



NATIONAL INDOOR MEET DRAWS 330

Welch Sets World 10K Record

England's phenomenal Priscilla Welch raced to a new world 10-kilometer record for women age 40-and-over with a stunning 32:14 in the Azalea Trail Run in Mobile, Alabama on March 23.

Not only did Welch lower the world 10K mark for the third time this year, she won the women's race outright over a good women's open field, defeating Linda McLennan (32:19) and Australia's Lisa Martin (32:24).

In what some are calling Cornwallis' Revenge, the amazing Briton has cut a swath through the south and west of the United States unparalleled in the history of Masters running.

Shortly after turning 40 late last year, Welch began her American campaign with a 33:43 in the Orange Bowl 10K in Miami on February 2, which lowered Cindy Dalrymple's generally recognized world Masters mark of 34:46. After that race, Welch said: "I'm not really in shape yet. I can do better."

We've all heard that before, but it turned out to be an understatement as Welch lowered the mark again with a 32:25 in the Continental Homes 10K in Phoenix on March 2, where she finish-

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300 Compete in Eastern Regionals

by SANDY PASHKIN

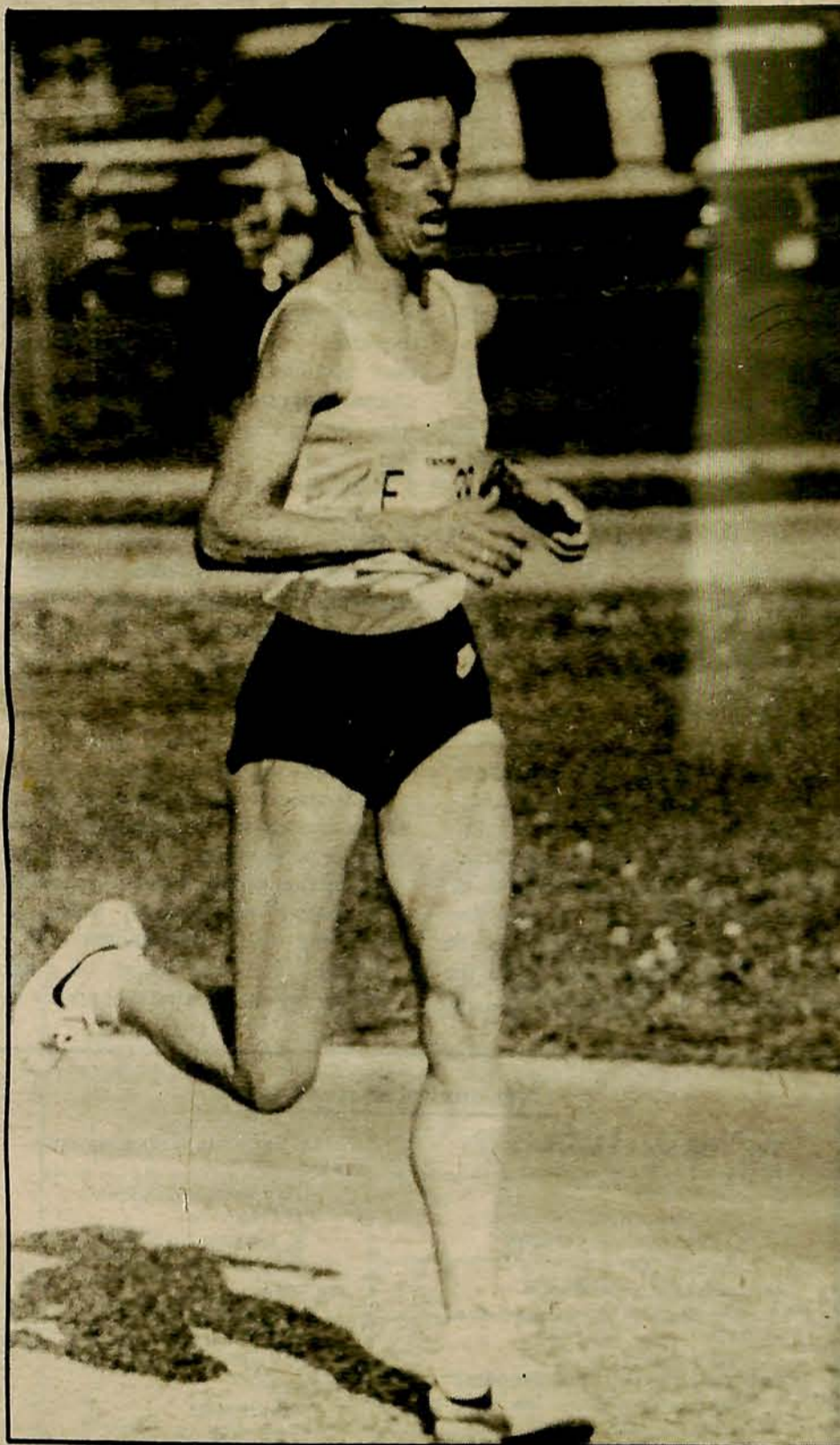
Over 300 competitors, including 53 women, turned out on March 24 at West Point, New York for the annual TAC Eastern Regional Masters Indoor Track and Field Championships.

Sixteen world indoor and 43 meet records were broken. Leading the assault was Ian Hume of Quebec, Canada, who set three world marks in the age 70-74 TJ (30-5), HJ (4-8) and PV (9-0), only to see the latter record broken a week later in the U.S. National Masters Indoor Championships by Carol Johnston (9-9¼). Hume also set meet M70 records in the LJ (14-4½) and SP (37-0).

Cliff Pauling, of the Bronx, New York, set a world M50 600-yard record of 1:19.8, set a meet record in the 300y of 35.18, and won the 1000 in 2:32.89.

Also setting world records were Bob Williams in the M45 300 (35.18), Ed

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England's Priscilla Welch, 40, at the 6-mile mark, en route to a new women's world veterans 10K record of 32:14 in the Azalea Trail Run in Mobile, Alabama on March 23. She was the first woman finisher in the race. On March 9 in Jacksonville, Welch set a world vets 15K record of 49:35.

photo by Rex Cleveland

Brown Tops Masters Men

Welch Sets World 15K Mark

Forty-year-old Priscilla Welch of England set a new world best for women age-forty-and-over by running a brilliant 49:35 in the 8th Annual River Run 15K in Jacksonville, Florida on March 9.

Welch took the lead in the women's race from Ireland's Monica Joyce early in the contest, and pushed the pace strongly through 10K before being overtaken by Betty Springs, who went on to a 10-second victory over Welch in a new American women's open record of 49:25.

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26 World Records Set Despite Big Chill

from CHUCK KLEHM AND HAIG BOHIGIAN

About 330 athletes turned out for the 1985 TAC U.S. National Masters Indoor Track and Field Championships on March 30-31 at the Westwood Sports Complex in Sterling, Illinois.

Between 85-to-90 percent of the original 370 entrants showed up, even though the weather was cold and blustery the entire weekend, with rain on Saturday and snow showers on Sunday. The conditions made it a bit uncomfortable for the shot putters and weight throwers, who performed outdoors. It was a little chilly indoors, also, as the strong winds pulled some of the heat out of the fieldhouse.

Nevertheless, competition was good in most events and 26 new world indoor age-group records were set. John Hartfield of Missouri, Texas set three of those in the age 40-44 bracket with a 6-4 high jump, 22-5½ long jump and 45-5 ¾ triple jump.

Michigan's Lamar Miller also registered three new world standards in the M35 60-yard dash (6.31), 60-yard hurdles (7.29) and 300-yard dash (31.85).

California's Christel Miller established five new world bests in the the W50 high jump (4-0), long jump (13-7), triple jump (26-10), 60y (8.32) and 60yHH (10.36).

Shirley Kinsey, also from California, chalked up three world marks in the W55 TJ (22-6), 60y (8.97) and 60y HH (11.82).

Other men's world bests were set by: Harry Brown of Illinois, M55 60y (7.18); California's Carol Johnston, M70 PV (9-9¼); New Jersey's Ray Funkhouser, M30 2-mile walk (13:10.0); Missouri's Larry Rodenbeck, M35 TJ (44-0); Ernie Billups of Illinois, M45 1000y (2:23.42); Nick Newton of California, M50 HJ (5-10); and Ross

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NATIONAL INDOOR MEET

My thanks to Carl Klehm, Wendell Miller and all those who put on the National Masters Indoor T&F Championships. Despite inconveniences, the facility was good, the showers and locker room accommodating, and the adjacent pro shop convenient for many of us who always seem to forget our socks or jock straps.

The officials were extremely friendly and gracious. The women hosting the scoring and awards table couldn't have been more pleasant or encouraging. I encountered no problem in getting from O'Hare Airport to Sterling. The two-hour drive was fast and convenient to the meet site.

However, I know I speak for others who were disappointed in the meet's operation.

First, you know something's wrong when you see runners warm-up with their gloves on, or men jogging with their Herringbone jackets on over their sweats. The building was simply too cold for both the participants and spectators, most of whom were bundled up in jackets and still seemed to be cold. This discomfort surely must have ruined the two days they had to stay there.

Second, you know the meet's in trouble when you hear a plea for volunteers to act as timers, or when you see 7- and 8-year olds given the responsibility of raking the pit and

making the jumps. There were not enough officials.

I don't even know if there was a meet referee or head field judge. When John Hartfield broke the world M40 long jump record, no field judge could be found (or any TAC official, for that matter). Fortunately, several participants were TAC officials and they verified both the measurement and distance. If Hartfield had not anticipated his record leap, an anxious-to-please 7-year old would have raked over his mark and a willing-but-unknowledgeable volunteer would have tried to keep the long jump moving.

Third, the site was not prepared. The LJ/TJ judges were keeping track of the jumps on legal size paper. Scoring forms were not available the entire weekend. The staggered lanes for the 300y were measured prior to the start of the 300y by Gordon Reiter and other participants. Reiter even had to take charge of seeding of the 300y. He had to assume so much control that several of the contestants mistook him for an official, and were upset when he had to excuse himself so he could take a few minutes to warm up for his 300. I had my lane changed three times in the 300. The starter was perfectly willing to have me "pick any unused lane I wanted." If I were Reiter, I'd either ask for my entry fee back, or ask for an

official's fee. We should all be willing to pitch in, but Reiter did more than what should have been expected.

After this meet, I am curious to find out what the requirements are for holding a national meet, and would the NMN consider printing them. If they are not available, the TAC Masters T&F Committee should establish them. There must be something the TAC Masters Committee can make the host club or individual accountable to, even if they be required to list the advantages of holding the meet in the NMN in an advance story.

I'm not sorry I attended the meet, only that I didn't have a say in where the meet was going to be awarded, and under what conditions the meet would be held.

Scott Thornsley
New Cumberland, Pennsylvania

I enjoyed competing in the U.S. Masters Indoor T&F Championships March 30-31 in Sterling, Illinois. The meet was well run.

Unfortunately, the advertising for the meet gave the impression that Sterling was a suburb of Chicago. Actually, it was 120 miles away.

For the convenience of the participants, I suggest these national and regional meets be held at sites in or close to major cities and airports.

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185 at Midwest Regionals

One hundred eighty-five participants, age 30-and-over, from Minnesota, Kansas, Tennessee, Canada and all points between, met on the 188-yard indoor track at the University of Cincinnati for the TAC Midwest Regional Indoor Masters Track and Field Championships on February 24.

Heats were needed in some of the 60-yard dash races. Clifton Jackson won the M35 600y in 6.4, while Harry Tolliver, M40, was slower in winning his finals (7.0) then his heat (6.8). Scott Taylor took the M45 60y in 6.7, with Rush Jacobs winning the M60 dash in 7.5.

Ron Murphy took the M30 300y in 33.3 on the four-lane, unbanked, Dynaturf oval. Roger Hocker had M55 victories in the 300y (39.7) and 600y (1:40.2). Dr. Lee Blount of St. Louis had M50 double wins in the 600y (1:26.0) and 1000y (2:51.1).

The distance runners produced several double winners in the mile and two mile, including Buddy Harpool, M30, in 4:38.3 and 9:52; and Don Gammie, M50, in 5:13.3 and 10:39.9.

Jack Blackburn, M45, won the two-mile walk in 16:53.9, while Joe Vitucci took the M60 in 19:42.9.

Some sprinters turned to the field events with Jackson winning the M35 long jump (21-1) and triple jump (41-1), while M60 hurdles winner Fred Hirsimaki took the long jump at 15-4 1/4.

Mary Bowermaster, W65, of Fairborn, Ohio ran the 60y dash in 9.2, high-jumped 3-5 (1.04m), threw the shot 22-3 (6.78m) and long-jumped 10-7 1/2 (3.24m). All four efforts were close to her own world indoor W65-69

records. The heavy-duty throwers were topped by Joe Chadbourne, M50, who had the longest 35# weight toss of 44-4, and Norm Bower, M35, who threw the 56# weight 27.9.

The most impressive performer among the weightmen in the meet was Nolan Fowler, 71, who set three age records in the 25# weight with 46-0, the 35# with 35-1 1/4, and 56# with 22-6 1/2.

Meet director Bill Schnier, University of Cincinnati track coach, said he would definitely hold the meet again, because of the "excellent response from the athletes." □

Cherrie Sherrard, 45, covers the 100 meter hurdles in 16:6 at the Nor Cal Seniors Meet in Berkeley.

photo by Mike Tymn →



1985 TAC National Masters Decathlon & Heptathlon Championships

JULY 5-6, 1985

POINT LOMA COLLEGE

3900 Lomaland Drive, San Diego, California

- SPONSORS:** San Diego A.A., TAC, Miller & Schroeder Municipals, Inc.
- DIVISIONS:** 5 year age divisions for men and women age 30 and over.
- SITE:** Point Loma College Track. Host of 1984 British Olympic Team. New synthetic track with all runways and javelin approach also synthetic. 1/4 inch spikes required.
- ENTRY FEE:** \$15.00 All entries must be postmarked by June 25, 1985.
- AWARDS:** TAC Championship medals to top three in each age group. T-shirt and patches to all participants.
- EVENT ORDER:** Oldest to youngest contestants starting with women.
- FRIDAY 10:00 a.m.** Men's Decathlon — 100m, LJ, SP, HJ, 400m
Women's Heptathlon — Hurdles, SP, HJ, 200m
- SATURDAY 9:00 a.m.** Men's Decathlon — HH, DT, PV, JT, 1500m
Women's Heptathlon — LJ, JT, 800m
- SCORING:** Men 30-39 — IAAF Scoring Tables
Men 40 & over — IAAF Scoring Tables supplemented by new age factors developed by Jim Weed. Everyone competes equally regardless of age.
All Women — WAVA Scoring Tables
- TRAVEL COORDINATOR:** Sports Travel International — The Original U.S. Masters Travel Agent
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(619) 225-9555
Call collect early for best prices on flights and lodging accommodations.



Charles Blackburn, 50, (left) matches strides with Steve Sparrow, 33, (right) in TAC South 30 championship race walk in Aiken, SC.

Submitted by Wayne B. Nicoll

Please Print

"DETACH AND MAIL"

Name: _____ Birthdate: / /

Address: _____ Age as of 7/6/85: _____

City: _____ State: _____ Zip: _____

Phone: () _____ TAC # _____ Male Female

Club Affiliation: _____ I request additional lodging information.

Please attach expected performances for seeding purposes.

MAKE CHECKS PAYABLE TO: San Diego Athletic Association

The following release must be signed for entry to be accepted.
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 participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed: _____ Date: _____

SEND ENTRY WITH CHECK TO: Ed Oleata
P.O. Box 2822, La Jolla, CA 92038
(619) 459-2311 (work)

Virginia Masters Set 21 Records

Ten meet records were broken and 10 more set in new events in the men's division, and one was set in the women's division of the Virginia State Masters Indoor Track and Field Championship held on March 9 in the VMI Field House in Lexington, Virginia.

For the first time after 8 years, the meet was open to all TAC members who reside in Virginia and not limited to members of The Virginia Association. Also new this year were five-year age groups instead of 10.

Some record breaking performances were Ed Zuraw's 13-0 pole vault and 5-4½ high jump in the M45 division; Jeff Nichols' 7.7 in the M35 55m hurdles (42'') and 53.2 400, Robert Brown's 36.8 in the M40 300 and 53.0 in the 400; Joe Martin's 47.4 in the M60 300; and John Hosner's 5:05.3 in the M60 1500 and 18:46.2 in the 5000. Hosner also ran the 800 in 2:29.5.

Lew Faxon had his usual good day with record setting times in the M45 1500 (4:22.4) and 5000 (16:39.6), while Betty Dameron had a spectacular 1500, running 5:31.1 in the W45 division.

Joe Martin, founder of and meet director of all nine of these annual Championships, announced that he is retiring as meet director as of this year. No successor has been named. □

Steigerwalt, Kelly Set Racewalk Marks

Jolene Steigerwalt set two walk age records in the TAC U.S. National Masters 20K Team Walk Championships in Carmel, Calif., on March 30. Steigerwalt's times of 1:27:03 for the 15K and 1:59:15 for the 20K are national age-42 bests. She missed the 10K record by one second, recording a 55:54.

Southern Californian John Kelly broke age-55 records for the 15K with 1:24:20, and the 20K with 1:54:08.

Guy Ott, 42, and Lori Maynard, 49,

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Women shot putters at the National Masters Indoor Championships, Sterling, Ill., March 30. From left: Bernice Holland, first W55 (30-9½); Shirley Kinsey, second W55 (30-5½); Mary Bowermaster, first W65 (25-1); Christel Miller, first W50 (31-6); and Charleen Smith, first W45 (21-9).

photo by "Bud" Smith

Canadian Masters Dominate Price Chopperthon

Canadian masters runners, led by Diane Palmason's North American W45-49 record for 30 kilometers, dominated the twelfth running of the Price Chopperthon from Schenectady to Albany, New York, on March 24.

For the first time, prize money was awarded, with \$1,000 divided between the top three men and women masters. Canadian athletes returned home with four of the six paychecks.

Palmason, 47, was the eighth woman to finish. Her time of 2:01:31 took three minutes off the W45 course record of 2:04:22 set in 1979 by Toshiko d'Elia. Only three masters women (Linda Thurston, Elaine Kirchen and Cindy Dalrymple) have ever recorded faster times for 30 kilometers.

Canadian women made a clean sweep of the top masters awards with Ottawa's Barbara McLeod, W45, claiming second place (eighteenth woman) with an impressive 2:15:31. Rayma Dixon, W50, from Peterboro, Ontario, was passed by McLeod in the final quarter mile, and finished third in 2:15:38. Dixon's time was a minute-and-a-half faster than last year is and established a North American record for age-54 by nearly six minutes. She

was 33 seconds shy of the W50-54 record held by Margarete Deckert.

First among the male masters was Derek Frechette, 40, from Rochester, New York. His time of 1:41:49 was good for sixteenth place overall and an age-40 American record. Buffalo's Ralph Zimmerman ran a 1:42:30 for the second consecutive year to repeat his runner-up spot. His time set a new age-43 record for 30 kilometers.

Not to be outdone by his Canadian female compatriots, Ottawa's Ben Johns finished third among men masters and twentieth overall in 1:43:07. Not only was this an age-49 record, but it bettered the M45-49 mark of 1:43:56 set by Ed Stabler in the 1979 edition of this race. In addition to his own accomplishment, Johns

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Brown Sails to World High Jump Mark

by HARRY CROCKETT

Track and field athletes from Iowa, Missouri, Kansas, Colorado, and Nebraska competed at Nebraska Wesleyan's Knight Field House in Lincoln on March 10, breaking one indoor Masters world mark and five meet record, bettering Boo Morcum's 5-4 was by Gladstone, Missouri, jumper J.C. Brown, whose 5-6¾ leap established an M55 world indoor record, bettering Boo Morcum's 5-4 jump in 1977.

No records were broken in the 60-yard dash, but Fred Booker ran his usual swift race to beat a strong M30-39 field. Fred's 6.6 led James Ellis, 6.8, and Mark Munger, 6.9. Al Petroff lowered his own M40-49 440y record by 0.2, running 58.3, finishing handily ahead of Iowan Jim Streeby, 59.5.

In one of the tightest races of the day, Petroff lost to Gene Koskovec in the M40 300y, 37.6 to 38.2. Bob Elwood's 2:22.2 captured the M50-59 880y but was not close to Jim Hersberger's 1981 2:17.7 meet record. But Elwood did establish a new M50-59 mile standard with a fine 5:01.6 around the 10-lap course. Streeby ran 4:55.9 to shut out the M40-49 milers, though Ron Anderson ran well for a second place 5:01.1. Barbara Calder, the only woman in the meet, set a new W30-39 mile meet record of 6:24.9. Clarence Osborn's 6:47.5 replaced the old 6:54.0 mark in the M60-69 group.

In the M30-39 shot (12#), Tom Thelen had a narrow win over Marty Rimmenga, 45-1½ to 44-9½. Bob Warren put the 12# sphere 42-10, adding to his M40 60y (6.2) and long jump (17-4½) victories. Jerry Reiserer returned to Wichita, Kansas, with three M50-59 gold medals in the 33" 60yH (9.1); the 300y (41.1); and the long jump (15.2). James Ellis got out to 19.6 to win the M30-39 long jump by over four feet. □

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Winners of 400 meter IH, 1984 New Jersey TAC Masters Championships (left to right), Lee Trout, 1st M45, George Taylor, 1st M50, Gene Kelley, 1st M55.

Photo by Al Zacharka

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS



**OPEN MEN & WOMEN
MASTERS MEN & WOMEN ■ SUBMASTERS MEN & WOMEN
MAY 18 & 19, 1985**

Los Gatos High School & San Jose City College
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 15, 1985

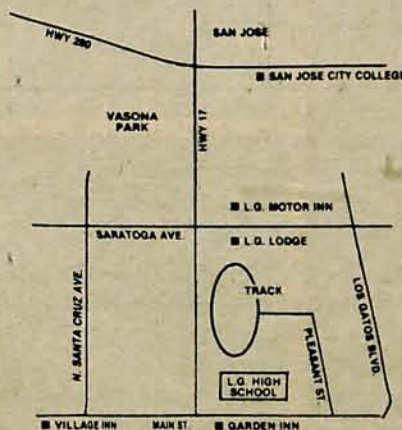
- ELIGIBILITY:** All Men and Women registered in TAC/Pacific Association. 1985 TAC registration required. Registration available at meet \$6.00.
- ENTRIES:** Pre-entry required before Wednesday, May 15. Post entry will be accepted on space available basis. Phone entry o.k., 354-5660. No teams or individuals will be entered without payment in meet director's hands. Phone entries will not be recorded until payment is received.
- FEES:** \$4.00 per event. \$12.00 for relays. \$6.00 for late entry if space available, relay post entry o.k.
- NOTE:** Hammer, javelin, steeplechase, and 5,000 walk will be contested at San Jose City College on Sunday, May 19 (See Schedule). All WAVA standards for implements and hurdles will be in effect in Masters Competition.
- HEATS:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- FACILITIES:** All weather track surface 1/4" spikes only. Concrete throwing rings, grass javelin runway.
- AGE GROUPS:** Open women ages 14-29. Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relays. Age on May 18, 1985 determines age group.
- AWARDS:** TAC/Pacific championship medals to first three places in all events.

TAC/PACIFIC CHAMPIONSHIPS SCHEDULE May 18, 1985 at Los Gatos Track

9:30 4 x 100 relay women	4:15 PM 400 h open women
9:40 4 x 100 relay master men	4:20 400 h master women
9:50 4 x 100 relay open men	4:25 400 h 60+ /30"
10:10 100 m hurdles 33" women 35-39 and men 60+	4:30 400 h 50+ /33"
10:15 100 m hurdles 33" open women	4:35 400 h 40+ /36"
10:25 80 m hurdles 30" women 40+ and men 70+	4:40 400 h 30+ /36"
10:35 110 m hurdles 42" open men heats (if needed)	4:45 400 h open men /36"
10:45 110 m hurdles 36" men 50-59	5:00 1500 m open women
10:55 110 m hurdles 39" men 40-49	5:10 1500 m master women
11:05 110 m hurdles 39" men 39-39	5:20 1500 m master men 60+
11:15 110 m hurdles 42" open men finals	5:30 1500 m master men 50+
11:30 100 m heats all divisions where needed	5:40 1500 m master men 40+
12:00 100 m final master women	5:45 1500 m submaster men 30-39
12:10 PM 100 m final open women	5:50 1500 m open men
12:15 100 m final master men — oldest to youngest	6:00 400 m open women*
1:00 100 m final open men	6:05 400 m master women*
LUNCH BREAK	6:10 400 m master men 60+*
1:30 PM 800 m master women	6:15 400 m men 55-59*
1:35 800 m open women	6:20 400 m men 50-54*
1:40 800 m men 60+	6:25 400 m men 45-49*
1:45 800 m men 50+	6:30 400 m men 40-44*
1:50 800 m men 40+	6:35 400 m men 35-39*
1:55 800 m men 30+	6:40 400 m men 30-34*
2:00 800 m open men	6:45 400 m open men*
2:10 200 m heats — oldest to youngest where needed	6:55 3000 m open women
2:40 200 m finals master women	6:30 5000 m men 50+ master women
2:50 200 m finals open women	7:00 5000 m men 40+
3:00 200 m finals master men — oldest to youngest	7:25 5000 m men 30+
3:45 200 m finals open men	7:45 5000 m open men
REST BREAK	8:05 4 x 440 yd relays women, masters, open men
	8:25 10,000 m open men, men 30-39, open women

NOTE: NO MASTERS 10,000
*Timed sections based on submitted marks on entry forms, if needed

FIELD MASTERS	
9:00 AM	Shot put women
9:00	Pole vault men 60+
10:00	Pole vault men 40+
10:00	Shot put men 60+
10:00	Long jump women
11:00	Shot put men 40+
11:00	Long jump men 60+
11:00	High jump women
12:00	Long jump men 40+
12:00	High jump men 60+
12:00	Discus women
1:00 PM	High jump men 40+
1:00	Discus men 60+
1:00	Triple jump women
2:00	Discus men 40+
FIELD OPEN and 30-39	
3:30 PM	Discus Women
5:00	Discus men
5:00	Shot put women
5:30	Pole vault
5:30	Triple jump men
5:30	Long jump women
6:30	Shotput men
6:30	High jump women
7:00	Long jump men
8:00	High jump men



TAC/PACIFIC CHAMPIONSHIPS SCHEDULE Sunday, May 19, 1985 at San Jose City College

TRACK	
8:00 AM	5,000 m walk
9:00	2,000 m steeple men 60+
9:30	3,000 m steeple master men 40+
10:00	3,000 m steeple open men, men 30-39
FIELD	
9:00 AM	Javelin master men 50+ all women
10:00	Javelin master men 40-49
11:00	Javelin open men, men 30-39
9:00	Hammer throw master men, submasters
10:30	Hammer throw open men

McGuire, Ishigami Top Masters in Boston

Joe McGuire, 41, of Canada and Miyo Ishigami, 50, of Japan, were the top male and female Masters finishers in the 89th annual Boston Marathon on April 15.

Nearly 4000 runners — 3467 men and 458 women — completed the world's oldest marathon, which was hampered by 49 percent humidity and temperatures that reached 71 degrees, the hottest race conditions since 1980.

McGuire finished the 26.2-mile distance in 2:29:34, nine minutes slower than Roger Robinson's Masters winning 2:20:15 last year, but two minutes ahead of runner-up Colin Fallon, 44, of Australia, who clocked 2:31:56. First American Master was California's Hal Goforth, 40, in 2:33:52.

Ishigami turned in an excellent — considering the conditions — 3:03:47 to easily win the 50-59 division, and finish seven minutes ahead of California's Harolene Williams, 42, who won the 40-49 award in 3:10:56.

Donna McDonald, 40, of Massachusetts was second W40, while Pennsylvania's Janet Glassman, 56, took fourth Masters woman overall and second W50-59.

New Hampshire's Bill Foulk, 51, led the M50-59's in 2:39:26, ahead of John L. Sullivan, 53, of Massachusetts (2:46:22).

New Jersey's Jack Start, 64, pocketed the M60-69 trophy with a solid 3:05:24.

Some of the top Masters Marathoners didn't compete, joining dozens of open runners who passed up the prestigious race because no prize money was offered.

Britain's Geoff Smith won his second Boston in 2:14:05, the slowest winning time since 1977. Lisa Larsen Weidenbach took top women's honors in 2:34:17. The race's 20th finisher was disqualified for not appearing at the first four check points.

John Kelley, winner of the 1957 Boston Marathon, couldn't run this year because of illness. The family was covered, however, by his 77-year-old

father, John Kelley, who competed for the 54th time. The elder Kelley, a two-time winner, covered the distance in 4:31. □

89TH BOSTON MARATHON APRIL 15, 1985

Open
Geoff Smith 31 GBR 2:14:05
Lisa Larsen-Weidenbach MA 2:34:17

M40-49

Joe McGuire 41 CAN 2:29:34
Colin Fallon 44 AUS 2:31:56
Hal Goforth 40 CA 2:33:52
J Gus Foley 42 MA 2:33:56
Jouko Kuha 45 FIN 2:35:55
Toby Skinner 40 OR 2:37:17
Peter Jeffers 45 NY 2:37:43
Doug White 42 DE 2:37:58
Jack Beisel 47 AL 2:38:15
Dennis Scott 41 OH 2:38:24
Dickie Joe Simpson 45 OH 2:39:14

Continued on Page 37



Harold Niebel, M70, winning a 400-meter run in Reading, Pa.

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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 TAC/Pacific Track and Field Championships held May 18 and 19, 1985, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date: _____ Signature: _____



THE GUN LAP

by MIKE TYMN

Struggle Against A "Dark Guest"

At 44, Pete Rose, the player-manager of the Cincinnati Reds, is into another season. At 34, Greg Luzinski, who played for the Chicago White Sox last year, decided to hang up his spikes.

How is it that one great ballplayer can outlast another one by as much as ten years?

Anyone who follows baseball should be able to explain it. Rose is "Charley Hustle." He loves the game and keeps himself in shape. He has goals. This year he has a special incentive. At the start of the season, he was just 95 short of Ty Cobb's all-time career hit record of 4,191.

Luzinski, on the other hand, had trouble keeping in shape. He weighed around 290, about 50 pounds over his best playing weight, when he made the decision to call it quits. He explained

"Contrary to common belief ballplayers seem to lose their stamina before their ability to hit the ball."

that the extra weight around the chest hampered his swing. He added that he was out of shape mentally. The game was no longer fun for him.

Ever since turning 35, the age when many athletes begin to feel the effects of aging, I have been especially attentive to such comments by ballplayers and other athletes. In my January 1983 NMN column, I observed that contrary to common belief ballplayers seem to lose their stamina before their ability to hit the ball. I noted that many over-35 ballplayers have to be rested every third or fourth game, while some become designated hitters or just pinch-hitters.

Ty Cobb said that when he retired at age 42, his "batting eye" was as dependable as ever, but his legs were giving out. "I literally had to grit my teeth and force myself to run," he wrote in his autobiography.

Stan Musial, another Hall of Fame slugger, had this to say: "Actually, I didn't think of this game of baseball as work until I got to be about forty. Those last couple of years it was much harder to get in shape and stay in shape. After a doubleheader, I'd be stiff for two days."

Recently, however, I came across a

somewhat different account of the declining years of a ballplayer. It was that of Sadaharu Oh, Japan's most famous ballplayer.

"I knew I was not the player I had been earlier," Oh, who retired in 1980 at age 39, writes in his autobiography. "My home-run production fell to 39 in 1978, not enough to win a title, but I still was a hitter. I had to make adjustments in order to keep up, but I was able to. I never once had the idea that because I had made this or that record I could just lie back and play the star."

Oh explains that he sometimes had difficulty seeing as well as he had. His reflexes were not quite what they had been, but by moving his contact point forward he was able to compensate for the loss of quickness.

"In my best days I could 'stay back' till the very last split second, meeting the ball as it crossed the plate rather than out in front of it. This gave me a tremendous advantage, because I had that much longer to 'read' a pitch. As it was growing harder for me to do this, and hence as it was easier for pitchers to come to me hard inside, I made this slight change that allowed me to continue hitting with full power to the right side. It was kind of intelligent cheating that only a sharp-eyed first baseman would have been

"I discovered when I stepped in against Mr. Toda that his fastball seemed extra fast."

able to pick up. Formerly, when I would swing, you could not see my face if you were standing at first base. After I made this adjustment, it was possible to see my face."

Oh came to believe that through making such adjustments he could extend his career indefinitely.

"Age, after all, was a process, like growing up," he continues. "You did not get it overnight. With intelligence, hard work, and spirit, you could keep



Bob Bunnell, 35, winner of PA/TAC 50 Mile Championships, San Francisco, November 18, in M30-35 course record 5:47:48.

Photo by Gene Cohn

the dark guest pacified and willing to wait longer and then perhaps beyond that. But in this, more certainly than anything else I can think of, I was completely deceived. As though I were staring into the face of a sudden wave in a calm sea, I saw the end of my career rise up in a single game."

The game Oh writes of was of no special consequence. It was the bottom of the first inning and there were two out, no one on, against the last place club. Oh came up to face Yoshinoru Toda. He had been told by the first two batters that Toda didn't have as much velocity as usual on his fast ball.

"Regardless of what my teammates thought, I discovered when I stepped in against Mr. Toda that his fastball seemed extra fast. It was by me before

I could time it. I remember saying something to that effect on the bench later and my teammates assumed I was joking."

After experiencing the same thing in his next two at bats, Oh sat on the bench "trying to hide the sense of shock and disbelief that assaulted me."

Oh hoped it was only a passing thing, a temporary slump, but he found himself overmatched again and again. He comments that he was knocked to the ground in situations where formerly he might have pulled the ball deep or stepped easily away. He writes of his previous love for *shobu*, the moment of decisive combat between pitcher and batter.

"Yes, I loved the *shobu*. The more

Continued on Next Page

Continued from Previous Page
 intense the challenge, the more intense I was. I was just not up to this now," he goes on. "I had a certain pride as a professional player, which meant more to me than any record. And my pride, more than anything, revealed what it was I was facing. For the fact of the

"In this 'slump' — as opposed to any other — I had lost all desire for combat."

matter was that in this 'slump' — as opposed to any other — I had lost all desire for combat. In my earlier days, when I had done badly, I had come back to the bench in a fury. I was already afire with desire for my next chance. Not now."

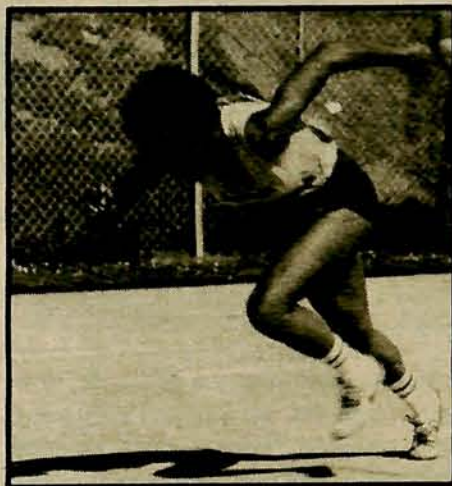
Oh says that he continued to put up a struggle against the "dark guest," but his spirit faded. He began to sign autographs with the word "spirit" rather than the words "patience" and "effort" as he had before.

"I also went to my Sensei (teacher) and, as I had done when I first began working with him, bowed before him, palms to the floor, and with all the yearning of my heart I begged him to once more teach me."

Oh worked with Arakawa-san, his sensei, for three days without let up.

"Standing in my shorts, I swung bat and sword until my body was pouring sweat; I listened carefully for the low whistling sound of my sword; I measured carefully the kinds of cuts I made through the swinging cards; in everything, in every motion I made, I concentrated *Ki* in my one point and projected it downward into the ground and out through my forearms into the secret lengths of bat and sword."

But there was no recovery, no renewed spirit. The fire was gone. The "dark guest" had come to stay. □



1984 TAC Masters T&F women athlete of the year, Irene Obera, 50, at the start of the 400 meter run at the Northern California Senior Olympics, Laney College, Oakland.

Photo by Gretchen Snyder

How to Enter the NYC Marathon

Entries for the New York City Marathon, October 27, 1985, have been increased to 19,000, up 1,000 from last year. To request an entry form, sent a self-addressed stamped #10 business-size (4 1/8x9 1/2) envelope with a check or money order (no cash) for \$3.00 non-refundable handling fee payable to: NYC Marathon. Requests must be postmarked no earlier than 12:01 a.m. June 3rd. Mail requests to: Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116.

A separate envelope must be sent for each entry requested. Multiple applications will result in disqualification.

Of the 19,000 entrants, 7,500 will be accepted on a first-come first-served basis; 7,500 will be drawn by lottery to be held in July; 4,000 will be reserved for foreign entrants (on a quota system by country). Applicants not accepted in the lottery will be put on a waiting list, from which thousands are accepted to take the place of those who cancel.

Metropolitan New York area residents can submit requests for entry forms in Central Park at 67th Street (By Tavern-On-The-Green) from 12:00 noon until 3:00 p.m. on Sunday, June 2nd. The line will start at 10:00 a.m., no earlier. Central Park applicants must follow the same procedure as

mailed requests but need not enclose the SASE and check in another envelope.

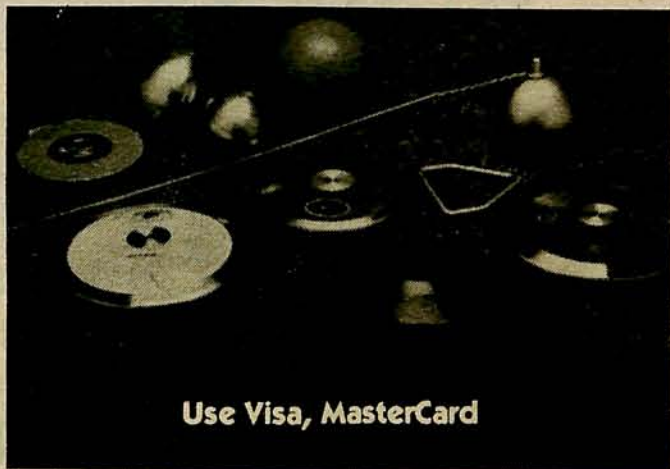
For race information, call 212/860-4455/2280.

Accepted entrants must be 16 years old on race day and have a valid 1985 TAC registration number. □

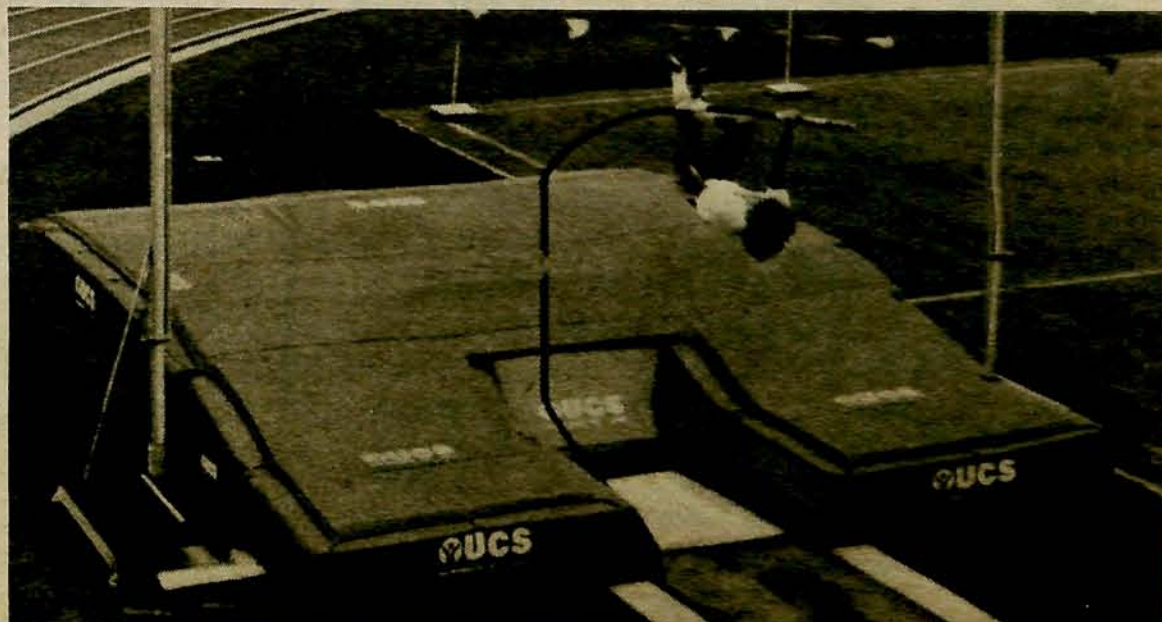
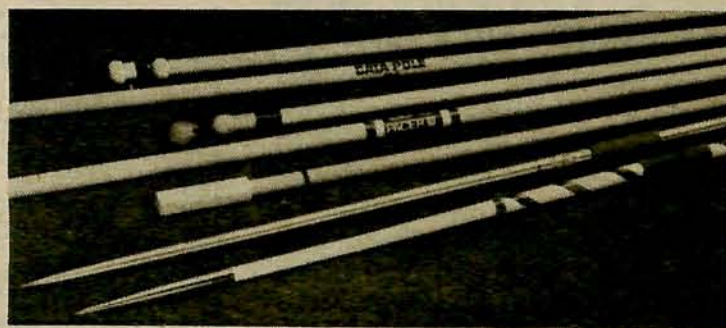


Joan Tyksinsky, W50, shot putting in the 1984 No. California Senior Olympics.

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Getting Away For The Weekend

It's a routine we've all been through a hundred times. My latest weekend went something like this: I'm launching a four-hour drive in the rain to spend the weekend in Sterling, Illinois as a highly underpaid official in the National Masters Indoor Track and Field Meet. Oh, brother — I think I'd rather take a whipping in front of my children.

Now, as I sit here two days later, I'm totally ashamed of myself. If you walked the world over, you'll never meet nicer, more accommodating people than our hosts, the Sterling Track Club. I have on order, one medium-size halo of Monya Ryan. She embodied what neither money nor connections will ever get you; razor sharp efficiency with the softness only a smile can provide. I was torn the entire weekend; if I had my druthers (as Mammy Yokum used to say), would I marry her or adopt her.

I'll admit, Chuck Klehm was his usual nervy, pushy and assertive self, but in spite of the demands placed upon the body by all this aggression, he managed to stay awake for most of the meet. A cynic did mention, "the only reason he didn't doze off this time was because all those weight perverts were outside in sleet and 30-degree weather throwing spare tires and hubcaps at one another." Klehm has been called many things but never dumb. You see, he has a guardian angel named Alice Hacker to look out for him.

I had an interesting conversation with a man from Missouri. This handsome gent's name is Harry Guth and damned if I haven't forgotten what we talked about. I don't actually recall if he talked much. Of course you wouldn't want to pay much attention to anything a Masters athlete told you, anyway. Fact is, I have added running, jumping and throwing to sex and money as subjects to be handled with extreme caution on the listening end.

You know the rule of thumb, if a

guy is talking about sex or money you automatically cut everything in half. Furthermore, if the guy looks you in the eye like a salesman, cut it in half again. If he can't quite make eye contact with you, only cut his original figures by 25%.

How many times have you heard a routine that sounds something like this; "Damned if I know what happened. At our local Masters Meet that I put on I jumped 19'10 1/2" and my daughter said I took off a foot behind the board. Why in the world I was only able to go 10'4" today is beyond me."

Anyway, it wasn't what Harry said or did that impressed me in the first place, it was now he looked. Here's a guy sixty years old who showed up in Sterling-on-the-prairie like a page out of Gentlemen's Quarterly. Royal-blue, body-stocking outfit with matching Olivia Newton John headband and powder blue and white Adidas. Five will get you ten Harry wears knee socks during the outdoor season. As my wife said later, nothing wrong with having a



Leo Benning, M50 hurdler and Chairman of the Cape Town South Africa Masters, emulates the baton-exchange form of the only known relay statues in the world.

Cary Grant look-a-like hanging out at the meet.

It was another one of those situations that get off on the wrong foot and ended up being a great weekend. When I say wrong foot, I don't mean anything serious, just the little stuff that drives you crazy. We drive out to Sterling Friday night and when we get in the motel room, we discover that, in our hurry to get going, we forgot to pack everything we wanted to bring. Fortunately Ron and Phyllis Fox brought all kinds of leather equipment along so it all worked out quite decently in the end.

Incidentally, I thought we had a lot of accessories — these people had some of the most depraved equipment we've ever had a chance to use. Then, of course, in the morning there wasn't enough hot water and I'm sorry, but on the weekends, we love to shower together before breakfast, so that was kind of a bummer, but I told Ron I'd catch him once during the week to make up.

It was what people should do from time to time; get away with another couple, talk, laugh and relax. I only wish there had been more time so we could have attended the meet. □

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John Vislocky, M60, 1st in discus with 90'6 1/2" in New Jersey TAC Masters championships.

Photo by Al Zacharka

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Hershberger First Master to Be on Wheaties Box

At 53, with so many athletic records to his credit, Masters athlete Jim Hershberger must have just about thought that he had done it all. That is until he found out that this summer he will become the oldest person ever to appear on the cover of the Wheaties Cereal boxes as he'll replace Mary Lou Retton in June.

Hershberger received the award from Dr. Bob Richards, longtime Wheaties spokesman and Masters athlete at a ceremony in Los Angeles. Hershberger accepted the award with a cast on his ankle. He is still recovering from surgery in December.

Hershberger has long been known for his athletic versatility. He has won awards in fourteen different sports, achieving national recognition in five.

Hershberger was chosen not only for his athletic skill, but character and community involvement. Hershberger purchased the tartan track for The University of Kansas, his alma mater, and the track now bears his name. The track at Wichita State University is also named after Hershberger, although he did not contribute to its purchase. He was elected to The Wichita State Shocker Hall of Fame because of his achievement in so many sports. Hershberger also serves his community as a philanthropist. He founded Second Chance, Inc. and was co-founder of the Wichita Chapter of Goodwill Industries. Always active in civic and charity work, Jim serves on 21 charitable boards. In business, he was named Kansas Man of the Year in

1981. The award was presented to him by Kansas Governor John Carlin.

The panel of judges included Bob Richards, Henry Aaron, major league all time home run leader, Patty Berg - professional golfer, C. Carson Conrad - president of the National Fitness Foundation, Peggy Fleming - Olympic figure skating champion, George Murray - Champion wheelchair racer, and Walter Payton - record breaking back for the Chicago Bears.

Hershberger is still busy in athletics. On June 8th of this year, he will host and compete in the second annual The Jim Hershberger America's M-V-P. The M-V-P is a ten sport, one day test of athletic versatility. It matches 20 athletes, 13 of the world's top professionals and a select field of 7 amateurs, including Hershberger. The athletes compete in events ranging from golf to a bike race to basketball, racquetball, a 2,000 meter pace race, soccer, blockade (an obstacle course), hill sprints, calisthenics and finishes with a grueling European cross country race.

Jim is no stranger to multi-sport competition. On his 50th birthday he competed in eighteen different sports in a period of 14 and 1/2 hours. This athletic marathon received national press attention.

But to Hershberger, nothing is better



Jim Hershberger

than this honor. "I can't think of any honor that has ever been bestowed upon me that is greater," Hershberger said. "When we were in Los Angeles, Mary Lou Retton said being on the Wheaties box was more of an honor than her Olympic Medal. I know just how she feels." □

Stewart Takes Masters-Only 4 Mile

Bill Stewart, 42, showed indications of recovery from plantar problems when he won Central Florida's first-ever Masters-only road race, the YM-CA Springfest 4-Mile in DeLeon Springs on March 17, in 21:00. Stewart, of Ann Arbor, Mich., wintering in Deland, Fla., led all the way and went through three miles in 15:10 but was slowed by a rain-dampened dirt-clay surface in the final mile.

John Bryant, Eustis, Fla., was runner-up with 23:52. Larry Rush, ran 27:19 to win the M60 division race, while wife Anna won the W55 in 35:11.

Donna Hiatt, one of Florida's top Masters, won the women's title in 29:47, despite running with a broken arm with a special bone pin splint. Martha Pembroke, National 10K champion in the W65 group, won her division in 36:43. □



1984 winners of the Howmet/Jim Boyle Memorial Award:
Jim Landsfeld, 50, Detroit MI—2:41:59
Gloria Brown, 52, Grand Island NY—3:27:27

- Date: Sunday, Oct. 13
- Entry deadline: Friday, Sept. 27
- Entry fee: \$9.00 (non-refundable)
- TAC sanctioned and certified; qualifies for Boston Marathon
- Official marathon timing donated by Burroughs Corporation

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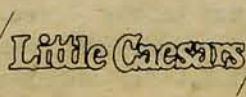
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Top male and female finishers among master runners who are 50 and over will win a trip to the Boston Marathon. The award is provided by Howmet Turbine Components Corporation in memory of Jim Boyle, former Howmet executive and 3:28 finisher in the 1982 Detroit Free Press International Marathon. Plan to participate.

For entry forms, write to the Detroit Free Press International Marathon, 321 W. Lafayette, Detroit, MI 48231

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PROFILE

Interview With Barry Brown

by JOHN L. PARKER

(Editor's note: Barry Brown, a veteran internationalist in the early 70's, a member of the original Florida Track Club dynasty of those years, is re-writing masters record books. In the first six months of his 40th year he has:

* Won the world Veterans Championship 10,000 in San Diego with a 30:25 (a time he called "disappointing")

* Set a new American masters 10K record in the 4th Annual Asbury Park, N.J. Classic in August with a 29:57

* Set an American masters record in the half marathon in the Maple Leaf half marathon in 1:06:24.

* Set an American 8K masters record in the Strohs Run for Liberty in Gainesville in 24:15

* Ran an American record and personal best marathon time of 2:15:14 in the Twin Cities Marathon in Minneapolis

* Ran an unofficial 2-mile world masters record on the track in 9:06

Author and former FTC teammate John Parker visited with Barry in Gainesville recently and found some changes in his life. He has divorced from Lynn, his wife of many years, and has married Bobbi Tompkins. They are expecting a child this summer. And after several years of being a "steady performer," a simple birthday has put Barry back in the running limelight. He has signed a contract with Nike and has "...made more money from running in the last six months than I did in the previous 26 years." An attorney by profession, he earns a living as a life insurance consultant, spending half the year in Gainesville, FL, and the other half in Glens Falls, NY.)

Q: Among people who know running, you're considered the first athlete to reach 40 without having been away from the sport for any significant period of time, straight through from your competitive days in college. How have you managed to keep up the training grind all these years?

A: One of the things that's helped me to continue to train is that I've always had people to train with. Even if they're not the highest caliber runners. Of course, there are always tough guys around Gainesville. And when I go to Glens Falls, there's always someone to run afternoon workouts with. They're all 32-to 34-minute 10K runners. But they run every bit as fast as I do in training runs. Sometimes I actually struggle to keep up with them because they race each other all the time. They'll be out doing 5:45 miles on a day when I'm trying to recover from a hard interval workout. They

can't do hard intervals with me, but sometimes they can switch off and run, say, alternate quarters of my 7 X mile interval workout.

Q: What do you think about your current American masters competition. Bill Stewart, for instance?

A: Bill Stewart's mile record is 4:11, which is respectable, but I think I can run a lot faster, get it down to 4:05 or so.

He does a lot of quality speedwork, being a former half-miler/miler type, and he has a lot of leg speed. He was still running 1:50 point at age 36. He also has world record at 45:58 for 15K, which I hope to break. I don't see why I can't run the first 10K in high 29's and come back with 15 minutes. I'd like to get the 15K under 45. The 10K down to 29 flat or a little faster, and the half marathon down to 1:03. Those would be respectable now, but I wouldn't mind breaking that one. It wouldn't do any harm to my pocket-book, either.

Q: Is there any way that the traditional "good master" runner, the guy who was away from running for quite awhile or who took it up late, could hope to compete against a guy like you who's been training at these levels continuously to age 40?

A: No. But there are some tough guys in Europe, where masters running is a lot bigger than it is here. I'm seeing guys now cropping up in the European, results who I used to run against internationally when I ran for the U.S.

Alan Rushmore, from Great Britain, who was bronze medalist in the Commonwealth games, is now running masters. I saw one race where he ran 30:11 for 10K, which is a lot faster than anyone here is running, except me. Tim Johnston, an internationalist for Great Britain, is running the 10K. And there's Gunter Mielke, who was an internationalist from West Germany. I think that's where my real competition is going to come from, the Europeans.

Q: There's just no way, is there, that someone could take up running at age 35 or 36...

A: Not unless it's a fluke like Foster, someone from a different discipline maybe, but I haven't seen anyone on the horizon yet. I think Mike Manley — if he could stay healthy — and I could have some great races. He's always hurt. Always has something that is bothering him. He retires,



Barry Brown

comes back, retires again. He's run 29:35 on an uncertified course. Which is sort of a pet peeve of mine, because the runners have no control over the certification.

Q: The instant you turned 40 you became something of a record-breaking machine.

A: I broke the world 2-mile record in my first race after turning 40. Four days after I turned 40 I went to a little all-comers meet at my high school just for a workout, and ran 9:06. It was my third workout of the day. The record was 9:07.4 by somebody in Great Britain, which is ridiculously slow. I'll probably run 8:40 this year. But it won't count unless there is a curb on the track, which there wasn't.

Q: Do you ever feel that masters competition is "small pond" for a frog

with your talent?

A: Well, masters competition has gotten exciting. Generally, I'm not that excited about running in masters-only competition. But when I can run against the best masters in Europe, guys who I ran against back when we were all running open competition, that's a different story. The '85 World Veterans Distance Championships are going to be held in June in Blackpool England, and then Belgium has a big masters 25K race the following week, so they've invited me to run that one. And then the following week is the World Veteran's meet in Rome. I don't know what I'll run there yet, probably the 10 and the steeple or maybe the 5 and the 10. I'd like to run all three. Then I have to get back here for the

Continued on Next Page

Continued from Previous Page

Peachtree race, because they have good prize money for masters. Masters running has provided a whole new circuit for competitive runners.

Q: As if you didn't have enough already. You were racing a lot anyway, weren't you?

A: Oh, yeah. I don't race as many small meets as I used to. I did that for three or four years just to stay competitive, to stay running. I've been lucky. When I was an amateur I always treated the race directors fairly. I never tried to hold them up for more money, nothing I wasn't entitled to. In fact, I very seldom got what I was entitled to, which is: A 1st class ticket and 3 days per diem. As a result, when I stopped winning but was still competitive, say between ages 35 and 40, I would still get my expenses paid to races. Now that I'm 40, the guys that stayed loyal to me, I'm staying loyal to. I'll turn down races that offer much more money, if it conflicts with a race that stayed loyal to me for the five years when I was in that gray area, not winning but still respectable.

Q: Physically, you don't look much different than you did in the early 70's when you came to Gainesville to run with the Florida Track Club.

A: I'm about as light now as I've ever been since I reached national status. The lightest I've run at was about 133 when I was in college. In '73 I was about 140 to 143 when I was running the steeplechase and the mile. I vary between 136 and 140. Without watching my diet at all. Just running 18 and 20 miles a day.

Q: You don't have to worry about calorie intake at all?

A: I only worry about eating enough to keep my weight up. I have to eat 5000 calories a day to maintain weight. I eat all the time. I have a good appetite.

Q: Your average training week is what, about 120 miles?



Gene Bradford, 1st M65 in discus, with a toss of 88'9 1/2". New Jersey TAC masters championships.

Photo by Al Zacharka

A: Probably averages 125.

Q: And a high week might be 140?

A: Oh yeah, over 140. My highest mileage week this year was 154 miles.

Q: Do you have any other particular goals, other than, as you put it, "making all the masters records respectable"?

A: Yes. I still have goals of setting personal bests for everything from 10K and up.

Q: And you feel that's very much within reach, maybe even in this upcoming season?

A: Yeah, I've got a couple 10K's scheduled, and I'd like to take a crack at Gaston Roelants' steeple record of 8:41.5. But I should run a couple, first, just to get the rhythm of the race down.

I'll try to get two or three quality 10K's this spring. Maybe three good steeples. I don't think I'd need competition to run 8:40 in the steeple in the world champs in Rome (at the World's Veteran's Games), but I would need it to run 28:33 for 10K. And I don't think I'll get it there. If I'm going to go after the world's masters 10,000 or 5,000 record I'm going to have to do it in open competition here in the U.S. in the Spring.

Q: What's the record you want the most?

A: I think the one to really shoot for is Foster's 2:11:18. Not only is it the record they consider kind of "Beamon-esque" for 40-year-olds, but it would sort of set you apart, if you could run 2:11 at age 40 and break that

record.

Q: Do you ever give any thought to what running may be doing for your longevity or general health?

A: I take it for granted. When don't people ask me about it at clinics, they say, aw, you look half your age, you don't look anything near 40, and stuff like that, which is nice. But my father doesn't look his age either, and he only started running recently. Maybe its genes. I know if I wasn't running, I wouldn't have the energy levels I have, which would be like a contradiction. I like being out in the fresh air and sunshine. That's why most of the games I play are outdoor oriented. I hate parlor games, Monopoly, Trivial Pursuits. Running keeps me healthy, keeps my weight down.

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BAY COLONY PROPERTIES



University Bank & Trust Co.



Mass Hardware & Supply Co., Inc.

The Fourth Annual Waltham Masters' and Submasters' Track and Field Invitational

Hosted by: The Waltham Track Club

Sponsored by: University Bank & Trust Co., Pepsi-Cola Bottling Group, Nike, Bay Colony Properties, and Mass. Hardware & Supply Co., Inc.

Date: Saturday June 15, 1985

Place: Massachusetts Institute of Technology, Vassar St., Cambridge, MA

Time: Field Events — 9:30 a.m.
Running Events — 11:30 a.m.

Entry Fee: \$10.00 per participant — Each participant may enter up to 3 events. Post registration after June 7, \$12.00. T-shirts to the first 200 entries.

Awards: Prizes to the top three in each event. (Top 5 overall men and women in the 1500 walk — no age groups for this event.)

Refreshments: Free refreshments for all participants.

Sanctioned: By the N.E.A.C.

Eligibility: Age is determined by your age on the day of the meet.

Age Groups: 30 - 39, 40 - 49, 50 - 59, 60 and over.

Events: 100 m hurdles, 100, 200, 400, 800, 1500, 1500 walk, (open event) 3000 m long jump, high jump, shot put, discus, javelin.

Meet Headquarters: Howard Johnson Hotel, 777 Memorial Drive, Cambridge, MA 02139 (617) 492-7777. Numbers, time schedules, and participants' packets may be picked up in the hospitality suite at meet headquarters on Friday June 14, 1985 from 7 - 10 p.m. Refreshments will be served. (Saturday registration 8 - 12).

For further information contact: Waltham Track Club, 88 Russell St., Waltham, MA 02154 (617) 893-3828 or Patty Mac Hewitt, (617) 729-7584.

Entry Form

Name _____ Age _____ Sex: M F Date of Birth _____

Address _____ Phone _____ N.E.A.C. # _____

_____ Zip _____ Club or Team _____

Events: You may enter up to three events. List your anticipated time or performance _____

Please list any previous awards or accomplishments in track or road racing _____

Entry Fee: \$10.00 per participant payable to the Waltham Track Club. All pre-entries must be received by Saturday, June 7, 1985. Post entry fee — \$12.00.

Send entry fee to: The Waltham Track Club, c/o Joe Tranchita, 88 Russell St., Waltham, MA 02154

In consideration of this entry being accepted, I hereby for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against the Waltham Track Club, its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to or from said meet.

Signature _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Q Many of us old-time Masters long distance runners have been equated with a refugee from a death march. Our upper bodies and arms are skinny and scraggly. Is there anything that can be done to build up upper body strength? My legs are strong and muscular but my chest is a disaster area.

A It has never been said that long distance runners have any resemblance to Charles Atlas. I think with our pre-occupation with running, we have neglected strengthening the upper body and torso.

In many cases, especially over the marathon distance, many runners will fatigue, not from tired legs, but from a tired upper body. The arms feel like lead and a large portion of the runners energy is spent trying to maintain arm balance.

The arms and upper torso are also essential for balanced running. If our arms flail out or drop to our sides, the natural running rhythm becomes disturbed and we become very uneconomical.

Dan Helgenberger, a well known strength coach, has recommended a very simple and well rounded strength training program for distance runners.

Exercise:

Bench Press

3 sets times 15 reps each set

Pull Overs

3 sets times 15 reps each set

Lat Pull Downs

3 sets times 15 reps each set

Curls

3 sets times 15 reps each set

Sit Ups

3 times 30

Rest only 30 seconds between each set. Try to take one breath for each repetition.

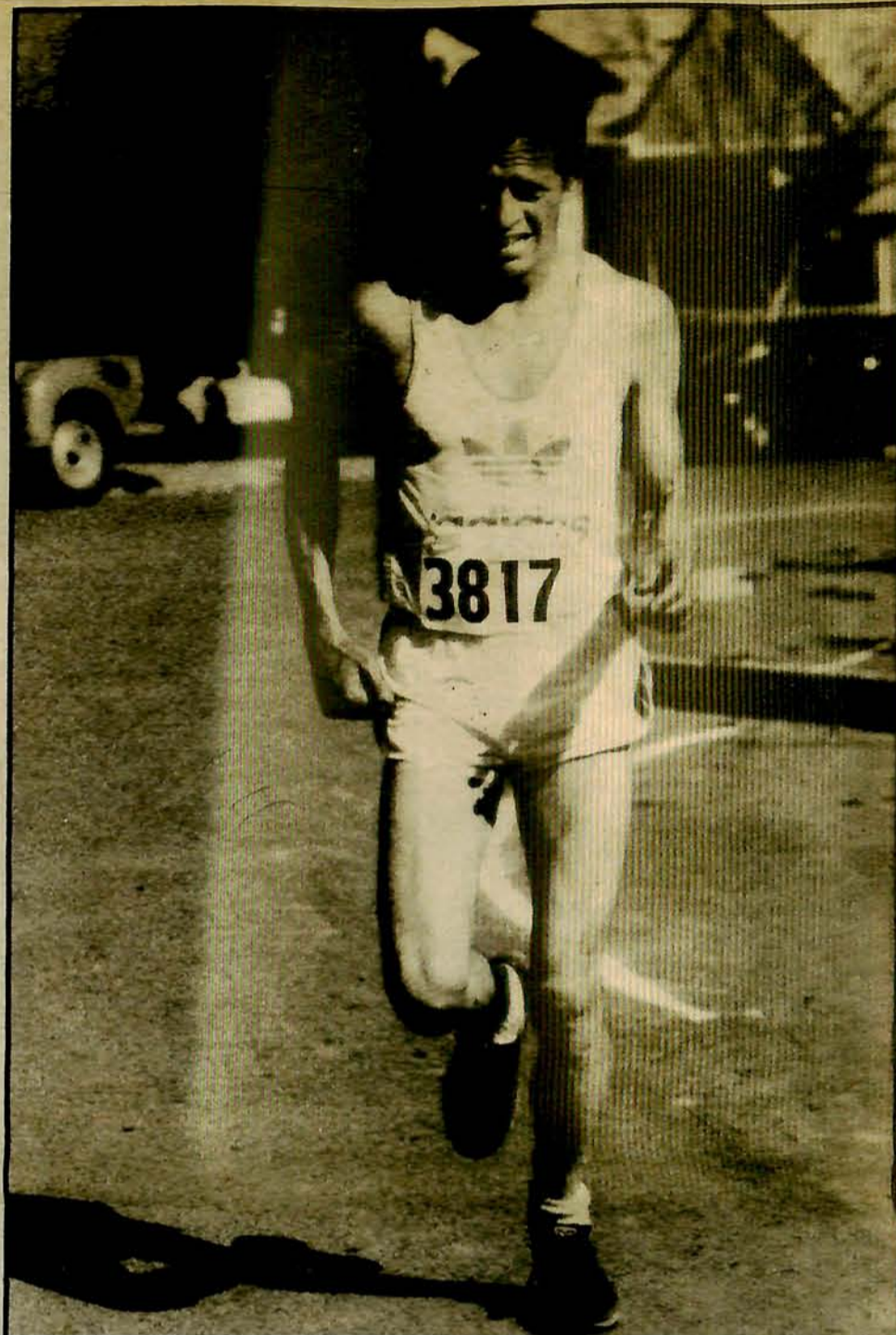
The last repetition on each set should be the most difficult or you need to add more weight.

Finish each exercise before moving to the next. Use smooth, and controlled motion, not jerky lifting movements.

This routine can be done three days a week, never on consecutive days.

As soon as I am able to lift the bar up on the lifting bench, I am going to try this routine. □

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



Don Paul, 34, first in the Brickyard Run (8.4 mile), San Francisco, Calif., with 41:53, March 16, 1985.

photo by Gene Cohn

Welch Sets World 15K Mark

Continued from Page 1

"She flew past me," said Welch later. "She seemed light as a feather."

The enormity of Welch's achievement can be realized by four quick comparisons:

1) The competition behind her included Lynn Jennings, Jacqueline Gareau, Joan Benoit, Lisa Larsen Weidenbach, Charlotte Teske, Joyce, Nancy Conz, Ruth Wysocki and Marianne Dickerson.

2) Her time of 49:35 was over six minutes faster than the former unofficial world and official American women's masters mark of 54:46, set by Cindy Dalrymple in 1982.

3) Her time was only one second slower than the U.S. women's mark which Springs broke: Patty Catalano's 49:34.

4) She was the third over-age-40 finisher in the race, following none other than Barry Brown, 40, who won the men's Masters title in 47:37, and Pat Monahan (49:18). Welch astonished everyone by finishing ahead of cur-

rent American Masters 15K record holder Bill Stewart, who placed third among Masters men in 51:44, 2:09 behind Welch.

Brown, the current U.S. male masters phenomenon had hoped to break Stewart's mark of 45:58, but eased to victory over a minute slower than his Masters winning time in the Gasparilla 15K in Tampa on February 9.

Jim Blount, 55, won the M55 division in 56:56, and Fleetwood Fesmire, 68, took the M65 in 1:08:44.

Judy Pickert, took 2nd in the W40 bracket in a good 58:51. Ann Kahl captured the W55 division in 1:07:18.

The race was the fourth of the ARRA (Association of Road Racing Athletes) circuit. Welch won \$2000 while Springs took home \$5000. Kenya's Simeon Kigen won the men's \$5000 first place prize with a time of 43:27.

The weather was typical for that part of Florida in March — 80° and humid. Doug Alred was race director. □

Interview With Barry Brown

Continued from Page 11

weight down.

And it's keeping socially active. I see a lot of people, meet friends. In the 26 years I've been running, until I stop to think about it, I forget how many people I've met through running. I can't think of too many cities where I don't know someone I met through running. Bobbi once said wouldn't it be nice to move to San Diego? I said one of the nice things about running is that I could move to there tomorrow and instantly have 12 to 15 people to run with right away, and a whole social circle to move into. That's one of the nice things about running.

Q: That, and apparently all but stopping your biological clock.

A: Someone at a clinic once asked me how I feel physically. I said I feel like I'm 20 years old except something's gone a little wrong. There are certain physical things I can't do, like a really tough interval workout, but other than that, I don't feel any different at all.

It's that old question about whether running's going to make you live longer. George Sheehan says, "I don't care." He's more interested in the quality of his life, day to day, than how long he lives. I may get run over by a truck tomorrow.

Even though Jim Fixx wasn't a great runner, he probably lived 10 years longer than he would have. . . and enjoyed it more. He got to travel, he became famous. The quality of his life was much better.

You see people 80 or 90 with tubes stuck in them keeping them alive. I never want to get like that.

The two women in San Diego who won the 75-and-over age divisions, acted about 50. They ran up to get their awards and were so happy. Then back here a week later I saw an older lady barely able to push her grocery cart along. You would never have guessed they were the same age. □

(to be continued)

© 1985 John L. Parker

Welch Sets Record

Continued from Page 1

ed third behind Wendy Sly and Zola Budd.

She next smashed the world veterans 15K mark with a 49:35 in the Jacksonville River Run on March 9 (see separate story).

Last year, at age 39, Welch finished sixth in the Los Angeles Olympic Marathon with a British women's record of 2:28:54.

As Mike Tymn reported in his profile of Welch (December NMN), "the amazing thing about Welch is the time it has taken her to reach world class level. She started running at age 35 and

Steigerwalt, Kelly Set Racewalk Marks

Continued from Page 4

were the first Masters to finish, in 1:48:21 and 1:58:01, respectively. Maynard was first woman overall.

The Masters men's National 20K team title was won by the Monterey Walk Walk Walk Club trio of Gary West (1:49:35), Karl Krueger (1:58:26), and Bob Matulac (2:04:46), who totall- ed 5:52:47.

The Masters women's title was won by the Golden Gate Race Walkers team of Earlene Moran (2:11:48), Alkmene Bandar (2:34:49), and Mickie Frykdahl (2:40:44), who had a 7:27:21 sum. Marco Evoniuk was the open winner, 1:28:40.

Forty-eight walkers finished. The event was staged by Giulio de Petra. □



Bill Hagman winning M40 5000 meters in 17:42 in New Jersey.

Photo by Al Zacharka

did not get serious about competition until a year and a half ago."

Welch's 32:14 is a personal lifetime best. Her fastest previous 10K was 32:28 a year ago.

Her next goal is to break the world veterans marathon record of 2:29:43, held by fellow Briton Joyce Smith. She'll make the attempt on May 5 in Pittsburgh.

"I don't know why I run so well," she told Tymn. "I lived in the country (in Kingston, a suburb of London) when I was a child and we didn't have a car. So I did a lot of walking and cycling. My diet has always been a good one, mostly fresh food. Perhaps it's because I haven't had much athletic experience and haven't messed my muscles around. Maybe my legs are still young." □

Price Chopperthon

Continued From Page 4

also had a hand (or foot) in another record as he inadvertently paced women's winner, Lisa Larsen Weidenbach, to a new American best of 1:43:26. In a post-race interview, Weidenbach explained how she paced herself by following a "man in a blue hat" who was Johns.

Several outstanding performances were also logged by older competitors. Rev. Hubert Morgan from Sayre, Pennsylvania, added yet another record to his large collection as he ran 2:04:37 to lower the age-63 mark by more than seven minutes. Close on Morgan's heels was Don McWilliams from Canadaigua, New York, whose 2:05:21 destroyed the age-60 record by nearly three minutes.

Seventy-two-year-old Bill Brobston from Saugerties, New York, claimed top honors among the 70-year-olds with a single-age record of 2:32:49. The oldest finisher was Bill McNeil from Middletown, New York, whose 3:56:54 is an American age-77 record. He explained that his time probably would have been faster if he had not run a 10K the day before. □

Eastern Regionals

Continued from Page 1

Stablert in the M55 mile (5:03.20), Austin Newman in the M65 mile (5:58:37), Ray Funkhouser in the M30 2-mile walk (13:30.18), and Ed Lukens in the M60 TJ (36-3½).

The New York Masters won the over-all team title with 426 points, as well as the 30-39, 40-49 and 50-59 brackets. The Syracuse Chargers captured the 60+ team crown with 100 points, and took second in overall points with 244. Leading the point gathering for the New York Masters were Alan Cohen (who competed in eight events), Anna Mapps and Chris McKenzie.

All times are F.A.T. (Fully Automated Timing). □

1985 TAC EASTERN REGIONAL MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS -- JUNE 16, 1985
SLIPPERY ROCK UNIVERSITY
HOSTED BY: WESTERN PENNSYLVANIA TRACK CLUB

ELIGIBILITY AND AGE GROUP DIVISIONS: Open to all men and women over the age of thirty
MEN & WOMEN: OA (30-34), OB (35-39), 1A (40-44), 1B (45-49), 2A (50-54), 2B (55-59), 3A (60-64), 3B (65-69), 4A (70-74), 4B (75-79), 5A (80+).

ENTRY FEES: \$5.00 each event, \$16.00 each relay team.

ENTRIES: Entries must be postmarked to Sue Kline no later than June 8, 1985. NO POST ENTRIES WILL BE ACCEPTED. There will be no refunds or switching of events after June 10, relays excepted. You may enter only one age group, relays excepted.



RELAYS: must be entered with meet director and paid for as follows:
4x100 by 1:30 PM day of meet. 4x400 by start of 5K. All relay team runners must be members of the same team. Unattached teams are not permitted. Runners may move down from their age group, but not up.
Men: 10 year age groups. Women: 30-39 and 40+

MEET DIRECTOR: Sue Kline, 1245 Alamae Lakes Rd, Washington, Pa 15301 412-228-1872, NO PHONE CALLS WILL BE ACCEPTED AFTER 9 PM.

STANDARDS FOR HURDLES AND WEIGHTS: as have been in effect since 1/1/84.

AWARDS: Regional Championship medals to top three in each division in each event
Regional Championship patch to each 40+ winner (limit, one per individual)

AGE DETERMINING DATE: June 16, 1985

LOCATION: Slippery Rock University, approximately one hour North of Pittsburgh (one hour north of Airport) on Interstate Route 79, to Slippery Rock Exit (route Pa 108), to light (3-4 miles), turn right, ½ mile to end of campus, turn left, ½ mile turn left into campus, stadium in view on top of hill.

FACILITIES: Resurfaced (1984) 8 lane all weather track, runways and HJ area. ¼ inch spikes maximum length. Concrete circles, grass javelin runway.

ACCOMMODATIONS: Founders Hall, 250 yards from stadium. \$4.00 per person per night.

Register with payment on entry form.
Howard Johnson Motor Lodge: Mercer (20 miles) 412-748-3030
Colonial Inn: Mercer (20 miles) 412-662-5600
Evening Star Motel: Slippery Rock 412-794-3211

CAFETERIA, SLIPPERY ROCK UNIVERSITY: 100 yards from Founders Hall, 400 yards from stadium. Breakfast \$2.00, Lunch \$2.10, Dinner \$3.75 Pay as go through line.

CHECK IN: Individual packets available after 7 am Saturday at the stadium.
100 dash - final check in at 9:15 am and 200 dash - final check in at 2:00 pm (this is to determine which age groups will require heats and finals)

FINALS: All finals will be run in the Finals time slot.
ONE FALSE START RULE IN EFFECT: Our starter is certified and has had many years experience locally, nationally and internationally and in starting one false start rule meets, including masters meets.

AGE GROUP ORDER OF EVENTS: Younger to older men, then women.

SP, LJ, TJ, THROWS: Six attempts will be allowed

HJ, PV: Will be set at lowest height requested by an entrant, bar will not be lowered during event, nor will a height be delayed more than 5 minutes for a competitor in another event.

MULTIPLE EVENT ENTRANTS: You do so at your own risk. In events with conflicting schedules, you must notify the official of the field event. HJ, PV bars will be held no longer than 5 minutes after a height is finished; Jumping, throwing out of turn for one attempt may be done only with permission of the competitor who is directly before and after you and with the official in charge and only if, in their opinion, it is not to gain unfair advantage.

EASTERN MASTERS CHAMPIONSHIPS
ORDER OF EVENTS

	30-49 Men	50+ Men	Women
8:00 110HH T&F	9:30 High Jump	Long Jump	Pole Vault
100H T&F	10:30 Pole Vault		
9:00 10K	11:00	High Jump	Long Jump
10:15 100T	12:30 Long Jump	Pole Vault	High Jump
10:40 1500	2:30 Triple Jump - all ages (in flights)		
11:25 100F			
12:15 5K Walk	8:00 Shot Put	Discus	25# weight
1:00 400IH	10:00 35# weight	Shot Put	Discus
1:45 400	12:00 Discus	35#/25# weight	Shot Put
2:35 3K Steeplechase	2:00 Javelin	Hammer	Hammer
2K Steeplechase	to follow Hammer	Javelin	Javelin
3:05 4x100 Relay			
3:30 200 T	Above events will be contested in flights, other than high jump and pole vault, when number of entrants dictates.		
3:55 800	Starting times are approximate after first event. Be available one half hour prior to beginning of your events stated starting time if meet runs ahead of schedule		
4:30 200F			
5:20 5K			
6:00 4x400 Relay			

NAME _____ Last _____ Phone _____

Address _____ Team _____

Sex _____ Birthdate _____ Age (6/16/85) _____ Division _____

Enter me in the following events:

Event	Best 1985 mark	Event	Best 1985 mark

I want campus housing for Friday Saturday

Enclosed is _____ for _____ events and _____ for _____ nights lodging.

Enclosed is _____ for the following relays:

Mail to: Sue Kline, 1245 Alamae Lakes Rd, Washington, Pa 15301. Make checks out to Sue Kline. Must be postmarked by June 8, 1985

Athlete's Release
In consideration of your acceptance of my entry, I, for myself, heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against the Athletics Congress, the Western Pennsylvania Track Club, Slippery Rock University, all other meet sponsors or their officers or agents, for any and all damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of the meet director or her designee to require medical evidence before allowing me to compete, and to require my withdrawal from competition, and will do so if directed.

Date: _____ Athletes Signature _____



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Another indoor season is over. My thanks to Carl "Chuck" Klehm and Wendell Miller for hosting the 1985 Indoor National Masters Championships. The facilities were excellent and there were about 350 athletes. Times, heights and distances were excellent, though a number of the competitors were just beginning the conditioning push for Rome. The facilities are about 110 miles from Chicago, and I suspect a few cut their return-trip connection a little close.

Dan Thiel, who will host the National Indoor Championship next year, announced it would be held March 1 & 2, 1986, at the Louisiana State University facilities in Baton Rouge - about 80 miles from New Orleans. It sounds like a good place for a short, or long vacation — get it on your calendar now.

Our uniforms for Rome are ordered and, hopefully, will be in your possession by the 1st of June. I received approximately 115 orders, and really appreciate your response.

At the Indoor meet, the executive committee reviewed several concerns. Our budget from TAC/USA doesn't provide adequate funds for more than superficial help for the national and Regional Meets, so local sponsors are absolutely critical. We continue to search for a solution, but so far we must continue to count on local assistance.

One of the competitors, Gordon Reiter, presented the committee with a proposed Outdoor Meet schedule, to better space the events. We liked it, and have passed it on to the Indianapolis committee to review and see if it will fit into its scheduling.

I must say that I do enjoy Indoor Meets a lot. People seem to stay around and mix a little more than Outdoor, and there is always something to get one's eye if one pays attention. This year, one of the pole vaulters, who was in a hurry to complete his vault so he could catch his plane from Chicago, rushed a little too fast in preparing for a vault, and removed not only his sweat pants but his running shorts. He made a quick recovery, and I think made his vault and the plane. Only those spectators paying close attention picked up on the incident. Come to these meets, they are fun! □



TAC National Masters 5K X-Country Championships award winners, Seattle, Wash., 11/24/84. From left: Chris Steer, 3rd 40-44 (18:16); Norm Oyler, 1st 40-44 (17:55); and Paul Hall, 2nd 45-49 (18:36).

photo by Warren McNeely



Don Johnson, M65, (No. 627), 1st in the 5000 meters in 21:21, 1984 New Jersey TAC Masters Championships.

Photo by Al Zacharka

26 World Records Set Despite Big Chill

Continued from Page 1

Carter of Oregon, M60 SP (43-5);

Women's global standards were topped by: Ohio's Mary Bowermaster, W65 HJ (3-9); and in the 2-mile walk by Michigan's Jeanne Bocci, W40 (16:10.0) and Wisconsin's Ruth Leff, W55 (20:22.0).

Team Kangaroos of St. Louis set a 4 X 800 M30-39 relay record of 8:15.56.

New Jersey's Marilyn Fitzgerald, W45, set a meet record in the 60y in 7.77. Illini Pat Matzdorf beat out Florida's Ron Purdom, 6-5 to 6-4 in the M35 high jump. Duplicate first prizes were awarded in the M45 60y and 60y HH because the winner, Scott Tyler, was a Canadian. U.S. winners were Gil LaTorre and Charles Miller, respectively.

New York's Skipper Clark won the W35 60y in 7.46, the best time for all women. New Jersey's David Lawyer topped the M65's in 7.71.

Only .008 separated Ohio's Harry Tolliver (34.40), California's Bill Knocke (34.46) and Maryland's Larry

Colbert (34.48) in the M45 300-yard dash. Newton took home a second gold medal by nosing out New York's Cliff Pauling, 35:13 to 35:19 in an M50 300y field of 13.

Trouble came in the M40 600-yard race. To accommodate a few runners who wanted to catch a plane, the normal oldest-to-youngest order was reversed. Dennis Dyce rolled to victory in the updated M40 race in 1:18.62 while potential gold medalist Gary Carr was warming up outside. Carr was permitted to run in another division, and blazed to 1:17 and change. What to do? Meet organizers huddled, and, with both Dyce and Carr graciously acquiescing, agreed to award gold medal to each man, and give each the time of 1:18.62 in the Official results.

In the M55 600, Californians Bernie Stevens and Bill Fitzgerald battled to the wire with Stevens winning, 1:30.33 to 1:30.36. New Jersey's Kelsey Brown took third with the same time as Fitzgerald's.

In the 1000-yard run, Mary Cullen, W45 of Texas, ran 3:23.16, while Howard Strassenberg of Illinois picked up one of several M65 firsts in 2:23.42.

In the mile, Wisconsin's Cathy Stevens, W30, ran 5:04.71. Billups won again in 4:38.29. California's Gunnar Linde defeated a tough M55 field, which included Michigan's Ken Carman, California's Jerry Withers and Kelsey Brown, in 5:14.09.

Missouri's Ira Price, M30, ran the fastest two-mile, 9:38.32. John Pistone of Massachusetts won the M50 in 10:37.31. Linde took his second M55 gold in 11:16.91, and Californian Avery Bryant copped the M60 in 12:00.85.

Missouri's Harry Guth won the M60 HJ at 4-10, with fewer misses, from New Hampshire's Boo Morcom, but Morcom leaped 16-10 for a long-jump win.

The pole vault featured a 15-1 win by

Continued on Page 17

THE ATHLETICS
CONGRESS

TAC

USA

MASTERS

LONG DISTANCE

RUNNING REPORT

by **BOB BOAL**

Chairman, TAC Masters Long Distance Running Committee

All 15 of the 1985 National Masters Long Distance Running Championships — from 5K to 100 miles — have been scheduled. Minimum financial assistance from TAC is provided only to cover actual deficits arising from the costs of operation.

One Regional Championship has been scheduled and two others are under discussion.

Considerable progress has been made in assuring accuracy of course measurements. All Championships are required to be both sanctioned and certified. Big name races in the past which did not use certified courses have caused great concern by athletes who found their excellent times (sometimes records) were accomplished on short courses.

The sport of MLDR is struggling to



Scott Thornsley, director of 1st. TAC U.S. Masters indoor pentathlon championships in Pennsylvania, finishing 1st in M30 LJ with 19'½" in New Jersey TAC Masters championships.

Photo by Al Zacharka

generate more interest in bids for Championships. We have three objectives:

1. Greater geographical dispersion.
2. Greater chronological dispersion.
3. Scheduling Championships at least 18 months before the Annual TAC Convention.

In past years, West Coast associations complained of the preponderance of Championships in the East. We hoped to overcome this when our Convention met in 1984 in San Diego. Unhappily, the only bid from that area came from a last moment contact in the Convention Center. Hastily written out on scratch paper, it competed against a formal bid of months' standing, well supported by bid representatives. No one from California was prepared or present to answer questions on the San Diego bid.

The heavy Eastern bids are explained by the open bid from Metropolitan to "take anything left with no bid". It is also explained by the Syracuse Chargers who, already successful bidders on one Championships, agreed to put on two more "to help out".

The Executive Committee of MLDR would welcome any bid for the first 6 months of 1986 and will act on it not later than October 1. We urge interested Associations and Clubs to prepare bids for 1986 and early 1987 and to present them in Houston.

Great improvement has been achieved in establishing championships which assure a fair start. Most Championships now identify competitors by their age group. Technological improvements and trained finish line personnel have helped assure accurate places and times for all finishers.

For the first time this year, one of our Championships will be part of a large event. Scheduled two years ago, we were successful in getting Marine Marathon's promoters to provide us a separate start and separate finish and assure accurate results for both individual and team competitors.

MDLR is grateful for the support and leadership given our sport by TAC/USA administrators and executives and our fellow family members in the sport of athletics. □

National Indoor Meet

Another Pride of the Prairie

by WENDELL MILLER

The 1985 National Indoor Meet was totally unique for several reasons, not the least of which was ending up in Sterling, Illinois. After all, Sterling is one of the places that some people do know about — many, many others, however, do not. That's their problem.

Your basic indoor track has always been a tough one to get a handle on, especially for the Masters program. It mainly has to do with facilities or, rather, lack of facilities, to be more precise. Those that have them, don't want to share them and those that do want to share them will do so at such a price it never really tastes very good.

You may recall our history of rental rape at the hands of two of the best, Princeton and Michigan. I suppose there is some consolation in knowing that we couldn't have been had by two finer universities.

Our territorial differences also complicates things. They do it big in the East, pretty big in the Midwest and everywhere else they pretty much make do, outdoors, all year round. Talk to someone on the West Coast about the 55-meter hurdles and they think you're talking junior high.

Sterling handled it beautifully — friendly and accommodating with the tolerance and patience only a farming town of 20,000 decent souls can exhibit. A couple of scenes at a local motel were worthy of Neil Simon. "I'll be honest, Marv, I came with you to the boonies because you promised me a room with flocked wallpaper. I mean, seriously, does this room work for you?"

Just as wonderful as the ambiance of Sterling was the meet, itself; exciting races and spectacular efforts with meet, national and world records to prove it.

How about John Hartfield, the old (40) Texas Southern star and three world records for openers. He quit jumping at 6'4" to save himself and says he'll triple 49 feet before the year is over. Look out Rome!

How in the world does a guy over 70 pole vault almost 10 feet? Carol Johnston went 9'9¼". I still can't believe it. How about a guy over 80 who can high jump close to 4 feet? Arling Pitcher went 3'9¼". I still can't believe that either. Believe me, Masters' walking will never be the same now that Ray Funkhouser turned 30. 13:10 for two miles!

The talent was amazing and as I mentioned, quite unbelievable. Lamar Miller was quicker than ever at 60 yards and in the Highs. Dennis Dyce, the former New Yorker was tough at 300 and 600, almost dueling Gary Carr. They'll really be dueling before long. Ernie was relaxed, Archie Messenger was tough and Avery Bryant can still run a six minute pace.

Burl Gist looked like a teenager in the high hurdles and at 5 foot. It was good to see Pat Matzdorf back and Ron Purdom hanging in there. Dick Christoph showed me my first 15-foot pole vault effort at a Masters Meet and, as I mentioned before, it's almost impossible to keep track of the weight boys once they start putting on their coats to go outside.

Interesting sidelights were abundant. Christel Miller in a sweater looks like a sophomore. Ron Salvio as the meet's sergeant-at-arms stopped the young children from tearing the facility down by making them stand out in the cold from time to time. Wendell Miller, the meet's unofficial director, was able to launch two poo poo nastys; a seeding mishap in the hurdles brought 8 times in one heat faster than the winner in the other and a time change in the 600 left Gary Carr warming up outside during his heat. Gordon Reiter came to the rescue, serving as seeding captain, measuring supervisor, chief arbitrator, master of compromise and originator of a couple of fine running efforts on his own and, in the doing, pretty much saved the day for everyone. There does seem to be fairly hard evidence that Gary did say two or maybe even three F's during the course of the fiasco. Oh well, it's happened before and etc., etc.

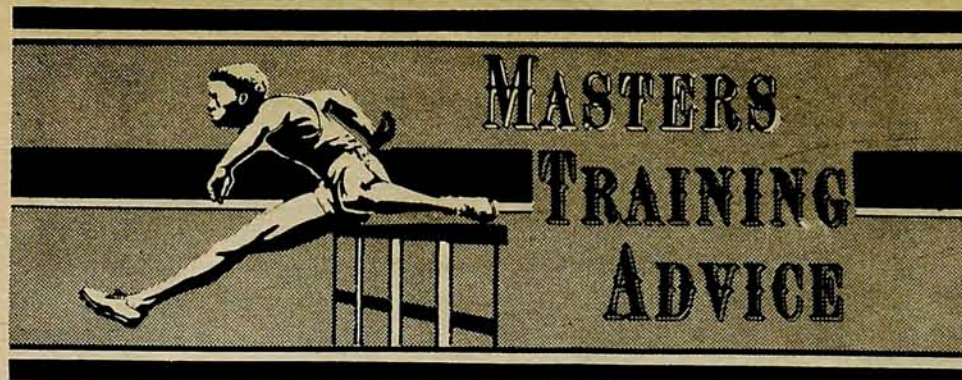
Ted Haydon, our living legend, dropped by to cheer on some of the UCTC crowd and we quickly gave him a watch. Of course, he already had two hanging around his neck. Haig Bohigan was his omnipresent self and he couldn't have done more or been better. Terry Ellis spent the weekend with us as an overpaid official and we couldn't have done it without him. Ditto for Mike Davis of the Sterling Track Club.

Oh sure, there was some complaining. After two weeks of 60° weather it dropped to 30° in Sterling and the place didn't really heat up until after we left. Indoor people are used to that. Sure, we could have used more officials but everyone got a chance to do what they came to do. It wasn't perfect but it was fun and fair and by not stopping for lunch — it was on time. □

From Ron Fox

COMING NEXT MONTH

- VI World Veterans Games Preview
- Ex-Olympians Compete in Rome
- Should Masters Join the IAAF — Part II
- Results of Reader Survey



The Sprints

Why do sprinters from South Africa perform so well in Masters competition? In the latest World Veterans Age-Group Records (NMN, February), South Africans hold nine of the 78 five-year age-division marks in the 100, 200, 400 and hurdle events. No country, except the USA with 39, holds more. Australia has seven, West Germany six; no one else claims more than three.

Five of the top South African sprinters often work out together on a grass track at the Wanderers Club in Johannesburg. (The facilities are open to all races, by the way.)

The five are:

1) Monty Hacker, M50, an attorney who won four gold medals in the recent Northern Transvaal Masters Championships in Pretoria in the 100 (12.1), 200 (24.6), 400 (55.7) and 4 X 100 relay.

2) Miloje Grujic, M50, a butcher who won the M45 400 in the 1979 World Veterans Games in 52.1 in a classic battle with America's Nick Newton. Grujic is coming off an injury, but, when healthy, runs the 400 in the low 50's.

3) Winifred (Audrey) Reid, who broke Polly Clarke's world W70 400 record of 84.13 by five seconds on February 23, thus adding a tenth South Africa-based record to the ledgers. Reid also holds W65 marks in the 200 (33.67) and 400 (79.66).

4) Jimmy Rabie, a World Veterans Games medalist, and a consistent 23-second 200-meter runner in the M45 division.

5) Leon Hacker, M45, who ran 400-hurdles in 57.7 in February. Hacker set the world M40 hurdle mark of 54.08 in the 1979 World Veterans Games.

We asked Monty Hacker if they had a secret. "Of course not," he said, and cheerfully passed along their workout schedules.

"We do no speed work in the winter; just distance running to build a base, like everyone else. When the track season approaches, we work out five or six days a week, generally in flats, not spikes. We begin with about a two-mile slow warmup (9-10 minute pace); then 15 minutes of exercises. Then it's 10 X 100 at an 80% pace, starting moderately and picking it up. We walk 100 between. After the workout, we warm down."

Here's their daily workout schedule:

Monday: 6 X 200 in 28 seconds each, with a 3½ minute rest interval between

each 200.

Tuesday: 6 X 150 in 19 seconds, with a 3½ minute rest.

Wednesday: Rest.

Thursday: 3 X 300 in 42-43 seconds, with an 8 minute rest. (Grujic does 6 X 300 with a 3-minute rest.)

Friday: Rest or 3 sets of 3 X 150. Run three 150's slowly in 26 seconds with a 50-meter walk (also in 26 seconds) between. Rest 10 minutes and repeat twice.

Saturday: Three 150- to 200-meter hills, with a five-minute rest.

Sunday: Step-downs. 300 in 42; rest 7 minutes. 200 in 25-26; rest 7 minutes; 150 in 18-19.

Reid only works out twice a week — Wednesday and Sunday, with maybe an occasional three laps on Friday, and always in flats.

Wednesday: Four laps warm up, then 6 X 100 at 80%, building up gradually like the men. Then a 300 and 400 at 80% effort.

Sunday: The same warmup and 6 X 100; then 2 X 300 and 2 X 150.

Reid never ran until 1979, but always played tennis.

I eat anything I feel like," she said.

The men's training regimen seems difficult for the average Masters sprinter. The grass track is a big help, since Americans tend to break down when they try hard intervals on dirt or tartan tracks. Yet Nick Newton follows a similar interval program with outstanding results.

"Anyone can do it," Hacker says. "It takes some getting used to, but it pays off more than if we only ran intervals once or twice a week. After a while, you can physically take it, although injuries can occur to anyone. When you're fit, it becomes exhilarating to glide along at a brisk, but relaxed, pace."

Send your training tips to NMN, Box 2372, Van Nuys CA 91404. In future issues, we'll focus on middle-distance, field and long-distance training routines. □



Bob Rudrow, M30, (left) 1st in 15.8 in 110HH in the TAC New Jersey Masters championships.

Photo by Al Zacharka

Write On

Continued from Page 2

Those who award meets to specific sites should realize that a two-hour car ride after a flight is a bit much to take.

Robin Ficker
Bethesda, Maryland

I just returned from Sterling, Illinois where I, with the athletes I coach, witnessed an injustice against Masters track & field called the 1985 TAC National Masters Indoor Championships.

We are entering a critical area for Masters track & field. Masters athletes want to be taken seriously and want their sport to receive the recognition and the credibility it deserves. But support from the major shoe companies, in the form of promotional equipment and event sponsorship, has all but disappeared — and it is becoming increasingly difficult to find other sponsors to take their place. Debacles like the 1985 Indoor Championships severely damage our sports credibility to our sponsors, the media, spectators — and, most important, to our participants.

Masters track has progressed beyond the point where we should all be grateful for any half-hearted attempt to put on a Masters meet. Our sport has experienced tremendous growth. Masters age-group records are now leaving mouths open, even among elite Open athletes. The only way to be sure a travesty like the 1985 Indoor Nationals does not repeat itself is to express our outrage and to hold accountable those responsible for the disservice they did to all the athletes who participated.

Our first inquiry should be directed to the TAC Masters T&F Committee. What were the thought processes at the

TAC Convention that resulted in this important meet being awarded to an obscure small town located a good 3-hour drive from the nearest major airport (Chicago's O'Hare)? This caused everyone considerable additional travel time, expense (car rental), and inconvenience.

The "ambiance" of the host city added nothing to the meet. I saw not a line of coverage in the local newspaper (where the retirement of a 52-year-old dentist drew front page attention). This resulted in a small turnout of participants, especially among the women, and virtually no spectators.

An inquisition should be held for the meet organizers to account for:

- The start of the meet was delayed on Saturday because the metric track had not been marked for yard distances. Many races started from "imaginary lines" scribed by the foot of the starter.
- There were so few officials on hand, athletes and spectators had to be enlisted to time and help officiate events.
- In races such as the men's 600, they ran as many as 11 athletes from a scratch start on the tight-curved six-lane track.
- FAT (fully automatic timing) was not provided, so any records set in the meet cannot be recognized.
- There was no meet announcer, no introduction of the many Masters record holders, defending champions and world champions participating — and virtually no announcement of results.
- The fieldhouse was a shivering 45° because the meet organizers had

Continued on Page 31

WEIGHT PENTATHLON FLAP CONTINUES

Last month, NMN wrote: "The 'World Wt. Pent II' is not an official World Veterans Championship. It has not been sanctioned by either the World Association of Veteran Athletes (WAVA), or by the Italian Masters Athletics Federation (IMITT). In fact, it has the 'official opposition and disapproval of both WAVA and IMITT,' according to Cesare Becalli, director of the VI World Veterans Games in Rome.

"That said, competitors may consider it for what it is: a low-key event following the official World Veterans Games, where weightmen can have some fun throwing a variety of implements with like-minded athletes from other nations."

Phil Partridge replies:

"World Weight Pentathlon II is sponsored by Jimmy Pedemonte, Throwers Coach of Genoa University and FIDAL, the national sports federation of Italy.

"It is endorsed by Max Jones, British National Coach, Wally Shepherd of the Australian Veterans Track Association, Marcello Armeni of FIDAL and throwing coaches worldwide.

"America's most honored living Track & Field athlete, Bob Richards, had this to say: 'These Weight Pentathlons are the greatest. They should be added to the Olympics.'

"Throwing athletes asked WAVA to include Weight Pentathlon in the VI Rome World Games 1985 schedule. It did not do so. We do not complain of this. Dedicated throwing athletes will not want to miss this superb competition. Fifty two World Age Records in Wt. Pent. I will be up for grabs. All

Age Records set in World Wt. Pent. I will be under assault.

"Our new one-year Age Factor formulas will end age discrimination that favored younger athletes in each five year age group. We'll have a great meet, you may be sure. Come and be part of it."

Phil Partridge
WVP II committee

26 World Records Set Despite Big Chill

Continued From Page 14

Ohio's Richard Christoph, M30; three M40's at 14-0 or better, led by Georgia's Charlie Polhamus at 14-6; and Colorado's Jerry Donley winning the M55 contest at 13-0.






Throwing outdoors did not adversely affect the shot putters. Besides Carter's and Christel Miller's WR's, Alabama's Ed Hill won the M40 (48-10), California's Jim Hart took the

M45 (44-9¼), Phil Brusca notched the M55 (42-2), and Bill Walmroth garnered the M60 (48-10).

The 35# weight throwers witnessed an impressive 51-5 throw by Hill in M40. Strongmen Walmroth, with 46-4, and Nolan Fowler, M70 (40-4) were also outstanding.

The 1986 Indoor Championships will be held in Baton Rouge, Louisiana. □

WORLD WT PENT II

Discus  Shot  Javelin  Hammer  Wt. Throw  40.64 cm.

GENOA UNIVERSITY GENOA, ITALY JULY 2-6, 1985

Rome to Genoa: 5 hours by train - 50 minutes by plane

Divisions: Open (under 30) Five Year Age Groups, 30 and up

Standard WAVA implements by Age Group, Men and Women

Scoring by IAAF Olympic Tables and Age Factor formulas

EVENT I	July 2	Weight Pent.	Disc	Shot	Jav	Hamm	Wt Thro *
		Men ages 50 and over					
EVENT I	July 3	Weight Pent.	Disc	Shot	Jav	Hamm	Wt Thro
		Men ages 49 and under					
EVENT II	July 4	Discorama	2K	1.75K	1.5K	1.25K	1K
		All ages - Men and Women					
EVENT III	July 5	Shot Puttery	10K	7.26K	6K	5K	4K
		All ages - Men and Women * *					
EVENT IV	July 6	Hammerfest	7.26K	6K	5K	4K	35# 25#
		* 59 & under 35 lbs; 60 & over 25 lbs. * * Women subst. 3K for 10K					
EVENT I	A handsome trophy to all who complete the 5 events. Special awards to top scorers.						
EVENTS II, III, IV	Engraved medallion for each event completed.						

It is suggested that athletes bring their implements early for pre-meet weigh-in. Records established will be official.
Group rates for meet residences on the Italian Riviera

Entry Fees: \$20 first event, \$6 each additional in U.S. Dollars or Italian Lira equivalent Check or Money Order to World Weight Pentathlon II

Send entries to arrive before June 24 to Ersilio Gavino, Coordinator World Weight Pentathlon II Via Cesarea, 2 16131 Genova, Italy

Join this history-making competition with throwers from 5 continents

ENTRY BLANK

Name _____ (Please Print) Birthdate _____ Sex _____ TAC-WAVE No. _____

Street _____ City _____ Country _____

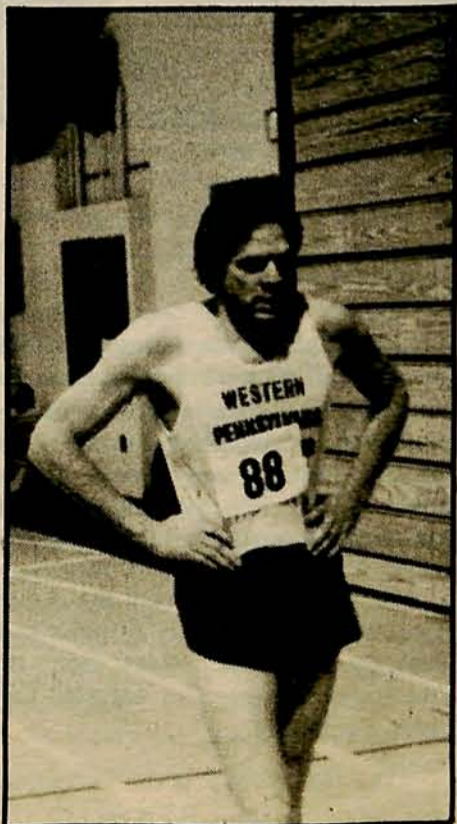
Please enter me in EVENT I _____ II _____ III _____ IV _____ (indicate)

Please reserve room for _____ persons for July 1 2 3 4 5 6 (indicate)

Best throw in 1984 _____ Discus _____ Shot _____ Javelin _____ Hammer _____ Wt. Throw _____

I take part at my own risk and the meet organizers will not be held responsible for any occurrence that may arise from my participation and I will abide by the rules of the competition.

Signature _____



Barry Kline, 44, of Pennsylvania, winner of M40 1985 TAC National Indoor Pentathlon Championships, Carlisle, Penn., January 13.



Course Certification

Allan Steinfeld is chairman of the Road Racing Technical Committee for The Athletics Congress. To clarify TAC Rule 133(2) regarding course certification, he says:

"As of January 1, 1985, all road running courses must have "full certification". That is, to receive "full certification" a newly certified course must have been measured along the "shortest possible route" a runner could run on race day and also must have a "short course prevention factor" included in the course length which is equal to 0.1% of the advertised distance of the course.

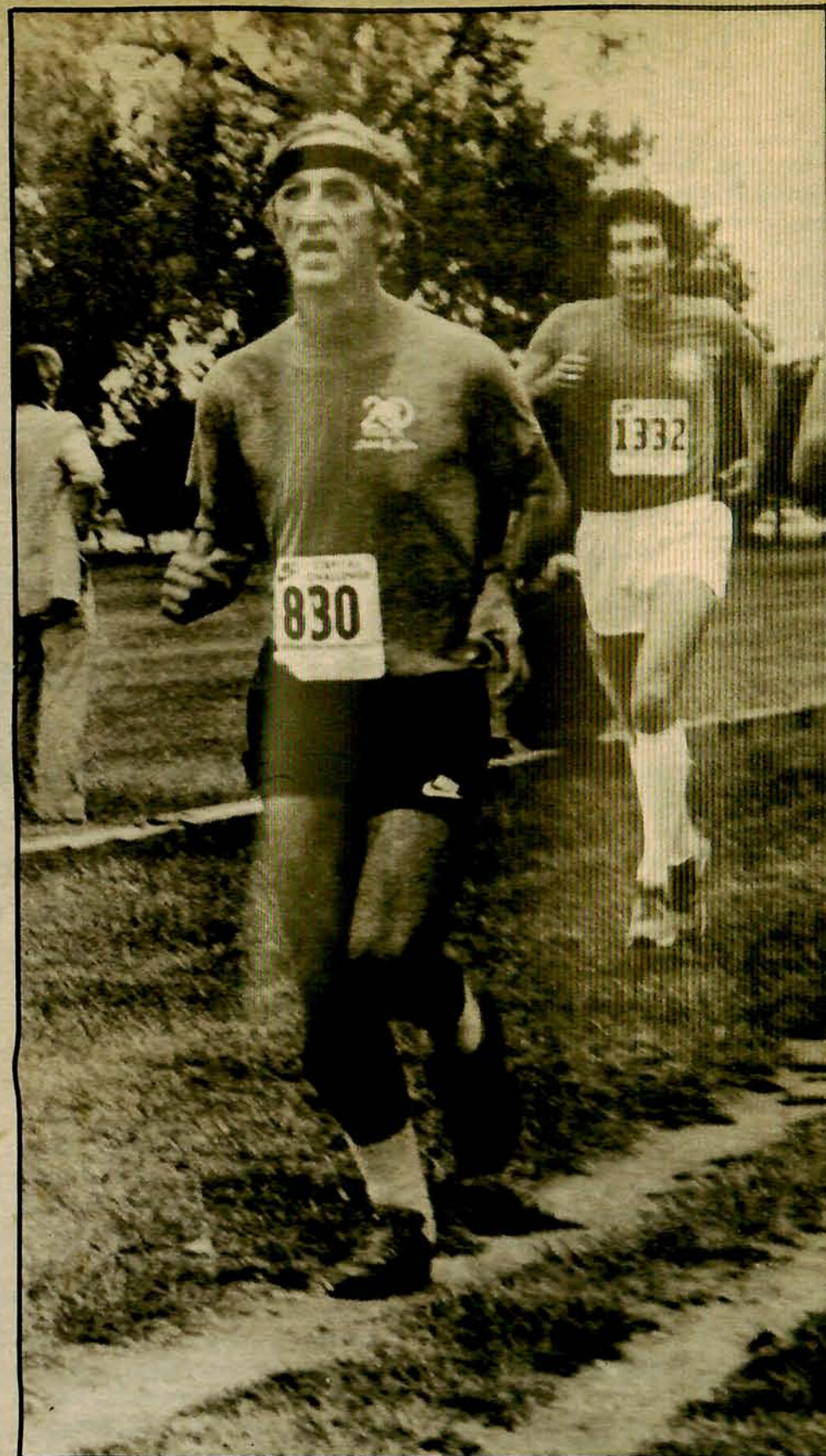
"Effective December 31, 1984, all courses which were not certified according to this standard were decertified. Consequently, all performances conducted on these decertified courses beginning January 1, 1985 are not eligi-

ble for records by TAC or by the RRCA and therefore will not be listed nationally by running media or by the NRDC."

Steinfeld also cites two publications that are helpful to race directors who need to remeasure: the Course Measurement Manual from TAC's Order Department and the Certified Course Book from the National Running Data Center.

On the same subject, John Trent, a Masters runner from Anchorage, Alaska, writes to NMN:

"If a race such as the New York Marathon has been 'held out' as cer-



Lionel Ulmer, 49, Undersecretary of Commerce, crosses the finish line, NIKE Capital Challenge 3 Mile, Washington, D.C., September 13.

photo by Ellen Verdon

	20 KILOMETER	
	U.S. NATIONAL MASTERS ROAD RUNNING CHAMPIONSHIPS MEN AND WOMEN	
POTOMAC VALLEY ATHLETIC COUNCIL OPEN, JUNIOR, & MASTERS RUNNING AND RACEWALKING CHAMPIONSHIPS MAY 26, 1985		
START	: 8:00 a.m. Tip of Hains Point, East Potomac Park, Washington, D.C.	
COURSE	: Flat, 4 loops, road, certified.	
ENTRY	: Must be current member of Athletics Congress. Include membership number on entry blank. Required age for TAC Masters championship is 40 years or above. Special sections for Sub-masters (30-34 and 35-39). Open and Masters (40+) for Potomac Valley 20KM Championships.	
FEE	: Entry fee \$7.00 until May 20. \$8.00 afterwards. One entry fee covers all events. Entries will be accepted race day from 6:00 A.M. until 7:00 A.M. Make checks or money order payable to Potomac Valley Seniors and mail to Sharon Good, 12521 Eastbourne Drive, Silver Spring, MD 20904.	

ENTRY FORM

In consideration of accepting this entry I hereby waive for myself and my heirs all rights and claims for damages which I may incur against the Potomac Valley Seniors Track Club, the Potomac Valley Athletics Council, the National Park Service, all sponsors and their agents or representatives, resulting from participation in the TAC 20KM Road Races to be held May 26, 1985 at East Potomac Park, Washington, D.C.

Name _____
 Address _____ City _____ State _____ Zip _____
 TAC Championship Run _____ RVAC Run _____ PVAC Walk _____
 T-Shirts S M L XL Phone _____ Athletic Congress No. _____
 Club _____ Birthday _____ Age Day of Race _____ Expected Time _____
 Signature _____ Date _____

Mail To: S. Good
 12521 Eastbourne Dr.
 Silver Spring, MD 20904

INFORMATION : Chuck Des Jardins,
 (703) 250-7955 (H),
 (202) 426-9173 (O)

tified by the bicycle-counter method of Ted Corbitt; and if a record is made on that course, such as Alberto Salazar's 2:08:13; and if, then, the course is determined by TAC validation measurement to be short of allowed tolerance; I feel an 'alternate time' should be accorded. Thus, Salazar's run, by simple progression of his pace, would equate to an 'alternate time' of 2:08:26.

"There is too much ex post facto in throwing out records, based on subsequent validation measurements of previously certified races."

Jennifer Hesketh Young of the NRDC replies:

"Although the measuring standards in effect in 1981 were one foot from the curb, the NYC course was inexplicably measured five feet from the curb — a practice which was never acceptable. . . thus, the runners ran a shorter-than-certified course.

"A record is a statement that a runner ran at least the stated distance in at least the stated time. Salazar didn't run the stated distance. An adjusted time isn't a real time.

"The 'final word' is the validation, not the certification. All marks ratified as records by TAC have passed the validation test, and Salazar's mark should be judged the same way." □



INTERNATIONAL SECTION

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



1 month to go

COUNTDOWN TO ROME

by DON FARQUHARSON

President, World Association of Veteran Athletes

The meeting of the IAAF Veterans Committee took place on March 25-27 in Lisbon, Portugal.

The venue for our final meeting, prior to the General Assembly in Rome in June, 1985 was, at the same time, the site of the 1985 World IAAF Cross-Country Championships, as well as the occasion of a state visit of Her Majesty, Queen Elizabeth and Prince Philip. So Lisbon was a bustling spot.

The Committee members, however, were faced with concerted, all-day and evening meetings, and, in fact, saw little of all this activity. The meeting was chaired by Hans Skaset of Norway. Other IAAF members present were John Holt and Colonel Pascal Mouassiposo, an engaging representative of the Congo, who also speaks French and is anxious to promote Veterans interests throughout Africa.

The Veterans (Masters) were represented by Don Farquharson, Wal Sheppard, Jacques Serruys, Hans Axmann, Owen Flaherty, Bridget Cushen, Cesare Beccalli and Bob Fine. In addition, Alastair Lynn and Bryan Doughty also took part as nominees, prior to official acceptance on the Committee. The two other IAAF members — Mario La Nasa and Seizo Yasuda — sent regrets.

The meeting commenced with a restatement of the outcome of the San Diego meeting, at which the IAAF wished to influence the world of Veterans athletics, but not to take it over in an autocratic manner. In order to do this, IAAF recognizes WAVA as the sole world body in charge of Veterans competition, and seeks a permanent connection with us through this Committee. WAVA would continue to be governed by its own Constitution and members, through its General Assembly and Executive Council. WAVA would continue to control its own finances, and organize its own competitions, as it always has done. But IAAF would have an input through the IAAF Veterans Committee.

As I outlined in a previous article, this Committee — in reality a liaison instrument — would comprise two-thirds Veterans and one-third IAAF members, with the Chairman coming from IAAF. In final composition, it would have a total of 12 or 15

members. Until August, 1987, the Committee would be appointed. But, from that date on, it would be elected by the IAAF Council.

From the above, it was obvious that we should request that, starting in 1987, the Veteran members be selected, rather than nominated, by WAVA. The Chairman could see no difficulty in this request, provided WAVA would devise, in its Constitution, some method by which Veteran members of the Committee are finally selected. The Chairman would seek confirmation at an IAAF meeting in Rome the following week.

(Editor's note: As NMN went to press, Farquharson phoned to say that Skaset confirmed that the IAAF agreed, at its meeting in Rome, that WAVA could select 2/3 of the IAAF

Continued on Page 20



Some of the runners who may be seen next month in the VI World Veterans Games in Rome include these age 45-49 competitors. Guido Muller (H141) of West Germany, who set a world M45 400H record of 55.64, is seen here winning the 400 in 50.93 in the 1984 European Veterans Championships in England.

photo by Megaspot

Should Masters Join the IAAF?

by AL SHEAHEN

On June 27 in Rome, Veteran athletes will make a decision that could affect the future of international Masters Athletics for years to come.

Delegates to the VI World Veterans Games will vote on whether to affiliate WAVA (the World Association of Veteran Athletes) with the IAAF (International Amateur Athletic Federation.)

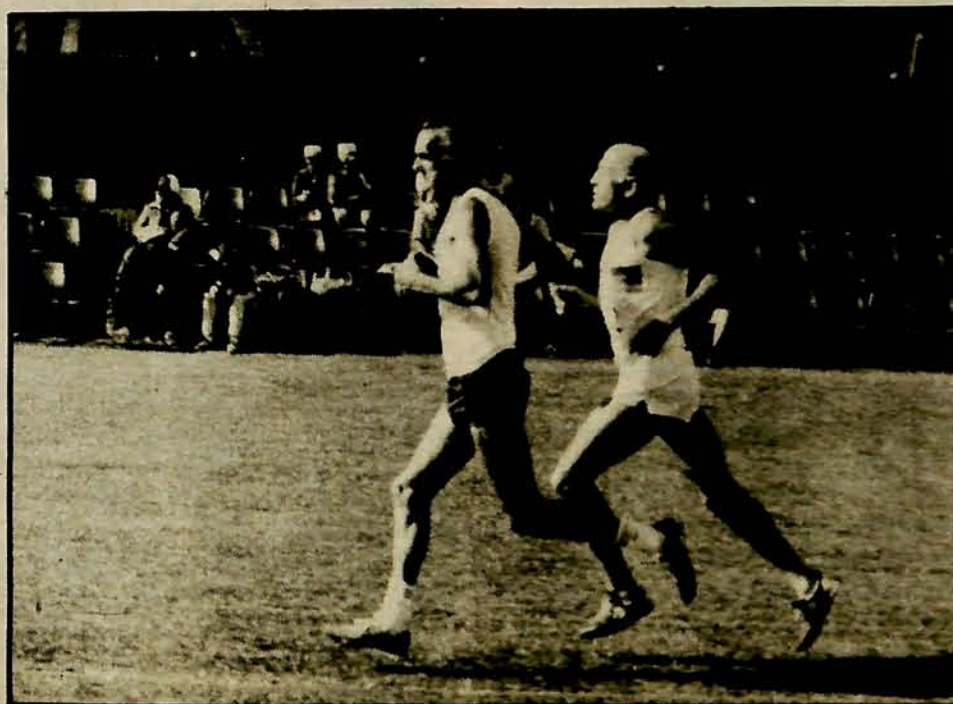
The IAAF is the governing body for Athletics throughout the world. Formed in 1912, it is composed of 178 "members," called "national governing bodies," each representing a different nation. (In the U.S., the "member," or "NGB" is The Athletics Congress — TAC.)

The IAAF sets rules and eligibility standards for Athletics (track & field, long distance running and race walk-

ing), which are followed worldwide. It stages World Men's, Women's and Junior Championships. It brings together athletes from all nations in the world — a significant achievement. It

"Do the vets need the IAAF? They've done very well in developing their own programs over the last decade."

— Joe Henderson



Look for America's Jim O'Neil (left), who turns 60 on May 14, to take a shot at John Gilmour's world M60 5000 and 10000 records in Rome. That means he won't be able to avenge his three losses to West Germany's Gunther Hesselman (right) in the 1981 World Veterans Games in New Zealand. Hesselman is only 59.

cooperates with the Olympic Committees.

The IAAF has the power to ban individuals (e.g. Renaldo Nehemiah, Marti Vainio, Tatyana Kazankina) or entire nations (e.g. South Africa) from international Athletics competition.

In short, you don't mess with the IAAF. It is a powerful organization.

As reported in February's NMN by Bob Fine, North American Representative to WAVA, the IAAF disclaimed jurisdiction over the Masters until last year. As a result, two independent organizations sprang up to conduct international Veterans (Masters) competition:

1) WAVA, which has held biennial

Continued on Page 21

Davies Wins British Cross-Country

by ALASTAIR AITKEN

Taff Davies, 47, the second fastest "over-45" steeplechaser of all time and '79 Hannover gold medalist, won both the Southern and the British National Veterans 40-49 cross-country championships, each for a record fifth time. Army trainer Davies went into the lead at the National Vets after a mile and extended his lead to 80 yards in the last lap over Alan Rushmer (once a 13:29 5000 runner), who won the 1974 European Vets 5000.

The Nationals, at Cardiff, was just eight days after Rushmer gained a team bronze medal for Tipton in the National cross-country, where he was 124th of 1806 finishers. Times for the first four finishers at Cardiff: Davies, 31:13; Rushmer, 31:34; Jeff Norman, 31:52; and Mike Palmer, 31:55. Alder-

shot won the team title as they did in the National Open cross-country the week before!

Fifty-year-old Ron Gomez, 32:02, an international for Southgate Harriers in the 60's at 10000/6 miles, went away from Bingley-winning-team-runner Derek Lawson, 33:22, after a hard-fought first three miles. In third place was ex-international marathon runner Eddy Kirkup, 56, with 33:58.

Pat Gallagher, 40 in October '85, ran brilliantly to lead all the way, despite a leg injury, winning her third Women's National Vets title in 19:33. Dot Fellows, 40, was second, 20:26. The winning team, called Baddau, was from Wales.

The M40-49 had 287 runners; the M50-59, 145; and the women's race, 67.

Countdown to Rome

Continued from Page 19

Veterans Committee.)

From 1986 on, the Committee will meet once or twice each year and report.

A considerable number of IAAF rules were discussed from the Veterans viewpoint. The already achieved amendment to the IAAF rule 53, in which Veterans could determine the eligibility of contestants in, specifically, Veterans meets, was reiterated. There was also assurance on various rules, such as that preventing an organizer from competing in his own meet. (Note: Again, following the IAAF meeting, Skaset reported to Farquharson that there "should be no difficulty in Rule 53 being rewritten for Veterans.")

The matter of the need for travel permits was discussed. Definitive rulings on these are expected shortly. What emerged, broadly, was that, if we agree to cooperate, the IAAF would offer us sound advice on matters of which they have long experience, and endeavor to influence us where they felt it desirable, but only interfere under the most drastic of circumstances.

The soonest that any changes in the IAAF Constitution could be executed would be August, 1987. Therefore, if we could agree now, and receive assurances on vital issues, a trust would be nurtured by the experience of working together, so that much could be finalized in time.

Several papers, which were prepared by Committee members since San Diego, were discussed on streamlined. Amongst them was an athletic calendar, and on this matter, the only change from current WAVA practice was the desire by WAVA to exert more influence on Continental area and national championships.

The text of this and other papers will be in the hands of all executives of na-

tional WAVA-affiliated, Veterans bodies within a short time.

Other papers concerned doping control, sex tests, professionalism and the continued participation of individuals from countries presently banned by IAAF.

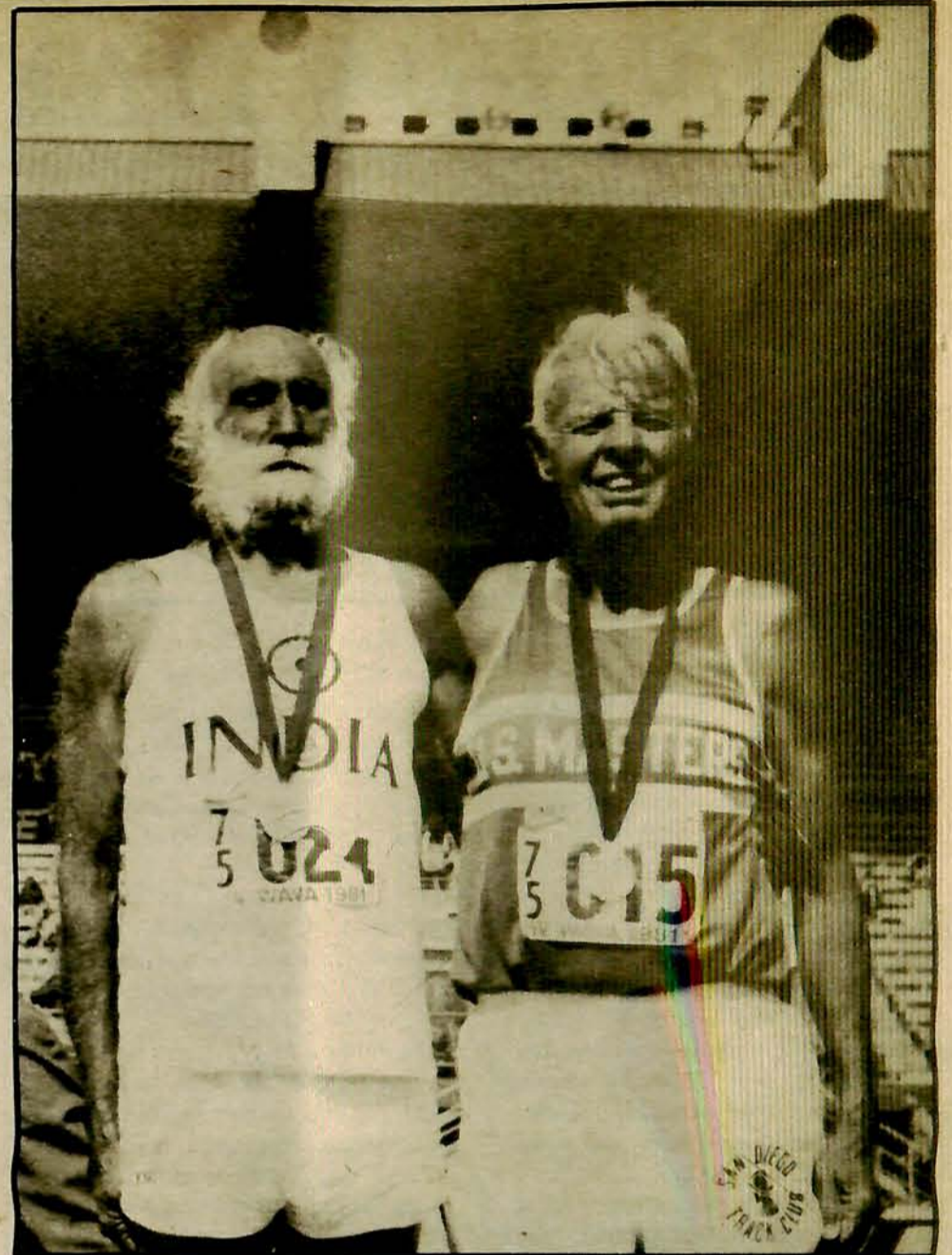
On the matter of doping control, statistics were introduced, based on open-class athletics and on Veterans participation in cycling which, to say the least, were alarming. It seems that some individuals will always seek to gain an unfair advantage by artificial means. The numbers were significant enough to convince the Committee members that we cannot close our eyes to the possibility of this problem in Veterans athletic ranks, and that doping controls should be introduced, although no further measures were outlined at this time.

Conversely, it was decided that sex tests were not a consideration and would not be introduced.

Professionalism, that is, particularly, financial awards, was a matter for the sport as a whole.

Individuals from countries which are banned by IAAF (South Africa) was discussed. WAVA's Constitution states that no individual shall be refused participation by reason of color, race, nationality, religion, politics, etc. The IAAF Constitution is not quite the same. IAAF Rule (3) reads: "To strive to insure that there shall be no hindrance, by reason of racial, religious or political grounds, etc."

The WAVA viewpoint was discussed at length, but I must report to you, frankly, that if we enter this agreement with IAAF, the matter will be resolved by a statement of the following nature: "That 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



Will we see Gulab Singh of India and Win McFadden of the U.S.A. in Rome? They finished 1-2 in the M75 triple jump in the 1981 World Veterans Games in New Zealand.

athletic equipment, will not be allowed to participate in a WAVA Championships." This statement, furthermore, cannot be elaborated upon.

While, in practice, this leaves us much in the same position as we have been forced to accept in the past, it also leaves us with some problems. At present, the South African Masters Association is the only African member affiliated to WAVA. They have nominated Hannes Booysen, their President, as African Continental representative. If elected, he could serve until an agreement with IAAF was signed. Thereafter, it would present a difficulty. One suggestion has been that, since there is now only one affiliated African country, until there are more affiliates, the President of WAVA name one of the executives to represent African interests. This could be resolved at the General Assembly in Rome.

Secondly, although South Africa has withdrawn its bid to host the VII WAVA Championships in 1987, it has decided to bid for 1989. Since we also hope to decide upon 1989 at Rome, this would create a problem.

In summary, the advantages for Veteran athletes would be that we would gain the participation of in-

dividuals 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 world athletics. We would have access to financial assistance for developmental areas.

Bridget Cushen has been appointed Veterans Secretarial Assistant by the IAAF in London on a part-time basis until Rome. Thereafter, some permanent appointment will be made.

National links may be forged between national Veterans bodies and national track and field associations as close of as distant as the Veterans wish, and this should help Veterans development at this level.

At a separate WAVA Executive Meeting following, individual members, although varying in shades of opinion while awaiting the aforementioned confirmation from IAAF, recommend to worldwide members of WAVA that, at Rome, following further discussion, the Committee be given approval to continue negotiations with IAAF on this agreement, and that if, during the period between the 6th and 7th WAVA Championships, they are satisfied with assurances, they be given the power to

Should Masters Join The IAAF?

Continued from Page 19

track & field, cross-country, race-walking and marathon championships since 1975;

2) IGAL, which has staged 17 annual distance running championships since 1968.

But the Veterans now show signs of becoming big business. Over 4000 athletes from over 50 nations will compete in Rome. They and their families will bring in over \$8 million to the Italian hotel, restaurant and airline in-

"We read the IAAF rules not as if they are tablets from Mt. Sinai, but as guideposts for an ever-changing sport."

— TAC Attorney Alvin Chriss

dustries. TV may be interested. The baby-boomers of the 1940's are beginning to turn 40. The demographics are perfect. The population is aging. Masters have money to spend.

So in Los Angeles last year, the IAAF formed a Veterans' Committee composed of 11 people — seven from WAVA and four from the IAAF. The Committee has met several times, trying to hammer out an agreement that can be approved by the WAVA General Assembly. WAVA President Don Farquharson and the other Committee members — Bridget Cushen, Owen Flaherty, Jacques Serruys, Hans Axmann, Wal Sheppard and Fine — have been working hard to try to do the best thing for all concerned.

The final meeting prior to Rome took place March 25 in Lisbon. As Farquharson reports in this issue, the meeting produced much discussion and some agreement; but many issues remain unresolved. So Farquharson and the Committee members are asking the General Assembly in Rome to grant the Committee approval to continue negotiations with the IAAF and, if satisfied, to sign an agreement.

So it would seem propitious — before Rome — to ask some hard questions about whether an affiliation with IAAF is really the best thing for Veteran athletes of the world; to ask if the IAAF simply wants to help the Veteran athlete; or if it understandably wants a piece of the action.

So in a two-part series, concluding next month, we intend to explore what an IAAF-WAVA agreement would mean. We'll try to present a balanced view — outlining both the potential benefits and disadvantages — and probe areas of potential conflict, such as eligibility rules, travel permits, bir-

thdays, doping tests, sex tests, South Africans, Eastern bloc nations, IGAL, and marketing rights.

We encourage replies and discussion. We'll edit and publish letters received prior to May 10.

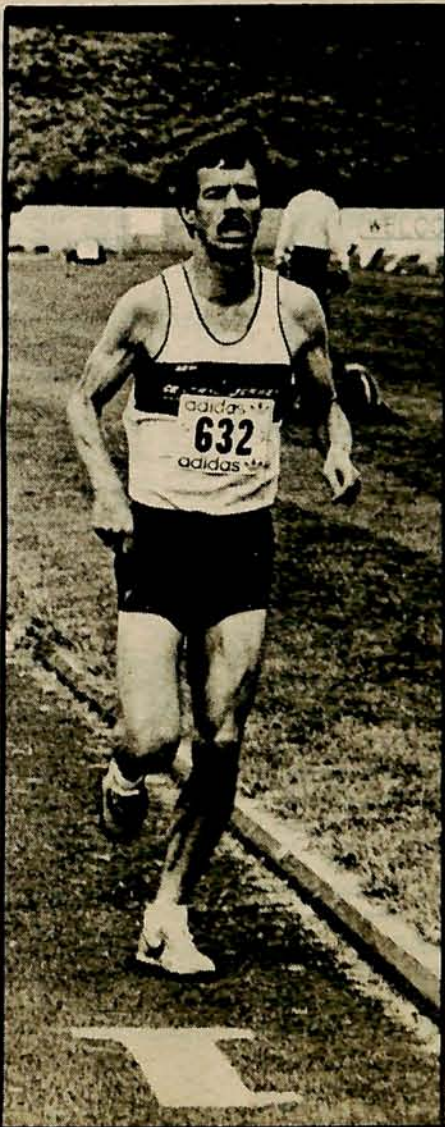
It's complicated. Joe Henderson, one of the most respected running writers in the world, asks: "Do the vets need the IAAF? The older athletes have done very well in developing their own programs over the last decade or so. The vets aren't bound by the restrictive political and business practices of the IAAF ... How strictly would the Veterans have to adhere to the sometimes restrictive policies set up for younger runners with Olympic ambitions."

"Up to a point, we don't need the IAAF," says Committee member Sheppard, "But can we develop further with their contact and assistance? As to the political restrictions, we've had trouble over South Africa at all five-World Games."

Why is any of this important to the average Masters participant? Who cares? What difference will it make, as long as the meets and races go on? And, for competitors who never travel abroad, why bother discussing it at all?

IAAF RULES

One reason it matters is because the rules at the top filter down to the



Mark Seprowski, M35, 1st in the 5,000 meters in 16:23.8 in the New Jersey TAC Masters championships.

Photo by Al Zacharka

smallest local Masters event. (Ask any hurdler or thrower if you doubt it).

A few of the IAAF rules from the 1985-1886 IAAF Handbook are printed on the next page. Take a look at them. Ask yourself if you'd feel comfortable competing under these rules. Remember that, even now, U.S. TAC Masters competition is subject to these rules, since TAC is a member of IAAF. Some of the rules are enforced in the USA; some are not. Some Masters programs in other nations are also tied in to their national IAAF member; some are not. If WAVA and the IAAF enter into an agreement, then world Veterans would automatically fall under these rules — unless an exception was granted by IAAF.

What do the rules mean?

Eligibility

Rule 53 (ii): You are ineligible to compete in an IAAF (or TAC) meet if you "take part in any athletic meeting which is not sanctioned ... or certified by the Member in the country in which the event is held."

Does that mean that, if you compete in a friendly, non-sanctioned 10K or all-comers meet, you're ineligible? Strictly enforced, that rule would eliminate about 90% of Americans — both open and Masters.

We asked TAC attorney Alvin Chriss about it. His answer: "The rule should not be enforced, and is unenforceable as written ... But there's a loophole there through which I can march a battalion. There is no such thing in the U.S. as an uncertified road event. I certify them all. And that disposes of the issue. Too glib? Maybe. But it works. It allows TAC to deal with 30 million runners while it also allows some smaller country not to have to solve problems the way we do here. That's my answer. But I give you the point."

Coaches and Professionalism

Rule 53 (v): You are ineligible if you have "competed in any sport or taught, trained or coached in any sport for ... money."

Some former professional athletes have competed freely in World Veterans Games since 1979. But does this rule ban Veterans who coach track, football, baseball, etc.?

"If you're an amateur," Fine says, "you can compete in Veterans competition against former professionals, and it won't taint you. If, however, you become a professional while a Veteran, then you can't go back into amateur competition."

One of the featured races at the Los Angeles Times indoor Track Meet on February 9 was a 60-yard dash between Ron Brown and a few other pro football players. It probably sold tickets to some spectators who otherwise wouldn't have come. But, the organizers couldn't run the race during the regular meet because amateurs aren't allowed, under IAAF rules, to



Harvey Franklin, M40, breaking the tape at finish of 1500 meters.

run in meets with "professionals." So they had to end the meet; even wait for the interminable high jump to end. Then they took up the track and laid down the straightaway. There were maybe 400 diehard fans left when the race went off at 11:30 at night.

Is this what the Veterans will be getting into if they join the IAAF? When Brian Oldfield or Nehemiah turn 40, will they be permitted to compete in an IAAF Veterans meet?

Tom Sturak is one of the most knowledgeable people in the running community. A Masters athlete, former director of promotions for Nike, and currently an athlete's agent, Sturak has been exposed to many facets of the business.

"The irony of the Brown race," he said, "is they won't let amateurs run in a meet with Brown, yet Carl Lewis probably made \$30,000 to long jump in the meet as an amateur. That's the kind of thing that will happen if the vets join the IAAF. Don't believe it won't. They still play those games with you. They just want to let you know that they've got the iron fist if they want to use it."

Sheppard says: "This hypocrisy is well known, but times are changing. At our 1985 Victorian Amateur Athletics Championships, professional runners are competing. And we, the veterans, have some influence in this sphere."

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Should Masters Join The IAAF?

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Meet/ Race Directors

Rule 53 (vi): You are ineligible if you've been "financially interested in any athletic meeting which you entered..." Does that mean if you organized a meet or race, made (or lost) a few dollars on it, and also competed, that you're banned from veterans meets in the future?

"Yes," Chriss says. "I would enforce that rule in any instance where it came to my attention."

Let's hope it doesn't come to his attention, because that would wipe out quite a few Masters meet and race directors.

Writers

Rule 53 (vii); You are ineligible if you "write, lecture or broadcast for payment upon any ... competition without the written permission of your national governing body." Does that ban someone who writes about running for a living? Bye-bye, folks.

Chriss says not to worry. "As far as publicist-athletes go," he says, "I consider that TAC/USA has given all U.S. athletes the prior permission needed. In order to change an IAAF rule, a 2/3 vote of its total 178-country membership is required. That vote majority is often impossible to obtain without

costly trade-offs. In the meantime, we read the rules not as if they are the tablets from Mt. Sinai, but rather as if they are guideposts for an ever-changing sport emerging from outworn concepts of amateurism into a newer, and not necessarily better, world. Those rules that promote the best interests of the sport are enforced. Those that don't are rendered harmless through an interpretive process. Who

decides what the best interests of the sport are? That's easy. All of us, and most especially, TAC/USA."

So Chriss is protecting Americans on this one, but what about writer-athletes from the rest of the world?

"There's no problem in Australia, either," Sheppard assures.

Advertising and Taking Photos

Rule 53 (ix): In an IAAF meet, you can't wear your favorite Nike cap, T-shirt or warm-up suit, or carry a bag with any company name on it. WAVA

is enforcing this one in Rome. The World Games entry form says: "Athletes are not allowed to wear any sponsored training suit, other than with the name of their veterans club and/or veterans national organization. It is also strictly forbidden to photograph or film without being expressly authorized."

Does that mean we can't take a photo of a friend on the field?

"No," Sheppard says. "The intention of the statement is to prevent com-

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INTERNATIONAL AMATEUR ATHLETIC FEDERATION OFFICIAL HANDBOOK 1985/86

VETERANS COMMITTEE

Hans B. Skaset (Chairman), Graakamvn No. 14, Oslo 3, Norway.
H. Axmann, Eichendorfstrasse 2, D-8800 Ansbach, Federal Republic of Germany.
M. B. Cushen, 156 Mitcham Road, West Croydon, Surrey, England.
D. Farquharson, 269 Ridgewood Road, West Hill, Ontario M1C 2X3, Canada.
R. Fine, 77 Prospect Place, NYC 11217, U.S.A.
O. Flaherty, CN UTR 207, Javea, Alicante, Spain.
Col. M. Pascal, Mouassiposo BP 1222, Brazzaville, Congo.
H. M. la Nasa, c/o Confederacion Argentina de Atletismo, Buard Irigooyen 396, 3260 Concepcion del Uruguay, Entre Rios, Rca Argentina.
J. Serruys, "Fit-Veteraan", Postbox 7, B-8000 Brugge 1, Belgium.
W. Sheppard, 2 Montgomery Place, Bulleen, Victoria 3105.
S. Yasuda, c/o 2-15-2, 301 Yoyogi Shibuya-ku, Tokyo 151, Japan.

ELIGIBILITY AND AMATEUR STATUS

RULE 51

Definition of Amateur

An amateur is one who abides by the eligibility rules of the I.A.A.F.

RULE 52

Restriction of Competition to Amateurs

Competition under I.A.A.F. rules is restricted to amateur athletes who are under the jurisdiction of a Member, and who are eligible to compete under I.A.A.F. rules.

RULE 53

Ineligibility for International and Domestic Competition

The following persons are ineligible to take part in competitions whether held under I.A.A.F. rules or the domestic rules of the Member.

Any person who:—

- (i) has taken part in any athletic meeting in which any of the competitors in any of the events, were, to his knowledge, ineligible to compete under I.A.A.F. Rules. This does not apply to any athletic meeting which is restricted to the Veteran age groups (40 years and over for men and 35 years and over for women);
- (ii) takes part in any athletic meeting which is not sanctioned, recognised or certified by the Member in the country in which the event is held;
- (iii) is, and for so long as he remains, ineligible to compete in competitions under the jurisdiction of his national governing body;
- (iv) contravenes Rule 144 ("Doping");
- (v) has competed in any sport or has taught, trained or coached in any sport for any pecuniary reward other than awards won in competitions approved by the I.A.A.F. Council.
The Council is empowered, however, to declare eligible any person who has received pecuniary rewards in a sport other than athletics, if it is satisfied that the practice of that sport is not of direct help for any athletic event.

NOTE.—Physical education teachers whose work is solely educational and who are not paid directly or indirectly for the coaching of athletes for competitions are eligible to compete as amateurs.

- (vi) has at any time been financially interested in any athletic

meeting in which he was entered, except where his participation is the subject of a contract between his Federation and the Organiser of an I.A.A.F. International Invitation Meeting (Rule 12, 1 (e)) for which an agreed sum is paid to the National Federation;

- (vii) writes, lectures or broadcasts for payment upon any track or field event or competition without the prior permission in writing of his national governing body. This permission must be given only in the case of a person who is genuinely making a career in that particular activity;

- (viii) allows his name, picture or athletic performance to be used for advertising, except when this is connected with a contract for sponsorship or equipment entered into by his national governing body, and any resulting payment or benefit goes to the national governing body.

The national governing body after deducting any percentage considered appropriate, can pay the remaining part of such sponsorship payment or benefit to an athletic fund (see Rule 17).

NOTE.—It is permitted for an athlete to benefit from such contracts only within the limits laid down in Rules 15 and 16.

- (ix) while competing displays on his person any advertising material other than the accepted name of his club or organisation, or takes on to any arena or course any form of advertising material. This rule shall apply to clothing and travelling bags, but does not apply to articles not clearly visible, nor to competitors' number cards provided that Rule 142 para 5 is complied with;

Where Members authorise contracts with commercial sponsors for the addition of lettering on number cards, Members are recommended not to permit this lettering to exceed 150 mm x 25 mm and to ensure that the same style or number is issued to and worn by all competitors, and that such numbers are not cut or folded in any way. (See also Rule 139 para. 7).

- (x) accepts directly or indirectly any money or other consideration for expenses or loss of earnings, other than what is permitted under Rules 14, 15 and 16;
- (xi) enters into a contract or agreement to compete as a professional athlete.
- (xii) who uses the services of a commercial agent, sponsor or manufacturer to plan, arrange or enter into negotiations on his behalf in connection with his athletic programme.

RULE 54

Guarantee by National Governing Body

In any competition under I.A.A.F. Rules, the eligibility of an athlete competing shall be guaranteed by the governing body of the country to which the athlete belongs.

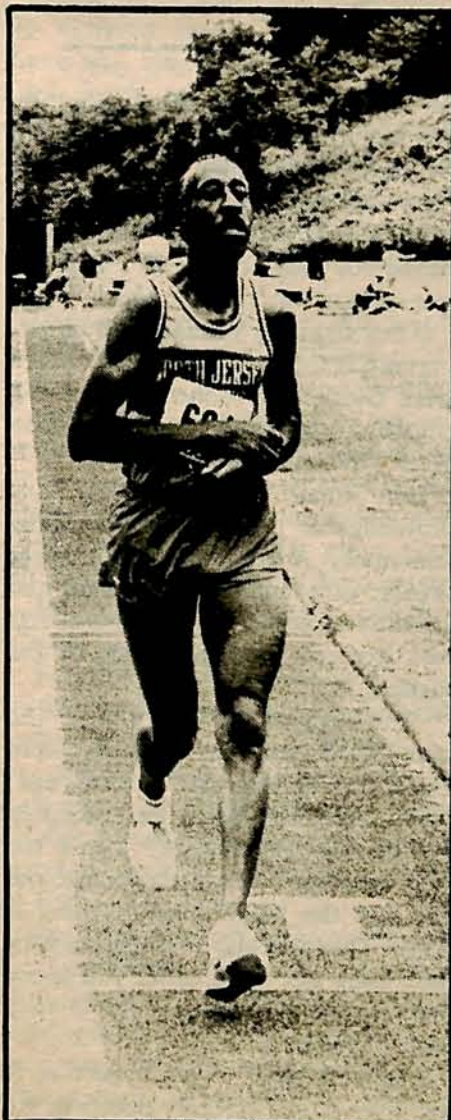
RULE 102

Age Groups

Competitors are placed in age categories as follows:

- | | |
|----------------|---|
| Junior Men: | Any male athlete under the age of 20 years on the 31st December in the year of the competition. |
| Junior Women: | Any female athlete under the age of 19 years on the 31st December in the year of the competition. |
| Veteran Men: | Any male athlete of 40 years of age and over on the 31st December in the year of the competition. |
| Veteran Women: | Any female athlete of 35 years of age and over on the 31st December in the year of the competition. |

NOTE: Rules 103 and 104 are kept in reserve for any future additions to this section.



Kelsey Brown, shown here in a New Jersey meet, won the 1000-yard run in the 55-59 division at the U.S. Masters Indoor Championships March 31 in Sterling, Illinois.
photo by Al Zacharka

Continued from Previous Page

mercial interests from cashing in without permission. It should be obvious it is a practical impossibility to ban private cameras."

The IAAF recently reaffirmed its strong position against the "misuse of advertising" in Athletics. In a letter received by TAC from John Holt, General Secretary of the IAAF, Holt warned: "If Rule 53 (ix) is not observed, the IAAF will be forced not to recognize individual performances, and will require member federations to take all necessary sanctions against meet organizers and athletes as appropriate."

Travel Permits

Rule 12 (3): You can't "compete in a foreign country without written approval of your governing body."

Does that mean that travel permits will be required? Will you have to apply for permission to travel abroad to compete?

In the entry form for the VI World Games, there was a space for the "Certification of Veterans National Body." Many in the U.S. asked if they were supposed to send their entry to TAC for "approval." Maybe a few even imagined a beedy-eyed Scrooge deep in the bowels of TAC stamping "Rejected" on the form, saying: "This one can't go. Permission denied."

An exaggeration, of course, but the point is: Masters pay their own way.

We are not subsidized by a national association, as open athletes are. Nor are we representing our nation in any way except as tourists and sportspersons.

"WAVA has always taken the position that each NGB will make the decision on travel permits," Fine says. "In the U.S., we don't sign anyone up."



Veterans in Rome hope to see Maria Pia d'Orlando, the Italian heroine of the 1981 World Veterans Games in Christchurch, where she won three gold medals in the W45 division. She won't have as far to travel this time, and she'll be in the 50-54 age group.

Neither does Australia, Canada and others. We only insist everyone be a member of TAC. But some countries like travel permits — India, for one, where you can't do anything without the government. That won't change."

Date of Birth or Year of Birth

WAVA has always used an athlete's date of birth, rather than year of birth, to determine age-divisions. In other words, you enter the 45-49 age group on your 45th birthday, not in the year that you turn 45. But IAAF Rule 102 defines Veterans as: "Any male athlete of 40 years of age (or female of 35 years of age) and over on the 31st December in the year of the competition."

Which is it going to be?

"They will change that rule or we will ignore it," Sheppard says.

Owen Flaherty, WAVA Secretary says: "It should be borne in mind that WAVA already operates under IAAF



Margaret Lee, W60-69 winner of Honolulu marathon in 4:20:39.

Photo by Hank Cavender

Continued on Page 24

WAVA Hurdle and Implement Standards, adopted by the U.S. TAC Masters Track & Field Committee for use in all TAC Masters T&F meets, beginning January 1, 1984.

Hurdles						Implements				
Age group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last hurdle to finish	Shot	Discus	Hammer	Javelin	
M40-49	110m	.991m	13.72m	9.14m	14.02m	M40-49	7.26K	2.00K	7.26K	800gm
M50-59	110m	.914m	13.72m	9.14m	14.02m	M50-59	6.00K	1.50K	6.00K	800gm
M60-69	100m	.840m	13.00m	8.50m	10.50m	M60-69	5.00K	1.00K	5.00K	600gm
M70+	80m	.762m	12.00m	8.00m	12.00m	M70+	4.00K	1.00K	5.00K	600gm
W35-39	100m	.840m	13.00m	8.50m	10.50m	W35-49	4.00K	1.00K	--	600gm
W40+	80m	.762m	12.00m	8.00m	12.00m	W50+	3.00K	1.00K	--	400gm
M40-49	400m	.914m	45.00m	35.00m	40.00m	.991m=39"	9.14m=30'	7.26K=16 lb.		
M50-59	400m	.840m	45.00m	35.00m	40.00m	.914m=36"	8.50m=27'10 1/2"	6.00K=13 lb. 4 oz.		
M60+	400m	.762m	45.00m	35.00m	40.00m	.840m=33"	8.00m=26'3"	5.00K=11 lb. 4 oz.		
W35+	400m	.762m	45.00m	35.00m	40.00m	.762m=30"	1.00m=3.2808'	4.00K= 8 lb. 13 oz.		

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DIANE COHEN (HONOLULU, HI)	5-23-40	45-49
EDNA DEAN (US)	5-28-25	60-64
MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5- 8-35	50-54
GAIL HANNA (SAN DIEGO, CA)	5-25-40	45-49
MADLINE HARMELING (MERRICK, NY)	5- 6-45	40-44
MANDY JOSLEN (US)	5-15-45	40-44
LUCY PARKER (US)	5-28-35	50-54
ALMUT BROEMMEL (WG)	5- 5-35	50-54
KAETHI DIENER (WG)	5- 6-35	50-54
JOHANNE HAGEN-VENAS (NOR)	5-15-30	55-59
MARIE HAUG (NOR)	5-25-30	55-59
ERNA KOZAK (CAN)	5-17-45	40-44
PATRICIA MAFFIA (GB)	5-12-35	50-54
INGA SAGRELIUS (SWE)	5-30-20	65-69
LIESELOTTE SCHULTZ (WG)	5- 7-20	65-69
SUSANNA WOLD (NOR)	5-31-40	45-49
CLYDE BAKER (NORTHBROOK, IA)	5- 6-30	55-59
ERIC BENNECHE (GB)	5- 1-05	80 +
ANATOLIY BONDARCHUK (URS)	5-31-40	45-49
ED BOTH (LEONA VALLEY, CALIF)	5-16-10	75-79
SHERMAN BURHO (RICHMOND, VA)	5-18-10	75-79
BILL EPPRIGHT (HOUSTON, TEXAS)	5- 2-20	65-69
PAUL FANNING (US)	5-14-15	70-74
BILL FITZGERALD (PALOS VERDES, CALIF)	5-20-25	60-64
MERT GAMBITO (US)	5- 8-05	80 +
MARIANO HARO (SPAIN)	5-27-40	45-49
BRIAN HARRIS (ROYAL OAK, MI)	5-21-35	50-54
SVERRE HIETANEN (CAN)	5-14-20	65-69
FRANTISEK HULAN (CZE)	5-17-05	80 +
ROBERT HUNT (ANAHEIM, CA)	5-18-20	65-69
BENGT JERNHESTER (SWE)	5- 8-30	55-59
JOSEPH KELIHER (AUS)	5- 4-10	75-79
BILL KISSENBERGER (HONOLULU)	5-20-25	60-64
CLAUDE MULHOLLAND (SEASIDE, ORE)	5- 1-90	80 +
PAUL NORENE (MN)	5-31-35	50-54
JAMES O'NEIL (SACRAMENTO, CALIF)	5-14-25	60-64
MASAMI OKAZAKI (JPN)	5-15-05	80 +
CLARENCE RAY (US)	5-16-45	40-44
PHILIP SCHLEGAL (NEWPORT BEACH, CALIF)	5- 6-30	55-59
DENIS SHORE (RSA)	5-24-15	70-74
FLOYD SMITH (CLINTON, IA)	5-17-35	50-54
PETER SPECKENS (WG)	5-28-35	50-54
GUY TEXERAU (FRANCE)	5-14-35	50-54
MANUEL ULACIO (VEN)	5- 8-40	45-49
ROBERT WHILDEN (TX)	5-20-35	50-54

What You Need to Know

TRACK & FIELD BOOKS



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- JAVELIN THROWING by Paish \$4.50
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by Dick, Johnson, and Paish
- LONG JUMP by Kay \$3.95
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Last month, we reported that Derek Vaughan set a pending world veterans record for the mile with a time of 4:13.8 in South Africa, breaking the 40-and-over mark of 4:18.5, set by New Zealand's Jim McDonald in 1977.

While that is true, it raised the question: What about Bill Stewart's masters mile mark of 4:11.0, set in an indoor meet in 1983?

The answer is: indoor and outdoor records are kept separately.

"The breaking of one," says TAC National Masters Outdoor Records Chairman Pete Mundle, "has no bearing on the other."

Thus, when Stewart ran his 4:11.0, it went into the books as an indoor mile mark, but McDonald's outdoor record remained intact.

"Conditions are different," Mundle said. "The IAAF and TAC (the world and national governing bodies, respectively), have always treated indoor and outdoor marks separately."

Track purists take the separation for granted, and don't give it a second thought. Casual track fans, however, are often puzzled. Many consider the separation a curious distinction which creates confusion among the public, and helps keep track from becoming a



Milton "Nick" Newton, shown here at a 1984 outdoor meet, tied the world M50 record of 5:10 in the 1985 TAC U.S. National Masters Indoor Championships, March 30-31 in Sterling, Ill.

Masters Age Records

major sport like baseball or football.

To help alleviate the confusion, TAC National Masters Indoor Records Chairman Haig Bohigian has prepared the latest world five-year age-group indoor records for the standard U.S. indoor distances. The records are published in this issue, and are current through March 31, 1985, including the 26 new world marks set at the National Championships in Illinois.

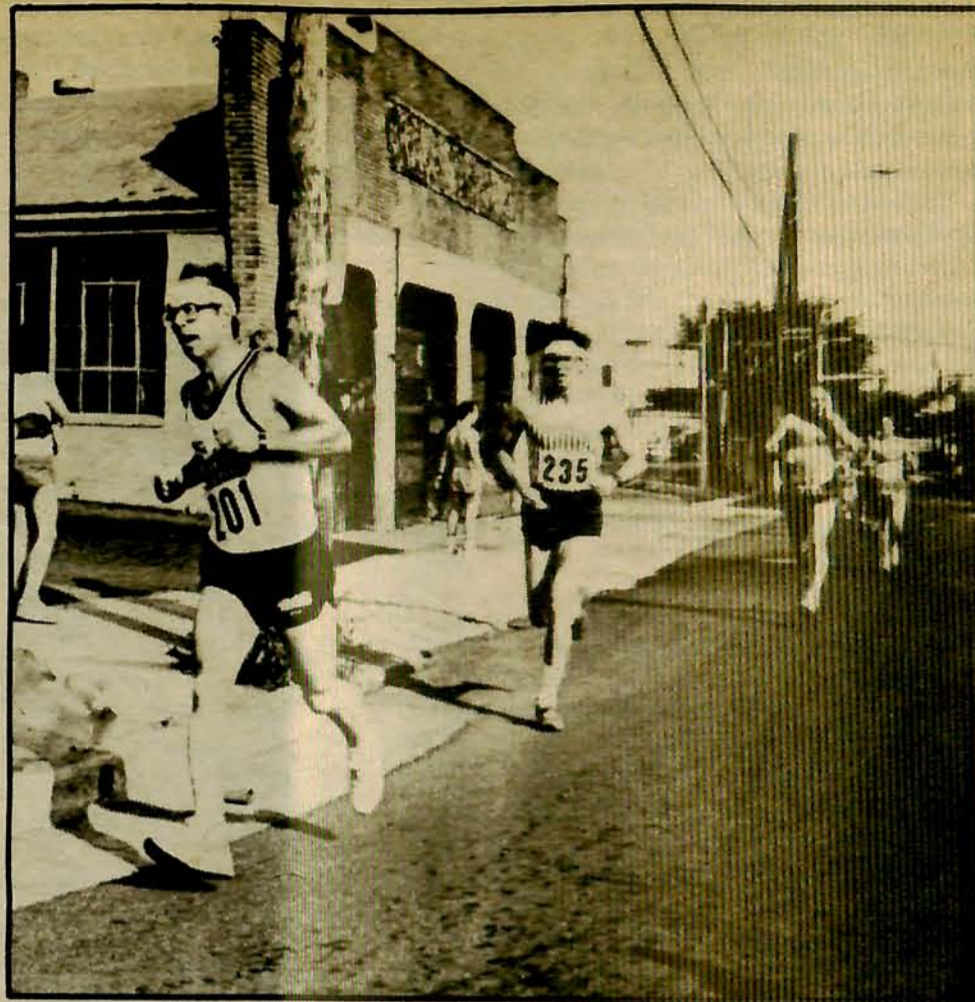
You may use them as a companion piece to the outdoor records — approved by Mundle and the Records Committee of the World Association of veteran Athletes — which were published in our February issue.

Another curious aspect of U.S. indoor records is: they are expressed in yards, not in meters, as are outdoor records. Bohigian says: "It's a holdover — a tradition. TAC has been reluctant to change its indoor races to meters as the NCAA (which stages collegiate competition) and the rest of the world did long ago."

This created a bizarre situation at the Nationals because the track in Sterling is a metric one, yet the races were mandated to be run in yards. So meet officials scurried about trying to place yard-markers at what would, hopefully, be the correct starting lines. (You can read the letters of complaint elsewhere in this issue.) Changing to yards proved an impossible task, however, for the relays, so those were run in meters. Got it?

Last year, we published world indoor veterans records which were compiled by Jack Fitzgerald and the WAVA Records Committee. They were the standard metric distances — 100, 200, 400, etc. — used indoors by the rest of the world. Not surprisingly, the world indoor records prepared by Bohigian are held almost exclusively by Americans, since U.S. Masters are the only ones that run the 60y, 300y, 600y, etc. distances. So they might be more aptly titled "U.S. records."

NMN readers are indebted to Bohigian and the TAC Masters T&F Records Committee for compiling these indoor marks. The 1985 book of outdoor age records is at the printer's, and will be available next month. □



Alex Coffman, M45, leads Masters runners in Charlotte, North Carolina 10K.

Photo by Vernon Carre

Should Masters Join The IAAF?

Continued from Page 23

Rules (except as modified by WAVA By-Laws for hurdles and implement specifications, etc.). So far, they have not been applied too rigorously to Veterans athletics. Common sense has prevailed. The WAVA officers on the IAAF Veterans Committee (and we do have seven of the 11 seats) will try to achieve an agreement whose terms will ensure that, in the future, we do not have to depend so often on common sense."

well as to Rules 12-18, 51, 52, and 54. And Rule 102 should be clarified.

Next month, in Part 2, we'll explore sex tests, doping tests, the Eastern-bloc nations, South Africa, and marketing rights. We'll also hear the views of IGAAL officers, who currently have no representation on the IAAF Veterans Committee. □

(to be continued next month)

Veteran athletes should be excluded from IAAF Rule 53.

At the meeting in Libson, there seemed to be general agreement that the restrictive IAAF rules should be modified for Veterans. After the IAAF Council met on March 31, Hans Skaset, the Chairman of the IAAF Veterans Committee, told Farquharson: "There should be no difficulty of Rule 53 being rewritten for Veterans."

That's good news, but, as Flaherty says, it should be spelled out so Veterans aren't forced to constantly sneak around outworn rules. It isn't difficult. 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



Ham Morningstar, M55 shotputter, warming up at indoor meet.

LONG DISTANCE RUNNING AGE RECORD UPDATE

U.S. Records Approved and Compiled by the National Running Data Center

Table with columns for distance (e.g., 8 kilometers, 15 kilometers, 10 kilometers, 25 kilometers, 30 kilometers, 50 kilometers, 48F, 51F, 53F, 56F, half marathon, 24 hour track, 100 kilometers, 10 miles, 20 mile, marathon), age record update, name, date, and location. The table is organized into multiple columns and rows, detailing various age records for different distances and categories.

MASTERS SCENE

NATIONAL

• It's official. The TAC Masters Committees (T&F and LDR) will each receive \$10,000 from the TAC General Fund in Fiscal Year 1985 (Oct. 1, 1984 thru Sept. 30, 1985). At last year's convention, TAC had voted to give each Committee \$20,450 "if funds were available." TAC's office in Indianapolis has determined the funds are not available. The total \$20,000 allocation represents one-half of one percent of TAC's roughly \$4 million annual budget.

• As reported in January's NMN, \$2500 of the T&F funds go to the outdoor National Championships in Indianapolis, \$1500 to the Regionals and \$1750 to the National Indoor meet. \$4800 of LDR's funds go for the National Championships, with \$1000 to Regional Championships.

• If the \$20,450 had come through, the outdoor T&F championships would have received \$6200. As a result of the pullback to \$2500, **Marshall Goss**, this year's national meet director, is trying to line up a local sponsor to contribute \$8000. Thus, the entry form, which we planned to publish in this issue, has been delayed. Look for it next month.

• The TAC Board of Directors elected eight new members to the TAC Executive Committee, including **Jerry Donley** and **Bob Boal**, Chairmen of the Masters T&F and LDR Committees, respectively. The eight will join with TAC's seven National Officers to form the Executive Committee. TAC President **Dr. LeRoy Walker** will serve as Chairman.

• **Jack Moran**, director of the Twin Cities Marathon and 1984 recipient of the TAC Masters LDR Meritorius Service Award, has been named to head a Computer Committee of the Road Runners Club of America. RRCA President **Harold Tinsley** also named Nike's **Keith Peters** to head a Future Issues Committee. **Damien Howell** will chair the RRCA's Sports Medicine Committee.

• TAC has set up a TACTRUST CERTIFICATE PROGRAM, which may be used by events which offer a maximum of \$3000 in funds to all entered athletes, and not more than \$500 to any one athlete. A director of such a "TCP" event must apply for a national TACTRUST sanction. Athletes receiving such funds do not have to deposit those funds into a TACTRUST account, but may treat it as regular non-athletic income. TCP events can pay athletes directly, without making checks payable to "TACTRUST for the account of the athlete," as in \$3000+ events.

• The International Runners Committee, headed by **Jacqueline Hansen**, is actively seeking new sponsors since Nike withdrew its funding. The IRC was the leader in the successful fight to get a women's 3,000 and marathon added to the Olympics in 1984 and a 10K in 1988. Donations are tax deductible and can be sent to the IRC at 1012 E. 21st Ave., Eugene OR 97405. For info, contact: Hansen at 213/450-5714.

• Want to learn how to throw the discus? Or improve your current form? **John Powell** has made a video featuring himself, **Al Oerter**, **Mac Wilkins**, and **Art Burns**, \$49.95. For info, write Powell at 10445 Mary Avenue, Cupertino CA 95014. 408/446-2400.

• On April 10, ultra-marathoners **Marvin Skagerberg**, 47, of New York, and **Malcolm Campbell**, 50, of Grantham, England, left Los Angeles on a 92-day, 3499-mile race to New York City to raise research funds for the National Amyotrophic Lateral Sclerosis Foundation. A.L.S. is the illness commonly known as Lou Gehrig's disease, which struck down the famous Yankee first baseman at age 39. Skagerberg and Campbell will run an average

of 42 miles daily, with only six days rest, with the winner the one with the best aggregate time. The two runners are expected to arrive in NYC on July 10. To maximize publicity and fund-raising potential the race route passes through many metropolitan areas, including Salt Lake City, St. Louis, Indianapolis, Detroit, and Philadelphia, where fund-raising dinners and 10K races will accompany the runners' arrival in each city. Public figures involved include Jacob Javits, former Senator from New York, himself an ALS patient, and Jamie Niven, whose father, actor David Niven, died of ALS, which affects all the body's voluntary muscles, but not the mind, leading to total paralysis and death. Heavyweight champ **Ezzard Charles**, WW II Vice-president **Henry Wallace**, and jazz great **Charlie Mingus** were ALS victims. For more information: National ALS Foundation, 185 Madison Ave., New York, NY 10016. 212/679-4016.

EAST

• The Walkers Club of America is putting on its second annual training camp for beginning, intermediate, and advanced walkers, men and women of all ages, in New York's Pocono Mountains, August 24-September 2, 1985. **Howard Jacobson**, 445 E. 86th St., New York, NY 10028. 212/722-2940.

• **Ted Bitter**, 40, outlegged the Masters field (1:13:31) of the Brooklyn Half-Marathon, Brooklyn, NY, March 10. **Don Dixon**, 57, won the M55 with 1:19:28. **Elaine Kirchen**, 42, was first W40+, 1:24:11. **Helene Bedrock**, 50, won the W50-59 race, 1:28:18. **Bobbi Rothman**, 39, was fifth of 448 women with a speedy 1:20:13.

• **Ted Haiman**, 42, led the Masters entrants to the finish of the **Perrier 10K**, Central Park, NYC, March 30, with a 35th (3059 m/finishers) place 33:06. **Lina Connors**, 42, led all W40+ for a 23rd (1266 w/finishers) place in 39:23. **Thomas Gibbons**, 64, won the M60-69 race with a fine 39:45.

SOUTHEAST

• **Jim Deni's** M40-44 win in 16:30 earned him a fifth place in the 5K portion of the Orthopaedic Hospital 5K/10K, Charlotte, NC, March 30, which drew over 1000 runners, many of them "first timers."

MIDWEST

• **Doug Braasch**, 45, finished fourth overall (18:19) of 122 in 32° and 2 inches of snow in the March of Dime Nightcap 3.1 Mile, Peoria, IL, February 10. A week later, **Braasch** ran the St. Louis Marathon in 2:52.

• The familiar name of **Gabriele Andersen-Schiess** popped up in the results of the XIII American Birkebeiner Cross-Country ski race from Telemark to Cable, Wisconsin on February 23. The Sun Valley, Idaho resident, who gained worldwide fame in last year's Olympic marathon, won the 35-39 division in 3:00:37, a half-hour ahead of her nearest W35 rival. Andersen-Schiess has since turned 40, and will compete in the VI World Veterans Games in Rome next month.

• **Bill Andberg**, M70 Masters runner, received an award as the oldest male in the Birkebeiner event. The "Birkie" is North America's largest cross-country ski race, with 3065 men and 423 women finishing this year's edition.

• Eleven of the thirty-two clubs in the Ohio TAC Open and Masters Indoor Championships at Ohio St. U. in Columbus, March 10, were Masters track Clubs. The Over The Hill TC came out on top of the Masters clubs with 114 points; Wolfpack TC was second with 67, and West Penn TC, third, 34. A few of the good performances were **Ron Murphy's** M30 300m win in 36.7; **Norm Bower's** M35 wins, in the shot

(44-7½) and 35# weight (44-0); and **Dr. Lee Blount's** M55 victories in the 300m (41.8), 600m (1:35.3), and 1000m (3:08.1).

MID AMERICA

• **Ardel Boes** took the Masters titles in both the Mayor's Cup 10 Mile, Denver, CO, February 3, (55:30), and the Mayor's Cup 15 Mile, Denver, March 13, (1:25:53).

• Masters honors in the Lincoln TC 50K, Lincoln, NB, March 16, were swept by the team of **Wiegand and Wiegand** — Roger, 41, in 3:27:16, and Sylvia, 40, in 4:36:02, which shows that the family that runs together stays together—for very long periods of time.

• **Elwood Vetos**, 42, Sioux City, SD, was the first M40+ in the Garry Bentley 20K, Brookings, SD, March 30, with a 1:16:04 in 28° temperature. **Bob Bartling**, 58, of Brookings, ran 1:25:41.

• 1984 TAC National Masters Marathon Champion **Rev. Dr. Norman Green Jr.**'s presentation at the Lincoln Marathon pre-race seminars on May 4 in Lincoln, NB, is titled "Isaiah, Avis, and the Mid-Life Crisis." Green ran 2:29:11 in the Lincoln Marathon last year to win his championship. He has since run 2:25:51.

SOUTH WEST

• **Roger Juul**, Phoenix, AZ, edged NRDC's **Ken Young**, Tucson, AZ, for first Masters in the Tucson Sun Run 15K, Tucson, March 10, 54:04 to 54:13.

• **Josie Fox**, W40, was first woman overall two weeks running, in the Phoenix Suns 10K, March 10, in 39:46; and the Jesse Owens 8K, Phoenix, March 17, in 31:50. **David Oropeza**, M40, was second overall in the Jesse Owens race in 26:11.

• A group of Phoenix women Masters is forming a track club for the purpose of training for T&F meets. Training will be available for the sprints and all field events. Call **Noel Fitzgerald**, 965-5087 (days) or 946-2416 (evenings) or **Lynn Shepherd**, 956-5062(d) or 990-2416(e). Phoenix women Masters distance runners interested in improving their times might want to

join the group who meet every Thursday evening at Arcadia H.S. for free coaching and instruction. Call **Sheila Fairman**, 952-9722.

• Running in an open meet at Texas Southern, Houston, March 9, **Gene Timberlake**, 40, cranked out a 2:01.7 800 and a 4:07.4 1500; **Jim McLatchie**, 43, had a 9:30.3 3000; **Mack Stewart**, 46, ran a 2:04.7 800; and **Bill Mayer**, 47, did a 4:30.2 1500. A week later at another open event, the Rice U. Invitational, Houston, Timberlake did the mile in 4:25.74.

• At the Texas Southern U. Relays, March 23, **Howie Ryan**, M40, took first in the Masters 800 with 2:00.99. Timberlake was second, 2:01.73; and Stewart, third, 2:02.10. Timberlake also ran a 4:04.07 1500 that day.

WEST

• The first two Masters in the Santa Barbara Winter 6 Mile, Santa Barbara, CA, March 2, were both M45's: **Kemp Aaberg**, 45, with 35:23, and **Curtis Ridling**, 48, in 35:58. **Fay Rita Hobbs**, 49, maintained the pattern with a first W40+ in 42:12. **Larry Pontinen**, 43, did almost perfect 6:00's to take the Masters title in the 10 mile portion of the event in 1:00:01.

• **Shirley Matson**, 44, finished third of 1000 participants in the L'Eggs YWCA 10K, San Diego, CA, with 37:21. **Anne Johnson**, 56, won the W55 in 44:53.

• **Joe Becerra**, won the M40 race and finished tenth of 1292 men and women finishers with a masters race record 1:10:59 in the Bidwell Half-Marathon, Chico, CA, March 3. **Skaden-Poyser**, also picked up a course record with her W45 1:33:02 win. **Michael McKie**, M50, was the first Master with 2:46:20 in the marathon sideshow, while **Joan Szarfinski**, won the Masters women's race with a W45 course record 3:42:37.

• **Darryl Beardall**, M45, with a 1:16:35, missed winning the Parkside Half-marathon, Santa Rosa, CA, February 23, by one second, but **Janet Buckendahl**, W50, was the first woman in 1:36:26, which bettered **Bob Buckendahl's** M50 winning time of 1:39:44.

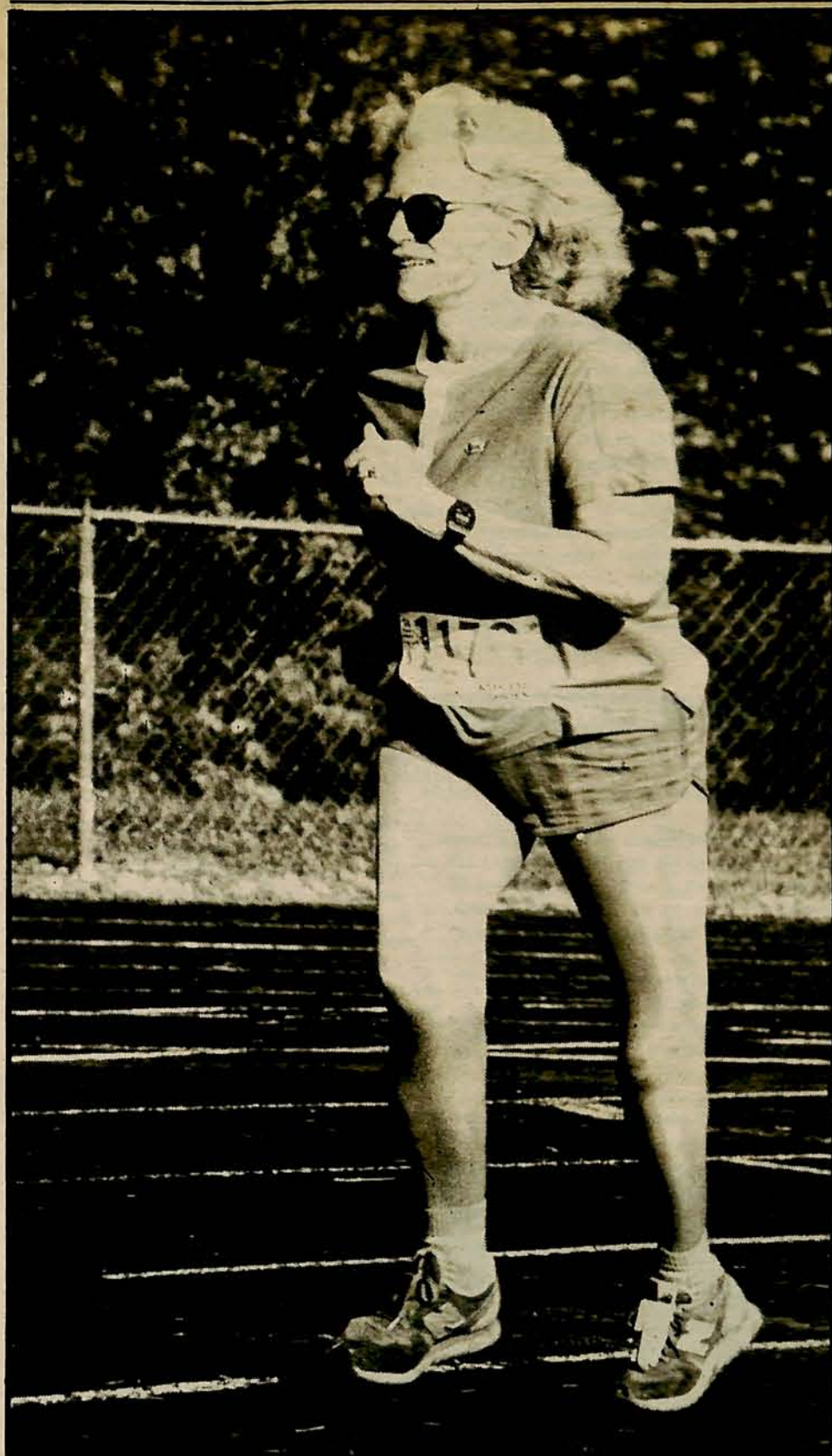
• **Wally Ingram**, 52, showed no signs of mal

Continued on Next Page



1984 ROCKET CITY MARATHON
RRCA President and Marathon Chairman **Harold Tinsley** (r) presents Olympian **Bob Schul** Hall of Fame award.

photo by Jim Oaks



Poly Bailey, 61, St. Louis, Mo., won the W60 10000 in 59:25 at the Senior Olympics, St. Louis. She was the overall women's winner in the 1-mile walk in 9:34.

Continued from Previous Page

de mer after crossing the channel from L.A. to the island race site and finished first Masters in the Last Annual NIKE-Catalina 10K on Catalina Island, March 16, in 40:03 over a tough course. Don Hufstader, 44, was next M40+ in 41:00. Cherrie Badolato, 45, won the W40+ crown with a race division record 47:41.

• Don Dilworth, 65, was good for a 43:12 M65+ win at the Heart of Escondido 10K, Escondido, CA, February 9, in a steady rain, while Shirla Charlton, 52, took the W50-54 race in 46:21.

• Jim O'Neil set a national age-59 record of 34:40 for the 10K in the St. Patrick's Day race, March 16, in San Diego. His mark displaces the 34:52 held by Dr. Alex Ratelle, multi-distance record holder who holds the M55 age-group record of 33:49. O'Neil, who ran 34:00 for the age-55 record in 1981, turns 60 this month. In the San Diego 10K, Hal Goforth went for it for first M40+ in 33:40. First Masters woman, Shirley Matson, 44, was fourth w/overall in 36:16. Anne Johnson, 56, won the W50+, 42:00.

• Paul Reese, 67, of the Buffalo Chips Run-

ing Club, set a new age 65-69 record for 50 miles in the Jedediah Smith 150 Mile Classic February 19. Reese was clocked in 7:40:45. The previous record, held by Cleo Casady, was 7:49:35. The previous age 67 record, held by Steve Cole, was 8:51:18.

• Joan Reiss, also a Chips runner, set a new age 47 record for women with a 6:57:34 timing. The previous record of 7:30:03 was held by Noel Murchie.

• Gary Miller, 47, Glendale, CA, scored an M45-age group decathlon world best 5734 points at Occidental College, Los Angeles, March 23-24. Miller, owner of the M45 pentathlon world mark of 2998, has only one year's experience as a decathlete. Miller's marks included a 11.6 100m, a 53.3 400m, and a 156-5 JT. Dave Robinson, 38, San Diego, CA, a former professional baseball player who just recently took up T&F, especially the decathlon, broke the world age-38 total with a strong 6386, helped by PR's in the HH (15.4) and PV (12-7 1/2). Robinson expects to be at the National Masters Decathlon Championships, July 5-6, in his hometown. Ray Fitzhugh, 50, a seasoned multi-eventer, scored 3764 in his first competition as

an M50. Fitzhugh had a 5-1 HJ and a 9-8 PV for big points. The three were competing with seventy open and college decathletes on the Oxy track, which is a training facility refurbished for the '84 L.A. Olympics, and is one of the best in the area. It will be the site of the SPA/TAC Masters twilight meet on June 1.

NORTHWEST

• David Hambly, 45, Seattle, WA, survived rain, hail, and wind to win the Northwest Masters 15K, in his hometown, March 23, in 53:16. Snohomish TC teammate Jim Pearson, 40, was second in 52:42. Julie Stiles, 42, also a Snohomish TC member, was first woman in 1:01:15.

CANADA

• Art Meaney, 41, St. John's, Newfoundland, was top Master and fourth overall in 23:15 in the cold and windy St. Patrick's Day 7K in St. John's, March 17.

INTERNATIONAL

• Bill Venus, M45, ran 1:05:09 in the Bath half-marathon, the fastest time ever by a British Veteran. Geoff Harrold, 46, was first vet in 1:16:34 in the Thamesmead half-marathon.

• Sean Power set a world M40 indoor triple jump record of 45-3 1/2 (13.81m) in the British Indoor T&F Championships March 23. But the record lasted only one week as American John Hartfield leaped 45-4 3/4 (13.83m) at the U.S. Indoor Masters Championships.

• Want to trade patches with collector M.P. Van Zyl. Write P.O. Box 1056, Oakdale, Bellville 7530, South Africa.

• It's becoming common in the weight and distance events for age 35+ athletes to compete at an open level. Carlos Lopes, 38, won his second consecutive World IAAF Cross-Country Championships in Lisbon on March 25 over a 12K course in 33:33. Lopes plans to retire from open competition at the end of 1985.

Countdown to Rome

Continued from Page 20

sign such an agreement.

The meeting ended with a resolution that a document of advice be drawn up to assist countries or groups to form Veteran bodies.

After closing the meeting, the Chairman opened comments on a document which had been distributed by Bryan Doughty. Unhappily, this document, which has also been widely distributed elsewhere, featured a bitter, personal attack on another member of the Committee. This attack has no connection with the member's athletic activities or endeavors on behalf of WAVA. The document was printed on IGAL letterhead, and purported to be the official attitude of that organization. After the meeting, however, upon seeing it for the first time, IGAL President Jacques Serruys completely disowned it. The document carried the names of IGAL executives Bryan Doughty, Walter Ross and Dale Greig, and the purpose of it was to deplore the lack of long distance running representation of the IAAF Veterans Committee. This was strange, considering that Bridget Cushen is a longtime marathoner, Jacques Serruys and Bryan Doughty are executives of long distance running organizations, while Wal Sheppard, Bob Fine, Alastair Lynn and Don Farquharson all compete at distance regularly. And, bearing in mind, also, that all other disciplines have to be represented on a ten-member Veteran panel. The needless personal attack was roundly condemned by both WAVA and IAAF members.

At a separate WAVA Executive Meeting, the new 76-page handbook was introduced. Each WAVA-affiliated country will receive three complimentary copies, as will each IAAF-affiliated country receive one. Printed in five languages, the useful handbook may be purchased in Rome or by sending \$3 U.S. to Bridget Cushen, 156 Mitcham Road, West Croydon, Surrey, England.

One relaxation the Committee members really enjoyed was the thrill of watching the World Cross-Country Championships. Portuguese hero Carlos Lopes won the men's event before a large, ecstatic crowd. Zola Budd dictated the women's event to win comfortably, while the great Ethiopian and Kenyan Junior Men dominated their division.

Veteran national executives and delegates of WAVA will receive expanded copies of this report, and should discuss it with their members and come to Rome, prepared for further discussion and a decision. □

World Games Late News

Bob Fine reports that because of a conflict with the date of the WAVA Technical Committee Meeting, the North American Council Meeting will be held on Monday, June 24th at 9 a.m. The WAVA Executive Committee is scheduled to meet on June 21st and 22nd; the Technical and Women's Committees will meet on the 22nd; Opening Ceremonies are the 23rd; and the General Assembly meets on the 27th and 28th.

Fine would like to receive bids for both the 1986 and 1987 North American Masters T&F Championships, and says the 1986 Pan American Masters T&F Championships will be sponsored by Colombia.

The only detailed bid received for the VII World Veterans Games in 1987 has been from Melbourne, Australia. Japan and South Korea have expressed interest. The Melbourne bid is for November, 1987, near the end of Australia's spring. New Zealand, South Africa and Japan are probable bidders for 1989. Sites for both 1987 and 1989 are due to be selected in Rome. □

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/June 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

May 19. 14th Annual New York Masters Sport Club Meet, Kings Point, N.Y. N.Y. Masters, 77 Prospect Place, Brooklyn, NY 11217.

May 26. MAC and Northeastern Pentathlon and Weight Pentathlon Championships, St. John's College New York City. Haig Bohigian, 225 Hunter Ave., N. Tarrytown N.Y. 10591 914/631-1547.

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

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 4 (championships). Tri-State TC Meets, Hagerstown Jr. College, Maryland. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.



The Snohomish Track Club B team took 2nd place in 1:40:01 in the U.S. Masters 5K Cross-Country Championships November 24 in Seattle. From left: Evan Shull, Bob Langenbach, Frank Fleetham and Mike Thould. Not shown: Mike Christiansen.

photo by Warren McNeeley

June 16. TAC Eastern Regional Masters Championships, Washington, PA (Pittsburgh). Barry Kline, 1245 Alamae Lakes, Washington PA 15301.

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.

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, George Mason U., Fairfax, Virginia H.W. Carle, 195 N. Utah, Arlington VA 22207. 703/276-0180.

SOUTHEAST

May 3-5. 15th Southeastern U.S. Masters Meet, N. Carolina St. U., Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602. 919/755-6641 (w); 847-5893. (h).

May 11. Birmingham Track Club Classic. Vestavia Hills HS, Birmingham, Alabama. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031. Entry form in April issue.

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

May 26. 7th Annual Wolfpack Pentathlon (Track and Weight) and OAC Open and Masters Pentathlon Championship, Columbus, Ohio. Upper Arlington H.S. John White H (614) 459-2547, W (614) 424-7011.

May 26. Ohio TAC Masters Championships, Trotwood, Ohio. Trotwood High School. Harold Martin, 7521 Arundel Rd., Trotwood, OH 45426. 513/837-5069.

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

ON TAP FOR MAY TRACK & FIELD

With the World Veterans Games in Rome only a month away, the normal early-season May action becomes important mid-season competition for those going to Italy.

The month starts off on the 3rd with the 15th annual Southeastern Meet in Raleigh, N.C. Visalia, California hosts a meet on the 4th, followed on the 11th by meets in Birmingham, Alabama and Redlands, California.

The Pacific Championships take place in Los Gatos, California on the 18th, with the New York Masters Meet the next day in Kings Point. The Southwest Masters Regionals in Kenner, Louisiana; the Ontario Masters Championships in Toronto, and the Anteatler Games in Irvine, California are set for the 25th. Both New York and Ohio feature pentathlons on the 26th.

LONG DISTANCE RUNNING

Three TAC U.S. National Masters Championships are on this month's docket: the 15K in Minnesota and the 25K in Syracuse, N.Y. vie for your favor on the 5th, with the 20K set for Washington, D.C. on the 26th.

Spokane's 25,000-runner Lilac Bloomsday 12K goes on the 5th, along with the RRCA National 10K in Marietta, Georgia; the Lincoln Marathon in Nebraska; and the Avenue of the Giants Marathon in Weott, California.

The traditional Old Kent River Run 25K is in Grand Rapids, Michigan on the 11th, with Freihoffer's Women's 10K on the 18th in Albany, New York.

The Revco-Cleveland 10K/Marathon and the 100,000-entrant Bay-to-Breakers extravaganza in San Francisco are set for the 19th. Rounding out a busy month are Elby's 20K in Wheeling, West Virginia; the Masters-oriented Cotton Row 10K in Huntsville, Alabama; and the Bolder Boulder 10K in Colorado. □

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,

Continued on Next Page

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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., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

May 15-18. Texas Senior Games, U. of Texas-Arlington, Dallas area. M/W 50+. Deadline May 1. Out-of-state entries welcome. Hal Geldon, P.O. Box 676, Richardson, TX 75080.

May 25. TAC Southwest Regional Masters Championships, Kenner, Louisiana. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066.

May 25. Quadrathlon, New Mexico JC, Hobbs, New Mexico. 200, 400, 800, 1600. Decathlon/pentathlon scoring. All ages. Steve McCleery, NMJC, Lov'ton Hwy, Hobbs NM 88240.

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

May 4. West Coast Masters Classic, College of the Sequoias, Visalia, Calif. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 11. Redlands Evening Kiwanis Masters, Redlands, Calif. Univ. of Redlands Stadium. Howard "Buz" Wagner, 1522 Margarita Dr., Redlands, CA 92373. 714/792-8395.

May 18-19. TAC Pacific Assoc. Open & Masters Championships, Los Gatos High School and San Jose City College, California. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos CA 95030. 408/354-5660; 408/354-7333.

May 25. Anteaters Masters Classic, U.C. Irvine, California. David Lewis, 505 Begonia Ave., Corona Del Mar, CA 92625. 714/673-2025.

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Send to:

National Masters News

P.O. Box 2372

Van Nuys, CA 91404

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. 619/488-8885.

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

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. Southern California Striders Relays, Los Angeles.

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 22-23. Hayward Field Masters Classic, Eugene, Oregon. Arlene Noviello, 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.

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

May 11-12. Hawaii Masters TC Decathlon, Kaiser H.S., Honolulu. J. Karbens, 3138 Waiialae Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.

May 19. Hawaii Masters TC Weight Pentathlon, U. of Hawaii-Manoa. See May 11-12.

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

CANADA

May 25-26. Ontario Masters Championships, E. York Stadium, Toronto. Valdis Teteris, 17 Chester Hill Rd., Toronto, Ont. M4K 1x2.

June 8-9. Canadian Masters Championships, Toronto. Don Farquharson, 269 Ridgewood Rd., West Hill, Ont. M1C 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 22-30. VI World Veterans Games, Rome, Italy. (Men 40+, Women 35+).



George Savanick, 46, shown here at the Twin Cities Marathon, set an age 46 100K record in Duluth October 27 in 8:23:23.

photo by Laurie Boutang

Comex/Roma '85, Via Martinetti 7, 20147 Milano, Italy.

July 2-6. Weight Pentathlon II, Genoa University, Genoa, Italy. Ersilio Gavino, Via Cesarea, 2, 16131 Genova, Italy. Entry form in this issue.

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

July 5-6. British National Veterans Championships, Wolverhampton Stadium. Midland Vets AC, Alf Sparks, 2 William Bullocks Close, New Street, Stourport-on-Severn, Worcs, England.

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

May 5. TAC National Masters 15K Road Championships, Edina, Minnesota. Jack Moran, 5429 Wooddale Ave., Edina MN 55424. 612/373-2165; 612/920-0558.

May 5. TAC U.S. National Masters 25K,

Syracuse, N.Y. Nick Wetter, 700 4th St., Liverpool NY 13088.

May 11. TAC National Masters 50K Walk Championships, New York, N.Y. H. Jacobsen, 445 E. 86th St., New York, NY 10028. 212/722-2940.

May 26. TAC U.S. National Masters 20K, Washington, D.C. Charles DesJardins, 5428 Southport Lane, Fairfax VA 22032.

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.

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.

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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, Crafts-bury Common VT 05827. 802/586-2514.

EAST

May 13. L'eggs Mother's Day 5K Tune Up Run, New York. Central Park. NYRRC, 9 East 89th St., New York, NY 10128. 212/860-4455.

May 18. Frehofer's 10K Run For Women, Albany, New York. \$6110 for top ten Masters. George Regan, 382 Broadway, Albany, NY 12207. 518/465-5210.

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 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.

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

SOUTHEAST

May 5. RRCA National 10K, Marietta, Georgia. CRR, 2869 Torrey Way, Marietta GA 30067.

May 25. Elby's 20K Run, Wheeling, W. Va. Elby's 20K, P.O. Box 1046, Wheeling, WV 26003. 304/233-2100.

May 27. Cotton Row 10K Run, Huntsville, Ala. Ron Morris, 15010 Coy's Dr., Huntsville AL 35802.

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

MIDWEST

May 5. 7th Annual L'eggs/YWCA 10K Run, Chicago, Lincoln Park. Cathy Crown, Loop Center YWCA, 37 S. Wabash Ave., Chicago, IL 60603. 312/372-6600

May 5. Jesse Owens Classic 5K, Columbus, Ohio. Ron Althoff, OSU, 337 W. 17th Ave., Larkinds Hall, Room 106, Columbus OH 43210. 614/422-7671.

May 11. Old Kent River 25K, Grand Rapids, Mich. Old Kent River Run, P.O. Box 2194, Grand Rapids, MI 49501.

May 19. Revco-Cleveland Marathon, Cleveland, Ohio. Reno Starnoni, P.O. Box 46604, Bedford, OH 44146. 216/232-2282.

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.

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

MID-AMERICA

May 5. Lincoln Marathon, Lincoln, Nebraska. Marathon '85, P.O. Box 94871, Lincoln, NE 68509.

May 27 (Monday). Bolder Boulder 10K, Boulder, Colorado. Bruce McDowell, Box 9032, Boulder CO 80301. 303/444-RACE.

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 23. Deseret News Marathon, Salt Lake City, Utah. Keith West, Deseret News, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.

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

WEST

May 4. 3rd Annual Bess James Ramonaland 10K & 2 Mile Fun Run, Hemet, Calif. 10K at 8:30 a.m./2 Mile at 8:00. Bob Stagnel, Mt. San Jacinto College, 1499 N. State St., San Jacinto, CA 92383. 714/654-8011, X253.

May 5. Avenue of the Giants Marathon, Weott, Calif. Six Rivers Running Club, P.O. Box 214, Arcata, CA 95521. 707/822-0318.

May 19. Bay To Breakers 12K, San Francisco, Calif. Examiner Bay To Breakers, P.O. Box 4200, San Francisco, CA 94142. 415/777-7770.

May 26. Brentwood 5K & 10K, Los Angeles, P.O. Box 49913, Los Angeles, CA 90049. 213/820-7585 (days).

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

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.

July 14. San Francisco Marathon. \$1800 to Masters. Scott Thomason, Box 27385, San Francisco CA 94127. 415/681-2323.

December 1. California International Marathon, Sacramento, California. \$5000 to Masters. Sacramento LDR Ass'n, PO Box 161149, Sacramento CA 95816.

NORTHWEST

May 5. Lilac Bloomsday Run, (12K), Spokane, Wash. \$4500 to Masters. Sylvia Quinn, PO Box 1511, Spokane WA 99210. 509/838-1579.

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.



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not paid to have the facility provided with heat.

- The organization and management of the meet was inexcusable.

If I were a sponsor (let's hope no one from 7-Up was there), I would ask for my money back. But the real tragedy is that if this were the first Masters Meet I had attended, it would be my last.

Skip Stolley
Encino, California

The TAC National Indoor Meet in Sterling, Illinois was my first Masters meet. I thank Joe Henderson for turning me on to the existence of TAC, WAVA, and this masters circuit. I had forgotten how much I loved T&F from my college days. I made some great new friends and look forward to the outdoor season with great anticipation. I feel resurrected.

Jody Mayer
Miami, Oklahoma

GREATEST MASTERS PERFORMANCE EVER

I found Mike Tymn's "The Over-40 Athlete in History" (NMN, March, 1985) extremely interesting, and I commend him for his diligent research.

His selections, however, betray something of a North American bias. Mike has overlooked perhaps the greatest 40-plus performance of all.

English batsman Jack Hobbs scored a world-record 197 centuries (innings of 100 or more runs) in a career spanning 1905 to 1934. In the 120-year history of first-class cricket, only 19 other batsmen have scored 100 centuries in an entire career.

But the truly remarkable aspect of Hobbs' superb performance is that he scored 100 centuries after the age of 40. This is a record of longevity of supreme performance without parallel in the history of sport.

CANADA

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.

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 1, Belgium. □

And on the subject of the incomparable, keep up the fine work on your outstanding publication.

Trevor Banks
Ottawa, Ontario

MATCHMAKER, MATCHMAKER

Two years ago, I placed a personal ad in NMN as a Midwest female Masters runner/biker wanting to meet male Masters with the same interests.

The response was low — only three. I corresponded with two of them for a period of 3-4 months and then, due to a new job in a new location, dropped the correspondence.

In early December, 1984, while at a race in California, I met one of the gentlemen. When we were introduced, I remarked about our past correspondence and an interesting conversation followed.

During the next three months, our conversation developed into quite a few letters, many phone calls, two air flights (one to Iowa to visit me and one to California to visit him).

Again I am in the process of moving — this time to California — not due to our relationship, but to a great employment opportunity.

I do want to thank you for printing my letter and my ad for it allowed me to meet one very special person.

S.L.

Two years ago you ran a couple of personal ads. I wrote to a Midwest woman. She wrote me. But the correspondence died. Well, a funny thing happened. I met her at the WIGAL race in San Diego in December, and the correspondence started again and evolved into \$131 per month phone bills. Now, the phone bills are down to \$20 — she lives down the street (35 miles). The quantity of your personal ads may not have been impressive, but the quality was fantastic.

B.D.

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.

NATIONAL

TAC NATIONAL MASTERS INDOOR CHAMPIONSHIPS; STERLING, ILL. MARCH 30-31, 1985

60 YARD DASH		WOMEN 30-34		MARK
1. Debbie Stevens - WI	7.88			
2. Kachy Blueford - IL	8.77			

WOMEN 35-39		WOMEN 40-44		MARK
1. Skipper Clark - NY	7.46			
2. Ginger Smith-Parks - DE	7.57			
3. Pamela Calvert - MD	8.04			
4. Linda Sikes - TX	8.25			

WOMEN 45-49		WOMEN 50-54		MARK
1. Marilyn Fitzgerald - NJ	*7.77			

WOMEN 55-59		WOMEN 60-64		MARK
1. Shirley Kinsey - CA	8.97			
2. Bernice Holland - OH	9.33			

WOMEN 65-69		WOMEN 70-74		MARK
1. Mary Bowermaster - OH	9.03			

WOMEN 75-79		WOMEN 80+		MARK
1. T. J. Lester - TX	6.24			
2. Dallas Gaines - IN	6.31			
3. Angelo Nutall - IL	6.41			
4. Willard Thompson - TX	6.48			
5. Morris Blueford - IL	6.75			
6. Clark Allen - MO	6.76			

WOMEN 85-89		WOMEN 90+		MARK
1. Lamar Miller - MI	6.31			
2. Fred Booker - NE	6.37			
3. Clifton Jackson - MO	6.58			
4. Clarence Ray - MI	6.58			
5. Stan Druckrey - WI	6.65			
6. Arthur Wright - DE	6.82			

WOMEN 95-99		WOMEN 100+		MARK
1. Dan Fitzsimmons - CA	6.54			
2. Jack Dunn - LA	6.92			
3. Ross Jensen - KS	7.07			
4. Charles Reid - IL	7.13			
5. Jim Shoemaker - KS	7.32			
6. John Hess - IL	7.40			

WOMEN 105-109		WOMEN 110+		MARK
1. Scott Tyler - CAN.	6.64			
1. Gilbert LaTorre - CA	6.88			
2. Dennis Buss - IL	6.95			
3. Paul Williams - OH	6.99			
4. Ron Dennis - WI	7.02			
5. Paul Dorsey - OH	7.65			

WOMEN 115-119		WOMEN 120+		MARK
1. Lloyd Riddick - NJ	6.70			
2. Bruce Springbett - CA	6.97			
3. Matt Brown - NJ	6.99			
4. Ralph Summerlin - AL	7.08			
5. Milton Newton - CA	7.16			
6. Clifford Pauling - NY	7.29			

WOMEN 125-129		WOMEN 130+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 135-139		WOMEN 140+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 145-149		WOMEN 150+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 155-159		WOMEN 160+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 165-169		WOMEN 170+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 175-179		WOMEN 180+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 185-189		WOMEN 190+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

WOMEN 195-199		WOMEN 200+		MARK
1. Harry Brown - IL	7.18			
2. Bernard Stevens - CA	7.25			
3. Robert Watanabe - CA	7.34			
4. G. L. Bradberry - AL	7.52			
5. Charles Olson - MN	7.72			
6. Tom Hinkes - WI	7.82			

MEN 65-69		MEN 70-74		MARK
1. David Lawyer - NJ	7.71			
2. Burl Gist - CA	7.97			
3. William Carmen - MA	8.37			
4. Chas. Mercurio - CA	8.42			
5. Tom V. Thorne - MO	9.53			

MEN 80+		MEN 85-89		MARK
1. Arling Pitcher - IN	10.21			

300 YARD DASH		WOMEN 35-39		MARK
1. Skipper Clark - NY	39.45			
2. Ginger Smith-Parks - DE	40.58			
3. Pamela Calvert - MD	44.54			

WOMEN 45-49		WOMEN 50-54		MARK
1. Marilyn Fitzgerald - NJ	43.80			

WOMEN 55-59		WOMEN 60-64		MARK
1. T. J. Lester - TX	33.08			
2. Scott Thornsley - PA	33.32			
3. Robert Burnett - MI	33.65			
4. Thomas Rawlinski - WI	33.73			
5. Morris Blueford - IL	34.16			
6. Steve Judge - MD	34.95			
7. Clark Allen - MO	35.71			
8. Matt Chancey - IL	36.74			

WOMEN 65-69		WOMEN 70-74		MARK
1. Lamar Miller - MI	31.85			
2. Stan Druckrey - WI	32.01			
3. Clarence Ray - MI	33.29			
4. Daniel Thiel - LA	33.43			
5. Dawud Saleem - NJ	33.70			
6. Fred Booker - NE	33.84			
7. Johnnie Fields - MO	34.09			
8. Arthur Wright - DE	34.09			
9. Robert Overton - NJ	34.59			
10. Gordon Reiter - MO	35.00			
11. Ralph Wallace - MI	35.99			
12. Jody Mayer - OK	39.69			

WOMEN 75-79		WOMEN 80+		MARK
1. Dennis A. Dyce - IL	33.77			
2. Dan Fitzsimmons - CA	34.05			
3. Jack Dunn - LA	35.52			
4. Ross Jensen - KS	35.67			
5. Donald Williams - MI	35.79			
6. Noel Prussman - IA	36.89			
7. Al Petroff - NE	37.56			
8. Charles Reid III - IL	37.65			
9. Ralph Scola - OH	38.04			
10. Jim Shoemaker - KS	38.60			
11. James Hess - IL	42.55			

WOMEN 85-89		WOMEN 90+		MARK
1. Harry Tolliver - OH	34.40			
2. Bill Knocke - CA	34.46			
3. Larry Colbert - MD	34.48			
4. Dennis Buss - IL	35.52			
5. Ron Dennis - WI	35.94			
6. Gilbert LaTorre - CA	36.10			
7. Haig Bohigian - NY	36.53			
8. Joe Beckham - KS	38.66			

WOMEN 95-99		WOMEN 100+		MARK
1. Milton Newton - CA	35.13			
2. Clifford Pauling - NY	35.19			
3. Lloyd Riddick - NJ	35.27			
4. Jim Mathis - TN	35.55			
5. Ralph Summerlin - AL	36.20			
6. Matt Brown - NJ	36.29			
7. Bruce Springbett - CA	38.55			
8. James Ware - IN	38.97			
9. Ron Sergeant - WI	40.51			
10. Earl Mege - PA	41.35			
11. Richard Richardson - IL	41.70			
12. Robert Peugh - IL	41.36			
13. Donald McKinney - OK	41.86			

WOMEN 105-109		WOMEN 110+		MARK
1. Harry Tolliver - OH	34.40			
2. Bill Knocke - CA	34.46			
3. Larry Colbert - MD	34.48			
4. Dennis Buss - IL	35.52			
5. Ron Dennis - WI	35.94			
6. Gilbert LaTorre - CA	36.10			
7. Haig Bohigian - NY	36.53			
8. Joe Beckham - KS	38.66			

WOMEN 115-119		WOMEN 120+		MARK
1. Harry Tolliver - OH	34.40			
2. Bill Knocke - CA	34.46			
3. Larry Colbert - MD	34.48			
4. Dennis Buss - IL	35.52			
5. Ron Dennis - WI	35.94			
6. Gilbert LaTorre - CA	36.10			
7. Haig Bohigian - NY	36.53			
8. Joe Beckham - KS	38.66			

WOMEN 125-129		WOMEN 130+		MARK
1. Harry Tolliver - OH	34.40			
2. Bill Knocke - CA	34.46			
3. Larry Colbert - MD	34.48			
4. Dennis Buss - IL	35.52			
5. Ron Dennis - WI	35.94			
6. Gilbert LaTorre - CA	36.10			
7. Haig Bohigian - NY	36.53			
8. Joe Beckham - KS	38.66			

WOMEN 135-139		WOMEN 140+		MARK
1. Harry Tolliver - OH	34.40			
2. Bill Knocke - CA	34.46			
3. Larry Colbert - MD	34.48			
4. Dennis Buss - IL	35.52			
5. Ron Dennis - WI	35.94			
6. Gilbert LaTorre - CA	36.10			
7. Haig Bohigian - NY	36.53			
8. Joe Beckham - KS	38.66			

WOMEN 145-149		WOMEN 150+		MARK
1. Harry Tolliver - OH	34.40			
2. Bill Knocke - CA	34.46			
3. Larry Colbert - MD	34.48			
4. Dennis Buss - IL	35.52			
5. Ron Dennis - WI	35.94			
6. Gilbert LaTorre - CA	36.10			
7. Haig Bohigian - NY	36.53			
8. Joe Beckham - KS	38.66			

Continued from Previous Page

TWO MILE WALK	
WOMEN 40-44	MARK
1. Jeane Bocci - MI	16:10
WOMEN 55-59	
1. Ruth Leff - WI	20:22
MEN 30-34	
1. Raymond Funkhouser - NJ	13:10
MEN 35-39	
1. Ron Salvio - NJ	16:58
2. Gary Kidd - OH	18:07
3. Roger Plumb - WI	18:16
MEN 40-44	
1. Leon Jasionowski, Jr. - MI	15:01
2. Robert Brzenk - WI	18:16
MEN 50-54	
1. Franklin Brown - IA	19:18
MEN 60-64	
1. Joe Vitucci - OH	18:56
2. Mel Buschman - MI	20:17
MEN 75-79	
1. Gordon Wallace - AZ	20:13
2. Martin Bartels - IL	21:33
60 YARD HIGH HURDLES	
WOMEN 35-39	
MARK	
1. Skipper Clark - NY	10.82
2. Pamela Calvert - MD	11.07
WOMEN 50-54	
1. Christel Miller - CA	10.36
WOMEN 55-59	
1. Shirley Kinsey - CA	11.82
MEN 30-34	
1. Robert Zahn - WI	7.73
2. Robert Rudrow - NJ	7.90
3. Stephen Geiger - IN	8.34
4. Gene Williams - MD	9.49
MEN 35-39	
1. Lamar Miller - MI	7.29
2. Stan Druckrey - WI	7.37
3. Arthur Peals - KS	7.65
4. Dawud Saleem - NJ	7.73
5. Mike Carroll - MD	8.35
6. Johnie Meisner - IL	8.78
7. Mike Davis - IL	8.84
MEN 40-44	
1. William Johnston - FL	8.39
2. Henry Hopkins - IN	8.79
3. Ross Jensen - KS	9.13
4. Ralph Scola - OH	9.27
5. William Busby - NC	9.32
6. Noel Prussman - IA	10.68
7. Tom F. Thorne - MO	15.72
MEN 45-49	
1. Scott Tyler - CAN.	7.99
1. Charley Miller - TX	8.53
2. Dale Lance - OK	8.73
3. Dave Ellis - TN	8.84
4. Bruce Mills - IL	9.93
5. Albert Maxey, Sr. - NE	10.76
MEN 50-54	
MARK	
1. Dr. William Clark - NJ	8.73
2. James Ware - IN	9.93
3. Franklin Brown - IA	10.33
MEN 55-59	
1. Joe Murphy - TX	8.70
2. G. L. Bradberry - AL	9.04
3. Gene Kelly - NJ	10.15
4. Tom Hinkes - WI	10.17
5. R. G. Wolf - MN	10.47
MEN 60-64	
1. Edwin Lukens - NY	9.54
2. James Johnson - CA	10.21
3. Boo Morcom - NH	11.06
4. Richard Cavicchi - OH	11.31
MEN 65-69	
1. Burl Gist - CA	9.64
2. William Carmen - MA	11.50
3. Tom V. Thorne - MO	13.60
MEN 80+	
1. Arling Pitcher - IN	16.37

HIGH JUMP	
WOMEN 35-39	MARK
1. Skipper Clark - NY	4' 10"
2. Pamela Calvert - MD	4' 6"
WOMEN 50-54	
1. Christel Miller - CA	4'
WOMEN 55-59	
1. Shirley Kinsey - CA	3' 7"
WOMEN 65-69	
1. Mary Bowermaster - OH	**3' 9"
MEN 30-34	
1. Richard Christoph - OH	5' 10"
2. Robert Rudrow - NJ	5' 6"
MEN 35-39	
1. Pat Matzdorf - IL	6' 4"
2. Ronald Purdom - FL	6' 4"
3. Johnie Meisner - IL	6'
4. Mike Carroll - MD	5' 10"
5. Mike Davis - IL	5' 8"
6. Ron Salvio - NJ	5'
*Matzdorf won jump off at 6' 5"	
MEN 40-44	
1. John Hartfield - TX	**6' 4"
2. Tom F. Thorne - MO	5' 2"
3. William Busby - NC	4' 10"
MEN 45-49	
MARK	
1. Tom Langenfeld - MN	5' 8"
2. Mamon Gibson - IL	5' 6"
3. Floyd E. Smith - IA	5' 4"
4. Paul Dorsey - OH	5' 4"
5. Charley Miller - TX	5' 4"
6. Sammy White - GA	5' 4"
7. Carl Thomas - IN	4' 8"
MEN 50-54	
1. Milton Newton - CA	*5' 10"
2. Richard Richardson - IL	5' 9"
3. Charles Kraemer - MA	4' 10"
4. James Ware - IN	4' 10"
5. Richard L. Hein - TX	4' 8"
6. Forest Doling - NE	4' 6"
7. Earl Mege - PA	4' 6"
8. Donald McKinney - OK	4' 2"
MEN 55-59	
1. Gordon Seifert - AL	5' 2"
2. G. L. Bradberry - AL	4' 8"
3. William Garrahan - RI	4' 8"
4. Warren Jackson - NY	4' 6"
5. Charles Olson - MN	4' 4"
MEN 60-64	
1. Harry Guth - MO	4' 10"
2. Boo Morcom - NH	4' 10"
3. Edwin Lukens - NY	4' 6"
4. James Johnson - CA	4' 4"
5. Tom Kennell - FL	4' 4"
MEN 65-69	
1. Burl Gist - CA	5'
2. Ham Morningstar - MI	4' 2"
3. Wib Ragland - IL	4' 2"
4. Elmer Shaw - NY	4'
5. Tom V. Thorne - MO	3' 8"
MEN 70-74	
1. Carol Johnston - CA	4' 2"
MEN 80+	
1. Arling Pitcher - IN	**3' 9 1/2"
POLE VAULT	
MEN 30-34	
MARK	
1. Richard A. Christoph - OH	15' 1"
2.) Leon T. Roach - CA	14' 6"
2.) Jim E. Williams - CA	14' 6"
4. Don L. Knapp - MO	14'
5. John M. Anderson - WI	13' 6"
6. Stephen P. Geiger - IN	12' 6"
MEN 35-39	
1. Rex J. Harvey - IA	14' 6"
2. Edward J. Peterson - NY	13' 6"
3. Mike Davis - IL	13'
4. Michael C. Bussch - OH	12' 6"
5. Ron Salvio - NJ	9'
MEN 40-44	
1. Charlie Polhamus - GA	14' 6"
2. William A. Johnston - FL	14'
3. Wally Sokolowski - NY	14'
4. William J. Busby - NC	12'
5. Henry A. Hopkins - IN	12'
6. Tom F. Thorne - MO	9' 6"

MEN 45-49	
1. Dale Lance - OK	13'
2. Paul Richard - NJ	12' 6"
3. Tom W. Allen - IL	10' 6"
MEN 50-54	
MARK	
1. Charles D. Kraemer - MA	9' 6"
2. Franklin D. Brown - IA	8' 6"
MEN 55-59	
1. Jerry A. Donley CO	13'
2. Tom M. Hinkes - WI	11'
3. R. G. Wolf - MN	8'
MEN 60-64	
1. Boo Morcom - NH	11'
2. Harry E. Guth - MO	8' 6"
3. James K. Johnson - CA	8' 6"
MEN 65-69	
1. Ham Morningstar - MI	7'
2. Tom V. Thorne - MO	4'
MEN 70-74	
1. Carol Johnston - CA	**9' 9 1/2"
MEN 80+	
1. Arling Pitcher - IN	5' 6"
LONG JUMP	
WOMEN 35-39	
MARK	
1. Skipper Clark - NY	16'
2. Pamela Calvert - MD	12' 5 1/2"
WOMEN 50-54	
1. Christel Miller - CA	13' 7"
WOMEN 55-59	
1. Mary Bowermaster - OH	10' 2"
WOMEN 65-69	
1. Shirley Kinsey - CA	11' 6"
2. Beverly Cohen - NY	5'
MEN 30-34	
1. William Werling - OH	21' 8 1/2"
2. Robert Burnett - MI	20' 5 1/2"
3. Robert Zahn - WI	20' 3 1/2"
4. Scott Thornsley - PA	20' 3"
5. Matt Chancey - IL	16' 10"
MEN 35-39	
1. James Wilson - PA	21' 6 3/4"
2. Clifton Jackson - MO	20' 8 1/2"
3. Mike Carroll - MO	20' 1/2"
4. Gerald Woolfolk - MI	19' 8"
5. Mike Davis - IL	18' 8 1/2"
6. Walter Ewing - IA	18' 4 1/2"
MEN 40-44	
1. John A. Hartfield - TX	**22' 5 1/2"
2. William Busby - NC	18' 3 1/2"
3. Charles Reid III - IL	18'
4. Tom F. Thorne - MO	17' 3"
Richard Kaye - NY	15' 9"
MEN 45-49	
MARK	
1. Dale Lance - OK	19' 6"
2. Richard Schmidt - CA	19' 1"
3. Paul Dorsey - OH	18' 6"
4. Pete Stopoulos - IL	18' 4 1/2"
4. Scott Tyler - CAN.	18' 4 1/2"
5. Ron Dennis - WI	18' 2"
6. Haig Bohigian - NY	17' 5 1/2"
MEN 50-54	
1. Dr. William Clark - NJ	18' 5"
2. J. Larry Fuerst - NE	16' 11"
3. Richard Richardson - IL	16' 10"
4. Pay Carstensen - NY	16' 1 1/2"
5. Forrest Doling - NE	16' 1"
6. John Pistone - MA	15' 4"
MEN 55-59	
1. G. L. Bradberry - AL	16' 6"
2. Merle Nickell - KY	16' 1 1/2"
3. E. G. Wolf - MN	15' 3"
4. William Daprano - GA	15' 2"
5. Alan Cohen - NY	13' 11"
MEN 60-64	
1. Boo Morcom - NH	16' 10"
2. Edwin Lukens - NY	16' 3"
3. James Johnson - CA	15' 10"
4. Richard Cavicchi - OH	15'

MEN 65-69	
1. Burl Gist - CA	14' 2"
2. William Carmen - MA	13' 6"
3. Chas. Mercurio - CA	12' 9"
4. Tom V. Thorne - MO	11' 10"
MEN 80+	
1. Arling Pitcher - IN	7' 8"
TRIPLE JUMP	
WOMEN 35-39	
MARK	
1. Pamela Calvert - MD	28' 7"
WOMEN 50-54	
1. Christel Miller - CA	26' 10"
WOMEN 55-59	
1. Shirley Kinsey - CA	22' 6"
2. Beverly Cohen - NY	13' 6"
MEN 30-34	
1. Scott Thornsley - PA	41' 4"
MEN 35-39	
1. Larry Rodenbeck - MO	44'
2. Gerald Woolfolk - MI	42' 3"
3. Mike Carroll - MD	38' 2"
4. Clifton Jackson - MO	37' 9"
5. Mike Davis - IL	37' 8"
6. Johnie Meisner - IL	36' 5"
7. Ron Salvio - NJ	31' 4"
8. Jody Mayer - OK	30' 10"
MEN 40-44	
1. John A. Hartfield - TX	**45' 4 3/4"
2. William J. Busby - NC	36' 6"
3. Richard Kaye - NY	31' 11"
MEN 45-49	
1. Dale Lance - OK	37'
2. Haig Bohigian - NY	34' 8"
MEN 50-54	
MARK	
1. Pay J. Carstensen - NY	32' 1"
2. Franklin D. Brown - IA	31' 7"
3. Earl R. Mege - PA	30' 8"
MEN 55-59	
1. G. L. Bradberry - AL	32' 7"
2. Charles Olson - MN	31' 9"
3. Merle Nickell - KY	31' 4"
4. R. G. Wolf - MN	30' 11"
5. Alan D. Cohen - NY	29' 1"
MEN 60-64	
1. Edwin Lukens - NY	34' 8"
2. Boo Morcom - NH	30' 11"
3. Max Goldsmith - TX	30' 11"
4. James Johnson - CA	30' 3"
5. Richard Cavicchi - OH	29' 11"
6. Tom Kennell - FL	29' 8"
SHOT PUT	
WOMEN 45-49	
1. Charleen Smith - IA	21' 9"
WOMEN 50-54	
1. Christel Miller - CA	31' 6"
WOMEN 55-59	
1. Bernice Holland - OH	30' 9 1/2"
2. Shirley Kinsey - CA	30' 5 1/2"
WOMEN 65-69	
1. Mary Bowermaster - OH	25' 1"
MEN 30-34	
1. Patrick Burns - WI	49' 1 1/2"
2. Fred Ruterbusch - NY	48' 6"
3. Edward Daniels - NH	35'
MEN 35-39	
1. Steve Kaye - OH	46' 7"
2. Charles Stevens - WI	40' 11 1/2"
3. Norman Bower - OH	40' 5"
4. Thomas Kurginski - MI	37' 11 1/2"
5. James Pearce - OH	34' 7 1/2"

MEN 40-44	
1. Edward M. Hill - AL	48' 10"
2. Larry Pratt - DE	45'
3. Donald Dansereau - TX	41' 9"
4. Edward Johnson - IL	37' 7"
5. Brian McKenna - NY	36' 6"
6. John Hess - IL	35' 5"
7. Tom F. Thorne - MO	32' 5"
8. Jim Shoemaker - KS	31' 2"
MEN 45-49	
1. James Hart	44' 9 1/2"
2. Stephen Cohen	42' 2"
3. Carl Klehm	39' 7"
4. Joe Beckman	31' 5"
5. Albert Maxey, Sr.	29' 6 1/2"
6. Haig Bohigian	29' 5 3/4"
7. Carl Thomas	27' 2 1/2"
MEN 50-54	
1. Tom Wesselowski	47' 11 3/4"
2. Pay Carstensen	43' 5 1/2"
MEN 55-59	
1. Phillip Brusca	45' 2"
2. William Garrahan	39' 4 3/4"
3. Warren Jackson	34' 3 1/2"
4. Robert Hewitt	32' 2 3/4"
MEN 60-64	
1. Bill Walmroth	48' 10"
2. Bernard Brown	30' 9"
MEN 65-69	
1. Murray Oguss	35' 10"
2. Ham Morningstar	32' 8"
3. Elmer Shaw	32' 3"
MEN 70-74	
1. Ross Carter	43' 5"
2. Ward Parker	35' 2 1/2"
3. Bob Detweiler	29' 11 1/2"
MEN 75-79	
1. Gene Grant	29' 1 1/2"
MEN 80+	
1. Arling Pitcher	20' 3"
WEIGHT THROW	
MEN 30-34	
MARK	
1. Edward Daniels - NH	38' 7"
2. Patrick Burns - WI	37' 5"
MEN 35-39	
1. Norman Bower - OH	45' 6"
2. James Pearce - OH	38' 10 1/2"
3. Steve Kaye - OH	37' 1 1/2"
4. Ron Salvio - NJ	28'
MEN 40-44	
1. Edward Hill - AL	51' 5"
2. Brian McKenna - NY	38' 2 1/2"
3. Larry Pratt - DE	34' 8 3/4"
MEN 45-49	
1. Carl Klehm - IL	39' 5"
2. James Hart - CA	38' 8 1/2"
MEN 50-54	
1. Pay Carstensen - NY	34' 9 1/2"
2. Tom Wesselowski - KS	34' 2"
MEN 55-59	
MARK	
1. Phillip Brusca - MO	29' 5 1/2"
MEN 60-64	
1. Bill Walmroth - MI	46' 4"
2. Bernard (Bud) Brown - NY	22' 7"
MEN 65-69	
1. Elmer Shaw - NY	37' 1 1/2"
2. Ham Morningstar - MI	25' 10"
MEN 70-74	
1. Nolan Fowler - IN	40' 4"
2. Bob Detweiler - PA	27'
3. Ward Parker - MO	19' 10"
MEN 75-79	
1. Gene Grant - IL	17' 6"

*Meet Record **World Record

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RESULTS - 4 X 400 RELAY

MEN 30-39	MARK
1. Dallas Masters - Herston Hall, Willie Smith, Willard Thompson, Russell Floyd	3:34.00
2. Greater Rochester T. C. - Horace Hudson, Mike Van Auker, Ed Pettinella, Gary Tiffany	3:34.24
3. Team Kangaroos - James R. Irwin, Gordon Reiter, (St. Louis)	3:38.51
4. Master Key T. C. - Larry Williams, Jim Shank, Steve Judge, (Baltimore)	3:39.27
5. St. Louis T. C. - Paul Luther, Jim McNiff, Joe McNiff, Gordon Schweitzer	3:56.36
6. Fox Valley T. C. - Terry Pliner, David Moore	3:57.20

MEN 40-49	MARK
1. Atlanta T. C. - Sammy White, Thomas Cannon, Allen McDaniel, Jack Brocksmith	3:49.86
2. Central Park T. C. - Matteo Cucchiara,	3:50.10
3. Ann Arbor T. C. - Wally Herrala,	4:01.65

MEN 50-59	MARK
1. S. California Striders - Bill Fitzgerald, Jerry Withers, Avery Bryant, Fred Lehr	4:35.69

MEN 30-39	MARK
1. Team Kangaroos - Gordon Reiter, Jim Irwin, Lennie Harrison, (St. Louis) Gary Carr	8:15.56
2. Dallas Masters - Russell Floyd, Herston Hall, Charlie Rath, W. Smith	8:17.22
3. Master Key T. C. - Larry Williams, Tom Mansfield, Jim Shank, (Baltimore) Don Boyer	8:20.46
4. Greater Rochester T. C. - Richard Guido, Ed Pettinella, Ken Rasmussen, Mike Hafan	8:22.52
5. St. Louis T. C. - Gordon Schweitzer, P. A. Luther, Jim McNiff, Bob Bellora	8:58.53

MEN 40-49	MARK
1. Central Park T. C. - Matteo Cucchiara, Hector Aponte, Sid Howard, (New York) Cliff Pauling	8:40.19
2. Atlanta T. C. - Thomas Cannon, Allen McDaniel, Louis Johnson, Jack Brocksmith	8:49.22
3. U. of Chicago T. C. - Chris Coley, Bob Treonis, Ernie Billups, Bill Reyes	8:52.78
4. Ann Arbor T. C. - Wally Herrala, Kurt Berggren, Don Williams, Jim Clark	9:14.56
5. Cornbelt Running Club - Frank L. Davis, Noel Prussman, Larry (Ill., Iowa, Wisc.) Voss, Ron Dennis	9:37.13

MEN 50-59	MARK
1. S. California Striders - Avery Bryant, Fred Lehr, Bill Fitzgerald, Jerry Withers	10:09.55

65-69 WOMEN	MARK
MARJORIE SMITH	NY 2:42.29

30-34 MEN	MARK
JOE SHOWERS	PM 1:16.41
DONALD HODGE	BI 1:16.49
BRUCE FREY	WE 1:18.31
ROBERT JACKSON	WP 1:20.70

35-39 MEN	MARK
MARC ANDERSON	SH 1:16.53
JASPER ROYAL	SY 1:17.69
THOMAS VAN AUKER	GR 1:17.83
ARTHUR WRIGHT	PM 1:22.79
DAVID LARSON	GS 1:22.91
MARK MARVIN	UN 1:32.08
GENE BALLARD	PC 1:43.96

40-44 MEN	MARK
ROBIN PICKER	PV 1:19.15
BOB MAXELL	PM 1:21.08
WOODY STUDENMUND	CD 1:22.27
HECTOR APONTE	CP 1:23.60
KAI MICHAELSON	CP 1:25.24

45-49	MARK
LARRY COLBERT	PV 1:18.29
BILL KNOCKE	WV 1:18.53
EDWARD SMALL	PC 1:21.05
HAIG BOHIGIAN	NY 1:26.24
JIM HODGE	PM 1:27.63

50-54 MEN	MARK
CLIFFORD PAULING	CP 1:19.78*
FRITZ SCHLERETH	SY 1:26.29
FRANK VELLARDITO	UN 1:29.58
RENE WILETT	SY 1:32.11
MIKLOS GRATZER	SY 1:37.31
TOM TALBOTT	NY 1:39.05

EAST

13TH TAC EASTERN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS
MARCH 24, 1985 -- WEST POINT, NEW YORK

PAT by North East Timing Service

* = Meet Record
** = World Record

60 YARD DASH

30-34 WOMEN	
MARGARET MACK	UN 7.72
FLORENCE WIGGINS	NY 8.66
35-39 WOMEN	
MURIEL SIMMONS-MCCORD	NY 7.79
M. KATHLEEN PIERCE	SY 8.13
JENNIFER PINTO	NY 8.16
ANNA MAPPS	NY 8.28
LOIS KRAL	UN 9.65
40-44 WOMEN	
MITZI WHITE	BA 8.75
45-49 WOMEN	
MARILYN FITZGERALD	UN 8.46*
CANDY JOHNSON	NY 9.27
SANDRA HAYES	LA 9.58
CORA PARRY	NY 9.84
50-54 WOMEN	
CHRIS MCKENZIE	NY 9.20
ANNE CIRULNICK	NY 10.65
65-69 WOMEN	
IDA KEELING	NY 12.40
70-74 WOMEN	
VIVIAN NELSON	SH 12.25
60 YARD DASH	
30-34 MEN	
RALPH PENN JR.	PV 6.82
NEIL STEINBERG	UN 6.87
PHILIP CONZENTINO	UN 7.03
ROBERT RUDOW	SH 7.30
LOUIS MILLER	NY 8.62
35-39 MEN	
ARTHUR WRIGHT	PM 6.87
WILLIAM OVERBY	PC 6.89
DAWUD SALEEM	SH 6.91
ROBERT OVERTON	SH 7.01
DAVID LARSON	GS 7.25
IVAN BLACK	AC 7.52
40-44 MEN	
ROGER PIERCE	UN 6.90
TOM TOSCANO	NY 6.91
CARL GRANT	PV 7.11
RAY ALEXANDER	PC 7.33
ERNAIN GIL	PC 7.57
GENE BALLARD	PC 7.95

45-49 MEN	
BOB WILLIAMS	SH 6.92
ROOSEVELT WEAVER	SH 7.13
DHAMIRI ABAYOMI	PM 7.15
RICHARD DEERE	UN 7.28
RICHARD RIZZO	PC 7.35
JOHN SNELL	PM 7.45
ROBERT SMITH	UN 7.68
JIM HODGE	PM 7.78
FRANCIS HOUSTON	UN NT
50-54 MEN	
LLOYD RIDDICK	SH 7.07
MATT BROWN	SH 7.22
LEON TROUT	SH 7.48
STAN DERRY	PM 7.54
JIM ROTHROCK	WA 8.13
TOM TALBOTT	NY 8.66
55-59 MEN	
CLIFFORD MURRAY	PC 7.31
THOMAS BROOKS	PC 7.54
ALAN D. COHEN	NY 7.76
SYD SALT	UN 7.90
WILLIAM TOWNSEND	SY 8.20
GENE KELLY	SH 8.32
LESTER SMITH	BA 8.51
MAURICE LENTZER	NY 8.79
60-64 MEN	
RUDY VALENTINE	PC 7.73
VERN MATSON	UN 8.02
EDWIN W. LUKENS	SY 8.06
OSCAR HARRIS	PM 8.18
DONALD KNAPP	UN 8.60
WALKER PIERSON	PM 8.65
CLIFF GULBRANSEN	NY 8.91
65-69 MEN	
DAVID LAWYER	NY 7.93*
WILLIAM CARMEN	BA 8.49
SPARKS SORLIEN	RI 8.66
NATE HACKER	SY 10.67
70-74 MEN	
HAROLD NIEBEL	PV 8.62
CLAUDE HILLS	PM 8.82
LEO ROTHBART	NY 8.91
ROBERT DETWEILER	PM 11.41
75-79	
MANFRED DELIA	NJ 9.16
DONALD ERNST	WE 9.96
300 YARD DASH	
30-34 WOMEN	
MARGARET MACK	UN 41.11
LINDSEY POLSOM	CP 44.83
CATHY ALAN	NY 50.32

35-39 WOMEN	
MURIEL SIMMONS-MCCORD	NY 40.14
JENNIFER PINTO	NY 40.70
M. KATHLEEN PIERCE	SY 42.31
ANNA MAPPS	NY 43.63
40-44 WOMEN	
LINDA UPTON	WA 43.05*
MITZI WHITE	BA 44.36
ELAINE PHILIPS	SW 45.07
45-49 WOMEN	
MARILYN FITZGERALD	UN 43.15*
SANDRA HAYES	LA 50.97
CORA PARRY	NY 53.44
50-54 WOMEN	
CHRIS MCKENZIE	NY 47.22
JOYCE HALS	LA 49.08
65-69 WOMEN	
MARJORIE SMITH	NY 1:03.26*
IDA KEELING	NY 1:13.06
70-74 WOMEN	
VIVIAN NELSON	SH 1:15.92*
30-34 MEN	
RALPH PENN	PV 32.42*
DON HODGE	BI 33.24
NEIL STEINBERG	UN 33.83
ED ROBINSON	SH 35.15
LOUIS MILLER	NY 44.32
35-39 MEN	
WILLIAM OVERBY	PC 33.43
DAWUD SALEEM	SH 33.98
RON MCDONALD	PC 34.49
ROBERT OVERTON	SH 34.91
DAVID LARSON	GS 35.38
RAYMOND HARRISON	NJ 36.04
GARY GEIGER	VI 36.35
LOUIS JOHNSON	VI 36.53
EDWARD HOWARD	PC 37.17
KEVIN SMITH	NY 38.25
40-44 MEN	
ROBERT BROWN	UN 33.83
TOM TOSCANO	NY 34.56
ROBERT STANFORD	PC 34.73
CARL GRANT	PV 35.13
RAY ALEXANDER	PC 36.09
JAMES BANTUM	PM 36.10
ALLAN DREW	SY 38.48
VITA DE CESARE	NY 39.50

45-49 MEN	
BOB WILLIAMS	SH 33.54**
LARRY COLBERT	PV 34.06
DHAMIRI ABAYOMI	PM 34.18
EDWARD SMALL	PC 34.23
DAWSON PRATT	PM 35.31
RICHARD RIZZO	PM 35.28
PHILIP PAUL PLANT	PC 40.23
50-54 MEN	
CLIFF PAULING	CP 35.18*
LLOYD RIDDICK	SH 35.61
MATT BROWN	SH 35.61
RUDY ENDERS	PV 38.24
J. RENE WILETT	SY 41.45
CHARLES IRACE	NJ 42.68
JACK NYHAN	WA 45.26
55-59 MEN	
CLIFFORD MURRAY	PC 37.46
JOSEPH KELLY	NY 39.40
ALAN COHEN	NY 39.92
GENE KELLY	SH 41.71
LESTER SMITH	BA 44.82
60-64 MEN	
RUDY VALENTINE	PC 37.81
OSCAR HARRIS	PM 42.61
JOHN MCCARTHY	PM 43.53
DON HARRIS	PM 45.06
DONALD KNAPP	UN 50.55
65-69 MEN	
DAVID LAWYER	NY 41.85
WILLIAM CARMEN	BA 44.24
SPARKS SORLIEN	RI 45.27
NATE HACKER	SY 58.66
70-74 MEN	
DICK LACEY	WF 47.26
CLAUDE HILLS	PM 47.43
HAROLD NIEBEL	PV 47.63
75-79 MEN	
HARRY MCARDLE	NY 1:00.69
600 YARD RUN	
30-34 WOMEN	
NANCY ADLER	CP 1:36.96
35-39 WOMEN	
ANNA MAPPS	NY 1:53.25
40-44 WOMEN	
PATRICIA HEWITT	WA 1:43.52
45-49 WOMEN	
MAY CHOU	UN 1:59.25
50-54 WOMEN	
CHRIS MCKENZIE	NY 1:47.06
GERI OWENS	NY 1:47.90

55-59 MEN	
KELSEY BROWN	NJ 1:28.12
STANFORD THOMPSON	UN 1:29.18
ALAN COHEN	NY 1:33.50
ARTHUR BRADLEY	NY 1:48.17
60-64 MEN	
RUDY VALENTINE	PC 1:32.46
JOHN MCCARTHY	PM 1:43.20
DON HARRIS	PM 1:52.29
65-69 MEN	
WILLIAM CARMEN	BA 2:00.33
NATE HACKER	SY 2:15.83
70-74 MEN	
DICK LACEY	WF 2:02.94
SAM MONASTERO	PM 2:04.10
75-79 MEN	
HARRY MCARDLE	NY 2:33.50
1000 YARD RUN	
30-34 WOMEN	
SUZETTE HALL	WA 3:04.10*
SHELLY KEELING	NY 3:06.05
ANN VANDERMEULEN	SW 3:09.75
ELAINE MORRIS	SW 3:16.09
35-39 WOMEN	
JAN VERMILYE	SW 2:56.95*
MARY ROSADO	CP 3:03.40
40-44 WOMEN	
PATRICIA HEWITT	WA 3:13.11
50-54 WOMEN	
GERI OWENS	NY 3:20.90*
GLORIA LIPTON	NY 4:43.06
30-34 MEN	
DAVID WORDEN	SY 2:24.28
BRUCE FREY	WE 2:27.17
ROBERT JACKSON	WP 2:28.22
POB PERTAK	WP 2:28.91
35-39 MEN	
BRIAN KIVLAN	WP 2:23.88*
ROBERT WEINER	SL 2:28.68
JIM PATTERN	UN 2:42.30
BILL INDEK	CL 2:42.60
RICK MARSHALL	BR 2:45.84
RICHARD WRIGHT	SI 2:53.00
40-44 MEN	
STUART TUCKER	CP 2:33.31
WOODY STUDENMUND	CD 2:35.62
MICHAEL KELLEY	FL 2:38.09
JOHN SAARMANN	SH 2:38.36
45-49 MEN	
KEN BAKER	NJ 2:31.12
SID HOWARD	CP 2:32.71
DAVE GERRIDGE	NJ 2:36.43
ART CONRO	BA 2:39.35
WES REHBERG	SY 2:41.17
50-54 MEN	
CLIFF PAULING	CP 2:32.89
BOB BROCK	SY 2:44.58
TOM TALBOTT	NY 3:07.57
JACK NYHAN	WA 3:27.99

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55-59 MEN	
KELSEY BROWN	NJ 2:45.00
ED STABLER	SY 2:47.75
ALAN COHEN	NY 2:49.62
RAY CHERNIAK	UN 3:02.09
ARTHUR BRADLEY	NY 3:30.55
60-64 MEN	
ED CUNNINGHAM	UN 3:22.75
65-69 MEN	
AUSTIN NEWMAN	SH 3:11.15
JOHN POPOWICH	NY 3:56.69
NATE HACKER	SY 4:05.58
*70-74 MEN	
SAM MONASTERO	PM 3:47.68
75-79 MEN	
CHARLES HACKENHEIMER	SY 4:11.94
1 MILE RUN	
30-34 WOMEN	
Laurie Madson	CP 5:18.91*
Wendy Scher	CP 5:23.83
Lindsey Folsom	CP 5:33.04
Bonnie Persons	CP 6:03.62
35-39 WOMEN	
Rita Doherry	SL 5:34.99
Mary Rosado	CP 5:43.53
Susan Yeomans	CP 5:48.93
Lorraine Small	CP 6:03.89
Lois Kral	UN 7:39.51
40-44 WOMEN	
Linda Upton	WA 5:22.67*
Robin Villa	CP 5:33.61
45-49 WOMEN	
May Chou	UN 6:34.19*
50-54 WOMEN	
Mila Kania	NY 5:57.35
Joyce Hals	LA 6:05.42
65-69 WOMEN	
Adrienne Salmini	NY 8:57.59*
30-34 MEN	
David Worden	SY 4:28.62
Bob Pertak	WP 4:37.24
Hugh Hamill	NV 4:39.06
Stan Brajjer	UN 4:46.90
Terry Losch	NV 5:01.25
35-39 MEN	
Walter Hawkins	PM 4:23.57
Brian Kivlan	WP 4:23.90
John Serrao	NJ 4:25.91
Bernard Wright	SI 4:50.96
Kevin Smith	NY 4:58.50
40-44 MEN	
Warren Brattor	CP 4:46.14
Matt Cucchiara	CP 4:46.28
Dave Hyland	NJ 4:50.54
Gerry Glyde	NV 4:55.80
Mike Aiello	UN 4:56.84
Steve Murphy	SY 4:57.87
Richard Suggs	NJ 5:08.62
Jerry O'Keefe	CP 5:23.05
Fredrick Curry	PC 5:35.18
45-49 MEN	
Sid Howard	CP 4:46.38
Ed Cloos	GR 5:02.6
Norman Goluskin	CP 5:05.48
Edard Coplou	CP 5:13.83
John Hurley	NO 5:31.89
Ed Fitzgerald	UN 5:58.27
50-54 MEN	
Bob Brock	SY 5:01.23
Arnie Gren	CP 5:01.84
Bill O'Brian	SY 5:25.29
55-59 MEN	
Ed Stabler	SY 5:03.20**
Alan Cohen	NY 6:04.49
60-64 MEN	
Archie Messinger	NY 5:36.14
Thomas Walnut	SY 5:41.67
Ed Buckley	SY 5:53.81
Carl Hammer	BA 5:57.37
Ed Cunningham	UN 6:33.28
65-69 MEN	
Austin Newman	SH 5:58.37**
Don Johnson	SH 6:15.76
William Benson	NY 6:26.64
John Popowich	NY 7:24.97
Nate Hacker	SY 7:34.72
75-79 MEN	
Charles Hackenheimer	SY 8:25.13

2 MILE RUN	
30-34 WOMEN	
Shelley Keeling	NY 13:02.74
35-39 WOMEN	
Rita Doherry	SL 12:20.01
30-34 MEN	
Patrick Alaggio	UN 9:58.83
35-39 MEN	
Randy Lowe	CP 10:13.28
Stoddard Melhado	WA 10:19.82
Joe DeJamas	MB 10:23.41
Bernard Wright	SI 10:40.06
Robert Weiner	SL 10:43.21
David Malamut	CP 11:15.75
40-44 MEN	
Moie Mayfield	PM 10:04.76
Paul Hetzel	UN 10:10.75
Dennis Featherston	UN 10:44.69
Fresrick Curry	PC 11:16.84
45-49 MEN	
Samuel Young	PM 10:43.12
Robert Lowe	AC 10:46.92
John Hurley	NO 11:55.89
50-54 MEN	
Arnie Green	CP 10:37.48
Frank Vellardito	UN 11:41.31
55-59 MEN	
Ed Stabler	SY 11:08.79
Peter Mcardle	UN 11:54.83
Alan Cohen	NY 12:32.15
60-64 MEN	
Ed Buckley	SY 12:18.07
Carl Hammer	BA 15:45.48
65-69 MEN	
William Benson	NY 15:39.42
Don Johnson	SH 16:13.73
Nate Hacker	SY NT
75-79 MEN	
Charles Hackenheimer	SY NT
2 MILE WALK	
30-34 WOMEN	
Kathy Owens	AB 17:00.00**
45-49 WOMEN	
Dorothy Kelley	NY 19:12.07
50-54 WOMEN	
Marguerite Olsen	NJ 19:29.64**
60-64 WOMEN	
Marie Henry	SH 21:47.65*
65-69 WOMEN	
Irma Sacks	UN 24:43-78**
30-34 MEN	
Raymond Funkhouser	SH 13:30.18**
35-39 MEN	
Bob Ryan	SH 16:39.58
Tomi Gomory	CP 18:17.52
40-44 MEN	
Larry Simmons	PM 16:42.75
Robert Jennings	PM 17:14.34
Lee Bogart	SH 17:20.41
Richard Goldman	MR 17:38.94
Donald Kozlowski	SH 18:14.70
50-54 MEN	
Jack Boitano	NY 15:20.79
55-59 MEN	
Bill Omeltchenko	NY 17:55.82
Maurice Lentzer	NY 24:35.90
60-64 MEN	
Tim Dyas	NJ 18:28.20
George Heller	ES 20:27.20
65-69 MEN	
Don Johnson	SH 20:27.93
75-79 MEN	
Donald Ernst	WE 24:35.48
60 YARD HURDLES	
30-34 WOMEN	
Cathy Alam	NY 14:01

30-34 MEN	
Michael Saafir	SY 7.94
Robert Rudrow	SH 7.99
John Paul Jones	PM 8.01
Clyton Smith	PM 8.41
Clyton Smith	PM 8.41
Stephen Suto	SY 8.48
Horace Hudson	GR 8.49
Eric Huettinger	UN 8.54
Robert Duran	SY 9.10
35-39 MEN	
Dawud Saleem	SH 7.87
Raymond Harrison	NJ 8.66
Michael Milove	NY 9.12
Ivan Black	AC 9.27
Louis Johnson	VI 9.91
40-44 MEN	
Michael de Jesus	NY 8.91
Richard Kaye	NY 10.68
45-49 MEN	
James O'Hara	SH 8.20
Francis Houston	UN 9.64
Robert Smith	UN 9.88
Haig Bohigian	NY 11.52
50-54 MEN	
Leon Trout	SH 8.74
William Clark	PM 8.84
55-59 MEN	
Clifford Murray	PC 8.87
William Townsend	SY 10.41
Gene Kelly	SH 10.44
Harold Colen	NY 11.26
Arthur Bradley	NY 12.36
60-64 MEN	
Edwin Lukens	SY 9.70
Boo Morcom	KE 9.77
Rudy Valentine	PC 10.22
J.W. Pierson	PM 11.03
65-69 MEN	
William Carmen	BA 11.28
70-74 MEN	
Claude Hills	PM 11.17
Harold Miebél	PV 11.29
4 X 400 RELAY	
30-39 WOMEN	
N.Y. Masters	4:45.13
Central Park	4:51.58
50-59 WOMEN	
N.Y. Masters	6:35.98**
30-39 MEN	
Greater Rochester	3:36.99
N.Y. Pioneers	3:44.07
Syracuse Chargers	4:01.64
50-59 MEN	
New York Masters	4:58.88
Syracuse Chargers	4:58.97
60-69 MEN	
Syracuse Chargers	6:26.97*
4 X 800 RELAY	
39-39 WOMEN	
Central Park TC	10:04.64**
Shawangunk	10:52.83
40-49 MEN	
Central Park "A"	8:52.21
Central Park "B"	8:56.00
Central Park "C"	9:02.60
50-59 MEN	
Syracuse Chargers	10:02.97*
60-69 MEN	
Syracuse Chargers	13:06.46*
HIGH JUMP	
70-74 WOMEN	
Vivian Nelson	SH 3'0**
30-34 MEN	
Michael Saafir	SY 6'6"
Stephen Suto	SY 6'0"
35-39 MEN	
Ivan Black	AC 5'2"
G.T. Tunstall	PM 5'0"
Ron Salvio	CE 5'0"
40-44	
Michael de Jesus	NY 5'6"
Grant Krow	PM 5'6"
Fordy Searles	NY 5'4"

45-49	
Jerry Counihan	AC 5'8"
Bob Williams	SH 4'10"
Haig Bohigian	NY 4'6"
50-54	
Leon Trout	SH 5'2"
William Clark	PM 4'10"
Jom Rothrock	WA 4'10"
Charles Kraemer	UN 4'8"
James Harrington	UN 4'8"
Dick Bowering	UN 4'6"
55-59 MEN	
William Garkaham	NY 4'8"
Warren Jackson	UN 4'3"
Des Margetson	PC 4'3"
Arthur Bradley	NY 4'0"
Lester Smith	BA 4'0"
60-64 ME	
Boo Morcom	KE 4'10"
Edwin Luken	SY 4'8"
65-69 MEN	
Elmer Shaw	SY 4'3"
70-74 MEN	
Ian Hume	CA 4'8***
Claude Hills	PM 4'0"
Dick Lacey	WF 3'9"
Bob Detweiler	PM 3'3"
POLE VAULT	
30-34 MEN	
Carleton Huff	SH 15'
Brad Hall	RA 13'
Hugh Robison	NJ 10'6"
35-39 MEN	
Skip Peerson	ON 14'
Ronald Cooke	UN 13'
Mearl Balmer	UN 12'
Ron Salvio	CE 8'6"
40-44	
W. Sokolowski	AC 13'6"
Jeff Tindall	SH 12'6"
Victor Petrie	PC 8'6"
45-49	
Jerry Counihan	AC 13'
Mike Trade	UN 10'
50-54 MEN	
James Harrington	UN 10'6"
Charles Kraemer	UN 9'
George Taylor	PM 7'6"
55-59	
Jack Doorlay	NY 8'
60-64	
Boo Morcom	KE 12'
Vern Mattson	UN 6'
70-74	
Ian Hume	CA 9'***
Claude Hills	PM 6'6"
LONG JUMP	
30-34 WOMEN	
Margaret Mack	UN 12'5"
35-39 WOMEN	
M.K. Pierce	SY 14'6-1/2"
Anna Mapps	NY 13'7"
55-59 WOMEN	
Beverly Cohen	SH 5'5**
30-34 MEN	
Dave Pruitt	UN 20'1"
Michael Saafir	UN 19'11-1/2"
35-39 MEN	
Ted Jackson	SY 19'11"
Taylor Tunstall	PM 18'11-1/2"
Ivan Black	AC 17'2-3/4"
Mike Milove	NY 16'0"
Ron Salvio	CE 15'2"
40-44 MEN	
Bob Taylor	UN 20'3-1/2"
Fordy Searles	NY 15'11-1/4"
Richard Kaye	NY 15'8"
Aarand Roos	UN 15'3-1/2"
45-49 MEN	
Jerry Counihan	AC 17'4-1/2"
Richard Rizzo	PC 16'8-3/4"
John Snell	PM 16'4"
Phil Plant	PC 16'0"
Robert Smith	UN 15'4"
Haig Bohigian	NY 15'2-1/2"

50-54 MEN	
Rudy Enders	PV 18'3-1/2"
William Clark	PM 17'3/4"
Pay Carstensen	NY 15'7-1/2"
Charles Kraeme	UN 13'10"
Jim Rothrock	WA 13'1-3/4"
55-59 MEN	
William Townsend	SY 15'5-1/2"
Alan Cohen	NY 13'8-3/4"
Harold Colen	NY 13'4"
Syd Salt	UN 12'11-3/4"
Jack Doorlay	NY 11'4-3/4"
Maurice Lentzer	NY 9'1-3/4"
60-64 MEN	
Edwin Lukens	SY 16'4-1/4"
Boo Morcom	KE 16'3"
Vern Mattson	UN 13'5"
Oscar Harris	PM 12'6-1/2"
Don Harris	PM 11'11-1/4"
Donald Knapp	UN 10'7-1/2"
65-69 MEN	
Sparks Sorlien	RI 13'9"
70-74 MEN	
William Carmen	BA 11'9-1/2"
Elmer Shaw	SY 11'2-3/4"
70-74 MEN	
Ian Humes	CA 14'4-1/2**
Claude Hills	PM 12'3"
Harold Miebél	PV 11'8-1/4"
Bob Detweiler	PM 8'3-1/2"
TRIPLE JUMP	
30-34 MEN	
David Pruitt	UN 42'2-1/2"
Robert Doran	SY 42'2-1/4"
35-39 MEN	
Ted Jackson	SY 37'2"
Ivan Black	AC 36'8-3/4"
Taylor Tunstall	PM 36'4-1/2"
Michael Milove	NY 34'6-1/2"
Ron Salvio	CE 31'8-1/2"
40-44 MEN	
Aarand Roos	UN 32'9-1/4"
Richard Kaye	NY 32'6-1/2"
45-49 MEN	
Haig Bohigian	NY 34'11-1/2"
50-54 MEN	
Rudy Enders	PV 34'6"
Pay Carstensen	NY 29'9"
George Taylor	PM 24'1"
55-59 MEN	
Des Margetson	PC 30'6-1/2"
Syd Salt	UN 29'10"
Alan Cohen	NY 28'8-1/2"
Harold Colen	NY 27'2-1/2"
Jack Doorlay	NY 25'3/4"
60-64 MEN	
Edwin Lukens	SY 36'3-1/2***
Vern Mattson	UN 27'7"
Bud Brown	SY 14'5-1/4"
65-69 MEN	
Sparks Sorlien	RI 28'3-3/4"
William Carmen	BA 25'7-1/2"
70-74 MEN	
Ian Humes	CA 30'5***
Claude Hills	PM 24'8-1/4"
Bob Detweiler	PM 19'1"
35-39 WOMEN	
Kathleen Pierce	SY 27'10-1/2"
55-59 WOMEN	
Beverly Cohen	SH 12'9**
SHOT PUT	
30-34 WOMEN	
Florence Wiggins	NY 30'2"
35-39 WOMEN	
Kathleen Pierce	SY 30'4**
Anna Mapps	NY 22'3"
40-44 WOMEN	
Laurie Rothrock	UN 26'8"
Carol Leaf	NY 28'11"
45-49 WOMEN	
Cora Parry	NY 16'9"
50-54 WOMEN	
Joan Dash	PA 24'7"
Anne Cirulnick	

Continued from Previous Page

35-39 MEN
STEVEN ARNOLD NS 39'11"
RON SALVIO CE 24'10"
WALTER GREGORY UN 23'5"

40-44 MEN
LARRY PRATT PM 42'11"
BRIAN MCKENNA NY 37'7"
AL NEVILLE UN 36'10"
JAI SINGH NY 35'11"
AARAND ROOS UN 28'6"

45-49 MEN
CHUCK KLEHM UC 39'4"
RICHARD DEERE UN 38'2"
HAIG BOHIGIAN NY 30'1"

50-54 MEN
PAY CARSTENSEN NY 42'7"
JIM ROTHROCK WA 41'10"
STAN DERRY PM 37'8"
ROBERT LORD UN 35'1"

55-59 MEN
HERB CANTOR NY 38'10"
WILLIAM GARRAHAM NY 36'5"
DON HENRY SH 33'1"
WARREN JACKSON UN 32'11"
JACK DOORLAY NY 26'2"

60-64 MEN
GREG BATTICK UN 38'8"
DONALD KNAPP UN 29'3"
BUD BROWN SY 24'4"

65-69 MEN
MURRAY OGUSS NY 34'10"
ELMER SHAW SY 32'11"

70-74 MEN
IAN HUME UN 37'1"
EUGENE BRADFORD SH 33'3"
BOB DETWEILER PM 29'6"
CLAUDE HILLS PM 26'1"

75-79 MEN
HARRY MCDARLE NY 20'3"

WEIGHT THROW

30-34 MEN
PAUL CORRIGAN SH 42'2-1/2"

40-44 MEN
BRIAN MCKENNA NY 40'2-1/2"
AL NEVILLE UN 38'3"
JAI SINGH NY 27'1-1/2"

45-49 MEN
CHUCK KLEHM UC 41'7"

50-54
IRVING BLACK UN 37'3-1/2"
PAY CARSTENSEN NY 34'11-1/2"
GEORGE TAYLOR PM 19'6-1/2"

SOUTHEAST

VIRGINIA STATE MASTERS INDOOR CHAMPIONSHIPS; LEXINGTON; 3/9/85

55m Dash
M30 Ben Helmandollar 32 6.9
Larry Isler 33 7.2
M35 Greg Marshall 36 6.9
Jeff Hughes 35 7.3
Louis Johnson 37 7.4
M40 Robert Brown 40 7.0
Howard Wynn 42 7.2
M45 Roy Pomeroy 45 7.5
M55 Harold Green 55 8.5
Louis Hundley 58 9.0
M60 Joe Martin 63 8.5

55m H(30+ 42"/40+ 39"/50+ 33")
M30 Jeff Nichols 31*7.7
Phil Lery 30 10.5
Ron Cone nta
M35 Louis Johnson 37*10.6
M45 R. Pomeroy 45 *9.0
M60 Joe Martin 63*10.1

300m
M30 B. Helmandollar 34*39.3
David Wright 34 39.8
L. Isler 33 43.0
M35 G. Marshall 36*38.9
M40 R. Brown 40*36.8
M45 R. Pomeroy 45*44.8
M50 H. Green 55*45.0
L. Hundley 58 52.7
M60 J. Martin 63*47.4
M65 Bev Read 65*60.2

400m
M30 J. Nichols 31*53.2
D. Wright 34 57.0
M35 G. Marshall 36 56.2
J. Hughes 35 60.8
M40 R. Brown 40*53.0

55-59 MEN
DON HENRY SH 26'2"

60-64 MEN
GREG BATTICK UN 39'11"
BD BROWN SY 24'10"

65-69 MEN
TOM MCDERMOTT AC 45'6"
ELMER SHAW SY 38'1"

70-74 MEN
IAN HUME UN 30'3-1/4"
BOB DETWEILER PM 29'9-3/4"
EUGENE BRADFORD SH 23'3"

AB Abraxis
AC New York AC
BA Boston Athletic Assoc
BI Dolphin Bronx Interna
BR Bruin Spiked Shoe
CA Canada
CD Corona del Mar
CE Century 21
CL Clifton RR
CP Central Park TC
CS Cambridge Sports Union
ES East Side TC
FA Falmouth Track Club
FL Finger Lakes
GR Gr. Rochester TC
GS Gr. Springfield Harriers
KE Kaarsarge TC
LA Liberty AC
MB Mercer-Bucks RC
MR Metropolitan Racewalkers
NJ North Jersey Masters
NO North Medford TC
NS NJ Striders
NV NVTC
NY New York Masters
ON On the Road TC
PA PAL
PC NY Pioneers
PM Philadelphia Masters
PV Potomac Valley
RA Railroad TC
RI Univ. Rhode Island
SH Shore AC
SI Staten Island AC
SL Sugarloaf Mt. AC
SY Syracuse Chargers
SW Shawangunk
UC University Chicago
UN Unattached
VI Virginia TC
WA Waltham
WE Western Penna. TC
WF West. Florida RC
WI Witolds Runners
WP Westchester Puma
WV West Valley

800m
M30 Ken Lampert 31 2:01.8
Greg Eck 30 2:12.5
R. Cone 33 2:18.4
M35 S. Middleton 39 2:12.3
M40 Lynn Stewart 42 2:19.2
Roy Herring 41 2:20.3
M45 Will Dameron 49 2:34.9
M60 John Hosner 60 2:29.5

1500m
M30 K. Lampert 31 4:05.4
G. Eck 30 4:21.0
Joe Selwan 30 4:43.2
C. Wicks 30 5:00.3
M35 David Micale 37 4:25.7
Dale Kincaid 37 4:31.7
Rahdy Cook 37 4:40.0
M40 R. Herring 41 4:41.7
Larry Scott 41 5:11.3
M45 Lew Faxon 45*4:22.4
Frank Wagner 46 4:24.4
M60 J. Hosner 60*5:05.3
M65 B. Read 65 7:29.1
Sam Dobyns 65 9:27.1
W45 Betty Dameron 49*5:31.1

5000m
M30 Allan McLearn 34 16:39
G. Eck 30 16:46
M40 R. Brown 40*36.8
M45 R. Pomeroy 45*44.8
M50 H. Green 55*45.0
L. Hundley 58 52.7
M60 J. Martin 63*47.4
M65 Bev Read 65*60.2

Long Jump
M30 L. Isler 33 5.05
M35 G. Marshall 36 5.75
J. Hughes 35 4.99
Al Chamberlain 37 4.34
M40 Palmer Sweet 41 4.37
M45 R. Pomeroy 45 5.30
M60 Norb Weckstein 61*4.00
M65 S. Dobyns 65 3.32

Triple Jump
M30 L. Isler 33 10.58
M40 P. Sweet 41 9.69
M45 R. Pomeroy 45 10.88

High Jump
M30 D. Weckstein 31 1.73
R. Cone 33 1.57
M45 Ed Zuraw 46*1.64
M60 N. Weckstein 61 1.21

Pole Vault
M35 Ron Cooke 38 3.66
M45 E. Zuraw 46*3.96
R. Pomeroy 45 3.20
Mike Trader 49 2.89

Shot
M35 Don Stevenson 35 12.72
Nick Nichols 38 12.15
M40 P. Sweet 41 11.67
William Wade 41 10.65
M60 Donald Reid 61*12.72
N. Weckstein 61 11.92

35# Weight
M30 R. Cone 33 12.49
M35 D. Stevenson 35 12.07
N. Nichols 38 11.13
M40 P. Sweet 41 10.28
W. Wade 44 8.70
M60 D. Reid 61 6.68
N. Weckstein 61 6.46

Team Scores: M30-39 1. Virginia TC 49; Tidewater Striders 20; Shenandoah Valley TC 13; Star City Striders 11; Charlottesville TC 5
Wayne Roberts 6.4
Morris Blueford 6.4
Gary Prentiss 6.4
Mike Mueller 6.9

NONRESIDENTS OF VIRGINIA

55m Dash
M30 Al Walton 34 6.6
Mike Trexler 32 7.2
M35 Joel Liles 39 7.6
Bill Dawkins 36 7.7
Jim Accardi 36 8.6
M40 William Busby 40 7.9
Mike Valle 44 8.0
Rich Bloomfield 44 11.3
M45 Larry Colbert 48 7.1
William Jeffrey 45 7.5
M50 Russ Summerlin 50 7.2
Rudy Enders 53 7.6
George Taylor 54 8.9
M70 Harold Niebel 70 9.0

300m
M30 R. Penn 33 36.6
A. Walton 34 38.8
M. Trexler 32 39.6
M35 B. Dawkins 35 41.2
J. Liles 39 44.0
M40 W. Busby 40 46.1
M45 L. Colbert 48 37.6
W. Jeffery 45 43.0

400m
M30 R. Penn 33 53.0
M. Trexler 32 56.0
M35 J. Tucker 35 54.5
B. Dawkins 35 57.0
J. Liles 39 60.4
M40 Wilson Weldon 40 57.0
M45 L. Colbert 48 56.9
M50 R. Enders 53 58.9
E. McKendry 51 65.7
George Taylor 54 81.0

800m
M30 Jack Todd 32 2:13.7
M35 B. Dawkins 35 2:08.1
M50 E. McKendry 51 2:26.7

1500m
M35 B. Dawkins 35 4:19.7
M40 W. Weldon 40 4:26.9
M50 E. McKendry 51 4:56.2

Long Jump
M30 Vernon Kelley 30 6.21
M35 J. Liles 39 5.69
M40 W. Busby 40 5.39
M. Valle 44 4.72
M45 W. Jeffery 45 4.94
M50 R. Enders 53 5.52
G. Taylor 54 4.00
M70 H. Niebel 70 3.51
W40 Brenda Foster 42 2.06

Triple Jump
M30 V. Kelley 30 13.09
M40 M. Valle 44 9.15
M50 R. Enders 53 10.17
G. Taylor 54 7.32

High Jump
M30 V. Kelley 30 1.79
M35 J. Liles 39 1.48
M40 W. Busby 40 1.48
M. Valle 44 1.42

Pole Vault
M35 J. Liles 39 2.74
M40 W. Busby 40 3.50
M50 G. Taylor 54 1.98

Shot
M35 J. Accardi 35 11.67
J. Liles 39 8.63
M40 M. Valle 44 11.83
R. Bloomfield 44 9.38
W40 B. Foster 42 11.83

35# Weight
M40 M. Valle 44 10.83
R. Bloomfield 44 8.07
W40 B. Foster 42 3.26

MIDWEST

TAC MIDWEST REGIONAL MASTERS INDOOR CHAMPIONSHIPS; CINCINNATI, OHIO FEBRUARY 24, 1985

60y Dash
M30 Dallas Gaines 6.3
Wayne Roberts 6.4
Morris Blueford 6.4
Gary Prentiss 6.4
Mike Mueller 6.9

M35 Heat I
Clifton Jackson 6.4
Ralph Marinello 6.7
Gordon Reiter 7.1

Heat II
Charles Stallworth 6.6
Fred Shuttlesworth 6.6
Ralph Wallace 6.7
Bill Black 7.0
Finals
Jackson 6.4
Stallworth 6.4
Marinello 6.7
Black 7.0
Wallace 7.1

M40 Heat I
Robert Murrell 7.1
R. Scola 7.2
Caleb Brown 7.3
Tom Thorne 7.3

Heat II
Harry Tolliver 6.8
Pat Booth 7.2
Ron Argabright 7.7
Finals
Tolliver 7.0
Murrell 7.1
Scola 7.1
Booth 7.4
Brown 7.4
Argabright 8.1

M45 S. Tyler 6.7
Dennis Juss 6.8
Joe Beckham 7.1
Leroy McLain 7.5
Dave Thomas 8.7

M50 James Barrett 7.3
B. Sidel 7.3
Jack See 7.4
Ross Sorrell 8.3

M55 William Jordan 7.5
Roger Hocker 7.7
Charles Olson 7.7
Merle Nickell 7.8
Richard Turner 7.8
Harry Bolia 9.1

300y
M30 Ron Murphy 33.3
M. Blueford 34.7
M35 G. Reiter 35.3
R. Wallace 35.8
C. Stallworth 36.7

M40 (Separate races)
Gary Carr 35.9
R. Scola 38.9
John Zeisler 38.2

H. Tolliver 35.9
R. Murrell 36.7
Pat Finley 38.3
C. Brown 43.8

M45 D. Buss 36.2
L. McLain 38.4
J. Beckham 38.9
Larry Whiteside 41.2

M50 James Barrett 38.6
J. Ware 39.4
J. See 47.7
Ray Norris 49.5

M55 R. Hocker 39.7
W. Jordan 40.9
Richard Turner 44.1
M60 R. Jacobs 40.4

Glenn Bradd 42.5
D. Cavicchi 47.1
M75 B. Fike 53.5
M80 A. Pitcher 59.0

W30 Leslie Caldwell 45.8
W45 E. Kea 49.7
W65 Ernestine Yeomans 73.8

600y
M35 G. Reiter 1:18.1
R. Wallace 1:25.9
M40 G. Carr 1:18.8
H. Tolliver 1:18.8
C. Olson 4-3

M50 Lee Blount 1:26.0
J. Ware 1:39.3
M55 R. Hocker 1:40.2
Bob MacVeigh 1:44.8

M60 R. Jacobs 1:43.1
D. Cavicchi 1:56.2
M75 B. Fike 2:17.4
W30 L. Caldwell 1:48.6

W65 E. Yeomans 2:45.1

1000y
M35 Jim Irwin 2:31.1
Paul Davis 3:02.8
M40 Don Coffman 2:35.5
Floyd Romack 2:40.1

James Huffman 2:42.8
Ron Rohrer 2:53.0
L. Whiteside 3:02.8
M50 L. Blount 2:51.1

Peter Wilton 3:17.6
M55 Louis Schneider 3:06.7
M60 Glenn Bradd 3:06.2
D. Cavicchi 3:38.6

M70 Bek Keller 3:26.9
M75 B. Fike 4:21.0
W35 Susan Adams 3:10.4

4 x 440y Relay
M30-39 Team Kangaroo 3:54.4
(St. Louis)
M40-49 Ann Arbor TC 4:19.6

Mile
M30 Buddy Harpool 4:38.3
Harlan Langsdon 4:51.8
Virgil Fields 5:12.4

Tim McNutt 5:27.5
Vince Peters 5:34.9
M35 Jim Gossett 4:41.5
Jim Irwin 4:46.6

Rich Davis 4:47.8
W. Smith 5:01.0
P. Davis 5:58.9
M40 D. Coffman 4:46.2

Bill Parsley 5:07.4
R. Argabright 5:15.2
Ray Leen 6:01.7
M45 F. Romack 4:56.5

Gary Walters 4:57.1
L. Whiteside 5:50.4
M50 Don Gammie 5:13.3
P. Wilton 5:54.0

M55 L. Schneider 5:52.9
Carl Brungard 7:15.0
M60 Don Greenwood 5:55.9
M70 E. Keller 6:22.8

M75 B. Fike 7:44.6
W30 Jean Michalak 6:06.4
W35 S. Adams 5:55.9

2 Mile Walk
M35 Jim Oliver 22:17.1
M45 Jack Blackburn 16:53.9
Phil Lewis 21:37.4
M50 Jim Higgins 18:06.6
Charlie Hall 19:30.4
M55 C. Brungard 20:17.1
M60 Joe Vitucci 19:42.9
M65 Hugh Yeomans 21:56.7
W45 Lola Hall 24:37.8
Mary Ann Reeb 24:46.6
W65 E. Yeomans 22:21.5

60yH 39" M30-49
M35 Bill Black 8.1
M40 Tom Thorne 8.8
Ralph Scola 9.5
Don Finch 10.9
M45 Scott Tyler 8.1

36" M50-59
M50 James Ware 10.1
Burt Saidel 10.3
M55 Denver Smith 10.2
Harry Bolia 11.4

33" M60-69
M60 Fred Hirsimaki 10.5
Dick Cavicchi 10.5
M65 Thomas Thorne 13.4
30" M70+
M80 Arling Pitcher 14.7

High Jump
M30 Rick Christoph 3-9
M40 Harold Martin 4-9
Tom Thorne 4-9
Don Finch 4-5

M45 Paul Dorsey 4-9
J. Beckham 4-1
Gil Nolan 4-1
M50 J. Ware 4-9
M55 D. Smith 4-5

C. Olson 4-3
M60 Harry Guth 4-7
F. Hirsimaki 4-3
M65 Andy Jones 4-1

Han Morningstar 3-11
Thomas Thorne 3-5
M80 A. Pitcher 3-5
W45 E. Kea 3-11
W65 M. Bowermaster 3-5

Pole Vault
M35 Mike Butsch 11-0
M40 Tom Thorne 9-6
D. Finch 7-6

M45 J. Beckham 7-0
G. Nolan 6-6
M55 D. Smith 9-8 1/2
M60 F. Hirsimaki 9-0

H. Guth 9-0
M65 H. Morningstar 6-0
Thomas Thorne 5-0
M80 A. Pitcher 5-5

Long Jump
M30 Reggie Canon 21-5 1/2
Gary Prentiss 21-1 1/2
M35 C. Jackson 21-1

Ralph Marinello 20-1 1/2
M40 Tom Thorne 16-103/4
R. Murrell 16- 1/4
Don Finch 15-11 1/2

M45 S. Tyler 17-11
L. McLain 15-11
Dave Thomas 11-3

M50 B. Saidel 16-5 1/2
J. Ware 15-1 1/2
R. Sorrell 10-11 1/2
M. Nickell 16-3

D. Smith 15-6
Richard Turner 14-8 1/2
W. Jordan 14-8
M60 F. Hirsimaki 15-4 1/2

R. Jacobs 14-113/4
D. Cavicchi 14-3/4

M65 Andy Jones 12-113/4
Thomas Thorne 10-9 1/2
M75 B. Fike 9-9

M80 A. Pitcher 8-33/4
W45 E. Kea 11-11
W50 J. Kurzner 10-3 1/2

W55 Bernice Holland 9-9
W65 M. Bowermaster 10-7 1/2

Triple Jump
M30 R. Cannon 39-4 1/2
M35 C. Jackson 41-1

R. Marinello 40-3 1/2
M55 D. Smith 32-11 1/2
C. Olson 31-8

M. Nickell 29-8 1/2
M60 D. Cavicchi 30-5
F. Hirsimaki 28-8 1/2
M65 Thomas Thorne 20-10

M80 A. Pitcher 18-1
W65 E. Yeomans 15-10 1/2

Shot Put
M30 Gary England 49-5 1/2
M35 Steve Kaye 44-5 1/2
Norman Bower 39-2 3/4
M. Butsch 39-0
Tom Kurginski 38-2 1/2
James Pearce 34-5 1/4
M40 Tom Thorne 32-7
Don Finch 29- 1/4

Continued on Next Page

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.

NEW ENGLAND

D.H. JONES 10 MILER; AMHERST, MASS.; 2/24/85

Overall	
Gary Nixon	51:32
Kathy Northrop	60:38
Master Men	
Bill Foulk	59:04
I. Shalon	60:04
Don Grant	62:18
Veteran Men	
Bill Foulk	59:04
Tony Sapienza	63:22
Master Women	
Bette Davis	73:08
Lisa Williams	76:22
Sally Goodhue	78:08
Veteran Women	
Sally Goodhue	78:08
Doris Aronson	83:18

ST. PATRICK'S DAY 5 MILE E. GREENWICH, R.I., 3/17/85

Overall	
Charles Breacy	26 24:49
Lynn Audett	21 32:57
M40 Tom Leddy	42 30:12
Jim Jacques	40 30:33
A. Calafrancisc	41 33:46
M45 Wayne Peacock	46 32:06
Everett Lewis	46 34:04
Robert McManus	45 37:49
M50 Bill Horridge	50 38:48
Arthur Valley	50 40:38
Gilbert Alves	54 43:44
M60+ Carl Hammen	61 35:57
Cliff Waas	64 43:08
from C. Hammen	

ST. PATRICK'S DAY 10K; YORKTOWN HTS.; 3/17/85

Overall	
Dave Dunleavy	32:04
Marilyn Marshall	38:58
M40 Chuck Elkins	35:27
M50 Augie De	38:07
M60+ Bob Rogan	42:42
W40 Kate Glynn	42:35
W50 Jean Hoffman	54:25

EAST

24th ANNUAL WASHINGTON'S BIRTHDAY MARATHON; GREENBELT, MD; FEBRUARY 17, 1985

Overall	
Steve Shaull	23 2:34:16
M.A. Horioka	29 3:07:19
M30 Paul Schendel	2:44:39
G LeBlanc	30 2:45:04
M40 O. Williamson	48 2:57:42
Ben Mathews	47 2:59:41
Ken Baker	47 3:03:45
M50 Ray Langston	50 3:00:31
Elvis Levri	51 3:05:43
Jérôme Hagen	52 3:13:45
M60+ H. Morgan	62 3:05:07
J. Holland	63 3:28:18
H. Hoeschel	60 3:32:17
W30 Linda Buttner	37 3:43:56
no women 40+	

5th ANNUAL BROOKLYN HALF-MARATHON; BROOKLYN, NY; MARCH 10, 1985

Overall	
Sam Sitonik	28 1:04:55
Michelle Bush	23 1:16:24
M40	
Ted Bitter	40 1:13:31
Chas. Elkins	41 1:14:42
Mike Edelstein	40 1:17:42
M45	
Roy Hagen	48 1:15:08
Gabriel Bernal	45 1:15:12
Walter Vinson	46 1:16:56
Jerzy Sulek	47 1:17:31

KNICKERBOCKER 60K; CENTRAL PARK, NYC; 3/16/85

Overall		
C. Gibson	32 4:03:57	
Donna Hudson	37 5:06:44	
M40		
R. Bordonaba	43 4:25:01	
Neil Cookrish	41 5:11:02	
Al Toth	44 5:20:40	
M45		
Tim Kourounis	47 4:55:24	
Mike Frankfurt	49 5:18:03	
M55		
Jerry Mahrer	55 5:28:15	
M60		
Stan Edelman	60 5:34:29	
W40		
Ann Morris	40 5:31:51	
M50		
Ken Jones	54 1:19:58	
Jay Sturdevant	53 1:20:29	
Thomas Barclay	53 1:21:00	
M55		
Don Dixon	57 1:19:28	
John Sullivan	56 1:25:09	
Jerry Mahrer	55 1:26:00	
M60		
Walter Brown	60 1:25:46	
Peter Mahta	62 1:32:53	
Augustus Prince	61 1:33:33	
M70 Luis Martin		73 1:41:05
W30		
Bobbi Rothman	39 1:20:13	
Betty Conover	36 1:21:01	
W40		
Elaine Kirchen	42 1:24:11	
Lina Connors	42 1:25:57	
Carol Johnston	41 1:30:47	
W45		
Joan Bondell	46 1:39:45	
Edith Jones	45 1:40:35	
Samara Balfour	48 1:42:27	
W50		
Helene Bedrock	50 1:28:18	
M. Deckert	51 1:30:24	
Toshiko D'Elia	55 1:34:48	
W60+Evelyn Havens	68 2:24:47	

PRICE CHOPPERTON 30K; SCHENECTADY TO ALBANY, NY; MARCH 24, 1985

M40	
Derek Frechette	1:41:49
Ralph Zimmerman	1:42:30
Charles Parmalee	1:48:42
M45	
Ben Johns	1:43:07
Jack Meegan	1:51:47
David Reichert	1:55:19
M50	
Jay Sturdevant	1:55:40
Thomas Barclay	1:55:48
Wade Stockman	2:00:13
M55	
Harry Chafetz	2:07:43
Jim Edwards	2:09:09
Richard Sullivan	2:09:25
M60	
Hubert Morgan	2:04:37
Don McWilliams	2:05:21
Sam Gratch	2:16:31
M65	
Albert Savicki	2:31:34
M70+	
Bill Brobston	2:32:49
Vernon Geary	2:36:25
Bill McNeil	3:56:54
W40	
M. Pajczewski	2:17:05
M. Mulvihill	2:24:25
Kathy Einarsson	2:32:22
W45	
Diane Palmason	2:01:31
Barbara McLeod	2:15:31
C. LaSalle	2:57:41
W50	
Rayma Dixon	2:15:38
Natalie Tickner	2:22:29
Jeanne O'Hara	2:53:33
W55	
Delores Quinn	2:53:34
R. Tumidajewicz	2:57:23
Ethel Autorino	3:17:02
W60	
Edith Farias	3:17:38

PERRIER 10K RUN; CENTRAL PARK, NYC; 3/30/85

Overall	
Geoff Smith	32 29:46
Marilyn Hulak	26 35:14
M40-44	
Ted Haiman	42 33:06
Ted Bitter	40 33:46
Iain Fletcher	43 35:08
M45-49	
Gabriel Bernal	45 35:02
Richard Jackson	45 35:17
Robin Chadwick	45 35:54
M50-54	
Witold Bialokur	50 36:02
Martin Winter	50 38:43
Robert Kahn	52 39:13
M60-69	
Thomas Gibbons	64 39:45
Lester Ridings	60 42:09
Peter Mahta	63 42:11
M70+	
William Brobston	72 44:50
W40-44	
Lina Connors	42 39:23
Elaine Kirchen	42 40:42
Chris Tattersall	43 41:05
W45-49	
Betsey O'Neill	46 41:18
Deborah Lesser	47 41:40
Patty Lee Pannalee	45 42:54
W50-59	
Helene Bedrock	50 41:19
Margarete Deckert	52 42:01
E. Robertson-Lee	50 46:59
W60+	
Jozi Neulinger	60 1:00:46
Trudy Schmidt	60 1:01:53
Marie Stover	63 1:06:57

SOUTHEAST

JACKSONVILLE RIVER RUN 15K; JACKSONVILLE, FLA. 3/9/85

Overall	
Simeon Kigen	43:27
Betty Springs	49:25
M35	
Dick Douthitt	35 50:06
Wes Wessely	36 50:17
Brian Bartosik	36 50:43
M40	
Barry Brown	40 47:37
Pat Monahan	40 49:18
Bill Stewart	42 51:44
M45	
Jim Larson	49 56:03
Bill Burnside	45 56:30
Richard Tucker	45 56:37
M50	
Peirce Ferriter	51 57:53
Don Gorham	51 59:06
James Joanos	50 59:11
M55	
Jim Blount	55 56:56
Gene Brigham	55 59:15
James Parks	56 59:32
M60	
Nozm Ferme	64 1:06:46
Andrew Manden	60 1:11:40
Bud Whittaker	63 1:12:02
M65	
F. Fesmire	68 1:08:44
C. Washington	65 1:20:32
Allan Pearce	69 1:22:33
M70+	
John Hampton	70 1:23:42
Hal Smith	71 1:26:02
Neal Carpenter	72 1:42:10
W35	
Charlotte Teske	35 51:24
Beck Motley	39 1:02:05
Pat Sher	37 1:02:23
W40	
Priscilla Welch	40 49:35
Judy Pickert	41 58:51
Elfrieda Wyner	42 59:18
W45	
Dot Skofronick	47 1:13:38
Carol Schneider	46 1:13:51
Donna Hiatt	45 1:14:21
W50	
C. Cafley	50 1:16:31
Carolyn Hoffman	52 1:21:05
Nancy Rivers	50 1:22:31
W55	
Ann Kahl	55 1:07:18
Alix Gravenstein	56 1:15:51
Irene Herbertson	59 1:18:04
W60	
Gladys Noftz	66 1:58:08

YMCA SPRINGFEST MASTERS 4 MILE; DELEON SPRINGS, FLA. MARCH 17, 1985

Overall Men Masters	
Bill Stewart	21:00
John Bryant	23:52
Ron Allison	24:11
M40 Tom Kilroy	25:59
Bob Cornwell	nt
M45 Kent Morgan	24:30
Bill Gordon	24:31
M50 Dale Hurd	25:53
M55 Gene Brigham	24:32
M60 Larry Rush	27:19
M65 Don Hull	28:49
M70+ Reggie Golden	35:36
Overall Women Masters	
Donna Hiatt	29:47
Carol Lager	31:19
Bonnie Gaffin	31:35
W40 Rita Schafer	32:42
W45 Marj Williams	32:49
W50 Terry Minick	38:03
W55 Anna Rush	35:11
W60 Pat Griffin	38:38
W65 Martha Pembroke	36:43

ORTHOPAEDIC HOSPITAL 5/10K; CHARLOTTE, NC.; 3/30/85

--5K--	
Overall	
Bobby Wilhart	15:46
Suzanne Duncan	20:11
M35 Jim Ellis	17:03
Gary Sylvester	17:45
M40 Jim Deni	16:30
Tai Sagimoto	18:44
M45 Leon Lewis	18:14
Jack James	18:56
M50 Charles Rose	19:21
James Elder	19:27
M55 Stan Brock	24:24
Robert Hyams	30:29
M60+ Paul Schlagowsky	28:28
Spero Calos	31:47
W35 Jean Rodriguez	24:20
Joan Roger	24:28
W40 Jan Rorey	23:06
Marty Calus	25:04
W45 Bobbi Wilson	31:05
Margaret Lemonds	31:26
W50 none	
W55 Evelyn Hyams	nta
--10K--	
Overall	
John Zizzi	33:13
Peggy Johnson	39:43
M35 Bob Moss	36:36
Jim O'Neill	37:38
M40 Travers Hanna	39:10
Larry Westcott	39:52
M45 Chum Geissinger	40:48
Bruce Krauss	41:39
M50 Toby Trasou	42:55
Griggs Dickson	46:50
M55 Pete Hayward	48:50
M60+ William Lawson	56:14
Paul Furgatch	nta
W40 Loretta Lage	48:40
Alice Singer	52:44
W45 Sarah Hasty	nta
W50 Marilyn Webster	55:20

MIDWEST

MARCH OF DIMES NIGHTCAP 3.1 MILE; PEORIA, ILL. FEBRUARY 10, 1985

Overall	
Jeff Palmer	17:02
Amy Reedy	21:29
M40 J. Riebling	43 19:10
Kent McBrayer	44 19:31
Mike Chittick	41 21:13
M45 Doug Braasch	45 18:19
Tom Zaia	47 21:31
Fred Sams	45 24:46
M50 Rolla Carlson	53 20:29
Don Olson	50 21:52
Phil Wahls	53 24:31
M55 Ralph Greene	59 24:32
M60+	
Eugene Hamman	64 34:57
W40 Dixie Reedy	44 24:41
Sue Adams	44 24:53
Ruth Bogart	40 29:40
W45 Mary Jane Pratt	46 24:58
Edith Albright	45 25:00
W50 Shirley Greene	53 37:21
from Dan Shea	

DELANAN FROSTBITE CLASSIC HALF-MARATHON; DELAVAN, ILL.; MARCH 10, 1985

Overall	
Dike Stirrett	36 1:12:17
Dawn Campbell	24 1:30:00
M40 Joe O'Shea	41 1:22:14
J. O'Connell	40 1:25:19
K. Kentelsen	40 1:27:20

M45 Jim Pritchard	46 1:27:51
Ron Jetton	49 1:34:21
Tom Biever	46 1:36:54
M50	
Gordon Adams	52 1:29:31
Don Overend	52 1:36:22
Don Olson	50 1:36:35
W40	
Sue Adams	44 1:48:20
W45	
Dot Venturi	48 2:03:03
W50	
Peggy Foster	51 1:53:59

MID-AMERICA

MAYOR'S CUP 10 MILE; DENVER, COLORADO; FEBRUARY 3, 1985

1,036 finishers	
Overall	
Randy Liljenberg	53:00
Ellen Hart	63:25
M40-49	
Ardel Boes	55:30
Bob Hillgrove	60:22
Jim Van Dam	61:27
M50-59	
Tom Bailey	61:10
Verne Carlson	62:05
Bill Kenworthy	66:55
M60+	
Bill Larson	76:04
John Tovado	85:16
Thomas Taggart	86:43
W40-49	
Margaret Fae	70:45
Val Ranum	71:24
Shirley Hardin	76:52
W50-59	
Betty Willis	1:33:58
Lorraine Siefkin	1:37:21
Elis. Arehart	1:43:07
W60+	
Carmel Smilanic	1:38:11
from R. Dennis Kavanaugh	

MAYOR'S CUP 15 MILE; DENVER, COLORADO; MARCH 3, 1985; FINISHERS - 935; CONDITIONS: LIGHT SNOW

M40-49	
Ardel Boes	1:25:53
Bob Hillgrove	1:31:30
Jack Beattie	1:33:54
M50-59	
Tom Bailey	1:35:39
Bill Kenworthy	1:41:58
Rich. Sanderson	1:45:47
M60+	
Bill Larson	1:59:51
John Tovado	2:08:45
Thomas Taggart	2:15:36
W40-49	
Val Ranum	1:47:35
Margaret Fee	1:49:31
Libby James	1:55:04
W50-59	
Betty Willis	2:23:58
Lorraine Siefkin	2:28:35
Betty Robinson	2:38:31
W60+	
Carmel Smilanic	2:49:15
from R. Dennis Kavanaugh	

SOUTHWEST

OKC RUNNING CLUB 3K RUN, OKC, OK 2/16/85

1st Overall	
Frank Houston	

JESSE OWENS MEMORIAL 8K; PHOENIX, ARIZ.; 3/17/85

Overall

Jeff Smith	25:55
Josie Fox	31:50
M40 David Oropeza	26:11
M45 Jan Henley	30:05
M50 John Focht	38:57
M55 Vern Boyle	35:38
M60 Smokey Ellison	35:27
M70+ Arnie Johnson	40:53
W40 Josie Fox	31:50
W45 Betty Ratley	34:00
W50 none	
W55 Caroline Earl	40:29
W60 Marion Gibbons	41:50
W70+ Vasiliki Boukais	55:18

HELATH SCIENCES 10K; OKLAHOMA CITY, OK; 3/23/85

1st Overall

Roy Shinn	25	32:23
Karen Cramond	26	37:03

M 40-49

Gerald Witherby	42	36:58
Art Milanez	49	38:46
Joe Haegquert	45	39:00

M 50-59

Walter Birney	50	38:43
Ken Peterson	53	40:50
Thomas Briggs	51	41:10

M 60 & Over

Jim Smith	62	42:06
Ralph Ratcliff	62	47:16
Clark Jones	61	52:48

F 30-39

Patsy Lambert	37	43:09
Judy Abbott	30	44:27
Diana Perry	34	47:37

F 40-49

Jan Cosgrove	41	48:31
Zita Brannan	49	50:52
Kathy Moffitt	47	51:14

F 50 & Over

Peggy Heller	55	60:01
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WEST

HEART OF ESCONDIDO 10K; ESCONDIDO, CA; 2/9/85

Overall

Adolfo Garcia	20	31:46
Janie Shankles	39	42:10

M35

Ron Wells	38	34:15
James Gelsomini	36	34:48

M40

Jim Waters	44	38:11
Derek Lester	40	42:00

M45

Bob Holland	46	37:34
Larry Elliot	46	46:24

M50

Chuck Anderson	54	39:15
John Heikes	50	40:17

M55

Richard Bunner	56	42:38
John Stubbs	55	57:45

M60

Steve Schanes	61	45:56
Egon Kafka	62	48:17

M60+

Don Dilworth	65	43:12
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W35

Janie Shankles	39	42:10
Marci Plopper	38	45:50

W40

Susan Hurlburt	40	43:11
Lynn Flanagan	44	44:21

W45

Annelle Jahelke	49	58:58
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W50

Shirla Charlton	52	46:21
Hazel Phillips	51	50:06

W55

Elaine Pew	56	56:36
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PARKSIDE HALF-MARATHON; SANTA ROSA, CALIF.; 2/23/85

Overall

Dan McCullough	1:16:34
Janet Buckendahl	1:36:26

M40 B. Hutchinson

Jon McPherson	1:27:12
R. Frampton	1:30:15

M45 Darryl Beardall

Ernst Bohn	1:38:52
Ray Young	1:42:22

M50 Bob Buckendahl

Mike Burr	1:44:39
E. Von Raesfeld	1:55:31
M55 Chris Hoagland	1:53:05
Stashu Geurtsen	1:56:39

William Newcomb	2:17:43
W40 Karen Eberhardt	1:36:48
Joyce Bennett	2:01:07
Patsy Marcussen	2:21:06
W45 G. Covington	1:58:31
Judy Lindberg	2:11:22
W50 J. Buckendahl	1:36:26

L'EGGS/YMCA 10K; SAN DIEGO, CALIF.; 2/23/85

Overall

E. Vukicevich	26	36:03
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W35

Lynda Gregg	37	40:41
Lee Jordan	35	42:29
Diana Dann	37	42:50

W40

Shirley Matson	44	37:21
(third overall)		
Ursula Rains	43	41:17
Susan Hurlburt	40	42:01

W45

Betty Frankum	45	44:56
Faye Heldoom	47	45:37
Helen Baker	45	48:02

W50

Nelly Williams	53	45:03
Celia San	54	45:19
Elsa Sandberg	51	47:29

W55

Anne Johnson	56	44:53
Betty Toogood	57	57:07
Sister Eliz. Wekall	57	57:21

W60

Gerry Davidson	63	50:18
Lois Edds	64	51:54
Hazel Klein	62	55:37

W70+

Bess James	75	1:02:31
Felicitas Salaza	75	1:08:35
Chata Thomson	72	1:14:01

CUERVO MARDI GRAS 10K; SAN DIEGO, CALIF.; 2/24/85

Overall

Jim Kurtzman	32:14
Donna Chin	36:38

M40-49

Bill Swank	44	36:09
Larry Lake	40	36:19
Frank Murphy	43	36:43

M50-59

Jim O'Neil	59	35:02
Bob Collins	54	38:03
Warren Osborn	51	38:26

M60+

Dick Diener	61	44:34
Steve Scharles	61	45:21
Don Bradley	69	47:59

W40-49

Ursula Rains	43	40:44
Bonnie Baer	40	44:15

W50-59

Nelly Williams	53	45:03
Anita Calhoun	50	48:51

W60+

Mary Storey	60	47:25
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TAC NATIONAL MASTERS 20K TEAM WALK CHAMPIONSHIPS; CARMEL, CALIF.; 3/10/85

Overall

Marco Evoniuk-Open	1:28:40	
Lori Maynard	49	1:58:01

M40

Guy Ott	43	1:48:21
Gary West	44	1:49:35
Ron Daniel	43	1:55:31

M45

Bob Matulac	49	2:04:46
Richard Oliver	48	2:06:06
Joe Mendleson	47	2:14:18

M50

Karl Krueger	54	1:58:26
John McLachlan	54	2:03:13

M55

John Kelly	55	1:54:08
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M60

Lee Sorenson	63	2:22:26
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M65

Otto Sommerair	67	2:23:28
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W40

Earlene Moran	43	2:11:48
S. Sterling-Franklin	44	2:54:08

W45

Lori Maynard	49	1:58:01
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W40

Jolene Steigerwalt	42	1:59:15
Earlene Moran	43	2:11:48
S. Sterling-Franklin	44	2:54:08

W45

Lori Maynard	49	1:58:01
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W50

Mickie Frykdahl	51	2:40:44
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W55

Alkmene Bandar	55	2:34:49
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W60

Ruth Sorenson	63	2:26:02
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BIDWELL HALF-MARATHON/MARATHON; CHICO, CALIF.; 3/3/85

Overall Half-marathon

Derrick May	1:05:02
Heike Skaden	1:19:28

M40 Joe Becerra

Frank Krebs	1:14:52
Douglas Stevens	1:19:08
M45 David Ragsdale	1:19:41
Arthur Cahn	1:22:41
Jerry Lyerly	1:24:09
M50 Hal Jackson	1:21:38
William Barclay	1:31:49
Scott Hepburn	1:34:15
M55 Bob Malain	1:23:27
Harry Daniell	1:29:03
Lefty Hastings	1:33:55
M60 Dennis Egley	1:31:35
G. Billingsley	1:47:1
Grant Eldridge	1:52:25
M70+ Jack Frost	1:54:30
Kenny King	2:57:52
W40 Annemarie Soetjel	3:36:31
Susan Condon	1:41:03
W45 H. Skaden-Poyser	1:33:02
Mary Tupen	1:48:08
W50 Catherine Grow	1:33:35
Elizabeth Ross	1:43:12
W55 Barbara Durham	1:51:44
Hilda Morlang	1:59:14
W60 Louise Barnes	2:41:42

Overall Marathon

Martii Rizzo	2:27:40
C. Iwahashi-Hosoda	3:03:21

M40 Ray Darwin

Bob Strack	3:01:53
M45 Jim Bevins	2:48:11
Les Fredrickson	3:03:07
M50 Michael McGie	2:46:20
Harold Carling	2:58:40
M55 Harrison Smith	3:20:32
Roger Boedecker	3:25:48
M60 John Durham	5:03:59
Frank Dawson	5:13:51
W40 Tami Bemiller	3:50:02
Ginny Heimann	4:02:08
W45 Joan Szarfinski	3:42:37
Rita Allen	4:01:31
W50 Marjorie Macris	3:50:13
W60 Helen Klein	4:43:27

KYXY GRUNION RUN 10K; SAN DIEGO, CALIF.; 3/9/85

Overall

Jim Mosher	31:55
Julie Moss	36:48

M40-49

David Lesley	40	36:47
John Meyer	44	37:08
Jerry Patee	40	37:20

M50-and-over

Jeryl Wilson	51	42:00
Ken Stahl	51	42:39
Steve Schanes	61	44:18

W40-49

Ursula Rains	43	40:20
Nancy Miller	41	46:19
Martha Walker	49	47:05

W50-and-over

Ann Kemp	51	56:16
Eliz. Hunt	52	56:24
Dee Tootelian	51	57:50

9th SANTA BARBARA 6 MILE & 10 MILE; SANTA BARBARA, CA; MARCH 2, 1985

--6 Mile--

Overall

Kurt Cook	23	30:15
Mary Ryzner	31	38:23

M40 Jos. Blum

Bart Hackley	40	40:26
Roy Rosales	43	40:27

M45 Kemp Aaberg

45	35:23	
Curtis Ridling	48	35:58

M50 Gerald Jacobs

50	41:54	
M55 Gene Welch	57	46:14

M60+ John Schweitzer

58	37:37	
W40 Trudy Patrick	40	51:53
W45 Fay Rita Hobbs	49	42:12
W50 Pat Frankus	58	54:42
W60+ G. Schweitzer	67	60:05

--10 Mile--

Overall

Mike Lohr	26	54:54
Cheri Savage	29	1:09:27

M40 L. Pontinen

43	1:00:01	
Art Mortell	44	1:01:29
Jay Romais	41	1:02:17
M45 Buck Taylor	46	1:04:47
Scott Schurme	48	1:12:55
M50 Jim Mathieson	54	1:11:37
M55 Don Burnett	59	1:16:29
M60+ Nagelschmidt	60	1:06:15
W40 Trina Nagele	40	1:18:23
W45 M. Mueller	48	1:37:38

Masters Men Team:

Walk Walk Walk Club	5:52:47
Monterey (West-Krueger-Matulac)	5:56:36
Van's Walkers Los Angeles	6:01:09
Walkers Club Los Angeles	6:01:09

Masters Women Team:

Golden Gate Race Walkers (Moran-Bandar-Frykdahl)	7:27:21
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LAST ANNUAL NIKE-CATALINA 10K; LOS ANGELES; 3/16/85

Overall

Hans Koeleman	27	31:18
Anne Hayden	30	42:04

M40-44

Don Hufstader	44	41:00
Mike Bellanca	41	41:15
Ken Mazur	40	41:23

M45-49

James Woulfe	46	41:46
Steven Badolato	45	43:14
Rick Pearce	46	44:19

M50-59

Wally Ingram	52	40:03
Edwin Gookin	51	41:37
Terrel Eddy	51	42:15

M60+

Grover Daly	62	54:16
Jim Dacoliias	61	55:39

W40-44

Carmen Connolly	42	50:29
Nancy Miller	41	51:02
Linda Carriger	41	51:50

W45-49

Cherrie Badolato	45	47:41
Donna Gookin	48	52:26
Sylvia Crise	46	53:17

W50-59

Lois Hitz	52	1:06:59
Joyce Boedecker	54	1:10:06

W60+

Bess James	75	1:09:26
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ST. PATRICK'S DAY 10K; SAN DIEGO, CA; 3/16/85

Overall

Dave Taylor	25	29:56
Patricia Puntous	24	33:49

M40-49

Hal Goforth	40	33:40
John Metz	41	34:01
Richard Ruiz	40	34:30

M50+

Jim O'Neill	59	34:40
Norm McAbee	52	36:25
Joseph Livesay	50	36:26

W40-49

Shirley Matson	44	36:16
Betty Frankum	46	44:08
Bonnie Foster	40	44:33

W50+

Anne Johnson	56	42:00
Sheila Charlton	52	44:30
Beatrice Lovell	55	48:43

NORTHWEST

NORTHWEST MASTERS 15K; SEATTLE, WA; 3/23/85

M40-44

Jim Pearson	40	53:42
John Martin	40	54:01
Al Schuehle	41	55:23

M45-49

David Hambly	45	53:16
Olaf Frick	46	55:15

M50-54

Derek Mahaffey	50	55:02
Lary Webster	51	56:34

M55-59

Orlo Keniston	57	57:19
Hal Hummel	58	1:20:31

CLASSIFIEDS

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● Arthur Lydiard Running Camp, June 23-29, 1985. Bard College, Dutchess County, NY. Competitive Runners, Masters, Joggers, Coaches, All Can Benefit. Arthur Lydiard in residence the entire week to teach, demonstrate, and inspire. '83 and '84 Camps had at least 50% post-college age and Masters Runners. This is a unique east coast opportunity to spend a week with the world's expert. For brochure contact: Lydiard Running Camp, c/o Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

● Saturday, May 25, 9 A.M. QUADRATHON, all age divisions. New Mexico Junior College Track (tartan). Total points from four events. Scoring based on decathlon/pentathlon tables. Nice awards! 800, 200, 1600, 400 meters. Coach Steve McCleery, NMJC, Lov'ton Hwy, Hobbs, NM 88240. \$5 before May 18. (\$10 late).

● July 13, 6th Annual The Other Run 10K and 2 Mile fun run, Granville, N.Y. 2 mi at 9:00 a.m./10K - 10:00 a.m. The Other Store, Att: Cora Parry, 2 Church St., Granville, N.Y. 12832. 518-642-0723 or 0514.

● Saturday, July 20. Victoria Masters Championship. Victoria, Texas H.S. track. Gary Moses, Box 1758, Victoria TX 77902. 512/572-2763. Sheradon Groves, 512/572-8391.



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