

# NATIONAL MASTERS NEWS

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

122nd Issue

October, 1988

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## Rodgers, Binder Set 10-Mile Records



Masters winners, both of whom set age-40-and-over American records, Laurie Binder, 41, (57:11), and Bill Rodgers, 40, (49:14), after the Crim 10 Mile Road Race in Flint, Mich., on August 27. Photo by Vic Sailer

### Michigan's Crim Race is 8th Event on ICI / USRA Masters Circuit

by MIKE DAVIS

FLINT, Mich. — Summer's grueling heat finally gave way August 27 for the Crim 10-Mile Road Race, and masters runners responded with record times.

After weeks of 90- and 100-degree weather, it was a pleasant surprise to see temperatures in the mid-50s, with a cloud cover and little wind, for the start of the featured 10-miler through the streets of Flint.

Before the day was out, two American masters age-group records were bettered in the eighth race of the ICI/USRA Masters Circuit.

Bill Rodgers (M40, Sherborn, Mass.) led the way, running a 4:55 first mile and then maintaining that pace for a 49:14 mark to break Barry Brown's 49:46 American masters record. "It's my fastest time in two years," he said, "and I don't consider myself to be in top shape."

Great Britain's Mike Hurd, 42, was next across, in 51:30. "Unfortunately, after running Asbury Park two weeks ago, I got mixed up with Steve Jones and ran a bit too hard over an 18-miler. I suffered today a bit for it, but that's the way the game goes. Since I've been here I've been really struggling; the legs

just don't come around," he said. "I was in front of Billy for about the first mile or mile and a half, and then he went by me at two miles. The big problem, after about 2½ miles, was that I couldn't get with anybody. I basically ran 7 miles all on my own."

Laurie Binder (W40, Oakland, Calif.) also joined the record barrage, taking the women's masters title at 57:11, though she had hoped to go under 57 minutes. The old W40 record was 58:28, held by Cindy Dalrymple.

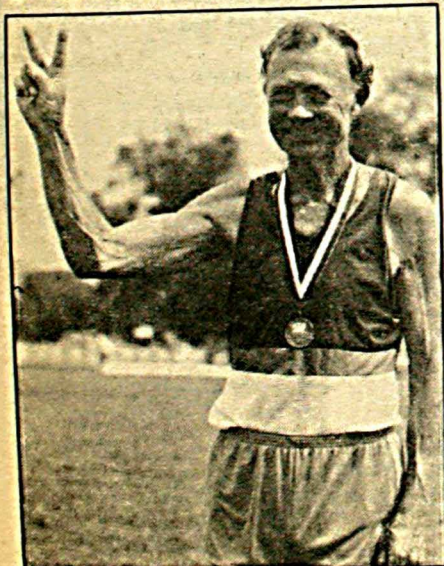
"I just wish I had run faster in the middle — I fell back a little then," Binder said. "I felt good at 7 and 8 miles; it was one of those days when you keep going through the miles and they are there before you know it."

Single-age records went to Christine Tattersall (47, Killingworth, Conn.), at 1:02:11; and Gina Faust (51, Woodland Hills, Calif.), at 1:05:44.

After an injury upset his plans to run the 10-miler, New Zealand's John Dix-

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### North American Meet Draws 302



Victory? No, in this case it means "No. 2." Carl Hammen took second in both the 5000 (19:38.5) and the 1500 (5:13.2) on his 65th birthday at the North American Championships.

from DAVID PAIN

The WAVA North American Track and Field Championships drew 302 participants — including about 100 from the U.S.A. — to York University in Toronto, Canada on August 27-28.

Competitors came from as far away as Texas, Georgia, California and British Columbia. The entrant traveling the longest distance was Ken Cohen, 59, a Canadian citizen currently living in Johannesburg, South Africa.

As might be expected, those who travel several thousand miles seeking competition are generally highly competitive and skilled in their respective events.

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### Valentine Breaks World 400 Mark

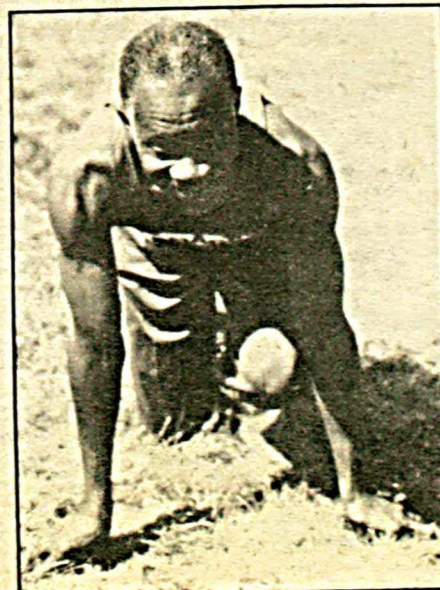
from NEIL STEINBERG

The 226 entrants who showed up for TAC's Eastern Regional Masters Championships at Rhode Island College in Providence, August 21, made it the largest masters meet ever held in the state.

But, that was secondary to the records set by Rudy Valentine, who ran a 59.5 400 to break the M65-69 world record of 61.4 held by John Alexander of the U.S., and a 50.0 300 hurdles, lowering Bob Hunt's U.S. mark of 50.63.

Other noteworthy performers included Al Walton, M35, with meet's bests in the 100 (10.9) and 200 (22.3); John Dwyer, M40, winner of the 800 (2:01.6) and 1500 (4:07.8); David Reiss, M40, with a 210-5 javelin throw;

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Rudy Valentine, 65, in the starting position that helped him become the first man over 65 to ever run the 400 in under 60 seconds.

Photo from Barbara Stewart



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

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/638-9155. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Please see page 4

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## 10 Join Sustainers

Each month NMN publishes a list of "sustainers," those who help support masters and masters athletics by donating to the National Masters News.

This month special thanks go to D.T. Henry, who donated \$50, and John Woods, who donated \$40.

Thanks also go to:

Gordon Beckman	James McLatchie
Jack Brocksmith	Michael Orlich
Bob Hunt	Susan Smith
Milo Lightfoot	Jimmy Weaver

knowing it will not affect our main performance.

*Gene Harte  
Los Angeles, California*

We both to congratulate Al Sheahan on the fine job of announcing he did at the Orlando meet, as well as others we've been at. Sure, he had help; but it was him that kept the interest sustained. Nice job!

*Marie and Don Henry  
Brick, New Jersey*

Al Sheahan's announcing at the TAC Nationals made an enormous difference. Unfortunately, we had to run an extra lap in the 10K. There was no difference in the placings, though, and it was an excellent meet anyway.

*John Woods  
S. Harpswell, Maine*

At the recent National Masters meet in Orlando, I encountered a group of dedicated and hard-working officials who didn't know the throwing rules as well as they should have.

The head field judge did know the rules, but only communicated the correct information after protests, and usually not until the middle or the end of the event.

Hammer: Although this event was officiated well, my 35-39 group threw in the dark. I train for this event all year long. Throwing with no light is unsafe for officials doing the measuring, and it doesn't create an environment for good throws. Enough time should be scheduled to compete in adequate light.

Shot: The rules were simple: if there were less than eight throwers in an age group, each was supposed to get six throws. If there were more than eight throwers, each was to get three trials; then the eight finalists would get three more throws. However, after the three trial rounds were over and the officials had announced the finalists, a latecomer arrived. The officials said he could throw — against the rules. I protested, and the officials reversed their decision.

Discus: As in the shot, three trial throws were scheduled to determine eight finalists. One entrant fouled his three throws, but was allowed to con-

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### WAVA MEDAL STANDARDS

Medal standards in the World Veterans Games (August NMN) are not needed. They discriminate against older people regardless of their training. Standards are unfair and political. They would cut off the 97-year-old man who won four world medals in Melbourne.

*Suzie Garrett  
Thousand Oaks, California*

WAVA medal standards are too high. They will not encourage anyone to participate in exercise or in competition. They will not inspire Canadians to take a holiday in Eugene in 1989.

Medals are prestigious and significant to older folks who want something to touch and show. Medals are a reward for competing.

Give medals to those who are first, second, or third in their age groups.

*Mrs. Stephen Nemeth  
Tsawwassen, B.C.*

I am writing to express my vote for medal standards. I am a 68-year-old female and have only been involved in T&F for 1½ years. At our Northern City Meet in July, I was a fraction under the WAVA standards. With standards, I want and must improve to win medals. I have seen 80+ individuals walk away with gold medals for everything they entered just for having entered. Where is the motivation? I vote yes for standards.

*Ruth Talley  
Hayward, California*

The same people bring up standards at every Council meeting. This year there was enough political clout to squeak them through.

Standards are not needed to keep old people in the convalescent homes from swarming to the World Games, clogging up the lanes, slowing down the schedules, confusing the organizers and causing anything else that might go wrong.

Standards project an unfriendly atmosphere. They are a bias against women; not fair to older women. They dampen the will to participate. They are not practical nor realistic.

What good have standards done in Canada and Europe where there is not one woman 80-or-older competing? Standards might dishearten the 97-year-old man from India.

*Myrtle Field  
Spring Valley, California*

I am opposed to any standards because they may discourage some older persons from participating.

The purpose of the competition is to encourage people of mature years to enter the Games.

Older participants, above all, want something to display for their unusual efforts.

*Mrs. Richard Mallow  
Poway, California*

### NORTH AMERICAN T&F MEET

I want to express my appreciation to Don Farquharson and the Canadian

Masters, particularly Brian Oxley, for the fine event they presented at York University in Toronto, August 27-28. I hope the USA entries added to the quality of the meet.

Now that the North American Masters Championships are to be held every two years, with the next meeting in 1990, I'm confident the CMAA has given the event a good start, and that we can anticipate the meet will grow in stature over the years.

*David Pain*

*WAVA North American Delegate  
San Diego, California*

At the recent North American Championships, a potentially disastrous situation was averted by the intervention of a TAC official on my behalf. I wish to take this opportunity to publicly thank Marjorie Moore, TAC official, for her handling of this matter, and David Walsh, meet director, for his cooperation.

*Alfonzo Walton  
Cortland, New York*

### U.S. NATIONALS

I have just returned from the 21st Annual U.S. TAC National Masters Track & Field Championships at Showalter Field in Winter Park, Florida.

I must congratulate Nick Gailey and all the people who helped him put on this impressive meet.

Two special points I would like to make:

1. The beauty of the grounds was outstanding with the shrubs, banners and the absence of milling crowds in the infield.

2. A special remark must be made for the quality of the announcing. Al Sheahan's contribution to this was greatly appreciated. It brings a complete new dimension to the activities.

However, I do have one negative remark. Scheduling the 4x100 and 4x400 on Friday evening was very unfair.

For example, Bob Watanabe and Gene Harte put on a good show in the 4x400. Making up a 70-to-100-meter deficit was no easy performance. But, the next day the 60-year-old bodies were unable to perform as well when it was time for the 400-meter main event.

The smart ones stayed out of the relays and were fresh and ready the next day.

Can't we keep the 4x400 relay at the end of the meet where it belongs? Then we can run relays for just the fun of it,

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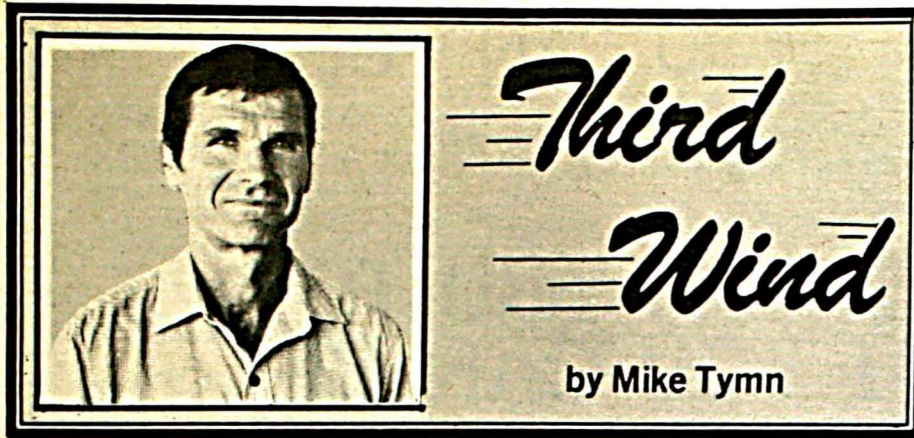
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## Gary Fanelli: The Skinniest Samoan

**Y**ou never quite know how Gary Fanelli will be attired when he toes the starting line of a road race. He has run as Michael Jackson, Lt. Col. Oliver North, a ballplayer for the New York Mets, The King of Tibet, Chef Ronzoni, Gary Glendale (a respectable banker), Dr. Outrageous, and Clarence Nerdelbaum, to name just some of his outlandish running costumes.

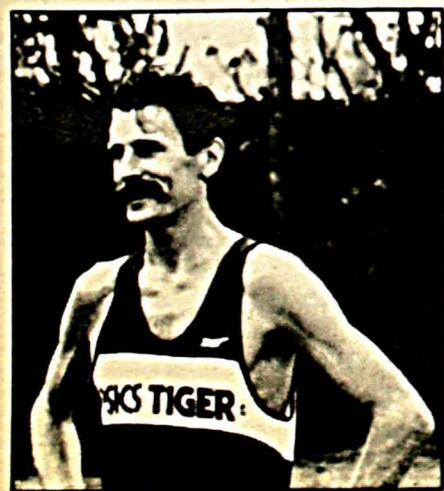
On October 2, Fanelli will run the Olympic Marathon in Seoul as a Samoan.

If you aren't familiar with the physical characteristics of the inhabitants of American Samoa, you might not appreciate the humor in that. Generally, Samoans are built like weightlifters or wrestlers. A very lean 6-2 and 152 pounds, Fanelli hardly fits the mold.

"I'm the skinniest guy there," said Fanelli, a 37-year-old native of the Philadelphia, Pa., area, on a recent visit to Honolulu. "I'm living in the village of Tafuna, so they call me Tafuna Slim. I get a lot of laughs and giggles from the people there when I'm out on a training run in nothing more than a pair of shorts. They can't believe anyone so skinny can be strong enough for any sport."

So what the heck is a Philadelphia boy doing running the Olympic Marathon for American Samoa, a group of six islands some 2,600 miles southwest of Honolulu?

It all goes back to 1969, when Fanelli, just out of high school, decided that he would some day be an Olympian. A 1:57 half-miler at Bishop McDevit High School in Glenside, Pa., Fanelli was inspired while watching the Mexico City Olympics that year. Jim Ryun, who won the silver medal at 1500 meters, became his athletic idol.



Gary Fanelli

*Third  
Wind*

by Mike Tymn

"It's been my dream ever since," says Fanelli, "that and to live in Hawaii."

After moving to Honolulu last year, Fanelli was introduced to two sports association officials from American Samoa. "They told me they were looking for someone to coach and help develop track and field, and if I was qualified I could also participate in the Olympic Games," he explained. "I sent them a resume and they accepted me for the position."

*On October 2, Fanelli, 37, will run the Olympic Marathon in Seoul as a Samoan.*

Although a territory of the United States, American Samoa is permitted by the International Olympic Committee to have its own Olympic representation, just as Puerto Rico, another U.S. territory. The IOC is allowing American Samoa six athletes for Seoul. Five of the spots will be filled by boxers, wrestlers, or weightlifters. Fanelli gets the only track and field berth (which includes the marathon) this year, but the developmental program started by Fanelli will hopefully produce talent for future Olympians.

Fanelli made his first serious bid for an Olympic team berth in 1980. In the U.S. Olympic Marathon Trial in Buffalo that year, he went out fast and led for the first 15 miles. After hitting 10 miles in 49:23, his best 10-mile time ever, he extended his lead to 150 yards by 12 miles. The pack following him began to close as Fanelli reached the half-marathon mark in 1:04:39, a time he had never before run for that distance.

"If there can be a 'rabbit' in a marathon, Fanelli was it," Marc Bloom of *The Runner* magazine later wrote. "His courageous front-running allowed the contenders to relax a bit more, to feed off Fanelli and one another without so much concern for pace or competitive advantage."

The race was won by Tony Sandoval in 2:10:19. Fanelli finished 22nd in 2:16:49, bettering his previous best time of 2:18:20 in the 1979 New York City Marathon.

Why the suicidal pace? "President Carter had already announced that we were boycotting the Games in Moscow," Fanelli recalled. "So I went out and took the bull by the horns and set a blistering pace, the idea being, well, if we aren't going to the Games let's make this 'our' Olympic Games and see how fast we can run; see if we can come up with faster times here than they will run in Moscow."

*"If there can be a 'rabbit' in a marathon, Fanelli was it."*

— Marc Bloom

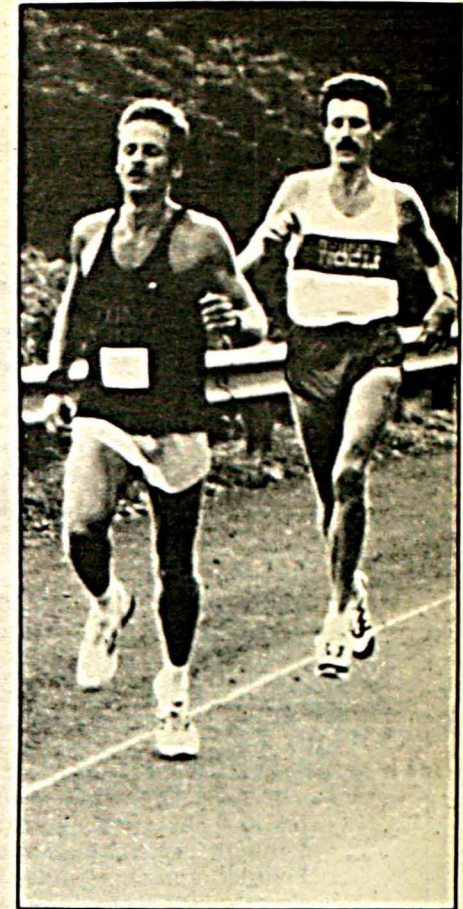
"The first three times were 2:10s. The winning time in Moscow was 2:11 something. So we ran faster and it gave us satisfaction and consolation. It was a PR (personal record) for me and I helped turn a lemon into lemonade, making the best of a bad situation. So I was happy and satisfied."

Fanelli improved his marathon best to 2:14:16 with a third-place finish in the Montreal International Marathon later that year. He also ran his best 10K, a 29:16 in 1980. It was the following year that Fanelli decided to broaden his running pursuits to include "entertaining" — running in various costumes. "Everything I do is in the name of laughter," Fanelli was quoted early this year in a *Sports Illustrated* article. "When you laugh, you raise the positive vibrations of the world."

Until he moved to Hawaii, Fanelli operated a health food distribution business. In addition to picking up prize money here and there for serious racing, he receives appearance fees for his clowning. After the Olympics, Fanelli hopes to enter the real estate business in Hawaii. He also plans marriage to Connie Comiso, a Honolulu nurse and one of Hawaii's leading distaff runners.

To officially earn a place on the American Samoa Olympic team, Fanelli had to establish residency there six months in advance of the Olympics and had to win their Olympic marathon trial, a 10K race. He loafed through that in 32:20, winning by over five minutes in a field of about 30. "They don't have shoulders on the roads down there, so I had to continually jump on and off the road to avoid the traffic," Fanelli recalled, laughing. "I don't even know if it was 10 kilometers. They measured it with a jeep. But that victory gave me some credibility."

Perhaps too much credibility. Because he is able to win races there so easily, some Samoans apparently think Fanelli is some kind of running god



American Samoa Olympic Gary Fanelli trails former University of Pittsburgh All-American Steve Littleton in the Johnny Faerber 10K in Hawaii during May. Fanelli pulled ahead to win in 31:07 under humid conditions.

and don't know how he can possibly lose in Seoul.

But Fanelli knows that he is not going to be in the fight up front. "I'll just try to run a good race," he said. "I have no business being in the lead pack. I've been racing long enough that I'm not going to let my emotions get the best of me and go out too fast."

Three weeks shy of his 38th birthday when he runs through the streets of Seoul, Fanelli should be one of the oldest marathon participants in this year's Olympics (New Zealander John Campbell, 39, will probably be the oldest). "I know I'm not as fast now as

*"When you laugh, you raise the positive vibrations of the world."*

— Gary Fanelli

I was at age 30," he mused. "I don't recover as fast as I used to between workouts and I have to really work on my flexibility. But I'm not ready for the rocking chair yet." He takes inspiration from the fact that Carlos Lopes of Portugal was 37 when he won the last Olympic Marathon.

With nothing much else to do in his peaceful South Seas isle environment than train and daily watch Bud Greenspan's "Sixteen Days of Glory," about the Los Angeles Olympics, for added inspiration, Fanelli has been logging in 100-mile weeks and feels fit. "My primary goal is to run a 2:15," he said. "My second goal is 2:20."

"The main thing is taking part." □



# FOUNDATION 30K RUN

Formerly the "Clarksburg 20 Mile Run"  
Sponsored by Foundation Health Corporation  
**Sunday, November 13, 1988**



## Mail Application to :

Foundation 30K Run  
Communications Department  
Foundation Health Corporation  
11344 Coloma Road, Bldg. 400  
Gold River, CA 95670

**For More Information, Call:**  
(916) 636-7692 - Days  
(916) 665-1712 - Evenings

### Races begin at:

Delta High School, Clarksburg  
4 miles South of Sacramento

**All Races Will Start Promptly  
At The Times Listed Below.**

- 30K Race** (18.6 miles) **11:00 a.m.**  
(including Charity Challenge Team Relay)
- 5K Race** (3.1 miles) **11:15 a.m.**
- 1 Mile Kids Race** **12:05 p.m.**

**TAC SANCTIONED & CERTIFIED**

**1988 TAC Men and Women's  
National Masters 30K Championship and P.A. TAC 30K Championship**

### REGISTRATION:

- 30K** - \$16.00 (includes T-shirt and meal) Late registration, after Nov. 5, and race day is \$25.00.
- 5K** - \$10.00 (includes T-shirt and meal) Late registration, after Nov. 5, and race day is \$13.00.
- KIDS RACE** - \$8.00 (includes T-shirt and meal) Pre-registration is encouraged. Race day registration open until 11:30 a.m.

### DIVISIONS AND AWARDS:

- 30K** - Men and Women: 14 and under - 69, 3 deep in each 5 year division. 70 - 90, 1 deep in each 5 year division. Wheelchair and Heavy-weights, 3 deep in each division.
- 5K** - Men and Women: 14 and under - 60 and over, 3 deep in each 5 year division.
- KIDS RACE** - Boys and Girls: (12 & under only) 1st - 3rd fancy ribbons, ribbons to all finishers.

### DRAWINGS:

Valuable merchandise awards raffled to registered runners in both races at awards ceremony. Must be present to win.

### BENEFIT:

**PEOPLE REACHING OUT**  
(A non-profit organization that fights drug use among youth.)

### PRIZE MONEY:

TOTAL PRIZES AVAILABLE  
\$8,700.

### ELIGIBILITY:

Although the TAC card is optional, ALL AWARD WINNERS in the 30K Championship must hold current TAC cards at the time of the race. TAC cards may be obtained by contacting:

**TAC Office**  
P.O. Box 1495  
Fair Oaks, CA 95628

### TAC TEAMS:

**FOR 30K ONLY** - All teams must pre-register and also report to team tables on race day morning to declare their team members. (3 to score).

### FEATURES:

- All runners will receive pace and split times at every mile. Free meal, a long-sleeved T-shirt, fruit, drinks and other refreshments will be available to all participants. • Please note the "Corporate Team Relay Division" (30K race only, 3 members per team - each member runs a 10K). 30K Charity Challenge relay team entries can be arranged by calling (916) 636-7692.
- The top 5 men and women in the 30K will be given seeded entries for The California International Marathon- Official training run for the California International Marathon.
- For information about free Child Care, call: Lois Seebeck, evenings at (916) 775-1318.

### REGISTRATION FEES

30K - \$16.00 Fee includes T-shirt and meal. Late Registration - \$25.00 after 11/5/88  
 5K - \$10.00 Fee includes T-shirt and meal. Late Registration - \$13.00 after 11/5/88  
 Kids Race - \$8.00 Fee includes T-shirt and meal. Race day registration fee is the same as pre-registration.

Make checks payable to: **Foundation Challenge, Inc.**

### MAIL REGISTRATION TO:

Foundation 30K Run  
11344 Coloma Road  
Gold River, CA 95670

### RACE:

30K  5K  Men  Women  Kids

Please CIRCLE division: 10 and under, 14 and under, 15-19, 20-24, 25-29, 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+

### SPECIAL:

Wheelchair, Heavyweight (200+ lbs.)

TAC Team (30K only):  Yes  No

### PACE:

Estimated race pace: \_\_\_\_\_ Minutes \_\_\_\_\_ Seconds per mile: \_\_\_\_\_

### SEX

M  F

DATE OF BIRTH \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_

### OFFICIAL USE ONLY

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

T-SHIRT \_\_\_\_\_

TEAM \_\_\_\_\_

TELEPHONE \_\_\_\_\_

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Duplication of this application is acceptable.

Forms postmarked after 11/5/88 are considered as "Late Registration". Race Packets can be picked up on race day at Delta High School, Clarksburg starting at 7:30 a.m. All teams must pre-register and also report to team tables on race day morning to declare their team members. **WAIVER:** In consideration of your accepting this entry for the Foundation 30K Championship and Associated events, a strenuous footrace, I, for myself, my heirs, executors, and administrators forever waive Yolo County, Community of Clarksburg, Foundation Health Corporation, the race directors and their representatives, volunteers, or any other sponsors for all claims, and costs arising out of race which I have entered by filling out the above registration. This waiver applies to all races, and as part of the waiver I acknowledge that I have read and understand all of the above.

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

(All Entrants Must Sign Waiver (parent/guardian if under 18))





## Larry Stuart: Religious About the Javelin

by TERI INGRAM

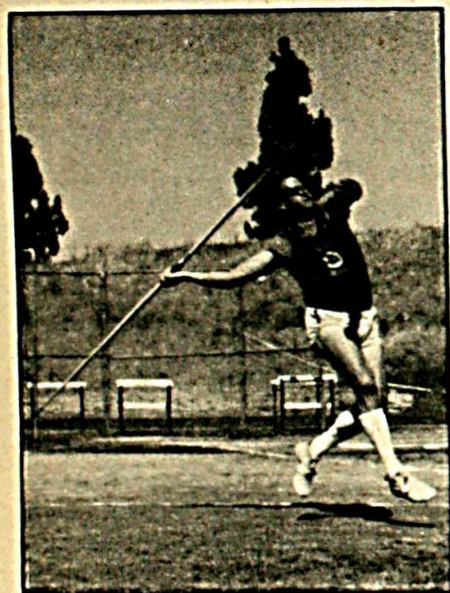
"Athletics to me is what religion is to others," Larry Stuart says, and he has certainly been devout. Stuart has been throwing the javelin for 34 consecutive years, longer than any American, and has achieved success with the help of a lot of hard work.

"As you have more success, you need to work harder and harder to be competitive," Stuart adds, which some of us may find a little discouraging. What he means is this: since becoming a master he notes that he cannot throw as far with the same work-out techniques. What he did to throw his all-time best of 281-11 at age 32 only brings him around 220 at age 51.

"But don't get discouraged; javelin throwing is a hard event for a master . . . and it helps to have an explosive arm." Easy enough for him to say. At 6-2, 210 lbs., he has the strength and weight to back up his statement.

Al Oerter once described discus throwing as "a 300 lb. man trying to do a pirouette," and the description is true of javelin throwing as well: it takes a combination of strength, speed and agility to achieve success.

Stuart has had his share of success. Born on October 19, 1937, he began javelin throwing at age 15, and also



Stuart in action.

Photo by Scott Couatts

played high school football, where he was an all-conference end. In 1956, he graduated from Haddonfield, N.J. high school and joined the Marine Corps.

He continued throwing the javelin and, within two years, was good enough to become USMC champion and the rank fifth in the U.S. with a throw of 251-5. He also took a stab at the pole vault during this time, achieving a height of 12-3 with the old steel pole.

After the Marines in 1960, Stuart moved on to Santa Ana, Calif., Junior College. In 1961, he was ranked #1 in the U.S. and, in 1962, set a National JC record of 256-2, which stood for eight years. He also was an all-conference football end and received football scholarships offers from Stanford, UCLA and USC.

"But I turned down the scholarship, deciding that the 1964 Olympic Games were more important at that time in my career," he said.

In 1963, he was again ranked #1 (267-3), but a pinched nerve in his lower back kept him out of the 1964 Olympic Trials. Despite recovering from the injury and throwing farther than anyone else before the Tokyo Games, he was not included on the U.S. team.

He went to USC and graduated in 1965 with a degree in marketing. He

continued to throw and was again ranked #1 in 1967 with a throw of 274-5. But, in 1968, bad luck again intervened. Two weeks before the U.S. Olympic Trials, he underwent extensive oral surgery.

"It completely sapped my strength. I could barely throw 225 feet," he remembers.

Perhaps because of his Olympic disappointments, Stuart continued to throw and, at the age of 32, achieved a lifetime best of 281-11, which again ranked him #1 in the U.S. in 1971. In his open career, he competed in 13 national championships and won over 50 major meets.

Since becoming a master he has won 48 firsts and been defeated only once. He set an M40 AR in 1978 with a throw of 238-0. He set an M45 World Record at the age of 49 with a throw of 239-7. In 1987, he set an M50 World Record of 215-9. He later broke that record with a throw of 228-0.

But, alas, Stuart is human. He has had his share of injuries: collapsed arches in both feet, calcium deposits in his shoulders, and he has been bothered by an ulcerated disk in his back since 1964. He is stoic about such things, saying, "You just learn to cope with these types of injuries." Stuart has two children, both in college, and a very supportive wife, Jane. "Jane has never said a word except encouragement. She knows workouts are my life. There is always time to work out. If I didn't find time, I wouldn't have been so successful." Jane also helps keep him on track in terms of his diet. Although he doesn't follow any special diet, he says, "I eat well-balanced meals, thanks to my wife."

He currently is the Western States salesman for Truco Products. In his spare time, Stuart enjoys model railroading (in H.O. scale). He also enjoys friends, travel, and, of course, notoriety, saying "athletics is the most enriching part of my life." He considers his greatest achievement "being a tough competitor despite serious injuries," and "being nationally and world ranked."

Outside of sports, his most important achievements were winning the "Outstanding Marine" award and, from 1976-1982, the "Man of the Year" award from the Muscular Dystrophy Association.

He was recently inducted into the Mt. San Antonio Relays Hall of Fame, one of only 25 athletes to be so honored.

He only works out four days a week and does weight-training, which he considers "very important," in the off-season. His warm-up consists of an easy lap jog, stretching with the javelin, 6-10 100s and throwing the 6 lb. shot to warm-up his arm. After this, he does approximately 10 run-ups with the javelin.

His goals for the future are, of course, "to continue to break age records as long as my body is able."

Last words of advice? "Never throw



Larry Stuart, world record holder in the M50 javelin.

two days before a competition. Allow the arm to have the most explosion possible. *Mental* toughness is the most important thing.

"Athletics is to me what religion is to others. It keeps my mind, body and attitude intact." □

This space contributed as a public service.



# Toxic Waste Dump.

The Great American Smokeout. Nov. 17.

AMERICAN  
CANCER  
SOCIETY

Created as a public service  
by McCaffrey and McCall, Inc.

### DAILY TRAINING SCHEDULE — LARRY STUART

<b>Monday</b>	Lift weights: incline sit-ups, leg press (up to 500 lbs.), 20 X 35-lb. pulley, lots of stretching, no bench presses.
<b>Tuesday</b>	Jog one lap. Stretching with javelin. Run 6-10 100-yards. Throw a 6-lb. shot put in same style as javelin, for technique. Throw javelin 10 times with short run-up.
<b>Wednesday</b>	Rest
<b>Thursday</b>	Same as Monday
<b>Friday</b>	Rest
<b>Saturday</b>	Competition, or same as Tuesday
<b>Sunday</b>	Rest





Start of the men's 1500 at the Waltham Track Club Masters Meet, June 25. Photo by Suzette Hall

## Barton, Filutze Win in Parkersburg Half

Athol Barton of Rockville, Md., and Barbara Filutze of Erie, Pa., collected \$500 each for their masters firsts in the Parkersburg Homecoming Half-Marathon in Parkersburg, W. Va., on August 20.

Barton, who placed 18th of nearly 4000 finishers, ran 1:11:41, leaving second to Don Coffman (1:12:31) of Frankfort, Ky., and third to Web Loudat (1:14:14) of Albuquerque.

Jack Cago of East Springfield, Ohio took all of the fun out of the M55 contest with a 13-minute win in 1:26:43.

Filutze placed ninth woman with a 1:22:26, which clipped 14 minutes from the W40-and-over course record. Lesley Cens-McDowell (1:24:01) of Johnstown, Pa., was second, and Jane Buch (1:27:13) of Smithville, Ohio was third.

Peggy Drauglis of Columbus, Ohio won the W50 contest handily with a 1:49:34.

Winners overall with course records were Richard Kaitany (1:04:24) of Kenya, and Christine McMiken (1:14:24) of New Zealand. □

## Masters Rankings

In this issue are the 1987 rankings for the 8K, 15K and half-marathon. The rankings are compiled by TACSTATS/USA, the official long distance running record-keeping arm of The Athletics Congress.

At the request of TACSTATS, we are printing only the top ten performers in each five-year age division. A complete list of each distance, approximately 25-40 deep, is available from TACSTATS for \$5. A complete set of all distances, enclosed in a three-ring binder with index tabs and an update service, is \$35. Send to TACSTATS, 7745 S.W. 138 Terrace, Miami, FL 33158.

Only those performances which equal or better the time guidelines established by TACSTATS are included in the rankings. (The time guidelines are listed below.) □

### 8 KILOMETER TIME GUIDELINES

OPEN	24:00	OPEN	28:30
35-39	26:00	35-39	31:00
40-44	27:00	40-44	33:00
45-49	29:00	45-49	35:30
50-54	30:00	50-54	38:00
55-59	32:30	55-59	43:00
60-64	35:00	60-64	52:00
65-69	40:00	65-69	1:00:00
70-74	55:00	70-74	1:15:00
75-79	1:00:00	75-79	1:20:00
80-84	1:10:00	80-84	1:25:00
85-89	1:20:00	85-89	1:35:00

### 15 KILOMETER TIME GUIDELINES

OPEN	46:30	OPEN	55:00
35-39	50:00	35-39	1:03:00
40-44	53:00	40-44	1:06:00
45-49	56:00	45-49	1:12:00
50-54	1:00:00	50-54	1:18:00
55-59	1:05:00	55-59	1:30:00
60-64	1:10:00	60-64	1:45:00
65-69	1:20:00	65-69	2:00:00
70-74	1:40:00	70-74	2:10:00
75-79	1:50:00	75-79	2:20:00
80-84	2:00:00	80-84	2:30:00
85&OVER	2:15:00	85&OVER	2:45:00

### HALF MARATHON TIME GUIDELINES

Open	1:07:00	Open	1:20:00
35-39	1:12:30	35-39	1:28:00
40-44	1:15:00	40-44	1:30:00
45-49	1:20:00	45-49	1:40:00
50-54	1:25:00	50-54	1:45:00
55-59	1:30:00	55-59	2:05:00
60-64	1:35:00	60-64	2:20:00
65-69	1:50:00	65-69	2:40:00
70-74	2:00:00	70-74	2:50:00
75-79	2:25:00	75-79	3:00:00
80-84	3:00:00	80-84	3:15:00
85& Over	3:30:00	85& Over	3:40:00



The men who made running have just turned 40. Far from over the hill, the legends of the sport are going head to head once again joined by the likes of Bill Rodgers, Frank Shorter and others new to the Masters scene. This time it's the ICI/USRA MASTERS CIRCUIT, featuring 14 of America's top races, vying for a \$20,000 Grand Prix style purse in 6 men and women's age divisions, and the "ICI-USRA Masters Championship" in Naples, Florida January 14, 1989.

A special newsletter, "The ICI/USRA Masters Report", will highlight Circuit events and profile the new stars of the roads monthly within the pages of "National Masters News" magazine. "Masters Running '88", edited by some of running's top writers, will serve as the official program of the Circuit and provide in-depth interviews and reports from the exciting Masters scene.

ICI/USRA MASTERS CIRCUIT is a Series whose time has come. *The Legends are back and it's better than ever!*

- March 12—Azalea Trail Run 10K  
Mobile, AL (205-433-3145)
- May 30—Cotton Row Run 10K  
Huntsville, AL (205-881-5807)
- June 4—Myrtle Beach Classic 10K  
Myrtle Beach, SC (919-876-8347)
- June 5—Hospital Hill Run Half Marathon  
Kansas City, MO (913-362-7223)
- July 10—Utica Boilermaker 15K  
Utica, NY (315-797-1310)

- August 6—TAC Masters T&F  
Championship "Legends" Mile  
Orlando, FL (407-647-2918)
- August 13—Asbury Park 10K Classic  
Asbury Park, NJ (201-531-4156)
- August 27—Crim Road Race 10 Mile  
Flint, MI (313-235-3396)
- September 25—The Great Race 10K  
Pittsburgh, PA (412-255-2493)
- October 1—Heartland Hustle 10K  
Davenport, IA (319-359-9197)

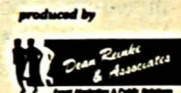
- October 8—Capital Trail Run 10 Mile  
Raleigh, NC (919-876-8347)
- October 16—Stamford Classic Marathon  
Stamford, CT (203-325-4688)
- November 13—Foundation 30K  
Sacramento, CA (916-636-7692)
- January 7—Charlotte Observer 10K  
Charlotte, NC (704-379-6896)
- January 14—ICI/USRA Masters  
Championship  
Naples, FL (407-647-2918)

For more information and a copy of "Masters Running '88", contact:

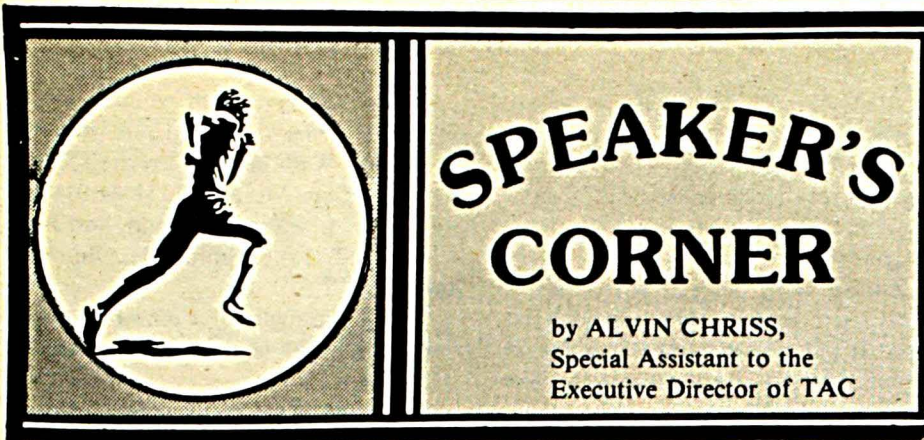
ICI/USRA MASTERS CIRCUIT  
Dean Reinke, Executive Director  
400 N. New York Ave.  
Winter Park, FL 32789  
(407) 647-2918



United States Running Association Masters Circuit







## International Politics Shapes Our Sport

**R**eading Dick Slotkin's blast at the "bully-boys" who drove Zola Budd out of the Seoul Olympics (Why Don't They Leave Zola Budd Alone?) was great fun. Go get 'em, Dick! And God bless you, too.

Taking issue with Slotkin's sentiment probably will make some readers look at me cross-eyed, but what Dick says is not the whole story; not by a long shot. True, our sport would be the better if Budd had grown to be what she really wanted to be; a gifted athlete, able to compete whenever and wherever she wished. That Budd's been sidelined is, indeed, regrettable.

What's also regrettable is Slotkin's failure to draw the right conclusions from this sorry occurrence.

Lying at the heart of Dick's viewpoint is the belief that "anyone with two-thirds of a brain knows" that a "mixed-race South African Olympic team" could be an instrument to bring "South African hardliners just a bit closer to the 20th Century than all those sanctions have done." In short, Dick feels the suspension of the athletic

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**Dick Slotkin's blast at the 'bully boys' who drove Zola Budd out of the Olympics...sounds wonderful. But it is naive...and misplaced.**

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federation of the Republic of South Africa and its effect on individual athletes is wrong: wrong on both moral and athletic grounds. Implicitly, Dick feels that apartheid is furthered rather than abated by the IAAF suspension of the Republic's federation.

Sorry, but this full-brained Special Assistant doesn't buy that at all. Slotkin's remarks reveal a naivete which, in my judgment, is probably specious and certainly will cause a repetition in the future of the grotesque mistakes that brought about Budd's sad withdrawal from the sport.

The hardheaded Dutchmen who Dick thinks would be moved away, even if just a bit, from apartheid by seeing a mixed-race South African Olympic team are too hard-headed to be at all motivated by such sweet sentiments. For that's not at all the reason that such Dutchmen would field such a team in the first place.

In pointing the culprits out for us,

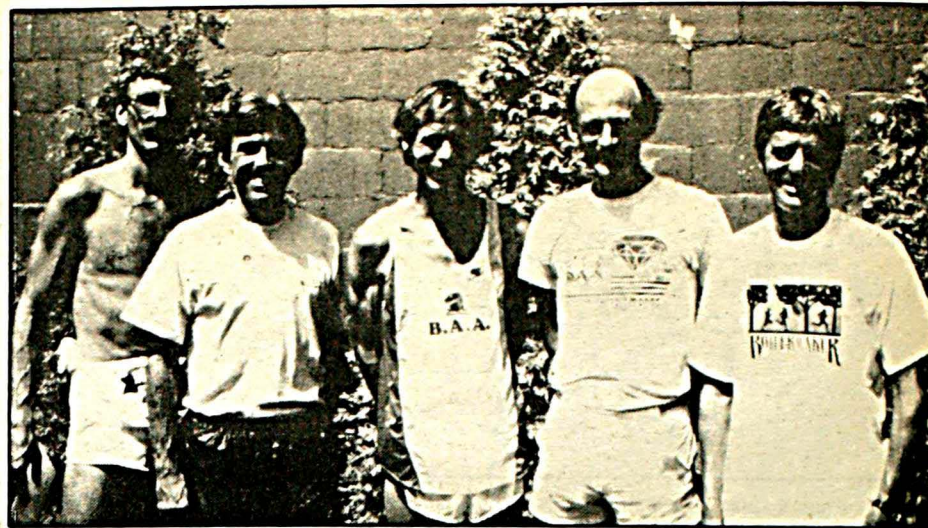
Dick seems to know for sure who those culprits are and who they are not. He's certain Budd's not at fault. He's probably right about Zola.

But his failure to name Zola's managers and business agents as the chief culprits in the play is a serious omission. The very persons who were hired to advance Zola's interests seem to have intentionally steered her down a path where she was always testing the system. Her very own managers and handlers took a course of action which made certain that no one would ever forget that Zola was, and seemingly wished to be regarded as, a South African.

In doing so, Zola's true welfare as an athlete was totally disregarded. Why should anyone as smart as Dick Slotkin be surprised when "bully-boys," as he calls them, react predictably when someone thumbs their nose at them? First thing I learned when you're in a meadow where bulls are roaming, is this: hide your red handkerchief. Keeping Zola's origins and apparent national preference before the very people who were looking for a way to make her a *cause celebre* was the same as waving red before a bull. As a knowledgeable bystander, it was always a source of wonderment to me that an athlete of Zola's quality was being given such poor advice.

But then, I have often been amazed at the myopia of South African agents and coaches when it comes to the ramifications of their actions on the international scene. Witness the brazen foolishness of Jan Fourie's agent sneaking Jan Fourie into a U.S. road race earlier this year, at the very time the very same agent was asking me to review Fourie's situation. The actions of Fourie's agent made it impossible to do something for Fourie. Witness attempts, which have come to my attention, to "rig" internal federation politics in African nations neighboring the Republic, with the result of making it difficult for me to accept credentials at face value.

People like me might have been able to do something for Zola if her managers and handlers weren't devoted to a political agenda which



Five of the top six masters at the New York Utica Boilermaker 15K, July 10 were, from left: Dave Stewart (third, 49:31); Bob Schlau (first, 48:32); Bernie Allen (fourth, 49:41); Mick Hurd (second) and Alun Rushmer (sixth, 50:38). Missing is Atlaw Belligne (fifth, 50:10). Photo from Dean Reinke

made them blind to the way a majority of the athletic federations of this planet feel about apartheid. People like Dick defend the view that South African athletes should be free to compete in all international athletic competition by pointing out the deficiencies of the governments of the athletic federations which are in the majority. In so defending, people like Dick seem to be hell-bent into goading that majority to act in a way, once and for all, that shows they are not only a majority, but an unbridled one, at that. Such is what happened to Zola Budd.

As it was, I was finally asked to intervene. The request came from a stateside business person who really did care for Zola as a person and as an

---

**When you're in a meadow where bulls are roaming, hide your red handkerchief.**

---

athlete. But by that time, the matter was out of hand. It was too late to do anything at all except watch and cry a little.

My knowledge of the situation doesn't come from what I read in the papers. My knowledge comes from working for and with the people who manage this sport, i.e. the athletic representatives of the world's almost 5 billion people, representatives who have lost all patience with and sympathy for a situation whose days, they feel, are numbered. My knowledge also comes from dealing with people who manage South African athletes. And it comes from dealing with the people who manage former South Africans such as Plaatjes, May, Johnson and Maree. (By the way, these latter four athletes — two whites, one "colored" and one black — are running, earning and not painting themselves or anyone else into a corner.)

The zeal that Dick Slotkin expresses sounds wonderful. It is an expression of his deep caring for this great sport and its fine people. But zealotry in situations such as the Zola Budd matter is quite misplaced.

In this complex world of ours, when you're outnumbered, you don't go it alone. What happens if you do, and you pick a fight, is that you end up with a bloody nose. If your goal is to mess up your face, then you've chosen the right course of action. But if what you want to accomplish is to make it possible for elite athletes to compete and to keep competing, then you must use different skills. It is those skills which Budd's people forgot or perhaps never learned to use. It is those skills which we at TAC/USA make paramount even when we are urged to take popular but counter-productive stances by friends of this sport.

Someday, the gifted journalists of the world like Dick Slotkin may stop and ask how come there's been no flap about Tjela, Plaatjes, Johnson, Maree or May. (Efforts were made to interfere, but without success.) Someday, thoughtful people like Dick Slotkin may stop and ask whether the best way to protect this sport is by promoting the myth that we are immune from the ebb and flow of the real (albeit ugly) world of politics and economics. Asserting that supposed immunity by shaking one's fist and screaming out loud: "Leave us alone!" makes for fine theatrics. But as a way to solve problems, it doesn't work.

Dick Slotkin's failure to grasp the essence of the matter made me sad. The nub of productive thinking about the international aspects of elite and representational competition is just this:

This sport doesn't shape international politics (cf. Slotkin's beliefs that a mixed South African Olympic team would have some political affect in South Africa). Rather the reverse is true: international politics shapes (and it always has shaped) this sport.

When one comes to terms with that ineluctable truth, then debacles such as the "retirement" of Zola Budd are possible to avoid. When one comes to terms with that polestar, the results are active careers for Mark Plaatjes and his colleagues. And for the record, TAC/USA, quietly and adroitly, made that happen. □



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## JOHN POPPELL WRITES ABOUT CAPS™

June 14, 1988

Dear Dr. Frank:

It is not my intent to get in the middle of a debate on the merits of any product. However, I feel compelled to write because of some things I have seen printed in the National Masters News.

I became aware of your products and ordered them approximately 30 days ago. I have been using them at least that long, and am now on my second order. I suppose long before now, had the difference I noticed been psychological, it would have disappeared.

I am a masters sprinter, age 57, who has been the national 100- and 200-meter champion for the last two years. I attribute my moderate success not to any great talent but rather to a willingness to train hard. Because of my age and the fact that my training occurs in Florida where the climate is very warm and humid, I have constantly battled fatigue at the end of my workouts. It has made for very short days, early dinners, and almost a complete lack of energy for any social life. Since I have been taking your products, I have noticed an amazing change in my physical stamina, my ability to withstand the hard workouts my coach prescribes, and an unbelievable recovery from these workouts which allows me to enjoy many other things well past the time when I normally would be caved in and in bed. I don't know if RACE CAPS and ENDURO CAPS will do the same for others; but, as for me, I can state without hesitation it has been a delightful discovery.

Sincerely yours,  
J.S. Poppell

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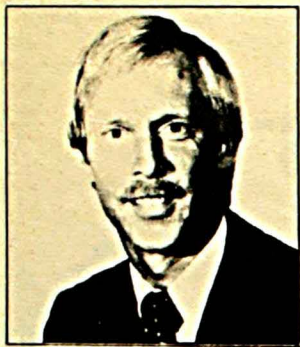
— Gerald Frank

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# THE FOOT BEAT

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

## Heel Bursitis

**A**nother condition which is becoming an up-and-comer in the field of veteran athletics is heel bursitis. We have all suffered from this in some degree or another over our running careers.

Heel bursitis is a bump of bone on the back of the heel. This is usually in the area where the Achilles' tendon attaches.

This condition is usually initiated by an ill-fitting shoe whose heel counter rubs up against the back of the heel causing an irritation and inflammation.

In this area there is a small bursa which sits between the Achilles' tendon and the heel bone. When this is irritated it becomes inflamed and swollen. Most athletes with a lick of sense will abandon the offending shoes, but most, in an attempt to save money, will continue along with the irritant shoe and aggravate an already bad condition.

Usually, the change to a non-irritating shoe is sufficient. If this does not relieve the situation, a heel cup may be attempted. The use of an orthoses for those who hyperpronate may be tried. If the condition persists, the use of an injectable anti-inflammatory is recommended.

Other conservative methods include icing the area after workouts and, perhaps, the use of physical therapy, such as ultrasound. □

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

## Racewalking: Improving Your Race Times

by VIISHA SEDLAK

Competitive racewalking is a technical as well as a speed and endurance event. I frequently hear from walkers who are frustrated over times that are no longer improving, and I have noticed that these "stuck" times occur at common plateaus: 31 to 34 minutes for 5K and mid-50's or mid-70's for 10K. When I meet with these walkers or review their videotapes, it becomes apparent that technique problems are limiting most of these walkers. When the technique is improved, the race times begin to drop again.

A walker can race only as fast as that walker's technique allows. The bent-kneed, straight-hipped regular walkers will never walk a 50-minute 10K because the healthwalking style doesn't permit the rapid leg turnover that gives the racewalker such speed. Similarly, a stiff-hipped racewalker will find race times limited by the body's inflexibility; the elliptical hip motion permits a much more rapid turnover than does the simple back and forth swing of the legs under a rigid upper body.

Even arm movements affect the stride: many walkers who are converts from running retain the runner's forearm flip motion, where the forearm counterbalances the leg motion and the upper arm swings only moderately until the runner begins to sprint. The racewalker needs to swing the entire arm from the shoulder, like a sprinter, to counterbalance the more powerful hip and leg extension. Yet many racewalkers do not fully lift the upper arm behind the torso and thus restrict the extension of their stride.

There are many such biomechanical issues which are critical to fast racewalk performances as well as to injury prevention. When the walker corrects biomechanical movements, the race times improve, often immediately.

Runners rarely study their own biomechanics, yet they can continue to lower their race times as they develop greater strength and endurance through training. The walker has no flight phase so the development of pure propulsive power doesn't bring the same results of increased racing speed. If a walker flies faster through the air between contact with the ground, he is disqualified from the race! This limiting factor of having to maintain contact with the ground at all times is what makes walking such an intriguing sport and such a technical one.

What can you do if you feel you might need biomechanical improvement? Find a technically knowledgeable coach to assist you. If there is no one in your area, contact the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. The ARA provides coaching via video for a reasonable fee. Watching yourself on video is a tremendous help as you see

many of your own errors. Watch the top walkers train and compete and learn from what you see. Talk to these walkers and ask their advice. Try to meet some of the established masters of the event, like Ron Laird, Frank Alongi, and Bruce MacDonald. These three gentlemen and other top competitors from past years, are generous with their time and training tips and have helped many beginners become superb competitors themselves.

Without biomechanical study and correction, a racewalker will hit a plateau in performance and can stay there indefinitely. The walker should train only as fast as the proper technique will allow; once he or she starts training and racing with poor biomechanics, these bad habits are reinforced. Soon there will be no further improvement in times. Jumpers and throwers learned this lesson decades ago and focus their attention on their technique. Racewalkers who do the same will improve, those who don't, won't. □

*Viisha Sedlak won two gold medals (in the 5K and 10K racewalks) at the VII World Veterans Games in Melbourne last year, and is the current U.S. National 5K and 10K W35 champion. This article is an excerpt from her forthcoming book, The Complete Book of Racewalking.*



Bob Fine, 56, finished third in the M55 5000-meter walk at the 1988 Nationals in Florida in 28:26.3.

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## Scoring The Decathlon

by REX HARVEY

Official scoring for the 1988 National Masters Decathlon was done on the 1985 IAAF Tables for all competitors up to age 60, and on the WAVA Scoring Tables for those 60 and over. The heptathlon was scored on the WAVA Tables. This is probably the last time that these scoring methods will be used because the Masters Age-Factoring Tables are due out soon from the WAVA Committees of Al Sheahan and Rodney Charnock.

Age-factoring will be a huge improvement in the multi-events because it will allow direct comparison between all age groups in a competition and will allow the results of older multi-eventers to be compared with those of open competitors. If this meet had been age-factored, the overall winner would have been Phil

Mulkey, M55, with a good 7827 points. This age-factored score is analogous to the scores that open decathletes would be scoring in prime. Note that the real equivalent of this age-factored score would have put Mulkey in this year's Olympic Trials.

Second would have been Gary Miller, M50, with 7708, and third, Rex Harvey, M40, with 7337. Fourth would have been Dan Bulkley, M70, 6966; fifth Ed Oleata, M50, 6831; and sixth, Henry Hopkins, M45, 6793.

Note that these preliminary age-factors seem to do a good job because they do not concentrate winners in any particular age group or groups. Gary Miller's excellent decathlon performance of 6031 earlier this year at Cal State-Los Angeles age-factors to 8604 points and vicariously would have put him on this year's U.S. Olympic team. □.

## Multi-Eventers Compete in National Masters Decathlon Championships in Los Angeles

by REX HARVEY

A good turnout of 46 men and three women from 18 states tested their skills over the two days of competition at the excellent facility at California State University-Los Angeles for the 1988 TAC National Masters Decathlon/Heptathlon Championships, July 8-9.

There was a very spirited competition in the large M30-34 group with Lee Webb winning over last year's champion, Bill Lawson. Mark Salzman won the M35 division from first-time masters competitor Gary Sarell and seasoned masters competitor Mike Davis.

Rex Harvey won the M40 division with an age-42 American record. Long-time competitor Henry Hopkins won the M45 title, pushed by second-place Tom Cronan.

Gary Miller, who recently broke the M50-54 world record with 6031 points on this same track, won his division, with Ed Oleata a solid second. Phil Mulkey won the M55 contest (and the whole meet had it been age-factored). Second place was Dave Douglass, bleary-eyed after a 30-hour flight from Europe.

Dick Nordquist, Jock Jocoy, and

Ted Ensslin had their usual close M60 competition, pushing each other on both days, with Nordquist coming out on top. Dr. Arturo Ricciardi, a relative newcomer to multi-events, won the M65 group for the first time. Boo Morcom, past champion, was injured and, missing the first day, competed on the second day only.

Dan Bulkley, M70, had amazing performances in the runs. His 5:55.5 1500 was the fastest age-graded race of the entire meet. Past winner Ham Morningstar did not complete the competition because of an injury.

Three women competed in the heptathlon, each winning in her age group. Entrants in this event should increase when ex-pentathletes/heptathletes reach submaster and masters ages. Newcomer to multi-events Barbara Stewart, W45, got a lot of good advice from two of the world's best, Phil Raschker, W40, and Crystal Miller, W50. □



## Updated Pentathlon Scores - 1985 Tables

by GARY D. MILLER

In Des Moines, Iowa 1986, the multi-event athletes voted, unanimously, to update Peter Mundle's records for combined events from the 1962 IAAF tables to the new 1985 tables.

Rex Harvey volunteered to do the decathlon and I volunteered to do the pentathlon. I received enormous help from Pete Mundle. Many scores had lost their subdiscipline marks; therefore, letters went out, etc. to try

and recapture those marks. Bill Forsyth was very helpful. One of his hobbies seems to be keeping tabs on pentathlon results.

The following list, except for Dr. Tilman's and Schallau's scores, is an updated World and American Pentathlon best list. If you have additions or corrections, please contact me at the following address: Gary D. Miller, 1740 Grandview Avenue, Glendale, CA 91201. □

### WORLD RECORDS PENTATHLON

M35	SILVIU HODOS	3806	FRA	4/17/83
M40	WERNER SCHALLAU	3455	GFR	9/24/78
M45	GARY MILLER	3117	USA	9/30/83
M50	GARY MILLER	2976	USA	6/26/88
M55	BOO MORCOM	2566	USA	8/12/77
M60	RUDI HOCHREITER	2346	AUS	12/03/87
M65	GUDMUND SKRIVERVIK	2028	NOR	7/31/86
M70	ADOLF KOCH	1685	GFR	12/03/87
M75	GERHARD SCHEPE	1002	GFR	12/03/87
M80	KARSTEN BRODERSEN	869	GFR	12/03/87
M85	HERB ANDERSON	372	USA	12/03/87

### AMERICAN RECORDS PENTATHLON

M35	FRANK REILLY	3377	CA	6/20/87
M40	GARY MILLER	3055	CA	8/16/81
M45	GARY MILLER	3117	CA	9/30/83
M50	GARY MILLER	2976	CA	6/26/88
M55	BOO MORCOM	2566	PA	8/12/77
M60	JOHN ALEXANDER	2301	TX	5/8/81
M65	BOO MORCOM	1988	NH	6/20/87
M70	BILL MORALES	1384	CA	12/03/87
M75	HERB ANDERSON	922	CO	8/12/77
M80	HERB ANDERSON	706	CO	9/04/82
M85	HERB ANDERSON	372	CO	12/03/87

1985 IAAF SCORING TABLES

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## 12TH ANNUAL JOHN STERNER TAC NATIONAL MASTERS 20K CHAMPIONSHIPS

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# MASTERS TRACK & FIELD REPORT

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

## 1988 TAC Convention Next Month

The TAC/USA National Convention is upon us, starting November 28 in Phoenix, Arizona.

It is at these conventions that action is taken, rules are made, and organization undertaken. Many decisions require votes, and this is done by those delegates present and participating at the convention. They are your representatives, and their actions will be binding.

At the risk of establishing a schedule that cannot be kept, or that will have to be revised at the last minute, I am

publishing a schedule of the matters that will be reviewed at this convention. It will be a heavy agenda, as much work needs to be done. The purpose of this publication is to let everyone know what the Committee is doing and on what matters decisions will be made. If you are a masters delegate, I hope this will give you a little advance guidance in planning your time. □

## TAC to Hold 10th Annual Convention

The Athletics Congress' 10th Annual National Convention will be held over the dates of November 28-December 3, 1988, at the Sheraton Phoenix in Phoenix, Arizona. Effective this year, the Convention's start-up day is on a Monday, and the final General Meeting is a Saturday.

On this page are:

- (1) Convention Registration Form
- (2) Hotel Reservation Form

If you need additional registration forms or hotel reservation cards, please contact Anne Phillips at TAC, Box 120, Indianapolis, IN 46206 (317) 638-9155).

The San Carlos Hotel, located one

block from the Sheraton, is offering rooms at \$30/single, \$40/double. Call 800/528-5446.

Delta Airlines, the official carrier, is offering a 5% discount off its lowest published fares (provided all rules and conditions of these fares are met), or a 40% discount off round-trip coach fare (a minimum of seven days' advance ticketing is required). □



### Schedule of Committee Meetings at TAC Convention in Phoenix

#### Monday, November 28

- p.m.
- 1:00- 5:00 TAC Board of Directors
  - 6:00- 8:00 TAC Executive Committee
  - 8:30-11:00 Masters T&F Executive Committee: Adopt Agenda

#### Tuesday, November 29

- a.m.
- 9:00-12:00 Law & Legislation
  - 9:00-12:00 Rules
- p.m.
- 1:00- 2:00 First-timers Orientation
  - 1:00- 6:00 Rules
  - 8:00-11:00 Rules
  - 8:00-11:00 Masters T&F: Awards, Budget, Site-selection, Women, Coordinators

#### Wednesday, November 30

- a.m.
- 8:00-12:00 TAC General Meeting
- p.m.
- 1:00- 5:00 Masters T&F: Regional organization
  - 1:00- 5:00 Budget and Audit
  - 1:00- 5:00 Rules
  - 1:00- 5:00 Marketing & Media
  - 6:30- 8:30 TAC Hospitality

#### Thursday, December 1


- a.m.
- 7:00- 8:00 Delegates Race
  - 9:00-12:00 Rules
  - 9:00-12:00 Masters T&F: Team manager, Relays, World Championships' Trust
- p.m.
- Noon-2:00 Awards Luncheon
  - 2:30- 6:00 Masters T&F: Rules, Law & Legislation
  - 8:00-11:00 Rules
  - 8:00-11:00 Law & Legislation

#### Friday, December 2



- a.m.
- 9:00-Noon Rules
  - 9:00-Noon Masters T&F: General reports, Site-selection, events reports
- p.m.
- 1:00- 5:00 Joint meeting with Masters T&F and Masters LDR
  - 6:30- 7:30 Cocktail hour
  - 7:30-11:00 Banquet

#### Saturday, December 3

- a.m.
- 8:00-End TAC General Meeting

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<input type="checkbox"/> Extra Person sharing room		
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PLEASE PRINT—COMPLETE ALL ENTRIES			
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STREET ADDRESS	CITY	STATE	ZIP
I WILL BE ATTENDING THE CONVENTION AS (Check One Only) <input type="checkbox"/> TAC Delegate <input type="checkbox"/> TAC Alternate Delegate <input type="checkbox"/> Amateur Sports Organization Delegate <input type="checkbox"/> Affiliate Representative Delegate <input type="checkbox"/> National Committee Representative <input type="checkbox"/> Observer			
<b>CONVENTION PACKAGE — \$60.00</b> Consists of the following: Registration Package Wednesday Night Social (Valley of the Sun Hospitality) Sponsored by Nike Thursday Awards Luncheon Friday Night Jesse Owens Award Banquet Sponsored by Atlantic-Richfield Company			
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<b>IMPORTANT</b> The following fees are in effect for all registrations postmarked after October 15: Convention Package \$70.00 Sustaining Member Package \$85.00			
Mail ALL COPIES of this form and CHECK to: TAC/USA NATIONAL CONVENTION P.O. BOX 120 INDIANAPOLIS, IND. 46206			
Make checks payable to: <b>THE ATHLETICS CONGRESS/USA</b>			
Fees submitted with this Registration — Convention Package \$ _____ — Sustaining Member Package \$ _____ TOTAL FEES SUBMITTED \$ _____			
NOTE: One copy of this form will be returned to you as an acknowledgement.			



## Team Manager Guidelines

At the 1987 TAC Convention in Honolulu, National Masters T & F Chairman Jerry Donley appointed a subcommittee to review how a U.S. team manager should be selected for the World Veterans Championships, and what his/her duties should be.

Another subcommittee was formed to propose what the relay-selection standards should be.

Here are the reports:

### Selection of Team Manager:

1. Applicants apply to TAC Masters Chairman after publication of position opening in the *National Masters News*.

2. Criteria to be met for applicants:

- A. Coach or
- B. Meet Director or
- C. Experience in Track & Field Administration.
- D. Non-competitor.
- E. Host-country language capability would be helpful.

3. Vote at National Championships in the year previous to WAVA competition.

### Duties of Team Manager:

1. Handle competition complaints, protests, and problems related to competition only.

2. Hold an initial meeting for any general announcements, to publicize relay selectors, and to let competitors know where and when you will be on a daily basis.

3. Appoint relay selectors in each age group.

4. Know chain of command and organization at the competition and who to contact with competition problems.

5. Be prepared to pass off field problems, illness, injury, and accidents to local authorities. Know who to contact — police, medical, American Consul — and their phone numbers.

6. Be on site at the predetermined time and place daily for at least six hours.

7. Submit relay teams names and fees to meet director before deadline.

8. Appoint a person to handle off-site team competition and explain to competitors their status in relation to that team, e.g., cross-country, marathon, road walk.

*Submitted by: Bruce Springbett, Ron Salvio, Tom Sturak.*

### Relay Guideline and Selection Process:

1. Team Manager will appoint one person in each age group to select all

relay teams.

2. Everyone is to stay in his/her age group as a general rule.

3. Factors in determining members of teams in order of importance:

#### A. 4 x 100

- 1) Times in 100 and 200 meters during games.
- 2) High hurdlers who have previous 100 meter times.
- 3) Times in multi-events.
- 4) Injuries

#### B. 4 x 400

- 1) Times in 400 meters during games.
- 2) Times in Intermediate Hurdles.
- 3) 800-meter participants.
- 4) Injuries.

4. Selectors will turn in team members' names to team manager along with fees applicable. □

*Submitted by: Max Goldsmith, Bruce Springbett.*



## Transportable Vaulting Pole

Jim Vernon uses a vaulting pole which comes apart in the middle and can be carried in a ski bag, which makes for relatively hassle-free transportation on airplanes, taxis, or buses and convenience in hotel elevators. After recent rulings there appears to be no more doubt about legality for such poles. For reasons which he considers important, Jim uses a pole which not only comes apart but is also crooked. However, he says it would be possible to construct a straight pole which comes apart using the same method if the crooked feature is not wanted. This convenience is obtained at the cost of a weight penalty of about one pound.

Jim will share his method of manufacture with anyone who might be inclined to try it and has composed a seven-page set of instructions which he would give at no cost to anyone who asks for it and sends a stamped self-addressed envelope to his address at 1147 W. Rowland Ave., West Covina, CA 91790. □

## Montana Masters Meet Draws 99 to Bozeman

by JERRY WOJCIK

The 10th Montana Masters Track and Field Championships in Bozeman, August 12-13, drew 99 participants, 55 of whom won gold, silver, and bronze medals using performance standards rather than places. Twenty-two athletes also achieved the U.S. Masters Standards of Excellence.

Notable performances included M45 Tom Gage's 196-3 in the hammer throw; M40 Richard Tucker's 1:58.9 800; W75 Polly Clarke's 17.6 100 and

38.8 200; and fine 1500s by M35 Terry Boos (4:11.4), M55 Bill Foulk (4:49.9), M60 Bill McChesney (5:04.0), and M70 Al Funk (6:03.6).

Edna Berg, W70, became the only athlete to participate in all ten championships, while 92-year-old Herb Kirk made his ninth.

The meet was held at the fine facility at Montana State University. □



Ninety-two-year-old Herb Kirk competed in his ninth Montana Masters Meet, Bozeman, August 12-13. He's shown here joking with starter Dale Kennedy. Photo from Mike Carignan



Polly Clarke, 78, TAC's female masters athlete-of-the-year in 1985, returned to masters action after a two-year layoff at the Montana Masters Meet in Bozeman, August 12-13. Clarke set age-78 WRs in the 100 (17.6), 200 (38.8) and 400 (96.7). Photo from Mike Carignan

## KANSAS BIG GUYS CLASSIC

WHEN: October 22, 1988

WHERE: Kansas University, Lawrence, Kansas

WHAT: Weight Pentathlon-SP, DT, JT, HT, 35 #WT. Standard Pentathlon-HH, LJ, SP, HJ, 800 M.

WHO: Mens and Womens: Open, Sub-Master, Master

ENTRY FEE: \$15.00 for one or all events, University and College \$10.00.

ENTRY DEADLINE: October 17, 1988. \$5.00 late fee.

AWARDS: Each entrant will receive 1-100% cotton Big Guys Shirt, and a water squeeze bottle.

OUTSTANDING COMPETITOR AWARD: (Elwyn Dees Award) will be given on a point system.

TEAM TROPHY: A traveling team trophy will be awarded on an NCAA 9 place system.

STARTING TIMES: Masters 9:30, Sub-Masters 10:00, Open 10:30.

IMPLEMENTS: Standard WAVA and IAAF Spec.

Weight in: Will open one and one half hours before each starting event and will close to that group one hour before their starting time.

KANSAS TRACK AND FIELD: Does have a limited amount of implements, competitors are encouraged to supply their own.

TAC CARD: Required for all non-NCAA competitors.

DRESSING FACILITIES: With shower available before and after the meet.

TRAINERS: There will be one on site during the meet.

TRANSPORTATION: Lawrence is 45 minutes west of Kansas City, Braniff seems to have the best fares in and out of Kansas City. Recommended Hotels: Travelodge (913) 842-5100, All Seasons (913) 843-9100 and the Holidome (913) 841-7077.

NOTICE: Meet management reserves the right to alter and set new schedules. In case of an overly large field, management reserves the right to limit the throws and jumps to four efforts.

FOR FURTHER INFO: Contact: Kansas University Track and Field Office (913) 864-3486 or Allen Field House Rm. 143 Lawrence, Kansas 66045. C/O: Gary England, Throws and Multi Event Coach.



# PROFILE

## Gerry Davidson

by LOLITIA BACHE

For someone who describes herself as "a pretty old woman who never considered herself an athlete," Gerry Davidson has some very impressive athletic credentials.

She is the national W65-69 record holder for 5K (24:27), 15K (1:17:31) and 25K (2:10:56) and age-66 American record holder for 20K (1:46:28). She won four gold medals each time she attended the National TAC Masters Track and Field Championships (1984 and 1987) and brought back a silver medal (5000) and bronze medal (800) from the World Veterans Track and Field Championships this past November in Melbourne, Australia.

A former tennis player, Davidson began running when she moved to Fallbrook, Calif., 11 years ago "to



Gerry Davidson

Photo by Bob Langsfield, courtesy of San Diego Track Club News

counteract some effects of a fairly sedentary lifestyle — headaches, weight problems and low energy level." In addition to the physical advantages she has derived from running, Davidson found that "there are so many psychological and social benefits. It's a good ego booster to be able to run, to be able to win division awards, and to be a part of a positive activity enjoyed by so many others. The whole social setting is a happy one, and we've met so many wonderful people," says Davidson.

On competition, Davidson admits, "After my first competition, the 1979 L'eggs 10K, I was hooked!" Training brought down her initial 10K time of 59:50 to her PR of 48:26 in 1983 at age 62. She added track competition to her schedule in 1983 and holds San Diego TC records for women ages 60-69 for 100 (19.08), 200 (39.37), 400 (87.7), 800 (3:21.68), 1500 (6:48.35) and 5,000 (24:18.90) on the track.

Davidson's training consists of running 40-45 miles per week, with one day of speed work (6-8 400s, more when training for track), one day of hill intervals or mile pick ups, plus one long run up to 20 miles. She says, "Since my early 'jogging' days, I have increased the intensity and variety of my program, trying to gear it toward the particular upcoming event."

When asked about her favorite event, Davidson replied, "I really like the 5, 8, and 10Ks, and running track has added a new excitement. But the marathon is the ultimate challenge for me."

The busy grandmother lists her other hobbies as swimming, bicycling, skiing, gardening, and playing the piano and bridge.

Davidson's husband, Bob, has wholeheartedly supported his wife's athletic endeavors from the very beginning. Her involvement probably has something to do with his entrance into competition as a racewalker last year, and now he competes in many of the same events as Gerry, including the TAC National Track and Field Championships and the World Veterans Championships last year. The two were recently in a television commercial about nutrition for active seniors.

Davidson says, "I think the most fun I've had was at the Paramount 10K. We were a competing family

Bob entered the racewalk, and I ran with my son Norm and grandson Scotty, age 7 months, pushed by his father in the baby jogger."

As for the future, Davidson, who turned 67 on March 12, says her goals are "to stay ahead of last year's times, or even improve. I'll no doubt run all

my favorite local races, some track competition, and run another marathon." These are high goals for a lady who "never considered herself an athlete" but goals that are certainly within her reach. □

(Reprinted from San Diego TC Newsletter).

## Scott First Master in Pikes Peak Marathon

Gail LaDage Scott, W40, of Durango, Colo., did something few 40-and-over women runners have ever done in a "name" race — she had the best time of all masters runners, men and women, with a 4:32:21 in the Pikes Peak Marathon (26.8 miles), in Manitou Springs, Colo., on August 21. Her time was good enough for second-woman overall.

First men's master was Brad Smith, M40, of Boulder, Colo., who finished in 4:35:33, just ten seconds ahead of Jeff Tarbert, M40, of Colorado Springs.

Winners of the marathon were Matthew Carpenter (3:38:05) and Linda Quinlisk (4:29:59).

On the day before, in the more popular Ascent race (13.4 miles), Steve Mahleu, 41, of Albuquerque far outdistanced the masters field with a 2:28:56 finish. Mary Wood, 43, of Montrose, Colo., was the W40-and-over leader in 3:15:07.

Elliot Scott, 24, won the open race in 2:11:10, and Lynn Brown, 28, was first woman with a 2:48:39.

Ed Sower, 72, of Yuma, who finished third M70 (5:37:15) in the Ascent, came back for the marathon to win his

division in 6:41:56. In 1987, Sower became the first person over-70 to complete Hawaii's Ironman Triathlon within the 17-hour cutoff time. □



Jeff Tarbert, Colorado Springs, second M40+ (4:35:43), 33rd Annual Pikes Peak Marathon, August 21. Photo by Nancy Hobbs

### Write-On Continued from page 4

continue as the officials allowed six throws for everyone — against the rules. I protested, to no avail.

The sector used for submasters discus competition is supposed to be the same (40-degrees) as for open competition. But the discus officials used the masters 60-degree sector — against the rules.

At each event, people came to the officials with no documentation and added their names to the list of competitors. At the National meet, a final deadline should be at least a week before the meet. People should not come to the meet, see who's there, and then enter where they think they'll do well.

Competitors with children should control them. Trying to throw the hammer with small children yelling right behind the screen does not help.

The time and location of the national meet should be considered. The heat and humidity factor in Florida made competition in the field events tough. We are inviting disaster, especially in the older age groups. Someone is going to die out there.

Please understand I will come to these meets for as long as I live, but I'd

like to see them run better. The National meet, over the years, has been quite good. Let's work to make it great.

Gary Kelmenson  
Santa Cruz, California

### NEW INDOOR COORDINATOR

I recently agreed to assume the position, previously held by Ron Salvio, of National Masters Indoor Meet Coordinator.

It is with much regret that the Masters T&F Committee sees Ron leave this position. He has done much for the program during the past several years, including hosting the 1984 National Indoor Championships at Princeton University. However, Ron assures me he can now be more effective or a concerned (and vocal) masters participant. I am certain the masters program will hear Ron's concerns, and probably see him display his interest as a national office after a sufficient time has passed. Ron was the first person I met in masters track and field, and I subsequently joined the Shore Athletic Club, and most recently the Merrill Lynch AC, because of him. Therefore,

Continued on page 24



## Clarke, Utes Win Midwest Masters Age-Graded 10K

by HOWARD STRASSENBURG

Despite a 90/90 (temperature and humidity), 70 runners from four states competed in the first Midwest Masters Age Graded 10K Championship Road Race, held on August 13 in conjunction with the 51st annual Gladiolus Festival at Momence, Illinois.

A total of \$2000 was awarded to the top ten women and top ten men. Warren Utes, 68, of Chicago was awarded first place money, \$250, with an actual time of 39:36, and an adjusted time of 27:36. Second place money, \$150, went to Dorse Dubois of San Antonio, Texas, M75, with a 50:15 actual, and a net 28:15.

The top women stole the show with Anne Clarke, W75, of Carroll Stream, Ill., winning the first place money, with an actual time of 1:04:28 and an adjusted time of 28:43. Alaine Williams, W70, of Park Forest, Ill., took second place with a time of 56:31.4 and a net time of 30:46.4.

The first five places in both the women's and men's age-graded times came from five different age brackets. It is a compliment to the apparent fairness of the Masters of Excellence Chart from which the time handicaps for the race were derived. 1st, 2nd, and 3rd place Championship medals were awarded in all age brackets.

The race was well received by the participants, prompting one runner to note, "This race was long overdue, keep up the good work." □



Alaine Williams, 76, took second in the age-graded Midwest Masters 10K, August 13 in Momence, Ill. Her actual time was 56:31; her adjusted time was 30:46.

Photo by Ramadka Photos

## Corrections

Pamela Calvert's 27.80 in the '87 Hoosier Classic was omitted from the 1987 W40-44 200 rankings published in August. That time places her in the fifth spot of the 39 runners ranked.

Jim Mc Shane, M60, was listed as having a third-place long jump of 11-2¼ at the TAC Nationals when he, in fact, leaped 14-5½. □

## Five Years Ago

- 350 compete in Western Regionals in Los Gatos, Calif.

- Norm Green sets M50 Half-marathon mark of 1:12:09 in San Diego.

- NMN letters unanimously oppose ban of South Africans. □

## Women Defeat Masters Men in Mythical Meet

If the winning marks in the 1988 TAC National Masters Track and Field Championships are compared to the winning marks in the 1988 U.S. Women's Olympic Trials, the women win, 6-2, in the eight events where conditions were virtually the same.

If the events are scored like a dual meet (1st-5 points; 2nd-3 points; 3rd-1 point), the women outscore the masters men, 57-15.

The caliber of competition between masters men and younger women is normally very close. While abilities differ depending on the event, experts say a 42-year-old man is generally the athletic equivalent of a woman in her

prime. Age-graded tables show a masters male can generally hold his own with a woman 15 years younger.

Perhaps because of the Olympics, the women dominated this year's "dual meet."

The nine-year totals are now: events: masters men 45, open women 42. Points: open women 420½, masters men 362½. □



### MYTHICAL DUAL MEET: MASTERS MEN VS. OPEN WOMEN

(Actual performances from the 1988 TAC National Masters T&F Championships held in Winter Park, Fla., on August 4-7 -- combined with the actual performances from the 1988 U.S. Women's Olympics Trials held in Indianapolis on July 15-23 -- and scored as if it were a dual meet: 5 points for first; 3 points for second; 1 point for third.)

#### 100

1 Florence Griffith	W	10.61
2 Evelyn Ashford	W	10.81
3 Gwen Torrence	W	10.91
6 Stan Whitley	M	11.05

#### 200

1 Florence Griffith	W	21.85
2 Pam Marshall	W	21.93
3 Gwen Torrence	W	22.02
5 Stan Whitley	M	22.20

#### 400

1 Stan Whitley	M	49.30
2 Dianne Dixon	W	50.38
3 Denean Howard	W	50.40

#### 800

1 Kim Gallagher	W	1:58.01
2 George Mason	M	1:58.39
3 Dick Tucker	M	1:58.73

#### 1500

1 Mary Slaney	W	3:58.92
2 Regina Jacob	W	4:00.46
3 Graeme Shirley	M	4:03.93

#### 10,000

1 Barry Brown	M	31:41.50
2 Lynn Nelson	W	31:51.27
3 Francie Lar'u-Smith	W	32:03.63

#### HIGH JUMP

1 Louise Ritter	W	6- 6
2 Trish King	W	6- 5
3 Coleen Sommer	W	6- 5
7 Charlie Rader	M	6-1½

#### LONG JUMP

1 Jackie Joyner-Kersey	W	24- 5
2 Sheila Echols	W	22- 7
3 Carol Lewis	W	22- 7
5 Stan Whitley	M	22-1½

Score: Open women 57  
Masters men 15

## Valentine Sets World mark

Continued from page 1

and Betty Clair Searcy, W35, who combined a sprint win in the 200 (28.3) with a shot put victory (29-3½). □



Ed Lukens, M65 javelin winner (117-0), Eastern Regionals, Providence, R.I., August 21. Photo by Barbara Stewart



## National Masters Championship



# CALIFORNIA INTERNATIONAL MARATHON

## DECEMBER 4, 1988



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# Masters Health and Fitness

by ALFRED MORRIS, Ph.D., F.A.C.S.M.

## Comparing Running with Different Aerobic Exercises

**D**ue to the recent interest in cross training (regularly performing different modes of exercise, such as swimming, cycling, and aerobic dancing), many people ask, How does each of these alternate aerobic activities compare with running or walking? This is a logical question, because time is a valuable commodity. As a wise exerciser, you can get the maximum investment for the time and effort you spend at your fitness activities.

**Walking vs. Running.** Walking and running are the easiest activities to compare because you can measure their distance and time accurately. Essentially, you burn 100 calories per each mile you walk or run. Of course, body size, fitness level, and intensity of effort all must be taken into account to determine the exact caloric expenditure. But, with this as a baseline, you can compare and contrast other fitness activities with walking and running.

Walking and running strengthen the muscles in your lower back and legs, but do little or nothing to develop your upper body and quadriceps (the muscles in front of your thighs).

**Biking vs. Running.** In equating the energy expenditure of cycling with running or walking, you must consider the terrain, wind, and weather. All things being equal, a cyclist on a level surface with little or no wind or rain may be able to cover approximately three miles using the same effort a runner uses for one mile. So the ratio of cycling to running is about 3:1, as long as intensity is the same for both activities. That is, if you run at 75% of your maximum effort, try to cycle at the same intensity. Therefore, if you run two miles a day and then switch to cycling, you will need to cycle six to seven miles a day for a similar workout.

Cycling also strengthens the muscles in your legs. It is a good complement to running because it strengthens your quadriceps. Some athletic injuries develop because of muscle imbalances.

For example, some runners develop

knee problems because their hamstrings become much stronger than their quadriceps. However, if you alternate cycling with running or walking you will keep your muscles balanced and working together. Other people with knee problems can't run because it is too stressful on the knee, but cycling is OK for them.

**Swimming vs. Running.** Unlike running, walking, and cycling, vigorous swimming can provide a challenge to almost all your muscles, while also being an excellent conditioner for your heart and vascular system. And, researchers have found that swimmers are injured less often than runners and cyclists.

If you examine swim races and comparable distances in running, you will note a 1:4 ratio. That is, you must swim approximately 100 meters to equal 400 meters of running. Therefore, if you run two miles each day, you need to swim one-half mile. Finally, in order to compare swimming and running, you must do them at the same intensity.

Remember too, that swimming tones muscles all over the body, while walking and running work only the lower body. So, even if your heart and lungs can take a comparable swimming workout, your arms and upper back may not be prepared. Some people cannot run because it aggravates their back; swimming, however, may not hurt them.

**Cross-Country Skiing vs. Running.** It is easy to compare cross-country

skiing and running, because they take about the same effort and time to cover the same distance. If you are proficient in both activities, one mile of cross-country skiing is equal to one mile of running. Snow, terrain, and skill greatly affect a skier, just as hills adversely affect a runner.

As in swimming, you will work your upper body when you cross-country ski. So, just because you expend similar amounts of energy doing both exercises, you can't change immediately from running to cross-country skiing. If you do, your upper body will become sore quickly. Some people with arthritis who cannot run or walk easily can cross-country ski, because it is less stressful to their joints.

**Rowing vs. Running.** Since there are so few rowing events, it is difficult to compare them to running. But Olympic rowing events show that the 2,000-meter event takes about as long to complete as 1,000 meters of running. So a 2:1 ratio can be made of rowing to running. Again, environmental factors, such as wind and water turbulence, will greatly affect a rower.

Rowing strengthens muscles all over the body — even more than swimming does. It develops the quadriceps, back, abdomen, and upper body.

**Aerobic Dancing vs. Running.** The formula for determining the benefits of aerobic dancing follows the same reasoning as above. If the aerobic phase (after the warm-up and before the cool-down) is 30 to 40 minutes, you can equate this with running a certain distance in that time. So 30 minutes of aerobic dancing equals about three miles of running at the same intensity (again, about three 10-minute miles).

The muscles you work during aerobic dancing depend on the routine. Ideally, you can work almost every major muscle group.

**Exercising Indoors.** After consideration of the above activities, you may wish to compare these sports with similar activities performed in a gym or at home. For example, how does using a stationary bike or rowing machine compare to walking or running outdoors?

It is difficult to compare indoor exercise modes to their outdoor counterparts, since more variables enter the picture. For example, how much resistance is set on the bike or rowing machine? Also, the cycling or rowing rate per minute is a key factor. Try cycling at about 60 to 80 revolutions per minute, while rowing at a rate of 25-35 strokes per minute.

In indoor cycling, if you perform at the same intensity level (you'll know this by checking your heart rate while exercising), you could cover approximately six to seven miles of equivalent outdoor cycling.

**Start Out Slowly.** Remember, if you're just beginning to work out at a new sport, begin gradually and slowly build to longer durations and higher



Three generations of same family who competed in 1988 National Masters Championships: From left: Sally DeGroot Polk, 58, Albuquerque, NM; Burt DeGroot, 81, San Clemente, CA; Linn DeGroot Polk Dunton, 31, San Diego, CA.

intensities. It also might be wise to alternate walking or running with other aerobic sports until you find the activity that suits you best.

In fact, because different activities develop different muscles in a specific fashion, it is best to vary your aerobic sports. This reduces your potential for injury and helps prevent undue muscle soreness that can discourage a beginning exerciser.

**Designing Your Exercise Program.** The American College of Sports Medicine suggests that all adults work out three to four times a week for 30 to 35 minutes at 60% to 90% of their maximum heart rate. If you are a woman or a sedentary man, your maximum heart rate equals 220 minus your age. If you are a fit man, subtract one-half of your age from 205.

Walking or running two to three miles (or an equivalent) every other day at a brisk pace can condition your cardiovascular system.

The table on this page compares different aerobic activities and awards aerobic points for each activity. Try to total at least eight to 10 aerobic points each week. This will translate to two to four points for each of your three to four exercise periods. You can alternate or mix and match different activities.

In sum, pick any activity that you enjoy and will continue doing. Any activity is better than just sitting and being a "couch potato." □

*Alfred Morris, Ph.D., F.A.C.S.M., is a member of the AR&FA Editorial Board and is the director of Health and Fitness Programs, Armed Forces Staff College, Norfolk, VA. He has published more than 200 articles on sportsmedicine and is the author of Sports Medicine Handbook and Sports Medicine: Prevention of Athletic Injuries.*

### Use Aerobic Points to Gauge Your Workout

Fitness Activity (time)	Total Time	Distance	Aerobic Points
Walking (15-20 minutes/mile)	40 minutes	2 miles	2
Running (8-10 minutes/mile)	20 minutes	2 mi.	2
Cycling (12-18 miles/hour)	30 minutes	7.5 miles	2
Swimming (1/2 mile/30 minutes)	30 minutes	1/2 mile	2
Stationary Rowing (30 strokes/minute)	30 minutes	1-2 miles	2-3
Aerobic Dancing (50-60 minutes)	50-60 minutes		2-3

Finalists  
Weinach  
BRA (4)  
Friedric  
Marabot





# International Scene

by JACQUES SERRUYS

President of WIGAL

## Korea to Host Final WIGAL Championships

The 21st World Veterans Long Distance Running Championships will be held in Kyong-Su, Korea on October 8-9. It will be the last world championships organized by the World Association of Veteran Long Distance Runners, known as WIGAL.

WIGAL organized its first edition in 1968 under the leadership of the late founders Arthur Lambert and Dr. Ernst Van Aaken. Mainrad Nagele and, later, Bryan Doughty, Hideo Okada and Jacques Serruys helped the organization grow.

In 1975, the World Association of Veteran Athletes (WAVA) under the leadership of Don Farquharson, staged the first World Veterans Track and Field Championships in Toronto.

Thus, two world organizations, each with its own point of view, but with many of the same participants, pursued their own programs.

A new phase in the evolution of veterans athletics occurred in 1984 when the International Amateur Athletics Federation (IAAF) proposed forming one veterans organization, combining the capabilities of WIGAL, WAVA and IAAF.

WIGAL had the support of WAVA in the negotiations, with WIGAL's goal being the recognition of the veterans movement by IAAF. The next step was the establishment of an IAAF Veterans Committee, which included WIGAL representatives Clem Green, Jacques Serruys and Barry Shaw.

In 1986 at the WIGAL Championships in Vancouver, the WIGAL General Assembly accepted the principle of uniting. The confirmation was made in 1987 during the WIGAL General Assembly in Netanya, Israel. The 21st Championships in Korea will thus be the last world race organized by WIGAL. WAVA and WIGAL will now combine into one world veteran organization under the name of WAVA with the support of IAAF.

Next year, WAVA will stage the World Veterans 10K and Marathon Championships in Eugene, Oregon, U.S.A. The value of a title "World Veteran Champion" will certainly be increased.

The decision to unite is not the end of IGAL. There will be no further world or regional WIGAL championships, but, in each country, IGAL can organize local veterans events. For example, IGAL Germany, founded in 1962, with over 1000 members, will remain and will spread the original ideas of WIGAL.

In Europe, the European Veteran Athletic Association (EVAA) will have a Road Racing Committee on which IGAL will be represented, in addition to a Track & Field Committee. □



Finalists in the M70 200 at the VII World Veterans Games in Melbourne were, from left: Bill Weinacht, 804, USA (2nd, 28.67), Payton Jordan, 841, USA (1st, 27.92), Frederico Fischer, 763, BRA (4th, 29.29), Erik Muren, 873, SWE (7th, 30.62), Ernie Plimer, 833, GBR (6th, 30.08), Friedrich Meyer, 746, FRG (3rd, 29.98), Gentaro Watanabe, 792, JPN (5th, 29.98), and Guiseppe Marabotti, 759, ITA (8th, 32.90). Photo by Gretchen Snyder

## British Half-Marathon Championships

by MARTIN DUFF of *Athletics Weekly*

The 1988 British Half-Marathon Championships were held in Welwyn Garden City, Hertfordshire, August 21. With last year's winner, Mike Hurd, not defending, and other top veterans sidelined through injury, the favorites for the M40 title were Shel Cowles, runner-up last year, and National Cross-Country runner-up Colin Youngson.

This event being one of the few money races on the U.K. calendar, Youngson had to score to pay for his fare from Aberdeen. The cash prizes, though, were spread throughout the age groups, with British promoters opting to give prizes in each age category rather than through some artificial percentage system.

Cowles and Hurd were with the leading group throughout, joined early by Brian O'Neill, Taff Davies, and Les

Davis. By five miles on this far-from-easy course (although Hurd ran 65:06 in ideal conditions last year), Cowles, O'Neill, and Youngson were clear in 25:30 with Davis and Davies, M45 and M50 leaders, a few seconds adrift, and Derek Wood leading the M55s in 27:30. Cowles made his effort at 7½ miles and by 8 miles had begun to open daylight on Youngson, with O'Neill tailing off. Cowles, never comfortable, stretched his margin by 60 yards, winning in 68:30.

Perhaps the best age-graded time was 78:20 by Eddie Kirkup in the M60s.

Melbourne marathon winner Anne Roden, who has donned a British vest this year in the open European Marathon Cup, looked a certain winner all the way but had to pull out all the stops to keep out 1987 winner Bronwyn Cardy by the finish (79:25 to 79:30). Peggy Fletcher's W55 93:35 was particularly noteworthy. □

## North America Meet Draws 302 Continued from page 1

Clarence Ray, of Detroit, who missed the U.S. Nationals in Florida three weeks earlier, defeated South Carolina's Thad Bell, the reigning M40 world 100-meter champion, 11.27 to 11.47. Bell evened the score in the 200, 22.7 to 23.0.

Another Michigander, Glennie Johnson, edged Canada's Harold Morioka in the M45 100, (11.57/11.81), 200 (23.53/24.14), and 400 (51.18/51.93).

New York's Konrad Boas ran 94.95 to break his own 3-week-old M85 400 world record of 95.52.

Canada's Ray Tucker won the M40 800 (1:58.14) and 1500 (4:09.63), while Byron Fike won the 100, 200, 400, 800,

1500, and 5K walk in the M80 bracket.

North Carolina's Jim Law won all three M60 sprints, and New Hampshire's Archie Messenger captured the M65 400, 800, and 1500.

The 5K walk was the most exciting event of the meet when Jan Roos, 50, turned in a world M50 record of 23:22.54. Roos was named athlete-of-the-meet.

Two U.S. women, Ruth Leff, W60 (31:39) and LaVonne Hottensmith, W65 (31:42), each set U.S. age-group records in the 5K walk.

A 35-pound weight throw drew 24 contestants, including three women, ranging from age 40 to 75. Michigan's

Continued on page 25

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**9 Months To Go**

# Countdown to Eugene

## Facilities Being Readied

by TOM JORDAN AND BARBARA KOUSKY

**W**ith just nine months until the opening of the VIII World Veterans Championships, work on the various venues in Eugene and Springfield is progressing well. At Hayward Field, the primary track facility, construction of an on-site weight room is nearing completion, as is a 4-lane, 200-meter warmup track adjacent to Hayward's 400-meter oval. The warmup facility is connected to the main track by a 100-meter synthetic straightaway.

At Silke Field, the second facility, completely new synthetic runways have been completed for the long jump, triple jump, javelin, high jump, and pole vault. New shot and discus rings are being installed as well. The track has been resurfaced on the curves and completely restriped.

The non-stadia event courses are taking shape, with a flat, fast marathon route developed on the bike paths along the Willamette River, virtually free from all auto traffic. The walk courses will be the same ones used

successfully for the 1980 Olympic Trials and 1986 TAC Championships. The inaugural World Veterans Championships 10K Road Race will start and finish in downtown Eugene, and be run during the cool of the evening on Thursday, July 27. The cross-country course is a challenging mixture of U.S. and international styles, with varied terrain and footing.

Housing reservations are nearing 3000 already, and it is highly recommended that athletes planning to come to Eugene for the Championships send

in their housing reservations forms as soon as possible, even if still undecided about exact competition events. If you are traveling to Eugene by air, the official travel agency, Adventure in Travel, can arrange for 5% off the lowest discounted fares on United Airlines. Within the continental U.S., call toll-free 800/545-5477 and ask for Sandy. From other countries, telephone 503/484-0600 or fax 503/345-6587 for further information.

A reminder: American competitors will need to produce a current 1989 TAC card in order to compete: the World Veterans Championships is sanctioned by The Athletics Congress of the USA.

Some entrants have misunderstood the competition schedule (July NMN). The "1SAT" and "2SAT" refers to the first Saturday of competition and the second Saturday of competition. It does not in any way refer to the venue of competition. That determination will be made when we see just exactly how many entries we have for each event. Same of course for "1SUN" and "2SUN", etc.

With just nine months to go, the time has come for serious training, and what better way to prepare for "The Worlds" than to wear an "In Training For the World Veterans Championships" T-shirt. (See the ad in this issue of NMN.) See you in Eugene! □



## Report from Britain

by ALASTAIR AITKEN

Ron Bell of Wrexam, who shattered the world masters mile record (4:12.58) in the U.S. Nationals in August was in fine form on his return, winning the veterans prize in the Cardiff Butetown Mile in 4:21 on August 29.

In the Veterans Athletic Club Championships, Jack Searle equaled his M80 British high jump record with a 1.05 (3-5¼).

Alun Roper was the winner of the British Veterans 10 Mile Championships at Oswestry, August 7, in 52:57

but had a tough battle with Dic Evans, a fellow Welshman, who came second in 53:09. Both went through five miles in 25:39. First M50 was Taff Davies in 55:47, and Bronwyn Cardy, W35, was first woman in 61:43.

Eddy Kirkup was first M60 in the Rother Half-Marathon in 79:33, July 27. Mike Hurd, M40, won the Grove 6 Mile Road Race outright in 30:15, August 6. First over-50 runner was 57-year-old Mike Barratt in 34:15. □

## Get Ready for Eugene



Get your official "In Training For..." t-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans' Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Order several. Shirts make great holiday gifts.

Short-sleeves (50-50 blend) are \$10 each; long-sleeves (100% cotton) \$14 each. Add \$2 postage & handling for one shirt; add \$4 if ordering 2 or more. Make check out to "WVC T-shirts"; or use your Visa/Mastercard (see below). Allow 4-6 weeks for delivery.

Indicate quantity of each shirt desired:

<b>Eagle Mascot</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	Total short-sleeve shirts ordered _____ x \$10 = \$ _____
Short-sleeve (\$10)	_____	_____	_____	_____	_____	
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<b>Official Emblem</b>						Plus postage (\$2 for 1 shirt; \$4 for 2 or more)
Short-sleeve (\$10)	_____	_____	_____	_____	_____	\$ _____
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### WAVA/TAC Hurdles and Implements Specifications

		HURDLES WOMEN			
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
60-69	300m	.762m	45.00m	35.00m	40.00m
		30"	147'7½"	114'9½"	131'2½"
70 Plus	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
<b>MEN</b>					
30-39	110m	.991m	13.72m	9.14m	14.02m
		39"	45'	30'	46'
40-49	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34.5"
50-59	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
60-69	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
70 plus	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7½"	114'9½"	131'2½"
40-49	300m	.840m	50.00m	35.00m	40.00m
		33"	164'0½"	114'9½"	131'2½"
50-59	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
60 +	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
<b>IMPLEMENTS</b>					
		<b>SHOT PUT</b>	<b>DISCUS</b>	<b>HAMMER</b>	<b>JAVELIN</b>
<b>Women</b>		35-49 4.00k	1.00k	4.00k	600gms.
		50 plus 3.00k	1.00k	3.00k	400 gms.
<b>Men</b>		40-49 7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
		50-59 6.00k	1.50k	6.00k	800 gms.*
		60-69 5.00k	1.00k	5.00k	600 gms.
		70 plus 4.00k	1.00k	4.00k	600 gms.

\*New IAAF Specifications



## Heat, Athletes Hit Record Levels in Empire State Games

from BARBARA STEWART and PAUL T. MURPHY

New York State submasters and masters in the Empire State Games in Dewitt on August 5-6 were challenged by oppressively humid temperatures in the high 90s, but beat the heat by setting 21 women's and 34 men's meet records. Heading the list of record-holders:

Rudy Valentine (5 golds, 5 records) set the M65 record for the 100 (13.0); 200 (27.7); 400 (62.8); and 300H (50.1); and was part of the record-setting 4x100 M50+ NYC team.

Ed Lukens (4 golds, 2 records), much recovered from his tram accident in Melbourne, bounced back to take the M65 high jump (1.32/4-4) and long jump (4.67/15-3¼), giving him the most ESG records (9) currently held by a masters athlete.

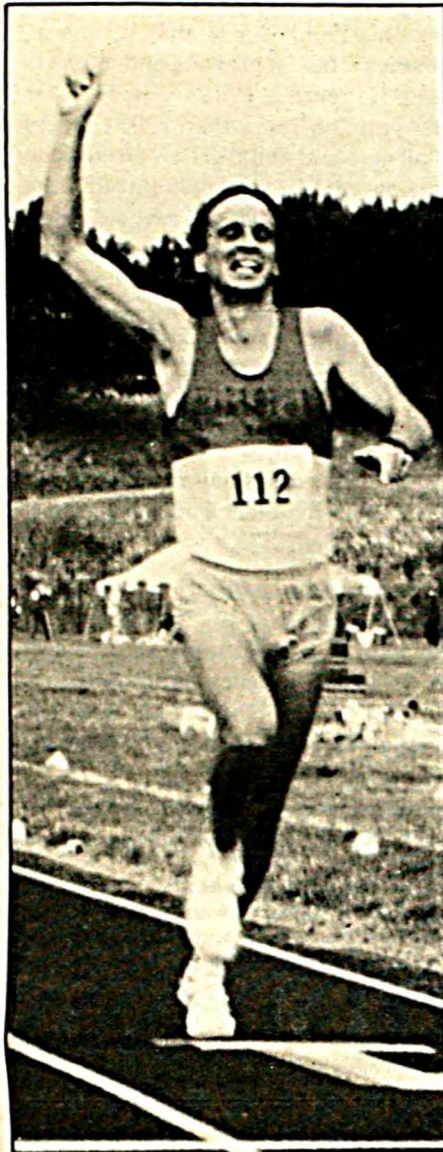
Perennial crowd favorite Elmer Shaw, M70, won five golds and set three records hammer (40.54/133-0); discus (38.36/125-10); and with the M70-79 winning 4x100 relay team.

Barbara Stewart (4 golds, 4 records) now holds seven current ESG records in the W45 division, after records in the hammer (19.74/64-9); 80H (17.1); high jump (.86/2-10); and 400H (1:39.1).

Joan Dash, W55, easily won three golds with three records: discus (20.46/67-1); javelin (24.88/81-7); and shot put (9.09/29-10).

Susan Compton displayed speed, racing savvy, and remarkable endurance in winning the W40 10,000, 5000, 1500, and 800. Helen Bueme, W55, was the only woman to capture five golds, winning the 100, 200, 400, 800, and 1500.

In a major upset in the M50 division, Tom Fondy of Syracuse won the 100 (12.3), leaving Haig Bohigian second and Cliff Pauling third. However, Pauling took the gold in the 200 (25.7) and 400 (57.0). □



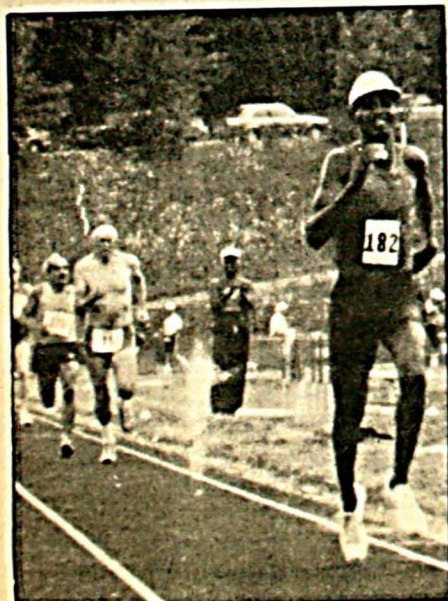
David Winn, M45, celebrates his victory in the 10,000, Empire State Games, Syracuse, August 5, with a meet's best, 34:39.

Photo by Paul Murray



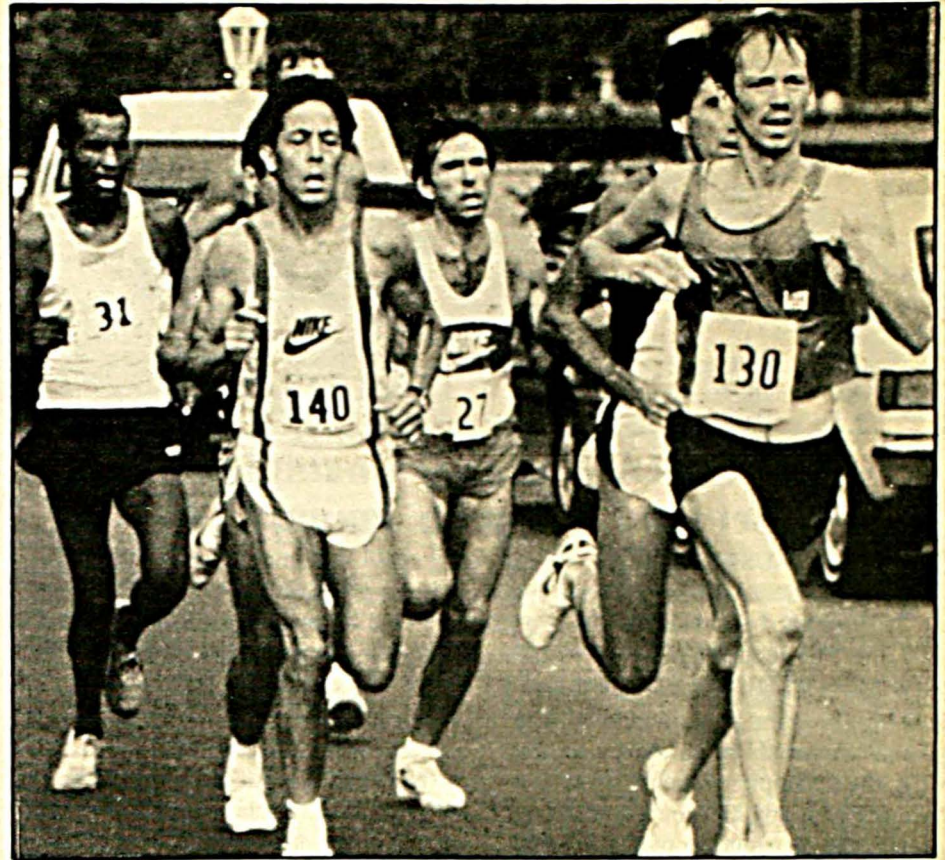
Ken Roblee, M35 gold medalist in the Empire State Games with a vault of 13-0.

Photo by Jim Trott



Glen Shane leads the M45 800, Empire State Games, Syracuse, August 5, to win in 2:10.5.

Photo by Paul Murray



Masters leaders, from left: Atlaw Beligne (5th, 32:19, \$100); Steve Ferraz (not in top five); Bob Schlauf (#27, 3rd, 31:59, \$300); Barry Brown (behind #130, 4th, 32:07, \$200) and winner Larry Olsen (31:34, \$1750). National Masters 10K, Asbury Park, N.J.

Photo by Vic Sailer

## Olsen, Filutze Win U.S. 10K in Asbury Park

by ELLIOTT DENMAN

ASBURY PARK, N.J. — Larry Olsen confesses to an addiction. He sees no possible way to get himself unhooked.

Then again, he takes a good look at some of the things other folks are addicted to and he begins to realize that his chocolate chip cookie habit isn't the most serious affliction in the world.

Nowhere in the good book are chocolate chip cookies listed as recommended fuel for long-distance runners. But somehow Olsen has managed to overcome. Heaping dishes of spaghetti with meat sauce are a primary antidote. And hearty doses of pavement-pounding in the vicinity of his Millis, Mass., home keep him lean and mean, trim and fit.

Subject to ratification, he may be the leanest, meanest, trimmest, fittest older gentleman in America.

He beat a thundering herd of pursuers to run off with the Masters Division title in the famed Peachtree 10K Road Race in Atlanta on the Fourth of July. Well, if you think Atlanta on the Fourth of July was hot and muggy, you should have seen Asbury Park on the 13th of August.

Masters running is an inevitable kind of thing, since none of us ever get any younger, and a diminishing number, once they accept that fact, feel like quitting.

The only thing Larry Olsen ever quit was ice hockey. A hotshot forward at King Philip (Mass.) High School, he chucked his pads and skates and stuck to his shorts and spikes once he got to Providence College.

Two decades later, Larry Olsen is running like a reincarnation of his

old...er, young... self. A 31:34.6 clocking in the brutal Asbury weather was an extraordinary performance. Only 16 younger guys beat him back to the finish line. He bolted past Britisher Mike Hurd just past the five-mile post and went on to win this out-and-back tour of four coastal communities by 35 yards. Female masters winner was Barbara Filutze (36:07).

The race served as the 1988 TAC National Masters Championships.

Classic founding father Phil Benson had listed Hurd as his prerace favorite. But there was no thunder left in this Hurd yesterday.

"People shouldn't overlook me," said Olsen later, harboring no grudges.

Olsen was running with the home-nation edge, but every other edge seemed to be Hurd's.

Olsen is a working man — at the Front Runner Sports Shop in Millis — who fits his workout day around his working day.

Hurd is a retired Royal Air Force man who fits his running around his running.

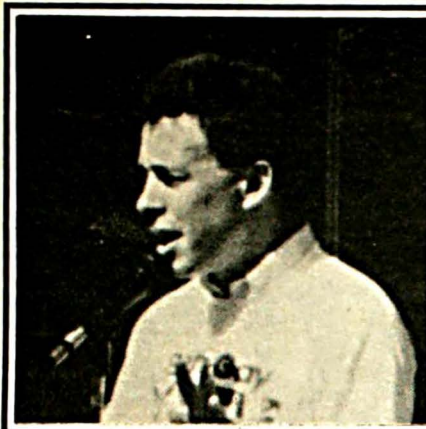
"I'm a full-time runner," he says proudly and it's a testament to the lengths this sport has traveled in recent years that there's anyone at all able to make such a statement.

There is prize money available to leading masters runners — \$1,250 to winners, male and female, \$750 for seconds, for instance — and there are points at stake in the ICI/USRA nationwide circuit of races, so it's actually possible to run all the way to the bank and not file for bankruptcy before arrival.

"It's (running) hard work... but I enjoy it," says Hurd, a 42-year-old

Continued on page 23





## The Director's Corner

by DEAN REINKE

### ICI/USRA National Championship Set for Florida on January 14

The ICI/USRA Masters Circuit is pleased to announce its first-ever "ICI/USRA Masters Circuit National Championship" to be held Saturday, January 14 in Naples, Fla. Following weeks of planning and negotiation, ICI and The Registry Hotel of Naples will sponsor the inaugural Championship with hopes of attracting the best masters field ever assembled.

With the battle of individual age groups expected to go down to the wire, the Championship will serve as a "runoff" for any division ties in determining the distribution of the \$20,000 Grand Prix style purse. ICI General Manager of Public Affairs Bill Adams announced a \$10,000 separate purse for the Naples Championship. Bill Rodgers, among the current leaders on the ICI/USRA Masters Circuit points standings, is the first name athlete to

confirm participation, with numerous others expected to commit.

The Naples Championship will be an 8K flat and fast layout that will run through the picturesque Pelican Bay residential community adjacent to the Gulf of Mexico. There will be an "open 8K" but the entire prize purse will be distributed to masters. The weekend will also include an expo and spaghetti dinner on Friday, January 13, and a "Legends Clinic" that evening. Saturday morning will include both the Masters Championship 8K and a separately run open 8K, both followed by a poolside party. Saturday night will feature the first annual "ICI/USRA Masters Circuit National Championship Banquet" where the Grand Prix money and other honors will be distributed.

We are obviously extremely enthused about this pioneer event for the sport and hope you'll join us. In the meantime, I would like to also welcome our newest race to the Circuit - the Foundation 30K in Sacramento on November 13. It is also the TAC 30K National Masters Championships, our second such TAC Championships on the Circuit this year. The race will count in the points standings and athlete/entry inquiries should be made to Jerry Coker at 916-636-7692.

Continued on page 27

### Foundation 30K Joins Circuit

Officials of the ICI/USRA Masters Circuit recently announced the addition of the Foundation 30K in Sacramento, Calif., to the Circuit. The Foundation 30K will also serve as the 1988 TAC 30K National Championships and will feature over \$8700 in prize money with over \$5000 distributed to masters. The event, now in its 23rd year, was formerly the Pepsi 20 Miler since its inception in 1966. Historically, a number of top West Coast masters runners have competed, including Laurie Binder, Sal Vasquez, Jim O'Neil, Paul Reese, Dr. Paul Spangler, and a host of others. Race Director is Skip Seebeck (916/665-1712) and sponsoring Foundation Health Corporation representative is Jerry Coker (916/636-7692).

ICI's Bill Adams was enthusiastic about Sacramento, noting the race "gives us our first West Coast Circuit event, which we wanted to add from the start." He also said, "We welcome other West Coast events desiring consideration for Circuit membership." Runners may earn extra points toward the Grand Prix \$20,000 Circuit purse from points earned at the Foundation 30K. □



Toshiko d'Elia won TAC's National Masters W55 10K title with a 43:49 in Asbury Park, N.J. August 13. Photo by Vic Sailer

### Welch to Run Second Heartland Hustle

Priscilla Welch may not be running in the Olympic Games, but she will be doing the Hustle in Davenport, Iowa. The Heartland Hustle, that is, one of America's fastest growing and most exciting 10K events. In 1987, the Hustle's first year, no fewer than 3700 runners of all ages and abilities flew around the flat, out-and-back course through the streets of downtown Davenport. That made the Heartland Hustle the largest first-time 10K in U.S. history. This year, with the race set for Saturday, October 1, the numbers are expected to soar still higher.

"We're expecting around 5000 runners," commented John Hobbs, the elite-athlete co-ordinator. "But we're going after the older and younger age groups as well."

The masters categories will boast some of the fastest 40+ competitors in the world. Welch holds the masters world record for the marathon with a time of 2:26:51; she also won the prestigious New York City Marathon

last fall. Bill Rodgers, another star of this year's masters field, has won both the New York and Boston Marathons four times apiece, and in the Crim 10 Miler on August 27 he set a world masters record of 49:14.

Also ready to hustle in Davenport will be Bob Schlaue, Atlaw Belilgne, William Johnston, Steven Lester, Wayne Vaughn, Wes Wessely, Jim O'Neil, Gabriele Andersen and Jane Hutchison.

This year the Heartland Hustle has also joined the ICI/USRA Masters Circuit, a fourteen race series featuring the world's premier masters runners and culminating in the ICI/USRA National Championships in Naples, Florida on January 14. □



### ICI/USRA Masters Circuit Point Standings

The ICI/USRA Masters Circuit features a \$20,000 grand prix style prize purse for 1988. Points are awarded in six age categories (men's and women's 40-49, 50-59 and 60 & over) for places first thru tenth with 1st = 10 points, 2nd = 9th, 3rd = 8, 4th = 7, etc. thru 10th = 1 point.

Men's 40-49:	1st = \$3500, 2nd = \$2500, 3rd = \$1500, 4th = \$750
	5th = \$650, 6th = \$550, 7th = \$400, 8th = \$300,
	9th = \$200, 10th = \$100
Women's 40-49:	1st = \$3500, 2nd = \$1000, 3rd = \$500, 4th = \$250,
	5th = \$100
Men's 50-59:	1st = \$750, 2nd = \$250, 3rd = \$100
Women's 50-59:	1st = \$750, 2nd = \$100
Men's 60 & Over:	1st = \$500, 2nd = \$100
Women's 60 & Over:	1st = \$500

There will also be a \$750 bonus for the best age-graded handicap performance of the year! A separate prize purse will be established for the ICI/USRA Masters Circuit Championship.

(after 8 races including Azalea Trail Run, Cotton Row Run, Myrtle Beach Classic, Hospital Hill Half Marathon, Utica Boilermaker 15K, TAC Masters Track & Field "Mile/1500m", Asbury Park 10K Classic and Crim Road Race). Please note: Number following points total is number of races athlete has run. The best 7 may be included:

<b>Men 40-49:</b>		<b>Women: 40-49:</b>	
1. Bob Schlaue, SC (40)	37/4	1. Jane Hutchison, MO	46/5
2. Mike Hurd, ENG (40)	37/4	2. Nancy Oshier, NY	29/4
3. Bill Rodgers, MA (40)	32.5/3	3. Laurie Binder, CA	27/3
4. Wes Weselley, GA (40)	25/3	4. Gabrielle Andersen, ID	23/3
5. Web Loudat, NH (41)	20/3	5. Kathy Brown, NY	21/3
6. Barry Brown, FL (43)	17/2	6. Barb Filutze, PA	20/2
7. Carl Nicholson, AL (41)	15/3	7. Anne Mansfield, NC	18/2
8. Dave Stewart, CAN, (40)	13/2	8. Maureen Bixby, MO	13.5/1
9. Steve Lester, UT (45)	12	9. Polly Roth, MO	12/1
9. Atlaw Belilgne, NY	10	9. Kathy Hardy, GA	12/2
<b>Men 50-59:</b>		<b>Women: 50-59:</b>	
1. Wm. Johnston, UT (50)	45/5	1. Joyce Hodges, GA (50)	19/3
2. Bill Olrich, KY (50)	19/2	2. Mary Ann Woodring, KY (56)	18/2
3. Jim Larsen, FL (52)	18/2	3. Marcia Herbat, GA (53)	18/2
4. John Dugdale, CT	15/2	4. Patricia Bond, MO	15/1
5. Clyde Davison, KS	15	5. Susie Klutzz, NC (51)	14/2
<b>Men's 60 &amp; Over:</b>		<b>Women's 60 &amp; Over:</b>	
1. Jim O'Neil, CA (63)	43	1. Mary Norckauer, LA (63)	29
2. Jerry Morrison, MO	13 1/2	2. Edith Farias, NY	19/2
3. Logan McGinness, MO	12	3. Mary Otte, MO	15/1
4. Bill Hoffman, AR	10	4. Jean Benear, OK	13.5/1
4. George Sheehan, NJ (69)	10	5. Margaret Wright, SC	10
4. Archie Messenger, NH	10	5. Chkarlotte Williams, MI	10
4. Howard Rubin, NY	10		
4. Jim Torschegan, MI	10		

Coupled with the \$20,000 grand prix style ICI/USRA Masters Circuit prize pool, the 15 Circuit events individually combined will distribute over \$125,000 in total prize money. The January 14, 1989 "ICI/USRA Masters Circuit Championship 8K" will feature a \$10,000 prize purse.



## ICI/USRA Masters Circuit "Happenings"

Entry information and invited runner inquiries for the ICI/USRA Masters Circuit National Championship, January 14, in Naples, Fla., can be obtained by writing Dean Reinke & Associates, 400 N. New York Ave., Winter Park, FL 32789, 407/647-2918 . . . Bob Schlau is one of the hottest new masters on the Circuit off impressive wins at the Los Angeles Marathon and the Myrtle Beach Classic over Bill Rodgers. But the newest find is former University of Reno, Nevada 4:02 miler Athol Barton. With a big win over Web Loudat at the Parkersburg Half-Marathon and a 15:21 5K at Salisbury, Md., the Rockville, Md., resident has left his job to train full time. Make room for yet another budding masters star . . . On the women's side, New York's Nancy Oshier is another masters newcomer who is making her mark. A win at the TAC masters 1500 championships, an impressive 5th at Asbury Park, and a second-place finish to Laurie Binder at Crim continues to move her up in the Circuit points standings . . . Any doubts over Bill Rodgers' fitness level were laid to rest with his impressive American masters record performance at the ICI-Circuit Crim 10 Mile and a 2-minute win over Mike Hurd . . . Rodgers will run a relay leg at the Stamford Classic Marathon Relay, October 16. He spent a day there recently with the sponsors and media. An ICI-Circuit event, look for a strong marathon field vying for the \$21,000 in masters money, led by Bob Schlau, Steve James (England), Utah's Bob Nelson, Steve Lester, Wes Wesseley, Jane Hutchison and Joan Zirkelbach. . . Frank Shorter will be returning this month from his NBC Olympic broadcasting duties. He told us he would have plenty of time to train and is still recovering from his bunion surgery of last May . . . New Zealand's John Dixon finished his month long ICI-sponsored American tour with a 4th place

(overall) finish in the Crim 8K, running a respectable 25:14. He's planning to be back on the new "ICI Legends Mile" circuit, in the planning stages for 1989 . . . 55-year-old Hal Higdon finished a strong second to Norm Green at Asbury Park, an ICI-Circuit event. He's negotiating to do a masters running book featuring Rodgers and Priscilla Welch . . . Cilla has not recovered well from a stress fracture and will skip the Olympics in favor of the New York City Marathon, which may still be questionable based on her progress. She and her husband live in Boulder year round now and hope to spend considerable time in Florida this winter, possibly making the Naples Circuit championship one of their stops . . . No word yet on the injured Antonio Villanueva from Mexico . . . ICI/USRA Masters Circuit officials are discussing opening the 1989 Circuit with the February 18 Baton Rouge Half-Marathon or a new event in Miami associated with the Grand Prix auto race . . . It appears the controversial Orange Bowl 10K and marathon will be dropped due to last season's prize money fiasco . . . Craig Virgin is out of his athlete's liaison role with Red Lobster 10K, indicating signs sponsor Red Lobster is seriously re-evaluating its continuation with the event which has moved to March 11 . . . Jim Hamrick will take over the race director reins at the Charleston Distance Run for Nemo Nearman who will continue on the race committee. This may signal a change in their appearance fee/no prize money policy they have had for their Labor Day weekend event . . . Same goes for the New Haven 20K, which will take a look at its appearance fee policy. They decided for the first time in their 11-year history to forego Bill Rodgers' appearance fee (Rodgers won the inaugural 11 years ago) and their field increased again . . . Discussions are continuing with Frank Shorter and Priscilla Welch

for their appearance at the ICI/USRA Masters Circuit National Championship. FNN/Score, a 30-million subscriber cable news and sports channel has expressed interest in a broadcast of the Naples Championship . . . Masters Running '88, the official magazine of the ICI/USRA Masters Circuit, has announced its "World Class 100" list of the country's top masters running events. A free copy of the 96-page magazine may be obtained by sending \$1 to "Masters Running '88," 33A Martine Ct., Newark, DE 19711 . . . Image Impact Inc. has been awarded an apparel licensing contract for the ICI/USRA Masters Circuit and will offer a long sleeve and short sleeve shirt, golf cap and mug. A catalog may be obtained by writing Image Impact, Inc., P.O. Box 1533, Gracie Station, New York 10028, (212) 289-3011 . . . Masters marathon record holder Jack Foster of New Zealand is running again and fellow Kiwi John Dixon reports he is "fit and running fast." He is looking for a spring marathon and ICI officials are discussing the possibility of his running the Naples Championship in January. His son is an accomplished triathlete in New Zealand, although running, ironically, is his weakest leg . . . 81-year-old Ed Benham continues to make

his case with me to expand our age groups off of his performance at the TAC T&F championships and general good nature. Not bad for someone who has only been running nine years . . . A good chunk of the Charlotte Observer 10K's purse will be dedicated to masters, January 7 . . . Houston Tenneco athletes coordinator John Hobbs has moved to Davenport, Iowa to run his family business and will now work with the Heartland Hustle field. Call John at 319/355-7653 for invited masters athlete inquiries . . . Former marathon record holder Buddy Edelsen will speak at the Kansas City Prime Health Marathon pre-race clinic, October 30. A \$10,000 purse is spread over the 10K and marathon . . . Part of the \$20,000 Nissan Maryland Marathon & 10K prize purse will be dedicated to Masters. Contact Bob Feldman (301/665-6563) for invited runner information . . . Nissan has also taken title sponsorship of the Nissan Buffalo Marathon, May 7, 1989, which will change to an all-city course for its 14th edition . . . Officials of sponsoring Camden-Clark Memorial Hospital of the Parkersburg Half-Marathon are so pleased with the results of this year's event they will be increasing the prize purse from this

Continued on page 24

### Rodgers, Binder Set 10-Mile Records Continued from page 1

on, M40, ran away from other masters in the second race of the day, an 8K. He was fourth overall finisher in 25:14.

Patricia Richardson (41, Clark Lake, Mich.) was the top female masters runner in the 8K at 37:42.

Other events on the schedule included a 5K walk and a quarter-mile Teddy Bear Trot for ages 4-10. The four races drew nearly 6500 entrants, with 3642 in the 10 mile and 1082 in the 8K.

Rodgers, admittedly pointing for this fall's New York City Marathon, where he also hopes to set an American masters record, said he ran two 20-milers in the weeks before the Crim race.

"Those just killed me, but I was very psyched to win this race," he said. "Now, with cool weather, maybe I can train harder."

### Olson, Filutze Win National 10K

Continued from page 21

from Carterton, just outside Oxford. And, of course, somebody's got to do it.

The "marketing" of America's most "marketable" vet runners — Bill Rodgers and Frank Shorter, both 40 this year — will add even greater stakes to the general pot.

It's the even older guys who are the truest masters.

Ed Benham and Norm Green, for instance.

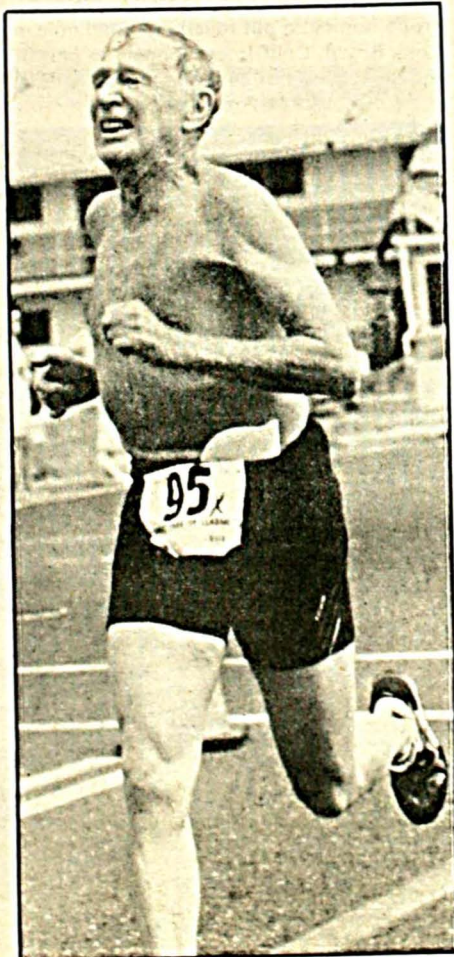
The 81-year-old Benham, a retired jockey from Ocean City, Md., cantered these 49 panels yesterday in a brisk 46:35.7.

At age 56, Wayne, Pa., marvel Green routinely beats people half his age.

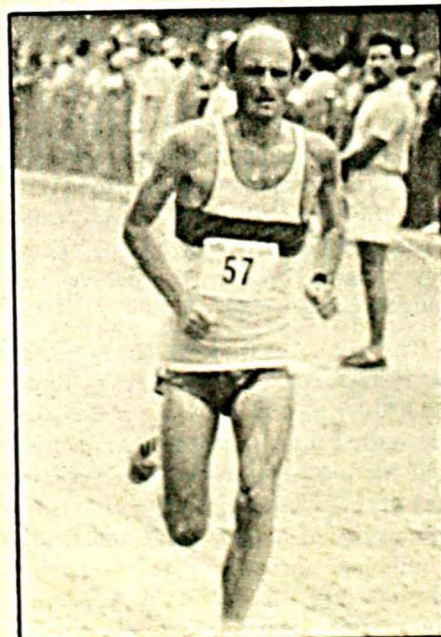
Running at a 5:36 mile clip, Green ran the Classic route in 34:43.6. Just in front of him was a 25-year-old. Just in back was a 26-year-old. A minute and 40 seconds behind him was noted freelance writer Hal Higdon, Green's "closest" 55-59 divisional competitor.

"Guys like Norm Green inspire me," said Olsen, the "kid" of 41. □

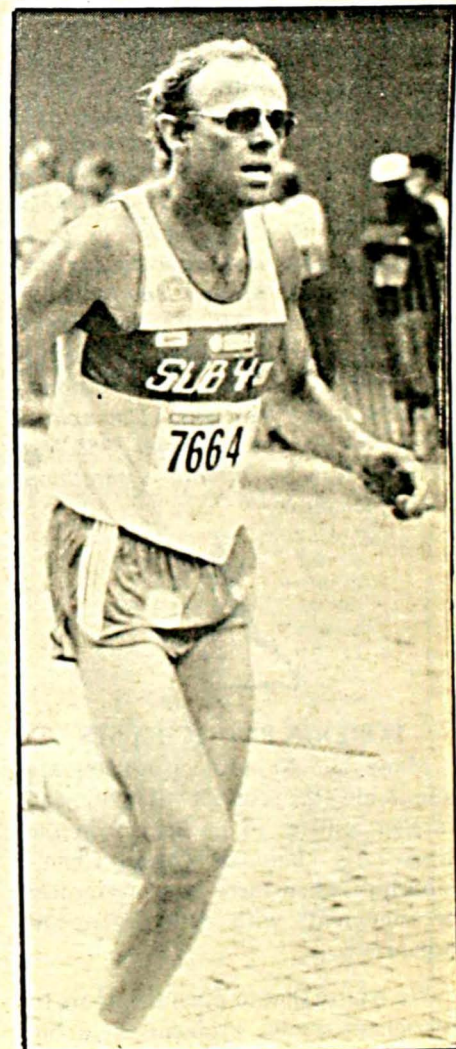
(Reprinted from Asbury Park Press.)



Dr. George Sheehan on the course of the National Masters 10K, Asbury Park, N.J., August 13. Photo by Vic Sailer



England's Mike Hurd, 42, who wasn't happy with his performance, has just a few more bricks to cover at the finish of the August 27 Crim 10 Mile Road Race in Flint, Mich. He was second finisher in 51:30. Mike Davis Photo



John Dixon of New Zealand, World Veterans Games champion in the 1500 and 5000, was an easy winner (25:14) in the masters 8K held in conjunction with the Crim 10 Mile Road Race, August 27, in Flint, Mich. Mike Davis Photo



**Write On** Continued from page 16

my relationship with him is strong, and I will call on his past experience to counsel me.

My immediate goal is to identify several sites that would be interested in serving on a rotational basis for future indoor national meets. Baton Rouge's LSU is an excellent example of the benefits of this rotation for the participant; the masters program benefits because of the inherent stability, and the sponsoring club and community should be able to benefit both in gaining host experience, as well as fiscally.

Other sites I would like to see come forward are Syracuse, Princeton, and the University of Wisconsin at Madison; of course, there are other sites that would be suitable, and I have done my best to contact them. This I did by reviewing past issues of *T&F News* to identify where previous NCAA and Big 8 championships were held. I have also contacted numerous clubs which are geographically close to major indoor facilities. Finally, there are sites that I just don't know about. It's up to you to contact me and tell me about them.

I promise that this responsibility given to me will be carried with the attention and concern it deserves. There are too many masters competitors who sacrifice a great deal of time, money and heartache to attend a national indoor meet. I will do my best to make sure you leave each national indoor championships with the knowledge that it was worth your personal sacrifice.

*Scott Thornsley  
Carlisle, Pennsylvania*

*(Scott Thornsley has served as both meet organizer and director for the Bud Light/PA Masters Indoor T&F Meets held in Carlisle, PA, since 1984; he has also served as meet director for the 1985, 1987 and 1988 National Masters Indoor Pentathlon Championships, and for the 1986 and 1988 National Masters Outdoor Pentathlon Championships.)*

**FOREIGN PARTICIPANTS**

Many U.S.A. masters athletes are questioning the propriety of inviting all foreign athletes to participate in the USA/TAC National Masters Championships when there is no reciprocal arrangement with the European organizers.

We realize that to open the doors to foreigners creates problems in a big meet such as the European Championships. Duplicate medals must be struck and the presence of foreigners creates problems when one bumps a European athlete in a final.

Nevertheless, it is my belief that the benefits of allowing foreigners to enter far outweighs the problems they create.

Any master/veteran athlete who has attended a World Championship event such as in Melbourne and Rome has made foreign friendships which usually last much longer than the athletic accomplishments on the field. Fitness and athletic accomplishment are only part of the benefits to be reaped from masters participation in athletics. We, as mature adults, should recognize these incidental, but important, benefits. By now we should accept the fact that it is the participation which is most important. The records and medals are incidental.

The presence of foreign entrants always adds an extra element to any track meeting and the fellowship which follows creates lasting friendships.

Regions such as Europe should re-examine their provincial and insular policy and open their doors to their foreign counterparts.

It is my intention to put this on the WAVA Agenda when the Council meets in August of 1989.

*David H.R. Pain  
WAVA North American Delegate  
San Diego, California*

**REMEMBERING HARRY KOPPEL**

Harry Koppel was a very special kind of guy....a tough exterior and a hard competitor, but a treasured friend with a marshmallow heart. His untimely passing on August 13 will sadden all who knew the 'little warrior' as a competitor in our sport of track and field.

Those that knew him were in awe of his courage in overcoming so many adversities along the path of life. As a result of working around chemicals, he came up with cancer; yet after radiation and cobalt treatments he won that battle, which turned him on to getting active in sports - first it was swimming, where his tenacity and hard work brought him championships and national records very quickly. However, the lure of track and field was to captivate him because, as he put it, "I enjoy running because the people are outgoing and friendly."

The next crisis to befall Harry was a serious sea snake bite that nearly took his life during a swim outing in Hawaii. He started running to build up his leg, and the record shows that he became one of the finest age group sprinters in the history of masters track and field! Thumbing through Pete Mundle's Masters Age Record Book you will find that Harry Koppel verily dominates the listings for 100 and 200 world marks.

Harry unselfishly gave time and advice to his fellow competitors and any

beginner that wished help. Yet when one went to the line for a race it was war and you had to be ready, for he was not one to allow a victory to come cheaply! My hat is off to a true and worthy champion...Harry, you will be missed. May the love and deep concern of the track fraternity give Julie, Harry's loving wife, and the Koppel family strength at this time.

*Payton Jordan  
Los Altos, California*

**REMEMBERING JON YOUNG**

Masters track and field has provided me with a lot of memorable moments. However, the most rewarding has not been in my winning gold medals in national or world championships, but in meeting the good people that one encounters in the masters program.

One such person was Jon Young, one of the finest sprinters of his time, who recently passed away of lung cancer at the young age of 40. Jon cap-

tained his university's track team and was an alternate on the U.S. 4x100 relay team in the 1972 Olympics.

I met Jon last year in the twilight of his life, but he always made me feel his life was at high noon. His body was wracked with pain, and despair should have been his constant companion, but Jon talked about the future with his wife, children and mother.

After his death, I realized he was just trying to live life the best way he knew how. Jon never got his chance to become a masters athlete, but he was a gold medalist in the way he lived and the people he inspired.

*Thaddeus Bell  
North Charleston, South Carolina*

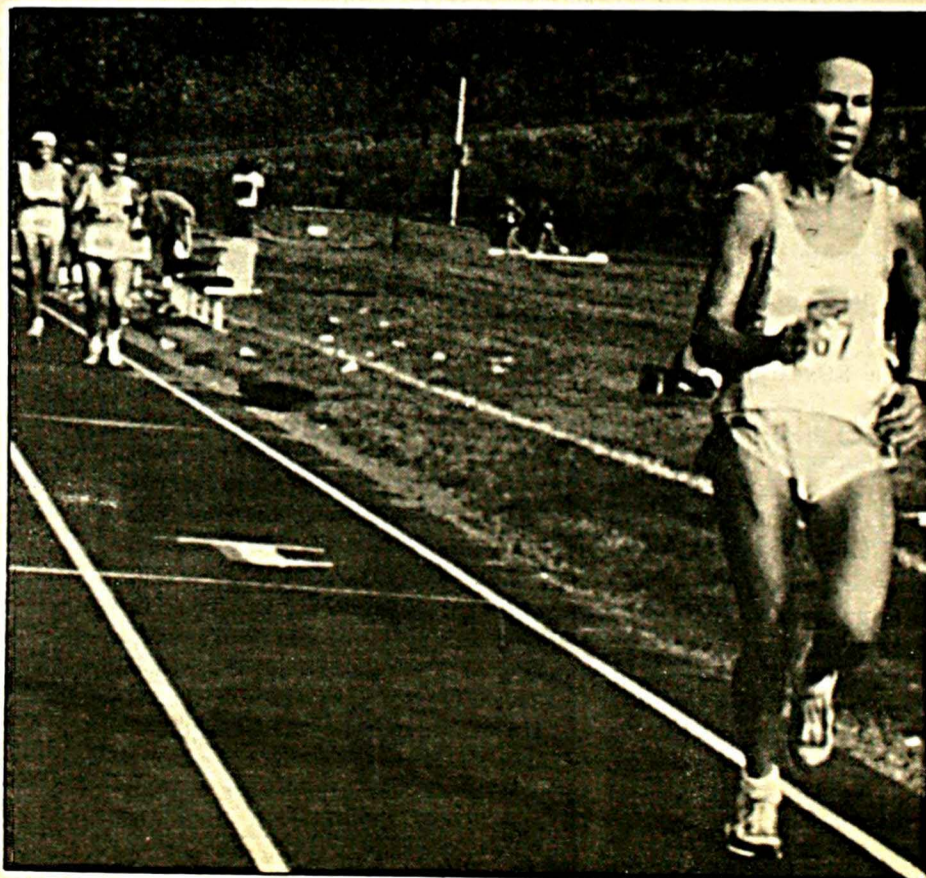
■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

**ICI/USRA Masters Circuit "Happenings"**

Continued from page 23

year's \$15,000 . . . The highly successful ICI/USRA Masters Circuit Myrtle Beach Classic has announced its 1989 date as April 8 and will offer a first time masters and open prize purse to be announced this fall . . . Local restaurateur Rick Kelley is part of a group that has revived the Wendy's Classic (now Bowling Green Classic) to be held in Kentucky, October 22 . . . The Chicago Oktoberfest 12K has dropped from the schedule . . . Long Beach Marathon race director Joe Carlson is part of a group hoping to put together a road mile in Long Beach, Calif., next January as part of the new "Legends Mile Circuit" . . . The

November 20 St. Louis Marathon will feature a \$20,000 purse . . . The inaugural "Ben-Gay Super Bowl Run 8K" will be held January 21, 1989, as part of the official Super Bowl weekend. Entries and information on the Ben-Gay Super Bowl Sweepstakes are available from Ben-Gay Super Bowl Run, 2211 Charleston St., Fort Lauderdale, FL 33326, 305/384-7521 . . . Folks in Milwaukee are gearing up for their October 9th marathon and marathon relay. Contact 414/464-9990 for entry information . . . Jim Young still has a few slots left in his Capital Trail Run field, an ICI/USRA Masters Circuit event, October 8, 919/876-8347 . . . □



Susan Compton increases her lead in the W40 10,000, Empire State Games, Syracuse, August 5, to win in 40:54.  
Photo by Paul Murray



# MASTERS SCENE

## NATIONAL

• The 8K National Masters Championships, scheduled for Phoenix on December 3, has been cancelled because it lost its financial sponsor.

• Frank Little would like to personally thank Bruce Springbett for the use of his shoe. Yes, shoe (not shoes). The Nationals had a rough start for Little, who discovered after one heat of the 100 that his new shoes, particularly his right one, were causing him a good deal of pain. He had little hope for finding a replacement since his feet are very small. He heard that Springbett had the same size feet and dared to ask if he could borrow his right shoe. "Most people would've said no, these are my competition shoes. But Bruce loaned me his right shoe and we spent the whole rest of the Nationals running a race, taking off the shoe, running a race." Since Little is in the M45s and Springbett is in the M50s, and their race events were both 100 and 200 meters, Little would run a race, give the shoe to Springbett, then Springbett would do the same for Little. The result? Four gold medals — two each in the 100 and 200.

• Dennis Tancredi of Staten Island, NY, was the gold medalist (64.20) in the M45 400H in the Nationals in Orlando. Harold Morioka, who finished first, is a citizen of Canada.

• Scott Thornsley has been named the new TAC National Masters Indoor Meet Coordinator by Jerry Donley, Chairman of the National Masters T&F Committee. Thornsley replaces Ron Salvio.

• **Lost and Found.** A camera was found at the Nationals in Orlando. If it's yours, please call Nick Gailey at 904/377-0134.

## EAST

• Steve Cowley of Canada took the men's masters gold and \$175 in the Buffalo Subaru Chase 4 Mile, in Buffalo, July 16, with a 20:12. Barbara Filutze of Pennsylvania collected a like amount for her W40+ win in 22:57. Lawrence Yapell (24:52) and Wendi Hangar (28:17) were 50-59 winners, while Anthony Napoli (33:00) and Loretta Shehan (34:16) took the 60+ races.

• The Running Laceys, James Sr., 54, and Georgette, 51, of Library in eastern Pennsylvania, ran, from late March to early August, everything from a three mile to a marathon together. In addition, Georgette, who was undefeated in her age group during that period, also picked up five firsts from the 100 through the 1500 in the West Penn meet in May, while James got a first in the 5000.

• The Achilles Track Club, the NYC-based organization for disabled athletes, is sponsoring its first-ever race, the Achilles Handicap 10K, on December 4 in Central Park. So that everyone will have a chance to win, runners' take-off times will be handicapped by sex, age, and (where applicable) disability category.

• The new dates for the entry lottery into the

Nike Cherry Blossom 10 Mile, Washington, DC, April 2, as announced by race officials, will be from December 1 through December 31, two weeks sooner than previously, to allow earlier mailing of race instructions. Send legal-size SASE with your birthdate and social security number noted on the lower left hand of the SASE to Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. Requests received before December 1 or after the 31st will be rejected. Last year about 10,000 runners applied for the 5000 slots.

• I. King Jordan, 44, who last March was thrust into the presidency of Gallaudet University (the world's only accredited liberal arts university for the deaf and hearing-impaired) when students rejected the appointment of a "hearing" president, is an avid runner who has completed scores of races including two dozen marathons (best time 3:02). A navyman when he lost his hearing in a motorcycling accident in the mid-60s, Jordan, who holds a Ph.D. in psychology from the U. of Tennessee, says he does some of his best thinking while on his daily 6-to-8 mile runs.

• Zofia Turosz, 50, in 1:30:03 was first W40+ and 10th woman (368 w/finishers) in the NYRRC's Hispanic Half-Marathon, Central Park, NYC, August 21. First M40+ Hector Vargas, 41, finished 19th (1:15:03) of 1273 m/finishers.

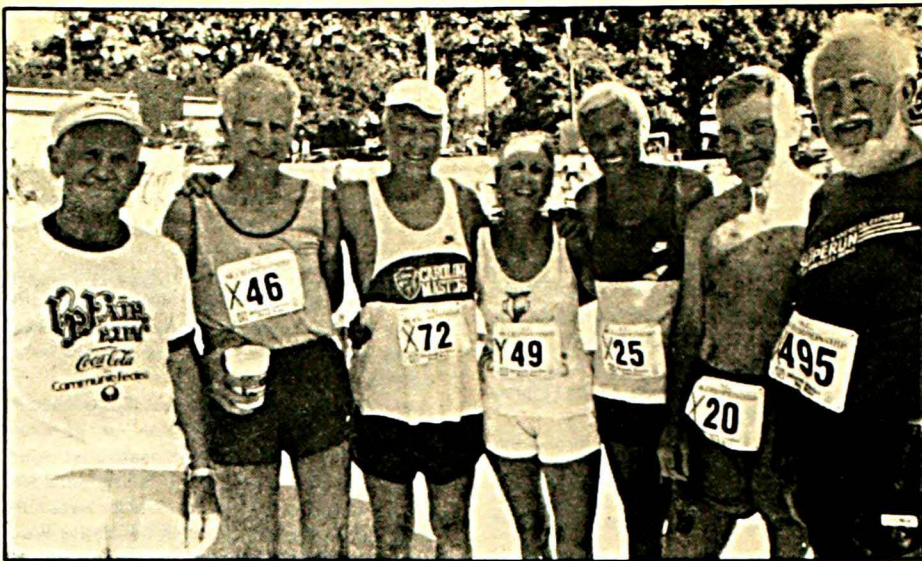
• Art Hall, 41, got the job done in 20:46 to place third overall of 456 m/finishers in the NYRRC's Back To Work 4 Mile, Central Park, NYC, August 28. Second master Gabriel Bernal, 49, won the M45 division easily (22:28). John McManus, 65, was not retiring with a two-minute win (27:23) in his division. Sher Pratt, 41, made the top ten of 276 w/finishers with a 25:47.

• Masters winners in the August 20 Sea Isle City, N.J., Beach Patrol Half-Marathon were Fred Deorkk (1:15:22) and Carole Lelli (1:27:30). Eight-hundred participated in the race.

## SOUTHEAST

• Dixon Hemphill, 63, who took up masters distance running in the '70s with the Potomac Valley Seniors and went on to be ranked nationally in his age group in the early '80s, has turned to triathloning, earning honors on the Triathlon Federation's All-American team in '87. Hemphill, captain of his high school and college track teams when he competed in the pole vault (12-0 in the bamboo pole days), discus, and high jump, operates his own running shop in the D.C. area.

• Bill Fitch (43, 27:18) of Boone, NC, and Anne Mansfield (40, 31:34) of Winston-Salem were top masters in the Dilworth Jubilee 8K (RRCA state championships), Charlotte, NC, August 13. Winning men's and women's masters teams were from the Twin City TC of Winston-Salem. The top three 40+ teams won



Some of the older runners in the Dilworth Jubilee 8K, Charlotte, N.C., August 12, from left: Gaither Williams, 74; Clayton Brelsford, 73; Bert Bailery, 66; Margaret Hagerty, 65; E. B. Lloyd, 65; Arnold Hecht, 67; and Harold Williams, 73. Photo by Jean Johnson

the same amounts of RRCA funds (\$200/100/50) as did the open teams. Charles Rose (55, 30:02), Clayton Brelsford (73, 44:05), and Margaret Hagerty (65, 55:33) set state age-group records.

## MIDWEST

• Wendy's 10K, thought defunct from lack of sponsorship, has been revived by a group of local sponsors and is set for October 22, in Bowling Green, KY, as Wendy's Bowling Green Classic.

## MID AMERICA

• Chuck Olsen, M60, of Novis, MN, who had a 15-8 LJ, a 30-2 (5kg) shot put, and a 7.05 50m in the Early Morning "R" meet in July, will be out of action for awhile following cardiovascular surgery for the second time.

• Colorado's Gail LaDage Scott suffered a stress fracture which kept her from finishing the Olympic Trials Marathon. She is now recovered and recently finished sixth female overall in two European races.

## WEST

• Mark Covert, M35, of Valencia, CA, celebrated the longest consecutive running streak in the U.S. on July 23, when he ran on his 7035th day (20 straight years) in a fun run of 7035m at a park in Valencia. The run and picnic (hosted by the Santa Clarita TC) was attended by many of Covert's ex-running mates, former pupils, and current proteges. Originally a Burbank resident, Covert, a state junior col-

lege and Division II champion, was a pioneer of the running Renaissance in the Los Angeles area two decades ago, and qualified for the 1972 Olympic Trials in the marathon. Covert maintained his string during bouts with the flu and even when he had a broken foot. His 20th-year anniversary fun run brought out Laszlo Tabori, one of the first milers to break 4:00 and long-time mentor-coach of the San Fernando Valley TC, who ran the race, his first in 26 years. When asked, "Why now?" Tabori's comment was, "For Mark, I will do this. This is special."

• The listed M55-59 hammer AR is 175-0 by Bob Backus in 1981. Last June, Cliff Blair, M55, threw the 12-lb. hammer 193-11, which, if recognized, will erase Backus' record because the 12-lb. hammer is the accepted weight for U.S. M50-59. However, Backus' mark was made with the 16-lb. implement in a meet at Dartmouth, NH, in 1981. In August 1981, Backus threw the 6kg (13.2 lbs.) 197-8, but he has never thrown the 12-lb. So purists might say that Backus owns the American record for the 16-lb. and the 6kg, but Blair has the 12-lb. record. Backus presently lives in French Camp, CA, in the Stockton area, and is concentrating on raising his strength level, after a quadruple by-pass in October 1986, through power lifting. Backus hopes to exceed the strength he had before his operation. Thus far, he has managed a 350-lb. full squat and a 475-lb. deadlift with a body weight of 245. When he can do "something reasonably qualitative," his plan is to first break the age-62 56-lb. weight mark, following

Continued on page 26

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT. 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LINDA BURKE (SAN GABRIEL, CA)	10- -38	50-54
MIDGE BURKHEAD (OAKLAND, CA)	10-27-18	70-74
MARIE HENRY (WESTWOOD, CA)	10- 6-23	65-69
ANNE JOHNSON (OLIVENHAIN, CA)	10-21-28	60-64
JUNE KELLER (ASHLAND, OH)	10-12-48	40-44
BELVA NORINS (VENTURA, CA)	10- -33	55-59
ANA MARIE PIERCE (US)	10-29-38	50-54
RUTH WATERS (SAN CARLOS, CA)	10-30-33	55-59
ALFRED ALTHAUS (WG)	10-30-03	85-89
L. A. BATT (GB)	10-18-13	75-79
PAT DEVINE (SAN PEDRO, CA)	10-10-28	60-64
HAROLD ELRICK (NATIONAL CITY, CA)	10-11-18	70-74
WILLIAM FLOERKE (SHAWNEE MISSION, KS)	10-30-43	45-49
JAMES HARTSHORNE (ITHACA, NY)	10-11-23	65-69
JOHN JOHA (HONOLULU, HI)	10- 4-18	70-74
HOLGER JOSEFSSON (SWE)	10-24-18	70-74
PERCY KNOX (EDWARDS, CALIF)	10-28-33	55-59
GEORGE MASON (CAN-EL CERRITO, CA)	10-26-43	45-49
HANS MEISELBACH (WG)	10-18-28	60-64
TERRY MERRITT (WILKES-BARRE, MA)	10-26-38	50-54
LEWIS SMITH (BOSTON, MA)	10- 2-28	60-64
JOHN STOWERS (HOUSTON, TEXAS)	10-10-28	60-64
WALTER STREUBEL (WG)	10-12-08	80-84
ANTON TESIJA (AUSTRALIA)	10-29-13	75-79
RAMSAY THOMAS (CATONSVILLE, MD)	10-29-43	45-49
WILLIAM WALMROTH (SOUTHFIELD, MI)	10-17-23	65-69
MITCH WILLIAMS (LA)	10-19-23	65-69

## North America Meet Draws 302

Continued from page 19

Bill Walmroth, M60, had the best effort of 14.8/48-6½.

When it started to rain the morning of the second day, the meet organizers quickly switched the triple jump and pole vault to the adjoining indoor track facility.

Much credit must be given to the Canadian Masters who, on short notice, agreed to combine their National Championships with the North

American Championships, thus giving the latter a great boost. The meet is to be held every two years, next in 1990. It will be moved about North and Central America and will, we hope, reach the stature of the European Regional Championships. Perhaps the next meeting can be held in the Southeast, possibly Puerto Rico. Anyone wishing to bid for this event should contact David Pain, the North American Delegate. □



Continued from page 25

with the lower weights and the hammer.

• **Pierrgiorgio Andreotti**, 48, of Italy led all walkers in the Mitty Pearson 10K Walk with a 51:03 in Monterey, CA, August 20, while **Gary West**, 47, was second overall in the 5K (27:13).

• **Tony Perona** of California, holder of several age-77-and-up walk records joined the M80 ranks in May.

• **Viisha Sedlak**, double gold medalist in the walks in Melbourne, turned 40 in September and hopes to set a U.S. W40 15K walk record in the Grand Prix, Riverside, CA, October 9, the day after her RW clinic on the East L.A. College track at 8:30 a.m. For clinic info, contact Elaine Ward, 818/577-2264.

• **Hy Booth** of San Mateo, CA, broke the M70-74 U.S. record for the 1kg discus of 139-1 with a 141-6 at Los Gatos, CA, August 11. The previous record belonged to Ross Carter of Eugene, OR.

• The Sacramento-area-based River City TC won the California State Masters Team Championships held in Sacramento this year, August 20, with 444 points. The West Valley TC, another Northern California club, was second with 212. The San Francisco TC took the third slot with 170.

• Masters winners in the America's Finest City Home Federal Half-Marathon, San Diego, August 21, were **Ben Wilson** (M40, 1:14:01) and **Harolene Walters** (W40, 1:30:13). The race over the slightly hilly course was very competitive with the top three W40s coming in within a minute of each other. **Mary Leivers** was second to Walters in 1:30:27, followed by **Donna Archer** in 1:30:56. Overall winners were **Carlos Retiz** (26, 1:03:41) and **Sylvia Mosqueda** (22, 1:11:29).

• **Kay Willoughby**, 52, from Mill Valley, CA, used her 22-minute head start in holding off **Peggy Smythe**, 38, for a seven second victory in the 7.1 Mile Dipsea Race, Mill Valley, June 12. Smythe began with an 11-minute head start and

battled the entire distance with **Patricia English**, who finished a close third. Smythe set an all-time course record for women, but Willoughby won the first Dipsea "Running Bear," a sculpture commissioned to serve as the winner's trophy henceforward.

• The 83 finishers in the M40-44 division of the Capital City Marathon made up over 24% of the total who ran the race in Olympia, WA, July 24. **Sonny Conder**, M40, Portland, OR, took the M40+ contest in 2:38:32, with **Steven Campagna**, M40, Tacoma, second in 2:39:46. **Levi Query**, W40, Portland, OR, was first W40+ in 3:23:38.

• **Ulrike Criminale**, 52, of Seattle was killed in a mountain climbing accident on July 31 when she fell to a sudden and tragic death after being struck on the head by a falling boulder. Criminale, whose love for the outdoors was nurtured during her childhood in her native West Germany's Black Forest, migrated to the U.S. with her husband in 1962. After six years in New Jersey, they moved to Seattle, where she took up hiking, climbing, and, in 1976, running. Admittedly, a "slow poke," she took up long-distance running, particularly high-altitude ultras because they enabled her to relax and enjoy the surroundings. In 1984 and 1985, she set age-48 and age-49 50K records. But, she will be remembered for more than that. As one of her acquaintances noted, "Records and times, however, don't capture the quality of this marvelous person."

**INTERNATIONAL**

• **E.J. Wippich**, who had just turned 40, collapsed suddenly during the javelin competition in the British Veterans Athletic Federation Championships, South Wales, July 23-24. Despite immediate attention from the St. John's Ambulance Brigade and a qualified doctor, he died on the site. Reportedly a heavy smoker,



Kansas governor, Mike Hayden, presents Jim Hershberger with the overall winner's trophy for winning the Most Versatile Athlete competition held in June in Wichita. Established by Hershberger six years ago, the competition is an 11-hour challenge of ten events, in which entrants vie for \$67,000 prize money. This year, Hershberger, 56, captured the \$22,000 first prize with firsts in Kayaking and racquetball.

Wippich had taken up the sport about four years ago and had won the silver medal in this year's championships on his first throw.

• Two M45s, **Peter Connolly** (1:12:00) and **Bob Town** (1:17:50) were 1-2 masters in the QVAC Half-Marathon Championships, Brisbane, July 3. First veteran woman (35+) was **Robyn Meadows** (1:23:30).

• **Peter Skone**, 42, repeated his '86 win by running out front all the way in the Victorian Veterans Marathon Championships in Carlton, Victoria, July 16, to finish in 2:38:36. **Gordon McKeown** won the M60 race handily in 3:13:53. **Jo McGarity**, W40, was the veteran female leader in 3:18:33.

• **Israel** has resigned from WAVA, feeling that it was unsupported by WAVA's executive committee. **Barry Shaw**, Chairman of the Israel Veterans, alleges that at Malmo, Sweden in 1986, Israel was prevented from placing an application to be accepted into Europe. "The WAVA Constitution states that regional associations must accept applications from an outside veterans organization to join a region," Shaw said. "This clause was not respected because of rushed voting at Malmo to change the membership clause of the European Veterans AA Constitution."

• New Zealand's **Dick Quax**, once holder of the world 5000 record, is now 40 and reportedly ran a 29:42 10K this year.

• Norway defeated Sweden in a throwing (shot put, discus, hammer, javelin) competition held in Oslo, June 11-12, by a score of 36,874 to 25,645. Throwers' marks were age-handicapped so that the best marks (by younger athletes) did not necessarily score the most points. In the shot put, Norway's **Bjorn Bang-Andersen**, M50, did have the best distance (16.38/53-9) to score the most points (1152). In the hammer, the best mark of 50.12/164-5 by Sweden's **Bo Berglund**, M60, also earned the highest score (1300). **Rolf Strandli**, M60, Sweden, outpointed all discus throwers with a 48.42/158-10 for an 1129 score, while the best mark of 50.18/164-7 by Norway's **Bjorn Heggeland**, M50, was good for a third place 1055. In the javelin, **Egil Danielsen**, M55, Norway, threw 51.38/168-7 for a score of 1203 while countryman **Harald Lorentzen** with the day's best of 61.56/202-0 scored 980 for second place.

• Norway's **Danielsen**, M55, claimed a world record of 165-10 with the new javelin in the Norwegian Championships, Trondheim, July 29-31. **Kirsten Hveem**, W60, was just short of her world records in the hurdles and high jump with marks of 15.6 and 1.20/3-11 1/4. Other standouts were **Ase Nyland**, W55, with a 2:47.9 800, and **Arne Lothe**, M50, with a 55.36/181-7 hammer throw.

**CAN-AM CHALLENGE XII**

**Highland Forest, Fabius, N.Y.**  
**Sunday, November 6, 1988**  
**1:00 PM**

You are cordially invited to represent your country in the twelfth running of the Canada vs USA Masters International Cross-Country Match to be held on Sunday, November 6, 1988 at Highland Forest Park in Fabius, N.Y.

The Can-Am Challenge is an International event of great importance as well as unique character. Men (aged 40 and over) and women (aged 35 and over) are encouraged to join us in this physically demanding and socially stimulating event. It should be noted that, while this event will attract some of the finest Masters runners on both sides of the border, this is not simply an Elite runner's race. Due to unique scoring characteristics of the Can-Am Challenge, everyone running is important to the final outcome.

The race will be conducted at Highland Forest Park over a 10 K course of forest trails, rolling hills, muddy patches, jumps, and other obstacles. This is real Cross-country, not your typical American "rolling golf course" variety. Spikes are recommended. The Can-Am is an event conducted by runners for runners

For further information, Please contact:

**Jerry Smith**  
 The Syracuse Track Club  
 449 So. Salina St.  
 Syracuse, NY 13201  
 (315) 422-7121

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# schedule

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



## TRACK & FIELD NATIONAL

**March 19.** TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. SASE for application. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 until 11:00 p.m. Pre-entry only.

**April 1-2.** U.S. TAC National Masters Indoor Championships, Columbus, Ohio.

**June 24-25.** U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C.

**July 20-23.** 22nd U.S. TAC National Masters Championships, San Diego, Calif.

### EAST

**October 8.** 2nd Annual NY Masters Weight Pentathlon, NYC. Pre-entry only. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 718/347-1903.

**January 15.** Brown University Masters Indoor Championships, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

**March 19.** Bud Light/Penn Masters Indoor Meet, Carlisle, Pa. See "Nationals." No PV this year.

### SOUTHEAST

**October 25-November 10.** Golden Age Games, Sanford, Fla. 55+. Golden Age Games, P.O. Drawer CC, Sanford, FL 32772-0868.

### MID-AMERICA

**October 22.** Kansas Big Guys Classic Weight Pentathlon and Pentathlon. Open, submasters, and masters. Gary England, Kansas U. Track Office, Allen Field House, Lawrence KS 66045. 913/864-5635.

### WEST

**October 1.** Club West Masters Meet, Santa Barbara Community College, Calif. George Adams, 16128 Village 16, Camarillo, CA 93010.

**October 22-November 5.** World Corporate Games, San Francisco. Limited T&F/LDR events, individual & relay. World Corporate Games, Shaklee Terraces, 444 Market St., San Francisco, CA 94111. 415/781-1988.

### NORTHWEST

**October 18-22.** Senior Games, St. George, Utah. 50+. Sylvia Wunderli, 1291 S. Wasatch Dr., Salt Lake City, UT 84108. 801/583-6231.

## INTERNATIONAL

**October 8-9.** South American Championships, Arequipa, Peru. Power Shoe Co., Jose Luis Lozano, Casilla 65, Lima 100, Peru. Phone: 350343. Telex: 25304.

**October 15-16.** International Veterans Meet, Hong Kong, 35+. Mrs. M. Brooke, Hon. Secretary, AVOHK, GPO Box 10368, Central, Hong Kong.

**October 15-25.** Central Australian Masters Games, Alice Springs, Northern Territory. P.O. Box 1095, Alice Springs, NT 5750. Tel (089) 528222.

**October 29-November 2.** IV Oceania Veterans Track and Field Championships, Noumea, New Caledonia. Entry deadline: October 4. 4th Oceania Veteran Games, B.P. 1075, Noumea, New Caledonia. (Postponed from June, 1988).

**December 3-5.** 1988 Asian Veterans Athletics Championships, Tainan, Taiwan. M40+, W35+. Ms. Chi Cheng, Secretary General, Chinese-Taipei T&F Assn., P.O. Box 81-611, Taipei, Taiwan.

**July 27-August 6.** VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

## LONG DISTANCE RUNNING NATIONAL

**January 1-December 31, 1988.** Shore Athletic Club One-Hour Postal Racewalk. Not a TAC national championship. Don Henry, Postal Racewalk Coordinator, 24 Fairview Ave., Bricktown, NJ 08724.

**October 22.** U.S. TAC National Masters 100K Championships, Duluth, Minn. William Wenmark, 1829 Portland Ave. So., Minneapolis, MN 55402. 612/593-9041.

**November 13.** U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 906/665-1712.

**November 20.** U.S. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Box 116A, Hwy. 33, Englishtown, NJ 07726. 201/446-4959.

**November 25.** U.S. TAC National Masters 5K Cross-Country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

**November 27.** U.S. TAC National Masters 15K Cross-Country Championships, Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

**November 27.** U.S. TAC National Masters 20K Championships. East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NJ 11554. 516/579-7466. Entry form in Oct. and Nov. issue.

**December 3.** U.S. TAC National Masters 8K Championships. **CANCELLED** Ariz. Mike Copelar, 2000 Lane, Phoenix, AZ 85021. 602/997-6494.

**December 4.** U.S. TAC National Masters Marathon Championships, Sacramento, Calif. \$28,200 masters prize money. John Mansoor, 10513 Fair Oaks Blvd., No. J, Fair Oaks, CA 95628. 916/966-6185.

**December 10.** U.S. TAC National Masters Half-Marathon Championships, Orlando, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

### EAST

**October 2.** New York Woman 4 Miler, Central Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**October 9.** Taylor Wineglass Marathon, Corning, N.Y. Divisions: M & W 60+, TW Marathon, P.O. Box 98, Corning, NY 14830-0900. 607/937-8371.

**October 10 (Monday).** Tufts 10K For Women, Boston. Sue Smith or Dan Salera, 250 Summer St., Boston, MA 02210. 617/439-7700.

**October 15.** Mercedes Mile on Fifth Avenue, NYC. Invitation or qualifying only. NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**October 16.** Stamford Classic Marathon, Stamford, Conn. Masters money. Art Layton, Stamford Marathon, 880 Canal St., Stamford, CT 06902. 203/359-1248.

**October 16.** Army 10-Miler, Washington, D.C. SASE to: HQ Army Recreation, P.O. Box 46594, Washington, DC 20050-6594.

**October 16.** Shelter Island Women's 10K, Long Island, N.Y. Ten-year age groups thru 60+. Shelter Island C of C, Box 598, Shelter Island, NY 11964. 598/749-0399.

**October 23.** Maryland Marathon, Baltimore. Len Kinion, 1363 Halstead Rd., Baltimore, MD 21239. 301/882-5455.

**October 23.** Freihofer's Syracuse 10K For Women, Syracuse, N.Y. c/o Kristin Hartmen, 4382 Stonington Circle, Syracuse, NY 13215.

**October 30.** Londonderry 5K Masters Cross-Country Run, Londonderry, N.H. Larry Martin, 115 Mill Rd., Durnam, NH 03824. 603/868-5565.

**November 5.** 12th Annual USA vs. Canada Cross-Country match, Syracuse, N.Y. Jerry Smith, 315/422-7121 (o), 315/682-7633 (h).

**November 6.** New York City Marathon, NYC. Applications (by first-come, first-

Continued on page 28

## ICI/USRA National Championship Set for Florida

Continued from page 22

We are already into negotiations for 1989 Circuit events and in that regard I will be joining Bill Adams in London in mid-October to pursue our first "International" Circuit event. With ICI's home base in London, it is only natural for us to start with our British friends. In fact, we are contemplating a "USA-British World Class Cup" match race between our best and theirs within the London Circuit race.

The "ICI Legends Mile" continues to receive accolades from throughout the world as we are researching a separate "Masters Mile" circuit in 8-10 cities. In both areas, we welcome input from athletes and inquiries from race directors who wish to be a part of the Circuit.

We also want to extend a warm

welcome this month from the ICI/USRA Masters Circuit and Dean Reinke & Associates to Jim O'Brien and Stan Singer, recent additions to our staff. They will comprise our New York office with Jim, a London native and experienced running and track and field writer, coordinating circuit PR duties, while Stan, a former salesman for *Runner's World* magazine will coordinate our sponsorship sales area. And one final note. *Masters Running '88*, the official magazine of the ICI/USRA Masters Circuit, is out and available. The 4-color, 96-page detailed annual covering masters running, can be obtained free of charge by sending \$1 for postage to *Masters Running '88*, 33A Martine Ct., Newark, DE 19711. We'll see you on the roads! □



Winners in the July 10 Utica Boilermaker 15K were Barbara Filutze (57:05) and Bob Schlaw (48:32). Filutze also took the National Masters women's title at the August 13 Asbury (N.J.) Park 10K in 36:07 while Schlaw was third in 31:59. Photo from Dean Reinke



Continued from page 27

served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

November 6. Marine Corps Marathon, Washington, D.C. Lt. Andy Caldwell, P.O. Box 188, Quantico, VA 22134. 703/640-2225 or 2720.

November 13. National RRCA Age-Group Cross-Country Championships, Van Cortlandt Park, Bronx, N.Y. M&W 40+ run 5K. Age-Group Championships, Box 881, FDR Station, New York, NY 10150-0881.

November 27. Philadelphia Independence Marathon, Philadelphia. Chris Tatreau, Memorial Hall, Philadelphia, PA 19131.

December 4. Achilles Handicap 10K, Central Park, NYC. Handicaps by age and sex. The Achilles TC, 9 E. 89th St., New York, NY 10128. 212/967-9300.

December 4. Brian's 10K Run, West Chester, Pa. Lawrence Brandon, 206 Brooke Dr., West Chester, PA 19380. 215/692-5643.

### SOUTHEAST

October 8. Capital Trail Run 10 Mile, Raleigh, N.C. 919/876-8347.

October 8. RRCA National 10 Mile Championships, Raleigh, N.C. Jim Young, P.O. Box 26761, Raleigh, NC 27611. North Carolina RRC.

October 15. RRCA National 15K Championships, Peachtree City, Ga. Bob Weed, P.O. Box 2377, Peachtree City, GA 30269. Peachtree RC.

October 22. Wendy's Bowling Green Classic 10K, Bowling Green, Ky. 502/781-2834.

November 5. Foot Falls 10K, Birmingham, Ala. Ben Howell, c/o YMCA, 3551 Montgomery Hwy., Birmingham, AL 35209. 205/871-7372.

November 13. Old Reliable 10K, Raleigh, N.C. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602-1229. 919/829-4843.

November 24. Atlanta Marathon/Half-Marathon, Atlanta, Ga. SASE to Atlanta TC, 3097 E. Shadowlawn Ave., N.E., Atlanta, GA 30305. 404/231-9064.

December 3. Blue Angel Marathon/10K, Pensacola, Fla. BA Marathon, Naval Air Station, Pensacola Recr. Dept., Building 632, Pensacola, FL 32508. 904/452-4391.

December 10. Rocket City Marathon, Huntsville, Ala. Harold Tinsley, 8811 Edgemoor Dr., Huntsville, AL 35802. 205/881-9077.

### MIDWEST

October 1. The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. 125 total entry limit. SASE to U.R., Jackson Comm. Coll., 2111 Emmons Rd., Jackson, MI 49201.

October 2. Oktoberfest 12K and 5K, Itasca, Ill. Rick Staback, 500 Park Blvd., Itasca, IL 60143.

October 9. Milwaukee Lakefront Marathon & Marathon Relay, Milwaukee, Wisc. Divisions: M thru 60+; W thru 50+. Lakefront Marathon, c/o Hallmark Building Supplies, Inc., 6050 N. 77th St., Milwaukee, WI 53218. 414/464-9990.

October 16. Detroit Free Press Marathon, Detroit, Dr. Edward Kozloff, 321 W. Lafayette, Detroit, MI 48231. 313/222-6676.

October 16. Dayton River Corridor Classic Half-Marathon, Dayton, Ohio. Masters money top 3 m/w. Division thru 70+. DRCC, Wright Brothers Box 9154, Dayton, OH 45409.

October 30. Ohio TAC 20K/50K Championships, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (h); 424-7011 (w).

October 30. Old Style Marathon/Chicago, Chicago, Ill. Sheri Johnson, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

November 12. Ohio TAC Open & Masters X-Country Championships, Lancaster. J. White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547 (h); 424-7011 (w).

November 13. 9th Annual Columbus Marathon, Columbus, Ohio. Michael L. Collins, 6290 Busch Blvd., Suite 20, Columbus, OH 43229. 614/433-0395.

### MID-AMERICA

October 1. Heartland Hustle 10K, Davenport, Iowa. Heartland Holdings, 3737 W. River Drive, Davenport, IA 52808. Ed Froehlich, 319/359-9197.

October 2. Twin Cities Marathon, Minneapolis. TWM, P.O. Box 24193, Minneapolis, MN 55424. 612/929-8646.

October 9. 29th Annual Heart of America Marathon, Columbia, Mo. Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203.

October 30. Omaha Riverfront Marathon, Omaha, Nebr. John Thomas, 502 W. 40th St., Omaha, NE 68131. 402/444-7086.

October 30. Prime Health Kansas City Marathon/10K, Kansas, Divisions thru 70+. KC Marathon, P.O. Box 836, Shawnee Mission, KS 66201. Laura Moore, 913/432-3926.

November 20. St. Louis Marathon, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., No. 200, St. Louis, MO 63117. 314/862-7582.

### SOUTH WEST

October 1. Myriad Gardens 10K, Oklahoma City. Masters money: M-\$1600; W-\$1100. SASE to Myriad Gardens Run 88, P.O. Box 24065, OKC, OK 73124. 405/232-1199.

October 8. Del Webb Memorial Hospital Masters 10K, Sun City West, Ariz. Peggy Sheedy, 10522 W. Royal Palm, Peoria, AZ. 85345. 602/974-9458.

October 8. El Paso-Juarez International 15K, El Paso, Texas. Ted Jablonsky, 4105 Rio Bravo St., El Paso, TX 79902. 915-533-8387.

October 22. St. Paul Medical Center 12K, Dallas, Texas. 214/879-3966.

October 29. Tulsa 15K, Tulsa, Okla. Masters money. Al Frampton, P.O. Box 2400, Tulsa, OK 74102. 918/588-2850.

November 6. New Times Phoenix 10K, Phoenix, Ariz. Harvey Beller, 3625 N. 16th St., Phoenix, AZ 85016. 602/241-0995.

November 6. Los Viejos TC/N.M. TAC Championships 5K Cross-Country, Albuquerque. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

December 4. White Rock Marathon, Dallas, Texas. Bob Hancock, P.O. Box 74335, Dallas, TX 75374-3335. 214/526-5318.

December 11. Fiesta Bowl 10K, Phoenix, Ariz. Rob Wallach, 6102 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

### WEST

October 1, 2, 9, 16, 22, 23. Legg Lake Runs, S. El Monte, Calif. A Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

October 8. Run For The Homeless 5/10K, Griffith Park, Los Angeles. 8:30 a.m. Pre-emptor or race day entry. John Dillon, 702 S. San Pedro St., Los Angeles, CA 90014. 213/623-2932.

October 8. West Coast University 50-Miler, SCA/TAC Championships, 12-hr. time limit. Lee Preble, WCU, 550 S. Main St., Orange, CA 92668. 714/953-2700(w); 213/532-5043(h).

October 29. 8th Annual Bellflower 5K/10K, Bellflower, Calif. George Sturtz, 16600 Civic Center Dr., Bellflower, CA 90706-5494. 213/804-1424 x262.

October 29. Alhambra Moonlight 8K (Open Women's TAC Championships), Alhambra, Calif. Judy Feuer, PR Director, City of Alhambra, 111 S. First St., Alhambra, CA 91801. 818/570-5012.

October 30. St. Joseph Medical Center 5K/10K/15K, Griffith Park, Los Angeles, Georgia Sobiech/Joanne Sugar, c/o SJMC, Buena Vista & Alameda, Burbank, CA 91505. 818/247-3783.

December 10. Holiday Bowl Marathon, San Diego. Tim Murphy, 3456 Ingraham, San Diego, CA 92109. 619/483-9501.

December 11. San Diego International Marathon, San Diego. Ten-year age groups, m&w, thru 70+. SDIM, c/o In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

December 11. Honolulu Marathon, Honolulu. Larry Goldstein, 3435 Waiiale St., Rm. 208, Honolulu, HI 96816. 808/734-7200.

### NORTHWEST

October 1. St. George Marathon, St. George, Utah. Kent Perkins, 86 S. Main, St. George, UT 84770. 801/634-5860.

October 29. Idaho Mountain Masters 4 Mile, Boise, Idaho. Gary Senry, 10271 Ardycy St., Boise, ID 83704. 208/322-6048.

### INTERNATIONAL

October 7-10. 21st World Veterans (IGAL) 5K/10K/Marathon Championships, Kyongju, Korea. Heung Rok Kim, Executive Director, 21st World Veterans Championships, Korean Assn. of Veteran Athletes, 701-3 Yeoksam Dong, Kangnam Ku, Seoul, Korea 135. Tel. 02/553-8474.

October 9. Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V.—BERLIN-MARATHON—Meinckesstrasse 13, D-1000 Berlin 15.

November 5. Rosarito Beach 5K/10K, Baja California, Mexico. No. 10 SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 213/634-3027; 714/841-5417.

November 27-December 4. International Running Tour of Israel 1988. Includes 5K in Jerusalem and Tiberias Marathon. Barry Shaw, International Running Tour of Israel, 6 Shmuel Hanatziv St., Netanya 42281, Israel. Tel: 053-381343. Telex: 341929 SHAR IL.

### RACE WALKING NATIONAL

October 16. U.S. TAC National Masters 30K Walk Championships, E. Meadow, N.Y. Gary Westerfield, P.O. Box 440, Smithtown, NY 11787. 516/979-9603.

December 18. U.S. TAC National Masters 100K Walk Championships, Research Triangle Park, N.C. Carl Birk, 8915 Broadway, #9262, Houston, TX 77061. 713/645-3917.

### SOUTHEAST

October 15. Tree Tops Park 5K Racewalk, Broward County, Fla. Broward Co. Parks & Recr., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

### INTERNATIONAL

October 29. BVAF 20K/10K Roadwalk Championships, Sutton Coldfield, W. Mid. BRWC Denis Withers, 14 Couage Lane, Marlbrook Bromsgrove Wors B60 IDW.

## ON TAP FOR OCTOBER

### TRACK & FIELD

Except for the Club West Masters Meet in Santa Barbara on the 1st, this month offers slim pickin's. The strongmen have weight pentathlons in NYC on the 8th, and Lawrence, Kansas on the 2nd. Organization men and women will convene in San Francisco on the 22nd for the World Corporate Games. Multi-day senior (50+) sports festivals start on the 22nd in St. George, Utah, and on the 25th in Florida.

There's plenty of action overseas: the South American Veterans Championships, Peru, 8th-9th; the International Veterans Meet, Hong Kong, 15th-16th; the Central Australian Veterans Games, Alice Springs, 15th-25th; and the re-scheduled Oceania Veterans Championships, New Caledonia, 29th-November 2nd.

### LONG DISTANCE RUNNING

LSD will be prevalent in Duluth, Minn., on the 22nd, when long slow distance advocates congregate for the National Masters 100K Championships. While tracksters get ready to hibernate, distance runners will be coming alive, starting on the 1st in the Heartland Hustle 10K, an ICI/USRA Masters Circuit race, in Davenport, Iowa; the St. George Marathon in Utah; the five-event Ultimate Runner in Jackson, Mich.; and the Myriad Gardens 10K in Oklahoma City.

The Twin Cities Marathon offers substantial masters cash prizes in Minneapolis on the 2nd.

The following weekend offers the Capital Trail 10 Mile, another ICI/USRA Masters event, in Raleigh, N.C., on the 8th. Masters men and women milers will have separate races in the Mercedes Mile on 5th Avenue on the 15th.

On the 16th, the Stamford Marathon should draw a host of masters runners to Connecticut for that ICI/USRA race.

Freihofer's Run For Women 10K in Syracuse, N.Y., is set for the 23rd.

The final weekend finds the Tulsa 15K on the 29th, and the Old Style (formerly Chicago) Marathon on the 30th.

The 21st World Veterans (IGAL) 5K/10K/Marathon championships are scheduled for the 7th-10th in Korea.

### RACEWALKING

The National Masters 30K Championships return to last year's site, East Meadow, N.Y., on the 16th.



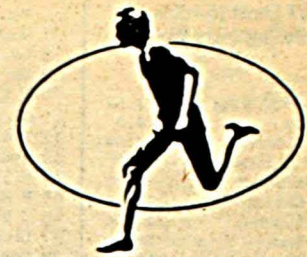
# RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR SEPTEMBER, 1988

NAME	EVENT	MARK
<b>M30</b>		
MARTY MATZINGER	800 Meters	1:58.29
GLEN M. TURNER	Triple Jump	45'2 1/2"
<b>M35</b>		
ED BASKAUSKAS	110m HH	16.2
BILL BLANKENSHIP	400 Meters	52.2
<b>M40</b>		
BEN BROCKWELL	800 Meters	2:07.94
JOHN FREDERICKS	5K Walk	23:42
WAYNE GRIPP	200 Meters	23.6
WAYNE GRIPP	400 Meters	53.6
WAYNE GRIPP	800 Meters	2:02.9
ALAN HUNKEN	Long Jump	19'
EMILIO LABORI	Triple Jump	40' 1/4"
JOHNNIE MEISNER	High Jump	6' 1 1/2"
JOHNNIE MEISNER	110m HH	17.1
JOHNNIE MEISNER	Triple Jump	38' 10"
JAMES R. SAUERS	High Jump	5' 10"
<b>M45</b>		
MAURY DEAN	10,000	35:54
JIM DEMMA	800 Meters	2:12.0
JEFF LOUBET	110m HH	18.41
ROBERT D. TAYLOR	100 Meters	11.9
ROBERT D. TAYLOR	Long Jump	19' 9 3/4"
KIRT J. VENER	Long Jump	18' 10 1/2"
KIRT J. VENER	Triple Jump	36' 4 3/4"

NAME	EVENT	MARK
<b>M50</b>		
DAVID T. LARD	800 Meters	2:16.6
LARRY WORTH	10,000	34:33
<b>M55</b>		
RICHARD HEIN	High Jump	5' 0"
RICHARD HEIN	Long Jump	16' 3"
RICHARD HEIN	Triple Jump	33' 3"
JOHN S. POPPELL	100 Meters	12.66
JOHN S. POPPELL	200 Meters	25.83
<b>M60</b>		
WALTER ATCHESON	2K Steeple	8:59.14
JAMES L. HOLLAND	Shot Put	44' 2 1/2"
RICHARD PACKARD	2K Steeple	9:11.4
BOB SELIGMAN	Discus	42.04m
<b>M65</b>		
VERNON MATTSON	100 Meters	13.4
VERNON MATTSON	Long Jump	15' 1 1/2"
VERNON MATTSON	Triple Jump	29' 5"
<b>M70</b>		
RY BOOTH	Discus	141' 6"
MIL0 LIGHTFOOT	Long Jump	12' 5"
FRANK CRAYTON	Long Jump	11' 6"

NAME	EVENT	MARK
<b>M35</b>		
JANET WILSON	Discus	146' 11"
<b>M55</b>		
PATRICIA FARRAR	5K Walk	33:33
<b>M65</b>		
ELIZABETH HAGEMANN	Discus	67' 10"
ELIZABETH HAGEMANN	Javelin	63' 8"



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### ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
110mHH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mHH							18.0	20.0				
80mHH								18.0	21.0			
300mLH							57.0	62.0	66.0	71.0	75.0	81.0
400IMH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
L.J.	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 1/2"	6'3/4"	5'9 1/2"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4' 1/2"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20' 1/2"	18'8 1/2"	17'4 1/2"	16'3/4"	14'9"	13'6 1/2"	12'2 1/2"	10'11"	9'6 1/2"	8'4 1/2"	7' 1/2"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4"	38'3/4"	35'9 1/2"	33'5 1/2"	31'4"	29'2 1/2"	26'11"	24'7 1/2"	22'3 1/2"	20' 1/2"	18' 1/2"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	1.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/2"	49'2 1/2"	35'4 1/2"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2"	46'3"	42'6"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/2"	31'2"	27'6 1/2"	23'7 1/2"
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for auto time; use standard conversion for hand time  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 160; 50-59: 120; 60+: 80  
 5) Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg  
 6) Javelin: 30-59: 800g; 60+: 600g  
 7) Hammer: 30-49: 160; 50-59: 120; 60+: 80  
 8) Metric heights and distances are the standard; feet and inches listed for convenience

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_  
 SEX: M \_\_\_\_\_ F \_\_\_\_\_  
 EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_  
 MEET: \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_  
 DATE OF MEET: \_\_\_\_\_ HURDLE HEIGHT \_\_\_\_\_  
 MEET SITE: \_\_\_\_\_

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.



# U.S. MASTERS TRACK & FIELD RANKINGS

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

### 1987 Short Hurdles Compiled by Jerry Wojcik

#### M30-34 110mH

1 James McCraney	13.54
2 J Mosby	14.0
3 Mike Simmons	14.04
4 Leroy Galloway	14.2
5 Robbie Short	14.25
6 Mike Chriss	14.53
7 Robert Zahn	14.66
8 Mike Moore	14.93
9 R Williams	15.0
G Crummel	15.0
11 C Jackson	15.3
12 Tony Ciccone	15.4
L Jeremiah	15.4
G Ross	15.4
15 Kevin Speaks	15.49
16 Jerry Ott	15.5
17 Roosevelt Wells	15.53
18 G Rooney	15.58
19 Ken Satterfield	15.6
20 Dale Smith	15.7
21 Horace Hudson	15.7
22 Greg McLaughlin	15.72
23 Al Hood	16.1
24 Richard Reinhart	16.32
25 Mike Merrigan	16.4
26 Gary Schmidt	16.42
27 Steve Heilman	16.5
28 Jeff Watry	16.8
29 Tim Nixon	16.81
30 Mike Jones	16.97
31 Brian Davis	17.4
32 T Tiernon	17.53
33 C Barnard	17.9
34 Andrew Hecker	18.35
35 C Cole	18.6

#### M35-39 110mH

1 Stan Druckrey	14.33
2 Dawad Saleem	14.4
3 Peter Hoagland	14.7
Nate Robinson	14.7
5 John Borden	15.1
Delario Robinson	15.1
Ken Brinker	15.1
Eddie Eberhart	15.1
9 Mike Hill	15.2
10 Richard Finnie	15.4
11 Eddie Loughbridge	15.5
12 Robert Hahn	15.73
13 R Penn	15.8
14 Gene Hoffman	16.11
15 Ed Nuttycombe	16.2
16 Don Roberts	16.30
Chester Forsh	16.30
18 Ed Baskauskas	16.4
19 F Roublick	16.89
20 Conrad Burge	16.92
21 A Wright	17.15
22 Mike Davis	17.3
23 M Thompson	17.5
24 Tom Malik	17.6
25 Mike Monahan	17.88
26 Don Knapp	18.1
27 Ivan Black	18.7
28 Steve Peterson	18.8

#### M40-44 110mH

1 Ken Brinker	14.7
2 Lamar Miller	14.71
3 Theo Viltz	14.8
4 Mike Kelly	15.35
5 Larry Sallinger	15.4
6 Sheridan Groves	15.8
7 James Hollister	16.0
8 Fred Johnston	16.17
9 Cornelius McCormick	16.26
10 J Watkins	16.6
11 Reg Sharley	16.9
12 T Cronan	17.06
13 Ross Jensen	17.1
14 William Busby	17.2
15 Johnnie Meisner	17.44
16 Willie Davenport	17.69
17 M Milove	17.7
18 Henry Hopkins	18.07
19 C Metsner	18.1
M DeJesus	18.1
21 K H Troy	18.47
22 R Scola	18.5
23 Scott Tyler	18.7
Brian Arnsperger	18.7
25 B Willis	18.85
26 A Lockwood	19.4
27 Allen Robertshaw	19.5
28 Johnson Ewing	19.6
29 Bill Sevilla	20.3
30 G Coates	20.9

#### M45-49 110mH

1 Walt Butler	15.1
2 John Dobroth	15.7
3 Alvin Henry	15.9
4 C Miller	16.35
5 Dale Lance	16.4

6 Ted Cain	16.6
7 Hugh Adams	16.61
8 Lew Thorne	16.64
9 Gary Miller	16.7
10 D Ellis	16.8
11 Gary Bane	17.07
12 T Blodgett	17.1
13 Armando Oliveira	18.0
14 William Benson	18.09
15 R Hughley	18.4
16 J V Fassette	18.5
17 Lionel Washington	18.69
18 Dee DeWitt	18.93
19 E Zastaweny	19.6
20 Bob Balderston	19.7
21 George LaBelle	19.78
22 Dennis Tancredi	20.2
23 J Remenicky	21.4
24 J O'Neil	22.2
25 Rich Kaye	22.5

#### M50-54 110mH

1 Charlie Miller	14.8
2 Alvin Henry	15.94
3 F Pagel	16.6
4 Ed Oleata	16.76
5 Phil Mulkey	16.92
6 Buzz Porter	17.1
7 Bob Milner	17.4
8 Jack Gilmore	17.83
9 Jerry Stanners	18.18
10 William Clark	18.31
11 R Smith	19.2
12 Bill Adler	19.5
13 Hector Cisneros	19.54
14 S Richmond	19.7
Ray Fitzhugh	19.7
16 Bill Eller	20.0
17 Jim Peterson	20.1
18 J Bradley	20.14
19 H Bain	20.3
20 Don Gray	20.42
21 R Richardson	21.20
22 R Hamilton	22.4
23 James Ware	22.70
24 R Bacote	22.8

#### M55-59 110mH

1 Larry Pratt Sr	16.7
2 Joe Murphy	16.89
3 Dave Jackson	17.17
4 N Wells	17.8
5 Jerry Reiserer	18.9
6 B Pardue	19.02
7 W Roberson	19.1
8 Bob Graham	19.2
9 Alan Maxwell	19.81
10 Dave Douglass	19.5
11 Al Brenda	20.5
Forrest Doling	20.5
13 Bill Gentry	20.43
14 Lawrence Bybee	20.75
15 D Walsh	22.8
16 Carl Dahlstrom	23.51
17 George Taylor	24.0
18 K Morris	24.3

#### M60-64 100mH

1 Buck Bradberry	15.44
2 D Smith	16.9
Bob Higginbotham	17.30
4 Fred Hirsimaki	17.3
5 Dick Nodquist	17.94
6 Bob Roemer	18.36
7 Bill Townsend	18.7
8 Ted Ennslin	18.99
9 John Martin	19.0
10 D Walsh	19.09
11 Luis Arroyo-Velez	19.16
12 Gordon Kovar	19.8
13 R Womack	20.0
George Simon	20.0
15 Manny Herscher	20.7
Albert Johnson	20.7
17 Bob Watanabe	20.9
18 A Thomson	21.16
19 J Davison	21.9
20 R V Thurston	23.2

#### M65-69 100mH

1 Tom Patsalis	16.6
2 Bob Hunt	17.3
3 Burl Gist	17.3
4 Ed Lukens	18.1
5 Boo Morcom	18.42
6 J Martin	19.28
7 W Carmen	20.36
8 Tom Kennell	20.84
9 Chuck McFate	20.9
10 George Haasl	22.81
11 John Hutchinson	23.51
12 S Kelly	25.9

#### M70-74 80mH

1 Herb Miller	14.5
2 Chia-Tsung Pao	15.5
3 Frank Finger	15.65
4 H Neibel	15.70
5 Bert Morrow	16.6
6 Ham Morningstar	17.0
7 C T Trhan	18.05

#### M75-79 80mH

1 Claude Hills	16.35
2 Bert Morrow	16.77
3 K Trei	16.81
4 Bob Boal	17.60
5 D Marcus	19.4

#### W30-34 100mH

1 M Oshikoja	15.1
2 I Thompson	20.4

#### W35-39 100mH

1 P Farster-Gilkey	18.69
2 Geri Piper	25.2

#### W40-44 80mH

1 Phil Raschker	11.83
2 Pam Calvert	13.55
3 Cassandra Clark	14.20

#### W50-54 80mH

1 Christel Miller	15.0
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#### W55-59 80mH

1 Shirley Kinsey	16.8
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### 1987 Long Hurdles Compiled by Jerry Wojcik

#### M30-34 400mH

1 Horace Hudson	55.5
2 Gary Tiffany	55.8
3 James McCraney	55.95
4 Mike Pannell	56.10
5 Mike Simmons	56.11
6 J Cole	56.9
7 Dick Reinhart	57.12
8 David Hoover	57.81
9 G Crummel	58.0
10 John Kirkpatrick	58.71
11 A Pendleton	58.9
12 Jeff Watry	58.97
13 Greg McLaughlin	59.24
14 Robbie Short	59.84
15 Kevin Speaks	60.18
16 Tim Nixon	60.59
17 L West	60.7
18 Roosevelt Wells	61.04
19 T Mosby	61.3
20 Russell Acea	61.5
21 Fouts Williams	61.7
22 Andrew Hecker	62.38
23 Dale Smith	62.43
24 Greg Bordiuk	63.1
25 M McGinnis	65.05
26 P Berry	65.43

#### M35-39 400mH

1 Eddie Eberhart	54.72
2 Stan Druckrey	55.34
3 J Garcia	57.4
4 Dawud Saleem	58.28
5 M Overn	58.8
6 T Van Auken	59.4
7 R Wiltshire	60.2
8 Don Roberts	61.25
9 Gene Hoffman	62.04
10 E Brunger	62.5
11 Conrad Burge	62.91
12 Ivan Black	63.8
13 B Phillips	66.83
14 Bruce Weber	67.0
15 Harvey Baker	67.7

#### M40-44 400mH

1 Mike Kelly	59.18
2 Harold Morioka	59.23
3 Sheridan Groves	60.48
4 Gordon Reiter	61.31
5 Ross Jensen	61.5
6 Tom Rauscher	62.1
7 T Cronan	63.29
8 W Weldon	64.21
9 M DeJesus	68.4
10 Fred Johnston	69.37
11 Ralph Scola	69.8
12 A Thomas	72.00
13 C Tuebner	74.4
14 C Appel	74.6
T Bibb	74.6

#### M45-49 400mH

1 Ted Cain	57.6
2 Bill Knocke	57.9
3 Hugh Adams	59.66
4 Dennis Tancredi	62.48
5 Lew Thorne	63.6
6 Gary Bane	63.99
7 T Collins	64.8
8 D Ellis	66.3
9 John Head	67.66
10 Jackson Steffies	68.92
11 Robert Utley	69.82
12 P Augustini	70.24
13 T Kilroy	73.1
14 Harold Holder	73.6
15 John Cosgrove	73.8
16 R Hughley	74.7
17 John Forsyth	74.84
18 M Valle	75.4
19 J James	77.80
20 J Irby	81.1

#### M50-54 400mH

1 Gary Miller	59.89
2 Charley Miller	63.91
3 R Rizzo	64.1
4 William Clark	64.85

5 J Bradley	65.3
6 Phil Mulkey	67.10
7 Buzz Porter	67.27
8 T Butterfield	68.16
9 Fred Kjer	68.2
10 Hector Cisneros	70.95
11 Bill Eller	73.0
12 O Legend	74.18
13 Haig Bohigian	76.2
14 R Bacote	79.8
15 H Bain	83.5

#### M55-59 400mH

1 Will Robinson	67.41
2 Harold Green Sr	68.10
3 Jerry Reiserer	68.5
4 Bob Graham	69.7
5 Bill Gentry	70.0
6 Joe Murphy	70.13
7 John Hepner	70.24
8 Al Sheahan	70.53
9 Tony Nasralla	71.33
10 Stewart Daniel	71.9

#### M60-64 300mH

1 Rudy Valentine	47.19
2 Bob Watanabe	48.7
3 Luis Arroyo-Velez	50.30
4 Dick Nordquist	50.34
5 Max Goldsmith	52.00
6 John Martin	52.8
7 Jack Rowe	53.02
8 A Thompson	54.2
9 Fred Hirsimaki	55.0
10 Jock Joooy	55.17
11 D Walsh	55.6
12 G Simon	59.3
13 Bill Townsend	60.52

#### M65-69 300mH

1 Robert Hunt	51.33
2 Bill Carmen	53.8
3 Boo Morcom	53.81
4 Walter Dahlin	55.2
5 J Martin	57.7
6 Mel Buschman	61.00

#### M70-74 300mH

1 Dan Bulkley	53.84
2 Ham Morningstar	57.19
3 Herbert Miller	58.28
4 Pete Ganahl	58.3
5 John Satti	63.12
6 L Leibenberg	69.9
7 Bert Morrow	72.77

#### M75-79 300mH

1 Claude Hills	61.75
2 Bert Morrow	65.85
3 Bob Boal	65.38

#### W30-34 400mH

1 M Gansle	74.0
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#### W35-39 400mH

1 Cassandra Clark	76.21
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#### W40-44 300mH

1 Phil Raschker	65.03
2 Cassandra Clark	75.79

### 1987 Shot Put Rankings Compiled by Wiesia Wojcik

#### M30-34

1 G England	56-10
2 Bill Pendleton	52-4 3/4
3 B Wolverton	51-3
4 P Burns	49-2 1/2
5 T Ciavelli	48-8 1/2
6 Rusty Hodge	48-6
7 E Grow	47-4
8 M Barbano	45-10 3/4
9 T Mills	45-4 1/2
10 P Collins	45-3
11 R Reabold	44-6
12 Mike Moore	44-2
13 D Mengeling	43-9
14 Terry Milinger	43-6
15 Tom Johnson	42-6
16 J Baty	42-5 1/2
17 R Clark	42-3
18 M Cavotta	41-10
19 G Mirka	41-9
20 R Davis	41-7
21 J Hiatt	40-11
22 D Ashe	40-9 1/2
23 B Hartmann	40-8 1/2
24 G Schmidt	40-8 1/4
25 R Toops	40-7 1/2
26 J Schunck	40-1 1/2
27 J Accardi	40-1
28 Dale Reed	39-8
J Gleseman	39-8

30 J Klein	39-7
31 B Mondschein	39-4 1/2
32 W Weldon	38-9
33 W Leigh	38-6
34 Norm Bower	38-4
35 G Tiffany	38-1 1/2
36 C Lackey	37-11 1/2
37 J Dorsett	37-3
38 G Overstake	37-1 1/2
39 J Kalnas	35-7 1/2
40 R Finnie	34-9 1/2

41 E Thiret</
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# U.S. MASTERS LONG DISTANCE RANKINGS

(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

## TACSTATS/USA 1987 Rankings: 8K Road Races-Men

RANK	TIME	ATHLETE NAME	CTZ	HOME	AGE	BDATE	RACE NAME	ST	RACE DATE
<b>35-39</b>									
1	23:29	BILL RODGERS	USA	MA	39	122347	CEDAR RAPIDS 5TH SEASON 8	IA	07/04/87
2	23:41a	DOUG BELL	USA	CO	38	112090	ST. PATRICK RUN	MA	03/18/87
3	23:45a	STEVE BENSON	USA	CA	35	120451	ST. PATRICK RUN	MA	03/18/87
4	24:13	GARY FANELLI	USA	PA	36	102450	RIVERSIDE TWILIGHT 5M1	MA	08/24/87
5	24:37a	PATRICK HOLLERAN	USA	OR	37		THE RACE	OR	08/07/87
6	24:38	BENJI DURDEN	USA	CO	35	082851	NORTHWEST NATURAL GAS SPR	OR	04/28/87
7	24:57	TOM CARTER	USA	NY	35		PEACE RUN	NY	08/15/87
8	25:01a	DOUG SUKER	USA	MA	38	022351	ST. PATRICK RUN	MA	03/18/87
9	25:08	RON GEE	USA	CA	38		CONQUER THE BRIDGE	CA	11/22/87
10	25:18	DAVE REINHART	USA	TX	35		NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
<b>40-44</b>									
1	24:53	BILL NELSON	USA	WI	40		OAKLAWN ROTARY RUN	IL	06/07/87
2	24:58	WEB LOUDAT	USA	NM	41	082746	MAGGIE VALLEY MOONLIGHT R	NC	08/22/87
3	25:07a	BRUCE MORTENSON	USA	NM	43	123143	ST. PATRICK RUN	MA	03/18/87
4	25:14	BARRY BROWN	USA	FL	43	072644	MAGGIE VALLEY MOONLIGHT R	NC	08/22/87
5	25:27	DON COFFMAN	USA	KY	44		SUMMER BREEZE ROAD RACE	AL	08/29/87
6	25:37	REEDY BUFORD	USA	TN	40		SUMMER BREEZE ROAD RACE	AL	08/29/87
7	25:38	CARL NICHOLSON	USA	AL	40	021947	SUMMER BREEZE ROAD RACE	AL	08/29/87
8	25:39	RICHARD WEEKS	USA	TX	40		SUMMER BREEZE ROAD RACE	AL	08/29/87
9	25:44	PETER HALLOP	USA	MI	40	032247	COLEMAN YOUNG	MI	10/17/87
10	25:52a	BRUCE MORTENSON	USA	MI	43	123143	EASY DOES IT	MI	06/13/87
<b>45-49</b>									
1	25:38a	MIKE MANLEY	USA	OR	48	021442	THE RACE	OR	08/08/87
2	26:41	RALPH ZIMMERMAN	USA	NY	46	061241	ENSI/CHECKERS AC 8K CLASS NY	NY	05/31/87
3	26:49	RICHARD GREENE	USA	NY	48		BASTILLE DAY	CA	07/12/87
4	26:51	ALAN PILLING	USA	GA	48		SUMMER BREEZE ROAD RACE	AL	08/29/87
5	27:08a	GEORGE BUCKNER	USA	OR	48	040139	THE RACE	OR	08/08/87
6	27:10	MORGAN LOONEY	USA	AL	45		SUMMER BREEZE ROAD RACE	AL	08/29/87
7	27:16	BOBBY DANIELLEY	USA	MS	48		SUMMER BREEZE ROAD RACE	AL	08/29/87
8	27:22	LLOYD LAUBACH	USA	OH	47		TOTAL FITNESS LIFESTYLE	OH	04/18/87
9	27:24	FRANK DUARTE	USA	CA	48	102041	CONQUER THE BRIDGE	CA	11/22/87
10	27:25	MORGAN LOONEY	USA	AL	45		KIWANIS PEACH RUN	AL	06/13/87
<b>50-54</b>									
1	26:57	BILL OLDRICH	USA	KY	51	091335	SUMMER BREEZE ROAD RACE	AL	08/29/87
2	28:09	BOB PAKLAJAN	USA	MI	51	061136	COLEMAN YOUNG	MI	10/17/87
3	28:11	INO CANTU	USA	TX	53	122833	MEMORIAL-SPRING BRANCH RO	TX	11/08/87
4	28:18	ERNIE BILLUPS	USA	IL	50	032837	OAKLAWN ROTARY RUN	IL	06/07/87
5	28:22	GERALD KOCH	USA	TN	53	040234	SUMMER BREEZE ROAD RACE	AL	08/29/87
6	28:23	ANDRE TOCCO	USA	CA	52	100435	CONQUER THE BRIDGE	CA	11/22/87
7	28:27	INO CANTU	USA	TX	53	122833	WHATABURGER 8KM	TX	08/19/87
8	28:32a	ARLEN SUNN	USA	M	52	062734	ST. PATRICK RUN	MA	03/18/87
9	28:40	JOHN BOYLE	USA	FL	52	080935	FLORIDA STATE MASTERS CHA	FL	10/25/87
10	28:44	ADRIAN CRAVEN	USA	SC	50		GREATER GREER ROAD RACE	SC	04/18/87
<b>55-59</b>									
1	26:33a	RAY HAYTON	USA	OR	55	020432	THE RACE	OR	06/06/87
2	29:07a	JOHN HEPNER	USA	OR	55		THE RACE	OR	06/06/87
3	29:11	MAL HIGDON	USA	IN	55	061731	SHAMROCK SHUFFLE	IL	03/15/87
4	30:17	DAVID SCHERTZ	USA	IL	55	012232	PRESIDENTIAL CHALLENGE	IL	08/16/87
5	30:25	GEORGE ETHERINGTON	USA	CA	55	122228	FLORIDA STATE MASTERS CHA	FL	10/25/87
6	30:43	NOE VILLENEUVE	USA	NH	55		PEPSI POLICE PURSUIT	NH	04/05/87
7	30:44	DANIEL STEWART	USA	GA	56		DOG DAYS	GA	08/25/87
8	30:44a	LAMIN BLASIER	USA	IL	58		PRESIDENTIAL CHALLENGE	IL	08/16/87
9	30:44a	GREG PROM	USA	NM	56	011831	EASY DOES IT	MI	06/13/87
10	30:47a	GREG PROM	USA	NM	56	011831	ST. PATRICK RUN	MA	03/18/87
<b>60-64</b>									
1	30:04	ALEX RATELLE	USA	MN	62	091224	HOPKINS RASPBERRY	MN	07/19/87
2	30:10	ALEX RATELLE	USA	MN	63	091224	METHODIST HOSPITAL	MN	09/12/87
3	30:34a	BOB BARTLING	USA	SD	60	082626	ST. PATRICK RUN	MA	03/18/87
4	31:53	WARREN JOHNSON	USA	IL	64	082822	OAKLAWN ROTARY RUN	IL	06/07/87
5	31:54	DICK LYONS	USA	SC	61		GREATER GREER ROAD RACE	SC	04/18/87
6	31:55a	LLOYD YOUNG	USA	MI	63	071823	ST. PATRICK RUN	MA	03/18/87
7	32:03	WARREN JOHNSON	USA	IL	64	082822	PRESIDENTIAL CHALLENGE	IL	08/16/87
8	32:04	DICK BENSON	USA	GA	61		SUMMER SOLSTICE	GA	06/20/87
9	32:22a	HAROLD HUBBARD	USA	MN	60	071426	EASY DOES IT	MI	06/13/87
10	32:24	WARREN JOHNSON	USA	IL	64	082822	SHAMROCK SHUFFLE	IL	03/15/87
<b>65-69</b>									
1	30:52	JIM SMITH	USA	OK	65	042122	RED EARTH	OK	06/06/87
2	31:01	WARREN UTES	USA	IL	66	062520	OAKLAWN ROTARY RUN	IL	06/07/87
3	32:28	JIM MCCOWN	USA	CA	65	030822	MOVING COMFORT	CA	10/10/87
4	32:31	RAY CHAPPELEAR	USA	OH	65	082522	WHITEHALL BAPTIST CHURCH	OH	08/28/87
5	33:25	FELIX HUERTA	USA	IL	66	083020	SHAMROCK SHUFFLE	IL	03/15/87
6	33:50	FELIX HUERTA	USA	IL	66	083020	PRESIDENTIAL CHALLENGE	IL	08/16/87
7	34:01	RAY CHAPPELEAR	USA	OH	65	062522	ZOO RUN	OH	10/19/87
8	34:04	JULIUS JAEGER	USA	NJ	66		NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
9	36:02	CHARLES WILLIAMS	USA	FL	66		NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
10	36:40	BILL GRANBY	USA	FL	67	082020	FLORIDA STATE MASTERS CHA	FL	10/25/87
<b>70-74</b>									
1	35:25	AUSTIN NEWMAN	USA	NJ	71	112115	NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
2	35:41	M QUACKENBOS	USA	FL	70	032617	FLORIDA STATE MASTERS CHA	FL	10/25/87
3	36:06	EDDIE LEWIN	USA	CA	71	041118	CONQUER THE BRIDGE	CA	11/22/87
4	37:25a	DAN BULKLEY	USA	OR	70		THE RACE	OR	06/06/87
5	37:52	VINCENT CARNEVALE	USA	NJ	70	080916	NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
6	38:24	DUDLEY HEALY	USA	NJ	73		NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
7	38:46	DUTCH BENEDETTI	USA	CA	72	021018	CONQUER THE BRIDGE	CA	11/22/87
8	38:50	MAURY CUMMINGS	USA	VA	70		NO EXCUSES 8K RUN	VA	04/26/87
9	39:06	DON JOHNSON	USA	NJ	70		NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
10	40:06	ANDREW MALANCHUK	USA	NY	71	102815	PEACE RUN	NY	08/15/87
<b>75-79</b>									
1	37:41	WILLIAM FAIRBANKS	USA	IL	76		SHAMROCK SHUFFLE	IL	03/15/87
2	40:32	WALT KUETZING	USA	CA	75		MOVING COMFORT	CA	10/10/87
3	40:38	ED ESTLE	USA	TX	77		JUNE HARTLEY RUN	SC	04/18/87
4	48:52a	EDWARD MCKEAN-SMITH	USA	OR	77		THE RACE	OR	06/06/87
<b>80-84</b>									
1	52:57	HILLARD BENTON	USA	CA	83	121503	MOVING COMFORT	CA	10/10/87
2	56:50	PAUL BERNO	USA	CA	82		MOVING COMFORT	CA	10/10/87
3	1:36:01	SAM OUELLETT	USA	ME	83		BANGOR LABOR DAY	ME	09/07/87

RANK	TIME	ATHLETE NAME	CTZ	HOME	AGE	BDATE	RACE NAME	ST	RACE DATE
<b>45-49</b>									
1	30:15	MAUREEN BIXBY	USA	OK	45	022142	RED EARTH RUN	OK	06/06/87
2	31:20	MAUREEN BIXBY	USA	OK	45	022142	RAINBOW CLASSIC 8K	KS	07/11/87
3	32:08	ROSE GARDNER	USA	WA	47		TRAIL'S END 8K RUN	OR	02/28/87
4	32:09a	MAUREEN BIXBY	USA	OK	45	022142	WOOLAROC ROAD RACE	OK	10/10/87
5	33:06	MAE CLEVELAND	USA	FL	47		PLEASANT RUN RUN 5M1	IN	10/24/87
6	33:07	LOLITA BACHE	USA	CA	45		MOVING COMFORT	CA	10/10/87
7	33:42	JOANNE CUMMINGS	USA	CA	45		OAKLAWN ROTARY RUN	IL	06/07/87
8	34:13	DOROTHY MCMARTIN	USA	NJ	48		NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
9	34:14a	NINI MONROE	USA	OR	45		THE RACE	OR	06/06/87
10	34:29	URSULA RAINS	USA	CA	48		MOVING COMFORT	CA	10/10/87
<b>50-54</b>									
1	32:40	HELENE BEDROCK	USA	NJ	52	010635	NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
2	34:44	JANET VANKLEEK	USA	FL	51		FLORIDA STATE MASTERS CHA	FL	10/25/87
3	34:55	JANET VOSS	USA	IL	50		OAKLAWN ROTARY RUN	IL	06/07/87
4	34:56	FAITH WALKWITZ	USA	IL	53		OAKLAWN ROTARY RUN	IL	06/07/87
5	35:13	SUSIE KLUTZ	USA	NC	50		DILWORTH JUBILEE ROAD RAC	NC	08/08/87
6	35:19	MARIANA MC MULLEN	USA	CA	50		CONQUER THE BRIDGE	CA	11/22/87
7	35:19a	MAE HORNS	USA	MN	52	032034	ST. PATRICKS DAY 5 MILER	MN	03/15/87
8	35:25	MARY MARSOLOIS	USA	AK	50	121336	CAMPBELL CREEK 8K	AK	04/11/87
9	35:27	DONNA WRIGHT	USA	OK	52		RAINBOW CLASSIC 8K	KS	07/11/87
10	35:30a	DONNA WRIGHT	USA	OK	52		WOOLAROC ROAD RACE	OK	10/10/87
<b>55-59</b>									
1	33:50	MATILEE CHRISTMAN	USA	IA	58	042331	SHAMROCK SHUFFLE	IL	03/15/87
2	34:22	TOSHIKO D'ELIA	USA	NJ	57	010230	NEW JERSEY WATERFRONT 5 M	NJ	04/26/87
3	35:01	GLORIA BROWN	USA	NY	55	122031	ENSI/CHECKERS AC 8K CLASS NY	NY	05/31/87
4	36:08	DOROTHY STOKA	USA	CA	55	091232	MOVING COMFORT	CA	10/10/87
5	36:43	TOSHIKO D'ELIA	USA	NJ	57	010230	WOMEN ON THE RUN	SC	04/11/87
6	37:37a	MARY LOU CARLSON	USA	MN	59	061827	ST. PATRICKS DAY 5 MILER	MN	03/15/87
7	37:56a	DOROTHY AKIN	USA	OK	56		LARRY ADUDELL	OK	06/08/87



# U.S. MASTERS LONG DISTANCE RANKINGS

(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

## TACSTATS/USA 1987 Rankings 15K Road Races-Men

RANK	TIME	ATHLETE NAME	CTZ	HOME	AGE	BDATE	RACE NAME	ST	RACE DAT
<b>55-59</b>									
1	51:00	57 RAY MATTON	USA	OR	55	020432	CASCADE RUN OFF	OR	06/28/87
2	53:01	GAYLON JORGENSEN	USA	UT	57	070229	RIVER RUN	FL	03/14/87
3	53:02	GAYLON JORGENSEN	USA	UT	57	070229	NATIONAL MASTERS 15K	CA	03/08/87
4	56:33	CLYDE JR BAKER	USA	IL	56		GASPARILLA DISTANCE CLASS	FL	02/07/87
5	57:14	ROSS SMITH	USA	NV	59	121127	NATIONAL MASTERS 15K	CA	03/08/87
6	57:27	JACK GOUGH	USA	FL	56		GASPARILLA DISTANCE CLASS	FL	02/07/87
7	57:31.6	GERALD BARNEY	USA	VT	55		SCHENECTADY GAZETTE STOCK	NY	11/08/87
8	57:35	PATRICK DEVINE	USA	CA	58	101028	NATIONAL MASTERS 15K	CA	03/08/87
9	57:44	MARSH HARADEN	USA	CA	56		NATIONAL MASTERS 15K	CA	03/08/87
10	57:58	JAMES PARKS	USA	FL	58		RIVER RUN	FL	03/14/87
<b>60-64</b>									
1	55:14	JIM O'NEIL	USA	CA	61	051425	NATIONAL MASTERS 15K	CA	03/08/87
2	57:43.95	ORLO KENISTON	USA	WA	60	040127	CASCADE RUN OFF	OR	06/28/87
3	58:29	ALEX RATELLE	USA	MN	63	091224	MINNESOTA TAC MASTERS	MN	09/27/87
4	59:18.77	WESLEY OLSEN	USA	OR	64	031723	CASCADE RUN OFF	OR	06/28/87
5	59:50a	HERBERT CHISHOLM	USA	VA	60	060726	GEORGE WASHINGTON PARKWAY	VA	04/26/87
6	59:51	DICK BENSON	USA	GA	62		PEACHTREE CITY CLASSIC	GA	10/17/87
7	1:01:58	LOU LOOVICO	USA		63		LAKER 15K	PA	06/20/87
8	1:02:48	DICK BENSON	USA	GA	61		RIVER RUN	FL	03/14/87
9	1:04:07	ROBERT DENNIE	USA	WV	60		RIVER RUN	FL	03/14/87
10	1:04:28.3	BOB HENNIG	USA	NY	62	081125	SCHENECTADY GAZETTE STOCK	NY	11/08/87
<b>65-69</b>									
1	1:02:14a	ANTHONY NAPOLI	USA	NY	66	090820	BOILERMAKER 15K	NY	07/12/87
2	1:05:57	MILLARD SHUMATE	USA	FL	66	031321	RIVER RUN	FL	03/14/87
3	1:06:30	NORMAN FERNEE	USA		66		RIVER RUN	FL	03/14/87
4	1:07:44	LEWIS WINTERS	USA	CA	66		TULSA RUN	OK	10/31/87
5	1:08:23	RALPH RATCLIFF	USA		65		TULSA RUN	OK	10/31/87
6	1:08:48	NATHANIEL WHITE	USA	NY	67	062819	GASPARILLA DISTANCE CLASS	FL	02/07/87
7	1:09:14	HUBERT MORGAN	USA	PA	65	032022	FORKS IV	NY	04/05/87
8	1:09:54.91	ELIJAH GALLAWAY	USA	WA	66	100920	CASCADE RUN OFF	OR	06/28/87
9	1:10:16	JULE JACOBSON	USA	OH	69		HEART MINI-MARATHON	OH	03/22/87
10	1:10:52.48	GRANT VALENTINE	USA	WA	69	061418	CASCADE RUN OFF	OR	06/28/87
<b>70-74</b>									
1	1:01:49.96	CLIVE DAVIES	USA	OR	71	090715	CASCADE RUN OFF	OR	06/28/87
2	1:07:18	WAYNE ZOOK	USA	CA	70	012917	NATIONAL MASTERS 15K	CA	03/08/87
3	1:09:03	FLEETWOOD FESHIRE	USA	TN	70	030117	RIVER RUN	CA	03/14/87
4	1:09:22	EUGENE KELLER	USA	OH	72	092314	HEART MINI-MARATHON	OH	03/22/87
5	1:12:30	DON BRADLEY	USA	CA	70	022016	NATIONAL MASTERS 15K	CA	03/08/87
6	1:18:51	DUOLEY HEALY	USA	NJ	72		GASPARILLA DISTANCE CLASS	FL	02/07/87
7	1:16:33	JOE THORNBURG	USA	MI	70	092716	RIVER RUN	FL	03/14/87
8	1:18:41	CLAYTON BRELSFORD	USA	NC	73		VETERAN'S DAY	NC	11/14/87
9	1:19:14	WALT KUETZING	USA	CA	74		NATIONAL MASTERS 15K	CA	03/08/87
10	1:20:08	JOE THORNBURG	USA	MI	70	092716	GASPARILLA DISTANCE CLASS	FL	02/07/87
<b>75-79</b>									
1	1:19:20	WILLIAM ANDERSON	USA	MN	76	060711	MINNESOTA TAC MASTERS	MN	09/27/87
2	1:32:01.42	EDWARD MCKEAN-SMITH	USA	OR	77	070109	CASCADE RUN OFF	OR	06/28/87
3	1:32:28.39	BUD DEACON	USA	OR	76	042811	CASCADE RUN OFF	OR	06/28/87
4	1:35:43	ED WILDERMUTH	USA	FL	75		GASPARILLA DISTANCE CLASS	FL	02/07/87
<b>80-84</b>									
1	1:36:27	LORENZO GARCIA	USA		80		EL PASO - JUAREZ INTERNAT	TX	10/10/87
2	1:38:16	MILLARD SHUMATE	USA	CA	80	121503	NATIONAL MASTERS 15K	CA	03/08/87
3	1:56:07.44	GORDON SHERBECK	USA	WA	80	070908	CASCADE RUN OFF	OR	06/28/87
4	2:05:27	EDWARD ROOT	USA		80		RIVER RUN	FL	03/14/87

## TACSTATS/USA 1987 Rankings 15K Road Races-Women

RANK	TIME	ATHLETE NAME	CTZ	HOME	AGE	BDATE	RACE NAME	ST	RACE DAT
<b>35-39</b>									
1	53:42	CAROL MCLATCHIE	USA	TX	38	102851	RIVER RUN	FL	03/14/87
2	54:35	NANCY RIESZCZAK	USA		38	020149	RIVER RUN	FL	03/14/87
3	55:54	HINDY IRELAND	USA	CA	38	101451	TULSA RUN	OK	10/13/87
4	56:53	PATRICIA SMER	USA	FL	39		RIVER RUN	FL	03/14/87
5	57:15	SHIRLEY DURTSCHI	USA	OR	38	091651	GALES CREEK VALLEY	OR	06/06/87
6	58:09	PATRICIA LOGAN	USA	OH	35		HEART MINI-MARATHON	OH	03/22/87
7	58:51	MARTHA O'ROURKE	USA	OK	37	092450	TULSA RUN	OK	10/13/87
8	58:52	ANNE SHURAKER	USA		37		RIVER RUN	FL	03/14/87
9	59:04.31	JANET JORDAN	USA	OR	38	120748	CASCADE RUN OFF	OR	06/28/87
10	1:00:21	SERAI ABRAHAM	USA		38		TULSA RUN	OK	10/13/87
<b>40-44</b>									
1	53:42.95	GABRIELE ANDERSEN	USA	ID	41	032045	CASCADE RUN OFF	OR	06/28/87
2	53:44	GABRIELE ANDERSEN	USA	ID	41	032045	GASPARILLA DISTANCE CLASS	FL	02/07/87
3	54:21	BARBARA FILUTZE	USA	PA	40	062146	LAKER 15K	PA	06/20/87
4	54:24	GABRIELE ANDERSEN	USA	ID	42	032045	RIVER RUN 15K	FL	03/14/87
5	55:08	BARBARA FILUTZE	USA	PA	40	062146	GASPARILLA DISTANCE CLASS	FL	02/07/87
6	56:06	BOBBI ROTHMAN	USA	FL	41	091945	RIVER RUN	FL	03/14/87
7	56:47.68	CAROL FLEXER	USA	WA	44	030843	CASCADE RUN OFF	OR	06/28/87
8	56:58	JANE HUTCHISON	USA	MO	41	121645	TULSA RUN	OK	10/13/87
9	57:09	BOBBI ROTHMAN	USA	FL	41	091945	GASPARILLA DISTANCE CLASS	FL	02/07/87
10	58:47	NATALIE SPADINING	USA	CA	49		PEACHTREE CITY CLASSIC	GA	10/17/87
<b>45-49</b>									
1	58:12.38	PATTI DONLEY	USA	AK	46	070240	CASCADE RUN OFF	OR	06/28/87
2	59:45	MAUREN BIXBY	USA	OK	45	022142	TULSA RUN	OK	10/13/87
3	1:00:57.40	SHIRLEY WEAVER	USA	MT	45	040842	CASCADE RUN OFF	OR	06/28/87
4	1:01:58	PAT COSBY	USA		49		RIVER RUN	FL	03/14/87
5	1:02:09	MAUREN BIXBY	USA	OK	45	022142	HELPING HAND '87	OK	04/28/87
6	1:03:06a	CECIL BURGIN	USA	NY	48		BOILERMAKER 15K	NY	07/12/87
7	1:03:19.79	MARY SHAYER	USA	NY	46	062341	CASCADE RUN OFF	OR	06/28/87
8	1:03:37	MARIA C WADE	USA		45		RIVER RUN	FL	03/14/87
9	1:04:02.6	KAREN AMMONS	USA		47		ALLOWAY GARDENS	GA	01/10/87
10	1:04:28	MARGARET CONER-THOMPSON	USA		46		RIVER RUN	FL	03/14/87
<b>50-54</b>									
1	59:37.35	GINA FAUST	USA	CA	50	022337	CASCADE RUN OFF	OR	06/28/87
2	1:00:45	GINA FAUST	USA	CA	50	022337	NATIONAL MASTERS 15K	CA	03/08/87
3	1:02:20.88	NANCY HELLER	USA	WA	51	010936	CASCADE RUN OFF	OR	06/28/87
4	1:02:37	NANCY PARKER	USA	GA	51	072836	PEACHTREE CITY CLASSIC	GA	10/17/87
5	1:04:31	MARGRET BETZ	USA	NY	50	091236	FORKS IV	NY	04/05/87
6	1:06:31a	ANNY STOCKMAN	USA	NY	54	061032	BOILERMAKER 15K	NY	07/12/87
7	1:07:30	DONNA WRIGHT	USA	OK	52		TULSA RUN	OK	10/13/87
8	1:08:07	SUSIE KLUTZ	USA	NC	50		VETERAN'S DAY	NC	11/14/87
9	1:08:08	CLAIRE BROCK	USA	OH	51	110135	HEART MINI-MARATHON	OH	03/22/87
10	1:08:41	MAE HORNS	USA	MN	52	032034	MINNESOTA TAC MASTERS	MN	09/27/87
<b>55-59</b>									
1	1:09:24	BARBARA HEADOWS	USA	AZ	57	021830	SUN RUN	AR	03/08/87
2	1:13:23	MICKEY ARMSTRONG	USA	MN	56	011431	MINNESOTA TAC MASTERS	MN	09/27/87
3	1:13:29.11	COLLEEN HERSHORN	USA	OR	56	042631	CASCADE RUN OFF	OR	06/28/87
4	1:14:02.10	JOAN KLOPPER	USA	OR	56	062532	CASCADE RUN OFF	OR	06/28/87
5	1:16:43.69	JOANNE HEGEDUS	USA	WA	55	072031	CASCADE RUN OFF	OR	06/28/87
6	1:17:46.61	JOAN MORRIS	USA	OR	56	072830	CASCADE RUN OFF	OR	06/28/87
7	1:18:23	BETTY VOSBURGH	USA	NC	56		VETERAN'S DAY	NC	11/14/87
8	1:19:47	LIB ROGERS	USA	GA	57		CHIEFTANS ROAD RACE	GA	12/05/87
9	1:20:09.33	BRITA HAZELL	USA		56		CASCADE RUN OFF	OR	06/28/87
10	1:20:12	MARILYN THOMPSON	USA		66		TULSA RUN	OK	10/13/87

<b>60-64</b>									
1	1:13:16	PEPPER DAVIS	USA	FL	60	101026	GASPARILLA DISTANCE CLASS	FL	02/07/87
2	1:14:24.02	BILLIE MURPHY	USA	WA	60	040427	CASCADE RUN OFF	OR	06/28/87
3	1:14:55	PEPPER DAVIS	USA	FL	60	101026	RIVER RUN	FL	03/14/87
4	1:16:00	MARY LOU CARLSON	USA	MN	60	061527	MINNESOTA TAC MASTERS	MN	09/27/87
5	1:17:33a	LORETTA SHEHAN	USA	NY	64	022123	GEORGE WASHINGTON PARKWAY	VA	04/26/87
6	1:19:06	IRENE HERBERTSON	USA		61		RIVER RUN	FL	03/14/87
7	1:20:19.41	DORIS TISCH	USA	WA	62	111024	CASCADE RUN OFF	OR	06/28/87
8	1:20:50	JUANITA WILLIAMS	USA	FL	64		GASPARILLA DISTANCE CLASS	FL	02/07/87
9	1:23:18	ANNE TRIGG	USA	FL	62	071424	GASPARILLA DISTANCE CLASS	FL	02/07/87
10	1:24:37	ANNF LFOUIS	USA	FL	61		RIVER RUN	FL	03/14/87
<b>65-69</b>									
1	1:17:06.24	PATRICIA DIXON	USA	CA	66	021519	CASCADE RUN OFF	CA	06/28/87
2	1:17:31	GERRY DAVIDSON	USA	CA	65	031221	NATIONAL MASTERS 15K	CA	03/08/87
3	1:22:25	ELLEN MCCOY	USA	MN	67	072720	MINNESOTA TAC MASTERS	MN	09/27/87
4	1:25:26	BETTY MCALEEN	USA	MN	65	071922	MINNESOTA TAC MASTERS	MN	09/27/87
<b>70-74</b>									
1	1:32:								



# TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

## NATIONAL

### 1988 TAC National Masters Decathlon Championships

Cal St-LA, Los Angeles, CA

July 8-9

AGE	NAME	100 M	PL.	855	LJ	PL.	855	SP	PL.	855	HJ	PL.	855	400	PL.	855	1500	PL.	855	85TOT	PL.															
30-34	MIKE BAILEY	11.5	1ST	703	6.54	1ST	707	15.96	1ST	849	1.75	6TH	585	59	10TH	443	15.4	2ND	774	46.5	1ST	300	3.8	4TH	562	57.9	2ND	706	6:14.9	10TH	207	6336	3RD			
30-34	LEE WEBB	11.7	2ND	663	6.4	2ND	675	13.07	3RD	672	1.8	3RD	627	54.4	4TH	617	16.4	4TH	706	45.2	2ND	786	3.51	7TH	485	60.3	1ST	742	4:56.3	4TH	881	6554	1ST			
30-34	BILL LAWSON	11.9	3RD	624	6.27	3RD	646	12.81	4TH	656	1.8	3RD	627	53.6	2ND	650	16.3	6TH	620	38.4	4TH	532	4.1	3RD	645	49.4	3RD	580	4:43.8	2ND	657	6337	2ND			
30-34	JEFF BILDERBECK	12.6	6TH	605	6.21	4TH	632	10.99	6TH	545	1.8	3RD	627	56.4	5TH	538	16.3	6TH	620	33.58	8TH	525	3.66	6TH	525	47.02	5TH	545	5:04.2	7TH	536	5708	5TH			
30-34	TED TIERNAN	12.5	11TH	513	5.55	10TH	492	10.1	9TH	492	1.75	6TH	585	57	8TH	516	17.5	10TH	549	30.74	9TH	479	3.8	4TH	562	40.84	8TH	454	5:00.5	6TH	556	6308	4TH			
30-34	KEN ELLIS	11.9	3RD	624	6.05	5TH	597	11.2	5TH	558	1.9	1ST	714	53	1ST	676	15.5	3RD	762	36.06	5TH	585	4.25	1ST	688	47.28	4TH	548	5:00.7	5TH	556	6308	4TH			
30-34	JEFF CLINGAN	12.4	10TH	531	5.75	6TH	533	10.35	8TH	507	1.7	8TH	544	63	12TH	313	19.2	12TH	395	34.06	7TH	545	2.59	11TH	262	38.46	9TH	420	6:21.2	12TH	691	4941				
30-34	DAVID HOOVER	12.6	7TH	605	5.6	7TH	502	9.08	12TH	431	1.65	10TH	504	53.9	3RD	638	16.7	5TH	631	25.21	11TH	372	2.14	13TH	167	37.1	10TH	400	6:38.3	11TH	94	5597				
30-34	TONY CICCONE	11.9	3RD	624	6	7TH	587	13.17	2ND	678	1.9	1ST	714	57.8	9TH	486	14.6	1ST	869	41.4	3RD	693	2.9	9TH	333	45.3	6TH	379	4:55.0	3RD	589	4165				
30-34	ANDREW HECKER	12.1	9TH	586	5.54	11TH	490	7.04	14TH	310	1.6	11TH	464	56.4	5TH	538	17.4	9TH	559	19.6	12TH	265	2.14	13TH	167	22.6	14TH	157	6:51.1	14TH	94	5597				
30-34	BILL KELLER	12.6	12TH	495	5.29	12TH	439	9.31	10TH	444	1.5	12TH	389	59.6	11TH	422	18.3	11TH	474	28.16	10TH	428	3.36	8TH	446	35.12	11TH	229	29.28	12TH	289	5:17.4	9TH	464	3242	
30-34	DON BELL	13.4	14TH	365	3.93	14TH	195	9.3	11TH	444	1.45	13TH	352	61.6	12TH	356	22.2	14TH	182	24.95	12TH	366	2.44	12TH	229	29.28	12TH	244	6:19.0	11TH	192	2922				
30-34	JOHN ARBOGAST	13.3	13TH	380	4.67	13TH	321	7.96	13TH	364	1.45	13TH	258	11.6	13TH	258	11.6	13TH	218	19.38	13TH	260	2.9	9TH	333	26.04	13TH	289	5:08.2	8TH	513	5625	6TH			
30-34	DAVID BESHEARS	12	16TH	605	5.85	8TH	554	10.63	7TH	524	1.7	8TH	544	56.7	7TH	527	16.8	6TH	620	34.72	6TH	558	4.25	1ST	688	43.4	7TH	492	5:08.2	8TH	513	5625	6TH			
35-39	MIKE DAVIS	12.9	2ND	444	5.59	3RD	500	9.54	3RD	458	1.57	3RD	441	59.8	3RD	415	19.2	3RD	395	31.64	3RD	497	3.36	3RD	446	40.22	2ND	445	5:08.9	1ST	510	4551	3RD			
35-39	MARK SALZMAN	12	1ST	605	5.65	2ND	512	11.64	1ST	585	1.92	1ST	731	57.8	2ND	486	15.7	1ST	740	37.04	1ST	603	3.95	1ST	603	40.66	1ST	452	5:58.3	3RD	271	5590	1ST			
35-39	GARY SARELL	12	1ST	605	6.03	1ST	593	10.89	2ND	539	1.72	2ND	560	57.1	1ST	512	16.7	2ND	631	31.7	2ND	498	3.5	2ND	482	36.3	3RD	389	5:28.2	2ND	408	5217	2ND			
40-44	BILL SEVILLA	13	5TH	428	3.97	7TH	201	9.1	4TH	432	1.3	7TH	250	69	7TH	156	21.3	6TH	238	29.2	4TH	249	2.14	7TH	167	34.42	4TH	362	6:14.5	5TH	208	2891				
40-44	TOM RAUSHER	12.6	4TH	495	4.8	5TH	345	6.39	7TH	272	1.42	6TH	331	58.3	2ND	468	19.8	2ND	346	16.66	7TH	410	3.95	2ND	603	22.78	7TH	199	5:04.3	3RD	397	3666	4TH			
40-44	JOHNSTON EWING	13.2	6TH	396	4.71	4TH	328	7.9	6TH	360	1.57	2ND	441	59.5	3RD	422	20.1	3RD	323	24.56	6TH	359	2.75	4TH	298	23.76	6TH	212	5:25.7	1ST	421	3564	5TH			
40-44	DENNIS STEMPER	12.5	2ND	513	5.79	2ND	542	10.91	2ND	540	1.57	2ND	441	66.2	5TH	223	20.1	3RD	323	25.26	2ND	569	3.66	3RD	525	47.08	1ST	546	6:21.7	6TH	182	4404	2ND			
40-44	JIM ROSE	12.5	2ND	513	5.07	3RD	396	9.73	3RD	469	1.52	4TH	404	59.5	3RD	426	20.1	3RD	323	32.6	3RD	516	2.75	4TH	298	38.88	3RD	426	6:08.3	4TH	231	4002	3RD			
40-44	REX HARVEY	11.5	1ST	703	6.09	1ST	606	11.64	1ST	585	1.67	1ST	520	54.5	1ST	421	11.5	1ST	552	37.3	1ST	610	4.25	1ST	688	45.26	2ND	519	5:00.2	2ND	398	5894	1ST			
40-44	SCOTT SOMERS	13.4	7TH	365	4.37	6TH	267	8.88	5TH	419	1.5	5TH	389	66.3	6TH	221	22.1	7TH	188	29.14	5TH	448	2.75	4TH	298	33.22	5TH	345	6:22.8	7TH	179	3119	6TH			
45-49	JAMES CAWLEY	12.4	1ST	531	5.73	2ND	529	9.07	4TH	430	1.67	1ST	520	60	3RD	407	18.2	3RD	483	28.28	3RD	431	3.2	2ND	406	36	3RD	384	5:44.7	3RD	330	4452	3RD			
45-49	THOMAS CRONAN	13	5TH	428	5.63	3RD	508	10.04	3RD	488	1.52	3RD	404	57.5	1ST	497	17.1	1ST	589	34.56	1ST	552	2.75	4TH	298	42.86	1ST	484	5:09.3	2ND	507	4758	2ND			
45-49	STEVE RODGERS	12.6	3RD	495	5.27	5TH	435	12.04	1ST	609	DNS																									
45-49	HENRY HOPKINS	12.9	4TH	444	5.78	1ST	540	10.57	2ND	520	1.62	2ND	480	60.1	4TH	405	17.9	2ND	511	32.56	2ND	515	3.66	1ST	525	40.58	2ND	451	5:08.7	1ST	511	4902	1ST			
45-49	JEFF LOUBET	12.4	1ST	531	5.62	4TH	506	6.97	5TH	306	1.42	4TH	331	59	2ND	443	19.3	4TH	386	26.9	4TH	404	3.05	3RD	369	28.28	4TH	275	5:53.1	4TH	293	3844	4TH			
50-54	GARY MILLER	12.3	1ST	549	5.9	1ST	565	12.22	2ND	620	1.52	1ST	404	55.6	1ST	569	15.4	1ST	774	36.6	3RD	596	3.66	1ST	525	42.5	1ST	478	5:35.4	4TH	373	5453	1ST			
50-54	ED OLEATA	12.7	2ND	478	4.6	5TH	308	12.29	1ST	624	1.47	3RD	367	60.2	3RD	402	15.4	1ST	774	38.24	2ND	629	3.2	2ND	406	36.28	4TH	388	5:24.3	1ST	428	4804	2ND			
50-54	JACK GILMORE	13.7	6TH	321	4.9	2ND	363	10.15	3RD	495	1.52	1ST	404	64.5	6TH	269	16.8	3RD	620	40.86	1ST	682	2.9	4TH	333	39.06	2ND	429	5:37.7	5TH	362	4274	3RD			
50-54	JOHN HEAD	13.2	3RD	396	4.82	3RD	348	8.36	6TH	388	1.47	3RD	367	61.3	4TH	365	17.8	4TH	520	19.9	6TH	570	2.14	6TH	167	18.84	5TH	146	5:26.7	2ND	416	3383	5TH			
50-54	HECTOR CISNEROS	13.2	3RD	396	4.5	6TH	290	9.32	5TH	445	1.37	6TH	297	60	2ND	408	17.8	4TH	520	30.72	4TH	479	3.05	3RD	369	37.66	3RD	408	5:29.2	3RD	403	4015	4TH			
50-54	WOODY GROVER	13.3	5TH	380	4.7	4TH	326	9.76	4TH	471	1.42	5TH	331	63	5TH	313	18.7	6TH	438	26.12	5TH	389	2.59	5TH	262	DNS										
55-59	PHIL MULKEY	13.3	1ST	380	5.54	1ST	490	13.27	1ST	684	1.52	1ST	404	62.8	1ST	319	15.5	1ST	762	41.78	1ST	701	3.5	1ST	482	40.18	1ST	445	6:30.6	2ND	153	4820	1ST			
55-59	DAVE DOUGLAS	14.4	3RD	228	4.47	2ND	285	10.19	2ND	497	1.32	2ND	263	66.8	2ND	208	19.1	2ND	403	32.02	2ND	504	0													
55-59	DARRELL SKARTVEDT	13.5	2ND	350	DNS																															
60-64	TED ENSSLIN	13.9	2ND	820	4.44	2ND	720	9.39	4TH	473	1.33	1ST	700	67.6	3RD	776	20.1	2ND	954	28.2	3RD	448	2.72	1ST	660	27.7	4TH	374	6:28.4	4TH	230	6155	3RD			
60-64	DON GREY	15.8	4TH	440	3.25	4TH	125	9.91	3RD	525	1.24	4TH	520	82.4	4TH	184	28.4	4TH	456	40	0															
60-64	JOCK JACOY	13.7	1ST	860	4.57	1ST	785	10.14	2ND	548	1.3	3RD	640	67.1	2ND	796	23	3RD	780	28.89	2ND	471	2.29	3RD	445	30.14	3RD	459	5:58.8	1ST	588	6372	2ND			
60-64	DICK NORDQUIST	14.1	3RD	780	3.94	3RD	470	10.83	1ST	617	1.33	1ST	700	65.8	1ST	848	19.8	1ST	972	34.92	1ST	677	2.72	1ST	660	33.46	1ST	576	6:34.4	3RD	374	6674	1ST			
65-69	ARTURO RICCIARDI	15.6	1ST	600	4.02	1ST	561	10.61	1ST	661	1.18	1ST	480	91.6	1ST																					



Continued from previous page

Tri-State TC Meet  
South Hagerstown, MD;  
July 31

<b>50m</b>	
M30 Bert Peters (39)	6.05
M40 Ervin Mitchell (49)	6.7
M50+Ned Curran (59)	8.04
W40 Jennifer Pinto	7.06
<b>100m</b>	
M30 Bert Peters	11.4
M40 Ervin Mitchell	11.77
M50+Melvin Barnwell	12.33
W40 Jennifer Pinto	14.38
<b>200m</b>	
M30 Bert Peters	23.55
M40 Ervin Mitchell	25.34
M50+Melvin Barnwell	25.85
W40 Jennifer Pinto	27.59
<b>400m</b>	
M30 George Crummel	52.08
M40 Don Boyer	57.87
M50+Philip Plant	62.86
W40 J Pinto	79.63
<b>800m</b>	
M40 Jim Demma (49)	2:14.85
W30 Mary Malloy	2:29.49
<b>10,000m</b>	
M40 Elton Horst	36:16.84
<b>Long Jump</b>	
M30 Scott Thornsley	20-6 3/4
M40 Kirt Vener	19-2
M50+Ned Curran	13-6
<b>Triple Jump</b>	
M40 Kirt Vener	37-7
M50+Ned Curran	22-6
W30 Mary Malloy	26-8
<b>Shot Put</b>	
M30 Scott Bull	45-10
M40 Palmer Sweet	43-6 1/2
M50+Jay Edwards	42-2
W30 Grace Apiafi	49-8
<b>Discus</b>	
M30 Scott Bull	136-9
M40 Roger Jensen	109-3
M50+Jay Edwards	125-5
W30 Grace Apiafi	171-3



**W30**  
REGINA PEART 13.1  
MARCIA FREDERICK 13.4

**W35**  
SHARON OSBORNE 13.7  
ROXANNE SHAFFNER 18.2

**W40**  
ARDIENETTE TUCKER 15.1  
JOSEPHINE CROSS 15.1  
LAURA TURNER 17.2

**W45**  
KATY GOTTSCHALK 15.9

**W50**  
SALLY RUSBY 17.3  
EDNA HYER 17.8

**W55**  
HELEN BUEME N.T.  
BETTY JEAN SOTILE 18.5

**W65**  
LUISE NOTTAGE 17.7  
ANGIE SMITH 19.8

**200m**  
**M30**  
JESSEE THOMAS 22.4  
DAVID CHERRY 22.6  
GORDON MILLER 24.4

**M35**  
GRIFFIN GRAHAM 23.7  
RONALD McDONALD 24.0  
JOHN HOPF 26.3

**M40**  
WILLIAM OVERBY 23.9  
THOMAS TOSCANO 24.4  
EDWARD HOWARD 24.9

**M45**  
CHUCK LaCHUISA 25.1  
TRACY WHITEHEAD 25.2  
WALTER THORNE 26.3

**M50**  
CLIFFORD PAULING 25.7  
THOMAS FONDY 25.9  
HAIG BOHIGIAN 26.2

**M55**  
THOMAS BROOKS 27.1  
GUS FRANZE 28.0  
THEODORE SWANSON 28.6

**M60**  
HOWARD MacMILLAN 30.2  
EDWARD HART 30.6  
GEORGE LaCAVA 39.7

**M65**  
RUDY VALENTINE 27.9  
BLAIR McFARLANE 31.2  
RUSSELL MORE 32.4

**M70**  
ROBERT VACCARO 35.9  
WILLIAM SHRADER 40.8  
NATHAN HACKER 54.7

**W30**  
MARCIA FREDERICK 28.8  
LINDA GIBBS 29.3

**W35**  
SHARON OSBORNE 28.6  
CAROLYN BROWN 34.9

**W40**  
ANNA MARIA THOMAS 30.2  
JOSEPHINE CROSS 30.6  
ARDIENETTE TUCKER 32.0

**W45**  
KATY GOTTSCHALK 32.8

**W50**  
SALLY RUSBY 36.3  
EDNA HYER 38.0  
FRANCES MARSH 45.8

**W55**  
HELEN BUEME 40.1  
BETTY JEAN SOTILE 41.6

**W65**  
LUISE NOTTAGE 40.2

**400m**  
**M30**  
DAVID CHERRY 50.1  
JESSEE THOMAS 51.1  
RICHARD VAIR 53.9

**M35**  
RONALD McDONALD 53.3  
MORRIS MORGAN 54.2  
WALTER POWELL 56.7

**M40**  
DON MASTERTON 55.0  
ROBERT MICO 55.3  
ANTHONY CAPPELLA 55.3

**M45**  
WILLIAM BURRELL 55.3  
WALTER THORNE 57.4  
DOMINIC RAPPAZZO 59.5

**M50**  
CLIFFORD PAULING 57.0  
HAIG BOHIGIAN 58.1  
JOSEPH KULBACKI 59.3

**M55**  
FRED SCHELERETH 59.4  
TOM WHELAN 65.2  
THEODORE SWANSON 67.7

**M60**  
JOHN MEEKS 72.0  
HOWARD MacMILLAN 79.7

**M65**  
RUDY VALENTINE 62.8  
TOBY JOHNSON 83.2

**M70**  
ROBERT VACCARO 81.6  
WILLIAM SHRADER 89.6

**W30**  
LINDA GIBBS 63.4

**W35**  
KATHERINE MCKENNA 68.1  
DIANE SHERRER 76.2

**W40**  
ANNA MARIA THOMAS 70.3

**W45**  
KATY GOTTSCHALK 71.9

**W50**  
GERI OWENS 77.1  
SALLY RUSBY 82.8

**W55**  
HELEN BUEME 82.8

**W65**  
ANGIE SMITH 1:40.3  
LUISE NOTTAGE 1:46.7

**800m**  
**M30**  
DAVID WORDEN 1:57.3  
RICHARD VAIR 2:04.4  
TERRANCE PERRONE 2:04.6

**M35**  
MORRIS MORGAN 2:03.0  
KEVIN KELLY 2:03.0  
KEN RASMUSSEN 2:07.8

**M40**  
JOHN DWYER 1:58.4  
DON MASTERTON 2:03.5  
SALIH TALIB 2:05.6

**M45**  
GLEN SHANE 2:10.5  
JOHN ALLEN 2:13.2  
CARLOS CUPRILJ 2:13.4

**M50**  
CLIFFORD PAULING 2:13.8  
JOSEPH KULBACKI 2:14.5  
JACK MEEGAN 2:18.1

**M55**  
WILLIAM COONEY 2:18.8  
TOM WHELAN 2:28.4  
PATRICK MORIARITY 2:35.9

**M60**  
JOHN MEEKS 2:41.3  
EDWARD HART 2:49.4  
GEORGE TILLSON 3:09.8

**M65**  
ANTHONY NAPOLI 2:39.9  
EDWARD BUCKLEY 2:52.8  
CHARLES BAUER 3:07.4

**M70**  
CHARLES JORGENSEN 3:19.4  
WILLIAM SHRADER 3:32.3  
EDWARD STRAUB 3:34.7

**W30**  
LINDA GIBBS 2:27.9  
LORI MOSCA 2:31.3  
MARBRY GANSLE 2:37.5

**W35**  
ANN MICHALEK 2:24.8  
LYNNE DIEZI 2:31.6  
KATHERINE MCKENNA 2:35.3

**W40**  
SUSAN COMPTON 2:39.7  
CHRIS GERSON 2:40.9  
JOYCE MAGEE 2:50.3

**W45**  
ELAINE MATTHEWS 2:31.6  
KATY GOTTSCHALK 2:45.7  
MARY SHAVER 2:49.1

**W50**  
FRANCES MARSH 4:12.2

**W55**  
HELEN BUEME 3:07.0  
BETTYJEAN SOTILE N.T.

**W65**  
LORETTA SHERHAN 3:27.2  
MARSHA TILLSON N.T.  
ANGIE SMITH 4:49.1

**1500m**  
**M30**  
HOWARD REITZ 4:15.5  
MICHAEL HOBAN 4:17.8  
TERRANCE PERRONE 4:18.7

**M35**  
TOM PAINTING 4:14.1  
KEVIN KELLY 4:23.2  
BOB PERTAK 4:24.0

**M40**  
JOHN DWYER 4:05.6  
TERRY HABECKER 4:26.3  
DAVID DEL FAVERO 4:26.6

**M45**  
CARLOS CUPRILL 4:37.0  
LARRY DECKER 4:38.1  
MICHAEL CANNON 4:45.6

**M50**  
JACK MEEGAN 4:53.5  
JACK UCCI 5:08.9  
FRANCIS MASTERTON 5:10.9

**M55**  
BILL COONEY 4:50.0  
TOM WHELAN 5:11.0  
JOHN GARRITY 5:24.9

**M60**  
RICHARD SULLIVAN 5:53.2

**M65**  
ANTHONY NAPOLI 5:27.8  
EDWARD BUCKLEY 5:55.8  
CHARLES BAUER 6:31.5

**M70**  
RAY DESCHAMBAULT 6:45.2  
WILLIAM SHRADER 7:21.1  
EDWARD STRAUB 7:55.0

**W30**  
ELLEN McHUGH 5:26.7  
LYDIA McINTOSH 5:45.8  
MARYBETH BRENNAN 6:02.4

**W35**  
ANN MICHALEK 5:05.6  
GAYLE GIAMBRUNO 5:32.3  
CAROLYN BROWN 5:44.3

**W40**  
SUSAN COMPTON 5:23.9  
ANN NOBLE 5:29.9  
MARY SPERA 5:58.2

**W45**  
ELAINE MATTHEWS 5:16.0

**W50**  
GERI OWENS 6:04.5

**W55**  
HELEN BUEME 6:15.0

**W65**  
LORETTA SHERHAN 6:46.1  
ANGIE SMITH 8:15.6

**5000m**  
**M30**  
STEPHEN JONES 15:43.4  
MICHAEL HOGAN 15:43.8  
HOWARD REITZ 15:47.1

**M35**  
WILLIAM McMULLEN 16:00.6  
KEVIN KELLY 16:09.1  
LEWIS WHITE 16:23.0

**M40**  
TERRY HABECKER 16:33.0  
PATRICK GLOVER 16:34.2  
BOB HUDDLE 16:49.6

**M45**  
JERRY SMITH 16:34.0  
JOE ABERNATHY 17:08.4  
LAWRENCE PRUDHOMME 17:38.7

**M50**  
BOB MILNER 18:02.7  
JACK MEEGAN 18:07.9  
EDWARD CLOOS 18:24.6

**M55**  
BOB BROCK 18:38.9  
JOHN GARRITY 19:27.3  
WALLY McRAE 19:38.8

**M60**  
HOWARD RUBIN 18:49.8  
OLCOTT BROWN 19:42.5  
RICHARD SULLIVAN 20:48.1

**M65**  
ANTHONY NAPOLI 19:05.1  
EDWARD BUCKLEY 20:52.9  
NATHANIEL WHITE 22:18.2

**M70**  
CHARLES JORGENSEN 27:12.5

**W30**  
ANNE COLEY 19:52.6  
LINDA KELLY 19:59.9  
MARYBETH STEFFEN 20:11.1

**W35**  
BARBARA BLASZAK 19:37.2  
GAYLE GIAMBRUNO 20:15.8  
SUSAN SANDSTROM 20:51.3

**W40**  
SUSAN COMPTON 19:52.1  
ANNE NOBLE 20:17.7  
JOYCE MAGEE 20:23.8

**W45**  
MARY SHAVER 20:21.4  
LINDA STIEVATER 24:34.7

**W50**  
GERI OWENS 22:05.6  
SALLY RUSBY 22:57.1  
SANDY SCHICK 23:16.9

**W55**  
BETTYJEAN SOTILE 31:34.6  
MARY ZEPPELLO 37:51.1

**W60**  
R. TUMIDAJEWICZ 27:09.9  
MURIEL MORE 32:29.5

**W65**  
LORETTA SHERHAN 24:30.5  
ANGIE SMITH 28:56.2

**10,000m**  
**M35**  
THOMAS MORAN 34:54.6  
STEPHEN KOEHLER 38:14.7

**M40**  
PATRICK GLOVER 35:19.3  
TERRY HABECKER 35:27.1  
BOB HUDDLE 37:06.7

**M45**  
DAVID WINN 34:39.7  
JERRY SMITH 34:52.9  
MICHAEL CANNON 37:29.1

**M50**  
SAM GRACEFFO 38:01.6  
TOM POVLOCK 45:21.0  
JAMES SHEETS 47:17.2

**M55**  
EDWARD STABLER 39:03.0  
WILLIAM O'BRIAN 41:15.4  
JOHN GARRITY 42:01.3

**M60**  
HOWARD RUBIN 39:29.6  
RICHARD SULLIVAN 43:34.9  
WILLIAM HELMRATH 44:32.6

**M65**  
NATHANIEL WHITE 50:21.8  
ROGER CLANCY 54:13.8

**M70**  
RAY DESCHAMBAULT 72:01.6

**W30**  
LINDA KELLY 41:12.7  
DAWN GERHARDT 50:35.1

**W35**  
BARBARA BLASZAK 41:06.8  
DIANE SHERRER 44:00.9  
ANITA D'DONATO 47:38.3

**W40**  
SUSAN COMPTON 40:54.9  
ANN NOBLE 43:29.2  
SUZANNE FENGER 50:42.0

**W45**  
CAROL RIDER 47:22.4

**W50**  
JO WHITTEN 49:40.7

**W65**  
MARSHA TILLSON 60:35.2

**110mH**  
**M30**  
JAMES COLE 18.6  
ROBERTO VIVES 20.3

**M35**  
IVAN BLACK 18.6

**M40**  
MICHAEL MILOVE 18.5

**M45**  
EUGENE ZASTAWRNY 19.2  
JOHN O'NEIL 22.0  
RICHARD KAYE 24.6

**M50**  
ROBERT SMITH 19.2  
RJCHARD MICKELSON 23.1

**80mH**  
DONALD KASPRZAK 27.6

**W40**  
BARBARA STEWART 17.1

**400mH**  
**M30**  
JAMES COLE N.T.

**M35**  
DAVID HARRINGTON N.T.

**M40**  
TOMLINSON RAUSCHER 63.1  
TOM ROGAN 64.5  
MICHAEL MILOVE 68.8

**M45**  
PAUL GANSLE 69.3  
BILL DRAKE 76.7  
JOHN O'NEIL 81.1

**W30**  
MARBRY GANSLE 75.2

**W40**  
BARBARA STEWART 99.1

**300mH**  
**M50**  
ROBERT SMITH 49.8

**M65**  
RUDY VALENTINE 50.1

Continued on next page



Empire State Games  
Syracuse, NY; August 5-6

**100mH**

**M30**  
DAVID CHERRY 11.1  
GORDON MILLER 11.8  
DENWORTH FREDERICK 11.8

**M35**  
GRIFFIN GRAHAM 11.5  
BERNARD GANSLE 11.9  
GARY WESTMAN 11.9

**M40**  
WILLIAM OVERBY 11.5  
TOM TOSCANO 12.0  
WALTER MARSHALL 12.1

**M45**  
CHUCK LaCHUISA 11.9  
TRACY WHITEHEAD 12.1  
ALLEN WATSON 12.6

**M50**  
THOMAS FONDY 12.3  
HAIG BOHIGIAN 12.6  
CLIFFORD PAULING 12.7

**M55**  
THOMAS BROOKS 12.7  
GUS FRANZE 13.0  
THEODORE SWANSON 14.0

**M60**  
HOWARD MacMILLAN 14.3  
FRANCIS MARINO 14.8  
MELVIN LEIMAN 14.8

**M65**  
RUDY VALENTINE 13.0  
BLAIR McFARLANE 14.3  
RUSSELL MORE 14.8

**M70**  
ROBERT VACCARO 15.5  
RAY DESCHAMBAULT 17.5  
WILLIAM SHRADER 17.6



Continued from previous page



3000m Steeplechase

M30  
JAMES ROBINSON 10:38.8  
JAMES COLE 11:25.4

M35  
JOSEPH CONTARIO 10:22.6  
WILLIAM WEIGEL 10:40.8  
STEVEN GEORGE 11:32.8

M40  
TERRY HABECKER 11:04.5  
TOM ROGAN 11:16.2  
JAMES ENGLE 12:29.7

M45  
BILL DRAKE 12:22.9  
JOHN ALLEN 12:28.5

M50  
PETER HETRICK 12:47.4  
JOHN HURLEY 14:38.8

M55  
GEORGE FREEMAN 13:38.0

M60  
WALTER SEIDEROWITZ 16:06.9

4x100m Relay

M30-39  
ADIRONDACK 50.7

M40-49  
NEW YORK CITY 46.8  
LONG ISLAND 47.9  
BUFFALO 48.1

M50-59  
NEW YORK CITY 51.2  
NEW YORK CITY 51.7  
WESTERN 56.6

M60-69  
CENTRAL 58.9

M70-79  
CENTRAL 77.1

W30-39  
NEW YORK CITY 52.6

4x400m Relay  
M30-39  
NEW YORK CITY 3:49.9

M40-49  
NEW YORK CITY 3:37.0  
SYRACUSE 3:37.5  
ROCHESTER 3:42.7

M50-59  
SYRACUSE 4:03.2  
ADIRONDACK 4:11.8  
NEW YORK CITY 4:12.0

M60-69  
CENTRAL 5:02.5  
WESTERN 5:11.2

W30-39  
NEW YORK CITY 4:44.8

4x800m Relay  
M30-39  
ROCHESTER 8:29.9  
BUFFALO 8:38.4  
HUDSON VALLEY 8:42.4

M40-49  
NEW YORK CITY 8:47.2  
ROCHESTER 8:55.0  
ADIRONDACK 9:11.1

M50-59  
ADIRONDACK 9:51.4  
BUFFALO 10:23.0  
SYRACUSE 10:39.5

M60-69  
BUFFALO 11:51.3

W30-39  
ADIRONDACK 10:41.3  
CENTRAL 10:47.8  
CENTRAL 11:44.0

W40-49  
ADIRONDACK 15:20.0

High Jump	
M30	
TOM SCHULZ	1.83
ROBERT DORAN	1.78
M35	
DALE BOSWORTH	1.62
IVAN BLACK	1.57
JIM LARMONDRA	1.37
M40	
FORDY SEARLEY	1.67
BRUCE ADAMS	1.62
MIKE DeJESUS	1.51
M45	
WILLIE LIGHTFOOT	1.54
PAUL GANSLE	1.54
PETER HOFERT	1.47
M50	
DON RITTER	1.42
RICK MICKELSON	1.22
M55	
ROGER BURKE	1.42
RON PEOPLES	1.17
ROBERT RA'MO	1.12
M60	
GEORGE LaCAVA	.97
M65	
EDWIN LUKENS	1.32
DONALD KASPRZAK	1.27
M70	
ELMER SHAW	1.27
W30	
MELANIE KILNE	1.42
W35	
MARIE BERETAY	1.32
W40	
BARBARA STEWART	.85
Pole Vault	
M30	
BRIAN HALEY	3.65
BRADLEY HALL	3.20
MICHAEL SAYERS	3.05
M35	
KENNETH ROBLEE	3.95
JAMES TROTT	3.20
M40	
TOMLINSON RAUSHER	3.95
JAN DECKER	3.20
M45	
ARNOLD HARTING	2.90
Long Jump	
M30	
MICHAEL SAYERS	5.30
M35	
TIMOTHY HERMAN	6.30
GARY WESTMAN	5.22
BOB LABARBERA	4.79
M40	
TED JACKSON	5.93
TOM ROGAN	5.78
WILLIAM WOOD	5.50
M45	
EUGENE ZASTAWRNY	5.12
RICHARD LANG	4.80
TRENTON JACKSON	4.65
M50	
HAIG BOHIGIAN	4.78
HASSAN ALSAYEED	4.75
DONALD RITTER	4.70
M55	
RONALD PEOPLES	4.52
ROGER BURKE	4.48
JOHN MURPHY	4.33
M60	
DAVID WALSH	2.37
M65	
EDWIN LUKENS	4.67

W30	
REGINA PEART	4.83
DONNA SAYERS	3.90
W40	
JOSEPHINE CROSS	4.30
W65	
LUISE NOTTAGE	2.46
Triple Jump	
M30	
ROBERT DORAN	13.11
MICHAEL SAYERS	10.84
M35	
IVAN BLACK	11.42
GARY WESTMAN	10.36
BOB LABARBERA	10.27
M40	
TED JACKSON	11.95
WILLIAM WOOD	11.16
MICHAEL MILOVE	10.36
M45	
PAUL GANSLE	9.68
EUGENE ZASTAWRNY	9.25
RICHARD KAYE	9.06
M50	
HAIG BOHIGIAN	10.54
DONALD RITTER	10.17
DILLON MAIER	8.85
M55	
THEODORE SWANSON	8.53
M65	
EDWIN LUKENS	10.15
W30	
MARBRY GANSLE	8.87
MARY COLES	6.85
NANCY LACHUISA	6.54
W35	
JUDY SIELSKI	8.98
FLORENCE WIGGINS	8.88
KATHERINE MCKENNA	7.78
W40	
ANN WHITEHEAD	7.73
W45	
KAREN WRIGHT	7.73
MARCIA PRYZBYLA	5.50
W50	
MARIANNA VENASKI	30'11"
DORTHA SWANSON	25'5"
EDNA HYER	24'7"
W55	
JOAN DASH	29'10"
Shot Put	
M30	
ROBERT LANE	14.04
JIM TILLOTSON	13.23
ULISES DELGADO	10.63
M35	
KEVIN WALLACE	14.52
MICHAEL MARCIANO	13.10
ROGER THOMPSON	11.50
M40	
JOHN ROEHR	14.16
GARY TOCKE	13.14
GORDON AIMES	11.74
M45	
HARRY SCHWARZE	12.13
GENE HARRIS	12.06
WAYNE MEHRINGER	11.97
M50	
OSCAR JENSEN	11.30
CHUCK YOST	11.25
KURT KRASTIN	11.15
M55	
DON MERRILL	10.68
TOM BROOKS	9.61
GERALD DALY	9.68
M65	
DONALD KASPRZAK	33'5"
EDWIN SORKIN	32'1"
WILLIAM RUSSO	32'
M70	
ELMER SHAW	40'7"
WIDOIS MacMURRAY	37'8"

Discus	
M30	
JIM TILLOTSON	41.60
ULISES DELGADO	35.60
CHUCK LIVINGSTON	35.38
M35	
ALFRED DIEZI	51.84
KEVIN WALLACE	38.16
JOHN MCCREE	36.86
M40	
GARY TOCKE	39.32
JOHN ROEHR	36.56
RONALD CROSS	35.30
M45	
GENE HARRIS	40.10
HARRY SCHWARZE	35.74
ROBERT DECKER	32.42
M50	
OSCAR JENSEN	29.60
CHUCK YOST	29.32
KURT KRASTIN	29.28
M55	
PAUL WINECKI	32.48
DON MERRILL	30.06
M60	
ROBERT CHOTOFF	35.42
M65	
WILLIAM RUSSO	30.30
RALPH WILLIAMS	29.34
BERNARD BROWN	24.74
M70	
ELMER SHAW	38.36
WIDOIS MacMURRAY	31.64
W30	
NANCY LACHUISA	15.68
MARY COLES	19.84
W35	
JUDY SIELSKI	19.26
W40	
ANN WHITEHEAD	23.74
W45	
KAREN WRIGHT	20.04
BARBARA STEWART	18.84
MARCIA PRYZBYLA	12.18
W50	
MARIANNA VENOSKI	19.42
EDNA HYER	18.44
DORTHA SWANSON	17.66
W55	
JOAN DASH	20.46
MURIEL SMITH	15.97
Javelin	
M30	
MICHAEL SAYERS	45.86
THOMAS WOOD	41.98
ULISES DELGADO	41.72
M35	
DANIEL TAMBURRINO	34.12
ROGER THOMPSON	31.00
M40	
THOMAS DEYLE	42.44
GORDON AIMES	37.90
JAMES ALEXANDER	28.40
M45	
ROBERT DECKER	36.96
GARY SCHREMPF	32.62
RICHARD KAYE	25.88
M50	
FRANK SKVAREK	38.40
M55	
GERALD DALY	25.14
M65	
EDWIN LUKENS	35.96
BERNARD BROWN	21.10
M70	
WIDOIS MacMURRAY	27.12
ELMER SHAW	24.34

W30	
DONNA SAYERS	18.82
W35	
JUDY SIELSKI	19.98
W40	
ANN WHITEHEAD	15.14
W45	
MARCIA PRYZBYLA	9.70
W50	
EDNA HYER	18.78
DORTHA SWANSON	15.48
W55	
JOAN DASH	24.88
Hammer	
M35	
JOHN MCCREE	39.94
M40	
GARY BARTELL	39.56
JOHN ROEHR	35.32
JAMES ALEXANDER	22.90
M45	
ROBERT DECKER	34.34
M50	
OSCAR JENSEN	36.80
KURT KRASTIN	30.66
M65	
RALPH WILLIAMS	25.74
BERNARD BROWN	23.02
EDWIN SORKIN	22.56
M70	
ELMER SHAW	40.54
WIDOIS MacMURRAY	23.46
W45	
BARBARA STEWART	19.74
W50	
DORTHA SWANSON	12.94
Pentathlon	
M30	
RON NELSON	2466
M35	
JASPER ROYAL	2431
M45	
TIM COLLINS	2222
ARNIE WALKER	1963
PETER DURHAM	1483
M55	
NICK PALLADINO	666
M65	
JOE McEVOY	260
Eastern Regional Masters Championships; Providence; RI; August 21	
100 METERS	
M30	Gene Cacciatore 11.4
M15	Al Walton 10.9 Pershing Reid 11.4 Jasper Royal 12.0 John Borden 12.3 Ken Effler 12.5 Lou Miller 15.0
M40	Greg Marshall 11.5 Roger Pierce 11.6 Tom Rauscher 12.1 Alan Mevis 12.9
M45	John Whelan 12.3 Gary Giragosian 13.2
M50	Norm Moseley 12.0 Tom Fondy 12.3 Cliff Pauling 12.6 Haig Bohigian 12.8 Dick Hurley 13.2
M55	Tom Brooks 12.7 Jesse Johnson 13.0 Pat Ferraro 13.4 Dave Hanlon 13.9
M60	Richard Klein 13.8 Harry Herscher 13.9 Bill Townsend 14.3 Howard MacMillan 14.4

M65	Rudy Valentine 12.8
	Vern Mattson 13.8
	Angelo Oliver 14.6
	Don Knapp 14.7
M70	Jay Sponseller 13.8
	Nat Heard 14.3
	Sparks Sorlien 14.9
M80	Manfred D'Elia 16.8
W30	Irene Thompson 12.7
W45	Marilyn Mitchell 13.4
	Linda Upton 15.2
	Cora Parry 16.8
W55	Betty Jean Sotile 18.4
W60	Pat Peterson 16.0
	Ann McGowan 20.8
200 METERS	
M30	James Brown 22.8
M35	Al Walton 22.3
	Pershing Reid 24.0
	Harold Jenkins 25.0
	Lou Miller 31.2
M40	Greg Marshall 23.3
	Roger Pierce 23.4
	Mark Heidelberg 24.7
	Bob Micho 25.0
	Alan Mevis 26.7
	James Brady 28.8
M45	Bill Durrell 25.1
	John Whelan 25.7
	Gary Giragosian 28.8
M50	Ed Small 24.7
	Cliff Pauling 25.0
	Norm Moseley 25.2
	Tom Fondy 26.0
	Dick Hurley 27.8
M55	Larry Pratt 26.5
	Jesse Johnson 27.1
	Pat Ferraro 28.3
	Dave Hanlon 29.1
M60	Richard Klein 28.5
	Manny Herscher 29.1
	Howard MacMillan 29.7
	Lester Smith 32.2
M65	Rudy Valentine 27.3
	Vern Mattson 29.3
	Jim Manno 29.7
	Don Knapp 32.0
M70	Jay Sponseller 28.7
	Nat Heard 31.2
	Sparks Sorlien 32.3
M75	Joe McCluskey 42.2
M80	Manfred D'Elia 36.0
W30	Irene Thompson 26.9
W35	Betty Claire Searcy 28
	Lynne Dietz 29.1
	Joyce Halls 37.8
W40	Kathy Pierce 28.2
	Nat DiNitto 38.4
W45	Marilyn Mitchell 27.3
	Cora Parry 35.6
W55	Betty Jean Sotile 40.5
W60	Pat Peterson 34.8
400 METERS	
M30	James Brown 51.2
M40	Bob Micho 55.9
	Mike Hollander 58.3
M45	Bill Burnell 55.3
	Bill Masuck 57.9
	Fred Bartleson 66.2
M50	Ed Small 55.8
	Cliff Pauling 56.6
	Haig Bohigian 60.0
	Jim Bradley 60.7
M55	Fritz Schlereth 60.6
	Larry Patz 65.0
	George Freeman 66.9
M60	Kelsey Brown 64.7
	Dick Klein 67.0
	Phil O'Connell 69.7
	Howard MacMillan 73.5
M65	Rudy Valentine 59.5
	Jim Manno 69.2
	Bill Carmen 73.7
M70	Jay Sponseller 65.9
M75	Joe McCluskey 97.2
W30	Irene Thompson 64.5
W35	Betty Claire Searcy 64.1
	Lynne Dietz 67.5
	Kate McKenna 68.7

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Table of race results for 800 METERS, 1500 METERS, and 5000 METERS, listing names and times.

Table of race results for HIGH HURDLES, INTERMEDIATE HURDLES, LONG JUMP, and TRIPLE JUMP, listing names and times.

Table of race results for HIGH JUMP, SHOT PUT, and DISCUS, listing names and times.

Table of race results for 100-1000 METERS, HAMMER THROW, and 5000 METER WALK, listing names and times.

Table of race results for DARMOUTH WEIGHT MEETS, listing names and times.

Table of race results for 400-3000 METER RUN, HURDLES, LONG JUMP, TRIPLE JUMP, POLE VAULT, and RACEWALK, listing names and times.



SOUTHEAST

Table of race results for DeLand All-Corners, listing names and times.

Table of race results for DeLand, FL, listing names and times.

MIDWEST

Table of race results for Western Illinois Masters, listing names and times.

Continued on next page



Continued from previous page

MID AMERICA

Sioux Falls Regional Sr. Olympics; SD; June 3-4

100 Meter Dash M 55-59 Don Phillips :15.39 Lee Stadem :16.68 M 65-69 Danny Olson :18.99 M 70-74 Delbert Bender :15.73 M 75-79 Emmett Bennett :16.95

W 55-59 Mary Jane Wahl :23.69 W 75-79 Alice Humphrey :23.66

200 Meter Dash M 55-59 Don Phillips :33.0 M 60-64 Lee Stadem :34.75 M 65-69 Morris Magnuson :39.08 M 70-74 Delbert Bender :32.31 M 75-79 Emmett Bennett :37.31

400 Meter Dash M 55-59 Dwight Schaffer :71.50 M 70-74 Delbert Bender :77.81 M 75-79 Emmett Bennett :95.06

800 Meter Dash M 55-59 Dwight Schaeffe 2:44.94 M 75-79 Emmett Bennett 3:49.28

Standing Long Jump M 55-59 Glen Peterson 7' 6" M 60-64 Lee Stadem 7' 0" M 65-69 Morris Magnuson 6' 8" M 70-74 Delbert Bender 6' 7" M 75-79 Emmett Bennett 5' 7" Alice Humphrey 4' 4"

Shotput M 55-59 Les Lameyer 27' 10" M 60-64 Charles Mandsager 39' 3" M 65-59 Danny Olson 26' 9" M 70-74 Delbert Bender 35' 0" M 75-79 Emmett Bennett 22' 5" W 75-79 Alice Humphrey 16' 6"

Discus Throw M 55-59 Glen Peterson 89' 9" M 60-64 Charles Mandsager 97' 8" M 65-69 Danny Olson 65' 3" M 70-74 Reuben Anderson 72' 7" M 75-79 Emmett Bennett 70' 8"

1500 Meter Racewalk M 55-59 Glen Peterson 7:32.59 M 65-69 Lewis Oakland 11:56.00 M 70-74 Delbert Bender 9:49.52 M 75-79 Emmett Bennett 11:15.14 M 80-84 Ted Larkin 14:39.48

W 55-59 Mary Jane Wahl 13:37.00 W 60-64 Ellene Lien 12:10.00 W 65-69 Evelyn Dybing 12:15.44 W 70-74 Eleanor Ericks 13:37.00 W 80-84 Alice Johnson 13:58.20

2400 Meter Racewalk M 55-59 Glen Peterson 13:42.03 M 70-74 Reuben Anderson 18:00.22 M 80-84 Ted Larkin 23:08.42

W 55-59 Mary Jane Wahl 22:13.88 W 60-64 Aly Candia 20:07.00 W 65-59 Evelyn Dybing 19:08.88 W 70-74 Eleanor Erickson 22:53.49

3200 Meter Racewalk M 55-59 Glen Peterson 18:39.14 M 65-69 Lewis Oakland 26:54.06 M 70-74 Reuben Anderson 24:44.04

W 55-59 Mary Jane Wahl 28:35.09 W 60-64 Ellen Lien 27:37.70 W 65-69 Evelyn Dybing 26:12.70 W 70-74 Eleanor Erickson 29:49.31

SOUTHWEST

Tulsa Spikes Meet Jenks, OK; August 6

100m M30 Cliff Shock 11.86 Lee Greiner 11.89 Monroe Wilson 12.00 Dale Lance 12.51 M50 Glen Stone 12.55 M60 Doc Bennett 18.07 W30 Chris Jones 13.31 Debbie Stuart 13.47

200m M30 Cliff Shock 24.34 Lee Greiner 25.25 Monroe Wilson 26.28 M40 Terry Campbell 26.45 M50 Glen Stone 26.32 Dale Lance 26.78 W30 Chris Jones 28.27

400m M30 Cliff Shock 55.22 Lee Greiner 57.37 Mile Durbin 57.92 M40 Pete O'Neill 57.01 Terry Campbell 58.45 Marvin Winters 60.71 W30 Chris Jones 66.09

800m M30 Dave Beardmore 2:07.23 Mike Durbin 2:26.71 Larry Norwood 2:32.43 M40 Pete O'Neill 2:09.63 Richard Martin 2:17.87

1500m M30 Tom Maher 4:02.68 Mike Durbin 5:26.66 M40 Jim McFadden 4:35.98 Bob Bomer 4:48.55 Richard Martin 4:49.70

100mH M50 Dale Lance 15.56

High Jump M40 Sam Pfening 4-2 Jim Davis 4-0 M50 Larry Price 3-10 A Billigmeier 3-8 M60 Doc Bennett 3-9 W40 Doris Wheeler 3-5 1/2

Pole Vault M30 Ken Ellis 14-8 1/2 Glen Beall 12-4 M40 Gene Wheeler 10-0 M60 Dale Lance 12-8

Long Jump M30 Larry Norwood 5.05 Monroe Wilson 4.98 M50 Glen Stone 4.92 M60 Doc Bennett 3.09

Triple Jump M50 Glen Stone 32-1 M60 Doc Bennett 20-9 Shot Put 12# M50 Larry Price 39-4 3/4 A Billigmeier 32-9 3/4 Bob Santine 26-8 1/2 M60 Doc Bennett 4kg 30-9 1/2

Discus M30 Monroe Wilson 79-9 M50 Larry Price 104-4 A Billigmeier 98-11 Bob Santine 78-3 M60 Doc Bennett 71-0

Javelin M30 Ken Ellis 170-10 Mike McDonald 163-9 M40 Gene Wheeler 80-2 M50 Bob Santine 94-2 Larry Price 84-1 M60 Doc Bennett 70-7 W40 Doris Wheeler 39-0

3000m Walk M40 Jim McFadden 17:57.0 Mike Hogben 18:23.6

WEST

California Masters State Team Championships Sacramento; August 20

100m M30 Ken Cook 11.86 William Smith 12.24 M35 Roger Trujillo 11.76 Earl Bryant 11.89 M40 Ray Yeck 11.14 Bernard Turner 12.39 Mike Holzgang 12.92

M45 Dennis Duffy 12.23 Bill Probst 13.36 M55 Richard Marlin 13.06 Larry Fullington 14.79 M60 Claude Taggart 14.08 M70 Clarence Killion 14.69 M80 Ken Carmine 16.77 W30 Becky Post 13.82 W55 Marj Moore 17.01

200m M30 James Weems 23.26 Ken Cook 24.35 Dan O'Connell 25.91 M35 Earl Bryant 24.36 Rich Tomar 25.35 M40 Ray Yeck 25.19 Mike Holzgang 27.65 M45 Dennis Duffy 27.10 Bill Probst 28.75 M55 Dick Marlin 28.55 Larry Fullington 31.86 M60 Claude Taggart 29.99 M70 C Killion 30.82 M80 Ken Carmine 35.29 W30 Becky Post 30.34 W55 Marj Moore 36.05

400m M30 D O'Connell 57.12 John Hartman 58.45 Jim Williams 68.71 M35 Darly Katcher 53.95 Jerry Williams 54.70 Earl Bryant 55.79 M40 John Aldridge 56.31 Bernard Turner 57.60 Searcy Barnett 61.79 M45 D Duffy 55.36 M60 Claude Taggart 73.23 M70 C Killion 76.86 W40 Becky Post 68.70

800m M30 Bradley Haynes 2:31.6 Jim Williams 2:36.6 M35 Darly Katcher 2:04.1 Jerry Williams 2:18.9 Max Naegele 2:25.7 M40 Graeme Shirley 1:59.2 Mike Ackley 2:07.9 Searcy Barnett 2:11.0 M45 D Duffy 2:35.4 M50 Dan O'Connell 2:14.2

1500m M30 Dan O'Connell 4:51.63 M35 Max Naegele 4:50.93 M40 S Barnett 4:25.00 M45 Don Spickelmier 4:47.07 Ty Nelson 4:52.20 M50 Don Martin 4:53.04 W30 Beverly Marx 4:55.05

3000m M30 Andy Harris 9:42.04 Steve McNutt 10:15.69 Jeff Hollister 10:16.55 M35 Richard Gou 9:01.06 M40 Frank Krebs 10:06.77 S Barnett 10:11.61

110mH M30 Albert Miller 14.56 Jim Weems 15.25 W Smith 15.79 M40 Fred Johnston 17.46 Mike Holzgang 21.58

400mH M30 Jim Weems 60.87 300mH M55 Larry Fullington 57.46 2x100m Relay San Francisco TC 50.15

4x200m Relay M40 West Valley TC 1:45.64 M30 Team Patriots 1:36.64 M30 San Francisco TC 1:43.21 M30 Buffalo Chips TC 1:51.91

4x800m Relay M30 Buffalo Chips 9:44.33 M40 Buffalo Chips 10:12.12 West Valley 10:58.34

High Jump M30 Wilson SookHoo 5-0 M35 Roger Trujillo 5-8 Bert Serrano 4-10 M40 Mike Holzgang 4-8 M45 Dick Hotchkiss 5-6 John Lawson 4-10 M75 Ted Hatlen 3-10

Fole Vault M30 Al Miller 13-0 Wilson SookHoo 12-6 M35 Gene Hardison 15-0 M40 Warren Wilkie 13-6 Mike Holzgang 8-0 Gary Lemen 12-0

Long Jump M30 Al Miller 21-5 W SookHoo 18-5 M35 R Trujillo 21-9 Bert Serrano 18-0 M40 Mike Holzgang 16-5 1/2 M45 John Lawson 18-4

Triple Jump M30 Steve McNutt 31-1 1/2 M35 R Trujillo 46-6 M40 Ray Yeck 25-7 M45 John Lawson 39-5 D Duffy 31-1 1/2 W55 Marj Moore 15-4

Shot Put M30 Richard Grobet 50-7 Al Miller 43-7 M35 Kevin Bennett 40-8 M40 Mike Holzgang 36-3 1/2 M45 Richard Hotchkiss 42-1 1/2 Joe Orsini 24-11 M60 Bill Bangert 40-6 M70 Hy Booth 35-11 Hal Cronkhite 35-4 Dick Mack 25-1 M75 Jim York 25-0 Ted Hatlen 24-0 W35 Joan Stratton 40-3 W50 Marj Lamey 31-8 Barbara Racine 24-7

Discus M30 Richard Grobet 130-6 W SookHoo 67-9 M35 Kevin Bennett 116-11 M40 Mike Holzgang 102-2 M45 Bob Hotchkiss 134-5 Joe Orsini 93-4 Bud Tulette 85-2 M60 B Bangert 119-11 M70 Hy Booth 128-10 Hal Cronkhite 86-4 Dick Mack 72-3 M80 Ken Carmine 94-2 W35 Joan Stratton 127-5 W50 Marj Lamey 90-2 Barbara Racine 64-10

Hammer M45 Joe Orsini 116-1 Richard Hotchkiss 95-1 M60 B Bangert 120-1 M75 Jim York 64-11 W35 Joan Stratton 120-8

Weight Throw M60 B Bangert 33-7

Javelin M30 A Miller 186-2 M40 Warren Wilke 179-8 Mike Holzgang 127-5 S Barnett 87-3 M45 Richard Hotchkiss 153-2 Joe Orsini 97-3 D Duffy 91-8 M50 Larry Stuart 200-9 M65 Boyd Porch 128-7 M70 Dick Mack 82-5 M80 Ken Carmine 86-9 W35 Joan Stratton 116-2 W50 Marj Lamey 92-11 Barbara Racine 37-8 W55 Marj Moore 25-4

Team Totals 1 River City TC 444 2 West Valley TC 212 3 San Francisco TC 170 4 Buffalo Chips 144 5 So Cal Striders 108 6 No Calif Seniors 40 7 Corona Del Mar TC 30 L.A.-Valley AC 30 9 Team Patriots USA 26 10 Flyers TC 20 11 Club West TC 18

Patriots Summer Relays Los Angeles; September 3

100m M30 Akin Lewis 11.16 Jim Bonilla 11.26 Berry Caldwell 11.71 A Hecker 12.03 M35 Mike Black 11.24 Delario Robinson 11.49 Mike Weber 14.07 M40 Carl Flowers 12.04 Bill Sevilla 13.36 M45 Bob Simmons 12.26 M50 John Carr 12.04 M70 Alan Cranston 16.55 W40 Hildyne Manpearl 18.96

200m M30 Berry Caldwell 23.08 Jim Bonilla 23.09 Randy Walker 23.09 Al Frazier 28.07 M40 Carl Flowers 24.03 M45 Bob Simmons 24.06 M65 Jim Warren 27.00 M70 Alan Cranston 35.07

400m M30 J Bonilla 51.03 M35 Jerry Williams 56.03 Charles Missouri 58.04 M40 Earl Hutchinson 72.05 M45 Bob Simmons 57.08 M55 Leroy Carter 61.09

800m M35 J Williams 2:07.00 M40 Wayne Douglas 2:08.00 E Hutchinson 2:47.00 M55 Leroy Carter 2:34.00 Lloyd McGuier 2:35.00 Bob Holmes 2:36.00 M60 Jesse Al-Ugah 7:03.00 W35 JoAnn Douglas 4:36.00 W85 Mary Ames 6:14.09

Patriots' Mile Run M25 Roh Rook 5:05.00 M40 Mike Lalum 6:11.00 M50 Ron Larrieu 5:00.00 M55 Ben Castro 6:18.00

3000m M30 Randy Walker 12:21.00 M55 Pat Devine 10:55.00

110mH M30 A Miller 19.27 M35 Gene Hardison 15.00 M40 Warren Wilkie 13.60 M45 Dick Hotchkiss 8.00 M45 Gary Lemen 12.00

300mH M30 A Hecker 47.54 M50 John Carr 50.09 M55 D Douglass 54.71 Bob Holmes 55.84

4x100m Relay World Class 55.69

High Jump M40 B Sevilla 4-2 M55 D Douglass 4-4 Chuck Coutts 4-0 M60 Cal Porter 4-2

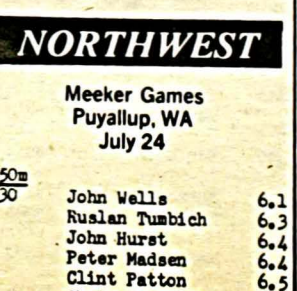
Long Jump M35 Chuck Williams 21-9 1/2 M40 Carl Flowers 21-2 B Sevilla 12-0 M55 Chuck Coutts 11-11

Shot Put M55 Dave Douglass 34-0 M60 Arnold Gayner 42-4 M65 Tony Lombardi 35-3 1/2 M70 Jack Thatcher 37-5

Javelin M40 S Somers 116-5 B Sevilla 103-9 M55 Chuck Coutts 115-7 M65 Tony Lombardi 121-1

5000m Walk M30 Carl Warrell 21:41.0 M45 Larry Farr 39:28.0 M50 Bob Meador 28:12.0

50m M30 John Wells 6.1 Ruslan Tumbich 6.3 John Hurst 6.4 Peter Madson 6.4 Clint Patton 6.5 Chris Fudenski 6.9



NORTHWEST

Meeker Games Puyallup, WA July 24

M45 Ron Jensen 6.2 Ron Mattila 6.4 France Trexler 6.5 Bob Miller 6.2 Don Worrall 6.5 Jerry Flansburg 7.8 Terry Bergere 7.7 Corinne Welch 7.5 Helen Jensen 10.1

100m M30 John Wells 11.4 Clint Patton 12.8 Peter Madson 13.0 Paul Fett 14.0 Ron Jensen 11.9 Bruce Stoddard 15.1 Neal Stoddard 15.4 Don Worrall 12.6 Dale Sawyer 14.1 Field Ryan 15.7 Jerry Flansburg 15.8 Terry Bergere 15.1 Corinne Welch 14.9 Helen Jensen 20.5

200m M30 John Wells 23.08 Clint Patton 23.09 Randy Walker 23.09 Al Frazier 28.07 M40 Carl Flowers 24.03 M45 Bob Simmons 24.06 M65 Jim Warren 27.00 M70 Alan Cranston 35.07

400m M30-39 Tom Muckerheide 52.3 Tim McKov 53.4 Gene Carlson 61.7 Ron Jensen 54.7\* Luther Chris 57.6 France Trexler 58.2 Paul Muckerheide 61.6 Dale Sawyer 64.2 Ruggles Larsson 80.0 Corinne Welch 78.2 Barbara Gregg 81.4

800m M30 Dennis Harrison 5:30.4 Paul Fett 6:03.0 Charlie Brov 6:15.7 Bruce Stoddard 5:36.2 France Trexler 5:48.3 Jim Latteri 5:59.6 Neal Stoddard 6:03.1 Walter Rice 7:13.1 Dale Sawyer 5:51.2 Field Ryan 6:23.2 Theresa Haynes 5:42.0 Terry Bergere 6:10.7

1500m M30 Dennis Harrison 5:30.4 Paul Fett 6:03.0 Charlie Brov 6:15.7 Bruce Stoddard 5:36.2 France Trexler 5:48.3 Jim Latteri 5:59.6 Neal Stoddard 6:03.1 Walter Rice 7:13.1 Dale Sawyer 5:51.2 Field Ryan 6:23.2 Theresa Haynes 5:42.0 Terry Bergere 6:10.7

M40 Bruce Stoddard 5:36.2 France Trexler 5:48.3 Jim Latteri 5:59.6 Neal Stoddard 6:03.1 Walter Rice 7:13.1 Dale Sawyer 5:51.2 Field Ryan 6:23.2 Theresa Haynes 5:42.0 Terry Bergere 6:10.7

M50 Dale Sawyer 5:51.2 Field Ryan 6:23.2 Theresa Haynes 5:42.0 Terry Bergere 6:10.7

F30 Theresa Haynes 5:42.0 Terry Bergere 6:10.7

\*Meet Record

10th Montana Masters Championships; Bozeman; August 12-13

WAVA standards except for M55 shot (12lb.) and disc (1K). FAT times given in hundredths of a second.

100m W30 13.0 Robin Hutton 14.4 Deillah Sullivan 14.4 Stella Anacker 20.6 Edna Berg 21.7 Polly Clarke 17.6 Vince Martin 11.7 Dennis DeShaw 12.52 Russell Acea 12.31 Dale Gorski 12.80 Leroy Schmitz 13.24 Bill Henderson 15.27 Gordon Schofield 12.56 Warren Hiebert 12.95 Bob Wiesner 13.32 Lonnie Schwend 13.62 Wayne Gripp 15.35 Walt Kelly 12.13 Ron Jensen 12.39 Grover Peterson 14.74 Dave Schussler 16.59 Randy Gay 14.5 Bill Barry 16.0 Marvin Stewart 15.5 13.9 George Carson 15.8 Casey Emerson 16.1 Jim Cordial 17.7 Emmett Bennett

200m W50 37.6 Beth Browning 43.8 Stella Anacker 38.8 Polly Clarke 30 24.51 Vince Martin 24.17 Russell Acea 25.29 Dale Gorski 26.63 Leroy Schmitz 27.69 Bill Henderson 26.21 Bob Wiesner 28.52 Wally Duncan 24.37 Ron Jensen 24.43 Grover Peterson 31.97 Robert Marsh 38.22 Emmett Bennett 50 58.3 Herb Kirk

400m W50 1:22.8 Beth Browning 1:46.4 Stella Anacker 1:56.7 Edna Berg 1:36.7 Polly Clarke 56.1 Steve Gache 1:01.4 Jim Nelson 58.1 Mark Majerus 58.9 Glenn Covertsen 1:04.4 Walt Wetzel 55.9 Grover Peterson 1:01.5 Don Paterson 1:15.8 Randy Gay

Continued on next page



Continued from previous page

M50 1:04.5 Bill Barry  
M55 1:04.4 Bill Foulk  
1:07.4 Frank Newman  
1:08.5 Ron Hawkins  
M65 1:13.4 Robert Marsh  
M70 2:14.6 Lloyd Berg  
M75 1:30.1 Emmett Bennett

**800M**  
W30 2:27.5 Lauri Sax  
W50 3:06.6 Beth Browning  
W55 3:23.5 Marcia McChesney  
W70 4:39.2 Edna Berg  
M35 2:31.8 Jim Nelson  
M40 1:58.9 Richard Tucker  
2:11.4 Bob Leonard  
2:12.1 Michael Parfit  
2:19.5 Mark Majerus  
M50 2:37.4 Bill Barry  
M55 2:26.9 Bill Foulk  
2:42.6 Frank Newman  
2:47.2 Ron Hawkins  
M60 2:29.4 Bill McChesney  
M65 3:10.1 Arne Hovin  
M70 4:49.5 Lloyd Berg  
M75 3:52.8 Emmett Bennett

**1500M**  
W30 5:00.1 Lauri Sax  
W50 6:22.4 Beth Browning  
W55 6:56.4 Marcia McChesney  
W70 9:23.3 Edna Berg  
M35 4:11.4 Terry Boos  
5:04.4 Jim Nelson  
5:33.8 Larry Richards  
6:15.3 Gordon Schofield  
M40 4:26.1 Branch Brady  
4:26.2 Bob Leonard  
4:51.1 Walt Wetzel  
M45 4:41.5 Don Paterson  
6:08.1 Randy Gay  
M50 5:13.0 Bill Barry  
5:22.7 Mel Jordan  
M55 4:49.9 Bill Foulk  
5:21.5 Frank Newman  
5:38.1 Ron Hawkins  
5:40.0 Don Jelinek  
M60 5:04.0 Bill McChesney  
7:30.8 Larry Prince  
M65 6:26.3 Arne Hovin  
7:30.0 Ed Anacker  
M70 6:03.6 Al Funk  
9:18.6 Lloyd Berg  
M90 13:18.0 Herb Kirk  
14:19.0 Mile

**5000M**  
W40 29:57.5 Mary Chester  
W55 25:49 Marcia McChesney  
W70 35:01.7 Edna Berg  
M35 15:42.0 Terry Boos  
16:57.6 Dan Heimbigner  
17:26.5 Gaylen Black  
20:33 Larry Richards  
M40 18:38.1 Walt Wetzel  
M45 21:49 Chas Bearcomesout  
M50 20:35 Mel Jordan  
M55 21:32.5 Frank Newman  
M60 19:25.0 Bill McChesney  
25:16.2 Larry Prince  
M65 27:01.9 Ed Anacker  
M70 22:10.1 Al Funk  
32:15.8 Lloyd Berg

**Short Hurdles**  
W30 16.25 Robin Hutton  
M35 17.5 Russell Acea  
M50 22.94 Marvin Stewart  
M60 21.03 Buyral Madan

**Long Hurdles**  
M35 59.0 Russell Acea  
M60 1:06.6 Buyral Madan

**3000M Steeplechase**  
M35 13:13.6 Larry Richards  
M55 12:47.6 Frank Newman

**4 x 400 Relay**  
M30 3:49.1 Russell Acea, Steve Gasche, Mark Majerus, Michael Parfit.

**High Jump**  
M30 6-3 Jim Johnson  
5-8 Dennis DeShaw  
M40 5-2 Lonnie Schwend  
5-0 Wally Duncan  
4-8 Walt Kelly  
M50 4-3 Marvin Stewart  
M55 4-5 Bob Flaherty  
M60 3-11 Buyral Madan  
3-11 Casey Emerson  
M65 4-3 Arnold Scott  
4-1 Gene Harn  
4-0 Tom Regan  
3-9 Ben Tyvand  
M70 3-3 Manuel White

**Pole Vault**  
M30 10-0 Dennis DeShaw  
M40 13-0 Bob Wiesner  
M45 8-2 Dave Schussler  
M60 8-2 Jim Cordial

**Long Jump**  
W30 16-11 Robin Hutton  
W75 8-2½ Polly Clarke  
M30 21-6½ Vince Martin  
18-11 Dennis DeShaw  
16-4 John Patrick  
M40 18-8½ Bob Wiesner  
17-5½ Wally Duncan  
16-4½ Lonnie Schwend  
M45 19-3 Frank Struna  
M50 12-8 Marvin Stewart  
M55 16-6 George Carson  
M60 13-4 Buyral Madan  
12-11 Casey Emerson  
12-3 Jim Cordial  
M65 10-7 Gene Harn  
9-7¾ Ed Anacker  
M75 9-5½ Emmett Bennett

**Triple Jump**  
M30 44-0 Vince Martin  
38-10½ Dennis DeShaw  
M40 35-6¾ Bob Wiesner  
M45 38-8 Frank Struna  
M60 26-¾ Buyral Madan  
M65 26-5½ Arne Hovin

**Shot Put**  
W30 29-9½ Leona Helvey  
27-7 Annie Felsman  
M30 41-2½ Dale Reed  
37-6 Rich Elsenpeter  
M35 43-4½ Russ Reabold  
M40 41-5¾ Steve Leuchtman  
37-7 Bob Sager  
34-10¾ Walt Kelly  
M45 45-4½ Tom Gage  
M55 37-5 Bob Flaherty  
M60 31-10 Casey Emerson  
M65 37-0 Arnold Scott  
23-3¾ Ben Tyvand  
M70 37-11¾ Manuel White

**Discus**  
W30 93-8 Leona Helvey  
M30 115-10 John Patrick  
115-0 Rich Elsenpeter  
111-9 Dale Reed  
M35 130-8 Russ Reabold  
67-7½ Gordon Schofield  
M40 117-1 Steve Leuchtman  
95-3½ Bob Sager  
M45 135-11 Tom Gage  
M55 115-5 Bob Flaherty  
M60 115-8 Jim Cordial  
112-8 Don Tivolacci  
M65 114-0 Arnold Scott  
M70 120-2 Manuel White

**Hammer**  
W30 144-7 Dale Reed  
M40 72-1½ Bob Sager  
M45 196-3 Tom Gage  
M70 84-5 Manuel White

**Javelin**  
W30 77-8½ Annie Felsman  
76-8 Leona Helvey  
M30 184-2 Bob Cichosz  
166-10 Jerry Reisig  
M45 166-10 Don Poole  
M55 130-8 Bob Flaherty  
M65 110-7 Arnold Scott  
M70 113-2 Manuel White

**5000M Walk**  
W30 33:14 Francie Lipp  
W35 36:44 E.J. Butler  
W40 33:59 P.J. Rismon  
34:01 Mary Alice Chester  
W45 32:50 Jean MacInnes  
W65 38:57 Stella Anacker  
M30 33:26 Charlie Steele  
M40 35:34 Walt Kelly  
M45 28:12 Dale Arthun  
M55 31:16 Howard Austin  
34:03 Ken Chomo  
M65 33:25 Arne Hovin  
M80 39:25 John Clarke

**CANADA**  
North American Championships, Toronto, Canada; August 27-28

(CD-Canada)  
**100m**  
M35 Alfonso Walton NY 11.15  
George Kenins CD 12.02  
Milton Britton CD 12.22  
**M40**  
Clarence Bell MI 11.27  
Thad Bell SC 11.47  
Bob Zimmerman CD 11.75  
**M45**  
Glenn Johnson MI 11.57  
Harold Morioka CD 11.81  
Scott Tyler CD 11.82  
**M50**  
Paul Williams OH 12.29  
Chuck Miller TX 12.46  
George Horton CD 12.67  
**M55**  
Alf Sordin CD 13.15  
Ross Mitchell CD 13.26  
Earl Fee CD 13.33

**M60**  
Jim Law NC 13.20  
Chuck Sochor MI 13.67  
Stan Egerton CD 13.71

**M65**  
Tim Murphy TX 13.57  
Cecil Paul CD 14.18  
Art Obokata CD 14.87

**M70**  
Bill Weinaght OH 13.87  
Jay Sponseller NJ 14.49  
Max Pickl CD 14.65

**M75**  
Claude Hills PA 15.70  
Karl Trei CD 17.81

**M80**  
Byron Fike OH 16.27  
Blain Till CD 17.13

**M85**  
Konrad Boas NY 18.81

**W35**  
Emily Milgram CD 13.86  
Shirley Robinson CD 14.29  
Pat Brown NY 17.33

**W40**  
Phil Raschker GA 12.87  
Pamela Duncan CD 14.38  
M Piresferreira CD 14.83

**W45**  
Marilyn Mitchell NY 13.97  
Anne Rosenitsch CD 15.43  
Aurrey Hiemstra CD 15.72

**W50**  
A Van Der Vleuten CD 15.72  
Margaret Heilig CD 16.71

**W55**  
Doreen Carmichael CD 16.33  
Marjorie Moore CA 17.06

**W60**  
Elga Meri CD 19.07

**W70**  
Isobel Saumier CD 18.91

**200m**  
M35 A Walton NY 22.86  
Horace Hudson NY 24.04  
George Kenins CD 24.16

**M40**  
Thad Bell SC 22.7  
Clarence Ray MI 23.0  
R Zimmerman CD 23.3

**M45**  
Glenn Johnson MI 23.51  
H Morioka CD 24.14  
Juan Stocker CD 24.81

**M50**  
Chuck Miller TX 25.06  
Paul Williams OH 25.60  
Cliff Pauling NY 26.00

**M55**  
G Bartholomew CD 28.37  
Brian Oxley CD 29.36  
Theodore Swanson NY 29.75

**M60**  
Jim Law NC 26.35  
Stan Egerton CD 28.15  
Chuck Sochor MI 28.21

**M65**  
Tim Murphy TX 28.20  
Cecil Paul CD 30.32  
Leo McEvoy NY 37.17

**M70**  
Bill Weinaght OH 28.75  
Jay Sponseller NJ 29.82  
Ben Mackereth CD 32.31

**M75**  
Claude Hills PA 33.58

**M80**  
Byron Fike OH 34.83  
Blain Till CD 37.28

**M60**  
Jim Law NC 61.59  
Chuck Sochor MI 63.04  
Norman Baum CD 65.02

**M65**  
Archie Messenger NH 66.13  
Andrew Thomson CD nta  
William Carmen MS nta

**M70**  
Jay Sponseller NJ 66.67  
Bill Weinaght OH 67.88  
Ben Mackereth CD 74.50

**M80**  
Byron Fike OH 90.97  
Blain Till CD nta

**M85**  
Konrad Boas NY 94.95

**W35**  
Laura Lynn CD 72.73

**W40**  
Liz McBlain CD 64.1  
Kathy Pierce NY 67.31  
Charlotte Neff CD 70.97

**W45**  
E Richardson CD nta  
A Rosenitsch CD 70.90  
Jean Ward CD 81.00

**W50**  
A Van Der Vleuten CD 75.58

**W60**  
Dorly Brechbuel CD 98.09

**W70**  
Isobel Saumier CD 1:52.36

**800m**  
M35 Tom Painting NY 2:04.57  
David McLeod CD 2:07.43  
A Gibson MI 2:07.67

**M40**  
Ray Tucker CD 1:58.14  
Ron Frid CD 2:02.54  
G Jenkins MI 2:06.12

**M45**  
H Tolliver OH 2:08.13  
D Featherstone CD 2:13.95  
Wayne Cosgrove CD 2:20.61

**M50**  
Cliff Pauling NY 2:13.28  
Gary Baker CD 2:13.94  
Joseph Kulbacki NY 2:14.83

**M55**  
Earl Fee CD 2:16.93  
B Oxley CD 2:39.86

**M60**  
Kelsey Brown NJ 2:30.32  
Louis Schneider KY 2:35.96  
Chuck Sochor MI 2:47.13

**M65**  
Archie Messenger NH 2:31.27  
Kurt Gelbhaar CD 2:43.73

**M70**  
J Sponseller NJ 2:40.76  
H Weickart CD 3:08.29  
Jerry Wible PA 3:28.65

**M80**  
B Fike OH 3:53.69

**W35**  
Laura Lynn CD 2:35.60  
Darlene Contario NY 2:58.54

**W40**  
Charlotte Neff CD 2:46.64  
Antonia Cosgrove CD 3:05.50

**W45**  
E Richardson CD 2:47.37

**W50**  
A Van Der Vleuten CD 2:55.28

**W35**  
Laura Lynn CD 5:10.75

**W40**  
Charlotte Neff CD nta  
Georgie Gillis CD nta

**W45**  
Judy Willmott CD 5:46.58  
Jean Ward CD 7:45.87

**W50**  
Molly Turner CD 5:39.42  
Marge Potter CD 6:21.17

**W55**  
Jean Horne CD 5:38.11

**W60**  
D Brechbuel CD 6:51.04

**W65**  
Judith Kazdan CD 7:13.35

**W70**  
Ivy Granstrom CD 8:56.10

**5000m**  
M35 Murray Hale CD 15:48.3  
Joe Contario NY 15:48.8  
Kevin Kelly NY 16:13.6

**M40**  
Al Choromanski CD 16:56.7  
John Rook CD 17:21.8  
Barry Ault CD 17:27.5

**M45**  
Mike Scott CD 15:44.7  
Ken Inglis CD 15:49.3  
Joe Kopu CD 22:28.4

**M50**  
Jerry Krolow CD 1:40.0  
Joe Fodor OH 16:35.1  
Gary Baker CD 17:03.5

**M55**  
Richard Graves CD 18:46.1  
Peter Tink CD 20:25.4  
Steve Mente CD nta

**M60**  
Howard Rubin NY 18:37.4  
Joe King CA 19:22.5  
Manuel Teodoro CD 19:35.0

**M65**  
Carl Hammen RI 19:38.5  
K Gelbhaar CD 19:41.8  
Sydney Carter CD 21:45.9

**M70**  
Aaron Kazdan CD 25:17.0

**10,000m**  
M40 Leslie Davison CD 35:43.0  
Gaetan Breton CD 36:53.0  
Paul Crouse CD 42:33.0

**M45**  
Ken Inglis CD 32:53.0  
Robert Moore CD 34:19.0  
Joe Kopu CD 44:53.0

**M50**  
Joe Fodor OH 35:03.0  
Dave Wallace CD 37:56.0  
Bruce Hill CD 38:29.4

**M55**  
Richard Graves CD 39:18.0  
Steve Mente CD 51:53.4

**M60**  
Howard Rubin US 39:04.7  
M Teodoro CD 40:17.0  
W Hartzenberg CD 44:26.0

**M65**  
K Gelbhaar CD 40:31.0  
Sydney Carter CD 44:15.0  
N White US 45:33.0

**M70**  
Whitey Sheridan CD 53:29.0

**W40**  
Nancy Wells CD 42:07.0  
Shirley Pommier CD 44:35.0

**80mH**  
M70 Max Pickl CD 16.79

**M75**  
Claude Hills US 16.91  
Karl Trei CD 17.86

**W40**  
P Raschker US 12.53  
Liz McBlain CD 13.52

**W45**  
Barbara Stewart US 17.23  
Gean Henning CD 17.84

**400mH**  
M35 Horace Hudson NY 56.54  
Steve Caws CD 62.40  
Richard Burek CD 68.81

**M40**  
Scan Druckrey WI 58.19  
John Powell CD 75.01

**M50**  
H Morioka CD 62.19  
Paul Bourgeois CD 69.84

**W40**  
Liz McBlain CD 72.61

**300mH**  
M50 J Van der Vleuten CD 45.27  
H Van der Wal CD 49.56

**M55**  
Phil Mulkey GA 47.39  
Ken Morris CD 59.88

**M60**  
Valden Sadul CD 52.70  
Bill Townsend NY 63.74

**M70**  
Max Pickl CD 59.61  
Hans Warwas CD 70.83

**Steeplechase**  
M45 P Bourgeois CD 11:05.3  
John Shaw MI 12:30.1

**M50**  
H Van der Wal CD 12:15.3

**M55**  
George Freeman NY 13:06.8  
B Oxley CD 14:38.7

**M60**  
Valden Sadul CD 9:11.6  
Don Farquharson CD 10:18.4

**W55**  
Ruth Carrier CD 10:28.7

**High Jump**  
M35 Steve Caws CD 1.73

**M40**  
Imrich Kiraly CD 1.76  
Stan Allen US 1.70  
Presley Yates US 1.50

**M45**  
Peter Tams CD 1.45

**M50**  
Floyd Smith US 1.55  
David Morris CD 1.50  
Bob Land CD 1.45

**M55**  
Phil Mulkey US 1.55  
C Lebarone US 1.45  
Walt Mozewsky CD 1.30

**M60**  
Jim Mathers CD 1.35  
Kurt Hering CD 1.30  
Alan Todd CD 1.20


**M65**  
Mel Buschman US 1.35  
Ed Lukens US 1.30  
A Thomson CD 1.25



Continued from previous page

<u>Long Jump</u>	
<b>M35</b>	
Ron Thompson	CD 6.06
Steve Caws	CD 5.55
Milton Holde	CD 5.24
<b>M40</b>	
George Pachovsky	CD 5.81
Greg Marshall	VA 5.80
A Callender	CD 5.55
<b>M45</b>	
Alan Slater	CD 5.65
Kirt Vener	US 5.47
Dave Waddell	CD 5.00
<b>M50</b>	
Paul Williams	OH 5.62
Tom Ragland	OH 5.37
Hugo Bain	CD 4.51
<b>M55</b>	
P Mulkey	GA 5.23
T Swanson	NY 4.52
Pay Carstensen	NY 4.45
<b>M60</b>	
K Pavasars	CD 4.40
Kurt Hering	CD 4.25
Bill Townsend	NY 4.23
<b>M60</b>	
Ed Lukens	NY 4.65
Leo McEvoy	NY 2.71
<b>M70</b>	
Ian Hume	CD 4.07
Sparks Sorlien	RI 4.06
<b>M75</b>	
Claude Hills	PA 3.60
Karl Trei	CD 3.50
William Dunham	MA 2.62
<b>W35</b>	
Shirley Robinson	CD 4.29
Pat Brown	NY 3.49
<b>W40</b>	
Phil Raschker	GA 5.14
Liz McBlain	CD 4.62
Pam Duncan	CD 4.17
<b>W45</b>	
Audrey Hiemstra	CD 4.04
Gean Hemming	CD 3.81
Barbara Stewart	NY 3.64
<b>W50</b>	
A Van der Vleuten	CD 3.61
Dortha Swanson	NY 2.80
<b>W65</b>	
Helgi Pedel	CD 3.08
Elga Meri	CD 2.95
<u>Triple Jump</u>	
<b>M35</b>	
Milt Holder	CD 11.00
<b>M40</b>	
Fred Quick	CD 10.28
Peter Simpson	CD 10.18
<b>M45</b>	
Alan Slater	CD 12.06
Kirt Vener	MO 11.13
Dave Waddell	CD 10.22
<b>M50</b>	
Tom Ragland	OH 10.20
Hugo Bain	CD 9.43
<b>M55</b>	
Phil Mulkey	GA 11.22
Pay Carstensen	NY 9.14
Walt Mozewsky	CD 8.49
<b>M60</b>	
Jim Mathers	CD 9.40
K Pavasars	CD 9.30
Bill Townsend	NY 9.03
<b>M65</b>	
Ed Lukens	NY 10.31
<b>M70</b>	
Ian Hume	CD 8.80
Sparks Sorlien	RI 8.74
<b>M75</b>	
Claude Hills	PA 7.52
K Trei	CD 6.63
<b>W35</b>	
Pat Brown	NY 6.70
<b>W40</b>	
Phil Raschker	GA 10.12
Liz McBlain	CD 9.38
<b>W45</b>	
A Hiemstra	CD 8.63
Barbara Stewart	NY 7.29
<u>Shot Put</u>	
<b>M35</b>	
Patrick Burns	WI 14.20
<b>M40</b>	
John Roehr	NY 13.68
John Kasperski	CD 12.20
<b>M45</b>	
Jorma Salovaara	CD 11.51
Brian McKenna	NY 10.99
Jai Singh	NY 9.98
<b>M50</b>	
Jeff Wenig	NY 12.90
Eero Yla-Outinen	CD 10.85
Tom Ragland	OH 10.19
<b>M55</b>	
Phil Mulkey	GA 12.01
Alf Sundin	CD 11.2-
Martin Kintish	NY 10.67
<b>M60</b>	
Helmut Lang	CD 12.29
Art Jaago	CD 12.29
William Walmroth	MI 12.1-
<b>M65</b>	
W McIntyre	MA 10.42
Arvids Zakis	CD 9.5-
Walt Jenkins	CD 8.56
<b>M70</b>	
Elmer Shaw	NY 11.22
Ed Purgalis	CD 9.22

<b>M75</b>	
Karl Trei	CD 7.95
Claude Hills	PA 7.00
William Koski	CD 6.81
<b>W35</b>	
Shirley Robinson	CD 8.21
Kim Kasperski	CD 6.06
Pat Brown	NY 5.91
<b>W40</b>	
Kathy Pierce	NY 8.81
Joan Patrick	CD 6.5-
<b>W45</b>	
Gean Hemming	CD 6.66
<b>W50</b>	
June Meyer	CD 8.55
D Swanson	NY 7.32
A Van der Vleuten	CD 7.07
<b>W55</b>	
Mary Thomson	CD 6.89
<b>W60</b>	
H Pedel	CD 8.20
Velta Tomsons	CD 7.55
<b>W65</b>	
Elga Meri	CD 6.27
Frieda Brosz	CD 5.29
<u>Discus</u>	
<b>M35</b>	
Pat Burns	WI 38.00
<b>M40</b>	
Grant Tadman	CD 41.70
J Kasperski	CD 36.00
John Roehr	NY 35.46
<b>M45</b>	
Larry Pratt	DE 43.46
J Salovaara	CD 34.88
B McKenna	NY 32.84
<b>M50</b>	
Dave Morris	CD 39.48
Fred Cechl	CD 35.98
Tom Ragland	OH 35.38
<b>M55</b>	
Martin Kintish	NY 41.78
Phil Mulkey	GA 38.78
Jackson Tovell	CD 33.14
<b>M60</b>	
Art Jaago	CD 39.84
K Pavaasars	CD 38.44
Helmut Lang	CD 36.44
<b>M65</b>	
Arvids Zakis	CD 34.08
W McIntyre	MA 32.26
Walt Jenkins	CD 25.58
<b>M70</b>	
Elmer Shaw	NY 38.08
Tan Hume	CD 31.06
Ed Purgalis	CD 26.68
<b>M75</b>	
C Hills	PA 28.26
Karl Trei	CD 26.12
Don Hummel	OH 25.34
<b>W35</b>	
Kim Kasperski	CD 17.98
Christine Guy	CD 16.44
Pat Brown	NY 15.66
<b>W40</b>	
Kathy Pierce	NY 28.06
Joan Patrick	CD 19.96
<b>W45</b>	
A Hiemstra	CD 22.66
B Stewart	NY 17.28
<b>W50</b>	
June Meyer	CD 18.50
D Swanson	NY 16.84
<b>W55</b>	
Mary Thomson	CD 17.16
<b>W60</b>	
Velta Tomsons	CD 20.52
H Pedel	CD 19.58
Barbara Hummel	OH 13.62
<b>W65</b>	
Elga Meri	CD 19.68
<u>Hammer</u>	
<b>M40</b>	
John Roehr	NY 36.42
J Kasperski	CD 32.53
<b>M45</b>	
B McKenna	NY 34.20
<b>M50</b>	
Bob Stavely	CD 36.68
Fred Cechl	CD 34.06
E Yla-Outinen	CD 33.48
<b>M55</b>	
Max Woerle	CD 38.24
Pay Carstensen	NY 35.50
Martin Kintish	NY 34.50
<b>M60</b>	
Awin Phillip	NY 41.50
W Walmroth	MI 40.86
Art Jaago	CD 35.22
<b>M65</b>	
Walt Jenkins	CD 32.54
W McIntyre	MA 31.78
A Zakis	CD 27.04
<b>M70</b>	
Elmer Shaw	NY 36.34
Nolan Fowler	TE 35.88
Ed Purgalis	CD 30.58
<b>M75</b>	
William Koski	CD 29.10
R Hunter	OR 27.38
<b>W35</b>	
Pat Brown	NY 11.70
<b>W45</b>	
B Stewart	NY 18.90
<b>W50</b>	
June Meyer	CD 19.38
D Swanson	NY 19.18

<u>Javelin</u>	
<b>M35</b>	
Milt Holder	CD 36.86
<b>M40</b>	
Presley Yates	MI 46.66
I Kiraly	CD 43.20
Steve Pavlich	CD 41.10
<b>M45</b>	
Malachi McGruder	MI 47.48
F Pamenter	CD 45.12
Stephen Irwin	CD 36.00
<b>M50</b>	
E Yla-Outinen	CD 44.20
Tom Ragland	OH 36.66
David Morris	CD 36.16
<b>M55</b>	
Alf Sundin	CD 39.86
P Mulkey	GA 36.54
Max Woerle	CD 31.86
<b>M60</b>	
Art Jaago	CD 39.98
Helmut Lang	CD 35.46
Karl Pavasars	CD 30.58
<b>M65</b>	
Ed Lukens	NY 38.38
W McIntyre	MA 33.46
Mel Buschman	MI 30.32
<b>M70</b>	
Ian Hume	CD 34.82
Ed Purgalis	CD 33.12
Otto Leib	CD 18.74
<b>M75</b>	
Don Hummel	OH 27.94
Karl Trei	CD 24.28
C Hills	PA 24.72
<b>W35</b>	
Pat Brown	NY 18.26
<b>W40</b>	
Kathy Pierce	NY 26.84
<b>W45</b>	
Gean Hemming	CD 21.30
Gudrun Oswald	CD 20.20
<b>W50</b>	
June Meyer	CD 26.62
Dortha Swanson	NY 16.90
A Van der Vleuten	13.66
<b>W55</b>	
Mary Thomson	CD 14.44
<b>W60</b>	
B Hummel	OH 14.68
E Farquharson	CD 11.56
<b>W65</b>	
Elga Meri	CD 21.68
Frieda Brosz	CD 10.34
	
<u>Weight Throw</u>	
<b>M40</b>	
J Roehr	NY 14.25
J Kasperski	CD 11.28
<b>M45</b>	
Brian McKenna	NY 10.77
Jai Singh	NY 7.50
<b>M50</b>	
E Yla-Outinen	CD 9.56
Fred Cechl	CD 8.52
<b>M55</b>	
Martin Kintish	NY 11.32
P Carstensen	NY 9.48
Alf Sundin	CD 9.38
<b>M60</b>	
William Walmroth	MI 14.80
H Lang	CD 12.74
Gus Gianglogoy	CD 11.40
<b>M65</b>	
Walt Jenkins	CD 10.72
A Zakis	CD 8.27
<b>M70</b>	
Elmer Shaw	NY 11.27
Nolan Fowler	TE 10.74
Ian Hume	CD 8.53
<b>M75</b>	
W Koski	CD 8.57
Bob Hunter	OR 5.43
<u>5000m Walk</u>	
<b>M40</b>	
Gordon Roberts	CD 28:29.5
<b>M45</b>	
John Elwamer	MI 26:23.7
<b>M50</b>	
Jaun Roos	CD*23:22.5
G Bocci	MI 26:24.5
<b>M55</b>	
Robert Fine	FL 28:03.6
M Myerowitz	MA 29:22.1
Ron Turner	CD 30:36.5
<b>M60</b>	
Sal Brancaccio	CD 29:18.8
Ron Carroll	CD 30:17.2
<b>M65</b>	
Uno Limit	CD 31:05.0
<b>M70</b>	
Max Gould	CD 30:32.0
Jerry Wible	PA 35:38.7
<b>M75</b>	
Ernie Sharpe	CD 36:55.6
G Peterson	CD 37:33.0
<b>M80</b>	
Byron Fike	OH 37:23.6
<b>W35</b>	
Liliana Whalen	CD 27:59.4
<b>W45</b>	
Jeanne Bocci	MI 29:09.
Stella Cashman	NY 29:38.0
Roberta Boyle	MI 29:38.0

<b>W50</b>	
Cecilia Roth	CD 31:23.1
Margaret Heilig	CD 35:06.8
<b>W60</b>	
Ruth Leff	WI*31:38.4
<b>W65</b>	
L Hottensmith	OH*31:41.7
*Age group WR	
<u>20K Walk</u>	
<b>M40</b>	
Victor Sipes	MI 1:48:45
<b>M50</b>	
Jaun Roos	CD 1:45:15
Gerald Bocci	MI 1:56:35
<b>M55</b>	
Robert Fine	FL 2:05:13
M Myerowitz	MA 2:06:55
Ron Turner	CD 2:14:15
<b>M60</b>	
Ron Carroll	CD 2:26:35
<b>M70</b>	
Max Gould	CD 2:07:42
<b>W35</b>	
Jane Smith	WI 2:14:42
<b>W45</b>	
Stella Cashman	NY 2:07:36
M Morehead	MI 2:10:33
<b>W50</b>	
Cecilia Roth	CD 2:16:29
<b>W65</b>	
L Hottensmith	OH 2:35:04
<b>INTERNATIONAL</b>	
<u>British Veterans Athletic Championships</u>	
<u>Cwmbran, Wales; July 23-24</u>	
<u>100m</u>	
M40 Glyn Sutton	11.9
Ian Foster	12.2
Patrick Webber	12.2
M45 Joseph McAnawy	12.2
John Steede	12.5
Roy Austin	12.7
M50 David Burton	12.51
Colin Derrett	12.67
Jack Goody	12.72
M55 Charles Williams	12.5
Bill Guy	12.8
Jack Cross	13.2
M60 George Bridgeman	14.0
Joe Moran	14.3
Bill Ellison	14.3
M65 L G Audritt	14.75
Sylvester Stein	15.14
Doug King	15.24
M70 Ernie Plimer	14.53
James Lucas	15.36
Colin Fairey	15.40
M75 Roy Evans	18.82
W Baker	19.23
M80 W Searle	21.71
M35 Sandra Woodman	13.52
Vilma Thompson	14.21
Barbara Bellis	14.48
M40 Marjorie Hocknell	13.99
Jean Browne	14.07
Pat Oakes	14.67
M45 Pat McNab	14.30
Rita Smith	14.85
Mollie Mills	14.91
M50 Una Gore	14.28
E B Williams	15.00
Barbara Colwell	15.28
M55 Rosemary Chimes	15.15
Lola Small	17.13
M60 Jo Ogden	15.51
M65 Mary Wixey	16.86
Peggy Taylor	20.18
<u>200m</u>	
M40 David Cowley	23.8
Glyn Sutton	24.1
Patrick Webber	24.3
M45 John Henson	24.0
Joe McAnawy	24.0
John Steede	24.5
M50 David Burton	25.0
Jack Goody	25.3
J P Hurley	25.9
M55 Chas Williams	25.50
Bill Guy	26.3
Gordon Dabourn	27.4
M60 Stan Brooks	27.40
George Bridgeman	29.1
Joe Moran	29.3
M65 L G Audritt	30.4
Les Brown	31.0
M70 E Plimer	31.6
Leonard Watson	33.4
M75 R Evans	41.2
M80 W Baker	43.3
M35 Sandra Woodman	28.2
Barbara Bellis	29.9
Carol Fereday	30.9
M40 Marj Hocknell	27.88
Judy Vernon	27.92
Brenda Ford	27.96
M45 Pat McNab	29.5
Mollie Mills	30.6
Rita Smith	31.2
M50 Una Gore	29.3
Barbara Colwell	30.7
Joan Burns	32.9
M55 Lola Small	36.3
M60 Jo Ogden	32.6
Monica Shone	36.6
M65 Peggy Taylor	43.6

<u>400m</u>	
M40 David Cowley	50.83
Winston Thomas	52.65
P R Fuller	53.27
M45 John Henson	53.60
Roy Austin	54.79
Richard Caplis	57.22
M50 Jack Goody	55.67
John Ross	56.02
David Burton	57.45
M55 Barry Parnaby	58.49
Keith Whitaker	59.50
G M Feast	59.54
M60 James Farrar	63.42
George Bridgeman	63.43
Ian Steedman	64.35
M65 Syl Stein	68.58
L A Audritt	71.98
Doug King	72.62
M35 Barbara Bellis	63.5
Carole Fereday	66.4
M40 Brenda Ford	59.9
Anna McDonald	60.4
Pat Gallagher	61.2
M45 Maureen Farish	72.1
M50 Barbara Colwell	71.7
M60 Jo Ogden	76.1
Monica Shane	80.1
U Trevett	95.6
<u>800m</u>	
M40 Ron Bell	1:58.2
Geoffrey Peel	2:00.7
Martin Watson	2:01.1
M45 Frank Hearn	2:08.61
Mike Wrenn	2:09.56
Tony Young	2:10.46
M50 Brian Bartholomew	2:09.04
F W Coles	2:10.29
Lawrie Cooke	2:14.51
M55 Tony Churchill	2:17.34
Brian Bullen	2:20.12
Laurie Forster	2:26.88
M60 William Marshall	2:31.44
B C Neilsen	2:32.08
Gile Brindley	2:36.66
M65 James Todd	2:38.64
M70 Bob Brierley	3:04.70
M35 Sue Humphries	2:19.9
Christine Wilkins	2:24.3
Christine Parker	2:27.8
M40 Pat Gallagher	2:17.5
Anna McDonald	2:20.5
Brenda Ford	2:23.7
M45 A Nally	2:33.8



Continued from previous page

W40 Joyce Hogg	4.36
Elizabeth Stagg	4.06
W45 Irma Kirkhofs	4.46
Jackie Charles	4.40
W50 Brenda Burton	2.73
W65 M Wixey	3.21
<b>Triple Jump</b>	
M40 David Crowley	13.01
John Vernon	12.37
Wyndham Amos	11.83
M45 Sean Power	13.25
Brian Loten	11.34
D Rice	11.00
M50 Joe Phillips	10.07
M55 Don Marshall	10.29
M60 George Leete	10.12
A S Kaliri	10.03
M65 J A Swinton	7.47
W40 Joyce Hogg	8.22
Carole Tyle	7.94
W45 Pat McNab	9.79
Jackie Charles	8.83
W55 Rosemary Chrimes	9.12
(Age-group WR)	
W65 Mary Wixey	6.87
<b>Shot Put</b>	
M40 Geoffrey Blyton	13.86
Neil Griffin	13.74
Martin Leath	11.13
M45 John Walters	11.91
Peter Hallett	11.26
D N Rice	10.62
M50 J Caton-Mason	11.88
Colin Derrett	9.84
M55 J A Watson	10.75
Phil Oakshott	10.41
B Tyndall	8.96
M60 Derek Harper	9.79
Bill Kingsbury	9.35
W G Prowing	8.81
M65 J Gercs	9.71
L G Audritt	7.44
M70 Harold Karlsson	7.84
M80 W Baker	6.52
W35 Bronwin Carter	12.88
Wilma Thompson	10.95
W40 Barbara Terry	11.21
Joyce Hogg	7.76
W45 Daphne Samuels	7.78
W50 A Williams	9.10
W55 Rosemary Chrimes	12.19
(Age-group WR)	
W60 Jo Hogden	8.15
W65 Mary Wixey	5.35
<b>Discus</b>	
M40 Neil Griffin	46.36
Chris Ellis	45.84
Philip Conway	40.88
M45 John Walters	36.64
Jack Kee	33.64
Pete Hallett	32.56
M50 Hugh Richardson	39.90
J Caton-Mason	32.06
Brian Sumner	30.60
M55 J A Watson	34.48
Jim Soutar	31.84
Phil McEvoy	26.80
M60 Bill Kingsbury	33.80
George Bridgeman	30.36
W G Prowing	30.06
M65 J Gercs	34.06
Les Williams	28.04
H P Wixey	24.88
M70 H Karlsson	28.36
B Metcalf	25.68
C T Fairey	21.04
W35 B Carter	36.02
W40 Barbara Terry	29.90
W45 Daphne Samuels	29.96
W50 E B Williams	26.68
A Williams	21.90
W55 Rosemary Chrimes	39.04
(Age-group WR)	
W65 Mary Wixey	13.88
<b>Hammer</b>	
M40 Phil Conway	43.20
Alan Norwood	37.80
J D How	36.99
M45 Jack Kee	44.60
John Curtin	31.10
M50 H Richardson	48.44
J Caton-Mason	44.62
Brian Sumner	35.90
M55 J A Watson	36.28
Phil McEvoy	35.56
Jim Soutar	33.50
M60 Bill Kingsbury	30.98
Derek Harper	23.84
M65 J Gercs	22.50
R Spikes	18.82
M70 H Karlsson	22.46
--- Metcalf	21.36
W40 B Terry	28.36
W45 Daphne Samuels	21.78
W50 E B Williams	32.94
W55 Rosemary Chrimes	35.10
(Age-group WR)	
<b>Javelin</b>	
M40 V Allen	47.60
E J Wippich	47.08
Alan Norwood	45.94
M45 George Eccles	48.34
Roger Bartlett	46.70
Brian Loten	42.96

M50 Joe Phillips	46.22
John Ross	40.40
G Ratcliffe	40.30
M55 Maurice Morrell	39.26
Don Marshall	34.56
Jack Cross	30.12
M60 W Prowing	31.22
Bill Kingsbury	25.40
Derek Harper	22.40
M65 Jack Swinton	27.00
J Gercs	25.46
M70 H Karlsson	28.66
C Fairey	19.54
M75 Roy Evans	15.28
M80 W Baker	18.74
<b>3000m Walk</b>	
M40 Robert Care	13:50.0
M45 Pete Hannell	13:37.3
Dave Stevens	14:07.3
R W Dodson	14:18.3
M50 Charles Dunn	14:58.1
Peter Markham	15:48.8
M55 Ken Livermore	15:42.7
Peter Worth	15:48.8
Doug Fotheringham	15:50.3
M60 D G Withers	16:36.8
Harvey Jaquest	17:17.8
M65 C Coleman	15:58.3
Len Creo	16:30.6
Harvey Harris	18:36.4
M70 A H Poole	19:27.8
M75 James Grimwade	16:41.9
W40 Carol Bean	16:27.2
Gale Cann	17:47.3
Sally Haynes	18:17.1
W45 P Wilson	19:07.3
W50 Pam Horwill	18:18.4
Yvonne Withers	18:23.0
W55 Mary Helenworth	16:14.6
W60 Rene Scott	19:41.2
<b>5000m Walk</b>	
M40 Robert Care	22:44.6
M45 Peter Hannell	24:02.7
R W Dobson	24:20.7
Dave Stevens	24:22.2
M50 Charles Dunn	25:34.9
Peter Markham	26:49.0
Bill Rawlins	28:25.1
M55 Peter Worth	26:51.8
D Fotheringham	27:08.9
Ron Purkis	27:40.8
Eric Horwill	30:14.9
M60 D Withers	28:17.6
Harvey Jaquest	29:46.5
Colin Gunn	34:03.5
M65 Len Creo	27:40.5
Charles Coleman	27:53.4
Harry Harris	33:03.5
M75 James Grimwade	28:50.8

Peruvian National Masters Championships; Lima, Peru; July 29

<b>100m</b>	
W35 Miranda Xuani	15.2
W40 Elena Cortez	16.4
Betty Huaman	18.5
M35 Jorge Ursilla	11.5
Masad Abushaibed	11.7
Roberto Gonzalez	12.3
M40 Nick Newton	12.0
Jorge Aleman	12.0
Tjen Verbeye	13.0
M45 Juan Hasegawa	12.6
Jose Perea	12.8
Jorge Nishida	13.9
M50 Celso Chavez	14.0
M55 Julio Chavea	15.2
Elias Quiroga	17.1
M60 Federico Zuniga	14.4
M65 Eugenio Mejia	15.0
M65 Carlos More	14.2
<b>200m</b>	
M35 Jose Urcia	23.7
Masad Abushaibed	24.2
M40 Jorge Aleman	24.5
Tjen Verhey	24.7
Teofilo Puma	30.8
M50 Nick Newton	24.5
Celso Chavez	29.8
Alejandro Galindo	30.3
M55 Julio Chauca	34.0
M60 Enrique Porras	36.3
M65 Carlos Mora	30.6
M45 Jose Perea	26.5
Guillermo Caceres	28.5
Humberto Medina	32.1
W35 Xuani Miranda	32.5
Teresa Huidobro	40.6
W40 Elena Cortez	35.9
W55 Maria Salas	35.0
W60 Teresa Yupanqui	42.8
<b>1500m</b>	
M35 Jose Quiroz	4:56.1
Manuel Soto	5:02.1
Carlos Hurtado	5:08.9
M40 Oscar Sumar	4:59.3
Jose Rodriguez	4:53.0
Jose Olazabal	5:00.7
M45 Adolfo Chavez	5:08.8
Carlos Arbaiza	5:27.2
Victor Cadena	5:41.4

M50 Jose Carreteros	5:30.3
Teofilo Puma	5:32.5
Luis Garcia	6:07.0
M55 E Callanaupe	5:26.3
Elia Quiroga	6:14.0
Blas Marina	7:32.2
M60 Humberto Palomino	5:54.3
M65 Anibal Revoredo	6:44.2
W35 Fabiana Castaneda	6:08.8
<b>3000m</b>	
W35 Erminda Delgado	11:34.0
<b>5000m</b>	
M35 Jose Quiroz	18:17.2
Antonio Hidalgo	18:34.4
German Rodriguez	20:01.8
M40 Oscar Sumar	17:31.7
Jose Rodriguez	18:37.6
Fermin Soria	18:43.6
M45 Adolfo Chavez	18:21.5
Humberto Medina	18:26.1
Damian Pereyra	18:51.2
M50 Jose Carreteros	20:12.6
Luis Garcia	22:11.4
Julio Rodriguez	24:08.6
M55 Miguel Garcia	19:08.3
E Callanaupe	19:21.1
Andres Vuhues	20:59.0
M60 H Palomino	22:40.0
R Pariasca	24:10.0
<b>110mH</b>	
M35 Roberto Gonzalez	18.1
<b>100mH</b>	
M50 F Gallegos	22.2
<b>400mH</b>	
M40 Juan Llerena	75.1
<b>4x100m Relay W35</b>	
Arequipa (Salas, Cortez, Huaman, Miranda)	1:05.6
M35 Lima (Leon, Aleman, Gonzales, Yorges)	48.4
M40 Arequipa (Olazabal, Zuniga, Juarez, Llerena)	49.8
M45 Arequipa	51.9
M50 Arequipa (Zuniga, Galindo, Gallegos, Chavez)	55.7
<b>High Jump</b>	
M40 Adolfo Zuniga	1.55
M50 Nick Newton	1.60
F Gallegos	1.30
M60 Hans Illman	1.20
<b>Long Jump</b>	
M35 Jose Ursilla	5.46
M40 Adolfo Zuniga	5.78
Juan Llereno	5.33
Leandro Moyo	3.50
M45 Enrique Cortez	3.71
M50 Fernando Gallegos	4.93
M60 Federico Zuniga	4.39
M65 Eugenio Mejia	4.27
W35 Xuani Miranda	3.47
Teresa Huidobro	2.93
W40 E Cortez	3.08
Betty Huaman	3.00
W55 Maria Salas	3.15
<b>Pole Vault</b>	
M35 Augusto Piqueras	3.30
Jaime Piqueras	2.80
M40 Adolfo Zuniga	2.70
Alberto Crisosto	1.80
M45 Jorge Nishida	2.60
Edgardo Polar	2.10
M50 Jose Chavez	2.50
Celso Chavez	2.20
<b>Shot Put</b>	
M35 Jose Godoy	9.53
M40 Dante Yorges	10.95
Oscar Zuniga	10.09
Adolfo Zuniga	10.02
M45 Edgardo Polar	9.41
M50 Jose Chavez	10.34
Cesar Valencia	8.55
Oscar Delgado	8.25
M60 Hector Menacho	12.55
Carlos Monges	10.89
Hans Illman	8.88
M80 Lothar Illman	5.40
W35 Susana Monges	8.85
W40 Betty Huaman	5.45
Luzmila Santana	5.34
W55 Mara Salas	6.10
W60 Julia Huapaya	9.23
<b>Discus</b>	
M35 Jose Godoy	34.44
M40 Dante Yorges	37.74
Oscar Zuniga	33.89
Alberto Crisosto	27.42
M45 Edgardo Polar	25.92
M50 Jose Chavez	33.40
Cesar Valencia	26.22
Oscar Delgado	25.98
M60 Carlos Monges	42.40
Hans Illman	25.12
Humberto Palomino	22.56
M80 Lothar Illman	9.72
W40 Betty Huaman	10.74
W60 Julia Huapaya	26.08
<b>3000m Walk</b>	
M40 Leandro Mozo	19:42
M45 Moises M	21:15
M55 Blas Marinas	22:17
M65 Eugenio Mejia	19:43

<b>Norwegian Championships Trondheim; July 29-31</b>	
<b>100m</b>	
M35 Kare Anot	11.53
Jostein Linge	11.95
H Gronningsaeter	12.05
M40 Stein Ohr	11.94
Steinar Smevli	12.15
Jon Kaashagen	12.16
M45 O Kringeland	12.45
Jon Gudding	12.66
Ragnar Myhre	12.79
M50 Harald Klakegg	12.91
Arne Jan Sand	13.05
Oystein Sorggaard	13.33
M55 Tore Hansen	12.89
Arvid Fjaerli	13.36
Rolf Ulleberg	13.79
M60 Svein Hoilo	13.22
Emil Rosand	13.70
Christian Boye	14.23
M65 Esten Guldseter	14.89
Eiler Nygardseter	15.26
Livar Brandvik	15.62
M70 Einar Flydahl	15.07
Teodor Solheim	15.48
Hand Nordengen	17.15
M75 Torgeir Brandvold	18.84
W35 Anne Grete Hoel	13.52
Arna Krogstad	13.69
Brit Stavseth	13.87
W40 Inger Kulstad	13.18
Grete Rivenes	13.69
Ranci Falch	12.89
W45 Trine Gotaas	13.81
Susanne Wold	14.14
Elise Waale	14.36
W50 Astrid Askvik	14.68
Grethe Bolstad	15.72
Tove Olsen	16.57
W55 Gerd Mjelde	15.62
Jorunn Nygard	16.47
Ase Rekkebo	16.50
W60 Kirsten Hveem	15.33
Bodil Hestmann	17.29
<b>200m</b>	
M35 Jostein Linge	24.49
Helge Gronningsaeter	24.56
Jan Dahler	24.75
M40 Stein Ohr	23.93
Steinar Smevoll	24.19
Jan Kaashagen	24.75
M45 O Kringeland	24.93
Ragnar Myhre	25.67
Johan Lein	25.76
M50 Tor Boifot	25.94
H Klakegg	26.24
Arne Jan Sand	27.46
M55 Tore Hansen	26.23
Arvid Fjaerli	27.40
Hilmar Knudsen	27.99
M60 Svein Hoilo	27.64
Emil Rosand	28.81
Harald Aanerud	28.98
M65 Per Gundersrud	31.31
E Nygardseter	31.64
Livar Brandvik	32.57
M70 Einar Flydahl	31.86
Willy Finnanger	33.96
M75 T Brandvold	35.88
Trygve Hovik	38.64
W35 Arna Krogstad	27.97
Anne Hoel	28.17
Brit Stavseth	29.13
W40 Inger Kulstad	26.95
Ranci Falch	28.75
Ragnhild Andersen	28.79
W45 Trine Gotaas	28.57
Susanne Wold	29.07
Elise Waale	29.74
W50 Astrid Askvik	30.91
Tove Olsen	34.83
W55 Ase Nyland	32.08
Gerd Mjelde	33.18
Ase Rekkebo	34.60
<b>400m</b>	
M35 Aksel Ovsthus	53.73
Einar Behrms	54.47
Svein Torgersen	55.42
M40 Stein Ohr	52.31
Steinar Smevoll	53.22
Jon Gudding	54.39
M45 O Kringeland	55.01
Gunnar Staur	55.87
Ottar Engtro	56.85
M50 Tor Boifot	57.16
Hakon Larsen	58.68
Harald Klakegg	58.71
M55 Johan Hesselberg	58.90
Tor Warnes	59.50
Tore Hansen	59.87
M60 Svein Hoilo	61.95
Harald Aanerud	65.39
Walther Olsen	69.85
M65 Eiler Nygardseter	69.12
Robert Hestmann	73.56
Tormod Haugan	77.54
M70 Willy Finnanger	72.25
Einar Flydahl	72.76
M75 Trygve Hovik	89.59
W35 Berit Krog	61.36
Anne Hoel	62.57
Arna Krogstad	62.75
W40 Inger Kulstad	61.52
O Haakensveen	62.31
Jorunn Sundal	63.42

W45 Susanna Wold	63.95
Trine Gotaas	64.79
Elise Waale	66.79
W50 Astrid Askvik	68.98
Tove Olsen	81.25
W55 Ase Nyland	71.79
Ase Rekkebo	77.63
W60 Bodil Hestmann	90.50
<b>800m</b>	
M40 Paul Dahl	1:59.7
Arnlot Lande	2:01.5
Jon Gudding	2:03.2
M45 Odd Bratland	2:03.3
K Weststad	2:06.7
Gunnar Staur	2:07.6
M50 Tor Boifot	2:11.1
K Mortensen	2:12.6
Hakon Larsen	2:15.9
M55 Johan Hesselberg	2:13.2
Tor Warnes	2:14.6
Leif Vagsmyr	2:17.8
M60 Vidar Rogdo	2:27.3
Jan Kystad	2:27.8
Christian Boye	2:46.1
M65 E Nygardseter	2:42.4
R Hestmann	2:51.1
Lars Oye	3:17.1
M70 Anders Solemslok	2:51.3
Hans Nordengen	2:56.4
M75 Trygve Hovik	3:29.4
R Naesje	3:32.1
W35 Ingvild Lein	2:21.9
Berit Krog	2:27.2
Bjorg Hillersoy	2:28.3
W40 O Haakensveen	2:24.1
Jorunn Sundal	2:27.7
Katharina Berge	2:34.4
W45 Marie Svevad	2:27.8
Susanne Wold	2:30.3
Reidun Johnsen	2:54.5
W50 Ragnhild Hanstvedt	3:12.4
W55 Ase Nyland	2:47.9



Continued from previous page

M60	Favard Lund	1.38
	Oystein Foldahl	1.38
	O Bjorgen	1.34
M65	G Skrivervik	1.40
	R Nordahl-Hansen	1.30
	Per Gundersrud	1.30
M70	Erik Stai	1.40
	E Svennevik	1.27
	W Finnanger	1.23
M75	Aksel Ellefsen	1.21
	Carsten Merling	1.17
	Kaare Sundal	1.17
W40	Randi For	1.50
	Grete Rivenes	1.45
	R Andersen	1.35
W45	Elise Waale	1.25
	Gro Nilsen	1.15
W50	Grethe Bolstad	1.35
	R Hanstvedt	1.10
W55	Kirsti Orheim	1.10
W60	Kirsten Hveem	1.20
<b>Pole Vault</b>		
M35	Einar Svendgard	3.80
M40	Ivar Bredholt	3.80
	Bjorn Mostel	3.40
	Ivar Nilssen	3.20
M45	Sverre Ofstaas	2.90
M50	Ingvald Saether	3.20
	Haldor Ytrehus	3.10
	Tjerand Lunde	2.90
M55	Jens Laenn	2.50
	Kurt Homme	2.40
	H Sobstad	2.30
M60	Jakob Rypdal	2.70
	O Kalland	2.40
	Kjell Egge	2.40
M65	R Nordahl Hansen	2.40
	Lars Oye	1.80
M70	Willy Finnanger	2.40
	Erling Svennevik	2.10
M75	T Brandvold	1.70
<b>Long Jump</b>		
M35	Ole Moller	5.37
M40	Ivar Bredholt	6.38
	T Furuly	6.11
	Arne Fostervold	6.08
M45	Kare Rano	5.85
	Osvald Kvam	5.52
	John Kr Skage	5.52
M50	B Skinlo	5.38
	Harald Klakegg	5.11
	John Broholt	4.84
	Magne Sund	4.06
	Audun Asen	4.97
	Ole Broholt	4.96
M60	Jakob Rypdal	5.20
	Oystein Foldahl	5.03
	Kristian Hegg	3.83
M65	Gudmund Skrivervik	4.97
	Esten Guldseth	4.86
	Per Gundersrud	4.36
M70	W Finnanger	4.19
	Einar Flydahl	4.03
M75	Aksel Ellefsen	3.28
	Normann Ryan	3.04
W40	Grete Rivenes	5.07
	Randi Falch	4.61
	R Andersen	4.44
W45	Elise Waale	4.24
W50	Grethe Bolstad	3.97
	Astrid Askvik	3.61
	R Hanstvedt	3.32
W55	Jord Mjelde	4.00
	Gerun Nygard	3.48
	Ase Holt	3.45
W60	Kirsten Hveem	3.93
<b>Triple Jump</b>		
M40	Ivar Bredholt	12.32
	Arne Fostervold	12.27
	Jostein Myrvang	12.17
M45	Arild Maehlum	11.18
	Arvid Bjorgum	11.10
	Magnar Klakegg	11.04
M50	B Skinlo	11.59
	John Broholt	10.72
M55	Jens Laenn	10.92
	Audun Asen	9.60
	R Uilleberg	9.93
M60	Jakob Rypdal	11.36
	O Foldahl	10.36
	O Bjorgen	8.26
M65	G Skrivervik	10.19
	Esten Guldseth	9.52
	Per Gundersrud	9.04
M70	Teodor Solheim	9.81
	Einar Flydahl	8.46
	E Svennevik	7.73
<b>Shot Put</b>		
M35	Per Eide	12.42
M40	Aril Busterud	13.50
	Jan Nyström	12.46
	Harald Lorentzen	12.06
M45	Odd Leonardsen	12.90
	O Uilleberg	12.08
	Kjell Fossen	12.02
M50	B Band Andersen	16.20
	Nils Borstad	13.86
	B Heggelund	13.68
M55	Arne Saether	13.04
	Tarald Rui	12.22
	Stein Haugen	12.04
M60	Per Stavem	12.64
	Olaf Amundsas	12.14
	R Eimhjellen	11.16

M65	G Skrivervik	11.30
	Harald Nordam	10.24
	Per Gundersrud	9.84
M70	Erling Svennevik	12.56
	A Reigstad	10.76
	Ivar Hovde	10.56
M75	Olav Reigstad	10.30
	Carsten Merling	10.12
	Kaare Sundal	10.10
M80	Kaare Solnordal	11.59
W35	Inger Holmrunn	6.56
W40	Grete Rivenes	9.92
	Inger Kulstad	9.41
	Randi For	8.87
M45	Grete Bergland	7.64
	Elise Waale	7.62
W50	Svanhild Tempde	10.08
	Grethe Bolstad	9.79
	Astrid Askvik	9.20
W55	Jorun Nygard	8.52
	Ase Holt	6.51
W60	B Hestmann	8.61
<b>Discus</b>		
M35	Per Eide	40.54
M40	Harald Lorentzen	42.64
	A Busterud	41.78
	Jan Nyström	41.20
M45	Tormund Lislerud	43.66
	A Bjorgum	34.54
	Vidar Haagelsen	34.42
M50	Bjorn Heggelund	46.70
	Nils Borstad	38.56
	Jan Sommersteth	38.54
M55	Stein Haugen	45.52
	Arne Hegre	41.34
	Tarald Rui	41.04
M60	Olaf Evjenth	47.20
	Per Stavem	43.50
	Einar Roberg	40.90
M65	Helge Fossnes	40.20
	G Skrivervik	38.90
	Olaf Bjerk	35.40
M70	Erling Svennevik	37.00
	A Reigstad	34.60
	E Hamre	32.90
M75	Carsten Merling	30.00
	Olav Reigstad	29.60
	Olav Jossing	28.10
M80	Kaare Solnordal	21.50
W35	Inger Holmrunn	23.40
W40	Randi For	28.52
	R Andersen	24.52
W50	Grethe Bolstad	25.40
	A Askvik	22.56
W55	Jorun Nygard	18.24
W60	Kirsten Hveem	19.12
	B Hestmann	18.04
<b>Hammer</b>		
M35	Rolf Sunde	35.80
M40	A Askvik	52.14
	J Myrvang	43.54
	Svein Husby	40.60
M45	Odd Leonardsen	36.52
	V Haagensen	33.42
	Jan Gjermshus	32.94
M50	Kare Lothe	55.36
	Ove Haugskott	46.00
	Audun Holme	45.30
M55	Erik Sandnes	44.36
	Arne Saether	42.02
	Arne Hegre	40.84
M60	Per Stavem	38.58
	Olaf Bjorgen	36.04
	Odd Rygg	35.16
M65	H Fossnes	34.88
	Henry Fossum	28.32
	T Thorsen	26.70
M70	Erling Svennevik	34.68
	Eivind Hamre	25.82
M75	Kaare Sundal	31.20
	Olav Reigstad	27.46
M80	Kaare Solnordal	14.64
<b>Javelin</b>		
M35	Bjorn Grimmes	60.86
	Rolf Sunde	48.46
	Arnulf Aa	45.46
M40	H Lorentzen	60.10
	Oyvind Aase	59.84
	Edgar Hagen	53.44
M45	Svein Foss	49.50
	Kjell Fossen	46.10
	Vidar Haagensen	44.72
M50	Jan Sommersteth	41.46
	Kare Sommersteth	40.60
	R Thomassen	39.72
M55	Egil Danielsen	30.56
	Age Kirkeby	36.60
	O Tullerud	31.52
M60	Einar Roberg	47.24
	Havard Lund	39.82
	Odd Rygg	35.90
M65	G Skrivervik	39.06
	Harald Nordam	34.08
	Edmund Ree	31.54
M70	A Reigstad	31.40
	Olav Nyvoll	31.08
	Erling Svennevik	29.06
M75	T Brandvold	22.46
	Aksel Ellefsen	22.34
M80	Kaare Solnordal	14.34
W35	Synnove Helstad	26.70
W40	Inger Kulstad	26.26
	R Andersen	21.60
W45	Elise Waale	24.16
W50	Grethe Bolstad	32.42
W60	Bodil Hestmann	19.72
	*WR-new javelin	

# LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

## NATIONAL

National Masters 10K  
Asbury Park, NJ  
August 13

<b>Overall:</b>		
Keith Brantley	\$3000	29:35
Anne Hannam	\$3000	32:37
M40 Larry Olsen	\$1750	31:34
Mike Hurd	\$750	31:41
Bob Schla	\$700	31:59
Barry Brown	\$200	32:07
A. Belligne	\$100	32:19
W40 Barb Filutze	\$1750	36:07
Laurie Binder	\$750	36:40
G. Andersen	\$300	37:11
Angella Hearn	\$200	37:44
Nancy Oshier	\$100	38:15
M45 Mike Hoffner		33:26
Ted Haiman		33:55
Sam Skinner		35:14
Mike Holbrook		35:49
Gabriel Bernal		35:56
W45 Lina Tattersall		39:43
Lina Connors		40:50
Mary Shaver		43:10
Carole Lelli		44:30
Ruth Fredenthal		44:36
M50 Bill Olrich	\$500	34:06
Fay Bradley	\$100	35:03
Bill Johnston		35:08
John Dugdale		36:12
Herb Townsend		36:27
W50 Sofia Turosz	\$500	39:52
D. Avertini	\$200	40:44
H. Bedrock	\$100	41:48
Margaret Betz		42:49
Lisa Praskins		43:44
M55 Norm Green	\$200	34:43
Hal Higdon		36:23
Jay Sturdevant		37:58
Ed Stabler		38:31
Bill Johnson		39:29
W55 Toshiko D'Elia		43:49
Thelma Wilson		50:38
Cassie Bazar		51:38
Melva Murray		53:41
Ethel Autorino		55:24
M60 Howard Rubin	\$200	38:41
Bill Fortune	\$100	40:40
Jim O'Neill	\$50	40:46
Dick Benson		41:16
George Thompson		41:57
W60 Edith Farias	\$200	54:04
Mary Norckane	\$100	54:07
Helen Dempsey	\$50	55:21
Mary Oppenheimer		59:53
Beryl Pfizer		63:52
M65 Anthony Napoli		41:18
John McManus		42:34
Jack Start		44:19
W65 Becky Yencharis		66:18
Betty Lussier		71:36
Lucille Mancini		77:55
M70 Ed Vuolo		44:19
Vincent Carnevale		46:35
Austin Newman		47:48
W70 Pearl Mehl		69:25
Mary Haines		69:47
Althea Jureidini		71:33
M75 William Brobston		50:15
Vernon Geary		56:33
M80 Ed Benham		46:35
M85 Max Popper		67:53
Jacob Bishin		97:46

## EAST

Prefontaine 5K  
Bronx, NYC; July 10

<b>Overall</b>		
Jim Atkins	27	16:30
Angela Cote	19	20:24
M35 Neil Feldman		18:35
M40 Jose Jimenez		17:32
M45 Sidney Howard		17:39
M50 Walter Vinson		19:22
M55 Eric Seiff		20:04
M60 John Corrigan		21:48
M70 Vince Carnevale		23:20
M80 Max Popper	85	35:25
W35 Diane Hawkins		21:51
W40 Marjorie Kos		25:32
W45 Marilyn Mitchell		24:20
W50 Nancy Fraser		27:13
W55 Melva Murray		27:01

Long Island Summer 5K  
Championships, Long Island,  
NY; July 16

<b>Overall</b>		
Kathy O'Brien		16:15
Angella Hearn	W40 5th	17:42
W35 Kathy Martin		17:47
W40 Chris Hearn	Grennini	18:16
W45 Lina Connors		19:16
W50 Bertha Bellinghouse		21:20
W55 Eleanor O'Toole		25:13
W60 Edith Farias		25:01
Althea Wetherbee		27:16
Gladys Simonsen		27:36

Fredonia Fireman's 5K  
Fredonia, PA; July 20

<b>Overall</b>		
Malcolm East	32	15:00
Diane East	31	17:26
M35 Butch Alexander		16:12
M40 Ron Slozat		16:58
M45 Jim Waldorf		17:13
M50 Ralph Ross		17:52
M60+Lou Lodovico		19:44
W35 Ruth Snolinski		22:17
W40 Barb Filutze	2W	17:40
W45 Tina Fargo		22:04
W50 Beverly Hogan		26:00
W60+Eleanor Sunderlin		43:21

Sea Isle City Half-Marathon,  
Sea Isle City, NJ  
August 20

<b>Overall:</b>		
Bob Pyott		1:04:46
Kathy Latz		1:23:56
M40 Fred Deork		1:15:22
Bill Moreland		1:15:54
Mike Naples		1:16:36
W40 Carole Lelli		1:27:30
Bette Ferrante		1:42:27
Susan Freeland		1:52:15
M50+Herb Townsend		1:12:57
Mike Bertolini		1:26:51
Tom Scott		1:29:48
W50+Janet Dowsett		1:55:30

Hispanic Half-Marathon  
Central Park, NYC;  
August 21

<b>Overall</b>		
Danny Dickenson	28	1:08:12
Pamela Fanning	24	1:21:31
M40 Hector Vargas		1:15:03
J L Seymore		1:16:24
Edgar Sandoval		1:18:03
M45 Gabriel Bernal		1:16:50
Sam Skinner		1:17:27
Manfred Skinner		1:17:31
M50 Gerald Lopez		1:18:37
Jerzy Sulek		1:23:34
Abraham Bernstein		1:29:09
M55 Ken Karcher		1:28:21
Joe Burns		1:30:19
Frank Dudley		1:30:52
M60 Art Bowen		1:38:20
Terence McGinnis		1:38:42
Jim Stotzlfus		1:42:27
M65 William Coyne		1:38:08
Tom Gibbons		1:41:16
Peter Mahta		1:43:44
M70 Vince Carnevale		1:41:59
Frank Vaccaro		1:49:26
Wilfredo Rios		1:53:05
W40 Ann Davies		1:35:42
Alice Bruck		1:42:06
Linda Kelley		1:44:12
W45 Linda Geppert		1:41:22
Angela Conte		1:43:25
Ninett Texidor		1:44:03
M50 Zofia Turosz		1:30:40
Lisa Praskins		1:36:38
Thelma Wilson		1:42:16
M60 Aslaug Tomas		2:02:15
Barbara Beck		2:17:18
M70 Althea Jureidini		2:32:20

Back To Work 4 Mile  
Central Park, NYC;  
August 28

<b>Overall</b>		
David Diaz	26	



Continued from previous page

Midwest Masters Age-Graded 10K; Momenca, IL; August 13

Table with columns: Men, Place, Actual, Adjusted. Lists race results for various age groups.

Table with columns: Women, Place, Actual, Adjusted. Lists race results for various age groups.



Metro-Macomb Runners 5K Mt. Clemens, MI; August 10

Table with columns: Overall, Name, Time. Lists race results for various age groups.

Metro-Macomb Runners 5K Mt. Clemens, MI; August 21

Table with columns: Overall, Name, Time. Lists race results for various age groups.

Bobby Crim Run 10-Mile Flint, MI; August 27

Table with columns: Name, Time. Lists race results for various age groups.

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WEST

Dipsea 7.1 Mile Age-Graded Run Mill Valley, CA

Table with columns: Overall Results, Name, Time. Lists race results for various age groups.

America's Finest City Home Federal Half Marathon San Diego; August 21

Table with columns: Overall, Name, Time. Lists race results for various age groups.

Table with columns: Name, Time. Lists race results for various age groups.

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INTERNATIONAL

BVAF Half-Marathon Championships Welwyn, Hertfordshire; August 21

Table with columns: Name, Time. Lists race results for various age groups.

1987 Half-Marathon Rankings, Continued from Page 33

TACSTATS/USA 1987 Rankings: Half Marathon - Women

Large table with columns: Division, Rank, Time, Athlete Name, City, State, Age, Date, Race Name. Lists top performers in half-marathons across various states.

MID-AMERICA

Cornhusker State Games 10K; Lincoln, NE; July 16

Table with columns: Overall, Name, Time. Lists race results for various age groups.

11th Annual Jim Emmerich 15K; Brookings, SD; August 6

Table with columns: Name, Time. Lists race results for various age groups.

Pikes Peak Ascent (August 20) and Marathon (August 21) Manitou Springs, CO

Table with columns: Name, Time. Lists race results for various age groups.



SOUTHWEST

Cindy Sharry Memorial 5K Geary, OK; August 27

Table with columns: Overall, Name, Time. Lists race results for various age groups.



**F**or the runner  
who wasn't born  
yesterday . . .

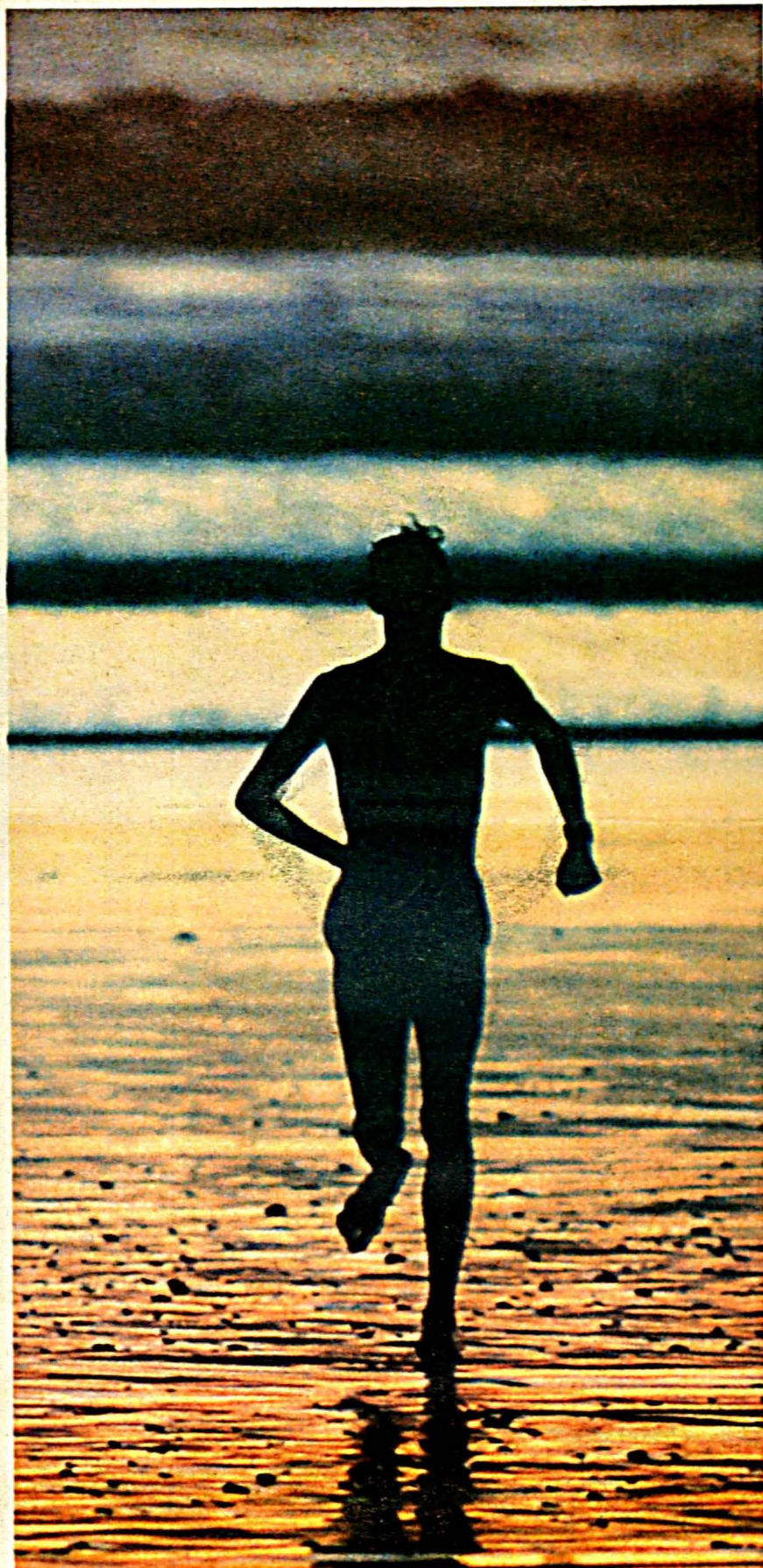
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