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exclusively to track & field and long distance running for men and women over age 30



82

June, 1985

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4500 ENTER VI WORLD VETERANS GAMES

Rome Lures Olympians

by LYNDA HUEY

I once said that I wouldn't do this — Masters track — that I didn't need to. But things sort of fell into place: Rome is the city I'd like to see again, plus there was an athletic event that sounded interesting and I was rather curious to see if I can still perform reasonably well.

— Peter Snell

Perhaps Rome is the lure. **Roma** — The Eternal City that promises incredible sights and great memories; the city that hosted the 1960 Olympic Games; the city that overwhelms the visitor with its ancient Coliseum, Circus Maximus, Trevi Fountain, and countless grand piazzas and memorials. A trip to this bewitching city may be the reason former Olympians are now dusting off their spikes (not to mention their hamstrings) and tuning up for the biggest international meet on the Masters track and field circuit.

Or perhaps these formerly splendid physical specimens have watched passively while their sedentary neighbors took to the roads, the swimming pools, and the hiking trails as the past decade's fitness craze swept across America. Perhaps the non-gifted masses were beginning to pass right by the declining ex-Olympians, prompting a rekindling of the old competitive fires. Maybe, just maybe, these Olympians see it as high time to, once again, put some distance between themselves and these pedestrians that surround them.

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Special VI World Veterans Games Issue

INSIDE:

- Largest Games Ever
- Olympians Go To Rome
- Should Masters Join the IAAF?
- What to do and see in Rome
- Key Italian phrases to know
- "How I Run Blind" by Fritz Assmy
- Schedule of WAVA meetings
- Competition Schedule
- Current World 5-year Age Records
- The View from IGAL



1952 and 1956 Olympic shot put gold medalist Parry O'Brien will be one of dozens of Olympians in Rome this month for the VI World Veterans Games. O'Brien, now 53, holds the world record for men age 50-54 in the shot put (58-1½) and discus throw (185-9).

Mortenson, Stoneking National Masters 15K Champions

by JACK MORAN

The TAC U.S. National Masters 15K Championships attracted a coast-to-coast field to Edina, Minnesota, on May 5, but, when the race was done the champions were local favorites Bruce Mortenson, 41, Minnetonka, and Diane Stoneking, 37, Minneapolis.

Mortenson, who has also had impressive victories this spring at New Orleans' Crescent City Classic 10K and Lincoln's Statehood Days 10-miler, broke away from Art Meaney, Newfoundland, and Gary Goettelmann, Santa Clara, Calif., at the 5K mark and ran alone the rest of the way. The winning time was 49:12, just off Dan Conway's course record. Meaney followed in 50:11 and Goettelmann in 51:17. Stoneking, the first over-30 at the big Get In Gear 10K the week before, ran by herself from the gun, finishing in 59:28. Second woman was Jenny Mortenson, 36, Edina, Minn., in 1:03:10, followed by Sheila Hasham, 42, Alhambra, Calif., the first over-40 runner, in 1:04:00.

(Editor's note: U.S. Masters competition begins at age 40 for both men

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Gabriele Andersen-Schiess received worldwide fame for her determined last lap in the 1984 Olympic marathon. She turned 40 this year, and will be a factor in the women's age 40-44 1500- and 5000-meter runs in the World Veterans Games in Rome.

photo by Richard Lee Slotkin

Over 50 Nations To Be Represented

by AL SHEAHEN

An astounding total of over 4500 Veteran athletes from over 50 nations have entered the VI World Veterans Games this month in Rome, Italy.

It will be the largest World Veterans Games ever held, far surpassing the previous high of 3126 at the III World Games in Hannover, Germany, in 1979. It is more than double the 1935 who attended two years ago in Puerto Rico.

The World Veterans Games are the athletics equivalent of the Olympics for older individuals. Competition will be held in the traditional five-year age-groups, beginning at age 40 for men and age 35 for women.

Dozens of former Olympians from the U.S. and other nations will be on hand. Some will be competing in the Veterans ranks for the first time. Familiar names like Peter Snell, Willie Davenport, Parry O'Brien, John Carlos, Ed Burke, Thane Baker, Boo Morcom, Josh Culbreath, Al Oerter and Earl Young will be going up against some of the world's top veteran athletes in their respective age groups.

While the competition is the reason for the whole affair, perhaps the best experience in Rome will be the chance to meet and make friends with people from all over the globe. You can sit down for a beer or a chat with a man from India, or a woman from Norway, or a couple from Australia and really

Continued on page 15

Benham, Valentine Set World Marks in Raleigh

Ed Benham, 77, and Rudy Valentine, 61, set new world 5-year age-division records to highlight the 15th Annual Southeastern U.S. Masters Track & Field Meet at North Carolina State College in Raleigh on May 3-5.

Benham ran 3000 meters in 12:30.3 to take 33 seconds off the age 75-79 mark of 13:06.4, set by Richard Bredenbeck in 1981.

Valentine blazed to a 66.7 in the 400-meter hurdles to demolish the 60-64 mark of 68.7, set by Canada's Max Pickl in 1979.

Two U.S. marks were set: Ohio's
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NATIONAL INDOOR MEET

After every big meet, I wait for the letters griping about the conditions. I started competing again, 12 years ago, and decided that I was not going to bitch unless I was prepared to put on the meet myself. If the grippers don't like the meets, why don't they do it themselves?

If they think Sterling was bad, they would flip out at some of the things I've seen over the years:

1) I sat in the dark in a rainstorm to help verify Clint Johnson's all-time-best high school discus throw. They had to drive across Kansas City to get a tape long enough to measure it.

2) At the National outdoor in Houston in 1983, we threw the hammer in the dark; the markers were afraid to go on the field because you couldn't see the hammer coming. I didn't blame them, and, after a while, it was funny and we all had a good time.

3) I've driven 300 miles to meets and had some runner announce we would get three throws and no finals. There's always another meet down the road; it's not a life-threatening situation.

If anybody should have griped at Sterling, it would be the weight throwers. It's normally an indoor event, but we threw outside in the mud and snow. We knew it was not the meet director's fault and the conditions were ridiculous, but we had a good time.

These are humorous things I'll remember for years.

To my friend and adversary Chuck Klehm, thanks for the Sterling meet. I appreciate your time, money and effort. Remember, some people just aren't happy unless they are bitching about something.

*Tom Wesselowski
Wichita, Kansas*

LA PATRIOTS MEET

I want to stress my displeasure to the L.A. Patriots Organizing Committee in their selection of awards for the "1985 World Masters Tune-Up Games."

I travelled 4,000 miles from Puerto Rico to receive silly pieces of paper passing as "awards."

I'm sure that, if they ever hold another meet, not too many Masters will compete, unless they print what the awards will consist of. Most participants were very frustrated.

*Gilberto Gonzalez-Julia
San Juan, Puerto Rico*

LOWER THE BARRIERS

Whoever it was that put the 30-inch hurdles and the 8-pound shot back into the decathlon for sixty-year-old men, please see me for a free dinner.

To ask a man nearing 70 to throw an

11-pound shot, nearly the weight of the high school shot, is stupid. At the indoor Nationals, I tripped over one of the 33" hurdles.

One last thought: I met the man of blood and thunder who writes with a porcupine quill, the fire-belching W. MacDonald Miller. Not to worry, folks, behind that walrus mustache stands marshmallow man, full of charm and grace, a joy to meet.

See you in Rome.

*Boo Morcom
Wilmot Flat, New Hampshire*

NO FALSE START RULE

Hooray for Al Guidet. I just returned from the 1985 TAC National Masters Indoor meet in Sterling, Illinois. With my sore muscles, bruised ego, and thin wallet intact, I made the 550-mile drive back to Oklahoma thinking about how to help Masters Track & Field, and not how to further legislate against it with more rules. We have enough of them now.

First, nobody quite knew what to expect about the no-false-start rule. Do I dare move or roll in the blocks? It soon became evident we had a reasonable starter when the field petitioned him to rerun the first heat of the M30 60y, because of an obvious false-start that

Continued on page 10

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Nine Age Records Fall at Fresno

On a beautiful, clear, sunny day in Fresno, eight-eight Masters joined twenty-four Open athletes for a successful TAC Central California Association Masters Championships, April 13.

Fresno State University's Warmerdam Field is considered one of the best facilities on the West Coast, and all nineteen events were contested on or within the fast 400-meter oval. Seven world age records and two American age records were set.

Paul Spangler set world age-86 marks in the 5000 (30:13.07) and 1500 (8:09.07). Gary Miller set a world age-47 pentathlon record with a 2794 total. Oregon's Ross Carter set a new age-71 world standard for the 8-pound shot with 44-8½.

Carol Johnston, of the Trojan Masters, soared 10-0 for a world age-73 pole vault record, and teammate Jim Vernon 68, cleared 10-6. Their submaster teammates, Carl Brazelton (14-6), and Leon Roach, (13-6), kept the Trojans "high." Vernon has set a new standard each year at this meet.

Meet director, Hugh Adams, turned back a 9th-hurdle challenge in the M45 400IH by Bill Knocke, 45, and bettered the age-45 world time with 58.12. Knocke finished in 1:00.01.

American age records were set by George Cohen, 45, in the 800 with a strong 1:58:59, and Gretchen Snyder, 51, in the 200 with a 31.25.

A hot M40 400 race saw Dennis Duffy, 42, win in 51.38 over Mel Brooks, 44, 52.47. Darrell Horn, 45, long jumped 20-0, and Rufus Morris, 40, sailed 22-7½. Dan Fitzsimmons, 41, ran a 23.04 200. Submaster Akin Lewis clocked a fine sprint double of 10.81 and 22.30.

British Olympian Matt Mileham thrilled early morning spectators, which included "Dutch" Warmerdam, Olympic pole vault champ and ex-Fresno State track coach, with a 245-8 hammer throw. □



Gary Miller, M45, with discus heave of 109-6, on the way to setting a new Age-47 World Record in the pentathlon with a 2794 total, TAC Central California Championships, Fresno. photo by Gretchen Snyder

Dyce Anchors Two Wins in Penn Relays

by PETE TAYLOR

PHILADELPHIA, April 27. Lightning, in the form of Dennis Dyce, struck for the second time in less than 24 hours today as the 91st Penn Relays concluded a 5-day stay at Franklin Field before a crowd of 38,810.

Apparently hopelessly far behind the Philadelphia Masters' Bob Maxwell as he took the baton for the anchor leg of the 4 X 400 Masters relay, Dyce closed relentlessly in the last 150 meters to give his New York Pioneer Masters the victory by about two feet. Bob Stanford, Ed Small and Glen Shane ran the first three legs for the Pioneers, who clocked a nifty 3:29.6. Philadelphia Masters ran 3:29.7; Potomac Valley Seniors, 3:32.3; Shore AC Masters, 3:43.6; and Central Park Track Club, 3:44.4.

The 41-year-old, robustly-built Dyce, now working as a banker in Chicago, was also the anchor for the NY Pioneer Masters (Small, Mel Barn-

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NORTH AMERICAN WAVA CHAMPIONSHIPS LOS GATOS, CALIFORNIA

AUGUST 3 - 4, 1985

LOS GATOS HIGH SCHOOL TRACK ■ SAN JOSE CITY COLLEGE

Sponsored By
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Sanctioned By
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ASSOCIATION

PRE-REGISTRATION DEADLINE JULY 30, 1985

ENTRY FEE-FIRST EVENT \$8.00 ■ ADDITIONAL EVENTS \$5.00
■ RELAYS \$16.00

FACILITIES: 8 lane Chevron 400 all weather track. 1/4" spikes only. Concrete throwing rings. Grass javelin runway at San Jose City College.

ELIGIBILITY: Men and Women in 5 year age groups from age 30 with a 1985 TAC registration number.

FEES: \$8.00 1st event. Each additional event \$5.00. \$16.00 per relay team — all from same club.

ENTRY DEADLINE: Tuesday, July 30, 1985. No post entries except by phone. \$10.00/event depending on available space in event. Relay teams may enter on meet days with all runners from same club.

TAC REGISTRATION: Required registration, 1985 number available at meet for \$6.00.

AWARDS: Medals for first 3 places in each age group.

HOUSING: Los Gatos Lodge, 354-3300. Los Gatos Garden Inn, 354-8446. Los Gatos Motor Inn, 356-9181. Village Inn, 354-8210. Los Gatos Hotel, 354-4440.

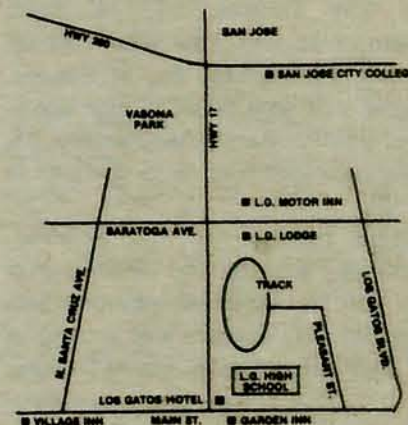
SATURDAY, AUGUST 3, 1985 • Los Gatos High School Track

7:00 5000 M RACE WALK	10:00 AM POLE VAULT 50 +
8:00 5000 M RUN/WOMEN & MEN 60 +	11:00 AM POLE VAULT 30-49
8:45 5000 M RUN/MEN 50 +	10:00 AM HIGH JUMP/WOMEN
9:30 5000 M RUN/MEN 40 +	10:30 AM HIGH JUMP/MEN 60 +
10:15 5000 M RUN/MEN 30 +	11:30 AM HIGH JUMP/MEN 30-49
11:00 4 X 100 RELAY	11:00 AM LONG JUMP/ WOMEN & MEN 50 +
11:15 80M HURDLES 30" W40+/M70+	12:30 PM LONG JUMP/MEN 30-49
11:25 100M HURDLES 33" W35-39: M60-69')	11:00 AM DISCUS/WOMEN
11:40 110 HIGH HURDLES/MEN 50 + (36')	11:30 AM DISCUS/MEN 50 +
11:50 110 HIGH HURDLES/MEN 40 + (34')	12:30 PM DISCUS/MEN 30-49
12:00 110 HIGH HURDLES/MEN 30 + (33')	2:00 PM TRIPLE JUMP
12:10 100 M HEATS & FINALS	2:00 PM SHOT/WOMEN
1:10 800 M	2:30 PM SHOT/MEN 60 +
2:10 200 M HEATS & FINALS	3:00 PM SHOT/MEN 50 +
3:10 400 M FINALS	3:30 PM SHOT/MEN 30-49
4:10 1500 M FINALS	
5:00 400M HURDLES 36" 30-49 33" 50-59 30" 60+	
5:10 4 X 400 RELAY	

SUNDAY, AUGUST 4, 1985 •

Site to be announced

8:00 20 X RACE WALK (VASONA PARK)
8:00 10,000 M
9:30 STEEPLE CHASE
9:00 HAMMER
10:00 JAVELIN



NORTH AMERICAN WAVA CHAMPIONSHIP ENTRY DEADLINE JULY 30, 1985

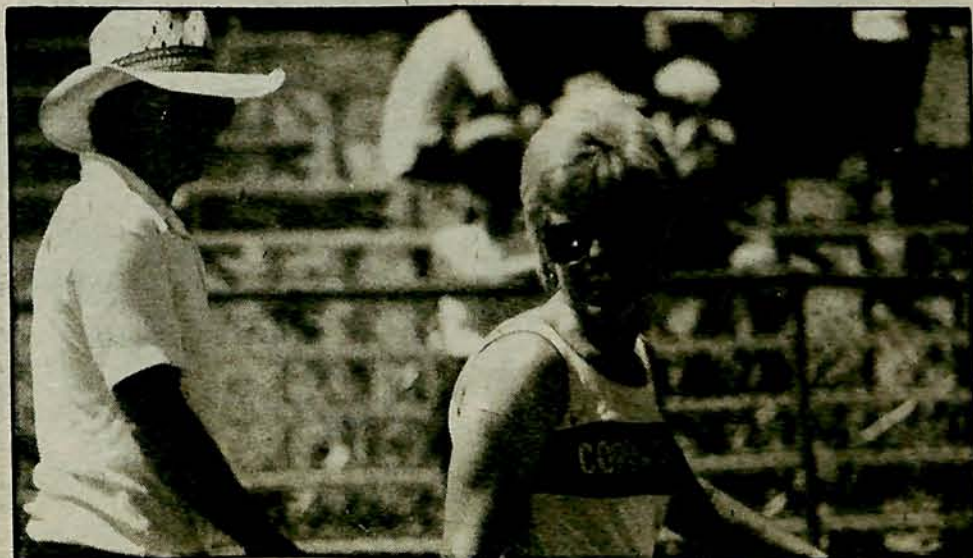
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P.O. Box 1328, Los Gatos, California 95031
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Name _____ (Last) _____ (First) _____ Address _____ (Number & Street) _____
 Phone _____ (City) _____ (State) _____ (Zip) _____
 Date of Birth _____ Circle one: MALE FEMALE
 Age as of Aug. 3, 1985 _____
 Events Entered This Competition _____
 Best Mark '85 _____
 Club Affiliation _____ Your TAC # _____
 Amount Enclosed _____ NO REFUNDS FOR DEFAULT
 (Make checks payable to Los Gatos Athletic Association)

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the North American WAVA Masters and Submasters Championship Track & Field Meet held August 3 and 4, 1985, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date: _____ Signature: _____



Jeanne Carter, W45, appears happy with her 400M time of 65.44 at TAC Central California Championships, Fresno, April 13. Meet Director Hugh Adams at left.

photo by Gretchen Snyder

Brown, Hosner Set Marks in Nike Cherry Blossom

Barry Brown, 40, set yet another U.S. Masters Record by running 49:46 for 10 miles in the 13th Annual Nike Cherry Blossom Run in Washington, D.C. on March 31. The time broke the old mark of 51:09, set by Herb Lorenz in 1982.

It was Brown's sixth U.S. 40-44 mark since he turned 40 last year. (The others; 8K-24:15; 10K-29:57; half-marathon - 1:06:24; 20 miles - 1:42:05; marathon - 2:15:14).

John Hosner took over three minutes off Hubert Morgan's M60 mark of 1:02:11 with a sizzling 58:55.

Norm Green was 2nd master behind Brown in 53:18 to take the M50 title. Cindy Dalrymple, rounding back into form, took the 40-44 women's award

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Heffernan, Dunlap Top Masters in Pear Blossom

Mike Heffernan, 44, of Portland, Oregon, placed ninth overall of 1033 men finishers in the 9th Annual Pear Blossom 20K in Medford, Oregon, on April 13, in 1:07:12. He won the Masters title over another top Northwest area Master runner, Tom Iredale, 40, of Spokane, Washington, who ended with a 14th place 1:08:40.

Among the other division winners were Ray Hatton, 53, of Bend, Oregon, who was 25th with 1:11:10, and Bill McChesney, 56, of Eugene, Oregon, who won the M55 race handily in 1:17:39. Marcia McChesney, 55, of Eugene, took the W55 division in 1:51:00.

Marge Dunlap, 45, of Redding, California, was the top W40-or-over with 1:30:16, while 48-year-old Lyn Lagrander, of Eugene, was second in 1:32:10. Patricia Dixon, 66, of Eugene,

Continued on page 7



Left: George Mason, M40, sprinting around the final turn in the 4x100 relay; Right practicing a hand-off are Cherrie Sherrard and team member. Sacramento Relays, April 27.

photos by Gretchen Snyder

Septuagenarians Highlight Sacramento Relays

by BOB ROEMER

SACRAMENTO, Calif., April 17 — The 10th annual Sacramento Relays showcased one of the finest fields of 70-year-old athletes ever assembled at a regional track and field meet.

Their performances, on a clear but breezy day at California State University, Sacramento, were incredible.

Harry Koppel, 71, of Belmont, sprinted 100 meters in 13.5.

Ross Carter, 71, of Eugene, Or., hurled the discus 124 feet, 6 inches and the shot, 42-3.

Carol Johnston, 73, of Whittier, pole-valuted 9 feet 6.

John Satti, 71, of San Francisco, triple-jumped 26-1.

Jim York, 71, of Modesto, got off a 117-2 hammer throw.

Jim McCarthy, 70, of Sacramento, high-jumped 4 feet.

And the patriarch of the septuagenarian bunch, Ken Carnine, 77, of suburban Rancho Cordova, took time out from his duties as the meet director's top assistant to whirl the discus 100 feet, 10 inches.

Meanwhile, 40 years behind these fellows, 31-year-old Akin Lewis, of San Francisco, tore off a great 10.56

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Kneer, Brown Capture U.S. Masters 25K

by NATE WHITE

Aided by nearly ideal running conditions, the May 5 TAC U.S. National Masters 25K Championships at Radisson, N.Y. produced four new National single-age records, all of which were set by upstate New York runners.

Leading the small, but elite, group of masters was Ray Kneer, 43, of Cortland, N.Y. who finished in the excellent time of 1:27:22. Kneer just missed breaking the age-43 national record by 11 seconds.

Gloria Brown of Grand Island, N.Y. set a new national age-53 record of 1:52:24. In doing so she led all of the other female master runners to the line.

Ed Buckley of Clinton, N.Y., added to his list of regional and national championships by winning the 60-64 competition. Buckley set a new national age-63 record of 1:50:32.

Charlie Hackenheimer of Central Square, N.Y. established a new age-78 record for the 25K distance (15.53 miles) by touring the 3-loop course in 2:22:32.

Other male runners winning national age-group championships included Pete Jeffers, 46, Homer, N.Y. 1:31:59; Bob Brock 52, Marcellus, N.Y. 1:37:28; Ed Stabler 55, North Syracuse, N.Y. 1:34:58; Nate Hacker 68, Bernhards Bay, N.Y. 2:37:34; and Ray Deschambault 71, DeWitt, N.Y. 2:29:51.

In addition to Gloria Brown, female age group winners were Carol Rider 42, Bridgeport, N.Y. 1:58:45; and Lennie Tucker 46, Liverpool N.Y. 1:56:30.

Age group team championships in the men's 50-59, 60-69 and women's 40-49 categories were won by the Syracuse Chargers. The Syracuse Track Club won the 40-49 men's category.

Competing in a concurrently run open division race, Mary Leivers, of

Continued on page 38

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Enjoying seeing one another again after the winter lay-off are (left to right) Cherrie Sherrard, Janie Duff, and Thelma Rubin. Sacramento Relays, April 27.

photo by Gretchen Snyder

Gallup Leads Masters in Tamanaha 15K

Despite the fact that he gave up nearly 10 years to his younger competitors, Jim Gallup, who turns 50 in October, was the top age 40-and-over finisher in the 8th Annual Norman Tamanaha Memorial 15K in Honolulu on April 7, with a time of 51:17.

Jack Cargal and Larry Whitehead overtook state M50-division record-holder (54:59.9) Carl Ellsworth with a mile to go. Cargal edged Whitehead, 56:48 to 56:54, and Ellsworth settled for 57:29.

Patti Buholm, W45, did some passing of her own, catching Susie Bartels, W45, and Sue Brown, W40, in the final mile to take the first W40+ spot by nine seconds over Bartels in 1:03:58.

Margaret Lee (1:24:44) and Alex

Roth (1:09:58) both set state 65-69 records. Former world record-holder in the pole vault (14-2 3/4 in 1934), Bud Deacon, took second M70 in 1:28:16. □

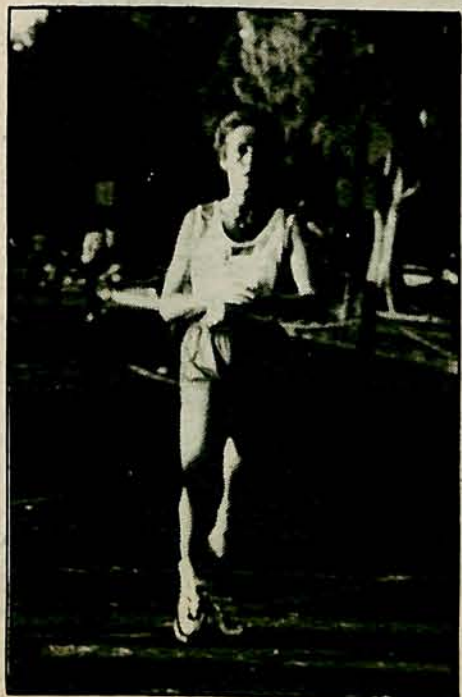


(Top Right) M70-74 top three in the Tamanaha 15K, Honolulu, Hawaii, April 7, flanked on the left by Mrs. Tamanaha, wife of Norman Tamanaha, after whom the race is named, and on the right by Tommy Leong, who donated perpetual trophies for the event. From left: George Starbuck, 3rd, 2:28:11; Bud Deacon, 2nd, 1:28:16; and Masato Shibasaki, 1st, 1:19:19, who holds the national age-71 record for 30K.

(Above) Jim Gallup, 49, who will turn 50 in October, first Master runner and 11th overall, 51:17, in Tamanaha.

(Below) Patti Buholm, 49, who holds the national age-47 record for 30K, first woman Master and 8th woman finisher, 1:03:58.

photos by Dick Cook



JULY 27, 1985
 FURMAN UNIVERSITY
 GREENVILLE, SOUTH CAROLINA



SPONSORED BY: US ACTION AND ATHLETIC ATTIC of GREENVILLE
DATE: SATURDAY, JULY 27, 1985
SITE: FURMAN UNIVERSITY TRACK - HWY. 25 NORTH, GREENVILLE, SC
FACILITIES: Resilite Track and Runways. 3/8" spikes may be used. Concrete circles and grass Javelin runway.
AGE GROUPS: Individual Events: 5 Year Age Groups Men & Women 30-34 to 75+
 Relay Events: 10 Year Age Groups Men & Women 30-39 to 60+
EARLY ENTRY FEE: Entries postmarked prior to July 19th - \$7.00 1st Event (T-Shirt) \$11.00 2nd Event; \$15.00 - 3 or more events. Relays: \$16.00 per team.
LATE ENTRY FEE: Entries postmarked after July 19th - \$8.00 1st Event; \$12.00 2nd Event; \$16.00 - 3 or more events. Relays \$16.00 per team.
ENTRY DEADLINE: Individual events will be accepted until 9:00AM on day of meet. Relay entries will be accepted 1 hour prior to event.
INQUIRIES: Tom Malik, 104 Pinewood Drive, Greer, SC 29651, (803) 879-4549
AWARDS: Tri-colored medallion on wood base for top three places. Limited to three per competitor.
SPECIAL EVENT: Co-Ed Sprint Medley Relay 110 (female) 220 (male) 330 (female) 440 (male) Digital Desk Clock for 1st Three Teams Per Age Group.
TIME SCHEDULE: Women older to younger followed by men older to younger. H.J. & P.V. order according to height; opening heights H.J. 2'6" and P.V. 6' ALL LANE RACES WILL BE HEATS SEEDED ON TIME.

8:00 - 9:00	Late Entries Accepted	12:00	(Sprint Medley Relay Entries Due)
8:30	4 X 100 Relay Entry Due		LUNCH BREAK
9:00	5,000 Meters (All Men & Women) L.J.	1:00	Co-Ed Sprint Medley, T.J., P.V.
9:30	4 X 100 Relay, H.J.	1:30	800 Meters
10:00	3,000 Meter Steeple Chase, Shot	2:00	400 Meter Hurdles, Javelin
10:30	1500 Meter	2:30	200 Meters (4X400 Relay Entries Due)
11:00	110 Meter Hurdles, Discus	3:00	3000 Meters (All Men and Women)
11:30	100 Meters	3:30	4X400 Relay
12:00	400 Meters, Hammer		

ENTRY FORM

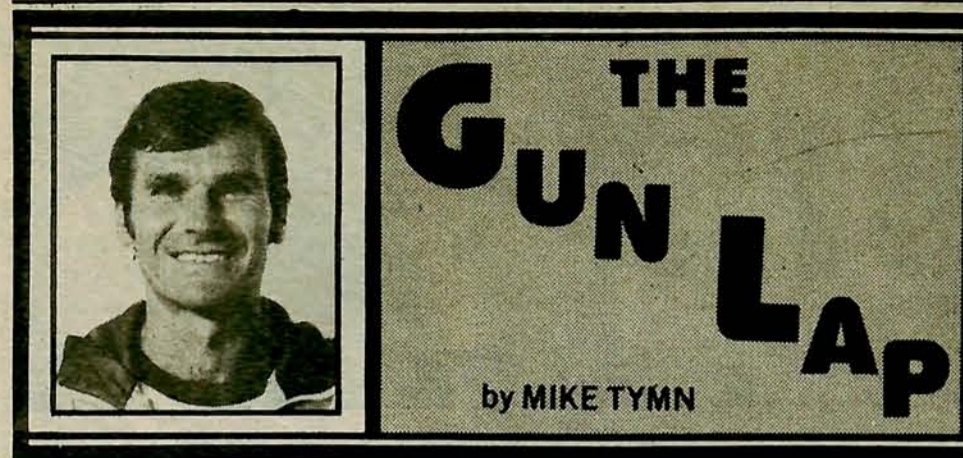
NAME: _____ ADDRESS: _____ CITY: _____
 STATE: _____ ZIP: _____ PHONE: () _____ AGE: _____ DOB: _____ M _____ F _____
 T-SHIRT SIZE: MENS - S _____ M _____ L _____ XL _____ WOMENS - S _____ M _____ L _____
 EVENTS AND BEST PERFORMANCE 1985: _____

RELAYS: 4 X 100 _____
 4 X 400 _____
 SPRINT MEDLEY _____

In consideration of accepting this entry I declare myself physically able to compete in this event & waive myself, heirs & administrators of all claims for damages which I may incur against any and all persons in any way associated with this event, including, but not limited to Furman University, US ACTION, Athletic Attic, Meet Officials. I also authorize the use of my name and photographs in any media.

SIGNATURE: _____ DATE: _____

FEES PAYABLE TO: SOUTHEASTERN TRACK CLASSIC MAIL TO: TOM MALIK, 104 PINWOOD DR., GREENVILLE, SC 29651



The Zen of Running

“Do you think two weeks with a Japanese zen master will help you overcome your mid-life crisis?” my wife Gina gleefully asked. She handed me an application that identified our guest-to-be as Koujun Oheiwā, zen priest, Nyoirinji Temple Soto Sect, Okayama-Ken, Japan. He was part of a cultural exchange program designed to further the conversational abilities of English students in foreign countries. We had anticipated someone of college age, but when the program director asked Gina if we’d accept a 60-year-old zen priest she thought it might be an interesting experience.

Upon his arrival at Honolulu International Airport, our guest bowed and handed us his calling card. Except for wearing a business suit instead of an orange robe, he was exactly how I pictured him — shaven head, glasses,

“The problem is that you are in a race with death,” Big Rock said. “It is a race you cannot win.”

slight of build, stern looking. He spoke slowly and cautiously. When Gina asked what we should call him, he said his name translated in English to “Big Rock” and therefore we could call him that if it would make it easier for us.

It was the day after his arrival that I first became aware our guest had special talents. He curiously examined the pool table in my den and asked what it was. I proceeded to rack up the balls, break, and sink a few. I then offered Big Rock the cue, but he graciously declined and insisted I continue to shoot. It took about 30 shots for me to clear the 15 balls from the table. I racked them once more and again offered Big Rock a cue stick.

“I try,” he said. He then closely inspected the cue, running his fingers up and down the shaft and balancing it in both hands. He picked up the cue ball, grasped it tightly, and then ran his fingers over it. From all four sides of the table, he examined the 15 balls which were to be his targets. I could have run a mile in the time it took him to size up the situation and I was about ready to suggest that he forget about pool.

Finally, Big Rock shot. Three balls fell in on the break. He then ran the table in just 12 shots.

“Interesting game, VEDY interesting game,” he commented with several nods before retiring to his room for an hour of meditation.

When I later told Big Rock that I would be covering a race for the morning newspaper the next day, he asked if I would be running. My wife responded for me and told him that I had given up racing because I had been slowing with age and could not adjust to it.

“The problem, then, is that you are in a race with death,” Big Rock offered. “It is a race you cannot win.”

I pondered that statement for awhile and asked him if he had any suggestions.

“You must turn and confront him before he catches you,” Big Rock responded.

I asked Big Rock who “him” was and he identified him as “death,” — Darth Vader, perhaps.

“But what if he accepts the challenge



Bruce Springbett, M50, finishing 1st in the 400m in 56.41. TAC Central California Championships, Fresno, April 13.

by Gretchen Snyder



Koujun Oheiwā
 (“Big Rock”)

and runs right over me?” I asked.

“He will not. He is more in fear of you than you of him,” Big Rock said. “If you face him boldly, like a samurai, he will cower and turn and then you will be chasing him.”

I thought about that for a few seconds and asked Big Rock what happens if I begin to catch death.

“Ah, but you will not catch him until the time is right for you, and then you will wish that you had caught him earlier,” Big Rock responded.

“I don’t know about that, but I know I can’t get motivated to run 80 or 90 miles a week and lose ten pounds to chase death. I don’t even know what he looks like and even if I did I really don’t think I’d try very hard.”

“So you think you have to try VEDY hard,” Big Rock countered. “Perhaps this is part of your problem. You must act without difficulty. You must run with ease.”

The conversation was getting a bit too esoteric for me and I began to wonder how Wendy Miller would react to all this sageness. I explained to Big Rock that 80-90 miles a week of training and losing 10 pounds required much effort and there was no way to do it easy. Although perhaps the race itself might come easy after difficult preparation.

“Effort, yes; strain, no,” he said. “The samurai who wields his sword with strain, even in practice, will find death before the time is right. The archer must learn in practice to release the arrow with ease if he is to find his target when it is meaningful.”

It was time for my evening workout. I had planned to run several lengths of a 1¼ mile swamp trail not too far from my home. My wife suggested that I take Big Rock with me, but I said there was no point in that since he would not be able to keep up with me. Big Rock agreed, but asked if he could accom-

pany me and perhaps walk it one time while I ran. I agreed.

As I took off at about 7-minute mile pace from one end of the swamp trail, Big Rock followed at a leisurely stroll. About eight minutes later, I approached the other end of the trail and saw a lone figure sitting on the ground in a contemplative position. I soon realized it was Big Rock.

“Life is a continuous struggle. But you must undertake this struggle with a sense of ease.”

I was stupefied and speechless. There was no way he could have beaten me to the other end of the trail, short of riding a helicopter. When I finally regained my senses, I asked Big Rock how in the world he made it to the other end before I did.

“I accomplished it with ease,” he said with a slight laugh. “Did I not explain that to you before?”

I asked Big Rock if he could teach me to do whatever he had done.

“It is something that cannot be taught,” he said. “It must come from within you.”

Big Rock refused to transport himself back to the other end of the trail in the same manner. He explained that the point was made and there was no need to repeat the feat. He said he would walk back. As I felt drained of all energy from this experience, I walked back with him.

The next day I pressed Big Rock for some kind of enlightenment. He asked me to identify my “target” and I then related my goals to him.

“Do you now see, Mike-san, that what you have just told me is nothing

Continued on Next Page

Continued from Previous Page

but self-gratification, that your target is this thing you speak of as pride? Does not your Christian faith tell you that pride is sinful?"

I agreed and asked him what my "target" should be.

"That is up to you," he said. "What you must understand is that if your arrows are to reach the target, you must release them spiritually."

"That's what I'm getting at," I said. "How do I do that?"

"You must struggle to find the way," Big Rock responded.

"But you said I should not strain to reach my target. Isn't struggling the same as straining?"

"You did not understand my words, Mike-san. Life is a continuous struggle. You must not cease struggling. But you must undertake this struggle with a sense of ease. If you want me to put it into words you will understand, I cannot. If you could understand, you would not need to ask me. You would already know. It is something you must find out yourself. When you have finally found it, you will ask yourself how it is that something so simple has escaped you for so long."

As our discussion wound down, I kept wondering what Wendy Miller would have made of all this. □

Mortenson, Stoneking Masters 15K Champs

Continued from page 1 and women; internationally, it's 40 for men and 35 for women. This race was opened to women age-35-and-over, as an international gesture.)

Some outstanding times were turned in by some of the older men. Alex



Al Brenda, M60, after completing a vault of 11-0 at the Sacramento Relays, April 27.

photo by Gretchen Snyder

Ratelle, 60, Edina, Minn. ran a 57:02. Bill Foulk, 52, Raymond, N.H., took 7th overall in 52:29. Robert Nelson, 45, Salt Lake City, led the 45-49 group and finished fourth overall in 51:57, while Gaylon Jorgensen, 55, Highland, Utah, and Tony Sapienza, 56, Bradford, Mass., showed the 55-59 bracket how to do it with times of 53:53 and 55:17, respectively.

With 285 finishers, the Minnesota Masters 15K set a new state record for size in masters-only races. The weather seemed perfect, with 60 degrees, winds of 10 mph, and 38° humidity under cloudy skies, especially after the 86 degrees and 40-mph gusts of the day preceding.

The Minnesota Masters 15K is sponsored by Blue Cross and Blue Shield of Minnesota, as part of their commitment to encouraging fitness and a healthy life style. They also support the St. Patrick's Day 5 Mile and the Aquatennial Triathlon. □



Janie Duff (left), W35, and Almeta Parrish (right), W45, waiting for their relay to start at Sacramento Relays, April 27.

Top Masters in Pear Blossom 20K

Continued from page 4

Jacksonville, Oregon, 1:36:01 to

had an impressive 1:45:31 M60-69 win. The closest race of the day came in the W40-44 contest when Virginia Moore, 40, of Central Point, Oregon, edged Rosemary Parrish, 41, of

1:36:05, for first, while Patti Young, 40, of Roseburg, Oregon, took third from Mary Griese, 42, also of Roseburg, 1:36:13.4 to 1:36:13.7. Four hundred and five females finished. □

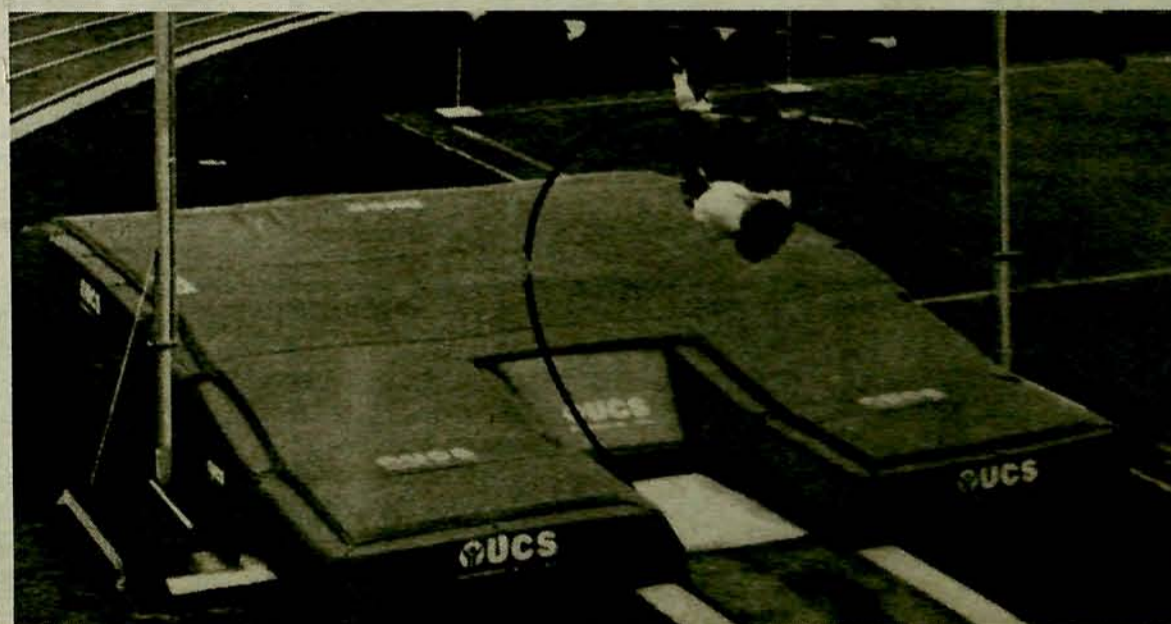
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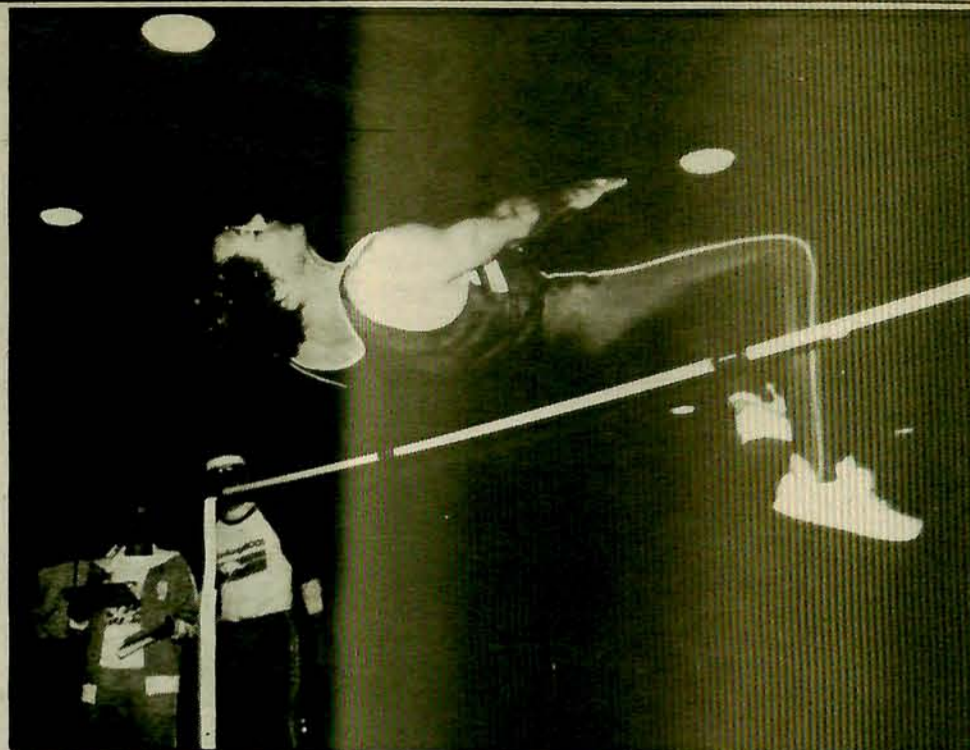
by W. MacDonald Miller

“Nose As Long As A Telephone Wire”

For some reason, I imagine you know the type. I say that because you probably have been a volunteer of some kind at a Masters Track meet. Believe me, “the type” flourishes at Masters Track meets.

Remember the time they asked you to sign up people for the long jump, and this one little weasel kept jumping up and down, looking over your shoulder with his nose about two inches from the sign up sheet? When you asked him what he had in mind, he announced, rather indignantly, that he was checking to see how many competitors there were in this age category. He might even have offered something as lame as, “Oh, I was just checking to see if my old buddy, Harry Peterson, was here.” The translation of this scenario for you road runners is as follows: “Do I have a chance for a medal? If not, I’d better head over to the shot put and check it out. Never really cared that much for the long jump anyway.”

If our man has really perfected his role as dope-for-a-weekend, he might even offer you some advice: “You know TAC rules say a competitor must be signed up an exact number of minutes before the event. I’m afraid you won’t be able to let Gil Thorp, the



Nick Newton, 51, clearing the bar at 5-10 for a new age 50-54 meet record in the U.S. Masters T&F Championships in Sterling, Illinois March 31.

current world record holder take his jumps, he was two minutes late.”

He’d also fire off a few of the old standbys, “Don’t blame me, I didn’t make the rules, airplane delays are a part of life and whether it’s two minutes or two seconds, a rule is a rule. Of course, that does pretty much assure me of a medal so hand it over. But don’t think for a moment that etc., etc.”

After the recently concluded Masters National Indoor Track Meet that was held in Sterling, Illinois, a couple of all-star whiners and complainers had a field day. They called the meet a debacle that could severely damage the credibility of the sponsors, the media, spectators and most importantly (how totally thoughtful) the participants. The fact is there wouldn’t have been an indoor championship if Chuck Klehm hadn’t put up his own front money, time and effort to stage the meet in Sterling.

Wake up, Mr. Letterwriter, do you have \$3,000 a day to rent the track at Princeton or Michigan or a sponsor who will foot the bill? We’ll gladly be your guests.

One more time, folks. The 1985 Indoor Championship was a dead issue. There were no bidders, no takers, over and out, done, finished. Do I make myself clear? Along comes another big mouth, Chuck Klehm with a thought, “Well, look, fellas, I’ll check with the people in Sterling, Illinois on a facility and the folks at Midwest Masters for manpower and if the track is available and the volunteers are willing, maybe we can hold the meet.”

“Chuck, old buddy, old pal, you’re a sweetheart. We’ll give you all the help we can, the people who love indoor track will forever be in your debt, blah, blah, blah.”

The 1986 meet is scheduled for New Orleans and my hopes and prayers are with them to pull it off. If for some reason their plans fall through, it’s time to forget about writing letters. Let

me suggest everyone pitch in and above all, stay in the real world; there probably never will be a sufficient number of officials. And prospects are even less of our ever snaring a national sponsor. Our program will only continue so long as people accept these facts.

Oh, by the way, far be it from me to complain, but I would be remiss in my role as a TAC official if I didn’t mention that in the meet you recently staged, Scottie, the field event people had to measure their throws. A man as quick as you with a stone certainly knows that this is against the rules. I’m also sure that when it applies to you, it doesn’t count, but I can live with that.

One thing you do have to say about guys like Skipper and Scottie, they sure can write a letter. In the course of two short pages they were able to use words and expressions like outrage, travesty, half-hearted, inquisition, tragedy (a tragedy yet), inexcusable and accountable for the disservice. They referred to a friendly little Illinois town (25,000 pop.) as obscure and lacking in ambiance and noted that the local newspaper covered the retirement of a 52-year-old dentist and didn’t have one line on the Masters Meet. If you thought a little more and shot off your mouth a little less, my boys, you’d get the message; the dentist is news. You are what you are, letter writers.

Of course there’s always a consistent pattern to carpers, complainers, whiners and letter writers. They always have trouble with the facts. Like saying the facility was cold because no one would pay to have it heated or saying that someone marked the beginning of a race by placing their foot on the track. In Iowa they don’t have a bit of trouble with this kind of thing — they call it lying. I realize that in other places this would never work, calling it what it is. Neither would volunteering, pitching-in, or helping yourself by helping others. This is for farmers and

Continued on page 33



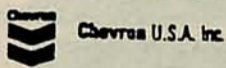
NORTHERN CALIFORNIA SENIORS CLASSIC

Track and field meet, July 20, 1985

Edwards Field, University of California, Berkeley. Tartan track and runways. One-fourth inch spikes, track. For Masters (40 and up) and sub-masters (30-39). Awards, 5 year age groups, and for team scoring. 10 year age groups for relays.

Entry fees: First event \$10.00, second event free, each additional event \$5.00; relays \$20.00, per team. Entry deadline, receipt by July 15, 1985. No late entries.

Meet Headquarters: Hospitality room, Shattuck Hotel, Shattuck Ave. & Allston Way, Berkeley, CA 94709 (415/845-7300), one block from track. Reservations at No. Cal. Srs. Classic rate by June 29. The Durant Hotel, 2600 Durant Ave., Berkeley, CA 94704 (415/845-8981) is 4 blocks from track. Packets, including competition numbers, pins, program, final schedule, and T-shirt or shorts, will be available at the hospitality room after 2:00PM, July 19, and at the track after 8:30AM, July 20, 1985.



The final schedule will be set after entries are received. Field events will be divided into 2 heats of older and younger groups, women with the older sex. Some adjustments will be made according to ability.

Time	Event	Group	Time	Event	Group
9:30	Shot	Younger grp	2:20	800M	(women)
10:15	Older grp	Older grp	2:25	800M	(men)
11:00	Javelin	Older grp	2:50	1000 I.H.	
11:45	Younger grp	Older grp	3:05	200M	(women)
			3:15	200M	(men)
			4:05	150M	(heat 1, women)
					(heat 2, men 60 up)
					(heat 3, men 30-59)
11:45	4 x 100 relay		4:30	4 x 100 relay	
12:00	100M Hurdles (men 70 up; women)				
12:30	100M Hurdles (men)				
12:40	100M (women, 55 up; 30-54)				
1:30	400M (men)				
1:40	400M (women)				
1:40	800M (men)				
10 minute break (2:10-2:20)					

Mail entries to Mark Grubi, Meet Director, P.O. Box 4512, San Francisco, CA 94101. For further information, send SASE, or phone 415/285-3352 between 6:00PM to 10:00PM.

(Please print)

Name _____ Club affiliation _____
 Address _____ TAC # _____
 _____ Male _____ Female _____
 Tel. _____ Birthdate _____ Age on 7/20/85 _____

Events _____ Best recent mark _____ (Size T-shirt or shorts) S M L XL _____
 _____ "I would not be interested in an awards dinner, July 20, Shattuck Hotel (minimal cost). Number in party _____"

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

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ATHLETICS IS ONE OF 22 SPORTS IN THE FIRST MASTERS GAMES, TORONTO CANADA AUGUST, 1985

The MASTERS GAMES will provide participants with an opportunity to compete with some of the sport's true legends, to renew old acquaintances, and to make new friends from around the world.

EVENTS:

Shot Put	Hurdles 80 m	40+W	70+M
Discus	Hurdles 100 m	30-39W	60-69M
Javelin	Hurdles 110 m		30-59M
Hammer	Hurdles 400 m		
High Jump	Steeple Chase 2000 m	30+W	60+M
Long Jump	Steeple Chase 3000 m		30-59M
Triple Jump	Walk 5000 m		
Pole Vault	Road Walk 10,000 m		
Pentathlon	Road Race 10,000 m		
Marathon	Cross Country (8000-10,000 m)		
100 m	Fun Relays*		
200 m	4 x 200 m		
400 m	4 x 400 m		
800 m	4 x 800 m		
1500 m	4 x 1600 m		
5000 m	*Individuals enter relays - meet organizers will make up teams.		

AGE CATEGORIES:

The age eligibility date for all athletic events is August 11, 1985.

ENDORSED BY:

CTEA, OTEA

RECOGNITION:

The MASTERS MEDAL will be awarded to the winner in each category in each event.

Second and Third place winners in each age category in each event will receive a distinctive MASTERS GAMES award.

All registrants will receive a unique commemorative recognition of their participation in the First MASTERS GAMES.

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In order to be officially registered in the Games, it is necessary to complete a MASTERFORM - the official Games Registration and Sport Entry Application for the sport(s) in which you wish to participate.

DEADLINE:

MASTERFORMS must be received prior to June 1, 1985.

MASTERFORMS received after June 1, 1985 cannot be guaranteed acceptance.

Athletics,
Badminton,
Basketball,
Canoeing,
Cricket, Cycling,
Diving,
Equestrian,
Fencing,
Ice Hockey,
Orienteering,
Racquetball,
Rowing, Sailing,
Shooting, Swim-
ming, Synchron-
ized Swimming,
Squash, Table
Tennis, Tennis,
Tenpin Bowling,
Water Skiing,
Sports Medicine
Symposium



MASTERS GAMES
JUEGOS VETERANOS
JEUX DES MAÎTRES

COMPETITION DATES:

Marathon	August 11, 1985
Cross Country	August 17, 1985
Track & Field	August 18-22, 1985
Road Race	August 25, 1985

REGISTRATION AND MASTERFORM APPLICATION

Please Register me in the MASTERS GAMES (PLEASE PRINT)

Sport: _____
 Surname: _____
 Given names: _____
 Number/Street: _____ Apt. No: _____
 City: _____
 Province/State: _____
 Country: _____
 Telephone: Residence _____ Business _____
 Date of Birth: Day/Month/Year _____ / _____ / _____

A bank draft in Canadian Funds made Payable to the WORLD MASTERS SPORT FOUNDATION is enclosed.

SIGNATURE: _____

DATE: _____

Please send me MASTERFORM(S) and booklet(s) for the following:

- | | | | | |
|---|-------------------------------------|---------------------------------------|--|--|
| <input type="checkbox"/> Athletics | <input type="checkbox"/> Cricket | <input type="checkbox"/> Ice Hockey | <input type="checkbox"/> Shooting | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Cycling | <input type="checkbox"/> Orienteering | <input type="checkbox"/> Squash | <input type="checkbox"/> Water Skiing |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Diving | <input type="checkbox"/> Racquetball | <input type="checkbox"/> Swimming | <input type="checkbox"/> Sports Medicine Symposium |
| <input type="checkbox"/> Bowling/Tenpin | <input type="checkbox"/> Equestrian | <input type="checkbox"/> Rowing | <input type="checkbox"/> Synchronized Swimming | <input type="checkbox"/> Wine Tasting Festival |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Fencing | <input type="checkbox"/> Sailing | | |

Please return completed application to:
 MASTERS GAMES
 Box 1985, Postal Station P, Toronto, Ontario, Canada M5S 2Y7
 Telephone: (416) 927-1985
 Telex: 06524350 (STTN PLACE-TOR)

GAMES REGISTRATION FEE: \$60 CDN.





MASTERS TRACK & FIELD REPORT

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

Uniforms have been sent and you have either received them or you should in the immediate future. I want to express a great deal of appreciation to Laurel James of Seattle, Washington for putting the uniforms together. She found the manufacturer, she designed the uniform, she put together the entire package. She shipped the uniforms to each purchaser. I hope that you really enjoy your uniforms because a great deal of time, effort, and desire to help the Masters competitors was given by Laurel and I hope a lot of you will have a chance to express your appreciation. Laurel is not going to Rome, but her address is:

Laurel James
c/o Super jock'n jill
7210 E. Greenlake Drive N.
Seattle, Washington, 98115

My wife and I have been to three World meets: Toronto, Christchurch, and Puerto Rico. The Rome meet will be our first trip to Europe — and like many of you, we are spending most of our spare time trying to decide what we are going to see and do in our spare time. I look at some of the travel books and become aware of so many choices that I am not sure I can make any decisions. Just trying to get to the meet sounds like it will present a challenge. It will also be interesting to see if the number of competitors will reach the 5000 plus entries predicted by the

organizers. If so, it will be a landmark to the organization to run that meet on schedule.

I am going to miss the June and July competition here in Colorado — and the Denver Track Club All Comers Meets. A few of the Masters meets around the country will be hurt somewhat by the number of competitors going to Rome — but should still provide lots of competition and training for everyone. By not being able to compete in those meets, a few of us may find Rome competition a little early in the season for best efforts. To those of you not going to Rome — get the early summer work in and plan to be in peak shape for Indianapolis — we'll see you there. □



Continued from page 2

he did not catch. This relaxed everyone. We were all there to participate, not to cheat our colleagues with deliberate rolls or jumps. I saw fellowship and fun.

The next day, we had a different starter, but nobody bothered to ask if the 'local rules' had changed until an M30 60HH participant was scratched for a false-start. I'm sure the trip back to Tyler, Texas was a long one for him. My point is this: The time saved with this rule is insignificant, compared to the ridiculous waste of time to 'call roll' for the 300y event. We are all big folks and know what a 'final call' means over a PA system.

Jody Mayer
Miami, Oklahoma

SHOULD MASTERS JOIN THE IAAF?

Thank you for your article (May, NMN): "Should Masters Join the IAAF?"

I say yes, the IAAF needs our common sense. You ask if Rule 53 (v) bans veterans who coach track, football, etc. The answer is yes, but the rule is not enforced, and I'll laugh at anyone who says it is. So why have the rule?

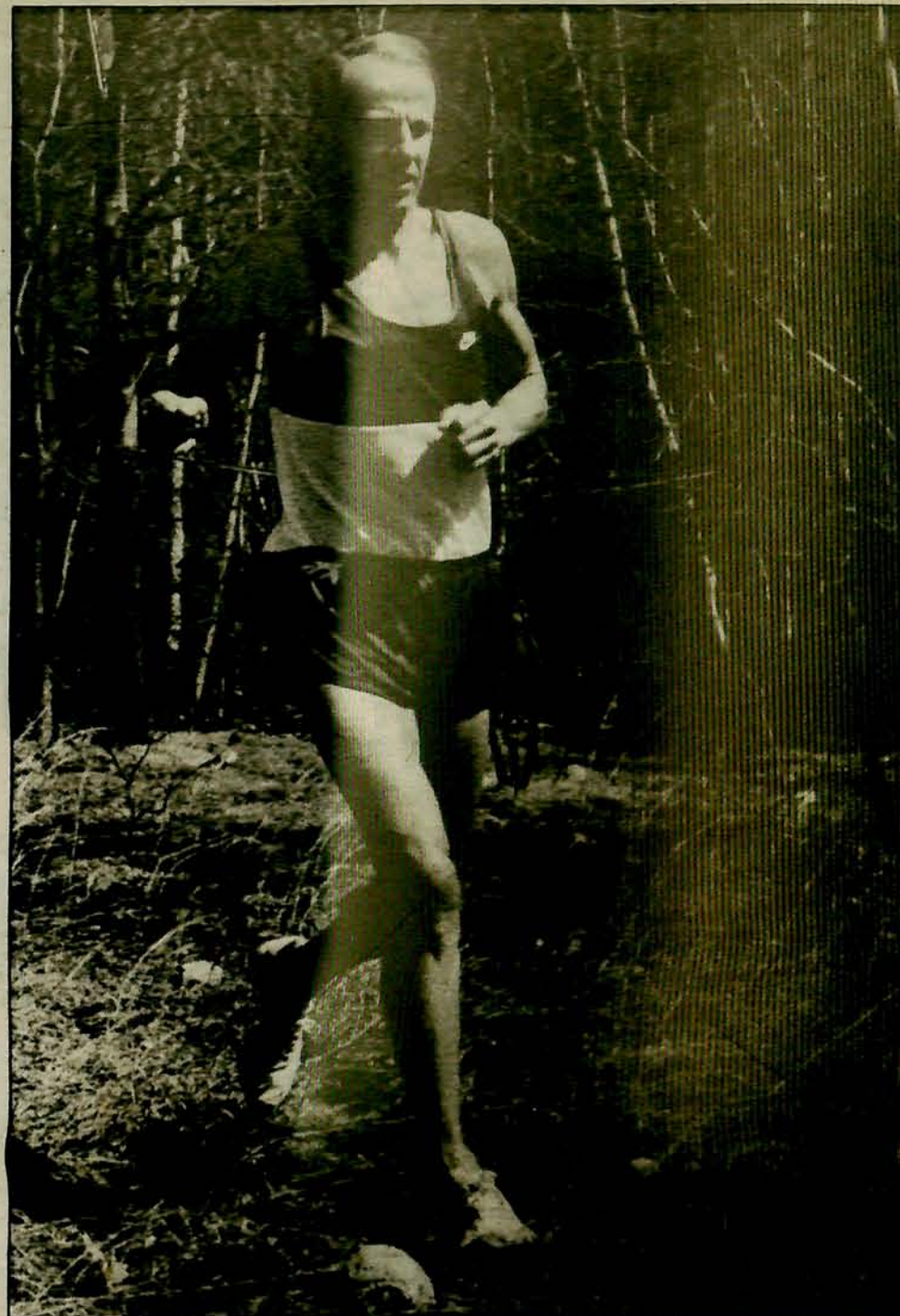
Modifying the rule for Veterans isn't a fair solution. What about the other athletes? Why should it be OK to coach and compete at age 40, but not 39? Do we really want exceptions made for us?

Having our own amateur code is like saying it's OK to step over the toe-board. It suggests that, since we aren't so hot anymore, the rules don't matter as much.

Let's have a code that's fair to all ages. There are a number of changes to be made, and I think it's our responsibility to get involved with, and even to lead, the action.

In the meantime, the hypocrisy will continue. Should the IAAF try to enforce their rules, we'll see where the real power resides.

Mike Carignan
Bozeman, Montana



Bill Fouk, the winner of the Boston Marathon 50-59 age group in 2:36:26, (not 2:39 as reported in the May issue) finished 94th overall. Bill has already posted a series of outstanding performances in 1985. At the Dartmouth Relays he ran a 4:44.2 mile to break the listed 50's indoor mile mark. At the New Bedford half-marathon in March he ran a 73:39. Two weeks later he ran three fine performances in two days. On Saturday, 8K in 26:48 at the Nashua (New Hampshire), Hospital Sprint into Spring. The next morning, in Mathune, Mass., he ran 10 Miles in 54:32. Three hours later Bill ran the Wang 5 Miler, in Lowell, Mass., in 27:03. Bill was shooting for a sub-2:30 at Boston but the 70 degree temperatures and high humidity forced him to moderate his goal.

Your analysis is excellent and listing of rules is highly appreciated. Rules were made to comply with the needs of younger athletes, not for vets. Both IGAL and WAVA must stay flexible and make certain that our meets and races go on. This means some current rules should not apply to vets, or should be entirely disregarded. The vets should not be bound by the IAAF rules on eligibility, coaches and professionalism, meet directors competing, writers, or advertising and picture taking. The doping rule should be amended, travel permits disregarded and sex tests disregarded.

Werner Hamm
Executive Vice-President
World Association of Veteran
Long Distance Runners (IGAL)
Schweinfurt, West Germany

Glád you are tackling this complex issue. My quick reaction is: Why fix something (WAVA/IGAL) if it is do-

ing the job? True, we should always work to improve, but abandon?

Sadly, the IAAF could not bring the Eastern-bloc to L.A. for the Olympics. Can they bring them to the IGAL or WAVA Championships?

For U.S. Masters to join IAAF would need a TAC Convention decision by both the T&F and LDR Masters Committees, and approval of TAC.

Bob Boal, Chairman
TAC Masters Long Distance
Running Committee
Wake Forest, North Carolina

The IAAF/WAVA proposals emanated from the West German Veterans. They have a very close liaison with their Athletic Union and particularly with an official, Professor Kirsch, who is also an IAAF Councilor. He was the man who broached the subject with WAVA at our Ex-

Continued on Next Page

Continued from Previous Page

Executive meeting in Rome in May, 1984.

I believe that the IAAF wants a ready-made organization to run Veterans athletics, technically in their name, but, in real terms, just as we are today. Naturally, they would want the body to follow their rules as closely as possible, but there seems to be indications that they would make allowances for our own special needs.

I agree that the General Assembly should give approval to the WAVA Executive Committee to continue negotiations with the IAAF, and to accept suitable terms, which should be according to the Assembly's wishes.

In other words, the Committee should be made aware of any limits or demands which are seen as desirable. The Committee should be given some latitude to negotiate, as I would hope that WAVA members would have sufficient confidence in the Executive Committee to assume they would not accept anything which was not in accord with general opinions.

*Wal Sheppard, member
WAVA Executive Committee
Bulleen, Victoria, Australia*

I find little weight for joining the IAAF. Tom Sturak's comment about the "iron fist" of the IAAF is typical of what I've heard for years. Their rules, if enforced, would wipe out Masters in America. An example: uniforms. There are few Americans who have racing shorts or jerseys that do not have a shoe company logo.

It appears the Veterans (Masters) have done well on their own. I would urge that Veterans be excluded from Rule 53, as a minimum.

In short, we do not need the IAAF. More important, we do not need a mucking up of a fine program.

*Allan Bangs
Santa Monica, California*

How much "control" will the IAAF use, once in command? Both WAVA and IGAL have constitutions that limit participants only on the basis of age: no drug testing, no sex testing, no exclusion of professionals. The already-planned world championships by both organizations would have to be recognized by IAAF, because much planning has gone on for the IGAL events in Canada and Israel.

The "power" of IAAF should not be overlooked. The possible areas of difficulty are many including recognition of records and certified courses. My feeling is that we should work within whatever structure evolves and try to make it work the best way for as many of the world's veteran athletes as we can.

*Ruth Anderson
Executive Vice-President, IGAL
Oakland, California*

Thank you for your excellent analysis of world Veteran problems. Unfortunately, those who control the

IAAF (not the experienced staff) have treated IGAL with disdain and the maximum discourtesy. The result is there is no trust, only suspicion. John Holt has been the only IAAF official who has tried to find an equitable and lasting basis for a true world Veteran organization.

IGAL's annual World Veterans Distance Running Championships are planned through 1989. Official permissions and supports from governments and host-country Athletic Associations have been lodged with IAAF headquarters.

By 1990, our sport will have been introduced to nations whose peoples contain three-quarters of the world's population, all by the efforts of our members and none by IAAF mandarins or outside finance.

There appears to be no need for rush or change unless there are advantages to be gained.

*Bryan Doughty
Secretary-General
World Association of Veteran
Long Distance Runners (IGAL)
Isle of Man, Great Britain*

Let's stay away from the IAAF. We already have too many groups trying to control us as it is.

*Al Guidet
California City, California*

5-YEAR AGE GROUPS vs. AGE FACTORING

I have recently received a number of inquiries about the masters multi-event "age factor" tables to be used, in

Continued on page 26



James Noel, M30, about to head for the showers after his last race in the Sacramento Relays, April 27.

photo by Gretchen Snyder

10th Annual Sacramento Relays

Continued from page 4

100 meters.

And Joan Stratton, 33, of South Lake Tahoe, conducted a class in weight-throwing: 108-5 javelin, 36-10 shot, 118-2 discus and 99 hammer.

Phil Conley, 50, of Woodside, was in American-record neighborhood with a 187-foot javelin throw.

Meet director Roy Wigginton innovated mixed-age, mixed-sex relays with great success. Seven teams vied in the 4x100 and five in the 4x200.

Relay winners were rewarded with pound boxes of Hershey's chocolate; second-place teams won half-pound Hershey's kisses.

The meet was marred by an unfortunate altercation in which an athlete loudly cursed a female finish-

line judge. The incident nearly prompted the officials to walk out, and resulted in some times and places being lost. □

Dyce Anchors Two Wins in Penn Relays

Continued from page 3

well and Stanford ran the first three legs) in the 4 X 100 meters conducted yesterday. Again, the Pioneers trailed the Philadelphia Masters (Robert Brown anchoring) on the final exchange. Dennis got Brown in the last strides, winning 45.1 to 45.2. Brandon TC clocked 45.4, followed by Potomac Valley (46.0) and Richmond Masters (46.7). □

BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, July 28, 1985 11:00 a.m.

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

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

FACILITY: Six lane all weather 400m track (1/4" spikes). Changing area available

AWARDS: First three places in all events

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

ENTRY FEE: Pre-entries \$5.00 first event; \$3.00 each additional event by July 24, 1985.

** Post entries will be \$7.00 first event; \$4.00 each additional event by 11:00 a.m. on day of meet.
Relays: \$5.00 per team

ORDER OF EVENT:

12:00 p.m. 5,000m walk	11:00 a.m. Hammer, High Jump,
3,000m Steeplechase	Pole Vault
100m (trials & finals if nec.)	12:30 p.m. Shot Put, Long Jump
400m	2:00 p.m. Triple Jump, Javelin
1,500m	Discus
200m	
800m	
5,000m	
1,600m relay (10 yr. groups)	

For additional information contact: Neil Steinberg
DWQ Associates

Local Hotels: Susse Chalet, (401) 941-6600; Marriot Inn, (401) 272-2400; Biltmore Plaza (401) 421-0700
One Hospital Trust Plaza
Providence, R.I. 02903 (401-273-5220 (days))

please print

Name _____ Phone Number _____

Address _____
street city state zip

Age (as of 7/28/85) _____ Male _____ Female _____

Club _____ TAC# _____ Date of Birth _____

Events Entered _____

Total Fee enclosed \$ _____

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Richard J. Marshall, 286 Benefit St. Prov., R.I. 02903 (401-861-1050 evs.)

Waiver: In consideration of your accepting this entry for the 1985 Brown University Masters Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ Signature _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Q Your article on "runners knee" in the April issue was very informative. I am 76 and have been involved in competitive sports my entire life. Until a few months ago, I had not received a single injury other than the usual bumps, bruises, sore muscles, etc. that one incurs playing football, basketball and similar team sports. While practicing the long jump, for some of the Masters meets this summer, I developed a sore knee immediately below the patella and a little to the inside of the leg. If I do not run or walk fast for any distance for a couple of weeks, the soreness disappears, even though I practice the Shot, Discus, Javelin, and ride a bike during that time. As soon as I resume my running, which is principally wind sprints used as conditioning for the 100 and 200 meter dash, the soreness returns.

Do you have any suggestions? Another question — are you familiar with a knee strap, designed by Dr. Jack Levine, an orthopedic surgeon? It fits immediately below the knee.

A It sounds like you have developed a condition known as 'jumpers knee'. This is really a tendonitis of the patellar tendon. The patellar tendon is the tendon that runs from the bottom of your knee cap into the protuberance on the front of the leg. It is usually aggravated by any of the jumping events, but is less traumatized



Jim Vernon, M65, just after setting a new Age-68 World Record of 10-6 in the pole vault. TAC Central California Championships, Fresno. photo by Gretchen Snyder



1985 MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS



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

SCHEDULE OF EVENTS

FRIDAY NIGHT, JULY 26

- 6-8 PM Long Jump
- Shot Put
- Discus
- High Jump (men 30-49)
- 6:15 3000 ST
- 8:00 110 Hurdles
- 100
- 1500
- 400
- 2000 Walk

**DEADLINE
JULY 22**

SATURDAY NIGHT, JULY 27

- 6-8 PM Triple Jump
- Javelin
- Pole Vault
- High Jump (Men 50 & up & Women)
- Hammer
- 8:00 400 Hurdles
- 200
- 3000 (Women only)
- 5000 (Men 40 & over)
- 5000 (Men 30-39 & men over 40 who want to be in this race)
- 800

*Times determine winners in each age group in 5000.

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

PLEASE PRINT

NAME _____ FOR ATHLETES AGE 30 & UP
AGE(As of 7-26-85) _____

ADDRESS _____ MALE _____ FEMALE _____

CITY _____ ST _____ ZIP _____ PHONE _____

EVENTS ENTERED

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Best 84 or 85 mark if any

Beautiful olympic size medal on plaque with metal plate ready for engraving to each participant.
Total Entry Fee - \$10. CHECK PAYABLE TO PORTLAND MASTERS TRACK CLUB(NO ONE ELSE!!)
Send entry with check to: Jim Puckett c/o Mt.Hood C. College Athletic Dept.
26000 SE Stark St., Gresham, OR 97030
No host breakfast-9 AM Sat., Heidi's in Gresham - \$6 MUST SEND WITH ENTRY

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

SIGNED _____ DATE _____

by slow, easy running.

The rule of thumb is to rest the knee for 6-8 weeks. The application of moist heat three times a day for 20 minutes a session is advisable.

Oral anti-inflammatories have been of some use in these conditions if they are mild to moderate. In severe conditions, the use of injectable short acting steroids is advised.

If you wish to continue competing, you should ice the area down after you finish competition. Usually 5-8 minutes is sufficient.

The idea of some type of knee brace is a good one. You may wish to try the Levine strap as you mentioned. I have not had much luck with it. There is another device called a pro knee brace which is a neoprene sleeve with a hole cut out for the patellae. I have had good luck using it. □

Brown, Hosner Set Marks in Nike Cherry Blossom

Continued from page 4

in 1:01:48, while Patti Sudduth put away the W45 title in 1:06:36.

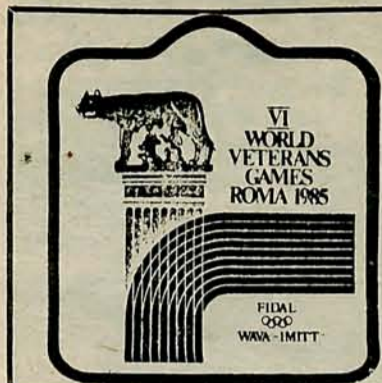
Other division winners were Fay Bradley, M45 (53:56); Tony Sapienza, M55 (58:04); Ed Benham, M70 (1:15:46); and Toshiko d'Elia, W50 (1:10:15).

Simeon Kigen (46:24) and Lisa Weidenbach (53:29) were the open winners, as the top 10 men and women finishers split a \$16,500 purse.

The cherry blossoms were in full bloom as 4500 runners enjoyed one of the most scenic races in the nation. Among them was Percy Perry, 81, the oldest finisher in the race, who posted a respectable 1:36:22, a 9:38-per-mile pace □

INTERNATIONAL SECTION

The only national publication devoted exclusively to track & field and long distance running for men and women over age 30



COUNTDOWN TO ROME

by GRETCHEN SNYDER and DIANA SCHNEIDER

Over 4500 masters athletes and their families will descend on Rome June 22-30 to participate in the VI World Veterans Games.

Besides the special excitement and camaraderie generated by the competition, the Games provide a unique opportunity to get acquainted on a personal level.

The Eternal City, itself, to say nothing of the rest of Italy, offers endless opportunities for eating, shopping and sight-seeing — or just relaxing and enjoying that wonderful sense of *dolce far niente* (the sweetness of doing nothing).

The People

The Italians, despite their different histories, temperaments and dialects, are one of the most welcoming people in the world. You will see them arguing over the latest political scandal, singing arias from Puccini in the Supermercato, expressing their displeasure in unmistakably clear gestures after a minor traffic fracas, or just strolling and relaxing during a warm summer evening *passaggiata* (walk).

Italy's 37 million people are almost all Roman Catholic. The devoutness of the population exerts a decided influence on the country's social structure. The family bond is stronger than in most European countries, although the traditional role of women is being increasingly called into question. Provision for divorce was only introduced in 1970.

The Land

Often called the "paradise of travellers," Italy is noted for its Alps, ruins, cathedrals, paintings, sculpture, architecture, wines, pizza and pasta. It is divided into 20 regions and 96 provinces. It is bordered on the north by Switzerland and Austria, on the northwest by France, on the west by the Tyrrhenian Sea, on the south by the Mediterranean, on the east by the Adriatic Sea and on the northeast by Yugoslavia. Rome is on the West coast in central Italy.

The contrast between the developed north and the undeveloped south is significant. Education is better in the north. Skilled labor is a short supply in the south.

The scenery varies from magnificent Alpine peaks in the north to the beaches of Sicily in the south; from luxuriant lakes and gardens to the

bland Po plain and the barren slopes of the Apennines.

The Language

The Italians love their language and appreciate visitors' attempts to use it. Fluency is not expected, but the ability to greet someone with *buon giorno* (good day, hello), or *buona sera* (good afternoon, good evening) will always bring a friendly response. The Italians are courteous people with a strong sense of human equality. A courteous, friendly manner will get you past the most anti-tourist restaurateur, while a brusque, impatient attitude will create a poor impression.

In the larger towns and main resorts, the staffs of hotels, restaurants and shops usually speak some English. The Berlitz *Italian for Travelers* is recommended as a compact, easily carried reference.

Continued on page 17



Three legends of Masters running, all in their 80's, who have participated in nearly every World Veterans Games. From left: Herb Anderson, Paul Spangler and Harold Chapson.

Albury Sets 3 Marks in Australia

Jean Albury, a relative newcomer to Veterans running, set three women's world age 55-59 records as the outstanding competitor in the Australian Veterans Athletic Championships in Hobart on April 4-6.

Albury set world W55 bests in the 1500 (5:15.7), 5000 (18:49.0) and 10000 (38:38.6), breaking the former marks of 5:20.0 (Margaret Miller), 19:39.2 (Lydia Backes) and 42:31.6 (Shirley Brasher), respectively.

"Albury took up fun running about four years ago," Wal Sheppard reports, "and showed ability from the start, but we did not expect such superb performances. She'll be competing in Rome."

Daphne Pirie won four events in the W50-54 competition: 100 (14.4), 200 (29.4), 400 (69.9) and long jump (14-1/2). Ian Melrose won the M40 800

in 2:00.5, while Fred Turner took the M40 400 in 51.8. Dot Browne turned in a good 35:30.5 to win the W40 10,000.

The field event contingent, especially the women, was in good form. Thelma Wharton, W45, long-jumped 15-2 3/4 (4.64). Bettina Woodburn took the W60 long jump with 13-2 1/4 (4.03), which is over seven feet better than the American mark of 5-9.

Helen Searle, co-holder of the W45 long jump record of 18-2 1/4, threw the shot 36-10 1/2 (11.24). Laurel Frawley won the W60 discus throw with 62-3 1/4 (18.98), and Ruth Frith, the W75 discus, 48-1/2 (14.64). Mary Thomas, W40, won the javelin throw with a fine 137-7 (41.94).

Continued on page 16



Look for these world class veteran race-walkers in Rome. New Jersey's Don Johnson (left) and California's John Kelley medaled in the World Veterans Games in New Zealand in 1981.

Weight Pentathlon Cancelled

NOTICE: Phil Partridge, organizer of Weight Pentathlon II in Genoa, Italy on July 2-6, reports: "Our Italian hosts have suddenly cancelled World Weight Pentathlon II without explanation. It will be rescheduled at a later date and location."

Should Masters Join The IAAF? (Part II)

by AL SHEAHEN

Last month, we raised questions about the proposed affiliation of the world's Veteran athletes with the International Amateur Athletic Federation (IAAF). We pointed out the inequity and unenforceability of IAAF Rule 53, and urged that Veterans (Masters) be excluded from Rule 53 in any agreement with the IAAF.

In this issue are letters of reply to that article, plus a column by Werner Hamm, Executive Vice-President of the World Association of Veteran Long Distance Runners (IGAL).

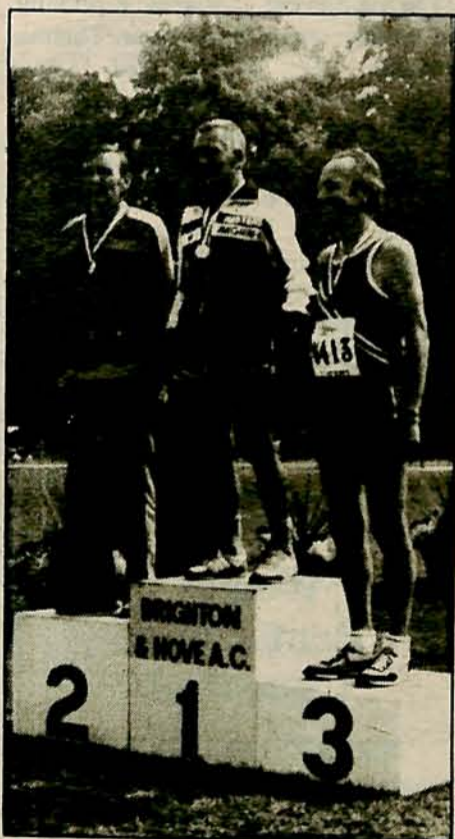
On June 27 at the VI World Veterans Games in Rome, delegates to the General Assembly of the World Association of Veteran Athletes (WAVA) will be asked to grant the WAVA Executive Committee the power to continue negotiations with the IAAF and, if satisfied, the power to sign an agreement.

As Don Farquharson, President of WAVA, wrote last month: "The advantages for Veteran athletes would be that we would gain the participation of individuals who are from countries affiliated to, and within the influence of, IAAF, but also who have not yet joined WAVA. Veterans would have a voice in the world athletics. We would have access to financial assistance for developmental areas."

While negotiations with the IAAF seem to be making progress, we feel five more issues should be explored: doping tests, sex tests, South Africa, Eastern-bloc nations and money.

Doping tests

IAAF Rule 53 (iv) states: "You are ineligible to compete if you contravene Rule 144 ('Doping'). Rule 144, Section 5, states: "An athlete who takes part in a competition must, if so requested by the responsible official, submit to a doping control. Failure to do so will result in disqualification. . .



Top contenders in Rome for medals in the age 70-74 division will be these 1500-meter medalists at the 1984 European Championships in Brighton, England. 1st, Attilio Parma, Italy (5:33.8); 2nd: Bertil Johannesson, Sweden (5:44.3); 3rd, Rudolf Nilsen, Norway/U.S. (5:48.2).

and ineligibility."

Tatyana Kazankina refused to provide a urine sample and was banned for life. Marti Vainio tested positive and has been banned, presumably for life.

Farquharson said the IAAF Veterans Committee is convinced that doping controls should be introduced to the Veterans program.

Should they? Are Masters in this for fun, or are we on the threshold of making all this a deadly serious business? If Veterans are forced to provide urine samples, how many will just shrug, say "to hell with it," and go back to jogging or competing in small, local meets?

"Demanding urine samples can be disgusting, revolting and dehumanizing," says criminal defense attorney Robert Sheahen, who has had wide legal experience with drug cases.

But Wal Sheppard, WAVA Executive Vice-President, says: "I wouldn't have any problem with it."

Do drugs and steroids help performance? Dr. Gideon Ariel, chairman of Computer-Sciences-Biomechanics for the U.S. Olympic Committee, says: "Anabolic steroids cannot contribute to the development of speed."

Sheahen adds: "I know of no scientific evidence of any drug which can help you run faster. It's ludicrous to think that anyone would take cocaine or heroin (two of the drugs on the IAAF list) to run faster. It would make as much sense to ban nicotine and alcohol."

Others might disagree, but there seems to be agreement that steroids do contribute to strength.

"Many top athletes say you just can't compete without them," says athlete's agent Tom Sturak. "The

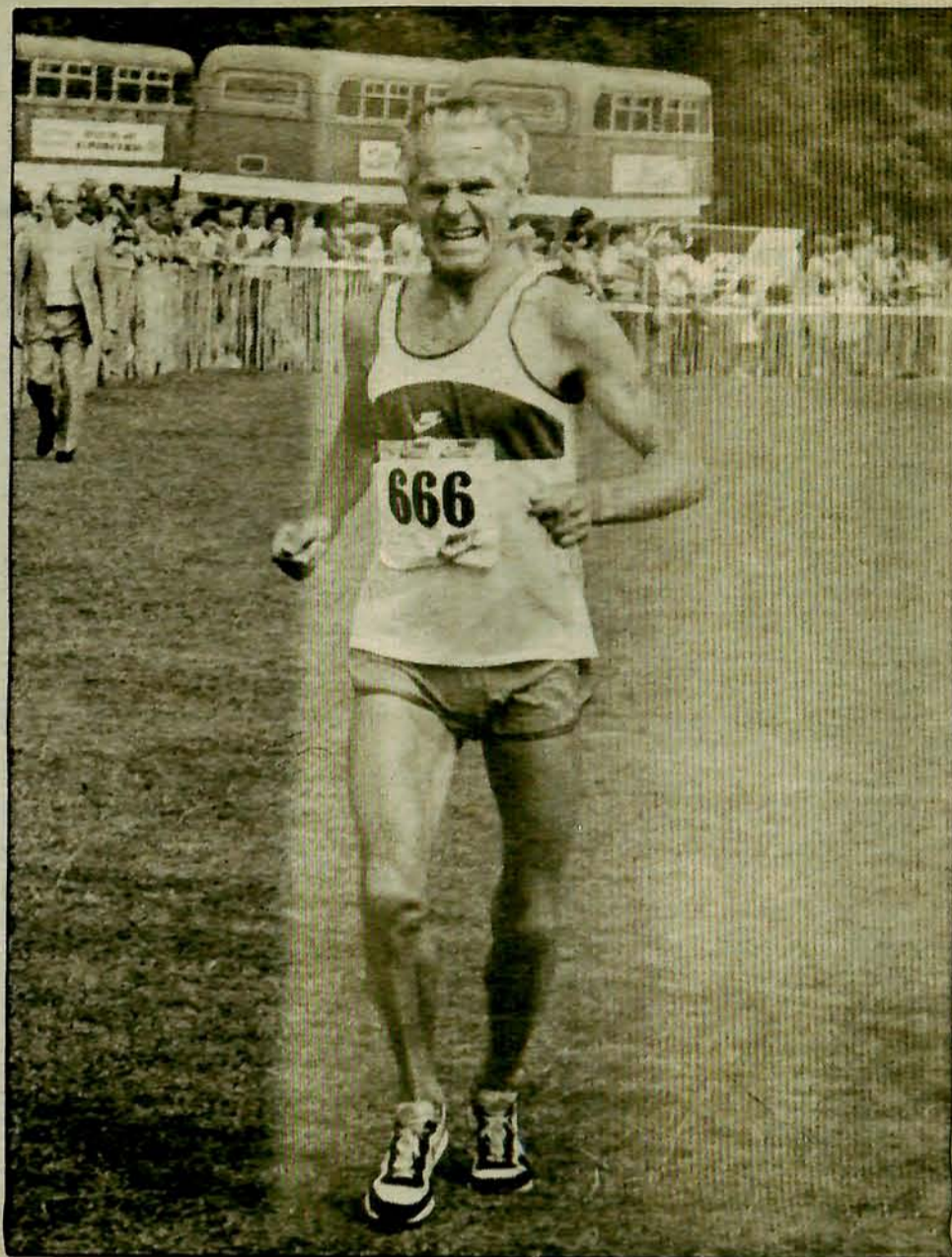
Kope Edges Clark in London Marathon

from ALASTAIR AITKEN

Guenther Kope of West Germany was the first over-age-40 finisher in the London Marathon on April 21 in 2:18:04, but he was nearly caught by Scotland's Dave Clark, double veterans winner in the New York Marathon, who ran 2:18:10.

Third Vet was 1976 Olympian, Scotsman Keith Angus, in 2:20:10. John Davies edged Don Ritchie for fourth by one second in 2:21:25. Laurie Forster ran 2:34:32 for a new "over 55" British record. This writer, at age 45, ran 2:55:52.

Three veterans competed for their clubs in the open 12-Stage Road Relay competitions: Taff Davies, 47, continued his brilliant Veteran career by



Look for Piet Van Alphen in Rome. At age 50, he ran a 2:22 marathon. At age 53, he won the 1984 European Vets marathon title in 2:32.

weight men are so sophisticated, they can tell, by a competitor's throw to the foot and inch, how much he is taking."

Are steroids harmful? If they are, why take them? If they're not harmful, why not take them, just like a vitamin pill?

The evidence seems inconclusive. Some drug researchers warn that scores of drug-using athletes may already have liver cancer. Or perhaps pill-poppers will die before their time, like

those Russians allegedly did.

Others disagree. "One weight man told me that when he competed 20 years ago, he would take steroids and put on 50 pounds before any serious competition," Sturak recalled. "People would ask him if he wasn't afraid of getting sick or becoming sterile. 'Sterile!' he would say. 'I've got four kids.' Today, he's retired and seems quite healthy."

Either way, why should we try to prevent someone from taking dope? If your arch rival takes pills and beats you, so what? You can do it, too, if you want to win that badly. If you want to win a medal so much that you'd risk liver cancer, should we try to stop you for your own good? Do we have the right to stop you? It may be against U.S. law.

And even if we were to agree that drug tests were necessary, what drugs are a "no-no?" Check the IAAF's list of banned drugs on page 27. As Bob Fine, North American representative to WAVA, pointed out, "Many older athletes use special medications to fight off a variety of age-induced illnesses, some of which may be on the IAAF list."

Do we kick those athletes out?

And how accurate are drug tests,

Continued on Next Page

helping Aldershot to the Southern Championship crown; Alan Rushmer was on the winning Tipton team in the Nationals; and Mike Freary, 45, competed for Bolton in the Northern Champs.

Les Roberts, European M40 5000 track champion, won the tough Buxton half-marathon on April 28, beating all ages.

Margaret Lockley, 39, ran 2:47 in the World Marathon Championships in Hiroshima.

Marathon and Distance Runner magazine editor Geoff Harrold, 46, was the first Veteran in the AAA's Pearl half-marathon in 1:16:34 on March 31, and ran a 2:30:00 in the London Marathon. □

Continued from Previous Page
 anyway? Can they be done by two or three people? Or does it take a sophisticated lab? How much would doping tests cost? Who would pay for them? The IAAF? Or the meet/race director? Would entry fees be raised to pay for such tests?

"One of the biggest complaints in open meets," Sturak says, "is that these labs vary tremendously, because of the expense. The testing procedures are very, very loose. There's only one lab in the entire United States — in Los Angeles — that's sophisticated enough to perform the required tests. It costs \$2 million for the proper equipment. They figure it comes to about \$90 per athlete. The IAAF won't pay. It's up to the meet director. And who knows if the tests are reliable? You don't want to open that can of worms. There's a lot of skepticism among the athletes. They feel it's all political. There's talk of urine samples being misplaced or inadvertently switched by lab technicians. Some athletes hide a friend's sample in their sweats, in case they're asked to produce."

Sheahen says drug testing is ludicrous. "Urine testing is a joke," he says. "An over-the-counter cold tablet

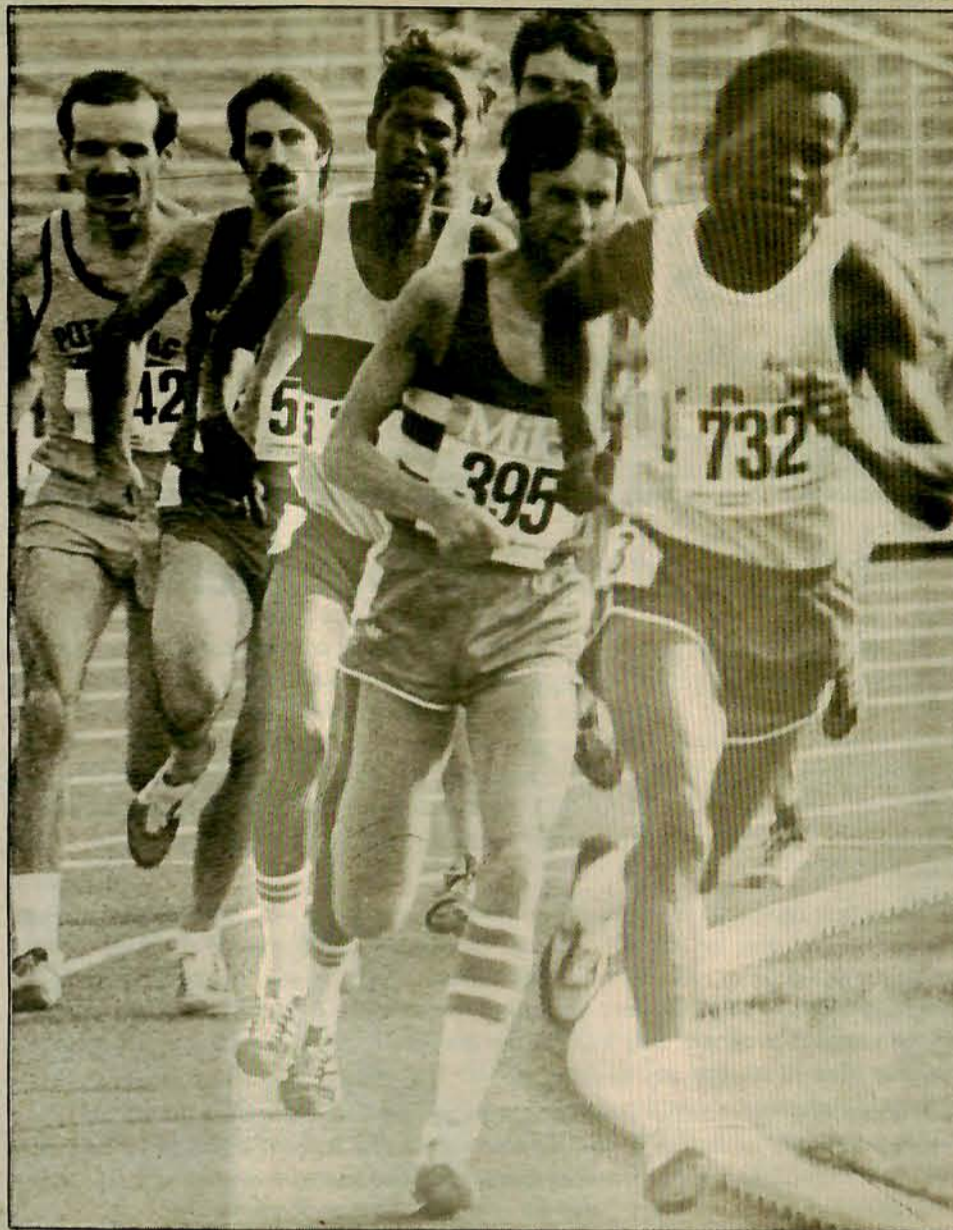
can turn up as a drug in a urine sample."

Sex Tests

IAAF Rule 138 requires sex tests of women athletes. Farquharson says: "The Committee decided sex tests were not a consideration and would not be introduced." There's some confusion here, however, because Bridget Cushen, WAVA Women's representative, said after the March 25 meeting in Lisbon: "It is accepted that the test is the only fair method, and it is now carried out with the minimum of invasion of privacy to the individual — just a scrape from the inside of the mouth. The revelations following the death of 1932 Olympic gold medalist Stella Walsh may affect many women's views. Veterans athletics is growing, particularly among women, and big money is coming into the sport, particularly in road running. There will always be those who will want to win. At the Women's meeting in Rome on June 21, the women, themselves will decide."

Are we really going to demand that a 55-year-old woman submit to a sex test before we let her high jump? Who do we think we are? Is there really enough

Continued on page 26



One of the stars of the III World Veterans Games in Hannover, West Germany was Chicago school principal Ernie Billups (732) who won the M40 800-meter run over a very strong field.

photo by Bob Pates

Over 50 Nations to be Represented

Continued from page 1

get acquainted. You can learn what people from other nations are all about. It's a rare opportunity.

The Games will be staged by the World Association of Veteran Athletes (WAVA) with the cooperation of the Italian Masters Athletic Association (IMITT).

Games' director Cesare Beccalli and his staff are making every effort to make sure the Games run smoothly, and that there is plenty of entertainment and conviviality for all.

Participation will be on an individual basis. WAVA discourages the nationalism often found in the Olympics. Relay teams will be formed, not by nation, but by region (North America, South America, Asia, Europe, Africa and Oceania). Bob Fine, North American Representative to WAVA, will coordinate the North America teams. Anyone who wants to compete in a relay, can do so. Sign up sheets will be available at the stadium.

Athletes may wear a uniform of their choice — either a national uniform, club uniform or whatever.

Four stadiums in Rome will be used: the Olimpico, dei Marmi, della Farnesina (all in the same area) and the dell' Acqua Acetosa (2km away). The Olympic stadium seats 65,000.

The competition gets under way on Saturday, June 22. The opening ceremonies are on Sunday, the 23rd. The Farewell Dinner is set for Saturday, the 29th. The Marathon and relays will close the competition on Sunday, the 30th.

The original programme is reprinted

in this issue. (At NMN press time, a final schedule had not yet been prepared.)

Entrants by now should have received confirmation of their entries. Picking up packets, buying the official program, getting tickets to the final festival, etc. will be done in the Foro Italico — an area near the Olympic Stadium. It will be open from June 18th.

Several important meetings will take place during this week, many of which are open to all. (See schedule on page 17). Your input is needed if the World Veterans program is to stay on track. Try to attend.

At the General Assembly meeting on June 27, discussion will be held on whether the World's Veteran athletes should affiliate with the IAAF. On June 28, sites for the World Games in both 1987 and 1989 will be selected. At present, only Melbourne, Australia has made an official bid for the 1987 Games, and only Auckland, New Zealand has submitted a bid for 1989. Other possibilities for 1987 are Japan and South Korea. South Africa has withdrawn its bid for both 1987 and 1989. Make your views known to the voting delegates from your country. (In the U.S., the delegates are: Bob Boal, Jerry Donley, Reiko Duba, Ron Salvio and Al Sheahen. Alternates are: Pete Mundle, Dave Pain and Bruce Springbett).

We hope you enjoy this special VI World Veterans Games issue, and, if you're going to Rome, we hope you have the time of your life. □

WAVA HURDLES AND IMPLEMENTS STANDARDS

NOTE - For World Record purposes, consideration will be given only to performances achieved on the basis of the appropriate specification below. All Meet Directors are asked to observe these specifications.

HURDLES

WOMEN						MEN				
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69		.840m 33"	13.00m 42'8½"	8.50m 27'10½"	10.50m 34'5"	100m	.840m 33"	13.00m 42'8½"	8.50m 27'10½"	10.50m 34'5"
70 +		.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	400m)									
40-49	400m)					400m	.914m 36"			
50-59	400m)	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
60 +	400m)					400m	.762m 30"			

IMPLEMENTS

WOMEN		MEN	
	Shot Putt	Discus	Hammer
35-49	4.00K	1.00K	-
50 +	3.00K	1.00K	-
Javelin			
40-49	7.26K (161b.)	2.00K	7.26K (161b.)
50-59	6.00K	1.50K	6.00K
60-69	5.00K	1.00K	5.00K
70 +	4.00K	1.00K	5.00K

Steeplechase shall be run at 3,000 metres except for M70 and over for whom the distance shall be 2,000 metres.



How I Run Without Seeing

(Editor's note: In the April, 1984 issue of NMN, we published an article called: "Is It Guiding or Tugging?" The piece dealt with blind sprinter Fritz Assmy, now 70, of West Germany. Assmy runs with the guidance of his son, connected to him by a short wrist tether. The courageous runner has competed in four World Veterans Games, winning each of his races except the 1983 M65 100-meter final in San Juan, where he lost to America's Payton Jordan. He later defeated Jordan in the 200 and 400. Assmy is the current world M65 record holder in the 400 with a time of 61.85.

The article reported the views of some who questioned whether Assmy's son was merely guiding him, or was pulling, or "tugging" him along. WAVA has always taken the position that Assmy is an inspiration to watch; that his performances are a highlight of any World Veterans Games; and that he is one of the true superstars of the Veterans program. But WAVA has always insisted that, to be fair, Assmy's son run parallel to, and not in front of, his father.

Fritz belatedly received a translated copy of the article and wrote the following reply, which was further delayed while we translated it from German to English. I believe we speak for all the Veteran athletes of the world when we say we eagerly look forward to seeing Assmy and his son in action in Rome.)

I did not know that anyone questioned my performances. My son and I are taken aback, that our fairness in sports is doubted. I am ready to run with anyone with a rope to show how difficult it is.

Mr. Conley proposed that my accompanist be in my own age group. Do you know what he would have to do? Run 100 meters in less than 12 seconds, 200 in less than 26, and 400 in less than 60. Only if he is fast enough and can run next to me without effort does he not hinder me. He must be in very good condition as he must constantly talk to me while running. He has to warn me about obstacles. He has to be able to react quickly. He has to be careful to stay behind me, which is technically impossible in a curve. (Mr. Guidet has recognized that very well). He has to be careful that I do not get into the next lane. If he could do those times, he would well enter the race himself, if he were in the same age group. No one is willing to do that. I am solely relying on the help of my children, who help me because of their love and idealism. Believe me, I would much rather be able to run alone. I would not have to endure the suspicions mentioned above.

Dr. Dintiman and Dr. Dolan mentioned a 5 Ps Machine that drags the competitor and thus heightens his speed. You know that my son runs beside me and not in front of me.

Maybe you can imagine the disagreeable feeling to have to solely rely on hearing while running without being able to orient yourself in the total

darkness. If I had not been thoroughly trained in sports from childhood, I could not do much because of my handicap.

Allow me to describe how we run. It is best if my partner is of approximately the same size as I am, as only that way is an equal step possible. First, my son has to arrange the starting blocks. Then he puts me into the exact direction for the run so I can start straight. Often this is not possible because I have difficulties with my equilibrium when I start in a diagonal position. We both hold on to a leash in the form of a figure 8, he with the left and I with the right hand. It is made from materials of an old parachute. This ribbon is used to keep me in my lane. A totally blind person is not able to run straight forward or in curves without help. He would always go too much left or right. My son has to hold his arm still, next to his body in order to catch my drag to the left or my pressure to the right. As soon as I run in a false direction, I notice it with the rope.

To avoid getting in the way of other competitors, we both have to use the outside lane. Before, and into, the turn, my son calls out: "curve," again and again, until we are out of that curve. Then he calls: "straight" and then, several times, the distance to the finish. As I cannot watch the other runners, I always have to run "full speed." We cannot use a lunging position to bend forward at the tape, for I would immediately lose balance and fall down. In 1981 in Christchurch, I

tried this in the 400-meter final and fell down several meters before the end.

Spectators in San Juan could notice that we had an accident as we slowed down after the finish of the 100-meter dash. I did not know we had already passed the finish, because it was so loud in the stadium, that I could not hear him calling "curve." I continued to run straight ahead, and pushed my son against a big wooden frame that stood there. Jumping over the corner of the steeplechase, he saved us from falling, but hit his right knee doing so. With every subsequent run, he was in greater pain. To save his knee for the 200-meter semifinal and final, he asked a young German to do the warm up with me. My son ran a while with us to observe, and failed to see a hurdle on the track. He knocked that hurdle with his already sore leg and got a hemorrhage in the knee which swelled up immediately. The M.D. in the ambulance treated him with ice bags and pain-killing medication. Without the medication, he could not walk at all. After the 200-meter final, he broke

down from the pain.

Lucky for us, the 400-meter preliminaries did not take place for two days, so he could rest his knee. He ran the 400 meter semifinal and final with me, as we were unable to find another competitor for it.

Spectators could observe how bad our finish was. My son could hardly lift his right leg, because of the pain. But he did not give in, so as not to destroy my chances. At the end he only limped, and it looked like I dragged through the finish. For his great and courageous action, I am very grateful to my son. In spite of not having done any sports for ten years, he was ready to run with me when my son-in-law withdrew. He had to train 1½ years until he was again fit and we could run in harmony.

I do not know if you can imagine how strenuous and difficult it is to run together on one lane of a track when one of the runners cannot see. I hope I have been able to describe some of the multiple problems to you. □

Albury Sets 3 Marks in Australia

Continued from page 13

However, the stand-out female thrower was Sylvia White, W55, who had three impressive wins: shotput, 35-6¾ (10.84); discus, 106-7 (32.50); and javelin, 101-9 (31.02).

The men jumpers were led by Harry Logan, M65, in the high jump, 4-7 (1.40), and Ken McConnell, M60, in the triple jump, 36-5 (11.10).

Winning men throwers included Desmond Frawley, M60, in the javelin, 142-7 (43.46), and John Fraser, M70, in the hammer, with a strong 133-6 (40.66).

Many top athletes didn't compete in Hobart, preferring to save their dollars for Rome. Hobart is on the island of Tasmania, located in the Tasman Sea which separates Australia's main island from New Zealand.

"Reg Austin, Bernie and Aileen Hogan and Alan Bradford are all in top form and will be in Rome," Sheppard says. "So will John Gilmour, M65, who recently ran a half marathon in 1:17:17, proving he's at his best."

Australia will have over 200 competitors in Rome, and expects to make a strong showing. □



John Gilmour of Perth, Australia leads the M60 pack in the V World Veterans Games in Puerto Rico in 1983. Now 65, Gilmour will be going after the 65-69 records in the distance events in Rome.



spaghetti alla carbonara.

Breakfast for Italians is often *caffelatte* (coffee with hot milk), and sometimes rolls and jam. Most hotels have adapted to northern European habits, however, and provide bread, butter, eggs, sausage or cheese and juice, if requested. Breakfast (*prima colazione*) is usually from 7-10 a.m.

Lunch (*pranzo*) is served from about 12-3 p.m. It's traditionally the big meal of the day, although more and more Italians are shifting their eating pattern so that they eat their big meal in the evening. The meal begins with an appetizer (*antipasto*), then the first course (*primo piatto*), which is pasta or soup. The second course (*secondo* or entree) consists of meat or fish. Vegetables and salad (the *contorno*) are ordered separately. All this is served with rolls,

acquaminere and/or wine. After the meal, you may have cheese or fruit, and coffee.

Remember you don't have to eat all the courses, nor do they have to be eaten in the prescribed order. You can always order the *menu turistico* if in doubt. A tourist menu dinner or lunch of pasta, meat or fish, dessert and coffee can be as economical as 14,000 lire (\$7 at today's rate of exchange: 2,000 lire = \$1). The problem is the food isn't as interesting as the *a la carte* menu.

Dinner (*cena*) is at about 9 p.m. You can buy cold cuts and cheeses in an *alimentaria* or *salumeria*. An *etto* — about 100 gm. or 3½ oz. — is enough for a sandwich. You can buy some small rolls (*panini*) at a bakery (*panetteria*). Fruit is plentiful.

Don't forget to try the fabulous Italian ice cream (*gelato*). Be sure to buy it in a *bar*, or *gelateria*, with *produzione propria* written outside; this ensures that it's homemade. Nearly everything closes between 1-4 p.m.

Tipping

Most restaurant bills (*conto*) include a 10-15% service charge, but it's customary to leave a small tip (*mancia*) for the waiter (*cameriere*) on the table (about 5-10%). Service charges are included in all hotel bills. Give chambermaids 500 lire (25¢) per room per day, bell boys about 600 lire (30¢) per bag, and from 500 lire for room or valet service. Checkroom attendants and ushers get 500 lire. Give washroom attendants at least 100 lire (5¢).

In deluxe hotels and restaurants, increase those amounts by half, depending on the service. You don't have to

Continued on page 21

Countdown to Rome

Continued from page 13

Food

Food is one of Italy's great attractions. Each region has its own specialties. The north is known for its creamy sauces and handmade egg noodles. Central Italy's food is rich and spicy by comparison. Here you'll find *tortellini* (a refined ravioli) and *ragu*, the famous Italian tomato and meat sauce. Roman cooks use the heavy spices of the south with the delicate meats of the north. The cuisine in Rome is not elaborate or overly refined. They use simple, traditional recipes, good quality and careful preparation. Typical Roman dishes (*alla romana*) include *calzone*, *cannelloni*, *fettuccine*, *saltimbocca* and



WAVA Meeting Schedule in Rome

- Fri. June 21. 7 p.m. Executive Committee meeting.
 - Sat. June 22. 10 a.m. Competition begins.
 - Sat. June 22. 2 p.m. Women's Assembly meeting.
 - Sat. June 22. 5 p.m. *Technical Committee meeting.
 - Sat. June 23. 10 a.m. *Opening ceremonies.
 - Sun. June 23. 11 a.m. Executive Committee meeting.
 - Mon. June 24. 9 a.m. North American Committee meeting.
 - Thu. June 27. 2 p.m. *General Assmely meeting in the Sala Protomoteca, Campidoglio, Rome. (directions at the Foro Italico, the central area for information and services, close to the Olympic Stadium and Stadio del Marmi).
 - Fri. June 28. 2 p.m. *General Assembly meeting; Sites for 1987 and 1989 to be selected. To be held at the village of Amilia. Buses will leave Foro Italico at 2 p.m.
 - Sat. June 29. 6 p.m. Farewell Dinner.
 - Sun. June 30. 3 p.m. Executive Committee meeting.
- *Open to all



Veteran athletes on the victory stand at the IV World Veterans Games in Christchurch, New Zealand in 1981. Will they repeat in Rome?

IAAF Needs Vets More Than Vets Need IAAF

by WERNER HAMM

(Editor's note: Werner Hamm is an Executive Vice-President of the World Association of Veteran Long Distance Runners (called "IGAL" or "WIGAL"). He lives in West Germany. In this column, he expresses his views on the proposed affiliation of Veterans with the International Amateur Athletic Federation (IAAF).)

There is no need, yet, for the Veteran athletes of the world to affiliate with the IAAF.

The Veterans have done very well during the past years without the restrictive IAAF rules, which may be needed for younger athletes, but not for vets.

No one from WIGAL is on the 11-person IAAF Veterans Committee. I have protested this discrimination to Hans Skaset, Chairman of the Committee. Jacques Serruys does not represent WIGAL. He is on the Committee as a Vice-President of WAVA, not as the President of WIGAL. Bryan Doughty, WIGAL's Secretary-General, has been attending the Committee meetings, but only as an observer, because only one person from one country may sit on any IAAF Committee, and WAVA's Bridget Cushen, also from Great Britain, is already on the Committee.

It is disappointing and not a good reflection on Veterans sport that World IGAL has been ignored by IAAF. It is also a pity that both world Veteran organizations — WAVA and WIGAL — never improved their communications in the past. You only gain strength by working together. Our common goal is Veterans sport.

WAVA and WIGAL each have to make their own decision on affiliating with IAAF. We will discuss it on June 8-9 at our XVIII Annual World Veterans Distance Running Championships in England. If WAVA joins and WIGAL does not, WIGAL will continue to hold Championships each year. We didn't need IAAF the past 18 years. WIGAL has developed its reputation through hard work. We usually draw over 2000 runners to our

annual championships, and the event has a magic of its own. There is hardly any valid argument for changing our policy.

Don't get me wrong. I am for innovating, not inertia. But vets mainly want meets and races and the opportunity to travel. They don't care which decision is made because they don't know the complexities. Two world organizations have been accepted by vets in Europe for many years. The aim of the IAAF to liquidate WIGAL will be rebutted successfully.

Veterans in Germany and Switzerland did not make the U.S. Masters mistake of affiliating with their national governing body. (DLV in Germany; SLV in Switzerland; TAC in the U.S.) We did not join DLV because we did not like tutelage, and we were not willing to give them our vets money. When we hold a Championship (e.g. last year in Bern), the local Association organizes the event, gets it certified, etc.

The IAAF denies participation to citizens of South Africa. Yet the WAVA Constitution and our WIGAL Motto: "Health, Friendship and Understanding" should authorize individuals from South Africa to participate. The Gleneagles declaration pertains to South Africa as a nation. Veterans pay their own way. No

government is involved. If we ban individuals from South Africa, we should ban all vets from Eastern-bloc nations. There is not much difference between the repressive South African government's policy of apartheid and the Eastern-bloc nations' policy of ignoring the United Nations Declaration of Human Rights by tolerating only one political opinion.

Would joining the IAAF attract Veterans from Eastern-bloc nations? My 6000 members of IGAL Germany have quite a bit of experience with Eastern-bloc countries. Vets from Hungary and Romania often participate in our championships, but only if we pay their travel and lodging expenses. No IAAF blessing is needed. Their Communist parties are indifferent to vets. Their vets get no support, but are usually granted a travel

To think the vets can attract the Eastern-bloc, simply by affiliating with IAAF, is dreaming.

permit to compete in championships in Europe. But to compete in the USA, Canada, Australia, etc. is a strict "no."

We had our first European Championships in Mamaia, Romania in 1981. Everything seemed to proceed smoothly, the NGB in Bucharest gave its OK. But when we arrived a couple of days prior to the race, the NGB withdrew its OK. We finally reached a compromise, but had to fly in all our items like timing equipment, microphones, etc. You hardly can imagine how hard it is to work in a Communist country. No typing paper, no typewriter, etc.

Three other Eastern-bloc nations — Czechoslovakia, Poland and Bulgaria — also compete with our veterans in Europe, although their system is less liberal than Hungary and Romania. I assume it is because they want to demonstrate independence from Russia and East Germany. Their vets get no support from their NGB; they

must pay their own costs or get help from Germany.

No Russian or East German Veteran has ever participated in WIGAL championships. An IAAF Veterans Committee will hardly alter this fact. Both countries fear that mingling and competing with Veterans of Western nations will be detrimental to their political stability.

Let's face it: even if the government of the Eastern-bloc nations adopted a more liberal attitude towards vets because of IAAF affiliation, the average veteran in those countries could still not compete due to lack of money. Economic limitations do not allow people — except for a privileged few — to travel abroad.

I have tried for many years to boost the participation of Eastern-bloc veterans. A number of private talks with Dr. Hlavicka of Czechoslovakia proved fruitless, because he said: "I am a Communist member, and I have to comply with the policies of my party; otherwise, I lose my job and the bread for my family. Still, I am addicted to the sport and I grant you all my support through semi-official channels. You, as an outsider, can do more for our veterans when you approach our embassies with WIGAL invitations. Please don't close the door. Leave it always ajar for our veterans. Don't be disappointed when we miss a race. We are longing for the opportunity to stay with our Western vets for a couple of days. IAAF people know their rules, but don't know the reality of our life in the east."

Last year, Dr. Hlavicka died, and Prof. Zdenek Pech was elected to represent the Czech vets. I talked to him at the IGAL European Championships in Bern last year (to compete in the WIGAL Championships in San Diego would have been unthinkable). He assured me of his support, but said he was in a weaker position than Dr. Hlavicka because he was not a member of the Community party. He and I will meet in Frankfurt on 19th May to see how we may help each other.

To my knowledge, neither WAVA nor EVAA have any experience with Eastern-bloc nations. Cesare Beccalli

Continued on page 33



In Rome, watch for Ciska Jensen, 111, Holland, who competed in the 1976 Olympics. Here she wins a heat of the W35 100m in the 1984 European Veterans Championships. She later won the final in 12.44. Others: N. Furgine, 106, Switzerland; Jean Brown, 126, Great Britain; C. Herrero, 108, Spain.

photo by Megaspport

RECORDS FALL IN BRITISH INDOOR CHAMPIONSHIPS

Pat Gallagher, who turned 40 on April 10, won the W35 1500 in 4:46.5 at the British Veterans Athletic Federation Indoor Championships at Cosford on March 23.

St. Louis-born Judy Vernon, 39, clocked 8.1 in the 60-meter dash and 27.3 in the 200. She also won the 60 mph in 9.2.

Current world W45 100-meter champion, Una Gore, set a world best of 8.5 in the 60 and 29.1 in the 200.

Sean Power, a college lecturer from Cardiff, set a new mark in the M40 triple jump (14.03). Ron Taylor, M50, turned in a fast 24.5 in the 200, as did runner-up, Dave Burton.

Vic Smith posted a national M40 record of 4:07.3 in the 1500. Harry Tempan ran 2:19.3 in the M55 800.

In M60, Basil Neilson set a UK 1500 record of 5:10.5, and L. Williams triple jumped 9.95. □

Rome Lures Olympians

Continued from page 1

Or maybe they're just curious as to whether they can once again enjoy the thrill of running, jumping and throwing as they did in their younger days.

Whatever their individual reasons, a record number of former Olympians will be competing in Rome at the VI World Veterans Games, June 22-30.

Several former Olympians, such as pole vaulter Bob Richards and sprinter Thane Baker, have been competing in Masters events for many years; others, such as middle-distance runner Peter Snell and hurdler Willie Davenport, are using Rome as their debut into Masters competition. But whether they are regulars or newcomers, this influx of talent into the World Veterans Games signals a huge step forward for the sport. With such names as Al Oerter, Peter Snell, Ed Burke, and Parry O'Brien to throw around, the media is suddenly interested. (National Public Radio, for one, has requested news segments from this reporter from Rome.) With media coverage comes even greater interest from the public and probably increased numbers of future participants. Masters track will no longer be seen by outsiders as a goofy bunch of old folks who didn't know when to quit, but rather as a celebrated fit group of older athletes.

There are a lot of misconceptions about competing later on. People will say, "If I can't look and can't compete like I used to, then I don't want to do it." That's pure idiocy. You can only



At age 44, Ed Burke was the oldest person to make the U.S. Olympic athletics team in 1984. Now 45, he's aiming at the world age 45-49 hammer throw record of 205-1 (62.52m) in Rome.

be who you are right now. Life is not the past, it's now. I don't judge myself on past performances. I judge myself by the best 59-year-old in the world.

— Bob Richards

Perhaps Bob Richards, former Olympian and two-time gold medalist in the pole vault (1952, '56), best exemplifies the philosophy behind the Masters track and field movement. After his highly successful international athletic career, he simply kept on training, believing that physical conditioning was his key to a happy life. So when his top level days were over, Richards never really retired, as most Olympians have done. He continued to enjoy workouts and track meets and thus moved naturally into Masters competition. At age 59, this Texan is just as enthusiastic as when he was the Wheaties fitness motivator several decades ago.

"We're pioneers," he proudly claims. "We're showing folks out there just what we can do at all ages of our lives. I mean, when I saw an 81-year-old man finish a 400MH race, why, I almost cried. I was as excited by that as by watching the young kids compete in the Olympics."

As we get older, we do get slower. But it's nice to see how much we can keep from losing from year to year.

— Thane Baker

"Some people like to play golf, so they go to all kinds of golf events," explains Baker. "Other people love racquetball, so they go to tournaments. Other people are swimmers. Well, I found out that I'm a runner. I simply love to run."

He loved running enough to join the push for a world-wide Masters movement.

"In October, 1972, a group of mostly Americans — some Australians and some Canadians — went on a European tour. We organized meets in London, Sweden, Finland, Norway, Copenhagen, and Cologne, Germany. That meet we held in Cologne was really the first big international Masters event even though someone later officially named the Toronto meet in 1975 the first World Veterans Games."

Baker, who lives in Dallas, has continued to run through the '70's and '80's, most recently winning gold medals in his age group (50-54) 100M and 200M at the V World Veterans Games in Puerto Rico in 1983. In Rome, Baker is entered in the 100M, 200M, and 400M, although he says he's inclined to run only the two shorter sprints.

Two time Olympian Thane Baker has also competed in Masters track for many years. Although he retired from running at the age of 24, he returned to his sprinting skills when he turned 40 out of curiosity. Would his desire still be there? Would he still enjoy running?

Newcomer Willie Davenport, like Bob Richards, has probably never been out of shape for more than a week or two in his entire life. Davenport competed in four summer Olympic teams (1964, '68, '72, '76), winning a gold

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Continued from Previous Page
 medal in the 110MH in Mexico City, then pushed a bobsled for the U.S. Winter Olympic Team during the 1980 Lake Placid Olympics. Now that Davenport has turned 40, Masters track is merely the next logical step for this life-long superb athlete. His job directing physical fitness for the Louisiana Governor's Office in Baton Rouge gives him enough time to continue to train with the local college teams at Southern University and LSU.

"That's nothing new," chuckles Davenport. "They've seen me training out here for years. When I was younger, I could figure it would take me 4-6 weeks to get in sprint shape. Now I have to figure 8-10 weeks. I haven't had any competition yet, but I'll find a couple of All-Comers meets if I have to, so I can have a few races before I try to peak for Rome in June."

Davenport, perennial Olympian that he is, had planned to make one final come-back, trying to make the 1984 U.S. Olympic team. His indoor times qualified him for the Olympic Trials, but an official disallowed his converted-time entry.

"When you set goals, you like to follow through," says the hurdler. "So when that fell through, this opportunity to compete in Rome came up and I took it. Also, I want to compete in the Super Stars (a TV multi-event sports competition) and this gives me a good excuse to train hard."

His goals in Rome?
 "I'm entered in the 100M, the hurdles and the relay. Sure, I'd like to win all three, but I don't plan to kill myself over there. I just want to have a good time; but I think I'll be competitive."

Another life-long Olympian is discus thrower Al Oerter. After four Olympic Games and four gold medals (1956, '60, '64, '68), he still retains his drive for competition. Although he can just about stay in the ring with the current leaders, he now has begun occasional Masters competitions — Rome is his next planned event, assuming he can



Thane Baker won gold, silver and bronze medals in the 1952 and 1956 Olympics. He holds three world records in the 100-meter dash for age-groups, M40, M45 and M50, as well as the M50 200 record.

compete and still return to his New York state home in time for his daughter's wedding in early July.

How's training different now than when I was in my hey-day? When I finish now, I'm just happy that I don't end up in the intensive care unit.

— Parry O'Brien

Parry O'Brien is yet another four-time Olympian. He won gold medals in the shot put at the 1952 and '56 Games, then a silver in '60 and finished 4th in '64. Unlike the other multiple Olympians, however, O'Brien abruptly retired from the sport for nearly 30 years.

"Last year was the first year I'd trained after 27 years of inactivity," admits O'Brien. "My personal motivation was to break the world record in my age group (50-54) in the discus and shot. I just wanted to see what I can coax out of these old bones. I'm entered in both the shot and the discus in Rome, but I've decided to throw on-

ly the discus from now on."

O'Brien achieved his goal of both world records last year when he put the shot 58'1½" and threw the discus 185'9"

As Olympic hammer thrower Harold Connolly put it: "I was eager and enthusiastic about competing in Rome. Then reality set in."

That reality takes different forms for different people. For Connolly, it was the realization that he'd traveled to meets alone for some 23 years, and now he'd rather be with his family during his limited vacation time. His participation in Rome is also uncertain.

For most others, the reality of competition means once again facing injuries.

I'm more worried about injuries now. If I get hurt, it's not like I'm a secretary. I'm a firefighter and I have to be physical; I have to be strong to do my job.

— Patty Van Wolvelaere

Two-time Olympic hurdler Patty Van Wolvelaere retired from international competition in 1980. Now, having just turned 35, she would have been undoubtedly the youngest and fastest hurdler in Rome. But her career-long battle with Achilles tendonitis resurfaced after only three months of training and she painfully remembered why she had retired. Patty Van won't be in Rome.

We former Olympians have two problems: major ego problems and old injuries that we've forgotten about.

— Pat Connolly

Pat Connolly, 3-time Olympian and coach of Evelyn Ashford (1984 Gold,

100M), planned to run 100M and 200M in Rome. Like Patty she made a come-back attempt this year, but her training followed nearly ten years of inactivity. Connolly thinks she knows why both she and Patty will miss Rome with injuries: "We've competed and coached so long, we know more than anybody else about our events — we can't be coached. And worst of all, we're impatient. My new theory is that if we plan to compete, we've got to plan for several years. We can't just come out in January and be ready by June like we used to do when we were kids. I should have competed in the 800M this year and built a solid base before I tried to sprint. I've promised myself not to run anything shorter than 300M for at least the next year . . . even in practice."

Gabrielle Andersen, the Swiss-American Olympian who staggered across the 1984 marathon finish line, is taking the opposite approach. She's shortening her competitive distance.

"It's too hot in Rome in June to run a marathon or even a 10K," she insists. "So I'm entered in the 1500 and 5000. It'll be nice to try those track races in Masters so I won't feel so awkward as in open competition."

John Carlos, who turns 40 on June 5th, appears to be yet another casualty.

"I won't say I'm a definite no, I'm just not a definite yes," he says in typical Carlos fashion. "My knee is still in jeopardy. I've been doin' some kinda workouts . . . sit-ups, joggin'. I ran some 200's last week and my left Achilles went out on me. Mainly, there's just no incentive to train for this meet. It's just one more trip to a track meet."

And there lies another issue. Many Olympians, especially those who met their goals during the prime of their career, don't feel the urge to once again prove their excellence. Some do, as seen in the examples of Richards, Baker, Oerter, and Davenport. But they seem to be in the minority, according to Thane Baker.

"You can probably count on both hands the number of Olympic athletes who still compete," he says. "Most of the Masters runners are high school or maybe even college athletes who, for one reason or another — studies, injuries, no coaching — didn't achieve their potential, so now they're doing it."

That may be changing with these Rome Games. Peter Snell, for one, is particularly interested in older athletes. As an exercise physiology researcher at the University of Texas Health Science Center in Dallas, he has concluded: "A high level of performance can be sustained much longer than previously thought — probably up to the mid-40's — as long as the individual can stay injury-free. There has to be a decline

Continued on Next Page

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Continued from Previous Page

somewhere, but if we keep training, I believe we can have a plateau of performance for quite some time. We're not sure yet if there's a precipitous decline or a gradual drop-off with age."

A three-year marriage to Masters competitor Miki Hervey has helped Snell make the decision to train for Rome.

"I'm actually much more interested in all-round fitness," Snell says. "I've been doing triathlons. I'd rather cycle with a 20 mph draft in my face than do speed work on a track in the Texas humidity. And speed training is always a bit of a gamble. I'm trying to do it carefully, but last week I strained my hamstring. If I'm hobbling by the time to go to Rome, I don't think I'll go. But if I think I can run reasonably well, I'll go give it a try."

In planning his goals for Rome, Snell figured to give himself a second for each passing year, which gave him a 2:00 goal for 800M. With the hamstring problem, he has revised that goal to 2:05. He doesn't think 2:05 will be fast enough to win, however, especially since none of us quite knows which former Olympians from Europe may pop up. Still, one has to wonder, for Rome was the site of Snell's darkhorse gold medal win in 1960.

"I'm wondering if there's still some kind of stadium magic," he laughs.

For those of us who have never competed in an Olympic stadium, that's what we're all hoping for — some kind of stadium magic. □

(Editor's Note: Lynda Huey has organized a tour to Rome with Sunset Travel, (213) 652-3044. She still has seats available to Rome from SFO, LAX, JFK and ATL.)

Countdown to Rome

Continued from page 17

pay for services you don't order.

Weather

Spring and fall are the best seasons in Rome. July and August are hot. The reason the Games are being held this early in the year is that June is a pleasant month in Rome. The average daily temperature is 77°F (25°C). Temperatures are given in Celsius (centigrade). Thus, 20C = 68F, 25C = 77F, 30C = 86F. Wear summer clothing.

Money

Travelers' checks always work. Major credit cards are widely accepted. Banks are open from 8:30 a.m. to 1:30 p.m. All banks are closed on Saturdays. Exchange (*cambio*) offices keep regular hours.

Transportation

Most of the museums and monuments in Rome may be reached by local transportation. The metro (subway) covers much of the city and is easy for a visitor to use. Remember to have 50 or 100 lire coins to insert in the



Look for these top European vets in Rome. Xavier Anton-Botill, K104, wins a gold medal for Spain in the 1984 European Veterans Championships in Brighton, England in the M55 100. Augustyn Crass, 129, Belgium, 2nd; Herb Reiff, 136, West Germany, 3rd; Vittorio Biagiotti, 111, Italy, 4th; Lars

Ingves, 107, Finland, 5th; Jack Cross, 105, Great Britain, 7th; Peter Higgins, 123, Great Britain, 8th.

photo by Megasport

entry machines—the fare is about 400 lire (20¢). Buses and trolleys are comparable. If you want to ride the bus, you must purchase a ticket, beforehand, at a newstand or at your hotel. Board the bus through the rear door, inserting your ticket into the machine, which stamps and dates it.

If you notice Italians not following this procedure, it means they've purchased a bus pass, which they must produce if asked by an inspector. If they have no pass, they could be fined.

The stadiums can be reached by metro, bus or trolley, but may require changing buses, etc. Private bus transportation from your hotel would be more desirable and easier. The stadiums are in northwest Rome, just across the Tiber River, about a 20-minute ride from downtown.

You can buy a transport map for 500 lire at the ATAC (Bus Transport Agency) Information booth in front of Termini Station. The metro runs from 5:30 a.m. to 10:30 p.m. Buses run from about 6 a.m. to midnight.

If you rent a car, Schneider says the drivers "drive like kamikaze pilots, and there are no parking spaces." Hertz, Avis and Maggiore are the big rental firms. A Fiat costs about 35,000 lire (\$17.50) per day plus 390 lire (19 cents) per kilometer.

Accommodations

Rome is full of hotels and *pensioni*. You can probably find a place to stay on your arrival, but you'll do better to book in advance. Some of the better areas are the area around the Via Veneto or the Villa Borghese, and near the Forum. Be wary of the area around the Termini station. Although there are bargains in *pensioni*, they have all the drawbacks of a red-light district.

Shopping

Rome is famous for its many elegant shops, such as Gucci, Bulgari and Valentino. The most expensive shops are concentrated around the Piazza di

Spagna, particularly the most famous of them all — Via Condotti. Via Margutta is noted for its art galleries.

Continued on page 22

USEFUL ITALIAN PHRASES

Buon giorno Good morning, good day! (Used until 3-4 p.m.)
Buona sera Good evening, good afternoon! (Used after 3-4 p.m.)
Buona notte Good night!
Benvenuto Welcome
Arrivederci Goodbye, see you soon!
Ciao! Hi! Goodbye!
Vorrei... I would like...
Si Yes
No No
Scusi Excuse me, pardon me
Per favore Please
Grazie Thank you
Prego You're welcome
Pronto Hello! (when answering the phone)
Eccola! Here it is!
 This is it!
Certo Of course, certainly
La pista The track
Correre To run
Corro I run
Scattista Sprinter
Fondista Long distance runner

Andiamo! Let's go! We're going
Dov'è...? Dove sono...?
 Where is, where are?
La toilette The toilet
Non capisco I don't understand
Birra Beer
Vino Wine
Caffe' Coffee
Caffe' Hag Decaf
Te' Tea
un uovo, due uova Egg, two eggs
alla coque Boiled
mollì Soft
strapazzate Scrambled
Succo d'arancia Orange Juice
Toast Toast
Quanto costa? How much does it cost?
Come sta? How are you?
Signora, Signore, Signorina
 Mrs. Mr., Miss
Permesso May I pass, please
 (when going through a crowd)
Ti voglio bene I love you,
 I'm longing for you.

ITALIAN NUMBERS

0	zero	11	undici	30	trenta
1	uno	12	dodici	40	quaranta
2	due	13	tredici	50	cinquanta
3	tre	14	quattordici	60	sessanta
4	quattro	15	quindici	70	settanta
5	cinque	16	sedici	80	ottanta
6	sei	17	diciassette	90	novanta
7	sette	18	dicotto	100	cento
8	otto	19	diciannove	1000	mille
9	nove	20	venti	2000	due mila
10	dieci	21	venti		
		22	ventidue	1,000,000	un milione

12,550 dodicimilacinquecentocinquanta
 1985 millenovecentottantacinque



There are two annual books which focus on Masters Age Records:

- 1) World and U.S. Masters Track and Field Age Records, age 35+, produced by the TAC Masters T&F Records Committee, headed by Peter Mundle. It is at the printers and will be available shortly through NMN for \$5.00.

- 2) U.S. Masters Distance Age Records, produced by the National Running Data Center, headed by Ken and Jennifer Young. It is also at the printers and will be available soon from NRDC for \$9.95.

The world five-year age-group track and field records (M40+, W35+) are published in this issue. World and U.S. T&F age-group marks (35+) were printed in the February issue.

The U.S. five-year age-group long distance records (age-40-and-over) were published in the December issue.

Many meet and race directors send documentation of pending records to WAVA, TAC and NRDC, but some do not. To avoid having your age or age group record slip through the cracks, you can help by:

- 1) If you think you've set a track & field mark, fill out one of the proper forms with the proper signatures and mail it to Mundle. (See page 25.)

- 2) If you think you've set a long distance mark, urge the race director to forward the proper documents to NRDC.

Since the T&F records were published in February's issue, NMN has received complaints of "missing marks." Frank Bowles, records-keeper of the Denver Track Club, cited several. However, Mundle says most of the "missing" records are performances that have never been properly documented, were wind-aided, were the wrong implement weights, were the wrong hurdle-heights, etc.

Paul Spangler asked why his 85-and-over records were not included in the T&F lists. The answer is that WAVA and TAC are not yet publishing 85+ marks. "We're waiting until we get more competitors," Mundle said. "Until then, we only use an 80+ category." The NRDC, however, does list 85+ long distance records.

Hans Bitter wondered why the records set at the 1984 European Championships were not included in February's listings. Mundle said they hadn't been okayed at that time, but they are included in the WAVA Handbook and in this issue. WAVA voted that "any record set in a Continental Championship should be considered

valid." "But that's improper," Mundle says. "Just because it's a 'Continental' meet doesn't automatically mean they'll follow proper procedures. We need documentation before any age-group record is accepted." Indeed, as Ken Young of the NRDC says: "Just because it was the New York Marathon, that doesn't mean that Salazar's record would be automatically approved. We have to verify each record, regardless of how 'big' the race is."

Hopefully, this confusion can be cleared up in Rome.

Wilf Morgan asks: "Can a record be set by a vet competing with non-vets?" Yes, as long as the proper forms are sent to WAVA. "Do sprint records have to be timed electronically?" No, a hand-timed record is still valid, although one day, when there are enough automatic times, all hand-timed records may be dropped from the books. For now, if one person runs the 100 in an automatic time of 11.26, and another runs a hand-time of 11.2, the official record is 11.2, even though .24 is the generally accepted difference between hand and automatic. But the 11.26 is being held in the computer for the day when it all changes over. Clear?

Another area of confusions arises when a person has an age record which is faster than the corresponding age-group mark. Impossible? It would be, except that the criteria for age records are not as strict as for age-group records. Thus a non-documented age mark gets into the book, but it doesn't make the age-group listings.

Bowles wonders why athletes should have to worry about getting their own records documented. "They should be concentrating on their performances," he says. Of course, but the reality is that not every meet or race director follows through with the paperwork. The Masters program is still a largely unfunded, volunteer organization. Which means if we want to make sure something gets done, we may have to pitch in and help out. □



World veterans M65 medalist Ed Stotsenberg is now in the M70-74 division, and hopes to be ready for the VI World Veterans Games in Rome.

photo by Gretchen Snyder

Countdown to Rome

Continued from page 21

Via del Babuino for its antique shops and Via Gregoriana for its fashion studios. Nearby, is Via del Corso, a popular shopping spot for both tourists and Romans.

Good values can be found in leather goods, especially jackets, handbags, belts, fabrics and linen, designer clothing and gloves.

Most shops have fixed prices. When buying quality items, however, you may be able to get a discount (*sconto*) if you ask for it.

Sightseeing

Sites you may wish to visit during your free time might include:

- Vatican City with St. Peter's Basilica and the Sistine Chapel.
- The Coliseum and the Roman Forum.
- The Fontana di Trevi (be sure to turn around and throw a coin into the fountain back over your left shoulder to assure your return to Rome).
- The beautiful Villa Borghese, one of Rome's loveliest parks.
- The Castel St. Angelo.
- And no visit would be complete without a stroll down the Via Veneto, perhaps stopping in an outside cafe for an aperitif.
- The Catacombs are just outside the city walls and can be reached by bus.

A tour guide says: "After 2000 years of city planning, Rome is still a splendid, sprawling circus. But if Rome is noisy, dirty, crowded and corrupt, it is also vigorous and urgent."

Keep in mind that most stores and businesses are open weekdays from 9 a.m. to 1 p.m. and from 4-8 p.m. They are closed from 1-4 p.m., so plan your shopping and sightseeing accordingly. Everything except restaurants is closed on Sundays and Saturday afternoons, like all of Europe. Food shops close early on Thursdays. Most museums and monuments close at 2 p.m. and all day Mondays.

Sightseeing Outside Rome

From Termini Station, go to Tivoli

for the natural beauty of its gardens; or to Ostia Antica for ancient ruins. Pompeii is fascinating if you're interested in archaeology. Farther afield there are Naples and Capri to the south and, to the north, Sienna (said to be the most beautiful city in Italy) and Florence, with its fabulous art treasures, including Michelangelo's David and the Pieta.

Precautions

Italy has its share of crime. Ladies, especially, should not wander alone at night. Two's are better, four's better yet. Use the hotel safe for valuables and don't carry your passport, airline ticket and cash in your handbag. You can have a great time in Rome, but be cautious.

Purse-snatching is reportedly up. Tourists are warned not to rest purses or cameras on tables or chairs while in restaurants. Keep an eye on your baggage. Don't leave anything in cars.

History

Italy's origins lie mainly in Rome. According to myth, it was founded by Romulus and Remus, the mythological twins suckled by a she-wolf. At first, Rome was a city state, but eventually it won control of the whole Italian peninsula, and finally took over most of the western world. Under Roman generals and Emperors ruling with absolute power, the Roman Empire held together for over 1200 years, from 753 B.C. to A.D. 476, when it was overthrown by the Germans, who ruled through the middle ages. The Papacy resisted, and eventually broke free of the Emperor to become independent.

During the Renaissance, independent city states rose to great intellectual, cultural and economic importance in Europe. Italian humanists (Dante, Petrarch, etc.) rediscovered ancient literature, which stimulated writing, painting, sculpture and architecture (Giotto, Raphael, Michelangelo, da Vinci, etc.) Science and learning broke free from theology.

Around 1800, a new nationalism

Continued on page 36

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA)
through performances verified as of May 1, 1985

MENS WORLD FIVE YEAR AGE GROUP RECORDS

Age Group	Mark	Name	Country	Age	Meet Date
100 Meters					
40-44	10.7	Thane Baker	U.S.A.	41	9.13.72
45-49	11.0	Thane Baker	U.S.A.	48	6.14.80
50-54	11.3	Thane Baker	U.S.A.	50	9.24.82
55-59	11.6	Payton Jordan	U.S.A.	56	6.23.73
	11.6N	Alfred Guidet	U.S.A.	56	6.22.74
60-64	11.8	Payton Jordan	U.S.A.	61	5.27.78
65-69	12.6	Payton Jordan	U.S.A.	65	6.12.82
70-74	13.5	Fred Reid	South Africa	71	7.19.80
75-79	14.3	Josiah Packard	U.S.A.	75	6.23.79
80+	15.4	Josiah Packard	U.S.A.	80	2.25.84
200 meters					
40-44	21.9	Reginald Austin	Australia	40	8.10.77
45-49	22.3N	George Rhoden	Jamaica	45	7.2.72
50-54	23.4	Thane Baker	U.S.A.	50	9.5.82
55-59	23.6	Alfred Guidet	U.S.A.	55	6.24.73
60-64	24.9	Payton Jordan	U.S.A.	60	6.19.77
65-69	26.1	Payton Jordan	U.S.A.	65	6.12.82
70-74	27.5	Fred Reid	South Africa	71	7.19.80
75-79	29.5	Josiah Packard	U.S.A.	75	6.24.79
80+	32.3	Josiah Packard	U.S.A.	80	2.18.84
400 Meters					
40-44	48.75	Hagues Roger	France	41	7.16.82
45-49	50.61	Reginald Austin	Australia	46	9.28.83
50-54	52.28	Peter Higgins	Great Britain	50	8.1.79
55-59	54.56	Rudolph Valentine	U.S.A.	55	6.9.79
60-64	58.4	John Alexander	U.S.A.	61	6.27.81
65-69	61.85	Fritz Assmy	West Germany	67	7.16.82
70-74	64.6	Josiah Packard	U.S.A.	73	8.10.77
75-79	68.5	Josiah Packard	U.S.A.	75	6.23.79
80+	75.4	Harold Chapson	Hawaii	80	7.9.83
800 meters					
40-44	1.54.5	Klaus Mainka	West Germany	41	7.16.77
45-49	1.57.9	Johan Hesselberg	Norway	45	8.9.77
50-54	2.00.5	Tom Roberts	Australia	50	4.21.84
55-59	2.06.6	Derek Turnbull	New Zealand	55	5.14.82
60-64	2.17.0	John Gilmour	Australia	60	1.11.81
65-69	2.20.5	Jack Stevens	Australia	65	8.13.82
70-74	2.34.5	Monty Montgomery	U.S.A.	71	9.4.77
75-79	2.40.0	Harold Chapson	Honolulu	75	5.14.78
80+	2.53.5	Harold Chapson	Honolulu	80	7.11.82
1500 meters					
40-44	3.52.0	Michel Bernard	France	40	6.20.72
45-49	4.03.16	Alan Bradford	Australia	45	3.3.84
50-54	4.05.2	Tom Roberts	Australia	50	3.22.84
55-59	4.17.4	Derek Turnbull	New Zealand	55	2.20.82
60-64	4.30.0	John Gilmour	Australia	60	12.22.79
65-69	4.50.6	Jack Stevens	Australia	65	11.13.82
70-74	5.11.8	Merv Jenkinson	Australia	70	1.6.80
75-79	5.30.1	Harold Chapson	Honolulu	75	8.11.77
80+	6.12.2	Harold Chapson	Honolulu	80	7.11.82
1 Mile					
40-44	4.18.5	Jim McDonald	New Zealand	43	12.3.77
45-49	4.25.8	Alan Bradford	Australia	45	3.9.84
50-54	4.32.2	Bill Fitzgerald	U.S.A.	50	7.13.75
55-59	4.40.4	Jack Ryan	Australia	55	12.15.77
60-64	4.57.1	John Gilmour	Australia	61	11.13.80
65-69	5.20.4	John Gilmour	Australia	65	10.28.84
70-74	5.42.2	Monty Montgomery	U.S.A.	70	7.9.77
75-79	6.15.1	Harold Chapson	Honolulu	78	7.5.81
80+	8.07.1	Paul Spangler	U.S.A.	81	6.7.80
3000 Meters					
40-44	8.17.4N	Jack Foster	New Zealand	43	1.31.76
45-49	8.36.0	Laurie O'Hara	Great Britain	45	7.8.77
50-54	8.53.8	Ray Hatton	U.S.A.	50	6.25.82
55-59	9.12.8	Jack Ryan	Australia	55	1.24.78
60-64	9.41.2	John Gilmour	Australia	61	11.22.80
65-69	10.10.2	John Gilmour	Australia	65	11.22.84
70-74	11.46.2	Harold Chapson	Honolulu	73	3.28.76
75-79	13.06.4	Richard Bredenbeck	U.S.A.	75	6.13.81
80+	14.39.0	Paul Spangler	U.S.A.	80	7.22.79
5000 Meters					
40-44	13.45.8	Lucien Rault	France	40	5.23.76
45-49	14.56.4	Alain Mimoun	France	45	5.29.66
50-54	15.31.0	Alain Mimoun	France	50	6.6.71
55-59	15.52.8	Jack Ryan	Australia	55	4.20.78
60-64	16.33.3	John Gilmour	Australia	61	8.9.80
65-69	18.04.6	Erich Kruzycki	West Germany	65	5.1.76
70-74	19.33.	John Farrell	Great Britain	70	6.20.79
75-79	20.59.0	Edward Benham	U.S.A.	75	9.23.83
80+	24.05.4	Harold Chapson	Honolulu	80	10.24.82
10,000 Meters					
40-44	28.33.4	Lucien Rault	France	40	6.9.76
45-49	30.16.8	Alain Mimoun	France	45	6.17.66
50-54	32.05.6	Luciano Aquarone	Italy	51	10.1.81
55-59	33.08.2	Derek Turnbull	New Zealand	55	2.13.82
60-64	34.23	John Gilmour	Australia	61	11.26.80
65-69	36.04.6N	Tedde Jensen	Sweden	65	9.15.72
70-74	40.48.6	Einar Nordin	Sweden	71	8.10.77
75-79	42.34.8	Luis Rivera	Mexico	75	9.3.77
80+	49.22.8	Paul Spangler	U.S.A.	80	7.6.79

ONE HOUR RUN

44-44	11-1309	(18.900) William Stoddart	Great Britain	40	8.21.71
45-49	11-1268	(18.862) Alain Mimoun	France	45	3.20.66
50-54	11-953	(18.574) Alain Mimoun	France	50	5.16.71
55-59	10.1194	(17.185) John Gilmour	Australia	55	10.14.74
60-64	10-831	(16.853) John Gilmour	Australia	61	10.21.79
65-69	9-1540	(15.892) John Gilmour	Australia	65	10.7.84
70-74	9-173	(14,642) Stan Nicholls	Australia	72	6.14.83
75-79	8-335	(13.181) Lou Gregory	U.S.A.	75	12.17.77
80+	7-946	(12.130) Paul Spangler	U.S.A.	81	11.1.80
3,000 Meter Steeplechase					
40-44	8.41.5	Gaston Roelants	Belgium	40	7.6.77
45-49	9.36.6	Jim McDonald	New Zealand	45	11.17.79
50-54	9.58.2	Maurice Morrell	Great Britain	50	8.3.83
55-59	10.39.0	Eligio Galicia	Mexico	56	8.1.79
60-64	11.41.6	Olle Elvland	Sweden	61	8.1.79
65-69	12.24.8	Norman Bright	U.S.A.	65	8.15.75
70-74	13.26.5	Stan Nicholls	Australia	70	4.11.81
75-79	19.04.8	Lou Gregory	U.S.A.	76	8.20.78
110 Meter Hurdles (40-49) 39" (50-59) 36" (60+) 30"					
40-44	14.4Y(42")	Don Finlay	Great Britain	40	8.1.49
	14.7	Leopold Marien	Belgium	41	8.13.75
45-49	14.7	Valbjorn Thorlaksson	Iceland	45	7.8.79
50-54	15.1	Jack Greenwood	U.S.A.	51	8.10.77
55-59	16.6	Andre Findeli	France	55	9.14.78
60-64	16.2	Andre Findeli	France	60	7.13.83
65-69	18.15	Al Guidet	U.S.A.	66	5.26.84
70-74	20.61	Ahiti Pajunen	Finland	70	8.8.80
75-79	20.83	Russell Meyers	U.S.A.	77	5.9.81
80+	26.0	Herbert Anderson	U.S.A.	80	7.24.82
400 Meter Hurdles (40-49) 36" (50-59) 33" (60+) 30"					
40-44	54.08	Leon Hacker	South Africa	40	7.29.79
	54.1	George Mathe	South Africa	40	6.30.79
45-49	55.64	Guido Mueller	West Germany		8.25.84
50-54	58.1	Jack Greenwood	U.S.A.	50	7.3.76
55-59	59.85	Jack Greenwood	U.S.A.	57	9.27.83
60-64	68.7	Max Pickl	Canada	61	6.23.79
65-69	73.22	George Braceland	U.S.A.	65	7.29.79
70-74	77.50	Gilberto Gonzalez	Puerto Rico	70	9.27.83
75-79	89.58	Russell Meyers	U.S.A.	77	5.9.81
80+	1.51.0	Herbert Anderson	U.S.A.	80	7.24.82
High Jump					
40-44	6.82"	(2.05) Egon Nilsson	Sweden	40	9.25.66
45-49	6.22"	(1.90) Herm Wyatt	U.S.A.	48	4.19.80
50-54	6.2"	(1.88) Herm Wyatt	U.S.A.	51	8.20.83
55-59	5.62"	(1.69) Richmond Morcom	U.S.A.	55	7.27.76
60-64		(1.60) Hans Overland	Norway		8/25/84
65-69	4.11 1/2"	(1.51) Ian Hume	Canada	67	8.22.81
70-74	4.7 1/2"	(1.40) Josef Sahlmann	West Germany	71	7.28.79
75-79	4.3 1/2"	(1.30) Gulab Singh	India	76	4.- 81
80+	3.11 1/2"	(1.20) Herbert Anderson	U.S.A.	80	8.29.82
Pole Vault					
40-44	15.9"	(4.80) Rudolf Tomasek	Czechoslovakia	40	8.13.77
44-49	15.5"	(4.70) Maurice Houvion	France	45	4.12.80
50-54	14.4"	(4.37) Vic Cook	U.S.A.	50	7.25.82
55-59	13.6 1/2"	(4.12) Richmond Morcom	U.S.A.	55	8.4.76
60-64	12.9 1/2"	(3.90) Herbert Schmidt	West Germany	61	10.14.71
65-69	11.10"	(3.60) Herbert Schmidt	West Germany	66	3.15.76
70-74	9.9 1/2"	(2.98) Carol Johnston	U.S.A.	72	2.11.84
75-79	8.1	(2.46) Bob McConaghy	U.S.A.	76	2.23.85
80+	6.22"	(1.90) A.E. Pitcher	U.S.A.	82	5.26.84
Long Jump					
40-44	24.42"	(7.43) Tom Chilton	U.S.A.	40	3.24.78
45-49	21.11	(6.68) Shirley Davison	U.S.A.	45	10.4.75
50-54	21.1"	(6.42) Shirley Davison	U.S.A.	50	4.12.80
55-59	20.0 1/2"	(6.10) Tom Patsalis	U.S.A.	59	7.18.81
60-64	19.11"	(6.07) Tom Patsalis	U.S.A.	60	7.10.82
65-69	16.11 1/2"	(5.16) Willi Rumig	West Germany	65	7.31.79
70-74	15.10 1/2"	(4.83) Mazumi Morita	Japan	70	9.23.83
75-79	14.0 1/2"	(4.27) Gulab Singh	India	76	1.9.81
80+		(3.64) Walter Streubel	West Germany		8/21/84
Triple Jump					
40-44	48.11 1/2"	(14.92) Michael Sauer	West Germany	40	7.14.82
45-49	45.11 1/2"	(14.01) Pericles Pinto	Portugal	45	7.14.82
50-54	43.3 1/2"	(13.19) Dave Jackson	U.S.A.	50	7.10.82
55-59	41.5"	(12.62) Gordon Farrell	U.S.A.	57	1.8.75
60-64	39.3"	(11.96) Tom Patsalis	U.S.A.	60	7.10.82
65-69	34.11 1/2"	(10.66) Ian Hume	Canada	66	1.13.81
70-74	32.1 1/2"	(9.79) Mazumi Morita	Japan	70	9.25.83
75-79	28.7 1/2"	(8.72) Gulab Singh	India	76	1.12.81
80+	22.8"	(6.91) Herbert Anderson	U.S.A.	80	7.24.82
Shot Put (40-49) 16 lbs. (50-59) 12 lbs (60+) 8 lbs					
40-44	67.02"	(20.44) Ivan Ivancic	Yugoslavia	42	6.5.80
45-49	58.1 1/2"	(17.71) Pierre Colnard	France	47	6.12.76
50-54	58.1 1/2"	(17.71) Parry O'Brien	U.S.A.	52	7.1.84
55-59	51.9"	(15.77) Hermann Hombrecher	West Germany	55	8.6.80
60-64	55.4	(16.86) George Ker	U.S.A.	60	5.21.83
65-69	51.4 1/2"	(15.66) Voitto Elo	Finland	68	7.17.82
70-74	45.1 1/2"	(13.75) Ross Carter	U.S.A.	71	3.10.85
75-79	40.5 1/2"	(12.34) Vern Cheadle	U.S.A.	75	3.30.85
80+	31.7 1/2"	(9.63) Peter Goic	Yugoslavia	82	- - 78

Age Group	Mark	Name	Country	Age	Meet Date
Discus Throw (40-49) 2Kg. (50-59) 1.6kg. (60+) 1. Kg.					
40-44	227.11"	(69.48) Al Oerter	U.S.A.	43	5.31.80
45-49	216.11"	(66.12) Al Oerter	U.S.A.	45	3.28.82
50-54	185.9"	(56.62) Parry O'Brien	U.S.A.	52	8.19.84
55-59	177.1"	(53.98) Kauko Jouppila	Finland	56	9.3.77
60-64	187.2"	(57.06) Kauko Jouppila	Finland	61	7.16.82
65-69	182.6"	(55.62) Konstany Maksimczyk	Great Britain	65	9.17.79
70-74	153.5"	(46.76) Olav Reppen	Norway	70	9.18.81
75-79	127.2"	(38.76) Karsten Brodersen	Chile	76	9.25.83
80 +	106.3"	(32.40) Jakob Schumann	West Germany	81	7.16.82

Age Group	Mark	Name	Country	Age	Meet Date
Hammer Throw (40-59) 16 lbs. (60+) 12 lbs.					
40-44	243.1"	(74.10) Ed Burke	U.S.A.	43	6.12.83
45-49	205.1"	(62.52) Hans Potsch	Austria	48	7.18.81
50-54	175.0"	(63.4) Hans Potsch	Austria	51	8.20.84
55-59	175.0"	(53.34) Bob Backus	U.S.A.	55	8.9.81
60-64	157.10"	(48.12) Aarne Miettinen	Finland	63	9.12.76
65-69	151.8"	(46.24) Aarne Miettinen	Finland	67	8.6.80
70-74	131.11"	(40.22) Olav Reppen	Norway	70	8.27.81
75-79	97.8"	(29.77) Stanley Herrmann	U.S.A.	75	5.12.79
80 +	111.9"	(34.08) Peter Goic	Yugoslavia	80	6.6.76

Age Group	Mark	Name	Country	Age	Meet Date
Javelin Throw (40-59) 800 Grams. (60+) 600 Grams.					
40-44	259.1"	(78.98) Urs Von Wartburg	Switzerland	42	8.2.79
45-49	238.10"	(72.80) Larry Stuart	U.S.A.	46	5.12.84
50-54	198.5"	(60.48) Jose Kopitar	Yugoslavia	50	7.15.82
55-59	186-10"	(56.94) Veikko Javanainen	Finland	55	8.7.81
60-64	181.10"	(55.42) Ed Chynoweth	U.S.A.	60	5.12.84
65-69	153.11"	(46.92) Vaino Ojaranta	Finland	65	7.18.82
70-74	140.0"	(42.68) Gerhard Schepe	West Germany	70	7.15.82
75-79	108.0"	(32.92) Emery Curtice	U.S.A.	75	7.24.82
80 +	94.6"	(28.80) Herbert Anderson	U.S.A.	80	7.24.82

Age Group	Mark	Name	Country	Age	Meet Date
Decathlon (I.A.A.F. Scoring Tables)					
40-44	6784	Wolfgang Linkmann	West Germany	40	6.6.81
45-49	5734	Gary Miller	U.S.A.	47	3.23.85
50-54	4951	Richmond Morcom	U.S.A.	50	3.12.72
55-59	5246	Richmond Morcom	U.S.A.	55	9.11.76
60-64	4552	Richmond Morcom	U.S.A.	61	8.28.82
65-69	3180	Gilberto Gonzalez	Puerto Rico	69	7.31.82
70-74	3097	Gilberto Gonzalez	Puerto Rico	70	7.2.82
75-79	1659	Herbert Anderson	U.S.A.	75	3.24.78
80 +	851	John Whittemore	U.S.A.	80	12.1.79

Age Group	Mark	Name	Country	Age	Meet Date
Pentathlon (I.A.A.F. Scoring Tables)					
40-44	3391	Werner Schallau	West Germany	40	9.24.78
45-49	2998	Gary Miller	U.S.A.	45	9.30.82
50-54	2607	Vaclav Bartl	Sweden	51	8.12.77
55-59	2439	Richmond Morcom	U.S.A.	56	8.12.77
60-64	2205	Walter Schreiber	West Germany	62	9.29.83
65-69	1790	Adolf Koch	West Germany	65	9.26.82
70-74	1481	Gilberto Gonzalez	Puerto Rico	70	7.23.83
75-79	790	Karsten Brodersen	Chile	76	5.13.84
80 +	563	Herbert Anderson	U.S.A.	80	9.4.82

WOMENS WORLD FIVE YEAR AGE GROUP RECORDS

Age Group	Mark	Name	Country	Age	Meet Date
100 Meters					
35-39	11.6	Erika Rost	West Germany	35	6.2.79
40-44	12.0	Maeve Kyle	Ireland	40	4.25.70
45-49	12.5	Maeve Kyle	Ireland	45	1.21.74
	12.5	Wendy Ey	Australia	45	2.4.84
50-54	13.13	Irene Obera	U.S.A.	50	8.18.84
55-59	13.6	Shirley Peterson	Australia	55	1.21.84
60-64	14.57	Paula Schneiderhan	West Germany	61	9.24.83
65-69	16.1	Polly Clarke	U.S.A.	67	5.6.78
70 +	16.2	Polly Clarke	U.S.A.	70	4.17.81
200 Meters					
35-39	24.3	Erika Rost	West Germany	36	6.8.80
40-44	25.0	Vivi Markussen	Denmark	40	8.17.80
45-49	26.2	Wendy Ey	Australia	45	3.4.84
50-54	27.65	Daphne Pirie	Australia	51	9.26.83
55-59	29.4	Shirley Peterson	Australia	55	4.21.84
60-64	30.26	Paula Schneiderhan	West Germany	61	9.26.83
65-69	33.67	Audrey Reid	South Africa	68	9.26.83
70 +	34.2	Polly Clarke	U.S.A.	71	9.6.81
400 Meters					
35-39	50.56	Aurelia Penton	Cuba	35	7.15.78
40-44	55.3	Maeve Kyle	Ireland	41	7.22.70
45-49	59.68	Colleen Mills	New Zealand	47	1.10.81
50-54	63.2	Anne McKenzie	South Africa	50	10.15.75
55-59	70.9	Anne McKenzie	South Africa	55	5.2.81
60-64	72.5	Aileen Hogan	Australia	60	9.17.83
65-69	79.66	Audrey Reid	South Africa	65	1.13.81
70 +	84.23	Polly Clarke	U.S.A.	73	9.28.83
800 Meters					
35-39	1.57.4	Ileana Silai	Romania	35	6.28.77
40-44	2.06.5	Anne McKenzie	South Africa	41	7.1.67
45-49	2.19.2	Anne McKenzie	South Africa		
50-54	2.23.1	Aqne McKenzie		50	10.29.75
55-59	2.43.5	Anne McKenzie	South Africa	55	1.10.81
60-64	3.00.06	Erika Werner	West Germany	60	9.24.83
65-69	3.24.0	Ewa Eriksson	Sweden	65	7.16.82
70 +	3.22.43	Johanne Luther	West Germany		8.24.84

Age Group	Mark	Name	Country	Age	Meet Date
1500 Meters					
35-39	3.58.5	Ileana Silai	Romania	37	7.13.79
40-44	4.20.7	Joyce Smith	Great Britain	40	5.21.78
45-49	4.49.2	Anne McKenzie	South Africa	49	11.16.74
50-54	4.54.5	Anne McKenzie	South Africa	50	10.15.75
55-59	5.20.0	Margaret Miller	U.S.A.	56	5.8.82
60-64	5.57.2	Lieselotte Schultz	West Germany	61	6.25.81
65-69	6.10.17	Britta Tibbling	Sweden		8.25.84
70-74	6.45.49	Johanna Luther	West Germany	71	8.25.84
75 +	7.30.01	Bertha Hielscher	West Germany		8.25.84

Age Group	Mark	Name	Country	Age	Meet Date
3,000 Meters					
35-39	8.55.6	Joyce Smith	Great Britain	36	7.19.74
40-44	9.11.2	Joyce Smith	Great Britain	40	4.30.78
45-49	10.23.4	Ursula Blaschke	West Germany	45	7.30.77
50-54	10.34.2	Valborg Ostberg	Norway	50	7.5.81
55-59	11.29.0	Lydia Backes	West Germany	55	9.9.81
60-64	12.26.8	Lieselotte Schultz	West Germany	61	6.13.81
65-69	17.15.6	Ivy Granstrom	Canada	68	8.3.80
70 +	14.25.2	Johanna Luther	West Germany	71	9.22.84

Age Group	Mark	Name	Country	Age	Meet Date
5,000 Meters					
35-39	16.12.87	Sonja Laxton	South Africa	35	10.17.83
40-44	16.57.4	Judy Fox	U.S.A.	40	8.16.81
45-49	17.59.0	Vicky Bigelow	U.S.A.	47	7.24.82
50-54	18.15.0	Valborg Ostberg	Norway	50	8.7.81
55-59	19.39.2	Lydia Backes	West Germany	55	8.29.81
60-64	21.27.2	Lieselotte Schultz	West Germany	61	6.13.81
65-69	23.56.4	Ewa Eriksson	Sweden	67	8.21.84
70 +	24.58.3	Johanna Luther	West Germany	70	9.23.83

Age Group	Mark	Name	Country	Age	Meet Date
10,000 Meters					
35-39	34.34.4	Ann Letherby	Australia	35	10.7.81
40-44	34.26.4	Joyce Smith	Great Britain	42	2.27.80
45-49	38.19.8	Vicky Bigelow	U.S.A.	48	8.21.83
50-54	38.53.6	Mila Kanja	U.S.A.	51	6.26.82
55-59	42.31.6	Shirley Brasner	Australia	55	4.9.82
60-64	44.51.0	Pat Dixon	U.S.A.	63	7.16.82
65-69	52.53.2	Waltraud Kretschmer	West Germany	68	1.8.81
70 +	51.03.0	Johanna Luther	West Germany	70	9.25.83

Age Group	Mark	Name	Country	Age	Meet Date
High Jump					
35-39	5.8 $\frac{1}{2}$ " (1.73)	Christa Voss	West Germany	36	7.30.79
40-44	5.4 $\frac{1}{2}$ " (1.63)	Dorothy Tyler	Great Britain	41	8.2.61
45-49	5.0" (1.52)	Dorothy Tyler	Great Britain	45	7.18.65
50-54	4.10" (1.47)	Dorothy Tyler	Great Britain	50	6.14.70
55-59	4.3 $\frac{1}{2}$ " (1.30)	Vlasta Chlimeska	Czechoslovakia	56	7.30.79
60-64	3.9 $\frac{1}{2}$ " (1.15)	Annen Reile	West Germany	63	9.15.78
65-69	3.8" (1.12)	Mary Bowermaster	U.S.A.	67	8.17.84
70 +	3.4" (1.01)	Vivian Nelson	U.S.A.	71	8.17.84

Age Group	Mark	Name	Country	Age	Meet Date
Long Jump					
35-39	21.4" (6.50)	Willye White	U.S.A.	35	10.26.74
40-44	18.2 $\frac{1}{2}$ " (5.54)	Marlene Altmann	West Germany	40	7.30.77
	18.2 $\frac{1}{2}$ " (5.54)	Helen Searle	Australia	41	4.17.81
45-49	17.0" (5.18)	Corrie Roovers	Holland	47	7.15.82
50-54	16.6 $\frac{1}{2}$ " (5.04)	Maeve Kyle	Ireland	50	7.29.79
55-59	14.11 $\frac{1}{2}$ " (4.56)	Lieselotte Seuberlich	West Germany	55	7.15.82
60-64	14.3 $\frac{1}{2}$ " (4.35)	Paula Schneiderhan	West Germany	61	9.23.83
65-69	11.2" (3.40)	Rosaline Sole	New Zealand	65	1.8.81
70 +	9.9" (2.97)	Hanna Gelbrich	West Germany	70	9.23.83

Age Group	Mark	Name	Country	Age	Meet Date
Shot Put					
35-39	63.7 $\frac{1}{2}$ " (19.39)	Antonina Ivanova	U.S.S.R.	38	7.17.71
40-44	62.10 $\frac{1}{2}$ " (19.16)	Antonina Ivanova	U.S.S.R.	41	2.24.74
45-49	46.6 $\frac{1}{2}$ " (14.18)	Liesel Huber	West Germany	45	10.19.79
50-54	41.11 $\frac{1}{2}$ " (12.79)	Marianne Hamm	West Germany	51	7.30.79
55-59	36.9 $\frac{1}{2}$ " (11.21)	Marianne Hamm	West Germany	55	9.23.83
60-64	32.7 $\frac{1}{2}$ " (9.95)	Isuzu Tsujii	Japan	60	9.23.83
65-69	35.4" (10.77)	Helen Stephens	U.S.A.	65	6.1.83
70 +	29.3" (8.91)	Edith Mendyka	U.S.A.	70	5.9.81

Age Group	Mark	Name	Country	Age	Meet Date
Discus Throw					
35-39	228.4" (69.60)	Faina Myelnik	U.S.S.R.	35	9.9.80
40-44	206.5" (62.92)	Helgi Parts	U.S.S.R.	41	10.4.78
45-49	160.7" (48.94)	Odete Domingos	Brazil	47	4.8.82
50-54	130.4" (39.72)	Ruth Svedberg	Sweden	51	9.17.54
55-59	108.4" (33.02)	Ruth Svedberg	Sweden	55	1.1.58
60-64	101.3" (30.86)	Annen Reile	West Germany	60	10.19.75
65-69	94.9" (28.90)	Annen Reile	West Germany	66	8.9.81
70 +	66.5" (20.24)	Vera Wischmann	West Germany	70	7.16.82

Age Group	Mark	Name	Country	Age	Meet Date
Javelin Throw					
35-39	193.4" (58.94")	Anneliese Gerhards			

VI WORLD VETERANS GAMES

PROVISIONAL PROGRAMME - VORLÄUFIGER ZEITPLAN

- LEGENDA: b = batterie/heats/Vorlauf
 f = final/finals/Endlauf
 HJ = High Jump/Hochsprung
 TJ = Triple jump/Dreisprung
 SH = Shotput/Kugelstossen
 JA = Javelin/Speerwerfen
 TW = Track walk/Bahnggehen
 AM = Morning/Vormittag
 sf = semifinali/semifinals/Zwischenlauf
 LJ = Long jump/Weitsprung
 PV = Pole vault/Stabhochsprung
 D = Discus
 H = Hammer
 ST = Steeplechase/Hindernis
 RW = Road walk/Strassengehen
 PM = Afternoon or night/Nachmittag oder nacht



MEN MÄNNER	40	45	50	55	60	65	70	75	80+
Sat/Sa 22 AM	100b HJ	100b HJ	100b SH	100b JA	100b HJ	10000 100b SH	10000 100b HJA	10000 100b HPEN	10000 100b H
22 PM	100sf JA 10000	100sf HJ 10000	100sf HJ	100sf HJ	SH 10000	H	PEN	JA	JA
Sun/So 23 AM	200b H	200b JA	10000 200b JA	10000 200b H	200b JA	200b HJ PEN	200b HJ	200b HJ	HJ
23 PM	110hsb 100f SH	110hsb 100f SH	110hsb 100f H	110hsb 100f SH	110hsb 100f H PEN	110hsb 100f JA	80hsb 100f SH	80hsb 100f SH	80hsb 100f SH
Tue/Di 25 AM	110hsf 800b LJ	110hsf 800b PV	110hsf 800b PV	110hsf 800b 5000 TW PEN	800b 5000 TW D	800b 5000 TW TJ	800b		
25 PM	110hsf 200sf 5000 5000 TW	110hsf 200sf 5000 H	110hsf 200sf	110hsf 200sf 5000 TJ	100hsf 5000 TJ	100hsf 5000 D	80hsf 5000	80hsf	80hsf

Wed/Mi 26 PM	200f 400hsb 800f D	200f 400hsb 800f 5000 TW	200f 400hsb 800f 5000	200f 800f	200f 800f	200f 800f LJ	200f 800f 5000 TW TJ	200f 800f 5000 5000 TW	200f 800f 5000 5000 TW
Thu/Do 27 AM	400b	400b TJ	400b PEN 5000 TW	400b D	400b	400b PV	400b 2000 ST LJ	400b 2000 ST TJ	2000 ST
27 PM	3000 ST TJ	3000 ST	3000 ST TJ D	3000 ST PV	2000 ST	2000 ST	PV	LJ	LJ
Fri/Fr 28 AM	CROSS 400sf PEN	CROSS 400sf LJ	CROSS 400sf LJ	CROSS 400sf	CROSS LJ	CROSS	CROSS D	CROSS D	CROSS D
28 PM	400hsf 1500b	400hsf 1500b D	400hsf 1500b	400hsf 1500b LJ	400hsf 1500b PV	400hsf 1500b	400hsf 1500b	400hsf	
Sat/Sa 29 AM	RW 20 Km PV	RW 20 Km PEN	RW 20 Km	RW 20 Km	RW 20 Km	1500f RW 20 Km	1500f RW 20 Km	1500f RW 20 Km	1500f RW 20 Km
29 PM	400f 1500f	400f 1500f	400f 1500f	400f 1500f	400f 1500f	400f	400f	400f	400f
Sun/So 30 AM	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays

WOMEN FRAUEN	35	40	45	50	55	60	65+
Sat/Sa 22 AM	100b SH 10000	100b SH 10000	100b PEN SH 10000	100b PEN 10000	100b PEN 10000	100b JA 10000	JA 10000
22 PM	100sf 800b HJ	100sf 800b	100sf 800b	800b JA	800b JA		
Sun/So 23 AM	200b	200b JA	200b HJ	200b SH	200b HJ	HJ	HJ
23 PM	100f 800f 100hsb JA	100f 800f 80hsb HJ	100f 800f 80hsb JA	100f 800f 80hsb HJ	100f 800f 80hsb SH	100f 800f SH	100f 800f SH
Tue/Di 25 AM	TW Km 5	TW Km 5 D			5000	5000	5000
25 PM	200sf 100hsf	200sf 80hsf 5000	200sf 80hsf 5000 TW Km 5	80hsf 5000 TW Km 5	80hsf TW Km 5	TW Km 5	
Wed/Mi 26 PM	200f 400b 5000 PEN	200f 400b PEN	200f 400b LJ	200f 400b	200f LJ	200f	200f

Thu/Do 27 AM	400sf LJ	400sf LJ	400sf	D	D		
27 PM	400f	400f	400f D	400f LJ	400f	400f LJ	400f LJ
Fri/Fr 28 AM	CROSS 1500b	CROSS 1500b	CROSS 1500b	CROSS 1500b	CROSS	CROSS D	CROSS D
28 PM	D						
Sat/Sa 29 AM	Hammer (exhibition)	Hammer (exhibition)	Hammer (exhibition)	Hammer (exhibition)			1500f
29 PM	1500f RW Km 10	1500f RW Km 10	1500f RW Km 10	1500f RW Km 10	1500f RW Km 10	1500f RW Km 10	RW Km 10
Sun/So 30 AM	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays	MARATHON Relays

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr. Place of Competition

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

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

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

Time	Name of Timekeeper	Address	Signature

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

Name of Starter	Address	Signature
-----------------	---------	-----------

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

What were the weather conditions? _____

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

Precise Wind Velocity and Direction _____

Were all hurdles the correct balance and height? _____ Was the track surveyed? _____

List order of finish and approximate distance between each finisher.

1st. who was ahead of
 who was ahead of (Distance)

Name of Referee	Address	Signature
-----------------	---------	-----------

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

APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr. Place of Competition

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

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

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

Height/Distance	Name of Field Judge	Address	Signature

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

Type of Runway Surface _____ Weight of Shot, Discus or Javelin _____

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

What were the weather conditions? _____

Precise Wind Velocity and Direction _____

Was the Field surveyed? _____ Did you examine athletes Birth Certificate? _____
 If not please send copy.

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

Name of Referee	Address	Signature
-----------------	---------	-----------

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

Join the IAAF?

Continued from page 15

money in Masters racing that a man would be clever enough and deranged enough to disguise himself as a woman? Again, are we trying to attract women to our program because it's fun and healthy, or are we trying to drive women away by something as repugnant as a sex test?

Eastern-Bloc Nations

One of the main reasons given for joining the IAAF is the promise that it could attract Eastern-bloc and third-world nations to world Veterans competition. Could it? The Eastern Europeans didn't show up for the Women's IAAF 10K Championships in Madrid last fall. They didn't show up for the Olympics. What makes us think the IAAF could persuade them to participate in Veterans competition?

"The Eastern-bloc nations have established Veterans programs, and they'd be willing to send their athletes if the IAAF had control," Fine says. "Of course, they'd only be elite athletes, since the State would be paying their way."

Sturak disagrees: "The Russians and East Europeans don't work that way. They'll get into Veterans athletics when it serves their purpose, and not a moment sooner. They'll come in because they'll see 'x' number of votes on an IAAF Committee, and they'll want that power."

Hamm goes into great detail on this issue in his article on page 18. "To think the vets can attract the Eastern-bloc vets, simply by affiliating with the IAAF, is dreaming," he says.

South Africans

Farquharson admits the one area where the IAAF will not bend is on the issue of South African participation. The IAAF has kicked South Africa out, and will not even let individual citizens of South Africa compete in IAAF events.

"If we enter this agreement with IAAF," Farquharson says, "the matter will be resolved by the following statement: 'WAVA recognizes individual participation and not national teams; but any individual, purporting to be South African, presenting a South African passport for identification, or wearing South African symbols on athletic equipment, will not be allowed to participate in the WAVA Championships.' This statement cannot be elaborated upon."

Yet the WAVA Constitution says: "No competitor shall be barred from competition due to race, religion, ethnic background or national origin." It's a direct conflict.

We always need a disclaimer here. Few, if any, Masters athletes support the South African government's repressive policy of apartheid. But most feel that banning a 60-year-old from the shot put is not likely to put a dent in apartheid; that it's a spitball against a battleship.



One of the world's top veteran distance runners in Tim Johnston of Great Britain, seen here winning the M40 marathon in 2:27:44 last year in the IV European Veterans Championships in England.

photo by Megasport

Article 2 of the United Nations Declaration of Human Rights says: "Everyone is entitled to all the rights set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, prosperity, birth or other status."

IAAF Rule 3 (3) reads: "There shall be no hindrance to the participation of any country or individual. . . on racial, religious or political grounds. . ."

Despite these proclamations, the U.N., the IAAF, and even WAVA have been excluding individual South Africans from participation in their affairs. Don't Constitutions mean anything anymore?

"The U.N. has a 'black ban' which it imposes on sports people who have dealings with South Africa," Sheppard explains. "John MacDonald (who directed the IV World Veterans Games in New Zealand) was put on this list because he let South Africans compete in Christchurch. The IAAF follows the U.N. instructions on conduct with South Africa. If the U.N. gives the 'all clear,' the IAAF will readmit South Africa."

Does a ban on individual athletes really help? I must confess that, in a recent visit to South Africa, I learned that the ban on South African athletes from the Olympics has helped end discrimination in South African sports. Non-whites are now free to compete with whites in post-school sports — on the track, the road, in soccer, rugby, etc. Indeed, most open road races are being won by black athletes. At the Masters track meet we attended, about 30 of the 180 participants were black mine workers.

But integrating sports is one thing. Integrating an entire society is another.

Did the ban have any effect on breaking the core of apartheid? I don't know, but I could find no evidence of it. South African sports people now say: "Look, we've done what you wanted. We've integrated sports in our country. Let us back in. What more do you want? What more can we do?"

In 1984, the two American members of the International Olympic Committee — Douglas F. Roby and Julian K. Roosevelt — agreed, saying they favored readmission of South Africa into the Olympics.

This is not the place to get into South African politics, but here are a few facts which are not widely reported: Nearly half the white South Africans want apartheid ended. White legislators introduce anti-apartheid bills in the Assembly every week. Most South African English-language newspapers favor an end to, or, at the very least, a lessening of, apartheid. But the political landscape has been "gerry-mandered" in such a way that the racist National Party is in firm control. A complete end to apartheid is years away.

Even though sport is now integrated, many non-whites refuse to participate in sports with whites "until all apartheid is eliminated." At an open track meet we attended, the competitors were nearly all white, even though all races were officially welcome.

In the South African non-white community, there is much division. Some feel progress is being made, and want to participate in sports and whatever else they can. They oppose disinvestment, for example, feeling it would cost blacks jobs, wreck the economy

and retard progress.

Other non-whites feel progress is too slow and want nothing to do with whites until apartheid ends. They would boycott and demonstrate against a World Veterans Championships if it came to South Africa. They know disinvestment will cause some blacks to lose jobs, but they say that is a small price to pay for eventual freedom.

"If a man has his boot on your neck and throws you a few crumbs to eat once in a while," explains Aggrey Klaaste, editor of the *Sowetan*, a black newspaper, "you'd just as soon give up the crumbs if it helps get his foot off your neck."

Does that mean we should endorse the IAAF ban on individual South African participation? We're not the Olympics. Are veterans that important? Is it fair? Who suffers? Whites, some of whom are fighting hard against apartheid; and blacks, who get a double dose of discrimination.

If a ban on athletic participation helps cure injustice, why don't we ban the Soviets? Or the Bolivians? Or the Americans, for that matter, where you can argue that it's unjust for their government to let 30 million people live and die in poverty.

Why not simply let the WAVA Constitution stand? The issue is not the South Africans. It's the principle that any Veteran athlete should be allowed to compete, period.

Money

"What concerns me about the IAAF," Fine said before the Lisbon meeting, "is not the drugs, not the sex, not the South Africans, but the money."

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Write On!

Continued from page 11

conjunction with the 1962 IAAF scoring tables, for all National and Regional competition.

I feel that, for local meets, which have a small number of multi-event competitors, all athletes should be grouped together with "age factoring" used to determine awards.

For National Championships, which historically, have had good attendance, we should maintain the five-year age identity. Multi-event athletes need to keep track of one another because skills vary in each event. An early leader may not do well in the final events. The five-year age-groups allow athletes to focus on their peers. "Age factoring" would make this very difficult.

Last year at Indianapolis, the athletes met at Henry & Suzanne Hopkins' home to discuss this matter. To the best of my knowledge, the athletes tabled the discussion about "age factoring" because of a lack of expertise, experience and commitment to the concept. However, in San Diego

last Fall at the Sixth Annual Athletic Congress (TAC) Convention, Jim Weed made a motion sponsoring "age factors" and that motion passed.

Therefore, in 1985 both "age factoring" and "five year age groupings" are to be used for Regionals and the National Championships for multi-events. Thus, the National Decathlon in San Diego will have to conform to five-year age-groups as well as "age factor" scoring!

Philosophically, I do not wish to see the multiple events adulterated, more than needed, for simple safety and health reasons. We have changed hurdle and implement sizes in some age groups to prevent injuries. However, we do not need to change the scoring just to keep athletes interested in the events. Please, let me or your representative know your wishes.

By the way, I have been informed that Peter Mundle will continue to use the 1962 IAAF scoring tables for multi-event records. I would suggest that each single-event mark (i.e. metric results) be recorded on the record application as well as on the total score.

Gary D. Miller TAC Western Regional Representative Glendale, CA

Continued from Previous Page

The IAAF has told us they don't want our money; that WAVA can run its own program. But I want to get that clearly in writing. That may be a major stumbling block."

Money questions raised at the Committee meetings have included: will WAVA retain the television and marketing rights to the World Veterans Games? Or would a sponsor have to negotiate with the IAAF? Who would sign the contract? Who would write the checks? Would this be an area where the clout and contacts of the IAAF would attract TV coverage, where WAVA couldn't? Or can WAVA handle it better? Would any such funds trickle down to the athletes? How much of each athlete's \$10 dues will the IAAF want?

Farquharson says: "WAVA would continue to control its own finances, and organize its own competitions, as it always has done, but the IAAF would have an input through the Veterans Committee."

"WAVA will retain the TV rights, negotiate with its own sponsor, deposit the money and write the checks," Sheppard assures.

(This would be a change from the U.S. situation, whereby any TV contract for a TAC Masters event must be negotiated and approved by TAC headquarters.)

If WAVA did not retain the TV and marketing rights, problems could arise. "The ISL Co. in Switzerland has a contract for marketing rights for all IAAF Championships," Sturak says. "The marketing agent takes 20 percent off the top. The federations and race organizers take their cut. TV would want to focus on celebrity athletes. Some Masters, like Barry Brown or former Olympians, could make a living from it. They'd have agents, and want money to compete. Paul Spangler and

Marilla Salisbury could ask for money. That may sound ludicrous, but that's the way it would work. And that's not bad. If TV money puts on a great meet that's televised around the world, terrific. But don't think the veterans would get all the bucks. By the time those dollars trickle down — and there is so much historical precedent for this, I could tell you story after story — you'd get next to nothing. The IAAF has always operated that way. And now that money is involved, it's worse than ever. It's corrupting beyond belief.

"The signs aren't too encouraging. If the IAAF would respond in a timely fashion, or give you an equitable share of the money the Vets generate; or if they would contribute, and give money to run a championship, it might be worth looking at. But they do none of those things. It's a myth. The IAAF does not help underwrite champion-

ships. They charge."

Sheppard disagrees: "The IAAF did pay the expenses of athletes to the World Cross-country Championships in Lisbon."

The IAAF also paid travel expenses to the IAAF Veterans Committee meeting in Lisbon for Farquharson, Sheppard, Alastair Lynn and Jacques Serruys. The NGB's picked up the tab for Fine, Hans Axmann, Cesare Beccalli and Bridget Cushen.

IGAL

Hamm, in his article, says IGAL has no representation on the IAAF Veterans Committee. "Protests worldwide will arise an expression of anger and complaint against creating a Veterans Committee without recognizing World IGAL," he writes.

The IAAF originally asked WAVA and IGAL to merge, so that it could deal with one Veterans organization,

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Cesare Beccalli, director of the VI World Veterans Games.

**INTERNATIONAL AMATEUR ATHLETIC FEDERATION
OFFICIAL HANDBOOK 1985/86**

RULE 144

Doping

- 1.—Doping is strictly forbidden.
- 2.—Doping is the use by, or distribution to, an athlete of certain substances which could have the effect of improving artificially the athlete's physical and/or mental condition and so augmenting his athletic performance.
- 3.—Doping substances, for the purpose of this rule, comprise the following groups:—

- (a) *Psychomotor stimulant drugs:*
- | | |
|---------------------|---------------------|
| amphetamine | methylphenidate |
| benzphetamine | norpseudo ephedrine |
| cocaine | caffeine* |
| diethylpropion | pemoline |
| dimethylamphetamine | phendimetrazine |
| ethylamphetamine | phenmetrazine |
| fencamfamin | phentermine |
| fenproporex | pirradol |
| methylamphetamine | prolintane |
- and chemically or pharmacologically related compounds.

*Quantitative analysis

- (b) *Sympathomimetic amines:*
- | | |
|-----------------|------------------|
| ephedrine | methoxyphenamine |
| methylephedrine | |
- and chemically or pharmacologically related compounds.

- (c) *Miscellaneous central nervous system stimulants: e.g. —*
- | | |
|--------------|-------------|
| amiphenasole | nikethamide |
| bemigrade | strychnine |
| leptazol | micoren |
- and chemically or pharmacologically related compounds.

- (d) *Narcotic Analgesics: e.g. —*
- | | |
|-----------|----------------|
| morphine | pethidine |
| heroin | dextromoramide |
| methadone | dipipanone |
- and chemically or pharmacologically related compounds.

NOTE:—Codeine is permitted for therapeutic uses (for treatment of a disorder).

- (e) *Anabolic Steroids: e.g. —*
- | | |
|-----------------|------------------------------|
| clostebol | nandrolone |
| ethyloestrenol | oxandrolone |
| fluoxymesterone | oxymetholone |
| methandienone | stanolone |
| methenolone | stanozolol |
| methandriol | testosterone* and its esters |
- and chemically or pharmacologically related compounds.

*Quantitative analysis

This list is not necessarily comprehensive. Cases of doubt as to other substances which may be regarded as doping substances shall be referred to the Medical Committee for decision.

Before any penalties are imposed under this rule, the actual doping substances must be identified.

4.—Doping controls conducted under I.A.A.F. Doping Control

Regulations shall take place at I.A.A.F. meetings under Rule 12, 1(a), (b) and (e) and wherever possible 1(c). In addition, doping controls shall be held if ordered by the I.A.A.F., or by the Area or National governing body responsible for organising or sanctioning the meeting.

Doping controls shall be carried out under the supervision of a Doping Committee for the meeting. At meetings held under Rule 12, paragraph 1(a), (b) and (c), this Committee must be composed internationally with representatives from at least two countries, and it must be composed in such a way that the interests of all Members remain protected. At meetings under Rule 12, paragraph 1(a) and (b), this Doping Committee shall include:—

- (1) The Medical Delegate (Chairman) — appointed by the I.A.A.F. Medical Committee.
- (2) A member or representative of the I.A.A.F. Medical Committee.
- (3) A qualified medical officer of the Organising country.

At meetings under Rule 12.1 (c), (d), (e), (f) and (g), the Technical Delegate or I.A.A.F. Representative may also act as the Medical Delegate, and it is not compulsory at these meetings to have a member or representative of the I.A.A.F. Medical Committee.

Before the event, the criteria for selecting the athletes to be controlled shall be determined by the Doping Committee. This should be either on a final position basis and/or a random basis, but not by selection of named individuals. The total number of athletes tested may depend on the capacity of the Laboratory.

Additional controls may be ordered after the event at the discretion of the Doping Committee.

5.—An athlete who takes part in a competition must, if so requested in writing by the responsible official, submit to a doping control (See Appendix 1). Failure to do so will result in disqualification from the competition and the athlete will be deemed to have rendered himself ineligible for competition as if a positive result had been obtained. He shall be reported to the I.A.A.F. and his/her National governing body by the Doping Committee Chairman.

6.—To facilitate the analysis, any form of medication administered by any route within two days of the start of the competition or event, must be declared on the Doping Control form. (See Appendix 2).

7.—A competitor found to have a doping substance and/or a metabolite of a doping substance present in his urine at an athletics meeting shall be disqualified from the competition and the case reported to the I.A.A.F. and his national governing body. (See Rule 53, (iv)).

Likewise, any person assisting or inciting others to use doping substances shall be considered as having committed an offence against I.A.A.F. Rules, and thus exposes himself to disciplinary action.

Any offences under this rule arising from competition at a national level shall be reported by the national governing body to the I.A.A.F.

8.—The procedure guidelines for the conduct of tests, including the collection of urine samples, the method of analysis and the use of accredited laboratories, shall be determined by the Medical Committee of the I.A.A.F. Copies of the current recommended procedure shall be supplied on request by the I.A.A.F. to responsible Organising bodies for the information and guidance of Doping Committees, athletes and officials.



California's Larry Stuart set a new M45 world record with a 238-10 javelin throw in 1984, and will take on the top European Vets in Rome.

MASTERS SCENE

NATIONAL

• Copies of the 1985/86 IAAF Handbook and the IAAF Scoring Tables for Men's and Women's Combined Events are available from the Book Order Dept. of TAC for \$10 each. The newly-approved tables contain information on both the decathlon and heptathlon events in one publication. The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206-0120.

• **Sister Marion Irvine**, 55, and **Barry Brown**, 40, were named female and male masters road runners of the year by the Road Runners Club of America (RRCA) at its national convention in Atlanta May 2-5. Inducted into the RRCA Hall of Fame were: **Gordon McKenzie**, two-time Olympian and **Alex Ratelle**, 60, holder of many age 55-59 U.S. records. **Harold Tinsley** of Huntsville Alabama was re-elected president of the 115,000 member club.

• **Susan Vranizan** has replaced **Chris Monty** as the Masters contact at Nike. Monty will concentrate her efforts on triathlons.

NEW ENGLAND

• Boston Mayor **Ray Flynn**, who ran a personal-best 3:57 in the Boston Marathon, is a former basketball star at Providence College, where he teamed with present Georgetown basketball coach **John Thompson**. The 1962-63 Providence team took the NIT tournament with an 81-66 win over Canisius. Flynn had 20 points, and Thompson, 15.

• **Ted Phillips**, M40, with a 28:19 Masters win in the Westerly TC Clamdigger 5 Mile, Watch Hill, RI, April 14, was one of five Masters winners who set age-group course records.

• **Tom McDermott's** M65-winning 25# weight toss of 48-10 was omitted in the results of the Connecticut TAC Masters Indoor Championships, February 17, sent to NMN. It was his

second best of the season as he had a November '84 throw of 49-5½.

• **Daniel Murray**, 40, came out the Masters winner in a tough M40-44 race in the MDA-Boston Milk Run 10K, Boston, MA, April 21. Murray finished in 31:21, just seven seconds ahead of **Sumner Brown**, 41, who had the same time as **Bill Marshall**, 40, but took second. The W40-44 race, not as close as the M40, featured biggies **Priscilla Welch**, 40, winning in 32:54, **Gabriele Andersen**, 40, second, 36:04; and **Cindy Dalrymple**, 43, third, 37:59. **Tony Sapienza**, 56, ran an M55 winning 35:20, and **Sally Goodhue**, 51, won with 43:29. The top three men and women masters received \$500, \$150, and \$100.

• **Bert Allen**, 40, was first Master and eleventh overall of 174 finishers in the Bob Peterson 10 Mile, Lincoln, RI, May 5. **Vivian Godin**, 41, was the first W40+, 73:42. **Richard Silva**, 50, took the M50, 61:32, and **Carl Hammen**, 61, the M60+, 73:20. **John Treacy**, British silver medalist in the '84 Olympic marathon, won in 49:05. Thirty-five of the finishers were Masters runners.

• Is marathoning safe? Not according to some of the doctors and nurses at the finish line of the Boston Marathon. "I was scared," first aid nurse **Joan Casey** told the Hartford Courant. "People came in looking so awful. There's nothing like it — not even an emergency room unless you've been to war." A 19-year-old finisher had a 108-degree temperature. "Nurses quickly put bags of ice around his head, on his chest, under his arms, on his legs," the Courant reported. "He was so hot that the ice quickly melted. All about him, on 200 more khaki cots, other runners were lying exhausted and in pain. Some were steaming and being bathed in ice. Others, so cold their teeth were



Coming off an injury, Sister Marion Irvine, 55, is expected in Rome. At 54, she was the oldest qualifier for the 1984 U.S. Olympic marathon trials.

chattering, were being covered with cotton blankets or aluminum foil 'space blankets.' Doctors estimated that about 800 of the 5546 entrants in the race needed first-aid treatment for everything from blood blisters to stress fractures to dehydration." **Dr. William Castelli**, nationally known director of the Framingham, Mass. Heart Study, said: "Running a marathon is not a very healthy experience for anybody." **Jim Isenberg**, 34, running in his 95th marathon, limped in dizzy, nauseous and disoriented, with a 104.6 temperature. Nurses packed him in ice. "I drank all I could, but it wasn't enough," he told the Courant. Despite his experience, he said: "I want to run another one in a month. When you do well, there is no feeling like it."

EAST

• **M. Saafir**, M30, of the Syracuse Chargers TC, high jumped 6-7½ in the Niagara District TAC Masters T&F Championships at Manley Field House in Syracuse, NY, March 17. **E. Lukens**, M60, also of the SCTC, high jumped 4-6, zipped to a 7.2 50m dash and an 8.6 55mHH, and long jumped 17¾. **M. Collopy**, M35, had the day's quickest 300m with 37.8. **W. Rehberg**, SCTC, and **Haig Bohigian**, of the NY Masters, put on a good show in the M45 600m race with both finishing in 1:36.9, Rehberg getting the win.

• **Crickett Laun** of Chappaqua, NY, bounded to a W60+ win with 54:53 in the Pasta Race 10K at SUNY-Purchase, March 16, while daughter **Nancy Laun-Perez** was first w/overall in 39:12. **Margaret Deckert**, 52, LaGrangeville, NY, was first W40+ with an impressive 40:49.

• **Bev Goodwin**, 53, captured third w/overall with an admirable 28:13 in the Frozen Foote 4 Mile, Canton, NY, March 3.

• **Barry Kline** set a national age-45 record for the 110mHH (42") of 17.8 at an early meet in Slippery Rock, PA, March 30, breaking his own three-day-old record of 18.6.

• **Cindy Dalrymple**, 43, of Arlington, VA, back on the winning track, took the W40-49 10 Mile in 1:05:22 in the St. Patty's Day 5K/10 Mile, Oley, PA, March 17. **Herb Lorenz**, 45, Willingboro, NJ, was first M40+ in the 10 Mile in 53:06, while **Derek Frechette**, 40, Rochester, NY, ran 53:53. **Moses Mayfield, Jr.**, 40, won the Masters 5K with 16:57, and **A. Bachman**, 46, the Masters women's in 26:05.

• **Joe Cordero**, 47, with an M40-49 win in 34:45 was first M40+ in the Skaggs Walsh 10K, Malba, NY, April 14. Fifty-three-year-old **Chris McKenzie** was the fastest W40+ and

fourth w/overall in the race with 43:24. On the same day, in the Queens Half-Marathon, Queens, NY, **Guy Stretton**, 44, was first M40+ with a 25th m/overall of 1154 finishers, with 1:16:16. **Cahit Yeter**, 50, ran 1:19:54 to take the M50-54 race from **Thomas Barclay**, 53, who did 1:20:19. Near-Master **Bobbi Rothman**, 39, was first w/overall with an unchallenged 1:19:57, a national age record by almost one minute. **Erica Schertenleib**, 43, was first W40+, 1:39:44. Seventy-two-year-old **Bill Brobston** defeated the younger M65+ runners with 1:42:30.

• **Jonathan McNamee**, 41, enjoyed a fifteenth place (585 m/finishers) and M40+ win with 36:02 in the Runner Love Brooklyn 10K, Prospect Park, Brooklyn, NY, April 21. **Samara Balfour**, 49, embraced W40+ honors with 46:09, sixteenth overall of 209 w/finishers. **Althea Jureidini**, 67, ran 1:06:46.

• **John Rockett**, 48, (1:00:24) teamed with **Mary Ann Wehrum**, 47, (1:05:01) to fly through the Trevira Twosome 10 Mile, Central Park, NYC, for a first Masters couple 80-99 combined-age time of 2:05:25. **Ragnar Midtskogen**, 51, (1:01:46) joined with **Margarete Deckert**, 52, (1:09:53) for a 100-119 combined-age time win of 2:11:39. **Bill Brobston**, 72, (1:13:24) chose younger companionship in **Margret Betz**, 48, (1:06:02), and they won the 120+ combined-age race in 2:19:26. **Fritz Mueller**, 45, has the best M40+ time, 55:40, and **Lina Connors**, 42, was quickest W40+ 1:04:33, in the event, which was won by the twosome of **Craig Virgin**, 29, (47:33) and **Gret Waitz**, 31, (53:19), the latter a women's course record. Finishing couples numbered 1040.

• **Priscilla Welch**, 40, failed in her attempt to break **Joyce Smith's** world veterans marathon best for women (2:29:43), but still picked up \$5,000 with a 1st master, 4th-woman-overall, 2:34:35 in the Pittsburgh Marathon May 5. *Welch is a British citizen currently training in Boulder, Colorado.*

SOUTHEAST

• Canadian **Art Meaney**, 41, was the top M40+ in the Easter Bunny 10K, Clearwater, FL, April 6, in 33:18, placing third overall. A week later Meaney ran 33:20 in Palm Harbor, FL, winning the Masters title, setting an M40+ course record, and finishing second overall.

• The Cotton Row 10K Run, held each Memorial Day in Huntsville, Alabama, lost its six-year-old sponsor, First National Bank, when the bank was taken over by a holding company. The race has a \$60,000 budget and was in trouble until an April 7 appeal in the Huntsville Times attracted a knight in shining armor — the First Southern Federal Savings and Loan — to be the major sponsor. Race director **John Hickey** was elated. "First Southern wanted to help the race and the community," he said. "They were looking for a first-class community event they could attach their name to on a long-term basis. They realize to have a quality race, you've got to have quality runners (which have to be paid expenses.)" Cotton Row has always been generous in providing expense money to Masters, and extended invitations to 44 top Masters runners this year.

• **John Bryant** of Eustis, FL, with 37:04, and **Marie Barilone** of Leesburg, FL, in 42:50, were top Masters in the Deland Spring 10K, Deland, FL, April 27.

MIDWEST

• **Lou Wagner**, M40, claimed the Master victory with 1:14:11 in the 18th Annual Churchill's Half-Marathon, Perrysburg, OH, March 3.

• Seems like half your running friends are injured? The best Masters are not immune. **For die Madeira**, **Sister Marion Irvine**, and more have been sidelined. Michigan's **Bill Stewart** has been suffering from plantar tendon problems since last August. In December, he was fitted with a soft orthotic and resumed hard training (100-130 mi/wk). But the hard running didn't bring the race results he hoped for.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUN 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARY CZARAPATA (NEW BERLIN, WISC)	6- 7-35	50-54
MARY ISOM (SAN DIEGO, CA)	6-13-25	60-64
MARTHA KLOPFER (DURHAM, NC)	6- 3-35	50-54
VIRGINIA LANDUYT (CA)	6-13-20	55-59
EVELYN LERCHER (ENUMCLAW, WA)	6- 6-20	65-69
SUE MEDAGLIA (BRONX, NY)	6- 4-35	50-54
MARYLIN WASTE (SAN FRANCISCO, CA)	6-30-30	55-59
COLLEEN BLAIR (NZ)	6-19-30	55-59
INGRID JUNGE (WG)	6-22-35	50-54
GERDA MUELLER (WG)	6-16-15	70-74
JUDY POLLOCK (AUSTRALIA)	6-25-40	45-49
J. PREECE (AUS)	6- 3-35	50-54
MANUEL ALONSO (SPAIN)	6-11-30	55-59
FRITZ ASSMY (WG)	6-11-15	70-74
JIM CRAINE (HONOLULU)	6- 6-20	65-69
HAROLD DEMOSS (MOUNTAIN VIEW, CALIF)	6-21-35	50-54
CHARLES ESPY (DUNEDIN, FL)	6-18-10	75-79
FRITZ HECKER (WG)	6- 9-25	60-64
WLADYSLAW KOMAR (POL)	6-11-40	45-49
RICHARD LACEY (CLEARWATER, FL)	6- 5-10	75-79
EDDY LAMB (SAN DIEGO, CALIF)	6-27-10	75-79
TOM LARIS (CA)	6-26-40	45-49
ERWIN LUDWIG (WG)	6-17-20	65-69
ERNEST MARINONI (PLACERVILLE, CALIF)	6- 5-05	80 +
DICK MARLIN (MODESTO, CALIF)	6-24-30	55-59
HANS MOHR (WG)	6-25-10	75-79
WINFRED MORGAN (GB)	6-19-35	50-54
BRAYTON NORTON (LAGUNA BEACH, CALIF)	6- 1-30	55-59
BRIAN OLDFIELD (CA)	6- 1-45	40-44
SANDY PATTERSON (BOSTON, MA)	6-21-20	65-69
WARREN PIKE (GREENLAND, NH)	6-25-10	75-79
STEVE RICHARDSON (CT)	6-24-20	65-69
BOB ROEMER (EL DORADO HILLS, CAL)	6-12-25	60-64
DON ROSE (KENTFIELD, CA)	6- 9-35	50-54
ALOYSIUS SIBIDOL (BRU)	6-20-20	65-69
BOB STONE (KENSINGTON, CA)	6-12-20	65-69
ARTHUR WALSHAM (GB)	6-22-30	55-59
RUDOLPH WANECK (WG)	6-28-15	70-74
DUTCH WARNERDAM (FRESNO, CA)	6-22-15	70-74
BERTIL WISTAM (SWE)	6-28-40	45-49

"Finally, in frustration," he said, "I tossed on a pair of racing shoes — sans orthotics — and blasted a 5½ mile training loop in 27:01 — no pain." On May 4, Stewart ran a training session of: 1 x 800 in 1:59; 2 x 400 in 58; 4 x 200 in 27; without pain and with spikes for the first time since August. Looks like he's ready.

MID AMERICA

• Any Master distance runner who doesn't know who Michigan's **Bill Stewart**, 42, is has either been in a Turkish prison for the past two years or has let his NMN subscription expire. But, be aware that there are two other distance-running Bill Stewarts on the M35-and-over running scene, and both live in the Mid-America region. One of the other Bill Stewarts is fifty and resides in the St. Louis area, where he competes and serves on the fast-growing (1050 membership) St. Louis TC's board of directors. In February, he ran a 58:53 15K. The third Bill Stewart is thirty-five and hails from Oklahoma, where he recently ran a fast 15:51 5K for a fifth overall.

• **Russell Bennett**, 47, cruised to a 16:43 M40+ victory in the popular (1353 runners) Charlie Mitchell's St. Patrick's 5K, Tulsa, OK, March 16, for the third straight time. **Jay Minor** (17:16), **Hewlett Nash** (17:22), and **Doug Form-sma** (17:24) finished 1-2-3 in a hotly contested M40 race, in which the top eight finishers were under 18:00. Fifty-three-year-old **Steve Blanchard** was third M40-or-over with 17:20. **Bill Stewart**, 35, won the M35 with his aforementioned 15:51. **Fay DiZerega**, 42, was the top W40+ in a quick 20:33, followed by **Barbara Manning**, 40, in 20:48.

• **Rich Ayers** of Kansas City, KA, placed in the top ten with M40-49 win in the 5K portion of the KLZR Kaw Valley Levee 5K/25K, Lawrence, KA, April 6. **Michel Loomis**, W40, of Lawrence, was first W40+, 22:08. **Frank Hedges**, Independence, MO, was also near the top of the 25K results with an M40-49 victory in 1:38:54. **Connie Burroughs**, M40, Kansas City, MO, led the W40+ group with 1:53:15.

On March 30 in the Tulsa Zoo 8 Mile, DiZerega was the open female winner in 55:10.

• **Bob Bartling**, 58, Brookings, SD, running in 81°, did 8m-333y in one hour, continued for 10 miles in 73:25, and finished at two hours with 16m-811y, averaging below a 7:20 pace.

• **Bob Elwood** of Nebraska's Lincoln TC, clocked 2:12.5 to win the M50+ division of the Kansas Relays Masters 800m, Lawrence, KA, April 20. Elwood's effort earned him a KU Relays watch, his third.

• **Karen Bestul**, W40, won the overall women's race in the Dorsey 10K, Lincoln, NE, April 13, with 39:33; **Rod Lechtenberg**, M40, edged **Ray Stevens**, M40, 33:52 to 34:04, to win the M40+ race in the 1300-runner event. A week later, in Boys Town, NE, Lechtenberg was the winner of the YMCA Masters (35+) Classic 5 Mile, which drew 266 entries, in 28:08, against strong winds and in 80°. **Nancy McCormick** of Omaha, NE, won the women's race, 35:06.

• Runner **Dennis Lewis** was hit by an 86-year-old driver during last year's Hospital Hill Half-Marathon in Kansas City. **Joe Henderson** reports Lewis has sued both the driver and the race sponsor, the Mid-America Masters Club, for \$850,000. "If Lewis wins the case," says **Katie Lundvall**, a representative of the company which writes the RRCA liability policy covering Mid-America, "runners all over the country will be the losers. There is going to be no more insurance for running events, period."

• **Polly Peacock**, 41, soared through the Dillard's/NIKE 10K, St. Louis, MO, March 31, in 39:48 for first w/overall, and the 7-UP Half-Marathon, St. Louis, March 24, in 1:28:01 for second w/overall.

SOUTH WEST

• **Bob Cunihan**, 45, Abernathy, TX, in 32:24, and **Ruth Nalepa**, 41, San Antonio, TX, with 41:03, were Masters titlists in the massive (almost 20,000 runners) Capitol 10K, Austin, TX, March 17, the state's largest race and one



Una Gore of Great Britain will be defending her World W45 100-meter title in Rome.

of the ten biggest in the country. **Dale Thompson**, 50, Austin, won the M50-59, 33:27.

• **Carol Urish-McLatchie**, 33, defeated husband **Jim** M40, by four seconds, but the Houston couple combined times to win the husband-wife division of the Foot Locker Partners 8K at Sam Houston Park in Houston, TX, April 28, and advance to the National Championships in Los Angeles, November 2, to join husband-wife winners from Minneapolis, June 29, and Washington, DC, September 29, and L.A. area couples for a shot at the grand prize—a one-week trip to Hawaii, plus perks and \$500 walkin'-around money. Carol was overall women's winner in Houston with 28:29.65. **Atlav Beliligne**, 40, Houston, TX, took fourth m/overall, 25:28.94.

• Don't spread it around, but prize money in the Masters program, welcome as it may be, may bring trouble. Get this: **James Williams** tied for 31st place and won \$1,494 in the Senior PGA Tour Roundup, March 21-24 in Sun City, Arizona. Players qualify for the Senior Golf Tour at age 50. But the State Bureau of Investigation discovered Williams is 48. "We certainly don't have any information that this is widespread," PGA general counsel **Tim Smith** told USA Today. **Tom Hebert**, director of the following week's San Antonio event, echoed the philosophy of the Masters athletics program: "We start with the assumption that everyone's honest," he said. "Maybe that's naive, I don't know."

WEST

• **Helen Dick** took minutes off of her own American W60-64 10K record with a sizzling 40:59 in the Tom Sullivan St. Patrick's Day 10K, Torrance, CA, March 17. **Tom Burns**, M40, scorched through in 32:35 for first M40+ in a race loaded with top So. California Masters. **Harolene Walters**, W40, won the W40+ title in 38:21.

• On April 6, Dick hit the jackpot with a Masters women's overall victory and another 60-64 age-group record for the half-marathon of 1:35:01 in the Torpicana Easter 10K/Half-Marathon, Las Vegas, NV, by breaking her own record of 1:39:01 set in August '84. **Paul Long**, 46, Toronto, Canada, was the top M40+ in the half with a speedy 1:21:20. **Stephen Lester**, 42, Magna, UT, was first M40+ in the 10K with 33:35, and **Judy Kewley**, 40, Simi Valley, CA, first W40+, 39:42. All four masters winners received prize money.

• **Jock Jocoy**, '84 M55 TAC National Champion in the pentathlon and decathlon, who was "Profiled" in NMN, March '85, is the new presi-

dent of the San Diego AA. His fellow officers are Vice-President **Howard Hunt** of UC San Diego; Secretary **Bob Morgan**; and Treasurer **Ed Oleata**, a group that might be described as somewhat decathlete tinged. Athletes and clubs can contact the SDAA at 619/755-3659.

• **Peter Stern**, was first M40+ with 73:12 in the Rancho Bernardo Half-Marathon, San Diego, CA, March 10. **Jim O'Neil**, 59, won the M50-59 contest in 79 flat, and **Ursula Rains**, 43, was first Master woman with 92:45. The week before, O'Neil was M50-59 winner in the Buick 10K, San Diego, CA, with 35:32, while **Shirley Matson** won the W40-49 race with 36:33, one second out of tenth place with a tough women's field (Monica Joyce won in 33:12). **Judy Simon** eclipsed her own age-69 record of 59:01, set December '84 in the IGAL 10K, by over two minutes in 56:58.

• **Eino**, 45, did 5:04s for 15:47 to lead all M40+ in the 5K segment of the Fontana Days 5K/Half-Marathon, Fontana, CA, April 20. Submaster **Ben Wilson**, 37, was second overall in 14:53. **Margaret Shields**, 46, led the W40+ group in 20:47. In the half, **Frank Ortega**, 41, closed in 1:13:19 to take the Masters title. Again, a Submaster, **Steve Glocke**, 35, was second overall, and by just one second, 1:08:30. **Wilma Maddock**, 51, was not challenged for the W40+ crown with her 1:29:06.

• **Bill Knocke**, 45, of Santa Monica, CA, won the Harwood's Half (800m) at Occidental College, Los Angeles, April 27, but was hard pressed by world-record-holding multi-eventer **Gary Miller**, 47, of Glendale, CA, who lost out by a tenth of a second, 2:04.9 to 2:05.0. **Woody Studenmund**, Pasadena, CA, ran 2:06.7 in the race. **Louis Beadle**, M55, posted a 2:41.9.

• **Gary Novak**, 41, registered a 32:55 Masters win in the MDA 10K, San Diego, CA. **Ursula Rains** place fifth w/overall with 40:31. **Jim O'Neil** stayed hot with a 34:55 M50-59 win, and **Mary Storey**, 60, won the W60+, 47:26.

• **Wally Ingram**, 52, Hemet, CA, pulled a *Masterful feat, winning four races, three on the road and one on the track, in two different cities on the same day.* Running in the Sunrise 5K/10K/2K Run, Covina, CA, on May 11, Ingram took the M50-59 5K with 17:41; and, after a brief respite, the 10K, 37:18; and, after another short breather, the 2K, 6:53. Then, he hit the freeways for forty miles to Redlands, CA, where, championing at the bit for several hours, he won the M50-54 5000m in the Redlands Evening Kiwanis Track Meet.

• Ingram adds to his weekly mileage by running three miles each way to and from his night-shift job, from which he often goes, after having put in eight hours, directly to races in the So. California area.

• **Fred Dunn**, 56, sped to a Masters first in the Julie Partridge PA/TAC 10K RW Championships at the San Francisco State U. track, May 4, in 54:32. **Jack Bray**, 52, was a close second with 54:52. **Jeannie Mendelson**, 39, was first w/overall in 55:30. **Giulio DePetra**, 74, No. California RW pundit, turned in a 62:09, a probably age-74 record.

NORTHWEST

• **Jim Pearson**, 40, did 2:36:48 in the Emerald City Marathon, Seattle, WA, April 14, to take the Masters race. **Stan Loe**, 43, fought off **Lary Webster**, 51, to claim second M40+ by just four seconds with 2:38:46. **Charlotte Swansen**, 42, with 3:02:27, was the W40+ winner. **Larry Almberg**, 37, placed seventh (1529 m/finishers) with 2:30:00. All nine W50-54 starters finished, as did all three of the M70+ entrants with **John Stout**, 73, taking the race from **Jim Bole**, 77, by ten seconds with 4:40:32.

• **Ray Langston** of Portland, OR, is celebrating his 50th birthday this year by attempting 50 marathons in 50 weeks and is progressing well. After the Boston, which Langston ran in 3:02:10, he had 31 down and 19 to go.

• Since turning 40, Sun Valley, Idaho's Famous Olympic Marathoner, **Gabriele Andersen**, holder of dual U.S./Swiss citizenship, has been burning up the roads. She appears to be ready for a top effort in Rome this

month at the World Veterans Games. On March 23, she raced a 10K in 34:54 in the Azalea Trail Run in Alabama. On March 30, she turned a 35:57 in the Crescent City 10K in New Orleans. On April 13, it was five miles in 28:36 in Greenville, S.C. A week later she was sick, but still ran a 36:04 in the Boston Milk Run 10K. She jet-setted to Zurich, Switzerland on April 28th, for a good half-marathon. Then back to nearby Spokane on May 5, where she was 1st 40+ female in 42:57 in the Lilac Bloomsday 12K.

CANADA

• Competition in the Ontario Masters Indoor Championships, Toronto, March 2, featured a raft of solid performances. Submaster **Tom Rauscher** vaulted 13-2; **George Pachovsky** and **Semyon Ginzburg**, both M40's, stretched to 19 feet in the long jump; **George Horton**, M50, won the 60m in 7.6 and set a Canadian indoor standard for the 200 of 24.92; and **Diane Palmason's** W45 wins in the 800 (2:30.1) and 1500 (5:05) are both Canadian indoor records.

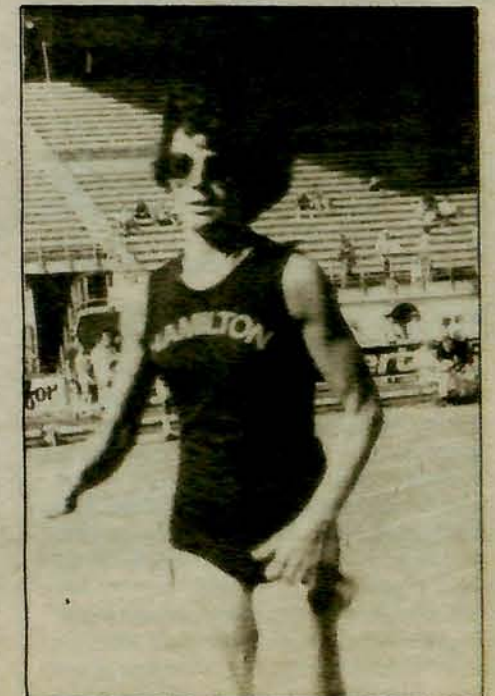
INTERNATIONAL

• **Emil Zatopek**, the great Olympic legend from Czechoslovakia, is scheduled to compete in the XVIII World Veterans Distance Running Championships in Blackpool, England on June 8-9.

• **Anne McKenzie** set an age-59 world record of 74.3 for the 400m in the Western Province Masters Champions at Green Point Stadium, Cape Town, South Africa. She also set a W.P. W55 record in a new event for her, the shot, which she threw 26-1½ (7.96). In January, McKenzie ran the 800 in 2:51.3 for another single-age world record. Other notable performances in the W.P. meet were **O. Wagner's** W60 15.6 in the 100m; **J. Sterley's** M45 double in the 800, 2:06.9, and 1500, 4:19, a W.P. open record; and **R. Cross' 18-5¼ (5.62) M50 long jump.**

• **Tecwyn Davies**, M45, was a clear winner in 31:13 in the British National Cross-country Championships at Cardiff on March 10. **Allan Rushmer**, M40, was second in 31:34, and **Jeff Norman**, M40, third in 31:52. **Les Presland** was 2nd M45 in 32:22 among the 167 finishers.

• America's **Jim O'Neil** turned 60 on May 14, and plans to go after **John Gilmour's** M60 world marks in the 5000 (16:33.8) and 10000 (34:23). "My times are now in the low 35's," he wrote in his monthly "Mastering the Art" column for *Running and Triathlon News*. "I'm confident of further improvement. If I can hold this form for a couple more months, we shall have an assault on the over-60 record book. My game plan is now being formulated, and I'm excited as hell about it. Isn't it great to grow older?"



New Zealand's Judy Chandler, W50, may be on hand in Rome to add to her World Veterans Games medals from previous championships.

schedule

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

TRACK & FIELD NATIONAL

July 5-6. TAC National Masters Decathlon and Heptathlon Championships, Point Loma College, San Diego. Ed Oleata, PO Box 2822, La Jolla CA 92038. 619/459-2311 (work). Entry form in April/May issues.

August 23-25. TAC National Masters Championships, Indiana University, Indianapolis. Marshall Goss, Indiana U. T&F Office, Bloomington IN 47405.

August 31. TAC National Masters Pentathlon Championships, Denver. Jim Weed, 11672 East 2nd Ave., Aurora CO 80010. 303/341-2980.

NEW ENGLAND

June 1. 6th Annual Senior Olympics, U. of Bridgeport, Conn. M/W 55+. Dr. Ann Fariss, Park Hall, U. of Bridgeport, CT 06601. 203/576-4059.

June 15. Waltham Masters and Submasters Invitational, M.I.T., Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

June 30. Rhode Island Senior Olympics, Brown U. Stadium, Providence, R.I. M/W 40+; includes 10K. Dolores Bergeron, Dept. of Elderly Affairs, 79 Washington St., Providence, RI 02903. 401/277-2858.

July 28. Brown University Masters Invitational, Brown U. Stadium, Providence, R.I. Neil Steinberg, 45 John St., Providence, RI 02906. 401/751-1495.

EAST

June 2. New Jersey TAC Masters Championships. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

June 2, 9, 23. July 7, 21. August 4, 18 (subject to change). Potomac Valley Seniors TC Developmental Meet, St. Stephens School, 1000 St. Stephens Rd., Alexandria, Virginia 9:30 a.m.

June 8. MAC Masters Championships, Kings Point, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 718/789-6622 (7-9 p.m.)

June 9, 16, 23, 30. July 7, 21, 28. August 11 (championships). Tri-State TC Meets, Hagerstown Jr. College, Maryland. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

June 16. TAC Eastern Regional Masters Championships, Slippery Rock College, Pennsylvania. Sue Kline, 1245 Alamae Lake Rd., Washington PA 15301. 412/228-1872 before 9 p.m.

June 21-23. 50+ Senior Olympics, Lake Placid, N.Y. Tom Barber, Elder International Assoc., R.D. 1, Box 78, Vaatie NY 12184. 518/474-0403.

July 13. New York Masters Relays, Kings Point, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 718/789-6622 (7-9 p.m.)

July 20. Garden State Meet, New Jersey.

August 3. Philadelphia Masters Championships. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. Dawson Pratt, 609/871-4331.



Four-time Olympic discus gold medalist Al Oerter, 48, holds the world M40 and M45 discus records. He's entered in the World Veterans Games in Rome.

August 9. Empire State Games, Albany, N.Y.

August 18. East Coast Quadrangular Meet, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003.

September 1. Potomac Valley Games, St. Stephen's School, Alexandria, VA. H. Carle, 195 N. Utah, Arlington, VA 22207. 703/276-0180.

SOUTHEAST

June 8. TAC Southeast Regional Masters Championships, Atlanta. SASE to: Atlanta Track Club, 3097 E. Shadowlawn Ave. N.E., Atlanta GA 30305. 404/231-9064.

June 8-9. Northwest Classic, Dade Community College, Miami. Jesse Holt, 1310 N. W. 90 St., Miami FL 33147. 305/836-2409.

July 27. 5th Southeastern Masters Classic, Furman U., Greenville, S.C. Tom Malik, 104 Pinewood Dr., Greer, SC 29651. 803/963-4431 (w); 879-4549 (h). Entry form in June NMN.

December 26. Holiday Pentathlons, weight at 9:00 a.m./regular at 2:00 p.m. Atlantic High School, Delray Beach, FL 33444. Attn: Randall Cooper.

MIDWEST

June 1. Athletes Foot Masters Meet, Augustana College, Rock Island, Illinois. Race day sign-up 11 a.m. Pete Bacalis, 1029 16th Ave., E. Moline IL 61244. 309/755-2655.

June 8-9. Senior Classic, Indianapolis. Indiana U. Track Stadium, site of 1985 TAC National Masters Championships. Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. 317/241-5446.

June 9. 6th Annual Wisconsin United AC Masters Meet, Monona Grove H.S. Madison, Wisconsin. Jerry Robinson, 1205 Manhasset Pl., Madison, WI 53711. 608/271-6725.

June 29. Cleveland Track Classic, Cleveland, Ohio. Cleveland Heights High School. Jeff Gerson, 6509 Marsol Road No. 308, Mayfield Hts., OH 44124. 216/449-4964.

July 13-14. Badger State Games Meet. Wisconsin TAC 40+ only. Entry deadline July 1. BSG, 5001 University Ave., Madison WI 53705.

July 20. Midwest Masters All-comers Meet, York H.S., Elmhurst, Ill. 8 a.m. All age groups, Wendell Miller, 7250 N. Cicero, Lincolnwood, IL 60646. 312/234-2154.

August 3. Heights Summer Classic, Cleveland Heights High, Cleveland, Ohio. Dorothy Davis, 2155 Miramar Rd., University Heights OH 44118. 216/371-7406.

August 17. Midwest Masters All-comers Meet, York High School, Elmhurst, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

August 23-25. TAC National Masters Championships, Indianapolis. See "National."

September 8. 4th Annual Wolfpack Throwing Classic and OAC Open and Masters 56 lb. Wt. Throw Championship, Columbus, Ohio. Worthington H.S. John White H (614) 459-2547, W (614) 424-7011.

MID-AMERICA

June 3-5. Senior Olympics, St. Louis, Mo. Suzy Seldin, Senior Olympics, #2 Milstone Campus, St. Louis, MO 63141.

August 11. Chillicothe Masters Meet, Chillicothe, Missouri. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601. 816/646-3823; 646-1023.

August 31-September 1. Rocky Mountain Games, Denver, Colo. Jim Weed, 11672 East 2nd Ave., Denver CO 80010 303/341-2980. Entry form in July and August issues.

September 20-22. Mid-American Senior Sports Festival, Lee's Summit, Mo. T&F, plus other events for M&W 55+. Ms. Chris Herron, Lee's Summit Parks & Rec., 307 S. Market, Lee's Summit, MO 64063 816/251-2394.

SOUTHWEST

June 8. Hill Country Classic, Mason, Texas. Mason H.S. track. Lee Graham, Rucker Rt., Box 31C, Mason, TX 76856. 915/347-5921 (w); 347-5620 (h).

June 16. Runners Pentathlon (200, 400, 800, 1600, 3200), Albuquerque, N.M. Tom Bell, 5905 Concordia Rd. NE, Albuquerque, NM 87111. 505/884-5701 (d); 821-2454 (e).

July 13. West Texas Masters, Lions Stadium, Ozona, TX. Bobby Aycock, P.O. Box 1584, Ozona, TX 76943. 915/392-3773, (bus); 392-3081 (res).

July 20. Victoria Masters Championships, Victoria, Texas. Gary Moses, Box 1758, Victoria TX 77902. 512/572-2763.

August 3. Texas Masters Championships, Univ. of Texas at Arlington. Joe Murphy, 4308 N.C. Expwy., S-206, Dallas TX 75206. 214/824-3800 (0).

WEST

June 1. SPA/TAC Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale CA 91201.

June 8. TAC Western Regional Masters Championships, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/448-8885.

June 24-August 16. All-comers meets, Los Angeles. Mon: S.W. College; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters events each Wed. at Birmingham.



California's Bill Fitzgerald turned 60 on May 17 and is expected to go after the world M60 marks in the 800 (2:17.0) and 1500 (4:30.0) in Rome.

July 13. Taco Bell Relays, Fresno State College, California. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

July 20. Nor-Cal Senior Classic, Berkeley, Calif., U.C. Berkeley - Edwards Stadium. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101. 415/285-3352.

July 27. Striders Relays, Long Beach State College, Lloyd Higgins, 195 Gladstone, No. 44, Azusa, CA 91702. 818/969-9327.

August 3-4. West Valley Masters Meet, Los Gatos, Calif. Los Gatos High and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95030. 408/354-7333 or 408/354-5660.

August 10. Trojan Masters Invitational, U.S.C., Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina, CA 91790. 818/338-1623.

October 5. Club West Masters, U.C. Santa Barbara, Goleta, California. Geo. H. Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

NORTHWEST

June 8. 6th Annual Senior Sports Festival and PNAC Masters Championships, Husky Stadium, U. of Washington, Seattle. Seattle Parks and Recreation Dept., Senior Adult Office, 206/625-2981.

June 8-9. Southern Decathlon & Heptathlon, Medford Sr. High School, Medford, Oregon. Oregon Runner, Black Oak Shopping Center, 2620-F Barnett Rd., Medford, OR 97504. 503/773-8311.

June 22-23. Hayward Field Masters Classic, Eugene, Oregon. Arlene Novello, 1577 Willagellespie, Eugene, OR 97401. 503/485-3158.

July 8-12. Masters Training Camp, Seeley Lake, Montana. Ken Foreman, 2516 N. Pacific St., Seattle WA 98103. 206/545-6907.

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Most back issues of the *National Masters News* are available for \$1.50 each, plus 50¢ postage and handling for each order.

Send to:

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

July 26-27. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham OR 97030. 503/667-7534.

August 9-10. 7th Montana Masters Championships, Montana State U., Bozeman, Mont. Mike Carignan, P.O. Box 5132, Bozeman, MT 59717-5132.

HAWAII

June 9. Hawaii Masters TC Meet (limited events), Kaiser H.S., Honolulu. J. Karbens, 3138 Waialae Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.

CANADA

June 8-9. Canadian Masters Championships, Toronto. Don Farquharson, 269 Ridgewood Rd., West Hill, Ont. MIC 2x3.

July 13. Ontario Masters Pentathlon Championships, Scarborough. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.

August 18-22. Masters Games, Toronto. Box 1985, Postal Station P. Toronto, Canada M5S 2Y7. 416/927-1985.

INTERNATIONAL

June 8-9. Veterans Meet, Kecskemet, Hungary. (100km S.E. of Budapest). Athletics Association, BACS-KISKUN, H-6000, Kecskemet, Klapka u.35 Pf132 Hungary. Phone: 76-12847.

June 22-30. VI World Veterans Games, Rome, Italy. (Men 40+, Women 35+). Comex/Roma '85, Via Martinetti 7, 20147 Milano, Italy.

July 5-6. International Veterans Meet, Baden (near Zurich) Switzerland. M33+, W30+, (based on year of birth, not date of birth). LC vom Stein Baden, Jurg Saxer, P.O. Box, 5401 Baden/Switzerland. Deadline June 1.

July 7. Veterans AC Meet, West London Stadium, Du Cane Road, London, England. Foreigners welcome. Alec Sykes, 54 Narbonne Ave., London SW 4 9JT.

July 20-21. 15th British National Veterans Championships, Wolverhampton, England. Foreigners welcome to run as guests. Alf Sparkes, 2 William Bullock Close, Stourport-on-Servern, Worcs, DY13 8UG, England. Deadline: June 20.

August 3-4. WAVA North American Masters Championships, Los Gatos, California. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. 408/354-7333 or 408/354-5660.

LONG DISTANCE RUNNING NATIONAL

July 13. TAC U.S. National Masters 10K Walk Championships, Niagara Falls, N.Y. Dan Stanek, 281 Meadowview Lane, Williamsville, NY 14221. 716/634-2634.

August 4. TAC U.S. National Masters 50K Cross-Country Championships, Richmond, Calif. PA/TAC, Box 1495, Fair Oaks CA 95628.

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.



Bob Fine is the North American Representative to WAVA and a top Masters walker in the M50 division.

September 22. TAC U.S. National Masters Half-marathon, Dayton, Ohio. Vince Peters, 541 Osborn Ave., Fairborn OH 45324.

September 29. TAC U.S. National Masters 8K Championships, Syracuse, N.Y. Evelyn White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

October 6. TAC U.S. National Masters 5K Road Championships, Little Rock, Arkansas. Dan Bartell, Box 34153, Little Rock AR 72703.

November 3. TAC U.S. National Masters 10K Cross-country Championships, Syracuse, N.Y. Jerry Smith, 112 Marangale Rd., Manlius, NY 13104. 315/422-7121.

November 3. TAC National Masters and Marine Corps Marathon, Washington, D.C. Charles Des-Jardins, 5428 Southport Lane, Fairfax VA 27032. 703/250-7955.

November 17. TAC U.S. National Masters 15K Cross-Country Championships, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.

November 29. TAC U.S. National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purde St., Raleigh NC 37609.

December 7. TAC U.S. National Open and Masters 30K Championships, Houston. Dave Bethany 3201 Wheeler, TSU Box 382, Houston TX 77004. 713/527-7258; 713/649-1665.

NEW ENGLAND

June 22. 25th Mt. Washington 8 Mile, Mt. Washington, N.H. SASE to Mt. Washington RR, Granite State Race Services, 95 Summer St., Newport, NH 03773.

July 21. Butternut 15K, Great Barrington, Mass. Mens Masters New England AC Championships. Jane Murdock, Hospice of S. Berkshire, P.O. Box 428, G. Barrington, MA 01230. 413/528-4786.

August 25. The Falmouth 7 Mile, Falmouth Mass. Falmouth RR, P.O. Box 732, Falmouth, MA 02541. 617/540-4417.

September 8-14. 8th annual Craftsbury Masters Running Camp. Box 31, Craftsbury Common VT 05827. 802/586-2514.

EAST

June 1. 14th annual L'eggs Mini Marathon, Central Park, New York, NYRRC, 9 E.

89th St., New York NY 10128. 212/860-4455.

June 9. Westchester Half-marathon, White Plains, N.Y. NYRRC, P.O. Box 881, FDR Station, New York, NY. 10105-0881. 212/860-4455.

June 23-29. Arthur Lydiard Running Camp, Bard College, Dutchess County, N.Y. For open and Masters runners, joggers, and coaches at all levels. Lydiard Running Camp, c/o Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

July 7. Pepsi Challenge National Championship 10K, New York, N.Y. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/860-4455.

July 13. 6th Annual The Other Run 10K and 2-mile fun run, Granville, NY. Cora Parry, 2 Church St., Granville, N.Y. 12832. 518/642-0723.

August 4. Summer Track Festival 10K & 3K Cross-country race, 100m & 1500m races, So. Orange, N.J. Summer Track Festival Runs, c/o Essex County Park Comm., 115 Clifton Ave., Newark, NJ 07104. 201/482-6400.

August 10. Asbury Park and TAC Open Men's 10K Championship, Ocean Township, New Jersey. Phil Benson, P.O. Box 2287, Ocean Township, NJ 07712. 201/531-4156.

August 18. Troy Classic 10K, Troy, Pa. P.O. Box 81, Troy, PA 16947. 717/297-2151.

October 27. New York City Marathon. NYRRC, P.O. Box 881, FDR Station, New York, NY 10105-0881. 212/860-4455.

SOUTHEAST

July 4. (Thursday). Peachtree Road Race 10K, Atlanta. \$2000 to Masters. ATC, 3097 E. Shadowlawn Ave., N.E., Atlanta GA 30305.

August 24. Maggie Valley Moonlight 8K, Maggie Valley, N.C. (near Waynesville). Haywood Valley RRC, P.O. Box 416, Waynesville, NC 28786. 704/456-6773.

September 28. Virginia 10-Miler, Lynchburg, Virginia. Rudy Straub, 3020 Cranehill Dr., Lynchburg, VA 24503. 804/528-2857.

MIDWEST

June 15. Emily-Midas 10K, Detroit, Mich. Emily, 171 W. Congress, Detroit, MI 48226. 313/963-7044.

August 24. Bobby Crim 10 Mile, Flint, Mich. John Harpst, 1101 S. Saginaw, Flint, MI 48502. 313-766-7346.

August 25. Midwest Masters 25K, Lake Bluff Jr. H.S., Rt. 176 & Sheridan Rd., Lake Bluff, Ill. 7 a.m. Open to all ages, Cara Circuit event. W. Miller, 7250 N. Cicero, Lincolnwood, IL 60646. 312/234-2154.

October 13. Detroit Free Press International Marathon, Windsor, Ontario, to Detroit, Mich. Pam Weinstein, c/o Detroit Free Press International Marathon, 321 W. Lafayette, Detroit, MI 48231. 313/222-6676.

October 20. America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago, Ill. 60610. 312/951-0660.

MID-AMERICA

June 1. Jackrabbit 15 Mile, Brookings, S. Dak. South Dakota St. U. Track Office, Brookings, SD 57007. 605/688-5526.

June 15. Grandma's Marathon, Duluth, Minn. Scott Keenan, PO Box 6243, Duluth MN 55806. 218/727-0947.

July 22. 3rd Annual Bobcat 8K, Brookings, S. Dakota. South Dakota State U. Track Office, Brookings, SD 57007. 605/688-5526.

August 17. Pikes Peak Marathon, Manitou Springs, Colorado. Carl McDaniel, 5520 N. Union, Colorado Springs, CO 80918. 303/593-8888.

ON TAP FOR JUNE TRACK AND FIELD

It only happens every two years, and this is the month. Over 4500 athletes from over 50 nations have entered the VI World Veterans Games in Rome from June 22-30.

Leading up to the World Games is a myriad of Masters T&F action throughout the country: On June 1st, there's a meet in Rock Island, Illinois; and the SPA/TAC meet in Los Angeles.

If you're not competing on the weekend of the 8th, you've either lost interest or you're injured. Get this: there are meets in New York (the MAC Championships), San Diego (the Western Regionals), Toronto (the Canadian Nationals), Atlanta (the Southeast Regionals), Miami (the Northwest Classic), Indianapolis (the Senior Classic), Madison (the Wisconsin United Meet), and Texas (the Hill Country Classic in Mason.)

The Waltham, Mass. meet on the 15th and the Eastern Regionals near Pittsburgh on the 16th are your last chance for a Rome conditioner.

For those passing up Europe, there's the Hayward Classic in Eugene, Oregon on the 22nd.

LONG DISTANCE RUNNING

Many Masters are planning their European trip around the XVIII IGAL World Veterans Distance Running Championships near Blackpool, England on the 8th & 9th, followed on the 16th by the traditional Brugge Veterans 25K in Belgium. Many of the top Veteran runners in the world will be at both events.

At home, no national championships this month, but a few big open races are on tap, such as the L'eggs Mini-Marathon in New York on the 1st; Grandma's Marathon in Duluth on the 15th; and the Cascade Run Off 15K in Portland, Oregon on the 30th. □

October 6. Twin Cities Marathon, Minneapolis to St. Paul, Minnesota. \$40,000 to Masters. Jack Moran, 5429 Wooddale Ave., Edina MN 55424.

SOUTH WEST

October 12. El Paso-Juarez International 15K, El Paso, Texas. Tom Jones, P.O. Box 15000, El Paso, TX 79998. 915/772-RACE.

WEST

July 4. Coronado Half-marathon, San Diego, Calif. Coronado/Second Sole Half-marathon, 1013 Park Place, Coronado, CA 92118. 619/437-4556.

July 4. Monarch Bank 5K/10K Run In The Parks, Laguna Niguel, Calif. Bill Pascual, 24372 Las Naranjas, Laguna Niguel, CA 92777. 714/831-6618.

July 4. SPATAC 15K Championships & 31st Semana Nautica, Goleta, Calif. SASE to John Brennand, Semana Nautica 15K, P.O. Box 6616, Santa Barbara, CA 93160. 805/964-2591.

July 7. Help-Public Service 5K/10K, Los Angeles, Calif. Sam Theus, P.O. Box 1576, Inglewood, CA 90308. 213/293-5158.
July 14. San Francisco Marathon. \$1800 to Masters. Scott Thomason, Box 27385, San Francisco CA 94127. 415/681-2323.
August 17. 7th Annual 8 Mile Tetrick Trail Run, Griffith Park, Los Angeles, Calif. John Sporleder, 150 So. Glenoaks Blvd., No. 9171, Burbank, CA 91510.
August 25. 8th Annual America's Finest City Half-Marathon, San Diego, Calif. American Lung Association, 3861 Front St., P.O. Box 3879, San Diego, CA 92103. 619/297-3901.
December 1. California International Marathon, Sacramento, California. \$5000 to Masters. Sacramento LDR Ass'n, PO Box 161149, Sacramento CA 95816.

NORTHWEST

June 2. The Race 8K, Eugene, Ore. P. Thompson, 1587 Agate, Eugene, OR 97403. 503/342-5155.
June 30. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, PO Box 40228, Portland OR 97240. 503/226-0717.
July 23. Deseret News Marathon, Salt Lake City, Utah. Deseret News, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.
September 14. Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine Memorial Run, P.O. Box 210, Coos Bay, OR 97420. 503/269-0215.

CANADA

July 20. 9th Annual Miller Lite/Pepsi Cola Voyageur Marathon, 6 a.m., Espanola, Ontario. Certified. Shelda & Norm

Patenaude, Lee Valley Road, RR No. 2, Massey, Ontario, Canada POP 1PO. 705/865-2671.
August 11. Masters Games Marathon (Age 30+), Toronto. Also Cross-Country on August 17, and Road Race on August 25. Box 1985, Postal Station P, Toronto, Canada M5S 2Y7. 416/927-1985.
August 24. Rainbow Country 50 Mile Road Race, 5 a.m., Espanola Mall, Espanola, Ontario. 10 X 5 Mile loop. Certified. Shelda & Norm Patenaude, Lee Valley Road, RR No. 2, Massey, Ontario, Canada POP 1PO. 705/865-2671.

INTERNATIONAL

June 1. Stockholm Marathon, Stockholm, Sweden. Stockholm Marathon, Box 10023, S-10055, Stockholm, Sweden.
June 8-9. XVIII World Veterans (IGAL) 10K and 25K Marathon Championships, Lytham St. Annes (south of Blackpool), England. (Men 40+, Women 35+). Jack Haslam, Marathon Meadows, Barton, Preston PR3 5AA, England. Phone: 0995 40604.
June 16. Brugge Veterans 25K (Men 40+, Women 35+), Brugges, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge I, Belgium.
August 25. Reykjavik Marathon & Half-Marathon, Reykjavik, Iceland. Marathon Tours Inc., 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138. 617/492-3088.
September 28-29. 3rd IGAL European Veterans Road Championships, 10K and 25K, at Granollers near Barcelona, Spain. Werner Hamm, Theuerbrunnleinsweg 55, 8720 Schweinfurt, West Germany. □

Benham, Valentine Set World Marks

Continued from page 1
 Bernice Holland, 58, broke her own American shot put mark of 30-3/4 with a 30-3 (9.22) throw. Puerto Rico's Gilberto Gonzalez-Julia, 71, stretched Claude Hills' 1982 Amrican M70 long jump mark of 14-10-1/4 to 15-3 (4.65). Gonzalez also captured the 100 (14.34), pentathlon and 200 (29.71).

Benham, of Ocean City, Maryland, already owns 8 of the 10 long distance road records in his M75 division, and he appears to now be taking a crack at the track marks. He also won the M75 5000 in 21:35 — short of his own world mark of 20:59 — and won the 1500 in 6:01.47 — short of Harold Chapson's record of 5:30.1.

New Yorker Valentine also captured the 100 (13.36) and 400 (59.04) as he appears primed for a top effort in the World Veterans Games in Rome this month.

New York's Cliff Pauling ran a near-world-record 53.17 in the M50 400, and won the 800 (2:09.30) and 1500 (4:41.8).

Ed Daw impressed with three M40 wins in the 800 (2:02.22), 1500 (4:10.4) and 3000 (9:02.0).

Lew Faxon tripled in the M45 1500 (4:27.50), 3000 (9:20.65) and steeple (10:05). Jack Greenwood won the M55 110H (18.78), 400H (65.39) and 200 (26.61).

Philippa Raschker, 38, took four golds in the 100 (12.55), 200 (26.1), LJ

(5.47) and TJ (10.35).
 Double-winners included: Larry Colbert, M45 200 (23.75) and 400 (52.27); and Kelsey Brown, M55 1500 (4:46.6) and 800 (2:18.29).

Arling Pitcher, M80, and Byron Fike, M75, won several events in their respective age divisions.

Two M70 field-eventers had record performances. Strongman Nolan Fowler, 71, of Tennessee, replaced Stan Hermann's ten-year-old national M70 hammer record of 104-1 with 119-10 (36.54), and set an age-71 world record for the weight toss with 43-7 (13.28). Canadian Ian Hume, 70, high jumped 4-7 (1.40) and triple jumped 31-11-1/4 (9.73).

Other field event competitors were also in good form. Paul Williams, 50, took the M50 long jump with 18-4-1/2 (5.60); Gary Murphy, 30, won the M30 high jump easily with 6-8 (2.03); and Charles Strode, 35, cleared 15-6-1/4 (4.73) to lead the M35 vaulters.

Carlos Fraundorfer, 53, had four M50 victories in the throws, including a close win over Phil Mulkey, 52, in the shot, 40-11-1/2 (12.48) to 40-6-3/4 (12.36). Floyd Simmons, 62, topped a field of five M60 javelin throwers with 144-10 (44.16), and Pete Guglin, 69, barely beat Elmer Shaw, 67, for the M65 discus title, 127-4 (38.82) to 127-0 (38.72), in an evenly-matched field of eight. □



Runners of Michigan's Ann Arbor TC exchange baton in U.S. Masters Nationals on March 31 in Sterling, Illinois.

9th ANNUAL
STRIDER RELAYS

9TH ANNUAL
 SOUTHERN CALIFORNIA STRIDER RELAYS

SPONSOR: GREYHOUND CORPORATION
DATE & TIME: Saturday, July 27, 1985, 10:30 A.M.
LOCATION: Cal State University, Long Beach
ENTRY FEE: \$12 per Relay Team, \$7 for first event and \$3 for each additional event.
SANCTIONED: SPA-THE ATHLETIC CONGRESS (T.A.C.)
FACILITIES: Synthetic running surface; 1/2 inch spikes or less only. Grass Javelin Runup.
ENTRY DEADLINE: All entries must be received by July 20, 1985. All post entries, add \$2 for each relay and individual event.
ENTRIES TO: Lloyd Higgins, 195 Gladstone #44, Azusa, CA 91702, (818) 969-9327
AWARDS: Medals will be awarded to all winning relay teams. Also for first, second and third place in individual events.
DIVISIONS: Open (20-29) S/M (30-39) I(40-49) II(50-59) III(60-69) IV (70 Plus) W (Women over 30)

SCHEDULE OF EVENTS

Track Events					
TIME	EVENT	DIVISION	TIME	EVENT	DIVISION
10:00	HAMMER	All	12:00	100 METER DASH	I
10:30	400 METER RELAY	W	12:05	100 METER DASH	S/M
10:35	400 METER RELAY	II	12:15	DISTANCE MEDL RELAY	II
10:40	400 METER RELAY	I	12:30	DISTANCE MEDL RELAY	I
10:45	400 METER RELAY	S/M	12:40	800 METER RELAY	II
10:55	110 METER HURDLES	III,II	12:45	800 METER RELAY	I
11:00	110 METER HURDLES	I, S/M	12:50	800 METER RELAY	S/M
11:05	SPRINT MEDL RELAY	II	1:00	*CO-ED 800 M RELAY	COMBINATION
11:10	SPRINT MEDL. RELAY	I	1:05	3,000 METER RUN	IV, W
11:15	SPRINT MEDL. RELAY	S/M	1:25	3,000 METER RUN	III,II
11:20	SPRINT MEDL. RELAY	III	1:45	3,000 METER RUN	I, S/M
11:30	1,500 METER RUN	All	1:50	300 METER HURDLES	S/M, II
11:40	100 METER DASH	OPEN	2:00	300 METER HURDLES	I
11:45	100 METER DASH	W, IV	2:10	1,600 METER RELAY	II
11:50	100 METER DASH	III	2:20	1,600 METER RELAY	I
11:55	100 METER DASH	II	2:30	1,600 METER RELAY	S/M

*CO-ED 800 Meter Relay must have two women, one Division I runner and one Division II Runner.

FIELD EVENTS (Only Hammer starts at 10:00)

11:30	Long Jump, Pole Vault, Shot Put.....	ALL
12:30	Javelin, High Jump.....	ALL
1:30	Triple Jump, Discus.....	ALL

ENTRY FORM **ENTRY FORM**

SOUTHERN CALIFORNIA STRIDERS RELAYS
 CAL STATE LONG BEACH, JULY 27, 1985

NAME _____ AGE _____ DATE OF BIRTH _____ TAC NUMBER _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

DIVISION (Circle One) S/M I II III IV W

CLUB _____

Please enter me in the following individual events:

1. _____ 2. _____ 3. _____

4. _____ 5. _____

Please enter the _____ team in the following relay events:

1. _____ 2. _____ 3. _____

4. _____ 5. _____

RELEASE: I do hereby, for myself, my heirs and assigns, waive any and all claims I may have against SPA-TAC, The Greyhound Corp., Cal. State Long Beach or any member of the Southern California Striders, their representatives and associates for any and all injuries suffered by me in any event I may participate in. Further I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

DATED: _____ SIGNED: _____

PHONE NUMBER () _____

IAAF Needs Vets More than Vets Need IAAF

Continued from page 18
has tried, but in vain. To write a letter, as he did, to their NGB, will not help. That is armchair behavior. Success rests in providing money and talking to the right people and maintaining friendship with them. To think the vets can attract the Eastern-bloc, simply by affiliating with IAAF, is dreaming.

What if Veterans refuse to join IAAF? We are the key players and IAAF will hardly work efficiently without us. The population is aging. In a number of years, one-third of our German population will be over 60. Western countries will have a similar age structure. We are an imposing, blocking minority in public life, and in veterans sport. Abandoning WIGAL would classify us as a class of resigning

people with withered heads and hearts. The IAAF has left us out. But we continue to be a group of experienced, calm and angry, patient and impatient people. I am quite confident about our WIGAL future. Like a fishing vessel, whatever happens, it will right itself. This year, WIGAL's theme is "surviving." For WIGAL to give up, to dance to the tune of the IAAF, cannot be expected. Our history is based on continuity, persistence, success and solidarity.

The IAAF wants something from Veterans, and they had better accept our terms. Being a Labor Judge in Germany, I know that negotiation rests on give and take. If we can't run the program for the benefit of vets, we should refuse affiliation. □



In Rome, Gilberto Gonzalez-Julia will be defending the four world M70 championships he won in his home country of Puerto Rico in 1983.

Open Mouth

Continued from page 8
working stiffs. People who don't know any better. Others want special treatment and feel they have a right to sit in judgement. I don't agree, and from the comments we get, many others don't either. Take a reality test, fellas.

Speaking of non-complainers, a legend passed from our midst on May 3rd in Chicago. Ted Haydon, Hall of Famer, the man who started UCTC

and provided encouragement and help to every event Midwest Masters ever staged. One month before his death, he drove the two and one half hours to Sterling to cheer on the UCTC gang and do a little volunteer timing. It's known as pitching in — something Ted Haydon knew all about. We salute you as the Midwest Masters age group record holder in the hammer and your life of service and good will. Happy throws, Big Guy. □

Joint the IAAF?

Continued from page 27

not two. The merger never came off, and Skaset and some IGAL members had heated words at the IGAL Championships in San Diego last December.

"IAAF will recognize WAVA as the sole world body in charge of Veterans competition," Farquharson reported. "The world veteran distance runners are adequately represented in the current make up of the Committee: Jacques Serruys and Bryan Doughty are executives of LDR organizations, while Sheppard, Cushen, Fine, Alastair Lynn and myself all compete at distance regularly."

"IGAL had a chance to merge with WAVA and they turned us down," Fine says. "WAVA will accept the site selections made by IGAL for its world championships through 1988. WAVA will be planning world distance running championships starting in 1989."

The IGAL members will meet in England on June 8-9 at their Championships to discuss the role IGAL will play in the future.

"We may want to affiliate with IAAF, but through its open Long Distance Committee, not the Veterans Committee," says Ruth Anderson, an IGAL Executive Vice-President. "We might decide to go out on our own, but we're afraid the IAAF would withhold

its sanction from our races."

TAC Experience

The discussion whether to affiliate with the IAAF is similar to the debate, 14 years ago, when David Pain, who had formed an independent Masters T&F program in the U.S., was asked to bring the Masters into the AAU (now TAC). Although skeptical, Pain agreed. Many say it was a good move; that Masters have become stronger; that, by being on the inside, we have influenced TAC (and, indirectly, the IAAF) into updating its rules for the benefit of all.

What does Pain think?

"It was a mistake," he now says. "After the AAU wined and dined me, the honeymoon ended quickly. They made all kinds of demands. They wanted me to get travel permits. They gave me all that crap about professionalism. We could have operated just as well without AAU. You have to realize there's an international conspiracy of these organizations to control our athletes. And now, they want to add another layer of government to the veterans organization that has built its own group. We don't need a super organization from above, telling us what we can do and what we can't do. It's asinine."

Sturak concurs: "Veterans must realize they're not dealing with a democratic, open organization. That's

the last thing the IAAF is. You're dealing with a private club. It's a hierarchy. It was founded on what we, today, consider unjust, exclusionary principles. It was to keep laborers out of the sport, so the upper classes wouldn't have to mingle with the lower classes. All that's gone, now, but many of the rules are still based on those elitist principles."

Sheppard takes a more optimistic view: "I believe that the IAAF is seeking an easy way to be able to announce that they are actively supporting sports for all ages, without putting in too much effort. This belief has been strengthened by the disinterested attitudes I have encountered to our Veterans Committee."

Running author Joe Henderson says: "I don't know much about the IAAF, which says a lot. If it had a lot to offer the Masters, we'd know more about it. I have no objection to the work the IAAF does. I think the vets can survive nicely without a new layer of bureaucracy."

Sturak says there are many good people in the IAAF and TAC who really work and produce. "But it can all be generalized as corruption," he says. "Everyone looks for loopholes in the rules, whether they're lazy, or genuinely honest, because the system is so crazy. It happens all the time. And you've got to understand that's the kind of thing you're getting in bed with."

"I understand there are misgivings in many minds over becoming involved with the bureaucrats, whether benevolent or otherwise," Sheppard says. "We are mature persons who should be able to rise above them. In any case, I think we can withdraw and revert to our present status if they prove unacceptable. I don't think that would be impossible."

What if Veterans Refuse to Join IAAF?

If the Veterans decline to join the IAAF, and decide to remain on our own, would the IAAF go ahead, anyway, and begin staging its own World Veteran Championships, without the key WAVA/IGAL players? If it did, how successful would it be? It has taken WAVA and IGAL 17 years to get to where they are. Could the IAAF duplicate that effort in a year or two?

"It would take them awhile," Sheppard says, "but they would definitely go ahead without us."

"We could be in trouble if we said no," Fine says, "because we are dependent upon local organizations and officials to run our championships successfully. Up to now, we've been left on our own. But the IAAF could withhold its sanction, tell its people not to rent their stadiums to us, not to provide us with officials, and so on. We'd have serious problems."

Sheppard agrees, saying European Veterans could be disadvantaged if we didn't join. "The IAAF controls many tracks in Europe, as well as all the officials, and could make life very difficult if we did not join and they formed a Veterans wing without us. European Veterans seem to have a very good relationship with their national bodies and would have no reservations about joining. The IAAF could ban their officials from assisting at our Games and, while the meets could still go on, in many countries they would not be as well run as they are now."

Summary

If the Veterans are going to join IAAF, certain things should be agreed upon in writing:

1) The section of the WAVA Constitution prohibiting discrimination should be retained;

2) The phrase now used in Rule 53 (i), which says: "This rule does not apply to any athletic meeting which is restricted to the Veteran age groups" should be applied to all of Rule 53, as well as to Rules 12-18, 51-52, 54, 138-139 and 144. And Rule 102 (date of birth) should be clarified.

3) Veterans should control their own finances and retain the marketing rights to their World Championships.

"I agree, and I believe that we can achieve those points," Sheppard says. "I am ready to talk, to reason, to debate and to work to ensure that the right decision is reached, so that the best interests of our members, worldwide, are safeguarded. That may mean staying as we are." □

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

EAST

NIAGARA DISTRICT TAC MASTERS CHAMPIONSHIPS; SYRACUSE, NY 3/17/85

50m Dash	
W35 K. Pierce	7.0
M30 D. Robinson	5.8
G. Tiffany	6.2
H. Hudson	6.3
M35 R. Palinski	6.2
T.H. Jackson	6.6
R. Micho	6.8
M40 A. Alxier	6.4
S. Hall	6.7
E. Orsler	6.9
M45 T. Fondy	6.7
H. Bohigian	7.0
M50 E. Cline	6.7
M55 W. Townsend	7.6
H. MacMillan	7.0
M60 E. Lukens	7.2
B. Brown	9.9
M65+ E. Shaw	8.5
N. Hacker	9.7

55m HH	
W35 K. Pierce	9.5
M30 M. Saafir	6.9
G. Tiffany	7.6
H. Hudson	7.7
M40 G. Gorline	8.6
M45 H. Bohigian	9.7
M55 W. Townsend	9.4
M60 E. Lukens	8.6

300m	
W35 K. Pierce	46.0
J. Warner	54.8
W40 M. Moore	61.4
W50 B. Argyris	57.4
W55 B. Skelton	54.5
M30 D. Robinson	37.9
G.P. Johnson	42.9
M35 M. Collopy	37.8
R. Palinski	38.9
R. Micho	39.3
M40 A. Alfieri	39.4
A. Drew	41.9
S. Hall	42.5
M45 T. Fondy	41.6
H. Bohigian	41.7
M50 J. Willett	44.9
M55 H. MacMillan	50.7
M65+ N. Hacker	64.0

600m	
W35 J. Warner	2:05.0
M30 K. Rasmussen	1:29.7
M35 T. VanAulear	1:26.4
J. Royal	1:26.7
M40 R. Guido	1:34.7
M. Kelly	1:37.4
G. Gorline	1:37.8

M45 W. Rehberg	1:36.9
H. Bohigian	1:36.9
M50 F. Schlereth	1:37.8
M. Gratzler	1:51.8
M65+ N. Hacker	2:25.9
C. Hackenheimer	2:49.7

1500m	
W35 M. Leivers	5:10.7
W40 L. Whitney	6:16.0
W55 B. Skelton	5:46.0
M30 D. Worden	4:15.0
M45 E. Cloos	4:38.0
T. Milner	4:40.6
W. Hossler	4:44.7
M50 R. Brock	4:38.7
w. O'Brian	4:58.1
M55 E. Stabler	4:44.0
M65+ C. Hackenheimer	7:00.9
N. Hacker	7:11.7

3000m	
M30 D. Broad	11:19.1
A. Wilson	12:19.3
M40 S. Murphy	10:05.6
M45 E. Cloos	10:08.3
W. Hossler	10:12.9
M60 E. Buckley	11:41.1
M65+ C. Hackenheimer	14:56.0

3000m Walk	
M35 A. Wilson	16:42.5
M40 D. Stanek	15:44.8

1600m Relay	
M40-49 Syracuse Chargers TC (Moore, McMillan, Argyris, Fondy)	5:55.1
M40-49 Syracuse Chargers TC (Fondy, Drew, Murphy, Rehberg)	4:05.8
M50-59 Syracuse Chargers TC (Brock, Willett, MacMillan, Schlereth)	4:41.9
M60-69 Syracuse Chargers TC (Hacker, Hackenheimer, Lukens, Buckley)	6:01.8

3200m Relay	
M30-39 Greater Rochester TC (Rasmussen, Pettinada, Williams, VanAulear)	8:45.9
M50-59 Syracuse Chargers TC (O'Brian, Hahn, Rothenberg, Gratzler)	10:17.0

High Jump	
W35 K. Pierce	4-3
M30 M. Saafir	6-7 1/2
S. Suto	5-6
M35 T. Jackson	5-4
M40 A. Walker	5-1
M55 B. Townsend	3-4
M60 E. Lukens	4-6
M65+ E. Shaw	4-2

Long Jump	
W35 K. Pierce	14-8
M30 M. Saafir	20-9 1/2
R. Doran	19-7
P. Robinson	19-5 1/2
M35 T. Jackson	19-7 1/2
M40 G. Gorline	15-11
M45 H. Bohigian	16-2 1/2
M50 E. Cline	19-3
N. Palladino	9-11 1/2
M55 W. Townsend	14-9
M60 E. Lukens	17-3/4
B. Brown	rma
M65+ E. Shaw	11-4

Pole Vault	
M30 S. Suto	9-6
M35 T. Rauscher	4-2

Shot Put	
M30 F. Ruterbusch	47-2
G. Tiffany	40-10
R. Doran	30-9 1/2
M35 M. Millson	30-5
M40 R. Murphy	35-5
A. Walker	31-10
M45 H. Bohigian	30-1 1/2
M50 N. Palladino	30-9 1/2
M. Gratzler	25-9
M55 H. Macmillan	21-1
M60 B. Brown	30-8
M65+ E. Shaw	39-1

SOUTHWEST

SOUTH TEXAS EMERGENCY SERVICES MEET

VICTORIA, TEXAS; APRIL 13

Only 100 is meters	
100m	
M30+Sheridon Groves	11.05
Leroy Wyatt	11.50
Roger Stuart	11.90
Ernie Stuart	11.90
M40+Larry McKee	11.80
Daniel Fagan	14.30
M50+Marvin Buxkemper	21.50
220y	
M30+S. Groves	23.90
L. Wyatt	25.00
E. Stuart	nta
M40+L. McKee	25.20
Bill Sage	28.60
D. Fagan	34.58

440y	
M30+S. Groves	53.31
E. Stuart	57.00
Tom Blair	58.29

880y	
M30+L. Wyatt	2:32.00
David LaGuna	2:36.71
Sisto Trigg	2:37.05
M40+Bill Sage	2:33.76

One Mile	
M30+Boniface Gbalazeh	5:52
Barney Oloman	5:59
S. Trigg	6:55
M40+Ed Goodwin	6:55

Two Mile	
M30+B. Gbalazeh	12:41.98
B. Oloham	12:44.08
M40+E. Goodwin	13:30.00

440y Relay M30-39	
Virginia Reg. Med Ctr	55.60
Mile Relay M30-39	
Victoria Fire Dept	5:23.18

Long Jump	
M30+R. Stuart	17-1
T. Blair	16-10
D. LaGuna	15-2
M40+L. McKee	18-3
d. Fagan	12-9
M50+M. Buxkemper	6-5

High Jump	
M30+R. Stuart	5-0
S. Trigg	4-6
B. Gbalazeh	4-2
M40+L. McKee	4-0

Shot Put	
M30+S. Trigg	39-5
Emmitt Phillips	38-5
M40+D. Fagan	28-5
M50+M. Buxkemper	17-7

Discus	
M30+S. Trigg	111-7
E. Stuart	99-8
M40+D. Fagan	97-4
strng blks not available	

WEST

TAC CENTRAL CALIFORNIA MASTERS T&F CHAMPIONSHIPS FRESNO, CALIFORNIA APRIL 13

100	
M30 Akin Lewis	10.81
Earl Bryant	12.11
M35 Ron Martin	11.94
Jerry Baladad	12.18
Manuel Pan	12.78

M40 Dan Fitzsimmons		11.51
Rufus Morris	11.75	
Mel Brooks	11.75	
M45 Gil LaTorre		12.02
Darrell Horn	12.28	
Gerald Tatham	13.66	
M50 Dick Hansen		12.62
Dick Marlin	12.88	
Jerry Stanners	13.68	

M55 Bernie Stevens		13.02
Alex Pappas	13.79	
Bob Higginbotham	14.46	
M60 Ted Rademacher		13.72
Bill Ballantine	14.57	
M65 Al Guidet		14.03
Chas. Mercurio	14.77	
George Poloynis	17.00	
M75 Lamar Jackson		16.61
M80 Sing Lum	NT	
W60 Thelma Rubin	NT	
W65 Josephine Kolda	17.22	

200	
M30 Akin Lewis	22.30
Earl Bryant	25.24

M35 Ron Martin		24.11
Bernard Turner	24.99	
Manuel Pam	26.32	
M40 Dan Fitzsimmons		23.04
Dennis Duffy	23.78	
Rufus Morris	24.35	

M50 Bruce Springbett		25.32
Enver Mehmedbasich	27.86	
M55 Alex Pappas		27.79
M60 Bill Ballantine		29.29
M65 Al Guidet		28.86
George Poloynis	35.33	
M80 Sing Lum		37.45
W30 Tina Stough	27.63	
W45 Jeanne Carter	29.23	
W50 Gretchen Snyder	31.25	
W60 Thelma Rubin	40.25	
W65 Josephine Kolda	36.28	

400	
M35 Bernard Turner	54.91
Jerry Baladad	55.71

M40 Dennis Duffy		51.38
Mel Brooks	52.47	
Guy Newgren	60.48	
M45 Gil La Torre		56.21
M50 Bruce Springbett		56.41
Fred Lehr	61.19	
Enver Mehmedbasich	63.33	

M55 Bernard Stevens		58.82
Alex Pappas	63.94	
M60 Ted Rademaker		62.28
Bill Ballantine	65.42	
M65 Pete Ganahl		72.39
George Poloynis	80.02	
W45 Jeanne Carter		65.44

800		
M35 Wayne Douglass	2:06.66	
Bill McCarthy	2:07.62	
M40 Mike Sangster	2:09.86	
M45 George Cohen	#1:58.59	
M50 Fred Lehr	2:18.40	
M55 Bernard Stevens	2:33.28	
M65 George Poloynis	3:28.03	
W30 Denita Reese		2:20.37
Tina Stough	2:26.13	
W50 Gretchen Snyder		2:51.72

1500	
W30 Danita Reese	4:53.07
M40 Charles Johnson	4:57.02
M50 Fred Lehr	4:38.08
M65 George Poloynis	7:31.00
M85 Paul Spangler	*8:09.07

5000	
M40 Bill Woody	18:14.76
Joe Cote	17:02.09
M65 Harry Harder	22:25.45
M85 Paul Spangler	*30:13.07

110 HURDLES	
M35 Kevin Speaks	17.07
Gary Schmidt	17.45
M40 Jim Hollister	16.79
Guy Newgren	19.42
M50 Jerry Stanners	18.47
M55 Al Brenda	20.77

400 HURDLES	
M30 Kevin Speaks	68.41
M40 Guy Newgren	66.60
M45 Hugh Adams (45)	*58.12
Bill Knocke	60.01
M65 Pete Ganahl	81.83

HIGH JUMP	
M40 Don Dvorak	5-2
M45 Gerald Tatham	4-10
M50 Jerry Stanners	5-2
Mark Bodley	4-10
M55 Al Brenda	4-8
M60 Walt Dahlin	4-8
M65 Pete Ganahl	4-4
Jim Vernon	4-2
M70 Carol Johnston	4-0
M80 Homer Van Gelder	3-7

POLE VAULT		
M30 Carl Brazelton	14-6	
Leon Roach	13-6	
Jerry Hughes	9-0	
M40 Bruce Hotaling		13-6
Gary Lemen	12-0	
Guy Newgren	8-0	
M50 Jerry Stanners		10-6
M55 Al Brenda	10-6	
Hal Wallace	10-0	
M60 Don Grosh	9-6	
M65 Jim Vernon (68)	10-6*	
M70 Carol Johnston(73)	10-0*	

LONG JUMP		
M30 Roger Trujillo	21-11	
Gary Schmidt	18-4	
M40 Rufus Morris		22-7 1/2
Don Dvorak	18-6	
Joe Herzog	17-3	
M45 Darrel Horn		20-0
Rick Schmidt	18-6	
M50 Jerry Stanners		16-10
M55 Al Brenda	15-4	
M80 Homer Van Gelder	10-2 1/2	

TRIPLE JUMP	
M30 Roger Trujillo	44-8
Gary Schmidt	37-11
M40 Jim Hollister	37-7
Johnny Lawson	35-9 1/2
Joe Herzog	35-7 1/2
M45 O E Legend	32-6 1/2
M50 Jerry Stanners	32-6
M55 Al Brenda	33-6 1/2
M65 Chas Mercurio	28-8 1/2
M70 Carol Johnston	24-4 1/2
M80 Homer Van Gelder	21- 1/4

SHOT PUT	
M30 Gary Schmidt	39-9 1/2
Gary Kelmenson	35-9 1/2
M35 Alan Stephens	45-1
M40 Mickey Murray	36-5 1/2
M45 Jim Hart	43- 1/2
M55 Hal Wallace	39-5 1/2
M60 Bob Stone	35- 1/2
M65 Quinto Merlo	35-5
M70 Ross Carter(71)	*44-8 1/2
James York	38-1 1/2
M80 Homer Van Gelder	22-3

DISCUS	
M30 Gary Schmidt	120-9
Gary Kelmenson	111-6
M40 Mickey Murray	119-2
M45 Jim Hart	131-1
Dick Rodarte	128-1
Gerald Tatham	98-10
M50 Don Sharp	115-10
Jerry Stanners	92-6
M55 Hal Wallace	122-8
M60 Bob Stone	127-8
M65 Quinto Merlo	112-2
M70 Ross Carter	123-9
James York	98-3

PENTATHLON:						
Al Brenda	56	4.95	33.90	27.75	27.19	N.T.
		16' 3"	110' 0"		89' 0"	
		359	754	348	408	0
						1510
Mark Bodley	50	4.90	30.66	28.15	28.24	B.2.
		16' 1"	100' 4"		92' 0"	
		346	341	321	433	0
						1441
Gary Miller	47	5.88	47.50	24.54	33.42	4:52.9
		19' 3 1/2"	155' 7"		109' 6"	
		577	599	599	571	448
						*2794
Dwight Kelsey	43	4.70	50.70	29.22	27.51	5:15.3
		15' 5"	155' 7"		90' 1"	
		296	642	253	416	329
						1936
James Hollister	40	5.78	43.34	24.64	30.05	4:52.2
		18' 11 1/2"	141' 11"		98' 5"	
		555	540	586	475	451

W40 1. Fel Ramey 35.16	W35 1. Janie Duff 29.50
M70 1. Harry Koppel 29.90	2. John Satti 31.16
M55 Results unavailable (6 competitors)	
M50 1. Phil Presber 24.71	2. William Sanford 27.05
3. E. Mehmedbasich 27.93	4. Fred Robinson 27.95
M45 1. Gil LaTorre 24.25	M40 1. Bill Alston 24.20
2. Win Emert 24.99	3. Tom Ryan 26.52
4. Clive Matson 26.76	M35 1. Max Naezele 24.16
2. Larry Lettieri 24.41	3. Bernard Turner 24.50
4. Manuel Pan 25.83	
400m	
W45 1. Almeta Parish 1:14.1	W35 1. Janie Duff 1:05.1
W30 1. Bev Marx 1:10.8	
M70 1. John Satti 1:13.9	M55 1. Alex Pappas 1:03.2
M50 1. E. Mehmedbasich 1:02.8	2. Tom Slaven 1:06.9
M40 1. Dennis Duff 51.45	2. George Mason 52.99
3. John Krepick 57.40	4. Clive Matson 59.30
M35 1. Bernard Turner 54.16	2. Max Naezele 55.13
M30 1. Robert Parks 51.72	2. Charles Missouri 54.18
3. Rick Thoman 54.30	
800m	
W50 1. Gretchen Snyder 2:53.9	W45 1. Almeta Parish 3:33.3
M65 1. Troy Grove 2:52.5	M60 1. Don Wilgus 2:56.8
M55 1. Vance Koerner 2:34.1	M50 1. Gail Wetzork 2:36.9
M45 1. Pete Richardson 2:13.3	M40 1. John Krepick 2:16.9
M35 1. Ron Rook 2:19.1	M30 1. John Bordoni 2:00.6
2. Cirilo Morgan 2:00.9	
1500m	
W30 1. Bev Marx 5:07.2	
M65 1. Troy Grove 5:47.5	M60 1. Don Wilgus 6:08.2
M40 1. Harvey Franklin 4:12.9	2. Mike Holbrook 4:22.3
3. Jim Gibbons 4:26.2	4. Michael Brodie 4:42.2
5. Jeff Dawes 4:55.1	M35 1. Tim Shannon 4:32.2
2. Gary Vann 4:58.6	3. T.W. Tesche 5:20.7
5k	
W55 1. Ruth Anderson 21:23.9	
M55 1. Gail Wetzork 22:49.4	M40 1. Gene Gilligan 16:41.6
2. Frank Krebs 17:03.9	3. Mark Gallo 17:12.4
4. Mike Miller NT	M35 1. Tim Shannon 16:31.9
2. Gary Vann 17:12.7	M30 1. Curtis Duff 15:55.9
2. Tim Williams 15:59.2	
110m hurdles	
M60 1. Jim Johnson 19.1	2. Steve Peck 21.1
M55 1. Al Brenda 18.57	M50 1. Jerry Stanners 17.80
2. Tom Slaven 21.10	M40 1. Ted Cain 16.25
2. James Hollister 16.90	3. Guy Newgren 19.27
M35 1. Tom Tesche 20.15	M30 1. Gary Schmidt 17.13
400m hurdles	
M40 1. Ted Cain 58.78	2. Mike Brodie 1:08.80

High Jump	
M70 1. Jim McCarthy 4-0	2. Carol Johnston 3-9
M60 1. Mark Henderson 4-5	2. Jim Johnson 4-0
M55 1. Al Brenda 4-6	M50 1. Jerry Stanners 5-0
M45 1. Paul Dorsey 5-1	2. Don Rose 5-0
Pole vault	
M70 1. Carol Johnston 9-6	M60 1. Jim Johnson 9-0
M55 1. Al Brenda 11-0	M50 1. Jerry Stanners 10-0
M40 1. Bruce Hotaline 13-9	2. Roger Werne 12-0
M30 1. Jerry Hougen 11-0	
Long Jump	
M70 1. John Satti 13-7	M60 1. Jim Johnson 16-4
M55 1. Al Brenda 16-6	M50 1. Jerry Stanners 16-2
2. William Won 12-11	3. Walter Allen 12-5
M45 1. Paul Dorsey 19-5	M40 1. James Hollister 19-1
2. Don Dvorak 18-3	M30 1. Gary Schmidt 18-1
Triple Jump	
M70 1. John Satti 26-1	M60 1. Jim Johnson 31-1
M55 1. Al Brenda 34-1	M50 1. Jerry Stanners 33-8
2. William Won 22-7	M45 1. Melvin Ramey 38-5
M40 1. James Hollister 37-1	2. Don Dvorak 35-10
M30 1. Gary Schmidt 36-4	
Shot put	
W65 1. Ricky Corvello 22-8	W45 1. Cherrie Sherrard 33-11
2. Almeta Parish 23-10	W30 1. Joan Stratton 36-10
M70 1. Ross Carter 42-3	2. Jim York 35-9
M65 1. Hy Booth 31-5	2. Hal Cronkhite 31-3
M60 1. Jim Budde 35-5	2. Bob Stone 34-8
3. Mark Henderson 32-0	M50 1. Don Gray 34-5
M45 1. Jim Hart 43-10	2. Joe Orsini 28-5
M35 1. Mike Holzang 35-5	M30 1. Gary Schmidt 40-7
2. Gary Kelmenson 37-6	
Discus	
W65 1. Ricky Corvello 48-0	W55 1. Shirley Dietderich 58-6
W30 1. Joan Stratton 118-2	M75 1. Ken Carnine 100-10
M70 1. Ross Carter 124-6	2. Jim York 109-6
3. William Walker 87-4	M65 1. Hy Booth 125-8
2. Hal Kronkhite 94-6	M60 1. Bob Stone 142-9
M55 1. Al Brenda 102-4	2. Dick Nordquist 94-7
M50 1. Don Gray 96-11	2. Jerry Stanners 93-7
M45 1. Jim Hart 134-9	2. Bud Tollette 88-8
3. Joe Orsini 83-6	M35 1. Ron Miller 162-10
2. Mike Holzang 94-8	M30 1. Gary Schmidt 118-5
2. Gary Kelmenson 109-5	

Javelin	
W55 1. Shirley Dietderich 70-9	W40 1. Fran Conley 87-0
W30 1. Joan Stratton 108-5	M70 1. Jim McCarthy 90-6
2. Jim York 76-7	M65 1. Richard Mack 75-10
M60 1. Bob Stone 107-4	M55 1. Al Brenda 111-0
2. Roy Wigginton 104-11	M50 1. Phil Conley 187-0
M45 1. Don Rose 149-8	M40 1. Eric Westin 150-10
M35 1. Ron Rook 132-8	2. Mike Holzang 125-3
M30 1. Gary Schmidt 156-3	2. Gary Kelmenson 125-7
Hammer	
W30 1. Joan Stratton 99-0	M70 1. Jim York 117-2
M60 1. Bob Stone 112-2	M45 1. Jim Hart 124-7
M30 1. Gary Kelmenson 150-1	
4x100 relay	
1. Mike Holzang, 37, Tom Slavin, 51, Paul Dorsey, 46, Huel Washington, 56. 49.5	
2. George Mason, 41, Alex Pappas, 55, Dick Zumwalt, 58, Fred Robinson, 54. 51.4	
3. James Barnes, 40, Roy Wigginton, 59, Tom Ryan, 40, Ron Peterson, 40. 52.3 (4 other teams compted)	
4x200 relay	
1. Ramon Vasquez, 31, Sheridan Holland, 55, Paul Dorsey, 46, Walter Allen, 52. 1:47.3	
2. James Barnes, 40, Josephine Kolda, W67, Robert Parks, 34, Anthony Lockhart, 30. 1:47.7	
3. Dennis Duffy, 42, Cathy Farmer, W30, Charles Missouri, 32, Mike Ackley, 40. 1:50.4 (2 other teams competed)	
Sprint medley relay (mixed ages)	
1. Josephine Kolda, W67, Bruce Hotaline, 41, Mike Ackley, 40, Vern Rezier, 57. 1:52.8	
2. Ken Carnine, 77, Huel Washington, 56, Ron Peterson, 40, Robert Parks, 34. 2:02.3	
3. Roy Wigginton, 59, Ruth Anderson, W55, Frank Krebs, 42, Don Dvorak, 43. 2:07.7	
4x400m relay	
1. Mike Ackley, 40, George Mason, 41, Mike Holbrook, 42, James Gibbons, 40. 3:44.7	
2. Tom Ryan, 40, Charles Missouri, 32, James Barnes, 40, Ramon Vasquez, 31. 3:46.3	

INTERNATIONAL	
AUSTRALIAN VETERAN ATHLETIC CHAMPIONSHIPS	
HOBART, TASMANIA; APRIL 5-8	
100m	W50 D. Pirie 69.9
W35	W55 J. Bannister 75.3
Raelene Tregenza 13.6	Clare McKerr 78.0
Anita Murray 14.0	B. Vine 81.5
Mary Busted 14.3	W60 B. Woodburn 79.2
W40	W65 Mavis Collins 1:42.5
Noreen Parish 13.7	M40 Fred Turner 51.8
Pauline Harrison 14.8	H. Steinmann 52.3
Suzanne Westbrook 14.8	Arthur Rowe 52.5
W45	M45 B. Kernaghan 53.1
Thelma Wharton 14.2	Alan Pollock 55.0
Gloria Richards 14.3	Jim Shand 55.6
Amy Moore 15.9	M50 Desmond Paul 57.5
W50	R. Cuncliffe 59.2
Daphne Pirie 14.4	Tom Morgan 60.1
Beverlee Adams 15.1	M55 Hans Meiselbach 60.0
W55	H. Rolfe 65.7
Joy Bannister 15.6	M. Pirie 68.4
Beryl Vine 15.7	W60 T. Hishon 60.2
Coralie Peters 23.2	Reginald McRae 61.5
W60	Gordon McKeown 64.2
Bettina Woodburn 15.9	M65 Charles Odell 66.8
Betty Newman 15.9	Kevin Hopkins 68.3
Mavis Gibbs 19.9	Rex Welsh 77.1
M40	M70 W. Stubbings 69.8
Brendon Wilson 11.1	Andy Smith 72.6
Heinz Steinman 11.2	Bill Pease 72.6
Fred Turner 11.5	M75 R. Gathercole 1:17.3
W45	George Simpson 1:41.5
Barrie Kernaghan 11.6	R. McArtney 1:45.0
Neville Allen 11.8	M85 W. Empey 2:02.4
David Janssan 12.1	
W50	800m
Edward Eden 12.2	W35 G. Moor-Price 2:28.1
Jim Liascos 12.5	W40 M. Forden 2:46.2
James Smith 12.8	S. Westbrook 2:52.6
M55	Heather Murfett 3:03.2
Malcolm Pirie 13.2	W45 J. Morrey 2:33.9
Henry Rolfe 13.2	J. Chandler 2:39.6
Gordon Gourlay 14.0	Jan Chew 2:55.4
M60	W50 D. Pirie 2:51.0
Thomas Hishon 12.9	Dot Auld 4:14.6
Fred O'Connor 13.4	W55 C. McKerr 2:55.9
Ken McConnell 13.5	Shirley Brasher 2:56.2
M65	Audrey Weston 3:31.1
Kevin Hopkins 14.7	W60 B. Woodburn 3:04.3
Rex Welsh 15.7	M. Gibbs 3:53.3
Harry Logan 17.9	W65 M. Collins 3:48.3
M70	W70 Arley Nicholls 3:57.7
Walter Stubbings 15.0	M40 Ian Melrose 2:00.5
Andy Smith 15.7	David Hunt 2:07.4
M75	Noel Tamplin 2:13.4
Richard Gathercole 14.9	M45 Leonard Beachley 2:02.8
Robert McArtney 19.5	Robert Paul 2:04.0
M85	A. Pollock 2:04.4
William Empey 23.8	M50 Desmond Paul 2:13.6
200m	Osmo Millridge 2:15.6
W35 R. Tregenza 27.7	Fred Auld 2:16.1
Lynn Larsen 28.5	M55 Lindsay Hooper 2:19.0
Anita Murray 28.9	Tony McDonald 2:20.9
W40 Noreen Parish 28.4	Don Weston 2:32.6
P. Harrison 30.6	M60 G. McKeown 2:21.9
S. Westbrook 30.7	R. McRae 2:22.4
W45 Thelma Wharton 29.8	A. Tyson 2:36.3
G. Richards 30.0	M65 C. Odell 2:33.9
Jan Morrey 30.0	Ray McDermott 3:27.0
W50 D. Pirie 29.4	M70 W. Stubbings 2:45.2
B. Adams 31.2	S. Nicholls 2:50.2
W55 Joy Bannister 32.0	A. Smith 2:54.3
Beryl Vine 32.2	M75 John Brown 3:19.5
W60 Bettina Woodburn 32.9	R. McArtney 4:03.6
Betty Newman 34.0	
Mavis Gibbs 45.0	1500m
M40 H. Steinmann 23.4	W35 G. Moor-Price 4:58.6
23.5	Marilyn Oakley 5:15.8
Ron Cornish 24.0	Heather Walker 5:16.6
M45 Barrie Kernaghan 23.4	W40 Mary-Lou Serre 5:13.9
Neville Allen 24.2	M. Forden 5:37.0
D. Janssan 24.6	W45 M. Smith 5:12.2
M50 Roy Cuncliffe 26.8	J. Morrey 5:13.6
Tom Morgan 26.9	J. Chandler 5:23.2
John Sturzaker 27.0	W50 Dot Auld 8:53.1
M55 Hans Meiselbach 27.3	W55 Jean Albury 5:15.7
Henry Rolfe 27.5	Shirley Brasher 5:52.6
M. Pirie 28.3	Shirley Young 6:02.6
M65 Kevin Hopkins 30.0	W60 B. Woodburn 6:12.1
Charles Odell 30.1	Rosa Walker 6:42.5
Harry Logan 35.9	W65 M. Collins 7:43.7
M70 Walter Stubbings 31.4	W70 A. Nicholls 7:45.3
Andy Smith 33.1	M40 I. Melrose 4:07.6
Bob Burford 49.9	John Healey 4:11.9
M75 R. Gathercole 31.9	Frank Atkins 4:24.7
George Simpson 38.7	M45 L. Beachley 4:12.6
Robert McArtney 43.4	Robert Paul 4:14.1
M85 W. Empey 49.9	Frank Green 4:19.7
400m	M50 Bruce Longmore 4:32.4
W35 Patricia Bolt 68.9	Ron Young 4:37.1
W40 N. Parish 67.3	Brian Sharpe 4:37.8
Margery Forden 69.5	M55 L. Hooper 4:45.6
S. Westbrook 70.3	Tony McDonald 4:55.1
W45 J. Morrey 67.7	Don Weston 5:09.9
Judy Chandler 70.7	M60 G. McKeown 4:59.1
T. Wharton 73.7	Lloyd Frisby 5:03.0
	John Milne 5:18.7
	M65 Ted McDonald 5:12.4
	C. Odell 5:14.1
	R. Welsh 5:49.4
	M70 S. Nicholls 5:49.5
	B. Pease 5:52.9
	M75 John Brown 6:36.8
	R. McArtney 8:43.3
	M80 Reg Barlow 7:27.3

5000m	
W45 Margaret Smith 18:59.8	Norma Ducker 19:42.1
Paula Ryan 20:01.8	W55 Jean Albury 18:49.0
S. Young 21:29.8	
10000m	
W35 Mabel Mitchell 37:42.9	D. Fairbrother 38:58.9
H. Walker 41:38.9	W40 Dot Browne 35:30.5
Pauline Batho 41:01.9	H. Johnstone 46:53.3
W45 M. Smith 39:14.0	N. Ducker 40:38.5
P. Ryan 40:45.0	W55 J. Albury 38:38.6
S. Brasher 43:46.6	S. Young 44:46.9
W60 Rosa Walker 49:21.4	Margaret Bennett 57:41.8
M40 Carl Stevenson 32:15.5	Bob Squires 32:55.0
Frank Atkins 33:23.6	M45 F. Green 32:45.5
Adolf Blonner 33:20.9	David Rae 33:22.5
M50 B. Longmore 35:03.9	Horst Ruckwied 35:29.4
Ralph Crack 35:54.2	M55 Bill Seton 37:17.6
Roy Sutcliffe 38:06.5	Don Weston 39:42.7
G. McKeown 38:24.6	Allen Tyson 41:09.2
J. Milne 42:33.8	M65 Ted McDonald 47:23.0
R. Welsh 47:48.4	James Burr 50:42.7
M70 B. Pease 43:55.0	S. Nicholls 43:56.0
John Bennett 47:29.9	M75 J. Brown 49:49.6
800mH	
W40 Pauline Harrison 15.3	S. Westbrook 17.9
W45 Helen Searle 13.4	T. Wharton 15.7
Gloria Richards 15.7	W55 B. Vine 18.5
M75 George Simpson 21.3	
100mH	
W35 Anita Murray 19.4	Patricia Bolt 26.8
M60 Ken McConnell 17.5	John Moresby 18.7
Mac McKay 20.6	M65 Harry Logan 21.0
110mH	
M40 Michael Stevenson 17.8	Ian Whittaker 17.9
Gerry Bruin 18.2	M45 Ken Priestly 17.2
Arthur Brown 22.8	M50 James McGrath 18.9
Roy Cunliffe 19.1	Bruce Moulton 19.2
400mH	
M40 David Hunt 59.6	M. Stevenson 60.8
G. Bruin 61.5	M45 Jim Shand 70.2
Arthur Brown 71.8	Eric Lockett 74.4
M50 Bruce Moulton 66.5	R. Cunliffe 66.7
Tom Morgan 68.0	M55 H. Meiselbach 70.5
M60 Fred O'Connor 76.5	Alber McIntosh 77.4
Peter Colthup 92.8	M65 Kevin Hopkins 82.0
M70 Andy Smith 97.9	
1500m Steeplechase	
M50 Bruce Longmore 5:02.8	Osmo Millridge 5:04.9
Lyle Fletcher 5:35.8	M55 Roy Sutcliffe 6:15.5
Don Weston 6:44.0	M60 Allen Tyson 6:10.7
John Milne 6:24.0	M65 Kevin Hopkin 6:37.4
Stan Nicholls 6:40.0	
5000m Walk	
W35 G. Moor-Price 27:29.2	Elizabeth Toomey 30:40.1
Myra Greene 29:12.7	Irene Rollgejer 29:47.3
Judith Johnson 30:20.2	W45 Joan Hooper 26:37.2
Marlene Starnay 28:36.7	Lorraine Craig 29:35.6
W50 Mary Wanben 35:30.0	W55 S. Brasher 30:09.4
Jean O'Neill 35:32.0	M60 Marjorie Colthup 32:09.7
W70 Arley Nicholls 35:52.4	M40 Klaus Maurer 24:49.5
M45 Murray Dickinson 23:27.1	Harry Summers 23:46.0
John Morrison 25:37.2	Robert Chapman 24:52.0
Alan Barling 28:33.7	

LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL

TAC U.S. NATIONAL MASTERS 15K CHAMPIONSHIPS EDINA, MINNESOTA; MAY 5

PLACE	CLASS PLACE	FINISHER	TIME	/MILE
Men 40 - 44				
1	1	Bruce Mortenson, 41, Minnetonka, Mn	49:12	5:17
2	2	Art Meaney, 41, St Johns Newfoundland	50:11	5:23
3	3	Gary Goettelmann, 41, Santa Clara, Ca	51:17	5:30
5	4	Leon Lentz, 42, Willmar, Mn	52:12	5:36
8	5	Michael T Benton, 40, Lester Prairie, Mn	52:30	5:38
15	6	Jim Lee, 42, Osseo, Mn	53:54	5:47
16	7	Dale Mattson, 44, Bloomington, Mn	54:08	5:48
17	8	John Grandia, 42, Elk River, Mn	54:46	5:53
18	9	Robert Reinertsen, 42, Mankato, Mn	55:10	5:55
22	10	Bob Pfeiffer, 40, Minneapolis, Mn	55:28	5:57
23	11	Jim Thompson, 41, Edina, Mn	55:39	5:58
24	12	Elwood L Vetos, 42, Sioux Falls, Sd	55:42	5:59
25	13	Daniel C Shannon, 40, Roseville, Mn	55:44	5:59
28	14	Bradley A Nelson, 41, Cameron, Mn	56:20	6:03
29	15	Dick Kelman, 42, Minneapolis, Mn	56:43	6:05
31	16	Robert Behrens, 40, Shoreview, Mn	57:03	6:07
33	17	Ted Beeman, 40, Minneapolis, Mn	57:33	6:10
36	18	Jon Freeman, 42, Faribault, Mn	57:57	6:13
38	19	Roger Christensen, 42, Cedar, Mn	58:18	6:15
39	20	Richard Jones, 43, Apple Valley, Mn	58:24	6:16
40	21	Fred Kycek, 42, St. Paul, Mn	58:31	6:17
41	22	Gregg Wahlstrom, 42, Apple Valley, Mn	58:33	6:17
45	23	James J Irvine, 42, Mapleton, Mn	59:01	6:20
49	24	Patrick O'Neil, 42, Minneapolis, Mn	59:20	6:22
50	25	Seymour V Pederson, 42, Minneapolis, Mn	59:29	6:23
55	26	James L Mayerle, 44, Chaska, Mn	59:51	6:25
66	27	Charles D Morrow, 43, Faribault, Mn	1:01:26	6:35
67	28	Bill Escher, 41, Apple Valley, Mn	1:01:28	6:36
70	29	Marshall Briggs, 40, Mankato, Mn	1:01:36	6:37
72	30	Don Smith, 41, Bloomington, Mn	1:01:56	6:39
75	31	Robert Josselson, 40, Minnetonka, Mn	1:02:20	6:41
76	32	Bob Hawkins, 41, St. Louis Park, Mn	1:02:24	6:42
80	33	Dennis M Davidson, 40, Roseville, Mn	1:02:48	6:44
83	34	John L Morgan, 44, Minneapolis, Mn	1:02:53	6:45
84	35	Tom Kotsonas, 44, Chanhassen, Mn	1:02:53	6:45
90	36	Tom Doherty, 44, Bloomington, Mn	1:03:47	6:51
95	37	Robert J Ludes, Jr, 41, Apple Valley, Mn	1:04:20	6:54
96	38	Vince Rodriguez, 42, Maplewood, Mn	1:04:23	6:54
97	39	Samuel S Cave, 42, Roseville, Mn	1:04:36	6:56
103	40	G Eric Knox, 42, Minneapolis, Mn	1:05:11	7:00
119	41	Charles Leroy Squires, 43, Bloomington, Mn	1:06:27	7:08
128	42	Marty Luhmann, 43, St. Charles, Mn	1:07:59	7:18
150	43	James E Billigmeier, 42, St. Paul, Mn	1:10:27	7:33
159	44	James Graner, 40, Minnetonka, Mn	1:11:34	7:41
168	45	Robert G Clabo, 40, Minnetonka, Mn	1:12:27	7:46
188	46	Paul John Bozonie, 42, Wayzata, Mn	1:14:42	8:01
Men 45 - 49				
4	1	Robert D Nelson, 45, Salt Lake City, Ut	51:57	5:34
6	2	Rick Kleyman, 45, Plymouth, Mn	52:28	5:38
9	3	Bill Johnston, 47, Salt Lake City, Ut	52:46	5:40
10	4	George Savanick, 47, Apple Valley, Mn	52:54	5:41
11	5	Paul Noreen, 49, Plymouth, Mn	53:29	5:44
12	6	Ronald Bole, 45, Roseville, Mn	53:33	5:45
13	7	David L Wee, 46, Northfield, Mn	53:49	5:46
26	8	Nicholas R Rogers, 46, Edina, Mn	55:58	6:00
27	9	James McDiarmid, 45, Minneapolis, Mn	56:19	6:03
34	10	Jack Majewski, 45, Wayzata, Mn	57:35	6:11
42	11	Myron Anderson, 48, Coon Rapids, Mn	58:34	6:17
44	12	Don Saari, 45, Burnsville, Mn	58:56	6:19
54	13	Edward A Rousseau, 45, Minneapolis, Mn	59:43	6:24
57	14	Frank Tangney, 46, St. Louis Park, Mn	1:00:30	6:29
68	15	Dick Andersen, 49, New Brighton, Mn	1:01:32	6:36
85	16	John E Post, 48, Stillwater, Mn	1:02:55	6:45
87	17	Ernest Ogren, 49, Rogers, Mn	1:03:00	6:46
105	18	Roger D Larson, 48, Ramsey, Mn	1:05:27	7:01
107	19	H W Biff Jones, 45, Long Lake, Mn	1:05:35	7:02
113	20	John Adams, 48, West St. Paul, Mn	1:05:59	7:05
132	21	Wayne Funk, 46, Burnsville, Mn	1:08:14	7:19
134	22	Gerald R Onstad, 49, Edina, Mn	1:08:19	7:20
148	23	Howard Baldwin, 49, Crystal, Mn	1:10:23	7:33
154	24	Charles D Kehoe, 48, Minneapolis, Mn	1:10:59	7:37
164	25	William Hood, 47, Minneapolis, Mn	1:12:08	7:44
181	26	Richard A Shaw, 47, Maple Grove, Mn	1:14:01	7:56
192	27	William L Hannon, 48, Edina, Mn	1:15:15	8:04
202	28	John Lyngdal, 47, Eden Prairie, Mn	1:16:13	8:11
217	29	Joel Peskay, 45, Golden Valley, Mn	1:19:02	8:29

Men 50 - 54

7	1	Bill Foulk, 52, Raymond, Nh	52:29	5:38
19	2	Erv Tolkinen, 50, Anoka, Mn	55:14	5:56
21	3	Arlen Sunn, 50, Minneapolis, Mn	55:22	5:56
37	4	Gene Myers, 50, Maplewood, Mn	58:03	6:14
43	5	Ralph Koenig, 51, Edina, Mn	58:43	6:18
47	6	Jack Moran, 51, Edina, Mn	59:08	6:21
48	7	Greg Prom, 54, Minneapolis, Mn	59:19	6:22
62	8	Dale F Urbain, 51, Burnsville, Mn	1:01:06	6:33
65	9	Dick Larson, 54, Wayzata, Mn	1:01:25	6:35
78	10	Jerry C Noyes, 53, St. Louis Park, Mn	1:02:27	6:42
88	11	James W Hodapp, 51, Mankato, Mn	1:03:28	6:49
114	12	Al Salo, 50, South St. Paul, Mn	1:06:15	7:06
122	13	Ron Marxen, 52, Minnetonka, Mn	1:06:43	7:09
143	14	Lowell F Schow, 53, Minneapolis, Mn	1:09:14	7:26
158	15	Eugene H Wright, 52, St. Paul, Mn	1:11:11	7:38
178	16	Lester Emard, 51, Minneapolis, Mn	1:13:35	7:54
189	17	John A Healy III, 53, Stillwater, Mn	1:14:58	8:03

Men 55 - 59

14	1	Gaylon Jorgensen, 55, Highland, Ut	53:53	5:47
20	2	Tony Sapienza, 56, Bradford, Ma	55:17	5:56
52	3	Bob Bartling, 58, Brookings, Sd	59:37	6:24
53	4	Clyde C Gates, 55, St. Anthony, Mn	59:38	6:24
117	5	Raymond L Lujon, 57, Woodbury, Mn	1:06:25	7:08
123	6	Walter B Rasula, 58, Minnetonka, Mn	1:06:43	7:09
125	7	George Sivanich, 56, Northfield, Mn	1:06:55	7:11
179	8	Philip Hine, 57, St. Paul, Mn	1:13:36	7:54
185	9	Daniel D Joseph, 56, Minneapolis, Mn	1:14:15	7:58
191	10	George Armstrong, 55, Edina, Mn	1:15:08	8:04
201	11	Gerry Davies, 59, Hopkins, Mn	1:16:08	8:10
213	12	Stuart M Friedell, 55, Minneapolis, Mn	1:18:26	8:25

Men 60 - 64

30	1	Alex E Ratelle, 60, Edina, Mn	57:02	6:07
63	2	Lloyd Young, 61, Grantsburg, Wi	1:01:14	6:34
79	3	John C Burton, 62, Wayzata, Mn	1:02:35	6:43
129	4	Herb Noble, 60, Robbinsdale, Mn	1:08:03	7:18
137	5	Carlyle Sherstad, 64, Grantsburg, Wi	1:08:35	7:21
163	6	Ronald Wiesner, 61, Minneapolis, Mn	1:12:06	7:44
171	7	Bob Zabel, 60, Edina, Mn	1:12:43	7:48

Men 65 - 69

206	1	Harold W Carlson, 65, Minneapolis, Mn	1:17:18	8:18
216	2	Abram A Hyer, 65, Skandia, Mi	1:18:59	8:28
222	3	Erle Reiter, 68, Edina, Mn	1:23:20	8:56
232	4	Ed Melquist, 67, Minneapolis, Mn	1:39:05	10:38

Men 70 & Up

Women 35 - 39

1	1	Diane Stoneking, 37*, Minneapolis, Mn	59:28	6:23
2	2	Jenny L Mortenson, 36*, Edina, Mn	1:03:10	6:47
4	3	Kathy Andert, 38*, St. Paul, Mn	1:04:07	6:53
5	4	Kathleen Schmitt, 38*, Mendota Heights, Mn	1:04:36	6:56
6	5	Irene Grossbach, 36*, Minneapolis, Mn	1:05:10	6:59
9	6	Vida Joy Bolin, 36*, St. Paul, Mn	1:07:58	7:18
16	7	Aileen Lindstrom, 35*, Forest Lake, Mn	1:10:35	7:34
21	8	Karen Aydelott, 39*, Minneapolis, Mn	1:12:45	7:48
38	9	Linda Giesen, 37*, West St. Paul, Mn	1:20:59	8:4.

Women 40 - 44

3	1	Shiela R Hasham, 42*, Alhambra, Ca		
13	2	Virginia F Ketola, 43*, Golden Valley, Mn	1:04:00	6:52
20	3	Audrae Coury, 42*, St. Paul, Mn	1:09:44	7:29
22	4	Jan Kispert, 41*, Richfield, Mn	1:12:23	7:46
30	5	Mary Dwyer, 44*, St. Paul, Mn	1:12:54	7:49
37	6	Patty Wolkoff, 44*, St. Paul, Mn	1:17:08	8:17
40	7	Nancy K Jacobson, 44*, Lakeland, Mn	1:20:28	8:38
50	8	Joan Spivey, 41*, Bloomington, Mn	1:23:57	9:00
			1:32:59	9:59

Women 45 - 49

8	1	Ginger Wilson, 47*, St. Louis Park, Mn	1:07:17	7:13
14	2	Phyllis Kahn, 48*, Minneapolis, Mn	1:10:07	7:31
31	3	Anne Ross, 49*, Excelsior, Mn	1:17:09	8:17
36	4	Patricia S Faunce, 48*, Minneapolis, Mn	1:20:00	8:35

Women 50 - 54

10	1	Mickey Armstrong, 54*, Edina, Mn	1:08:04	7:18
11	2	Mae K Horns, 51*, Edina, Mn	1:08:24	7:20
29	3	Maisie Cromie, 53*, Golden Valley, Mn	1:16:59	8:16
34	4	Gretchen Kreuter, 50*, St. Paul, Mn	1:18:38	8:26
47	5	Joan Schmidt, 51*, Minneapolis, Mn	1:28:41	9:31

Women 55 - 59

26	1	Mary Lou Carlson, 57*, Minneapolis, Mn	1:14:48	8:01
28	2	Diane M Goulett, 55*, Minneapolis, Mn	1:15:56	8:09

Women 60 - 64

Women 65 & Up

51	1	Helen Reiter, 67*, Edina, Mn	1:38:35	10:35
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← 68:27 EST.

Q RUN - RADISSON, N.Y. - MAY 5, 1985

TAC NATIONAL MASTERS 25K CHAMPIONSHIPS

40-44 Male
Ray Kneer (43) 1:27:22
Jerry A. Smith (42) 1:30:57
Richard Walters (43) 1:35:39
Robert Domachowski (41) 2:02:32
Dan Mittler (44) 2:04:00

45-49 Male
Peter Jeffers (46) 1:31:59
David Pearce (47) 1:36:18
Sam Graceffo (48) 1:36:53
E. Bruce Fredrikson (47) 1:43:33
David Leivers (45) 1:48:12
Ned Goebricher (48) 1:52:50
Edwin Harrington III (46) 1:57:21

50-54 Male
Bob Brock (52) 1:37:28
Bill O'Brian (53) 1:41:45
Wally McRae (52) 1:43:29
Martin Rothenberg (51) 1:47:51
Robert Hunter (51) 1:49:20
Jim Howard (52) 1:49:52
Bernard Dyer (50) 1:55:04

55-59 Male
Ed Stabler (55) 1:34:58
Joseph H. Fischer (56) 1:57:50
Richard Steinbugler (55) 2:17:42

60-64 Male
Edward Buckley (63) 1:50:32
Kermit Schooler (61) 1:55:35
Donald Sill (60) 2:04:10
Seymour Ribyat (60) 2:11:40

65-69 Male
Nate Hacker (68) 2:37:34

70-74 Male
Raymond Deschambault (71) 2:29:51

75-79 Male
Charles Hackenheimer (78) 2:22:32

*single age record

40-44 Female
Carol Rider (43) 1:58:45
Setsu Rosen (44) 2:02:42

45-49 Female
Lennie Tucker (46) 1:56:30
Margie McMillan (45) 2:13:19
Eleanor White (46) 2:25:10

50-54 Female
Gloria Brown (53) 1:52:24

SKAGGS WALSH 10K COLLEGE PT/MALBA, N.Y. APRIL 14

Overall
William Backe 35 32:42
Nnena Lynch 13 38:39
M40+Joe Cordero 47 34:45
Eugene Tooney 45 35:35
M. McPartland 42 36:19
M50+George Zink 50 41:35
Herbert Persky 52 43:09
Victor Coroddo 51 45:26
M60+Morris Schwartz 61 47:55
Wallace Cutler 62 52:49
W40+Judith Covan 42 46:31
Phyllis Meltzer 43 46:57
Edna Leers 41 51:18
W50+Chris McKenzie 53 43:24
Marcia Field 52 51:25

RUNNERS LOVE BROOKLYN 10K BROOKLYN, N.Y.; APRIL 21

Overall
Dan Dickenson 25 31:51
Susan Foster 28 38:29
M40-44
Jonathan McNamee 41 36:02
Iain Fletcher 43 36:29
Abelardo Chia 41 36:31
M45-49
Jerzy Sulek 48 36:59
Nevio Dobry 45 39:41
Joe Leahy 49 40:00
M50-54
Herbert Persky 52 43:24
Douglas Brian 50 44:12
Sherwin Berger 52 45:07
M55-59
Earl Albright 55 45:25
Hugh Bowen 59 45:40
Arthur Kolb 57 46:06
M60-64
Don Brown 60 51:51
Edwin Wroblewski 67 52:24
W40-44
Judith Covan 42 47:17
Lena Tengberg 40 47:36
Lilo Roche 42 52:03
W45-49
Samara Balfour 49 46:09
Edith Jones 45 50:50
Ceil Laikind 47 55:16
Lynn Sherman 48 55:17
W50-54
M. Becchetti 50 57:15
W55-59
Marcella Tobias 59 1:14:32
W60-64
A. Jureidini 67 1:06:46

NIKE CHERRY BLOSSOM 10-MILE WASHINGTON, D.C.; MARCH 31

Overall
Simeon Kigen 46:24
Lisa Weidenbach 53:29
M40 Barry Brown 49:46AR
George Keim 53:41
Dick Aurelio 54:05
John Loughran 55:13
Eammon McEvilly 55:28
M45 Fay Bradley 53:56
Dick Hipp 56:10
Warren Ohlrich 56:18
M50 Norm Green 53:18
Ben Hyser 56:00
Bill Hoss 58:50
M55 Tony Sapienza 58:04
Herb Chisholm 59:41
Henry Sullivan 1:05:06
M60 John Hosner 58:55AR
M70 Ed Benham 1:15:46
W40 Cindy Dalrymple 1:01:48
Barbara Allen 1:09:50
Mary Greer 1:13:37
W45 Patty Sudduth 1:06:36
Gudrun Phillips 1:10:06
Inez Kerch 1:10:22
W50 Toshiko d'Elia 1:10:15
Ann Kahl 1:10:54
Rachel Bourne 1:11:39

AR=AMERICAN RECORD

QUEENS HALF-MARATHON QUEENS, N.Y.; APRIL 14

Overall
Ira Meyers 24 1:06:56
Bobbi Rothman 39 1:19:57
M40-44
Guy Stretton 44 1:16:16
Abelardo Chia 41 1:18:07
Jorge Aguilera 41 1:18:11
M45-49
Antonio Olivo 45 1:22:44
Don Jewell 46 1:23:02
John Houlihan 45 1:24:16
M50-54
Cahit Yeter 50 1:19:54
Thomas Barclay 53 1:20:19
Walt McCarthy 52 1:22:34
M55-59
John Sullivan 56 1:24:18
Floyd Asnes 55 1:25:41
Joseph Burns 56 1:28:38
M60-64
Peter Mahta 63 1:34:14
Morris Goldberg 62 1:37:59
Robert Graham 63 1:43:12
M65+
Bill Brobston 72 1:42:30
Charles Feldman 69 1:49:20
Frank Vaccaro 67 1:51:43
W40-44
E. Schertenleib 43 1:33:22
Sylvia Thorsland 41 1:40:42
Lillie Smith 43 1:41:51
W45-49
Alice Nadeau 45 1:39:47
Mitsuko Kimura 47 1:49:56
Barbara Hourli 48 1:56:28
W50-54
B. Bellinghausen 51 1:39:44
Marlene Tortora 51 2:03:54
W55-59
Elaine Hauser 59 2:01:18
W60-64
Mary Rodriguez 63 2:05:06
W65+
Evelyn Havens 68 2:26:21

SOUTHEAST

BREAK INTO SPRING 5 MILE MEMPHIS, TENNESSEE MARCH 9

Overall
Rip Haney 26:11
Mary Anne Wehrum 31:23
M40 Mike Moffatt 28:27
Bill Butler 29:10
Jim Stark 29:46
M45 William Mehr 31:18
Jim Lovelace 31:18
Tom Brent 32:43
M50 Dave Hilliard 31:45
Max Ray 35:01
Ben Zimmerman 35:30
M60+ Harry Cobb 40:08
Bill Cockcroft 42:19
E.J. Goldsmith 45:01
W40 Bobbie Steiner 33:26
Pat Love 38:58
Dianna Teagarden 39:03
W50+ Pauline Sessions 44:35
Ann Campbell 45:27
Marion Himmelreich 47:45

RUNAWAY 5K; MEMPHIS, TENNESSEE MARCH 23

Overall
John Stubbs 15:24
Mary Ann Lynch 19:06
M40 Mike Moffatt 17:08
Bill Butler 17:34
M50+ David Hilliard 18:39
Tom Waltrip 18:47
W40 Sue Perry 22:37
Pat Love 22:51
W50+ M. Himmelreich 26:38

CHARLOTTE COUNTRY DAY 5K CHARLOTTE, NO. CAROLINA APRIL 13

Overall
Rex Wiggins 15:21
Debbie Gawrych 19:52
M40 Leonard Jones 18:24
Bob Ferrier 18:46
David Fuller 19:04
M50+ Dick Dunn 21:12
Robert Mason 22:50
George Crouse 25:08
W40 Kaye McGarry nta
W50+ Esten Mason 29:46

SEVENTH ANNUAL TREVIRA TWOSOME TEN-MILE RACE CENTRAL PARK-NYC

Sponsored by Hoechst Fibers Industries. Under the auspices of NYARC. Date: April 27, 1985, 10:30 AM. Distance: 10 miles (both partners must complete the entire distance to score). Course Records (Men): Herb Lindsay, 45:59.8, 1980. Previous Course Record (Women): Patti Catalano, 53:41.3, 1981. New Women's Course Record: Greta Waltz, 53:19. Couples Record: Herb Lindsay and Patti Catalano, 1:39:57.3, 1981. Entrants: 3080 (1540 couples). Check-in: Men-1301, Women-1272, Total-2573. Finishers: Couples-1040, Men whose partners did not finish-163, Women whose partners did not finish-67, Total Men-1203, Total Women-1107, Total-2310. Weather: Mid 70's, sunny, clear.

Order of Finish-Couples
Over- Age all Place Man's Name, Age-Time Woman's Name, Age-Time Combined Time
1 1 Virgin, Craig 29:47:33 Waltz, Greta 31:53:19 1:40:52
2 1 Murphy, David 28:47:11 Joyce, Regina 28:55:32 1:42:50
3 2 Kneelman, Hank 27:47:45 Nestor, Joan 23:56:27 1:44:13
80-99 Couples
1 26 Rockett, John F 48:1:00:24 Wehrum, Mary Ann 47:1:05:01 2:05:25
2 30 Neary, John W 44:1:06:34 Hearn, Angela 39:59:47 2:06:21
3 34 Ritzema, Roger 48:59:45 Burke, Dody A 40:1:08:17 2:08:02
100-119 Couples
1 52 Midtskogen, Ragnar 51:1:01:46 Deckert, Margaret L 52:1:09:53 2:11:39
2 55 Peck, William H 61:1:07:36 Connors, Lina W 42:1:04:33 2:12:09
3 57 Winler, Martin 50:1:05:10 Bedrock, Helene 50:1:07:13 2:12:23
120-plus Couples
1 96 Brobston, William A 72:1:13:24 Bet, Margret 48:1:06:02 2:19:26
2 391 Poole, Alan C 71:1:25:25 Kunis, Alma J 52:1:14:09 2:39:34
3 448 Rios, Wilfredo M 68:1:12:25 Moore, Alicia H 54:1:30:11 2:42:36

DELAND SPRING 10K DELAND, FLA.; APRIL 27

Overall Masters
John Bryant 37:04
Marie Barilone 42:50
M40 Bruce Howard 38:49
Ed Weinert 39:08
Al Reithinger 40:43
M45 Don Gannon 38:42
Al Andrews 38:53
Terry Trekler 39:29
M50 Doc Black 41:29
Bob Pataky 46:28
Tom Holland 48:18
M55 Warren Adlerz 46:10
M60+Reid Elder 44:18
W40 Carol Lager 50:11
Gail Johnson 58:32
W45 Donna Hiatt 46:42
Mary Hills 48:18

MIDWEST

CHURCHILL'S HALF-MARATHON PERRYSBURG, OHIO; MARCH 3

Overall
Gary Bryan 1:09:40
Jane Evelyn (15) 1:25:59
M40 Lou Wagner 1:14:11
Larry Fox 1:15:09
Joe Klingenberg 1:17:14
M45 Arthur Moore 1:25:58
Don Magyart 1:28:26
Ron Brant 1:28:32
M50+Ed Dibble 1:22:55
Bob Trudgeon 1:23:07
H.J. Taylor 1:23:47
M60+R.N. Evers 1:40:36
Pete Brown 1:41:10
Dick Heberling 1:50:29
W40+Louise Miklovic 1:41:32
Nita Eichstadt 1:52:36
Nonas Faber 1:54:36
W50+Carol Mohler 1:58:56
Mary L. Batanian 2:18:59

MID-AMERICA

KLZR KAW VALLEY LEVEE 5K/25K LAWRENCE, KANS.; APRIL 6

--5K--
M40+Rich Ayers 17:28
Wes Dutton 18:02
Leon Small 19:02
M50+Mel Miller 18:04
Ed Anderson 18:11
Ridge Shannon 21:54
M60+H. Baumgartel 24:19
W40+Michel Loomis 22:08
L. Diederich 26:00
Dede Dresser 26:52
W50+Ann Williams 24:36
Sondra McCoy 25:22
Francis Wales 27:03
W60+Janet Young 27:47
Gaynell Spiller 30:58
--25K--
M40+Frank Hedges 1:38:54
Jim Crowley 1:41:11
Weeden Nichols 1:41:17
M50+Louis Joline 1:43:47
Gerald Witten 1:48:34
Larry Wiggins 1:55:00
M60+Fred Clark 2:05:20
W40+Connie Burroughs 1:53:15
Marilyn Potter 2:04:30
Florence Butts 2:24:58

NEW ENGLAND

CLAMDIGGER 5 MILE WATCH HILL, R.I.; APRIL 14

Overall
Dan MacAlpine 26:00
Pat Swim 31:04
M40+Ted Phillips *28:09
David Burnett 29:00
Larry Hirsch 29:18
M50+David Porter *31:01
Gerard Nardone 33:22
Omer Galameau 33:38
M60+Carl Hammen 34:11
O.A. Jorgensen 35:50
Anthony Campo 39:44
W40+none
W50+Mary McCauley *38:53
W60+Barbara Hennig *47:19
from C. Hammen; *race rec.

MDA-BOSTON MILK RUN 10K BOSTON, MASS.; APRIL 21

Overall
John Gregorek 25 28:15
Monica Joyce 26 32:18

M40-44
Daniel Murray 40 31:21
Sumner Brown 41 31:28
Bill Marshall 40 31:28

M45-49
Harold Hatch 45 34:38
Robert Clarke 46 34:56
Robert Jolicoeur 48 38:06

M50-54
Richard Silva 50 36:38
Tom McCoy 50 37:19
Charles Brooks 53 40:21

M55-59
Tony Sapienza 56 35:20
R. G. Robinson 58 43:13
W. Gorman Sr 59 43:45

M60-64
Ray Bolger 61 45:58
Jim Dawson 63 46:43
Ned McMahon 62 46:51

M65-69
James Femia 65 46:44
Anthony Lee 68 47:08
Paul Kelski 66 47:09

W40-44
Priscilla Welch 40 32:54
Gabrielle Andersen 40 36:04
Cindy Dalrymple 43 37:59

W45-49
Bernadett Nay 45 43:21
Pat Smith 45 47:56
Angela Wu 45 49:35

W50-54
Sally Goodhue 51 43:29
Eileen Daley 53 55:19

W55-59
Mary Roever 57 55:57
W60+Ruth Costanza 62 48:51

EAST

FROZEN FOOTE SERIES 4 MILE CANTON, N.Y.; MARCH 9

Overall
Dan Dominic 20:14
Debbie Collette 25:13
M40+David Howison 23:54
John Deal 24:19
Dave Salmon 24:20
M50+Joe Connor 25:05
Jim Halpen 26:46
John Elmer 27:34
M60+Jim Latimer 34:05
W40+Anna Delaney 30:13
Joan Duval 36:08
Nancy Skiff 37:18
W50+Bev Goodwin 28:13
Lucille Fortune 39:30

PASTA PACE 10K SUNY-PURCHASE, N.Y. MARCH 16

Overall
Bob DiNucci 32:34
Nancy Laun-Perez 39:12
M40+Dave Wellard 36:30
M50+Don Dixon 36:47
M60+Herbert Shilander 40:51
W40+Kate Glynn 41:42
W50+Margaret Deckert 40:49
W60+Crickett Laun 54:53

ST. PATTY'S 5K/10 MILE OLEY, PENN.; MARCH 17

--5K--
Overall Masters
Moses Mayfield Jr 40 16:57
A. Bachman 46 26:05

--10 Mile--
Overall
Jon Sinclair 26 48:38
L. Weidenbach 23 54:33

M40-44
D. Frechette 40 53:53
R. Harrir 44 58:31
R. Johnson 40 58:48

M45-49
H. Lorenz 45 53:06
F. Bradley 47 54:38
R. Cormier 45 56:28

M50-54
B. Hyser 50 56:46
R. Hanagan 51 59:43
D. Larso 51 62:38

M55-59
T. Sapienza 55 59:34
M. Schepers 56 61:56
P. Nutt 55 64:13

M60-69
J. Start 64 62:29
J. Hosner 60 62:35
M. Bertolini 64 65:54

M70+
E. Benham 77 74:45
B. Brobston 72 74:54
D. Martin 73 77:22

W40-49
C. Dalrymple 43 65:22
L. Lauck 45 69:06
S. Folzer 45 70:48

W50-59
J. Glassman 56 70:31
R. Bourn 55 73:14
G. Brown 53 73:21

W60+
B. Yencharis 64 89:11
L. Shehan 62 89:22
M. Stover 63 1:52:42

U.S. Masters 25K

Continued from page 4

the Syracuse Chargers, set a new age-38 national record of 1:43:16.

Perry Edinger, 24, of Syracuse, N.Y. won the open division race in 1:25:29.

The masters runners were particularly enthused about the newly laid out and certified Q-Run Course. Weaving about in the beautiful planned com-

munity of Radisson, N.Y., the new course includes woodland and lake shore stretches on paved walkways, as well as attractive residential and golf course roadways. Following the race the runners and volunteers enjoyed a light lunch served under a tent at the Oberon (Community) Center.

The Q-Run was administered by the Syracuse Chargers and Baldwinsville Harriers and sponsored by Radisson Realty, Inc. □

SOUTHWEST

CHARLIE MITCHELL'S ST. PATRICK'S 5K TULSA, OKLA.; MARCH 16

Overall Ron Parks 23 15:19 Michelle Scholtz 16 18:12 M35-39 Bill Stewart 35 15:51 R. Anderson 37 16:26 Dade Maloney 36 16:28 M40-44 Jay Minor 43 17:16 Hewlett Nash 44 17:22 Doug Formosa 40 17:24 M45-49 Russell Bennett 47 16:43 Joe Haeggquist 45 18:18 H. Hawkins 45 18:39 M50-54 Steve Blanchard 53 17:20 Bob Nale 52 18:33 Arturo Melendez 54 18:38 M55-59 Jerry Crockett 56 18:00 Nocus McIntosh 59 19:36 Whit Maury 58 19:47 M60+ Guajolote Veloz 62 19:29 Jim Elmore 60 20:02 Dan Brannin 60 20:29 W35-39 Patsy Daniel 35 19:28 Ann Crawley 39 20:37 Vicky Fegaly 36 21:40 W40-44 Fay di Zerega 42 20:33 Barbara Manning 40 20:48 Judy Ackerley 40 22:52 W45-49 Sharon Cooper 46 21:12 Joy Austin 47 21:45 Margaret Speer 47 22:53 W50-54 Beverly Berry 54 26:19 Sarah Lindsey 51 26:27 Sue Neil 50 26:39 W55-59 Faye Morris 56 26:42 Nova Brannin 58 27:48 M. Chambers 55 30:56

M60+ Jim Elmore 60 56:43 Dan Brannin 60 57:09 W40-44 F. DiZerega 42 55:10 Monika Ryan 44 64:05 W45-49 Roy Austin 47 59:25 W50+ Beverly Berry 54 74:03

BRONCO 5K & 10K EDMOND, OKLA.; APRIL 13 M 40-49 Joe Haeggquist 45 18:26 Ralph Cole 42 18:33 Ethan Norris 42 18:39 M 50-59 Dean Windsor 50 20:38 Logan Wright 51 20:42 Bruce Adkins 54 21:28 M 60 & Over Fisher Lewis 64 24:17 Donald Oldham 66 28:44 F 35-39 Judy Lowrey 39 23:37 Sandy Gullett 37 24:15 Jaque Lippell 39 25:12 F 40-49 Judy Biegler 43 23:38 Lee Reynolds 47 27:04 F 50 & Over Gretchen Johnsen 54 26:13 Vivian Collins 53 27:26 M 40-49 Robert Stymky 41 35:22 Gerald Witherby 42 36:46 Warren Ford 43 38:05 M 50-59 Everett Crum 50 37:04 Chick Gancer 51 42:26 M 60 & Over Jim Smith 63 41:35 John Weed 61 51:06 F 35-39 Georgia Irion 35 46:06 Kazuko Windler 39 50:58 Ronna Alexander 35 52:40 F 40-49 Molly McPherson 40 55:14 Gerri Upton 40 63:00 F 50 & Over Lila Alexander 50 54:00

Overall Sam Sitonik 29 28:17 Anne Pewe 23 33:28 M40-49 Bob Cunihan 45 32:24 Greg Evans 40 32:30 C. Viera 43 33:16 Allen Mc Daniel 45 33:27 M50-59 Dale Thompson 50 33:27 Milt Johnson 55 35:30 Bill Martin 52 38:19 Adrian Anderson 50 38:25 M60+ Emmett McCoy 60 40:00 Charles Graham 62 42:12 Milton Aalen 63 44:23 Carl Dally 61 46:14 W40-49 Ruth Nalepa 41 41:03 L. Thompson 44 42:44 Brigitte Williams 44 43:35 Sandra Baran 41 44:38 W50-59 Georgia Sweeza 51 47:03 Jane Hamlyn 51 49:31 Janice Shefelman 54 50:15 Grayson Fox 50 50:30 W60+ Wanda Hall 63 1:04:54 Marjorie Holmes 63 1:08:18 Doris Cook 67 1:08:19

Overall Terry Lewis 33 45:09 Fay DiZerega 42 55:10 M40-44 Chris Riley 41 48:47 Joe Gary 44 51:12 Dave Brown 41 53:13 M45-49 Henry Hawkins 45 51:21 Joe McDaniel 48 51:56 M50-54 Art Melendez 54 51:31 Calvin Ellis 54 55:05 M55-59 Paul Johnson 58 57:30 Hal McDonald 57 58:24

CAPITOL 10K AUSTIN, TEXAS; MARCH 17

Overall Paul Peterson 83:00 Bob Holland 83:30 Hans Dieben 83:54 M50+Jim O'Neil 79:00 Wally Ingram 81:31 John Lockhart 90:08 M60+Jim McGavin 87:31 W40 Ursula Rains 92:45 Nancy Thweatt 97:13 Ginni Nordstrom 1:43:32 W45 Dorna Gookin 1:45:32 Ann Raisanen 1:51:56 Carmen Fomaris 1:54:01 W50+Anne Johnson 1:37:49 Sheila Carlton 1:40:36 Molly Barg 1:53:12 W60+F. Salazar (75) 2:33:07

Overall Steve McCormack 29:13 Monica Joyce 32:22 M40 Tom Burns 32:35 Phil Ryan 33:20 Allan Johnson Jr 33:26 M45 Andre Tocco 33:36 E. Eino 34:37 Ronald Pattinson 34:55 M50 Jim Knerr 34:24 Jim Brownfield 36:01 Ron Poston 36:52 M55 Patrick Devine 36:51 John Feyk 38:52 Curtis Brownfield 39:05 M60 Avery Bryant 40:20 Bob Page 41:21 Jack Kettler 41:32 M65 Eddie Lewin 42:45 Sam Simon 44:51 John Hales 46:07 M70+ Dutch Benedetti 46:52 Dean Scofield 47:40 John Zentmyer 49:55 W40 Harolene Walters 38:21 Judy Kewley 38:31 Wendy Watson 41:43 W45 Joyce Momita 42:25 Judy Martin 42:45 Mariana McMullen 43:40 W50 Nelly Williams 45:08 Irene Olberz 45:44 Diane Fisher 47:29 W55 Yukie Mochida 47:31 Patricia Pruitt 49:13 Ruth Bloland 50:05 W60 Helen Dick 40:56 Daisy Wong 54:17 W65 Judy Simon 58:05 W70+ Lucile Adney 1:14:18

Overall Frank Plasso 24 1:05:33 Carolyn Ostler 34 1:27:54 M35-39 Ricardo Martinez 37 1:14:05 Dave Albright 39 1:20:35 John Clark 37 1:21:52 M40-44 David Brown 42 1:28:55 Bob Gasperino 43 1:31:10 Cory Rodgers 44 1:32:07 M45-49 Paul Long 46 1:21:20 Al Boka 45 1:24:38 Don Johnson 49 1:31:53 M50-54 Ed Wilson 51 1:35:44 Stan Arnold 53 1:36:44 Dan McLeod 50 1:42:02 M55+ Bob Calhoun 57 1:40:00 Dick Walsh 61 1:45:06 Shoro Budd 56 1:46:33 W40-49 Judy McGlothlin 42 1:37:25 Joyce Monita 47 1:37:34 Bette Busch 41 1:45:57 W50-59 Anita Calhoun 50 1:56:51 Caroline Earl 55 1:59:22 Emma Bowman 57 2:24:11 W60+ Helen Dick 60*1:35:01 *W60-64 American record

TULSA ZOO RUN 8 MILE TULSA, OKLA.; MARCH 30

Overall Terry Cotton 66:30 Kathy Kinane 82:15 M40 Peter Stern 73:12 Skeet Maize 77:18 Ben Dodge 78:52

BRONCO 5K & 10K EDMOND, OKLA.; APRIL 13

M 40-49 Joe Haeggquist 45 18:26 Ralph Cole 42 18:33 Ethan Norris 42 18:39

M 50-59 Dean Windsor 50 20:38 Logan Wright 51 20:42 Bruce Adkins 54 21:28

M 60 & Over Fisher Lewis 64 24:17 Donald Oldham 66 28:44

F 35-39 Judy Lowrey 39 23:37 Sandy Gullett 37 24:15 Jaque Lippell 39 25:12

F 40-49 Judy Biegler 43 23:38 Lee Reynolds 47 27:04

F 50 & Over Gretchen Johnsen 54 26:13 Vivian Collins 53 27:26

M 40-49 Robert Stymky 41 35:22 Gerald Witherby 42 36:46 Warren Ford 43 38:05

M 50-59 Everett Crum 50 37:04 Chick Gancer 51 42:26

M 60 & Over Jim Smith 63 41:35 John Weed 61 51:06

F 35-39 Georgia Irion 35 46:06 Kazuko Windler 39 50:58 Ronna Alexander 35 52:40

F 40-49 Molly McPherson 40 55:14 Gerri Upton 40 63:00

F 50 & Over Lila Alexander 50 54:00

BUICK 10K SAN DIEGO, CALIF.; MARCH 3

Overall R. Brownsberger 28:55 Monica Joyce 33:12 M40+Skeet Maize 34:35 Benny Holt 34:48 Richard Ruiz 35:15 M50+Jim O'Neil 35:32 Norm McAbee 36:54 Warren Osborn 39:02 M60+Jim McCown 39:04 Louie Ojeda 41:38 Tom Leedham 41:56 W40+Shirley Matson 36:23 Judy Kewley 38:40 Ursula Rains 40:48 W50+Elsa Sandberg 46:23 Anita Calhoun 49:39 Sally Byram 49:46 W60+Gerry Davidson 49:43 Virginia Hastings 56:25 Judy Simon (69) 56:58

M60+ Jim McCown 63 39:04 G. Broadhead 61 41:39 L. Leedham 61 41:50

W45-49 Betty Frankum 46 43:56 Helen Baker 45 50:20 Joyce Zillner 45 52:25

W50-59 Marlys Creigh 50 47:23 Sally Byram 50 48:30 L. Ballback 55 54:32

W60+ Mary Story 60 47:26 Virginia Hastings 60 53:51 Mary Vigil 61 65:01 from End of the Line Race Consulting

Overall Terry Cotton 66:30 Kathy Kinane 82:15 M40 Peter Stern 73:12 Skeet Maize 77:18 Ben Dodge 78:52

TOM SULLIVAN ST. PATRICK'S DAY 10K; TORRANCE, CALIF.; MARCH 17

Overall Steve McCormack 29:13 Monica Joyce 32:22 M40 Tom Burns 32:35 Phil Ryan 33:20 Allan Johnson Jr 33:26 M45 Andre Tocco 33:36 E. Eino 34:37 Ronald Pattinson 34:55 M50 Jim Knerr 34:24 Jim Brownfield 36:01 Ron Poston 36:52 M55 Patrick Devine 36:51 John Feyk 38:52 Curtis Brownfield 39:05 M60 Avery Bryant 40:20 Bob Page 41:21 Jack Kettler 41:32 M65 Eddie Lewin 42:45 Sam Simon 44:51 John Hales 46:07 M70+ Dutch Benedetti 46:52 Dean Scofield 47:40 John Zentmyer 49:55 W40 Harolene Walters 38:21 Judy Kewley 38:31 Wendy Watson 41:43 W45 Joyce Momita 42:25 Judy Martin 42:45 Mariana McMullen 43:40 W50 Nelly Williams 45:08 Irene Olberz 45:44 Diane Fisher 47:29 W55 Yukie Mochida 47:31 Patricia Pruitt 49:13 Ruth Bloland 50:05 W60 Helen Dick 40:56 Daisy Wong 54:17 W65 Judy Simon 58:05 W70+ Lucile Adney 1:14:18

M45 Carl Peterson 83:00 Bob Holland 83:30 Hans Dieben 83:54 M50+Jim O'Neil 79:00 Wally Ingram 81:31 John Lockhart 90:08 M60+Jim McGavin 87:31 W40 Ursula Rains 92:45 Nancy Thweatt 97:13 Ginni Nordstrom 1:43:32 W45 Dorna Gookin 1:45:32 Ann Raisanen 1:51:56 Carmen Fomaris 1:54:01 W50+Anne Johnson 1:37:49 Sheila Carlton 1:40:36 Molly Barg 1:53:12 W60+F. Salazar (75) 2:33:07

M45-49 Stephen Lester 42 33:35 Dave Griffith 41 34:43 Tom Cogan 40 37:02 M45-49 Ray Maranda 45 37:35 Vance MacDonald 48 38:37 Jack Fidelman 49 44:03 M50-54 Richard Flores 50 37:24 Duke Redburn 52 38:49 Gaspard Pagoto 50 40:15 M55+ Harrie Hess 56 44:52 Sal DiGiacomo 55 48:15 Robert Cusack 64 49:59 W40-49 Judy Kewley 40 39:42 Lynn Flanagan 44 43:52 Bonnis Baer 40 44:38 W50-59 Sue Neil 50 58:30 Marie Boles 57 68:09 W60+ Marybelle Russel 62 56:53 Pearl McKee 60 57:09 Julie Corona 60 61:33

Overall Frank Plasso 24 1:05:33 Carolyn Ostler 34 1:27:54 M35-39 Ricardo Martinez 37 1:14:05 Dave Albright 39 1:20:35 John Clark 37 1:21:52 M40-44 David Brown 42 1:28:55 Bob Gasperino 43 1:31:10 Cory Rodgers 44 1:32:07 M45-49 Paul Long 46 1:21:20 Al Boka 45 1:24:38 Don Johnson 49 1:31:53 M50-54 Ed Wilson 51 1:35:44 Stan Arnold 53 1:36:44 Dan McLeod 50 1:42:02 M55+ Bob Calhoun 57 1:40:00 Dick Walsh 61 1:45:06 Shoro Budd 56 1:46:33 W40-49 Judy McGlothlin 42 1:37:25 Joyce Monita 47 1:37:34 Bette Busch 41 1:45:57 W50-59 Anita Calhoun 50 1:56:51 Caroline Earl 55 1:59:22 Emma Bowman 57 2:24:11 W60+ Helen Dick 60*1:35:01 *W60-64 American record

MDA 10K SAN DIEGO, CALIF.; APRIL ??

Overall Tim Varley 30:01 Lita Lux 37:47 M35-39 Dick Jensen 37 31:56 Jim Sackett 36 32:36 M40-44 Gary Novak 41 32:55 Richard Ruiz 40 33:34 John Metz 42 33:47 M45-49 Robert McAndrews 45 34:53 Bob Holland 46 35:55 Carl Peterson 47 36:38 M50-59 Jim O'Neil 59 34:55 Bud Blackwood 55 41:21 Lefty Miller 52 42:01 M60+ Jim McCown 63 39:04 G. Broadhead 61 41:39 L. Leedham 61 41:50 W35-39 Leeann Jordan 35 41:35 Marilee Ramsey 35 44:36 W40-44 Ursula Rains 43 40:31 Bonnie Baer 40 43:30 Toni Deal 44 45:09 W45-49 Betty Frankum 46 43:56 Helen Baker 45 50:20 Joyce Zillner 45 52:25 W50-59 Marlys Creigh 50 47:23 Sally Byram 50 48:30 L. Ballback 55 54:32 W60+ Mary Story 60 47:26 Virginia Hastings 60 53:51 Mary Vigil 61 65:01 from End of the Line Race Consulting

M45-49 Stephen Lester 42 33:35 Dave Griffith 41 34:43 Tom Cogan 40 37:02 M45-49 Ray Maranda 45 37:35 Vance MacDonald 48 38:37 Jack Fidelman 49 44:03 M50-54 Richard Flores 50 37:24 Duke Redburn 52 38:49 Gaspard Pagoto 50 40:15 M55+ Harrie Hess 56 44:52 Sal DiGiacomo 55 48:15 Robert Cusack 64 49:59 W40-49 Judy Kewley 40 39:42 Lynn Flanagan 44 43:52 Bonnis Baer 40 44:38 W50-59 Sue Neil 50 58:30 Marie Boles 57 68:09 W60+ Marybelle Russel 62 56:53 Pearl McKee 60 57:09 Julie Corona 60 61:33

Overall Frank Plasso 24 1:05:33 Carolyn Ostler 34 1:27:54 M35-39 Ricardo Martinez 37 1:14:05 Dave Albright 39 1:20:35 John Clark 37 1:21:52 M40-44 David Brown 42 1:28:55 Bob Gasperino 43 1:31:10 Cory Rodgers 44 1:32:07 M45-49 Paul Long 46 1:21:20 Al Boka 45 1:24:38 Don Johnson 49 1:31:53 M50-54 Ed Wilson 51 1:35:44 Stan Arnold 53 1:36:44 Dan McLeod 50 1:42:02 M55+ Bob Calhoun 57 1:40:00 Dick Walsh 61 1:45:06 Shoro Budd 56 1:46:33 W40-49 Judy McGlothlin 42 1:37:25 Joyce Monita 47 1:37:34 Bette Busch 41 1:45:57 W50-59 Anita Calhoun 50 1:56:51 Caroline Earl 55 1:59:22 Emma Bowman 57 2:24:11 W60+ Helen Dick 60*1:35:01 *W60-64 American record

FONTANA DAYS 5K/HALF-MARATHON FONTANA, CALIF.; APRIL 20

Overall Bob Morrison 31 14:29 Kat Prince 14 17:05 M35-39 Ben Wilson 37 14:53 Bob Fulton 38 16:24 Wayne Taylor 35 16:25 M40-44 Bill Elam 42 16:17 Ted Heaton 44 17:10 Jess Maxcy 44 17:25 M45-49 E. Eino 45 15:47 Bill Crum 49 16:36 B. Washington 47 18:27 M50-59 Abran Acosta 50 19:49 Herb Hoggard 52 19:52 Ray Hart 58 20:15 M60+ Delmar Courley 61 18:37 Jack Goertzen 60 19:24 Rodolfo Silva 62 19:39 W35-39 Kathy Story 37 19:07 Julie Lloyd 37 19:18 Sheryll Hite 35 20:45 W40-49 Margaret Shields 46 20:47 Diane Kobz 41 21:53 Kathy Adams 42 22:04 W50+ Olaya Ingro 51 24:19 Val Cunliffe 54 30:07 Nyla Cook 63 33:51

M60+ Delmar Courley 61 18:37 Jack Goertzen 60 19:24 Rodolfo Silva 62 19:39

W35-39 Kathy Story 37 19:07 Julie Lloyd 37 19:18 Sheryll Hite 35 20:45

W40-49 Margaret Shields 46 20:47 Diane Kobz 41 21:53 Kathy Adams 42 22:04

W50+ Olaya Ingro 51 24:19 Val Cunliffe 54 30:07 Nyla Cook 63 33:51

Overall Doug Kurtis 33 2:16:48 Jane Wipf 27 2:39:21 M35-39 Tom Cupp 24 1:08:29 Michelle Tiff 34 1:16:33

TROPICANA EASTER RUN 10K/HALF-MARATHON, LAS VEGAS, NEV. APRIL 6

--10K-- Overall Paul Cummings 31 29:17 Janine Aiello 25 35:55

M35-39 Carlos Munoz 35 33:41 Tony Gerardi 38 34:27 William Sumner 37 35:33 M40-44 Stephen Lester 42 33:35 Dave Griffith 41 34:43 Tom Cogan 40 37:02 M45-49 Ray Maranda 45 37:35 Vance MacDonald 48 38:37 Jack Fidelman 49 44:03 M50-54 Richard Flores 50 37:24 Duke Redburn 52 38:49 Gaspard Pagoto 50 40:15 M55+ Harrie Hess 56 44:52 Sal DiGiacomo 55 48:15 Robert Cusack 64 49:59 W40-49 Judy Kewley 40 39:42 Lynn Flanagan 44 43:52 Bonnis Baer 40 44:38 W50-59 Sue Neil 50 58:30 Marie Boles 57 68:09 W60+ Marybelle Russel 62 56:53 Pearl McKee 60 57:09 Julie Corona 60 61:33

M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield 53 1:15:30 Wally Ingram 52 1:17:44 Dennis Grisso 51 1:24:10 M60+ Casey Poole 63 1:29:39 Ray Thorne 60 1:34:57 Ed Valencia 61 1:38:52 W35-39 Candis Plamm 38 1:38:22 Cindy Calvert 36 1:38:34 Judith Deen 38 1:38:54 W40-49 Ginni Nordstrom 43 1:34:08 Missy Jennings 49 1:40:14 Anna Pearson 40 1:45:23 W50+ Wilma Maddock 51 1:29:06 Virginia Taneja 51 1:37:19 Fern Martin 54 1:56:43

M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield 53 1:15:30 Wally Ingram 52 1:17:44 Dennis Grisso 51 1:24:10 M60+ Casey Poole 63 1:29:39 Ray Thorne 60 1:34:57 Ed Valencia 61 1:38:52 W35-39 Candis Plamm 38 1:38:22 Cindy Calvert 36 1:38:34 Judith Deen 38 1:38:54 W40-49 Ginni Nordstrom 43 1:34:08 Missy Jennings 49 1:40:14 Anna Pearson 40 1:45:23 W50+ Wilma Maddock 51 1:29:06 Virginia Taneja 51 1:37:19 Fern Martin 54 1:56:43

M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield 53 1:15:30 Wally Ingram 52 1:17:44 Dennis Grisso 51 1:24:10 M60+ Casey Poole 63 1:29:39 Ray Thorne 60 1:34:57 Ed Valencia 61 1:38:52 W35-39 Candis Plamm 38 1:38:22 Cindy Calvert 36 1:38:34 Judith Deen 38 1:38:54 W40-49 Ginni Nordstrom 43 1:34:08 Missy Jennings 49 1:40:14 Anna Pearson 40 1:45:23 W50+ Wilma Maddock 51 1:29:06 Virginia Taneja 51 1:37:19 Fern Martin 54 1:56:43

M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield 53 1:15:30 Wally Ingram 52 1:17:44 Dennis Grisso 51 1:24:10 M60+ Casey Poole 63 1:29:39 Ray Thorne 60 1:34:57 Ed Valencia 61 1:38:52 W35-39 Candis Plamm 38 1:38:22 Cindy Calvert 36 1:38:34 Judith Deen 38 1:38:54 W40-49 Ginni Nordstrom 43 1:34:08 Missy Jennings 49 1:40:14 Anna Pearson 40 1:45:23 W50+ Wilma Maddock 51 1:29:06 Virginia Taneja 51 1:37:19 Fern Martin 54 1:56:43

M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield 53 1:15:30 Wally Ingram 52 1:17:44 Dennis Grisso 51 1:24:10 M60+ Casey Poole 63 1:29:39 Ray Thorne 60 1:34:57 Ed Valencia 61 1:38:52 W35-39 Candis Plamm 38 1:38:22 Cindy Calvert 36 1:38:34 Judith Deen 38 1:38:54 W40-49 Ginni Nordstrom 43 1:34:08 Missy Jennings 49 1:40:14 Anna Pearson 40 1:45:23 W50+ Wilma Maddock 51 1:29:06 Virginia Taneja 51 1:37:19 Fern Martin 54 1:56:43

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M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield 53 1:15:30 Wally Ingram 52 1:17:44 Dennis Grisso 51 1:24:10 M60+ Casey Poole 63 1:29:39 Ray Thorne 60 1:34:57 Ed Valencia 61 1:38:52 W35-39 Candis Plamm 38 1:38:22 Cindy Calvert 36 1:38:34 Judith Deen 38 1:38:54 W40-49 Ginni Nordstrom 43 1:34:08 Missy Jennings 49 1:40:14 Anna Pearson 40 1:45:23 W50+ Wilma Maddock 51 1:29:06 Virginia Taneja 51 1:37:19 Fern Martin 54 1:56:43

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M35-39 Steve Glocke 35 1:08:30 M40-44 Frank Ortega 41 1:13:19 Rene Ruiz 42 1:14:43 Robert McGeough 43 1:15:19 M45-49 Martin Balding 48 1:13:57 Dick Pallies 47 1:18:02 Claude Bruni 48 1:21:04 M50-59 Jim Brownfield

SOUTHEAST

Continued from Page 34

15TH ANNUAL SOUTHEASTERN U.S. MASTERS MEET
NORTH CAROLINA STATE UNIVERSITY
RALEIGH, NORTH CAROLINA -- MAY 3-5, 1985

100 METER DASH
DIVISION OA LADIES
1 BOAL, MARJORIE 31 16.07
2 HULL, SARAH S. 31 17.97
...
DIVISION VA
1 PITCHER, ARLING E. 83 18.29
2 HOSACK, EVERETT W. 83 19.30

200 METER DASH
DIVISION OA LADIES
1 SHANK, SUSAN C. 30 32.6
2 BOAL, MARJORIE 31 39.3
...
DIVISION VA
1 PITCHER, ARLING E. 83 37.5

400 METER RUN
DIVISION OB LADIES
1 BASKIN, BETTY L. 36 65.95
...
DIVISION VA
1 BROCKSMITH, JACK 46 2:12.47
2 ELLIOT, ROLLAND V. 49 2:13.4
...
5 CAVENDER, FINIS L. 46 2:31.8

DIVISION IIA
1 PAULING, CLIFFORD E. 50 2:09.30
2 HARRIS, EDWIN F. 51 2:15.73
...
DIVISION IIB
1 BROWN, KELSEY T. 57 2:18.29
2 COHEN, ALAN D. 55 2:46.19
...
DIVISION IIVB
1 SHRADER, WILLIAM S. 69 6:20.00
2 GUTTAG, ALVIN 66 7:17.34

3000 METERS		AGE	TIME
DIVISION OB LADIES			
1 ZIMMERMAN, HELEN B.	38	14:53.2	
DIVISION IA LADIES			
1 MOORE, ANNA	40	11:41.7	
2 LATTA, BARBARA S.	43	15:45.6	
DIVISION OA			
1 DARKEN, ED	30	9:00.25	
2 ECK, GREGORY P.	30	9:14.78	
3 HAYES, RICHARD B.	32	9:16.63	
4 SHARPE, CHARLES H.	31	10:05.18	
5 PETERSON, ROBERT C.	31	10:07.85	
6 ATCOCK, DONALD J.	33	10:22.45	
DIVISION OB			
7 COTANCH, STEVEN R.	37	10:28.5	
DIVISION IA			
1 DAV, EDWARD A.	40	9:02.0	
2 HARE, THOMAS H.	41	9:10.39	
3 CARR, JOE H.	41	9:12.20	
4 HANLYN, MAXWELL C.	44	11:06.0	
DIVISION IB			
1 FAXON, LEW R.	45	9:20.65	
2 DESJARDINS, CHARLES R.	48	10:40.96	
3 CAVENDER, FINIS L.	46	12:00.5	
DIVISION IIA			
1 HARRIS, EDWIN F.	51	9:50.41	
2 JOHNSTON, JOHN J.	52	10:44.40	
3 FOWLE, DAVID T.	52	11:24.1	
4 PIERCE, DAVID J.	52	12:12.2	
5 SEGNER, KEN	50	dnf	
DIVISION IIB			
1 VERNOSEKI, GEORGE	55	10:05.57	
2 CARMAN, KEN	57	10:33.89	
3 COHEN, ALAN D.	55	10:51.8	
4 BROWN, KELSEY T.	57	10:57.5	
5 BLISS, MILTON C.	58	12:15.7	
6 HACKENZIE, DAVID	57	12:24.2	
DIVISION IIIA			
1 RUSH, LARRY E.	61	11:19.01	
2 HEWSON, HEWLEIE	62	11:19.48	
3 LIMIT, UMO	64	13:10.1	
DIVISION IIIB			
1 GORDON, RAY	66	11:55.83	
2 WOODS, JOHN P.	67	12:15.32	
3 JOHNSON, DONALD E.	68	12:39.3	
4 SHRADE, WILLIAM S.	69	14:26.1	
5 LUKES, RICHARD E.	66	14:37.2	
6 GUTTAG, ALVIN	66	14:54.6	
DIVISION IVA			
1 WANG, CHEN LING	73	13:09.8	
2 BOAL, ROBERT S.	73	13:28.1	
3 BARTLETT, TOM	70	14:05.5	
DIVISION IVB			
1 BENHAM, ED W.	77	12:30.3	
2 ESTLE, EDWIN F.	75	14:43.9	
3 PIKE, BYRON P.	77	14:53.6	
4 NIXON, CALDWELL W.	76	15:06.5	
5000 METERS			
DIVISION OB LADIES			
1 ZIMMERMAN, HELEN B.	38	29:30.0	
DIVISION IA LADIES			
1 MOORE, ANNA	40	20:07.4	
2 LEDFORD, PEGGY D.	43	21:07.1	
3 RISLEY, DELLAINE A.	41	21:51.9	
DIVISION IIB LADIES			
1 ILLE, EILEEN A.	59	28:09.0	
DIVISION OA			
1 ECK, GREGORY P.	30	15:59.4	
2 PETERSON, ROBERT C.	31	17:08.6	
3 SHARPE, CHARLES H.	31	17:29.7	
4 ATCOCK, DONALD J.	33	18:32.8	
5 TEAGUE, WALTER F.	34	21:15.4	
DIVISION OB			
1 WALKER, WILLIAM W.	36	15:36.7	
2 DAVIS, CLINTON R.	37	16:17.3	
3 WHITT, RANDY	38	18:07.5	
4 LUDEKING, LARRY D.	35	19:28.2	
DIVISION IA			
1 CARR, JOE H.	41	15:56.0	
2 ROCKER, TOM	43	18:33.0	
DIVISION IB			
1 CRAVEN, ADRIAN J.	48	16:47.9	
2 DESJARDINS, CHARLES R.	48	18:18.1	
DIVISION IIA			
1 JOHNSTON, JOHN J.	52	18:37.5	
2 SIDES, FRED	53	19:22.1	
3 PIERCE, DAVID J.	52	20:48.7	

DIVISION IIB		AGE	TIME
1 WARNER, SETH L.	57	19:22.7	
2 KING, DAVID J.	56	21:30.6	
3 HACKENZIE, DAVID	57	21:59.5	
DIVISION IIIA			
1 HEWSON, HEWLEIE	62	20:16.0	
2 HINN, ROBERT F.	60	20:30.1	
3 LIMIT, UMO	64	22:25.1	
4 LUFF, FRANK T.	63	22:43.2	
5 BAILEY, BERT	63	23:31.5	
DIVISION IIIB			
1 QUACKENBOS, RAY	68	20:39.0	
2 WOODS, JOHN P.	67	20:57.8	
3 JOHNSON, DONALD E.	68	22:10.2	
4 GUTTAG, ALVIN	66	25:07.4	
5 MILLER, MARCELLUS C.	69	29:45.3	
DIVISION IVA			
1 WANG, CHEN LING	73	23:29.6	
2 CRUICKSHANK, ROSS A.	70	28:39.6	
DIVISION IVB			
1 BENHAM, ED W.	77	21:35.1	
2 PIKE, BYRON P.	77	26:03.3	
110 METER HURDLES			
DIVISION OB			
1 KELLY, MICHAEL G.	38	14.99	
2 SALEEM, DAVID L.	35	15.01	
3 LILLY, GINO R.	39	18.55	
4 BLACK, IVAN G.	36	19.32	
5 SALVIO, RON	36	20.40	
DIVISION IA			
1 BUSBY, WILLIAM J.	40	18.62	
2 KATE, RICHARD	44	22.74	
DIVISION IB			
1 MILLER, CHARLEY G.	47	17.5	
2 POMEROY, ROY A.	45	19.81	
3 COATS, GROVER L.	46	19.94	
4 BRADLEY, JAMES	49	20.15	
DIVISION IIA			
1 TROUT, LEON H.	50	17.11	
2 GILMORE, JACK H.	50	19.58	
3 HULKEY, PHILLIP R.	52	19.63	
4 GROVER, WOODY	50	22.32	
5 KOTHEUER, JOHN D.	54	22.77	
DIVISION IIB			
1 GREENWOOD, JACK	59	18.78	
2 BRADBURY, BUCK	58	19.34	
DIVISION IIIA			
1 MARTIN, JOSEPH E.	64	18.50	
2 VALENTINE, RUDOLPH I.	61	18.76	
3 THOMPSON, ANDREW H.	62	20.62	
4 BUSCHMAN, MELVIN C.	64	20.67	
DIVISION IIIB			
1 CARMAN, WILLIAM	65	21.11	
2 HULL, DONALD D.	66	23.17	
DIVISION IVA			
1 NIEBEL, HAROLD H.	70	17.28	
2 BOAL, ROBERT S.	73	18.13	
3 LACEY, RICHARD L.	74	18.49	
DIVISION IVB			
1 TREI, KARL K. T.	76	17.35	
DIVISION VA			
1 PITCHER, ARLING E.	83	21.48	
400 METER HURDLES			
DIVISION OB			
1 KELLY, MICHAEL G.	38	55.1	
2 BLACK, IVAN G.	36	65.2	
3 JOHNSON, LOUIS W.	37	70.2	
DIVISION IA			
1 EUBANKS, WILLIAM S.	42	78.3	
DIVISION IB			
1 BRADLEY, JAMES	49	64.64	
2 BROCKSMITH, JACK	46	65.32	
3 COATS, GROVER L.	46	66.12	
4 HOLDER, HAROLD D.	45	68.2	
DIVISION IIA			
1 DE JESUS, OVIDIO	52	62.04	
2 GILMORE, JACK H.	50	65.92	
3 WASPALLA, TONY E.	52	69.13	
DIVISION IIB			
1 GREENWOOD, JACK	59	65.39	

DIVISION IIIA		AGE	TIME
1 VALENTINE, RUDOLPH I.	61	66.37	
2 MARTIN, JOSEPH E.	64	72.18	
3 SADUL, VALDEN	60	73.42	
4 HARRIS, DONALD S.	62	89.6	
DIVISION IIIB			
1 CARMAN, WILLIAM	65	95.3	
DIVISION IVA			
1 NIEBEL, HAROLD H.	70	87.35	
DIVISION VA			
PITCHER, ARLING E.	83	dnf	
3000 METER STEEPLECHASE			
DIVISION OA			
1 FORRESTER, LARRY W.	34	9:52.8	
2 SPENCER, MARK T.	31	10:44.3	
3 MCARIS, BILL	32	13:27.7	
DIVISION OB			
1 DAWKINS, BILL E.	36	10:18.7	
2 SALVIO, RON	36	12:09.5	
3 LADA, THOMAS J.	39	13:09.8	
4 LEWIS, JOHNNY P.	36	13:27.5	
DIVISION IA			
1 WILLIAMS, ARTHUR	42	10:52.0	
DIVISION IB			
1 FAXON, LEW R.	45	10:05.1	
2 HOWELL, ROBERT L.	49	14:10.7	
DIVISION IIA			
1 GILMORE, JACK H.	50	12:04.3	
2 JOHNSTON, JOHN J.	52	12:05.4	
3 HOLLIS, BOBBY R.	50	13:27.2	
DIVISION IIB			
1 CARMAN, KEN	57	11:50.6	
DIVISION IIIA			
1 MARTIN, JOSEPH E.	64	13:42.2	
2 LUFF, FRANK T.	63	16:07.2	
DIVISION IVA			
1 BOAL, ROBERT S.	73	14:52.9	
5K WALK			
DIVISION OA LADIES			
1 DONLEY, KATHY L.	31	27:32.2	
DIVISION IIB LADIES			
1 RUSH, ANNA W.	56	31:55.4	
DIVISION IIIA LADIES			
1 HENRY, MARIE	61	34:00.3	
DIVISION OB			
2 BIGNAM, ERIC C.	38	24:52.5	
DIVISION IB			
1 MCKINNIS, RAY A.	45	24:02.0	
2 HOWELL, ROBERT L.	49	30:11.9	
DIVISION IIA			
1 MACLACHAN, JOHN D.	54	27:36.0	
2 CHANDROSS, RONALD J.	50	33:19.3	
3 ANGLIN, ERNIE L.	50	39:00.4	
DIVISION IIIA			
1 LIMIT, UMO	64	29:08.9	
2 HINN, ROBERT F.	60	30:23.3	
3 BUSCHMAN, MELVIN C.	64	32:48.3	
DIVISION IIIB			
1 JOHNSON, DONALD E.	68	29:09.9	
2 TALLMADGE, WILLIAM H.	69	32:20.4	
3 SEEGER, EDWARD G.	69	32:56.3	
4 LUKES, RICHARD E.	66	34:13.4	
DIVISION IVA			
1 DRAZIN, HARRY	71	36:46.9	
DIVISION IVB			
1 PIKE, BYRON P.	77	38:09.8	

HIGH JUMP		AGE	HEIGHT
DIVISION OB LADIES			
1 MASCHKE, PHIL	38	1.55	
DIVISION IA LADIES			
1 HEINSTR, AUDREY H.	44	1.25	
2 POSTER, BRENDA H.	43	0.83	
DIVISION IB LADIES			
1 KEA, EESSIE L.	47	1.30	
DIVISION OA			
1 MURPHY, GARY	30	2.03	
2 KELLEY, VERNON F.	30	1.75	
3 WATSON, RICHARD B.	32	1.65	
4 BUSBY, CHARLES T.	31	1.60	
DIVISION OB			
1 PURDUM, RONALD	37	1.93	
2 BREWER, TOM A.	38	1.70	
3 BLACK, IVAN G.	36	1.55	
4 LILES, JOEL H.	39	1.55	
5 KISSACK, KIRK T.	36	1.45	
6 DYE, JOHNNIE B.	35	1.45	
7 WAUGH, KENT T.	35	1.25	
DIVISION IA			
1 BUSBY, WILLIAM J.	40	1.45	
DIVISION IB			
1 WHITE, SAMMY L.	47	1.70	
2 ZURAV, EDWARD H.	46	1.65	
3 MILLER, CHARLEY G.	47	1.60	
4 CARTER, MATTHEW L.	45	1.45	
DIVISION IIA			
1 GILMORE, JACK H.	50	1.60	
2 TROUT, LEON H.	50	1.50	
3 HULKEY, PHILLIP R.	52	1.50	
4 HEIN, RICHARD L.	52	1.40	
5 BROTHEROCK, JAMES C.	51	1.35	
DIVISION IIB			
1 BRADBURY, BUCK	58	1.35	
2 JACKSON, WARREN G.	55	1.30	
3 GREY, DONALD C.	57	1.15	
DIVISION IIIA			
1 THOMPSON, ANDREW H.	62	1.30	
1 SIMMONS, FLOYD H.	62	1.30	
1 JENKINS, RICHARD E.	63	1.30	
4 BECKSTEIN, ROBERT L.	61	1.15	
DIVISION IIIB			
1 MORNINGSTAR, HAN J.	68	1.30	
2 HULL, DONALD D.	66	1.20	
3 SHAW, ELMER	67	1.20	
DIVISION IVA			
1 HUNE, IAN	70	1.40	
2 LACEY, RICHARD L.	74	1.20	
3 BOAL, ROBERT S.	73	1.20	
DIVISION IVB			
1 TREI, KARL K. T.	76	1.20	
DIVISION VA			
1 PITCHER, ARLING E.	83	1.10	
POLE VAULT			
DIVISION OA			
1 MCKINNIS, MICHAEL G.	30	4.11	
2 WALL, BRADLEY A.	31	3.81	
DIVISION OB			
1 STRODE, CHARLES J.	35	4.73	
2 DYE, JOHNNIE B.	35	3.96	
3 BALNER, HEARL E.	36	3.65	
DIVISION IA			
1 SOKOLOWSKI, WLODZIMIER	44	4.11	
2 BUSBY, WILLIAM J.	40	3.35	
DIVISION IB			
1 ZURAV, EDWARD H.	46	3.66	
2 POMEROY, ROY A.	45	2.90	
DIVISION IIA			
1 GROVER, WOODY	50	1.53	
DIVISION IIB			
1 JOCOT, JOCK W.	59	2.14	
2 GREY, DONALD C.	57		

DIVISION IVA LADIES		
1	WHITE, LILLIAN	74 6.62
DIVISION OA		
1	MOLANDER, KENT A.	33 61.66
2	PELLETIER, STEVEN W.	33 52.24
3	WATSON, RICHARD B.	32 51.60
4	UNDERWOOD, ROBERT L.	34 40.30
DIVISION OB		
1	CONROY, BOB B.	35 60.70
2	PEEBLES, DARRYL R.	36 47.80
3	KISSACK, KIRK T.	36 40.54
4	LILES, JOEL H.	39 32.82
DIVISION IA		
1	WHITE, RUSS	41 60.26
2	FRANKS, JAMES W.	42 44.82
3	BUSBY, WILLIAM J.	40 43.94
4	KAYE, RICHARD	44 30.36
DIVISION IB		
1	KNOWLES, CHARLES E.	48 45.70
2	JEFFERY, WILLIAM L.	45 38.20
3	POHEROY, ROY A.	45 33.82
DIVISION IIA		
1	YOUNGS, ROBERT A.	51 50.18
2	ROTHROCK, JAMES C.	51 44.02
3	GILMORE, JACK H.	50 39.70
4	CARSTENSEN, PAY J.	53 36.72
5	JACKSON, THOMAS W.	50 33.38
6	TOVELL, JACKSON E.	53 31.16
DIVISION IIB		
1	COOPER, RANDY	55 41.02
2	DAPRANO, BILL	58 32.88
3	JOCOY, JOCK W.	59 28.70
4	COHEN, ALAN D.	55 26.10
5	GREY, DONALD C.	57 22.56
DIVISION IIIA		
1	SIMMONS, FLOYD H.	62 44.16
2	HARRIS, DONALD S.	62 27.54
3	WECKSTEIN, ROBERT L.	61 27.18
4	REID, DONALD L.	61 26.76
5	BROWN, BERNARD T.	61 26.38
DIVISION IIIB		
1	NORDGREN, GORDON E.	66 36.36
2	JOHANNESMEYER, CHARLES G.	67 35.40
3	GEITER, FRED A.	65 33.52
4	MORNINGSTAR, HAM J.	68 26.88
5	SHAW, ELMER	67 24.92
6	LASKI, STAN P.	68 22.80
DIVISION IVA		
1	HOME, IAN	70 35.40
DIVISION IVB		
1	TREI, KARL K. T.	76 27.76
2	TOMPKINS, CHRISTOPHER R.	75 26.08
DIVISION VA		
1	PITCHER, ARLING E.	83 14.50
WEIGHT TOSS		
AGE	DISTANCE	
DIVISION OA		
1	COPE, RON	33 12.33
2	CHADWICK, BRUCE R.	32 8.97
3	POSTER, LARRY T.	34 11.74
4	GUZMAN, DOUGLAS H.	32 10.40
5	WATSON, RICHARD B.	32 9.91
DIVISION OB		
1	BOSS, JOE R.	38 10.32
2	BIANCHI, TONY	38 10.21
DIVISION IA		
1	HOYT, PETER E.	44 12.99
2	HCKENNA, BRIAN E.	44 12.09
3	VALLE, MIKE H.	44 10.86
DIVISION IB		
1	KLEHN, CARL H.	46 12.36
2	BLOOMFIELD, RICHARD L.	45 9.20
DIVISION IIIA		
1	TWOHEY, TIM J.	50 12.26
2	FRAUNDORFER, JOSE C.	53 11.66
3	CARSTENSEN, PAY J.	53 10.78
4	TOVELL, JACKSON E.	53 8.10
DIVISION IIIB		
1	HENRY, DON T.	57 7.63
DIVISION IIIA		
1	REID, DONALD L.	61 10.10
2	BLACK, JOE	61 8.87
3	WECKSTEIN, ROBERT L.	61 8.43
4	BROWN, BERNARD T.	61 6.33
DIVISION IIIB		
1	SHAW, ELMER	67 12.68
2	LASKI, STAN P.	68 foul
DIVISION IVA		
1	FOWLER, MOLAN	71 13.29
2	YOCK, JAMES R.	71 9.47
DIVISION IVB		
1	TICMANIS, ARNOLDS A.	79 7.80

DIVISION VA		
1	HOSACK, EVERETT W.	83 5.63
2	WHITE, ALBERT	81 4.03
56 LB WEIGHT		
AGE	DISTANCE	
DIVISION OA		
1	POSTER, LARRY T.	34 8.12
2	WATSON, RICHARD B.	32 5.72
DIVISION OB		
1	BIANCHI, TONY	38 6.80
DIVISION IA		
1	HOYT, PETER E.	44 8.55
2	VALLE, MIKE H.	44 6.33
DIVISION IB		
1	KLEHN, CARL H.	46 6.97
2	BLOOMFIELD, RICHARD L.	45 4.82
DIVISION IIA		
1	FRAUNDORFER, JOSE C.	53 7.53
2	TWOHEY, TIM J.	50 7.44
3	CARSTENSEN, PAY J.	53 6.79
4	TOVELL, JACKSON E.	53 4.86
DIVISION IIB		
1	HENRY, DON T.	57 5.31
DIVISION IIIA		
1	WECKSTEIN, ROBERT L.	61 4.04
2	BROWN, BERNARD T.	61 3.54
DIVISION IIIB		
1	SHAW, ELMER	67 4.36
2	LASKI, STAN P.	68 4.09
DIVISION IVA		
1	FOWLER, MOLAN	71 7.26
2	YOCK, JAMES R.	71 3.53
DIVISION IVB		
1	TICMANIS, ARNOLDS A.	79 4.26
PENTATHALON		
AGE	POINTS	
DIVISION OB LADIES		
1	PIERCE, M. K.	37 1228
DIVISION OA		
1	WATSON, RICHARD B.	32 2501
2	UNDERWOOD, ROBERT L.	34 2381
3	ROEBUCK, GARLAND L.	34 1646
DIVISION OB		
1	BLACK, IVAN G.	36 1813
2	SAUNDERS, NORMAN F.	36 1290
3	MARTIN, ELLIS G.	35 1118
DIVISION IA		
1	BUSBY, WILLIAM J.	40 1957
2	FICKER, ROBIN	42 1943
3	CLLETTE, GEORGE E.	41 1636
4	KAYE, RICHARD	44 1397
DIVISION IB		
1	JEFFERY, WILLIAM L.	45 2018
2	JAMES, JOHN E.	46 2002
3	POHEROY, ROY A.	45 1726
DIVISION IIA		
1	GILMORE, JACK H.	50 2681
2	GROVER, WOODY	50 2109
3	SCHLEGEL, PHIL L.	54 2091
4	ROTHROCK, JAMES C.	51 2064
DIVISION IIB		
1	COOPER, RANDY	55 2130
2	DAPRANO, BILL	58 1950
3	HILL, SAMUEL D.	55 1571
4	JOCOY, JOCK W.	59 1509
5	GREY, JOSEPH C.	59 888
6	GREY, DONALD C.	57 883
DIVISION IIIA		
1	THOMPSON, ANDREW H.	62 2082
2	BUSCHMAN, MELVIN C.	64 1968
3	HARRIS, DONALD S.	62 1921
4	HARRIS, OSCAR	61 1877
5	DYKES, JIM W.	60 1584
DIVISION IIIB		
1	JOHANNESMEYER, CHARLES G.	67 2433
2	HULL, DONALD D.	66 1780
DIVISION IVA		
1	GONZALEZ, GILBERTO	71 2741
DIVISION IVB		
1	TREI, KARL K. T.	76 1893
2	MCARDLE, HARRY A.	78 495
DIVISION VA		
1	PITCHER, ARLING E.	83 1012

MARATHON			
OVERALL PLACE	AGE	TIME	
DIVISION OPEN LADIES			
1	KERR, REG	12 29	3:24:05.4
DIVISION OA LADIES			
1	ALLEN, ANDREA L.	19 31	3:37:01.9
DIVISION IA LADIES			
1	HOLROYD, MARY	27 41	4:26:49.9
DIVISION OPEN			
1	GASTON, PAUL E.	9 21	3:15:59.4
2	CARTER, MICHAEL	15	3:29:37.5
3	MC DANIEL, GEORGE R.	23 33	4:05:00.5
4	CLARK, KELVIN D.	26 29	4:25:16.4
DIVISION OA			
1	HOOPER, DAVID W.	13 32	3:27:28.7
2	DRAPER, BILL	22 33	3:51:34.2
DIVISION OB			
1	KLIENDIENST, TAD E.	2 35	2:46:56.8
2	OVERSTREET, GARLAND I	3 39	2:49:54.7
3	FURTAW, JR., EDWIN J.	4 37	2:57:44.0
4	PLANAS, PIERRE J.	16 37	3:31:29.4
DIVISION IA			
1	HULLINGER, PAUL E.	1 41	2:46:45.4
2	PENDERGAST, WILLIAM I	6 41	3:04:52.9
3	ROCKER, TOM	7 43	3:05:21.6
4	POWELL, KENNETH E.	8 44	3:06:34.7
5	BLANCHARD, DON B.	30 40	4:54:58.8
DIVISION IB			
1	SPEAR, GUY R.	5 47	3:02:24.0
2	WARD, MIKE A.	11 46	3:18:03.4
3	ALEXANDER, WALTER L.	17 45	3:35:47.8
4	ALLEN, ROGER A.	18 46	3:36:52.3
5	ADAMS, JAMES H.	21 48	3:43:21.6
6	MCHALLY, JAMES A.	24 49	4:05:05.9
7	JACOBSON, GUY	28 46	4:42:10.6
DIVISION IIA			
1	BEARD, RON	10 50	3:17:23.8
2	COOPER, FRANCIS L.	14 54	3:28:38.0
DIVISION IIB			
1	HOLROYD, CASPER	29 56	4:42:22.6
2	EPPS, FONZI E.	31 59	5:15:13.8
DIVISION IIIB			
1	SATER, STAN L.	20 65	3:39:57.2
2	MARTIN, CLIFFORD K	25 66	4:18:52.3
20 KILOMETER WALK			
OVERALL PLACE	AGE	TIME	
DIVISION OPEN LADIES			
1	COTTON, WENDY S.	14 28	2:43:45
DIVISION OA LADIES			
1	DONLEY, KATHY L.	4 31	1:58:52
DIVISION IIB LADIES			
1	RUSH, ANNA W.	10 56	2:30:30
DIVISION OA			
1	SPARROV, STEVEN D.	3 34	1:58:26
DIVISION OB			
1	BIGHAN, ERIC C.	1 38	1:44:58
DIVISION IA			
1	GUZIK, THOMAS J.	8 44	1:22:27
DIVISION IB			
1	HCKENNIS, RAY A.	2 45	1:47:14
DIVISION IIA			
1	BRIGGS, ANDREW	5 53	2:03:50
2	CHANDROSS, RONALD J.	9 50	2:27:21
3	ANGLIN, ERNIE L.	12 50	2:40:26
DIVISION IIB			
1	JOHNSON, DONALD E.	6 68	2:09:44
2	TALHADGE, WILLIAM H.	7 69	2:20:59
3	LUKES, RICHARD E.	11 66	2:38:37
DIVISION IVA			
1	DRAZIN, HARRY	13 71	2:43:45

10 KILOMETER RUN			
OVERALL PLACE	AGE	TIME	
DIVISION OPEN LADIES			
1	CONSTANTINI DES, ROBERTA	33 30	42:16.0
2	GREEN, ANNE H.	28 34	43:16.4
3	SHRADER, CATHARINE E.	25 41	46:25.3
4	CANADY, DIANA	47 60	54:31.9
5	CRABER, PEGGY E.	53 67	60:19.9
DIVISION OA LADIES			
1	SATER, LIZ L.	34 52	51:55.4
DIVISION IA LADIES			
1	MOORE, ANNA	40 32	42:30.9
2	SHEAR, CYNTHIA C.	40 45	47:31.6
3	ANCHER, LOLA A.	43 54	52:25.0
4	CREASHAW, SHERRY	40 62	57:00.3
5	PARKS, JEAN A.	42 64	59:26.5
DIVISION IB LADIES			
1	ADAMS, SUSAN F.	47 53	52:05.8
2	ALEXANDER, HANNA L.	46 58	53:12.1
3	SHAY, SAUNDRA E.	46 59	53:48.5
DIVISION IIB LADIES			
1	BELL, NANCY T.	55 42	46:45.9
2	BETTS, MARIE B.	57 65	60:11.2
DIVISION OPEN			
1	TRENT, TOM	34 4	34:32.2
2	MORTON, MARK H.	26 7	35:28.6
3	MARTIN, EDWARD L.	38 8	35:37.2
4	MERK, JOHN H.	33 9	35:49.5
5	MOWAT, RICHARD	41 11	36:22.5
6	POTWAS, ZEPH	31 12	36:31.6
7	PENNY, THIBOTHY R.	32 16	38:19.1
8	BLAKE, DENNIS W.	32 19	39:07.1
9	HOORING, LUBY E.	45 22	40:04.4
10	PLETCHER, DOUG	42 25	41:03.4
11	WALKER, STEVE P.	36 27	41:14.4
12	DARE, STEPHEN H.	39 40	46:14.9
13	HASS, CONRAD E.	49 61	54:32.1
DIVISION OA			
1	ECK, GREGORY P.	30 3	34:10.5
2	PETERSON, ROBERT C.	31 10	35:55.1
3	SHAPPE, CHARLES H.	31 15	37:52.4
4	AYCOCK, DONALD J.	33 20	39:52.9
5	CRAWFORD, GARRY J.	31 24	40:11.3
DIVISION OB			
1	KOCIECKI, LESZEK	35 5	34:38.3
2	JOHNSON, STEPHEN C.	35 6	35:27.3
3	MARTIN, ELLIS G.	35 17	38:36.6
4	DAHL, ERNEST B.	38 33	42:52.5
5	VRIED, JAAD H.	37 46	49:29.9
DIVISION IA			
1	HARE, THOMAS H.	41 2	33:41.2
2	OPP, MARSHALL	41 13	36:32.5
3	SMITH, PATRICK I	41 28	41:46.6
DIVISION IB			
1	PAXON, LEW R.	45 1	33:16.4
2	TOWNS, STUART	45 21	40:00.4
3	PARKS, ROBERT J.	47 26	41:09.2
4	GRIFFITHS, WESLEY	46 35	43:21.9
5	GRADEN, HENRY E.	45 37	44:26.2
6	ASHBY, CHARLES G.	45 47	49:32.5
7	ENDRESS, JIM	47 49	49:55.4
DIVISION IIA			
1	JOHNSTON, JOHN J.	52 18	39:01.5
2	FOWLE, DAVID T.	52 23	40:04.8
3	BALDRIDGE, ROBERT L.	51 48	49:34.4
4	HEUTE, FORREST C.	51 66	60:11.9
DIVISION IIB			
1	VERNOSKI, GEORGE	55 14	36:37.0
2	BROWN, KELSEY T.	57 29	41:55.9
3	WARNER, SETH L.	57 31	42:27.1
4	BLISS, HILTON C.	58 38	44:44.9
5	LONG, KEW J.	57 43	46:59.3

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