December, 1992

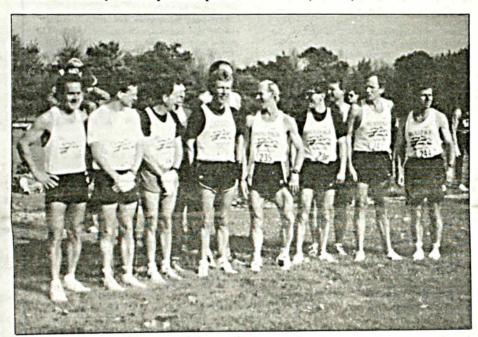
Olrich Age-Graded Victor

# Hartel, Burleson Win National 5K Cross-Country

by JOHN WHITE

172nd Issue

Invigorated by a slightly cold (mid-40s) but otherwise perfect day for running, Swag Hartel, 41, of Louisville, Ky., and Marie Burleson, 43, of Columbus, Ohio, won the overall masters titles in 15:58 and 18:54, respectively, at the TAC/USA National Masters 5K Cross-Country Championships in Columbus, Ohio, on November 8.



Members of the Wolfpack TC M40 team: (I to r): Joe Klingenberger, John Black, Gerry Tann, Jim Tucker, Ken Hedrick, Mike Marci, Mike Markley, and Michael Barr, National Masters 5K Cross-

# Coghlan Turns 40: Aims For a 4-Minute Mile

Eamonn Coghlan of Ireland, who turned 40 November 24, has firmed up plans to compete in the Runner's World Masters Mile at the Millrose Games, February 5, in New York's Madison Square Garden. Coghlan's aim is to become the first runner of 40 to run a sub-4-minute mile.

Considered the greatest indoor miler ever, Coghlan won a record seven Wanamaker Miles at Millrose on the Garden track. In 1983, at the Meadowlands Arena in New Jersey, he set his third world indoor mile record with the first and only sub-3:50, 3:49.78

Marc Bloom, director of the Masters Mile, recently visited Coghlan at his home in Dublin to discuss his goals for the '93 season. Coghlan will compete in a handful of other meets indoors and also hopes to compete in track and road racing events in the spring.

Bloom said Coghlan was making great progress toward his goal without yet doing speedwork. After concluding his elite career in 1990, Coghlan stopped running for 15 months. He resumed in June, 1991 with a pure distance program and ran the '91 New York City Marathon in a surprising 2:25:10. Continuing his distance work, Coghlan won a "Legends" road mile in Edinburgh in September in 4:06.62. He ran the second half in 2 minutes flat to defeat Sydney Maree.

Eamonn's attempt should be the highlight of the indoor season," said Bloom. "And if he does break 4 minutes, it will be one of the biggest sports stories of the year."

Bill Olrich, 57, of Lexingon, Ky., winner of the men's 50 & over race, was the age-graded champion (17:40, 88.6%). He was followed by Don Coffman, 49 (16:37, 87.9%), Peter Hallop, 45 (16:13, 87.6%), Wally Herrala, 48 (16:38, 87.2%), and Lari Dunlap, 43 (16:04, 87.1%). Overall women's champ Burleson also took top age-graded honors with an 82.9% performance, a repeat of her 1991 effort.

The best competition occurred at the front of the men's 40-49 race. The principal challengers were high school coach Dan Sekerak, 45, of Granville, Ohio, overall winner of this event in 1989 and 1991; sporting goods store owner Hartel, 41; and Army Major Dunlap, 43, of Aberdeen Proving Ground, Md.

Sekerak and Dunlap battled for the lead for over 4000m, with Hartel staying close. A recurring hamstring injury suddenly brought Sekerak to a jog, and he limped in to finish 16th. Dunlap was unable to shake off Hartel, whose powerful last 300m kick gave him the win by six seconds. Track nuts may remember Hartel as a 4-minute miler during his college days.

This was a high quality race with 24 runners breaking 17 minutes and 40 runners breaking 18 minutes.

The men's 40-49 race also produced the best team competition as eight teams bid for the medals. Victory AC

Continued on page 3

\$2.50

### Levisse, Hine Capture 40 + Titles

# 12,000 Masters Run in 23rd New York Marathon

by MARILYN J. MITCHELL

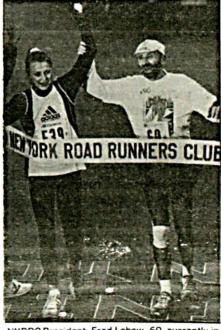
Pierre Levisse, 40, of France, edged fellow countryman Jean-Michel Charbonnel, 2:19:42 to 2:20:23, to capture the men's masters title in the 23rd staging of the NYC Marathon on November 1. More than 12,000 runners -43% of the 29,000 entrants - were age

The temperature at the start of the race was 46 degrees with 51% humidity, and featured strong headwinds that took their toll on the frontrunners. Levisse's time was more than five minutes slower than John Campbell's 1990 masters course record of 2:14:34.

Topping the M50 division was Joachim Adomeit of Meerbusch, Germany (2:34:14). The M60 winner was Robert Peart in 2:54:20. Ansaldo Furiassi topped the M70s in 3:24:07. Oldest male finisher was Sam Gadless, 85, of Boca Raton, Fla., in 6:44:32. Masters awards were presented in 10-year age divisions.

New Zealander Judith Hine, 43, took women's masters honors with a 2:51:43, 25th-overall finish, followed by Janet Jordan, 43, of Portland, Ore. (2:56:37), and Truus DeMaare Duin, 41, of the Netherlands (3:00:22). Hine's winning time was far off the female masters course record of 2:30:17, set by Priscilla Welch in 1987.

New Yorker Anna Thornhill won the W50 group (3:09:47), with Santos Salazar taking the W60s in 3:20:48. England's Jose Waller led all W70s in 3:57:08. Oldest female finisher was New York City's Lois Schieffelin, 81, Continued on page 8



remission from brain and thyroid cancer, ran his first NYC Marathon accompanied by his coach and longtime friend, Grete Waitz.

Victor Sailer/Agence Shot

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# **TONAL MASTERS NEV**

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The National Masters News (ISSN-07442416) is ed monthly by GAIN Publications, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409

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

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President: Ollan C. Cassell, Executive

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

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Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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

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

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Ruth Anderson, Norm Green

# 5K Cross-Country

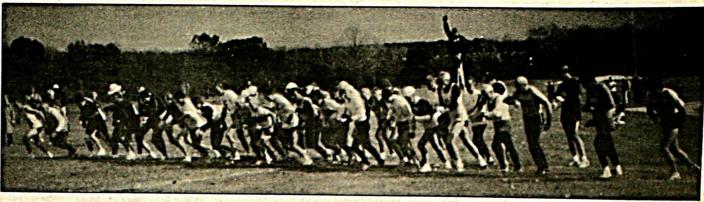
Continued from page 1

of Louisville, Ky., repeated its 1991 achievement by defeating the host Wolfpack TC "A" team, 1:22:28 to 1:23:18. The improved margin of victory from three seconds to 50 seconds occurred principally because Victory added Hartel, while Wolfpack lost the services of Bill Haviland. Wolfpack was nearly nipped by the surprisingly strong Motor City Striders, who turned in a 1:23:30 performance.

There are, of course, 10-20 U.S. women masters in the same class with Marie Burleson, but unfortunately we seldom see two of them in the same race, let alone a cross-country meet. The good news is that more women are entering cross-country races, due perhaps to a combination of high school experience and the formation of

### COMING NEXT MONTH

- 1992 Masters Athletes of the Year
- TAC Convention Report
- 1993 Schedule of Events



Start of the M50 + race, National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8.

Photo by Bev Moseley

more masters competition teams.

As with the 1989 and 1991 championships, Burleson went right to the front to battle for the lead. This year she encountered a pack of three open runners who were a real challenge. She finally wore out one of the three to finish third overall in 18:54, more than two minutes ahead of the next master.

This meet had excellent women masters team competition as the Motor City Striders went head to head with the Wolfpack. Motor City won, 29-30, with simple scoring and 10-11 with dual meet scoring. The Wolfpack prevailed by over a minute in the of-



ficial aggregate time scoring, 1:03:29 to 1:04:33, due largely to the huge margin of victory achieved by Burleson.

The M50 & over team title was won by the Bob Schul Racing Team with a time of 1:30:57, despite the absence of Schul. The M60 & over team competition matched the Motor City Striders against the Wolfpack. The Striders won this challenge handily, 1:01:57, to 1:06:17. The Syracuse Chargers won the M70 & over title with a time of 1:15:18.

This event is well-respected in the Ohio area, largely because the terrain of the conveniently-located Airport Golf Course is outstanding for cross-country running. The principal sponsor of the event is the Columbus Recreation and Parks Department. It also helps to have lots of good TAC officials on hand.



Members of the Motor City Striders W40+ team: (I to r) Cecilia Breys, Ellen Nitz, Vicki Putnam, Donna Olson, and Bernice Lopata, National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8. Photo by Bev Moseley



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#### MEET SCHEDULING

In your November issue, Clarence Killion suggests that all meets be held on Saturdays.

This vexing and controversial issue of the most feasible day for meets is one that seems to surface about once a year in your "Write On" column so I have come up with an ingenious solution that will solve the problem once and for all:

All masters track and field meets will begin on Friday morning and end on Monday evening with the track open and officials on duty the entire period. Entrants in any given event need not all compete at the same time. Instead, they can come any time during the meet and have their performance recorded. An Orthodox Jew competing in the 10,000 meters can arrive at the track at sundown on Saturday, and have an official count and time his 25 laps. Seventh Day Adventists can show up after midnight on Saturday for their events. Fundamental Christians can perform on Friday, Saturday, or Monday.

Finally, at end of the meet, results can be tallied and tabulated.

Is there a Masters Track & Field Hall of Fame? If so, I expect to be inducted into it for this contribution.

> Brian Pritchard Westlake Village, California

#### WORLD GAMES SCHEDULE

We were somewhat dismayed to discover upon examination of the

preliminary schedule of events for the Miyazaki World Veterans Games that apparently little attention was given to the close scheduling of the distance events. Specifically, we see only one day's rest between the 10,000 and the 10K cross-country events, and only two days rest between the 10,000 and the 5000.

In the past two games we have been able to reasonably participate in both the 10,000 and the 10K cross-country; and after travelling so far to race, we would hope that the organizers might incorporate that thinking into their scheduling.

> John P. Cossick Mary L. Wood Montrose, Colorado

(Normally, the WAVA crosscountry races are held on the second Thursday or Friday. However, Monday, October 11, 1993 is a Japanese holiday and the organizers want to hold the X-C in a small town outside of Miyazaki on that day, when "officials are available and the townspeople can watch and participate." - Ed.)

#### WAVA SPECIFICATIONS

Increasing numbers of masters athletes are entering the 80, 85 and 90 age divisions each year as indicated by lists published monthly in NMN.

During the past 12 months, 81 masters have entered these age division: 34 into the 80-84, 29 into the 85-89, and 18 into the 90 + categories.

Dr. Gabe Mirkin, M.D., (April, 1987 NMN) stated that "... with aging, you lose nerve cells which cause you to lose muscle fibers. When you lose fibers, the muscle becomes smaller and weaker. So, as you age, your muscles become weaker, no matter how much you exercise." This decline in strength is inevitable and becomes even more pronounced in ages past 80 and 90.

On the basis of the above facts, it would appear to be physiologically sound to add an 80-plus age division to the current WAVA/TAC Implements Specifications, instead of stopping at 70-plus.

For each of the 50- 60- and 70-age divisions the throwing implements are reduced in weight. Why should men 80, 85, 90 and 95 be expected to throw the same weight implements as those who just turned 70?

I suggest that a men's 80-plus division be added to the implements section with shot put and hammer weights of 3 kg.

> Burt DeGroot San Clemente, California

#### **BOB WATANABE MISSED**

What a great loss! We will greatly miss our friend and fellow trackster, Bob Watanabe. He was a kind and thoughtful man who always gave so generously for the welfare and happiness of others. Few men I have known were as courageous, respected, or as admired as Bob. All of us that have been privileged to have been associated with him during his life-time have been enriched. As but one of his host of friends that had the pleasure of spending time and competing with him, I will always be grateful.

In 'hanging up my trusty spikes' this season of 1992 I am moved to take this opportunity to express my heartfelt



Walter Dahlin, 71, ended with a 58.6, 300mH Western Regional Championships, Hayward,

Photo by Jerry Wojcik

gratitude to all of my fellow competitors for the warmth of your friendships and the kind letters and words you have sent regarding my retirement and fun times we've shared. Each one of you are very special and champions in my eyes and heart. Thanks for the memories.

> Payton Jordan Los Altos, California

Bob Watanabe tried to live life on the edge and to right the wrongs people do to each other. His early bitterness turned into a burning desire to help others, producing one of the world's greatest orthopedic surgeons.

Earning the world's goods was child's play for Bob, and he tithed to a fault to his many friends. It never seems fair when greatness is lost too soon. It has touches of an unfinished symphony.

Harry Guth Perryville, Missouri

#### AGE-GRADED NATIONALS

Comparing the age-graded results of the 1990 and 1992 nationals, we find performances have improved greatly. Continued on page 18

# NATIONAL MASTERS NEWS scription Form Masters Athletics is booming!

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### Nine Join NMN Sustainers

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

Special thanks this month go to:

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53



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# U.S. MASTERS/SENIOR OLYMPICS

Early Morning "R" Track and Field



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W50 Rachel Lyga, Fridley (IL)	8.69 (88)	eW45 John Bwing, (WI)	34-3 (89)		Purpose: to motivate ourselves through friendly competition, to be highly
W55 Rachel Lyga, Fridley	8.81 (91)	M50 George LaBelle, Hamlake	26-11 (91)	The state of the s	competitive, but most of all have FUN; to give our youth a positive image of athletic physical aging. (teep amiliag) Along with good manners, while
800 meter Run	到数割为一个发	*M55 Jim Peterson, Aitkin	32-1 (89)		at these meetsNo drinkin, smokin, fussin, or cussin. The use of Biblical
M30 Brian Bohne, Pridley	2:23.02 (89)	M60 Chuck Olson, Nevis	26-6 (89) 23-10 (89)		STerAIDS (Do unto others-as to yourself) is highly recommended.
M35 Brian Bohne, Fridley	2:20.56 (91)	*W50 Rachel Lyga, Fridley	24-0 (91)		
N40 John Cramer, St. Paul	2:21.89 (91)	*W55 Rachel Lyga, Fridley	24-0 (91)		"Rules of Fairness"
N45 Richard Jones, Burnsville	2:24.45 (89)	Long Jump	1 DANS TOTAL		1) A demonstration of physical perfection in form is less likely in
W40 Kathy Marino, Apple Valley	2:57.65 (91)	OPEN Steve Dolan, Bloomington	20-5 (91)		amateur masters-scalor olympian age groups; therefore, no one, esp. over 55, acratches. Out of boundary throws are penalisad by a 1/2 ft.
One Mile	Principle Control	N40 Nichael Sharratt, Eden Prairie	16-2 (91)	y	reduction from release.
	6:06.81 (89)	eM45 John Ewing, (WI)	15-6 (89)	(1) 10 10 10 10 10 10 10 10 10 10 10 10 10	Long and Triple lumns are "Snot Measured" from the toe takeoff
M30 Brian Bone, Fridley M40 Michael Seaman, St. Louis Pk.	4:52.50 (91)	eMSO John Bwing, (WI)	16-4 (91) 15-3 (89)	对中国文献的中心。在第15	Long and Triple Jumps are "Spot Measured" from the toe takeoff to the farthest backfoot landing. (actual jumping distance)
M45 Richard Jones, Burnsville	F 35 31 (90)	M55 Jim Peterson, Aitkin	14-6 (89)	New C. Company of the state of	The state of the s
M60 Lloyd Young, Pine City	5:50.70 (89)	eM60 Ed Holmes, (TN)	11-11 (89)	The second secon	2) High Jump and Pole Vault contenders are allowed (if you're UP to it),
		M60 Emmett Edwards, St. Paul M65 Chuck Olson, Nevis	10-9 (91)	ationals M and the	up to, and including six attempts, the same as for other field events.
One Mile Racewalk	11:07.99 (89)	eM70 Bob Warvick, Sr. (MO)	12-24 (91)		3) NO FALSE STARTS. LISTEN. AFTER THE ORDER, "ON YOUR MARK"
M30 Brian Bohne, Fridley M35 Steve Kobs, Shoreview	10:13.59 (91)	W50 Rachel Lyga, Fridley	12-3½ (89) 12-3 (91)		OPT SPT DO NOT LOOK AT THE STARTER-LISTEN PUR THE GUN
MSO George LaBelle, Ham Lake	13:04.24 (91)	W55 Rachel Lyga, Fridley	12-3 (717	e	SOUND REFORE MOVING AND YOU CANNOT FALSE START. The starter will not extend a "hold" nanecessarily. A deliberase prestart
M65 Ray Skotte, Mpls.	11:55.40 (89)				eliminates your race time only, and waste energy. (sorry, but it is
Which the programmy or many or the world and the second	BI THE TANK	ShotPut #16 6K #12 4K 3K			not fair to force a restart penalty on the other runners.)
200 meter Sprint		M30 Joe Fierst, Rogers	29-0 (91)	e	Describeration of the All sands detected
M35 Shawn Regan, Mpls.	26.00 (89) 25.4 (91)	M45 Jim McClelland, New London	29-0 (91)		4) Field Events will not close to enyone preregistered and signed in
oH45 Jim Lee, (WI)	26.26 (89)	NOO George Paperte, um pare	36-5 (91)	Application and the second	with the field event judges; and before winners are decided.
M45 Randy Cleven, Mpls.	29.68 (91)	"On)) Latty natsu, ivi	37-2½ (89) 34-8½ (91)	是 10 和 10 分 10 分 10 例 10 日	and a company of the same of t
M55 Ray Eiland, Eagan	37.61 (89)	THOU PARTE LE DESCRICTOR DE LA CONTRACTOR DE LA CONTRACTO	27-0 (91)	the sale of the sale of the	5) To encourage diversity and variety in training, one limited
eM65 Bob Warwick, Sr. (MD)	41.04 (89)	and boo metaling	25-5 (89)		entry for covers the multievents unlimited. (& family)
M65 Ray Skotte, Mpls.			32-8 (91)	对证明、代表证明。	A TABLE OF THE PARTY OF THE PAR
eM70 Bob Warwick, Sr. (MO)			25-4 (88)		6) Whereas, there are few American-born or trained women hurdlers
WSO Rachel Lyga, Fridley	35.97 (91)	W/O RECIRE D/6-1	21-6 (91)	S	over the are of 50, maring distance between 8 hurdles within 80 meters
W55 Rachel Lyga, Fridley		W)) Raciel By Mai 1122-1	and the second s		will remain a choice for women 50+ and men 70+.
400 meter Run		Weight Toss M#35 #25 W#20		· · · · · · · · · · · · · · · · · · ·	A Sale Marine To Tank & Sale
400 meter kun	52.45 (91)	MSO George LaBelle, Ham Lake	27-11 (91)	Consoli - Service	7) MINNESOTA MASTERS-SENIOR OLYMPIC Early Morning "R" Track & Field Motes are Recreational Sport activities. = NO DRUG TEST. =
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4X100 meter Relay Michael Sharratt (42) John Bwing (51) Randy Cleven (48) Lloyd Cordner (47)

48.3 (91) WEXTHER COOD, BAD, OR FAIR, "R" MEETS NEVER CANCEL

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Suggested entry donation is \$8-one event, \$15-unlimited & family. For the 4X100 family fun relay, list name and ages under one family name on backside of entry, and include any track history you care to share. Mail to: Rachel Lyga, M. M. S. O. 122 63 1/2Way NE, Mpls. MN, 554332 (612)574-9661 Pre-registration by Dec 31-Jan 1

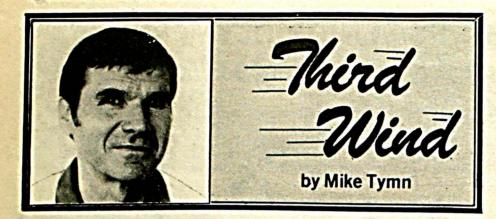
ENTRY FORM

Age on 3/5/93\_\_W( ) Birthdate\_ Please Print \_City-\_State\_ address -NO ENTRY FEE-WEIGHT TOSS (WOMEN SENIOR OLYMPIANS(55+) EVENTS (CIRCLE) HJ LJ TJ PV SP 55mH 55 800m 400mW 200m lmW lmile 400m 40000 BEST MARK '91-'92\_

WAIVER; I, the undersigned, being of sound mind and physical condition, am participating in the MINNESOTA MASTERS-SERIOR OLYMPIC Early Morning "R" Track & Field Meets of my own Free Will. I know my body's limitations, and take full responsibility for my own health. I have personal injury insurance; and do hereby agree to waive any future claims for injuries against anyone else, directly or indirectly, as a ressult of my activities in connection with these meets.

I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a reasonable cause, my US Constitutional Right of Privacy violated.

DATE Signature\_



#### A Hall of Fame Just For Seniors

Jack Fones, a 75-year-old semi-retired public relations and advertising executive, would occasionally read about an amazing athletic feat by a senior athlete. "But then it would be gone and forgotten. It seemed to me that there should be a place to perpetuate these accomplishments and honor the seniors who are doing all these great things in various sports," said Fones, explaining his motivation in organizing the Senior Athletes Hall of Fame in Bradenton, Florida.

Sprinter Payton Jordan, 74, and distance runners Clive Davies, 76, and Sister Marion Irvine, 61, were among the first 10 inductees to the Hall last April.

Pentathlete Melvin Buschman, 71, sprinter Helen Darnell, 63, and multi-event competitor Frank Furniss, 84, were among the other track & field athletes who became charter members of the Hall, which is located in the clubhouse of the Shorewalk Vacation Villas.

Rounding out the inductees of 1992 were swimmers Gustave Langer, 88, and Dorothy Donnelly, 70, bowler Joseph Norris, 84, and triathlete Theodore Epstein, Jr., 55.

#### Only U.S. Athletes Eligible

Only American athletes and their achievements after turning 50 are eligible for the Hall. More than 50 athletes were nominated for this year's induction, but only those 10 got the required five votes from the nine-person committee of experts from various sports.

As one of the so-called "experts," I came to realize how difficult it is to evaluate the accomplishments of people in other sports. In the case of Norris, for example, I know enough about bowling to appreciate a 198 average by someone in his 80s, but I don't know if there are others his age who might be even better.

I'm sure the same held true of the non-track & field and road racing experts on the selection committee. How does someone who doesn't follow our sport judge a 12.72 100 by a 70-year-old or a 2:42 marathon by a 65-year-old?

#### **Problem With Selection**

For the most part, the selection committee members had to make their decisions based upon how impressive the nominee's writeup and clippings were. There is a problem with that, however. A person in our sport can own several American records and have won a half-dozen national championships. He or she can also have a portfolio of clippings.

But, as I'm sure most knowledgeable readers will agree, that does not necessarily put him or her in the Hall of Fame category. There are hundreds of masters track & field and road rac-



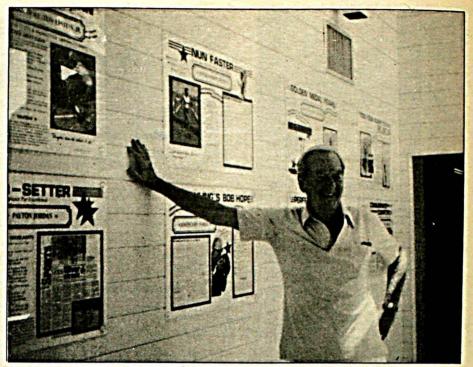
Clive Davies speaks at the induction ceremonies to the Senior Athletes Hall of Fame, April 29, 1992.

ing athletes who can lay claim to American records and national championships. But a Hall of Fame should be for the real superstars, those whose performances were against top-notch competition and whose marks stand up to age-grading.

There is a tendency for non-runners to be much more impressed by the long and the bizarre than by the short and conventional. I suspect that had a 70-year-old woman been nominated based upon having finished a marathon in around 7 hours, she would have been voted in. At the same time, had that same 70-year-old been nominated for running a mile in seven minutes, I doubt that she would have made it, even though the 7-minute mile is a significantly greater achievement than a 7-hour marathon.

Tell the bowling expert that the 70-year-old woman finished the Ironman Triathlon and he'd probably vote her in without even asking how long it took her.

Of course, that also stands true for the media and the general public. You could have a 70-year-old man breaking three hours for a marathon and an 80-year-old walking the same event in



Jack Fones, founder of the Senior Athletes Hall of Fame, showing some of the first exhibits.

seven hours and the latter would probably get more media attention. That's because most reporters have no idea as to the quality of a sub-3 hour marathon for a 70-year-old man.

#### Wants Only the Best

Fones agrees that this is a problem. He said that he recently received a nomination for 1993 for a racquetball player. The writeup was very impressive, as were the clippings that accompanied it. However, he checked with an authority in that sport and found out that the person nominated ranked around eighth in the nation in his age group.

"I don't want number eight. I want number one," Fones said. "From now on I plan to conduct the same type of investigation with every person nominated. I'll submit the nomination to a knowledgeable person in that sport before it goes to the selection committee."

The fact that no golfer or tennis player was voted in this year, although several were nominated, came as a surprise to Fones. "Actually, I was thinking more tennis and golf when I started planning the Hall," he said, "because

we have a lot of that down here. I hope we have a few this next time."

#### Looking for a Sponsor

Fones is now looking for some organization to take over sponsorship of the Senior Hall of Fame. He figures that he put in over \$3,000 in cash and \$12,000 in his own time to get it going. He points out that more than 100,000 people pass through the Shorewalk clubhouse every year and feels that a company dealing in products or services for senior citizens, mentioning both Geritol and Miracle Ear, would derive a public relations or advertising benefit from sponsoring the Hall.

"It was difficult trying to interest anyone in sponsoring it when we didn't have anything to show them," Fones said, "but now that it's off the ground and we've had some publicity, we have something to present to them."

In the meantime, Fones is accepting nominations for 1993. If you'd like to nominate someone for the Senior Hall of Fame, you should write to Fones c/o Senior Athletes Hall of Fame at Shorewalk, 4601 46th Street Court West, Bradenton, Florida 34210, and request a nomination form.

# Waigwa, Filutze First In Pittsburgh 10K

#### by JERRY WOJCIK

Wilson Waigwa, 43, of Kenya/Texas, and Barbara Filutze, 46, of Erie, Pa., each won \$1000 for age 40-and-over firsts in the Pittsburgh Great Race 10K on September 27. Waigwa, finishing eleventh, ran an outstanding agegraded 96.9% 30:01. Filutze's 35:52 was an age-graded 92.9%.

Charles McMullen, 41, Rochester, N.Y., was second M40 + in 30:56, followed by Luis Lopez, 43, Costa Rica, in 31:03. McMullen's prize was \$800; Lopez's \$500.

Masters divisions were in five-year categories, but prize money was paid in ten-year divisions.

Winner of the M50-54 race, Fay Bradley, 54, Washington, D.C., ran a 34:20 (AG 92.0%) to capture the

M50-59 prize of \$400. Bill Fortune, 64, Pearl River, N.Y., won \$300 for his 39:22 first among the M60-69 runners.

Filutze's closest competition came from Catherine Lempesis, 41, Columbia, S.C., second in 36:50 for \$800.

Judy Carroll, 50, Kent, Ohio, won the W50-59 prize, with a 42:21. Margaret Lutz, 63, Saxonburg, Pa., took the W60 + money in 47:15.

John Petroff, 83, Erie, Pa., 1:18:16, defeated Max Popper, 89, Flushing, N.Y., 1:22:56, for the M80 + title. Norma Perlmutter, 75, Pittsburgh, was the oldest woman finisher (1:37:50).

Masters runners comprised 33% of the 9903 registrants. Weather conditions were a light rain, 66°, 94% humidity, and wind at 10 mph.



#### Use Those Fast Twitch Muscles or Lose Them

y muscle fiber, magnified and photographed, resembled a crocodile's skin. The scales formed a patchwork quilt, dark and light. The predominance of dark scales told me why my running times had slowed appreciably of late.

I am a mass of slow-twitch fibers.

In fact, 73.5 percent of my muscle fibers are slow-twitch as opposed to fasttwitch. I know this because of tests conducted last summer at Ball State University's human performance laboratory.

The lab's director, David L. Costill, Ph.D., conducted the tests. He inserted a needle into my gastrocnemius (calf) and snipped loose a tiny section of muscle. On a glass slide, it resembled a piece of hamburger. Magnified 100 times under a microscope, it became crocodile scales.

The dark scales (dyed for easier identification) are the slow-twitch fibers. Light scales are fast-twitch. Have a preponderance of one, and you more likely will achieve success in endurance events. Have the other, and you'll do better in the sprints.

Fast twitch fibers, as you might expect, contract rapidly. Slow twitch fibers contract slowly, but more efficiently use glycogen, a form of energy. Long after your fast twitch fibers have stopped twitching, the slow twitch fibers continue to propel you forward to the finish line of a marathon.

Sprinters have mostly fast-twitch muscles. Alberto Salazar, who once set a world record for the marathon, had 97 percent slow twitch. Most people fall somewhere between 40 and 60 percent slow twitch.

You can train fast twitch muscles for endurance. That's why a sprinter can achieve success in a marathon — if he trains for it. But slow twitch athletes always get left in the blocks.

Scientists once thought that your fiber type was carved, if not in stone, certainly in flesh. Your muscle fiber percentage defined you as an athlete. If you scored 61.2 percent slow twitch as a youth, there was little you could do to change it.

But longitudinal studies, such as those conducted by Dr. Costill's laboratory, suggest that fiber percentages change with age. When first measured in 1974, my percentage of slow twitch muscles was that 61.2; now it is 73.5.

That's one reason why my speed has declined with age. I once possessed a fair amount of speed. In college, I sometimes ran a quarter-mile leg on the

relay. I could run the mile near four minutes. Today, I have to struggle to break six.

It's not that my slow twitch muscles have increased. Rather, my previously available fast twitch muscles have disappeared.

The same happens with nerve cells in the body. Dr. Costill speculates that fast twitch fibers do not self-destruct, but rather fall into disuse, because neurological impulse is lost. "With no impulse activating them," he says, "the fibers become non-functional and are reabsorbed."

The result is a gradual decline. "That's also why we lose muscle mass, even though we continue to train," he says.

In other words, use it or lose it.

Dr. Costill states that another reason for the decline in fast twitch fibers is hormonal, but that should not be used as an excuse for prescribing anabolic steroids, either for aging athletes or those simply trying to maintain some general strength as they approach retirement age.

How can you keep your fast twitch muscles twitching? One way is to continue training for speed and strength, even as you age. This means speed work on the track and pumping iron in the weight room. But just as aerobic power declines with age, so does speed.

"You can slow the decline," Dr. Costill warns, "but you cannot stop it."

That may sound like an ominous message to some, but I hope to keep twitching — fast or slow — for a few more years.

# Natter, Gibson Victors at St. George

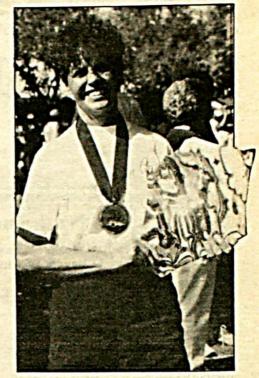
by JERRY WOJCIK

Darrell Natter, M55, of Salt Lake City, and Ellen Gibson, W40, of Park City, Utah, ran to masters wins in the 16th annual St. George Marathon, Utah, on October 3. Natter beat the younger masters men with a 2:42:19. Gibson placed second woman in 2:43:16, a little over a minute out of first

Robert Nelson, M45, Salt Lake City, finished second in 2:43:03. Besides Gibson, Merle Heimberg, W40, Los Angeles, was the only W40+ to break three hours, with a 2:56:11.

Dutch Benedetti, Monterey Park, Calif., took the M75 + race in 4:40:05. Velma Earl, Midvale, Utah, won the W65 contest with a course-record 4:26:43.

Thirty-five states and three countries were represented in the 2563 registrants, who made it the largest St. George ever. The average age of the runners overall was 42, with the average age for males at 43 and females at 38



Velma Earl, Midvale, Utah, won the W65 race with a course record of 4:26:43, St. George Marathon, Utah, October 3.

Photo from St. George Marathon

The event included wheelchair and Clydesdale (heavyweight) divisions.

# Bell, Hine Win Minnesota 25K

by JERRY WOJCIK

Doug Bell, 41, of Greeley, Colo., ran a pending national M40 age-group record 1:21:24 in the rain to win the RRCA Minnesota Masters 25K Championships, held along with the City of Lakes 25K, in Minneapolis, on September 13. The previous U.S. M40-44 best was an unratified 1:21:25 by Bruce Mortenson in 1985.

Bell's time equaled an age-graded 93.3%, the best among the masters, and brought \$300 in prize money. John Emmons, 46, White Bear Lake, Minn., took second place in 1:28:04. Last year's winner, Jim Pelarske, 41, St. Cloud, Minn., settled for third (1:28:45).

Greg Prom, 61, St. Anthony, Minn., with a 1:49:23 (AG 81.8%), won the M60-69 race from 67-year-old Alex Ratelle, Edina, Minn., who finished in 1:53:54 (AG 83.8%).

Judith Hine, 43, of Edina, and Sally Brent, 41, Loveland, Colo., dueled for the women's masters title. Hine took the gold and \$300 in 1:39:56, with Brent second (1:42:02).

Barbara Andersen, 67, St. Louis Park, Minn., led younger W60s to a victory with a 2:20:50.

Almost 1435 registrants finished. Next year's race is scheduled for September 12.

### Romesser, Black Fly To Wins in Dayton

by JERRY WOJCIK

Gary Romesser, 41, of Indianapolis, and Iris Black, 49, of Spring Valley, Ohio, took the 40-and-over titles in the Dayton River Corridor Half-Marathon in Dayton, Ohio, on October 25. Romesser repeated as masters champion in 1:07:56, better than his 1991 time of 1:08:58.

Romesser, unchallenged for the M40-44 gold, ran an age-factored 1:03:39 to top all runners. Don Coffman, 49, of Frankfort, Ky., with an

M45 win in 1:11:50, was the next-best performer overall with an age-factored 1:03:43.

Black's closest challenge for the W40+ first came from Linda Ray (41, 1:33:20), Springfield, Ohio, and Vicky Hughes (40, 1:33:37), Lima, Ohio. Gloria Brown, 60, Grand Island, N.Y., won the W60 contest with a 1:39:28.

The race, sponsored by Tandem Computers, had an 88% finish rate, with 1058 completions of 1207 registrants.

In the lesser-attended Miami Valley Hospital Sports Medicine Center 5K, Eugene Keller, 78, Cincinnati, was the top masters runner with an age-factored 16:39 for his 25:39, while the best W40 + performance came from Claire Brock, 56, Cleves, Ohio, with a 23:50, worth a 19:32 age-factor.

First masters were Jolly Holden (42, 18:06), Fairborn, Ohio, and Ellen Kohn (42, 22:33), Dayton.



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# MONTH

### Joseph Nzau and Ralph Romain

his month, the Sorbothane Masters Athlete-of-the-Month is divided between a trackman and a long distance runner.

Joseph Nzau (pronounced "Zow") of Kenya and now living in Laramie, Wyo., shares honors with Trinidad's Ralph Romain who lives in Washington,

Nzau won two TAC National Masters titles: the marathon at Twin Cities in Minneapolis on October 4 in 2:16:12 and the 10-mile in Grand Rapids, Mich., August 22, in 49:48. In the former he beat France's Pierre Levisse, who had been virtually unbeatable all year, with an age-graded performance of 95.5%. In the 10-miler, he beat top 1992 U.S. 40+ distance runner, Doug Kurtis, with a 94.7% rating.

Romain, 60, turned the age-graded tables on their ear with astonishing times of 54.6 for 400 meters in both the Potomac Valley Games, September 6, and the North American Championships, August 22. He obliterated the old M60 world record of 57.65, held by Jack Greenwood, with an unbelievable 102.2% on the age-graded scale.

Other top contenders this month in-

- Wilson Waigwa, 43, with a 30:01 (96.9%) in the Pittsburgh Great Race 10K, and a 50:38 (95.0%) in the National 10-mile, where he finished third . to Nzau and Domingo Tibaduiza.
- Doug Bell, 41, who set a U.S. M40 record of 1:21:24 (93.3%) in the Minnesota Masters 25K, September 13, and defeated Doug Kurtis in the Mag-

gie Valley 8K, in 24:45 (91.9%),

- Doug Kurtis, 40, who captured the Fox Cities Marathon masters crown, October 11, in 2:20:40 (92.5%) and won the Detroit Marathon masters title just one week later in 2:19:25 (93.3%).
- Sharlet Gilbert, 40, who took top female masters honors in the Fox Cities Marathon in 2:39:58 (90.7%), and at Twin Cities (2:40:19).
- · Gary Romesser, 41, with masters wins in the Dayton River Corridor half-marathon (1:07:56, 93.3%), October 25, and Tulsa 15K (46:51, 94.1%) a week later.
- Bill Rodgers, 44, who won TAC's National Masters 20K title, September 7, in 1:03:07 (96.6%).
- Pierre Levisse, 40, who captured the masters prize in the prestigious New York Marathon, November 1, in 2:19:02 (93.1%).
- · Carol McLatchie, 40, with a solid 1:13:46 (90.0%) in the National 20K.

Sorbothane produces lightweight, shock-absorbing, air-infused insoles which can be found at most sporting goods stores. Sorbothane sponsors the athlete-of-the-month award every other month in NMN. For their efforts, Nzau and Romain will split the \$100 award.

### Faster Masters Romp Riverhead

by MAURY DEAN

Over the years, the Riverhead Country Fair 10K, Riverhead, L.I., N.Y., has been a pumpkin-field promenade over rolling asphalt and mini-hills and one of the rural East End's best races. Nudging 70°, this Indian summer 10K was picture-perfect for walkers and spectators but a little stuffy for runners (humidity 96%) on October 11.

This year, the premier runners of October turned out to be masters. Ten of the top 17 were 40 + silver striders, and champs Bob Giambalvo (M40,



33:11) and Pat Doroski (W40, 40:59) took thirds overall.

I wish I could have seen the Giambalvo-Alan Oman duel for masters first, but as usual, they disappeared into the horizon shortly after the gun sounded. Two seconds decided the race, with Dan Brach's semisupersonic M40 33:58 earning only a ho-hum bronze.

Determined Estella Clasen was second W40 + (45:59), followed by nice efforts by Cheryl Skrivanke (W40, 46:17), Val Smith (W45, 51:34), and the irrepressible Mayte Cuti (W50, 55:32).

The race course is like a chunk of New England. Weaving along passed morning-mist bays, 300-year-old houses, potato fields, and amused horses chuckling at creatures with two feet "racing" at an equine trot, the course bobbed and weaved its way on a windless day to Riverhead.

### New York Marathon Continued from page 1

Each first place masters win was worth \$3000; second place, \$2000; and third place, \$1000.

First masters racewalker was Dan O'Connor, 50, of New York, in 3:43:22. Rhoda Green, 59, also of New York, topped all female masters with a 4:58:44. The racewalk, an exhibition event due to the difficulty of judging walkers among 27,000 runners, drew more than 75 competitors, including some top international Olympians and world champions. Because it is an exhibition event, racewalk awards include only overall awards and not separate age-group trophies.

The most famous masters runner of the day was 60-year-old Fred LeBow, President of the New York Road Runners and the father of modern big-time marathoning. It was LeBow who took this race from four loops around Central Park into a city-wide race of the five boroughs with live network coverage and a world feed. Currently in remission from brain and thyroid cancer, LeBow relinquished his race director duties for this one time only and ran his first New York City marathon accompanied by his coach and good personal friend, Grete Waitz. He fulfilled this long time dream of running this race and raised money for cancer research for the Sloan-Kettering Memorial Cancer Hospital.

Said Fred with his typical dry humor and Romanian syntax, "I was hurting. Even Grete was hurting. Her, for running so slow. Me, for running, period." Characteristically upbeat about his failure to break his goal of five hours, he muttered, "Even though I wanted to do a five-hour marathon, I don't mind so much because I got an extra half hour of enjoyment."

The only major snafu on race day was a 55-second false start by some runners, caused by a chain of events including some overzealous semi-elite runners who, for the first time, were given starting positions up at the front, some perhaps inexperienced military cadetmen/women who were supposed to be holding the runners behind the starting line but who retreated slowly as the runners pressed forward, a cannon which then could not be fired because runners were too near to its gun barrel, and a New York Road Runners pace car which had to hightail it out of the mess before it became gridlocked in a sea of 27,000 runners, which would leave the lead runner with no pace car at all. Some of the runners interpreted the car's departure to be their starting signal and they took off approximately 55 seconds prior to the official start. After viewing various television film footage, the Road Runners was adjusting times of the effected runners accordingly, projected to be only a few women and perhaps as few as 200 semi-elite male runners.

More than 83% of the registered marathoners were over age 30. A record 27,420 finishers completed the grueling trek, which was won overall

by Willie Mtolo, of South Africa, in 2:09:29 and Lisa Ondieki, of Australia, in 2:24:40.

	PRIZE MONEY LEADERS MASTERS MEN					
	RK NAME	ST/N	1902 \$	6		
1	1 Levisse, Pierre	FRA				
ž 3	2 Nzau Joseph	KEN	\$27,050 \$23,250	15 7		
3 2	3 Kurtle, Doug	MI	\$20,700	13		
	4 Navarro, Artemio	MEX	\$16,850			
*	5 Rose, Nick	GBA	\$9,150	12		
5 3	6 Tibeduize, Domingo 7 Walgwa, Wilson	COLIN	87,200	15		
3	8 Bell Doug	KEN	\$5,050	.7		
E C	9 Romesser, Gary	IN	84,775	10		
	10 Stahl Kjell-Erik	SWE	84,000	68		
	11 Owens, Earl	GA	\$3,500	10		
6. 100	12 Campbell, John	NZL	\$3,450			
200	13 Hill, Leonard	OR	\$3,100	2		
9 00	14 Whewsy, John	GBR	\$3,000	1		
8 8	15 Vera Manuel	MEX	\$2,700	8		
	16 Lopez Luis	CAC	\$2,600	4		
	17 Klecker, Barney 18 McMullen, Charlle	MN	\$2,500	2		
是 類	19 Marozak Ryszard	POL	\$2,300 \$1,950	9		
3	20 Paul, Don	CA	\$1,675			
1 152	21 Rodgers, Bill	MA	\$1,550			
	22 Queenel Claude	CAN	\$1,500			
8 5	23 Sohlau, Bob	BC	\$1,500	5		
2 35	24 Charbonnel, Jean-M	FRA	\$1,500	1		
6 8	25 Froment, Mike	GBR	\$1,500	2		
	26 Jiminez Ignatio	MEX/TN	\$1,400	5		
1 15	27 Mendez, Sedot	NC	\$1,200	5		
+ 32	29 Judson,Ken 29 Piva, Ray	CA .	\$1,000	3		
5 36	30 McCluskey, Terry	NA .	\$1,000 \$1,000			
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0 100	35 Rono, Henry	KEN	\$900	3		
- BE	36 Hurst, Kurt	BUI	\$900	2		
E	37 Atkins, Herm	WA	\$800	2		
1 100	38 Morria, Thomas	NA	\$750	916		
100	39 Gomez Rodolfo 40 Carroll, Tom	MEX	\$700	3		
7 73	41 Bradley, Jeff	PA	\$650 \$550	3		
1	42 Pelarake, Jim	MN	\$550	9		
100	43 Whethem, Rob	MN	\$550	2		
	44 Townsend, Gary	L	\$525	3		
	45 Holde, Gery	L	\$500	3		
	46 Hambrick Patrick 47 Matthews, Cliff	NA MA	\$500 \$500	3		
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#### PRIZE MONEY LEADERS MASTERS WOMEN

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	Poden, Anne	GBR	\$10,500	g.
	Ilutze, Berbera	PA	\$10,450	1
	Portenski, Bernadine		\$9,500	E.
	Welch, Priscilla	GBA	\$8,400	1
	Rey, Buzanne	AK	\$6,950	2
	/rge, Carol	FL	\$4,800	8
	Bilverio, Cheryl	PA	\$3,000	Ē.
	futableon, Jane	MO	\$2,000	Œ.
	line, Judith	NZL	\$2,550	8
	Smekhnova, Rales	CIS	\$2,500	Ē
	empesia, Catherine		\$2,425	
	Binder, Leurie	CA	\$2,400	
	Hall Bherri	CA	\$1,900	B.
	Jordan, Janet Wood, Mary	OR	\$1,750	Ē,
	Matsuda Chie	JPN	\$1,550 \$1,500	
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	/Illadeen, Lie	VA	\$900	
	Ashworth, Teresa	NA	\$750	
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	D'Rourke, Martha	OK	\$725	
	Boot, Claudia	M	\$700	
	Townsend Susan	TN	\$850	
	Bovio, Nina	NA	\$500	
	Bugyi, Judy	PA	\$500	
	Ulmer, Martie	TN	\$500	
	ynn,Leure	CAN	\$500	
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	glehart Alfreda	CA	\$350	
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P.O. BOX 1765 **BROOKLINE, MA 02146** 



These four participants in the National Masters Weight Pentathlon Championships, Seattle, all had birthdays on the day of the meet, September 5, a record of some sort. From left, Jim Minah, 73, Estelle Jenkins, 66, Ken Weinbel, 65, and Tom Pardun, 42.

Photo from Ken Weinbel

# National Weight Pentathlon Held In Seattle

The National Masters Weight Pentathlon Championships in Seattle on September 5 were held under ideal weather conditions at the fine facility of the University of Washington's Husky Stadium. The Pacific Northwest Athletics Congress provided first-rate officials.

Len Olson, 61, of Pennsylvania, topped the 25 men entrants, with 4335 points on the age-factored table, followed by Richard Hotchkiss, 53, of California, with 4265, and Phil Brusca, 65, of Missouri, with 4110. Hotchkiss, winner of the M50-54 division, was the top regular point-scorer with 3449.

Sally Polk, 62, of New Mexico, outpointed the other three women, with an age-factored 3050. Her score was bolstered by a U.S. W60-64 record for the 3kg hammer of 28.10, which erased her own 27.64, set in 1990.

Leon Joslin, 80, of Washington,

broke the world single-age record of 7.36 for the 25-lb. weight with a 7.90.

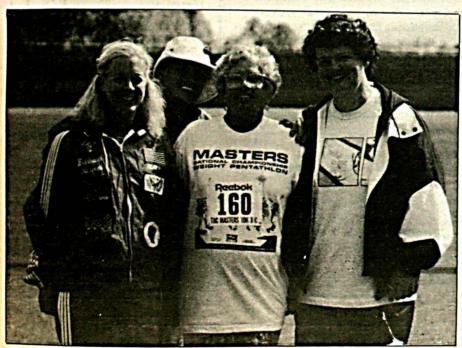
A record of sorts, which will probably never be broken, was set by contestants Jim Minah, 73, of Washington; Estelle Jenkins, 66, of Canada; Ken Weinbel, 65, of Washington; and Tom Pardun, 42, of Washington. All celebrated birthdays on the day of the meet!

On the 6th, some of the more hearty competed in the PNAC 56-lb. weight championships.

Weinbel and George Mathews of the Seattle Masters AC were meet directors. 

— from Ken Weinbel





Throwers (from left) Barbara Stewart, 50, New York, Sally Polk, 62, New Mexico, Estelle Jenkins, 66, Canada, and Susan Hinz, 44, Washington, at the National Masters Weight Pentathlon Championships, Seattle, September 5.

### Warm Sun, Hospitality Greet Athletes at Utah Senior Games

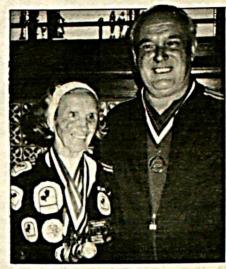
by DOUG SMITH

About 200 men and women, age 50and-above, participated in the track &
field segment of Huntsman Chemical's
"World Senior Games" held October
21-23 in St. George, Utah, at Dixie
College. The college has allowed the
track and field facilities to
deterioratee, due, mainly, to the fact
that it does not have a track and field
team. The track needs to be resurfaced,
and the concrete pad for the discus
should have a metal ring for it to be
legal. Possibly Huntsman Chemical
and the college could join forces in
order to improve these facilities.

This meet could be one of the best because of people like Sylvia Wunderli, Executive Director, Ken Christensen and Ken Jolley, who worked very hard at making sure this meet was a success. They made everyone feel welcome, and the many volunteers were very accommodating to the participants.

The atmosphere that pervaded this entire community during this meet was one of warmth and hospitality. Banners lined the main streets throughout the city proclaiming the World Senior Games, and many businesses offered special discounts or rates to the athletes.

The warm temperatures in the afternoons were tempered with slight



Canada's Ivy Granstrom, 81, sightless runner with her guide, Paul Hoeberigs, after her seven gold medal performances at the Senior Games in St. George, Utah. Photo by Doug Smith

breezes that held back some of the sprint times, because of headwinds, but even the wind could not deter some good performances as 54 new meet records were set on the track.

The meet did not use automatic timing and there were no wind gauges, so no sprint or jumping marks can be considered for U.S. age-group records. Discus throwers were limited to four throws. The sprints were run as sec-

Continued on page 14

# BOB SCHANZLE MEMORIAL WEIGHT PENTATHLON

Sunday, December 27, 1992 8 a.m.

Atlantic High School Delray Beach, Florida I-95 to Exit: 44, East to Seacrest Blvd. 2 miles south on left

iscus Shot Javelin Hammer Weight Throw

Competition in 5 year Age Groups

A handsome medal to all who complete the events.

This is the 15th Annual Holiday Weight Pentathlon.

Bob Schanzle and his wife, Mary, were professional circus people. When they retired to Palatka Bob became a dedicated Weight Pentathloner competing in the biggest meets in Florida. In his spare time he helped the Palatka high school Track coaches.

Out of state entries

WELCOME

Oranges Ga

Gals Oc

Ocean Beaches

Pree Snacks

Top Weight Pentathloners compete in this meet including four former Olympians.

entry blank

name

birth date



street

TAC-WAVA Reg. No.

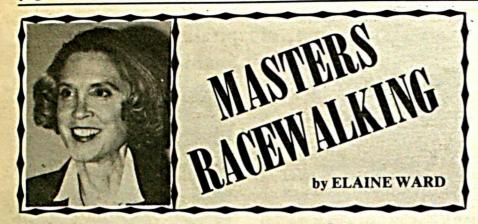
Holiday Inn Golden Sands, Inc. 407 734 9100 407 732 6075 Lorraine Ct. Motel 407 732 8440 Sage N Sand Motel 407 732 8196 Entry Fee \$12 send to Phil Partridge 337 S W 14th Ave., Boynton Beach, FL 3343

Some motels give 10% disc. to Holiday Meet entries. Ask for it.

I hereby certify that I am in excellent physical condition and I assume full responsibility for injury or illness that may occur to me at the meet or in travel or accommodations pertaining thereto

signature

Local athletes and those driving please bring implements if convenient. Most implements including 25# & 35# wts. furnished



# Jose Marin — Still Scaling the Heights

7 hen you consider that the ninth place finisher in the 1992 Olympic 50K racewalk was weaned when Frank Sinatra was still wooing bobby-soxers, you begin to appreciate just how durable Jose Marin is. At 42, the 5'4" Spanish electrician still knows how to make the sparks fly as he knocks off worldclass times at an age when many are happy to sink into an armchair. In Barcelona, he not only had the satisfaction of completing his sixth Olympic walk, he maintained his remarkable status of always finishing in the top ten.

Some years ago on a previous visit to Barcelona, a generous store owner, responding to my less than subtle hinting, gave me a poster from his store window showing Marin as he was about to win European gold at Athens in the 1982 20K walk. The poster has been a source of inspiration since. The sheer delight of having won a major title is caught in Marin's face as he crosses the finish line and fully realizes that the endless treadmill of hard training has paid off. A few days later in Athens, he added a silver by following the Finn, Salonen, across the line in the

Now, at the risk of upsetting anyone

who has completed a marathon, I get a little weary of the television presenters who wax lyrical about the 26-mile race being the "ultimate endurance test." When Marin completed his efforts in the Greek capital, he had walked a little under 44 miles at an average of seven minutes per mile. This is a pace that most Sunday joggers would consider an achievement to hold for three miles.

What intrigues me is how Marin has managed to stay at the top of the heap for nearly 20 years. As late as 1989 at age 39, he set the last of his Personal Bests by hurtling around a track for 3000 meters in a time of 11:29, the



#191 Kirk Deford, 49, 27:16, passes Sol Tarienbaum, 75, 39:38, TAC Western Regional Masters T&F Championships, Hayward, Calif. Photo by Jerry Wojcik

equivalent of 1.864 miles at a 6:10 minute per mile pace. And in finishing ninth in the 1992 Olympic 50K, on a course where the last two kilometers sported a 5.8 percent grade, Marin averaged a 7:41 mile pace.

called El Prat de Llobregat, a suburb of Barcelona. Viewing the town from the train window on your way to the airport from the Catalonian capital is hardly uplifting. Factories and other nondescript buildings dot the plain, flat landscape. But if El Prat took on a number of European countries at say, a team racewalk competition, this small community would severely dent the pride of whole nations.

Not only does Marin live here, but this is also home to Jordi Llopart, who won an Olympic silver in the 1980 Moscow Games. Having just become a master himself, Llopart only missed out on a place on the Spanish Barcelona team by half a minute. His 50K "losing" time was 3:49. Marin and Llopart not only continue to be class athletes, but both now coach the next generation of Catalonian walkers to continue the tradition that has thrived in El Prat since the turn of the century. Between them, they had five walkers in the Barcelona Olympics.

Marin is the coach of Valentin Massana who should have taken the

Jose Marin comes from a small town

silver in the 20K except for his unlucky

# **Five Years Ago**

- · At age 42, Priscilla Welch is first woman in New York Marathon in 2:30:17
- 135 Compete in NMN Age-**Graded Meet**
- Larry Almberg (40, 33:58) and Charlotte Swanson (45, 42:42) Capture 10K Cross-**Country Titles**
- MAAD Formed to Fight Age Discrimination

disqualification at the stadium entrance. He also coaches Jaime Barroso, who at 23, finished a credible 14th in the 50K; and on the women's side, he coaches junior walker, Emilia Cano, who placed 22nd in the 10K. Llopart coaches Daniel Plaza who won the gold medal in the 20K walk, as well as Maria Curz-Diaz who took 10th place in the

It hardly will be a surprise that this wealth of walking talent has not just appeared out of the clear blue Spanish sky, but is the product of an intensive program largely sponsored by Spain's Athletic Federation. "Quantity not quality," is one of the reasons given by Marin.

"Pardon?" I queried through my interpreter, Tony Munoz de Gispert. "Isn't that meant to be the other way around?"

"What I mean," answered Marin, "is that you can't peak at major races and walk long and fast without doing the hard labor first."

What this "quantity" actually entails are daily sessions of three-hour walks for those in Marin's camp attempting 20K, and four- to five-hour walks for those racing 50K! These sessions are followed by sauna, massage, jacuzzi, and one day a week of total relaxation for recuperation.

"Doing nothing is one of the most important factors in training," explained Marin. "Without the right recovery, athletes will not sustain the workload, even when they do no other iob.'

To cope with this demanding routine, Marin spends time searching for scenic training routes to relieve the tedium of an entire morning's walking. A favorite is the Coll Serola, a mountain backdrop to Barcelona's congested center, and another is the Mont Serily in the Pyrenees.

"Yes, of course these routes are tough," Marin replied. "But they provide excellent conditioning and attractive surroundings in a relaxed atmosphere. If you saw them, you would see one of the reasons why I still train hard."

The ideal Marin training cycle involves two weeks hard, and one week easy. Nearer the race, some of the sessions are track repetitions. Just two weeks before the Barcelona 20K and 50K racewalks, both Marin and his protege Massana completed a 200K, 6-day workload!

Motivation to keep going is not only because Marin remains among the world's best racewalkers, but because he can now derive satisfaction from passing on the El Prat tradition to the next generation. When he was 13years-old and undersized, he was told to try walking to build up his strength. Now, he sees the sport as spanning all ages. "Unlike some events, walking is for life," he noted. "I see no reason why someone couldn't walk competitively when they're 60."

(This interview was conducted by Paul Warburton at the Barcelona Olympics with Tony Munoz de Gispert as interpreter/co-author. — EW)

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC. 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
POLLY BAILEY (ST. LOUIS, MO)	12-15-22	70-74
MARY ANN BERG (LAKE OSWEGO, OR)	12- 5-52	40-44
FRANCES BRADFORD (MILL VALLEY, CA)	12-22-22	70-74
BARBARA DURAND (THOUSAND OAKS, CA)	12-30-32	60-64
SUSAN HINZ (PULLMAN, WA)	12-30-47	45-49
VEALLON HIXSON (SUN CITY, AZ)	12- 2- 7	85-89
CHRIS JOHNSTON (HOOPER, US)	12-25-47	45-49
EVA KARL(US)	12-26-22	70-74
ELAINE KIRCHEN (NEW YORK CITY, NY)	12- 1-42	50-54
MARY JANE MILLER (ST. LOUIS, MO)	12-28-27	65-69
JEAN MITCHELL (PORTLAND, OR)	12-29-22	70-74
MARILIN MITCHELL (NYC, NY)	12-23-42	50-54
MARY DARCONG (CARLAND TOWN	12-28-47	45-49
FRAN DAMMERCAN (CM TAND	12-11-12	80-84
PETTY DODDEDC (NEWED CO)	12-15-12	80-84
DUVILLE CHIMU CAN DIDEC	12-17-42	50-54
MADCIE TRENT (ANGUADACE (VA)	12- 4-37	55-59
FONA VALENCIA (UC)	12-22-17	75-79
HAPOLINE WALTEDS (FI TODO CA)	12-30-22	70-74
TNA BLAUW (HOL)	12- 5-42	50-54
JEANNE CRUT(DEN)	12-1-47	45-49
FLSE HIMMED WC	12-13-27	65-69
ANTONINA IVANOVA (IIDC)	12-16-12	80-84
KIMIKO NAKAMIDA (TDN)	12-25-32	60-64
ARLEY NICHOLLS (AUS)	12- /-3/	55-59
ANTIONETTE CHAW(AUG)	12-19-12	80-84
RAE WENMOTH (NZ)	12- 1-4/	45-49
EVAUN B. WILLTAMS (CB)	12- 7-32	60-64
LYNNE WILLIAMS (AUS)	12-19-37	55-59
CHRISTIANE WIPPERSTEC (WC)	12-14-47	45-49
DAVID BROWN (WHITTIER CA)	12-23-27	70-74
BRUD CLEVELAND (US)	12-10-17	70-74
ALEX CORPACIOUS (HONOLULU HT)	12-10-17	75-79
ROBERT DELLWO (SPOKANE WASH)	12-10-17	75-70
ELIGIO GALICIA (MEX)	12-1-22	70-74
HAROLD HITT (PORTLAND, ORE)	12-23-32	60-64
IVAN IVANCIČ(YUG)	12- 6-37	55-59
STEPHEN LESTER (VT)	12-29-42	50-54
NORMAN LLOYD (PALO ALTO, CA)	12- 3-32	60-64
JAMES VAN MANNEN (CA)	12-15-32	60-64
DOUGLASS MCFETTERS (PLEASANT VAL, CA)	12- 1-32	60-64
DENNY MEYER (SEATTLE, WASH)	12-27-32	60-64
PIERO NASE(ITA)	12-11-17	75-79
JAMES OLESON (SANTA MONICA, CA)	12-29-17	75-79
JACK PENNINGTON (AUS)	12-11-22	70-74
MAX PICKL (CANADA)	12-24-17	75-79
BILL ROGERS (SHERBORN, MI)	12-23-47	45-49
ROGER RUTH (US-VICTORIA, CAN)	12-23-27	65-69
TAV COONCELLED (NADITE ET)	12-11-27	65-69
CUNTUED STOLZENBURG (WC)	12-25-17	75-79
DANDY TAVIOD (LITTLE DOCK AD)	12-13-7	85-89
TOPSTEN VON WACHENEFI DT (CWE)	12-13-47	45-49
HAPOLD WALLACE (ANAHELM CA)	12-17-27	65-69
TAV WALLACE ( PICHMOND VA)	12-17-27	65-69
CAMMY WHITE FACT DOINT CAN	12-22-27	65-69
SAFETE WHITE (EAST POINT, GA)	12-23-37	22-29
ATHLETE (RESIDENCE) POLLY BAILEY (ST. LOUIS, MO) MARY ANN BERG (LAKE OSWEGO, OR) FRANCES BRADFORD (MILL VALLEY, CA) BARBARA DURAND (THOUSAND OAKS, CA) SUSAN HINZ (PULLMAN, WA) VEALLON HIXSON (SUN CITY, AZ) CHRIS JOHNSTON (HOOPER, US) EVA KARL (US) ELAINE KIRCHEN (NEW YORK CITY, NY) MARY JANE MILLER (ST. LOUIS, MO) JEAN MITCHELL (PORTLAND, OR) MARYLIN MITCHELL (PORTLAND, OR) MARYLIN MITCHELL (NYC, NY) GINGER SMITH-PARKS (DE) MARY PARSONS (GARLAND, TX) FRAN PATTERSON (ST. JAMES, MO) BETTY POPPERS (DENVER, CO) PHYLLIS SMITH (SAN DIEGO, CA) MARCIE TRENT (ANCHORAGE, AK) EDNA VALENCIA (US) HAROLINE WALTERS (EL TORO, CA) INA BLAUW (HOL) JEANNE GRUT (DEN) ELSE HUMMER (WG) ANTONINA IVANOVA (URS) KIMIKO NAKAMURA (JPN) ARLEY NICHOLLS (AUS) ANTIONETTE SHAW (AUS) RAE WENMOTH (NZ) EVAUN B. WILLIAMS (GB) LYNNE WILLIAMS (GB) LYNNE WILLIAMS (AUS) CHRISTIANE WIPPERSTEG (WG) DAVID BROWN (WHITTIER, CA) BRUD CLEVELAND (US) ALEX CORPACIOUS (HONOLULU, HI) ROBERT DELLWO (SPOKANE, WASH) ELIGIO GALICIA (MEX) HAROLD HITT (PORTLAND, ORE) IVAN IVANCIC (YUG) STEPHEN LESTER (VT) NORMAN LLOYD (PALO ALTO, CA) JAMES VAN MANNEN (CA) DOUGLASS MCFETTERS (PLEASANT VAL, CA) DENNY MEYER (SEATTLE, WASH) PIERO NASE (ITA) JAMES OLESON (SANTA MONICA, CA) JAY SPONSELLER (MAPLES, FL) GUNTHER STOLZENBURG (WG) RANDY TAYLOR (LITTLE ROCK, AR) TORSTEN VON WACHENFELDT (SWE) HAROLD WALLACE (RICHMOND, VÁ) SAMMY WHITE (EAST POINT, GA) JOHN RUSSELL (TAMPA, FL)	12-13-17	75-79

### Reda Leads Masters At Mohawk-Hudson Marathon

Vinny Reda of Albany, N.Y. battled cold and windy weather to capture the masters title at the tenth annual Mohawk-Hudson Rivers Marathon on October 25. Reda, a 40-year-old university publicist, finished fourth overall, less than six minutes behind the winner, in 2:35:50. The top female master was Merill Cray of Lake Elmore, Vt., who posted a 3:27:18 to finish seventh overall among the women.

Mike Mason, Northfield, Vt., was the second master in 2:46:08. Jacqueline Seltzer of New York City was the second female master in 3:38:56.

The day's most outstanding agegroup performance was the 3:17:26 time turned in by 63-year-old Al Becken of San Antonio, Texas. Sam Gratch of Utica, N.Y. the marathon's oldest finisher at age 68, captured the M65 title in 4:26:18.

Two hundred and eighty-eight runners finished this scenic marathon along the banks of the Mohawk and Hudson Rivers. The Hudson Mohawk Road Runners Club organized the race, and Energy Answers, Inc. was the race sponsor.

# Romesser, Hutchison Tops in Tulsa

by JERRY WOJCIK

Tulsa Mayor Susan Savage fired the starting gun to send 7952 entrants toward the finish of the 15th annual Tulsa Run 15K on October 31. A cool, overcast morning, unlike last year's freezing weather, greeted the participants, with many Fun Runners in Halloween costumes.

At the close, masters firsts were Gary Romesser, 41, of Indianapolis, and Jane Hutchison, 46, of Webb City, Mo. Both also claimed masters agefactored honors. Romesser's 46:51 equaled a 43:53 performance, while Hutchison's 58:08 was worth a 52:08.

Roger Robinson, 53, of Vienna, Va.,

M50 winner, was the second-best performer, with a 52:54 (45:26), followed by M55 victor Ino Cantu, 58, of El Campo, Texas, 56:20 (46:11), Jack Gentry, 64, of Rogers, Ark., took the M60 gold with a fast 61:17 (47:13).

Martha O'Rourke, 42, of Tulsa, second masters woman in 58:39, also garnered second-best performance honors (54:11). Lydia Borges, 51, of Tulsa, was third best, with a 65:00 W50 win (55:57).

Open, masters, and wheelchair winners shared in the \$29,500 prize money. The race was sponsored by The Williams Companies, Inc., and the Tulsa World. Stan Austin was race director.

Here is the P&L for the indoor eastern sectionals held at Cornell University on March 22, 1992. These accounts do not include personal expenses for travel,

THE PARTY OF THE PARTY OF
AMOUNT
income \$4,248.00 , income 675.00 unused awards 274.50 refund 100.00 T-shirts 105.00
ome total \$5,402.50
equals \$891.44 (net loss)

Here is the P&L for the outdoor eastern regional held at Randall's Island on August 1, 1992.

EXPENSES		INCOME	
ITEM	TYUOMA	ITEM	AMOUNT
TAC Officials & Volunteers	\$1,125.00	Pre & Post-Entries	\$4,501.00
TAC Individual & Team Awards	1,669.10	Refund on unused awards	335.10
Eastern T-Shirts	420.00	Remaining T-shirts	30.00
FAT by Northeast Timing	570.00		THE STREET
TAC Registration Fees	216.00	Income totals	\$4,866.10
Application Ad in NMN	135.00		STREET NO.
TAC Sanction	50.00	A SATIS CONSTRUCTOR OF THE SAME	* 1 TO 10 1 1 1
Phone calls & FAXes	301.75	MITTER STREET	De la
Postage, copies, & supplies	221.49	Submitted by Haig B	
Refunds	137.00	TAC Eastern Region 1 T&F Coordinator	Masters
Expense total	\$,4845.34		The Mark of the Control of

Amount income excèeds expenses (\$4866.10 - \$4845.34) equals \$20.76 (net profit).

**Northwest Masters 8K** 

Michael Allison, 41, of Seattle, and Kate O'Neil, 45, of Lake Stevens, Wash., finished first in the Northwest Masters 8K in Seattle on October 24.

Allison, with a 26:48, took the race by two seconds from Philip Welch, 43, Seattle. In the women's contest, O'Neil won handily in 31:21, but Judy Groombridge, 52, Seattle, second in 32:54, took W40+ age-graded honors with an 84.3%.

Orlo Keniston, 65, Seattle, had the best age-graded performance overall with a 31:49 for an 87.8%, followed by M50-54 division winner Dave Williams (50, 27:54), Puyallup, Wash., with an 87.4%.

Helen Stout, 82, Seattle, was the oldest finisher, with a 1:35:12.

The race, a low-key affair, was directed by the Snohomish T.C, and

sponsored by Control Seneca, Kirkland, Wash., with donations from Super Jock & Jill in Seattle.

### Ten Years Ago

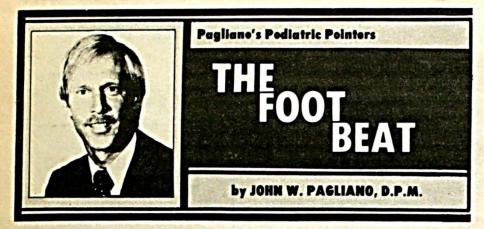
- Antonio Villaneuva (42, 2:19:09) and Cindy **Dalrymple Take Masters** Titles in NYC Marathon
- Dan Conway (43, 48:13) and Lolitia Bache (40, 1:00:50) Speed to National Masters **15K Victories**
- Hal Higdon Sets U.S. M50 15K Record (51:05.9) in El Paso

#### 9th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL Sponsored by The Rhode Island Track and Field Foundation

Debraid of the			
DATE:	Saturday, January 16, 19	93, 12:00 p.m.	
SITE:	Brown University Athleti Providence, RI (Adjacent Center)	c Center, Hope Str	eet and Lloyd Ave., key Rink and Smith Swim
	From North: I-95S to Bra Branch to light. Cross in Hope Street, turn right From South and East: I-9 Branch to light. Cross	intersection, go up and follow to Athl 95N to Branch Ave.( intersection and f	Cypress Street hill to etic Center Complex. Exit 24). Turn right collow same as above
FACILITY:	New, ultra-resilient, 20 Products rubberized sur Lockers and showers ava	00-meter, 6 lane, f face (field events.	lat California
AWARDS: DIVISIONS:	First three places in a Five-year groupings for (For TAC registration ca	ll events.	80+) TAC Sanctioned.
ENTRY FEE:	Pre-entries will be \$6 f Tuesday, Jan. 12, 1993.	first event: \$5 eac	h additional event by
	**Post entries will be only 11:00 a.m. (for 12:00 events.**	7 first event; \$5 p.m. events) and 1	each additional event :00 p.m. for all other
ORDER OF EV	ENTS: Track		
2:00 p	.m. 55m Hurdles 55m (Trials/Finals)	12:00 p.m. Weig	ield ght Throw
	55m (Trials/Finals)	(You	ung to Old)
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	200m	(YOU	ung to Old)
	3.000m	(01)	ple Jump-Following LJ d to Young)
	800m Relay (10 vr	1 . 20 m m 111 -1	h Jump (Bar not lowered
	groups-no fees/no awards)	Pole	e Vault (Bar not lowered
FOR ADDITION		Neil D. Steinberg 46 Roberta Avenue Pawtucket, RI 0286 (401) 728-2869 (Eve	o enings)
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Mail entry	form and check payable t	The Part of the last	Track and Field
	to: Neil D. Steinberg, 46	Roberta Avenue, Pa	wtucket, RI 02860.

Waiver: In consideration of your accepting this entry for the 1993 Brown University Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agent, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Signature



### Compartment Syndrome of the Lower Leg

ne of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It's called Compartment Syndrome, or, more specifically, Anterior Compartment Syndrome.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may cause a compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

The initial treatment is a reduction in mileage or complete rest for 6-8 weeks.

Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment.

(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.)

# Rodgers, McLatchie Set Course Records In National 20K

by EMMY STOCKER

Two course records fell in this year's National Masters 20K Championships, held in New Haven, Conn., September 7.

The race drew hundreds of top over-40 runners, who travelled to compete alongside the 2000-plus competitors in Connecticut's second largest race — the New Haven 20K.

### Get The Picture?

The NMN welcomes all photograph contributions. Unfortunately, some photos we receive are unusable, so here are a few pointers to help amateur photographers submit printable photos:

1) When taking pictures specifically for NMN, it's best to use black-and-white film, especially when shooting indoors.

2) When shooting posed pictures, have the subjects face the lighting and remove hats.

3) In the captions, be sure to include the race or event, date, location, the subjects' names, ages, residences, and marks. Give photo credit to the person who actually took the picture, not the provider of the camera (unless the photo was done with a self-timer).

4) Photos to be returned should have the return address on the back of each one.

Pioneer Bill Rodgers, who won the inaugural race back in 1978, blazed along the flat, fast urban course in 1:03:07 (17th overall). He broke Bob Doyle's masters record of 1:04:56, set in 1989. Rodgers goal was to run a 5-flat pace. "But due to the high humidity I died in the last mile," he said. He was pleased to beat Michigander Doug Kurtis for the first time this year. Kurtis was the second master in 1:03:48. Gary Nixon's 1:05:00 earned him third place. Domingo Tibaduiza was a close fourth in 1:05:03.

Houston's Carol McLatchie took the women's masters title in 1:13:46 (5th female overall). She broke Nancy Mieszczak's 1989 W40 course record. McLatchie said that she unknowingly set a record pace, trying to fend off Barbara Filutze (who was second in 1:14:13) and Nancy Grayson (third in 1:15:12).

Roland Cormier was the first 50-59 male in 1:13:20; Norm Green was the top 60-69 in 1:15:15. Five 70-plus men completed the course, topped by Max Quackenbos (1:39:34).

Christine Tattersall set a blistering over 50's pace with a time of 1:24:29. Following close behind were Zofia Turosz, Judy Savitt, and Wen-Shi Yu. Three 60-plus women finished.

Clearly, the big names brought extra excitement to this Labor Day extravaganza. The action seemed to please even back-of-the-pack masters.

# Blomquist, Parsi First in Applefest

by JERRY WOJCIK

Peter Blomquist, 40, of Worcester, Mass., and Carrie Parsi, 53, of Lexington, Mass., captured masters firsts in the Applefest Half-Marathon in Hollis, N.H., on October 10.

Blomquist finished 12th of 712 runners with a 1:15:19 in the race, which served as the RRCA New Hampshire Championships. Parsi defeated the younger masters women with a 1:37:01, a single-age course record, nine of which were set in the race.

Ron Kita, 47, of Hollis ran a 1:18:11, another age-record, to take the second place. Ellie Lowell, 45, West Willington, Conn., was the next fastest W40-and-over in 1:40:22.

Carlton Mendell, of Portland, Me., at 70 the oldest finisher, won the M70+ contest in 1:42:47, also an agerecord.

The overall winners were defending champions Dave Dunham (28, 1:06:07) and Michelle Jahns (32, 1:24:50). Threatening rain held off until the last finishers.

Bill Gray was the race director. The Gate City Striders hosted the event. Major sponsors were Brookdale Fruit Farm, Gemini Construction, Kerk Mo-

tion Products, and New England Country Pies.



Dorothy Bergman, Marblehead, Mass., W60 winner (1:57:43), Applefest Half-Marathon, Hollis, N.H., October 10, groans under the load of a fruit basket award.

Photo from Bill Gray

# 5000 Masters Run in 17th Marine Corps Marathon; Alvin, Malloy Triumph

by EMMY STOCKER

Battling 26-30 mph headwinds, masters Rich Alvin and Rose Malloy defended their titles in the 17th Marine Corps Marathon. The amateur race, which toured the nation's capital on October 25, attracted over 5000 masters. They — like all the participants — came not for prize money, but for the prestige of finishing the nation's third largest marathon.

A miserable headwind slowed the 13,000 runners, particularly along the



Tim Breiner, of Wooster, Ohio, speeds to a fourth place M40 finish (16:25), National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8,

Photo by Bev Moseley

Potomac River bank and along the open highway. Ken Carnes, the first wheelchair finisher, agreed with the leading men when he said "This is the toughest race I've been in because of the headwind."

The 42-year old Alvin, from Dorchester, England, finished in 2:34:55, 53 seconds slower than last year's time (still, his time was only 10 minutes, 44 seconds behind the leader Rene Guerrero). Alvin pulled ahead of Bennett Beach of Bethesda, Md., in mile 26, to take the title by nine seconds.

Malloy's time of 2:56:42 was over a minute slower than in 1991. But the Annapolis resident's mark earned her sixth place among overall females. Maddy Harmeling, from New York, was second with 3:01:54.

Hometown competitor Edward Doheny, 49, ran a 2:48:59 to top the M45-49 year age bracket. Massachusetts resident Richard Hoyt, 52, posted an impressive 2:40:47. Bernard Goldstein's 2:51:34 won the M55 race, while Jay Sturdevent the M60 contest in 3:03:16.

Long Islander Marion Stanjones, 54, was the first W50-54 female with 3:28:53. Her time, though, was almost three minutes behind Doris Debb, 61, who won her category by almost one hour.

MaryLou Fisher, 87, was the oldest female finisher, recording a 5:23:47. The Baltimore resident proves that running keeps even 80-plus year olds fit and strong — all the more reason to take on the marathon challenge at any age.

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# CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

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

U.S. MASTERS/SENIOR OLYMPIC EM "R" Track & Field, Jan. 17, includes the 'fastest family' fun relay. Send entry page 5 or SASE to: Rachel Lyga 122 631/2 Way NE, MPLS, MN 55432.

# Ocean To Sound 50 Mile Relay

by MARILYN J. MITCHELL

Top masters honors went to the Hartford Track Club (4:39:08) in the men's division and the Long Island Road Masters (5:53:14) in the women's division of the Spiegel Associates Ocean to Sound 50 Mile Relay, with the Hartford masters placing fourth overall, beating out 38 open teams. The Hartford Track Club runners consisted of Al Swenson, Bob McCusker, Larry Purtell, Lol Fearon, Jack McShane, Gary Nixon, Dennis Crowe and Jamie Gomez.

Each winning masters team carried home a \$1000 first prize. There were no cash prizes beyond first place and net proceeds from the \$240/team entry fee were donated to Aspire, an organization which provides prostheses for young amputees. There were 114 registered teams, including three physically challenged teams.

The relay consisted of teams of eight runners per team, with each runner traversing a leg of between 5 and 8 miles, starting in Wantagh Park, winding through Nassau and Suffolk counties and ending on the track at Mitchell Field. Following the finish, more than a thousand runners and their support crews headed to the "greatest post-race party in the Northeast" with awards, food, a disc jockey and dancing.

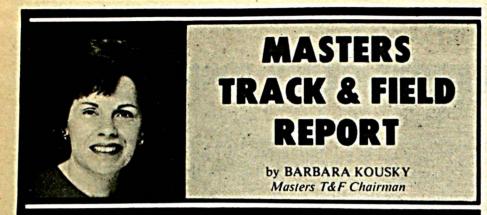
Race Director Alan End said, "It's a great day of team spirit and camaraderie that proves that running can be a team sport as well as an individual event."

#### 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.

# **PUBLICATIONS ORDER FORM**

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	Masters Age Records  Men's and women's world and U.S. age bests for all track & field events, age 35	
we of the	and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52	
di tum tes	pages. Lists name, age, state and date of record. Compiled by Peter Mundle,	
Stay delta	WAVA and TAC Masters T&F Records Chairman. \$4.00.	\$
Mari Miralia	Masters Track & Field Rankings Men's and women's 1991 U.S. outdoor track & field 5-year age group rankings.	
And in and	56 pages. Over 100-deep in some events. All T&F events, including mile, weight,	
	relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC	PERMIT
re program de la company. Estado Tablicado	Masters T&F Rankings Chairman, and the National Masters News. \$5.00.	3
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	all track & field events, age 35 and up, as of April 15, 1992; 8 pages. Lists name,	STREET SET WITH M
Name of Street	age, state and date of record. Compiled by Peter Mundle, WAVA and TAC	e, leavely ersolder
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of safety to	ionships in masters competition: base fitness, improving with age, training smart,	
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# Convention Agenda to Include Rule Changes and U.S. Bid for '95 WAVA Championships

ike's slogan "There Is No Finish Line" took on added meaning for me in early November when my computer's hard drive decided to fail. I found myself staring at the ever-growing stack of TAC correspondence and preconvention work that needed to be completed. By the time this column is in print, the stack will be smaller, the pre-convention work will be finished, and your track and field committee will be at the TAC Convention in Louisville working on your behalf.

There are 159 proposed rule changes that will be reviewed and acted upon at

1992 INDOOR RANK	(INGS	CHANGES
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M35 Kevin Lozano M50 Chuck LaChiusa	7.1	1st of 27
W30 Sylvia Kapturowski	10.2	4th of 4
W55 Edna Hyer	. 10.8	4th of 4
	29.1	4th of 18
-800m-		4011 02 10
M40 Joe Farber	2:10.1	17th of 51
-1500m- M40 Patrick Dineen 41		7.1
-Mile-	4:18.1	/th of 26
M60 Paul Heitzman 61	5:32.4	3rd of 8
M65 Carl Hammen	6:14.1	3rd of 6
-Long Jump-		
Rich Christoph	4.65	36th of 41
-Triple Jump-		
M40 Joe Brown -Shot Put-	11.95	4th of 18
W50 Brenda Bloomfield	0 60	2nd of 5
W50 Dortha Swanson	7.22	4th of 5
Date of the board		101 01 3
Changes To 1991 10K & 2 Published June 1992	EUK Racei	walk Rankings
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-10K-		
M55 Stu Summerhayes CA	N 54:07	3rd of 31
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the Convention. Twenty-three of the proposed changes pertain directly to masters track and field. The pro-oposals range from eliminating the no-false-start rule, to changing the eligibility of relay teams that compete at our national championships, to housekeeping details.

Since the May announcement that Singapore has withdrawn its bid for hosting the 1995 WAVA Championships, no other bids have been received by the WAVA Council, according to Bob Fine, Executive Vice-President of WAVA, who chairs its site-selection process. During this time frame five U.S. cities indicated an interest in bidding for the Championships.

Because of the interest exhibited by these cities, a decision was made that the U.S. would submit a bid. We will be working with a very tight time-line, as the selection process for the U.S. site will need to be completed by spring. It will be my recommendation that our committee follow the process em-

ployed for the 1989 Championships. Details of the selection process will be announced following the Convention. A general mailing will be made from the TAC national office to associations, clubs, sports organizations and cities, informing them of the opportunity to bid for the U.S. site for the '95 WAVA Championships. If you are aware of any club or organization that you think might be interested in receiving bid information, please have them contact me at their earliest convenience.

Other items on the agenda include the 1993 budget, awarding of bids for our national championships, uniforms, committee reports, national championships competition schedule, awards, and a review of the proposed competition meet manual.

#### Miyazaki Competition Schedule

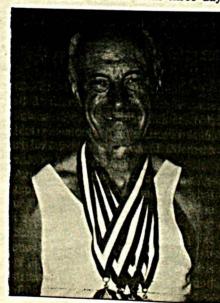
I have been contacted by numerous athletes regarding the proposed schedule of events for the '93 WAVA Championships in Miyazaki. The major concern voiced was the scheduling of events for the distance athletes. I agreed with many of your suggestions and your desire to see the schedule changed. Your comments were passed on to members of the WAVA Council and the Miyazaki Organizers in August. Unfortunately, they were unable to accommodate your requests for changes. Such dilemmas again point up the need for longer range planning within the WAVA organiza-

#### Utah Seniors Games

Continued from page 9

tioned finals, with no seeding. There was no competition in the hurdles, pole vault, steeplechase, or hammer throw. The entry fee was \$49, which covered all events.

The "sweetheart" of these World Senior Games was the 81-year-old sightless grandmother, Ivy Granstrom. A native of Vancouver, B.C., Ivy won seven gold medals while setting meet records in four events (200, 800, 5K and 10K). She started running in 1980, and awakens at 3:00 a.m. three days



Chuck Sochor, 65, set five meet records (100/13.2, 200/27.4, 400/1:02.1, 800/2:33.3, LJ/14.5½), Senior Games, St. George, Utah, October 21.23.

# Track & Field Rankings Report

· by JERRY WOJCIK

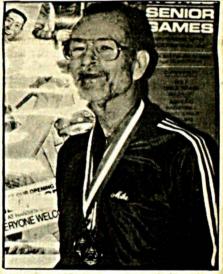
Masters T&F Rankings Coordinator

This page contains corrections for the 1992 indoor rankings published in the NMN. Some submitted changes may not appear because information was incomplete. At the indoor championships in Columbus, two athletes handed me a note with corrections and walked away. Unfortunately, they had forgotten to include their names.

The compilers for the 1993 indoor season rankings will be published in the January or February issue. Don't send marks to me until those names and addresses are published.

The rankings for the 56-lb. weight throw will be in the 1992 Outdoor Rankings Book. Rankings for this event have never been compiled before. So far, George Mathews, M45, of Seattle, Wash., has the best mark among the men, with a 9.78m. Vanessa Hilliard, W50, of St. Petersburg, Fla., leads the women with a 4.67m. The final rankings will be in the usual five-year age groups.

An address change to the list of 1992 outdoor rankers, who appeared in the October NMN: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229. Patz compiles the 100, 200, 400, 1500, 5000, and 4x100 and 4x400 relays.



Michel Kagan had M70 firsts in the 400 (1:16.9), 800 (3:03.2), and 1500 (6:22), Senior Games, St. George, Utah, October 21-23.

each week to go on her training runs with her guide, Paul. They arise this early because it's safer to train on the roads without so many cars. Paul also is legally blind; however, his sight is corrected enough with glasses for him to be able to go on all training runs and guide her throughout all of her races. Ivy's other passion is participating in the famous Polar Bear Swims in Canada. She has been in 65 of these swims, and has the distinction of now being the official Queen of the Polar Bear Swim. She claims to be 81 going on 18! No one will argue that point!

Chuck Sochor, 65, of Cedar Springs, Mich., set new meet records in the 100 (13.16), 200 (27.38), 400 (1:02.11), 800 (2:33.26), and long jump (14-51/2). He also won the 50 and high jump to garner seven gold medals in the 65-69 division.

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# NOW AVAILABLE

# 1991 U.S. Masters Outdoor T&F Rankings Book

- •Men's and womens 1991 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

Send \$5.00 plus \$1.25 postage and handling (\$5.00 foreign) to:

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# PROFICE

#### Swag Hartel

by LES REYNOLDS

rwin "Swag" Hartel has been running for 28 of his 41 years. He started out in the fast lane — and has stayed there.

originally from near London, England, Hartel had a natural gift as a runner, turning out a 60-second quarter-mile at the age of 13. In 1969, he ran the second-fastest time in the world for a 17-year-old with a 1:51 half-mile. It's no wonder, then, that colleges all over America clamored for him.

Through the efforts of another Englishman, Allan Launder, Swag chose Western Kentucky University. Too much speedwork, too little rest, injuries and illness dotted most of Hartel's college career in the early '70s. He became disillusioned and showed little, if any, improvement. He even left Western for a time, wondering if he'd made a mistake.

Through the efforts of teammates Hector Ortiz and Nick Rose, and Rose's coach in England (Dave Jennings), Hartel got back on track and ran the times he was capable of running: a 1:49 880 and 3:40 for 1500 meters. He even made the British International team and ran a sub-four-minute mile by 1976.

The next few years were spent finishing school and working. Hartel was still running, but it wasn't until the 1980s that his post-collegiate career really took off. He'd settled in Louisville, started a running shoe retail business, married and had two children. Hartel's name became a household word as he achieved "folk hero" status on the road-racing scene with a 4:01 mile, a 29:09 10K, and a 2:19 in his first-ever marathon.

But by mid-decade, problems arose again. His business partner split and Hartel was forced to start over alone. Also, his running career nearly bit the dust.

Noticing persisitent numbness and pain in his left hip and leg, Hartel was finally diagnosed with a triple hernia



Erwin "Swag" Hartel
Photo by Les Reynolds

and underwent surgery ("A brutal operation," as he described it).

The running community wrote him



Thomasville decathlon winners: (from I): Boo Morcom, M70; Bob Boal, M80 second; George Taylor, M60; Claude Hills, M80 first; and Denver Smith, M65, in Thomasville, N.C., September 19-20.

Photo by Eileen Smith

off as he struggled through a rough recovery. "I'd almost go into oxygen debt just getting out of my subdivision," he said. Although shades of his early college career had returned to haunt him, Hartel refused to quit. He started racing again, and as he neared the masters age-group, he seemed to find new life.

He ran a 10K in 31:17 at 39, and on his 40th birthday at the Bluegrass Games in Lexington, Ky., he announced his intentions of moving in on the world masters mark in the mile, currently held by African (and former UTEP star) Wilson Waigwa, 43, at 4:05. Hartel fell short that day, running 4:17; but it served notice he was back.

Early in 1992, Hartel placed fourth in the TAC Masters Indoor Championship 1500 with a 4:05. In April, in his first competitive outdoor mile in nearly a decade, Hartel was two seconds off a gold medal with a 4:18. By July, when the rankings were published in the National Masters News, Hartel was listed in the middle of the top 10 indoor 800 meter runners with a 2:01.6.

Hartel claims he needs to run more races and plans to try cross-country

this fall, again aiming for the TAC masters title. Of course, there's the indoor circuit early in '93.

The hard-working family man admits to having lost some speed (with PRs of 48 seconds and 22 seconds, respectively, for the quarter and 220) due to age and "all those years on the road." He feels 4:05 is within his reach but that 4:08-10 is more realistic.

Hartel believes his best chance for a record is in the 1500. "As long as I get the breaks, all goes well and I stay focused and healthy. I'll need an element of luck, too, I suppose," he said.

Is 1993 Hartel's year? "Waigwa told me at the New York Games that I'd run better after the age of 41," he said. "I believe I will, because this year I realized how much I'd lost in track speed, so I'll be better prepared next year. In fact, my speed is actually better now than it has been for the last six years."

The critics might say Hartel's already done his best; he's lost too much speed, etc. However, he's established a habit of proving the critics wrong and overcoming whatever obstacles are in his way. Quickly. How else can you do it — in the fast lane?

# Columbus Discovers Age-Graded Awards

New to the Columbus Marathon held on October 11 this year, its 13th, was the distribution of awards by age-graded times to runners age 35-and-over. Seeking to be called "America's Race," this marathon has a U.S.-citizen-only prize-money policy.

The top age-graded male finisher was Budd Coates, 35, 6th overall, whose actual time of 2:17:00 was factored to an age-graded time of 2:15:04. (2:17:00 x.9859, the factor for M35, = 2:15:04.) Gary Gargasz (36, 2:19:32/2:16:45) was second, followed by Dennis Hammond (36, 2:24:53/2:21:59), and Terry McCluskey (44, 2:32:55/2:22:26).

Joan Benoit-Samuelson, 1984 Olympic marathon gold medalist who's now 35, won the women's race overall in

2:32:20 and had the best female agegraded time of 2:29:58. She was followed by Whayong Semer (64, 3:38:41/2:46:06), Nina Bovio (46, 3:08:30/2:51:42), and Carol Poenisch (38, 3:04:27/2:57:59).

Age-factored times equalize the aging process and are a guide to what time the runner might have achieved in his or her prime.

Samuelson won \$17,000 open prize money. Brad Hudson, 26, was first overall in 2:13:51. Prize money was distributed to open, age-graded, and Ohio winners.

The 1992 field was well prepared, as a record 81.5% of the 3988 entrants finished under ideal weather conditions.

# Kurtis, Gilbert Overall Winners in Fox Cities Marathon

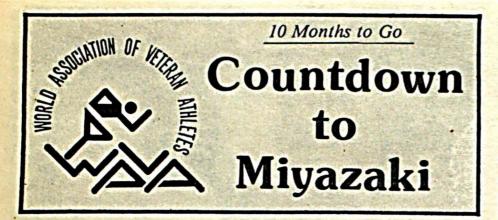
On October 11, Doug Kurtis, 40, successfully defended his title in the second annual Community First Fox Cities Marathon on an absolutely perfect day for fall color running in Appleton, Wisc. Despite winds slowing him to a 2:20:40, he was content to collect \$6500.

Sharlet Gilbert, 40, of Richmond, Calif., not to be outdone, also pocketed the same amount for her overall women's win in 2:39:58. Gilbert has had masters wins in the Las Vegas, Pittsburgh, and, most recently, the Twin Cities marathons.

The following week, Kurtis crossed Lake Michigan to his hometown of Detroit to make another successful title defense in the Detroit Marathon, which he clipped off in 2:19:25. The Motor City marathon saw another double masters win, as Karen Hubbard, 42, took the women's crown in 2:45:21.

This must be some type of record here — back-to-back major marathons with both male and female masters as overall winners! There is also the fact that Kurtis has done his "hat trick" of back-to-back marathon victories in those same two marathons, two years in a row. In 1991, at 39, he won Fox Cities and Detroit with times of 2:17 and 2:19, respectively, under ideal marathon weather conditions.

- From Jack La Plante



### Entry Booklets Available Soon

he 10th WAVA World Veterans Athletics Championships will be held in Miyazaki, Japan, from October 7-17, 1993. The Japanese organizers predict more than 6000 participants from over 60 nations will attend.

The event is open to men age 40 + and women age 35 +. All the traditional track and field events will be staged, as well as a 10K cross-country run, a marathon, a 5K race walk and a 10K/20K race walk. In addition, an unofficial weight pentathlon will be held. There are no qualifying standards. Everyone is welcome.

The entry booklet has been printed and copies will be shortly available in all countries. The final schedule of events is printed on this page.

Low-cost tours are being organized by several masters travel agents in the USA and other countries. (See ads in this section) Japan can be expensive, but the tours are designed to bring the total cost of airfare and housing down to an affordable level. Miyazaki is a city of 290,000 on the southern tip of Japan, and is not nearly as expensive as Tokyo, Osaka, or other large metropolitan areas.

This will be the first time the biennial Championships have ever been held in Asia. The city and the prefecture (state) of Miyazaki are solidly behind the event. Governor Matsukata reports that: "We are currently busily engaged in major efforts for the preparation of the Championships, with assistance from the Japanase Ministries of Foreign Affairs, Education, and Health and Welfare."

NMN will update the preparations for the Championships each month in this column.



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# **British Isles Cross-Country Championships**

by MARTIN DUFF

The British Isles Home Countries Cross-Country International moved to Belfast, Northern Ireland, for its fifth running on October 31. Guest teams from the Republic of Ireland also took part. England again dominated the proceedings, taking six of the seven

Final Schedule for WAVA World Veterans Athletics Championships Miyazaki, Japan — Oct. 7-17, 1993

Thu Oct 7 Decathlon/Heptathlon 10,000 finals

Fri Oct 8 Decathlon/Heptathlon
10.000 finals

Sat Oct 9 200 heats (women) 800 heats LJ, JT Opening ceremony

Sun Oct 10 200 finals (women)
200 heats/semis (men)
800 finals (women)
800 semis (men)
HH (semis/finals)
HJ (men)
PV (women)
SP, XC

Mon Oct 11 200 finals (men)
800 finals (men)
300/400H semis
5000 finals
10K/20K Road Walk
PV (men)
HJ (women)
DT

Tue Oct 12 No competition
Meetings: Stadia,
Non-stadia, Women,
Regions

Wed Oct 13 100 heats/semis Steeplechase finals 300/400H finals TJ, HT

Thu Oct 14 No competition General Assembly

Fri Oct 15 100 finals 400 heats/semis

1500 semis Sat Oct 16 400 finals

1500 finals 5000RW finals Weight Pentathlon\* Social Function

Sun Oct 17 Marathon
4x100 Relay
4x400 Relay
Closing Ceremony
\*Unofficial event

team awards and five of the individual titles.

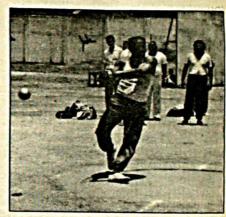
The youngest man in the field, Bob Treadwell, who turned 40 a few days before the race, was a trump card for England, as he romped away from a group to win by nearly a minute in 32:47. Treadwell has always been described as a mudlark, and the five-lap undulating course suited his loping style.

Wales' Tony Simmons maintained his good M40 record with a solid second place (three wins and two seconds in the five years) in 33:45 with a typical late run, as England's Mike Hagar (M40, 33:55) and Dave Hill (M40, 34:03) consolidated for the team advantage.

Colin Youngsen (34:29) took Scotland to a narrow M45 team win over Wales and England (one point covering all three). England, led by Graham Patton (35:51), dominated the M50 group, but Paschal Morris (39:15) won the M60s for Ireland, ahead of Laurie O'Hara, also an Irishman but running for England.

Anne Turington (19:06) and Maggie Statham (19:12) dominated the W35 group for England, after Scotland's pre-race favorite Sandra Branney (19:38) fell away. A powerful last mile saw Turrington pull away strongly.

Diane Marsh of England was a comfortable W40 winner (19:46) over Yvonne Healy (20:23) of Northern Ireland. New British W50 half-marathon record holder Molly Smith was a sound victor in 21:55.



A. Mogalareb's M40 winning hammer throw, India National Veterans Athletics Championships.

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### Canada Wrests Back Fleischman Trophy

by DON FARQUHARSON

Piqued by losing this annual match for only the fourth time in 1991, Canadian masters turned out in strength for the 16th annual Can-Am Cross-Country Challenge, staged at Brock University, St. Catharines, Ont., near Niagara Falls on October 25. With a venue so close to the U.S. border, Canadians expected strong opposition, but, unhappily, far too few U.S. masters arrived to contest the match.

Those who did come ran well. James Mattingly (29:26) and U.S. captain Jerry Smith (29:45) captured first and second in the M45, running 5th and 6th overall. Ed Buckley (40:09) and Nate White (43:00) took 2nd and 3rd spots in the M70. Vince Colgan (33:35) was 4th at M50. The race was honored by the participation of North & Central America & Caribbean President Rex Harvey of the U.S. The rest of the field was all Canadian.

The three-loop, 8K course featured equal parts of undulating, grassy field and twisting, difficult wooded trails. There were no big hills, but much of the trail followed a steady rise up the Niagara escarpment.

Overall winner of the race was one of Canada's top runners Ted McKeigan, M40, just two seconds ahead of new M40 George Aitken, in 27:24. Ken Inglis celebrated his return from injury with an excellent M50 win in 28:54. Other division winners were Brian Delaney, M55, 33:37; Manuel Teodoro, M60, 35:16; Cliff Hall, M65, 34:58 (faster than any of the M60s); Johnny Johnston, M70, 39:31; and Sid Pritchard, who beat evergreen Whitey Sheridan for the first time ever to take the M75 in 55:43.

Among the women, a fast Janet Takahashi won the W35 in 30:38, placing 11th overall. Linda Findley won the W40 in 34:10; a fast-improving Judith Nichol took the W45 with a 35:56. Jean Doench, W50, 43:23; Phyllis Roberts, W55; Dorly Brechbuehl, W65, 47:26; and Judith Kazdan, W70, 52:44 won their divisions.

The total score was Canada 47 and the U.S. 140, with the lower score winning.

In 1993, British Columbia will have responsibility for the event, which is expected to be run simultaneously in the east and west. The east run will probably be in Syracuse. N.Y.

### Alzamora Chosen South American Delegate to WAVA

Jorge Alzamora of Chile was elected as the South American delegate to the Council of the World Association of Veteran Athletes (WAVA) at the biennial meeting of the WAVA South American Region during the VI South American Veterans Championships in Maturin, Venezuela, October 9-12. He replaces Jose Figueras of Uruguay. Albano Ariza of Colombia was elected President of the group.

Alzamora had unsuccessfully run for Council posts at WAVA General Assemblies in 1989 and 1991. He now becomes one of 15 WAVA Council members.

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# Miyazaki 10 months to go!

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If you would like to receive information about the Miyazaki Tour as it becomes available - with absolutely no obligation - mail or fax your name & address to: NEM, Inc., Box 10825, Eugene, OR 97440. FAX: 503/687-1016. PHONE: 503/687-1989.

> OFFERED BY NORTHWEST EVENT MANAGEMENT, INC. (Tom Jordan & Barbara Kousky, Directors)

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#### Write On

Continued from page 4

In only two events (HJ/TJ) were the 1990 top efforts better than in 1992.

The top 95.5% in 1990 from Jim Mathis' 400 was easily topped by the 98.3% 400 effort in 1992 by Fred Sowerby. Stan Whitley's 1990 winning 100 AG time of 10.39 wouldn't even have placed in 1992, and his 200 AG time would have only gotten third this year.

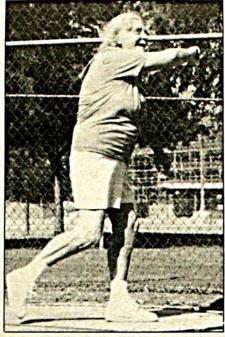
It appears that the national masters championships are not only getting bigger, but better. It's getting to the point where many of us with "All-American" performance certificates can't even make the finals of our events, let alone get a medal.

Phil Mulkey Atlanta, Georgia

#### THANK YOU

This is just a note to say thank you very much for all of the prayers, acts of kindness, and contributions made to me in memory of my son, Thaddeus John Bell II, who expired August 11, 1992.

Thad's death was a sudden and untimely death and a significant tragedy to me and my family. However, the support that I have received from many of my friends and competitors in

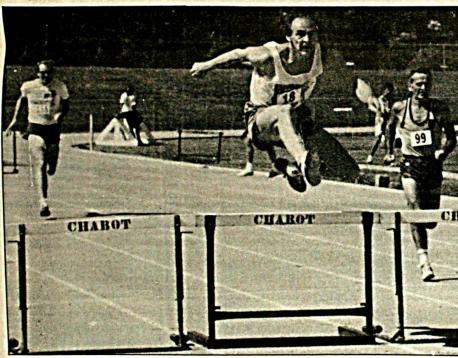


Edith Mendyka, 81, broke four W80-84 records in the Sri Chinmoy Games, Long Beach, Calif., September 20. Photo by Nibir Cole

masters track & field have made this tragedy a little easier for me to accept and bear.

On behalf of Gloria, Tiffany, Tonisha, and myself, I say thank you very much.

Thaddeus J. Bell, M.D. North Charleston, South Carolina



Marion Sanchez, on his way to a first (48.0), M60-64 300mH, Western Regional Championships, Hayward, Calif. #99 Ian Steadman, of Great Britain finished 48.6, with Al Sheahen, third, 51.1.

Photo by Jerry Wojcik

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Herb Anderson Dies

by FRANK BOWLES

Herb Anderson, M.D., one of the grand old pioneers of masters track, passed away at a Denver nursing home on October 1, 1992. He was 90.

He had been in failing health for some months following a series of strokes that were preceded by a heart attack

Born in 1902 in Nebraska, he often recalled: "There was no radio, no TV and very few automobiles. We had to make up our own fun. We swam, skated, sang and canoed."

At Hastings College, Herb starred on the track team as a middle-distance runner, and in basketball and football as well. In 1926, he went to medical school at the U. of Nebraska-Omaha and began a 62-year marriage that endured until his wife Clair's death in 1988. In 1930, he began a 42-year career as an eye, ear, nose and throat physician in Hastings. He retired in 1972 and moved into a mountain cabin near Fort Collins, Colo.

In 1974, he learned of masters track

and figured he could "still do some of the events." With no track to practice on, he ran the mountain roads and whittled an aspen sappling for a practice javelin. He made an outstanding debut at the 1974 National Masters Championships in Oregon, setting new age-group records in the javelin and the pentathlon. "That's when I got the fever," he later said.

Over the next 15 years, Anderson won more medals and set more world and American age records than anyone Despite his small stature (5-6, 132 lbs.), he was strong as well as fast. Herb often did 12 to 15 events in a single day, and was an inspiration to other masters athletes.

Bothered by injuries in recent years, he retired several times, but, unable to stay away from the sport he loved, always returned to the wars. In July 1991, he took part in his last decathlon, two days shy of his 89th birthday. He leaves four children, 10 grandchildren and 11 great-grandchildren, most of whom attended his 90th birthday party at the hospital this past July 15.

#### 1992 TAC/USA NATIONAL MASTERS INDOOR PENTATHLON Financial Report

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# MASTERS SCENE

#### NATIONAL

• A social function on Saturday night at the meet headquarters Holiday Inn for athletes and friends is part of the program at the National Masters Indoor T&F Championships, Bozeman, MT, March 20-21. Incoming entrants will be greeted by a host and reception, information booth at the Gallatin Field airport terminal. Entry form will be in the January issue. Check schedule for contact. A special air fare using a designated code will be available through Continental Airlines.

#### EAST

- Cheryl Ralya, 46, and Ann Davies, 45, staged the best masters division race in the NYRRC Women's Half-Marathon, Central Park, NYC, October 11, with Ralya taking the masters first in 1:27:06 and Davies second in 1:28:54. Lisa Praskins, 52, won the W55 contest in 1:39:21. In the companion Coed 5K, Rick Pieschel, 41, was seventh of 267m in 16:12 and Art Hall, 45, tenth in 16:37. Belinda Saunders, 41, was W40 + winner with a 19:14 for fifth of 219w. May Chou, 56, went to the head of the W55 class with a 23:56.
- Albin Swenson, 45, Wolcott, CT, broke Kirk Randall's US M45-49 9:06.6 record for the 3000, set in 1987, with an 8:44.90 at Trinity College, Hartford, CT, September 29. Running in a strong, gusting wind, Swenson ran laps of 70.85, 71.21, 70.13, 70.39, 71.61, 71.90, and a final 65.67 for the pending record. Ed Sparkowski, 37, Simsbury, CT, was second in 8:53.33
- Johnny Kelley, 85, says he won't run another-Boston Marathon. But, he'll stand beside the course forever, after a 14-foot sculpture of him, titled "Young at Heart," is unveiled on the Heartbreak Hill section before the '93 race. The sculpture will depict two Kelleys, one young and one old, crossing the finish line hand in hand.
- Actor Bruce Dern explained to a New York Times reporter the hold that running has on him, "I'm addicted to running. I am screwed up by running. I haven't missed a day in nine years, and I've missed five days in 30 years. It's sick. I wake up in the morning and I dread having to run. I have been begging myself to miss a day for the last year and a half, but I can't do it."
- On Long Island, Cindy Bermudez (44, 20:15) copped the W40+ gold in the South Bay Sports
   5K, Copiague, October 4. Maddy Harmeling,
   47, was first W40+ (1:26:06) in the Bayshore



Medalists in the W60 100 at the Nationals in Spokane, August 14. From left, Nikki Ryan (WA, 15.82), Betty Vosburgh (GA, 15.10), Lenore McDaniels (VA, 16.92).

Half-Marathon, October 3. Maury Dean, 49, took the M40 + contest in an addendum 10K (36:10). Newsday reporter Jim Scovel, 62, took the 60s in 44:08. Dean won another (17:45) in the Oyster Bay 5K, October 17, where Diane O'Donnell, 41, was fourth woman in a swift 20:04.

#### SOUTHEAST

• Sadot Mendez (40, 1;25:12), Hertford, NC, and Catherine Lempesis (41, 1:42:02), Columbia, SC, were first masters in the Governor's Cup 25K (RRCA National Championships), Columbia, October 10. The best 40 + performance came from Don Coffman, 49, Frankfort, KY, second in 1:27:05 for an age-graded 91.1%. In a companion 8K, 55-year-old Susie Kluttz, Winston-Salem, NC, was first W40 + in 34:21. Earl Owens, 43, Dunwoody, GA, was best M40 + in 25:30. Gordon English, 67, Birmingham, AL, took the M60 + matchup in 35:19.



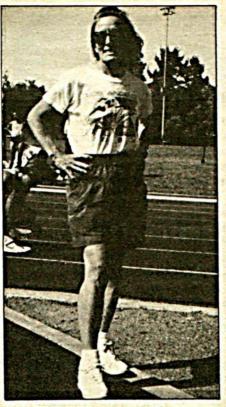
Bob Scheffel, M40, ran the 10,000 in 39:13 and came back later to run the Steeplechase in 14:01, Hayward Masters Classic, Eugene, Ore. Photo by Jerry Wojcik

#### MIDWEST

- Becky Baum, 45, Springfield, IL, was first woman (19:34) in the Autumn Shoreline 5K, Decatur, IL, October 10. Top masters in the larger-attended 15K were Dave Daum (50:59), Chesterfield, IL, and Christina Kidd (59:31), Carmi, IL. Hal Higdon, M60 winner in 63:08, was guest speaker at a pre-race pasta party. Both races and a 5K fun walk drew 858.
- Gary Romesser, 41, rolled to the M40+ first (30:43) in the Bowling Green 10K, KY, October 17. Bill Rodgers, who will be 45 on December 23, took the second spot (31:53). Priscilla Welch, 47, finished seventh woman in 34:58.
- Pierre Levisse, 40, of France outlasted Doug Bell, 41, of Colorado to take the M40+ title by two seconds with a 14:35 in the Rogaine 5K, Chicago, October 25. Irish miler great Eamonn Coghlan, 39, finished two seconds up on Levisse. Diane Legare, 41, of Canada won the W40+ crown from Judith Hine, 43, of New Zealand by one second in 17:53.

#### **SOUTH WEST**

 Phil Mulkey, 59, of Atlanta, GA, and Lucy Anne Brobst, 59, of Kitty Hawk, NC, conducted a track & field clinic under the auspices of Holiday Inn Worldwide at the Louisiana State Senior Olympics at Baton Rouge on October 23 & 24th. Participating as guest competitors, both athlete/instructors achieved their best performances of the season. Brobst long jumped 3.55 and high jumped 1.18. Mulkey shot put the 6K 13.07 and high jumped 1.57. The best perfor-



Vickie Bigelow, 56, set a new U.S. age-group record of 5:14.2 in the 1500, TAC/Pacific Masters Championships, Los Gatos, Calif. Photo by Shirley Dietderich

mance of the meet was by Henry Wadsworth, 55. The former University of Florida high jumper/pole vaulter, who had missed making the 1960 U.S. Olympic team on the "fewer misses" rule in the pole vault with 15-3 (a 15-5½ PR), now out for senior T&F for the first time since then, won the high jump with an outstanding 1.68. That's an age-graded percentage of over

90%. His age-graded performance of 2.19 compares favorably with his all time PR of 2.06.

#### WEST

• David Hurford, 70, of South Laguna, CA, collapsed of a heart attack while participating in the high jump in the Senior Olympics November 14 in Long Beach, CA. He was immediately rushed to the hospital by the stand-by ambulance, but did not survive. Earlier in the day, he had competed in the 50, 100 and 400. A week earlier, he participated in the swimming competition of the annual Seniors event, performing well.

#### NORTHWEST

• Bill McChesney, Jr., 33, son of masters distance ace Bill McChesney, Sr., 64, and top U. of Oregon distance runner in the 80s, died in a traffic accident west of Eugene on October 30. Tom McChesney, the oldest of the four running McChesney boys, died in 1986 when he was hit by a truck while riding a bicycle in Los Angeles. "For that to happen to that family again is too much," said Oregon track coach Bill Dellinger. "That's three really good Oregon runners killed in traffic accidents," he told Dave Kayfes of the Eugene Register-Guard. Steve Prefontaine died in a traffic accident in 1975.

#### INTERNATIONAL

• The AVOHK International Veterans T&F Meet in Hong Kong, October 24-25, drew 200 entries, the largest veterans gathering ever in that area. The Indian contingent was the largest, with small groups or individuals from other Southeast Asia countries, Europe, Australia, and the U.S. Next year's meet has been scheduled for October 3, to provide a warm-up meet for overseas competitors headed for Miyazaki, Japan, for the World Championships, October 7-17. Write to Athletic Veterans of Hong Kong, G.P.O. Box 10368, Central Hong Kong.

# **Masters Age-Graded Tables**

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# schedule

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



December 1-5. 14th Annual TAC Convention, Galt House Hotel, Louisville, Ky. TAC/USA, P.O. Box 120, Indianapolis, IN 46206, 317/261-0500.

# TRACK & FIELD

March 20-21. TAC/USA National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

August 11-14. 26th TAC/USA National Masters Championships, Provo, Utah. Brigham Young U. Contact: TBA.

#### EAST

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

December 13. Philadelphia Masters Indoor Development Meet & Bill Cox 400 dash.

Haverford College, Haverford, Pa. 9:30 am. Peter Taylor, 3120 School House Ln., Philadelphia, PA 19144. 215/842-3807.

December 13. Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9 a.m. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

December 19. Tri-State TC Holiday Indoor Classic, Hagerstown (MD) Junior College. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076. December 27. Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

January 3. Philadelphia Masters Meet, Kutztown U., Kutztown, Pa. 10:00 a.m. Awards in 55/200/400/800/Tom Robinson mile/4x200/HJ/LJ/SP. Other events for competition only. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

January 8. Dartmouth Relays Masters Meet, Hanover, N.H. Carl Wallin, Athletic Dept., Dartmouth, Hanover, NH 03755.

January 10, 24, 31. DCRRC Indoor Track Series, Jefferson Community Center, Arl-



Pat Peterson, W65, and Carl Hammen, M65, socialize after the NEAC Championship Meet, Dedham, Mass. Peterson won her age division in the 100, 200, 400 and HJ; Hammen took golds in the 800 and 3000.

Photo by Vern Mattson

ington. 8:30 a.m. Masters miles on 10th & 24th are qualifying for Mobil 1 Grand Prix Masters Mile, George Mason U., February 7. DCRRC, P.O. Box 1352, Arlington, VA 22210. Meet Director, J.J. Wind, 703/920-5193.

January 16. Brown U. Indoor Invitational T&F Meet. SASE Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (e).

January 17. Philadelphia Masters Meet, Swarthmore College, Swarthmore, Pa. 10:00 a.m. See January 3.

January 17. Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

January 24. Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9 a.m. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

January 24. Western Pa. TC Indoor Championships, Slippery Rock, Pa. Ray Sanchas, 412/419-1410.

January 30. Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. A featured event of the Cornell Invitational Indoor Meet. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607/387-6431(h).

January 31. Boston TC Invitational. Selected masters events. Jim O'Brien, 36 Granville St., Dorchester, MA 02124. 617/282-5537.

March 7. Philadelphia Masters Indoor Games, Lehigh U., Bethlehem, Pa. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807. Pre-entry preferred.

April 23-25. Penn Relays, Philadelphia. Pole vault (age-graded, elite only), Runner's World Masters Mile (M40+, elite), 4x100, 4x400, 100m for M75 + . Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

#### **MIDWEST**

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

January 9. Midwest Masters T&F Meet. Westwood Sports Complex, Sterling, Ill. Field events 11 a.m., track events 11:30 a.m. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/7686.

January 9. Lake Erie TAC Indoor Championships, Baldwin-Wallace College, near Cleveland. Lawrence & Patricia Finley, 20610 E. Sunset Dr., Warrensville, OH 44122-6342. 216/751-7187.

#### **MID-AMERICA**

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

January 17. Minnesota Masters-Senior Olympic EM "R" T&F Meet. 1 p.m. SASE Rachel Lyga, 122 631/2 NE, Minneapolis, Minn. 55432 612/574-9661.

#### ON TAP FOR DECEMBER

#### TRACK AND FIELD

The indoor season debuts in the East, while in the West. California offers the River City TC's meet, Sacramento, on the 5th, and a decathlon/heptathlon, Long Beach, starting on the 12th.

#### LONG DISTANCE RUNNING

The National Masters 10K Cross-Country Championships will be held on the 6th in Louisville, Ky., the host city for the 14th annual TAC convention, which runs from the 1st through the 5th. A late addition to the schedule, the National Masters 24-Hour Championships are set for Sacramento on the 30th-31st.

It's marathon madness on the 6th, with 26.2 milers in Sacramento, Dallas, Memphis, San Diego, and Culver City,

The Rocket City Marathon, a masters favorite, is listed for the 12th, followed by the Honolulu Marathon on the 13th.

If you're in for the long haul, head for Texas Trail Endurance 50 Miler, Huntsville, on the 19th. The Las Vegas Half-Marathon offers a run for your money also on the 19th.

#### RACEWALKING

Some activity on the East Coast. Many track meets, indoor and outdoor, offer racewalk events, just as some road races have a racewalk category.

**HAPPY HOLIDAYS!** 

#### SOUTHWEST

Louisiana, Mississippi, Texas. Arkansus, Oklanoma

March 6. 4th annual Lubbock Christian U. Masters Indoor Meet. Submasters/masters, walking & running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

# WEST Arizona, California, Hawaii, Nevada

December 5. Throws Series #10, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

December 5. River City TC Meet, Sacramento St. U., Calif. Michael Holzgang, P.O. Box 255131, Sacramento,

CA 95865. 916/489-7881 (7-9 p.m.).

December 12-13. 22nd Winter

Decathlon/Heptathlon. Andy Sythe, Head Track Coach, Long Beach St. U., 1250 Bellflower Blvd., Long Beach, CA 90804. 310/985-1700

January 16. Throws Series #11, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 13-14. Senior Olympics, Palm Springs, Calif. 619/323-5689.

#### INTERNATIONAL

March 12-14. New Zealand Masters Championships, Auckland. Rosalie Green, 92 Kiwi Esplanade, Mangere Bridge, Auckland, N.Z.

Continued on next page





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Continued from previous page

April 1993. Australian Masters Games, Perth, Western Australia. February 28 deadline. Christine Stanton, P.O. Box 1993, Wembley, Western Australia 6014. 619/383-7557; 446-8825.

# LONG DISTANCE RUNNING NATIONAL

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

Louisville, KY 40205. 502/459-6820.

December 30-31. TAC/USA National Masters 24-Hour Championships, Gibson Ranch, Sacramento, Calif. Norm Klein, 916/638-1161.

February 6. TAC/USA National Masters 5K Cross-Country Championships, Sandy, Ore. (with U.S. Open X-C trials) Oregon

TAC, Harry Simonis, 10514 NE Halsey St., Portland, OR 97220. 503/253-2639.

February 20. TAC/USA National Masters 50 Mile Champions up Frontston, Dan Branner 4 Materspoon Ct., Morris Township, N.J. 07960. 201/285-1551.

February 27. TAC/USA National Masters 100K Championships, Central Park, NYC. 4-mile certified loop, rolling hills. Rich Innamorato, P.O. Box 1239, Long Island City, NY 11101. 718/361-7960.

March 20. TAC/USA National Masters 8K Championships, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451, 804/481-5090.

#### EAST

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

December 6. Brian's Run 10K. Brian's Run, P.O. Box 2440, West Chester, PA

December 20. NYRRC Holiday 4 Miler & MAC 30K Championships, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.

April 19. 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/ 435-6905.

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

December 5. Citrus Bowl Half-Marathon. Jon Hughes, Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-2425. December 6. Baby Boomer 10K, Miami. Florida Masters RR Series. 305/227-1500. December 6. First Tennessee Memphis

Marathon. Masters money. Kim Cherry, Box 84, Ste. 1001, Memphis, TN 38101. 800/489-4040, x4726. December 12. BASF 10 Mile (RRCA

Southern Region Championships). Masters money. SASE to BASF Road Race, P.O. Box 98, Dalton, GA 30722. 1-800/

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

December 12. Rocket City Marathon. Harold Tinsley, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

January 9. Charlotte Observer Marathon/10K. \$8500 for M&W40+. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

February 7. Pomoco Group/Hampton Coliseum Road Race/Half-Marathon, Hampton, Va. Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/ 727-6140.

February 27. Gasparilla 15K/5K. Susan Harmeling, Director, Gasparilla Classic, P.O. Box 1881, Tampa, FL 33601. 813/ 229-7866

February 28. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, Colonial Half-Marathon, P.O. Box Williamsburg, VA 23187. 804/

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 6. Dallas White Rock Marathon. WRM, 3607 Oak Lawn, Dallas, TX 75219. 214/526-5318.

December 19. Texas Trail Endurance Run, Huntsville, Texas. 50 mile trail run and trail marathon. Rudy Alvarez, Box 4456, Houston, TX 77210. 713/639-5889 or 800/285-

January 3. 86th Jackson Day 9K. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC; 468-1488. January 16. 28th Mardi Gras Marathon/5K. See January 3.

January 24. Houston-Tenneco Marathon. #10 SASE to Marathon, P.O. Box 2511, Houston, TX 77252-2511. 713/727-2700.

#### WEST Arizona, California, Hawaii, Nevada

December 6. 45th annual Western Hemisphere Marathon and 5K, Culver City, Calif. Cash prized in 11 age categories. SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. 310/202-5689.

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R. CLOSING DATES

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December 6. San Diego Marathon. Lynn Flanagan, In Motion, 7847 Convoy Ct., Ste. 105, San Diego, CA 92111. 619/268-5882.

December 6. California International Marathon, Sacramento, CIM, P.O. Box 161149, Sacramento, CA 95816. 916/477-2786.

December 13. Honolulu Marathon. HM, 3435 Waialae Ave., #208, Honolulu, HI 96816. 808/734-7200

December 13. Holiday Half-Marathon. Also 5K. So. Ariz. RC, 4625 E. Broadway, Ste. 112, Tucson, AZ 85712. 602/326-9383.

December 13. Fiesta Bowl 10K. Rob Wallach, 6102 N. 16th Ave., Phoenix, AZ 85016, 602/277-4333.

December 19. Las Vegas Half-Marathon. Also relay. Bill Callanan, Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107.

January 9. San Diego AC Fiesta Five Mile. SDAC, 701 "B" St., #50, San Diego, CA 92101. 619/239-3622.

January 16. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.

January 16. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9 Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/ M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/ M90 110:00; W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/ W70 75:00/W75 90:00/M80 100:00. See Jan. 16 above.

February 6. Las Vegas International Marathon/5-Person Relay/Half-Marathon. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. 702/876-3870.

March 7. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310/444-5544.



Steve Shopoff, 45, of Plano, Texas, first (6:04:44) in the National Masters 50 Mile Championships, Columbus, Ohio.

Photo by John White

#### RACE WALKING

December 6-20. One Hour Postal, Monmouth College, N.J. Shore AC, E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

December 13. Grand Prix 5K #3, Central Park, NYC. Park Walkers Club, Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028, 212/628-1317.

December 13. Bill Reilly-Todd Scully 10K, Takanasee Lake, N.J. Shore AC, E. Denman, 28 N. Locust Ave., W. Long Branch, NI 07764

December 27. 10 Miler Polar Bear RW On The Boardwalk, Asbury Park, N.J. Shore AC, E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

# NATIONAL MASTERS NEWS Invites you to run the

#### Special WORLD MASTERS Division of the Paramount 10K Run



The City of Paramount and the Paramount Rotary Club, in addition to the 14th Annual Paramount 10K Run, will have a special WORLD MASTERS DIVISION. This division will be for those Master men and women runners that can meet the quing standards for their respective age divisions. The ability to meet these time standards will truly make this division a special one. The race will be sun with the Paramount 10K. If you can meet these standards, then come to Paramount and F WITH THE MASTERS. Last year The Paramount Rotary Club donated \$8500.00 to our High School Scholarship Fund.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00; 85-89, 100:00; 90+, 100:00
MASTER STANDARDS: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00;

65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00; 85-89, 100:00; 90+, 100:00

All times are "or faster"

Race Date: January 16, 1993

Race Time: 8:00 A.M. Sharp

Race Location: 15550 Downey Ave., Paramount, CA. Thomas Bros. Map, Pg 66, A3.

Race Time: 8:00 A.M. Sharp

Course: Flat, fast, certified and sanction by TAC

Accommodations: Comfort Inn 17111 Clark Ave., Bellflower, CA 1-800-228-2000 or 310-920-8853. Ask reservationist to specify, "10K race participant."

Preregistration Only: Return Entry by 1/9/93.

Seeded Start: You will be on the front line. I.D. Ribbons. Slower runners move to East slde of starting line into the "Safe Zone," for your protection, please.

Awards: 10 deep each division, men and women.

Shirt: Long sleeve, 3 color

Race fee: \$16.00.

PACKET PICK-UP: At race site. Look for SPECIAL W Master table, from 6:00 A.M., Inside Recreation Buil

Information: Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648 • (714) 841-5417.

NOTE: All applicants <u>must submit times</u> of last 3 races, <u>certified</u> courses. This is our eleventh year the Masters. It is a CLASSIC.

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DIVISIONS: • 40-44 • 45-49 • 50-54 • 55-59 • 60-64 • 65-69 • 70-74 • 75-79 • 80-84 • 85-89 • 90+ Submit "times" last 3 races, certified courses, in order to quality, with this form.

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

M30-34				M55-59		19169-01		M70-74		944.47	
William Johnson M40-44	Pentathlon	2958 pts.	2-9-92	Hilton Goring Carlos Vernon Jim Peterson	5000M Triple Jump Pentathlon	18:21 9.94 2743 pts.	7-24-91 7-25-92 2-15-92	Gil Young W35-39	High Jump	1.23	7-24-92
Jerry Senters Bill Wilson	Shot Put Discus Javelin	46-10 144-3½ 192-8	7-11-92 7-5-92 5-23-92	M60-64	Decathlon	5287 pts.	7-25-92	Maureen Fazio	1500M	5:18.3	7-25-92
Walt Davenport	Triple Jump Long Jump	12.26 5.96	3-28-92 3-28-92	Theodore Swanson	200M 100M	27.8 13.3	5-24-92 8-19-92 6-20-92	Dortha Swanson	Triple Jump Long Jump Hammer	6.48 3.20 25.68	8-19-92 8-19-92 8-19-92
Jerry Whitten Terry Shuman Douglas Spencer	One Mile RW Discus 100M 200M	7:49 126-4 11.64 24:28	7-4-92 7-25-92 7-25-92 7-25-92	M65-69 Edward Holmes	Long Jump High Jump	4.57	3-22-92 8-13-92		Shot Put Discus Weight Throw	8.26 68-11 7.54	8-19-92 6-20-92 6-20-92

				heresch 17		M	EN		No.		No. Ad		
Event					50-54								
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:0
Mile	7:12	7:24	TUNE THE	The state of the s	8:04			THE STATE OF THE S		10	200	-	Andrew Company
3000					15:36								
Mile					16:54								
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:5
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06						
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:2
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:1
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			
尼。由	STORAL		4.5			WOM	EN				4		
1500	7:25	7:39			8:26								
Mile		8:15			9:03								
3000					17:33								
Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:0
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:1
10K	53:25	54:41										1:42	1:5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1:54	1:57	2:12	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3,13	3:38	3:4
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13			THE REAL PROPERTY.	of the hand	



	U.S	. MA	STE	RS ST	ANI	ARI	OS O	F EX	CEL	LEN	CE	
		+ * *			FO	R ME	N		1			
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-94	85-89
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:53	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-15	9:15 10:10 37:30 37:30
110H 100H 80H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
400H 300H	57.6	59.7	62.0	64.4	67.2 48.0	70.6	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85 6-3/4	1.76 5-9½	1.68 5-6	1.59 5-2½	1.50 4-11	1.41	1.32 4-4	1.23	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5½	4.15 13-7%	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05 10-0	2.80 9-2½	2.55 8-44	2.30 7-6½	2.05 6-84	1.80 5-11	1.50 4-11
L	21-6	6.20	5.85 19-2½	5.45 17-10 <sup>1</sup> 2		4.75 1.5-7	4.40 14-5½	4.00 13-1½	3.65 11-11 <sup>1</sup> 5	3.35 11-0	3.00 9-10	2.65 8-84
TJ	43-91	41-6	11.90 39-1 <sub>2</sub>	11.15 36-7	10.40 34-14	9.65 31-8	8.90	8.20 26-11	7.50 24-7%	6.80	6,10 20-1	5.50 18-1/2
Shot	49-10	14.10 46-34	13.00 42-8	STATE AND AND	12.40	11.20 36-9	12.00	10.80 35-5\%	10.00	8.80 28-10 <sup>1</sup> / <sub>2</sub>	7.65 25-14	6.50 21-4
Discu	3 44.80 147-0	42.60 139-9	40.60	38.00 124-8	40.00	36.40 119-5	40.00	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-25	16.20 53-2
Hamme	r 47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Ja	203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10	29.00 95-2	24.00 78-9	19.00 62-4	15.00 49-2
35#W 25#W 56#W		9.00	13.00 8.50	12.00	6.00	9.00	11.00	10.00	9.00	8.00	7.00	6.00
Pe	n 280	0 260	0 260		2600	2600	2600	2600	2600	2600	2600	2600
not	3) Lo 4) Sh	ort hurd ong hurd) ot pdt:	lles: 30- les: 30- 30-	for auto-49: 39": -49: 36": -49: 7.26 -49: 2kg;	50-59 50-59 5k (16#)	: 36"; : 33"; : 50-59	60-69: 60+: 30 : 6k;	33"; 70 '. 60-69: 51	+: 30".		time.	
	6) Ha 7) Ja 8) Me	mer: velin: tric hei	30- 30- ghts and	-49: 7.26 -59: 800s d distance 39 IA	k (16#); 60+; es are	50-59 600g. the stan	edard; fo	60-69: 51 eet and	inches 1	isted fo		

				FC	)R W	OMI	EN				No plant
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5		35.7		40.0		47.0
400	63.5	65.5	67.5	69.5		73.5		83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	THE SHEET	4:09	4:35
1500	5:10				5:58	6:20	6:48		8:04	8:52	9:48
Mile	5:34				6:26		7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16			26:08	28:08	30:08	32:21	34:26 86:00
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	00:00	76:00	80:00
100H	17.2	18.2	No.							1	
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H 300H	75.5	79.9	84.4	88.8	66.0	72.0	79.0	87.0	96.0		- W-
Mary STA			3.64		San San San	The state of the state of			and the	-	
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-51	4-2	3-11	3-8	3-61/2	3-4%	The street on	State and second		2-9
- LJ	5.00		4.25		3.55	3.20	2.85	2.60		2.10	2.00
4.55	16-5	15-1	13-111/2	12-95	11-8	10-6	9-4%	8-64	7-81	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10		28-21	25-7	23-7	21-0	18-84	17-1	15-5	13-94	12-54
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
是他是		30-6%	ALMERICAN CONTRACTOR	25-34	26-1	23-75	21-4	19-0%	17-3	15-5	13-114
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11		70-61	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
-	98-5		85-4	78-9	72-2	65-8	59-1	52-6		45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
4.12	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	- B	29-7
20 Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
notes:	2) Short 3) Short 4) Jáve 5) Ham 6) Metr	t hurd put: elin: mer:	les: 30- 30- 30- 30- ghts and	-39: 33 -49: 4k -49: 60 -49: 4k	"; 40+; 50+; 0gm; 5; 50+;	: 30" 3k. 0+: 400 3k.	gu.				hand tim



# APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

ALL-AMERI	CAN CERTIFICA	TE/PATCH
NAME	AG	E-GROUP
ADDRESS	S	EX: M F
CITY_	STATE	ZIP
MEET	DATE OF MEE	Г
MEET SITE		
EVENT:	MARK:	
HURDLE HEIGHT	WEIGHT OF I	MPLEMENT
CERTIFICATE	□ PATCH	□ PATCH TAG
If you have bettered the standard of	f excellence, please send \$10 fo	or a certificate, \$10 for patch

or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate—suitable for framing—and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

# **TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

#### NATIONAL

TAC National Masters Weight Pentathlon Championships
Seattle, WA; September 5

September 1	I am it stiered and it is		1							AGE	
AGE	The second second					-			TOTAL	FACTOR	
GROUP	NAME	AGE	STATE	TAVELIN	DISCUS	SHOT	WEIGHT	HAMMER	POINTS	POINTS	PLAC
40-44	1. BOB SAGER	4	MONT	31.82/325	33.02/524	11.45/573	11.58/581	31.04/507	2510	2972	
Trible()	2.RICHARD WATSON	40	LA	39.62/437	30.94/483	9.76/471	8.91/420	20.60/303	2114	2403	-
of color	3_ERRY CASH	43	OR	39.66/437	28.70/400	9.14/434	9.58/460	18.38/254	1985	2336	
AND AND	4.TOM PARDUN	42	WA	28.5/250	35.06/585	10.10/492	6.71/290	22.80/350	1947	2250	
But is	5.BILL GALLER	44	. WA	17.34/126	27.12/408	7.52/338	9.13/434	22.60/346	1652	1948	
TABLE			17		-						
45-40	1.GEORGE MATHEWS	49	WA	31.46/320	32.92/522	11.37/588	14.52/760	43.64/711	2981	3623	_
50-64	I RICHARD HOTCHKISS	53	CA	46.06/531	45.74/782	14.09/733	13.50/698	43.20706	3449	4265	240
30-04	2.BOB SHEEDY	51	WA	36.22/388	27.06/407	9.930/481	8.79/294	22.09/335	1906	2308	1000
-	3.ROGER DEAN	53	WA	29.22/200	28.22/391	8.39/389	4.75/177	20.18/294	1639	1915	-
-	4.STEVE BIDDINGER	- SI	NV -	14,70/92	18.18/238	8.24/283	7,13/316	21.28/318	1228	1514	-
100	4.31EVE BOUNGER		144	14.7432	10.10/230	0.24200	7.13/310	2120310	1220	1314	-
55-69	1.JAMES HART	56	CA	28.807280	42.3/714	12.81/668	10.54/518	36.88/906	2774	3538	
A 100	A TOTAL PARTY OF	-	1000	11 24 141		10 10000	15 25 25 25	11		1000	-
80-84	I LEN OLSON	61	PA	41.28/481	48.74/844	13.47/696	13.66/708	41.86/684	3393	4335	IST
-	2.DARROLD SKARTYEDT	61	WA	37.78/410	41.10/687	10.97/544	9.27/442	21.25/318	2401	3074	-
66-89	1.PHL BRUSCA	66	MO	40.28/448	41.02/896	12.74/661	12,43/633	33,58/651	2968	4110	3R0
1 1	ZHARVEY WILLIAMS	68	WA	28.52/278	40.56/878	10.48/515	7,95/383	23 38/362	2194	3309	
	3.KEN WEINBEL	65	WA	17.82/132	28.98/444	9.80/474	11,57/580	32.20/527	2157	2943	
1	4.WARD CHURCH	65	OR	27,02/257	29.94/463	8.19/378	7,36/328	21.50/323	11749	2414	- 5
1	1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	190 -	1							4	
70-74	1_IIM MINAH	73	WA	22,72/198	28.64/438	10.95/543	9.93/481	41,10/673	2333	3610	28.
me Ca	ZARICCIARDI	72	W	25.50/236	31.66/497	9.87/448	8.33/396	35.80/588	2155	3279	-
730	3 CERALD CYSEWSKI	74	WA	27.06/258	34.14/546	10.89/539	6.68/289	25.70/408	2040	3284	1
Sharke	4.WALTER JENKINS	71	CANADA	19.36/153	27.34412	9.44452	0	39.42/848	1663	2464	- V-
		100 1/4		10 A 157-11				-	-	pe#4.255%	
75-79	1.MANUEL WHITE	76	MONT	37.98/413	37.58/616	10.72/529	8.41/391	27.90/450	2399	4079	1000
200	2_JAMES YORK	79	CA	0	0	8.10/372	8.64/304	24.28/380	1056	1869	
80-84	1.LEON JOSLIN	80	WA	20.74172	30.40/472	9.35/447	7,90/360	24.12/377	1828	3388	1
ar I I No I		100		49.7117		-	1 1 1		- 1 m. 1	2.00	1
85-89	1.BURT DEGROOT	85	CA	14.76/92	22.16/313	6.95/304	4.52/164	16.56/211	1084	2322	
MOMEN	ATT A CALL OF THE PARTY.	1	1		and the same	The state of	10 -				- 9
40-44	1.SUSAN HINZ	4	WA	18.08/253	24.48/357	7.79/396	4.43/173	25.78/409	1578	1996	3RD
50-54	I BARBARA STEWART	50	NY	17.34/240	13.98/162	6.73/318	6.28/289	20.29/296	1305	1695	3
8 112	A STATE OF THE STA	4	A 6 013								100
60-64	1.SALLY POLK	62	NM	18.62/263	20.28/277	7.70/380	9,25/480	28.10/454	1854	3050	1ST
65-89	LESTELLE JENKINS	66	CANADA	12.62/153	15.02/190	6.13/290	5.94/267	19.24/273	1153	2067	200
\$ - Dec.	WORLD RECORD - LEON JOS	UN (80) - 25	WEIGHT T	HROW - 7.90	METERS	10.0.0	- F.	1 1	21760		
5/100	AMERICAN RECORD - SALLY	POLK (67) .	C HALAIE	D TUDOW	20 101 6750	-			100 miles		7

-- August 22-

#### EAST

Corrected Results Garden State AC Meet Randolph, NJ; July 5

M60 Bub Keegan 12.9 Jack Lance 13.9 Grorgro Chravelli 14.00

#### **Dartmouth Weight Meets** Hanover, NH

Company of the Control of the Contro			
—July 19—			
Shot Put	2.10	150	
			Water The
Carl Wallin			51-3
Bob Mead			46-73/4
Dave Gomez	16	30	41-84
Kim Gralle	4ku	31	28-93/4
Discus	Chi d		
	1 54	En	127 0
Carl Wallin	1. DK	30	127-9 124-7
Dave Gomez			
Bob Mead	2k	48	122-3
Hammer			
Carl Wallin	6k	50	152-2
Bob Mead		48	147-1
	TO#	40	14/-1
Javelin			1200
Kim Gralle		<b>v31</b>	102-7
July 24	000		
Shot Put			
Carl Wallin	16#	50	47-6
Carl Wallin			51-11
	OK	20	21-11
Discus	100	-	
Carl Wallin	1.5	(50	125-0
Hammer			
Carl Wallin	6K	50	156-4
August 2			WASE.
The state of the s			
Discus			
P Dreissisack	r2k	41	131-4
Bob Mead	2k	48	
Dave Gomez	2k	30	
Carl Wallin	1.5	150	127-9
Al Neville	2k	48	108-10
Shot Put		. 3	
Carl Wallin	6k	50	52-2
John Schlosse	-	49	
Bob Mead	16#		48-1
Carl Wallin	16#		
Dave Gomez	16#	30	42-45
Luke Hottle	16#	45	
Al Neville	16	48	
Hammer	101	13	2, 113
Bob Mead	100		
	16#		
Carl Wallin	6k	50	
Al Neville	16#	48	121-9
Luke Hotte	16#	45	99-6
THE RESERVE OF THE PARTY OF THE			,,,

Shot Put	164 50 47 0
Carl Wallin	16# 50 47-2½ 16# 48 37-5½
Al Neville Barb Stewart	16# 48 37-5½ 3k 50 23-5½
	JEAN ENG COM
Discus Ed Daniels	1.6k40 119-11
Al Neville	2k 48 100-0
Barb Stewart	1k 50 50-2
Hammer	164 50 100
Ed Daniels	16# 50 137-10
Al Neville	16# 48 127-8
Carl Wallin	16# 50 126-0
August 30-	TOTAL PROPERTY.
Shot Put Carl Wallin	16# 50 47-65
Bob Mead	16# 48 46-3
Bob Mead Bob Harvey	
Al Neville	16# 48 37-7
Carl Wallin	6k 50 49-11
Bob Harvey	6k 49 41-25
Discus 2k	HALL STATE
	48 135-0
Bob Mead Bob Harvey	49 107-6
Al Neville	48 107-4
Carl Wallin	50 103-5
Hammer	1757
Bob Mead	16# 48 161-10
Carl Wallin	16# 48 161-10 16# 50 140-0
Al Neville	16# 50 140-0 16# 48 124-2
-September !	16# 48 124-2 5
Shot Put	ANALSK ST
Carl Wallin	6k 50 51-2
Bob Harvey	6k 49 44-105
Carl Wallin	16# 50 47-4
Bob Harvey	16# 49 39-7
Discus 2k Carl Wallin	Water Street
Carl Wallin	50 113-6
Ed Daniels	40 109-11
Bob Harvey	49 106-3
Hammer Carl Wallin	
Carl Wallin	16# 50 142-7
Ed Daniels	16# 40 135-6
Bob HarveySeptember 1	16# 49 106-3 13
Shot Put	THE PARTY OF THE P
Shot Put Carl Wallin	16# 50 49-6
Al Neville	16# 50 49-6 16# 48 37-94
Carl Wallin	16# 48 37-9% 6k 50 52-1
Carl Wallin	12#:50 54-11
Al Neville	12# 48 40-11
Bill Garahan	5k 63 38-9
Discus	es fell la
Al Neville	2k 48 106-7
Bill Garahan	lk 63 146-4
Carl Wallin	lk 50 140-11
Hammer	
Carl Wallin	16# 50 140-11
Al Neville	164 48 121-6
Carl Wallin	6k 50 153-9

0	2 42 0 37 - 20 - 2
	Bill Garahan 6k 63 69-4
200	September 20
-25	Shot Put
-51	Carl Wallin 16# 50 47-9 3/4
1-51	Mike Grisko 16# 45 34-5 3/4
a distance	Ed Daniels 16# 40 33-75
19-11	Carl Wallin 6k 50 51-2
0-0	Carl Wallin 6k 50 51-2 Mike Grisko 6k 45 38-54
50-2	Ed Daniels 6K 49 36-8%
37-10	Carl Wallin 12# 50 54-4% Discus
27-8	
26-0	Bob Mead 2k 48 129-5 Mike Grisko 2k 45 127-6
-0 0	Carl Wallin 1.5k50 117-9
	Ed Daniels 1.5k40 115-5
7-63	Hammer
6-3	Bob Mead 16# 48 155-4
8-11년	Carl Wallin 16# 48 155-4  Carl Wallin 16# 50 141-1  Mike Grisko 16# 45 140-4
7-7	MIKE GI 1240 104 42 140-4
9-11	Ed Daniels 16# 40 133-8
1-25	Carl Wallin 6k 50 156-3
	-September 26
35-0	Shot Put Carl Wallin 16# 50 47-7
07-6	Mike Grisko 16# 45 34-10%
.07-4	Carl Wallin 6k 50 52-94
.03-5	Discus
	Carl Wallin 1.5k50 110-8
161-10	Mike Grisko 2k 45 103-3
140-0	Hammor
124-2	Mike Grisko 16# 45 130-8
	Carl Wallin 16# 50 128-4
# 52	Javelin
51-2	Carl Wallin 50 117-3 Mike Grisko 45 80-2
4-105	
17-4 39-7	Weight 354 50 46 4h
,,-,	Carl Wallin 35# 50 46-4½
113-6	Mike Grisko 35# 45 45-5
109-11	October 4
106-3	Weight Pentathlon
	(age-factored totals)
142-7	SP/HT/DT/WT/JT
L35-6	Cliff Blair 62 4862
106-3	14.91/52.66/42.52/18.72/32.10
	Carl Wallin 51 4280
19-6	16.07/48.50/37.82/14.50/40.84
37-94	Mike Grisko 45 3531
2-1	10.94/42.40/36.60/13.79/30.48 Bob Harvey 50 3458
4-11	13.21/36.90/37.90/9.11/31.80
10-11	Al Neville 48 3283
8-9	11.53/39.60/31.62/11.28/24.46
	Luke Hotte 45 2091
106-7	12.71/28.96/35.76/inj/inj
L46-4	Shot Put
140-11	Carl Wallin 16# 51 48-9*
1 1 1 1	Bob Harvey 16# 50 41-0
40-11	Bob Harvey 16# 50 41-0 Carl Wallin 12# 51 55-55
21-6	Cliff Blair 5k 62 14.91*
153-9	*US single-age record

New York Masters Classic	W35 Irene Thompson 61.9
Mitchell Field, L.I.	W40 Jennifer Pinto 67.0
September 27	W65 Fat Peterson 84.0
September 27	800m
100g	M30 P Pageux 2:09.1
M30 Dave Cherry 11.6	M50 D Fennenigh 2:17.0
M35 Jim Easter 11.8	1500m
Rockdale Hudson 12.6	W35 P DicksonTaylor 5:58.9
M45 Faul Henry 12.4	5000m
M50 Avital Schurr 13.3	M50 Seth Kaminsky 25:32.5
A Roos 15.4	M60 Joe Kernan 28:47.4
MSS Lloyd Henry 13.8	Short Hurdles
Horace Stevens 14.3	M40 H Hudson 17.0
M60 Giorgio Chiavelli 14.6	Ivan Black 19.2
M65 Jack Doorlay 15.5	M45 M Augeri 19.5
W30 Louise Clark 13.3	W65 Fat Peterson 20.1
W40 Jennifer Pinto 14.5	Long Hurdles
W50 Barbara Stewart 15.9	M40 H Hudson 59.3
W65 Pat Peterson 16.9	Ivan Black 66.6
STATE OF THE STATE	Long Jump
200m	M35 R Hudson 5.06
M30 F Feaster 25.1	M40 Ivan Black 5.32
M35 B James 23.1	M15 M Augeri 4.97
lim Easter 23.7	M50 Avital Schurr 5.46
M40 H Hudson 24.7	Bob O'Brien 4.84
M45 Paul Henry 25.8	M55 R Deere 4.87
M50 Avital Schurr 25.8	H Stevens 4.44
Julio Marin 26.5	M60 GiorgioChiavelli3.80
M55 Rich Rizzo 26.7	M65 Jack Doorlay 3.80
H Lloyd 27.5	M70 H Saareste 3.48
M60 Giorgio Chiavelli 32.8	W35 F Thompson 4.71
WOO Louise Clark 27.8	W50 Barbara Stewart 3.41
W35 F Dickson-Taylor 31.2	一 多洲市民 医乳腺体管 部
W40 .lennifer Finto 29.8	Triple Jump
W65 Fat Feterson 29.8	M40 Ivan Black 11.16
17世界的一个人的一个人的一个人的	Rich Ryan 9.08
400m	M50 Bob O'Brien 9.II
M30 Dave Cherry 53.9	
M35 B James 50.4	
Jim Easter 51.7	M70 H Saareste 7.60
M40 H Hudson 53.7	
P Caldon 54.5	
M45 Paul Henry 55.9	
M50 Bob O'Farien 60.5	
T Hartman 62.3	
M55 Rich Rizzo 59.9	
P Flant 68.7	
M60 Giorgio Chiavelli 76.3	1150 0 1 0 1 51
W30 Louise Clark 63.3	Jai Singh 9.56
	THE RESERVE OF THE PARTY OF THE

M55	Rich Deere	11.73
1133	Kurt Krastin	9.88
MEO		11.93
MOU	Pay Carstensen	
	Wm Garrahan	11.87
	Herb Cantor	10.48
	Fred Davies	10.75
M75	B Detweiler	6.53
	Barbara Stewart	7.00
W55	Ann Cirulnick	9.21
W70	Libby Hagemann	7.01
	P Auerbach	5.90
W75	Rose Ruston	6.38
Disc		
	D Davies	38,12
IHO	R Dunphy	34.42
M45	F Monroe	
MAD	Bric Weissbrot	31.94 27.56
MEA		27.56
M50	B Mckenna	37.81
	John Lang	33.90
MOO	Kurt Krastin	28.86
M60	Wm Garrahan	41.80
	Pay Carstensen	33.64
M65	Herb Cantor	34.78
M70	Herb Cantor John Hagemann	28.70
M75	B Detweiler	22.98
W55	Ann Cirulnick	21.26
	Joan Youngs	19.18
W70	Libby Hagemann	19.06
	P Auerbach	15.94
W75	Rose Ruston	15.74
Ham		Panal State of the
	D Davies	43.58
	J Cassamassima	43.28
	Ed Daniels	42.41
M45	Eric Weissbrot	28.86
M50	B McKenna	36.14
M55	B McKenna Kurt Krastin	28.40
Mico	Pay Carstensen	39.16
M65	Lev Mozhaev	44.48
1100	(US age-group r	
	Herb Cantor	31.92
M70	Bob Detweiler	20.74
	Rose Ann Gaeta	10.56
		18.56
W55	Barbara Stewart	
W35	Ann Cirulnick	24.08
100	Joan Youngs	18.56
w/0	Libby Hagemann	21.78
	Control of the second	Cyn.
	Continued on I	next page

#### **SOUTHEAST**

Overall Age-Factored Results of 8th Thomasville Fall Decathlon
Thomasville HS, Thomasville, NC, September 20, 1992
(Corrected to 1991 WAVA Standards, 1989 WAVA Age-Factoring, 1985 IAAF Scoring)

		E 100M LJ SP	HJ 400M HH	DT	PV JT 1500M	
	AGE SCORE DATE NAME RESIDENCE	E TOUR LJ SP				
			166 5738 175		395 4524 N 5:36.0	
	meet:THOMASVILLE,NC	808 842 717	749 782 75	2 748	834 699 541	
	FT-1N	9- 5 1/4 38- 1	5- 5 1/4	122- 6	12-11 1/2 148- 5	
2	66 7428 20SEP92 Denver Smith(OH)	1422 462 975	136 6976 174		275 3134 0 6:42.2	
•	TO THE EUSEPPE DETIVET SHITTINGHY	770 970 177				
	meet:THOMASVILLE,NC	728 878 683	794 750 95		716 623 541	
	FT-IN	15- 1 3/4 31-11 3/4	4- 5 1/2	119- 9	9- 0 1/4 102- 9 3/4	
3	71 7298 20SEP92 Boo Morcom(NH)	1544 434 951	136 7805 156		305 2492 0 7:14.1	
-01						
	meet:THOMASVILLE,NC	631 898 668	906 622 79		976 531 510	
	FT-IN	14- 2 3/4 31- 2 1/4	4- 5 1/2	107- 0 1/4	1u- 0 81- 9	
4	59 6280 20SEP92 Phil Mulkey(GA)		152 6973 181		275 3323 0 7:30.6	
-						
	meet:THOMASVILLE,NC	599 785 812	785 533 69	707	557 606 202	
	SEC - TOTAL FT-IN 200	16- 6 1/4 41- 4	4-11 3/4	115- 0 1/4	9- 0 1/4 109- 0 1/4	
	80 6179 20SEP92 Claude Hills(PA)	1710 342 716	112 9678 184			
					185 2024 0 8:45.0	
	meet:THOMASVILLE,NC	651 750 647	776 433 72	8 683	546 556 409	
		11- 2 1/2 23- 5 3/4	T- 8	76- 3 1/2	6- 0 3/4 66- 4 3/4	
. 0	45 6100* 20SEP92 Bill DeHorn(CAN)	1304 551 997		0 110/36 2844	335 4044 N 6:02.0	
	meet:THOMASVILLE,NC	647 723 598	749 582 61	6 535	626 608 416	
		18- 0 3/4 32- 8 1/2		93- 3 1/2		
					10-11 3/4 132- 8	
_ 7	45 5780* 20SEP92 Jim Rose(MS)	1290 495 1044	150 5937 190	0 110/36 3240	275 3669 N 5:56.0	
	meet:THOMASVILLE,NC	673 574 632	585 704 56	9 628	434 538 443	
			4-11			
		16- 2 3/4 34- 3		106- 3 1/2	9- 0 1/4 120- 4 1/4	
8	50 5630 20SEP92 David Ayres(VA)	1386 462 901	140 6237 192	2832	275 3370 0 5:09.2	
	meet:THOMASVILLE,NC	563 565 504	560 684 48		490 532 749	
	FT-IN	15- 1 3/4 29- 6 1/2	4- 7	92-10 3/4	9- 0 1/4 110- 6 3/4	
Q	49 5610* 20SEP92 Henry Hopkins(IN)	1399 517 992	150 6546 197	1 110/36 3088	350 3557 N 5:36.7	
-						
	meet:THOMASVILLE,NC	485 630 594	585 489 50		676 517 537	
	FT-IN	16-11 1/2 32- 6 1/2	4-11	101- 3 1/2	11- 5 3/4 116- 8 1/4	
10	43 5366* 20SEP92 Bob Green(SC)	1252 481 1112	146 5687 195		305 3398 N 5:44.0	
10						
	meet:THOMASVILLE,NC	687 469 637	480 716 44	6 560	472 453 446	
	FT-IN	15- 9 1/4 36- 5 3/4	4- 9 1/4	102-11 1/4	10- 0 111- 5 3/4	
•••	1 51 5182 20SEP92 Mike Valle(NC)	1433 458 1198	140 6748 203		215 3358 0 6:19.4	
	meet:THOMASVILLE,NC	488 554 711	560 510 39		300 530 397	
	FT-1N	15- 0 1/4 39- 3 1/2	4- 7	127- 5 3/4	7- 0 1/2 110- 2	
	2 45 5041* 20SEP92 Allen Ray(OH)	1340 516 1045				
. "				2 110/36 3004	290 3272 0 6:58.0	
	meet:THOMASVILLE,NC	582 628 633	585 470 42	9 572	480 464 198	
	FT-IN	16-11 34- 3 1/4	4-11	98- 6 1/2	9- 6 107- 4	
47	3 33 4785 20SEP92 Frank Makozy(PA)		166 5546 182			
					200 3279 N 4:48.2	
	meet:THOMASVILLE,NC	622 465 492	536 618 51	3 376	149 366 648	
	FT-IN	17- 5 32- 9 1/4	5- 5 1/4	83- 5 1/2	6- 6 1/2 107- 6 3/4	
1/	4 29 4669 20SEP92 Joe Obeldobel(PA)	1253 605 847	180 5987 165		290 3580 N 5:36.7	
	meet:THOMASVILLE,NC	551 597 394	627 418 67	3 327	333 382 367	
	FT-IN	19-10 27- 9 1/4	5-10 3/4	75- 2 1/4	9- 6 117- 5 1/4	
11						
	5 48 4618* 20SEPO2 Johnston Euing/TN		154 4424 202			
	5 48 4618* 20SEP92 Johnston Ewing(TN	1 1397 466 783	154 6624 202	2 110/36 2284	305 2992 N 6:32.4	
	meet:THOMASVILLE,NC	1397 466 783 488 500 444	627 464 46	2 110/36 2284		
	meet:THOMASVILLE,NC	1397 466 783 488 500 444	627 464 46	2 110/36 2284 2 405	305 2992 N 6:32.4 527 413 288	
	meet:THOMASVILLE,NC FT-IN	1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4	627 464 46 5- 0 1/2	2 110/36 2284 2 405 74-11	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4	
1	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC)	) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930	627 464 46 5- 0 1/2 146 6615 186	2 110/36 2284 2 405 74-11 9 110/36 2824	305 2992 N 6:32.4 527 413 288 10- 0 98- 1 3/4 350 0000 0 0:00.0	
10	meet:THOMASVILLE,NC FT-IN	1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4	627 464 46 5- 0 1/2	2 110/36 2284 2 405 74-11 9 110/36 2824	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4	
10	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC	1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549	627 464 46 5- 0 1/2 146 6615 186 552 467 59	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0	
	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN	1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4	305 2992 N 6:32.4 527 413 288 10- 0 98- 1 3/4 350 0000 0 0:00.0 676 0 0	
	meet:THOMASVILLE,NC FT-IN 6 48 4523° 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402° 20SEP92 Jan Decker(NY)	1) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1	
	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN	1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068	305 2992 N 6:32.4 527 413 288 10- 0 98- 1 3/4 350 0000 0 0:00.0 676 0 0	
	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402* 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC	1) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827 475 537 476	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39	2 110/36 2284 2 405 74-11 9 110/36 2824 8 92- 7 3/4 1 110/36 2068 8 356	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 286	
1	meet:THOMASVILLE,NC FT-IN 6 48 4523° 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402° 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC FT-IN FT-IN FT-IN	1) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827 475 537 476 15- 9 1/4 27- 1 1/2	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39 5- 0 1/2	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068 8 356 67-10	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 286 9-0 1/4 100-4 1/4	
1	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402* 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC FT-IN 8 40 4399 20SEP92 Richard Watson(LA	1) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827 475 537 476 15- 9 1/4 27- 1 1/2 1) 1491 462 1041	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39 5- 0 1/2 150 6635 229	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068 8 356 67-10	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 286	
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1	meet:THOMASVILLE,NC  FT-IN  6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC  FT-IN  7 46 4402* 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC FT-IN  8 40 4399 20SEP92 Richard Watson(LA meet:THOMASVILLE,NC	1) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827 475 537 476 15- 9 1/4 27- 1 1/2 1) 1491 462 1041 302 425 589	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39 5- 0 1/2 150 6635 229 520 383 23	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068 8 356 67-10 8 2946 3 518	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 286 9-0 1/4 100-4 1/4 245 4353 0 5:32.6 305 622 502	
1	meet:THOMASVILLE,NC FT-IN 6 48 4523° 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402° 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC FT-IN 8 40 4399 20SEP92 Richard Watson(LA meet:THOMASVILLE,NC FT-IN FT-IN FT-IN	) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827 475 537 476 15- 9 1/4 27- 1 1/2 1) 1491 462 1041 302 425 589 15- 1 3/4 34- 1 3/4	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39 5- 0 1/2 150 6635 229 520 383 23 4-11	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068 8 356 67-10 2946 518 96- 7 3/4	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 9-0 1/4 100- 4 1/4 245 4353 0 5:32.6 305 622 8-0 1/4 142-9 3/4	
1	meet:THOMASVILLE,NC FT-IN 6 48 4523* 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402* 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC FT-IN 8 40 4399 20SEP92 Richard Watson(LA meet:THOMASVILLE,NC FT-IN 9 80 4067 20SEP92 Bob Boal(NC)	(1) 1397 466 783 488 500 444 15- 3 1/4 25- 8 1/4 1356 503 930 556 595 549 16- 6 30- 6 1406 481 827 475 537 476 15- 9 1/4 27- 1 1/2 1) 1491 462 1041 302 425 589 1862 280 599	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39 5- 0 1/2 150 6635 229 520 383 23 4-11 000 10128 207	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 11 110/36 2068 8 356 67-10 18 2946 518 96- 7 3/4 96- 7 3/4	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 676 0 0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 286 9-0 1/4 100-4 1/4 245 4353 0 5:32.6 305 622 502	
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1 1 2 2 2	meet:THOMASVILLE,NC FT-IN 6 48 4523° 20SEP92 Bill Busby(NC) meet:THOMASVILLE,NC FT-IN 7 46 4402° 20SEP92 Jan Decker(NY) meet:THOMASVILLE,NC FT-IN 8 40 439° 20SEP92 Richard Matson(LA meet:THOMASVILLE,NC FT-IN 9 80 4067 20SEP92 Bob Boal(NC) meet:THOMASVILLE,NC FT-IN 10 61 3488 20SEP92 George Taylor(DE) meet:THOMASVILLE,NC FT-IN 11 54 3296 20SEP92 Jerry Rouse(MS) meet:THOMASVILLE,NC FT-IN 12 62 3225 20SEP92 Bill Brobst(NC)	(a) 1397 466 783 488 500 444 115-3 1/4 25-8 1/4 1356 503 930 556 595 549 16-6 30-6 1406 481 827 475 537 476 15-9 1/4 27-1 1/2 (a) 1491 462 1041 302 425 589 15-1 3/4 34-1 3/4 1862 280 599 456 483 522 9-2 19-7 3/4 (1652 367 839 309 455 507 12-0 1/4 27-6 1/4 1512 396 945 373 394 535 12-11 3/4 31-0 1713 322 807	627 464 46 5- 0 1/2 146 6615 186 552 467 59 4- 9 1/4 154 6873 210 627 388 39 5- 0 1/2 150 6635 229 520 383 23 4-11 00 10128 207 0 342 52 0 0 342 52 112 8797 235 419 177 32 3-8 132 8696 320 4-3 3/4 128 9665 000 593 52 0	2 110/36 2284 2 405 74-11 9 110/36 2824 8 530 92- 7 3/4 1 110/36 2068 8 356 67-10 2946 3 518 96- 7 3/4 1 1818 504 59- 7 1/2 2106 350 69- 1 1 2946 518 504 59- 7 3/4 101 2946 301 302 303 304 305 305 306 307 307 307 308 309 309 309 309 309 309 309 309	305 2992 N 6:32.4 527 413 288 10-0 98-1 3/4 350 0000 0 0:00.0 11-5 3/4 0-0 3/4 275 3059 N 6:33.1 434 425 286 9-0 1/4 100-4 1/4 245 4353 0 5:32.6 305 622 502 8-0 1/4 142-9 3/4 140 1706 0 8:24.5 316 446 475 4-7 55-11 1/2 185 2787 0 7:57.8 291 476 189 6-0 3/4 91-5 230 2701 0 7:22.5 345 399 170 7-6 1/2 88-7 1/4 185 2453 0 6:42.1 291 403 452	
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\* = Non-Standard Implements or Distances

W = Wind Aided Performance

1 Decimal Digit = Hand Timing, 2 Decimal Digits = Fully Automatic Timing

Shotput: 16=16 Pounds, 12=12 Pounds, 8=8 Pounds, 6=6 Kilograms, 5=5 Kilograms, 4=4 Kilograms

Javelin: 8=8Q0 Gram, 6=600 Gram, 4=400 Gram, 0=0ld IAAF (pre-1987 Javelin, N=New IAAF (1987 Javelin)

P-6		2 10000 11001		The state of the s	
Continued from previous page	M55 Ben McGrady 127-0	M75 Charles Roloff 84'11"	M75 Dan Bulkley 8.01	M80 Sam Monastero 3:56.61	M75 Charles
Javelin	M60 Jan Smit 116-5	W65 Renee' Rofoff 53'5"	Frank Herrelko, Sr. 10.85	W50 Iris Tolley 3:21.61	M80 Leon Jo
M40 B Romanelli 31.78	M65 Carlos Ramirez 58-1	Norma Elliott 51'3" Shot Put	M80 DeRauz Cahoon 12.99	W60 Ida Ruttler 3:53.94	Carl Ne
M-15 M Augeri 36.27	M70 Hugh Hackett 93-1	M50 Richard Bordeu 35'3"	W50 Iris Tolley 9.11	W65 Mary Boe 3:22.60	W55 C. Sobk
M50 J Lang 37.22	M75 Lloyd Adams 50-2	Lonny Tumlinson 33'8.5"	W60 Betty Heil 9.87	Nancy Smalley 3:35.10	Johanna
Rich Raye 26,50	M80 Al Durand 60-10	Bufe Morrison 30'11.5" M55 Ben Clark 41'11"	Ruth Payne 10.32	Velma Earl 4:08.22	Betty \
M55 Bob Youngs 45,48	W55 Johanna Smit 52-4	Ben McGrady 41'7.5"	Marty Berry 12.08	W80 Ivy Granstrom 4:43.13	W60 Betty F
(also 47.85 US age-58	W60 Gloria Ramirez 47-5	Bob Beck 40'7.5"	W65 Mary Boe 8.79	The state of the s	W65 Annie E
record with 600gr)	W65 Adele McCormick 48-6	M60 Marlin Lewis 31'9.5" Warren Wolf 31'4"	Adele Wright 10.16	1500M	W70 Renee I
MoO Pay Carstensen 33.29	W70 Florence Knapp 31-8 Javelin	M65 Doug Cochran 29'1.5"	Velma Earl 10.95	M50 Dick Jones 5:07.60	Elsie /
G Chiavelli 27.32	100 0	M70 Hugh Hackett 32'8"	W70 Luise Nottage 9.04	H. Van Blaricum 5:15.68	Floren
M65 Herb Canton 29.82	MSO Daniel Vigil 121-6 MSS Rod Rodriguez 31-6	Johnny Gibson 27'10" John Reitan 26'6"	Florence Berry 9.45	M55 Jack Miller 5:10.74	W75 Ivy Br
Jack Door lay 25.64	M60 Allen Cohen 91-5	M75 Charles Roloff 22'8.5"	Gladys Sajwaj 12.09	Christopher Noble5:35.25	JAVELIN
M75 Bob Detweiler 10.25	M65 Ignacio Lujan 66-9	Paul Hall 17'11"	W75 Ivy Browne 13.01	Ralph Reiche 6:35.67	M50 Dwaine
W55 Joen Youngs 20.10	M70 High Hackett 104-8	High Jump M50 Andy Almaraz 4'10"		M60 Russell Allen 5:49.82	Richard
W70 P Auerbach 19.30 Libby Hademann 15.70	M75 Frank Hollick 50-11	M50 Andy Almaraz 4'10"  Bufe Morrison 4" 4"	100M	Ted Sjogren 6:01.99	Bill Ge
Libby Hagemann 15.70 W75 Ruse Ruston 14.20	MSO Al Durand 46-10	Fred Levinus 3'10"	M50 Doug Smith 12.18	Bob Rorlacher 6:06.00 M65 Sid Smith 6:17.86	M55 Harold
Weight	W55 Linda Cobbs 33-11	MSS Bob Bergfeldt 5' 0" Harold Creson 4' 8"	Gary Oliphant 12.37	Russ Robertson 8:18.79	Floyd I
M40 J Cassamassima 12.24	W60 Lupe Carrasco 48-10	Harold Creson 4' 8" Buck Nix 4' 4"	Avital Schurr 12.50	M70 Michel Kagan 6:22.02	Bob Ber
M55 R Ivere 9.34	W65 Emma Udovich 57-3	M60 George McGrady 3' 6"	M55 Karl Horst 13.41	Ben Heath 8:03.17	M60 Richard
Kurt Krastin 8.07	W70 Florence Knapp 25-9	M65 Joseph Sarvis 4' 0" Doug Cochran 3' 8"	Sid Joseph 13.74	John Roderiquez 8:28.80	Bob Ho
M60 Pay Carstensen 13.71	One Mile Racewalk	Paul Landrum 3' 8"	B. J. Kuhn 13.96	M80 Sam Monastero 8:11.04	Ted Har
M65 Herb Cantor 10.51	M50 Bufe Morrison 12:15	M70 John Rietan 3'8"	M60 Andy Anderson 13.39	THE WAR DESIGNATION OF THE PARTY THE	M65 Lex Mai
Don Henry 8.94	M55 Ken Uecker 10:01 M60 Jim Hunt 12:28	M75 Everett Penrod 3' 2"	Ted Hansen 13.42	W65 Nancy Smalley 7:32.15	Wes Goo
M75 Bob Detweiler 6.79	MGO Jim Hunt 12:28 MGO Carlos Ramirez 17:47	M50 Bufe Morrison 109'10"	Ted Sjogren 13.94	Velma Earl 8:16.85	Lary Gr M70 Charles
W70 Libby Hagemann 8.08	M70 Tem Kincaid 11:52	Lonny Tumlinson 94° 0" MSS Harold Creson 106° 2"	M65 Chuck Sochor 13.16	W70 Louise Adams 7:13.20	Brady V
56# Weight	M75 John Murphy 10:27	M55 Harold Creson 106' 2" Bob Bergfeldt 102' 4"	Lary Groth 14.27	W80 Ivy Granstrom 10:01.39	Dick Be
M40 J Cassamissima 7.33 M50 A Roos 5.01	W50 Flo Delgado 13:19	Robert Cinader 101' 1"	Lex Marcusen 14.67	HIGH JUMP (Wall):	M75 Charles
M50 A Roos 5.01 M55 Kurt Krastin 5.24	W55 Johanna Smit 12:13	M60 Marlin Lewis 81° 6" M65 Dough Cochran 100° 8"	M70 Milton Silverstein 13.78	M50 Dwaine Horton 5-0	M80 Leon Jo
M60 Pay Carstensen 6.25	WGO Evelyn Hunt 13:05	M70 Hugh Hackett 103'10"	Jack Davidson 13.96 Lester Wright 15.02	Bill Rigley 4-8	W55 C. Sobl
Mo5 Don Henry 4.48	W65 Isabel Veneyas 13:30	Augie Padilla 59' 9" M75 Charles Roloff 76' 5"	M75 Dan Bulkley 15.37	James Miller 4-8	Betty V
Herb Cantor 4.18	W70 Mary Solin 14:28	MBO Robert Dauphin 61' 4"	Frank Herrelko, Sr. 20.56	M55 Bob Bergfeldt 4-10	W60 Betty I
M75 Bob Detweiler 2.93	W75 Ma DeJesusAcosta14:26	W65 Renee' Roloff 64' 9"	Madelco Blake 20.71	Ralph Reiche 4-8	W65 Annie I
2000m Racewalk	W30 Henrietta Bunger 16:00	M50 Buff Morrison 13'11"	W50 Iris Tolley 17.73	Lawrence Kelley 4-4	Berty I
M50 Jai Singh 15:05.9	WEST	MSS Harold Creson 14'11"	Marquita Molina 18.26	M60 Bill Butterworth 4-6	W70 Renee I
M55 A Kline 16:13.1		Buck Nix 13' 3"	W55 Charmaine Sobkowski18.81	David Douglass 4-4	Floren
M65 Art Fradley 13:58.2	Flagstaff Senior Olympics	MAO George McGrady 12' 7"	W60 Ida Ruttler 18.26	Ted Hansen 4-2	Ruth To
W65 Marie Herry 15:22.2	Northern Arizona Univ.	Warren Wolf 12' 0"	Betty Sjogren 18.34	M65 Chuck Sochor 4-2	W75 Ivy Br
SOUTH WEST	September 12	M65 Joseph Sarvis 12' 7" Paul Landrum 10' 8"	Ruth Payne 19.66	Lex Marcusen 4-2 Jim Hays 3-8	1500M RACE
	50m	Doug Cochran 10' 0"		Jim Hays 3-8 M70 Brady Walker 4-6	W50 Gloria
El Paso Senior Games	M50 Bufe Morrison 7.3	M70 Hugh Hackett 13' 3"	W65 Mary Boe 16.53	Charles Obye 4-4	W55 Johann
El Paso, TX, October 5-23	Andy Almaraz 7.5 Ray Eccleston 7.6	Johnny Gibson 11' 5" John Reitan 10' 1"	Velma Earl 24.46	Victor Jones 4-0	Joan B
50m	M55 Fred Kjer 6.7	M75 Everett Penrod 9' 8"	W70 Luise Nottage 17.93	M75 Charles Roloff 3-51	W60 Paulet
M50 Bufe Morrison 7.3	Norb Wedepohl 6.8 Harold Creson 7.2	Paul Hall 7'10" M80 Virgil Mc Intyre 9'11"	Florence Berry 18.69	W60 Betty Heil 3-2	Clara
M55 Fete Zavala 7.1	M60 Andy Anderson 7.5	M80 Virgil Mc Intyre 9'11" Oscar Baer 7'8"	Ruth Talley 21.20	W70 Evelyn Lercher 3-0	Marty
M60 Andy Anderson 7.1	Grant Twitchell 7.6	1500m Racewalk	200M	W75 Ivy Browne 3-1	W65 Annie
Mo5 Bill Bowers 7.2	Carl Wolf 7.8 M65 Joseph Sarvis 7.8	M50 Walt Scott 9:43.64 M55 Robert Meador 8:28.30	M50 Doug Smith 25.34	字》。[18] 14. 从对地位是"XX主义"。[18] 14.	Rena W
M70 Hugh Hackett 8.2	Lee Fassbender 7.9	M60 Ted Greiner 9:04.30	Avital Schurr 25.94	LONG JUMP	Berty I
W50 Rosemary Brooks10.6 W55 Linda Cobbs 9.4	Fred Goldman 8.0 M70 Milton Silverstein 7.5	Cuchk Lindquest 9:08.75 George McGrady 10:01.27	William Knocke 26.30	M50 Gary Oliphant 17-101 Avital Schurr 17-11	W70 Luise
W55 Linda Cobbs 9.4 W60 Jean Doucet 8.1	Johnny Gibson 7.8	M70 Fred Frank 12:31.97	M55 Harold Creson 27.52 Karl Horst 27.81	James Mills 16-41	(No times
W65 Emma Udovich 11.5	John Reitan 8.1 M7S Everett Penrod 9.4	W65 Grace Djang 11:08.03 Pearle Gibson 14:23.59	Sid Joseph 28.16	M55 Bob Bergfeldt 17-11	THE REAL PROPERTY.
100m	Paul Hall	W75 E. Frendbent 11:19.28	M60 Andy Anderson 27.72	Dale Frehner 15-7	Note: all
M50 Ricardo Nunez 13.2 M55 Pete Zavala 13.6	MBO Virgil McIntyre 9.0 Oscar Baer NTA	5k Racewalk M55 Robert Meador 29:22	Ted Hansen 28.61	Harold Creson 14-2	meet were
MSS Pete Zavala 13.6 MGO Andy Anderson 13.7	M50 Bufe Morrison 12.3	M60 Ted Greiner 32:17	Jack Coy 28.79	M60 Ted Hansen 14-10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	thus shoul
M65 Bill Bowers 14.0	Andy Almaraz 12.9	Chuck Lindquist 32:47 Paul Fields 41:27	M65 Chuck Sochor 27.38 Lary Groth 29.94	Grant Twitchell 13-9	to the nea
M70 Hugh Hackett 16.1	Ray Eccleston 13.2 M55 Fred Kjar 12.6	M70 Don Stevens 37:39 W55 Dorothy Fields 45:24	Lex Marcusen 30.09	M65 Chuck Sochor 14-51	poses.
W50 Rosemary Brooks 22.7 W55 Linda Cobbs 19.4	Norb Wedepohl 12.8	W65 Grace Djang 39:33	M70 Milton Silverstein 29.51	Kenneth Yahiro 14-0	Mary of Hardenia
W55 Linda Cobbs 19,4 W60 Fan Doucet 16.1	Harold Creson 13.0 M60 Andy Anderson 14.0	W75 Estelle Frendbert 38:57	Jack Davidson 29.72	Marvin Woodbury 13-81	CA
W65 Emma Udovich 22.4	Grant Twitchell 14.4	Corrected Results	Lester Wright 31.04	M70 Charles Obye 13-111	September 1997
200m	M65 Joseph Sarvis 15.5 Lee Fassbender 15.6	Club West CA	M75 Dan Bulkley 32.55	Jack Davidson 12-83	Britis
M50 Dufe Morrison 23.4	Fred Goldman 16.0	October 3	Lloyd Houston 35.74 M80 Sam Monastero 47.67	Brady Walker 11-9½ M80 Carl Nelson 5-9	Seni
MSS Mary McCorgary 34.7	M70 Milton Silverstein 14.3 Johnny Gibson 15.8	High Jump	W50 Iris Tolley 38.53	M80 Carl Nelson 5-9 W55 Betty Vickers 9-5	Dawso
M60 Andy Anderson 27.3 M65 Bill Bowers 29.2	John Reitan 16.3	M35 Jason Meisler 1.94	W60 Ida Ruttler 39.63	W60 Betty Heil 7-11	Aug
M65 Bill Bowers 29.2 M70 Hugh Hackett 35.5	M75 Paul Hall 22.0	M40 Charles Rader 1.94	Betty Sjogren 43.79	Marty Berry 7-4	Vice and the state of the state
M75 Russell Denham 41.7	Everett Penrod 23.9 MBO Virgil McIntyre 18.0	With the Control of t	Ruth Payne 44.85	Berty Nebenzaho 5-71	100m
W60 Joan Doucet 33.7	Oscar Baer 21.7	Throws Series #9	W65 Mary Boe 36.04	W65 Mary Boe 11-1½	M55 Ed Col M60 Bert I
400m	W65 Norma Elliott 26.6	Stanford U., CA; October 24	Velma Earl 47.34	W70 Florence Berry 8-101	M65 Les Ro
M50 Bufe Morrison 77.0	M50 Bufe Morrison 30.1	Shot Put	W70 Luise Nottage 39.30	Louise Nottage 8-0	M70 Herman
M55 Mary McCorgary 77.8	Ray Eccleston 30.9	M35 Eric Hodgdon 41-7 1/2	Florence Berry 43.23	Evelyn Lercher 7-101	M75+Hars V
M60 Andy Anderson 65.3	Andy Almaraz 31.2 MS5 Fred Kjer 26.5	M40 G Kelmenson 34-1	Ruth Talley 49.91	W75 Ivy Browne 4-111	W55 Louise
Mo5 Bill Bowers 69.5	Norb Wedepohl 26.8	M50 Rich Hotchkiss 50-3/4	W80 Ivy Granstrom 55.56	SHOT PUT	W60 Anna (
W60 Joan Doucet 76.8	Harold Creson 27.0 M60 Andy Anderson 29.7	M55 Gary Dawson 30-11	400M	M50 Ed Hill 51-13	W65 Hazel W70 Anne
M50 Bill Tilney 3:03.0	Grant Twitchell 31.3	Don Hughes 29-10	M50 William Knocke 58.02	James Gargano 39- 1	200m
MDS Mary McCorgany 2:56.6	Charles Rice 33.5	M70 Bob Stone 26 2 3/4 Discus	Howard Weisser 58.33	Jim Meeks 35-51	M55 Ed Co
M60 Neto Logano 2:56.3	M65 Fred Goldman 34.9 Carl Ziemak 39.6	M40 G Kelmenson 105-0	Joseph Stewart 59.31 M55 Harold Creson 1:02.40	M55 Jim Hart 41-104	M60 Bert I
M65 Frank Castorena 3:24.1	M70 Milton Silverstein 29.9	M50 R Hotchkiss 148-3	Sid Joseph 1:02.40	Victor Vartoughlan33-94	M65 Harrey
1500m	Johnny Gibson 33.5 John Reitan 36.6	Hammer	Karl Horst 1:04.84	Floyd Riddle 29- 4 M60 Jan Smit 37-6	M70 Harry
M50 Bill Barry 5:49.2	M80 Virgil McIntyre 38.1	M35 E Hodydon 118-0	M60 Andy Anderson 1:03.98	Grant Twitchell 35-1	M75+Hans I
MSS Mary McCorgary 5:59.2 MGO Allen Cohen 7:07.7	W65 Norma Elliott 65.1	M40 G Kelmenson 132-0	Ted Sjogren 1:04.58	Richard Holloway 35-0	W55 Louise W60 Anna C
M65 Frank Castorena 6:42.7		M50 R Hotchkiss 155-8	Jim Moorehead 1:11.02	M65 Wes Goodwin 37-21	W65 Hazel
High Jump	400m	M55 Gary Dawson 111-5 Don Hughes 90-9	M65 Chuck Sochor 1:02.11	Ryne Wallin 29-2	W70 Anne I
M50 Bufe Morrison 4-3	M55 Fred Kjer 63.9	M70 Bob Stone 92-0	Charles Payne 1:15.55 Sid Smith 1:26.90	Kenneth Yahiro 28-15	400m
M55 Pete Zavala 4-5	Harold Creson 66.0 Sid Joseph 68.2	Javelin	M70 Michel Kagan 1:16.88	M70 Brady Walker 38-11	M55 Lorne
M60 Gerald Loucet 4-5 M70 Hugh Hackett 3-6	M60 Andy Anderson 73.3	M35 E Hodgdon 117-4	Cal Boyd 1:23.71	Robert Broadbent 29-3 Jack Paulman 25-2	M60 Bert F
M70 Hugh Hackett 3-6 M75 Russ Denham 3-1	Charles Rice 84.2 M65 Carl Ziemak 1:38.5	M40 G Kelmenson 107-9 Weight	John Roderiquez 1:38.35	Jack Paulman 25-24 M75 Frank Herrelko 19-84	M65 Leslie
W60 Joan Doucet 3-4	M70 John Reitan 1:34.0	M30 Dave Swan 51-4	M75 Dan Bulkley 1:14.35	M80 Leon Joslin 30-21	M70 Hairy M75+Hans V
W65 Emma Udovich 3-1	M80 Virgil McIntyre 1:32.1 W55 Kati McIntyre 78.9	M40 G Kelmenson 39-1	Lloyd Houston 1:24.13	John Baker 22-91	W55 Louise
Long Jump	800m	MSO R Hotchkiss 43-1/2	Frank Herrelko 2:02.63	M85 Carl Nelson 18-11	W60 Anna C
M50 Bufe Morrison 13-8	M50 Fred Levinus 2:42.4 Elgean Joshevama 2:52.4	M55 Don Hughes 28-10	M80 Sam Monastero 1:41.86	W55 C. Sobkowski 26-3	W65 Hazel
MSS Pete Zavala 15-1 MSO Gerald Doucet 13-7	M55 Chris Noble 2:43.4	M70 Bob Stone 24-11	W50 Iris Tolley 1:30.31	Johanna Smit 19-23	W70 Anne I
M60 Gerald Doucet 13-7 M65 Rod Rodriquez 10-2	M65 Fred Goldman 2:58.3 M80 Oscar Baer 5:07.3	NORTHWEST	Marquita Molina 1:35.94	W60 Betty Sjogren 19-4½ W65 Annie Barker 17-3	1500m
M70 Hugh Hackett 12-9	W70 Gurnelle Jones 5:07.0		W60 Betty Sjogren 1:48.28 Ruth Payne 2:01.94	W65 Annie Barker 17-3 W70 Florence Berry718-8	M55 Lorrie
M75 Russ Denham 8-10	1500m M50 Dean Lundell 5:09.0	World Senior Games	W65 Mary Boe 1:21.46	Luise Nottage tie 18-8	M60 Mario M65 Leslie
W55 Linda Cobbs 8-1	Fred Levinus 5:38.6	St. George, UT	Velma Earl 1:51.39	Elsie Adams 17-1	M70 Willis
W60 Joan Doucet 10-9	Walt Scott 7:01.0 MS5 Chris Noble 5:32.3	October 21-23	W80 Ivy Granstrom 2:11.21	W75 Ivy Browne 17-21	M75+Les Le
W65 Emma Udovich 7-8 W70 Florence Knapp 4-4	M60 Jack Jewell 9:35.8	50M	800M	DISCUS	W55 Shirle
W/O Florence Knapp 4-4 Shot Put	M65 Robert Williams 6:46.1	M50 Doug Smith 6.48	M50 Howard Weisser 2:31.29	M50 Ed Hill 153-1	W60 Anna (
M50 Bufe Morrison 33-1/4	W70 Gurmelle Jones 10:12.2	Gary Oliphant 6.54	H. Van Blaricum 2:32.02	James Gargano 122-4	W65 Hazel
M55 Ben McGrady 43-5	3000m	Bill Rigley 6.61	M55 Christopher Noble2:46.04	Dwaine Horton 119-5	5000m
M60 Jan Smit 41-2 1/2	M50 Fred Levinus 13:21.6 Elgean Joshevama15:51.0	M55 Harold Creson 6.99 Lowell Wilson 7.00	Ralph Reiche 3:04.49	M55 James Hart 139-1	M55 Lorne
M65 Carlos Ramirez 27-5 1/4	M60 Jack Jewell 22:12.1	Karl Horst 7.00	Jim DeKet 3:16.49 M60 Boyd Rollins 2:44.50	Floyd Riddle 91-10	M60 Mario
M70 Hugh Hackett 38-6 1/4	M65 Fred Goldman 15:21.9 Robert Williams 15:21.8	M60 Ted Hansen 7.05	M60 Boyd Rollins 2:44.50 Ted Sjogren 2:45.56	Ralph Reiche 80-11	M65 Leslie M70 Willis
M75 Frank Hollick 26-0 M80 Dwight Johnson 20-1 1/4	Discus	Andy Anderson 7.10	Russell Allen 2:48.73	M60 Jan Smit 140-81	M75 Les Le
W50 Rosemary Brooks 22-7	M50 Bufe Morrison 88'6" Ray Eccleston 87'9"	Ted Sjogren 7.26	M65 Chuck Sochor 2:33.26	Richard Holloway 130-1 David Douglass 107-9	W55 Shirle
W55 Linda Cobbs 21-8	MSS Ben Clark 119'2"	M65 Chuck Sochor 7.11	Rodney Brown 2:43.62	The second secon	WGO Anna (
W60 Lupe Carrasco 20-8 1/4	Royd Shumway 117'9" Ben McGrady 113'3"	Lex Marcusen 7.53	Marvin Woodbury 2:49.47	Mes Goodwin 119-5 Marvin Woodbury 89-8	W65 Hazel
W65 Emma Udovich 24-2 1/4	M60 Marlin Lewis 110'2"	Giles Pelegrin 7.56 M70 Milton Silverstein 7.37	M70 Michel Kagan 3:03.24	Ryne Wallin 84-11	Long Jump
Discus	M65 Doug Cochran 102'7" M70 Hugh Hackett 91'9"	Charles Obye 7.74	Ben Heath 3:48.07 John Roderiquez 3:53.59	M70 Brady Walker 122-3	M55 Mauric M60 Bert I
M50 Bufe Morrison 89-0	Augie Padilla 71'0"	Lester Wright 7.77	M75 Dan Bulkley 3:21.39	Dick Bennett 79-3	The state of the state of the state of
			3.21.39	Glen Allred 69-3	Conti

les Roloff Joslin Nelson obkowski 90-11 98-2½ 36-7 87-4½ 51-3½ 40-11 54-2¾ 38-4½ 53-3 49-1 48-4 36-0 obkowski
nna Smit
y Vickers
y Heil
e Barker
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George 104-1
Id Creson 112-9
d Riddle 103-8 old Creson 112-9
yd Riddle 103-8
Bergfeldt 100-7
ard Holloway 126-9
Horlacher 120-9
Hansen 109-0
Marcusen 106-8
Goodwin 97-2
Groth 93-11
les Obye 122-6
y Walker 102-6
y Walker 102-6
Bennett 73-8
Bennett 73-8
Bennett 73-8
Heil 52-10
Barker 40-8
Nebenzahl 29-0
Roloff 61-6
Toce Berry 43-0
Talley 41-6
WALK ACE WALK
ria Reynolds
anna Smit
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ra Snell 11:08 11:12 11:52 10:57 11:35 a Snell 11:35
y Berry 13:06
e Barker 11:46
Wallin 13:03
y Nebenzahl 13:19
e Nottage 9:49
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#### ANADA

### tish Columbia enior Games rson Creek, BC ugust 26-29

	and the second second	
	100m	
	M55 Ed Collinson	15.8
	M60 Bert Park	15.6
	M65 Les Robson	15.7
	M70 Hermann Metzler	
	M75+Hans Weickardt	
	M/34Hars Welckardt	18.4
	W55 Louise Reed	17.4
	W60 Anna O'Mellin	18.1
	W65 Hazel Cameron W70 Anne Fleming	20.9
	200m	21.4
	M55 Ed Collinson	31.2
	M60 Bert Parke	30.7
	M65 Harrey Palidwor	32.3
	M65 Harrey Palidwor M70 Harry Thompson M75+Hans Weickardt	34.1
	M75+Hans Weickardt	39.2
	W55 Louise Reed	37.8
	W60 Anna O'Mellin	40.4
	W65 Hazel Cameron	43.6
	W70 Anne Fleming	47.9
	400m	47.9
	M55 Lorne Siemens	71.5
	M60 Bert Farke	71.8
	M65 Leslie Robson	77.4
	M70 Harry Thompson	77.0
	M75+Hans Weickardt	84.2
	W55 Louise Reed	80.7
	W60 Anna O'Mellin	84.0
X	W65 Hazel Cameron	92.1
	W70 Anne Fleming	1:55.8
	1500m	1:55.8
		PERMIT
	M55 Lorne Siemens	5:27.4
	M60 Mario Lauricic	5:31.2
	M65 Leslie Robson	6:39.0
	M70 Willis Greenawa	y6:01.5
	M75+Les Levland	7:03.1
	W55 Shirley Smith	7:02.0
	W60 Anna O'Mellin	6:56.0
	W65 Hazel Cameron	7:20.2
	5000m	1:20.2
	M55 Lorne Siemens	
	MGO Wille Stemens	19:55.0
	M60 Mario Lauricic	20:16.0
	M65 Leslie Robson	24:42.0
	M70 Willis Greenawa	y21:25
	M/JILES LEVIANT	25:26.0
	W55 Shirley Smith W60 Anna O'Mellin	25:00.0
	WGO Anna O'Mellin	24:58.0
	W65 Hazel Cameron	25:52.0
	Long Jump	دى:52.0
	MSS Maurice Mess	
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	M60 Bert Parke	4.13
	Continued on ne	ext nage
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Shet N55 M60 M70 M75+ W55 M60 M70 M75+ W55 M60 M70 M75+ W55 M60 M65 M70 M75+ W55 M60 M70 M75+ W55 M60 M65 M70 M75+ W55 M

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M65 M70 M75 W55 W60

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100m M35 C M40 S M50 S M50 S M50 S M50 S M50 S M70 S M70

December, 19	92	
Continued from prev	ious page	
M65 Leslie Robson M70 Harry Thompson M75+Ron Linsdell W55 June Price W60 Sylvia Stirland	3.93	٠
M75+Ron Linsdell	3.06	
W55 June Price .	2.83	
Shot Put	Turk week like 1	
M55 Uklo Grady	10.14	
M60 Charles Taylor M65 Art Jaago	8.46 11.22	
M70 Hermann Metzler	7.84	
W55 Pat Kirkaldy	7.46	4
M65 Art Jaago M70 Hermann Metzler M75+Wm Makarento W55 Pat Kirkaldy W60 Mae Turek Discus	8.18	ŧ
M55 Udo Grady M60 Chas Taylor M65 Art Jaago	31.80	1
M60 Chas Taylor	32.24	
M70 John Clarkson	19.30	
M70 John Clarkson M75+Wm Makarenko W55 Pat Kirkaldy W60 Mae Turck W70 Alice Doll Javelin	17.90	
W60 Mae Turek	22.74	
W70 Alice Doll Javelin	8.80	-
M55 Ray Morrison M60 Chas Taylor M65 Art Jaago M79 Hurry Thompson M754 Wm Makarenko W55 Pat Kirkaldy W60 Mae Turek W70 Alice Doll 5000m Turek Promote	27.20	
M60 Chas Taylor	23.24	
M79 Harry Thompson	16.60	
W55 Pat Kirkaldy	13.76	
W60 Mae Turek	17.94	1
5000m Track Racewa	7.92 lk	1
5000m Track Racewa M55 Udo Grady M60 Wm Flatcher M65 Steve Watson M70 Ed Kluczny M75+Joseph Smith W55 Flora Young W60 Kathleen Lamb W65 Bernice Moore W70 Aimee Laycock W75+Olga Walker 10K Roadwalk	31:53	1
M60 Wm Fletcher M65 Steve Watson	31:05 39:23	1
M70 Ed Kluczny	35:29	1
W55 Flora Young	41:52	1
W60 Kathleen Lamb	36:54	
W70 Aimee Laycock	40:00	4
W75+Olga Walker	45:31	
10K Readwalk M55 Udo Grady M60 Wm Fletcher M65 Annis Kruze M70 Niilo Itkonen W55 Flora Young W60 Kathleen Lamb W65 Bernice Moore W70 Aimee Laycock W75+Olga Walker 10K Road Race M55 Rod Palmer M60 Mario Lauricic M65 Ken Dawson M70 Willis Greenaw	66:26	
MGO Win Fletcher	72:36	3
M65 Ains Riuze	78:19 72:14	7
W55 Flora Young	69:50	1
W65 Bernice Moore	78:14 84:01	
W70 Aimee Laycock	88:00	
10K Road Race	96:41	
M55 Rod Palmer	44:52	
M65 Ken Dawson	56:36	
M70 Willis Greenaw M75+Les Leyland	3y46:39	1
W55 Shirley Smith	52:30	1
W60 Ann O'Mellin W65 Hazel Cameron	53:18 55:52	Ī
4x100m Relay-Men	Managara ·	3
East Kontenay Fraser Valley	65.0 66.0	1
4x100m-Woulen	26.0	
Vancouver-Richmond Vancouver Isl. Sou	th81.1	
4x100mRelay-Mixed	th69 ()	
Vancouver 1s1. So. Vancouver-Richmont	1 71.0	3
(track surface-una	ivel)	i
INTERNAT	IONAL 📒	100
International Vetera	The second control of	10.00
Hong Kong		1
October 24-2	100 mm 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
M35 C Ping-cheung M40 S A Khan	HKG 13.12 IND 12.28	
M45 Jamie Edwin	NZL 13.29	1
M50 S Chang	MAL 13.14 USA 13.59	

Hong Kong	The state of the s
October 24-2	25
100m	
M35 C Ping-cheung	HKG 13.12
M40 S A Khan	IND 12.28
M45 Jamie Edwin	NZL 13.29
M50 S Chang	MAL 13.14 USA 13.59
M55 L Kai-ming M60 P Meshram	TND 16 25
M65 J Mogunting	IND 16.25 MAL 15.61 IND 17.32
M70 S Das	IND 17 32
M75 A Debnath	IND 20.63
W35 P Mehta	IND 14.35
W40 M Moran	HKG 19.40
W45 S L Yin-ping	HKG 15.91
W55 S Kanwar	IND 20.02
W60 Marie Rorek	INA 17.90
200m	
M35 C Ping-cheung	HKG 26.81
M40 S A Khan	IND 25.06
M45 S Saha	IND 27.63
M45 S Saha M50 W Holder	GER 25.87
M55 L Kai-ming	USA 27.30
M60 A Hudson	GBR 31.85
M65 J Mogunting	MAL 33.27
W35 P Mehta	IND 29.12
W45 S L Yin-ping	HKG 32.78
W50 S Vinay	IND 50.52
W55 S Kanwar	IND 42.72
W60 M Rorek	INA 39.35
400m M40 M Iqbal	IND 64.50
M45 Gnanagaru	MAL 60.96
M50 W Holder	GER 57.17
M55 L Kai-ming	USA 67.53
M60 P Meshram	IND 91.35
W35 P Mehta	IND 67.12
W45 S L Yin-ping	HKG 78.03
W55 S Kanwar	IND1:48.2
W60 M Rorek	INA1:40.7
800m	E agriculture
M35 M Phillips	HKG 2:09.27
M40 G Smith	HKG 2:09.27 HKG 2:08.14
M45 I Edwin	N71 2.20 58
M50 A Pollock	AUS 2:17.17
3 Jerry McFedden	IICA 2.22 Q1

MSS M Sarkar	IND 3:19.68
M60 J Mathias M70 D Waters	HKG 2:48.74 HKG 3:12.82
W40 L Widjaja	INA 2:53.28
W45 E Ebreo W55 S Kanwar	HKG 3:41.95 IND 3:58.49
W60 M Rorek 1500m	INA 4:28.67
M35 M Philling	HKG 4:25.89
M40 G Smith M45 B Cattermole	HKG 4:25.26 NZL 4:42.22
M50 A Pollock J McFadden	AUS 4:51.88 USA 4:54.80
M55 M Sarkar	IND 7:31.03
M70 D Waters W35 C Caplan	HKG 6:54.54 HKG 5:58.35
W40 L Widjaja	INA 5:38.66
W45 N Timmins W55 S Kanwar	NZL 7:14.05 IND 8:23.90
3000m W35 Y Lai-fong	HKG 12:26.9
W40 L Widjaja	INA 12:17.8
W55 S Kanwar 5000m	IND 18:38.3
M40 R Ahlavat M45 B Cattermole	IND 18:01.2 NZL 17:49.0
M50 S Rawatre	IND 19:11.5
M55 J Lane M70 Y Lun-ming	HKG 20:36.0 HKG 22:23.1
The state of the s	11KG 22,23,1
10,000m M35 T Soutar	HKG 33:16.7
M40 P Booth	HKG 37:16.2
M45 R Das M50 S Rawatre	IND 40:47.8 IND 38:32.8
M55 J Lane	HKG 44:00.9
M70 Y Lun-ming 4x100m Relay-Men	HKG 45:01.6
India Nifty Fifty	51.50 51.90
Hong Kong	55.45
4x100m Relay-Wome India	n 66.45
Hong Kong	74.01
M35 B Holmes	HKG 10:07.6
M40 G Smith M45 K Harris	HKG 10:41.5 HKG 12:52.2
M50 R Skuse	NZL 13:10.7
High Jump	HKG 10:09.5
M35 T Crosby M40 P Singh	HKG 1.38 IND 1.55
M45 S Saha	IND 1.27
M50 S Chang M55 R Kishan	MAL 1.51 IND 1.41
M70 P Frech W35 B K Gill	GER 1.27 IND 1.25
W55 S Kanwar	IND 1.01
Pole Vault M35 L Chi-keung	HKG 3.40
M35 L Chi-keung M40 T Kim-fai M45 P V Bayskar	HKG 3.50 IND 2.65
M50 P Ghosh	IND 1.25
M35 C Ping-cheung	HKG 4.82
M40 P Singh M45 S Saha	IND 5.74 IND 4.65
M50 H Khess M55 P Manjaji	IND 4.89
M60 J Mathias	MAL 3.43 HKG 3.46
M65 J Mogunting M70 P Frech	MAL 3.52 GER 3.60
W35 P Mehta W45 B Topno	IND 4.00 IND 3.23
W50 S Vinay	IND 2.41
WSS S Kanwar Triple Jump	IND 2.64
M35 L Chi-keung	IIKG 9.33
M40 P Singh M50 L Upaphya	IND 12.01 IND 9.87
M55 R Kishan M70 P Frech	IND 8.92 GER 7.81
W35 P Mehta	IND 9.12
W45 N Bapna	IND 4.83

crast cartee are	ACCUMATION OF THE PARTY.	MOD J Mogunting	MAL 3.52
NTERNAT	IONAL	M70 P Frech W35 P Mehta W45 B Topno W50 S Vinay	GER 3.60
NIEKNAI	UNAL	W35 P Mehta	IND 4.00
nternational Vetera	ns Meet	W45 B Topno	IND 3.23
Hong Kong		W50 S Vinay	IND 2.41
October 24-2		WSS S Kanwar	IND 2.64
Om October 24-2	STATE OF THE PARTY	Triple Jump	AND THE PROPERTY.
E O D4	HVC 13 12	M35 L Chi-keung	IIKG 9.33
5 C Ping-cheung	IND 12.28	M40 P Singh	IND 12.01
S Inda Eduia	NZI 12.20	M50 L Upaphya	IND 9.87
O S A Khan  S Jamie Edwin  O S A Chang  S L Kai-ming  O P Meshram  S J Mogunting  O S Das  S A Debnath  S P Mehta  O M Moran  S S L Yin-ping  S Kanwar  O Marie Rorek	MAT 12 14	M40 P Singh M50 L Upaphya M55 R Kishan	IND 8.92
U S Chang	HAL 13.14	M/U P Prech	GER /.81
o D Kai-ming	USA 13.39	W35 P Mehta	IND 9.12
U P Meshram	NAT 15 61	W45 N Bapna	IND 4.83
o J Mogunting	MAL 13.01	W50 S Vinay	IND 4.89
U S Das	TND 17.32	W55 S Kanwar	IND 4.89
5 A Debnath	IND 20.63	Shot Put	her other
5 P Mehta	IND 14.35	M35 L Chi-keung	HKG 10.51
O M Moran	HKG 19.40	M40 A S Rathee	IND 8.94
5 S L Yin-ping	HKG 15.91	M45 J Edvin	NZL 6.68
5 S Kanwar	IND 20.02	MSO P Wohlrab	HKG 9.74
O Marie Rorek	INA 17.90		
<del>On</del>		M60 G Chand	IND 7.49
5 C Ping-cheung	HKG 26.81	M70 A Sibidol	MAL 12.24
O S A Khan	IND 25.06	HOE D C	DUT OF
S C Ping-cheung O S A Khan S S Saha	IND 27.63	W35 D Cortejo	PHT 9.08
O W Holder	GER 25.87	WAS S Godera	TND 5.93
55 L Kai-ming 50 A Hudson 55 J Mogunting 55 P Mehta	USA 27.30	W40 E Lavindia W45 S Godara W50 C Ying-yuen	HEG 8.72
O A Hudson	GBR 31.85	W55 S Kanwar	
5 J Mogunting	MAL 33.27	Palacette and married	Culmer Co.
S P Mehta	IND 29.12	100 MM(11)	<b>是如何</b> ,一个
		Discus	
50 S Vinay	IND 50.52	M35 L Chi-keung	HKG 32.46
50 S Vinay 55 S Kanwar	IND 42.72	M40 A S Rathee	IND 28.62
60 M Rorek	INA 39.35	M45 J Edwin	
OOm	E-1905-500-F	M50. S Chang	
40 M Iqbal	IND 64.50	M55 H Shui-on	
5 Gnanagaru	MAI. 60.96	M70 P Frech	GER 40.60
50 W Holder 55 L Kai-ming 60 P Meshram 35 P Mehta	GER 57.17	M75 A Debnath	IND 21.20
55 L Kai-mine	USA 67.53	W35 D Cortejo	PHI 34.46
60 P Meshram	IND 91.35	W40 E Lavindia	PHI 25.34
35 P Mehta	IND 67.12	W45 S Godara	IND 16.25
45 S L Yin-nine	HKG 78.03	W50 C Ying-Peun	HKG 24.16
55 S Kanyar	IND1 - 48 2	W55 K Sanwar	IND 12.84
45 S L Yin-ping 55 S Kanwar 60 M Rorek	INA1:40.7	Branch - Blook	
00m	Caetolia	WO A C P	IND 31.26
	HKC 2.00 27	MAS I Edwin	N71 34 42
35 M Phillips 40 G Smith 45 J Edwin	UVC 2.09.27	MSO & Chang	MAT 41 30
45 I Eduin	N71 2:00.14	M60 P Machran	TND 20 22
50 A Pollock	AUC 2.17 17	M65 I Moountine	MAI 26 74
3 Jerry McFadden	NUS 2:17.17	M70 A Sibide	MAI 20.70
J Jerry Heradden	USA 2:22.91	M45 J Edwin M50 S Chang M60 P Meshram M65 J Mogunting M70 A Sibidol	INL 39.87

		7.1			1
R	M75	A	Debnath	IND	23.00
	W35	B	K Gill	IND	15.42
	W40	E	Lavindia	PHI	40.20
	W45	R	Moitra	IND	14.98
	W50	M	Karundeng	INA	24.16
ŀ	W55	S	Kanwar	IND	14.34
ŀ	3000	Om		TARE	
	M40	S	Reynolds	NZL	18:13.5
			Chakraborty	IND	16:43.4

M50	D	Swarmakar -	IND	17:58.8
M55	M	Sarkar	IND	19:13.6
W35	M	Bhargava	IND	29:24.4
W40	B	Kaur	IND	27:13.7
W45	M	Brooke	HKG	17:14.2
W50	S	Vinay	IND	29:59.2
W55	S	Kanwar	IND	21:14.6
The North Park			-	

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

#### NATIONAL.

**RESULTS** 

National Masters 20K Championships laven, CT; Septen

New Haven, CT; Sep	tember 7
M40-49	HALL THEY DO
Bill Rodgers	1:03:07
Doug Kurtis	1:03:48
Gary Nixon	1:05:00
Domingo Tibaduiza	1:05:03
Chris Webber	1:05:50
M50-59	<b>建一定工作</b>
Roland Cormier	1:13:20
Colman Mooney	1:13:42
Robert Sieller	1:14:40
Peter Madden	1:15:23
John Dugdale	1:16:45
M60-69	All the state of
Norman Green	1:15:15
Fred Savage	1:23:15
Antonio Bramusse	1:23:45
Bernard Snow	1:29:33
Woody Lunsford	1:31:11
M70+	
Max Quackenbos	1:39:34
Dudley Healy	1:43:35
Allen Steele	2:08:53
Warren Paley	2:20:40
W40-49	Market S
Carol McLatchie	1:13:46
Barbara Filutze	1:14:13
Nancy Grayson	1;15:12
Mary DeGeorge	1:17:17
Cheryl Ralya	1:20:32
W50-59	K. K.
Chris Tattersall Zofia Turosz	1:24:29
Judy Savitt	1:27:36
Wen-Shi Yu	1:33:08
Sally Marchesi	1:34:10
W60-69	2.34:10
Gloria Brown	1:34:28
Esther Cox	1:59:50
Ann Monniere	2:38:38

#### TAC/USA National Masters Cross-Country Championships Columbus, OH; November 8

Age-Graded Results	Pct.
Bill Olrich, 57	88.6
Don Coffman, 49	87.9
Peter Hallop, 45	87.6
Stan Clark, 37	87.6
Wally Herrala, 48	87.2
Lari Dunlap, 43	87.1
Swag Hartel, 41	86.5
Peter Wayte, 48	86.4
Bob Ullrich, 45	85.8
Keith Meiklereid, 48	85.6
Dale Leeper, 44	84.9
Daniel Sekerak, 45	84.8
Jim Forshee, 66	84.7
Paul Deladurantaye,	6 84.7
Ray Parella, 57	84.6
Terry Fremdling, 44	84.6
John Black, 41	84.6
Rick Wemple, 23	84.6
Gary Walters, 54	84.5
Tom Byers, 37	84.5
Alan Severude, 27	84.3
Ken Combs, 59	84.2
Ed Berry, 44	84.2
Jim Holzman, 43	84.0
Brock Merriam, 28	83.9
Ronald Phillips, 36	83.8
Tim Breiner, 40	83.7
Kevin Foley, 29	83.7
John Caie, 26	83.4
Ken Prior, 52	83.3
Marie Burleson, 43	82.9
Tom Raynor, 41	82.7
Alan Hatmaker, 40	82.6
Buddy Harpool, 41	82.6
Gerry Tann, 47	82.5
Derek Stern, 21	82.3
Joe Lalonde, 45	82.2
Jim Tucker, 40	82.1
Men Overall	
Rick Wemple, 23	15:18
Allan Severude, 27	15:22
Stan Clark, 37	15:24
M40 Swag Hartel	15:58
Lari Dunlap	16:04
John Black	16:20
Tim Briener	16:25
11m Bilener	10:52

Dale Leeper Alan Hatmaker

16:37

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	ALCOHOLD TO A STATE	alreading - 1 / 5
1	Jim Holzma	
J	Terry Fren	dling 16:40
2	Ton Raynor	16:43
	Jim Tucker	16:44
-	Buddy Hary	0001 16:44
	Ed Berry	16:45
	Stan Polke	wski 16:46
	Mike Mark	
	Dave Green	
	Michael Ba	
	Mike Unger	
	Paul McKee	
ļ,	Ward Wens	
	Grayland I	
	M45 Peter Hall	
	Bob Ullric	
	Don Coffm	
1	Wally Her	
	Daniel Sel	
	Peter Way	
Ž		durantaye 16:53
	raul bela	attailcaye 10:33
	Keith Meil	clereid 16:56
	Joe Lalone	
	Paul Zink	17:22
	Gerry Tani	
	William H	
۲	Carl Hatf	
Ē,	The state of the s	
	Ken Hedri	
h		17:57
15	Gary Walt	
	Dick Crot	
	James Sie	
	Bill Delp	
	Lloyd Lau	
	Ron Rohre	18:27
	M55 Bill Olri	The American Street Co.
	Ray Parel	
	Ken Combs	18:57
	Frank Rob	
	William W	
-	M60 Jim Campb	
	Ray Thomp	
	Bob Hays	21:02
È	John Kolm	

31			
100	- 1	Gary Walters	18:01
	200	Dick Croteau	18:02
	1	James Siefring	18:07
2	- 100		
5	100	Bill Delph	18:07
24	1125	Lloyd Laubach	18:25
1	1.17	Ron Rohrer Joe Fodor	18:27
de la		Joe Fodor	18:53
-	M55	Did lodol	17:40
4	MOO	Bill Olrich	
3	ESTR F	Ray Parella	18:30
	The second	Ken Combs	18:57
-	11	Frank Robinson	19:18
3	II. See .	William Woolwine	22:47
35			
	M60	Jim Campbell	20:38
25.7		Ray Thompson	20:51
13	7.7	Bob Hays	21:02
1	Maria	John Kolmetz	
	75.6		21:15
C		Jack Shuter	23:16
篡.	SARE	Roger Hocker	25:55
1	M65	Jim Porshee	
	1403		20:17
in.	- 100	Bill Carey	21:03
8	M70	Ray Chappelear	22:10
	344	Ed Buckley	22:38
•	100		
	450	Bill Tribou	22:40
		Nathaniel White	24:02
	4000	Francis Albaugh	24:27
	334		
		Russell More	28:38
	7	Harry Smith	29:47
	CHER	Richard Cavicchi	48:40
	475		
	M75		24:43
	M85	Jim Ramsey	38:02
	Wom	en Overall	
100		reen Speros, 29	SER DITH
			18:22
			18:22
N.	Bar	b Westall, 25	18:40
San Berry	Bar Pau	b Westall, 25 la Maresh, 28	18:40 19:01
d harder	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson	18:40 19:01 18:54
	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam	18:40 19:01 18:54 21:10
Mary Control	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson	18:40 19:01 18:54 21:10
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いから、大震災の	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill	18:40 19:01 18:54 21:10 21:57 22:16
ないない 見に込みる	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley	18:40 19:01 18:54 21:10 21:57 22:16 22:39
いから 大田野君	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys	18:40 19:01 18:54 21:10 21:57 22:16
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いるのでは 野田田田の一人の	Bar Pau	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson Elizabeth Bugbee	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:21 26:28 20:58
いからのではままることからくなん	Bar Pau W40	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:21 26:28
いいのでは、京大学は、これのことは、	Bar Pau W40	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson Elizabeth Bugbee Suzanne Fisher	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:21 26:28 20:58 21:56
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おかってのにはあることなってくないよう	Bar Pau W40 W45 W50	b Westall, 25 la Maresh, 28 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson Elizabeth Bugbee Suzanne Pisher Ellen Nitz Mary Cavicchi	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:21 26:28 20:58 21:56
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The second secon	W450 W600 Men	b Westall, 25 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson Elizabeth Bugbee Suzanne Fisher Ellen Nitz Mary Cavicchi 's Teams Victory AC Wolfpack TC A Motor City Marietta RC A Cincinnati AA	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:28 20:58 21:56 44:58 1:22:28 1:23:30 1:24:34 1:27:35
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	W450 W600 Men	b Westall, 25 la Maresh, 28 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson Elizabeth Bugbee Suzanne Fisher Ellen Nitz Mary Cavicchi 's Teams Victory AC Wolfpack TC A Motor City Marietta RC A Cincinnati AA Wolfpack TC B Legend Harriers Marietta RC B Deb Schul RT	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:28 20:58 21:56 44:58 1:22:28 1:22:28 1:23:18 1:24:34 1:34:58 1:30:41
	Barr Pauw40 W45 W50 W60 Mem	b Westall, 25 la Maresh, 28 la Maresh, 28 Marie Burleson Vickie Putnam Donna Olson April Capwill Kathi Hanley Cecilia Brzys Bernice Lopata Cathi Gerson Elizabeth Bugbee Suzanne Fisher Ellen Nitz Mary Cavicchi 's Teams Victory AC Wolfpack TC A Motor City Marietta RC A Cincinnati AA Wolfpack TC B Legend Harriers Marietta RC B Bob Schul RT Victory AC	18:40 19:01 18:54 21:10 21:57 22:16 22:39 23:17 26:28 20:58 21:56 21:26 44:58 1:22:28 1:23:18 1:23:30 1:24:34 1:27:35 1:30:41 1:30:41 1:30:41 1:30:41 1:30:41 1:30:41
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M60	Motor City Wolfpack TC	1:01:57
M70	Syracuse Cha	
		A CONTRACTOR
Wome	n's Teams	
	wolfpack TC	1:03:29

#### EAST

Ocean to Sound 50 Mile Relay Long Island, NY September 13

Men	
Hartford TC	4:39:08.2
Taconic Masters	4:52:21.3
Runners Edge A	5:01:09.6
Central Park TC	5:10:05.7
Bohemia Masters A	5:24:13.0
Women	A PUBLICATION
Road Masters	5:53:14.8
Bohemia Women	6:09:22.9
Warren St. Women	6:14:30.8
Millrose AA Women	6:17:40.8

#### **Upstate NY 5K Cross-Country** Newark; September 26

Overall	
Jerry Lawson	15:37
Patti Ford	21:15
M40-49 Jerry Smith	18:59
Jim Dayle	19:03
D Frechette	19:22
Tom Lanune	19:39
Mike Hoeschele	19:50
M50+Bill Kehoe	21:57
Lon Solarek	22:29
Dick Telarico	23:52
W10+Kathy Brown	22:08
	24:05
Jane laculti	30:16

#### Pittsburgh Great Race 10K Pittsburgh, PA September 27

September 27	
Overall Overall	
Alejandro Cruz Judi St Hilaire	27:56 31:50
Judi St Hilaire M40 Wilson Waigwa	30:01
Charles McMullen	30:56
Luis Lopez	21.02
Steve Molnar	31:10
Richard Crowley	31:10 32:58 33:19
Lari Dunlap Ronnie Knepper	33:19
Don Slusser	33:49
John Walsh	34:27
Chris Farrell	34:41
M45 Richard Baldock	34:17
Carl Hatfield James Rohm	34:24 35:53
Paul Thompson	36:05
Don Rich	36:10
Chuck Oesterline	36:55
Daniel Spencer Steven Calvert Robert Crawford	37:05
Steven Calvert	38:01
Robert Crawford	38:21
David Haendler	38:32
M50 Fay Bradley	34:20
Dick Amato	35:20
David Walters	36:59
Paul Marraccini	37.05
Benjamin Zappa Richard Leddon	37:59 38:27
Larry Ratkus	38:27
Dick Greene	38:56 39:06
David Zinsner	39:56
Russ Bassett	40:55
M55 Ralph Swain	38:28
Albert Kuhner Ralph Ross	39:08 39:16
Carl Trimber	40:31
Louis Hamrick	42:01
John Tucker	42:05
Robert Park	42:13
Pues Mayburn	42:45
John Rayburn Russ Maxwell Chas Pfeifer M60 Bill Fortune	45:41
M60 Bill Fortune	39:22
Regis Costello	39:59
Robert Friel	40:28
John Mitchell Charles Warren	46:42
Don Sherwood	48:10
	48:22
David DeGranger Peter Bolanis	48:50
M65 Lou Lodovico	40:06
Jordan Bisceglia	42:07
Richard Willis	48:01 51:44
Henry Capozzi Jerry Earley	52:31
William Cessar	52:48
M70 Bill Klapproth	47:39 51:20
Americo Mascio Carroll Kelly	51:20
Vince Rak	55:42
M75 none	56:28
M80+John Petroff 83	78:16
Max Popper 89 W40 Catherine Lempesi	82:56
W40 Catherine Lempesi	s36:50
Cheryl Silverio	37:54
Cindy Grimm Maureen Pope	40:18 40:32
Tope	40.32

	Shirley MacFee	41:36
1	Sharon Conway	42:49
1	Pat Neubert	43:06
W45	Barbara Filutze	35:52
	Judith Bugyl	41:55
	Mary jo Neff	43:28
	Pat Koester	45:07
	Linda Miller	45:49
	Sandra Heintzelman	45:56
	Beverly Bernard	46:01
W50	Judy Carroll	42:21
	Rose Scheid	42:27
	Elizabeth Mandl	46:51
	Jean Webb	48:27
	Judy Roniger	51:56
1	Jackie Fair	54:07
W55	Georgette Lacey	45:12
ME.	Donna Smith	48:45
48	Christia Sievers	51:05
	Judith Kirchoffer	53:08
W60	Margrett Lutz	47:15
	Gloria Brown	48:14
	Ann Tarr	54:08
W65	Loretta Shehan	53:21
PENN	Ani Rak	62:12
W70	Dorothy Smith	70:54
	Dorothy Roth	76:07
W75	Norma Perlautter	97:50

Dianne Siegel

#### **Bayshore Half-Marathon** & 10K Bayshore, L.I., NY October 3

OVERALL

OVERALL	
Pat Connelly 28	1:14:30
Pat Connelly 28 Eileen Corley 33	1:20:35
M40 Keith Sullivan41	1:20:24
R Delgado 44	1:20:27
James Hudick 47	1:22:04
Fred Borrero 45	1:23:33
Fred Borrero 45 M50 Joe Di Iorio 53	1:28:05
Alex Flyntz 50	1:28:10
Alex Flyntz 50 Jim Champlin 51	1:34:01
Ron Gibbs 50	1:34:15
M60+Ken Karcher 63	
Colin Harris 64	1:34:16
Roger Williams63	
Vincent Zizzi 62	1:37:12
W40 Maddy Harmeling4	71:26:06
MaryAnn Calise44	1:35:31
Barb Krakehl 44	1:37:16
W50 M Stanjones 54	1:35:05
Angela O'Connors	51.50.14
	37:32:14
Julie Shapiro 55	2:02:24
Julie Shapiro 55	2:02:24
Julie Shapiro 55 10K OVERALL	2:02:24
Julie Shapiro 5510K OVERALL Brian Ronan 26	32:29
Julie Shapiro 55 —10K— OVERALL Brian Ronan 26 Sandra Natal 30	32:29 37:05
Julie Shapiro 55 —10K— OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49	32:29 37:05 36:01
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41	32:29 37:05 36:01 36:47
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47	32:29 37:05 36:01 36:47 37:42
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41	32:29 37:05 36:01 36:47 37:42
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51 Mike Service 56	32:29 37:05 36:01 36:47 37:42 5 38:25 39:24
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51	32:29 37:05 36:01 36:47 37:42 5 38:25 39:24
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51 Mike Service 56	32: 29 37: 05 36: 01 36: 47 37: 42 5 38: 25 39: 24 0 40: 25
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51 Mike Service 50 M60+Jim Scovel 62 Art Bowen 66 Fernando Ruiz 66	32: 29 37: 05 36: 01 36: 47 37: 42 5 38: 25 39: 24 0 40: 25 44: 08 46: 14
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51 Mike Service 50 M604Jim Scovel 62 Art Bowen 66	32: 29 37: 05 36: 01 36: 47 37: 42 5 38: 25 39: 24 0 40: 25 44: 08 46: 14
Julie Shapiro 5510K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51 Mike Service 50 M60+Jim Scovel 62 Art Bowen 66 Fernando Ruiz 66	32: 29 37: 05 36: 01 36: 47 37: 42 38: 25 39: 24 0 40: 25 44: 08 46: 14 48: 53 42: 30
Julie Shapiro 55  -10K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 50 Jim Warton 51 Mike Service 50 M60+Jim Scovel 62 Art Bowen 66 Fernando Ruiz 60 W40 Susan Curtis 41 Laurita Samuelse Blanca Restrepoo	32: 29 37: 05 36: 01 36: 47 37: 42 5 38: 25 39: 24 0 40: 25 44: 08 46: 14 0 42: 30 1 42: 30 10 49: 09
Julie Shapiro 55  -10K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 56 Jim Warton 51 Mike Service 50 M60+Jim Scovel 62 Art Bowen 66 Fernando Ruiz 60 W40 Susan Curtis 41 Laurita Samuelas Blanca Restrepod W50 Amanda Scola 50	32: 29 37: 05 36: 01 36: 47 37: 42 5 38: 25 39: 24 0 40: 25 44: 08 46: 14 0 42: 30 1 42: 30 10 49: 09
Julie Shapiro 55  -10K OVERALL Brian Ronan 26 Sandra Natal 30 M40 Maury Dean 49 Ed Melnik 41 Jim Perreca 47 M50 Hilton Goring 50 Jim Warton 51 Mike Service 50 M60+Jim Scovel 62 Art Bowen 66 Fernando Ruiz 60 W40 Susan Curtis 41 Laurita Samuelse Blanca Restrepoo	32:29 37:05 36:01 36:47 37:42 6 38:25 39:24 0 40:25 44:08 46:14 0 48:53 10 49:09 10 49:09

# South Bay Sports 5K Copiague, NY; October 4

Overal1	
George Schroeder	16:17
Diane Slevin	19:24
M40 Don Pollock	19:53
M45 Maury Dean	17:09
M50 Mike Service	. 18:58
M55 Doug Nedorest	21:15
M60+Peter Lamagna	23:39
W40 Cindy Bermudez	20:15
W50 Anita DeSalza	28:02

# Applefest Half-Marathon

Hollis, NH; October 10		
OVE	RALL	<b>经济</b>
Dave	Dunham 28	1:06:07
Mic	helle Jahns 32	1:24:50
M40	Peter Blomquist	1:15:19
	Jim Freid	1:19:11
	Jack Afarian	1:21:03
	Bob McNaught	1:22:28
1	Lenny Wagner	1:23:36
M45	Ron Kita	1:18:11
	Roger Perham	1:24:29
	Allan Rube	1:27:38
	Wayne Smithght	1:28:30
	Don Hogardt	1:28:52
M50		1:21:57
	John Pierce	1:24:58
	John Hirons	1:25:36
MEE		1:26:31
MOO	Bill Spencer Bill Murray	1:25:14
	Paul McDermott	1:31:08
MCO	John Sullivan	1:34:34
PIOU	Angelo Seretto	1:33:52
	Bob Hall	1:33:52
MES	John Noftle	1:45:19
,,03	Jack Keefe	2:33:34
	James Berry	2:33:34
	Bob Bassett	2:33:34
	Day Daybett	2.33.33

Continued on next page

Co	ntinued from previ	ious page
M70	+Carlton Mendell	1:42:47
W40	Paula Maloney	1:43:17
	Jody Kaufman	1:43:44
	Cheryl LeBlanc	1:45:52
	Barbara Kimball	1:45:53
W45	Ellie Lowell	1:40:22
	Pat Ballard	1:51:52
	Pauline Duhamel	1:55:07
	Sharon Cassidy	1:56:19
W50	Carrie Parsi	1:37:01
100	Wendy Burbank	1:43:12
	Dianne Curley	2:02:28
W60	Dorothy Bergman	1:57:43
	Finishers: 712	Sealing The

#### **Connecticut Senior** Olympics 10K U.of Bridgeport; October 11 M55 Fred Pitt M60 Arnie Green John Donnelly M65 Carl Hammen 72:38 40:44 46:59 44:50 Y M Naci M70 Bill Tribou Arnold Earl 56:08 47:27 49:41 49:32 Arnold Lari W55 Jeannette Cyr Diane Stuart W60 Evelyn Stanley W65 Adeline Kearney Esther Cox 55:11 50:54 49:57 57:05

# Riverhead County Fair 10K Riverhead, LI, NY October 11

OVERALL	新主 第二
John McKim	32:27
Ellen Gluf	37:48
M40 Bob Giambalvo	33:11
Alan Oman	33:13
Dan Brach	33:58
Joe Wynne	34:18
M45 Maury Dean	35:59
Dave Oakley	36:48
Roger McCarthy	38:39
Rick Garnes	38:52
M50 Rick Creditor	39:08
Eben Ludlow	40:13
Don Jewell	40:23
M55 David Smith	39:59
Warren Kass	41:50
Doug Nederost	45:35
M60 Colin Harris	42:35
Bill Finn	51:01
Pete Badanajev M65 none	51:36
M70+Don McKenzie	46:47
Mel Freidel	63:32
W40 Pat Dorowski	40.50
Estelle Clasen	40:59
Cheryl Skrivarek	46:19
W45 Val Smith	51:34
Mary Trotto	53:03
Helma Clavin	59:09
W50 Mayte Cuti	55:32
Carolyn Ciccone	57:29
W55 Charlotte Zweifac	
Charlotte Zwellac	11.50.01

#### NYRRC Women's Half-Marathon Central Park, NYC; October 11

Overall	
Jean Chodnicki 33	1:19:24
W-10 Kathleen Horton	1:30:07
Dormalee Bain	1:30:34
Lorraine Billie	1:43:33
Norma Katz	1:47:32
W45 Cheryl Ralya	1:27:00
Ann Davies	1:29:54
Pirjo Seppa	1:33.21
W50 Patty Parmalee	1:42:21
Hisako Resnick Evelyn Lavis	1:56:47
Liveryn Lavis	
W55 Lisa Praskins	1:39:21
Naomi Vogel	2:02:59
W60 Lors Filreis	1:56:59
W65 Vivian Lowery	2:58:46
W70+Althea Wetherbe	e2:11:38
Finishers: 411	abil 05/40/1/4
4 4	Selection Production

# NYRRC Coed 5K

Central Park, NTC; O	ctoper 1
Overall	**************************************
Nat Larson 30	15:11
Alissa Henning 25	17:47
M40 Rick Pieschel	16:12
Bob Hoffman	17:28
John Costa	17:34
M45 Art Hall	16:37
	17:04
Ken Herel	18:34
M50 Matt Tomkins	19:03
Nevio D.bry	19:18
L Grossman	19:50
M55 Witold Bialckur	19:40
George Reilly	20:48
Simon Nuchtern	22:14
M60 Bill Fortune	19:25
Al Fuma	21:50
	22:45
M65 John McManus	20:18
	23:52
	24:44
M70 Tow Gibbons	25:42
Ed Finkelstein	
W40 Belinda Saunder	
Cluis Summerson	and the second second
Maria Herrrich	24:38

W45	Mary Ryan	19:36
	Bunie Dietrich	23:15
	Rita LaBar	25:34
W50	Anna Thornhill	20:05
	Joan bangell	34:53
	Bente Sandvik	27:06
W55	May Chou	23:56
	Anne Perzeszty	30:48
1	Juith Lavis	31:01
WOU	Dolly Finkelstn	27:05
	Marie Chuz	29:06
W65	Jozi Neulinger	32:57
	Morcella Tobias	38:30
W70	Mayme Blera	40:23
Fin	Ishers: 207a/216	1
Weal	ther: mid-60s/cve	ercast

### Oyster Bay Supervisors 5K Oyster Bay, LI, NY October 17 OVERALL Don Didonato 35

Eile	en Corley 33	17:58
M40	John Lupsky	17:48
	Ted Tryet	18:07
	John Hanc	18:27
M45	Maury Dean	17:45
•	Paul Fetscher	18:42
	Dick Games	18:58
M50	Tom Shay	19:01
	Mike Service	19:45
M55	Hilton Goring	18:56
	Abe Bernstein	20:09
M60	Jim Scovel	21:24
	Harry Irwin	21:30
M65	Art Bowen.	22:53
	Sab Koide	24:13
M70-	HBill Benson	26:37
W40	Diane O'Donnell	20:04
	Cynthia Bermudez	20:44
+11	Robyn Ornstein	21:46
W45	Lesley Jacobs	24:49
	Irene Robinson	24:52
W50	Anita DiSanza	29:01
	Carolyn Ciccone	29:11
W55	MaryAnn Reilly	34:26
	Celeste Harkins	40:16
W60	Cecele Miller	27:42
	Vera Allen	30:17
	600 finishers	
1000	The state of the s	

# Upstate N.Y. Cross-Country 3 Mile; Rochester, NY October 24

OCLODE 24	
Overall	
Jerry Lawson	14:28
Patti Ford	18:09
M40-49	
Rick Hoebeke	16:20
Derck Frechette	16:39
Jerry Smith	17:24
Tom Lamme	17:30
Greg Brooks	17:34
Dave Tresohlavy	17:37
Jim Ascioti	17:39
Mike Hasenauer	17:59
M50+	
Don Solarek	18:58
Dick Telarico	19:20
Bill Kehoe	19:34
Jim Palmeri	20:20
W40+	<b>医病毒</b> 人。此
MaryBeth Hasenauer	21:00
Sue Zygo	21:28
Denise Everitt	22:42
Carole Lowe	24:58
Jane Iaculli	25:49

#### **Marine Corps Marathon** Washington, DC; October 25

	Early Street Street Street	Contract of the last
M40	Rich Alvin	2:34:55
	Bennett Beach	2:35:05
		2:37:44
M45	Edward Doheny	2:48:59
	J. Kirkpatrick	
		2:51:49
M50	Richard Hoyt	2:40:47
	Mel Williams	2:45:24
2043	Robert Taggert	2:57:32
M55	B. Goldstein	2:51:34
	Kirk Davien	3:02:09
	Townes Pressle	
M60	Jay Sturdevant	3:03:16
	Tom Thayer	3:11:55
	G. Yannakakis	3:11:57
M65	Gil Borrero	3:14:11
	Jim Forshee	3:18:24
300	Ed Roginski	3:22:16
M70	+Jay Wind	3:15:19
	Glen Segal	3:27:39
1-15	Day Carry	
W40	Rose Malloy	2:56:42
	Linda Mills	3:04:27
437	Kathy Barry	3:14:02
W45	Maddy Harmelin	
	Joy Hampton	3:20:33
7.14	MaryAnne Leahy	3:28:35
W50		e3:28:53
A STATE	C. Digiambatis	
S. Sep	Jean Poodlack	
W55	Joan Gray	3:40:00
	Tami Graf	3:46:26
	Marie Killeen	
M60	Doris Debb	3:25:19
	Nancy Bell	4:24:22
	Ann Gallagher	4:37:14

W65	Sheila Barnett	4:00:38
	Jean Wasser	4:02:55
	M. Hagerty	6:10:05
<b>W</b> 70	Monica Gardner	4:23:14
	Marylou Pisher	

### Mohawk-Hudson Marathon Schenectady to Albany, NY October 25 M40 Vinny Reda 2:35:50 Mike Mason 2:46:08 Bruce Glasspole 2:47:33

M45	Jim Haggett	2:58:54
Teles	Tom Crowe	3:03:43
SE A	Richard Pagel	3:04:20
M50	Ron Findley	3:21:24
MES	Ken Spinner .	3:26:30
<b>3</b> 1	David Pedley	3:27:47
M55	Richard Shook	3:25:39
The same	Fred Bostrom	3:26:34
	Don Roberts	3:30:31
M60	Al Becken	3:17:26
Sec.	Bob Warner	3:55:46
5	Rich Johndrow	3:59:37
M65	Sam Gratch	4:26:18
W40	Merrill Cray	3:27:18
	Jackie Seltzer	3:38:56
	Cecily Dexter	3:45:13
W45		The same
	I CantarellaFox	3:42:28
	Anne Trela	3:44:38
	P Fitzsimmons	3:53:24

#### **NYC Marathon** November 1

W55 Mary Phillips 4:03:38

M40	Pierre Levisse	2:19:42
	Jean Charbonnel	2:20:23
	Ryszard Marczak	2:22:58
	Luis Lopez	2:25:13
	Robert Finz	2:25:37
	Vladimir Krivoi	2:27:18
100	K. Goldammer	2:27:56
	G. Martelli	2:31:04
- Des	G. Ricci	2:32:03
	Ross Whitehead	2:32:25
MSO	Joachim Adomeit	2:34:14
	J. Lopez	2:37:37
	Peter Teachout	2:40:00
- 150	Bill Allison	2:44:24
	Angel Escudero	2:44:49
	Jean Esnault	2:45:03
37 De	Herm Lessenich	2:46:57
	Sam Skinner	2:26:59
	Jean Charpentier	
	Norbert Sander	2:47:57
MOU	Robert Peart	2:54:20
	John Nyhan	2:59:20
200	Keizo Yamada	3:04:41
	F. Giglio	3:09:32
	Denny Dempster	3:11:48
	Vince Luisi Julius Holzner	3:13:34
		3:17:36
	Joe Habert	3:18:01
	Alan Druckman	3:18:41
M70	G. De Schacht	3:19:22
M/0	A. Furiassi	3:24:07
	D. Alcantara	3:48:43
-	G. Peterson	4:01:16
- 44	Pete Harangozo	4:01:36
SHY	Jean Laffon	4:07:38
	Pierre Dubreuil	4:10:41
	Moritz Stern	4:12:40
	Peter Mahta	4:16:42
	Sid Butensky	4:24:43
мво	D. Intelligente Sam Gadless	4:25:42
MOU	Al Chafert	6:44:32
	Abe Weintraub	7:24:49
Ele	B. Sperotto	7:59:29
10	b. sperocco	8:36:33
	7 2144 W/	2 51 42

F. Bullion	.me merueram	1:39:29
	B. Sperotto	8:36:33
W40	Judith Hine	2:51:43
353	Janet Jordan	2:56:37
	T. Van Duin	3:00:22
	U. Wegmuller	3:05:38
	Ann Davies	3:06:45
	Charlotte Teske	3:07:42
	Ingrid Rorholt	3:09:12
	Marny Gilluly	3:10:05
	Bille Dowd	3:13:36
	S. Sawicki	3:15:40
W50		3:09:47
	Sue Bastian	3:18:12
	Rosita Duffour	3:18:20
	Karen Andersen	3:19:55
	Ingrid Nilsson	3:21:53
	Marion Stanjones	3:24:25
973	Cindy Dalrymple	3:25:01
	Zofia Turosz	3:25:38
	Wen-Shi Yu	3:29:11
	Lisa Praskins	3:31:16
M60	Santos Salazar	3:20:48
	Mary McCauley	3:51:21
	Eli Abreu	3:57:49
	Maria Mellamoli	4:08:24
-	Joy Johnson	4:10:21
10	Vreni Niklaus	4:10:37
	Mary Ann Cotten	4:19:05
	Barb Zamparelli	4:22:48
	Keiko Asami	4:27:54
	Edith Farias	4:32:09
W70	Jose Waller	3:57:08
	Johanna Luther	5:12:30
	Hilde Schoonlan	5.22.06

Hilde Schoenlau 5:23:06
P. Liedtke 6:11:18
C. Botticchio 6.15:22

	Betty Lussier	6:33:42
	Evelyn Havens	7:11:04
	Imy Ernst	8:41:20
W80	L. Schieffelin	7:07:27
Raci	ewalk (un-judged)	Men
	O'Connor, 40	3:43:22
T	Gustafson, 50	4:12:09
T.	Amano, 42	4:35:37
Sta	n Schecter,59	4:54:05
	-t-	

Wim Verhoef, 49	5:01:33
Elliott Denman, 58	5:06:11
Bill Ellington, 64	5:09:08
Manny Eisner, 52	5:19:22
Per Hollander, 51	5:21:47
Curtis Watson, 58	5:24:2
Women	a ret
Rhoda Green, 59	4:58:44
Chris Hunziker, 42 .	5:03:39
Andrea Amano, 44	5:19:36
Anne Marie Kunz, 51	5:29:3
Marcia Shapiro, 54	5:40:26
Phyllis Wolff, 44	5:40:48
Marva Jenkins, 53	5:55:30
Ellyn Altman, 50	6:00:19
Isabel Stuper, 45	6:04:09
Judith Turner, 48	6:04:5

#### SOUTHEAST

#### Av-Med Coconut Grove 5 Miler Coconut Grove, FL; October 3

Paul Marmaro 27	25:27
Lynn McFadden 35	30:20
Top M40+	
Francisco Rojas	30:05
German Andujar	30:40
Bill Adams	30:55
M40 Rene Rosario	31:23
M45 Joe Damajo	33:22
M50 Alberto Echeverri	a31:14
M55 Ernest Bauer	33:37
M60 Jose Ulloa	38:25
M65+Wesley Reuter	39:28
Top W40+	
Sharon Beal	34:31
BettyLou Murphy	35:11
Jan Ross	36:57
W40 Madeline Schindle	r37:32
W45 Laura Barter	39:14
W50 Jan Parke .	40:48
W55 Lupe Parsons	40:39
W65+Charlotte Baker	68:14
The state of the state of the state of the	To the state of

# Mulberry Island Half-Marathon/5K

Fort Eustis, VA; October 3		
Half-Marathon		
Overall		
Michael Harrison 25	1:07:00	
Claudia Kasen 35	1:20:05	
M40 William Rogers	1:13:18	
M45 Jim Dare	1:18:39	
M50 Mel Williams	1:18:13	
M55 Bob Ferguson	1:32:10	
M60+Ed Jefferson 60	1:44:18	
W40 Jeanne Bowers	1:40:50	
W45 Joyce Ploeger	1:42:45	
W50+Karin Stronach 52	21:37:09	
5K	<b>一大巴湾</b>	
Overall .	A STATE	
Burke Pendleton 24	16:13	
Sonja Friend	17:52	
M40 Anthony Fitzwater		
M45 Steve Frisk	17:16	
M50 Gale Harvey	19:51	
M55 Ron Hermansderfe	25:20	
M60+Rick Derenzis 65	23:14	
Joseph Moore 75	32:14	
W40 Ginny Maxwell	22:33	
W45 Susan Spencer	22:13	
W50 Eliz Hansen 50	26:55	
W60+Sue Moore 70	32:14	
The state of the s	1000	

# Governor's Cup 25K (RRCA National Championships) & 8K Columbia, SC; October 10

25K			
Top M40+			
Sadot Mendez	40 1:25:12		
Don Coffman	49 1:27:05		
Bob Schlau	45 1:28:31		
M40 Leon Cook	1:30:31		
David Mauter			
Phil Peterso			
M45 Lansing Brew	er 1:33:32		
Charles Stoy	le 1:39:34		
Ray Dockery	1:43:51		
M50 Charles Tese	miar1:39:21		
Tom Eison	1:43:17		
Arnie Everso			
M55 Billy Cooper			
Adrian Crave	n 1:56:39		
Jim Harrell	2:01:12		
M60 Al Becken	1:48:08		
David Anders	on 2:23:25		
M65+Franklin Mason672:03:16			
David Mellar	d 702:03:26		
Top W40+			
Catherine Lempes	is411:42:02		
Becky Sox	40 1:43:20		
Karen Knuepfer	40 1:44:49		
W40 Libby Neely	1:51:18		
Michie Pitts	1:53:37		
Pat Tavares	1:57:45		
	2.37.43		

W45 Joan Mulvihill 2:06:55     Kathy McCandless2:09:15     Eva Epps 2:19:59 W50 Pat Rhode 53 2:01:01     Avis Allen 52 2:11:488K Top M40+ Earl Owens 43 25:30 Gordon English 40 25:46 Ignacio Jimenez 43 26:14 M40 Danny West 27:17     John Bernhardt 27:46     Phil Mozie 30:12 M45 Russ Pate 28:12     Doug Starkey 29:45     Dick Clarke 29:47     Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Eva Epps 2:19:59 W50 Pat Rhode 53 2:01:01 Avis Allen 52 2:11:488K Top M40+ Earl Owens 43 25:30 Gordon English 40 25:46 Ignacio Jimenez 43 26:14 M40 Danny West 27:17 John Bernhardt 27:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T-J Voss 31:36
W50 Pat Rhode 53 2:01:01
Avis Allen 52 2:11:48 8K  Top M40+  Earl Owens 43 25:30  Gordon English 40 25:46  Ignacio Jimenez 43 26:14  M40 Danny West 27:17  John Bernhardt 27:46  Phil Mozie 30:12  M45 Russ Pate 28:12  Doug Starkey 29:45  Dick Clarke 29:47  Paul Rogers 30:16  M50 Charles Gray 29:14  T J Voss 31:36
8K Top M40+ Earl Owens 43 25:30 Gordon English 40 25:46 Ignacio Jimenez 43 26:14 M40 Danny West 27:17 John Bernhardt 27:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T-J Voss 31:36
Top M40+ Earl Owens 43 25:30 Gordon English 40 25:46 Ignacio Jimenez 43 26:14 M40 Danny West 27:17 John Bernhardt 71:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:45 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Earl Owens 43 25:30 Gordon English 40 25:46 Ignacio Jimenez 43 26:14 M40 Danny West 27:17 John Bernhardt 27:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Gordon English 40 25:46 Ignacio Jimenez 43 26:14 M40 Danny West 27:17 John Bernhardt 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Ignacio Jimenez 43 26:14 M40 Danny West 27:17 John Bernhardt 27:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
M40 Danny West 27:17 John Bernhardt 27:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
John Bernhardt 27:46 Phil Mozie 30:12 M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Phil Mozie 30:12  M45 Russ Pate 28:12  Doug Starkey 29:45  Dick Clarke 29:47  Paul Rogers 30:16  M50 Charles Gray 29:14  T J Voss 31:36
M45 Russ Pate 28:12 Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Doug Starkey 29:45 Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Dick Clarke 29:47 Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
Paul Rogers 30:16 M50 Charles Gray 29:14 T J Voss 31:36
M50 Charles Gray 29:14 T J Voss 31:36
T J Voss 31:36
Wendel Cribb 31:50
M55 Charles Rose 29:32
Dick Ruzicka 29:50
Wade Ammons Jr 35:36
M60 Lonnie Collins 36:16
Hugh Ramsey 38:08
Wm Clingempeel 41:36
M65+Gordon EnglishSr6735:19
Joe Conrad 65 36:24
Major Summerford6540:23
Top W40+
Susie Kluttz 55 34:21
Louise Merring 51 38:29
Kathy Jaggers 46 38:30
W40 Kathy Lehman 38:56
Kathy Britton 39:54
Della Halbert 40:36
W45 Sally Nolan 41:59
Betty Burrell - 42:12
Linda Taylor 42:20
W50 Jean Hogan 41:31

Ruth Varner	42:21
Helga Hulett	42:46
W60+Margaret Wright71	52:43
Margaret Hagerty	
from Ed Prytherch	
Halloween Ghost Chas	e 10K
Harndon VA: Octobe	

# Herndon, VA; October 25

OVERALL	
Rick Ferguson	33:59
Barbara Wigle	38:57
M40 John Sherlock	36:06
Maury Dean	36:06
M50 John Smuck	40:42
Waylon Marx	43:20
M60 Ed Morsna	44:17
Oliver Bragg	56:05
. W40 Joyce Rankin	41:20
Beverly Deleir	45:59
W50 Mary Evans	49:03
Ursula Wagman	53:15



#### MID WEST

#### Columbus Marathon; Columbus, OH; October 11 All Finishers 35 & Older were age-graded using the tables developed by the World Assoc, of Veteran Athletes. 14-1- 35 & over

	NAME	TIME	AGE-GR	ADED TIME
1	Buckl Contes	2:17:00	2:15:04	35/Emmaus, PA
	Gary Gargasz	2:19:32	2:16:45	36/Volant, PA
	Dennis Hammond	2:24:53	2:21:59	36/Reynoklsburg, OH
1 =	Terry McCluskey	2:32:55	2:22:26	44/Brookfield, OH
5	Jeff Rawlins	2:24:45	2:22:43	35/Tipp City, OH
5	Ron Rohrer	2:49:47	2:27:53	53/Springboro, OH
3	Don Rich	2:42:55	2:28:42	47/Allison Park, PA
	Tom Burnett	2:39:48	2:28:51	44/Durango, CO
	S. Mark Courtney Jack Cagot	2:33:20	2:30:16	36/Grove City. PA
1	Juan Quiroz	3:03:02	2:30:41	59/East Springfield, OH
	Rich Hause	2:40:07	2:31:07	42/San Maleo, Mexico
13	Brian Buchanan	3:04:17 2:34:10	2:31:43	59/Berwick, PA
14	Sunao Jim Yamanaka	3:07:20	2:31:59	35/Caledonia, MI
15	Gwain Noga	2:40:58	2:32:55	60/Versailles, OH
16	Ken Hedrick	2:46:25	2:32:55 2:33:58	41/Dunbar, WV
17	Michael Krywanski	2:43:11	2:34:01	45/Pickerington, Oll
18	Charles White	2:44:20	2:34:06	42/Rockford, MI
19	John Mook	2:57:04	2:34:14	43/Burlington, VT
20	Ken Peterson	2:54:52	2:34:52	53/Pittsburgh, PA 51/Toledo, OII
21	Tom Simpson	2:41:20	2:35:12	39/Connersville, IN
22	Michael Martin	2:39:43	2:35:35	37/Kalamazoo, MI
23	Don Slusser	2:42:50	2:35:40	40/Monroeville, PA
24	Tom Miller	2:42:17	2:37:07	38/Bellefontaine, OH
25	Bill Ecoff	2:46:46	2:37:23	42/Pittsburgh, PA
26	Keith Hileman	2:48:00	2:37:32	43/Fisher, PA
27	Thomas Brown	2:48:14	2:37:45	43/Copley, OH
28	Jim Ellert	2:40:01	2:37:46	35/Auburn, IN
29	Carl Trimber	3:11:46	2:37:53	
30	Ronald Plantz	2:49:43	2:38:04	59/Pittsburgh, PA
31	Michael Ryba	2:50:27	2:38:45	44/South Charleston, W
32	Cliff Treyens	2:43:05	2:38:52	44/Greenfield, IN
33	Bill Curtin	2:59:51	2:39:17	37/Columbus, OII
14	Ed Thomas	3:04:37	2:39:25	51/Hudson, OH
35	Larry Nolan	3:21:59	2:39:33	54/Columbus, Off
16	Terry Fletcher	2:43:20	2:40:04	63/Columbus, OH
17	Michael Frank	2:42:35	2:40:04	36/Frankfort, IN
18	Jordan Bisceglia	3:30:02	2:40:18	35/Harper Woods, MI
19	Howard Andrews	2:54:51	2:40:29	66/Pittsburgh, PA
10	Robert Titus	2:47:11	2:40:42	46/Butler, PA
			2:40:30	39/Bellefontaine, OH

10		2.34.31	2:40:42	40/Buller, PA
40	Robert Titus	2:47:11	2:40:50	39/Bellefontaine, OH
Fem	ale, 35 & over:	Mary 4		TOTAL PROJECT SHOP SALES
- 0	ac, 33 & over:	7215		
- 10	NAME	TIME	ACE OF	
	The Park of the Pa	TIME	AGE-GR	ADED TIME
1	Joan Benoit-Samuelson	2:32:20	2:29:58	710
2	Whayong Semer	3:38:41	2:46:06	35/Freeport, ME
3	Nina Bovio	3:08:30		64/Fremont, OH
4	Carol Poenisch	3:04:27	2:51:42	46/Brighton, MI
5	Trish Steelman		2:57:59	38/Dearborn, MI
6	Ruta Kuneviciys	3:04:45	2:58:16	38/Bowling Green, KY
7	Phyllis Yester	3:09:20	2:58:55	41/Solon, OH
8	Lola Cuenca-Marton	3:05:39	2:59:08	38/Downingtown, PA
9	Betty Blank	3:07:28	3:00:53	38/Seville, Spain
10	Wen-Shi Yu	3:09:34	3:01:40	39/Falls Church, VA
ii	Laurice Cushion	3:41:09	3:02:10	37/Kew Gardens, NY
12		3:27:34	3:03:04	50/Orchard Park, NY
13	Judy Carroll	3:29:28	3:04:44	50/Kent, OH
14	Pamela Saylor Eileen Petrone	3:13:14	3:05:10	39/West Chester, Oll
15		3:12:05	3:05:21	38/Wexford, PA
16	Alice Thurau	3:12:17	3:06:48	37/Fisher, PA
17	Maggy Zidar	3:19:08	3:06:49	42/Pontiac, MI
18	Nancy Tichy	3:13:47	3:06:58	38/Willoughby, OH
19	Sus.in Foster	3:12:56	3:08:41	36/New York, NY
20	Marylou Hamm	3:24:39	3:09:12	44/Fonthill C
	Dehra Smith	3:17:38	3:09:24	44/Fonthill, Ont., Cana
21	Kaien Cosgiove	3:14:16	3:10:00	39/Gibsonia, PA
22	Barbara Jerman	3:37:42	3:10:19	36/Cincinnati, OII
23	Jill Julin	3:16:09	3:10:34	51/Columbus, OII
24	Deborah Caudill	3:20:39		37/Pittsburgh, PA
25	Vicki Hughes	3:20:41	3:10:57	40/Bloomington, IN
136 E	THE PERSON NAMED IN COLUMN	3.20:41	3:10:59	40/Lima, OH

Continued on next page

Top maste M40 M45

Dece

Continu Autumr

M50 M55 M60

top fema ₩40

M65

W60 W65

**Apple** Overall Doug Ku Sharlet M40 Jam M45 Joh M50 Elo M55 Geo M60 Lar M65+Bur W40 Nat W45 Car W50 Kar W55 Mar W60 Mur W65+Viv

Graff

Overall Lee Zub Debbie M40 Bob M45 Jam M50 Jam M50 Jam W40 Gwe W45 Alt W50 Ber

Day Dayt

OVERAL Mike M Becky

M40 Gar Jin Pet Gle Ric Bil Ton Gar

Joh M45 Dor Dar Dar Fre Mai Chi Joe Ric M50 Res

D	mn Shoreline Class ecatur, IL; Octobe	
op ma		
	<u>ister men</u> Dave Daum	50:59
M40	Joe Page	54:12
	John Harnett	54:33
	Bernie Candy	56:47
M45	Chas YanArsdale	55:17
	Ernie Carr	61:08
	Dave Anderson	61:45
M50	Michael carns	56:16
	Larry Avery	58:53
MEE	Charles Kennedy	59:57
M55	Jim Carney Auburn Wells	62:44
		64:06
M60	Jim Norval Hal Higdon	63:08
ויסורו	Thomas Griffith	67:39
	Alan England	67:52
M65	Jack Boyer	75:18
1100	Bob Schwandt	77:29
	Lee Borman	85:41
top fe	male master	
	Christina Kidd	59:31
W40		60:20
	Deb O'Rourke	63:56
	Joann Hannig	74:38
W45		70:43
	Sharon Andrews	75:36
W50	Pat Kitson Linda Watson	77:36 71:18
WOU	Mary Jane Pratt	74:18
	Mary Jones	97.57
W55	Duronda Campbell	94:12
W60		
	Nancy Griffith	113:47

Overall	
Doug Kurtis 40	2:20:40
Sharlet Gilbert 40	2:39:58
M40 James Michaelson	2:44:19
M45 John Martwick	2:49:53
M50 Eloy Lozada	2:35:46
M55 George Tinti	3:04:05
M60 Larry Engle	3:14:46
M65+Burt Carlson	nta
W40 Nathalie McCoy	3:16:19
W45 Carol Klitzke	3:34:04
W50 Karen Bestul	3:11:05
W55 Marilyn Schlaefe	er4:36:17
W60 Muriel Scherer	4:48:09
W65+Vivian Koehn	5:14:04

#### Lakefront Marathon Grafton to Milwaukee, WI October 11

Overall	
Lee Zubrod	2:26:03
Debbie Revolta 32	2:51:39
M40 Bob Ellis	2:41:14
M45 James Bahr	2:46:39
M50 James Graham	3:18:25
M55 James Wirkes	3:05:37
W40 Gwenell Archer	3:11:40
W45 Althea Stevens	3:28:24
W50 Berglot Wedtke	4:03:48

#### **Dayton River Corridor** Half-Marathon Dayton, OH; October 25

OVERALL	
Mike Michno 29	1:05:47
Becky Reinhold 35	1:18:57
M40 Gary Romesser	1:07:56
Jim Holzman	1:13:37
Pete DiSalvo	1:17:48
Glenn Bowen	1:18:30
Rick Vorick	1:18:43
Bill Baker	1:18:51
Tom Yoder	1:19:52
Gary Rickner	1:20:41
Alfred Dawson	1:20:54
John McDonald	1:20:58
M45 Don Coffman	1:11:50
Dan Sekerak	1:14:08
Dan Giner	1:14:15
Fred Geswein	1:16:52
Mark Koenig	1:19:42
Chris Thieke	1:20:11
Joe Bayer	1:20:21
Rich Davis	1:20:31
M50 Ken Prior	1:19:02
Jim Siefring	1:21:56
Don Hardwick	1:23:52
Lloyd Cox	1:25:01
Don Mills	1:25:04
Gil Gilmore	1:26:30
M55 Howard Hughes	1:25:36
Paul Moore	1:33:33
Jerry Bohannon	1:34:47
Edward Lang	1:34:54
M60 Sunao Yamanaka	1:28:23
Don Wahle	1:41:20

M65	Roland Anspach	1:35:33
	Joe Schwaiger	1:44:53
M70-	Wack McClain 71	1:58:16
	B M Schmidt72	2:12:35
	Chas Machala 72	2:32:19
W40	Linda Ray	1:33:20
	Vicki Hughes	1:33:37
	Karin Lepiane	1:36:31
	Ellen Scully	1:38:56
	Pam Fulmer	1:41:51
	Susan Schorling	
W45	Iris Black	1:32:41
	Shirley Cormicar	
	Nancy Ayers	1:38:43
WSO	Mitzi Henscheid	1:45:47
1130	Bonnie Johnson	
		1:47:44
MEE	Evelyn Payne	1:48:54
MOO	Ann Fleck	1:54:02
	Evie Darrah	2:05:54
W60	Gloria Brown	1:39:28
		1:44:32
	Loretta Shehan	2:02:46
W70	+Vadine Koenig 72	22:36:58
		7.10
Λ.	IID AMER	ICA

#### MID AMERICA

#### **RRCA Minnesota Masters 25K** Championships Minneapolis; September 13

Overall	
Gideon Musiyaki	1:16:44
Jan Ettle	1:32:49
M40 Doug Bell AR	1:21:24
Jim Pelarske	1:28:25
Benji Durden	1:29:45
John Naslund	1:30:49
Mike Krywanski	1:33:48
M45 John Emmons	1:28:04
Bruce Mortenson	1:30:17
Dick Ruhland	1:31:57
Tom Allison	1:32:42
Norm Purrington	1:36:56
M50 Jared Mondry	1:33:36
Andy Deters	1:38:18
Jim Mayerle	1:39:30
Rick Kleyman	1:41:46
M55 Gary DeFrance	1:44:57
James Wirkes	1:48:07
John Post	1:51:02
M60 Greg Prom 61	1:49:23
Alex Ratelle 67	1:53:54
Jerry Noyes 60	2:00:00
M70+Emil Balz 73	2:15:52
M70+Emil Balz 73 Paul Werner 79	2:40:34
W40 Judith Hine	1:39:56
Sally Brent	1:42:02
Nancy Camp	1:52:08
Barleara Wilson	1:52:47
W45 Carol Klitzke	1:48:52
Mary Hiatt	1:50:22
Gloria Jansen	1:50:22
Margaret Olson	2:06:29
W50 Marilyn Schnobric	h1:58:50
Judy Cronen	2:02:53
Audrey Schroeder	2:05:13
W55 Mae Horns	2:11:33
Lois Degonda	2:25:30
Carin Kallman	2:30:03
W60 Barbara Andersen6	
Irene Molitor 61	2:25:45
Barbara Burhans 6	
W70+Betty Haleen 70	3:04:02

#### **SOUTHWEST**

#### Tulsa Run 15K Tulsa, OK; October 31 Overall

overall	
Todd Williams 23 Judi St Hilaire 33	43:1
Judi St Hilaire 33	49:10
M40 Gary Romesser	46:51
Bill Aragon	50:24
Lowry Foster	52:19
Mike Crawford	52:20
David Williams	52:33
Barney Klecker	52:53
Tommy Kempf	53:20
Duke Kern	53:41
* Terry Lewis	54:30
Steve Payne	54:38
M45 J Seymore	51:25
Bob Ferguson	52:39
Gary Madison	53:10
Bob Anderson	53:10
Henry Galpin	55:27
Rick Brower	56:10
Augusto Dominquez	56:56
Daniel Vasicek	57:00
M50 Roger Robinson	52:54
Lewis Chandler	57:00
Jim McFadden	57:26
Orwood Minor	57:33
John Kajander	57:59
Gerald Glass	58:12
M55 Ino Cantu	56:20
Henry Hawk	57:34
Fred Dice	58:55
Jim Peller	60:57
M60 Jack Gentry	61:17
Jerry Crockett	63:05
Ted Gardner	65:44
M65 Whit Mauzy Jr	69:03
Harold McDonald	72:08
Ted Hine	72:23
M70+Jim Smith 70	70:17
Ralph Ratcliff	74:35
Poce Miles	77.2

Ross Tulsa

W40	Martha O'Rourke	58:39	9
	Mary Hydrick	60:25	5
	Donna Spencer	60:5	6
	Serai Abraham	62:0	3
	Martha Hensius	62:33	2
	Dena Green	63:3	б
W45	Jane Hutchison	58:0	8
	Nancy Wallace	69:0	6
	Patricia Case	69:2	1
	Donna Brynteson	71:3	7
	Barbara Parker	72:4	0
W50	Lydia Borges	65:0	0
	Linda Brown	68:4	5
	Sherry Dailey	74:3	1
	Barbara Pogue	75:3	2
W55	Mona Keffer	74:0	3
	Carolyn Buckner	77:3	_
	Kathy Moffitt	78:10	_
W60	Marilyn Thompson	78:4	٠.
	Joan McGrew	87:2	
	Nadine Long	93:0	_
W65	Pat Wheeler	1:32:2	_
	Patsy Keim	1:41:2	
W70	+Phyllis Ruthenbur		
	Mary Bowles	2:26:3	5

#### **NORTHWEST**

#### St. George Marathon St. George, UT; October 3

Overall	
Jose Pina	2:20:51
Kathy Robinson	2:42:03
MHU Ray Workman	2:44:10
Stan Burt	2:46:11
Alan Watson	2:49:05
Glen Nakano	2:51:42
M45 David Buton	2:45:53
Ted Heal	2:45:50
Ken Harper	2:51:26
M50 Robert Nelson	2:43:03
Ron Peterson	2:47:07
Paul Feacock	2:47:11
Bob Derbridge	2:48:25
M55 Darrell Natter	2:42:19
Kent Topham	3:00:45
Ross Westley	3:05:54
Leroy Kim	3:07:31
M60 Paul Nance	3:01:52
J G McBride	3:04:32
Pat Devine	3:06:07
M65 John Cahill	3:07:04
Franklin Mason	3:26:59
Randy Schachtil	13:37:28
M70 Tom Edwards	3:41:24
Bill Collings	4:23:31
M75+Dutch Benedetti	4:40:05
Herb Wright	4:53:54
W40 Ellen Gilson	2:43 16
Mer le Heimlerg	2:56:11
Janice Colton	3:14:01
W45 Jeanie Groves	3:27:10
Bonnie Wadley	3:33:27
Carol Johnson	3:33:32
W50 Kathy Reynolds	3:40:50
Ida Hendrick	3:42:45
lna Smith	3:51:12
W55 Shirley Blush	3:20:22
Wilma Maddock	3:44:07
Audrey Hauth	3:58:09
W60 Judy Bullough	4:32:55
Julia Barett	4:41:56
W65 Velma Earl	4:26:43

### Huntsman Chemical's World Senior Games 5K/10K St. George, UT October 20-23

34	
M50 Greg Kelley Harlan VanBlaricu	18.29
Harlan VanBlaricu	m18:55
Dick Jones M55 Jack Miller Chris Noble Arthur Christean	19:03
M55 Jack Miller	19:47
Chris Noble	21:07
Arthur Christean	24:10
M60 Boyd Rollins Russ Allen	20:33
Russ Allen	20:36
Mario Lovricic	21:00
M65 Sid Smith Marv Woodbury	23:12
Mary Woodbury	23:29
Chas Payne M70 Will Metz Ben Heath M75 Dan Bulkley	23:59
M70 Will Metz	28:37
Ben Heath	28:37
M75 Dan Bulkley	25:00
Don Lundberg Herb Wright M85+LaGrand Neilson	27:11
Herb Wright	28:17
M85+LaGrand Neilson	35:33
W50 Donna Wooldridge	22:31
Iris Toiley	24:08
Jeanette Rusk	24:20
W55 Elfriede Schmitt	
W60 Elaine Stuart	28:25
Ruth Payne W65 Nancy Smalley	32:20
W65 Nancy Smalley	25:34
Velma Earl JoAnne Janicki W70 Louise Adams	27:39
JoAnne Janicki	51:58
W70 Louise Adams	25:06
Francise Knox	25:06
W80 Ivy Granstrom	36:07
10K	
M50 Harlan VanBlaricu	m40:26
Dick Jones Steve Foster	40:45
Steve Foster	41:23
MSS Puge Allen	42.22

M55 Russ Allen Don Lucero

74:35

77:32

M60	Sid Smith	49:51
	Charles Payne	51:55
	Mel Grantham	54:10
M75	Don Lundberg	55:16
	Tom Champneys	59:53
M854	LaGrand Neilson	72:35
W50	Donna Wooldridge	48:10
	Jeanette Rusk	51:11
	Iris Tolley	52:57
W55	Elfriede Schmitt	46:41
W60	Elaine Stuart	58:34
	Ruth Payne	69:32
W65	Nancy Smalley	53:48
	Velma Earl	58:05
W70	Louise Adams	52:04
W80	Ivy Granstrom	76:52

# Northwest Masters 8K Seattle, WA; October 24 M40 Michael Allison 26:48 Philip Welch 26:50

	Jim McGill	26:57
	Russ Jones	27:15
M45	Chris Steer	29:11
	Walt Rotkis	29:32
	Steve Moe	30:38
OcM	Lave Williams	27:54
	Make Donoghue	29:26
		30:28
M55	Lave Pitkethly	29:15
	Bill Iftrig	29:37
	Earl Ellis	30.46
MGO	Jerry Magorty	42:35
	Don Thoreson	45:19
	Dick Bjorneby	46:43
M65	Orto Kennison	31:49
M70	Norman Hansen	37:19
	Bruce Rennie	-11:52
W40	Saidt a Niel	41:53
	Chelley Burett	41:55
W-15	Kate O'Neill	31:21
	Dorse Quan	31:35
W50	Judy Groombridge	32:54
	Christine Curtis	34:47
	Ricki Vadset	35:12
₩55	Janis Van Camp	37:35
	Mary Fournier	45:58
W60	Pat Johnson	37:20
W65	Billie Murphy	39:16
WBO	Helen St. ut	95:12

#### CANADA

#### Can-Am Cross-Country Challenge St. Catharines, Ontario October 25 C=Canada/U=USA

C=Canada/U=USA	Đ:
M40	
1 Ted McKeigan	C 27:24
2 George Aitken	C 27:26
3 Murray Hale	C 28:39
8 Bob Knuckey	C 30:30
11 Gaetan Breton	C 30:36
13 Tim Payne	C 31:21
14 John Pickard	C 31:38
19 Richard Graham	C 32:19
21 Steve Caws	C 32:30
29 Doug Smith	C 34:40
41 Al Cunningham	C 36:48
51 Mike Nedd	C 40:44
M45	30 3500 310
5 James Mattingley	U 29:26
6 Jerry Smith	U 29:45
7 Harry Auit	C 30:26
9 Bill Norwich	C 30:91
10 David Sheridan	C 30:32
15 Terry Romett	C 31:43
16 Bill Weir	C 31:47
17 Michael Sheridan	C 32:03
20 Bruce Pellow	C 32:26
25 Jim Rea	C 33:56
26 Bob Wilson	C 34:10
44 Bob Zimmerman	C 37:26
TO DOD DIMMET MAIL	C 44:58
87 Rex Harvey	U
M50	U
4 Ken Inglis	C 28:54
18 Art Turner	C 32:11

M50	
4 Ken Inglis	C 28:54
18 Art Turner	C 32:11
22 Brian Drewett	C 32:42
23 Vincent Colgan	U 33:35
30 Bernard Conway	C 34:49
37 Duncan Mounsey	C 35:39
43 Wayne Cosgrove	C 37:25
46 Wally Fenske	C 37:28
M55	
24 Brian Delaney	C 33:37
28 Ron Crichton	C 34:21
32 Gerhardt Krolow	C 35:08
34 Johnny Johnston	C 35:30
35 Richard Graves	C 35:32
36 Herb Burdett	C 35:36
47 Bill Bryson	C 37:40
57 Steve Menta	C 42:04
59 David Moule	C 43:18
M60	

46 Wally Fenske	C 37:28	ı
M55		
24 Brian Delaney	C 33:37	
28 Ron Crichton	C 34:21	ı
32 Gerhardt Krolow	C 35:08	ı
34 Johnny Johnston	C 35:30	ı
35 Richard Graves	C 35:32	ı
36 Herb Burdett	C 35:36	ı
47 Bill Bryson	C 37:40	l
57 Steve Menta	C 42:04	ŀ
59 David Moule	C 43:18	
M60		ı
33 Manuel Teodoro	C 35:16	ı
39 Earl Fee	C 36:10	ı
40 Art Rappich	C 36:29	ı
45 Dave Wilson	C 37:27	ı
49 Felix Charles	C 39:58	ı
53 Alastair Lynn	C 41:22	ı
54 Ralph Lang	C 41:34	ŀ
85 Jack Casela	C 47:07	ı

C 34:58 C 40:55 C 47:09

M65 31 Clifford Hall

43:22

47:33

1/70	
M70 48 Johnny Johnston	C 39:31
50 Ed Buckley	U 40:09
58 Nate White	U 43:00
61 Ed Vivancos	C 43:55
	C 52:15
70 Aaron Kasdan M75	4
72 Sid Pritchard	C 55:43
74 Whitey, Sheridan W35	C 57:00
12 Janet Takahashi	C 30:38
69 Cathy Tedford	C 48:10
W40	
27 Linda Findley	C 34:10
42 Anne Emmett	C 37:21
W45	
38 Judith Nichol	C 35:56
55 Georgie Gillis	C 41:35
55 Georgie Gillis 56 Cathy Scharge	C 41:58
62 Pam Duncan	C 44:58
W50	
60 Jean Doench	C 43:23
WSS	
Phyllis Roberts	C
W60	
64 Ruth Carrier	C 45:17
W65	
68 Dorly Brechbuehl	C 47:26
W70	
71 Judith Kazdan	
Total Score: CAN 47	USA 140

#### INTERNATIONAL

# **British Isles Home Countries** Cross-Country (M10K/W5K) Championships Belfast, Northern Ireland October 31

M40	
Bob Treadwell	ENG 32:47
Tony Simmons	WAL 33:45 ENG 33:55
Mike Hagar	ENG 33:55
Dave Hill	ENG 34:03
Ken Moss	ENG 34:13
M45	
Colin Youngsen	SOO 34 29
Desi McHenry	35:32
John Buckley	IRE 35:40
Dic Evans	WAL 35:41
Brendan Sherlock	IRE 35:53
M50	
Graham Patton	ENG 35:51
John Dear	ENG 36:44
Roger Highnam	ENG 36:53
Alan Jefferies	WAL 36:58
M55	
W Dunne	43:15
Roy Weir	44:58
W McCullough	47:05
M60	
Pascal Morris	IRE 39:15
Laurie O'Hara	ENG 39:22
Eric Appleby	ENG 39:45
W35	
Anne Turrington	ENG 19:06
Maggie Statham	ENG 19:12
Liz Hughes	WAL 19:23
Moira O'Neill	WAL 19:23 NIR 19:36
Sandra Branney	SCO 19:38
W40	
Dianne Marsh	ENG 19:46
Yvonne Healy	NIR 20:23
Pat Gallagher	WAL 20:26
Liz Slater	WAL 20:29
W45	20.25
Bernie Mount	23:26
W50	23.20
Molly Smith	ENG 21:55
Kathleen Dempsey	IRE 22:29
Barbara Matley	ENG 23:21

#### RACE WALKING

### Golden Gate Racewalkers 10K TAC Championships San Francisco, CA September 20

	September 20	
M45 E	Wilson	68:58
M50 E	Dorinson	61:17
	Woods	70:00
M35 L	Green	55:13
J	Fisher	64:27
M60 J	Baset	70:42
M70 T	Grove	74:39
M30 G	DeFetra	69:53
W40 S	Focacci	57:32
5	Womack	58:30
	McNulty	68:47
W45 J	Looby	66:28
(	Nash	74:38

#### Connecticut Senior Olympics 10K Racewalk U. of Bridgeport; October 11

- 1			
	M55	Jack Boitana	64:15
1		Richard Huie	72:54
1	M65	Rich Krusinski	84:04
	M70	Malcolm Goering	73:27
1	M75	Sam Harrison	78:19
	W65	Violet Gozzo	1:40:03
1	W70	Edith Earl	1:40:10
		Mary Haines	1:40:12
		•	

#### **TAC/USA National Masters** 1-Hour & 2-Hour Racewalk Championships MIT, Cambridge, MA October 18

1-Hour	
M40 Brian Savilonis	11869m
Robert Ullman	11202
Bob Kitchen	10088
M45 Bob Keating	12773
Joe Light	11804
John Johnson	11246
M50 Thomas Knatt	10567
M55 Paul Johnson	11181
Wayne Nicoll	10221
Ron Bielicki	8042
M60 Mike Michel	9545
Bill Lonnroth	7977
M65 Harold Thornley	8586
	7823
Stuart Corning Jr M70 Phil O'Connell	8149
Ray McPeck	7704
M80 Frank Rubin	8008
W40 Jeanette Smith	10585
Shelley Cantor	9503
Meg Ferguson	9502
W45 Margie Alexander	9505
Carol Kuo	8871
Sandra Musick	8739
W50 Elton Richardson	10151
Susan Leigh	7972
Barbara Belware	6923
W55 Beth Young-Grady	9436
Jeanne Shepardson	8521
Christine Zupkofsl	ka 8064
W60 Lorelei Ruben	7727
Marie Roberts	6780
W65 Helen Lonnroth	7756
W70 Simone McGrath	6793
2-Hour	
M40 Phil McGaw	20834m
George Lattarulo	17434
M45 Joseph Kay	18427
Masters Teams	
M40+New England Walke	rs "A"
(Keating/Savilonis/Li	ght)
W40+Indiana Walkers	
(Smith/Young-Grady/Al	exander)

#### MAC 5K Road Racewalk Championships Central Park, NYC October 18

Overall	
Marc Varsano 27	21:20
Ellen O'Shaughnessy30	26:27
M40 Nick Htera 44	22:29
Luis Canepa 45	28:58
MUO Herbert Zydek 53	27:43
Robert Barrett 58	27:56
M60 Daniel Pina 63	32:28
Len Sheer 67	32:29
M70 Frank LaMorte 70	32:08
Jay Charles 70	37:42
W40 Ana San Antonio41	32:11
Elaine Leonard 44	40:07
W50 Ellyn Altman 50	30:25
Maria Cox 51	31:46
W60 Joan Rowland 66	33:12
Vivian Lowery 68	36:15
W70 Queenie Thompson70	
Althea Jureidini74	37:15
Masters Teams:	
M40:Metro Racewalkers	98:34
W40+Natural Living 1	00:51
55 finishers/2 dqs	

# **Huntsman Chemical's World** Senior Games 5K Trackwalk St. George, UT October 20-23

MSO Harlan VanBlaricum32.46

	nou narian vanblaricu	m32:46
	Kurth Freeman	46:23
-	M55 Jim Osterud	32:57
	George Snell	34:20
	Paul Reynolds	34:37
	M60 Earl Walker	38:09
	M65 Mel Grantham	33:50
	George Caron	34:55
	Paul Hoeberigs	39:37
	M70 Tom Bishop	34:35
	Jack Paulman	38:43
	Ben Heath	42:22
	M75 Frank Herrelko	41:21
	W50 Gloria Reynolds	38:30
	W55 Johanna Smit	38:33
	Kathleen Gubler	45:13
	W60 Paulette Caron	37:49
	Marjorie Bodell	38:58
	Clara Snell	39:46
	W65 Anne Barker	37:22
	Bonnie Vito	38:58
	Daisy Morgan	41:44
	W80 Estelle Freudberg	38:49
	5K Fitness Walk	
	M50 Harlan VanBlaricu	m34:57
	M55 Santi Tafarella	39:01
	M60 Jan Schmitt	39:02
	M65 Frank Vito	39:03
	M80 D A Cahoon	41:24
	M85+LaGrand Neilson	42:34
	W50 Iris Tolley	35:54
	W55 Joan Blue	40:09
	W60 JoAnne Janicki	51:37
	W65 Annie Barker	39:41
	W70 Evelyn Lercher	45:24
	W80 Ivy Granstrom	47:20

December 19, 1992

# **Huntsville State Park**

- START:... 6:00 am 50 mile race ... 9:00 am Marathon
- \$ 40.00 by 12/01/92, \$ 50.00 from 12/01/92 to 12/18/92. Add \$ 5.00 for checks from non U.S.A. banks.
- NO RACE DAY REGISTRATION!
- Accurately measured course! Four 12.5 mile loops for 50 mile race. (1.2 mi. + 2 loops for marathon)
- \* 24 well equipped aid stations. (12 aid stations, marathon)
- 11 hour time limit. (8 hr. limit for marathon)
- Pre-race pasta dinner 12/18/92 from 6 pm to 8:30 pm. (1 guest included). \$ 10.00 each additional guest.
- Post race bar-b-que includes food and soft drinks. (1 guest included). \$ 5.00 each additional guest.
- \* Awards Ceremony at 5:00 pm at the start/finish line.
- \* Camping at Huntsville State Park. Motels in Huntsville, TX.
- Soft dirt trails through beautiful and scenic forest with rolling hills to provide variety and challenge. The trail is well maintained, well marked, and VERY FAST. Additional race information will be provided AFTER entry is received.
- \* Contact: Rudy Alvarez, P.O. Box 4456 Houston, TX 77210 (713) 639-5889 or Brent Bergevin 1-800-285-8098.

ENTRY	FORM:	Make	checks	payable	to	SUNMART-TEXAS	TRAIL	ENDURANCE	RUN.	MAIL	TO: P	.0.	Box	4456,	Houston,	TX	77210

CIRCLE ONE! RACE: 50 mile Marathon T-SHIRT: S M L XL XXL SEX: Male Female

Address:

State: Zip

Phone No.: (day) \_\_\_\_\_\_ Birth Date: \_\_\_\_\_

# ULTRAS completed: \_\_\_\_ Best 50 mile time: \_\_\_\_ # marathons completed: \_\_\_\_ Best marathon time:

ENTRY FEE: \$

Name of GUEST (1 free)

| Pre-race: \_\_\_\_ x \$ 10.00 = \$

# of Surmart-1150 runs Completed:

Number of ADDITIONAL guests at:..

Endurance Ri

50 Mile Trail Run & Trail Marathon

Post-race: \_\_\_\_ X \$ 5.00 = \$ I realize that there are risks associated with competing in this event and in consideration of your accepting this entry, I the below algued intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any persons, organizations, officials, and/or

TOTAL AMOUNT DUE -\$

sponsors of the TEXAS TRAIL ENDURANCE RUN and their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the foregoing to use photographs, videotapes, molion pictures, and recordings of me, or other record of this event, for any legitimate purpose. Also, I understand that the race director has the right to reject any entry.

Signature of Race Applicant....:

Date:

MINIMUM AGE: 18 years on 12/19/92: