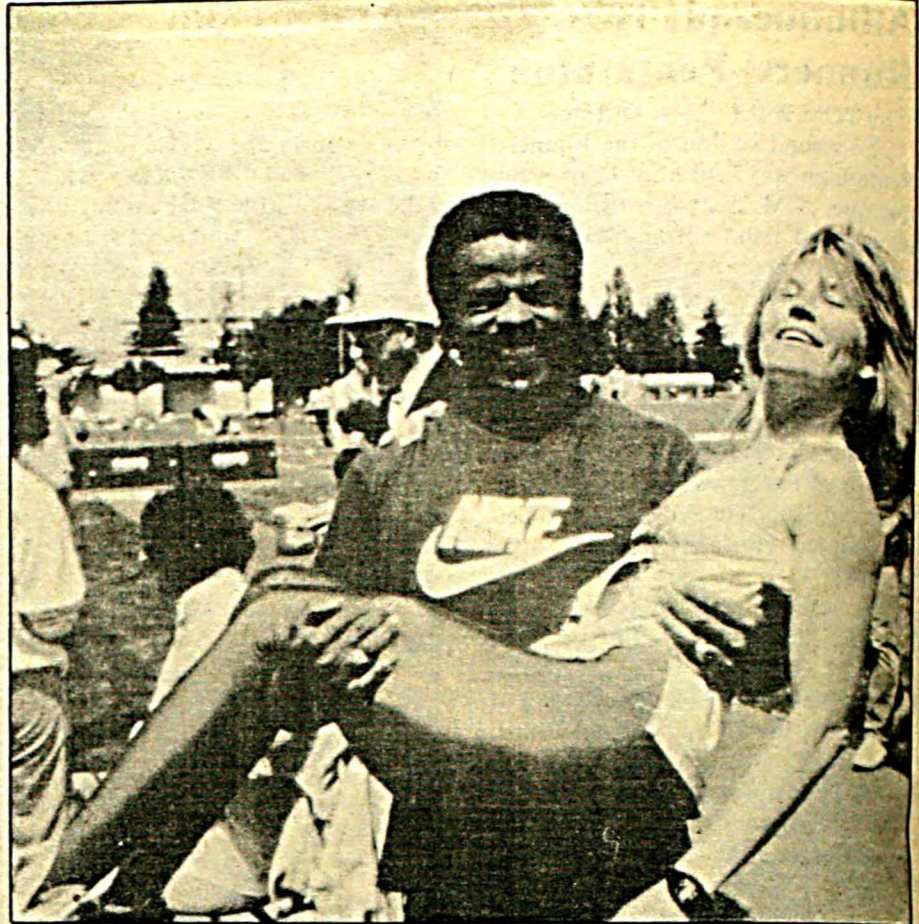
## Breaking Away

**T**hose of us in the communication business have long known that discovering the truth in a given matter is one thing — having the guts to speak or write it, is quite another.

Higdon's kids have grown up and moved away so he's back writing about his favorite person — "Hig". Tymn, from his strategically located nerve-center in Hawaii, is still finding photos of himself that we haven't seen before. The serious people in the masters program: Fine, Pain, Sheahen, etc., are still arguing with the world about the South Africans. I think I finally lost track of exactly who stood where on what. It's so confusing I suspect some of the combatants have changed positions without realizing it.

This is not to imply that there aren't

other important issues that require the attention of serious people. The hurdle height issue still needs to be talked about and resolved. Maybe a questionnaire could be sent around. TAC is still made up of your basic dirty rats. Ken and Jen are taking an early retirement to devote all their time to recreational figs. Can you possibly imagine the chaos this is going to cause. In my own case, before accuracy was discovered in the Arizona desert, I had run 53 races, ranging in distance from a 5K to the marathon. As a conservative estimate, I now feel, beyond any doubt, that the



George Cohen and Janie Duff, clowning at the Sacramento Relays, April 26. George had just finished clocking 2:02.6 for the M45 800. Photo by Gretchen Snyder

cumulative error in race measurement was well over nine feet. I don't think I have to tell you, when you're in the thick of age group competition for hardware — especially on those very special occasions when there's another competitor in your age bracket — things have to be totally accurate.

Oh, I'll admit I've fudged on my age a couple of times, but that was pretty much a fun thing. Furthermore, I never do it if there are people around who may know how old I am. On the other hand, there are fine competitors out there who feel this is really just another aspect of race strategy — "getting the advantage" — as they used to call it in medical school.

Damn, if it doesn't appear that I've lost my point again. Not really. To wit, there are plenty of people available in the masters program to address the important issues at hand. What is needed is someone to strike out in new directions and then, speak the truth about them. For instance, running, jumping, and throwing things can lead to a great deal of trauma. Be honest, everyone knows this, but no one will say anything about it. You've got your hamstrings, your achilles, your feet. You've got your knees, your hips, and it probably isn't doing your old "you-know-what" much good either. This is why I have gathered the courage to speak out on a new sport that offers excitement and satisfaction and isn't so utterly damaging to the lower body. You know the line: heart and lungs of an 18-year old, the legs of an 118-year old. Oh, I fooled around awhile with golf and croquet and a few of the other social sports, but I knew from the

beginning, I would end up in serious equestrian competition.

Actually, it's not too serious at the moment. I cracked a vertebrae in my neck two weeks ago. Thank you, it's coming along nicely. Nothing really very complicated about what happened; I fell off the horse. All of you know how that goes. We can all use some extra lay-up time, as they say in riding, to catch up on our work, bills to be paid, writing, etc. This hasn't exactly happened in my case, because I do have this broken finger on my right hand and writing just hasn't worked out too well with this thing I'm wearing at the moment. Plus all the shots I've had.

No big deal. Sometimes horses, who are actually quite intelligent, can be really stupid. This one must have though my finger looked like a carrot, because he tried to eat it. Friends have commented that I look fresh and rested, fuller in the face, if you will, and not quite so gaunt. This I appreciate. Those 6 a.m. runs do have a way of keeping one looking a little tired and thin in the face. But to be perfectly candid, I would have to admit to a pretty badly broken nose which has probably helped me appear to have gained a pound or two. A simple thing; I forgot to duck under a tree branch my horse ran under. Nobody's fault, just one of those things.

Let's face it friends, people have to speak out. We must call things the way we see them and then let the road apples fall where they may. Because I'm an athlete first, the way I see things is based on the way I feel. I'll be honest with you, my legs have never felt better. Granted, the jury is still out on the old "you-know-what". □

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**1986 MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS**

SPONSORED BY  
PORTLAND MASTERS TRACK CLUB/MT. HOOD C. COLLEGE  
HELD AT MT. HOOD C. COLLEGE  
GRESHAM, OREGON

SCHEDULE OF EVENTS

<p><b>FRIDAY NIGHT, JULY 11</b></p> <p>6-8 PM Long Jump Shot Put Discus High Jump (men 30-49) 6:15 3000 ST 8:00 110 Hurdles 100 1500 400 2000 walk</p>	<p><b>SATURDAY NIGHT, JULY 12</b></p> <p>4-6 PM Triple Jump Javelin Pole Vault High Jump (Men 50 &amp; up &amp; Women) Hammer 6:00 400 Hurdles 200 3000 (Women only) 5000 (Men 40 &amp; over) 5000 (Men 30-39 &amp; men over 40 who want to be in this race)</p>
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Specify which \*Race #1- race in appl. \*Race #2- 800

\*Times determine winners in each age group in 5000.

HELD AT NIGHT-BEST POSSIBLE CONDITIONS...ALL WEATHER TRACK SURFACE

PLEASE PRINT

NAME _____	FOR ATHLETES AGE 30 & UP AGE(As of 7-11-86) _____
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CITY _____ ST _____ ZIP _____	PHONE _____

EVENTS ENTERED

1. _____	Best 85 or 86 mark if any
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4. _____	_____
5. _____	_____
6. _____	_____

Beautiful olympic size medal on plaque with metal plate ready for engraving to each participant.

Total Entry Fee - \$10 CHECK PAYABLE TO PORTLAND MASTERS TRACK CLUB(NO ONE ELSE!!)  
Send entry with check to: Jim Puckett c/o Mt.Hood C. College Athletic Dept.  
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No host breakfast-9 AM Sat., Heidi's in Gresham - \$7 MUST SEND WITH ENTRY

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

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

**DEADLINE  
JULY 7**

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## Butler Gets Hurdles Mark At Redlands

Walt Butler's 14.77 in the 110mH in the Redlands Evening Kiwanis Masters T&F Meet on the University of Redlands track in Redlands, Calif., May 17, will erase Jack Greenwood's 15.0 as an American age 45-49 record. The world M45 record is 14.7 by Valbjorn Thorlaksson of Iceland.

Larry Stuart hit the 220-2 mark for an age-48 javelin world record. Stuart, from El Toro, Calif., holds the M45 world record of 238-10.

In other events, Al Guidet won the M65 100m (14.32) and 200 (29.04); Stan King took the M45 400 in 56.9; Joe Fleischmann did a distance double in the M60 1500 (6:19.36) and the 5000 (22:39) to go along with other victories; and Jeanne Carter placed first in the W45 100m (14.4) and 200 (30.18).

The meet was directed by Buzz Wagner. □



Bruce Springbett (center) winning the M50 100M at the PA/TAC Championships in 11.9, in Los Gatos, Calif., May 17. Photo by Gretchen Snyder

## Athletes Show but Officials Don't at Irvine

The 7th Annual Anteaters Masters T&F Classic was held at the University of California at Irvine on May 24. The site is perhaps one of the best in the country for a masters meet: beautiful campus, cool ocean breezes, convenient location, plenty of parking, and a new, fast track.

Entries were received from New York, Illinois, Florida, Hawaii, Oregon, and Arizona. The out-of-staters shared a good time along with about 200 "locals."

But it wasn't all peaches and cream. Because of three major open and high school meets in the Southern California area, promised officials didn't show up. So meet director Dave Lewis scrambled around and his road runner friends came to the rescue. They, along with two TAC timers and a TAC starter, handled the track events. Dan Aldrich, a top masters thrower and

now-retired UC-I Chancellor, supervised the field events. Well-known masters runner Eddie Halpin, clerk of the course, kept the races on schedule.

Some of the many outstanding performances included:

—Walt Butler, 45, 11.3 in 100m and 14.6 in the 110mH.

—Hugo Hartenstein, 51, 11.4 in the 100m and 23.7 in the 200m.

—Mel Elliot, 47, 4:14.3 in the 1500.

—Michael Figueroa, 42, 9:17.8 in the 3000.

—Janet Wilson, 33, threw the shot 34-8 and the discus 149-1.

—Stan Whitley, 40, long jumped 23-5.

—Charlie Rader, 38, high jumped 6-6½.

—Shirley Kinsey, 56, set an American record for the W55 high jump with 3-8¼, erasing Joyce Varney's 3-8. □

## Conley Sets Mark in Los Gatos

Continued from page 1

with Eric Owers (2:00.9) winning the M45 title.

Jim Johnson, M60, won the triple jump (29-9¼), long jump (16-1), and the pole vault (8-6). Ron Mickel won the M45 discus throw in a competitive field with 155-1.

Over 450 Pacific Association masters and open athletes competed in hot (90°), windless conditions at Los Gatos H.S., a past national masters championships site, and San Jose City College, home of the Bruce Jenner Classic. This year's meet was directed by Willie Harmatz. □

## FIRST ANNUAL NATIONAL MASTERS NEWS

### AGE-HANDICAPPING TRACK AND FIELD MEET

for men and women age 30 and up

## SATURDAY, AUGUST 23, 1986

Birmingham High School - Van Nuys, California

Sanctioned by TAC/Southern California Association

Sponsored by the NATIONAL MASTERS NEWS

ENTRY DEADLINE - TUESDAY, AUGUST 19, 1986

- ELIGIBILITY:** All men and women age 30 and up.
- ENTRIES:** Pre-entry required before Tuesday, August 19. No late entries accepted.
- FEES:** First event \$6.00; additional events \$3.00.
- FACILITIES:** 8-lane, all-weather, rekoflex, certified, Olympic training track with rubber surfaces for jumps. Concrete throwing ring for shot put. ½ inch spikes. Food concessions and changing rooms available.
- AGE-HANDICAPPING:** This is the first full masters meet to utilize age-handicapping. Contrary to most masters meets, there will not be the usual "age-group" competition. Instead, all ages and sexes will compete in the same "division," with the oldest runner getting a head start in each event. In the field events, an age-graded formula will determine the winners. (Thus, the first place finisher could be a 30-year-old man or a 75-year-old woman.) A distance handicap will be given to each competitor in the 100, 200, 400 and 800 IH. A time handicap will be given in the 110 HH, 800, 1500 and 5000. Handicaps are based on tables compiled by TAC Records Chairman Peter Mundle and Dr. Track's Runners' Time Standards.
- TEAM AWARDS:** A team trophy will be presented to the club whose members score the most points, based on 6-4-3-2-1 scoring.
- HEATS:** Heats will be run in the 100 and 200. The 110 HH, 400, 400 IH, 800 and 1500 will be run as seeded-sectioned finals. There will be one 5000 meter final.
- TIMING:** Hand-timing.
- NOTE:** Since Birmingham is a city school, there will be no hammer, javelin, discus or steeplechase competition. Because of the special nature of age-handicapping competition, there will be no relay competition.
- AWARDS:** Medals will be awarded to the first three places in each event, in a victory-stand presentation.
- RESULTS:** Complete results, including heats and sections, will be published in the October issue of the National Masters News.
- HOUSING:** Carriage Inn, 800/542-6082 (Calif.), 800/854-2608 (Nationwide), \$49/room. Pool.  
Voyager Inn, 818/997-6007, \$41-\$45/room.  
Town House Motel, 818/782-8800, \$36-\$42/room.  
Golden Lion Motor Inn, 818/787-5400, \$41-\$48/room.  
Arrow Motel, 818/786-6966, \$30-\$35/room. No pool.
- DIRECTIONS:** From the 405 (San Diego) Freeway, exit at Victory Boulevard and drive west 1.7 miles. From the 101 (Ventura) Freeway, exit at Balboa Boulevard and drive north 1.1 miles. The track entrance is on Victory, just west of Balboa. Free parking.
- WEATHER:** Since this is an evening meet, the weather should be mild, in the 70's, with little or no smog.
- SCHEDULE:** Times are approximate.
- | TIME      | TRACK EVENTS    | TIME      | FIELD EVENTS                               |
|-----------|-----------------|-----------|--|
| 5:15 p.m. | * 110M HH Final | 4:00 p.m. | Pole Vault (all ages, start lowest height) |
| 5:45 p.m. | * 800M Final    | 4:30 p.m. | Long Jump (all ages)                       |
| 6:15 p.m. | 100M Heats      | 5:00 p.m. | High Jump " "                              |
| 7:00 p.m. | 100M Final      | 6:00 p.m. | Shot Put " "                               |
| 7:15 p.m. | * 400M Final    | 7:00 p.m. | Triple Jump " "                            |
| 8:00 p.m. | *1500M Final    |           |  |
| 8:30 p.m. | 200M Heats      |           |  |
| 9:00 p.m. | * 400 IH Final  |           |  |
| 9:15 p.m. | 200M Final      |           |  |
| 9:30 p.m. | 5000M Final     |           |  |
- \*Timed sections (if needed) based on submitted marks on entry form.

Please complete this form, sign and date release and mail with entry fee to:  
NATIONAL MASTERS NEWS, P.O. BOX 2372, VAN NUYS, CA. 91404.

1ST ANNUAL NATIONAL MASTERS NEWS AGE-HANDICAPPING TRACK AND FIELD MEET

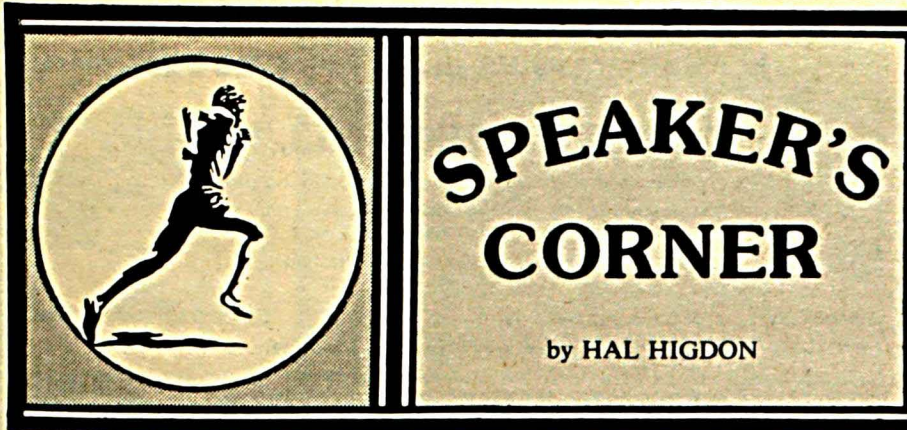
Al Sheahan, Meet Director

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ADDRESS \_\_\_\_\_ 1986 TAC NUMBER \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
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EVENT \_\_\_\_\_ BEST RECENT MARK \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_  
Make checks payable to NATIONAL MASTERS NEWS and mail by August 16, 1986 to arrive by the August 19 deadline.  
(No refund for default)

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the Los Angeles-Valley Athletic Club, Southern California Association/TAC, Birmingham High School, the National Masters News and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the National Masters News Age-Handicapping Track and Field Meet held August 23, 1986 at Birmingham High School in Van Nuys, California.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_



## What Do We Do Next?

**O**ne night recently I returned home to discover I had set a new personal record: 17 messages on my answering machine. Usually when I'm gone a day, I'm lucky to receive two or three calls.

That was the day the news hit that I had been selected as one of 100 finalists (out of 1,703 applicants) in the National Aeronautics and Space Administration's Journalist-in-Space program. As the Associated Press put it, "Walter Cronkite and 99 other journalists have been selected to compete for a coveted seat on the space shuttle." I was one of the "99 others."

It came as no surprise, since NASA's committee had informed me of my selection ten days earlier. I had been pledged to secrecy until they released the news. That release triggered the deluge of phone calls from reporters wanting interviews. Within the next day, I spoke with everyone from USA Today to the LaPorte Herald-Argus. Pop artist Andy Warhol once said that everybody in America will be famous for 15 minutes in their lifetime. I was experiencing such a 15 minutes.

I quickly became adept at fielding questions: what I had felt when the shuttle exploded ("stunned shock"); was I worried about the danger ("journalism always has been a dangerous profession"); and why I wanted to go up in space ("I was a sci-fi freak as a kid").

The unexpectedly tough question came from a TV reporter: "What do you expect to see from space?" Suddenly I ran out of glib answers. I hadn't thought that one out in ad-

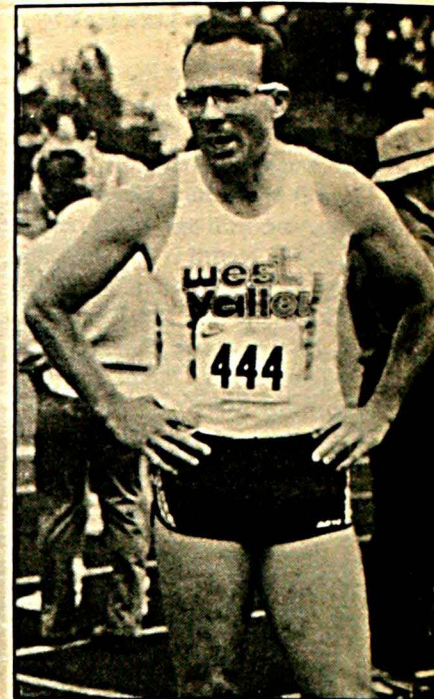
vance. I stumbled through some response, but I had been focusing so much attention and energy on becoming the Journalist-in-Space, I didn't know what to expect once I was up circling the globe.

My 15 minutes were up before I figured out the answer. I realized my space goal was akin to the marathon, a race I have run dozens of times, sometimes successfully, sometimes not. At the time I had applied for space last winter, I also was starting to train for my first serious marathon in five years. Once winter ended, I began increasing my weekly mileage from its maintenance level of 25, started getting in those long runs on Sundays, began conditioning my body — and psyche — for a supreme assault on the magic 26 some time in the fall.

That assault inevitably would consume several hours on a single morning. There would be a flash of exultation crossing the finish line, followed by several days of sore muscles accompanied by a typical marathoner's depression that comes with the realization that I would have to get on with the rest of my life: What do I do next?

Prior to the race, of course, would have been many months of preparation and anticipation. It might come as a surprise to those who never have run a marathon, but the best moments come during training rather than during, or after, the race. With a goal in sight, running achieves a purpose, a priority. It focuses your mind. Each day's run can be enjoyed not only for peripheral pleasures, but because it contributes to the inevitable achievement. Miles pile up in the runner's training diary, later to be savored, analyzed, used to plot future goals.

So it would be, I suspect, with my goal of space. Having been named one of the "99 others" (with Walter), I had to pass through a further winnowing process: to 40 invited to Washington, to five invited to Houston, to one invited to space. Then, if chosen, there would be at least a three-month training period during which I would brush elbows with the world's top space scientists, make friends with other astronauts, expand my knowledge to unanticipated lengths. It is easy to understand why a few days circling the



Russ Rutledge, catching his breath after winning the M35 400M in 55.5, Sacramento Relays, April 26. Photo by Gretchen Snyder

globe — no matter how spectacular the view — might come almost as an anticlimax. Having a goal often is more exciting than achieving that goal.

So it must have seemed for NASA during the nearly two decades since man first walked on the moon. The buildup to the moon captured everybody's attention but, with that achievement behind us, it was like the cry of the marathoner crossing the finish line: What do we do next?

For my marathon five years ago, I had trained 18 months for a single day, found all systems go, and finished with a world championship and a personal record. Reflecting on the event, I look back with pleasure more on the 18 months than the single day.

During the intervening five years, I have set other goals, achieving some, failing with others, but none quite so important as that last marathon or that next flight in space. I may never again run faster for 26 miles, or find 17 calls awaiting me on my answering machine, but I plan to keep trying. □

*Hal Higdon is a freelance writer from Michigan City, Indiana, who also has won three world championships in masters (over-40) track and field. He made the first cut to 40 semifinalists and will travel to Washington in the fall for the next round.*

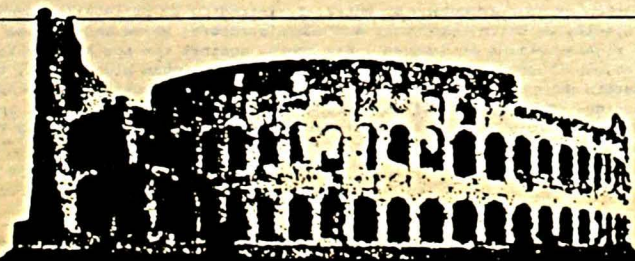


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CHAMPIONSHIPS

R O M E, I T A L Y  
Aug. 27-Sept. 7, 1987

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## Dorlin, Hayward Take Old Kent 25K

Yadao Dorlin, 42, of Detroit, Mich., with a 5:42.4-per-mile-pace 1:28:38.66, won the masters title by the thickness of his race-number tag from Bill Boyd, 45, of Canton, Mich., who finished in a 5:42.5-pace 1:28:39.23, in the Old Kent River Bank 25K in Grand Rapids, Mich., on May 10. Scott Dennis, 42, of Toledo, Ohio, was a close third in 1:28:50.02.

Norman Eastman, 55, of Lansing, Mich., won the M50 race with a strong 1:32:29, and Jim Porshee, 60, took the M60+ division with an uncontested 1:38:13.

Tina Hayward, 45, of Vicksburg, Mich., was the first women's master in 1:40:14, with Charlene Catalina, 41, of Port Huron, Mich., second in 1:42:56. Kathryn Starkweather, 52, of Wyoming, Mich., won the W50+ race in 1:51:40.

Overall winners were hometown runner Greg Meyer (1:16:38) and Joan Benoit-Samuelson in a national record 1:24:42.

Registered runners numbered 3575 with 3166 finishing the certified course with the help of over 1200 volunteers. Scot Ferris was race chairman. □

## Lure of \$40,000 Will Draw World Class Masters to Twin Cities Marathon

Jack Moran, director of the Twin Cities Marathon from Minneapolis to St. Paul on October 12, announced a top masters field is shaping up to go after the \$40,000 masters prize money — the highest purse ever offered to over-40 runners.

Confirmed entries include Antonio Villanueva, Kjell-Erik Stahl, Guenter Mielke, David Clark, Ralph Zimmerman, John Sheridan and Bruce Mortenson — all sub-2:20 masters marathoners.

Sub-2:30 performers include John Davies, Gary Goettelmann, Mike Hefernan, Bob Nelson and Ernie Billups.

Australia's great John Gilmour, 66, will go up against Oregon's Clive

Davies, 71, who won top prize of \$4,000 in 1985 and will be back to defend his age-handicap title.

England's Joyce Smith, 48, holder of the world women's over-40 marathon record of 2:29:43, will go against sub-2:51 runners Diane Palmason, Karen Scannell, Sue Petersen, Barbara Filutze and Shirley Matson.

Twin Cities will also fly in the first man and woman 40+ finishers in the TAC National Masters 10K Championships in Asbury Park, N.J. on August 9 to encourage America's top masters "speedsters" to take a crack at the 26.2-mile challenge. □

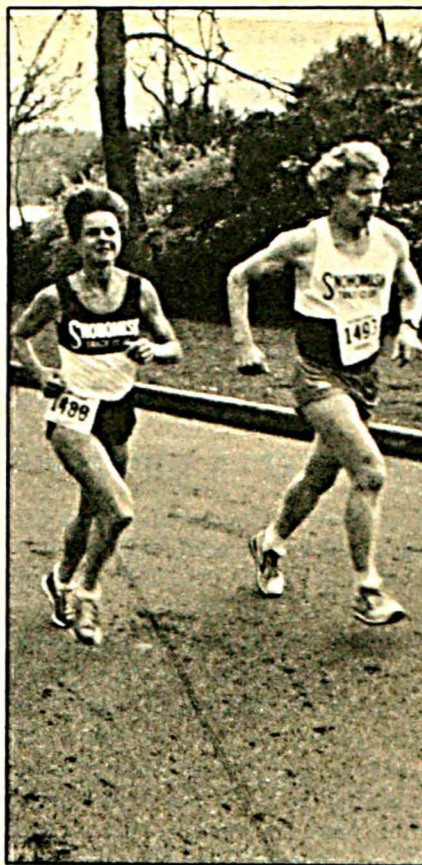
## Top Masters to Compete in National 10K

Phil Benson, director of the Asbury Park, N.J. 10K, which will also serve as the 1986 TAC National Masters Championships on August 9, reveals he has "the finest group of masters ever assembled" for the race.

Confirmed invitees include: M40: Barry Brown, Dan Murray, Atlaw Belilgne, Tracy Smith, Frank Reilly, Jeff Galloway, George Keim, Bruce Mortensen, and, from outside the

U.S.: Mike Hurd, Pat Murphy, Ken Inglis, Art Meaney, Graham Tattersall; M50: Norm Green, Bill Foulk, John Dugdale; M60: Jim O'Neil, John Hosner; W40: Shirley Matson, Gabriele Andersen, Judy Pickert.

The first four 40+ finishers (both men and women) will win \$1000, \$300, \$200, and \$100. In addition, Benson promises prize money for the first 50-and-over runners. □



Winner of the W40-44 division in 57:52 is Julie Stiles, at the Northwest Masters 15K Championships, Seattle, Seward Park, March 22. John Jardin, M40-44, on right, finished right with Stiles in 57:52. Photo by Tom Norwood

## Jordeth, Stiles Win Northwest 15K Run

John Jordeth, 40, of Seattle, won the Pacific Northwest Masters 15K Championships in his hometown on March 22 in 49:52. Chris Steer, 42, of Seattle, and Jeff Corkill, 42, of Spokane, finished second and third.

Two M50 runners, Derek Mahaffey, 51, of Bellevue, Wash., in 53:37, and David Pitkethly, 50, of Kirkland, Wash., with 53:41, outran the first M45 finisher in their division duel.

Julie Stiles, 43, of Seattle, was 19th and first female master among the 58 finishers in 57:52. Nancy Hellyer, 50, of Steilacoom, Wash., took the second W40-and-over spot in 1:04:01.

Norm Bright, 76, ran 1:23:25 in the race, which was directed by the Snohomish Track Club. □



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### BLUE CROSS/BLUE SHIELD OF VIRGINIA 11TH ANNUAL VIRGINIA STATE MASTERS TRACK & FIELD CHAMPIONSHIPS

(Both Men and Women 30 and over — Age as of Date of Meet)

30 AUGUST 1986

Hosted by the University of Virginia

30 AUGUST 1986

Hosted by the University of Virginia

Place: Lannigan Field, University of Virginia, Opposite University Hall  
Charlottesville, Virginia

Track: Tartan track and runways, 5 mm tapered spikes are best (no long spikes permitted)

Age Divisions: Men — Sub-Masters A (30-34), Sub-Masters B (35-39); Masters IA (40-44), Masters IB (45-49); Masters IIA (50-54), Masters IIB (55-59); Masters IIIA (60-64); Masters IIIB (65-69); Masters IV (70+).

Women — Sub-Masters (30-39); Masters I (40-49), Masters II (50-59); Masters III (60+).

Schedule of events: 9:30 a.m. — 10,000 meter run (late registration for this event 9:00-9:15 a.m.).

Field Events: (Late registration for all field events closes at 10:30 a.m.)  
10:30 a.m. — Hammer followed by Shot followed by Discus followed by Javelin  
11:00 a.m. — High Jump; Long Jump followed by Triple Jump  
12:30 p.m. — Pole Vault

Track Events: (Late registration for all running events closes at 12:00 p.m.)

1:30 p.m. — 100 meter dash	3:30 p.m. — 400 meter dash
2:00 p.m. — 110 meter hurdles	3:55 p.m. — 5000 meter run
2:25 p.m. — 800 meter run	4:30 p.m. — 400 meter hurdles
2:45 p.m. — 200 meter dash	4:50 p.m. — 4 x 100 meter relay
3:10 p.m. — 1500 meter run	5:05 p.m. — 4 x 400 meter relay

AWARDS: Medals to first three places in each division, scoring 5-3-1; team championship plaques (SM, MI & II, MIII+). First 200 preregistered athletes who actually appear and compete will receive singlets. TAC Sanctioned. All athletes MUST have TAC card. TAC cards may be acquired by sending SASE to Virginia Association of TAC, 3122 West Clay Str, No 6, Richmond, Va. 23230.

THIS MEET WILL BE OPEN TO ALL ATHLETES 30 AND OVER, BOTH MEN AND WOMEN, WHO LIVE IN THE STATE OF VIRGINIA, REGARDLESS OF TAC ASSOCIATION AFFILIATION. WHEN CHECKING IN MEET DAY, MUST SHOW DRIVERS LICENSE INDICATING PLACE OF RESIDENCE. Meet is open to non-Virginia athletes, who may compete unofficially. Medals. Same entry fee. Singlets apply to these athletes as well.

ENTRY FEE: \$6.00 — first event (includes new TAC insurance coverage); \$4.00 for each additional event. Relay team: \$12.00.  
DAY OF MEET ENTRY FEE: \$7.00 per event.  
No refunds after 25 July.

This meet will be fully computerized.

Complete in full and send entry form and check payable to VIRGINIA MASTERS to: Virginia Masters, 311 Westminster Road, Charlottesville, Va. 22901. (Entry fee: \$6.00 — first event; \$4.00 for each additional event. Relay team: \$12.00. Day of meet entry fee: \$7.00 per event.)

#### Directions to Lannigan Field

Coming from the North: Enter town on 29, turn right at Cavalier Inn (Best Western). Turn right again at first traffic light. Cross bridge, track is on left. To get to Howard Johnson's Motor Lodge, turn left instead of right at Cavalier Inn. Proceed until you go under a railroad bridge. Howard Johnson's is on the left in the next block. Coming from the East, West, or South: Take the Rt 29 off ramp from I 64. This will put you on the bypass; take the second exit from the bypass: direction — downtown, UVA. The off ramp will put you on Ivy Road heading east. Turn left at first traffic light. Cross bridge, track is on left. To reach Cavalier Inn continue straight instead of turning left at traffic light. Motel is on left at end of long block. To reach Howard Johnson's continue straight ahead over the hill. After passing under railroad bridge, Howard Johnson's is on left in next block. (Other available motels: Ramada Inn; Mt. Vernon (Best Western); University Lodge; Holiday Inn, Econo Lodge).

#### ENTRY FORM

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Tel: ( ) \_\_\_\_\_ 1986 TAC No: \_\_\_\_\_

Club Affiliation: \_\_\_\_\_ Unattached: \_\_\_\_\_

Single size: Sm \_\_\_\_\_; M \_\_\_\_\_; L \_\_\_\_\_; XL \_\_\_\_\_

I, hereby for myself, my heirs & administrators, waive & release any & all rights & claims or damages I may accrue against the Virginia Association AC, the University of Virginia, the meet sponsor, their officers, agents or assigns for any and all injuries suffered by me at this event or while traveling to or from this event. I certify that my level of training is such that I am prepared to compete.

SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

EVENTS: Performance — time/distance (complete to be placed in proper heat)	
1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	8. _____
	9. _____
	10. _____
	etc. _____



Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## 10-Year Clinical Study of Runners Completed

Well, it has been ten years and 3500 athletes since we first started our Clinical Study of Long Distance Runners. It was meant to be a brief study of a few hundred runners and instead it has turned out to be the largest clinical study ever performed.

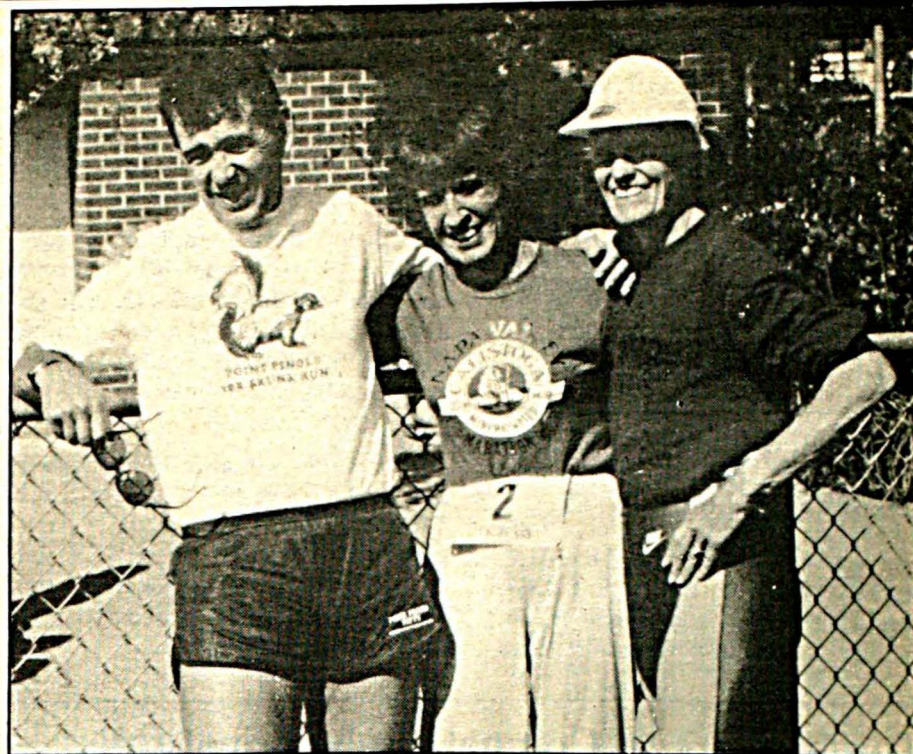
Dr. Douglas Jackson and myself decided that we would like to know a little more about our running patients. We formulated an extensive clinical questionnaire that we used along with each athlete we treated. We have presented the study in various Journals and in Runner's World Magazine.

Our latest study is now out and form still seems to be running true. In order to maintain interest, I thought I would just give you some basic morphological and training statistics and save the injury statistics until next issue. So, in the meantime, why not jot down what you think are the 10 most common running injuries, in order. Remember, these include Olympic gold medalists and everyday joggers.

So, what did we find. We found that of the injured runners we treated, 70% were male and 30% were female. This seems to be the ratio in 10K races nowadays, and has not changed since we started the study. But in certain injuries, there are more women injured than men (you will see this in an upcoming article termed gender-related running injuries).

You will be glad to note that the mean age of all runners is 34.7 with 37 the mean age of men and 30.9 the mean age of women. So it seems like you have to be an old . . . before you will start getting injured.

Weight was quite a bit more than we had imagined. The mean weight tipped in at 153 lbs. with men at 165 and



From left, Dick Collins, 52, Maria Carlson, 64, and Ruth Anderson, 56, looking happy after the Redwood Empire 24 Hour Run in Santa Rosa, California. Carlson was the top money raiser for the American Cancer Society, which sponsored the event. Photo by Del Eckels

women at 123. However, Costill, et. al. tell us that world class distance runners weigh in at about 143 lbs. So it looks like that spare tire you are carrying is not helping much.

The majority of athletes (45%) were running less than 20 miles a week when injured. 34% were running between 20-40 miles per week. Yet Runners World, several years back, told us that most runners run between 20-40 miles per week. So maybe mileage is not the culprit.

The culprit could be the number of years of running. Only 11% of the people we saw have been running less than 20 miles per week; the majority (48%) were running between 1-5 years and 38% were running over 5 years. So, it could be the amount of time spent on the old dogs.

Most runners trained using long slow distance but, surprisingly, 5% reported only speed workouts and 29% used a combination of speed and distance. So, maybe the use of speed in the workouts leads to injuries.

Most runners were injured in the morning (32%), while only 17% were

injured in the afternoon and 21% in the evening. In another study, it was shown that most runners run in the afternoon or evening. So, perhaps, lack of stretching in the morning could be causing injuries.

And, talking of stretching, 90% of those injured stretch. Could be we are all stretching wrong and it is doing us no good.

And, to wrap things up, most runners (32%) do not seek medical help until the pain is so bad that they cannot run at all. So, in keeping with the athletic mentality, we will keep up our survey. Although we have to rely on supposition with our statistics, we are getting a clear picture of the runner and his training habits. Armed with this information, the sports practitioner's job will be made a little easier and the athlete will obtain better and more accurate diagnoses. □

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

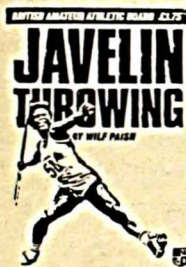
## What You Need to Know

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## Seven Join NMN Sustainer List

Seven more masters supporters have joined the National Masters News Sustainers — those who contribute funds to provide additional support to the National Masters News and the Masters athletics programs.


The current list of 24 sustainers is published below. Anyone donating \$10 or more will receive a free copy of the 1986 Masters Track and Field Age-Record Book.

We welcome your support. Send your contributions to NMN, P.O. Box 5185, Pasadena, CA 91107. □

### NATIONAL MASTERS NEWS SUSTAINERS

- |                         |                         |
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| Harold Chapson          | Lewis Hartz             |
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Bold type indicates donation of \$100 or more.



**National  
Running  
Data Center, Inc.**

### Smooth Transition?

A special committee of representatives from the RRCA, TAC, NRDC and ARRA met on May 16 in Portland, Maine at the scene of the annual RRCA National Convention and resolved the following statement:

- 1) The keeping of records is crucial to the success of our sport.
- 2) The running community is deeply appreciative of the record-keeping activities carried out by Ken and Jennifer Young of the NRDC.
- 3) Since the Youngs are stepping down from their positions at the NRDC, it is crucial that the record-keeping be carried out at the same high standards.
- 4) A working committee of the RRCA, TAC, NRDC and ARRA will be working on a smooth transition.
- 5) Many of the disagreements and misunderstandings which have characterized the dialogue regarding

this transition have been clarified and all groups recognize that the highest priority is the smooth transition of the record-keeping function.

6) TAC will be providing substantial funding for the restructuring and maintenance of the record-keeping function. The structure and details will be finalized within the next 120 days and the new set-up will be operational on January 1, 1987.

Considerable support for the concept of state record-keeping centers was expressed. These would be voluntary since no funding should be expected from TAC/USA. The role of TAC would be to support a national center. □

### Green, Schmitt Repeat in Lincoln Marathon

by HARRY CROCKETT

Norman Green repeated as the masters winner in a time of 2:34:17, about two minutes slower than his 1985 winning time in the Lincoln Marathon in Lincoln, Nebr., on May 4. Green had said at the pre-race seminar that he would be shooting for 2:28, as he dedicated his race to the alleviation of world hunger.

Green's effort, in 45 mph winds and warm temperatures, placed him fourth overall compared with his eighth-place finish last year. At 53 years of age, Norman proved again that superior athletes overcome adverse conditions while average folks merely survive them.

The women's master's winner was 40-year-old Shirley Schmitt of Hawaii in 3:11:51, less than five minutes over her 1985 time. Shirley repeated as women's winner in the National Guard competition and also captured third-place among women overall.

Only five masters' men runners posted times under 2:50:00 and only 15 had times under three hours. Nine M40 runners beat the three-hour mark, along with four M45 runners and two M50 runners.

Wesley Geringer claimed second masters place and first in the M45 age-group with a 2:46:47. Lowell Gaither, also M45, was third at 2:47:02. Robert Lindsey placed first in the M40 age-



Norman Green, Jr., repeats as masters winner, Lincoln Marathon, Lincoln, Nebraska, May 4.

group and fourth among masters men in 2:47:28. Completing the list of top five masters runners under 2:50:00 was 50-year-old James Gallup, whose 2:48:36 earned him second behind Green in the M50 age division. □

### Andersen Leads Masters in Friehofer's 10K

Continued from page 1

N.J., was the 55-59 leader, and Edith Farias, 62, of Salisbury Mills, N.Y., the 60-and-up winner in 50:39. All three won by large margins. Ruth Rothfarb, 84, of Miami Beach, Fla., was the last of the 421 finishers in 1:21:57.

Overall winner of the race, the TAC/USA National Open Championships, was Betty Springs, 24, of Raleigh, N.C., with a course record 32:13.

Masters winner and 21st of 720 competitors in a 5K race run later in the day was Iris Black, 43, of Spring Valley, Ohio, in 19:56.

In the nation's first all-women's wheelchair race, won by Brenda Zajac, 25, Tampa, Fla., (34:20), 40-year-old Karen Jacobs, of Tampa, finished fifth (41:40).

The Friehofer Baking Company founded this increasingly popular race in 1979 and has been its main sponsor. This year, co-sponsors were Eastern Airlines, Ford Motor Company, and Purolator Courier. □

### Hurd, Welch Make Hay

Continued from page 4

place W40-and-up prize of \$1,000 for her 17th-overall 44:28, and Juana Stavalone, W40, San Jose, Calif., finished 19th in 44:54, worth \$800.

Overall winners of the race, which has grown from 1,400 entrants in 1977, were Jon Sinclair, Fort Collins, Colo., in 34:25, and Anne Audain, New Zealand, in 38:48. □

#### THIRD ANNUAL BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

**DATE:** Sunday, August 3, 1986 10:00 a.m.

**SITE:** Brown University Stadium, Elmgrove Ave., Providence, R.I.

**DIRECTIONS:** From 95 North or South, take 195 East exit. Follow 195 until you hit the Gano St. exit. Go up Gano (north) which becomes Taber Ave. Follow Taber until you reach Lloyd Ave. Turn right on Lloyd and go to Elmgrove Ave. Turn left and follow until you see Brown Stadium on the left hand side.

**FACILITY:** Six-lane, all-weather 400m track (4" spikes). All-weather jumping areas, concrete throwing circles, grass runway for javelin. Changing area available.

**AWARDS:** First three places in all events.

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

**ENTRY FEE:** Pre-entries \$5.00 first event; \$4.00 each additional event by July 30, 1986. \*\* Post entries will be \$7.00 first event; \$4.00 each additional event by 10:00 a.m. on day of meet. \*\*

**ORDER OF EVENTS:**

12:00 p.m. 5,000m Walk 400m Hurdles 100m (trials & finals if nec.) 100m Hurdles 400m 1,500m 200m 800m 5,000m 1,600m Relay (10 yr. groups - no fees/no awards)	10:00 a.m. Hammer High Jump Pole Vault  12:00 p.m. Shot Put Long Jump Javelin  2:00 p.m. Triple Jump Discus
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For additional information contact: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860 (401) 728-2869 (evenings)

**Local Hotels:** Susse Chalet, (401) 941-6600; Marriot Inn, (401) 272-2400; Biltmore Plaza (401) 421-0700

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Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

Age (as of 8/3/86) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Club \_\_\_\_\_ TAC# \_\_\_\_\_ Date of Birth \_\_\_\_\_

Events Entered 1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
 2. \_\_\_\_\_ 4. \_\_\_\_\_ 6. \_\_\_\_\_

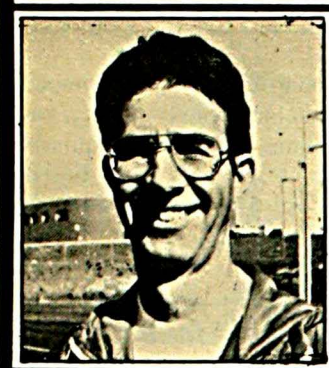
Total fee enclosed \$ \_\_\_\_\_

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil D. Steinberg, 46 Roberta Ave., Pawtucket, R.I. 02860

Waiver: In consideration of your accepting this entry for the 1986 Brown University Masters Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date \_\_\_\_\_ Signature \_\_\_\_\_

(Please indicate any previous masters awards and championships on the back)



## MASTERS TRACK & FIELD REPORT

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

### Why Are You Involved?

**W**hy are you involved in competitive masters athletics? Recreation, competition, health, fellowship, prizes, records, travel? I would like to know. I would like to assemble a collection of letters indicating reasons why those over 40 participate. I would like to know who you are, your age, where you live, what your work is, or may have been, and your area of competition — as participant, observer, or official.

The purpose is not to carry on a writing relationship with everyone, but to help put together a brochure for "marketing" of the Masters Program. With the possibility of hosting the World Games in 1989, it is essential that monies be raised to guarantee their financial stability. This will require an extensive brochure. One item in that brochure should tell the prospective underwriter something about us: the extent of participation, the reasons why we participate, where we come from, and who we are.

I look forward to a very busy time at our National Outdoor Championships, and the once-a-year opportunity to gather a number of competitors and friends together to review the year's activities. This year I plan to make the presentations for the 1985 athletes of the year and review with you our concepts for awards for 1986, including All American Awards. Other matters on the agenda will be: budget, regional boundaries, site selection for 1987, 1987 World Games, uniforms, age factor scoring, rule changes, and other pertinent matters.

### 1000 to Compete in Nationals

Continued from page 1  
meet headquarters.

National championship medals will be awarded in each event for each five-year age group for both men and women from age 30-34 through age 90+. There are no qualifying standards needed to enter, except to be at least age 30. The entry form was printed in last month's issue on page 3.

Meet director Sandy Pashkin has scheduled the events in a 48-hour span from 1 p.m. on Friday to about the same time on Sunday. Limousine service is available for \$9.00 for the 35-minute ride from JFK or LaGuardia airports. Because of the close proximity of the track to the Hofstra U. dorms and the Marriott, it should not be necessary to rent a car.

On Saturday, at about 5 p.m., the

There are some exciting things going on in masters athletics. No longer is it strictly a West Coast/East Coast program. However, other than the results which are published in the Masters News, very little information escapes from the various states and regions to the membership at large. Accordingly, although they do not know it yet, I am going to ask each of our regional coordinators to provide the Masters News with at least one article a year on activities within the various regions. I will be in direct contact with each of them to encourage that to happen.

TAC/USA is working on a new regional alignment and we will have considerable input on the reorganization. The stronger and more active we can become as regions, the stronger our program will become. Accordingly, these news items from the various regions will be one way of promoting regional interest and activity.

I hope you all plan to be in New York (Long Island) for the National Championships. I'll look forward to seeing you there. □

annual Masters T&F meeting will be held, with TAC Masters T&F Chairman Jerry Donley presiding. Bring your ideas and suggestions for improving the Masters T&F program. While none of the business discussed at this meeting will be officially binding, recommendations are usually ratified at the official Masters T&F meeting at TAC's annual convention in December.

Also at the meeting, the awards for 1985 masters athletes-of-the-year will be presented. A reception will follow.

The complete results of the meet — including heats — will be published in our September issue.

This is the first time the nationals have been held in the New York area since 1975, and it will be nice to be back in a place where people talk nawmal. □



Irene Obera, of Fremont, California, World W50 Champion in the 100, 200, and 400M, warming up for the 400M, Sacramento, April 26. Her time was 67.5.

Photo by Gretchen Snyder

### Records Set in New York Masters Meet

Results of the New York Masters Meet at Kings Point on May 18 show several triple winners and many double winners. R. Ruffalo, M30, threw the discus 105-9, and heaved the javelin 160-8 for a world record by a blind athlete.

John Dugdale, M50, posted two of the better distance times of the day, in the 1500 (4:40.7) and 5000 (16:50).

B. Omelchenko, M55, was the

fastest 5000 racewalker with 31:10.9.

The M50 throwers supplied the largest and most competitive fields of all the day's events. J. Edwards won the shot with 43-4½ and the hammer with 104-4. M. Kintish took the discus with 139-10. B. Youngs hurled the javelin 160-2. P. Carstensen, loser to Edwards in the hammer by 4 inches, won the weight throw with 35-9½. □

### 1985 Top World Weight Pentathlon Scores

by PHIL PARTRIDGE and BOB STONE

The following list includes 46 top World Weight Pentathlons best scores over 3200 points during 1985.

The entire list of Weight Pentathlon Rankings for 1985 may be obtained by sending \$1 for postage and printing to Bob Stone, 118 St. Albans Road, Kensington, CA 94708.

Not all weight pentathlon athletes are winners in the usual sense. Many are intensely competitive with their scores of past and future meets and years. Age Factor Scoring makes this possible.

They value them as indicators of their strength, skill and general health from year to year. Some have made remarkable improvement.

Age	Name	Score	Date	Country
30	Gary England	3647	9-5-85	USA
31	John Dupuis	3394	9-15-85	USA
34	Merry White	3597	5-5-85	USA
35	Mod Guy	3257	3-31-85	AUS
36	Norm Bower	3384	5-26-85	USA
37	Frank Heilly	3849	12-15-85	USA
37	Mike Deller	3756	12-15-85	USA
37	Norm Bower	3421	9-8-85	USA
38	Mike Griako	3558	5-26-85	USA
38	Ray Manzi	3292	8-31-85	USA
42	Ed Hill	4146	9-8-85	USA
43	Ed Hill	4201	12-29-85	USA
43	Carl Wallin	4126	9-15-85	USA
44	Lloyd Higgins	3711	12-15-85	USA
50	Tim Ywoney	3315	3-5-85	USA
50	Helno Vann	3221	3-31-85	AUS
52	Stu Thomson	4132	12-15-85	USA
53	Wendell Palmer	3504	8-31-85	USA
53	Carlos Fraundorfer	3476	5-5-85	USA
53	Pay Carstensen	3364	5-26-85	USA
53	Joe Chadbourne	3290	5-19-85	USA
54	Len Olson	3705	11-2-85	USA
54	Tom Henderson	3436	12-29-85	USA
56	Randy Cooper	3390	12-29-85	USA
58	Bob Richards	3910	1-17-85	USA
59	Herb Cantor	3250	5-26-85	USA
60	Aivers Revulina	3503	3-31-85	AUS
61	Donald Reid	3208	12-29-85	USA
62	Jacob Stein	3239	12-29-85	USA
64	Bob Stone	3608	1-20-85	USA
64	Bob Stone	3621	12-15-85	USA
65	Arvids Zekis	3436	10-5-85	CAN
66	Charles Beaudry	3340	5-29-85	USA
67	Klmer Shaw	3546	5-29-85	USA
67	Nat Heard	3369	4-13-85	USA
68	Koy Foley	3772	3-31-85	AUS
68	Klmer Shaw	3588	9-15-85	USA
70	John Fraser	3865	3-31-85	AUS
70	Ian Hume	3413	7-27-85	CAN
70	Pete Gulgin	3375	12-29-85	USA
71	Jim York	3486	5-3-85	USA
71	John Lieb	3309	1-17-85	USA
71	Bob Betweller	3285	5-5-85	USA
72	Gilberto Gonzales	3428	12-29-85	P R
74	Phil Partridge	3248	12-29-85	USA
79	Arnolds Ticanis	3159	5-5-85	CAN

By Bob Stone and Phil Partridge with assist by Pay Carstensen and Jim Pearce.

Scored by new one year age Factor Formulas in conjunction with I A A F Olympic Scoring Table, 1962 Edition.



## Paul Spangler

**“D**on't ever quit! That's my advice to runners,” says Paul Spangler. “If you want to enjoy good health and happiness, you must maintain physical fitness through regular aerobic exercise throughout life.”

The 87 year-old Spangler takes his own advice. He's out on the roads near his San Luis Obispo, California home by 3:50 a.m., six days a week. After putting in a 2-7 mile run at his 10-11:00-minute-per-mile training pace, he meets his friends at the track by 5:30 a.m. and runs another two miles with them. Then they cool down by taking an 800M swim in the municipal, Olympic-sized 50-meter pool. He's home by 6:50 a.m. ready to start another day writing, reading or lecturing.

And when does he manage to sleep? “I climb in bed at 8:00 p.m. and read until about 9:00 p.m., or until the book falls on my face.”

Spangler is a retired surgeon and spent most of his career with the United States Navy. He was acting Chief of Surgery at Pearl Harbor when it was attacked by the Japanese, December 7, 1941. From 1959-61 he was the Senior Medical Officer and Chief of Surgery for Project Hope, and organized a voyage to Indonesia and South Vietnam.

He is a widower, but sees his four children often. “I'm blessed with a wonderful family,” he says. “I look forward to every visit with them. They never let me down.”

Spangler did not compete in school. He began running at 67, because of “fear of coronary heart disease.” A late start didn't bother him. In the fif-

teen years he's been competing he's collected more records than any other American runner — open or master. He holds 62 American and World running age records at distances of 400M to the marathon.

“My favorite distances are the 5 and 10K,” he says. He holds the American and World age 86 record for both — the 5K with 28:54.4, and the 10K in 63:58.4. Currently he is the World IGAAL Marathon Champion for age 80-89. He's beginning training now to defend that title in October at the IGAAL World Marathon Championships in Vancouver, B.C.

In 1985 he was chosen TAC's outstanding athlete of the year, both on the track and on the road, for men age 85-89. He was voted to the Runner's World All-Star Team, and was California Track and Running News' pick for masters men 70+ Road Racing Athlete of the Year. In addition to running, he also competes “irregularly” in swimming and race-walking, and was a 1985 Masters Swimming All-American selection.

For the past twenty years Spangler has been lecturing for the American Heart Association and at universities around the country on the causes and prevention of coronary heart disease, physical fitness and lifestyle, and on keeping the mind and body alert and active in old age.

And keep active he does. He races all

year round, including entering three or four track meets a year. “I run in 4-6 events— 400, 800, 1500, 3,000, 5,000 and 10,000M — depending on the schedule of events.” Each year he runs 10-15 road races and/or cross-country races, from 1500 to the marathon. “I try to get in one marathon a year, but have only managed eight, so far” (in fifteen years of competing).

“My training schedule is not rigid. It's frequently interrupted by travel — for lecturing and racing. I average 30-35 miles a week, unless I'm training for a marathon, when it goes up to 54 miles a week. I train at about 10-11:00 pace (85% of my racing pace). My pace varies some according to how I feel.” He warms up very little, using the first two miles of a run as a warm-up before speeding up to his training pace. To cool down he does “very little — just keep moving around.”

Usually he tries to rest 1-2 days before racing. He tapers off for 2 weeks and takes 3 days rest before a marathon. Since he first began running, he says, his workouts have “diminished in distance and speed as old age creeps up on me.” He uses flats for all his running.

Over the years he's had “most injuries, except stress fractures.” He suffered two serious fractures — of the wrist and two ribs — from stumbling over down hurdles while running in the dark. “Doing too much, too fast is probably the major cause of many injuries,” he says. “That and improper shoes.” He ices an injury for the first 48 hours, then uses contrasting heat and cold. He thinks the use of DMSO has helped the resolution of “sprains and strains.”



Paul Spangler.

Spangler's philosophy is that with a positive “can do” attitude life can be “beautiful, productive and thoroughly enjoyable. It can be a ball.” No question he's having one. And he definitely has a “can do” attitude toward masters running competition. His goal is “to be the best in my age group at all distances from 400M to the marathon, as long as God gives me health and strength.”

—Gretchen Snyder

### Daily Training Schedule - Paul Spangler

#### All Season Training

<b>Monday</b> (9 miles)	7 miles on roads near home, starting at 3:50 a.m. 2 miles on dirt track with friends at about 5:30 a.m. All at about 10-11:00 pace (85-90% of racing pace), except for first two miles which are slower for a warm-up.
(800M Swim)	15 minutes, with friends, at about 6:10 a.m. In municipal, Olympic-sized 50M pool.
<b>Tuesday</b> (4-6 miles)	2-4 miles on roads (longer run for marathon training). 2 miles on dirt track (see Monday for time and pace). If sharpening for track season in spring, intervals on track 2 or 3 weeks before event, twice a week: 2 X 100M, 1 X 180M, 2 X 200M, 2 X 180M, 2 X 200M; tries to run these all out, with one sprint each lap of the track; race-walk or jog in between.
(800M Swim)	(See Monday).
<b>Wednesday</b>	Same as Monday.
<b>Thursday</b>	Same as Tuesday.
<b>Friday</b>	Same as Monday.
<b>Saturday</b> (10 miles)	Rest or long run on paved roads in country. (Or race, 400M & up.)
<b>Sunday</b> (10-24 miles)	Rest or long run on paved roads in country. (Or race, 400M & up.) If not training for marathon, runs 10 miles; if training for marathon, starts increasing mileage about 4 months before race by 2 extra miles every 2 weeks, until reaches 24 miles. Tapers off mileage about 2 weeks before race. Keeps same schedule on Tuesday, Wednesday, Thursday and Friday, but rests Saturday and Monday, and takes long run on Sunday.

Average weekly mileage, 30-35 miles/week when training for races up to 20K; 39-54 miles/week when training for marathon.

May practice race-walking technique during runs; both swimming and race-walking are secondary to running.

## 5th Annual Hayward Masters Classic Track & Field Championships

Hosted by OREGON TRACK CLUB MASTERS

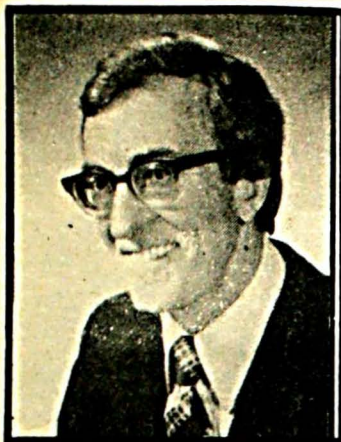
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## FROM THE Editor

by AL SHEAHEN

### Young Is Out. Old Is In

**M**asters athletes have known it for years. But now, it's official.

Young is out.

Old is in.

It's no longer chic to be youthful. Don't trust anyone under 30.

Masters have long known there's truth in the old saw: "Life begins at 40." Every five years, they look forward to growing older into a new age division where the competition will be a little softer.

But the secret is out.

The athletics world got its first hint of the resurgence of age in 1980 when 43-year-old Al Oerter threw the discus 227 feet, farther than any of his four Olympic gold medal winning heaves at younger ages. Then, in 1984, Sister Marion Irvine qualified for the U.S. Women's Olympic Marathon Trials — at age 51. Hammer-thrower Ed Burke made the U.S. Olympic team at age 44. And 37-year-old Carlos Lopes won the Olympic marathon.

The old-is-in movement gained national momentum with the re-election

of President Reagan at age 73. In 1985, it gathered a full head of steam when Kareem Abdul-Jabbar, at 38, led the Los Angeles Lakers to the NBA Championship. And Pete Rose, 44, smashed the all-time major league baseball hit record.

In 1986, it rolled into high gear. Don Ameche, at 80, won the Academy Award for best supporting actor. Vladimir Horowitz, at 81, went home to the Soviet Union, played a few riffs on the piano, and was a bigger smash than Elton John.

If there were any doubters left as to the new senior power, Jack Nicklaus, at 46, silenced them with his thrilling, come-from-behind victory in the Masters golf tournament. And then, like a final penicillin pill erasing any last vestiges of the lingering youth-is-best malady, jockey Bill Shoemaker, at age 54, virtually carried Ferdinand into the winner's circle in the Kentucky Derby. The horse's trainer, Charlie Whittingham, was winning his first Derby — at age 73.

Then Raymond Floyd became the oldest person to ever win the U.S. Open golf tournament. He's 43.

There's more. John Henry, one of the best race horses in the century, is about to make a comeback, at age 11. That's 55 for you and me. Patrick Jennings, at 41, is the goaltender for Northern Ireland's World Cup Soccer team. And Reggie Jackson, who just turned 40, passed Mickey Mantle on the all-time home run list, and is hitting .318.

The supermarket magazines are crammed with photos of the over-40 set: Linda Evans, Joan Collins, Jane Fonda, Elizabeth Taylor. Mikhail Barishnikov is still dancing at 38. Mick Jagger is still singing at 41. And

George Burns is still ogling women — at 90.

Bruce Dern, at 50, stars in the "best running movie ever made," according to those who have seen it. It's not the story of a young Olympian, but of a 45-year-old who attempts to win the rugged Dipsea age-handicap race.

Seniors who used to retire at age 65 and wait for the end are now embarking on second — or third — careers. Seniors' expos are big business.

The masters athletics program, mired in relative obscurity to these many years, may be ready for a breakthrough. Sponsors are ponying up prize money for masters in road races. Running magazines are devoting space to 40-and-over performers. The media is beginning to take notice.

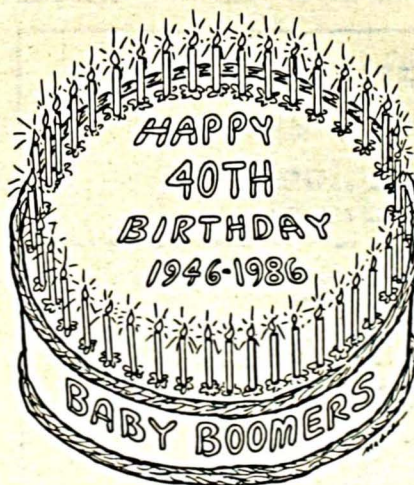
Over-40 runners are getting faster. England's Mike Hurd became the third master (besides Mike Manley and Barry Brown) to crack the 30-minute 10K barrier. Priscilla Welch, at 41, consistently runs 32-minute 10K's. Sweden's Kjell-Erik Stahl was the overall winner of the Stockholm marathon last month in 2:12:33.

In two years, three of the biggest names in American running will turn 40 — Frank Shorter, Bill Rodgers and Jim Ryun. There's talk of a masters road-racing circuit, and of the first-ever four-minute mile by an over-40 runner. Sponsors may begin to jump on this baby-boom bandwagon.

Baby boom?

Yes, the baby boom officially began, according to research, on July 2, 1946. We'd like to be the second (Doonesbury was the first) to officially welcome the baby boomers to the magic age of 40, and invite them to join the masters athletics program.

Baby boomers have been at the cutting edge of U.S. history since they popped out of the womb, and, with their imposing numbers, can be



counted on to continue their leadership — for good or ill — for the rest of the century.

Baby boomers were among the first to fight in Vietnam in 1964, and among the first to protest the war in 1965.

## Forty

Forty.

For some folks at 40, dread and depression. For others, a rekindling of life's spirit.

Stanley Brandes, 42, a University of California anthropologist writes in: "Forty: The Age and the Symbol" that culture, not biology, dictates the 40s paranoia.

Like the number three, 40 is a powerful symbol in Western culture. There's 40 acres and a mule, floods that lasted 40 days and 40 nights, Christ fasting 40 days, the Israelites wandering in the wilderness for 40 years, *forte* meaning strength, and getting 40 winks.

Brandes found that Irish and Armenian immigrants believed that infants should be kept in lighted places indoors for 40 days after birth and that Greek women are expected to stay home for 40 days after birth. Then there's *quarantine*, from Latin and Italian, for 40 days of isolation to prevent the spread of disease. And the National Football League's dread 40-yard time trial, which has ended the potential career of more than one lumbering rookie.

"No wonder we freak out at 40," says the Los Angeles Times. "The strong cultural pressure, plus society's persistent, but false, view that 40 is moving into old age, combine to make fear of 40 a self-fulfilling prophecy."

Perhaps the French writer Jules Renard said it best: "We don't understand life any better at 40 than at 20, but we know it and admit it." □

They were the Civil Rights marchers of 1966 and the hippies of 1967. They made marijuana a household word in 1968, and coined the phrase: "don't trust anyone over 30."

Those of us who were over 30 at the time were a bit miffed, but we understood and smiled. Now the boomers are well past 30, themselves, and we welcome them to the masters ranks.

New respect is coming to the 40-and-over set. Lean back and enjoy. We may become America's new sex symbol. Youth will seek out our once-ignored advice, eager to learn from our wisdom. Twenty-year-olds will ask us for training tips. Reporters may interrupt our workout for a quote or two.

A new era has arrived.

Color success gray. Put tomorrow on hold. □



Holding a post mortem after the Piedmont Feet Meet, Piedmont, California, are, left to right, Elvyn Blair, Norm Green and Ruth Anderson. Photo by Robert Saito





18 Months To Go

## Countdown to Melbourne

### VII World Veterans Games Update

by PEG SMITH

Executive Director, VII World Veterans Games

The chance of a masters' lifetime is going to take place in Melbourne, Australia from November 28 - December 6, 1987.

Anyone who has had the good fortune to have competed in previous World Veterans Games will tell you it is an experience not to be missed.

There are no minimum standards. That means if you are already running in fun runs or even, at this time, just considering getting fit, these Games are for you. Don't worry if you feel shy about competing on the track, you can have a run in the cross country or, if you are a walker, there are the road walks.

Of course don't forget the marathon. For the first time at a World Games there is to be a commemorative medal for all finishers. A fast accurate course, five hours to finish and more than a 1000 competitors with the

100m Hurdles (35-39) 80m Hurdles W40 and over, shot put, high jump, long jump and 800m. There has been a request that the women's events should be changed to conform with the men's pentathlon by taking out the hurdles and high jump, and substituting 100m and javelin. This would make the event attractive to all women Vets and not just the few younger groups. A decision for any change would have to be made by the WAVA executive committee.

5. In line with the WAVA constitution, the women's hammer and triple

# IN TRAINING



## FOR THE VII WORLD VETERANS GAMES

youngest woman 35 years and a man 40 years and the oldest competitors will be well into their 80's. Once again a chance in a Vets' lifetime to enjoy a truly international event in Australia.

There have been a number of questions asked about different aspects of the Games:

1. Bookings for a full range of accommodation from University to Luxury hotels are available through our office or your travel agent.

2. At present there is a maximum of 5 events allowed for any one competitor. The competition committee is putting a proposal to WAVA that this be increased to 7 events.

3. There is no heptathlon, decathlon or weight pentathlon during the Games, but we are looking at the possibility of some or all of these being post-games, non-championship events.

4. At present the women's pentathlon events in the World Games are

jump will also be included in this program.

Have I answered your question? If not, write to *National Masters News* with your query.

We will be doing a lot of promotions and travelling around Australia as well as overseas to be able to talk to you personally and also give you the opportunity to introduce prospective members to the Vets. We hope to be on the West Coast of the USA sometime in October 1986.

Our Games may be 18 months away, but, we need your enthusiasm to introduce new members to your local Masters group, so that no one will miss out on a superb international event. Next month there will be more details of how our committees are working, how our budget is being planned and the type of help we will be getting from some of the organizations we have approached.

Keep fit and have fun! □



Participants in the XIX World Veterans IGAL Road Racing Championships in Richmond, British Columbia, October 4-5, will have the opportunity to see one of the greats of track and field. John Landy, former world-record holder in the mile, will be there. "He advises that although he has not run seriously for years, he will endeavor to get fit and participate in our 10K," says Ken Richardson, president of the Vancouver Masters Road Running Society. "He will at least present some of the awards." Landy is shown above with his son, Matthew, at Expo '86 in Vancouver. Landy is serving as Commissioner General of the Australian Pavilion.

Photo by Mike Tymn

### U.S. Nominee for '89 Games to be Picked

At press time, a three-person site viewing team — Mary Cullen, Bob Fine and Jim Puckett — was en route for a two-week inspection visit of the six cities which submitted bids to host the 1989 World Veterans Games.

The team was slated to visit, in order: Eugene, Oregon; San Jose, Calif.; Los Angeles; San Diego; Durham-Raleigh, N.C. and Miami.

After returning home, each of the three inspectors will prepare an independent report for the full 11-person TAC Masters Site-Selection Committee. Members of the Committee include Masters T&F Chairman Jerry Donley, Masters LDR Chairman Bob Boal, TAC Executive Director Ollan Cassell, Joe Valdes, Dan Thiel, Al Sheahan, David Pain, Hal Higdon, Fine, Puckett and Cullen.

Oral presentations will be made to the Committee by the six bidders on July 17 in Uniondale, N.Y., at the

TAC National Masters Track and Field Championships.

The Committee will then make its selection, which is expected to be accepted at the U.S. Masters T&F Meeting on July 19, and ratified by both Masters Committees (T&F and LDR) at TAC's Convention in Tampa on December 3-7. The U.S. nominee will then make its official presentation to delegates at the VII World Veterans Games in Melbourne, Australia on December 2, 1987.

It was originally thought that the U.S. would be the sole bidder for the 1989 event. (The WAVA Executive Committee has strongly encouraged a U.S. bid.) However, as reported last month, and confirmed by WAVA Secretary Owen Flaherty this month, WAVA has received an official bid for the 1989 Games from Split, Yugoslavia.

The delegates in Melbourne will make the final choice. □

### Browne Sets World Mark in Australia

One world and 27 Australian national age-group records were set in the annual Australian Veterans Track and Field Championships in Adelaide over the Easter weekend of March 28-31.

Temperatures reached 100°F (38°C) on the meet's second day, making conditions difficult, particularly in the distance events.

The heat didn't seem to phase Dot Browne, who turned in a new world 5000-meter record for women 45-49 with a time of 17:33.30, bettering the mark of 17:59, set by California's Vicki Bigelow in 1982. Browne also captured the W45 1500 in 4:47.7 and 10000 in 37:01.6. Both times better the existing W45 world marks (see pages

19-25) but are a few seconds short of pending records set at last year's World Veterans Games in Rome.

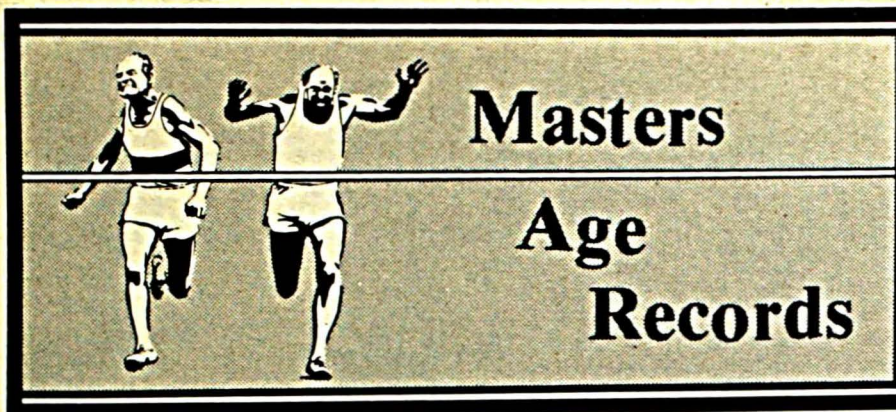
John Gilmour was in top form, winning the M65 1500 (4:55.6), 5000 (17:44.4) and 10000 (37:49.9). He added a win in the cross-country.

Among the national records set were:

—62.1 by Bernie Hogan in the M65 400, only a half-second off Fritz Assmy's world M65 standard. Hogan added two other NR's with a 14-1/4 long jump and 30-7/8 triple jump.

—1:54.8 by P. Tippet in the M35 800.

Continued on page 27



## New Track & Field Age-Group Records

In this issue are new world and U.S. five-year age-group track and field records for men and women age-35-and-up.

The marks are those compiled and approved, as of June 1, by World Veterans and U.S. Masters Records Chairman Peter Mundle, and the Records Committees of the World Association of Veteran Athletes (WAVA) and The Athletics Congress (TAC).

New categories have been added for the M85+ and women 75+ divisions. Also added are new short hurdles races — the 80-and 100-meter distances now officially run by older age groups. (For reference, the 110-meter records are also listed, marked with a "C").

Still missing from the lists are pending world and U.S. records set in the VI World Veterans Games in Rome. (Except for short hurdles marks, which are unofficially included.) Proper documentation has not yet been received by the WAVA or TAC Records Committees from the Rome Games. Marks set in the 1984 European Veterans Championships have now been approved and are included in the lists.

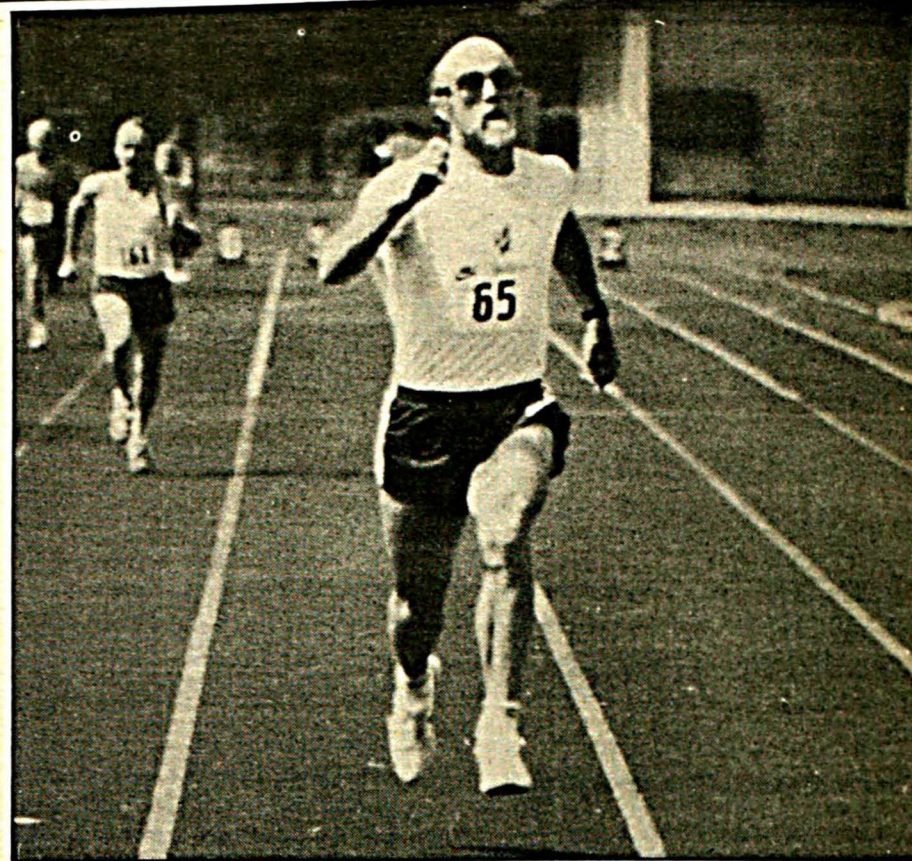
Among the new 85+ marks are two by the late Duncan McLean of Scotland in the 100 (16.3) and 200

(41.1). West Germany's Josef Galia claims six 85+ bests in the 400, 800, 1500, mile, 5000 and 10000. California's Paul Spangler accounts for the 3000 and one-hour run, while Idaho's Buell Crane owns the high, long and triple jumps, shot, discus and javelin.

Colorado's Polly Clarke holds the 100, 200, 400 and 800 standards for women 75-and-over, while Bess James, Berta Hielscher, Irja Sarnama and Edith Mendyka split the others.

The official WAVA track and field record forms are included on page 25. Meet directors should keep several copies on hand, fill them out and mail them to Mundle if a potential record is set. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

As mentioned last month, the 1986 edition of Masters Age Records is now available. The book contains men's



Martyn Adamson, finishing ahead of the field in the M45 400M with 55.8 at the Sacramento Relays, April 26. Photo by Gretchen Snyder

and women's world and U.S. age bests for all track & field events, age 35 and up, as of January 1, 1986. It also gives U.S. age bests for men and women for all race-walking events, age-40-and-up, as of the first of this year. The book is available for \$4.00 plus \$1.00 handling from NMN, P.O. Box 5185, Pasadena, CA 91107.

The occasional discrepancy between "age records" and "age-group records" results from the tighter standards required to approve an age-group mark. "Some of the age records were wind aided or never validated," Mundle says. "It would be impossible to check each of the book's 2000 marks. But the five-year age-group marks must pass stringent scrutiny."

□

## Record Turnout in Birmingham Meet

by GORDON SEIFERT

More than 100 of the nation's finest masters athletes from 12 states competed in the annual Birmingham Classic Track and Field meet on May 10 on the Vestavia High School Track in the Alabama capital.

Aided by an overcast sky that kept temperatures moderate throughout the day, 62 new meet age-division records were set. Jerry Stanners of Bakersfield, Calif. garnered three marks in the 120 hurdles, long and high jumps.

Others who set new records included Jeff Baty, Buck Bradberry, Sadie Howell, Tom Kennell, Peggy Hamilton and Jennifer Kyle. □

## NOW AVAILABLE Masters Age-Records 1986

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1986
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

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Continued from previous page

TRIPLE JUMP table with columns: DIV. MARK, NAME (RESIDENCE), AGE, MEET DATE. Rows include Phil Raschker, Joan Grissom, Christel Miller, Shirley Kinsey, Edith Mendyka.

SHOT PUT (30-49: 8#/4KG; 50+: 6#/3KG) table with columns: DIV. MARK, NAME (RESIDENCE), AGE, MEET DATE. Rows include Lynn Graham, Joanne Grissom, Joanne Grissom, Christel Miller, Bernice Holland, Edith Mendyka, Helen Stephens, Edith Mendyka.

DISCUS THROW table with columns: DIV. MARK, NAME (RESIDENCE), AGE, MEET DATE. Rows include Lynn Graham, Joanne Grissom, Joanne Grissom, Shirley Kinsey, Bernice Holland, Edith Mendyka, Edith Mendyka, Edith Mendyka.

JAVELIN THROW (30-49: 600G; 50+: 400G) table with columns: DIV. MARK, NAME (RESIDENCE), AGE, MEET DATE. Rows include Lurline Struppeck, Carole Leaf, Christel Miller, Christel Miller, Shirley Kinsey, Edith Mendyka, Edith Mendyka, Edith Mendyka.

WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

HURDLES

HURDLES table with columns: AGE, Race Distance, Hurdle Height, To 1st Furdle, Between Hurdles, To Finish. Sub-sections for WOMEN and MEN. Includes a note: Steeplechase distance for age-groups 160 and 165 shall be 200m; there is no steeplechase for age-groups 170 and above.

IMPLEMENTS

IMPLEMENTS table with columns: AGE, SHOT PUT, DISCUS, HAMMER, JAVELIN. Rows for WOMEN (35-49, 50 plus) and MEN (40-49, 50-59, 60-69, 70 plus).

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Form for TRACK RECORD application with fields: Name of Event, Classification, Full Name of Athlete, Address of Athlete, Club or Branch, Date of Birth, Date of Event, Place of Competition.

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Table for Timekeeper with columns: Time, Name of Timekeeper, Address, Signature.

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Table for Starter with columns: Name of Starter, Address, Signature.

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions? .....

Did you examine the Birth Certificate of the athlete? (If not athlete should send copy) .....

Precise Wind Velocity and Direction .....

Were all hurdles the correct balance and height? .....

List order of finish and approximate distance between each finisher.

1st. .... who was .... ahead of .... who was .... ahead of ....

Table for Referee with columns: Name of Referee, Address, Signature.

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291 World Association of Veteran Athletes

APPLICATION FOR FIELD RECORD

Form for FIELD RECORD application with fields: Name of Event, Classification, Full Name of Athlete, Address of Athlete, Club or Branch, Date of Birth, Date of Event, Place of Competition.

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date..... Signature of Athlete.....

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Table for Field Judge with columns: Height/Distance, Name of Field Judge, Address, Signature.

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface .....

Table for Technical Manager with columns: Name of Technical Manager, Address, Signature.

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions? .....

Precise Wind Velocity and Direction .....

Was the Field surveyed? .....

1st..... 2nd..... 3rd.....

Table for Referee with columns: Name of Referee, Address, Signature.

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

## Reunion Planned For 1956 Olympians

Gold Medalist Hal Connolly (Hammer Throw, 1956) and television writer/producer David Vowell hope to organize a reunion of 1956 Olympic Track & Field medalists in conjunction with the VII World Veterans Games in Melbourne in 1987.

If organizing efforts are successful, participating 1956 medalists will be

provided with transportation, lodgings in Melbourne, and the opportunity to compete in exhibition events.

For more information contact: David Vowell, 11429 Sunshine Terrace, Studio City, CA 91604, (818) 762-0363 or Hal Connolly, 1029 Nowita Place, Venice, CA 90291, (213) 392-7642. □

## Browne Sets World Mark in Australian Championships

Continued from page 17

—3:58.6 by R. Lange in the M35 1500.

—72.7 by A. Cooper in the W55 400.

—12.9 by Wendy Ey in the W45 80m hurdles.

Outstanding performances included:

—W35 wins by A. Holcombe in the 400 (58.8) and 800 (2:14.2).

—W50 victories by J. Howes in the 400 (55.3) and 800 (2:08.7).

—4:01.6 by D. Telford and 4:02.9 by G. Hand in the M40 1500.

—Four W55 titles by Jean Albury in the 5000 (19:07.1), 1500 (5:18.5), 1000 (40:30) and cross-country.

—Three triumphs by Bill Empey, the meet's oldest participant, in the 90-and-up division in the 100 (24.1), 200 (54.7), 400 (2:07.5).

NMN readers may wish to take a close look at the results of this meet, since these are the people who are going to be among the competitors at the VII World Veterans Games in Melbourne next year. □



M60 800 contestants in South Africa Masters Championships, April 5. From left: Hennie Greeff (2:49:80); Don Farquharson of Canada (2:55.7); Neville Sharpley (2:49.3). Photo by Leo Benning

## Ditsele Stars in South Africa Championships

The 11th annual South African Masters Athletic Championships were held in Herman Immelman Stadium in Germiston, a Johannesburg suburb, on April 4-5.

S. Ditsele turned in an impressive double in the M40 800 (1:56.8) and 1500 (4:12.6). His 800 time is less than two seconds off Klaus Mainka's world M40 mark of 1:54.9 and faster than George Smith's winning time (1:56.9) in last year's World Championships in Rome.

L. Halweendo was only three seconds behind Ditsele in the 1500 (4:15.7) and won the 5000 (15:54.1) and 10000 (33:50.3). Monty Hacker picked off the M50 100 (12.5) and 200 (24.9). Audrey Reid took the W70 100 (17.0), 200 (35.5) and 400 (80.5). The latter betters the existing world W70 mark, but is off Reid's pending mark of 79.64, set at last year's World Games in Rome. Makabela clocked a 51.3 in the M40 400, while A.L. Conradie posted a 4:36.8 in the M50 1500. WAVA President Don Farquharson of Canada placed 4th in the M60 800 in 2:55.7. □



Ann McKenzie, W60, leads Audrey Reid, W70, in 200, South Africa Masters, April 5. McKenzie finished in 35.4; Reid in 35.5. Photo by Leo Benning

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.

### 1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height	
52	Full page	250	10"	13"
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26	1/2 page	160	5"	13"
			10"	6 1/2"
13	1/4 page	100	5"	6 1/2"
			10"	3 1/4"
7	1/8 page	60	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 page	50	2 1/4"	3 1/4"
1		25	2 1/4"	1"

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3 to 5 insertions	10%
6 to 12 insertions	15%

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3. Net 10 days from billing date.

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The 10th of month before date of issue

### 9. Circulation March 1986

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P.O. Box 2372  
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**ATHLETIC VETERANS OF HONG KONG**  
(A.V.O.H.K.)  
GPO BOX 10368  
CENTRAL HONG KONG

INTERNATIONAL VETERANS ATHLETIC MEET  
HONG KONG OCTOBER 18/19, 1986

NAME:

Family Name                      First Name                      Other Initial(s)

ADDRESS:

DATE OF BIRTH:

D    D    M    M    Y    Y

MALE                       FEMALE

AGE GROUP: (please tick)

35-39 <input type="checkbox"/>	40-44 <input type="checkbox"/>	45-49 <input type="checkbox"/>	50-54 <input type="checkbox"/>	55-59 <input type="checkbox"/>
60-64 <input type="checkbox"/>	65-69 <input type="checkbox"/>	70-74 <input type="checkbox"/>	75-80 <input type="checkbox"/>	80++ <input type="checkbox"/>

EVENTS: (please tick)

100m <input type="checkbox"/>	1500m <input type="checkbox"/>	HJ <input type="checkbox"/>	SP <input type="checkbox"/>
200m <input type="checkbox"/>	3000m <input type="checkbox"/>	TJ <input type="checkbox"/>	J <input type="checkbox"/>
400m <input type="checkbox"/>	5000m <input type="checkbox"/>	LJ <input type="checkbox"/>	D <input type="checkbox"/>
800m <input type="checkbox"/>	10000m <input type="checkbox"/>	PV <input type="checkbox"/>	H <input type="checkbox"/>
	3000mW <input type="checkbox"/>	3000m SC <input type="checkbox"/>	

ENTRY FEES: Hong Kong and Macau Entries HK\$10 per event  
Overseas Entries US\$2 per event

Total Entry Fee enclosed  HK/US\$  
Buffet Dinner Ticket HK\$60/US\$10 enclosed  HK/US\$  
(cost per person, drinks extra)

Total enclosed  HK/US\$

Please return Entry Forms with HK\$ or US\$ draft or cheque payable to AVOHK to:  
Secretary (AVOHK)  
GPO Box 10368,  
Hong Kong

CLOSING DATE for receipt of entries — 15 SEPTEMBER 1986

LATE ENTRIES will only be accepted at the discretion of the organising committee and on payment of an additional fee. Only entries received from overseas athletes will be acknowledged and only then if the entry is accompanied by an addressed return envelope.

NATIONAL COLOURS — No national colours/running kit may be worn during events by competitors

PROGRAMME CHANGES — The Organisers reserve the right to change the programme order and to combine age groups whenever they deem necessary

Please read before signing Entry Form:

In consideration of your accepting my entry, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release and discharge Athletic Veterans of Hong Kong and all sponsors, promoters and all other contributors from any and all liability arising from illness, injury, loss and/or physical consequences I may suffer as a result of my participation in this meet. I have read the information provided and certify my compliance by signature below.

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Contact telephone Number: Hong Kong 5-8916197

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## MASTERS GLOSSARY OF TERMS

**T&F:** Track and Field

**LDR:** Long distance running

**RW:** Race walking

**Athletics:** The sports of track & field, long distance running and race walking.

**Masters:** Men and women age 40 or over.

**Sub-masters:** Men and women age 30-39.

**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)

**Seniors:** A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 or over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

**AR:** American record

**WR:** World record

**PR:** Personal record

**The Athletics Congress (TAC):** The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

**International Amateur Athletic Federation (IAAF):** The international governing body for athletics.

**World Association of Veteran Athletes (WAVA):** The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

**IGAL:** An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

**Age-groups:** Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

**Masters competition:** Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Local masters T&F:** All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

**Local masters LDR:** Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

**TAC Regional and National Masters T&F Championships:** The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

**TAC National Masters LDR Championships:** The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

**TAC Membership:** It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in sanctioned or non-sanctioned masters events.

It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling

to, a TAC-sanctioned competition.)

**Eligibility:** There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she chooses, but one many never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

**Standards:** There are no entry or award standards in TAC Masters competition.

**World Veterans Games:** There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

**Uniforms:** Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

**Senior Olympics:** A program unrelated to the TAC Masters program. Open to age 25+ or 55+ depending on the area, and featuring athletics, swimming, softball, etc.

**Masters Clubs:** Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.

**Age Records:** An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

**Rankings:** An annual book of masters rankings by event and age-group, is available for \$9.95 (LDR) from NRDC, above.

**Implements:** Lighter implement weights are used in the older age-groups.

**Hurdles:** The height of the hurdles is lowered for older age-groups.

**Rule Books:** The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

**WAVA Standards:** WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).

**Weight Tables:** Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

**IA, IB, etc.** Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

**Road Runners Club of America (RRCA):** An organization of over 400 clubs throughout America which promotes long distance running.

**National Masters News (NMN):** The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$18.75 (2nd class), \$26.75 (1st class), or \$43.75 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

*Write On* Continued from page 2

### KUDOS

After six months of meets up and down the East Coast, I would like to give some thanks where due.

— The national indoor meet in Baton Rouge was just great.

— At Raleigh, the officiating was excellent. They even changed the direction of the pentathlon 200 at the suggestion of athletes who feared the

wind.

— Joe Valdes and his brother put on a terrific meet at Lake Worth, Fla. All the officials had radios to talk directly to the announcer who juiced the meet up with his comments. And high school athletes carried all throwing weapons back to the contestants.

— And thanks to promoter Phil Partridge.

— And God bless you, too, NMN.

— Boo Morcom

Wilmot, New Hampshire

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### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUL. 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EUNICE CARLSON (MARQUETTE, MI)	7- 9-36	50-54
RUTH DETTERING (SAN FRANCISCO)	7- 4-26	60-64
MARY GILLESPIE (HOUSTON, TX)	7-18-41	45-49
JANET GREYDA (STONE RIDGE, NY)	7- 3-26	60-64
KAREN HOLAPPA (ANN ARBOR, MI)	7-21-36	50-54
ALEXANDRIA JOHNSON (BRONX, NY)	7- 5-36	50-54
KATHLEEN KAISER (CHICO, CA)	7- 9-46	40-44
BEVERLY LAMPE (MONONA, WI)	7-11-31	55-59
CHRIS MCKENZIE (GREAT NECK, NY)	7-26-31	55-59
NANCY PARKER (DUNWOODY, GA)	7-26-36	50-54
THELMA RUBIN (CA)	7-27-21	65-69
VIRGINIA SKIFFINGTON (CA)	7-30-31	55-59
LOUISE TRICARD (NY)	7-26-36	50-54
FRANCINE BONNANS (WG)	7-22-11	75-79
HANNELORE BORMANN (WG)	7- 7-36	50-54
PAULA VAN HELMONT (BEL)	7-24-26	60-64
MARJA-LEENA KANGAS (FIN)	7-29-41	45-49
ANN LETHERBY (AUS)	7-22-46	40-44
ELENA MATUSKOVA (CZE)	7-13-21	65-69
GALINA NEKRASOVA (URS)	7- 4-36	50-54
LIESELOTTE SEUBERLICH (WG)	7-19-26	60-64
DOROTHY WHITAM (AUS)	7-10-36	50-54
AUDREY WILLIAMS (NZ)	7-20-26	60-64
SAM ADAMS (SANTA BARBARA, CALIF)	7-22-31	55-59
BOB BACKUS (PEMBROKE, MASS)	7-11-26	60-64
RICKARD BRUCH (SWE)	7- 2-46	40-44
BILL COTTER (US)	7- 6-21	65-69
PAUL GANAHL (CORONA, CA)	7- 4-16	70-74
WILLI GEORG (WG)	7-10-21	65-69
ALBERT GORDON (NEW YORK, NY)	7-21-01	80 +
KARL-FRIEDRICH HAAS (WG)	7-28-31	55-59
CHARLES HACKENHEIMER (CENTRAL SO., NY)	7- 6-06	80 +
REX HARVEY (DES MOINES, IA)	7- 6-46	40-44
OMER HIX (TX)	7-11-11	75-79
JOHN HOLOUBEK (LOMPOC, CA)	7-15-16	70-74
GLEN INGRAM (SIOUX RAPIDS, IA)	7-12-01	80 +
ROBERT KOPELL (NY)	7-22-26	60-64
KLAUS LANGER (WG)	7-15-16	70-74
ERNST LARSEN (NOR)	7-18-26	60-64
KARL LARSEN (AMES, IA)	7-24-21	65-69
BOB MARKLE (EL SEGUNDO, CA)	7-23-36	50-54
KARL-HEINZ MARSCH (WG)	7-28-21	65-69
NORMAN MARTIN (GB)	7- 8-01	80 +
PAT MCDONALD (NY)	7-26-81	80 +
EINAR NORDIN (SWE)	7- 3-06	80 +
LEN OLSON (JERICHO, VT)	7-30-31	55-59
BOB PACKARD (SCOTTSDALE, AZ)	7-20-36	50-54
JIM RABIE (S. AFR)	7-12-36	50-54
OLAV REPPEN (NORWAY)	7- 9-11	75-79
MIGUEL RIVERA (PUR)	7-30-31	55-59
JAKOB RYPDAL (NOR)	7-19-26	60-64
BOB SIEBEN (SAN DIEGO, CALIF)	7- 5-26	60-64
SEPPO SIMOLA (FINLAND)	7-27-36	50-54
FAY STEELE (HONOLULU, HI)	7-29-16	70-74
CHARLES WILEY (VENTURA, CA)	7-16-41	45-49

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Empire of America Federal Savings Bank presents the Masters Sports Series. Join us in Florida for 4 dynamic track and field meets leading to a grand finale meet. You'll compete for awards with the best of the masters, ages 40 and up, as well as the submasters, ages 30-39.

The Empire of America Masters Sports Series kicks off in DeLand on September 6 and continues in Tampa on September 20; in Gainesville on September 27; and in Orlando on October 5.

Be there as the excitement peaks in Tampa on October 25, with the grand finale and your chance to win the North American Masters Championship in track and field.

Race into action now. Call 1-800-462-8462 for your official entry form today or write Empire of America Masters Sports Series, Attention: Jimmy Carnes, 1330 N.W. 6th Street, Suite A, Gainesville, Florida 32601 (904-377-0134).

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**Masters Sports Series**

Sanctioned by:



## "Atlaw and Judy Play it Again at Cotton Row"

Continued from page 1

myself a little harder to see what I could do."

The effort was enough to hold off 40-year-old Natalie Spalding of Atlanta, a new master who has made quite a name for herself on the Southern circuit this season. She ran 39:50 and seemed pleased with the effort. "I could see Judy up ahead for the last half of the race," the real estate agent commented. "I thought I might be able to catch up toward the end, but in the last half mile she really was too strong. But I'll be tougher next year."

Judy's strength is well known by many master female competitors as she has won the RRCA 10K road championships for the past two years. She also won three national masters cross country titles in 1985 and was the masters champion at 8K on the roads when she set a U.S. age-42 record of 30:03 for the distance at Syracuse last September.

Third female master was Nancy Parker of Atlanta, who will move into the 50-54 age division this summer and will probably challenge anyone in the country, save Marion Irvine, for top performances in that division for the

rest of the year. Parker, always a consistently strong runner, ran 41:04.

The male master field this year was once again equivalent or superior to many national championship races. No less than fourteen entrants had recent 10K times better than 33 minutes, and ten of them managed to run sub-34 on one of the toughest courses in the South.

Belilgne led from the gun and went through the first mile with a five-flat. He was followed within five seconds by Conway, Don Coffman and Rich Myers, a new master from Vorhees, New Jersey, who had won the masters division of the Trevira Twosome 10 mile with a 53:08 in April. Between the first mile and The Hill (Mt. Wood is a monster of a hill at two and a half miles that takes the runner 105 feet vertically in 200 yards), Myers and Coffman pressed past Conway. Myers was feeling so good at this point that he did an imitation of Conway's juggling act which the Chetek, Wisconsin, coach and PE teacher had performed the previous night at the welcome party.

As Herb Lorenz later told Myers, a sometimes training partner, "You have got to learn to respect us old guys,

Rich. Dan thought you were telling him to come on and run faster. He's tough enough without your getting him mad." After the hill, Conway used the mile long gentle downhill to catch and pass both Myers and Coffman and close on and almost catch Belilgne in the last 100 yards.

Tom Dooley of Toccoa, Georgia, Coffman's main competitor in the South this season, overtook Myers to take fourth in 33:12, and in the most exciting finish in the race, Myers out-leaned Alan Pilling of Marietta, Georgia, for fifth as both were timed at 33:19. Myers had been slowed in the last part of the race by a recurrence of a foot injury that has plagued his first season as a master.

Herb Lorenz, who spent more time this spring helping coach his daughter's and son's track teams than on personal training, still ran a 33:25 for 7th master and 2nd in the 45-49 division.

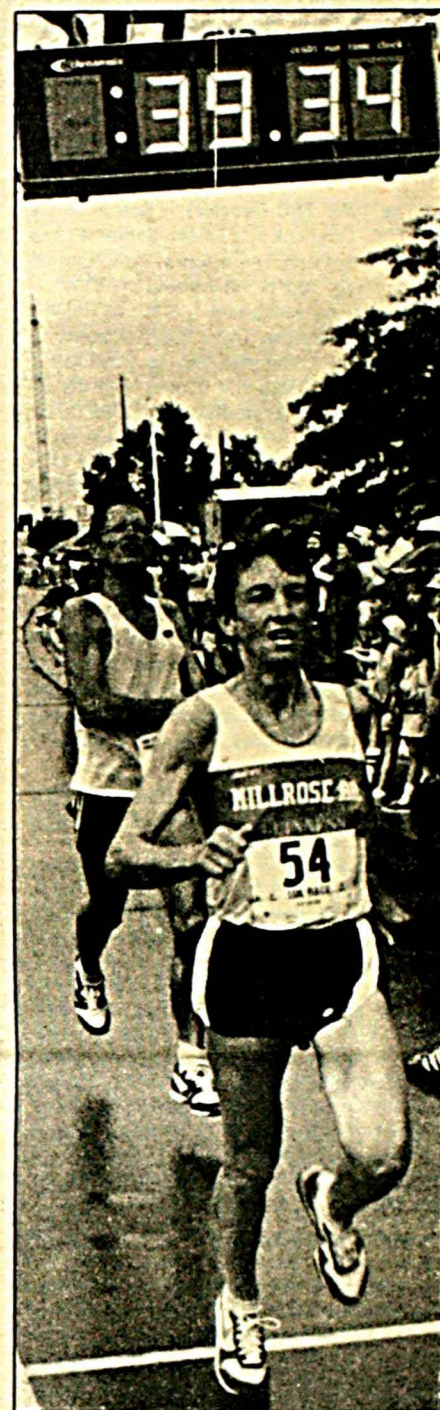
Bill Olrich of Lexington, Kentucky, continued his outstanding performances as a new 50-year-old and won that division by more than two minutes over Gerald Koch. Olrich's time was 33:55, and Koch ran 36:07.

Gordon English from Birmingham, Alabama, celebrated his first year in the 60-and-over division with an impressive 41:57 win.

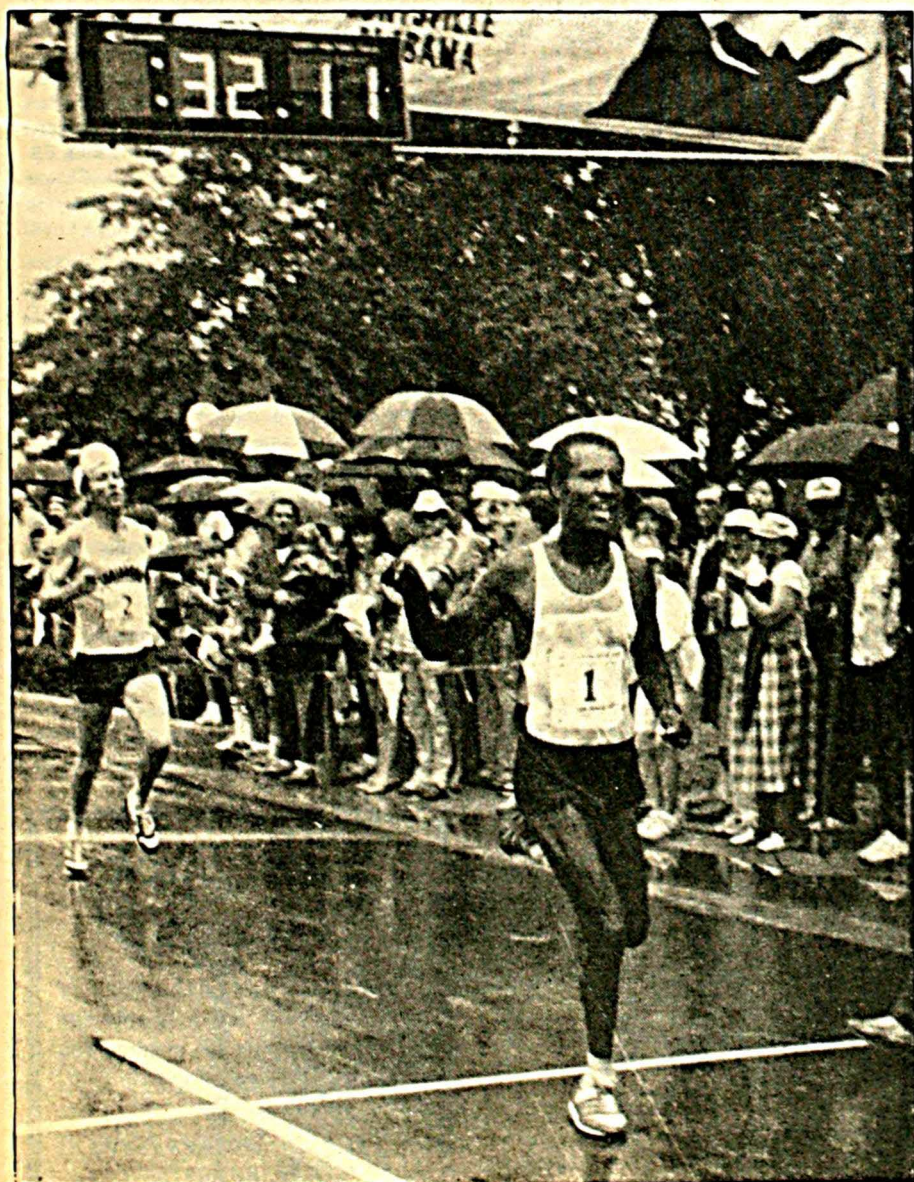
The seventh edition of Cotton Row was again sponsored by First Southern Savings and Loan. The 10K had just over 2700 entrants, about the same as in the past five years.

Plan now to come to Huntsville next Memorial Day. As we said in our ad this year, "You may not run your best time, but we think you'll have your best time."

Try it in 1987, then judge for yourself. □



Judy Pickert takes second straight Cotton Row 10K female masters crown in Huntsville, Ala., May 26. Photo by Jim Oaks



Atlaw Belilgne, 41, of Houston, wins his 2nd Cotton Row 10K Run Masters title by only one second over Wisconsin's Dan Conway, 47, in Huntsville, Alabama on May 26. Photo by Jim Oaks

## Knifton, Steigerwalt Top 1985 Hour Walk

John Knifton, M45, of the New York AC, covered 7 miles and 1635 yards (12,760m) in Austin, Texas, on October 20, to lead all masters walkers in the 1985 TAC National Postal One Hour Race Walking Championships.

The second and third longest distances also came from M45 division walkers, Ron Kulik, who finished with 7m/657y (11,866m) in W. Long Branch, N.J. on November 17, and Ray McKinnis, who ended with 7m/365y (11,599m) in Raleigh, N.C., November 16.

Sal Corrallo, M50 winner with 7m/288y (11,528m) was fourth overall. Bob Mimm topped the M60 list with 6m/1484y (10,958m).

The women were led by W40 Jolene Steigerwalt's 6m/699y (10,295m) in San Diego, Calif., on October 20, and

W40 Lo-Ann Flettrich's 6m/500y (10,113m) on September 18 in Paramus, N.J.

The Shore AC "A" team of Kulik, Mimm, and M40 leader Lee Bogart (11,123m) won the men's masters team contest with a 33,947m total. The Shore AC women's masters trio of W40 Barbara Reilly (9,470m), W50 winner Dolores Randazzo (9,334m), and W60 winner Marie Henry (8,676m) tallied 27,480m to defeat the Potomac Valley Seniors W40+ team (24,300m).

Results of the 1983 and 1984 One Hour Postal Championships are available from Wimsey House, P.O. Box 33182, Granada Hills, CA 91344. Send \$2.00 to cover postage, copying & handling. □

# MASTERS SCENE

## NATIONAL

• The 1986 TAC Directory is now available from TAC. This book lists names, addresses and phone numbers for TAC officers, staff, committee chairmen, sports supervising committees, administrative committees and operations committees. Likewise, TAC's Board of Directors and Executive Committee members are listed, along with addresses and phones, and the officers of each TAC association. The 1986 Directory also lists key IAAF contacts, plus a list of major U.S. sports organizations like the U.S. Olympic Committee, NCAA, NFSHA, NAIA, etc. It also contains TAC's by-laws and operating rules. To order a copy of the Directory, send \$7.50 to TAC/USA Book Order Department, P.O. Box 120, Indianapolis, IN 46206.

• The 1986 edition of the **Competition Rules of The Athletics Congress** is now available. The book contains rules for American track and field, race walking and long distance running. Note: Records are not included in this year's book. To obtain a copy, send \$7.50 to TAC, above.

• Copies of the 1986 **U.S. Decathlon/ Hephathion Handbook** are now available. To order a copy, send \$6 to TAC, above.

• Overlooked in the results of TAC's National Masters Indoor T&F Championships in Baton Rouge in February was the end of a 37-year-old winning streak. **Boo Morcom**, 1948 Olympian, had never been beaten in open or age-group competition in the pole vault since 1949. But he was upset by another Olympian, **Bob Richards**, 12-0 to 11-6, in the 60-64 age division. Morcom turned 65 on May 1, and started a new streak in the Southeastern T&F meet on May 3 in Raleigh with a new American M65 record 11-7, breaking **Jim Vernon's** mark of 11-6. Morcom holds all but two world pole vault age records from age 51 through 65, missing only age 53 (to **Jerry Donley**) and 61 (to **Herbert Schmidt**).

• Two people — one an official in Poland and one a sports writer in California — died this year when hit in the head by a hammer thrown in open meets. Many high schools have banned the event from interscholastic meets.

• The Indianapolis-based National Track and Field Hall of Fame added four new members out of the 11 candidates nominated for admission to this year's election. The four are:

- **Bob Seagran**, 1986 Olympic pole vault champion;
- **Barney Ewell**, 1948 Olympic 400-meter gold medalist;
- **Ron Laird**, frequent masters race walking competitor whose 65 career race walk victories span three decades;
- **Andy Bakjian**, one of the sport's leading officials who died last February.

A total of 118 T&F notables have now been enshrined in the Hall of Fame since 1974. Seagran, Ewell, Laird and Bakjian will be for-

## DEADLINE

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

mally inducted into the Hall at this year's TAC convention in Tampa, Florida on December 6.

• In his bi-weekly newsletter, **Joe Henderson** reports "in terms of numerical growth, the Running Boom is over, but this isn't to say runners are vanishing in droves or the sport is in trouble. It's just in transition from one phase to the next. The good times in running aren't over."

• How many runners are there? The National Sporting Goods Association found about seven million regular runners in its most recent survey, Henderson notes. NRDC puts the number of racers at between 600,000 and 800,000. "Even if numbers are down somewhat, they appear to be leveling off far higher than they were before the boom," Henderson says. "Seven million runners, about one in 10 of them a racer, look like they're here to stay." Estimates are that a third of the 700,000 racers — 210,000 — are over age 40.

• New York's Atalanta Women's Running Team has complained to TAC about the "pacing of women in road races by men." It cites the recent Pittsburgh Marathon, where TV coverage "clearly showed winner **Laura Fogli** being assisted by her husband-coach and masters winner **Priscilla Welch** being paced by 2:11 marathoner **Dave Edge**." Atalanta says the TV commentators focused their commentary on the "unfairness" of pacing. It calls pacing a "black eye for women's running" and asks TAC to "protect the interests of open and masters female athletes who compete, set records and earn prize money without interference from men. . . . We deeply resent the image being projected that we are like dogs on the leash of



Kit Pickles, 60, of Cobb, Calif.; runner, pilot, and scuba diver, placed 2nd W60+ in the Honolulu Marathon with 4:38:14. Photo from Leslie Pickles

superior male runners. . . ." The letter to TAC, signed by masters runners **Toshiko d'Elia**, **Maddy Harmeling**, **Margarete Deckert**, **Angella Hearn**, **Mary Ann Tighe** and others, says "we resent the attitude of race directors who say that 'she still ran on her own two feet' or 'it's not any different than paid rabbits at a track meet.' It is different."

## NEW ENGLAND

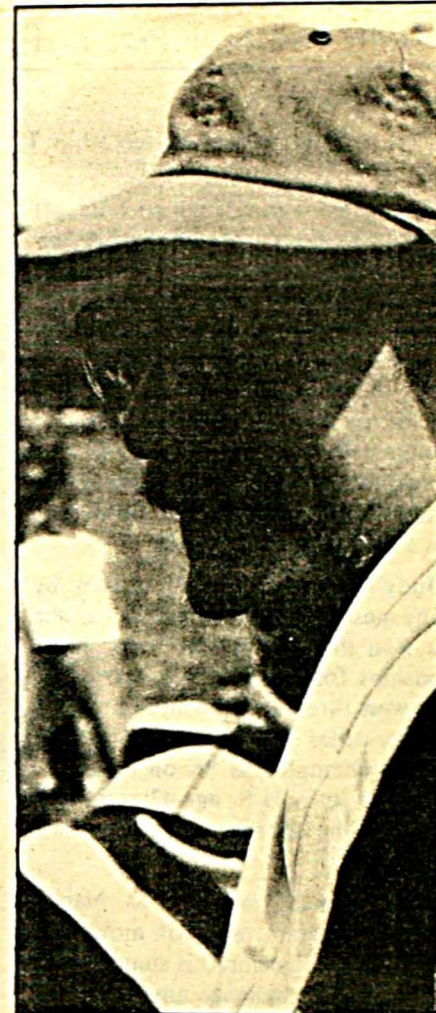
• **Barbara Pike**, W40, of the Liberty AC did the Fresh Pond 2.5 Mile, Cambridge, MA, April 26, in 15:40 for 1st woman, while **John Babington**, M40, was 1st masters in 13:41. **Andrea Hatch**, W40, also of Liberty club, whooshed through the Worcester (MA) 10 Mile, May 4, in 69:58 for 1st W40+.

• Running camps are the latest craze. One of the best is the Nike-sponsored Green Mountain camp, which will hold two weekly sessions from Aug. 10-16 at Dartmouth College in New Hampshire and from Aug. 17-23 at Lyndon State College in Vermont. **Priscilla Welch**, ranking world masters champion, will be in attendance at both camps, along with her husband-coach **Dave Welch**. The camps are designed to be an intensive learning experience for runners of all ages and all ability levels. The format consists of large group lectures, small group discussions and video tapes of each runner. The beautiful mountain setting should provide the right amount of inspiration. For info, write **John Holland**, Green Mountain Running Camp, 2434 Hawthorne Drive, Yorktown Heights, NY 10598.

## EAST

• **David Farquhar**, 52, Mt. Kisco, NY, finished 3rd in the Taconic RRC Sybil Ludington 50K, with 3:54:43, to win the MAC Masters Championships, in Carmel, NY, April 26.

• **Fritz Mueller**, 49, (55:57) in the 8th Annual Trevira Twosome 10 Mile, Central Park, NYC,



Rex Harvey at Florida Relay Decathlon. Rex will be director of the National Decathlon in Des Moines, Iowa, July 26-27.

Photo by Boo Morcom

April 26, paired with **Laurie Madson**, 31, (58:02) to win the combined ages 80-99 couples race. **Jim O'Neil**, 60, (59:55) and **Patty Lee Parmalee**, 46, (1:05:41) took the 100-119 contest; **Harry Bills**, 63, (1:14:14) and **Connie Bills**, 59, (1:26:59), the 120-139 race; and **Clinton Smith**, 71, (1:37:31) and **Mayme Bdera**, 70, (1:52:30), the 140+.

• **Angella Hearn**, 40, revved to a 2nd place 18:11 of 1655 finishers in the L'eggs 5K Tune-Up, Central Park, NYC, May 10. Atalanta TC teammate **Lina Connors**, 44, was 17th and 2nd masters (19:23), just ahead of 18th (19:30) **Patty Lee Parmalee**, also an Atalanta runner. Nine of the 1st twenty finishers were Atalanta members.

• **Bill Conroy**, 42, Crofton, MD, charged through the Governor's Bay Bridge 10K, Annapolis, MD, April 13, with a 34:09, 13th overall, 1st master of 2500 entrants. **Judith Flannery**, 46, Chevy Chase, MD, led the women's masters with 42:59.

• **Stu Mittleman**, 35, finished the Sri Chinmoy 1000 Mile, in Flushing Meadow, NY, in the early morning of May 5, after a record 11 days, 20 hours, 36 minutes, and 50 seconds on the one-mile loop course, beating the 1000-mile

Continued on page 31

## Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.95 each, plus 50¢ postage and handling for each order.

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Van Nuys, CA 91404

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Bob Richard  
Mexico City,

Continued from page 30

world record held by **Siggy Bauer**, New Zealand, by 16 hours.

**SOUTHEAST**

• **Billy Gordon**, 48, Daytona Beach, FL, barely defeated **Dennis Branham**, 55, Titusville, FL, 18:28 to 18:32, for the masters victory in the Mother's Day 5K races, Port Orange, FL, May 10. Branham's time is one of the best ever for M55 in Florida. **Kathy Bowrosen**, Port Orange, won the W40+ contest in the separately run women's race by six seconds (23:13) over **Mary Hills**, also of Port Orange.

• Master champions in the 10th Annual Elby's Distance Race 20K, Wheeling, WV, May 24, were **Shirley Matson**, 45, Solana Beach, CA, and **Fritz Hagerman**, 51, Athens, OH. Matson established a W40+ course record of 1:19:38.3, and Hagerman bested three-time Elby's masters winner, **Britisher Ron Hill**, by running 1:14:10.2 in his 1st appearance on the Wheeling course. Hagerman is chairman of the zoological and biomedical science departments at Ohio U. in Athens.

• **Don Ardell**, 47, Orlando, FL, capitalized on a fast-opening 2-mile effort to win the overall masters title over **Dave Dickinson**, 45, Winter Park, FL, in the Central Florida Masters Running Pentathlon, in DeLand, May 18. It appeared that Ardell was feeling the effects of a triathlon he had done the previous day. Dickinson needed to win the mile by 28 seconds and had a 13-second lead at the half, but an early kick in the 3rd lap kept Ardell in the race. Dickinson won the mile, but only by 15 seconds. **Jane Kelly**, 40, Casselberry, FL, took the ladies division.

• Omitted in last month's story on the Southeastern T&F Meet in Raleigh, N.C., on May 3-5 was that California's **Paul Spangler** set five new age-87 world records and two U.S. marks: World: 800 (4:20.6), 1500 (8:31), 3000 (17:39.4), 5000 (30:11.7), 10000 (1:12:18). American: 400 (1:59.1), 5K Walk (37:27.4). As usual, Spangler had no competition in the 85-89 age division, but his objective, each year, is to set a new mark for his age in each event from 400 up. "To do it in one meet was a bit more than I expected," Spangler said.

• Four-time Olympic discus champion **Al Oerter**, nearing 50 and a new grandfather, says he hopes to make the 1988 Olympic team. "I haven't been throwing well, but the only cure for that is work," he told USA Today from his new Florida base. Echoing what **Hal Higdon** says in this month's Speaker's Corner (page 10), Oerter says "I don't take medals seriously; my Olympic golds are in a dresser drawer. What I do take seriously is the effort toward the Games. It's great fun to try to be at your best and test yourself." Oerter retired last year from

his computer management job, and now represents Reebok in promoting an active lifestyle for the 40+ generation.

**MIDWEST**

• **Judy White**, 41, a high school English teacher, repeated as overall women's winner in the Woodridge 5 Mile, Peninsula, OH, April 26, with 35:09. **Dick Konkle**, M45, was M40+ winner (30:22).

• **Barbara Cegal**, W40, Hickory Hills, IL, hoofed through the 8th Annual L'eggs/YWCA 10K, in Lincoln Park, Chicago, May 3, in 42:32, to lead the masters contingent of the 900 participants. **Faith Walkuitz**, W50, Chicago, was 2nd W40+ (42:53).

• **Bill Boyd**, 45, (2:37:57), and **Nina Bovio**, 40, (3:16:18), were masters champs in the Revco-Cleveland Marathon, Cleveland, May 18, and **Joe Klingenberge**, 41, (34:01), and **Ilene Hardy**, 41, (39:02), were likewise in the adjunct 10K. Marathoners (2000) and 10K runners (8000) found 70° temps and muggy 84% humidity at the race start.

**MID AMERICA**

• **Dave Bushard**, 49, Marshall, MN, placed 1st masters and 3rd overall in the Longest Day Marathon, Brookings, SD, April 26, in 2:59:20, and on May 10 won outright the Garry Bentley 20K, Brookings, with a 6:16-paced 1:17:53.

**WEST**

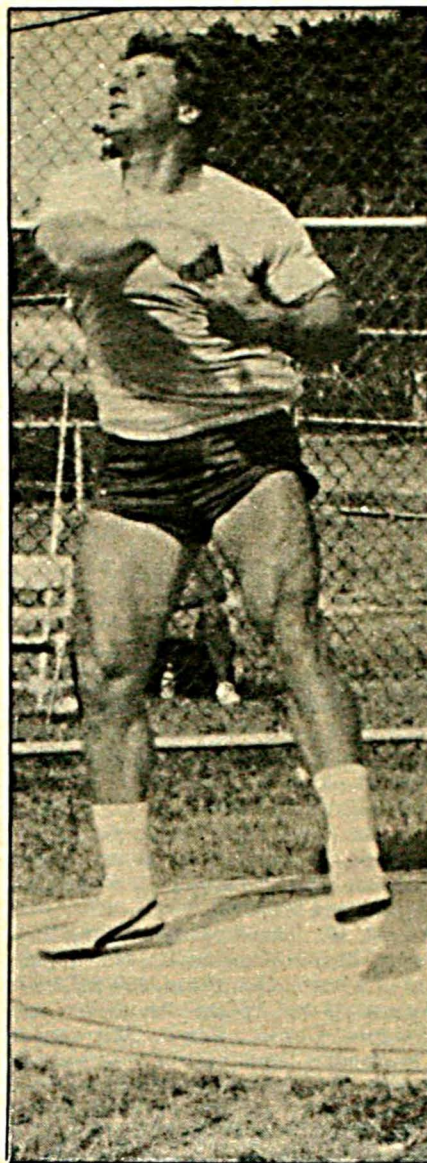
• **Josie Fox**, Tempe, AZ, won the masters 1st prize \$250 in the Alpha Beta Women's 10K State Championships, Scottsdale, AZ, April 6, with 39:31. Second and third W40+s **Judy Allard** (41:49) and **Betty Ratley** (42:00), both of Scottsdale, collected \$175 and \$75.

• **Bill Clark**, Los Altos, CA, toured the Devil Mountain 10K course in Danville, CA, May 4, in 32:34 for 1st masters. **Sandra Coffe**, Yuba City, CA, was 1st female masters with 39:23. The 6000-entrant event raised \$70,000 for Children's Hospital in Oakland.

• **Margaret Miller**, 60, Thousand Oaks, CA, ran 1:29:07 in the SCA/TAC District 20K, Championships, Valencia, CA, March 23, chopping over seven minutes off Pat Dixon's AR of 1:36:31. Miller was W60+ winner in the '86 Boston Marathon with 3:23:39.

• While **Jim Gallup**, M50, was winning the masters contest and placing 5th among the men with 1:15:50, **Shirl Schmitt**, W40, was winning the women's masters contest and placing 5th among the women with 1:26:21 in the Windward Half-marathon, Kailua, HI, May 18. **Margaret Lee** won the W65+ division with 2:01:58.

• **Gina Faust**, Woodland Hills, CA, ran as if



Al Oerter, 49, four-time Olympic discus gold medalist, during a demonstration for masters at the Bill Gilligan Memorial Weight Decathlon, February 10, Delray Beach, Florida.

Photo by Bob Stone

the devil were chasing her to an age-49 national record 18:48, which breaks her own 19:22, in the Westlake Florist 5K, Westlake Village, CA, May 18, and continued to place 1st W40+ in the 10K (41:31), as did **Joe Jacobsen**, 42, Westlake Village, in the M40 5K (17:07) and 10K (36:46). In the 5K, **Margaret Miller**, 60, Thousand Oaks, CA, was the 1st 60-and-over runner, male or female, in 21:22. **Jim Hughes**, 39, Simi Valley, CA, was overall winner (33.35) in the 10K.

• San Francisco area walkers were shocked by the death of **Cyndy Stutzman**, 41, who collapsed from an aneurism in Golden Gate Park during a walk on May 17 and died later at French Hospital. Cyndy, a native of Philadelphia and a counselor/developer for Options for Women Over 40 in San Francisco, had been walking with the Golden Gate Race Walkers since January.

• **Phil Ryan**, 42, (33:53), and **Gina Faust**, 49, (39:19) led masters finishers in the Alive-and-Well 10K in Los Angeles on June 7. **John Brennan** logged a good 34:15 at 1st M50 and **Patrick Devine** posted 37:46 for M55 honors. **Helen Dick**, 61, clocked 45:27.

• **Kit Pickles**, 60, of Cobb, Calif., began running at age 55. She's just hitting her stride since turning 60, having won 16 of her last 18 starts in the W60+ age group. She's also a certified scuba diver, and received her commercial pilot's license in 1974.

**NORTHWEST**

• **Marcie Trent**, 68, Anchorage, AK, oldest person by 10 years in the Glacier Half-

marathon, May 25, in Anchorage, finished in 2:06:05 on a "hot" (60°) afternoon. **Marcie** did a 46:59 8K in September '85 after recovering from a shoulder injury. **John Trent**, Glacier Half-marathon founder, invites all runners not to miss the Campbell Creek Race, Alaska's only TAC certified 8K, August 30. No entry fee! Pulsators RC, 1700 E. Tudor Rd., Anchorage, AK 99507.

• **Ray Hatton**, 54, hasn't been idle. The Bend, Oregon resident who has temporarily set up shop in Eugene to pursue a Ph.D., clocked an unreported 32:40 10K last October and a 1:12:34 in the Salem Governor's Cup half-marathon on Jan. 12. In the Pear Blossom 20K in Medford on April 12, he logged a swift 1:08:58 for 1st M50-59 and 17th overall. He added a 32:58 10K in Salem on a certified course. Hatton echoes NMN's sentiment when he says "I wish more race directors would submit masters results. I'd like to know what others are doing."

**CANADA**

• World veterans champion **Erna Kozak**, 41, recently ran near W40 world record times in the 800 (2:08.5) and 1500 (4:23.63). The world W40 marks are held, respectively, by **Anne McKenzie** (2:06.5) and **Joyce Smith** (4:20.7). Both times are PR's for Kozak. The 1500 is an age-41 world best.

**INTERNATIONAL**

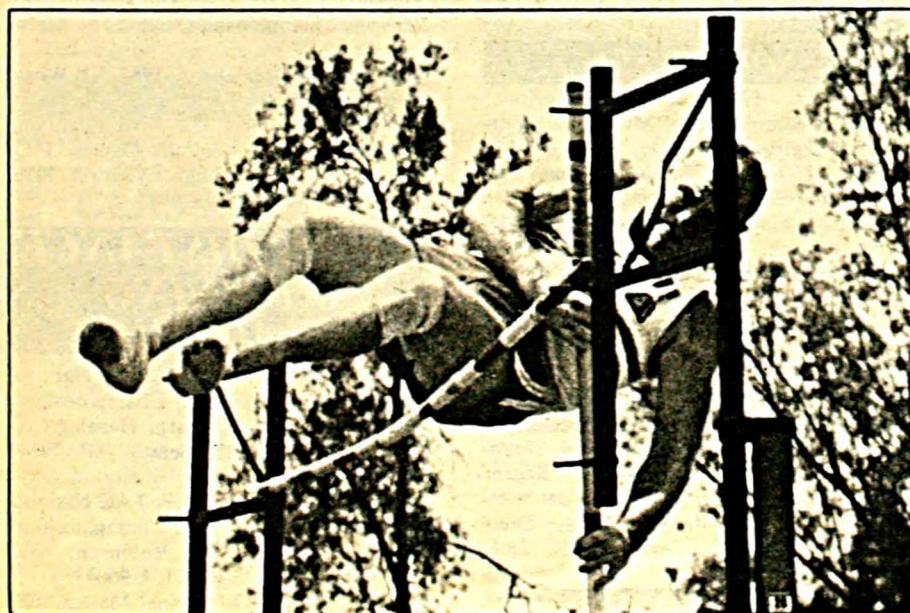
• Over a dozen athletes from the U.S. and Puerto Rico journeyed to Mexico City on May 3-4 for the Cinco de Mayo International T&F Meet. **Frank Little** won the M40 100 (11.2), 200 (22.8) and 400 (53.2). **George Cohen** (2:04.7) and **Mel Elliott** (2:05.6) repeated their 1-2 finish of last year's nationals. **Nick Newton** (23.5) topped **Ovidio DeJesus** (23.9) in the M50 200, but DeJesus took the 400 (55.3) and 400H (73.6). **Gary Kelmenson** won all four M35 throwing events.

• Athletes in the Western Province Masters T&F Championships, Green Point, Cape Town, South Africa, March 3, accounted for 9 S.A. records, 18 W.P. open records, 17 W.P. masters records, and one equaling W.P. record.

• Nothing to do with masters, but it's interesting to note that **Zithuelile Sinqe** raced to a 2:08.4 in the South African Marathon Championships May 2 in Port Elizabeth. That gave Sinqe fourth place on the world all-time list behind **Carlos Lopes** (2:07:12), **Steve Jones** (2:07:13) and **Rob de Castella** (2:07:51). **Willie Mtolo's** 2:08:15 put him seventh. Both Sinqe and Mtolo are black South Africans who are barred from international competition by the IAAF.

• A 25-minute videotape of the 1983 World Veterans Games in Puerto Rico has been prepared by **Dana Balibrera**. A professional film, it features interviews with masters athletes **Bob Watanabe**, **Dan Aldrich**, **Payton Jordan**, **Bess James** and **Fritz Assmy**. The tapes are available for about \$79 in quantity, with any profits going to help support the 1989 World Veterans Games if they are held in the U.S. If you'd be interested in obtaining the tape (Beta, VHS or 16mm), please write: Videotape, c/o NMN, Box 2372, Van Nuys, CA 91404. □

• Both the men's and women's winners of the Stockholm marathon on June 7 were over 40. **Kjell-Erik Stahl**, 40, of Sweden ran the second fastest marathoner ever by a master — 2:12:33. That's close to **Jack Foster's** elusive 40-and-up mark of 2:11:18, set 12 years ago. **Evy Palm**, 44, also from Sweden, won the women's race in 2:34:42. It was Stahl's 52nd sub-2:20 marathon since 1979 — the first ever to reach the mid-century mark. He's run four marathons already this year: 2:19:20 in Los Angeles in March 9, 2:16:00 in London on April 20, 2:16:54 in New Jersey on May 4, and the Stockholm race. His PR in that string is a 2:10:38 in Helsinki in 1983. □



Bob Richards, M60, clears the bar in the pole vault at 3.45m (11-4) in the Mexico Masters Meet, Mexico City, May 3-4. Photo by Buben Haces "Esto"

# schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

## TRACK & FIELD NATIONAL

**July 13.** U.S. TAC National Masters Pentathlon Championships, Shippensburg, Pennsylvania, 11 a.m. Scott Thornsley, 519 Coolidge St., New Cumberland PA 17070. 717/774-3569.

**July 18-20.** 19th U.S. TAC National Masters Championships, Mitchell Field, Uniondale, Long Island, New York. Sandy Pashkin, 77 Prospect Place, Brooklyn NY 11217. Entry forms in May and June issue.

**July 26-27.** U.S. TAC National Masters Decathlon (men) and Heptathlon (women), Des Moines, Iowa. Rex Harvey, 3815 Lincoln Park Drive, Des Moines IA 50312.

**June 20, 1987.** U.S. National Masters Pentathlon Championships, Los Angeles.

**August 2-4, 1987.** 20th U.S. TAC National Masters Championships, Eugene Oregon.

## NEW ENGLAND

**August 3.** Brown Masters Invitational, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket RI 02860.

## EAST

**July 27.** Sri Chinmoy Masters Games. Ages 50 and up. Eastchester High School, New Rochelle, N.Y. Sri Chinmoy Masters Games, 150-47 87th Avenue, Jamaica NY 11432. 719/523-2600.

**August 6-10.** 9th Empire State Games, Buffalo, N.Y. New York state residents only.

**August 10.** Tri-State TC Classic, Hagerstown, Md. Tri-State TC, Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

**August 31.** Potomac Valley Senior Games, St. Stephen's School, Arlington, Virginia. Sal Corrallo, 3156 N. Pollard St., Arlington VA 22207. 703/243-1290.

## SOUTHEAST

**July 20.** Masters Track Meet, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

**August 30.** 11th Annual Virginia State Masters Championships, U. of Virginia, Charlottesville, Va. Virginia Masters, 311

## COMPETITION & COACHING

### MASTERS MEN & WOMEN

5-Event Weight Pentathlon, Sat.  
5-Event Weight Clinic, Sun.

Aug. 23/24, Kent State Univ. Kent, Ohio

•Coaches to date for Clinic:  
Hammer: Jud Logan  
Weight: Al Schoterman  
Discus: Al Oerter  
Shot: Kevin Akins  
Javelin: Bob Kovvala

• DEADLINE TO APPLY: Aug. 1  
(Limit: 60 athletes)

Call/write for Application

Joe/Mary Chadbourne

18554 Haskins,

Chagrin Falls, OH 44022

216/464-1775, 543-1932

Westminster Rd., Charlottesville VA 22901.

**October 4-5.** North American Championships, Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445.

**December 28.** Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper or Phil Partridge, 222 NE 22 Lane, Delray Beach FL 33444. 305/278-2241.

## MIDWEST

**July 12.** Midwest Masters Regional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5685.

**July 26.** Super Dad Weight Pentathlon, honoring Harold Parsons. Hope College, Holland, Mich. P. Partridge, 2060 W. 32nd St., Holland MI 49423.

**August 10.** Illinois Masters Grand Prix Series, Illinois Wesleyan U., Normal, Ill. 3rd of 4 meets. Glen Bradd, 309/662-3943.

**August 23-24.** Weight Pentathlon and Weights Clinic, Kent, Ohio (near Cleveland). Deadline for application: August 1. Joe/Mary Charbourne, 18554 Haskins Road, Chagrin Falls OH 44022. 216/464-1775; 216/543-1932.

**September 14.** Ohio TAC Two Hour Track Run Championships and 5th Annual Wolfpack Throwing Classic. James Pearce, Jr., 2449 Southway Dr., Columbus, OH 43221.

## MID-AMERICA

**June 10-July 9.** Mini meets on Tue. Wed., Thurs., in St. Louis area. Jim Irwin or Audrey Hitch, 314/394-3227.

**July 12.** 5th Annual Metro Championships, Ladue High School, St. Louis. Jim Irwin, 536 Windsor Mill Drive, Ballwin MO 63011. 314/394-3227.

**August 10.** Chillicothe Masters Meet, Chillicothe, Missouri. Joe Shy, P.O. Box 745, Chillicothe MO 64601. 816/646-3823; 646-1023.

**August 30-31.** Rocky Mountain Games, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

## SOUTHWEST

**July 12.** West Texas Masters Meet, Lions Stadium, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona TX 76943. 915/392-3809 (res) 392-3850 (bus).

**August 2.** Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4309 N. Central Expressway, Suite 206, Dallas TX 75206. 214/824-3800.

## WEST

**June 23-August 1.** All-comers meets, Los Angeles. Mon: Southwest College; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters events each Wed. at Birmingham.

**July 5-6.** TAC Western Regional Masters Championships, Edwards Field, Berkeley, Calif. Mark Grubi, P.O. Box 4512, San Francisco CA 94101.

**July 26.** North American Weight Pentathlon, Cal State Northridge, Northridge, Calif. Frank Reilly, 8307 Joan Lane, Canoga Park CA 91304, 818/716-7280.



Clarence Killion (264) of Sanger, Ca., edges Carl Oates of Ashland, Or., in the 65-69 100-meter dash in the Sacramento Relays. Both sprinters were clocked in 14.1. Photo by Tom Parker

**August 2.** Northern California Senior Olympics (50+). U. of California, Berkeley, SASE to NCSO, Oakland Parks and Recreation Dept., 1520 Lakeside Drive, Oakland CA 94612. 415/273-3791.

**August 9.** 1986 Challenge Cup, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. 10 a.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

**August 23.** Valley Masters/Open, Cal State Northridge, Northridge, Calif. See August 9.

**August 23.** 1st Annual National Masters News Age-Handicapping Meet, Birmingham High, Van Nuys, Calif. 4 p.m. NMN, P.O. Box 2372, Van Nuys CA 91404. 213/557-2422; 818/716-1895.

**August 30.** Patriots Summer Relays, Los Angeles Southwest College. L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

**September 6.** Last Chance Meet, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

**October 4.** Club West Masters, U.C. Santa Barbara, Goleta, Calif. Geo. H. Adams, P.O. Drawer K, Goleta CA 93117. 805/687-6323.

## NORTHWEST

**July 11-12.** TAC Northwest Regional Masters Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, 26000 S.E. Stark, Gresham OR 97030. 503/667-7354.

**August 2-3.** Hayward Masters Classic, Silke Field, Eugene, Ore. John Wilson, 2660 Emerald, Eugene OR 98403. 503/343-5386.

**August 15-16.** 8th Montana Masters Championships, Bozeman. Joe DeCastle, PO Box 5131, Bozeman MT 59717. 406/994-5222.

## CANADA

**August 1-3.** Canadian Masters Championships, Sherbrooke, Quebec. Regent Roy, Centre Sportif, Universite de Sherbrooke, 2500 Boul. University, Sherbrooke, Quebec, Canada, J1K 2R1. 819/821-7595.

## INTERNATIONAL

**July 26-27.** 4th Asian Veterans Champion-

ships, Djakarta, Indonesia. Hari Chandra, Block 44, No. 24-12, Marine Crescent, Singapore 1544. Telephone: 4422967.

**August 11-23.** Masters Trek to China for International T&F Meet in Nanjing and 5K/10K Runs in Hangzhou. Sports Travel, PO Box 7823, San Diego CA 92107.

**August 16.** 7th International Veterans Athletics Meet, Baden (near Zurich), Switzerland. M33+, W30+. LC vom Stein Baden, P.O. Box, CH 5400 Baden, Switzerland.

**September 6-14.** 3rd Oceania Championships, Western Samoa. Clem Green, 46 Hargreaves St., Wellington 2, New Zealand.

**October 4-5.** North American Championships. Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445, U.S.A.

**October 10-12.** IV Pan American Masters Championships, San Juan, Puerto Rico. Roberto Santana, Municipality of San Juan, Call Box 70179, San Juan, Puerto Rico 00936. 809/782-1073.

**October 18-19.** Hong Kong International Veterans Meet, Hong Kong. M&W 35+. Athletic Veterans of Hong Kong, GPO Box 10368, Central Hong Kong.

**November 6-9.** III South American Veterans Championships, Santa Fe, Argentina.

**November 28-December 6, 1987.** VII World Veterans Games, Melbourne, Australia. Men 40+, Women 35+. No qualifying standards. World Veterans Games, P.O. Box 311, Greensborough, Victoria 3088, Australia. Phone: 03-4356743.

## LONG DISTANCE RUNNING NATIONAL

**January 1-October 31.** U.S. TAC National Masters One-Hour Postal Championships. Mail results to: Cliff Sharp, Harding College, P.O. Box 765, Searcy AR 72143 501/268-6161.

**January 1-October 31.** U.S. TAC National Masters Two-Hour Postal Championships. Send results to: Bruce Robinson, 6322 Eileen Ave., Los Angeles CA 90043.

**July 12.** U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls,

Continued on page 33



Continued from page 32

N.Y. Don Winiacki, 161 Stewart Ave., Buffalo NY 14211. 716/896-7609.

**July 27.** U.S. TAC National Masters Marathon Championships, Olympia, Washington. Carl Glatze, P.O. Box 1681, Olympia WA 98507.

**August 9.** U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township NJ 07712. 201/531-4156.

**August 30.** U.S. TAC National Masters 5K Road Championships, N. Little Rock, Arkansas. James Hicks, Arkansas Running Klub, P.O. Box 6162, N. Little Rock, AR 72116.

**September 14.** U.S. TAC National Masters Half-Marathon Championships, Philadelphia, PA. Steve Anderson, West Moreland Coal Co., 123 S. Broad St., Philadelphia PA 19107. 215/252-4500.

**September 21.** U.S. TAC National Masters 25K Championships, Joliet, Illinois. Henrietta Agney, 306 N. Larkin Ave., Joliet IL 60435. 815/744-5560.

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

**October 12.** U.S. TAC National Masters 20K Championships, Eisenhower Park, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/731-3452.

**October 26.** U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City, Ted Foy, 54 W. 119th St. No. 2, New York NY 10026. 212/369-1271.

**November 16.** U.S. TAC National Masters 10K Cross-country Championships, Holmdel, New Jersey, Ron Salvio, Century 21 AC, Box 116A, Highway 33, Englishtown NJ 07726. 201/446-4959; 201/928-3852.

**November 23.** U.S. TAC National Masters 15K Cross-Country Championships, Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st St., Brooklyn NY 11210. 718/336-3025.

**December 6.** U.S. TAC National Masters 8K Championships, Tampa, Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

### NEW ENGLAND

**August 10-16.** Green Mountain Running Camp, Dartmouth College, Hanover, N.H. John Holland, 2434 Hawthorne Dr., Yorktown Hts., NY 10598. 914/962-3312 (e).

**August 17.** Puma/Falmouth Road Race 7.1 Miles, Falmouth, Mass. SASE to Richard Sherman, P.O. Box 732, Falmouth MA. 617/540-2601.

**August 17-23.** Green Mountain Running Camp, Lyndon State College, Lyndonville, Vt. 2nd Session. See August 10-16 above.

### EAST

**July 6-12.** Arthur Lydiard Running Camp,

## CLASSIFIEDS

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

**RUNNER'S FOR CHRIST.** A new running club. All welcome. James Barnes. 28681 Rochelle Ave., Hayward, Calif. 94544. 415-537-2706.

**Runner's Quiz: RUNNERS FOR CHRIST.** James Barnes, 28681 Rochelle Ave. Hayward, Calif. 94544. Donations Accepted.



Peter Van Garderen (in cap), 45, of Glens Falls, N.Y., leads the pack at the start of the Hudson Mohawk Road Runners Club Masters 10K, May 3.

Bard College, Annandale-on-Hudson, New York. Tom Robinson, 128 Clarence Rd., Scarsdale NY 10583.

**August 3.** Blue Cross 10K, and Masters 100m, 800, & 1500, Underhill Field, Maplewood, N.J. SASE to Summer Track Festival, c/o Essex County Dept. of Parks, 115 Clifton Ave., Newark NJ 07104. 201/482-6400.

**August 9.** Asbury Park Classic 10K, Asbury Park, N.J. Phil Benson, P.O. Box 2287, Ocean Township NJ 07712. 201/531-4156.

**September 14.** Philadelphia Distance Run Half-Marathon, Philadelphia, Pa. Philadelphia YMCA, 1421 Arch St., Philadelphia PA 19102. 215/241-1223.

**November 2.** New York City Marathon. New York RRC, 8 E. 89th St., New York NY 10128. 212/860-4455.

### SOUTHEAST

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

**August 16.** Full Moon Frolic 8 & 5 mile Runs, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

**August 23.** Maggie Valley 8K, Waynesville, N.C. Reimar Steffen, P.O. Box 416, Waynesville NC 28786. 704/456-6773.

**September 13.** Run For My House 4 Mile, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

**September 27.** Virginia 10-Miler, Lynchburg, Va. Marilyn Straub, 3020 Cranehill Dr., Lynchburg VA 24503. 804/528-2857.

**December 13.** Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

### MIDWEST

**July 4.** Marathon Independence Day 10K RR (Y.O.M.), Columbus, Ohio. Bill Schmidt, Wolfpack TC, 6163 Laurelwood Ct., Columbus, OH 43229. 614/895-1514 (h); 261-7650 (o).

**July 19.** Bix 7-Miler, Bettendorf, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf IA 52722. 313/359-9197.

**August 7.** Manufacturers Hanover Corporate Challenge, Chicago, Ill. CARA, 708 N. Dearborn St., Chicago, IL 60611. 312/664-8257.

**September 20.** The Ultimate Runner IV (10K, mile, 100m, 400m, marathon in one day). Mike McGlynn, Jackson C.C., 2111 Emmons Rd., Jackson, MI 49201. 517/787-0800 x331.

**October 26.** America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago IL 60610. 312/951-0660.

**November 16.** Columbus Bank One Marathon. Ohio TAC Marathon Championships (O.M). Mike Collins, The Ohio

Runner, P.O. Box 20215, Columbus, OH 43220. 614/889-9066.

### MID-AMERICA

**July 6.** V.P. Fair 10K/3K, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., Suite 200, St. Louis, MO 63117. 314/862-SLTC.

**August 23-24.** Pikes Peak Ascent & Marathon, Colorado Springs. Raceline Systems, PO Box 26230, Colorado Springs, CO 80936. 303/590-7771.

**September 14.** RRCA National 25K Championships, Minneapolis, Minn. Jeff Winter, 3515 Holmes, Minneapolis MN 55408.

**October 12.** Twin Cities Marathon, Minneapolis-St. Paul, Minn. Jack Moran, P.O. Box 24193, Minneapolis MN 55424. 612/929-8646.

### WEST

**July 20.** San Francisco Marathon, San Francisco, Calif. Scott Thomason, P.O. Box 27385, San Francisco CA 94127. 415/681-2322.

**August 24.** 9th Annual America's Finest City Half-Marathon, San Diego, Calif. American Lung Association, 3861 Front St., P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

**October 5.** Penofin 10K, Ukiah, Calif. Performance Coatings Inc. P.O. Box 384, Ukiah CA 95482.

### NORTHWEST

**July 12.** Not Over The Hill Grand Masters 5 Mile, Issaquah, Wash. M&W 50+. Not Over The Hill Run, 200 W. Mercer St., Ste. 310, Seattle WA 98119. 206/283-1812.

**July 12.** Providence Point's Not Over the Hill 5-Mile Run. Ages 50-and-over. Providence Point, Issaquah, Washington. Featuring George Sheehan. Not Over the Hill Run, 200 West Mercer St. Suite 310, Seattle WA 98119. 206/392-1922.

**July 20.** 4th annual ORR Masters 10K, Lake Oswego, Oregon. Gary Zimmerman, 2655 NW Easbury Ct., Beaverton OR 97006. 503/645-4246. Masters only.

**September 20.** Prefontaine Memorial 10K, Coos Bay, Oregon. Prefontaine Memorial Run, P.O. Box 1380, Coos Bay, OR 97420. 800/824-8486.

**November 1.** 10th Annual Canada vs. USA Masters 10K Cross-country Challenge, Sunset Park, Seattle. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

### INTERNATIONAL

**July 27.** Voyageur Marathon (Ontario Masters Championships), Sudbury, Ontario, Canada. Norm Patenaude, Lee Valley Rd., R.R. No. 2, Massey, Ont., POP IPO. 705/865-2671.

**August 9.** 6th Moscow International Peace Marathon/10K, AUP Travel, 450 Harrison St., San Francisco, CA 94105.

### ON TAP FOR JULY

#### TRACK AND FIELD

This is the big month of the year for masters track and field athletes. Three TAC National Masters Championships will be held: the Pentathlon in Shippensburg, Pa. on the 13th; the Nationals in Uniondale, N.Y. on the 18th-20th, and the Decathlon/Heptathlon in Des Moines, Iowa on the 26th-27th. It's going to be an exciting month and we hope you're ready to go.

Leading up to the nationals are three regional meets: the Western in Berkeley, Cal. on the 5th; the Northwest in Gresham, Oregon on the 11th; and the Midwest in Elmhurst, Ill. on the 12th.

Then there's a St. Louis meet on the 12th, a weight pentathlon in Michigan on the 26th, the Sri Chinmoy Games (for 50-and-overs) in New York on the 27th, and the Asian Veterans Championships in Singapore on the 27th.

#### LONG DISTANCE RUNNING

July might be considered an unusual month to hold a national masters marathon championship, but it's cool in Olympia, Washington, this time of year, so the annual event has been set for the 27th. It's on the same scenic course that hosted the 1984 women's Olympic marathon trials, and is part of the 5th Annual Capital City Marathon.

The Peachtree 10K in Atlanta on the 4th always draws a good masters field, while the new Providence Point 5-mile run in Issaquah, Washington on the 12th is the first-ever "Grand Masters" 5-mile race for runners age 50-and-over. Each category winner receives \$100.

The annual San Francisco Marathon and a masters-only 10K in Lake Oswego, Oregon both take place on the 20th. □

**September 28.** Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V., Berlin-Marathon, Meinekestrasse 13, D-1000 Berlin 15. U.S. representative: Guenter Erich, 39 W. Parkway, Pequannock NJ 07440.

**October 4-5.** XIX World Veterans (IGAL) 10K and Marathon Championships, Richmond, B.C., Canada. Men 40+, Women 35+. Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby BC Canada V5C 3R6 - Telex 04 51588. \$25 one race. \$40 both races. Travel details from Alouette Travel, 11954 224th St., Maple Ridge B.C. V2X 6B3 Canada. 604/467-5535; Telex 04 51251.

**October 27.** Dublin City Marathon, Dublin, Ireland. Marathon Tours, 1430 Mass. Ave., Cambridge, MA 02138. 617/492-3088.

**March 15-17, 1987.** 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929. □

1985 U.S. MASTERS TRACK & FIELD RANKINGS

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

1985 Men's 800 Meters 30-34

Table listing 1985 Men's 800 Meters 30-34 rankings with columns for Rank, Name, State, Age, and Time.

Table listing 1985 Men's 800 Meters 30-34 rankings (continued) with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 45-49

Table listing 1985 Men's 800 Meters 45-49 rankings with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 35-39

Table listing 1985 Men's 800 Meters 35-39 rankings with columns for Rank, Name, State, Age, and Time.

Table listing 1985 Men's 800 Meters 35-39 rankings (continued) with columns for Rank, Name, State, Age, and Time.

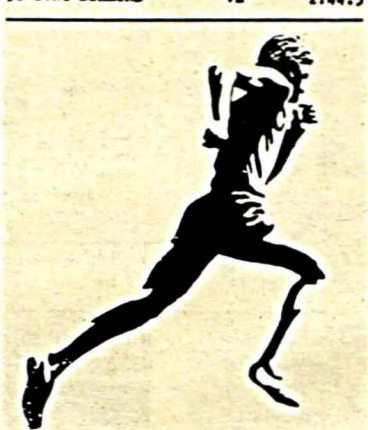
1985 Men's 800 Meters 40-44

Table listing 1985 Men's 800 Meters 40-44 rankings with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 50-54

Table listing 1985 Men's 800 Meters 50-54 rankings with columns for Rank, Name, State, Age, and Time.

Table listing 1985 Men's 800 Meters 55-59 rankings with columns for Rank, Name, State, Age, and Time.



1985 Men's 800 Meters 55-59

Table listing 1985 Men's 800 Meters 55-59 rankings (continued) with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 70-74

Table listing 1985 Men's 800 Meters 70-74 rankings with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 75-79

Table listing 1985 Men's 800 Meters 75-79 rankings with columns for Rank, Name, State, Age, and Time.

Table listing 1985 Men's 800 Meters 65-69 rankings with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 65-69

Table listing 1985 Men's 800 Meters 65-69 rankings (continued) with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 80-84

Table listing 1985 Men's 800 Meters 80-84 rankings with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 85-89

Table listing 1985 Men's 800 Meters 85-89 rankings with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 85-89

Table listing 1985 Men's 800 Meters 85-89 rankings (continued) with columns for Rank, Name, State, Age, and Time.

1985 Men's 800 Meters 30-34

Table listing 1985 Men's 800 Meters 30-34 rankings (continued) with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 35-39

Table listing 1985 Women's 800 Meters 35-39 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 40-44

Table listing 1985 Women's 800 Meters 40-44 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 45-49

Table listing 1985 Women's 800 Meters 45-49 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 50-54

Table listing 1985 Women's 800 Meters 50-54 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 55-59

Table listing 1985 Women's 800 Meters 55-59 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 60-64

Table listing 1985 Women's 800 Meters 60-64 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 65-69

Table listing 1985 Women's 800 Meters 65-69 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 70-74

Table listing 1985 Women's 800 Meters 70-74 rankings with columns for Rank, Name, State, Age, and Time.

1985 Women's 800 Meters 75-79

Table listing 1985 Women's 800 Meters 75-79 rankings with columns for Rank, Name, State, Age, and Time.





Continued from previous page

MIDWEST

Ohio TAC Indoor Invitational Columbus; March 9

30-34 MASTER'S MEN

Table of results for 30-34 Master's Men in Ohio TAC Indoor Invitational, including 55M Dash, 300M Dash, 600M Dash, 1000M Run, 3000 Run, Long Jump, and High Jump.

35-39 MASTER'S MEN

Table of results for 35-39 Master's Men in Ohio TAC Indoor Invitational, including 55M Dash, 300M Dash, 600M Dash, 1000M Run, 3000 Run, Long Jump, and Shot Put.

40-44 MASTER'S MEN

Table of results for 40-44 Master's Men in Ohio TAC Indoor Invitational, including 55M Dash, 300M Dash, 600M Run, 1000M Run, 3000 Run, Long Jump, High Jump, Shot Put, and 35lb. Weight Throw.

45-49 MASTER'S MEN

Table of results for 45-49 Master's Men in Ohio TAC Indoor Invitational, including 55M Dash and 300M Dash.

Table of results for 600M Dash, 1000M Run, 3000 Run, Long Jump, High Jump, Shot Put, and 35lb. Weight Throw for various age groups.

50-54 MASTER'S MEN

Table of results for 50-54 Master's Men, including 55M Dash, 300M Dash, 600M Dash, 1000M Run, 3000 Run, Long Jump, and Shot Put.

55-59 MASTER'S MEN

Table of results for 55-59 Master's Men, including 55M Dash, 300M Dash, 600M Run, 1000M Run, 3000 Run, Long Jump, and Shot Put.

60-64 MASTER'S MEN

Table of results for 60-64 Master's Men, including 55M Dash, 300M Dash, 600M Run, 1000M Run, 3000 Run, Long Jump, High Jump, Shot Put, and 35lb. Weight Throw.

65-69 MASTER'S MEN

Table of results for 65-69 Master's Men, including 55M Dash.

70-74 MASTER'S MEN

Table of results for 70-74 Master's Men, including 300M Dash and 1000M Run.

Table of results for 3000M Run and Long Jump for various age groups.

75-79 MASTER'S MEN

Table of results for 75-79 Master's Men, including 55M Dash, High Jump, Shot Put, and 1. Frank Furness unat 26'2".

80-84 MASTER'S MEN

Table of results for 80-84 Master's Men, including Long Jump, Shot Put, and 25lb. Weight Throw.



30-34 MASTER'S WOMEN

Table of results for 30-34 Master's Women, including 55M Dash, Shot Put, 35lb. Weight Throw, 600M Run, 1000M Run, Long Jump, and High Jump.

35-39 MASTER'S WOMEN

Table of results for 35-39 Master's Women, including High Jump, Shot Put, 35lb. Weight Throw, and 1. Mary Chadbourne DTHTC 24'4.25".

40-44 MASTER'S WOMEN

Table of results for 40-44 Master's Women, including 55M Dash, 600M Dash, and 1. Louise Eckman DTHTC 2:35.2.

45-49 MASTER'S WOMEN

Table of results for 45-49 Master's Women, including 55M Dash, High Jump, and 1. Essie Kea DTHTC 4'1".

55-59 MASTER'S WOMEN

Table of results for 55-59 Master's Women, including Shot Put and 1. Bernice Holland unat 31'11".

TEAM SCORES - MASTER'S M & W

Table of team scores for various age groups, including 1. Over The Hill TC (DTHTC) 150 and 2. Peabody TC (PEA, TC) 35.

MEN'S 1500M RACEMALK

Table of results for Men's 1500m Racemalk, including Darrin Bushong (17-18M) 7:43.0 and Jim Higgins (50-54M) 7:43.5.

WOMEN'S 1500M RACEMALK

Table of results for Women's 1500m Racemalk, including Gissy Bushong (13-146) 9:01.0 and Dawn Williams (15-166) 9:03.6.

Wolfpack Track Club Weight Pentathlon May 11, 1986 Columbus, Ohio

Table of results for Wolfpack Track Club Weight Pentathlon, including Discus, Shot, Javelin, Hammer, Weight, and Total for various age groups.

\* 1985 IAAF tables for shot, discus, javelin, and weight (uses shot table); hammer throw uses 1962 table. AF- Phil Partridge's one year age factor formulas as published in 1985.

SOUTHWEST

South Texas Emergency Services T&F Meet Victoria, Texas; May 3

Table of results for South Texas Emergency Services T&F Meet, including 50y, 100m, 440y, 880y, and 1 Mile events.

Long Jump

Table of results for Long Jump events, including M28-38, M39-49, and M50+.

Discus

Table of results for Discus events, including M28-38, M39-49, and M50+.

Shot Put

Table of results for Shot Put events, including M28-38, M39-49, and M50+.

440y Relay

Table of results for 440y Relay events, including M28-38, M39-49, and M50+.

Mile Relay

Table of results for Mile Relay events, including M28-38, M39-49, and M50+.

New Mexico Corporate Cup Albuquerque, N.M. May 17-18

Table of results for New Mexico Corporate Cup, including 100, 2 Mile, High Jump, and Shot Put events.



Table of results for various events including 200, M30, M40, M50, W30, W40, W50, M30, M40, M50, W30, W40, W50, HIGH JUMP, and SHOT PUT.

Continued on next page

Continued from previous page

1986 Runners' Pentathlon, Albuquerque, N.M. May 11.

Table with columns: AGE, NAME, 300m, PTE, 800m, PTE, 200m, PTE, 400m, PTE, 1600m, PTE, SCORE. Lists results for men and women in various age groups.

Table with columns: AGE, NAME, 20-5, 19-11, 17-7, 17-1, 7-1, 12-1, 10-11, 12-10, 23-1, 27-10, 32-4, 38-9, 31-6, 34-1, 29-5, 15-7, 24-8, 44-0, 38-1, 37-2, 45-6, 40-2, 30-5, 39-7, 38-9, 35-0, 33-8, 48-4, 45-1, 37-8, 25-7, 23-4, 35-5, 19-11, 137-1, 103-7, 109-7, 117-9, 50-7, 121-7, 114-3, 110-8, 103-7, 90-1, 89-2, 82-0, 105-0, 55-1, 147-8, 46-1, 116-11, 85-9, 123-10, 152-1, 113-9, \*220-2, 111-5, 100-10, 138-8, 178-0, 138-0, 126-5, 63-11, 81-6, 104-11, 115-10, 97-7, 114-8, 50-6, 137-11, 104-0, 93-1, 164-2, 56-11, 51.63, 52.46, 55.78, 57.42, 58.02, 60.41, 61.85, 63.66, 52.35, 54.73, 55.20, 51.7, 55.1, 56.4, 66.54, 66.9, 67.2, 66.06, 1:58.9, 2:01.4, 2:04.0, 2:04.5, 2:06.3, 1:59.7, 2:00.0, 2:01.2, 2:00.9, 2:19.1, 2:16.5, 2:24.1, 2:41.2, 3:01.0, 2:39.7, 2:59.2, 3:06.8, 2:37.4, 2:13.0, 2:37.0, 3:02.4, 4:36.9, 7:30.8, 4:26.5, 4:12.8, 4:15.9, 4:18.9, 4:46.7, 4:54.6. Lists results for various events including Shot Put, Discus, Javelin, Hammer, High Jump, Pole Vault, Long Jump, and Triple Jump.

WEST

Redlands Evening Kiwanis T&F Meet Redlands, Calif., May 17

Table listing results for Redlands Evening Kiwanis T&F Meet, including 100m, 200m, 400m, and 100mH events.

Table listing results for 800m, 1500m, 5000m, 80mH, and 100mH events.

Table listing results for 110mH, 400mH, 400m Relay, 5000m Walk, High Jump, Pole Vault, and Long Jump events.

Table listing results for Javelin, Hammer, PAC/TAC Masters T&F Championships, and 100, 200, 400, 800, 1500, 3000, 5000, 10000, and 20000m events.

Table listing results for 110H, 100H, 3000SC, HIGH JUMP, POLE VAULT, and LONG JUMP events.

Table listing results for 400H, 800, 1500, 3000, 5000, 10000, and 20000m events.



PAC/TAC Masters T&F Championships Los Gatos, California May 17-18

Continued on next page



Continued from previous page

Table with 3 columns: Event, Name, Time. Includes 10000, 80H, 100H, 110H, 400H, 1500SC, POLE VAULT.

Table with 3 columns: Event, Name, Time. Includes 10000, 80H, 100H, 110H, 400H, 1500SC, POLE VAULT.

Table with 3 columns: Event, Name, Time. Includes 10000, 80H, 100H, 110H, 400H, 1500SC, POLE VAULT.

Table with 3 columns: Event, Name, Time. Includes 10000, 80H, 100H, 110H, 400H, 1500SC, POLE VAULT.

Table with 3 columns: Event, Name, Time. Includes 10000, 80H, 100H, 110H, 400H, 1500SC, POLE VAULT.

Table with 3 columns: Event, Name, Time. Includes 10K CROSS COUNTRY, 10K ROADWALK, 20K ROADWALK, 11th South African Masters Athletic Championships.

Table with 3 columns: Event, Name, Time. Includes 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, 200m, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, 400m, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 800m, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 1500m, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69.

Continued from previous page

Table with 3 columns: Age group, Name, Time. Includes entries for 55-59, 60-64, 65-69, 70-74.

5000m

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-59, 70-74.

10,000m

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 40-44, 45-49, 55-59, 65-69, 70-74.

110m Hurdles

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 50-54.

100m Hurdles

Table with 3 columns: Age group, Name, Time. Includes entry for 65-69.

400m Hurdles

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 40-44, 50-54.

300m Hurdles

Table with 3 columns: Age group, Name, Time. Includes entries for 60-64, 65-69.

3000m Steeplechase

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39.

5000m WALK

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 40-44, 45-49, 50-54, 65-69, 75-79.

High Jump

Table with 3 columns: Age group, Name, Height. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 75-79.

Table with 3 columns: Age group, Name, Time. Includes entries for 55-59, 60-64, 65-69, 70-74.

Pole Vault

Table with 3 columns: Age group, Name, Height. Includes entries for 35-39, 40-44.

Long Jump

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 75-79.

Triple Jump

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54.

Shot Put

Table with 3 columns: Age group, Name, Distance. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79.

Discus

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70-74, 75-79.

Table with 3 columns: Age group, Name, Time. Includes entries for 35-39, 40-44, 45-49, 50-54, 60-64, 70-74.

Javelin

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 70-74, 75-79.

PENTATHLON : 4 APRIL 1986

Table with 3 columns: Age group, Name, Points. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 60-64, 65-69.

LADIES: Points

Table with 3 columns: Age group, Name, Points. Includes entries for 30-34, 45-49, 50-54.

LADIES: Points

Table with 3 columns: Age group, Name, Points. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70-74, 75-79.

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 60-64, 70-74.

400m

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 40-44, 45-49, 50-55, 60-64, 70-74.

800m

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 40-44, 45-49, 60-64.

1500m

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 45-49.

3000m LADIES:

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34, 35-39, 55-59.

5000m Walk:

Table with 3 columns: Age group, Name, Time. Includes entries for 35-39, 60-64.

100m Hurdles:

Table with 3 columns: Age group, Name, Time. Includes entries for 30-34.

80m Hurdles:

Table with 3 columns: Age group, Name, Time. Includes entries for 40-44, 45-49.

400m Hurdles:

Table with 3 columns: Age group, Name, Time. Includes entry for 30-34.

300m Hurdles:

Table with 3 columns: Age group, Name, Time. Includes entry for 50-54.

High Jump:

Table with 3 columns: Age group, Name, Height. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 65-59.

Long Jump:

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34.

Table with 3 columns: Age group, Name, Time. Includes entries for 35-39, 40-44, 45-49, 50-54, 60-64.

Shot Put:

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59.

Discus:

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70-74.

Javelin:

Table with 3 columns: Age group, Name, Distance. Includes entries for 40-44, 45-49, 50-54, 55-59, 60-64, 70-74.

WEIGHT PENTATHLON:

MEN: Points

Table with 3 columns: Age group, Name, Points. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70-74.

LADIES: Points

Table with 3 columns: Age group, Name, Points. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69.

Equal SA Record

Table with 3 columns: Age group, Name, Points. Includes entries for 30-34.

Table with 3 columns: Age group, Name, Time. Includes entries for 100m, M30, M35, M40, M45, M50, M55, M60, M70, M75.

Shot Put:

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59.

Discus:

Table with 3 columns: Age group, Name, Distance. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70-74.

400m

Table with 3 columns: Age group, Name, Time. Includes entries for M30, M35, M40, M45, M50, M55, M60, M70, M75.

800m

Table with 3 columns: Age group, Name, Time. Includes entries for M30, M35, M40, M45, M50, M55, M60, M70, M75.

1500m

Table with 3 columns: Age group, Name, Time. Includes entries for M30, M35, M40, M45, M50, M55, M60, M70, M75.

Continued on next page

July, 1986 Continued from page 39. Lists names and times for various events like 5000m, 10000m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 100m Hurdles, 200m Hurdles, 400m Hurdles, 800m Hurdles, 1500m Hurdles, 3000m Hurdles, 5000m Hurdles, 10000m Hurdles, 100m Steeplechase, 200m Steeplechase, 400m Steeplechase, 800m Steeplechase, 1500m Steeplechase, 3000m Steeplechase, 5000m Steeplechase, 10000m Steeplechase, 100m Relay, 200m Relay, 400m Relay, 800m Relay, 1500m Relay, 3000m Relay, 5000m Relay, 10000m Relay, 100m Walk, 200m Walk, 400m Walk, 800m Walk, 1500m Walk, 3000m Walk, 5000m Walk, 10000m Walk, 100m Race, 200m Race, 400m Race, 800m Race, 1500m Race, 3000m Race, 5000m Race, 10000m Race, 100m Race, 200m Race, 400m Race, 800m Race, 1500m Race, 3000m Race, 5000m Race, 10000m Race, 100m Race, 200m Race, 400m Race, 800m Race, 1500m Race, 3000m Race, 5000m Race, 10000m Race.



Continued from previous page

Table with 3 columns: Time, Name, and Club. Includes 5000m, M30 F Castro, M35 R Betancourt, M40 A Romero, M45 J Caden, M50 A Jimenez, M55 J Mendoza, M60 A Hernandez, M70 T Palacios, M80 L Rivera, M85 O Velazco, M90 J Garcia, M95 I Valdivia.

Table with 3 columns: Time, Name, and Club. Includes 10000m, M30 J Jimenez, M35 R Betancourt, M40 V Arroyo, M45 A Rodriguez, M50 A Jimenez, M55 A Roman, M60 A Hernandez, M65 A Lored, M70 T Palacios, M75 M Torres.

Table with 3 columns: Time, Name, and Club. Includes 100mH, M65 B Hunt, M70 G Gonzalez, M10mH, M40 T Viltz.

Table with 3 columns: Time, Name, and Club. Includes 300mH, M70 G Gonzalez, 400mH, M30 J Diaz, M35 A Loranca, M40 O De Jesus, M45 B Hunt.

Table with 3 columns: Time, Name, and Club. Includes Steeplechase, M35 R Gonzalez, M45 B Finch, M50 F Lopez, M55 Cullin.

Table with 3 columns: Time, Name, and Club. Includes 4x100m Relay, M30-39 Tanaulipas, M40-49 US, M50-59 US, M55-64 US.

Table with 3 columns: Time, Name, and Club. Includes 4x200m Relay, M30-39 Tanaulipas, M40-49 US, M50-59 US, M55-64 US.

Table with 3 columns: Time, Name, and Club. Includes 5000m Racewalk, M30 J Peralta, M35 J Vidales, M40 P Aroche, M45 J Castillo, M50 F Finch, M55 F Muniz, M55 F Pietro.

Table with 3 columns: Time, Name, and Club. Includes High Jump, M40 B Laverty, M45 M Lozana, M50 N Newton, M55 B Adler, M60 B Richards, M70 G Gonzalez, S Verdejo.

Table with 3 columns: Time, Name, and Club. Includes Pole Vault, M50 M Wong, M60 B Richards, M70 G Gonzalez.

Table with 3 columns: Time, Name, and Club. Includes Long Jump, M40 B Laverty, M45 M Lozana, M50 F Chavez, M55 G Gonzalez, M60 S Verdejo, M65 W Dos Santos, M70 D Amoroz, M75 M De Parra, M80 A Amoroz.

Table with 3 columns: Time, Name, and Club. Includes Triple Jump, M45 R Gonzalez, M40 A Millan, M45 A Anaya, M60 B Richards, M70 G Gonzalez, S Verdejo.

Table with 3 columns: Time, Name, and Club. Includes Shot Put, M30 R Zermeo, M35 G Kelmenson, M40 H Gonzalez, M45 C Klehm, M45 J White, M60 B Richards, M65 M Castaneda, M70 R Carter, G Gonzalez, W30 H White, W35 C Cantone, C Gonzalez, W40 C De Cortes, L Rios, W55 A Amoroz, M Ninfa.

Table with 3 columns: Time, Name, and Club. Includes Discus, M35 G Kelmenson, M40 E Arroyo, M45 C Klehm, J White, J Nunez, M50 O Fierro, O Gonzalez, M55 A Rocha, M60 B Richards, K Mitchell, M65 M Castaneda, F Fragoso, M70 R Carter, G Gonzalez, W30 H White, W35 C Gonzalez, C Cantone, G Contreras, W45 I Rojano, W50 W Dos Santos, D Amoroz, W55 A Amoroz, M De LaParra, W70 J Rojano.

Table with 3 columns: Time, Name, and Club. Includes Javelin, M35 G Kelmenson, J Vidales, M40 E Arroyo, S Paniagua, H Gonzalez, M45 M Lozano, J White, R DeLa Cueva, M50 M Wong, O Gonzalez, M60 B Richards, K Mitchell, M70 G Gonzalez, R Carter, S Verdejo, W35 C DeMillan, W55 A Amoroz, M DeLaParra.

Table with 3 columns: Time, Name, and Club. Includes Hammer, M35 G Kelmenson, D Martinez, M45 J Nunez, J White, M50 G Garcia, O Fierro, J Rivera, M60 B Richards, M65 F Fragoso, M70 R Carter, W30 H White, C Gonzalez, C Cantone, \*US #Puerto Rico.



LONG DISTANCE RESULTS. Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

EAST Governor's Bay Bridge 10K Annapolis, Md., April 13. Overall: F Sharkey 24:29:55, M Oram 23:36:28, M35 A Grier 35:32:34, M40 B Conroy 42:34:09, M45 J Black 49:35:01, M50+D Trubee 50:38:26, M60+ W Washburn 63:42:29, W35 J Graeff 37:44:57, W40+ J Flannery 46:42:59, W50+ R Lapetina 46:33.

NATIONAL TAC National Postal One Hour Race Walking Championship - For The Year 1985

Main results table with columns: NAME, CLUB, METERS, MILES-YARDS, DATE, SITE. Includes sections for Women's 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-up, Men's 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-up, and Masters Team Scoring for Women and Men.

Amish Country Half-marathon Lancaster, Pa.; April 6. Overall: H Klugh III 1:09:24, T Schuler 1:09:24, P Weldon 1:20:30, M40+ R Johnson 1:14:24, H Townsend 1:16:37, D Cartwright 1:18:19, M50+ B Groves 1:30:45, F Bush 1:31:11, M60+ R Johnson 1:31:56, J Pennington 1:39:17, M70+ T Rupp 2:05:40, W40+ D Jackson 1:39:13, J Johnson 1:46:14, C Straussar 1:51:33, W50+ T Young 1:43:09, B Mladenhoff 1:57:57.

Taconic RRC Sybil Ludington 50K Putnam County, N.Y.; April 26. 1 C Bristol 34:32:21:33, 3 D Farquhar 52:35:44:43, 5 B Grundstein 41:40:33:36, 6 A Meehan 44:40:52:20, 7 D Villeneuve 46:40:49:49, 8 J Neubauer 36:41:47:07, 9 G Garlepp 45:41:29:00, 11 C Sprauer 49:42:29:42, 13 J Soutter 50:44:40:38, 19 D Margetson 59:55:59:40.

Devil Mountain Run 10K Danville, Calif.; May 4. Overall: I Huff 29:14, C Keller 33:56, M40+ B Clark 32:34, D Kraus 33:23, D Rivera 33:29, M50+ P Todd 38:37, J O'Hanlan 39:02, D Mittelstaedt 39:55, M60+ J Low 40:56, K Bollinger 42:41, M Osborn 44:09, W40+ S Coffe 39:23, B Shubert 40:31, D Johnson 41:42, W50+ V Bigelow 39:54, A Billy 40:31, K Haubensak 47:30, W60+ J Caselli 49:52, M Lentz 56:32, J Thompson 58:42.

L'EGGS 5K Tune-Up Central Park, NYC; May 11. Overall: J Pare 25:17:27, W40 A Hearn 40:18:11, L Connors 44:19:23, C Johnston 42:19:46, W45 P L Parmalee 46:19:30, H Baker 45:21:43, H Hartl 45:22:06, W50 B Bellinghousen 52:20:57, E Robertson-Lee 51:22:54, A Kravat 53:26:34, W55 T D'Elia 56:20:45, A Moore 55:22:59, N Tighe 55:23:50, W60+ E Hauser 60:27:47, J Neullinger 62:30:54, S Norris 60:31:35, W70+ M Bdera 71:32:33. Racewalkers: I Jacobson 37:31:57, A Benjamin 50:32:14, L Edlen-Nezin 36:33:35.

Freihofer's 10K Run For Women Albany, N.Y.; May 17. Overall: B Springs 24:32:13, 35 K Macharg 37:36:43, D Miller 35:38:38, E Leivers 39:38:43, 40 G Andersen 41:35:31, A Hearn 40:36:15, M Harmeling 41:37:17, 45 S Matson 45:36:41, J Black 46:39:44, G Thornhill 45:40:06, 50 A Stockman 53:40:49, M Deckert 53:44:43, B Stacy 54:44:47, 55 T D'Elia 56:42:20, N Gerstenberger 56:45:31, J Dewey 55:49:24, 60+ E Farias 62:50:39, A Wetherbee 67:53:58, M Tillson 64:59:04, R Rothfarb 84:81:57.

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Table with columns for runner name, age, and time. Includes entries for D Baier, E Hogan, 50 B Stacy, etc.

8th Annual Trevisa Twosome 10-Mile Run Central Park, N.Y. April 26

Table of race results for the 8th Annual Trevisa Twosome 10-Mile Run, listing names, ages, and times.

SOUTHEAST

Charlotte Country Day School 5K/8K Cross-country Charlotte, N.C.; April 12

Table of race results for Charlotte Country Day School 5K/8K Cross-country, listing names, ages, and times.

North Carolina Assn. of CPAs 10K Charlotte, N.C.; April 20

Table of race results for North Carolina Assn. of CPAs 10K, listing names, ages, and times.

Mother's Day 5K Port Orange, Fla.; May 10

Table of race results for Mother's Day 5K, listing names, ages, and times.

Cotton Row 10K Run - Huntsville, Alabama - May 26

Table of race results for Cotton Row 10K Run, listing names, ages, and times.

AGE DIVISION WINNERS

Table of winners for Males 35-39, listing names, ages, and times.

Table of winners for Males 40-44, listing names, ages, and times.

Table of winners for Males 45-49, listing names, ages, and times.

Table of winners for Males 50-54, listing names, ages, and times.

Table of winners for Males 55-59, listing names, ages, and times.

Table of winners for Males 60 & Over, listing names, ages, and times.

TOP 10 FEMALE MASTERS

Table of top 10 female masters, listing names, ages, and times.

AGE DIVISION WINNERS

Table of winners for Female 35-39, listing names, ages, and times.

Table of winners for Female 40-44, listing names, ages, and times.

Table of winners for Female 45-49, listing names, ages, and times.

Table of winners for Female 50-59, listing names, ages, and times.

Table of winners for Female 60 & Over, listing names, ages, and times.

MIDWEST

Woodridge 5 Mile Peninsula, Ohio; April 26

Table of race results for Woodridge 5 Mile, listing names, ages, and times.

Revco-Cleveland Marathon/10K Cleveland, Ohio; May 18

Table of race results for Revco-Cleveland Marathon/10K, listing names, ages, and times.

L'eggs/YMCA Women's 10K Chicago, Ill.; May 3

Table of race results for L'eggs/YMCA Women's 10K, listing names, ages, and times.

Table of race results for W35 K Kellogg, J Rice, M Vasey, etc.

Ohio Athletic Congress 1 Hour Run/Racewalk Columbus; May 25

Table of race results for Ohio Athletic Congress 1 Hour Run/Racewalk, listing names, ages, and times.

MID-AMERICA

Longest Day Weekend 5K/10K/ Marathon Brookings, S.Dak.; April 26

Table of race results for Longest Day Weekend 5K/10K/ Marathon, listing names, ages, and times.

6th Annual Gary Bentley 20K Brookings, S.Dak.; May 10

Table of race results for 6th Annual Gary Bentley 20K, listing names, ages, and times.

Old Kent River Bank 25K Grand Rapids, Mich.; May 10

Table of race results for Old Kent River Bank 25K, listing names, ages, and times.

SOUTHWEST

Alpha Beta's Women's 10K Arizona Championships Phoenix, Ariz.; April 6

Table of race results for Alpha Beta's Women's 10K, listing names, ages, and times.

Dillard's & Nike 10K Oklahoma City; April 6

Table of race results for Dillard's & Nike 10K, listing names, ages, and times.

Annual 89er Run (10K) Guthrie, Oklahoma April 20, 1986

Table of race results for Annual 89er Run (10K), listing names, ages, and times.

7th Annual Festival Run Oklahoma City, OK 4-26-86

Table of race results for 7th Annual Festival Run, listing names, ages, and times.

Results of 5 km

Table of results for 5 km race, listing names, ages, and times.



Continued on next page

Continued from previous page

Table with 3 columns: Name, Age, Time. Includes entries for M 60 & Over, W 40 - 44, W 45 - 49, W 50 - 54, W 55 - 59, and M 60 & Over.

Seventh Annual Festival Run Oklahoma City, OK 4-26-86

Table with 3 columns: Name, Age, Time. Results of 10 km race.

Table with 3 columns: Name, Age, Time. Results for M 40 - 44, M 45 - 49, M 50 - 54, M 60 & Over.

Table with 3 columns: Name, Age, Time. Results for M 40 - 49, M 50 - 54, M 60 & Over.

Oklahoma Grand Prix (10K) Norman, Oklahoma, 5-24-86

Table with 3 columns: Name, Age, Time. Results for Overall, M 40 - 44, M 45 - 49, M 50 - 54.

Table with 3 columns: Name, Age, Time. Results for M 55 - 59, M 60 and Over.

Table with 3 columns: Name, Age, Time. Female (Total Field) results.

WEST

Garriston's Smokebusters 5K Whittier, Calif.; May 11

Table with 3 columns: Name, Age, Time. Results for M 40 R, M 45 F, M 50 R, M 55 J, M 60 F, M 65 J, M 70 F, M 75 J, M 80 B, M 85 G.

3rd Annual Westlake Florist Flower 5K/10K Westlake Village, Calif.; May 18

Table with 3 columns: Name, Age, Time. Overall results for 5K and 10K.

Table with 3 columns: Name, Age, Time. Overall results for 10K.

Windward Half-marathon/Marathon Kailua, Hawaii; May 18

Table with 3 columns: Name, Age, Time. Results for Half-marathon and Marathon.

Pacific Sun 10K, Marin, Calif. May 26

Table with 3 columns: Name, Age, Time. Results for 40-49, 50-59, and 60 & Over.

Table with 3 columns: Name, Age, Time. Results for 40-49, 50-59, and 60 & Over.

- 1. 48:16 JACLYN CASELLI-65, SAN JOSE
2. 51:40 KIT PICKLES-60, COBB
3. 54:42 ELS TUINZING-64, M. VALLEY
4. 64:42 ANNABEL MARSH-62, SF

OLDEST RUNNER: MEL SHINE-77, 51:21

Alive and Well in L.A. 10K Los Angeles June 7

Table with 3 columns: NAME, AGE, TIME. Results for Chris Nelson, Eugene Muslar, Dean Palmer.

Table with 3 columns: NAME, AGE, TIME. Results for Jennifer Henderson, Gina Foust.

Table with 3 columns: Name, Age, Time. Results for M35 Stephen Keyes, Mark Hemphill, Larry Andrews.

Table with 3 columns: Name, Age, Time. Results for W35 Elaine Riley, Nancy Bellbaum, Nancy Gallup.

RACE PLACE NAME TIME

Table with 3 columns: RACE PLACE, NAME, TIME. Results for M40, M45, M50, M55, M60.

Table with 3 columns: Name, Age, Time. Results for M55, M60, M65, M70.

Table with 3 columns: Name, Age, Time. Results for M60, M65, M70.

Table with 3 columns: Name, Age, Time. Results for M65, M70.

Table with 3 columns: Name, Age, Time. Results for M70.

RACE PLACE NAME TIME

Table with 3 columns: RACE PLACE, NAME, TIME. Results for W40, W45, W50, W55, W60.

Table with 3 columns: Name, Age, Time. TEAM SCORES for M40-49 Pico R vera AC.

Table with 3 columns: Name, Age, Time. TEAM SCORES for M50-59 Marathons.

Table with 3 columns: Name, Age, Time. TEAM SCORES for M60-69 Seniors Track Club.

Alive and Well in L.A. 5K June 7, Los Angeles

Table with 3 columns: Name, Age, Time. Overall results for Frank Shorter, Gretchen Lohr.

Table with 3 columns: Name, Age, Time. Results for M35 Frank Shorter, Bob Pertak, Rich Miller.

Table with 3 columns: Name, Age, Time. Results for M40 Lee Baca, Joe Jacobsen, Vic Tabbush.

Table with 3 columns: Name, Age, Time. Results for M45 Bob Deming, Larry Anners, Oscar Chavez.

Table with 3 columns: Name, Age, Time. Results for M50 Chaz Haba, Jim Andre, Hunter Temple.

Table with 3 columns: Name, Age, Time. Results for M55 Mel Elliott, Roger Clarke, Warren Miyashiro.

Table with 3 columns: Name, Age, Time. Results for M60 Gunnar Brickner, Wilcox Nelson.

Table with 3 columns: Name, Age, Time. Results for M65 Phil Jones, Mark Frederick, Jack Davison.

Table with 3 columns: Name, Age, Time. Results for M70 Ed Stotsenberg, Eddie Howard, George Feinstein.

Table with 3 columns: Name, Age, Time. Results for W35 Carrie Goodreau, Joy Blevins, Guadalupe Mabra.

Table with 3 columns: Name, Age, Time. Results for W40 Barbara Reukema, Carol Dougherty, Sandy Pirkle.

Table with 3 columns: Name, Age, Time. Results for W45 Barbara Camp, Barbara Bramwell, Carol Forster.

Table with 3 columns: Name, Age, Time. Results for W50 Joan Fogelman, Irene Olberz, Nancy Tuey.

Table with 3 columns: Name, Age, Time. Results for W55 Jean Windishar, Cathy Bosch, Selma Mehlman.

Table with 3 columns: Name, Age, Time. Results for W60 Daisy Wong, Mary Lou Jones, Joyce Fuller.

Table with 3 columns: Name, Age, Time. Results for W65 Dorothy Stotsenberg.

Conejo 8K Westlake Village, Calif.; June 8

Table with 3 columns: Name, Age, Time. Overall results for J Triplett, A Gladue.

Table with 3 columns: Name, Age, Time. Results for M40 R Baumsteiger, M45 G Farnham, M50 J Knerr.

Table with 3 columns: Name, Age, Time. Results for M55 R Burkel, M60+B Nemeth, W50 L Hurrell.

Table with 3 columns: Name, Age, Time. Results for M45 R Robinson, R Hughes, G Ealey.

Table with 3 columns: Name, Age, Time. Results for M50 D Mahaffey, R Bryan, E Rockwell.

Table with 3 columns: Name, Age, Time. Results for M55 D Turnbull, A Kenniston, W Barron.

Table with 3 columns: Name, Age, Time. Results for M60+ L Dompier, T Sheehan, P Wilson.

Table with 3 columns: Name, Age, Time. Results for M70+ R Gamet, C Baker, P Wagner.

Table with 3 columns: Name, Age, Time. Results for M80+ R Dempsey, E Jones, W C Holmes.

Table with 3 columns: Name, Age, Time. Top Masters Women results.

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NORTHWEST

Northwest Masters 15K PNAC Championships Seattle, Wash.; March 22

Table with 3 columns: Name, Age, Time. Results for M40 J Jordeth, C Steer, J Corkill, M45 A Huff, D Morris, P Jones, M50 D Mahaffey, D Pitkethly, B Iffrig, M55 O Keniston, J Vance, J Ruck, M60 R Phelps, B Williams, M70+ N Bright, W40 J Stiles, M Gibson, B Jones, W45 C Curtis, B Purdey, S Pitkethly, W50 N Hellyer, U Criminale, M Fournier, W55 B Murphy.

Lilac Bloomsday 12K Spokane, Wash.; May 4

Table with 3 columns: Name, Age, Time. Overall results for J Sinclair, A Audain, Top Masters Men.



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