



NATIONAL MASTERS NEWS



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

74th Issue

October, 1984

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BROWN SETS U.S. MASTERS 10K MARK

There's a new star in the Masters sky.

Barry Brown, of Glens Falls, New York, turned 40 in August and promptly made his Masters running debut a memorable one.

Picking the 4th Annual Asbury Park, New Jersey 10K Classic on August 18 for his First Masters appearance, Brown turned in a stunning 29:57 for a new American age-40-or-over 10K record.

Brown's effort was a full 34 seconds faster than the official U.S. Masters mark of 30:31, set by Mike Manley on August 14, 1982. It was 25 seconds faster than Brown's 1983 best of 30:22.

While the time is subject to ratification by the proper authorities, the Asbury course is out-and-back, certified and historically reliable.

A total of 3307 runners crossed the finish line, led by Terry Baker's 28:48 and Grete Waitz' 33:02.

The race proved again that it draws some of the top Masters runners in the nation. Besides Brown, George Keim, 41, turned in a swift 31:56. Third master was Bill Reilly, 41, 32:02, followed by John Dugdale, 49, 32:22; Ted Haiman, 41, 32:25; and Herb Lorenz, 45, 32:35.

Pete McArdle, 55, led the 50-59

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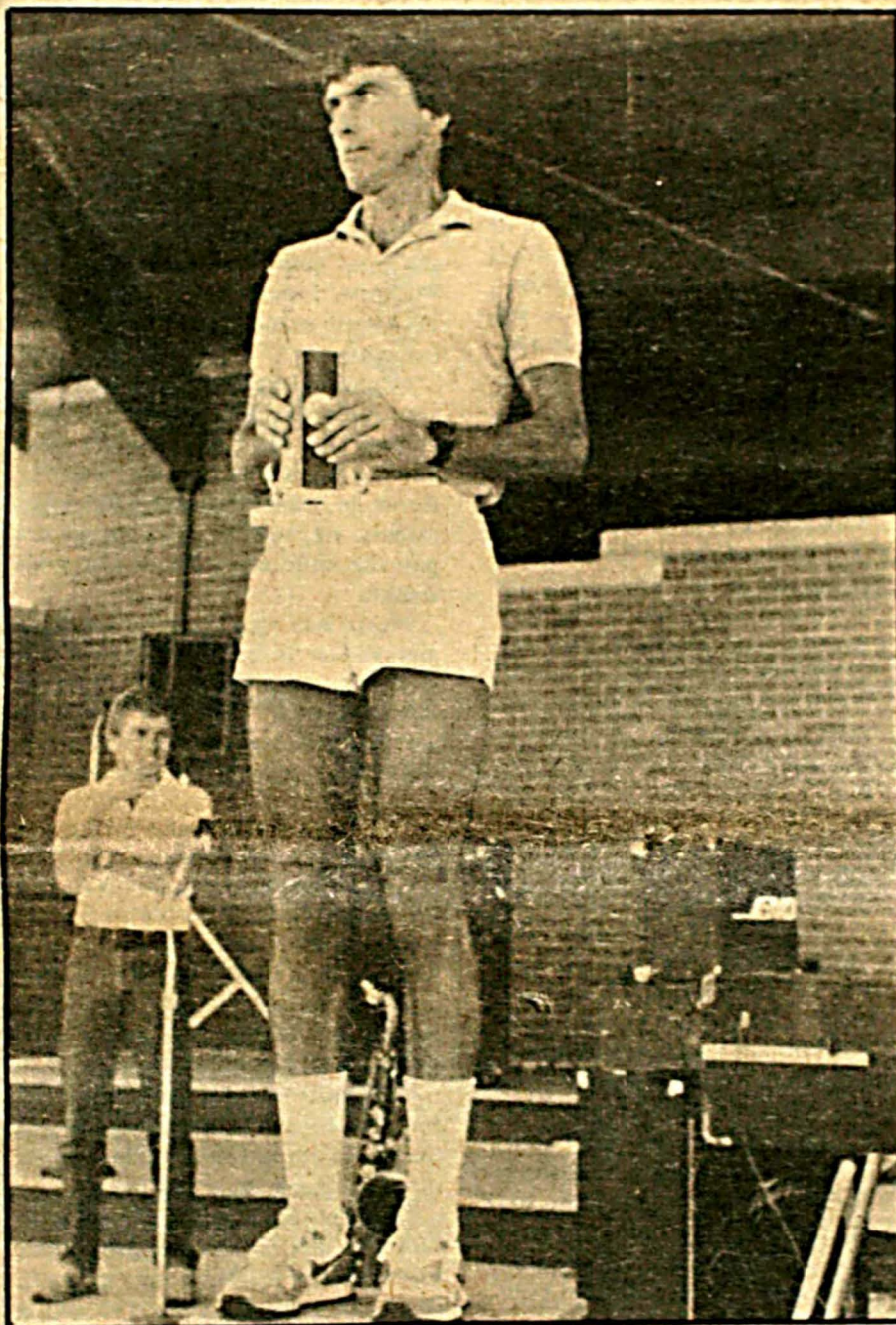
Track Season Winds Down in San Diego

The Southern California Masters Track and Field Meet at Chula Vista on August 25 drew a number of competitors from the 1984 Nationals held the week before in Eugene, plus athletes from the Southern California area, particularly San Diego, which made for some solid competition.

In the sprints, Byron Walls, M65, won the 100m and 200 in 14.13 and 30.14. Walt Butler, M40, had the best 100m time of the day with 11.14, but Steve Ricks, M30, was the quickest 200 entrant with 24.31.

For the 800, Avery Bryant, M60, ran 2:37.00; James Gelsomini, M35, won in 1:58.00; and David Hoover took Steve Burr, in the M30 race, 2:02.00 to 2:03.00.

Dennis Smith and Hoover were
Continued on Page 8



Barry Brown, 40, ran the fastest-ever American Masters 10K in 29:57 at the Asbury Park Classic, New Jersey, August 18.

451 Compete in Pan-American Games

The 451 participants at the Pan-American Masters Track and Field Championships in Ottawa, Ontario, Canada on August 17-19, comprised the largest number of Masters athletes to gather for a meet in Canada, except for the first World Veterans Games in Toronto in 1975.

Even though there were two major Masters meets the same weekend (U.S. Championships in Oregon and the Empire State Games in New York), the quality of the performances was quite good. On the negative side, no South American attended.

The Pan-American Masters Championships are held every two years. The 1986 Games will be held in South

America. Per agreement, the South Americans will make the site selection, probably Chile. In 1988, the meet will be held in North America, possibly in Atlanta, although bids are still open.

The large turnout and good weather, plus Canadian hospitality, made for close contests, which produced one American record and more than just a handful of Canadian marks.

The American record was set by Bernice Holland, who broke her own U.S. women's age 55-59 javelin mark of 79.5 with a toss of 80 feet.

In this year's meet, Canadian Open Records (which can be set by a non-Canadian) were set by Gilberto Gon-

Continued on Page 14

EUROPEAN CHAMPIONSHIPS DRAW 3,050

from BRIDGET CUSHEN

The second largest track & field meet in the history of the world took place in Brighton, England from August 20-25.

The occasion was the IV European Biennial Veterans Athletics Championships which drew an astounding 3050 veteran athletes (men 40+, women 35+) from 24 nations throughout Western Europe to the beautiful South Coast of England.

The total was surpassed only by the 3126 participants in the III World Veterans Games in Hannover, West Germany in 1979. Other world Games have drawn 1400 (Toronto), 2700 (Sweden), 2100 (New Zealand) and 1900 (Puerto Rico).

While the Olympics draw a greater number of athletes, less than two thousand generally compete in the track & field competition. Thus veterans meets have become the largest T&F meets in the world.

The National British News network reported that it was the greatest number of competitors at a track & field meet in Great Britain, including the Commonwealth Games and the 1948 Olympics.

The Championships were held at
Continued on Page 13

Inglis, Hayward Win in Bobby Crim 10-Miler

Canada's Ken Inglis, 43, led a good field of masters runners to win the 40-44 division of the 8th annual Bobby Crim 10-Miler for Special Olympics in Flint, Michigan August 25.

Inglis placed 37th overall in the 4200-runner event in a time of 51:30, just 21 seconds ahead of masters runner-up, John Beach, 43. Beach was followed by Tony Mifsud (52:08), George Keim (52:09) and Bill Stewart (53:23).

Brian Harris (54:54) took the 45-49 crown, while Norm Eastman (56:53) got the M50 gold.

Tina Hayward, 43, won the women's masters title in 1:02:10, with Gania Rode, 43, runner-up in 1:04:22. Margaret Hiss (1:13:37) copped the

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NATIONAL T&F MEET

After a 9-year absence, I returned to Masters competition this year and, in particular, to the U.S. National T&F Championships in Eugene, Oregon.

It was exciting to run at famed Hayward Field, and my hat is off to the Oregon Masters Track Club organizers, who put on a good meet.

I'd like to offer a few suggestions for improvement at future meets, in particular at the National (and International) level.

- Directions/maps for events and special locations (e.g. race headquarters away from the stadium) should be clearer.
- The program should list entries by age-group event. The announcer did a terrific job, but for the competitors, and especially, the non-competing fan (family or townspeople), it would help to make the meet more enjoyable... easier to follow. Events should note the WR, AR, and Championship/Stadium records.
- Arrangé for non-volunteer massage... more than one. Those providing this are to be thanked; but they were overworked. (I had to pass up a pre-race treatment which could have aided my time in the race.)
- Provide post-event awards ceremonies. This would have filled the gaps in the program — especially by Sunday afternoon. Where an electronic scoreboard is available, indicate the first six placers. In today's level of competition, being in the first six (even 12) is a well deserved honor, even without a medal.

Al Bangs
Santa Monica, California

My hat is off to those folks in Oregon for the great job they did in running the TAC Nationals. It was great to run within a few moments of the scheduled time in all four of my events. But where were all those great runners from the East Coast? It costs us the same amount of money to fly East (and we do) as it would cost them to fly West, and our weather is better.

Al Guidet
California City, California

The media coverage of the National T&F meet in Eugene was super. It must be nice to live in a track-oriented town. The National Public Radio System reported on the meet, focusing on Vivian Nelson, 71, of Harrisburg, Pa. who set a world record in the women's

70-74 high jump at 3'4". Now that's coverage.

Scott Thornsley
New Cumberland, Pennsylvania

WOMEN'S HAMMER

I am a hammer thrower. I practice in a certified hammer ring, I ask for coaching help from Olympian John McArdle, I worship Ed Burke, I get books on technique, I throw at all-comers meets.

Next year I want to throw officially, not as an exhibition entrant. Under current TAC rules, men may throw the hammer but women may only watch or throw in exhibition. We receive no medals, no honors, even though we pay the same entry fee as our male friends.

Please lend your support to making any masters (or sub-masters) track and field event open to all of us. With the introduction of the triple jump for women, TAC is leading the way in giving master athletes a chance to compete in new areas.

Now we ask that hammer throwing be made open to women. The Pan-American Games in Ottawa in August held competition in women's hammer, steeple chase, triple jump and pole vault. What a thrill it would be for me to win a gold medal in Indianapolis next August as Masters National Champion, HAMMER (W40-44).

Real men may not eat quiche, but real masters competitors welcome enthusiastic, trained athletes into, their throwing arena, male and female.

As a masters national champion in shot put, discus, and longjump, and silver medalist in javelin and race walk, I'm hungry for the chance to add a gold in hammer throwing. TAC, are you listening?

Marilyn Osgood-Knight
Eugene, Oregon

ROAD RACING NEEDS A SCORE BOARD

Road running events would be made more enjoyable, popular and interesting by posting race results on dramatic score-boards listing top finishers, male and female, in all age groups with their finishing times.

Score board use would encourage age group running. The presentation of age group awards is one of the main reasons for the growth of road racing. In the 60 or more races that I have participated in, I have heard hundreds of spectators and runners asking for and seeking out information regarding race results.

With race results clearly and dramatically displayed, road racing

would attract more spectators and increase the audience for products of race sponsors. Racing directors would then have an easier time finding sponsors as the audience for racing increases.

Lyndon Ruber
Glenview, Illinois

RESULTS OF V WORLD GAMES

The May NMN says: "The official results of the V World Veterans Games in Puerto Rico have been mailed to all competitors, according to Rafael Serati." I was a competitor, but have not

Continued on Page 16

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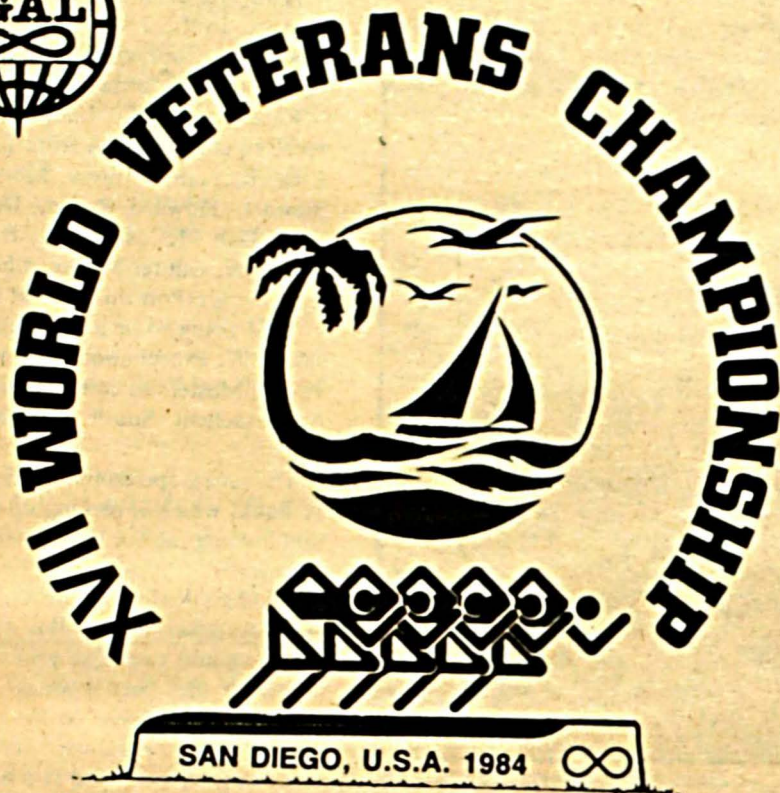
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Race Headquarters will be the Hilton Hotel, 1775 East Mission Bay Drive, San Diego, CA 92109. Competitors may pick up registration packets beginning Wednesday, 28 November 1984.

Entry Fees and Deadlines: One race, U.S. \$15.00; both races, U.S. \$25.00. No team fees. Fees include World IGAL Membership Subscription of U.S. \$6.00. Entries must be postmarked no later than 1 October 1984. Entries mailed after October 1st, add U.S.\$10.00 late fee. Entries recieved after 10 November 1984 will not be accepted. ALL FUNDS MUST BE SUBMITTED IN U.S. DOLLARS. Make checks or money orders payable to BILL STOCK, RACE DIRECTOR and mail to: 1984 WIGAL Championships, 7160 Baldrich St., San Diego, CA 92041, U.S.A.

All entrants and their guests are invited, at a charge of U.S. \$10.00, to a Carbo-Loading Dinner, Saturday evening, December 1st. This dinner will feature the 10km Awards Ceremonies. Limited tickets are available at U.S. \$10.00.

The Marathon Awards Ceremony and Farewell Party will be held Sunday evening, December 2nd, at Sea World Park. Tickets are U.S. \$26.00. This special price includes park admission (value U.S. \$12.00) to the Sea World Shows, buffet dinner, drinks, and dancing.

Ticket charges for the Carbo-Loading Dinner and Farewell Party should be submitted with your entry fees to guarantee reservations. (N.B.—All individual and team award winners will be reimbursed the cost of their tickets.)

Commemorative T-shirt will be available for U.S. \$5.00.

You will recieve notification of entry acceptance and any further important information by return mail.

XVII WORLD VETERANS CHAMPIONSHIPS

San Diego, California, U.S.A.

1-2 December 1984

10 km - Saturday, December 1st, 10 a.m.

Marathon - Sunday, December 2nd, 7 a.m.

The Organizing Committee of the XVII World IGAL Championships invites you to participate in an outstanding running and entertainment experience staged in the beautiful Mission Bay Park. Come run and visit with us in San Diego with its world-famous zoo, Wild Animal Park, Sea World, Balboa Park, and proximity to Mexico.

Tom Sturak
Executive Director

Bill Stock
Race Director

Both races are sanctioned by the Athletics Congress/USA and will be contested under IAAF rules on flat, certified courses meeting the requirements of the National Running Data Center.

Entries are open to all women over 35 years and all men over 40 years of age on day of race in the following age categories:

Women	Men
W35 - 35-39 years	M40 - 40-44 years
W40 - 40-44 years	M45 - 45-49 years
W45 - 45-49 years	M50 - 50-54 years
W50 - 50-54 years	M55 - 55-59 years
W55 - 55-59 years	M60 - 60-64 years
W60 - 60-64 years	M65 - 65-69 years
W65 - 65-69 years	M70 - 70-74 years
W70 - 70-74 years	M75 - 75-79 years
W75 - 75 yr and older	M80 - 80 yr and older

Team Competition will be held in both races for 3 person national teams in the following divisions: M40-49, M50-59, M60-69, M70 and over; W35-39, W40-49, W50-59, W60 and over.

All competitors must show passports or proper I.D. (e.g., driver's license) at registration.

Awards: Individual awards in both races will be given to at least the first three finishers in each 5-year age group. A commemorative award and diploma will be given all finishers of both races. Team awards will be made in both races to the first 3 national teams in the 10-year divisions listed above.

NIKE merchandise and other awards will be distributed at the discretion of the Organizing Committee.

10km ENTRY FORM

XVII IGAL Championships
1 December 1984, 10 A.M.

MARATHON

XVII IGAL Championships
2 December, 7 A.M.

PLEASE WRITE IN CAPITAL LETTERS

Last Name First Name/Nom.Prénom/Name Vorname

Address/Adresse/Anschrift

City State(z-p)/Cité/Province/Stadt Land

Nationality/Nationalité/Nationalität

Carbo-Loading Dinner (12/1/84) @ U.S. \$10.00

Farewell Party (12/2/84) @ U.S. \$26.00

Race Fees: 10km - U.S. \$15.00.. Marathon - U.S. \$15.00

or/ou/oder 10km + Marathon - U.S. \$25.00

Entries close / Inscriptions jus qu'au / Meldeschluss - 10/1/84

Late Fee (after / après / nach 10/1/84) - U.S. \$10.00

Check one or both:

10K
Mara.

Fees

TOTAL = U.S. \$ _____

Make Check / Payable à / Gebühren zu BILL STOCK, RACE DIRECTOR (41151-379937).
Mail to / A envoyer à / Adressieren Sie 1984 WIGAL Championships, 7160 Baldrich Street, San Diego, CA 92041.

I HEREBY AGREE THAT THE ORGANIZERS SHALL NOT BE LIABLE FOR ANY ACCIDENT INJURY LOSS OR DAMAGE AS A CONSEQUENCE OF MY PARTICIPATION IN THE XVII VETERANS WORLD CHAMPIONSHIPS

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Date de naissance
Geburts Datum

MO DAY YR

SIGNED

(619) 286-7867

Age (12/1/84)

SEX

4TH TEXAS T&F CHAMPIONSHIPS HELD

The Fourth Annual Texas Masters Track and Field Championships at the University of Texas-Arlington on July 21 drew a crowd of Lone Star Masters and a few out of towners prepping for the '84 Nationals in August.

Among the sprinters, Submaster J.B. Haggerty, M35, posted the best time of the day in the 100m with 10.67. Visitor Brendon Wilson of Australia won the M40 100m in 11.1 and had the meet's fastest 200 with 22.3. Out-of-stater Jack Greenwood, M55, who withdrew from the 100, 200, 400, and 400H in the Nationals at Eugene with a severe hamstring pull after winning the 110H, won the 100m here in 12.4. Fred White was the M70 100m and 200 winner in 14.8 and 31.7.

Louisianian and head track coach at Tulane, Danny Thiel, M35, had the day's best 400 time, including open runners, with 50.0. John Alexander, M60, won his 400 in 60.9.

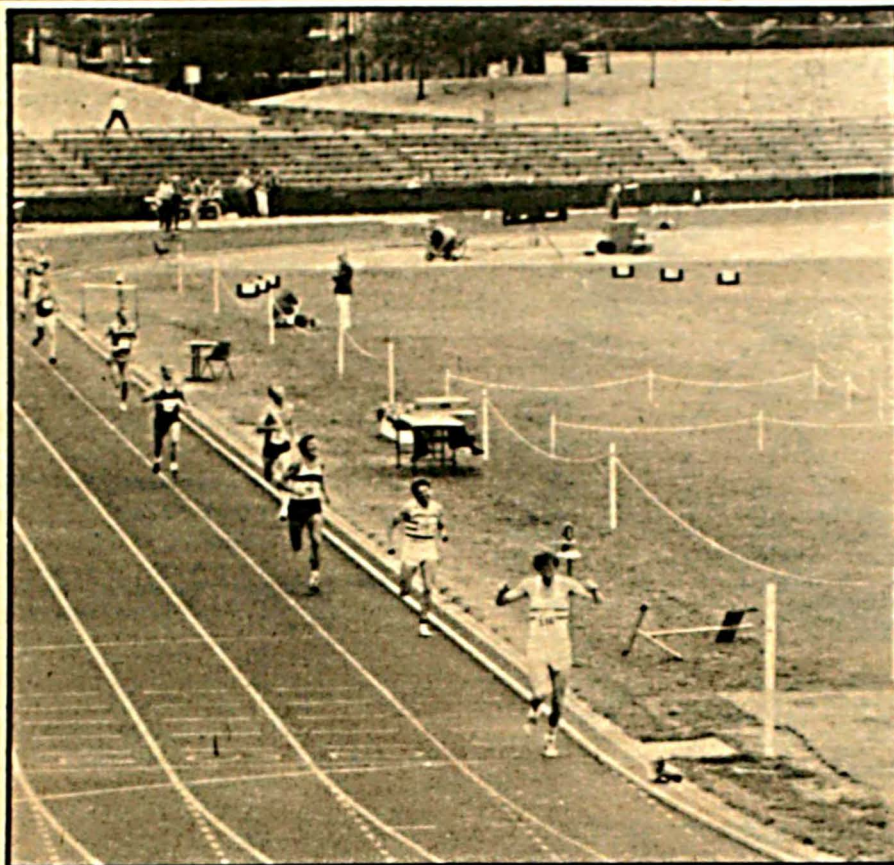
Dale Hager, M40, was top Master in the 800 with 2:06.9, but Crescent City standout Charles Wimberly was very impressive with a 2:09.2 M50 victory.

Greenwood's 16.8 in the M55 110H was a bit slower than his 16.2 winning time at the Nationals later in August. Pennsylvanian and ex-Olympian Josh Culbreath took his specialty, the 400H, in 64.0 in M50, and Greenwood won the M55 400H in 64.7. The M55 winning time at the '84 Nationals was 1:11:41 by Ted Rademaker.

Submaster Josh Owusu outdueled John Hartfield in the M35 long jump, 23-3/4 to 22-1/2, and the triple jump, 46-7 to 44-7.

The throwers were in good form, with several triple victories. Donald Dansereau won the M40 shot (40-6/4), discus (128-0), and javelin (164.4). Wendell Palmer, M50, also took the shot (43-6), discus (147-7), and javelin (128-4). Charles Beaudry won the M65 shot title from Gordon Nordgren, 42-1 to 39-1/2, but Nordgren got the discus

Continued on Page 19



Vic Smith winning the M40 1500 at the British Veterans T&F Championships in Edinburgh, Scotland, July 29, in 4:14.9. Albert Smith is second and Trevor Alderdyce, third. Vic Smith also won the M40 1500 in the European Veterans Championships in Brighton, England on August 25 in 4:01.1.

photo by W. Morgan.

NIKE TRIMS MASTERS RACE SERIES

NIKE has cut back its 12-race Masters Road Race Series to its originally scheduled six races, but it will remain the prime corporate sponsor of the World Veterans Distance Championships, according to Chris Monty, NIKE's new Masters promotion director.

The final two races of the series will be the Twin Cities Marathon in Minneapolis September 30, and the Run Against Crime 15K in El Paso October 13. The six races dropped were the Houston Pro Comfort, Boulder High Altitude Challenge, Portland Marathon, New York Avon Half-Marathon, Louisville River Banks Run and Boston Conventures 10K. The previous four races were the Syracuse Dynamis 15K, the Michigan City RRCA 15K, the Huntsville Cotton

Row 10K and the Portland Cascade Run Off.

In the series, veteran runners (men 40+, women 35+) compete for awards and travel from NIKE to the XVII World Veterans Distance Running Championships. For the first time, the Championships (10K and marathon) will be held in the United States — in San Diego on December 1st and 2nd. In the first four races, 43 men and 19 women won from \$100 to \$300 in travel expenses to the World Championships.

Monty said NIKE plans to streamline its Masters promotion. "Some athletes may be dropped, but others will be added," she said. "When we get it all sorted out, we think our support of the Masters program will be better than ever."

TOP FIELD SET FOR NATIONAL 15K X-C

A top field of Masters runners will compete in the TAC National Masters 15K Cross-Country Championships in Houston on Saturday, November 3.

Race director Ed Lang said he has received confirmation from Bill Reilly, Kirk Randall, Shirley Matson, Bill Stewart, Howard Rubin, Don Coffman, Dan McCaskill and, from West Germany, Gunter Mielke, who has run a 2:17 marathon this year at age 40.

"It's going to be a fast field," Lang said. "We expect about 250, and we invite all Masters to come and join us on our excellent South Buffalo Bayou course."

The race is sponsored by the First City Bank, which is picking up the travel and lodging tab for the invited Masters runners.

TAC gold, silver and bronze medals will be awarded to the first three finishers and each five-year age group for both men and women, from age 40-44 to age 85-89. To the first place male and female runners on a 10K age handicap basis, round trip airfare will be furnished to the XVII World Veterans Championship 10K and Marathon December 1-2 in San Diego. □

CORRECTIONS

•In September's report of the TAC National Masters 15K Championships in Utica, New York, we reported Norm Green was the 5th Masters finisher and first M50 in 49:44. Green was actually the 7th Master (and 1st M50). Fifth was Steve Lester in 49:03; 6th was Bill Stewart in 49:21. Ken Inglis was the first 40+ finisher in 48:12.



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Top five W40-49 in the Asbury Park 10K, August 18. L to R: Gloria Jenkins, 4th; Linda Thurston, 2nd; winner Cindy Dalrymple (37:49); Annette Frisch, 3rd; Sue Weisbrod, 5th.

OVER THE HILL, SOUTH SHORE TC'S SHARE TEAM HONORS IN HEIGHTS CLASSIC

The Masters men of the Over The Hill Track Club amassed 846 points, which was greater than the combined total of all other team efforts, and then some, in the Third Annual Heights Summer Classic in Cleveland Heights, Ohio, August 4. The Ann Arbor TC was a distant second with 56 points, and the Fitness TC third with 50.

However, the South Shore TC women prevented a complete rout with a 332 to 220 win over the Over The Hill TC's women.

Among the Submasters, Armand Gibson, M30, Fitness TC, doubled in the 100m (10.81) and 200 (22.79). Bernard Derriocoate, M30, added points to the Cleveland Masters team effort with long jump (22-1/2) and high jump

(5-9) wins. Nick Salupo, M35, contributed to the OTH avalanche with three victories, in the 100m (11.82), 200 (24.89), and 400 (55.2).

Tom Ragland took seven M45 firsts, including a 10-0 pole vault.

Joe Chadbourne, OTH, was the M50 stand out performer with a 168-11 hammer throw and a 46-7 35# weight toss. Ed Sutton, M50, added points to the West Penn TC total with swift 200 (25.22) and 400 (55.48) wins.

The M60 division was dominated by five wins from Dick Cavicchi, including a 29-5 triple jump and a 14.87 100m.

Over The Hill teammates, Jack Siring, M70, Don Erskine, M70, and Byron Fike, M75, were the big point

getters among the men seventy-and-over.

Everett Hosack, the only M80 contestant, aided the OTH cause with a six event performance.

For the women, the story was in the weights. Submaster thrower Jan Krieger, W30, contributed to the South Shore TC team total with shot, discus, javelin, hammer, and 16# weight wins, but weightperson Mary Chadbourne, W35, lost no ground for OTH with victories in the same events, which included an 81-10 hammer throw. Donna McNulty, W45, South Shore TC, countered with the same five throw wins. But, runner, Joan Gibson, W45, added five race wins for OTH.

American W55 shot put record holder, Bernice Holland won the shot, discus, and javelin for OTH.

Then the South Shore TC Siringers came on the scene. M.K. Siring, W55, took two firsts and the three seconds to Holland's firsts. M.E. Siring won all five throwing events in the W60 division, and Beryl Siring competed in eight uncontested W70 events and wrote "fini" to the OTH women's quest for the team crown. □

CANADA VS. USA CROSS COUNTRY MATCH SET

by JERRY SMITH

On Saturday, October 20, the Syracuse Track Club will host the 8th Annual Canada vs USA Masters Invitational Cross-Country Match at Green Lakes State Park in Fayetteville, New York. You are cordially invited to attend this event as a representative of your country.

The 8th running of this event will be conducted over what many consider to be the finest European style cross-country course in the western hemisphere. You are urged to consider this weekend on your upcoming calendar, as socially and competitively it will surely be one of the highlights of your running year.

The scoring of this match is designed so that all members of each 5-year age group are equally important toward the overall scoring of the match. For example, the 3rd finisher in the 60-64 class carries as much weight as the 3rd finisher in the race overall.

If you are interested in joining us on October 20, for this match, please contact me at 449 South Salina Street, Syracuse, NY 13201 (315) 422-7121. □

Carlisle to Host Indoor Pentathlon

Dickinson College in Carlisle, Pennsylvania will be the site of the first TAC National Masters Indoor Pentathlon Championships on Sunday, January 13, 1985. Dickinson College and the Dickinson-Carlisle Running Club will serve as co-host for the championship, as well as for the 2nd Annual Bud Light/Pennsylvania Masters Indoor Track and Field Championships, also to be held on the same day.

Last December, the TAC Masters Track and Field Committee voted to include the indoor pentathlon as a national championship event. There were hopes of staging the first national Masters indoor pentathlon championships in conjunction with the TAC National Masters Indoor Track and Field Championships held at Princeton University earlier this year, but high rental fees, publicity, and overriding concerns for the national indoor meet precluded its being held.

A bid to host the indoor pentathlon was submitted to TAC Masters national indoor coordinator Ron Salvio in April, 1984 by Scott Thornsley.

Both the national pentathlon championship and the Bud Light/Penn-

sylvania Masters Meet expect to generate as much, if not more, community interest and news media coverage as was received last year.

The meet will be held in Dickinson College's Kline Life/Sports Center, which boasts a four-lane 200-meter artificial track, complete with long jump pit. Since it is a meter track, meet officials are expecting several U.S., North American and world indoor track records to be challenged. Officials will be briefed before the meet to discuss the reporting responsibilities to WAVA and TAC.

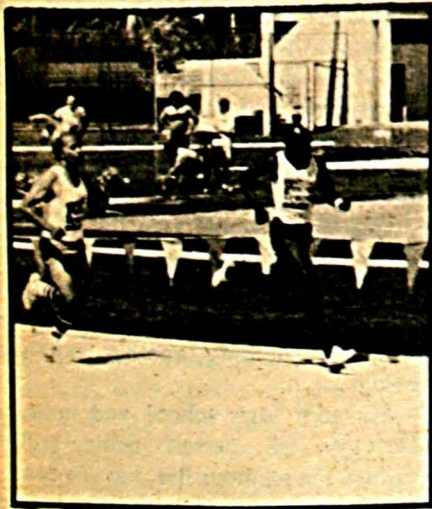
Because this will be the first time the indoor pentathlon will be held as a national championship, all marks will be recorded as national meet records.

The facility can accommodate spectators who wish to view the competition from upper levels. Spacious locker rooms will be available for male and female competitors both before and after the meet. A training room will be open to accommodate athletic injuries, and the meet will be attended by a physician.

Travel to and from Carlisle by automobile will not pose any problems. Carlisle is intersected by Interstate 81, the Pennsylvania Turnpike and U.S. Route 11. The nearest major airport is the Harrisburg (Middletown) International Airport, approximately 40 minutes driving distance from Carlisle.

There is an abundance of motels & restaurants within minutes of the facility, due to the presence of the college, the Dickinson Law School, and the U.S. Army War College. Individuals desiring assistance with motel and travel arrangements should contact meet director Scott Thornsley personally.

The indoor pentathlon will consist of the long jump, 55 meter high hurdles, shot put, high jump and 100 meter run. □



Dave Romain, 42, defeats Mel Brooks, 42, in 400-meter run, 51.0 to 51.8, in Berkeley, Calif. July 7. photo by Mike Tymn

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..... signature of entrant date signed print name

..... street city state zip

..... A A U Reg No. Birth date Age Age Group Phone Number



THE GUN LAP

by MIKE TYMN

THE WAY OF THE CROSS

No pain, no palm; no thorns, no throne; no gall, no glory; no cross, no crown. That is the "way of the cross" as William Penn once put it.

It also is the way of Sister Madonna Buder, a 53-year-old Catholic nun. In a division headed by another nun, Sister Marion Irvine, Buder ranks among the top ten competitors in the country. She has clocked 43:50 for 10K, 1:08:04 for 15K and 3:25:16 in the marathon.

A member of the order of the Good Shepherd, Buder spent several months in Hawaii recently, collecting photographs and experiences for her "Media Ministry," a mission which is designed to uplift man's spirit by enhancing his awareness of the God-given beauty that surrounds him. It incorporates the use of color slide visuals and a sound track made up of appropriate background music and Scripture and/or other narration.

While in Hawaii, Sister Madonna took time out to break several course records in her division and also to lower the state half-marathon record in the 50-59 category to 1:39:50.8, under warm and humid conditions.

A native of St. Louis, Mo., Buder took up running in 1978, when a priest told her of the physical, mental, and spiritual benefits of the sport, during a workshop. "I couldn't see it, at first," she says. "But I was teased into giving it a try. That night, when there was a lull and it was completely dark, I put on a pair of second-hand tennis shoes inherited from my sister-in-law and ran about a half-mile. Father saw me come in and was quite surprised I had made it that far on my first run. 'You've got to keep at it and not expect to feel the

effects immediately,' he said. I had a couple of more days there, so I did my stint each day."

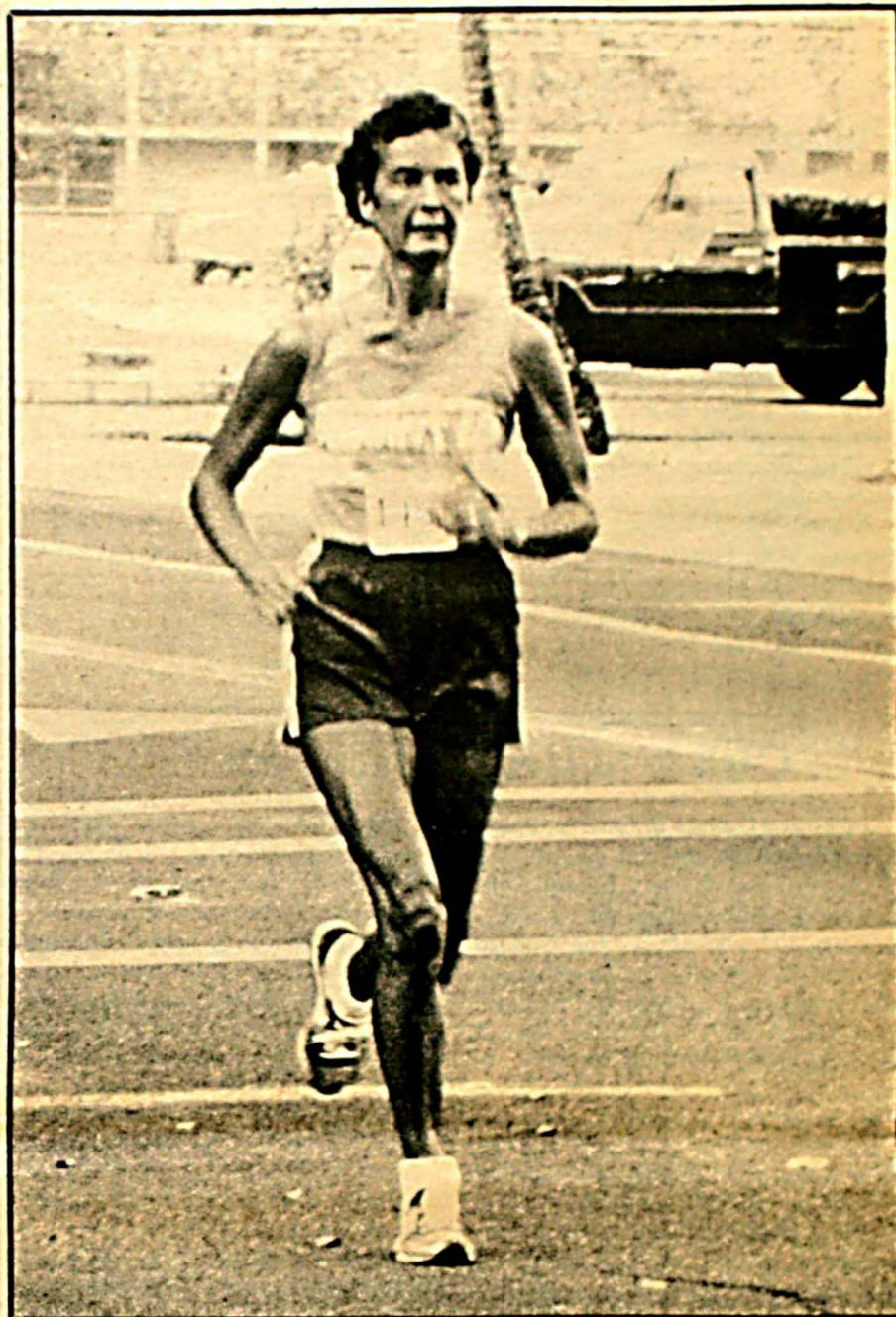
Six months before this, Buder had seen "See How She Runs," a movie starring Joanne Woodward as a middle-aged woman who aspired to run the Boston Marathon.

"At the time, that meant nothing to me," Buder remarks. "I was simply impressed with the symbolism of the movie as the story unraveled. During the race, someone in the crowd handed

"In the TV-movie, 'See How She Runs,' Joanne Woodward plods on in the race until she falls. Her terrible struggle to get up and the agony on her face exemplified Jesus carrying the cross to Calvary."

her a towel to wipe the sweat from her face. Immediately, I thought of Veronica using her veil to render Jesus the service of wiping the bloody sweat from his face while he was carrying the cross to Calvary. Then, when Joanne was at the point of exhaustion and the city lights had turned on and the traffic resumed its flow, she must have known that the rest of the runners had long since been in. Still, she plodded on until she fell. The terrible struggle to get up and the agony on her face exemplified the Christ-figure. No matter what the cost, the goal was the hill! The richness of this symbolic impression never left me. It became, for me, an equivalent to the living way of the cross. Little did I realize that one day I would be performing it in reality."

Upon returning to her convent in Spokane, Wash., Sister Madonna began running around a small ballfield after hours. A week later, as she was coming out of a photo lab, she noticed a poster in a display window advertis-



Sister Madonna Buder, 53, enroute to Hawaiian women's age 50+ half-marathon record.

ing the second annual Bloomsday 8.2 mile run. It pictured a herd of people running elbow to elbow. "I wondered what it was all about," she says. "It seemed to me that it was hard enough to work up the energy to run by yourself without having to elbow your way through a mass of people. The more I rejected the idea, the more it clung. That evening I received a long distance call from home. My mother was trying to break the news to me gently about the difficulty one of my brothers was having in his marriage. It didn't surprise me a great deal as I saw a lack of communication mounting. But, I was pained nonetheless. That settled it. I decided to run the Bloomsday race as a living way of the cross, hoping the Lord would accept my will to endure and transfer the strength to my brother to give up his dependency on alcohol. I was certain that's what was behind the problems they were having."

As Dorothy Buder, daughter of a prominent St. Louis, Mo. family, Sister Madonna led far from a sheltered life in her early years. Her father, a lawyer, had been a champion oarsman in college and introduced his

daughter to such sports as sailing, waterskiing, and horseback riding at an early age. Sister Madonna has a vivid recollection of the time he took the family sailing at Black Lake in Michigan. The boat capsized and eight-year-old Dorothy spent a few anxious moments gulping water under the boat.

After acquiring her own horse, Dorothy became an accomplished equestrian, at age 16 winning the grand championship for equitation at the Maryville Horseshow. It was at these horseshows and hunt breakfasts that she befriended a young medical student named Tom Dooley, later to gain fame as the "jungle doctor."

Dorothy attended Maryville College and during one of her summers took classes at the University of Colorado in Boulder. While there, she took up mountain climbing, another sport she enjoys.

Through high school and college, Dorothy felt herself being pulled toward the religious life, but she decided to wait until after college before making the final decision. She recalls the time during her sophomore year in

Continued on Next Page



Sister Madonna's 9-to-5 garb.

Continued From Previous Page

college when she was informed that Wally Highland, her horse had died.

"She was gone and there was nothing I could do about it," Buder says. "After a week's mourning, I emerged with the decision that this was the signal to end my showmanship in the equestrian area. Gently but firmly I was being summoned by the Lord to prepare myself for the life to which I had been called five years previously. I was being invited to divest myself of worldly attachments that had temporarily diverted me from a life of vowed intimacy. But I was not finished

"In the Bloomsday run, I literally shared Christ's blood and sweat, His thirst and fatigue, His soreness and wounds."

with college. So as not to raise suspicion, I continued to accept the invitations of suitable male companionship, but I was on guard to see that it would never develop into anything more."

Once the decision was made, Dorothy faced the difficult task of informing her family. Her father and grandfather, both non-Catholics, expressed strong opposition to her decision.

Twelve years after Buder entered the religious order, Pope John XXIII relaxed the dress code for priests and nuns. While this didn't allow for much more than occasional swimming at the beaches at first, it opened the door to her later athletic pursuits.

Since the order of the Good Shepherd is primarily involved in the caring and counseling of wayward girls, Sister Madonna continued her education, earning Masters of Education and Masters of Counseling degrees in 1968 and 1969.

In preparation for that first Bloomsday race, Sister Madonna stepped up her training to 28 laps around the ball field, about four miles. After a few weeks of this, she acquired a pair of running shoes and took to the roads.

"After a month or so, my calves were so taut I couldn't even make an indentation, and my knees were so enlarged I couldn't even bend them back," she says, smiling. "My whole body rebelled on me and at times I couldn't restrain the tears. I'd go to my room and say, 'I can't, Lord. . . I can't. I know I promised, but I just can't.' When I finally quieted, I heard in my depths: 'I know you are stepping out in faith not knowing what the end result of your efforts will be, but I, too, had to step out in faith complying with my Father's wish. That was part of the agony in the garden. . . now knowing how many people down through the ages would respond to my act of love in laying down my life for

them.'

"Then I started to cry afresh with the impact of this thought. 'All right Lord. . . You win!' I said. 'But I can't do it alone. You will have to be my strength.' Finally, I wrestled loose from the bed, hobbled down the steps, and got on with my training."

Sister Madonna finished the second annual Bloomsday run well back in the pack, but the camaraderie in the back ranks made it a very festive occasion for her.

"I had only one goal in mind and that was to get through it. It was a different kind of prayer posture for me. Beside using my heart and head, my whole body was involved in the petitioning. This made my prayer very real and closely associated me with the One being addressed. I discovered a new relationship by acting out, as it were, this part of Christ's passion. I literally shared His blood and sweat, His thirst and fatigue, His soreness and wounds. I also fell in the process of training and knew what it was to be thrown, inadvertently, to the ground. It was a very graphic reliving of Christ's dedication to the Will of the Father.

"I had no idea of the effect it might have on my brother's marriage, but somehow I knew I was different for having done it. I also realized that I couldn't program God. I knew my efforts wouldn't be in vain, but that the results might be far different than I had envisioned. Indeed, they were. My brother did divorce. But, he also remarried, to a Baptist who doesn't believe in drinking." □

Harrisburg Mile Draws 500

HARRISBURG, PA. Over 500 runners competed in the 3rd Annual Shearson/American Express Harrisburg Mile on July 25.

The Harrisburg Mile provides a scenic route, as it starts in front of the Governor's Mansion and runs parallel to the Susquehanna River and its bordering Riverfront Park.

Over half the entries were over the age of thirty, and two 1984 TAC National Masters track medalists posted the best times in their respective divisions.

Tim Cook, 31, from Chambersburg, Pa., was the top sub-master as he posted a 4:16.4, which also placed him in a two-way tie for overall first place. Cook was the winner in the men's 30-34 two-mile race at 1984 TAC National Masters Indoor Track and Field Championships at Princeton University.

The top Master was Jan Prosseda, 40, of Harrisburg, as he ran a 4:36. Prosseda went on to take the men's 40-44 silver medal in the 3000 meter steeplechase at the TAC National Masters Outdoor Track and Field Championships at Eugene, Oregon. □

CARMAN BREAKS STEEPLECHASE MARK IN MIDWEST REGIONALS

by WENDELL MILLER

Bright sunshine and temperatures in the 80s greeted 150 participants in this year's TAC Midwest Regional Masters Track & Field Championships, at York High School in Elmhurst, Illinois, on July 28. Ken Carman, the Garden City, Michigan physician, established a new American age 55-59 record in the 3000m steeplechase of 10:59.2. He broke his own record of 11:06, set in July 1983, by running 2-3 seconds ahead of pace and was still able to throw in a kick on the last lap.

Bernie Finch, M40, deadheaded in from Wyoming to do a creditable performance in the steeplechase.

Conrad Weiss continues to amaze, showing up on two canes and then walking the 3000m RW like a youngster, all at 76.

There was a certain Eastern flavor to the dashes. Josh Culbreath, M50, came short of sleep but not speed with a fine

100-200m double.

Jack Rice, M60, the old Tampa coach, was unseen in all the short distances. Also, a new face in Chicago via a job transfer, Dennis Dyce, M40, gave the 200-400m a real lift in Jim Burnett's vacation absence.

The Kangaroo Running Club from the St. Louis area, not only looked splendid in their red and white uniforms but also gave us some great running.

Steady Gary Carr, M35, was as dependable as ever; Lennie Harrison, M30, was 1:58 and an easy 4:12. Gordon Reiter, M35, was 2:02.

Butch Kincaid, M45, was fast coming in shape in the sprints, and it was good to see Dean Smith, M55, giving it a go. He'll be ready for Rome!

Ham Morningstar, M65, and Phil Partridge, M70, were sparkling in the weights. □



Top five W50-59 in the Asbury Park 10K, New Jersey, August 18. L to R: Shirley Pettijohn, 4th; Nancy Ammermuller, 2nd; winner Alma Kunes (44:20); Betty Ann Fireman, 3rd; Helen Dempsey, 5th.

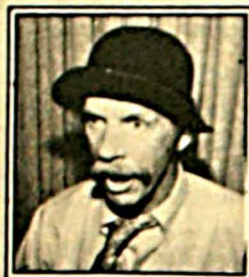
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On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

ON THE ROAD (APPLES) AGAIN

I suppose everything and anything worth saying concerning the Olympics has been said. Everyone feels obligated to express their feelings about who did what to whom in the Decker-Budd episode by passing off as "my opinion" what they heard someone else say on T.V.

The problem with all this second hand opinion is it doesn't really relate the happening to the person. The happening is easy; her fall, trip, whatever, in the face of her leg operations, busted marriage, boycott, etc., was a kind of tragedy (that's a tragedy?).

Developing a great deal of sympathy for the person is what complicates the issue. The person has simply been a sometime nasty little girl who was never a gracious winner and never very kind to her competitors. I remember so well the Millrose Games incident where, instead of stepping around a gal she was lapping, she pushed her about six rows up in the stands. The thing that's stuck in everybody's throat is "Yes, it truly was too bad, I feel sorry for her, but not too sorry." I suppose what really happened is that, for some unexplainable reason, for one split second, with plenty of time left to go, she didn't think — and it cost her dearly. That, anyway, is what I heard some guy say on T.V.

But here I am, knee deep in more talk about a talked out issue. My favorite line has to be the one that says "Peter Ueberroth certainly deserves to be baseball commissioner after the job he did on the Olympics." That one knocks me out.

All the talk about an Olympic star coming out of the closet, who cares? It would probably be good for amateur sports. Now that I think about it, though, what kind of a black guy wears a butch hair cut. I expect someone soon will tell me he gets off on Barry Manilow music.

What's done is done. As for me, I start my training tomorrow for the 1988 Olympics in Korea. Believe me, I'll be on the Good Old American team. All I had to do was watch the '84 Olympics on T.V. and use my head. I know what you're thinking, take out dual citizenship and represent some country in the marathon that doesn't have any marathon runners. You probably even think I'd hyphenate my name to make whatever statement that whole bit is about. Give me a little more credit than a cheap stunt like that. I'm ashamed of you, your role in the '88 Olympics literally jumped out

at you and you didn't even notice, did you?

Look, for years we've joked about running and how commercial it's become; the hype, the gear, the headsets. I remember people going so far as suggesting there be a service to rent a runner. Say your mileage was down for the week, rent someone to do a 20 for you. Better yet, rent someone to break three hours in a marathon for you.

Has it dawned on you yet, dummy? The equestrian events were made for borderliners like you and me. You heard what they said, the horses that win all cost over \$200,000 and some as high as \$300,000. Don't fret, for \$300,000 you get one hell of a horse. He or she (how exactly do you tell) can run like the wind, jump over barriers that must be about thirty feet high, land in a lake, swim underwater to the other side, apply mouth to mouth (this possibly could be avoided) and take off only to encounter the most inhuman (horse equivalent) set of obstacles anyone could possibly devise, all the while some little squirt — it's hard to tell if it's male or female — is hanging on for dear life while the horse jumps, flies, swims, bikes, luges, sails, shoots and dances over a 15 mile course. When it ends, the rider jumps off (smartly with purpose) and the press converge while a fat kid with thick glasses leads the horse away for its next performance which is probably working at a kid's birthday party later that day.

Back to the rider. I mean, he or she is plum tuckered out, spent, an awesome athletic undertaking. Near exhaustion they speak, "It was a tough run, yes, I was a bit nervous early in the ride but, near the middle jumps, I was full of confidence and then, at the 8 mile mark, when I made it over the Burning waterfall, I knew I had a good one going. I felt at that time, I could win."

I couldn't believe it — "I could win!?!?" They all looked like these prep school twits who spend their summers attending parties at their parents home. These people don't have parties in their houses, they put up tents in the back yard. They couldn't win a spitting con-



Dick Mann, M50, puts the shot, Cleveland Track Classic, June 30.

photo by Jeanetta Ho.

test because they don't know how to spit — know what I mean? They wouldn't know a tractor pull or a corn dog if it bit them in the ass. This poor horse has done everything but a soft shoe and, if he was lucky, I suppose they hit him with some oats, right? Give me a break.

Rather, this is exactly the break I've been waiting for so long. I just happen to have an extra 300 thou laying around so what the hell, I bought this horse. She's fine. She can do all the things I mentioned earlier; run, fly, swim, etc., but damn, she did cost some big bread and I'll be honest with you — she can't cook for shit. By 1988 I figure I'll be able to hang on for 15 miles with the best of them, what's the

big deal. Sure you could save a lot of money by buying a vaulting pole but tell me what do you think your chances are of being at 19 feet in four years? All I've got to do is learn to hang on to this little sweetheart. Damn — her breath isn't all that great either. Just the same, I'm there Pal, representing the good old U.S. of A.

Now look, so I exaggerated a bit, they did let a couple of the horses run around the track during the closing ceremonies in L.A. and yes, it was unfortunate that the big white horse couldn't hold it until he got out of the stadium. Things like that happen, after all — life is full of falling road apples. The trick is, not to get hit — not squarely, anyway. □

San Diego's Track Season

Continued from Page 1

closer than that in the M30 400 hurdles when both finished in 1:01.02 with Smith getting the win.

In the field events, Mardon Connelly vaulted 14-1 to win the M40 division. The largest number of entrants in one event — five — was in the M45 long jump, won by Jerry Stanners' 16-9½ to Ray Fitzhugh's 16-8½. Discus specialist Don Maurer, M50, won his event with 143-5. American javelin record holders Larry Stewart, M-45

and Ed Chynoweth, M60, both won, but well below their recently set new standards, with 214-9 and 141-5 respectively.

Top-ranked road racer, Shirley Matson, 43, took to the track this weekend and ran a blistering 5000 in 17:35, breaking Miki Gorman's age-43 record of 17:39. Matson followed with an exceptional 1500 in 4:51 and ended the day with a 67.1 for the 400.

Cristel Miller, W45, won three first-places in the throws, topped by a 86-3 javelin. Joe Horn directed.



8 months to go

COUNTDOWN TO ROME

The VI World Veterans Games will take place in Rome, Italy from June 22-30, 1985. The Games are the equivalent of the Olympics for older athletes, and are open to all men age-40-or-over and to all women age 35-or-over. There are no other qualifications for entrance, except to pay the entry fee and to be reasonably fit.

Between 4000 and 6000 competitors, including 400 to 800 Americans, are expected to attend. Participation will be, as always, on an individual basis. The World Association of Veteran Athletes (WAVA) discourages the nationalism often found in the Olympics. Relay teams will be formed by participants from the six regions (North America, South America, Asia, Europe, Africa and Oceania), rather than by nation.

Athletes may wear a uniform of their choice — either a national uniform, club uniform or whatever. The U.S. TAC Masters T&F Committee is designing and preparing national USA uniforms, which will be available at a nominal cost to any USA participant.

Several travel agencies are trying to put together a package for American Masters. Among them are Abbott Tours (Danny Thiel) in New Orleans (800/535-8550), Sports Travel International (Helen Pain) in San Diego (619/225-9555), Simone Travel (Diana Schneider) in New York (212/840-4343), Alouette Travel (Ken Richardson) in Vancouver (604/467-5535), and the L.A. Valley AC (Bill Adler) in Los Angeles (213/557-2422).

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

The XVIII World Veterans (IGAL) Distance Running Championships (10K/25K) will be held in Blackpool, England on June 8-9. The prestigious Brugge Veterans 25K will take place in



Brugge, Belgium on June 16. Athletes can run in England and Belgium and leisurely sightsee their way to Rome if time permits. Some travel packages will include Blackpool and Brugge as an option.

Both Tokyo, Japan and Johannesburg, South Africa are expected to bid for the 1987 World Games. Auckland, New Zealand will bid for the 1989 Games.

At the 1984 European Veterans Athletics Championships (see separate story), over 3000 participated. The only World Games to exceed that figure was the 3126 at the III Games in Hannover, West Germany in 1979. So director Cesare Beccalli's prediction of 6000 in Rome is not unthinkable.

Last month, NMN printed the provisional schedule for the Games. We'll print it again next month with entry info and details. Each athlete will be limited to a maximum of five events.

During the Games, discussion will be held on whether WAVA should merge into the IAAF (International Amateur Athletic Federation, the international governing body for Athletics).

MASTERS ECONOMY GROUP CHARTER TO ROME, ITALY FOR THE

6TH WORLD VETERANS GAMES June 22 to 30, 1985

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Top four M60-and-up in the Asbury Park, N.J. 10K August 18. L to R. John McManus, 4th, George Sheehan, 2nd, winner Jack Start (37:36), Harry Berner, 3rd.



SPEAKER'S CORNER

by MARILYN OSGOOD-KNIGHT

DIARY OF A CHAMPIONSHIP

Editor's Note: Marilyn Osgood-Knight, a first-time competitor in a TAC National Track and Field Championship, overcame a bout with multiple sclerosis and cancer. This is her story.

Day One—Aug. 17

It's here. My first TAC National Championship, here at home in the "running capital of America," Eugene, Oregon. I wake up at 5 a.m., so nervous I can't keep from turning on the lamp by my bed and thumbing through the August issue of NMN again.

Today I'm going to meet Parry O'Brien and Marilyn White and Ray Hatton and Irene Obera. I'm going to compete in the 5K racewalk and I don't even know if I can go the distance without being disqualified. I keep seeing a red flag and hearing the official call out, "You there, Number 4317, please step off the track!"

Yesterday I gave out competitors' packets all day for my club, Oregon Track Club Masters. I met Mike Castaneda, the type of big, burly shot putter with gentle heart I've come to expect in the event. And a beautiful Italian racewalker from California, who kissed my hand and hid his grief at losing his wife only a few weeks ago.

And who could ever forget A.J. Puglizevich's patch-covered running suit and decathlon world age-73 record? Most of these arriving athletes are still faces new to me, but I intend to interview as many of them as I have time for between my own five events. I'm particularly happy to meet Bev LaVeck of Washington.

Sheila Mullen, a champion racewalker from San Francisco, gives me some last-minute tips as we toe the line for the 5000RW. "Whatever you do, keep your advancing leg straight and don't lose contact," she coaches me. Dr. Paul Spangler and Marilla Salisbury ("Sunbonnet Sue") smile encouragingly to me. It's the last time I'll see their faces as the thundering herd of us start off. I walk so cautiously it takes me 45:08.4 to finish, but I don't get any warnings and I receive a silver medal. Shiela wins the gold in our age-group (W40-44). I'm so excited I run on wobbly legs over to the orange-and-blue awards tent to thank all the volunteers. Carl Lewis can't be any more proud!

During the Opening Ceremonies Neale Hyatt leads us in the National An-



Marilyn Osgood-Knight wins gold medal in the women's age 40-44 shot put with a throw of 21-2¼ at the National Masters T&F Championships in Eugene, Oregon August 18.

them. I sing with tears streaming down dusty cheeks, wearing my medal, thinking of all the years of struggle to come out a winner. I note in my diary, "Today marks the first day of the rest of my life as a serious athlete in masters track and field."

Four hours later I compete with some very good long-jumpers—Shirley Kinsey, Alice Leicht, Magdalena Kuehne and others. This time I'm lucky enough to win the gold medal and my first TAC Masters National Champion patch. I am so excited about the patch that I start grabbing and hugging everyone I see.

During practice workouts this last few months, I had only dared dream of a ribbon, never a medal. Today my dear friend, Assistant Meet Director Arlene Noviello, smiles at me. Injured so she can't compete in the 400m, Arlene is still cheering on her teammates. I don't want her to know it yet, but my gold medal is going to be my gift to her for all the emotional support she's given me through my recent illnesses.

The only unhappiness I've felt so far today is not getting to compete for a medal in the hammer throw. Three of

us took exhibition throws — Christel Miller, Sondra Schumacher and I — but we are petitioning TAC to change the rules so women can officially compete next year in the hammer. For 1984 we put away our implements and wait. Next year in Indianapolis we hope to be part of the first women's hammer-throwing team in the US.

When I left Hayward Field tonight I took home the memory of Larry Stuart's great javelin throw (M45-49, 206-5). And I saw the joy on Vivian Nelson's face as she set a world record (W70-74) of 3-4 in the high jump. Vivian only missed making our 1936 Olympic team by 1½ inches. We gave her a standing ovation today, 48 years later. You deserved it, Vivian. You, too, Mary Bowermaster (WR, W65-69, 3-8).

Day Two—Aug. 18

Pretending to be carbo-loading, I stuff my face with goodies from the elaborate buffet offered the athletes this morning. I'm stiff and sore but I notice few people either limping or complaining, so I keep quiet. At my table are two men, father and son, from Philadelphia, as well as my friend from the Portland Track Club, Connie Wilson. She's got a fistful of AR's in the shot and discus. Connie high-jumped yesterday, heavily taped from a muscle pull. The first time she tried this event, she cleared 3-10.

Meeting beautiful Lori Maynard is quite a thrill. She's so enthusiastic and open at sharing her skills in the sport of racewalking with me. I can see why a national sports magazine just named her one of America's great "ultra athletes."

I flash back to the sweet-natured New Zealand athlete who turned in a misplaced refund check yesterday for \$183. "Was tempted to take the lot of us to a party," he joked with our secretary, Barbara Daugherty.

Yesterday's medical clinic will come in handy. I'm already doing mental rehearsal and creative visualization, thanks to a presentation by Dr. Kay Porter and Judy Foster. As I wait for my turn to speak at the TAC general meeting, I see myself winning a gold medal in Rome's World Games. Polly Clarke receives special applause for her award as track and field female athlete of the year. Seeing and hearing the achievements of these wonderful senior athletes, I'm no longer fearful of aging. Maybe I'll become a world-record-holder by my 70's.

Hurrying back to Hayward Field, I weigh-in my discus and javelin. My competition in the javelin turns out to be Fran Conley, an American record-holder. We shake hands before the opening round. Shirley Kinsey and Christel Miller urge me on, helping me adjust my stride and throwing technique. What magnificent competitors these woman are.

Discus competition perks me up. Standing in the same ring the great Jay Silvester and Parry O'Brien will use gives me the extra courage to win my

second gold medal. I shake hands with Silvester, remembering the tremendous ovation fans at the 1980 Olympic Trials gave him here four years ago, along with Al Oerter.

This is a day for greeting old friends like decathlete Bud "Llama King" Deacon, he of the wild sombrero and freckles. And here's world champion sprinter Harry Koppel, who gives me a bear-sized hug and tells me I'm walking so much better than last year, wife Juliet nodding agreement.

I spy Dr. John Forsyth, a Medford, OR, decathlete at the pole vault pit and kid him about being the only cardiologist around. And Cherrie Sherard, '64 Olympian, remembers me from two summers back when she saw me miss the first lap of the 3000m as I ran across the infield, screaming "Wait for me!" just in time to qualify.

Herb Anderson, who modestly mentions he holds "about 90 world records," asks me to help pull his sweats over his racing flats. "The spikes keep sticking," he says. I marvel at the terrific shape these masters athletes are in. Herb beats my effort in the javelin (600 grams) by a good thirty feet. And he's 82.

Arling Pitcher and Jack Greenwood will take bad spills during races today and tomorrow. I couldn't get close enough to talk with Jack after his tumble today. But this athlete-of-the-year will be back for another competition. I did get to see Pitcher high-jump 3-9 without losing his black beret. Classy!

The heats in the 1,500 sizzled. Incredible finishes in M55-59 as Bill Fitzgerald of California just nips Eugene's Dr. Bill McChesney after an all-out sprint duel the last 400m, in 4:35.7. New Zealand's Bill Baillie runs a dazzling 4:12.5 (M50-54). I jokingly tell him later that I mistook him for John Walker. "Oh, John and I are good friends," he says, without missing a beat of his warm-down jog.

Eugene's Ross Carter, my mentor/coach in shot put and discus, heaves the 8-lb. ball 43-0¼ for new world and American records for M70-74. "Nicest thing about reaching 70 this year for me is the chance to get into a new age-group," Carter says. This former pro football player (Chicago Cardinals) has been my inspiration since 1982. He's always there when I need him.

Today I think I officially became a track and field "groupie." I wonder if TAC gives out medals for sports announcing? One should go to the outstanding work of NMN's Al Sheahen. What a thrill to hear world-class work. My own radio-TV background makes me think, "Move over, Al Michaels and Jim McKay, here comes Sheahen and Pete Mundle (without his record-keeping, we'd never get credit for our PR's).

Meet Director Dale Grace and Field Manager Al Tarpennig looked a bit worn around the seams tonight. Tarpennig, my former junior college

Continued on Page 11



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

If you were not able to attend the National Masters Track and Field meet in Eugene, Oregon, you missed a great weekend. The meet was well run, the competition was outstanding, and, except for a headwind on the back stretch, the weather was ideal.

The Oregon Track Club performed admirably in providing volunteers and officials, and in coordinating the meet. Congratulations to them for a job well done.

One of the highlights of the weekend was a well-attended Saturday morning brunch, held at the Valley River Inn. The scheduling was ideal, as the competition did not begin until 2:00 p.m. Saturday afternoon. I don't recall any gathering which brought together as many of the athletes, their friends and family, at the same time. As a result of that brunch, the general membership meeting, which was held immediately after, was well attended.

Several important matters were reviewed at the meeting. Dan Thiel, of New Orleans, reviewed his efforts to schedule flights to Rome. Sports Travel International, Inc. announced its travel package. Entry forms for Rome are not yet available, but the entry deadline will be March 31st, 1985. Everyone should make plans well in advance to secure transportation and

lodging. Pay close attention to the information which will be published in the National Masters News to be kept current as to all developments.

Laurel James of Seattle, Washington, will be coordinating uniforms for Rome. The executive committee would like to see everyone of the participants from the United States in a common uniform. Rome officials are putting some restrictions on uniforms, in that athletes will not be allowed to wear any sponsored training suit or vest, only the name of the competitor's club or national organization will be allowed.

Topics which continue to be of common concern include hurdle heights, implement weights, status of the 30 to 39 year old competitors, and participation of women in Masters events. Specifically, a problem arose concerning participation of women in events for which no records are kept. Meet directors will need to direct these issues well in advance of meets so that questions will not need to be resolved during the actual competition.

With the world meet in Rome coming in June of 1985, the year is going to pass very quickly. I hope that all of you will be able to achieve a high level of performance and will be able to attend the world meet. □



Final of M65 200 at the British Veterans T&F Championships, Edinburgh, Scotland July 28. Ernest Plimer, No. 143, 28.12; Colin Fairey, No. 330, 28.89; Bernard Metcalfe, No. 281, 30.44, (3rd); Fred Sherwood, 186, 30.45, (4th). Sid McSweeney, No. 85, was 1st M70 in 32.57. photo by W. Morgan

DIARY

Continued from page 10
coach, is just back from officiating at the LA Olympic Games. He still demonstrates that "little kid" enthusiasm for track and field that I love to see. How reassuring to see events run so professionally.

Day Three—Aug. 19

I love Marilyn White! This morning I stumble sleepily into the weigh-in room at 7:30 and find Marilyn ('64 Silver Medalist, Tokyo Games) and Maxine Waters. We improvise a little Diana Ross-style humming, dubbing ourselves "The Three M's." Marilyn's one of those world-class athletes who just loves people. She PR's by two feet in the shot put (W35-39) to win the gold.

And for sheer happiness nobody gets higher honors in my diary than little Warren Ling, who short-strides along in the 5000m and wins the gold medal (M75-79). Warren does a victory dance, arms flung up in cheerful response to the crowd, EVERY lap. From Taiwan, he has brought a taste of international sportsmanship to Eugene this Sunday. How wonderful if we all could experience such simple joy from our events, winning or losing.

Sunbonnet Sue — Marilla Salisbury — poses for a picture with me. This dear athlete from San Diego has

"adopted" me and I'm the luckier for it. She gives me a copy of Masters Age Records, autographed, and cheers me on in events we compete in together. Truly world-class in W75-79—or any age!

Gil Osgood, my patient husband/coach, takes one final picture of me—dripping medals from my five wins—at the finish line. I scan the stands for one last look at my friends. There's Hal Chapson from Hawaii, Ruth Anderson, Lew Thorne, Jeanne Carter, George Cohen, Leon Joslin, Dr. Ken Carnine, Giulio DePetra, Al Guidet, Gretchen Snyder, Almata Parrish, Lyn LaGrander, Herb Miller, Tom Brinton, Harriet and John Wilson, Marcia McChesney, Sister Madonna Buder, Sandra Stepp, Joan Stratton, Charlie Fleishman, Dorothy Anderson, Ed Kousky, Paddy Reddaway, Ardie Arnis, Shirley Dieterich, Jim Weed, Al Mauro, Jim Gillette...

So many athletes, so many stories of victory over obstacles which might devastate another person. I'm too sentimental to say good-bye. I brush away happy tears and head toward home, thankful to have finally beaten the one competitor I've dreaded since 1981—multiple sclerosis — and to share that special victory with my masters friends.


Arrivederci! See you in Rome in 1985! □

What You Need to Know



TRACK & FIELD BOOKS

BRITISH AMATEUR ATHLETIC BOARD OFFICIAL PUBLICATIONS
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PROFILE

Shirley Matson — Climbs To The Top

The serious runner's path is usually one of peaks and valleys. And often the deepest valleys precede the highest peaks.

That seems to have been the case for Shirley Matson. The deep valley came in May during the first Olympic marathon trial for women. Just four months before, at the Mission Bay Marathon in San Diego, Matson became the sixth Masters woman in the U.S. to qualify for the event when she recorded a 2:50:03. It had been her highest peak yet, and she remained on it for two months, running 36:38 for 10-K two weeks later, followed by a 37:03 second place overall in the L'eggs 10-K in San Diego, and then on March 3 a 56:13 PR and age-43 American record for 15-K.

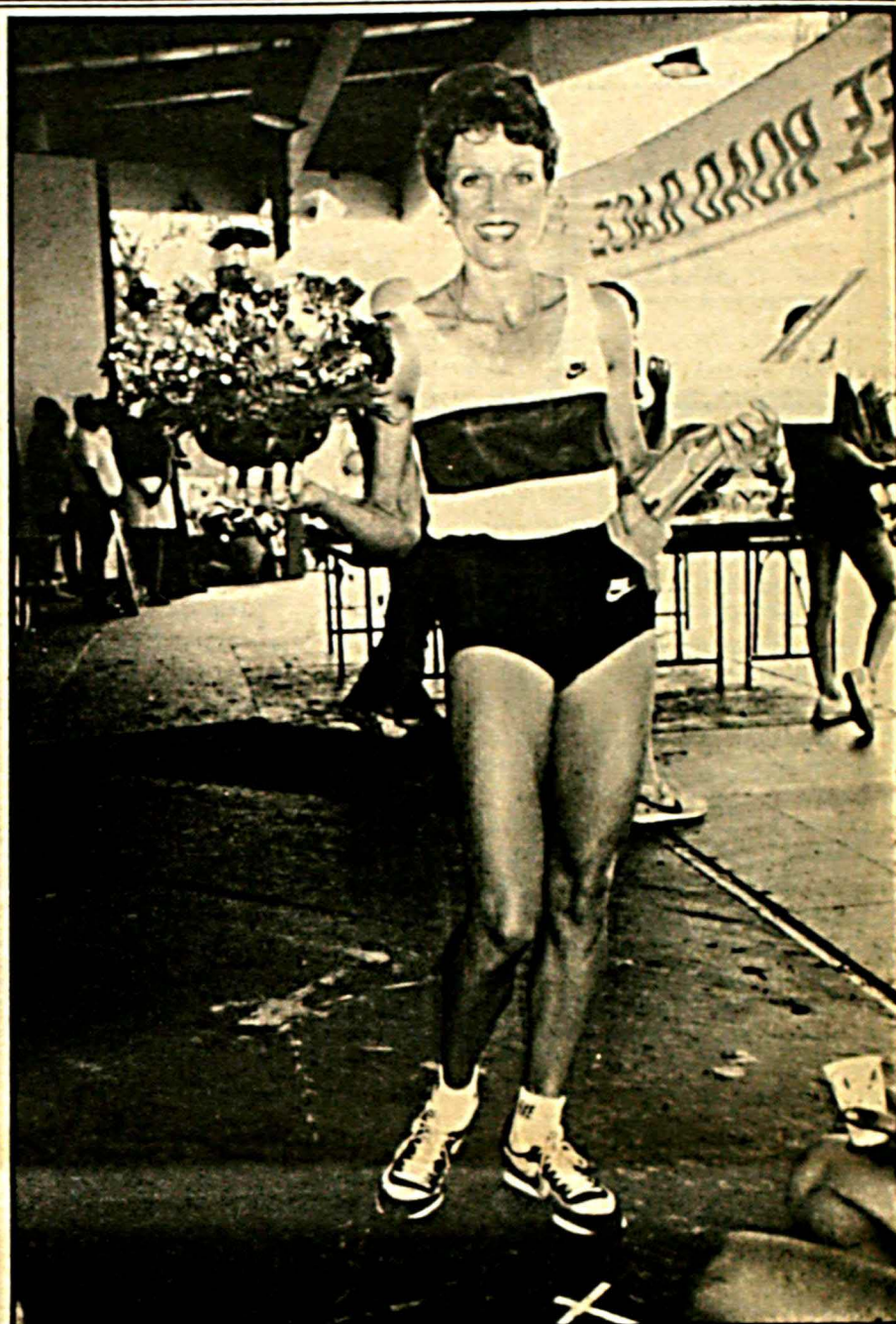
It seemed that Shirley was on her way to even greater success at Olympia. But then the deep valley. While not many women could catch her, the flu bug did. It limited her training and racing before the Olympic Trial. However, she decided to go anyway and participate in the history making event. She ran ten miles with several other "injured" runners before dropping out.

The fall into this deep valley was softened by the excitement of the occasion, but it was a disappointment nonetheless.

After a two week vacation in

Canada, Shirley bounced back. And what a bounce it was. . . to a still higher peak than she had known. She journeyed to Huntsville and defeated the Masters favorite, Elaine Kirchen, in the Cotton Row 10-K on May 28. A month later, she outran defending Masters champion Bette Poppers in Portland's Cascade Run-Off 15-K.

Ten days after Cascade, Matson ran the most thrilling race of her three-year career. At the Peachtree 10-K race in Atlanta, she overtook the queen of women's Masters competition, Cindy Dalrymple, in the final meters and hung on to cross the finish line in 35:59 to score a six-second victory. It was



Shirley Matson, 43, accepting the roses and the trophy for her 35:59 Masters Women's Victory in the Peachtree 10K July 4 in Atlanta. Matson handed Cindy Dalrymple her first Masters loss in 75 races.

"Run the Masters International Cross Country Championship Race with me in the Holy Land along the Mediterranean"

Billy Mills



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Dalrymple's first loss as a Masters runner, after 75 straight wins.

In winning Cotton Row, Cascade, and Peachtree Women's Masters titles, Matson thus won what has been called the "Triple Crown" of road racing.

Born in Oakland, Matson grew up in the Bay Area and graduated from U.C. Berkeley. She moved to Solano Beach near San Diego in 1977 to work as an aerobics instructor and nutritionist. Although she had run off and on for six or seven years, she didn't really get serious about it until some six months after turning 40.

"I became motivated to lose weight and get back in shape, but finding I could be competitive in Masters is what really inspired me to see how well I could run," she explains. "On May 2, 1984, I met Dan McCaskill at a race where we both won our age divisions. He encouraged me to keep running and thought I had the potential to be one of the top Masters in San Diego. His guidance and coaching have kept me running at my best."

Shirley logs 1-1 1/2 hours of running each day and swims about 45 minutes. In addition, she puts in 20 minutes of

calisthenics and an hour of walking every day. She says that a good training week will consist of approximately 75 miles of quality running, including three 13 milers. Much of it is fartlek and she averages about 6:40 per mile per pace.

"Fortunately, I can schedule my own work according to my desires," she says. "With no children, there is no family conflict. Dan and I run together almost every day and share our commitment to running."

Says McCaskill: "Shirley has exceptional physical talent, which is complemented by her extreme mental toughness. She is a high achiever in all her endeavors and naturally approaches running with the same intensity. Like most highly motivated athletes, though, she has a tendency to push herself too far and I have to restrain her at times. She is a coach's dream and a fierce competitor."

Following her Peachtree victory over Dalrymple, Matson returned to the San Diego area and placed fourth overall in the Bonne Bell 10-K with an excellent 36:17. And on August 11, in the

Continued on Next Page

MASTERS MEDICAL LOG

Few Disabling Injuries From Distance Running

The results of a six-year study of injuries, sustained by over 3,000 long distance runners — with an average age of 35 — shows "distance running is associated with a low incidence of disabling injuries."

"Although running places a heavy load on the musculoskeletal system, particularly the back and lower extremities," the report concluded "very few of the injuries sustained will preclude the runner's return to his or her desired mileage and training program."

The report: **A Clinical Study of Running Injuries**, was prepared by podiatrist John W. Pagliano, D.P.M. and orthopedic surgeon Douglas W. Jackson. It was delivered at the 1984 Annual Meeting of the American College of Sports Medicine.

The two physicians, both on the staff of Memorial Medical Center of Long Beach, California, examined the 3000 individuals who came to them because of injuries sustained while running.

They said the most startling statistic was in distance run per week. Noting that in the past it was believed that the frequency of injury was related to heavy mileage, they reported that "the low mileage runner (less than 20 miles per week) is the one most frequently injured."

The runners included 1873 males and 811 females who ranged in age from 10 to 72 years. The mean weight for both groups was 152 pounds with the male mean weight at 165 pounds and the female, 123.

Dr. Pagliano reported that the most common foot injury sustained by this group was plantar fasciitis or heel spur

syndrome, accounting for 14% of the total. Forefoot strain, midfoot strain and stress fractures accounted for a high percentage of the total.

Dr. Jackson said the knee accounted for 671 of the injuries reported (26%). The most common knee injury was chondromalacia patellae which occurred in over 7% of those seen. Other common knee injuries included ilio tibial band syndrome, ligament strain and retinaculum damage.

Other common injuries included shin splint syndrome, hamstring strain, painful flat foot and achilles tendonitis.

"Rest is usually the best and most effective treatment for runner's injuries. With proper equipment and training programs, most athletes will be able to enjoy the sport for a lifetime," the physicians said. □

Pan-American Games

Continued from Page 1

zalez of Puerto Rico in the M70 200 (29.08), 80mH (15.58), and long jump (4.28); by Luis Torres of Puerto Rico in the M55 1500 (4/37.25), edging New York's Herb Kania, 4:37:36; by Ed Lukens in the M60 100mH (17.98) and triple jump (10.53); by Holland in the W55 long jump (3.36); and by Antonio Gotay in the M70 triple jump (9.18), and high jump (1.34).

Throwers who set Canadian Open records were Juanita Gonzales, W70, shot, 4.60, and discus, 11.94; Dorothy Davenport, W60, discus, 13.80; Holland, discus, 27.38; William Walmroth, M60, discus, 47.34; Joan Dash, W50, javelin, 24.20; Nydia Lopez, W45, javelin, 28.42; Irma Riley, W40, javelin, 23.42; Yvonne Mitchell, W35, javelin, 28.50; Gonzalez, javelin, 32.66. Everett Hosack, M80, 25# weight, 5.38; Nolan Fowler, M70, 25# weight, 12.90; and William Walmroth, M60, 25# weight, 15.60.

Canadian Masters runners with new records are Doreen Carmichael, M50, 200, 32.16; Mark Brennan, M80, 200, 40.31; Diane Palmason, W45, 800, 2:27.96; Ivy Granstrom, W70, 1500, 8:04.21; Ruth Carrier, W50, 1500, 17:16.35; Judith Kazdan, W60, 10000,

5:41.52, in a loss to Mila Kania (5:22:65); Linda Findley, W35, 5000, 47:22.48; and Benjamin Johns, M45, 10000, 32:58.28.

Canadian hurdlers who get new times were M. Brennan, M80, 80mH (30"), 30.06; Ian Hume, M65, 100mH (33"), 21.17; and Liz McBlain, W35, 100mH (33"), 16.29.

Among the flat jumpers, Karl Trei, M75, set a Canadian record in the long jump with 3.34, as did Jim Mathers, M55, in the triple jump, 9.81.

Velta Tomsons, W55, picked up a Canadian mark in the discus, 22.82, and L. McBlain, W35, got another in the javelin, 27.22.

Any city that would like to host the 1988 Pan-American Meet is urged to contact Robert Fine, New York Masters Sport Club, 77 Prospect Place, Brooklyn, NY 11217. □

Inglis & Hayward

Continued from Page 1

W50 award.

England's Nick Rose was the overall winner of the race in 46:59.

The race has become one of the most popular 10-mile events in the nation. The oldest runner was Eddie Demock, 73. Over \$700,000 was raised for the Special Olympics. The weather was a mild 73 degrees.

Bobby Crim, for whom the race is named, is not a faceless legend, but a real, live person who ran 1:28:55 in the 50-59 division to finish in 3,222nd place. □

643 SHOW UP FOR NATIONALS

Last month's front-page headline said: "853 Compete in Nationals." It would have been more accurate to say "Nationals Draw 853."

The difference is that, while 853 athletes, age 30 and over, DID, in fact, enter the 17th Annual TAC National Masters Track and Field Championships August 17-19 in Eugene, Oregon, an astounding 210 didn't show up, according to post-meet data compiled by Dorothy Anderson of the Oregon Masters Track Club.

That means there were actually 643 participants, even though the meet organizers received entry fees from 853 people.

According to Anderson's figures, there were 21 athletes from eight foreign countries. Forty-one states were represented. The four leading states, in number of participants, were: California 208, Oregon 138, Washington 71 and Texas 36. A complete state-by-state breakdown is listed on this page.

Thanks to the diligence of computer-wizard Frank Anderson, the complete results of the meet are published in this issue. To meet last month's deadline, NMN published the first three finishers as reported in the Eugene Register-Guard. There were a few errors which have been corrected in this month's official results.

Among them:
• We said Herb Anderson won three events. The correct number of Anderson golds is five, including the 400 and the

relay. Thus, our comment that Arling Pitcher, "who won four golds and the unofficial title of best 80-year-old" was premature and inaccurate. Pitcher, who also won a relay gold, and Anderson both wound up with five TAC gold medals. Anderson also won seven silver medals and one bronze (for a total 42 points on a 5-3-1 scale). Pitcher won a silver and four bronze (for a total of 32 points on that same unofficial point scale).

• Fred Booker was erroneously listed as Fred Brooks as the winner of the M35 200.

• We wrongly listed the time of the winning 50-59 4 X 100 relay team as 55.20. It should have read 49.20. We listed the name of one runner as Art Freeman, when it was really Art Afremow.

• In the M65 100, Al Guidet was 2nd in 13.39 and Clarence Killion 3rd in 13.44. We had it the other way around.

• In the M65 100H, Guidet's time should have read 17.73, not 17.23. Still, it will likely be a world M65 best when these new 100H records are compiled by WAVA.

It should be noted that several of the short hurdle marks may prove to be world or American bests when the WAVA and TAC Record Committees add the new distances (100m for M60, and 80m for M70+ and W40+) to the official lists. Among them: Shirley Kinsey, W55, 16.55; Cherrie Sherrard, W40, 12.93; Christel Miller, W45, 15.10; Alice Leicht, W50, 17.08; Burl Gist, M60, 17.27; and the above-mentioned Guidet, M65, 17.73. Current records are kept at the pre-1984 distance of 110 meters for men. Women's hurdle marks have never been officially tabulated. □

1984 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS EUGENE, OREGON AUGUST 17-19, 1984

State-by-state number of competitors

Canada -- 9	Montana -- 4
New Zealand -- 4	Nevada -- 4
Guyana -- 2	New Mexico -- 4
Mexico -- 2	Alaska -- 3
Australia -- 1	Florida -- 3
Japan -- 1	Indiana -- 3
Taiwan -- 1	Minnesota -- 3
South Africa -- 1	Pennsylvania -- 3
California -- 208	Virginia -- 3
Oregon -- 138	Wisconsin -- 3
Washington -- 71	Alabama -- 2
Texas -- 36	Connecticut -- 2
Missouri -- 18	Delaware -- 2
Colorado -- 10	Idaho -- 2
Georgia -- 10	S. Carolina -- 2
New Jersey -- 10	Tennessee -- 2
Hawaii -- 8	Utah -- 2
New York -- 8	Wyoming -- 2
Massachusetts -- 7	Oklahoma -- 1
Michigan -- 7	Maine -- 1
Illinois -- 7	Maryland -- 1
Arizona -- 6	Nebraska -- 1
Ohio -- 6	New Hampshire -- 1
Louisiana -- 6	N. Carolina -- 1
Kansas -- 4	Total -- 643



Oregon's Lew Thorne, one of the organizers of the National Masters T&F Championships in Eugene, takes time out from his official duties to garner a silver medal in the 45-49 400-meter hurdles in 65.12. photo by Gretchen Snyder.

MASTERS SCENE

NATIONAL

•Bob Fine, WAVA's North American Representative, urges any city or club interested in hosting the 1988 Pan-American Masters T&F Championships and/or the 1988 North American T&F Championships to contact him: 77 Prospect Place, Brooklyn, NY 11217. The Pan-Am Championships, which are held every two years, were hosted in Ottawa, Canada, this year, and will be held in South America in 1986. The North American Championships are held every year.

•World Veterans and National Masters pole vault champion Bob Richards, 58, had a good excuse for missing the 1984 TAC National Masters T&F Championships in Eugene, Oregon August 17-19. He was being nominated for President in Nashville that weekend. The gold medal winner in the 1952 and 1956 Olympics (and a bronze in 1948) is the 1984 candidate of the newly revived Populist Party. The "Reverend Bob Richards" became a household work with his photo on Wheaties boxes for years. He's made a good living as a Texas rancher and as a motivational speaker throughout the nation. Richards estimates he's made 12,000 speeches, mostly on "how to be a winner." As for politics, Richards says: "The Democrats and Republicans have both sold out to big business; the bankers are bankrupting America. I want to get the interest down, to cut the budget in half. 100 families own 75% of America's wealth: Rockefeller, J.P. Morgan, Harriman, Rothschild, the Vanderbilts, the Astors, etc." Richards would eliminate income tax for wage earners; any interest above 10% would be taxed at 50%; any interest above 15% would be taxed at 100%.

•Over the years, there have been many recipients of the Outstanding Masters LDR Athlete award. Some received their award; others did not. We want to send a plaque to the following, but don't have their addresses: Fritz Mueller, Ed Almeida, Al Lawrence, Bill Brobston, Mavis Lindgren, Paul Fairbank, Trudy Rapp, Leona Lugers, Ken Winn, Max Popper, Rudy Fahl and Sandra Kiddy. If you know their whereabouts, please write: J.J. Perry, Secretary, Masters LDR, 3125 Eton Road, Raleigh NC 27608.

NEW ENGLAND

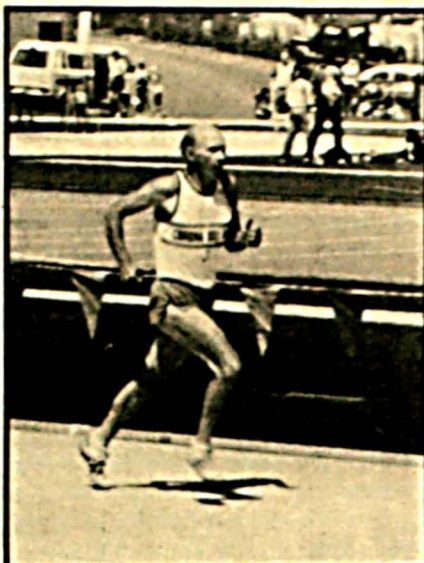
•Ralph Walde, 41, Hartford, CT, cracked the Butternut 15K, Great Barrington, MA, July 22, for a 13th overall and Masters win (397 finishers) in 52:59. Marilyn Martin, 43, Cheshire, MA, was third woman (1:00:35). Richard Bauman, 52, Sterling, OH, finished near the top (52:28). Murry Spruce, 40, Pittsfield, MA, placed third in the 2-mile fun run (9:49.1).

•Low hills and high humidity slowed runners on the second 5K in the Rhode Island State Police Lodge 25 10K, E. Greenwich, August 11, but Ken Farrelly, 46, hung on to win the 40-49 first spot in 37:47. Herb Silander, 59, of Ridgefield, CT, who was vacationing in eastern CT, slipped over the stateline into Rhode Island to capture the 50-59 trophy in 42:10 from 19 younger opponents in that division. Carl Hammen, 60, won the 60+ in 44:03. Emily Burke ran 55:59 to take the W50+ award.

•Gary Cochrane was 1st M40 at the Run To The Coast 10 Mile, Brunswick, ME, August 19, in 57:18. Arnie Green won the M50-59 in 58:52.

EAST

•Claude Hills, 72, piled up 1994 points with the 60-69 standards (30"H, 8# shot, 1k discus, 600g javelin) in the Reading TC Decathlon at Reading, PA, August 4-5, for a new world age



Clarence Killion, 66, winning the 400 in 70.2 at Nor Cal Seniors Meet in Berkeley, Calif. photo by Mike Tymn.

record. The previous total of 1432 belonged to the late Red Doms of Southern California and was set in 1979. Fred Keiser, 84, using the same standards, established a new world age record with 221 points.

•Barry Brown, who has been running competitively and setting records for more than 25 years, returned to the scene of his high school triumphs, Colonie Central H.S., near Albany, NY, four days after turning 40, to run the two mile in an all-comers meet and take a shot at the Masters world record of 9:07.4 held by Briton Frank Norris. Brown did not disappoint his fans in upstate New York, who have been eagerly waiting for him to turn 40 and start his assault on Masters records. He covered the first half mile in 2:13 and passed the mile in 4:28, five seconds ahead of the record pace. Running alone in the second mile, Brown slowed to a 71 second record pace for the sixth and seventh laps, but then rallied for a 68-second final quarter to finish in 9:06.5. En route he passed the 3000m mark in 8:30.5, shattering the American Masters mark of 8:50.0 but missing the world mark of 8:17.4.

•Throwathon Developmental meets for males and females of all ages will be held at Yorktown High School in Arlington, Virginia every Sunday at 10:00 a.m., concluding with a championship meet on October 28. Call Potomac Valley Seniors Track Club for information: (202) 857-6135, (703) 527-0465 or (703) 525-2579.

SOUTHEAST

•Bonnie Johnson and Robyn Graves report the 12th Annual Florida Distance Runners Camp was "the best of all worlds — a true runner's dream." The three-week session offered training for beginners and advanced runners, sports medicine specialists, nutrition experts, racing strategy, show selection, weight training and more. Two daily runs were held in the Pisgah National Forest. Individual instruction was available. Chuck Cornett, adult running specialist, advised cutting mileage in half every fifth week to avoid injury. Paul Sergerstein advised year-round weight training.

MIDWEST

•Kathy Loper, 42, Davenport, IL, did 6:05s for a 7th overall 18:51 in the Fargo Fest Women's 5K, Moline IL, August 12.

•Don Coffman, 41, Frankfort, KY, running in sweltering humidity for two miles and a steady

rain for the last mile, added another Masters victory to his collection, in the Wilderness Road 5K, London, KY, August 18, with a time of 15:53, which placed 3rd overall. Coffman won the '83 Masters title and has never finished worse than 5th in four appearances in the five-year-old race. Mary Higgins, W40, won the female Masters race in 23:36.

•Chris Tatreau was named director of operations for America's Marathon in Chicago October 21. Over 10,000 runners, 1500 volunteers, and the financial support of Beatrice Food Products should make it one of the years' top LDR events.

MID AMERICA

•Mid-America Masters is planning to sponsor a race director workshop in February '85 to train prospective race directors in the art of putting on a successful road race, track meet, or triathlon. Included will be such topics as sponsorship, prize money, invited runners, finish line techniques, computerization, results and more. Resource people will include many of the Kansas City area race directors. Registration material will be mailed when available, probably in late October. A nominal fee will be assessed to offset expenses. Mid-America Masters, P.O. Box 14668, Lenexa, Kansas 66215.

•Bob Bartling, 57, Brookings, SD, led all Masters with 2:06:27 in the Sue Thomas 30K, Brookings, August 25, and was second M40+ in 1:19:31 to Gene Asp, 43, Lambert, MN, who had a 1:16:54, in the Garry Bentley 20K, September 3, also in Brookings.

•Dan Conway, 43, of Chetek, Wisconsin ran a fast 1:22:48 in the RRCA 25K Championships in Minneapolis September 9, only 66 seconds off Bill Stewart's pending American M40 best.

SOUTH WEST

•Steve Blanchard, 52, Tulsa, OK, was sooner than any other M40+ with 39:17 in the Western Hills 10K, June 23, Tulsa, OK.

•Tom Kempf celebrated his recent 60th birthday by cracking the 60-and-over race mark by 26 seconds in a fast 39:18 in the 6th Annual YMCA Labor Day Run in Bartlesville, Oklahoma September 3. Robert Stuemky (34:44) and Joy Austin (43:41) were the first M/W masters. Walter Birney legged a speedy 36:10 for M50 honors. Some 530 runners completed the 10K, while about 200 others opted for a two-mile fun run won by 53-year-old Jim Hershberger of Wichita in 11:13.

WEST

•1952 Olympian Dean Smith of Woodland Hills, Calif. turned 50 this year and was looking

for some fresh M50 records, but was sidelined. He underwent arch-heel surgery and hopes to give it a go next year.

•Helen Dick celebrated her 60th birthday August 4 with a new American W60-64 10K mark of 43:12 in the California Road Runners Club 10K in Los Angeles. It took two minutes off Pat Dixon's 45:10 of August '82. Dick, profiled on page 16 of July's NMN, will go after several LDR and T&F marks in the next year. Gina Faust, 47, was the first woman masters (40-53), and Phil Ryan, 40, finished 13th overall (650 finishers) in 32:53.

•On January 26, 1985, the City of Paramount, California will again feature the "Special World Masters Division" of the Paramount 10K Run. Men and women's five-year age groups through age 84 will be included. Masters will be preregistered and seeded on the front line on race day. There may even be a masters-only race if numbers warrant. There is no race fee. Merchandise will be awarded to the top 10 in each division. "Masters runners deserve recognition, and in Paramount they'll get it," says race director Oscar Rosales.

•With no previous track experience in high school, college or masters, Eureka, California's Bill Van Fleet, 69, a distance runner for seven years, ran in three T&F meets this year. He won four firsts, one second and a third in the Pacific, Berkeley and National (Eugene) meets. His best times were 5:55 (1500), 21:54 (5000) and 47:21 (10K). Not a bad debut.

•Dave Arntson, 46, blazed in the Sun Datsun Sun Run 5K, L.A., Aug. 18, to a 6th overall 17:46 (151 finishers). Bob Landry, 55, burned to a 40:42 5th overall in the 10K (63 finishers).

•Antonio Villanueva, 44, Mexico, and Joan Reiss, 47, Sacramento, didn't get into the really big bucks at the San Francisco Marathon, August 8, but both earned \$500 for their over-forty wins. Villanueva in 2:24:39 (20th overall) and Reiss in 3:03:24. Jim Bowers, 45, Santa Rosa, CA was second M40+ in 2:27:22 to earn \$300, and Karen Lanterman, 40, Hillsborough, CA, also picked up \$300 for her 2nd W40+ 3:03:37. Overall winners, Kenyan Simeon Kigen (2:10:17) and Katy Schilly of Atlanta, GA, (2:35:55) added \$10,000 to their training Trust funds.

•Steve Close, 41, Santa Barbara, CA, finished the 30th Semana Nautica 15K, at Santa Barbara, July 4, in 51:37 to top all Masters. Kemp Aaberg, 44, Goleta, CA, was second 40+ in 54:30. George Davall, 50, Rancho Palos Verdes, CA, won his division in 56:56.

•Mike Mahler (1:11:37) and Ursula Rains (1:30:05) were the top M/W masters in America's Finest City Half-marathon in San Diego August 19. Mary Storey's 1:42:42 was only 19 seconds off Jaclyn Caselli's W60 record. Bess James, 74, was only three minutes off her own W75 mark with a 2:23:05. Incidentally, James turned 75 on September 9, and looks to be in shape to go after all women's age 75+ track and road marks.

Continued on Next Page



Top M50-59 finishers in the Asbury Park N.J. 10K, August 18. George Hirsch, 4th, Frank Dudley, 2nd; winner Peter McCardle (34:58); Bill Mullin, 5th. Ralph Aquino, not pictured, was 3rd.

Continued From Previous Page

CANADA

- Harold Moroika ran a 50.8 and 50.9 in M40 400 competition in early August Canadian meets.
- On July 1, Basil Tomlinson turned in a 1:59.52 800 in Ottawa. On July 25, he bettered that with a 1:58.5.
- Tom Tushingham clocked a fast 4:01.5 in a M40 1500 in Toronto.

INTERNATIONAL

- D. Siri, M40, won the New Zealand Veteran National X-Country Championships at Auckland with 27:40 over a fully grassed 3x3K loop course that had a steep incline rising 60 feet and dropping to a relatively level circuit. P. Davey, W35, won the women's event, which was a 5K, including two hill loops, in 19:02. The Veterans races attracted more entries than those for the New Zealand Open Nationals, which shows the growth of Veteran running in that country. The Veteran National Road Championships will be held in Christchurch on October 13.
- Klaus Fisher of Germany was 1st Master and 4th overall (250 field) in the Reykjavik

Marathon, Iceland, August 26, 2:45:53. There were no Masters women entrants. Mark Mergard won the Half-marathon in 1:30:14, and Renate Liebrecht was 1st W40+ and 4th overall in that race in 1:51:55.

• As many as 1,000 of the world's top Masters skiers are expected to take part in the 5th annual World Masters Cross-Country Ski Championships February 5-10, 1985 in Bavaria, West Germany. About 100 Americans will take part. It is open to anyone age 30 or over. For more info, write: Tom Duffy, Box 718, Hayward WI 54843. 715/634-4891.

• Two International Masters T&F meets will be held in South America this fall: in Buenos Aires, Argentina on December 1-2 and in Montevideo, Uruguay on December 7-8. The Montevideo meet will be held on a 6-lane track. Pre-veterans and veterans from throughout the world are invited. Downtown accommodations (5 minutes from stadium) are only \$6 a night including continental breakfast. Fees are \$7 for a maximum of four events. See schedule for contacts.

• A new world 24-hour relay record for a ten-man team over age 40 was set on November 4-5, 1983 by a team of Tasmanian Australians. The distance of 261 miles, 518 yards (420 kilometers, 512 meters) broke the record of 259 miles, 620 yards set by the Old Gray Hares of San Francisco several years ago.

WRITE ON!

Continued from Page 2
 received the booklet or the promised T-shirt, either. I wrote to San Juan Mayor Padilla, but received no reply. Do you have Mr. Serrati's address?
 Ermo Lutmar

(Apparently, some participants have received the results, but many have not. Write to Rafael Serrati, Director of Recreational Services, City of San Juan, Apartado 4355, San Juan RR 00905; or call: 809/783-3113. — Ed.)

NEW AGE-GROUPERS

I am astonished to see complaints from mature athletes about their birthdates not being printed in NMN. Surely the idea behind the monthly listing is to provide information for others. Presumably those of us who are not senile already know our own birthdays.

Correct me if I am wrong, but I thought the names you published were of persons whose birthdates you knew about. I didn't know the list was intended to be selective, as two of your correspondents imply. Is this wrong?
 Sidney Gendin
 Ypsilanti, Michigan

(We don't know everyone's birthday. The only computerized birthdates are of athletes who have, at one time or another, set a track age record. It's not a complete list, but it's the best we have at the moment. — Ed.)

AGE RECORDS

Most masters T&F meets don't have the proper record forms in the event of a record performance. All meet directors should have the forms at hand, because that's the reason we are competing — for age records.

Larry Stuart
 El Toro, California

You forgot to note Bill Walmroth's new American 60+ record in the 25-lb. weight throw. He did 51'6 1/4" at Princeton, breaking my old mark of 48-1. Bill was the first man in the 60+ class to break 50 feet. He's probably the strongest man in masters track, excluding Al Oerter. Oerter hit the mark when he said too many are competing in too many events. It does slow down the competition. Also, in the meets, the old should always go first. We've waited long enough.

Tom McDermott
 Hartford, Connecticut

It really hurts a 25-year promoter of Race Walking when a publication as central to Masters Track & Field would allow to be left out of the world and American records (June, 1984), the two principal race walking distances contested at all National & World Championships. Are we really as bastard a group as we so often are led

to feel? Come on, treat us as equals with the track and distance runners.

John MacLachlan
 Marble Falls, Texas

(NMN loves race walkers. The problem is that NRDC compiles LDR marks, Pete Mundle handles T&F records, but, up to now, no one was preparing 5-year age-division race walk marks. Thanks to Alan Wood, we are pleased to publish the records in this issue. — Ed.) □

ATTENTION:

ALL TEAM MEDAL WINNERS AT THE WAVA CHAMPIONSHIPS IN PUERTO RICO.

I have been sent the team awards for all American winners in Puerto Rico.

I do not have the addresses for these winners, nor have I been supplied with any funds to cover the mailing costs. I therefore request that all of the following winners send to me a self-addressed stamped envelope with 54¢ postage so that I can mail the awards. If any of your friends are on this list please advise them as this will be the only notice regarding these awards.

Marathon: M45, Adams - Wilcox - Jordan, (2nd); M65, John Woods - Wilfredo Rios, (1st).

Cross Country: M55, William McCaffrey - George Puterbaugh, (2nd); M60, Stephen Richardson - Clyde Johnson, (1st); M65, Eugene Keller - John Woods, (1st); M70, Sam Monastero - Charles Espy, (3rd).

20 Km Walk: M50, John Kelly - Thomas White, (2nd); M70, Giolio De Petra - Gordon Wallace, (2nd).

Please send the envelope to Robert Fine, 77 Prospect Place, Brooklyn, N.Y. 11217. □



Top four W60-and-up in the Asbury Park 10K, August 18. L to R: Adrienne Salmini, 4th; Lola Hitt, 2nd; winner Lucille Mancini (51:50); Makie Stover, 3rd.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GLORIA FINE (BROOKLYN, NY)	10-7-29	55-59
KAREN FRANK (CA)	10-15-39	45-49
NORMA HARGER (MUNSING, MICH)	10-24-29	55-59
MARION IRVINE (US)	10-12-29	55-59
KAREN KING (GLENDALE, CA)	10- -39	45-49
SIV LARSSON (SWE)	10-23-39	45-49
VIVI MARKUSSEN (DEN)	10-24-39	45-49
ED AUSTIN (REDONDO BEACH, CALIF)	10-22-29	55-59
MILTON BASS (RICHMOND, VA)	10-18-19	65-69
WOLFGANG BONEDER (WG)	10-20-94	80 +
TOM BOWMAN (AUBURNDALE, FLA)	10-25-24	60-64
TORBJORN DAHL (SWEDEN)	10-29-29	55-59
JOHN DAMSKI (VAN NUYS, CA)	10-11-14	70-74
PERCY DUNCAN (CANADA)	10-19-14	70-74
BILL DYER (PRARIE VILLAGE, KANS)	10-21-14	70-74
GILBERT GAUTHIER (FRA)	10-30-34	50-54
JOHN KELLY (SANTA MONICA, CA)	10-6-29	55-59
BILL KNOCKE (FRESNO, CA)	10-20-39	45-49
MARIO LANZI (ITALY)	10-10-14	70-74
TERRY MANNERS (NZ)	10-19-39	45-49
HOWARD MCNIECE (LAKEWOOD, CALIF)	10-6-19	65-69
RALPH MOUREAU (WINSTON-SALEM, NC)	10-6-04	80 +
WALTER PALMER (PHILADELPHIA, PA)	10-7-34	50-54
GEORGE PUTERBAUGH (LAKE OSWEGO, ORE)	10-24-24	60-64
RICHARD RZEHAK (WG)	10-13-29	55-59
FRITZ SCHREIBER (SWE)	10-12-94	80 +
JACK SHIELDS (ATLANTA, GA)	10-27-29	55-59
GULAB SINGH (IND)	10-13-04	80 +
DOUG WORLING (AUSTRALIA)	10-11-34	50-54
MARILYN WHITE	10-17-44	40-44



Mary Bowermaster of Fairborn, Ohio sets World High Jump record of 3-8 for women over age 65 at National Masters Championships August 17 in Eugene, Oregon. photo by Gretchen Snyder.

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

January 13. TAC National Masters Indoor Pentathlon Championships (LJ, 55HH, HJ, SP, 1000m), Carlisle, Pa. Scott Thornesley, 519 Coolidge St., New Cumberland PA 17070. 717/774-3569.

March 30-31. TAC National Masters Indoor Championships, Sterling, Illinois (near Chicago). Chuck Klehm, 1218 North Route 47, Woodstock IL 60098. 312/437-2880 (bus.); 815/338-9484 (home).

August 23-25. 18th Annual TAC National Masters Championships, Indianapolis.

EAST

Each Sunday thru **October 28.** Throwathon meets for all ages 10 a.m. Yorktown High, Arlington VA. 202/857-6135.

January 13. TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. See "National."

January 13. 2nd Annual Pennsylvania Masters Indoor State Championships, Dickinson College, Carlisle, Pa. Scott Thornesley, above.

SOUTHEAST

October 20-21. Thro-a-thon. (Discus, shot, hammer, javelin, weight) North Carolina State U. Bob Boal, 121 W. Sycamore, Wake Forest, NC 27587.

November 5-10. Golden Age Games, Sanford, Florida, 55+, P.O. Drawer CC, Sanford, FL 32772-0868.

November 11. 3rd Annual Running Pentathlon, Clearwater, Fla. Masters & Open. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

December 30. Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33435.

MIDWEST

March 30-31. TAC National Masters Indoor Championships, Sterling, Illinois (near Chicago). See "National."

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

WEST

October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

December 16. Run Pentathlon (100, 200, 400, 800, 1500), Honolulu, Hawaii. Jack Karbens, 3138 Waiālae Ave., No. 1003, Honolulu, HI 96816.

December 22. Weight pentathlon, Honolulu, Hawaii. See December 16 above.

December 29. Regular pentathlon, Honolulu, Hawaii. See December 16 above.

May 25. Anteaters Masters Classic, U.C. Irvine, California. Dave Lewis, 505 Begonia Ave., Corona Del Mar CA 92625.

June 1. SPA/TAC Championships, Occidental College, Los Angeles. Gary Miller,

1740 Grandview Ave., Glendale CA 91201.
June 8-9. TAC Western Regional Masters Championships, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8886.

August 10. Trojan Masters Meet, U.S.C., Los Angeles. Jim Vernon, 1147 Rowland Ave., West Covina CA 91790.

NORTHWEST

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.

INTERNATIONAL

October 6-7. 5th All-Japan Masters Championships, Okinawa, Japan. Masaharu Sugano, 453-9 Inbe, Wakayama, Japan.

October 20-21. International Masters T&F Meet, Hong Kong. Margaret Brooke, GPO Box 10368, Central Hong Kong.

November 30-December 1-2. International Masters T&F Meet, Buenos Aires, Argentina. Hernan Figueras, Lira 2488, Casilla 10092, Santiago, Chile.

December 7-8. International Masters T&F Meet, Montevideo, Uruguay. Jose Figueras, President CAVU, Canelones 1136, Montevideo, Uruguay. Phone: 911432.

April 5-8. Australian Veterans Championships, Hobart, Australia.

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

LONG DISTANCE RUNNING NATIONAL

October 7. TAC/National Masters Men's 40K Race Walk Championships, Ft. Monmouth, New Jersey. Elliot Denman, 28 N. Locust Dr., W. Long Branch, NJ 07765.
November 3. TAC/National Masters 100K Race Walk Championships, Arlington,

Virg. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207. 703/241-1854.

November 3. TAC National Masters 15K Cross-Country Championships, Houston, E.G. Lang, 14 Sandalwood, Houston, TX 77024. 713/781-2810.

November 17. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Squan Road, Clarksburg, NJ 08510. 609/259-9268.

November 18. TAC National Masters 50-Mile Championships, Buffalo, N.Y. David Broad, Dept. of Athletics, SUNY-Buffalo, 1300 Elmwood Ave., Buffalo, NY 14222.

November 24. TAC National Masters 5K Cross-Country Championships, Seattle. Carol Langenbach, 4261 S. 184th, Seattle, WA 98188. 206/433-8868.

February 3. TAC National Masters 10K Road Championships, Clearwater, Fla. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

NEW ENGLAND

October 8. Bonne Bell 10K National Finals, Boston. Bonne Bell, 18519 Detroit Ave., Lakewood OH 44107.

EAST

October 7. TAC Eastern Masters 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

October 20. 8th Annual Canada vs. USA Masters Cross-Country Match, Green Lakes State Park, Fayetteville, N.Y. Jerry Smith, 449 S. Salina St., Syracuse NY 13201. 315/422-7121.

October 27. NY Masters 5K and 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

October 28. New York City Marathon. NYRRC, PO Box 1388 GPO, New York NY 10016. 212/860-4455.

November 3. Masters RRCA Eastern Regional 10K Championships, Gunderland, N.Y. Don or Susan Cohen, 18 Pine Knob Drive, Albany, NY 12203. 518/456-2499.

November 4. Marine Corps Marathon, Washington, D.C. Capt. Chris Moody, PO Box 188, Quantico VA 22134. 703/650-2225.

November 11. TAC Metropolitan Masters Cross-Country. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

November 17. TAC National Masters 10K X-C Championships, Holmdel, N.J. See "National."

December 2. 7th Annual Brian's 10K Run. 1 p.m. West Chester U., Pennsylvania. Lawrence Brandon, 206 Brooke Drive, West Chester PA 19380.

December 2. Maryland Marathon, Baltimore. \$500 to top 40+ man and

ON TAP FOR OCTOBER TRACK & FIELD

The 1984 season winds down with the annual Club West Meet near Santa Barbara on the 6th. A throw-a-thon is set for the 20th in Raleigh, N.C. Two major overseas meets are slated for Japan on the 6th and Hong Kong on the 20th.

LONG DISTANCE RUNNING

Cooler weather and the changing of the leaves make running doubly enjoyable this month. On the 7th is the Eastern Masters 10K Cross-Country Championships in the Bronx and the Bank One Marathon in Columbus, Ohio. The Bonnie Bell 10K National Finals are in Boston the next day.

The last of the six NIKE Masters races leading up to the World Veterans Championships in December in San Diego takes place on the 13th in conjunction with the Run Against Crime 15K in El Paso. You can take a shot at winning a trip to San Diego, while running in two states and two countries in this 5th International Classic.

If you're in Europe, don't miss the IGA European Veterans Distance Championships in Bern, Switzerland on the 13th-14th.

You can represent your country in the 6th annual Canada vs. U.S.A. Masters Cross-Country match in Syracuse on the 20th.

America's Marathon in Chicago on the 21st goes virtually head to head with the following week's New York Marathon. New York will be ABC-televized from start to finish, while Chicago gets 90 minutes from CBS. Chicago is putting up \$250,000, with \$35,000 to the first man and woman, but zero to masters. □

woman. SASE to Marathon, PO Box 11394N, Baltimore MD 21239. 301/882-5455.

SOUTHEAST

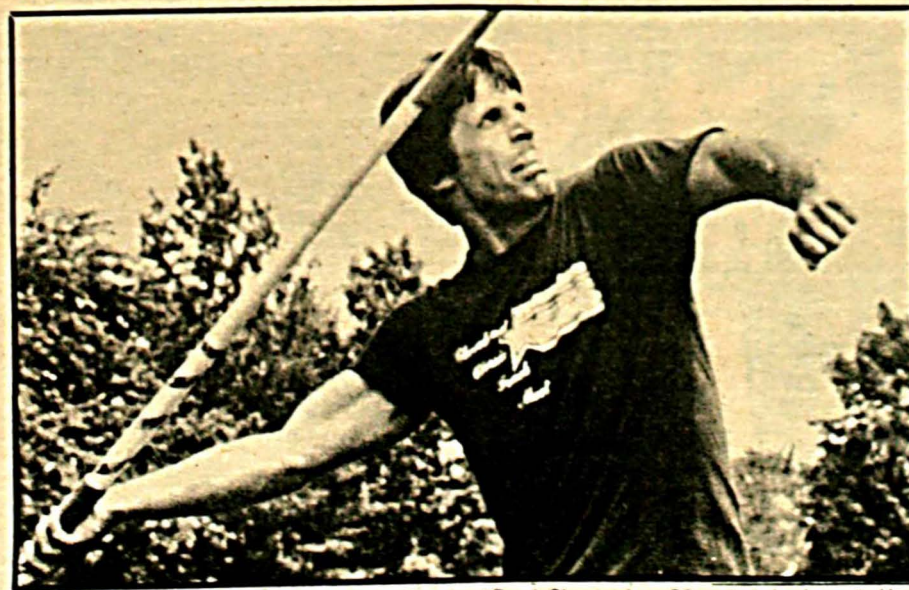
October 6. Descente Star Test 10K, Roanoke, Virginia. Star City Striders-ST, P.O. Box 8331, Roanoke, VA 24104. 703/342-4421 (after 5 pm).

November 3. Salem Times Register 5/10K Open and 10K Masters Championships, Salem, Virginia. Mark Sweet, Salem Parks

Continued on Next Page

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.



Dave Morgan, M35, hurls the javelin at the Cleveland Track Classic, June 30. photo by Jeanetta Ho.



Lee Blount, of St. Louis, won two silver medals (400 in 56.62; 800 in 2:07.95) in 50-54 division in National Masters T&F Championships in Eugene, Oregon. photo by Gretchen Snyder.

Continued From Previous Page

and Rec., P.O. Box 869, Salem VA 24153. 375-3057.

November 22. 2nd Annual Turkey Trot 10K, Detroit, Mich. Jeanne Bocci, 1915 W. Fort St., Detroit, MI 48216. 313/963-8300.

November 22. Atlanta Marathon, Atlanta, Georgia. Roy Benson, 3097, Avenue N.E., Atlanta, GA 30305. 404/231-9064.

December 15. RRCA National 100K Championships, Tallahassee, Fla. Felton Wright, 929 Blackwood Ave., Tallahassee, FL 32303.

December 15. Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC., 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

MIDWEST

October 6. 2nd Annual Walker/North Country 10K/Marathon, Walker, Minn. Dave Johnson, Box G, Walker MN 56484.

October 6. 1984 Ultimate Runner, Jackson, Mich. Each runner does 10K, 400m, 100m, mile, and marathon, in that order. \$2500 in TAC/Trust for men & women 40 plus. Jackson Community College, Health & Physical Fitness Dept., 2111 Emmons Rd., Jackson, MI 49201. 517/787-0800 X282.

October 7. RRCA National 50 Mile Championships, Chicago, IL. Noel D. Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 7. Columbus Bank One Marathon, Columbus, Ohio. Corporate Processing Dept., Columbus, OH 43271.

October 14. 6th Annual Medical Joggers Association 50 Miles/100K, Chicago, IL. Also RRCA's 50 Mile national championships. Legal SASE to Noel Nequin, M. D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 21. America's Marathon, Chicago. Bob Bright, 214 West Erie St., Chicago IL 60610. 312/951-0660.

November 3. Indianapolis Marathon, Indianapolis, Ind. Duane Heidecker, 314 E.

Cragmont Dr., Indianapolis, IN 46227. 317/787-6114.

November 10. Wendy's 10K Classic, Bowling Green, Kentucky. Dave Mason, 1502 Weston St., Bowling Green KY 42101. 502/781-2834.

November 11. Wolfpack Fall Classic 5/15/50K, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/451-2547.

December 30. RRCA National 50K Championships, Peoria, IL. Paul Appell, R.R., Altona, IL 61414.

MID-AMERICA

November 18. 13th Annual St. Louis Marathon, St. Louis, Mo. SASE to St. Louis TC, 6611 Clayton Rd., St. Louis, MO 63117. 314/862-SLTC.

SOUTHWEST

October 13. International Run Against Crime 10K, El Paso, Texas. John Hinshaw, PO Box 15000, El Paso TX 79998. 915/772-RACE.

November 3. TAC National Masters 15K X-C Championships, Houston. See "National."

December 2. White Rock Marathon, Dallas. Phidippides, North Park East, 8822 N. Central Expressway, Dallas TX 75231. 214/361-6493.

WEST

October 7. Hollywood 10K/Half-marathon, also SPA/TAC Half-marathon championships, Los Angeles, Calif. 8 a.m. Hollywood Presbyterian Medical Center, 1300 N. Vermont Ave., Los Angeles, CA 90027. 213/660-3530 X6108.

October 21. California RRC 50 Mile and SPA/TAC District 50K Championships, Rose Bowl, Pasadena, Calif. CRRCA, Box 891, Tarzana, CA 91356. 818/888-5526.

October 28. Modesto 10K, also RRCA California and Western Region Championships, Modesto, Calif. Total \$1000 cash awards to top finishers in 7 age groups, men and women. Jeff Highiet, 229 Charlemagne Way, Modesto, CA 95350. 209/527-7597.

November 6. Phoenix 10K, Phoenix, Ariz. Harvey Beller, 4602 N. 16th St., Phoenix, AZ 85287. 602/241-0995.

November 18. Long Beach Half-marathon & 3 Mile Fun Run, Long Beach, Calif. C.R.I., 1500 E. Anaheim St., Long Beach, CA 90813.

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego. See "International."

December 2. Beverly Hills - Perrier 10K, Beverly Hills, Calif. Richard Putnam, Beverly Hills Rec. & Parks, 450 N. Crescent Dr., Beverly Hills, CA 90210. 213/550-4816.

December 9. Honolulu Marathon, Honolulu, Hawaii. David Benson, PO Box 27244, Chinatown Stn., Honolulu, HI 96827. 808/734-7200.

January 20. Super Bowl Sunday 10K Run VII, Redondo Beach, Calif. 10K Run, PO Box 637, Redondo Beach CA 90277.

January 26. Paramount 10K with special 5-year Masters divisions from age 40-84. Oscar Rosales, PO Box 696, Paramount CA 90723.

NORTHWEST

November 24. TAC National Masters 5K X-C Championships, Seattle. See "National."

November 25. Seattle Marathon, Seattle, Wash. Mary Reardon, 1711 Thorndyke Ave W, Seattle, WA 98199. 206/282-8596.

CANADA

October 20. Canadian Masters Inter-Club Cross-country Relay, Toronto. Don Farguharson, 269 Ridgewood Rd., West Hill, Ontario, Canada M1C 2X3.

October 27. Canadian Masters Cross-country Championships, Toronto. Don Farguharson, above.

INTERNATIONAL

October 13-14. IGAL European Veterans Distance Running Championships, Bern, Switzerland. Werner Hamm, Theuerbrunnleinsweg No. 55, 8720 Schweinfurt, West Germany.

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego, Calif. Bill Stock, 7160 Baldrige Rd., La Mesa, CA. 619/286-7867.



Former New Zealand Olympian Bill Baillie won the M50 800 in 2:04.92 and 1500 in 4:12.5 at the U.S. Masters Championships in Oregon. photo by Mike Noviello

December 11-17. Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel.

March 18-April 2. Running and Sport-medicine Tour to Hawaii, New Zealand and Australia with Dr. Peter Snell. Study Tours International, 4307 Glen Vista St., Carmichael CA 95608. 916/449-9549.

June 8-9. XVIII World Veterans Distance Running Championships (IGAL) 10K and 25K, (Men 40+, Women 35+), Blackpool, England. Bryan Doughty, Seaview Cottage, Port St., Mary, Isle of Man, Great Britain.

June 16. Brugge Veterans 25K (Men 40+, Women 35+), Brugges, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge I, Belgium. □

1. DISPLAY ADVERTISING RATES

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Ruth Rothfarb, W80, oldest entry, and Phyllis Schwandt, winner of W60 + age group, at the Running of the Green 5 Mile, Lowell, Mass., July 22.

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National Running Data Center, Inc.

INTERIM 1984 10K RANKINGS

In this issue are the first set of 10 kilometer road rankings for 1984 for each men's and women's five-year age division from 35 to 89. So far, we have 80 races reporting a total of 99,204 finishers. Last year's total was 215 races and 208,522 finishers, so this represents nearly half of the expected 1984 total.

NRDC's policy on listing foreign athletes has been modified so that the list includes ALL non-U.S. citizens racing in this country.

Mike Manley's 31:00 at Eugene on May 11, 1984 leads the 40-and-over interim rankings. Bill Rodgers' 29:08 is the best 35-39 time. Cindy Dalrymple's 36:00 tops the 40+ women with soon-to-be-40 Fordie Madeira, 39, chalking up a 34:37.

Helen Dick turned in a remarkable 40:08 at age 59. That's only nine seconds off Margaret Miller's W55-59 mark, and over six minutes faster than the listed W60 mark. (Dick turned 60 on August 4 and promptly broke the 60-64 record).

1983 8K RANKINGS

Also published in this issue are the

Texas Championships

Continued from Page 4

win, 127-8 to 118-8, and had a fine javelin toss of 143-11. The M35 javelin saw a 209-3 throw by Delmon McNabb.

Female Masters at this year's championship were, as usual, in short supply. Lou Bloxom, W30, Deb Spencer, W35, and Mary Luker, W40, picked up double victories in the 100m and 200 against no competition. □

Barry Brown

Continued from Page 1

group in 34:58. Jack Start, 63, took 60+ honors in 37:36.

Cindy Dalrymple, 43, won the women's Masters crown by two minutes over comebacking Linda Thurston, 42, 37:49 to 39:55. Alma Kunes, 51, led the 50-59 women in 44:20, while Lucille Mancini, 61, was best W60+ in 51:50.

Masters prize money went to Brown and Dalrymple (\$400 each), Keim and Thurston (\$100 each), and Reilly and Annette Frisch, 40 (\$50 each).

The weather was sunny (70's) and humid. The event was sponsored by J.C. Penney and Adidas. Phil Benson directed.

8K Road Rankings for 1983 by 5-year division. Frank Duarte's 25:18 and Dalrymple's 28:12 were American M40 and W40 records, respectively.

Bill Rodgers' 23:00, Ray Hatton's 25:25, Paul Reese's 32:43, Ed Benham's 35:09 and Max Popper's 41:23 were M35, M50, M65, M75, and M80 AR's, respectively.

Ann Kahl's 33:06, Margaret Miller's 32:42, Edna Laflin's 39:33, Bess James' 47:57, Veallon Hixson's 50:22, and Mia Wilshusen's 59:47 were W50, W55, W65, W70, W75 and W80 marks respectively.

The top ten in each age group are published in this issue in the same format as they appear (to a depth of 50) in U.S. Masters Distance Rankings, 1984, available for \$9.95 from NRDC, PO Box 42888, Tucson, AZ 85733. □



Barbara McLeod, W45, Ottawa, Ontario, gold medalist and Canadian record holder, at Canadian Masters T&F Championships, July 7-8. photo by Sharon Davies, Marathon Photos.

1984 INTERIM 10 KILOMETER RANKINGS

(Compiled by the National Running Data Center)

10 kilometers		Open Men	
27:22a	Mark Nenow	26	Lexington KY 1 Apr, LA-A
28:09	Mark Curp	25	Kansas City MO 3 Mar, AZ-A
28:19	Alberto Salazar	25	Eugene OR 3 Mar, AZ-A
28:21	Art Menchaca		Tucson AZ 3 Mar, AZ-A
28:29a	Paul Cummings	30	Orem UT 1 Jul, NY-A
28:33	Robert Perkins	28	Greensboro NC 29 Jan, AZ-A
28:34	Craig Virgin	28	Lebanon IL 29 Jan, AZ-A
28:34	Don Janicki	25	Tucson AZ 29 Jan, AZ-A
28:34	John Gregorek	23	Northport NY 4 Feb, FL-A
28:35	David Gordon	24	Eugene OR 29 Jan, AZ-A

10 kilometers		Open Women	
32:41a	Carol Urish	32	Houston TX 1 Apr, LA-A
32:51	Betty Jo Springs	22	Bradenton FL 8 Apr, NY-A
32:53a	Judi St Hillaire	24	Brighton MA 1 Apr, LA-A
32:56	Lisa Larsen	22	Ann Arbor MI 8 Apr, NY-A
32:58	Julie Brown	29	Eugene OR 3 Mar, AZ-A
32:59	Debbie Eide	28	Salem OR 3 Mar, AZ-A
33:06a	Kellie Cathey	22	Pt Collins CO 1 Jul, NY-A
33:18	Cathie Toomey	27	Eugene OR 3 Mar, AZ-A
33:21a	Julie Ispording	22	Cincinnati OH 1 Apr, LA-A
33:28	Linda McLennan	24	Gainesville FL 3 Mar, AZ-A

10 kilometers		Men- 35 thru 39	
29:08a	Bill Rodgers	36	Sherborn MA 1 Jul, NY-A
29:15	Duncan Macdonald	35	Menlo Park CA 3 Mar, AZ-A
30:35a	Frank Shorter	36	Boulder CO 28 May, CO-A
30:43	Barry Brown	39	Glens Falls NY 23 Jun, NY-A
30:53	Web Loudat	37	Albuquerque NM 3 Mar, AZ-A
30:54a	Lee Fidler	35	Stone Mountain GA 1 Apr, LA-A
31:17a	Larry Frederick	35	Columbia SC 1 Jul, NY-A
31:27	Harold Nolan	37	
31:32a1	Steve Flanagan	35	Boulder CO 28 May, CO-A
31:41	Kim Hartman	35	Snowmass Vlg CO 3 Mar, AZ-A
foreign			
30:56a	Tim Hassall	37	Jersey City NJ 1 Jul, NY-A
31:26a	James Kamau	36	Laramie WY 28 May, CO-A

10 kilometers		Men- 40 thru 44	
31:00	Mike Manley	42	Eugene OR 11 May, WA-A
31:27	Sal Vasquez	44	Alameda CA 28 May, CA-A
31:28	Bill Stewart	41	Ann Arbor MI 28 May, AL-A
31:38	Sumner Brown	40	Belmont MA 8 Apr, MA-A
31:41	Don Coffman	41	Frankfort KY 28 May, AL-A
31:42	Jack Bacheiler	40	Raleigh NC 7 Jan, NC-A
31:48	Kirk Randall	42	Wellesley MA 8 Apr, MA-A
31:49	John Beach	43	Traverse City MI 16 Jun, WI-A
32:03a	George Keim	41	Waynesboro PA 1 Apr, LA-A
32:06a	Ted Haiman	41	Forest Hills NY 1 Jul, NY-A

10 kilometers		Men- 45 thru 49	
32:54a	Bill Olrich	48	Lexington KY 1 Jul, NY-A
33:07	Andre Tocco	48	San Pedro CA 18 Mar, CA-A
33:07a	William Johnston	46	Salt Lake City UT 1 Apr, LA-A
33:31a1	Ardel Boes	46	Golden CO 28 May, CO-A
33:46	Ron Goudreau	45	Neenah WI 16 Jun, WI-A
33:52	John Weldy	49	Scottsdale AZ 3 Mar, AZ-A
33:52	Jim Daley	47	New Ipswich NH 19 May, NH-A
34:06	Robert Clarke	45	Randolph MA 8 Apr, MA-A
34:071	Adrian Craven	47	Greenville SC 7 Jan, NC-A
34:07	Ken Winn	46	Stone Mtn GA 28 May, AL-A
foreign			
33:06	Ron Hill	45	Cheshire GBR 4 Feb, FL-A
33:59	Fritz Mueller	48	New York NY 23 Jun, NY-A

10 kilometers		Men- 50 thru 54	
33:31	Norman Green	51	Wayne PA 4 Feb, FL-A
33:39a	Bill Poulk	51	West Lebanon NH 1 Jul, NY-A
34:38	Jim Brownfield	52	Los Angeles CA 18 Mar, CA-A
35:05	Richard Bauman	52	
35:17	Jim Knerr	50	Simi Valley CA 27 May, CA-A
35:27	Glynn Wood	50	Monterey CA 28 May, CA-A
35:28	Michael Sullivan	54	Norwood MA 8 Apr, MA-A
35:29	Gerald Koch	50	Clarksville TN 28 May, AL-A
35:41	Sam Turnbull	50	Jackson MS 28 May, AL-A
35:44	John Richards	52	

10 kilometers		Men- 55 thru 59	
34:08a	Peter McArdle	55	Teaneck NJ 1 Jul, NY-A
35:58	Jim O'Neil	58	San Diego CA 28 Apr, CA-A
35:59	Al Treichel	55	Milwaukee WI 16 Jun, WI-A
36:16	Patrick Devine	55	
36:48	John Hosner	59	Blacksburg VA 1 Jul, MO-A
36:57	Don Dixon	56	Hastings/Hudson NY 31 Mar, NY-A
37:28	Bob Bartling	57	Brookings SD 29 Apr, SD-A
37:38	Vere Bellian	56	Hudson OH 20 May, OH-A
37:39	Bill Fitzgerald	58	Palos Verdes CA 18 Mar, CA-A
37:41	Jerry Crockett	55	Stillwater OK 3 Mar, AZ-A

10 kilometers

Table with 2 columns: Time, Name

Men- 60 thru 64

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Men- 65 thru 69

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Men- 70 thru 74

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Men- 75 thru 79

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Men- 80 thru 84

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 35 thru 39

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 40 thru 44

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 45 thru 49

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 50 thru 54

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 55 thru 59

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 60 thru 64

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 65 thru 69

Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 70 thru 74

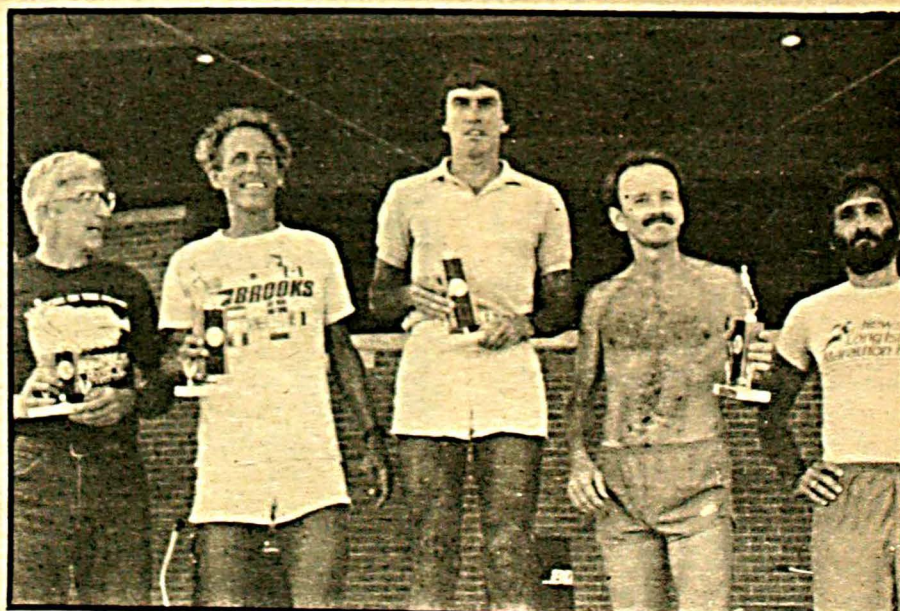
Table with 4 columns: Age, Name, State, Date

10 kilometers

Table with 2 columns: Time, Name

Women- 80 thru 84

Table with 4 columns: Age, Name, State, Date



Top five M40-49 in the Asbury Park 10K, New Jersey, August 18. L to R: John Dugdale, 4th; George Keim, 2nd; winner Barry Brown in an American M40-44 record 29:57; William Reilly, 3rd; Ted Haiman, 5th.

FINAL 1983 MASTERS 8 KILOMETER RANKINGS

Compiled by the National Running Data Center

8 kilometers

Men- 35 thru 39

Table of 8 km race results for Men-35 thru 39, listing names like Bill Rodgers and race dates like 23:00y.

8 kilometers

Men- 40 thru 44

Table of 8 km race results for Men-40 thru 44, listing names like Frank Duarte and race dates like 25:18.

8 kilometers

Men- 45 thru 49

Table of 8 km race results for Men-45 thru 49, listing names like Robert Packard and race dates like 26:23.

8 kilometers

Men- 50 thru 54

Table of 8 km race results for Men-50 thru 54, listing names like Ray Hatton and race dates like 25:25a.

8 kilometers

Men- 55 thru 59

Table of 8 km race results for Men-55 thru 59, listing names like Bill McChesney and race dates like 28:26a.

8 kilometers

Men- 60 thru 64

Table of 8 km race results for Men-60 thru 64, listing names like Don MacKenzie and race dates like 30:39y.

8 kilometers

Men- 65 thru 69

Table of 8 km race results for Men-65 thru 69, listing names like Paul Reese and race dates like 32:43.

8 kilometers

Men- 70 thru 74

Table of 8 km race results for Men-70 thru 74, listing names like Sandy MacLean and race dates like 34:39y.

8 kilometers

Men- 75 thru 79

Table of 8 km race results for Men-75 thru 79, listing names like Ed Benham and race dates like 35:09.

8 kilometers

Men- 80 thru 84

Table of 8 km race results for Men-80 thru 84, listing names like Max Popper and race dates like 41:23y.

8 kilometers

Women- 35 thru 39

Table of 8 km race results for Women-35 thru 39, listing names like Tisha Whitney and race dates like 29:00.

8 kilometers

Women- 40 thru 44

Table of 8 km race results for Women-40 thru 44, listing names like Cindy Dalrymple and race dates like 28:12y.

8 kilometers

Women- 45 thru 49

Table of 8 km race results for Women-45 thru 49, listing names like Helene Bedrock and race dates like 31:38y.

8 kilometers

Women- 50 thru 54

Table of 8 km race results for Women-50 thru 54, listing names like Ann Kahl and race dates like 33:06.

8 kilometers

Women- 55 thru 59

Table of 8 km race results for Women-55 thru 59, listing names like Margaret Miller and race dates like 32:42y.

8 kilometers

Women- 60 thru 64

Table of 8 km race results for Women-60 thru 64, listing names like Harriet Wever and race dates like 39:17.

8 kilometers

Women- 65 thru 69

Table of 8 km race results for Women-65 thru 69, listing names like Edna Laflin and race dates like 39:33.

Continued on Page 24

HEIGHTS SUMMER CLASSIC
CLEVELAND HEIGHTS, OHIO
AUGUST 4, 1984

Table with 3 columns: Name, Age Group, Time/Score. Includes events like 100, 200, 400, 800, MILE, 3000, HIGH JUMP, SHOT PUT, DISCUS, JAVELIN, POLE VAULT, 400 RELAY, SPRINT RELAY, M30-34, M40-44, M50-54, M60-64, M70-74, M80-84, M90-94, M100-104.

Table with 3 columns: Name, Age Group, Time/Score. Includes events like 100, 200, 400, 800, MILE, 3000, HIGH JUMP, SHOT PUT, DISCUS, JAVELIN, POLE VAULT, 400 RELAY, SPRINT RELAY, M45-49, M55-59, M65-69, M75-79, M85-89, M95-99, M105-109.

Table with 3 columns: Name, Age Group, Time/Score. Includes events like 100, 200, 400, 800, MILE, 3000, HIGH JUMP, SHOT PUT, DISCUS, JAVELIN, POLE VAULT, 400 RELAY, SPRINT RELAY, M50-54, M60-64, M70-74, M80-84, M90-94, M100-104.

Table with 3 columns: Name, Age Group, Time/Score. Includes events like 100, 200, 400, 800, MILE, 3000, HIGH JUMP, SHOT PUT, DISCUS, JAVELIN, POLE VAULT, 400 RELAY, SPRINT RELAY, M55-59, M65-69, M75-79, M85-89, M95-99, M105-109.

Reading Track Club Decathlon
Muhlenberg High School
Reading, PA, August 4-5, 1984
Table with 4 columns: Name, 100, 200, 400, 800, 1100, 1500, Total.

Table with 4 columns: Name, 36, 37, 48, 48.

NORTH COAST DECATHLON: PARMA, OHIO, AUGUST 11-12

Table with 5 columns: Event, Name, Score, Name, Score. Includes 100m, Long Jump, Shot put, High Jump, 400m, 110H, Discus, Pole vault, Javelin, 1500m.

Table with 4 columns: Event, Name, Score, Name, Score. Includes 400m, 1500m, 200m, 3000m, 800m, 100m, 120yH.

TRI-STATE TC TRACK & FIELD
CLASSIC; HAGERSTOWN, MD;
AUGUST 12, 1984

Table with 3 columns: Name, Age Group, Time/Score. Includes High Jump, Long Jump, Triple Jump, Discus, Shot Put (12H), 10000m, 440yH.

Continued from Page 21

Table with 3 columns: Time, Name, Age Group. Includes 8 kilometers, 8 kilometers, 8 kilometers.

Continued

Table with 4 columns: Name, Age Group, Date, Location. Includes Women- 70 thru 74, Women- 75 thru 79, Women- 80 thru 84.

10,000m women

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 35-39, 40-44, 45-49, 50-54, and 55-59 age groups.

Steeplechase men

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, and 55-59 age groups.

High Hurdles men

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 30-34, 35-39, 40-44, 45-49, 50-54, and 55-59 age groups.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 60-64 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 65-69 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 70-74 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 80-84 age group.

High Hurdles women

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 35-39 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 45-49 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 50-54 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 55-59 age group.

Intermediate Hurdles men

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 30-34 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 35-39 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 40-44 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 45-49 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 50-54 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 55-59 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 60-64 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 65-69 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 70-74 age group.

Table with 5 columns: Rank, Name, City, State/Country, Age, Time. Includes entries for 5000 walk men age groups.

Table containing various athletic events and results, including 55-59, 60-64, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104, 105-109, 110-114, 115-119, 120-124, 125-129, 130-134, 135-139, 140-144, 145-149, 150-154, 155-159, 160-164, 165-169, 170-174, 175-179, 180-184, 185-189, 190-194, 195-199, 200-204, 205-209, 210-214, 215-219, 220-224, 225-229, 230-234, 235-239, 240-244, 245-249, 250-254, 255-259, 260-264, 265-269, 270-274, 275-279, 280-284, 285-289, 290-294, 295-299, 300-304, 305-309, 310-314, 315-319, 320-324, 325-329, 330-334, 335-339, 340-344, 345-349, 350-354, 355-359, 360-364, 365-369, 370-374, 375-379, 380-384, 385-389, 390-394, 395-399, 400-404, 405-409, 410-414, 415-419, 420-424, 425-429, 430-434, 435-439, 440-444, 445-449, 450-454, 455-459, 460-464, 465-469, 470-474, 475-479, 480-484, 485-489, 490-494, 495-499, 500-504, 505-509, 510-514, 515-519, 520-524, 525-529, 530-534, 535-539, 540-544, 545-549, 550-554, 555-559, 560-564, 565-569, 570-574, 575-579, 580-584, 585-589, 590-594, 595-599, 600-604, 605-609, 610-614, 615-619, 620-624, 625-629, 630-634, 635-639, 640-644, 645-649, 650-654, 655-659, 660-664, 665-669, 670-674, 675-679, 680-684, 685-689, 690-694, 695-699, 700-704, 705-709, 710-714, 715-719, 720-724, 725-729, 730-734, 735-739, 740-744, 745-749, 750-754, 755-759, 760-764, 765-769, 770-774, 775-779, 780-784, 785-789, 790-794, 795-799, 800-804, 805-809, 810-814, 815-819, 820-824, 825-829, 830-834, 835-839, 840-844, 845-849, 850-854, 855-859, 860-864, 865-869, 870-874, 875-879, 880-884, 885-889, 890-894, 895-899, 900-904, 905-909, 910-914, 915-919, 920-924, 925-929, 930-934, 935-939, 940-944, 945-949, 950-954, 955-959, 960-964, 965-969, 970-974, 975-979, 980-984, 985-989, 990-994, 995-999.

Table titled '400m MEN' containing various athletic events and results, including 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104, 105-109, 110-114, 115-119, 120-124, 125-129, 130-134, 135-139, 140-144, 145-149, 150-154, 155-159, 160-164, 165-169, 170-174, 175-179, 180-184, 185-189, 190-194, 195-199, 200-204, 205-209, 210-214, 215-219, 220-224, 225-229, 230-234, 235-239, 240-244, 245-249, 250-254, 255-259, 260-264, 265-269, 270-274, 275-279, 280-284, 285-289, 290-294, 295-299, 300-304, 305-309, 310-314, 315-319, 320-324, 325-329, 330-334, 335-339, 340-344, 345-349, 350-354, 355-359, 360-364, 365-369, 370-374, 375-379, 380-384, 385-389, 390-394, 395-399, 400-404, 405-409, 410-414, 415-419, 420-424, 425-429, 430-434, 435-439, 440-444, 445-449, 450-454, 455-459, 460-464, 465-469, 470-474, 475-479, 480-484, 485-489, 490-494, 495-499, 500-504, 505-509, 510-514, 515-519, 520-524, 525-529, 530-534, 535-539, 540-544, 545-549, 550-554, 555-559, 560-564, 565-569, 570-574, 575-579, 580-584, 585-589, 590-594, 595-599, 600-604, 605-609, 610-614, 615-619, 620-624, 625-629, 630-634, 635-639, 640-644, 645-649, 650-654, 655-659, 660-664, 665-669, 670-674, 675-679, 680-684, 685-689, 690-694, 695-699, 700-704, 705-709, 710-714, 715-719, 720-724, 725-729, 730-734, 735-739, 740-744, 745-749, 750-754, 755-759, 760-764, 765-769, 770-774, 775-779, 780-784, 785-789, 790-794, 795-799, 800-804, 805-809, 810-814, 815-819, 820-824, 825-829, 830-834, 835-839, 840-844, 845-849, 850-854, 855-859, 860-864, 865-869, 870-874, 875-879, 880-884, 885-889, 890-894, 895-899, 900-904, 905-909, 910-914, 915-919, 920-924, 925-929, 930-934, 935-939, 940-944, 945-949, 950-954, 955-959, 960-964, 965-969, 970-974, 975-979, 980-984, 985-989, 990-994, 995-999.

SOUTHERN CALIFORNIA MASTERS CHAMPIONSHIPS SAN DIEGO, AUGUST 25.

Table containing various athletic events and results for the Southern California Masters Championships, including 100M M80, M70, M65, M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10, M5.

Table containing various athletic events and results, including 200 M80, 400M M80, 800M M80, 1500 M80, M50, M45, M40, M35, M30, M25, M20, M15, M10, M5.

Table containing various athletic events and results, including M60 5000, PLE CHASE M55, HIGH HURDLES 110M, HURDLES 400M M65, WALK 5000 M75, HIGH JUMP M70, POLE VAULT M70.

Table containing various athletic events and results, including LONG JUMP M70, TRIPLE J. M70, SHOT M70, DISCUS M70, HAMMER M70.

Table containing various athletic events and results, including JAVELIN M70, WALK-5K W75, 5000 W40, 100 W75, 200 W75, 400 W75, 800 W75, 1500 W70, 3000 W70, 5000 W70, 10K W70, 20K W70, 30K W70, 40K W70, 50K W70, 60K W70, 70K W70, 80K W70, 90K W70, 100K W70, 110K W70, 120K W70, 130K W70, 140K W70, 150K W70, 160K W70, 170K W70, 180K W70, 190K W70, 200K W70.

Table with columns for event name and time, including 10,000 METRES, W50, M75, M70, M65, M60, M45, M40, M35, M30, M25, M20, M15, M10.

Table with columns for event name and time, including W50, W40, M80, M70, M65, M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10.

Table with columns for event name and time, including 100 METRE HURDLES - 33", W35, M65, M60, M55, M50, 110 METRE HURDLES - 36", M45, M40, M35, HIGH JUMP, W50, W45, W40, W35, M80, M75, STEEPLECHASE - 2000 METRES, W45, W40, M60, M55, 80 METRE HURDLES - 30", M70, M75, M70, M75, M70, M75, M70, M75, M70, M75.

Table with columns for event name and time, including PMP - MEN M55, M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10, POLE VAULT MISSING, LONG JUMP - WOMEN, W55, W45, W40, W35, M45, M40, M35, M30, M25, M20, M15, M10, TRIPLE JUMP, W35, W75, M70, M65, M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10.

Table with columns for event name and time, including M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10, SHOT PUT - WOMEN, W70, W65, W60, W55, W50, W45, W40, W35, W30, W25, W20, W15, W10.

Table with columns for event name and time, including W50, M45, M40, M35, M30, M25, M20, M15, M10, M65, M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10, W70, W65, W60, W55, W50, W45, W40, W35, W30, W25, W20, W15, W10.

Table with columns for event name and time, including W50, M45, M40, M35, M30, M25, M20, M15, M10, M65, M60, M55, M50, M45, M40, M35, M30, M25, M20, M15, M10, W70, W65, W60, W55, W50, W45, W40, W35, W30, W25, W20, W15, W10.

M60 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Vikman Tolvo FIN 59.03 ER, Pritchard John GB 1: 1.02 ER, etc.

M65 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Assay Fritz GER 1: 3.58, Kautto Alpo FIN 1: 3.08, etc.

M70 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Salminen Eino FIN 1: 5.95 ER, Parma Attilio ITA 1: 9.64, etc.

M75 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Haapalainen Erkki FIN 1:17.15 ER, Huerta Victor-Blas SPA 1:33.00, etc.

M85 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Roscoe Jannette GB 56.22, Windbrake Rita GER 59.04, etc.

M90 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Wold Susanna NOR 1: 2.29, Allcock Ruth GB 1: 3.24, etc.

M95 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Hulle Jean GB 1: 3.64, Smith Patricia HOL 1: 3.85, etc.

M99 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Schumacher Emil GER 1: 7.59, Pratech Heidi GER 1:10.24, etc.

M55 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Haushofer Alosia GER 1:13.83, Laino Else FIN 1:18.27, etc.

M60 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Schneiderhan Paula GER 1:13.03, Hogqvist Ella FIN 1:23.68, etc.

M65 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Haule Elisabeth GER 1:20.05

M70 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Hedemo Nora SWE 1:41.24

M75 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Sarnama Jrja FIN 1:55.01

Event No. 350. 140. 800m FINAL

Table with 2 columns: Name and Time/Result. Includes T. Pearce G.B. 2:01.1, J. Wood G.B. 2:01.1, etc.

Event No. 360. 800m M45 FINAL

Table with 2 columns: Name and Time/Result. Includes D. Wodarz Germany 2:03.2, C. Anderson G.B. 2:03.3, etc.

Event No. 361. 800m M50 FINAL

Table with 2 columns: Name and Time/Result. Includes H. Lindell Sweden 2:03.7, E. Greppi Italy 2:05.9, etc.

Event No. 362. 800m M55 FINAL

Table with 2 columns: Name and Time/Result. Includes H. Tempan G.B. 2:14.0, R. Marckx Belgium 2:15.3, etc.

Event No. 363. 800m M60 FINAL

Table with 2 columns: Name and Time/Result. Includes T. Vikman Finland 2:18.6, B. Nielson G.B. 2:21.5, etc.

Event No. 365. 800m M65 FINAL

Table with 2 columns: Name and Time/Result. Includes G. Hermandstad Sweden 2:37.9, H. Taylor G.B. 2:42.2, etc.

Event No. 366. 800m M70/75 FINAL

Table with 2 columns: Name and Time/Result. Includes A. Parma Italy 2:40.6, E. Salminen Finland 2:44.1, etc.

M55 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Ballagher Patricia GB 2:12.36 ER, Windbrake Rita GER 2:15.43 ER, etc.

M60 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Roggeman Godelieve BEL 2:17.43 ER, Theissen Gertrud GER 2:17.06 ER, etc.

M65 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Van Kooten Gerda HOL 2:25.11 ER, Martin Firkko FIN 2:32.05, etc.

M70 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Gastaldi Noemi ITA 2:40.35, Diehl Lydia GER 2:40.38, etc.

M55 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Haushofer Alosia GER 2:44.74 ER, De Schoenaeker Vic BEL 2:48.36, etc.

M60 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Werner Erika GER 3:14.97 ER, Hogqvist Ella FIN 3:27.44

M70 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Luther Johanna GER 3:22.43 WR

M40 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Smith Victor GB 4: 1.01 ER, Wrenn Michael GB 4: 1.03 ER, etc.

M45 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes McNamara James EIR 4: 4.80 ER, Bartholemew Brian GB 4: 7.42 ER, etc.

M50 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Lindell Harry SWE 4:12.00, Van Onsele Jean BEL 4:13.70, etc.

M55 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Tompan Harry GB 4:29.50, Olavil Lane NOR 4:30.53, etc.

M60 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Vikman Tolvo FIN 4:48.20, Nilsson Baril GB 4:47.30, etc.

M65 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Stober Theodor GER 5: 9.32, Verloop Jan HOL 5:10.49, etc.

M70 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Parma Attilio ITA 5:33.80 ER, Johannsson Bertil SWE 5:44.30 ER, etc.

M75 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Kauppi Leevi FIN 7: 5.80, Huerta Victor-Blar SPA 7:16.10, etc.

M80 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Charbonneau Joseph FRA 7:27.70, White Ronald GB 9: 0.10, etc.

M85 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Holmes Dorothy GB 4:33.97, Gallagher Patricia GB 4:34.22, etc.

M90 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Roggeman Godelieve BEL 4:42.37 ER, Theissen Gertrud GER 4:42.50, etc.

M95 FINAL RESULT

Table with 2 columns: Name and Time/Result. Includes Van Kooten Gerda HOL 5: 2.66 ER, De Ghilage Maria BEL 5: 7.10 ER, etc.

M50 FINAL RESULT table with columns for name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M60 FINAL RESULT table with columns for name, country, and score.

M65 FINAL RESULT table with columns for name, country, and score.

M70 FINAL RESULT table with columns for name, country, and score.

Event No. 230. M40 High Jump table with columns for rank, name, country, and score.

Event No. 234. M45 High Jump table with columns for rank, name, country, and score.

Event No. 237. M50 High Jump table with columns for rank, name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M.60 table with columns for name, country, and score.

M.65 table with columns for name, country, and score.

M70 table with columns for name, country, and score.

M.75 table with columns for name, country, and score.

M.80 table with columns for name, country, and score.

M.85 table with columns for name, country, and score.

M55 table with columns for name, country, and score.

M40 FINAL RESULT table with columns for name, country, and score.

M45 FINAL RESULT table with columns for name, country, and score.

M50 FINAL RESULT table with columns for name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M60 FINAL RESULT table with columns for name, country, and score.

M65 FINAL RESULT table with columns for name, country, and score.

M75 FINAL RESULT table with columns for name, country, and score.

Event No. 462. Pole Vault M40 table with columns for rank, name, country, and score.

Event No. 462. M45 table with columns for rank, name, country, and score.

Event No. 452. M50 table with columns for rank, name, country, and score.

Event No. 452. M55 table with columns for rank, name, country, and score.

Event No. 452. M60 table with columns for rank, name, country, and score.

Event No. 452. M65 table with columns for rank, name, country, and score.

Event No. 452. M70 table with columns for rank, name, country, and score.

Event No. 452. M75 table with columns for rank, name, country, and score.

No competitor reported

LONG JUMP, M40 FINAL table with columns for name, country, and score.

M45 FINAL RESULT table with columns for name, country, and score.

M50 FINAL RESULT table with columns for name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M.60 table with columns for name, country, and score.

No. 179. M. 70. table with columns for name, country, and score.

M.65 table with columns for name, country, and score.

No. 179. M. 70. table with columns for name, country, and score.

M.75 table with columns for name, country, and score.

LONG JUMP M70 table with columns for name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M.40 table with columns for name, country, and score.

M.40 table with columns for name, country, and score.

M.45 table with columns for name, country, and score.

M.50 table with columns for name, country, and score.

M.55 table with columns for name, country, and score.

M.60 table with columns for name, country, and score.

TRIPLE JUMP, M40 FINAL RESULT table with columns for name, country, and score.

M45 FINAL RESULT table with columns for name, country, and score.

M50 FINAL table with columns for name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M55 FINAL RESULT table with columns for name, country, and score.

M60 table with columns for name, country, and score.

M65 table with columns for name, country, and score.

M70 table with columns for name, country, and score.

M40 table with columns for name, country, and score.

M.80 SHOT PUT table with columns for name, country, and score.

M.85 table with columns for name, country, and score.

M50 FINAL RESULT table with columns for name, country, and score.

RESULT M55 table with columns for name, country, and score.

M.60 table with columns for name, country, and score.

M.65 table with columns for name, country, and score.

M.70 table with columns for name, country, and score.

M.75 table with columns for name, country, and score.

M.80 table with columns for name, country, and score.

M.85 table with columns for name, country, and score.



THE HARDER YOU PUSHED, THE MORE YOU WERE PULLED.

The Terra Trainer

