



# NATIONAL MASTERS NEWS



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

85th Issue

September, 1985

\$1.50



Top U.S. Masters runners at the International 25K Championships in Brugge, Belgium on June 16. From left: Norman Green, 2nd M50 in 1:22:34; Barry Brown, 2nd M40 in 1:19:59; Ruth Anderson, 3rd W55 in 1:58:42; Jim O'Neil, 1st M60 in 1:32:52.

## Three U.S. Records Set In Nor Cal Meet

Drizzling rain didn't bother the participants in the annual Northern California Seniors Track and Field Classic at the University of California in Berkeley on July 20.

The increasingly popular meet, well-organized by Mark Grubi and the Nor Cal Seniors Track Club — and held on the fast Edwards Stadium track — drew entrants from up and down the West Coast.

Three American age-division records were set: Ruth Anderson, 55, raced to a 12:34.3 in the 3000-meter run to establish a new U.S. best for women age 55-59. The old mark was 13:34, set by Marcia McChesney earlier this year.

Ross Carter, 71, upped his own shot put mark for men 70-74 by over four inches with a heave of 45-5/8. Jaclyn Caselli, 64, lowered the W60 3000 record to 12:56.9, breaking arch-rival Pat Dixon's 1980 mark of 13:38.2.

There were dozens of other top performances. Among them:

- George Cohen's 1:59.7 in the M45 800.
- Ray Hatton's 9:10.2 in the M50 3000.

Continued on page 8

## 1st Master Key Meet Draws 167

by GENE WILLIAMS

Hot performances were turned in during the cool of the evening at the first annual Master Key Track Championships held at Howard High School between Baltimore Md. and Washington D.C. on July 20th.

One hundred and sixty-seven athletes competed in the 17-event meet including the unique 200-meter low hurdles. The heaviest turnout in the meet was in the under-50 age groups.

The 200 meter dash provided the night's best depth as Alfonzo Walton, 34 of the Potomac Valley Seniors clocked 22.8 to take the 30-39 age group and pull the entire field of eight under 25.0. Don Brown of Glen Burnie, Md., posted a 23.6 in the 40-49 division to best Dhamiri Abayami of Camden, N.J.

Brown and Abayami shared the same positions in the 400-meters, running 52.5 and 54.4 respectively.

In the 100-meters, Walton sprinted

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## COHEN SETS WORLD 800 MARK

LOS GATOS, California. August 3. George Cohen, 45, of Los Angeles, had been flirting with the world age 45-49 800-meter record of 1:57.9 all year.

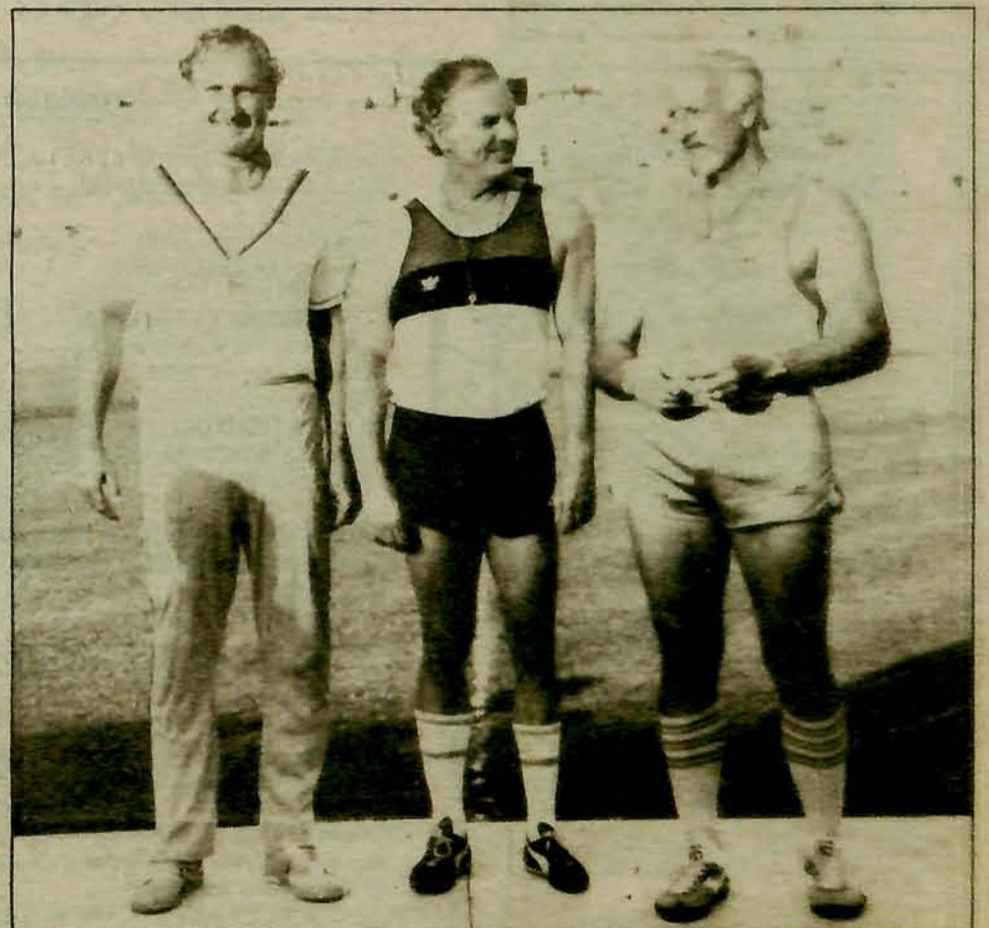
He had rung up a couple of 1:58's — and a 1:59 or two — in early season meets. He had hoped to get the record at the VI World Veterans Games in Rome, but couldn't make the trip.

So, here he was, on a hot August afternoon at the WAVA North American Masters Track & Field Championships in this nestled-by-the-hills suburban community near San Francisco, ready to try again.

The race combined the M40 and M45 age groups, and had two other 2-minute men in it — LA's Mel Elliot, M45, and Vancouver's Barry Adams, M40.

Cohen took the lead immediately, with Adams and Elliott in hot pursuit. They were together after a 57+ first

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M50 discus medalists on the victory stand in Rome: From left: (Parry O'Brien, USA, (1st-53.86); Peter Speckens, West Germany 2nd-53.16); Carmela Rado, Italy (3rd-49.90).



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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

ENJOYING MASTERS  
PARTICIPATION

At age 67, I am delighted and thrilled to have won my first gold medal in race walking in the TAC Western Regional Masters Track Meet in San Diego on June 8.

Although I have been active in golf, swimming and aerobics, I had never considered myself to be athletic, nor had I ever thought of entering serious competition. This experience has opened up a new challenge for me. I never expected to set any world records, but who knows what the future holds? I'm having a great time and am enjoying better health because of the Masters.

I only wish others in my peer group would take courage and get moving.

Marion Cahill

San Diego, California

Bruce Springbett and the Los Gatos Athletic Association did an efficient job at the WAVA North American T&F Championships. The events were run smoothly and on time. I couldn't ask for more.

I enjoy the competition and friends I'm meeting at each meet and look forward to several more years of competition, especially if meets go as well as this one.

Jean Stratton

South Lake Tahoe, California

To cope with a low-back problem involving sciatica, I took up jogging, running and swimming as an alternative to medication. It has been physically rewarding. I received a silver medal for competing in a 5K race walk, and won a gold medal in the 800, 400 and 100 meter runs. It has been rewarding to my self-esteem and morale, and has motivated me to improve.

I have shared winning these medals with family, friends and associates, and have motivated four people to participate in physical fitness endeavors.

Imogene Mitchell, 63

Lemon Grove, California

## AGE RECORDS

The comments about Masters Age-Group Records (June NMN) were helpful. We appreciate Records Chairman Pete Mundle's efforts to set high standards.

However, shouldn't women be entitled to the same 5-year age group records (75-79 and 80+) as men? I know we don't have as many women as men competing in these brackets, but if we want to encourage older women to compete, a good goal would be an age record to break.

The same is true of 85+ men, like Paul Spangler. The older one gets, the tougher it is to get out there and really train. An incentive helps. We can never expect to have as many competitors in

the 70+ groups as in the younger brackets. To say: "we're waiting until we get more competitors" makes me wonder how many "more" we'll ever get in the 85+ group no matter how long we "wait."

Polly Clarke

Estes Park, Colorado

## SOMALIA NEEDS YOUR HELP

I hope that an American representative in a developing country can call on the U.S. Masters community for a little non-monetary assistance.

Somalia is a country with a lot of potentially great runners. Probably sixty percent of Somalis are still nomadic animal-herders who, on occasion, do 30 or 40 miles a day with their camels, looking for forage and water. A few Somali runners have done well in international competition. We recently brought an American track coach to Mogadishu, and he ran a two-week track clinic which seems to have been successful.

The other factor I want to mention is narcotics. While the kind of drugs that plague our country are not now a problem here, Somalia, like other neighboring countries, has been plagued by **Qat**, a narcotic leaf which, when chewed, is said to cut back noticeably on an individual's work output. **Qat** is now banned in Somalia.

Continued on page 9

## NATIONAL MASTERS NEWS

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## Zimmerman, Dalrymple Win \$500 In Utica

Ralph Zimmerman and Cindy Dalrymple each picked off the top Masters prize of \$500 in the 8th annual Utica Boilermaker 15K Run on July 14.

A record 3134 runners signed up for the event and 2627 finished the challenging course, which winds through the parks and streets of Utica, N.Y. The runners fought through temperatures that reached into the high 70s and humidity that climbed to 73 percent.

Zimmerman, of North Tonawanda, N.Y., sped to a 35-second win over Jerry Smith of Syracuse, 51:05 to 51:40. Smith won \$300, with Kirk Randall (51:10, \$200) and Ray Kneer (52:21, \$100) sharing the award money.

Dalrymple, of Arlington, Virginia — the all-time leading Masters money-winner — turned in a workmanlike 59:02, five minutes off her U.S. W40-44 record, but good enough for a 5-minute win over Gloria Jenkins of Mount Holly, N.J., whose 64:36 netted her \$200 second prize. Barbara McLeod (66:57, \$150) and Betsy O'Neill (67:22, \$100) also found the trip worthwhile.

Cash was also awarded to the 50-and-up division, with John Dugdale of Ridgefield, Connecticut (54:10) and Anny Stockman (64:27) each pocketing \$300.

Jerry Kiernan (44:42) and Judi St. Hilaire (50:35) each won the first place open prize of \$2,000. □



One minute until race time as the runners prepare for the eighth annual Utica Boilermaker 15K on July 14.



M50 runners line up for 800-meter heat in World Veterans Games in Rome on June 25. From left: 3108, Hari Chandra, Singapore (2:17.90); 3226, Jack Randolph, USA (2:41.46); 3442, George Gluppe, Canada (2:15.50); 3542, Kield Nielsen, Denmark (2:31.48); 3249, Hans Borgmann, West Germany (2:24.55); 3574, Louis Vink, Holland (2:10.76). Only Vink qualified for the finals, where he placed third.

## Little, Cohen, O'Brien Star In Long Beach

The Southern California Strider Relays at Long Beach University in Long Beach, California, on July 27, featured a truncated track schedule, four relays, and a full field program in this 10-year-age-division meet.

In the only sprint of the day, Frank Little won the M40-49 100m in the day's best 11.10, edging Walter Butler's 11.20.

George Cohen won the M40-49 1500 from Mel Elliott, 4:16.09 to 4:17.45.

Hugh Adams' 41.73 in the M40-49 300mIH was the fastest in the event.

Of the relays, the M40-49 San Diego AA quartets won the 4x100m relay, 48.24, and the sprint medley, 4:07.70.

In the field events, Parry O'Brien teased his M50 discus world record of 185-9 with a 184-10. Dave Douglass won the M50-59 hammer with 131-8.

The Trojan Masters crew of pole vaulters dominated, led by Submasters Leon Roach's 14-0, and Marden Connelly's M-40-49 13-0 win. □



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

## Put this in your master plan—

Sunday, October 13, 1985  
at 9 a.m. sharp.

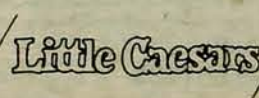
Master runner or novice:

Here's a glorious opportunity to test yourself in an international marathon. The Detroit Free Press International Marathon sets an exciting course that runs a mile underwater through the Detroit-Windsor tunnel and winds along fall color-splashed paths. It's an experience to savor.

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

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

Sponsored by:



## Detroit Free Press International Marathon

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



## Masters to Vie for \$27,500 in Twin Cities

The Twin Cities Marathon from Minneapolis to St. Paul on October 6 is shaping up as an event to rival the Chicago, New York and Boston Marathons.

\$161,000 will be awarded in prizes, with \$27,500 of that going to Masters runners.

Handicap times have been established for the age-graded competition. For each five-year age group, these times are based on the five American age records for that group. The slowest and fastest age records are discarded, and the other three averaged. Here are the results:

Age Group	Target Times			
	1985		1984	
	Men	Women	Men	Women
35-39	2:16:12	2:35:48	2:18:07	2:35:48
40-44	2:22:46	2:45:36	2:22:46	2:45:36
45-49	2:29:25	2:55:54	2:29:25	2:56:35
50-54	2:30:20	3:00:48	2:32:31	3:00:48
55-59	2:35:15	3:14:09	2:35:15	3:15:16
60-64	2:48:22	3:34:44	2:48:22	3:34:19*
65-69	2:50:08	3:34:44	2:50:39	4:21:13
70 & up	3:18:53	3:34:44	3:18:53	4:40:54

\* Miscalculated in 1984

Men 70 and up will all have to deal with the 70-74 averages, and similarly for women 60 and up. "These are appropriate points to cut off the age-

graded competition," race director Jack Moran says. "There are not yet enough data to justify continuing the

## National Masters News

The only U.S. National publication devoted exclusively to track, field, long distance running and race walking for men and women over age 30.

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calculations for the higher age groups."

The above target times will be subtracted from the actual finishing times of all men and women over age 35. The top 14 handicapped times will earn the owners from \$4,000 down to \$250. The first man and woman over age 40 will have their awards increased to \$4,000 each.

Among the Masters entries are Guenter Mielke, David Clark, Barry Brown, Bruce Mortenson, Bill Venus, Fritz Mueller, Ernie Billups, Fay Bradley, Norman Green, Bill Foulk, Clive Davies, Diane Palmason (last year's big winner), Margaret Miller and Karen Scannell. New Zealand's great Jack Foster, 53, also entered but has cancelled, saying "my training has not gone as well as I'd hoped." □

## CLARK WINS WORLD VETS 25K

David Clark of Great Britain was the winner of the 18th Annual World Veterans (IGAL) 25K Championships in Lytham St. Annes, England on June 9 in a time of 1:20:03. Allan Rushmer was second in 1:20:49, with Tim Johnston third in 1:21:15.

Tecwyn (Taff) Davies, the winner of the previous day's 10K Championships (see page 1, August NMN), took fourth — and 1st M45-49 — in 1:22:14. Derek Lawson topped the 50-and-overs in 1:26:00, with America's Norman Green second in 1:27:52.

Britain's Brenda Yule led the women in 1:37:19, as California's Ruth Anderson took second W55 in 2:02:49.

Reigning U.S. champ Barry Brown, who suffered his first-ever Masters defeat in the 10K at the hands of Davies and Rushmer, eased to a 1:24:28 14th place finish. □

## West Penn TC Wins Eastern Regionals

The Western Pennsylvania Track Club, on its home turf at Slippery Rock University and buoyed by convincing victories from its 30-39 (84 points) and 40-49 (86 points) groups, was able to fend off the New York Masters, despite a NYM win (120 points) in the 50-59 group, to take the overall team championship in the TAC Eastern Regional Masters Championships on June 16. The West Penn TC finished with a 294 total to the New York Masters 233. The Over The Hill TC took third with 147.

The outstanding performance may have been that of Gloria Brown, 53, of the Buffalo Belles and Braun, who won the W50 10000 with 43:08.5 and the 5000 walk with 30:24.5.

The intense team competition in the Eastern Region may cause some club athletes to re-live their high-school and college track careers, when overzealous coaches sometimes pressed athletes into service for the league finals because "we need the points." Among the more interesting fetes in this meet were those of NYM's Haig Bohigian, who took M45 wins in the 100m, 200, 400, 800, triple jump, javelin and the 5000 walk! □

## CORRECTION

The results of the IGAL 10K Championships in Lytham St. Annes, England (August issue) mistakenly listed Thomas Simcock of Great Britain as the winner of the M60 division in 35:01. The actual winner was Jim O'Neil of San Diego in a new U.S. 60-64 record time of 35:01. Simcock had mistakenly been given O'Neil's number in his packet.



WAVA Executives Owen Flaherty (l) and Don Farquharson (r) discuss problem with World Games director Cesare Beccall: in Rome.

photo by Gretchen Snyder





# MASTERS TRACK & FIELD REPORT

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

From the East coast to the West coast I have received a fantastic, enthusiastic response from individuals and TAC associations interested in submitting a bid for the 1989 World Veterans Track & Field Meet. Many thanks for your encouraging words and support.

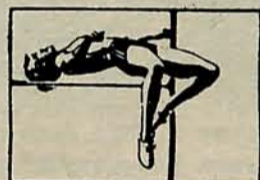
At Indianapolis we will set up a committee or committees to organize the mechanics and procedures for submitting a bid. Our bid must formally be acted on in 1987 in Australia. There may well be other countries interested. Bidding for the meet will be supported by TAC/USA, and formally approved by TAC as our governing body. At this time I don't feel it would be fair to try to get all the bids together by the 1985 TAC/USA Convention. The National Convention in 1986 may cut the bidding process a little close for Australia, but it will give interested associations a full opportunity to get their acts together and present a serious bid.

I'll have more details next month after Indianapolis.

The information I have now is that the 1986 National Meet will be held July 18th, 19th, and 20th in Long Island, Mitchell Field. This date should please a number of competitors who feel that holding the National Meet late in August extends the season too long. Because of the difficulty in scheduling facilities, it may never be possible to set a specific time of month, i.e. 2nd, 3rd, 4th weekend in July or August, so we will have to stay fairly flexible. For some, the outdoor schedule does not get started until the middle of June. However, I do appreciate your impute as to the appropriate time for the National Meets.

Thinking back over our trip to Rome, Dot and I have many fond memories. However, one incident sticks out in our minds as typical of the entire trip. Rome cab drivers have a reputation, which, though mythological in nature is true, of being able to take the mass of their cabs and move it directly through a solid mass of other motor vehicles as though it were invisible - they are invincible, and proud of their capabilities. I'll admit they do have a tendency at times to show their emotions to others. As Dot and I went to the stadium early in the meet, carrying my vaulting pole on top of a cab, we were weaving our way through the maze of traffic in typical fashion. A nondescript car drove up on our

right. The driver pointed, he waved, he rolled down his window and gestured. Our driver pointed, shouted, and waved his arms. It sounded bad. The light changed and the race started. We won the race to the next light, and the nondescript car pulled up on our left. More words, more shouts, more waving of arms. Our driver rolled his window down. The other driver did the same and leaned over to his back seat. Dot and I were ready to duck the bullets. The other driver raised up his hands close together, filled with fresh, gorgeous cherries. He reached across the space between the cars and passed them over to our driver, and pointed to us. Our driver took them and gave them to us, everybody laughed, the light turned green, and the race started again. That episode put us in to the spirit that carried us all the way through the rest of our trip. It was great! I hope that whenever the 1989 Games are held, the host city can get all of its citizens to welcome the competitors, families, and friends in a similar fashion. □



## McDermott Ups Hammer WR at Brown

The 194 entrants in the 2nd Annual Brown University Masters T&F Invitational in Providence, R.I. on July 28, set one age-group world record, an American age-group mark, and 115 age-group meet records — 53 in the running events and 62 in the field events.

Tom McDermott upped the M65 world record 2 inches to 151-10 with the 5k hammer. Jack Boitano set an M50 national record in the 5000 walk with 24:09.

The meet records included Larry Colbert's M45 wins in the 100m (11.6), 200 (23.4), and 400 (52.1). Manfred d'Elia established M75 records in the 200 (33.6) and 400 (79.3). Alan Cohen won five events and placed in four more.

The event was staged by Brown U coaches Bob and Anne Rothenberg. □

# MILLROSE AND GUINNESS

Present

## THE NATIONAL MASTERS

(Men & Women)

### 15 Kilometer Cross-Country Championships

(TAC Sanctioned)

#### Van Cortlandt Park, Bronx, New York

Sunday, November 17, 1985 - 11:00 AM

with the cooperation of the

City of New York, Department of Parks & Recreation

Edward I. Koch, Mayor

Henry J. Stern, Commissioner



Souvenir T-shirts (not guaranteed to post-entrants), Awards Ceremony and complimentary buffet after race at Terminal Bar, (242nd Street and Broadway) and KALIBER (imported beer without alcohol) at finish line—all from GUINNESS.



Age Group Awards/Men and Women (6 each) 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Team Awards (3 places) 40-49 and 50-59 (5 Men • 3 Women) 60-69 and 70+ (3 Men • 3 Women)

Unlimited Team entry. If entering more than one team (or if an individual is competing in a lower age group), team must declare in writing, half-hour before race to Meet Director. Lockers available (bring lock) at Stadium (242nd Street).

**Directions:** Subway; Broadway IRT #1 local to 242nd Street (last stop) then walk North to start on Flats. Car; from Major Deegan Expressway, Exit at Van Cortlandt Park South, Turn West 1 block to Broadway. Turn right (North) to Start. Parking on street.

**Check-In:** At Start. 9:30-10:30 AM

**Entry Fee:** \$5. (post. \$7.) Checks payable to: Millrose Team



**Mail To:** Kurt Steiner, Meet Director; 1660 E. 21st Street; Brooklyn, NY 11210; Tel: (718) 336-3025 (evenings) (212) 860-4455 (days) - Millrose Coach: Joe Kleinerman.



CUT ALONG DOTTED LINE

### TAC MASTERS 15K CROSS- COUNTRY CHAMPIONSHIP November 17, 1985

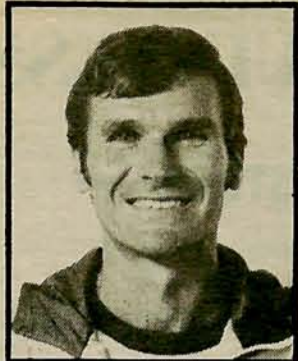
Place	Time	Runner's Number

FOR OFFICE USE ONLY

Last Name			First Name			Int.
Sex	Age	Birth Date		Area Code		Phone
M   F	on race day					
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# THE GUN LAP

by MIKE TYMN

## Big Rock — Part II

### Weakness Wins Over Strength

*(Editor's Note: In the June issue of NMN, Mike Tymn wrote about his conversations with Koujun Oheiwā, a Japanese zen priest, who spent two weeks with the Tymn family during April. Oheiwā, whose name translates in English to Stone or "Big Rock," counseled Mike on his inability to cope with the effects of aging on his running performance.*

*"The problem is that you are in a race with death. It is a race you cannot win," Big Rock told Mike.*

*"You must turn and confront him (death) before he catches you," was Big Rock's advice to Mike.*

*Big Rock also cautioned Mike about trying too hard. "Effort, yes; strain, no," he said. "The samurai who wields his sword with strain, even in practice, will find death before the time is right. The archer must learn in practice to release the arrow with ease if he is to find his target when it is meaningful."*

*In this issue, Mike relates more of his dialogue with the Japanese zen master.)*

Although I had read several books on zen and was able to grasp much of the subject, I could not reconcile the mastery of the martial arts, so often associated with zen practitioners, with the zen teaching of total humility and indifference to winning. How could a great samurai perfect his technique and excel as a warrior if he lacked the desire to win? What motivated him to put in endless hours of training? I pressed Big Rock for answers.

"Your understanding is correct," Big Rock said, smiling. "The person intent only on victory is doomed to ignominious defeat. It is the person who does not concern himself with winning who will emerge victorious."

I pointed out that many great athletes are clearly driven by the desire to win, to be the best in their sport, and most have egos to match their salaries.

"Ah, but you assume they are victorious because they have been declared winners," Big Rock was quick to respond. "The true warrior does not enter such an arena. He has no need for such materialistic gains and ego gratification. The type of person you mention may experience an external victory, but internally he continues to hunger. His hunger increases as his appetite for still greater fame and fortune mount. He will never experience an internal victory, which is what the true warrior seeks."

"But that still doesn't explain what motivates the samurai to train endless hours in pursuit of excellence," I countered.

"Perhaps you have confused what it is the samurai is attempting to master," Big Rock replied. "You seem to assume that the samurai is practicing



long hours to master his technique as a warrior. This is not true. He is attempting to become master over himself. He knows that he cannot completely be victorious, but at the same time he knows that he must never cease the struggle.

"The true samurai does not train long hours to become stronger. He strives to become weaker. We have a saying in our religion that a tree that is unbending is easily broken. It is the hard and the strong who will fall. The soft and weak will overcome."

"Are you saying that the old samurai warriors were weak men?" I asked.



"That is so," Big Rock answered. "They may have been strong of body, but the true samurai was weak internally. The word you might use is 'humble.' Yes, that is the word. To be weak is to be humble. To be strong is to be 'proud.'"

I asked Big Rock what motivated the samurai to fight fiercely once he has actually engaged in combat.

**"The person intent only on victory is doomed to ignominious defeat. It is the person who does not concern himself with winning who will emerge victorious."**

"What you must understand, Mike-san, is that a true samurai would not willingly engage in combat as to do so is a sign of insecurity. If he found it necessary to defend himself, he would do so. But his attacker would not be a samurai, because only an insecure person would invite combat.

"Once engaged in combat, the samurai would not fear death, because he already considers himself dead. Therefore, he would not have his mind on dying. He would be concentrating on the blow he is delivering and he would deliver it with more intensity and accuracy. The attacker, however, being insecure, would fear death and therefore would be at a disadvantage."

"Doesn't the samurai concern himself with injuring or killing another human?" I asked.

"The true samurai sees his life as an endless challenge," Big Rock replied. "Challenges are neither good nor bad. They are just challenges. He must accept them as just that, nothing else. The important thing is that he did not initiate the hostility.

"You must also understand, Mike-san, that the true samurai ceases to be conscious of himself as one engaged in combat. He does not see the enemy as an opponent. Rather, he becomes one with the perfecting of his technical skill in an effort to overcome an obstacle in his endless struggle."

Back to my running, I asked Big Rock if he thought I should give up racing altogether.

"Certainly not," he said. You must continue to intensify your pace in the pursuit of utmost humility." □



Jim Gallup sets national age 49 record of 10 miles, 1058 yards with overall victory in the Hawaii State One-Hour Run Championships, Honolulu, July 13.

photo by G. Bartolini

### Try Softer

A young boy traveled across Japan to the school of a famous martial artist. When he arrived at the jodo he was given an audience by the sensei (teacher).

"What do you wish from me?" the master asked.

"I wish to be your student and become the finest Karateka in the land," the boy replied. "How long must I study?"

"Ten years at least," the master answered.

"What if I study twice as hard as all your other students?"

"Twenty years," replied the master.

"Twenty years! What if I practice day and night with all my effort?"

"Thirty years," was the masters reply.

"How is it that each time I say I will work harder, you tell me that it will take longer?" the boy asked.

"The answer is clear. When one eye is fixed upon your destination, there is only one eye left with which to find the Way."

— Anonymous









# On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

## It Can't Be Done

I haven't been able to concentrate on much of anything ever since I learned that the good old US of A might host the World Veterans Games in 1989. I've attended three different World Games: Germany, Sweden and just recently in Italy. No way could I bring myself to be critical of these former hosts. Oh, maybe a shot or two, but I repeat, never serious criticism.

I think the reason I couldn't really be critical is that I know something from having attended three World Affairs that everyone else who has attended three World Games knows — it simply can't be done. The people who suffer the most trauma, whether they be athletes or organizers, are those who think it can. Consider this for a moment; more than 20 track and field events, a cross country race and a marathon. Now toss in housing, transportation, a dozen languages and the ultimate monkey wrench of modern day competition — 10 age categories for men and the same for women. No way, man — it can't be done.

I don't care how well you do the opening ceremony or how beautiful the site (how, for instance, do you compete with Rome?), the actual meet is on borrowed time. Re-schedule just one event or, better, yet, change the site of say, the M60 long jump and you have thrown up for grabs the planning that has taken four years.

At World Meets, the results of such problems are easy to spot, there will be a group of people yelling and pointing at some guy who is trying to defend himself with a clip board. If one of the combatants happens to be English speaking, you will hear about a rather sad episode concerning logistics. He came all the way from Yuma, Arizona and failed to check the bulletin board and missed his event. I'm not for a moment suggesting that this happening is particularly funny. Oh, I suppose in some circles, a smallish balding American athlete of Italian descent from Yonkers, New York yelling at the top of his lungs in language having to do with "stupid god-damned Dagos" would have a humorous bent. You be the judge.

I have to admit I was taken back a bit when I learned this tall, thin gentleman from Enid, Oklahoma who was addressing a non-English speaking official as a stupid son-of-a-bitch was a Methodist minister. Oh, you know what they say about the Masters program: "Boys will be boys." No big

deal. It is however, sad, unfortunate, and inevitable. Not only that, it's probably going to happen all the time.

All the same, there is one thing I've never really understood. Let's say a guy travels from Japan to Rome, they change his event, the M65 shot put from 10 a.m. Wednesday to 9:15 p.m. Tuesday. For whatever reason, he missed the change and also missed his event. What is so wrong about giving the guy a couple of whacks with his shot put later or whenever? Have an official team for this very problem. What the hell, the Nips are into radios and T.V. sets. Understanding Italian and Swedish is not a priority. The old excuse about, "If we do it for one," just doesn't wash. How many times is a 69 year old Jap going to fly to Rome to drop his shot put? Believe me, Pal, you won't have to do it for anyone else! I suppose this is why I never made a very good official, I would have put them all on the honor system and told them to stay home, after sending their entry fee of course.

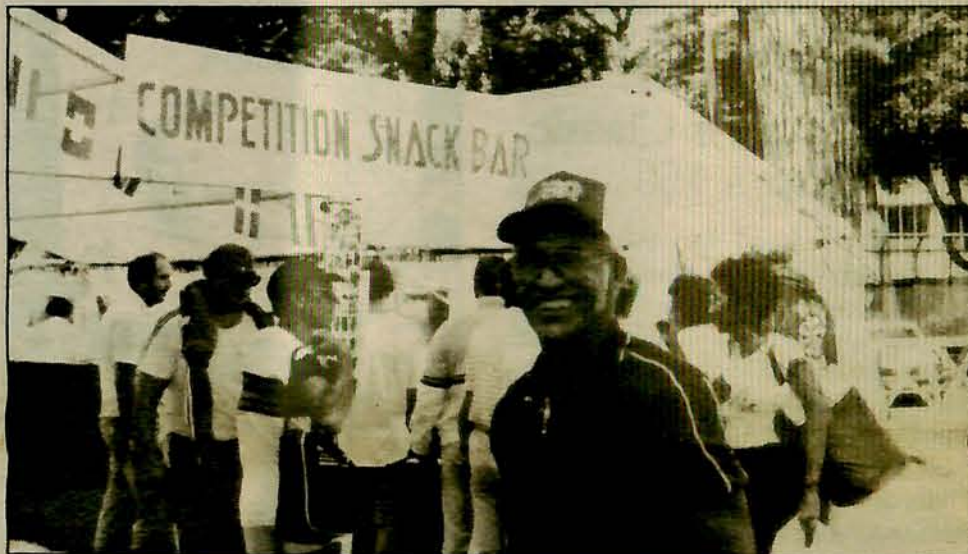
This is why I'm spending my time thinking about how to apply my real talent; the promotion of the meet. It's a happening with Woodstock written all over it.

Site selection I know will be an important decision. There are no doubt excellent facilities throughout this great land. I propose that the great Midwest be given serious consideration. A whole "Do it in the prairie" bit. I like the Midwest because it lends itself so well to my talents in promotion. I mean, we're talking a week long competition for pom pom girls, we're talking skate board camp, tractor pulls, corn dogs, free kittens and harvest moon sex. Midwest sex is totally perverted because people are always doing the things they think the people in California, who moved there from the Midwest, do.

Anyway, I'm excited, I'm brainstorming and I'm not going to give away any more secrets about my plans for the event that will no doubt restore national pride to many Italians, Germans and Swedes. □



Lee Blount of St. Louis (3036) becomes the 6th and final qualifier for the M50 400H finals at the World Vets Games in Rome with a 63.39. Rolf Merten of West Germany (3051) is 2nd in the heat in 67.51. Farther back is Bindo Lancia of Italy. Blount took 6th in the final in 64.90.



America's Burl Gist is all smiles after winning a gold medal in the hurdles, and wolfing down some ravioli at the World Vets Games in Rome. photo by Gretchen Snyder

## Three U.S. Records Set

Continued from page 1

- Bob Hunt's 17.7 in the M60 100H.
- Irene Obera's 13.2 and 28.3 in the W50 100 and 200.
- Harry Koppel's 14.4 in the M70 100.
- Dan Fitzsimmons' outleaning Walt Butler — both in 11.4 — in the M40 100, and adding the 200 in 23.4.
- Hugh Adams' 59.4 in the M45 400H.
- Ted Cain's 58.1 in the M40 400H.
- Martyn Adamson's 52.8 in the M45 400.
- Matt Pruitt's 50.9 in the M40 400.
- Bob Browne's 2:02.3 in the M40 800.
- Chris Loosley's 4:12.3 in the M40 1500.
- Parry O'Brien's 179-0 in the M50 discus.
- John Hartfield's 21-7/4 and 43-9 1/2 in the M40 long jump and triple jump.
- Phil Conley's 166-5 in the M50 javelin. □

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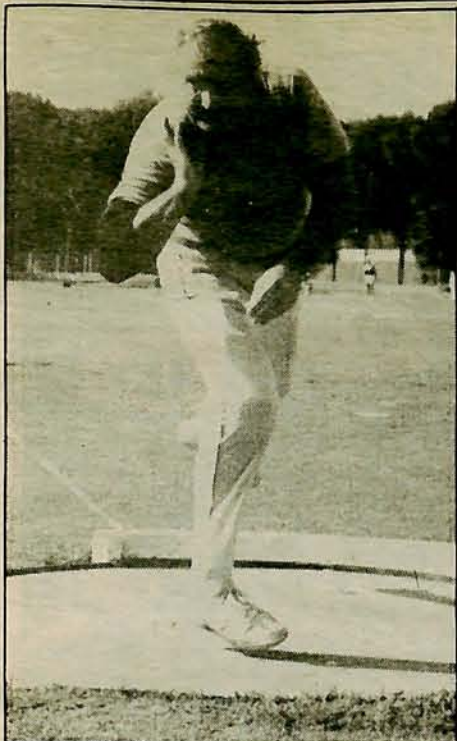
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Parry O'Brien, M50, USA, in World Veterans Games in Rome June 22. O'Brien won a silver in the shot put with 52-10, and a gold in the discus with 176-9.

photo by Gretchen Snyder

## Central Florida Hosts 2nd Meet

by JOHN BOYLE

Central Florida's second Masters Track & Field meet took place on July 28 in Lake Mary. It featured a world class 4:23 mile by Bill Stewart, 42, of Ann Arbor, Michigan. Stewart had hoped to break the 4:11 he ran indoors in 1983, but conditions weren't right.

Sixty-seven-year-old Donn Hull won eight events, highlighted by a 28.5 220. Lake Mary High School Coach Mike Gibson won or placed in eight.

Tentative plans have been set for another meet in October. □

## 1st Master Key Meet

Continued from page 1

to a 10.9 clocking to leave the field seven tenths back.

Jim Shank 38, National Indoor 35-39 Champ, of the hosting Master Keys was involved in two close middle distance races within two-hours. He first won the mile, by kicking past teammate Scott Cornwell 32, for a 4:33.8 to 4:34.6 win and then came up just short in the 800-meters. In the shorter race Joe Showers of Burke VA, made his move with 300-meters to go. Shank followed and slowly ate into the lead but came up two-tenths short of Showers 2:00.7 clocking.

Kevin McGarry of Annandale VA, pulled away from Cornwell after the two mile mark for a 14:43 5,000 meter run.

In the field events Donald Reid 61, of Charlottesville, VA, won both the shot put and discus. He took his age group with a 122'6" platter throw and a 45'1½" effort in the Shot. Kirt Verner of the Potomac Valley Seniors was a double 40-49 winner on the runway with a 37'11½" triple jump and 18'11" long jump.

The standard 110 Hurdles were paced by Leroy Galloway, 31, of Harrisburg, Pa. with a 14.7 time.

The not so standard 200-lows drew 20 entries for a piece of the past. Kimm Williams of Toledo Ohio, and Mike Carroll of Master Key ran identical times of 28.5. Williams got the nod with a rush off the last of 10 barriers. Newark, Delaware's George Taylor won the 50-plus class of the Low Hurdles, in 39.9. No 40-year-olds showed for the rare running of the race. □



Continued from page 2

and it has become too expensive for all but the wealthy. But Somali officials have told me they are worried about younger residents who used to spend their off-hours chewing **Qat** and now, without **Qat**, have nothing to do. I, in turn, have suggested to these officials that they ought to think about trying to get more Somalis running. They, then, respond that they lack coaches, stadiums, etc. And I say that they don't need too much of that; after all, almost anyone can run.

What I think these people need is some inspiration. I have gotten some U.S. running magazines and am sharing them with Somalis. I am doing my best to explain that running in America did not catch on overnight; that it took years, and is still gathering steam.

Now: is there any way Masters can help me? For example, I could use a history of your club, or a description

of your club today; maybe some photographs, posters, magazines, etc. My idea is to talk up the subject with appropriate people here, and perhaps put up an exhibition (if we can get the right materials) in the display cases outside this Embassy.

It would also be useful to know of any films or video tapes on running as a mass sport which we could order from the United States.

I apologize for asking your help, but I assure you it's in a good cause.

Peter S. Bridges  
Ambassador  
U.S. Embassy  
Mogadishu, Somalia

*Editor's Note: Sal Corrallo, TAC race walking chairman, forwarded this letter to NMN and suggested Masters Clubs adopt or act as a big brother for another club in Somalia. Write directly to Ambassador Bridges in Somalia. — Ed.)*

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# SPEAKER'S CORNER

by MIKE TYMN

## Was That 4:40 1500 Really a Sub-5 Mile?

“Let’s see, what does that figure out to for a mile?”

How many times have you asked that or heard it asked after a 1500 meter race?

Few of us have accepted the odd-ball “metric mile,” which is 119.6 yards short of an actual mile, and therefore there is a tendency to want to convert the 1500 meter time to a mile time, which is much more meaningful to us. We can then analyze and better appreciate the effort.

Many runners, however, don’t seem to know how to make the conversion. Some use the “rule of thumb” factor, which is 17 seconds, failing to take into consideration that this applies only to runners who are capable of clocking around 3:50. As the pace slows, the conversion factor goes up.

Another common mistake is made in estimating the time it takes to run an additional 119.6 yards at the 1500 meter pace. Some runners assume that they will kick in the last stretch and run it faster than average pace, forgetting that the kick went into the last part of the 1500.

Still another mistake is to simply carry out the 1500 pace mathematically to 1609.3 meters, which is a mile. The person who does this may forget to take into consideration the fatigue factor which must be added for running a longer distance. Just as you don’t run a mile at the same pace you run a half-mile, you don’t quite run a mile at the same pace you do 1500 meters. This fatigue factor adds about 1.5 seconds to the mile time. In other words, you have to save 1.5 seconds from an all-out 1500 meters time to make that extra 119.6 yards.

There is a very simple way to make the conversion. Just take the 1500 time and multiply it by 1.08 to get a mile time of equal effort. For example, a 4:40 for 1500 meters figures out to a 5:02.4 mile (280 seconds x 1.08 equals 302.4 seconds). Conversely, you can convert a mile time to a 1500 meter time by dividing by 1.08.

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Huntsville TC Masters team after Steamboat 15K, Peoria, Ill. June 15, from left: John Roberts, Charlie Brown, Jim Oaks, Malcom Gillis, and John Evans.

In “Oxygen Power,” Jack Daniels and Jimmy Gilbert provide tables of comparative performance based upon one’s oxygen uptake (V02). Their scientifically derived tables show these comparisons:

V02	1500	Mile	Diff.
82.2	3:29.3	3:45.9	16.6
76.6	3:42.2	3:59.9	17.7
69.8	4:00.8	4:20.0	19.2
66.9	4:09.9	4:29.9	20.0
64.2	4:19.1	4:39.9	20.8

V02	1500	Mile	Diff.
61.7	4:28.4	4:49.9	21.5
59.4	4:37.5	4:59.8	22.3
55.2	4:56.7	5:20.1	23.4
53.3	5:05.7	5:30.3	24.6
51.6	5:14.7	5:40.0	25.3
48.4	5:33.3	6:00.1	26.4

You can check the 1.08 factor by dividing the 1500 meter time into the mile time (be sure to convert to seconds to avoid being confused by fractions of minutes). □

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## Cohen Sets World Mark

Continued from page 1

lap. Elliott then dropped back as Adams kept up the pressure. Into the stretch, Cohen began easing away and powered to a 15-meter win in a new world M45 record of 1:57.8.

“I’m happy I finally got it,” he said. “I think I’ll go have a few beers and relax.”

The time not only broke the world mark of Norway’s Johann Hesselburg — set in 1977, it also smashed Bill Fitzgerald’s 12-year-old U.S. M45 record of 1:58.1.

Complete results next month. □

## Photos Available

If you’d like to have the original print of any of the photos printed in the *National Masters News*, most are available. Please send \$5.00 for postage and handling to NMN, PO Box 2372, Van Nuys, CA. 91404. Identify the photo by name, issue and page number. We’ll mail it to you first class.



# INDY SENIOR CLASSIC LURES 560

by BOB COUGHLIN

This year's Indy Senior Classic on June 8-9 was bigger and better as 560 took part in the annual Indianapolis event.

Byron Fike cruised the 1500 meters in 6:27.5 in the M75 age-group, and also ran a meet record 15.1 in the 100 meters. Arling Pitcher ran the 100 in 16.26 in the 80-and-up division, and won six other events.

Bob Davenport of Kentucky won everything in the 60-64 group: 1500 (5:30), 800 (2:33.9), 400 (68.8) and 200 (31.9). He's a long distance runner who now likes track.

Mike Kast from Indiana beat Dick Green and Roland Anspach in the

55-59 1500 in 5:12.9. Rick Green, Dick's son, romped home in the 30-34 group in 4:04.5 for a good father-son act.

Warming up for Rome, Jim Burnett won the M45 200 over Harry Tolliver, 22.87 to 23.86; and did the same in the 400, 51.67 to 53.94.

St. Louis was well represented with Gary Carr winning the M40 800 in 2:02.6, and Lee Blount taking the M50 in 2:12.34.

The women 65-69 were outstanding: Ohio's Mary Bowermaster threw the shot 24-6 1/2. Ernestine Yeomans of Cincinnati walked a mile in 11:01.9.

Henry Hopkins participated in eight events and was an official in the field events. Suzanne Hopkins coordinated

the meet in superb fashion. I'm turning over this meet to Jim Ware, the new President of the Hoosier Track Club, who will do a fine job. □



Robert Nelson, first age 40-or-over in 2:30:25 in the San Francisco Marathon on July 21. photo by Richard Lee Slotkin

### COMING NEXT MONTH

- U.S. Masters T&F Championships: Results, Stories, Photos
- Results of T&F Meets: North American, Northwest, Philadelphia and others.
- Update on U.S. bid for 1989 World Veteran Games
- Report on Indianapolis T&F Meetings.
- How I Train by Sister Marion Irvine.
- Profile of Bruce Springbett
- And more.

## CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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**Elkins Park Road Runners**  
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Elkins Park, PA 19117

**West Pennsylvania TC**  
1245 Alamae Rd.  
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**Shore Athletic Club**  
Ron Salvio  
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Clarksburg, NJ 08510

**Greater Rochester TC**  
PO Box 258  
Brockport NY 14420  
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**North Jersey Masters**  
P.O. Box 56  
Ridgewood, NJ 17450

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**Atlanta Track Club**  
c/o Bob Glover  
4 East 75th Street  
New York, NY 10021

**Tri-State Masters T&F Club**  
c/o Wayne Vaughn  
734 W. Franklin St.  
Hagertown, MD 21740  
301/ 733-6076

**Buffalo Belles and Brawn**  
266 Puritan Rd.  
Tonawanda, NY 14150

**Philadelphia Masters**  
c/o Fred Mannis  
104DW. Montgomery Ave.  
Ardmore, PA 19003  
215/ 642-5989

**Master Key Track Club**  
c/o Larry Williams  
18 Mitnick Ct.  
Baltimore, Md. 21236

### SOUTHEAST

**Richmond T&F Club**  
PO Box 6701  
Richmond VA 23230  
Attn: Bill Cole

**Virginia Track Club**  
P.O. Box 5696  
Charlottesville VA 22905

**Huntsville TC**  
8811 Edgehill Dr.  
Huntsville, AL 35802

**Atlanta TC**  
3097 E. Shadowlawn Ave. NE  
Atlanta, GA 30305

**Charlotte TC**  
P.O. Box 11364  
Charlotte, NC 28220

**Memphis Runners TC**  
P.O. Box 17981  
Memphis, TN 38187-0981

**Charlottesville TC**  
311 Westminster Rd.  
Charlottesville, Va 22901

**Port City Pacers**  
P.O. Box 16907  
Mobile, AL 36616

**Virgin Islands Pace Runners**  
Box 2720  
Christiansted, St. Croix  
U.S. Virgin Islands 00820  
809/773-7171

**Star City Striders**  
P.O. Box 8331  
Roanoke, VA 24014

**South Carolina Masters Track Club**  
c/o CPT John Roehr  
3rd Region, USACIDC  
Fort Jackson, SC 29207  
(803) 751-5129/7664

**Greenville Track Club**  
PO Box 16262  
Greenville SC 29607  
Jack Gilmore: 803/ 242-6600

### MIDWEST

**Miami U TC**  
Rich Ceronie  
Millet Hall Athletic Dept.  
Oxford OH 45056

**Legend Harriers**  
Roger Toothman  
6543 Beecher Rd.  
Granville OH 43023

**Hoosier Track Club**  
305 South Barton  
Indianapolis, IN 46241  
317/ 241-5446

**Dayton Masters Track Club Inc.**  
Robert Jones  
4867 Germantown Pike  
Dayton, OH 45418

**Over The Hill TC**  
6509 Marsol Rd. #308  
Mayfield Heights, OH 44124

**St. Louis Metro Masters**  
T&F Assoc.  
Jim Irwin  
536 Windsor Mill Dr.  
Ballwin MO 63011  
314/ 394-4166

**Second Wind Running Club**  
Al Morris  
1207 S. Oak  
Champaign, IL 61820

**Wisconsin United**  
Athletic Club  
Jerry Robinson  
1205 Manhasset Pl.  
Madison, WI 53711  
608/ 271-6725

**Fitness Track Club**  
c/o Stan Allen & Presley Yates  
12954 Asbury Pk.  
Detroit, MI 48221

**Cleveland Masters Track Club, Inc.**  
Clarence Johnson  
14806 Judson Dr.  
Cleveland, OH 44128  
216/ 295-0826

**Wolfpack Track Club**  
Jim Pearce  
1882 N. Devon Rd.  
Columbus, OH 43212

**Ann Arbor Track Club**  
PO Box 7551  
Ann Arbor MI 48107  
Don Sleeman  
313/ 426-5430

**Ohio River RRC**  
Jim Gerard  
61K Winchester Pl.  
Dayton OH 45459

**Peabody TC**  
Wayne Roberts  
1440 Osborn Ave.  
Fairborn OH 45324

**Clifton TC**  
Mike Boylan  
300 Atlas Bank Bldg.  
Cincinnati OH 45202

**Toledo RRC**  
Tom Kovacs  
3262 N Reach Dr.  
Oregon OH 43616

### MID-AMERICA

**Mid-America Masters**  
P.O. Box 14668  
Lenexa KS 66215

**Lawrence TC**  
P.O. Box 3743 Jayhawk Station  
Lawrence, KA 66044

**Lincoln TC**  
2900 John Ave.  
Lincoln, NE 68502

**Plains TC**  
P.O. Box 14102  
W. Omaha Station  
Omaha, NE 68124

**Prairie Striders**  
Box 267  
Brookings, SD 57006

### SOUTHWEST

**Tulsa Running Club**  
P.O. Box 300  
Tulsa, OK 74102

**Space City Masters**  
John Hartfield  
15106 Chasehill Dr.  
Missouri City, Texas 77489  
713/ 721-9388

**Houston Masters Sports Assoc.**  
Tom McBrayer  
7733 Moline  
Houston, Texas 77087

**Dallas Masters Track & Field Club**  
Joe Murphy  
4308 N.C. Expressway, S-206  
Dallas, TX 75206  
214/ 824-3800

**Houston Masters Sports Assoc.**  
14 Sandalwood  
Houston, Texas 77024  
713/ 781-2810

**Palm City Masters**  
P.O. Box 220  
McAllen, Texas 78501

**Santa Fe Striders**  
P.O. Box 1818  
Santa Fe, NM 87501

**Oklahoma City Running Club**  
P.O. Box 18113  
Oklahoma City, OK 73154  
405/ 751-6073

### WEST

**California Road Runners Club**  
P.O. Box 891  
Tarzana, CA 91356  
818/ 888-5526

**Hawaii Masters Track Club**  
Jack Karbens, President  
3138 Waiialae Ave. #1003  
Honolulu, HI 96816

**Corona Del Mar TC**  
19103 S. Andmark Ave.  
Carson, CA 90746

**Los Gatos Athletic Assoc.**  
P.O. Box 1328  
Los Gatos, CA 95031

**Seniors TC**  
c/o Hal Winton  
24409 S. Meyler St.  
Harbor City, CA 90710

**LA Valley Athletic Club**  
1801 Avenue of the Stars  
Suite 415  
Los Angeles, CA 90067

**Culver City Athletic Club**  
c/o Phil Clarke  
15232 Burtin St.  
Van Nuys, CA 91402  
818/ 780-0381

**San Fernando Valley Track Club**  
13722 Burbank Blvd.  
Van Nuys, CA 91401  
818/ 780-7719

**Southern California Striders**  
H. Lewis Smith  
8306 Wilshire Blvd. #316  
Beverly Hills, CA 90211

**Trojan Masters TC**  
1147 W. Rowland Ave.  
West Covina, CA 91790

**South Coast Runners Assoc.**  
3857 Birch, Suite 442  
Newport Beach, CA 92660

**San Diego Athletic Assoc.**  
9369-C Discovery Way  
La Jolla, CA 92037  
619/ 455-9422

**West Valley TC**  
P.O. Box 459  
San Carlos, CA 94070

**West Valley Joggers & Striders**  
1124 Kensington Ave.  
Sunnyvale, CA 94087

**Golden Gate Race Walkers**  
106 Sanchez St. #17  
San Francisco, CA 94114

**Empire Runners**  
4700 Fougler Dr.  
Santa Rosa, CA 95405

**Northern California Seniors TC**  
2766 Summit Dr.  
Hillsborough, CA 94010

**Complete Runner Track Club**  
24074 Willow Creek Rd.  
Diamond Bar, CA 91765

**Maccabi Union USA**  
2080 Century Park East  
Suite 401  
Los Angeles, CA 90067

### NORTHWEST

**Snohomish TC**  
4206 242nd St. SW  
Mountlake Terrace, WA 98043

**Portland Masters Track Club**  
Art Afremow  
4185 SW 83rd  
Portland, OR 97225

**Oregon Track Club Masters**  
1587 Agate  
Eugene, OR 97403





Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

**H**ow many times after a marathon have we had to lie around for several weeks with muscle soreness and stiffness. Sometimes we can't even get out of bed in the mornings. Most of our friends get tired of our bellyaching about our sore and stiff legs and how well we did, time wise.

Well, cheer up, there is a reason for post race pain. Dr.'s David Costill, Frederick Hagerman and group have come up with some definite ideas on why muscle soreness occurs in Masters marathon runners.

Prior to this study, there were several theories on why we developed post race pain and swelling. Some said muscle ischemia, others said increased muscle metabolites, lactic acid build up and so on.

Drs. Costill and Hagerman decided to look at the muscle composition of long distance runners. Their method was to select 10 male marathon runners, taking a muscle biopsy from each in the area of the gastrocnemius muscle. This biopsy was taken immediately before, and after the marathon and at one, three, five and seven days after the marathon. The times of the runners varied from the first place 2:31 to the 153rd place 3:39. So they had a good cross section of runners, not just the elite.

A part of the muscle sample was then subjected to investigation by electron microscopy.

They found that both the marathon training and the marathon itself caused muscle necrosis (death) or degenerative changes. In other studies it was shown that these ultrastructural changes were highly correlated with the degree of muscle soreness.

Most of the premarathon samples were normal. However, there were distinct abnormalities shown fifteen minutes after the marathon. These abnormalities increased peaking between one and three days after the marathon. Leukocytes were abundant in the atrophic and dying muscle fibers.

The conclusion drawn was that there is probably physical trauma to the muscle, probably caused by the mechanical wear and tear of repeated exercise at high intensity. This trauma disrupts the sarcolemma or covering of the muscle fibers and an ionic imbalance occurs within the cell. This causes a massive deterioration and degeneration of some of the internal cell structures. These all produce an inflammatory response and this is associated with the post marathon pain. They warn that those experiencing the postexercise delayed muscle soreness are probably suffering from some degree of acute inflammation and muscle necrosis.

I am sure that Masters marathoners who read this article will empathize with those who have suffered from post marathon pain. But I doubt that it will really stop anyone from running. At least we know why we are sore. □

*(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.)*



Start of the M40 800-meter final at the VI World Veterans Games in Rome. Eventual winner George Smith of Canada is in center in black shorts. George Mason, USA, in black tights, is on his left.



End of first lap of M40 800. Smith is next to last in the back of the pack. His head can be seen to the left of Mason's shoulder.



Down the stretch, Smith passes the pack (left) all by himself to win the World M40 800 title in 1:56.92.

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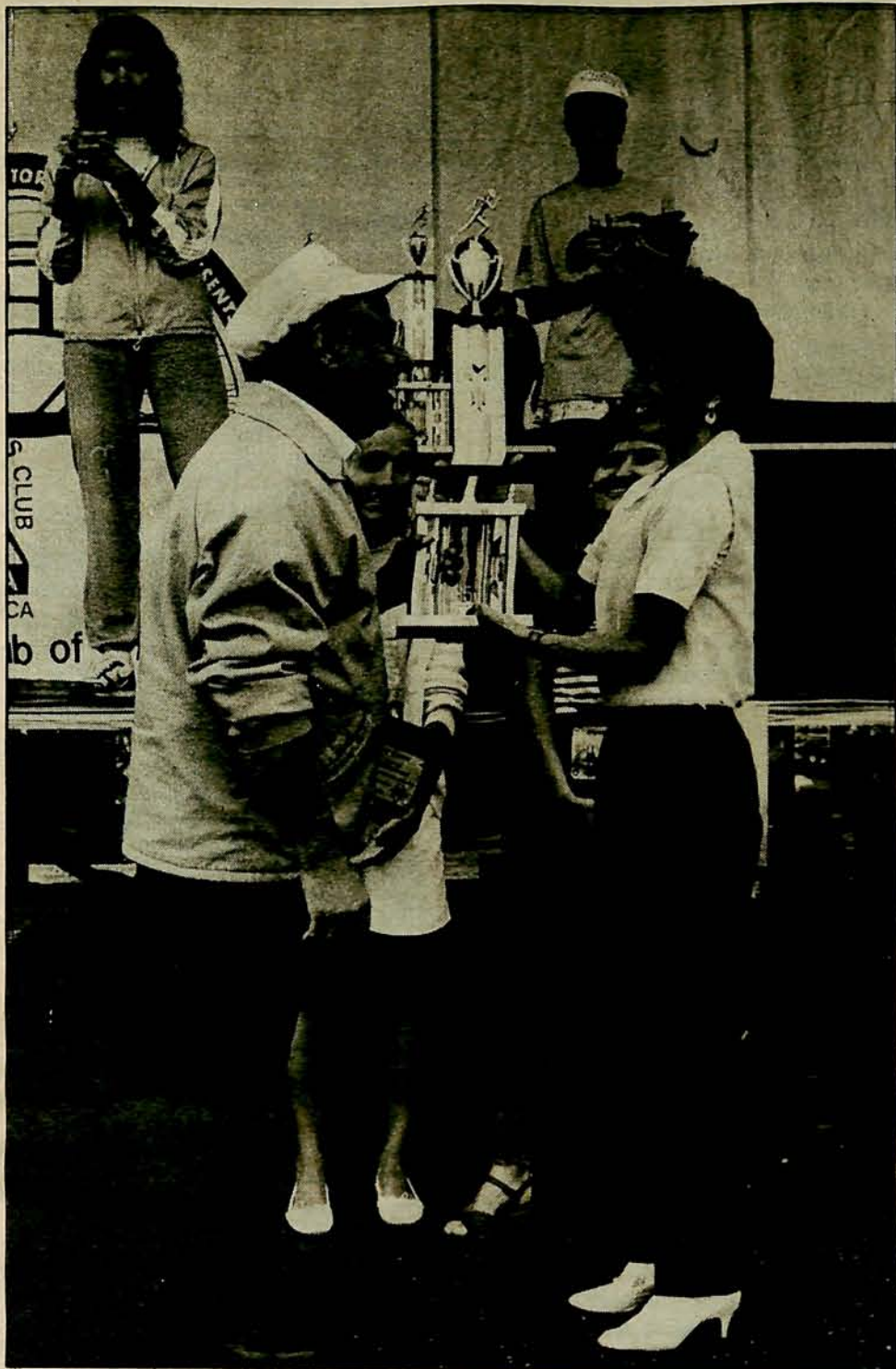
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Britain's Priscilla Welch, 40, receives trophy from Mayor Jim Maloof of Peoria, Ill., after her overall women's victory in 21:14 in Steamboat Classic 4 Mile, June 15.

# MASTERS GLOSSARY OF TERMS

**I&F:** Track and Field  
**LDR:** Long distance running  
**RW:** Race walking  
**Athletics:** The sports of track & field, long distance running and race walking.  
**Masters:** Men and women age 40 or over.  
**Sub-masters:** Men and women age 30-39.  
**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)  
**Seniors:** A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."  
**AR:** American record  
**WR:** World record  
**PR:** Personal record  
**The Athletics Congress (TAC):** The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

**International Amateur Athletic Federation (IAAF):** The international governing body for athletics.

**World Association of Veteran Athletes (WAVA):** The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

**IGAL:** An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

**Age-groups:** Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

**Masters competition:** Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Local masters T&F:** All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

**Local masters LDR:** Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

**TAC Regional and National Masters T&F Championships:** The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

**TAC National Masters LDR Championships:** The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

**TAC Membership:** It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in sanctioned or non-sanctioned masters events, or in international competition. It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling

to, a TAC-sanctioned competition.)  
**Eligibility:** There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

**Standards:** There are no entry or award standards in TAC Masters competition.

**World Veterans Games:** There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

**Uniforms:** Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

**Senior Olympics:** A program unrelated to the TAC Masters program. Open to age 25+ or 55+ depending on the area, and featuring athletics, swimming, softball, etc.

**Masters Clubs:** Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.

**Age Records:** An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

**Rankings:** An annual book of masters rankings by event and age-group, is available for \$9.95 (LDR) from NRDC, above.

**Implements:** Lighter implement weights are used in the older age-groups.

**Hurdles:** The height of the hurdles is lowered for older age-groups.

**Rule Books:** The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

**WAVA Standards:** WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).

**Weight Tables:** Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

**IA, IB, etc.** Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

**Road Runners Club of America (RRC):** An organization of over 400 clubs throughout America which promotes long distance running.

**National Masters News (NMN):** The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

## MEN'S AGE GROUP RECORDS (1/1/85)

	World Records									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
100	10.3	10.7	11.0	11.3	11.6	11.8	12.56	13.4	14.3	
200	20.8	21.8	22.3	23.4	23.6	24.9	26.1	27.5	29.5	
400	46.38	47.87	50.61	52.28	54.56	58.4	61.85	64.6	68.5	
800	1:49.2	1:54.5	1:57.9	2:00.5	2:06.6	2:17.0	2:20.5	2:34.5	2:40.0	
1500	3:41.4	3:52.0	4:03.2	4:05.2	4:17.4	4:30.0	4:50.6	5:11.8	5:30.1	
5000	13:17	13:45	14:23	15:31	15:42	16:33	18:04	19:33	20:59	
10K	44:1	44:5	45:11	46:11	47:11	48:11	49:11	50:11	51:11	
15K	1:14.1	1:14.5	1:14.7	1:15.1	1:16.3	1:16.6	1:18.15	1:20.07	1:20.83	
20K	1:51.72	1:54.08	1:55.7	1:58.1	1:59.85	1:56.3	1:57.22	1:57.50	1:58.5	
30K	---	2:05.7	2:22.33	2:24.23	2:24.47	2:25.18	2:25.44	2:27.02	2:29.25	
40K	8:33.4	8:41.5	9:22.3	9:58.2	10:39	11:41	12:24	13:26	19:04	
50K	7:11"	6:18.75	6:12.75	6:12"	5:16.5"	5:12.5"	4:11.5	4:17.25	4:13.25	
60K	25:11"	24:4.7	23:4.7	21:2"	19:9.5	19:11"	16:11"	15:10"	14:0.5	
70K	54:7.5	48:11	45:11	43:3.5	41:5"	39:3"	34:11"	32:1.5	28:7.5	
80K	17:4.7	15:9"	15:5"	14:4"	13:6.2	12:9.5	11:10"	9:9.25	8:0"	
90K	72:3"	67:0.7	68:1.7	58:1.5	51:9"	55:4"	51:4.5	44:7"	38:4.2	
100K	227:2"	227:11	222:9"	185:9"	177:11"	187:2"	182:6"	156:6"	127:2"	
150K	286:1"	259:11"	238:10	198:5"	186:10	181:10	168:2"	144:6"	108:0"	
200K	254:0"	243:11"	205:11"	198:0"	197:8"	157:10	151:8"	131:11	97:8"	

	American Records									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
100	10.3	10.7	11.0	11.3	11.6	11.8	12.56	13.6	14.3	
200	20.8	22.3	22.9	23.4	23.6	24.9	26.1	27.7	29.5	
400	46.38	49.36	51.0	52.9	54.56	58.4	61.1	64.6	68.5	
800	1:52.1	1:54.9	1:58.1	2:01.1	2:08.9	2:19.0	2:25.3	2:34.5	2:40.0	
1500	3:50.9	3:56.2	4:04.4	4:05.8	4:28.7	4:49.8	4:59.1	5:21.1	5:30.1	
5000	13:51	14:27	15:17	16:11	16:27	17:19	17:40	20:05	20:59	
10K	14.7	14.5	15.0	15.1	16.8	16.38	18.15	21.5	20.83	
15K	52.5	55.9	55.7	58.1	59.85	66.3	73.07	77.5	89.58	
20K	---	20:57	22:33	24:23	25:22	27:11	28:40	28:39	31:25	
30K	8:38.8	9:18.6	9:33.0	10:53	10:59	12:25	12:24	14:09	19:04	
40K	6:9"	6:8"	6:2.75	6:2"	5:16.5"	5:12.75	4:8.25	4:7.25	4:3.25	
50K	25:11"	24:4.7	21:11"	21:11"	20:10.2	19:11"	16:2.5	14:10"	12:10"	
60K	49:11	46:11"	45:2.2	43:3.5	41:5"	39:3"	31:3"	29:5"	28:2.7	
70K	16:11"	15:1.2	15:0"	14:4"	13:6.2	12:3.5	11:6"	9:9.25	8:0"	
80K	72:3"	59:4.7	49:1.5	58:1.5	51:8"	55:4"	48:3.7	44:7"	38:4.2	
90K	227:2"	227:11	222:9"	185:9"	177:11"	187:2"	182:6"	132:6"	118:0"	
100K	268:1"	242:9"	238:10	184:6"	180:9"	181:10	168:2"	132:0"	108:0"	
150K	232:5"	243:11"	189:9"	182:6"	175:0"	151:11"	136:9"	104:11"	97:8"	



# PROFILE

## Fordie at Forty

**R**arely does a person look forward to celebrating her 40th birthday like Fordie Madeira did late last year. The Sherborn, Mass. resident anxiously awaited December 10, the day she would qualify as a true masters competitor.

Just six months earlier, Madeira had finished 19th in the Olympic marathon trial while recording 2:36:35, a national age-39 record. Three months before reaching her birthday, she had clocked 34:30 in the Bonne Bell National Championship while winning the 30-39 division. There was little reason to believe that Fordie would not be erasing many of Cindy Dalrymple's American records, perhaps even beating British phenom Priscilla Welch to some world bests.

Now, some nine months after joining the masters ranks, Fordie is still looking to run her first race as a 40-year-old. After suffering a minor ankle injury in a race in San Diego just before her birthday, Fordie continued to train and developed a stress fracture and a hip flexor strain in the months following.

"I thought I was ready to set the world on fire, but I guess my enthusiasm blocked out pain signals," says Madeira. "I was running through pain I shouldn't have been running through and I think I tended to believe that workouts are written in blood. I know now they're not."

Back to running 25 pain-free minutes every other day in mid-June, Fordie is clearly on the mend and hopes to be racing again by September.

Overcoming adversity is certainly nothing new to Fordie. By far the greatest setback she has ever experienced was the loss of her husband, Mike, to cancer four years ago. Fordie recalls the period after it was learned that Mike had no more than six months to live.

"I was so overwhelmed, so sad, drained and lonely. It was painful and horrible. But I would go out for a run and come back feeling I could cope a little better."

Several weeks before Mike's death,



Fordie took on what she called the most difficult experience of her life — telling her three-year-old triplets, Bradley, Lindsay and Joshua, that Daddy was going to die.

On the morning of the 1981 Boston

Marathon, Mike seemed to rally as Fordie left to run the race. "I would never have gone if he slipped to the point where I thought he was going to die that day, but he responded to me early in the morning," Fordie explains. "In a sense, it was a spiritual race. Mike had been such an inspiration of strength, guts, and courage that I felt I had to do it. I didn't pay much attention to my splits and went out too fast. If it wasn't for Mike being so sick, I might have dropped out of the race. But I knew I had to finish to get home and so I just keyed in on Mike."

In spite of struggling over the final miles, Fordie finished with a then personal best of 2:48:53. When Mike learned of this, he raised his arms in victory and then began to sink rapidly. By the time Fordie got home, Mike was unable to speak from fluid in his lungs.

"Mike, we're going to be okay. You can let go," Fordie told him. And he then stopped breathing.

Hester Ford Sargent grew up in Dover, a Boston suburb, the second of four children born to Hester Ford and George Sargent, the man said to be most responsible for setting his older brother, Francis, later to become the governor of Massachusetts, into politics. In a *Boston Globe* feature article last August, Lee Sargent, Fordie's older brother, characterized his father as being much like a drill sergeant.

"He expected that when we learned something, we'd do it perfectly," he is quoted.

Fordie became an accomplished tennis player and also played on the field hockey, basketball and lacrosse team at the Winsor School in Boston and later at a boarding school in Simsbury, Ct. After earning an A.A. degree from Colby Sawyer College in New London, N.H., she went on to the University of Denver in Colorado to earn a B.A. in early childhood education. Upon returning to Boston, she worked as a child-activities specialist at a children's hospital and then as a coordinator at services at a birth defects center. In

1970, Fordie met Michael Madeira, a real estate finance officer for the Industrial National Bank of Rhode Island. It was Mike who introduced Fordie to running.

At first, Fordie just jogged for



fitness, but in 1975 brother Lee dared her to enter the 9.7 mile Wellesley road race. She took the dare, "as a lark" and ended up finishing second among the women (although she had not officially entered the race). Still, that was not enough to convince her to get serious about competition. The following year, Lee talked her into running the Boston Marathon. Again, she ran unofficially, but covered the distance in 3:05 with only six women ahead of her.

"What really got me into running was having the triplets," says Fordie. "Suddenly I really felt I needed an

Continued on page 19

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEP. 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SHARON BINTLIFF (HONOLULU, HI)	9- 5-35	50-54
DOLLY DOWNEY (LAKE WORTH, FL)	9-18-30	55-59
SALLY FREDERICKSON (S. GERONIMO, CA)	9-20-35	50-54
MARY LAHAIE (PENSACOLA, FL)	9-29-15	70-74
KATIE MCINTYRE (SANTA MONICA, CA)	9-29-35	50-54
ALICE WERBEL (SAN LUIS OBISPO, CA)	9-28-15	70-74
MARIA VAN AS (RSA)	9-20-20	65-69
HELGA BALZER (WG)	9-20-35	50-54
MARGARET CAHILL (AUS)	9-30-20	65-69
BRIDGET CUSHEN (GB)	9-16-40	45-49
IRMA KIRCHOF (WG)	9-16-40	45-49
IRJA SARNAMA (FIN)	9-27-05	80 +
JOYCE SCHMIDT (AUS)	9-15-35	50-54
ULLA SEGER (SWE)	9-17-30	55-59
JUDY VERNON (GB)	9-25-45	40-44
WILFRED BIGELOW (BERKELEY, CA)	9- 6-10	75-79
IRVING BLACK (NEW BRITAIN, CT)	9-14-30	55-59
JOHN BRENNAND (SANTA BARBARA, CALIF)	9-15-35	50-54
ARNOLD BUDD (NYC, NY)	9-10-35	50-54
SKIP DOUGHERTY (US)	9-17-30	55-59
FRED GALLARDO (RIVERSIDE, CA)	9- 7-30	55-59
MARTIN HEE (HONOLULU)	9-26-40	45-49
L. HERTER (WG)	9- 6-25	60-64
HARRY JACKSON (PHILADELPHIA, PA)	9-15-95	80 +
MAURICE McDONALD (DURHAM, NC)	9-26-40	45-49
LAMAR MILLER (ANN ARBOR, MI)	9-13-45	40-44
JACK RICE (TAMPA, FL)	9-19-20	65-69
LLOYD SCHAEFER (AUSTRALIA)	9-23-30	55-59
SVERRE STRANDLI (NORWAY)	9-30-25	60-64
MARIO TROMBELLI (WG)	9- 2-40	45-49
BRUCE TULLOH (GB)	9- -35	50-54



Fordie Madeira with triplets Joshua, Lindsay and Brad.



# MASTERS SCENE

## NATIONAL

• TACTRUST HANDBOOK is now available for \$10 — or \$20 when bought with the TAC/USA Directory and TAC/USA Rules of Competition (a \$22 value for three books). It clears up the mystery about money and eligibility in our sport. Order from: TAC/USA Order Dept., P.O. Box 120, Indianapolis IN 46206.

• Quote of the month: "If you really keep in shape, you can play at any age. I'll be 52 for the 1988 Olympics, and I hope to be on the U.S. volleyball team." — **Wilt Chamberlain**.

## NEW ENGLAND

• **Carl Wallin**, 43, Dartmouth's t&f mentor, had a 52-10 with the 16# shot and 157-3 with the 16# hammer in a weight development meet, August 4, at Hanover, NH.

• **Sumner Brown**, 41, Belmont, MA, took home the M40+ title, an M40-49 course record, and \$100 for his 1:10:53 in the Mt. Washington 8-Mile Road Race, Gorham NH, June 22, on a course that climbs 4650 feet in 7.6 miles. **Marsha Giglio**, 41, Augusta, ME, duplicated Brown's effort with a W40+ win, 40-49 record, and \$100 with a 1:28:48. **Rudy Fahl**, 87, of Exeter, NH, former race director of Colorado's Pike's Peak Marathon, had a PR 3:09:51.

• **Jim Gray**, 43, won the 3rd Pellicano 5 Mile Masters Road Race in Warwick, R.I., on July 6 with 27:38 on a fast, flat course. Fifty-nine-year-old **William Gorman's** 31:57 win in the M55 division rivaled Gray's performance for the best of the day. There were no women entrants this year. **Ray Dwyer**, 62, himself a runner, staged the event, considered very well organized by the runners.

• **Fordie Madeira**, 40, (see "Profile" in this issue) made her Masters debut after nearly a year of inactivity due to an injury. In what she described as a "low-key 10K," she ran well to win the race in 35:33. "I just wanted to get the feeling of racing and some sort of race pace again," she said. "It sure beats cycling in the basement." Madeira, a consultant for Nike, plans to enter bigger races shortly and is aiming for the mid-34's. "I don't plan to overrace," she said. "I've learned my lesson."

## EAST

• Two 46-year-olds, **William Kaye**, with 17:24, and **Joan Bondell**, in 22:56, were first Masters in the "Go Pre" Prefontaine 5K, Bronx, NYC, June 30. Race results showed that all 212 starters finished, despite sunny, humid, low 80s conditions, a rare stat.

• **George Smith** won the M40-49 100m with the day's second best time of 11.3 in the Western Penn T&F Championships, Washington, PA, June 8, which included high school and open athletes. Smith also won the 220, 25.3, and the 440, 57.9. **Barry Kline** also has three M40-49 wins, in the 120HH, 16.6; the 440IH, 62.5; and the high jump, 5-4½. **Ed Sutton** tripled in the M50-59, winning the 100m, 12.5; the 220, 26.2; and the 440, 60.5. Submaster **Kent Molander** won the javelin with 202-5.

• **Vinnie Carnevale**, 69, Newark, NJ, continued to improve with an M60+ win in 29:30 in what he described as "the hardest run ever, all up hill, about 75% hills" around Garret Mountain in the W. Paterson 4-Mile, W. Paterson, NJ, July 7. On August 4, Carnevale ran a 10K PR 42:32 in Maplewood, NJ.

• **Hal Brossman**, M50, topped all participants in the hammer, 146-5, and the 35# weight, 44-11, in the Reading TC Championships, Kutztown, PA, July 20. Submaster **Bob Sing** rang out a 231-0 javelin throw.

• Over 1000 Masters skiers from around the world will gather at Lake Placid, N.Y. February 25 to March 2, 1986 for the World Masters Ski Championships. For info: Worldwide Nordic USA, Route 8 Box 8231, Hayward WI 54843.

## SOUTHEAST

• **Harvey Jackson**, M30, Ft. Lauderdale, FL, had a 11.0 100m, a 23.1 200, and a 55.7 400 in the Northwest T&F Classic, Miami, FL, June 8 & 9. **Rudy Vlaardingerbroek**, M35, Naples, FL, hurled the javelin 196-11 and shot 42-9¼. **Rudy Enders**, M50, Potomac, MD, zipped to a 12.1 100m, a 25.9 200, and 52.5 400, and **David Lawyer**, M65, of New Jersey, recorded a 13.1 100m and a 28.3 200.

## MIDWEST

• **Joe Fodor**, 47, took Masters honors with 2:34:31 in the Revco-Cleveland Marathon in late May. **Sharon Chambers**, 40, was the first W40+, 3:30:07. **Larry Fox**, 42, 32:33, and **Ilene Hardy**, 40, 38:44, were Masters winners in the adjunct 10K.

## MID AMERICA

• **Bill Fraser**, 55, Edina, MN, broke **Bill Chesney's** AR of 4:56.1 for the M55 mile with a 4:55.29 in Brooklyn Park, MN, July 22.

## SOUTH WEST

• The Space City Masters 4x100m relay team of **Russell Austin**, 34, **Bill Collins**, 34, **Robert Mitchell**, 37, and **T.J. Lester**, 31, reeled off a 41.6 in a Rice U. all-comers meet, July 4, Houston, TX.

• **Maureen Bixby**, 43, Norman, OK, shored up her reputation as Oklahoma's top female Master with a course-record, sixth-overall (289 finishers) 39:55 in the Bonnie Bell/She Sports Women's 10K, Tulsa, OK, June 9.

• **Jim Smith**, 63, won the M60+ race in the Sooner Games 10K, Oklahoma City, OK, June 29, in 40:28, while **Robert Stuemky**, 41, took the M40+ title in 34:30. Two weeks later, Smith churned out a 50:21 to win the M60+ in the Oklahoma City RC 12K in Oklahoma City, as **John Minor**, 43, was top Master, 45:19.

• **Sheridon Groves** won the 100 (11.84), 200 (24.31) and 400 (55.40) in the M35 division to highlight the Victoria, Texas Masters Track Meet on July 20. **Ed Jones** sparkled with M40 wins in the 100 (11.62) and 200 (24.51).

## WEST

• **Jim O'Neil**, recently 60, started his attack on American M60 road records with a 1:18:14 in the Coronado Independence Day Half-Marathon, Coronado, CA, July 4. The listed M60 mark is 1:22:50, set by Jack Start of Trenton, NJ, in 1981.

• **Jim Knerr**, 50, Simi Valley, CA, must have changed into his racing gear in a phone booth before he was the first Masters runner in both the 5K and 10K in the Moorpark College Runs, Moorpark, CA, June 2. Knerr's times were 16:11 and 34:59 on a moderately hilly courses. **Judy Kewley**, 40, also of Simi Valley, was first female overall in the 5K with 17:46. **Marie Stevenson**, 40, Thousand Oaks, CA was the W40+ winner in the 10K, 43:09.

• **Helen Dick**, 60, of Los Angeles, ran a heated W40+ best 1:07:33 in the steamy (81°, high humidity, plus smoke from the Ojai fire) 31st Semana Nautica/SPA TAC 15K Championships, Santa Barbara, CA, July 4, for a new W60 AR, which erased **Mary Storey's** 1:11:55. **Steve Close**, 42, Santa Barbara, was first M40+, 50:52.

• **Hal Goforth**, 40, ground out 10m 631y in the San Diego TC One-hour Run on the Grossmont College track, June 11. **Wayne Zook**, 68, came to a halt after 8m 1100y.

• This name should ring a bell—**Tracy Smith**. Now a resident of Bishop, CA, he finished eleventh in the '68 Olympics 10K and, recently 40, ran a 30:51 at the Santa Anita racetrack in May. Smith says he's going to give it a go to try to get under 30 minutes again.

• The Masters contingent in the Taco Bell Summer Games in Fresno, California on July 13, numbered less than fifty, but they produced notable marks for such a small field. Among them were **Phil Presber's** M50 11.7 in the 100m and 24.8 in the 200; **Dave Romain's** M40 53.6 in the 400 and 2:00.9 in the 800; and **Hugh Adams'** 15.8 in the 110HH. The excellent field event areas at Fresno State's Warmerdam Field helped **Michael Saafir's** M30 6-8 high jump; **Lloyd Higgins** M40 169-4 hammer; and **Larry Stuart's** M45 207-5 javelin throw.

• The annual San Diego Athletic Association's Running Pentathlon, a test of speed and endurance, was held July 20. Five distances (100, 200, 400, 800, 1500) are run with 30 minutes rest between each event. Twenty-five started and 11 finished. Jim Weed's age-factors were used to calculate the scores: 1st: **Bob Sieben**, 59; 2nd: **Fred Lehr**, 51; 3rd: **Woody Grover**, 50.

• What Masters performer has lately been darting furtively about the country, looking for soft spots to pick up easy medals? NMN learns he has spent \$1400 in airline tickets in recent months. His net booty: two bronze medals — street value: \$1.88. Do not consult this man for financial advice.

• Running orthopedic surgeon **Bob Watanabe**, 59, of Los Angeles was profiled in the Feature Section of the Los Angeles Times on July 8.

• **Jim Gallup**, 49-year-old physician, won the Hawaii One-Hour Run Championships overall in Honolulu by covering 10m 1058y, which is an American age record, on the Kaiser H.S. track.

## NORTHWEST

• **Pat Dixon**, 66, set a W65 AR for the 8K with 37:51 in The Race III, Eugene, OR, June 2, breaking **Edna Laffin's** 39:33 of August '83. **Michael Heffernan**, 44, in 25:33, and **Carol Flexer**, 42, with 28:59, were top Masters. **Jerry Satterlee**, 70, won the M70+ division in 40:06.

• **S. Means** won the W50 5-mile road race held along with the Silverton Runners Club 1st Senior Olympics in Silverton, OR on May 25, with a fast 40:07. **G. Hess**, won the M50 contest with 29:55. In the track meet, Hess ran a 4:57 1500; **J.C. Hoffman**, M50, sped to 58:26 400; and **R. Dempsey**, M80, race walked the 1500 in 11:35. "It was a beautiful, exciting day and both the participants and spectators were most enthusiastic," said **Amy Castle**, President of the Club. "Although our club goal is to motivate inactive older people and passe athletes, we also had some very capable performers. We are planning to make this an annual event."

## CANADA

• "The first Masters Games have become a circus of disorganization," the Toronto Globe reported two weeks before the start of the 22-sport event for older athletes in the Canadian city. "Organizers are desperately seeking a \$500,000 grant from the federal Government for the mammoth 18-day extravaganza beginning August 7... chaos seems to engulfing the Games." The Games have received grants of \$422,000 from the local government and \$207,000 from the government of Ontario. The feds coughed up another \$253,000. "Official hotels have slashed the number of rooms they were holding open, transportation plans for the athletes are in limbo, and some who have done work for the organization say they have not been paid," the story said.



Ed Hoyle, M45, starts his vault approach, Cleveland Classic, June 29.

## INTERNATIONAL

• **Taff Davies**, 47, who won the IGAL World 10K, went on to compete in an arduous "boat and mountain running race." **Dave Clark**, who won the IGAL 25K, went on to do 2:18 in the Rio Marathon in South America. In Rio, **Joyce Smith** did a W45 world's best of 2:42:14.

• The London Marathon had good performances; **Pam Davies**, the ex-international, won the M50 age-group title with 3:10:03; and Scotsman **Hugh Currie** ran a remarkable 2:48.9, to be the first U.K. over-60.

• It was good to see Australia's **John Gilmour**, 65, recovered from his two-year battle with injuries. In Rome, he set new world M65 records in the 1500 (4:49.16) and 5000 (17:25.30). He also won the 10000 and took 2nd in the marathon. "I bombed out 3K from home in the marathon," he said. "The heat really got to me. It took me two minutes to cover the last 400 meters on the track, and took a couple of hours to recover." Gilmour will make a rare appearance in the U.S. when he competes in the New York Marathon on October 27.

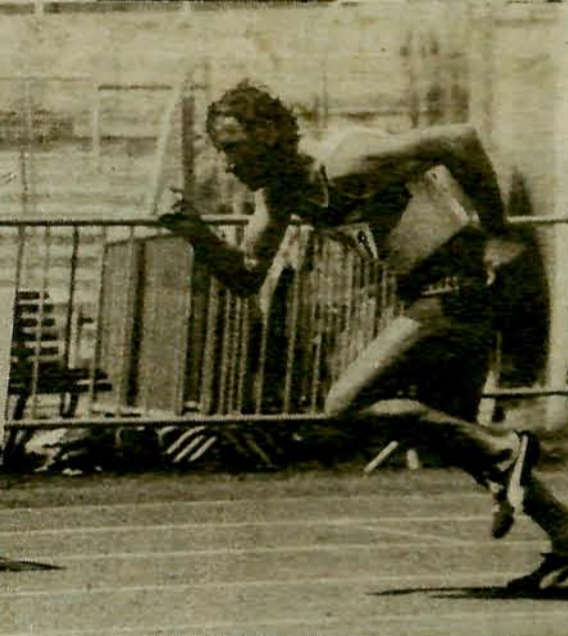
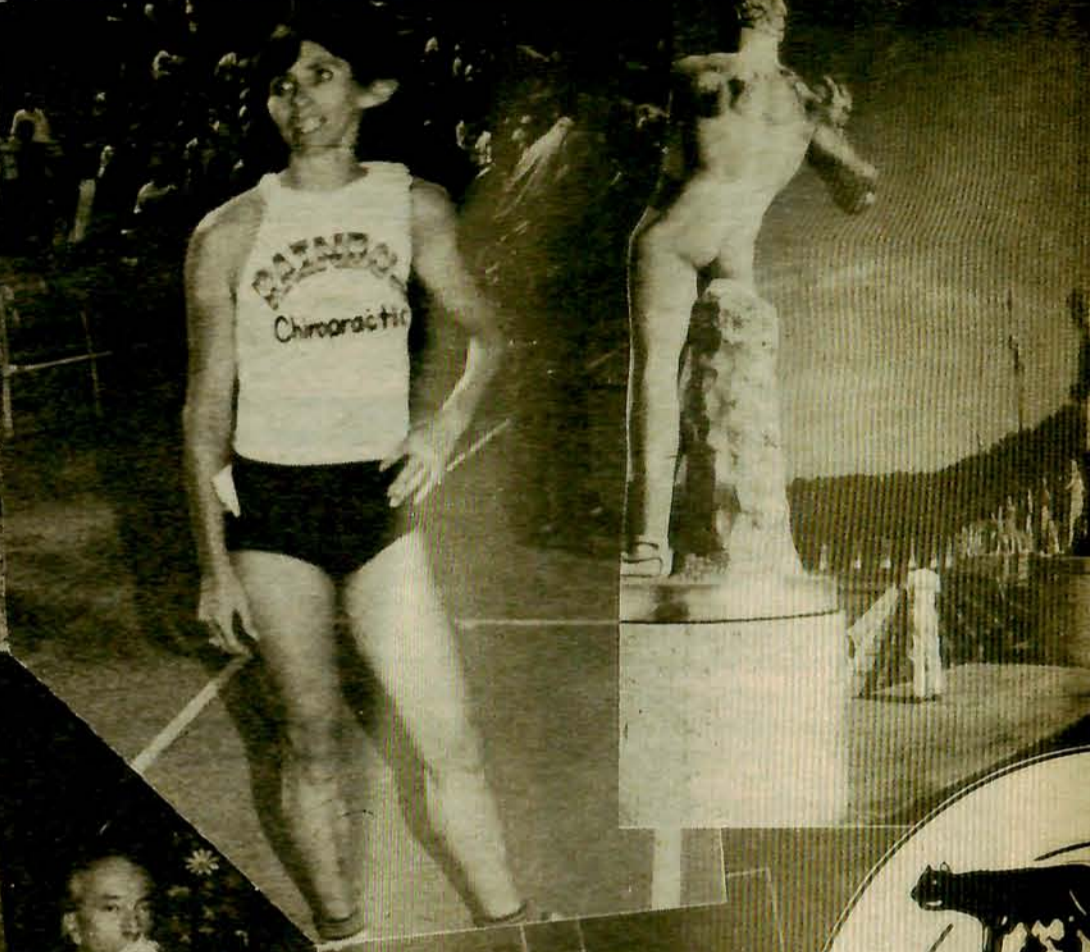
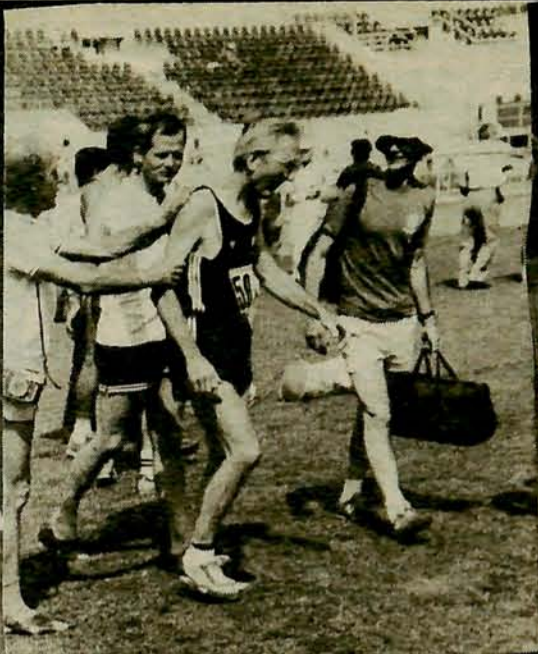
• World Veterans Games aftermath: "Not only was the seeding illogical, the Italians cheat," said California's **Gary Goettlemann**. Goettlemann ran an official 33:18 in the M40 10K. "They made me run 26 laps," he said. "My time at the end of 10K was really 31:57. A runner I lapped twice only ran 24 laps and the officials let him get away with it because he was Italian." Goettlemann said the W35 and W40 10K races were scheduled to be run together, but were split at the last moment, forcing the W35's, who were all warmed up, to cool their heels for nearly an hour. "The Games were put on by children," he complained.

• America's premier Masters distance runner **Barry Brown**, holder of the world Masters 10K best (29:57) wanted to run in the Rome Games. He competed in Belgium the week before, but had sent his Rome entry in late. The Italian organizers wouldn't budge, even for Brown, and refused to let him in.

• The 10K seedings NMN praised, last month, weren't so hot, after all. Not only was Goettlemann, a sub-32-minute 10K man, shunted to a slow section, so was **Pat Murphy**, the World Veterans Marathon Champion from Ireland. Murphy wanted to run against Germany's **Guenter Mielke** — and eventually did, losing by nine seconds in one of the meet's best races — but he was placed in a slow section, like Goettlemann and others. But he went to the officials and switched sections with Israel's **Barry Shaw**. Another problem: Goettlemann's section was run in 85-degree weather. Mielke and Murphy ran the final section in 70° temp.

• **Bill Bangert**, M60 World Games shot put bronze medalist, had prepared an "opera buffa" for the athletes in Rome on Sunday evening, but it was cancelled with the opening ceremonies were abruptly switched from Sunday 4 p.m. to 8 p.m. So he presented it, along with Rosemary Bangert and Dr. Dan Aldrich, at the Sports Travel Group toga dinner. The trio will produce the performance for all athletes in Melbourne in 1987. □







# schedule

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

## TRACK & FIELD NATIONAL

**January 5.** U.S. TAC National Masters Indoor Pentathlon Championships. Dickinson College, Carlisle, PA. Scott Thornsley, 519 Coolidge Street, New Cumberland, PA 17070. 717-774-3569. SASE Please.

### EAST

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

**January 5.** Pennsylvania Master Indoor T&F Meet. Dickinson College, Carlisle, PA. Scott Thornsley, 519 Coolidge St., New Cumberland, PA 17070. 717/774-3569. SASE Please.

### SOUTHEAST

**September 14-15.** Masters Decathlon, Thomasville, N.C. Mike Valle or Bill Busby, P.O. Box 2687, Burlington, NC 26215. 919/584-0096.

**September 21.** Good Life Games, Clearwater, Fla. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

**October 27-November 3.** International Senior Athletics Comptiion, Palm Beach, Florida. Age 50+. Joe Valdes, 200 Castlewood Drive, North Palm Beach FL 33408. 305/842-3600.

**November 4-9.** 11th Annual Goden Age Games, Sanford, Fla. T&F on 9th. Golden Age Games, P.O. Drawer CC, Stanford, FL 32772.

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

### MIDWEST

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

### MID-AMERICA

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

## Need Back Issues?

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

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

### WEST

**September 14.** Northern California Senior Olympics VI, Laney College, Oakland. Age 50+. NSCO, 1520 Lakeside Dr., Oakland CA 94612. 415/273-3191.

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

### CANADA

**September 7.** British Columbia Masters Championships, Victoria. Gwen Little, 1560 Elm St., Victoria. 604/592-1043.

### INTERNATIONAL

**October 12-13.** 6th All Nippon Masters Field and Athletics Games, Naruto, Japan. K. Ogura, Japan Travel Bureau, Overseas Toranomon Office, 1-5-13, Nishi-shimbashi, Minato-ku, Tokyo 105, Japan. Phone: Tokyo (03) 504-1471.

**November 30-December 1.** VI International Veterans Meet, Montevideo. M35+, W30+. Julio Jaime, Canelones 982, Montevideo, Uruguay.

## LONG DISTANCE RUNNING NATIONAL

**September 1.** TAC U.S. National Masters 15K Walk Championships, Santa Monica, Calif. John Kelly, 1024 Third St., Santa Monica, CA 90403. 213/451-5231.

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

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

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

**October 13.** TAC U.S. National Masters 40K Walk Championships, Fort Monmouth, New Jersey. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

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

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

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

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

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

### NEW ENGLAND

**October 14.** 9th Annual Columbus Day 10K Women's Race, Boston, Mass. SASE to Conventures, Inc., 45 Newbury St., Boston, Mass. 02116. 617/267-0055.

### EAST

**September 12.** 5th Annual NIKE Capital Challenge 3 Mile, Washington, D.C. Jeff Darman, 507 Second St. N.E., Washington, D.C. 20002. 202/544-0970.

**September 22.** Pittsburgh's Great Race 10K, Pittsburgh, Penn. Dept. of Parks & Recreation, 400 City-County Bldg., Pittsburgh, PA 15219. 412/255-2486.

**September 22.** Freihofer's Syracuse Run for Women, Onandaga Lake Park, Liverpool, N.Y. TAC Region I 10K Open & Masters Championships. Prize money for Masters women. SASE to Linda Oja, Freihofer's Run for Women, 333 Miles Avenue, Syracuse NY 13210.

**September 28.** Diet Pepsi 10K Series, plus 2 mile & 10K, Conowingo, Maryland. Susan Gravels, 85 Tulip Dr., Conowingo, MD 21918. 301/378-4673. SASE.

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

### SOUTHEAST

**September 14.** Run For My House 4 Mile & 1 Mile Fun Run, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002.

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

### MIDWEST

**September 8.** Two-Hour Track Run, Worthington H.S., Columbus, Ohio. J. White, 4865 Arthur Place, Columbus, OH 43220.

**September 22.** Dayton River Corridor Classic Half-Marathon, Dayton, Ohio. Ray Olfky, 2067 Washington Creek Lane, Dayton, OH 45459. 513/434-8939.

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

**October 13.** RRCA National 50 Mile/100K, Chicago. Dr. Madhana Gunnars, 2655 W. Peterson, Chicago IL 60659.

**October 13.** Nationwide/Bank One Marathon, Columbus, Ohio. Bank One Marathon, Columbus, OH 43271-0980. 614/889-9079.

**October 19.** The Ultimate Runner (10K, 400m, 100m, mile, & marathon in one day), Jackson, Mich. \$10,000 to be distributed to top m/f open and Master runners. Mike McGlynn, The Ultimate Runner, Jackson Community College, 2111 Emmons Rd., Jackson, MI 49201.

**October 19.** 5th Annual Terry Fox 5K & 10K Run, Purdue U. W. Lafayette, Ind. American Cancer Society/T. Fox Run, P.O. Box 3070, Lafayette, IN 47906. 317/743-4671.

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

**November 9.** 6th Annual Wendy's 10K Classic, Bowling Green, Ky. Wendy's 10K, P.O. Box 1316, Bowling Green, KY 42101. 502/781-2834.

**November 24.** Midwest Masters 5K Cross-

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

The season winds down with the Potomac Valley Seniors Meet in Washington and the popular Rocky Mountain Games in Denver on Sunday, the 1st. The British Columbia Championships take place on the 7th.

### LONG DISTANCE RUNNING

Three U.S. TAC National Masters Championships are on tap this month: the 15K Walk in Santa Monica on the 1st; the half-marathon in Dayton on the 22nd; and the 8K in Syracuse on the 29th.

In between, NIKE is sponsoring two major events: the NIKE/OTC 25K in Eugene on the 8th and the annual Capital Challenge, where you can run with your favorite legislators and cabinet officers, in Washington on the 12th.

The Freihofer's Run for Women in Syracuse, on the 22nd has been designated the TAC Region I Open Masters 10K Championships. Pittsburgh's annual Great Race 8K is set for the 28th, as is the Virginia 10-miler in Lynchburg.

The 29th sees the first Governor's Cup 5-Mile Run — limited to men and women 40-and-up — through Boston's Back Bay and Fenway. □

country, Veteran's Park, Rt. 175 & Walkup St., Crystal Lake, Ill. Open to all ages. 10 a.m. W. Miller, 7250 N. Cicero, Lincolnwood, ILL 60646. 312/234-2154.

Continued on next page



M50 sprinters Nick Newton, USA, and Tamin Mercian of Malaysia form friendship at World Veterans Games in Rome.



Continued from previous page

**MID-AMERICA**

**October 6.** Twin Cities Marathon, Minneapolis to St. Paul, Minnesota. \$27,500 to Masters. Jack Moran, 5429 Wooddale Ave., Edina MN 55424.

**October 12.** 2nd Annual Striders Half-Marathon, Brookings, S. Dak. SDSU Track Office, Brookings, SD 57007. 605/688-5526.

**SOUTH WEST**

**September 2.** 7th Annual YMCA Labor Day 10K, Bartlesville, Okla. Bartlesville Family YMCA, Bartlesville, OK 74003. 918/336-0713.

**September 28.** 8th annual L'eggs/YWCA 10K Run for Women, Dallas. Dallas Central YWCA, 4621 Ross Avenue, Dallas TX 75204.

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



Men's winner of marathon, World Games, Rome is Daniel Duhamel of France in 2:24:19. Shown finishing in Marmi Stadium, Rome.

photo by Gretchen Snyder

**WEST**

**September 8.** West Hollywood 5K/10K/Walkathon, W. Hollywood, Calif. W. Hollywood 5K/10K/Walk, 7985 Santa Monica Blvd., 109-227, W. Hollywood, CA 90046. 213/876-8550.

**September 21.** 31st Annual San Diego TC 8-Mile X-Country Race, San Diego, Calif. SDTC, 2918 Spruce St., San Diego, CA 92104. 563-5677.

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**October 13.** SPATAC District 5K X-Country Championships, Valencia, Calif. Santa Clarita Runners, Box 298, Saugus, CA 91350. 805/252-8994; 254-1833.

**DEADLINE**

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**October 20.** 8th Santa Barbara Women's 10K, Santa Barbara, Calif. Anne Hayden, Box 6616, Santa Barbara, CA 93160. 805/966-3303.

**November 3.** Phoenix 10K, Phoenix, Ariz. H. Beller, 4602 N. 16th St., Phoenix, AZ 85016. 602/241-0995.

**November 17.** San Fernando Valley Marathon & SPATAC District Championships, Sherman Oaks, Calif. Basin Blues, 15840 Ventura Blvd., Suite 437, Encino, CA 91436. 818/347-1933 (eve.)

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

**NORTHWEST**

**September 8.** Nike/Oregon Track Club 25K, Eugene, Oregon. Pete Gribkov, P.O. Box 10412 Eugene, OR 97440 503/342-8082.

**September 14.** Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine Memorial Run, P.O. Box 210, Coos Bay, OR 97420. 503/269-0215.

**CANADA**

**September 7.** Tom Longboat Memorial 10K, Ontario. 10:00 a.m. Dr. John Rook, P.O. Box 1172, Brantford, Ontario, Canada N3T 5T3.

**October 26.** 9th Annual Canada vs. USA Masters Cross-country Challenge and Canadian Masters Cross-country Championships, Vancouver, B.C. Don Trethewey, 8451 Dorval Rd., Richmond BC V7C 3J1. 604/277-8847.

**November 3.** Ontario Masters Cross-Country Championships (10K), Earl Bales Park, Toronto, M/W 35+. Mike Freeman, 154 Cactus Ave., #57 Willowdale, Ontario M2R 2V3.

**INTERNATIONAL**

**September 28-29.** 3rd IGAL European Veterans Road Championships, 10K and 25K, at Granollers near Barcelona, Spain. Werner Hamm, Theuerbrunnleinsweg 55, 8720 Schweinfurt, West Germany. □



Willie Davenport in Rome.

photo by Gretchen Snyder



Over-The-Hill Track Club M40-49 sprinters Leroy McClain (l) and Grover Coats take a breather at the Cleveland Classic, June 29.



Pay Carstensen (l), NY Masters, and Joe Chadbourne, Over The Hill, TC, both M50, talk hammer throwing between competitions at the Eastern TAC Regional Masters T&F Meet, Slippery Rock, Penn., June 16.

**Fordie at Forty**

Continued from page 14

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"I had always run on strength and endurance, and for the first time in my life I started getting on the track," she explains. "John got me to develop leg speed and there was less garbage mileage, and therefore less in the way of injuries."

In the V World Masters Games in Puerto Rico, Fordie captured first place in the women's 35-39 10,000, second in the 5,000, and fourth in the 1,500. The following month, October 1983, she recorded her 10-K PR of 34:06 with an 11th place finish in the Bonne Bell national championship. Then came a second place 34:14 in the World Veterans Distance Running Championship 10-K in Perpignan, France.

In March, 1984, Madeira set a national 35-39 record of 1:49:35 for 30-K

at Albany, N.Y. But the high point of her career came in May with that 2:36 in the Olympic marathon trial.

"Everything came together for me," Fordie says. "I felt I was running the race of my life. I had planned on a six-minute pace and stayed close to it all the way. I didn't try to overextend myself. After the 17-mile mark, I began passing runners who were wearing numbers like 4 and 12. I'm wearing 231, so I say to myself, 'Hey, you're beating some of these hotshots.'"

"When I turned the last corner and saw the finish clock, I had an incredible feeling. It was the most exciting moment of my running career. I said to myself, 'Fordie, you did it! You did it!' I felt such great pride."

But that's in the past. Fordie is looking to the future. Now a consultant for Nike, she views her most recent injuries philosophically.

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"I look at my recent injuries as a big plus and a learning experience. It's made me take a good hard look at who I am and where I'm going and what's going to make me happy when I can no longer compete." — Mike Tymn □



Continued from previous page

**MID-AMERICA**

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# 1984 RANKINGS FOR 200, TRIPLE JUMP AND 5000 METER WALK

(Coordinated by Haig Bohigian, U.S. TAC Masters T&F Rankings Chairman)

## 1984 MEN'S 200 METERS 30-34 COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	EUGENE DRIVER	CA	34	21.50
2	MARION MCCOY	CA	34	21.50
3	ADRIAN RODGERS	CA	32	21.60
4	DUKE FERGUSON			21.80
5	WARREN SPIKES	CA	33	21.90
6	AKIN LEWIS	CA	30	21.90
7	W. EDMONSON			21.90
8	GLENN JOHNSON	CA	34	21.94
9	- JOHNSON			22.20
10	STEVE FOSTER	GA	33	22.29
11	J.B. HAGGERTY	TX	34	22.30
12	FRED BOOKER	NE	34	22.30
13	WILLARD THOMPSON	TX	31	22.30
14	- JONES			22.33
15	NATE ROBINSON	FL	32	22.50
16	STEVE HYDE			22.50
17	T.J. LESTER			22.56
18	MORRIS BLUEFORD	MO	31	22.58
19	ALFONZO WALTON	DC	33	22.60
20	H. EVANS			22.60
21	RON MURPHY			22.60
22	JAY LAUER	IN	31	22.61
23	ARMAND GIBSON	GA	32	22.67
24	MICHAEL ANDREWS	OH		22.77
25	DAN RADIFF	CO	32	22.88
26	HARRINGTON JACKSON			22.90
27	- SHORT			23.07
28	- LONG			23.07
29	AL TAYLOR			23.09
30	MIKE BLACK	CA	31	23.10
31	VICTORY COLSON			23.10
32	ROBERT BURNETT		33	23.19
33	ENYO DEWITT			23.20
34	A. HACKER			23.20
35	DALLAS GAINES			23.26
36	GARRY CRAWFORD		30	23.30
37	R. PHILLIPS			23.30
38	MARTIN LEFEVRE		31	23.39
39	KEITH WITHERSPOON		31	23.42
40	WILLIAM THORNSLEY		32	23.45
41	- TREFLER			23.47
42	DAWUD SALEEM		34	23.50
43	TOM REWALINSKI			23.50
44	TOM DICKSON	CN		23.52
45	RICK LAPP	NY	34	23.60
46	JEFFERY HUGHES	VA	34	23.60
47	ORIN RICHBURG			23.67
48	RALPH PENN		32	23.70
49	OWEN HENDERSEN	OH		23.70
50	- BROWN			23.70
51	RAY MOODY	CA	32	23.71
52	MICHAEL TREXLER		31	23.81
53	ROGER TRUJILLO		33	23.83
54	KEN ENDRIE	TX	34	23.86
55	- SIMPSON			23.86
56	NEIL STEINBERG	RI	30	23.87
57	SCOTT THORNSLEY		32	23.90
58	TOM BLOXOM			23.90
59	BOB RECK			24.00
60	LEMUEL TALLEY		33	24.10
61	JIM DEMPSEY			24.12
62	ARNOLD CHRISTOPHER			24.20
63	RICK THOMAN			24.24
64	STEVE RECKEFUS		30	24.30
65	ALVIN LIPSCOMB	FL	34	24.31
66	WILLIAM FOOTS		30	24.31
67	STEVE RICKS			24.31
68	JOHN REDDING		33	24.36
69	BOB BETHKE			24.40
70	HAYWOOD BOSTON		30	24.42
71	BOB LITTLEFIELD			24.46
72	WILLIAM BLACK	OH	34	24.50
73	STEVE HEILMAN			24.51
74	ERNEST FULLER		32	24.70
75	CLIFFORD SMITH	NJ	32	24.70
76	JAMES NOEL	CA	32	24.70
77	CHARLES MISSOURI	CA	31	24.70
78	LLOYD WICKBLONDE			24.70
79	WAYNE JOHNSON			24.70
80	RON HALL	CO	30	24.74
81	KENT WAUGH		34	24.80
82	LARRY JONES	CO	32	24.89
83	RICARDO QUILANTANG		30	25.04
84	JIM FAHRENBACH			25.06
85	MELVIN WAITS			25.08
86	EARL BRYANT			25.09
87	THOMAS LITTLE		32	25.20
88	PATRICK BRADLEY	CO	32	25.20
89	OTIS ALVEREZ	WA		25.20
90	BOB FORREST			25.25
91	BOB RUDROW		33	25.40
92	KARY TAYLOR	CN		25.55
93	ROB FAVORITE		33	25.60
94	GEORGE BYKOWSKI			25.60
95	B. SCOTT			25.65
96	BILL YOUNG			26.05
97	KELLY GREIMAN	CO	34	26.09
98	DON HARDY	OH	33	26.10
99	RAY HARRISON	NJ	33	26.10
100	JERRY REED			26.15

## 1984 MEN'S 200 METERS 35-39 COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	FRED BOOKER	NE	35	21.84
2	ROBERT MITCHELL	TX	36	22.24
3	DANIEL THIEL	LA	35	22.30
4	J.B. HAGGERTY	TX	35	22.49
5	PAUL DUNGAN	OR	39	22.60
6	MATT PRUITT	CA	39	22.60
7	CLARENCE RAY	MI	39	22.80
8	BILL KNIPMEYER	CO	36	22.80
9	GREG MARSHALL	CA	36	22.90
10	CLIFTON JACKSON	MO	35	22.93
11	JAMES VICKS	TX	38	22.96
12	DAVID SIMONS	CO	38	23.17
13	H. SUMNER			23.30
14	TOM ALLEN	CA	36	23.39
15	RONALD BEADLE	CA	35	23.40
16	- ROBERTSON			23.40
17	CURTIS ROBERSON			23.40
18	JOHN PULLEY			23.50
19	- GREEN			23.56
20	EARLIE THOMAS	CO	38	23.57
21	WILFREDO PICORELLI	PR	39	23.60
22	CARL FLOWERS	CA	37	23.60
23	WILLIAM OVERBY	NY	36	23.60
24	THOMAS MALIK		35	23.60
25	STANLEY HAWKINS		35	23.73
26	GERALD WOOLFOLK	MI	35	23.73
27	RAY KING	TX		23.73
28	JAMES HOLLISTER		39	23.90
29	GARY LAINE		36	23.90
30	LARRY LETTIERI	CA		24.00
31	MICHAEL ELLIS			24.01
32	BERNARD TURNER	CA	36	24.06
33	DOUG SPENSER	TX	37	24.10
34	SHERATON GROVES	TX	37	24.11
35	GENE VILLAREAL	TX		24.16
36	JOHN CASEY			24.19
37	GARY CARR	IL	39	24.20
38	- BARNES			24.23
39	JOSEPH KOPKA	RI	38	24.26
40	- JONES			24.26
41	MARVIN THOMPSON	CA	36	24.30
42	KENT WAUGH		35	24.30
43	M. SULLIVAN			24.30
44	BILL WELLER	CA	36	24.36
45	WILSON LADAY	TX	39	24.43
46	ROBERT DAY	NM	35	24.44
47	JAN FRANSEN	CN		24.55
48	ALBERT SILVERMAN		35	24.60
49	NICK SALUPO	OH	37	24.69
50	DAVID LARSEN			24.70
51	RALPH MARINELLO			24.79
52	JASPER ROYAL			24.80
53	LOUIS JOHNSON	VA	36	24.86
54	DAVID DUNN		37	24.89
55	TOM VANAUER			25.00
56	WILLIE WHITE			25.03
57	LLOYD HATHCOCK			25.10
58	THOMAS HENDERSON		36	25.20
59	B. MOORE			25.20
60	IAN MOLLETT			25.20
61	B. MCKENZIE			25.20
62	GENE TAYLOR	TX	37	25.22
63	JOE MASON			25.24
64	WILLIAM BLACK	OH	35	25.30
65	- DUTTON			25.33
66	WILLIAM STROUD	NY		25.35
67	JOSE HERNANDEZ			25.35
68	BOB UNDERWOOD		35	25.36
69	BILLY WELLINGTON			25.37
70	RALF WALLACE			25.40
71	R.J. CONNOR			25.47
72	D. NORRIS			25.50
73	WILLIAM ATWILL		36	25.51
74	LARRY RODENBECK			25.57
75	FRANK REILLY			25.57
76	JERRY STRAHAN			25.59
77	LELON RICH		35	25.65
78	FRANCISCO MACHADO			25.70
79	GERALD FITZGERALD		37	25.90
80	JIM BUSSEY			26.00
81	GEORGE WONG			26.10
82	DAVID SCHOLL		36	26.11
83	- BASHINSKI			26.25
84	DAN WELLER			26.30
85	PATRICK ALLEN		39	26.40
86	FRED JOHNSTON		38	26.41
87	GEORGE BRYSON			26.42
88	JIM ROSE	MS	37	26.50
89	PHIL MARTINEZ		38	26.56
90	ALAN FORNEY	PA	36	26.60
91	WILLIAM FORSYTH	NM	38	26.70
92	ROGER DETMER			26.80
93	BOB JOHNSON			26.83
94	FRANK WEBB			27.11
95	ERIC HUNTER	CO	37	27.21
96	RICH STEDER		36	27.27
97	WILLIAM BUSBY		39	27.30
98	CARL GROSSMAN		37	27.50
99	DOUGLAS BRELAND		39	27.77
100	FRED PETRI			27.84

## 1984 MEN'S 200 METERS 40-44 COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	BRENDON WILSON		41	22.30
2	DAN FITZSIMMONS	CA	40	22.82
3	DENNIS DYCE	NY	40	23.00
4	ROBERT BROWN	NY	40	23.00
5	FRANK LITTLE	CA	40	23.05
6	ROBERT WILLIAMS	NJ	44	23.10
7	DAVID ROMAIN	CA	42	23.10
8	JAMES BURNETT	IL	44	23.11
9	HAROLD MORIOKA	CN	40	23.12
10	DHAMIRI ABAYOMI	NJ	44	23.15
11	ROY TURNER	TX	44	23.20
12	BILL KNOCKE	CA	44	23.20
13	MEL BROOKS	CA	42	23.23
14	PAUL EDENS	OR	43	23.26
15	THOMAS RANDOLPH	MI	42	23.29
16	DOUG SMITH	CA	44	23.30
17	WALTER BUTLER	CA	43	23.40
18	- SMITH			23.40
19	LEE SMITH			23.48
20	JACK DUNN	CA	40	23.55
21	WILLIE ROBERSON	CA	41	23.59
22	PAT MITCHELL	TX	41	23.70
23	STEVE ROBBINS			23.74
24	WILLIE CASTA			23.75
25	- GRIDER			23.76
26	TED CAIN	CA	42	23.78
27	JERRY BYRD		42	23.82
28	DENNIS DUFFY	CA	41	23.85
29	RUSSELL ROBINSON	NY	44	23.98
30	FRED NEIDERMEYER	CA	44	24.04
31	LYNN EVES			24.16
32	ROBERT STANFORD	NJ	43	24.20
33	DENNIS BUSS			24.23
34	GEORGE COHEN	CA	44	24.24
35	BASIL TOMLINSON	CN		24.27
36	SCOTT TYLER	CN		24.48
37	BILL ALSTON	CA	40	24.49
38	JAMES BANTUM	PA	43	24.60
39	THORNTON SHELTON	NE		24.60
40	CANDIDO AGOSTO	PR	40	24.63
41	TOM VAN VOORHIS	MN	43	24.70
42	VAUGHN BELL	FL	43	24.76
43	GARY OLIPHANT	KS	43	24.79
44	CARL GRANT	MD	43	24.80
45	GENE BALLARD	NY	42	24.80
46	TOM TASCANO	NY	40	24.80
47	RON MATTILA	WA		24.86
48	JERALD EDWARDS			24.88
49	RALPH MCCAY		40	24.90
50	RANDY JONES		43	24.97
51	CHARLES LACHUSIA	NY	42	25.00
52	ROBERT MCINTYRE		41	25.00
53	HERMAN KUFELD	CA	41	25.00
54	ROBIN FICKER	VA	41	25.03
55	- HOLMES	PA	41	25.10
56	JAMES HODGE	PA	44	25.14
57	ANTHONY CRADDOCK	CA	41	25.28
58	MIKE WOODWARD		41	25.30
59	CARL LUDHOLM			25.32
60	WALT RANDLE		40	25.40
61	ROY POMEROY			25.40
62	T. UTLEY			25.40
63	BOB STEEL	MO		25.40
64	MAX RUTZER			25.47
65	EMIL TORQUATO	OR	41	25.49
66	BILL SIMONS			25.56
67	CARL LIEBHOLM		43	25.60
68	JOHN WHELAN	MA		25.60
69	W. ALEXANDER		41	25.62
70	RUFUS PLEASANT		42	25.68
71	CHUCK REID			25.70
72	ROBERT SIMMONS			25.74
73	TONY POWELL			25.80
74	FRED PALMER	GA		25.85
75	JOHN CLIFFORD		41	25.86
76	JAMES DEMMA	MD	44	25.87
77	ART SHULMAN			



**1984 MEN'S 200 METERS 50-54  
COMPILED BY LARRY PATZ**

RANK	NAME	STATE	AGE	TIME
1	THANE BAKER	TX	52	23.51
2	BRUCE SPRINGBETT	CA	51	23.60
3	MILTON NEWTON	CA	51	23.69
4	GEORGE HORTON	CN	50	23.92
5	J.C. HOFFMAN	OR	50	24.34
6	LLOYD RIDDICK	NJ	50	24.40
7	MATT BROWN	NJ	50	24.59
8	PHIL PRESBER	CA	50	24.60
9	RUDY ENDERS	MD	52	24.90
10	ED SUTTON	PA	52	24.98

11	WOODY GROVER	CA	50	25.00
12	JOSHUA CULBREATH	PA	51	25.09
13	OCIE BOYERS	TX	51	25.34
14	HAROLD HITT	OR	52	25.42
15	DICK KATTE	IN		25.43
16	WILL ROBINSON	CA	53	25.60
17	CLIFFORD PAULING	NY	50	25.60
18	KEITH WOLLEN	WA	50	25.67
19	ROBERT RADFORD	CA	52	25.70
20	LEE BLOUNT	MO	54	25.80

21	FRITZ SCHLERETH	NY	50	25.87
22	DON BENTON	CA	52	25.99
23	FRANK BAROUS	MA	52	26.00
24	JAMES BARRETT	OH	51	26.00
25	ALF SUNDIN			26.00
26	TONY NASRALLA	CA	52	26.10
27	TED VICK		54	26.13
28	R. MELENDEZ-DUKE	CN		26.33
29	JIM PARKS			26.44
30	HAROLD CRESO	AZ	50	26.55

31	JERRY LUSTER			26.60
32	R. COLLINS			26.60
33	HECTOR CISNEROS	TX	50	26.66
34	GEORGE WALL			26.69
35	D. HANSEN			26.75
36	HARRY BROWN	IL	54	26.90
37	FRANK KISHI	CA	53	26.90
38	TOM McCORMACK	NY		26.90
39	WALTER TURNER	CA	53	26.96
40	RUBEN RODRIGUEZ	PR		26.96

41	ALAN COHEN	NY	54	27.00
42	ART AFREMOW	OR	52	27.03
43	JOE MURPHY	TX	54	27.20
44	GERRY DONLEY	CO	54	27.22
45	G.D. HUNT			27.24
46	BRAIN OXLEY	CN	51	27.37
47	J. POPPELL		52	27.40
48	JOEL HOLMAN	VA	53	27.44
49	KENNETH MORRIS	CN		27.49
50	- BAGGETT			27.54

RANK	NAME	STATE	AGE	TIME
51	NORMAN WELLS	TX		27.54
52	ED MARTIN	CA	50	27.60
53	ROGER PARKER		50	27.70
54	PETE MULKEY	GA	52	27.84
55	RON SERGENIAN	WI		27.87
56	CHUCK SALES			27.90
57	BILL GAEDKE	CO	52	27.94
58	HAL KAUFMAN			27.95
59	CHARLES RICE	AZ	54	27.96
60	D. RICHARDSON			27.97

61	PAT FERRARO			28.00
62	BEN DORSEY			28.01
63	BILL GENTRY	FL	53	28.10
64	STAN GILES			28.10
65	ARLYN MELCHER			28.10
66	JACQ. VANDENABEELE			28.15
67	TED OVIATT		50	28.20
68	TOM SLAVEN			28.20
69	D. LANGE			28.40
70	EDWARD ALLEN			28.46

71	JOE KELLY	NY	54	28.50
72	RUDOLPH BENOT	NY	51	28.60
73	H.W. CARLE		52	28.62
74	ALAN MAXWELL	OR	54	28.70
75	ENVER MEHMEDEBASICH	CA	52	28.84
76	SYD SALT		54	29.00
77	CARL DAHLSTROM			29.30
78	JUAN PEDEVILLA		52	29.50
79	TOM TALBOTT	CT	51	29.50
80	TONY CORVIN			29.60

81	MARK REISS			29.70
82	NICK BRESLIN		50	29.90
83	LARRY PATZ	NH	51	30.02
84	TONY PATTERSON	NJ	50	30.10
85	- BARBER			30.33
86	PAUL GAULDEN		53	30.84
87	SAM McWHIRTER	TX	53	30.90
88	- LEE			30.92
89	RON NOREEN		51	31.10
90	JACK NYHAN			31.30

91	LEO SULLIVAN	RI	54	31.40
92	AL PUMA		54	33.00
93	GEORGE TAYLOR	DE	53	33.40
94	BILL BELLEVILLE		54	34.50
95	DAN ROSS		54	36.30
96	DANIEL DELISLE	TX	52	36.33
97	KARL FOOSE		53	37.90

**1984 MEN'S 200 METERS 55-59  
COMPILED BY LARRY PATZ**

RANK	NAME	STATE	AGE	TIME
1	ZENO CONSTANCE			25.07
2	JACK GREENWOOD		58	25.20
3	GORDON ALBURY	NM	55	25.20
4	ROBERT WATANABE	CA	58	25.31
5	BERNARD STEVENS	CA	55	25.31
6	HUEL WASHINGTON	CA	55	25.70
7	LOUIS SMITH	MA	55	25.92
8	OSWALD DAWKINS	CA	56	26.00
9	GENE HARTE	CA	59	26.02
10	STAN EGERTON	CN		26.05

11	TOM BROOKS	NY	55	26.20
12	VERNON REGIER	CA	57	26.40
13	GORDON SEIFERT	AL	56	26.50
14	TED VICK	CA	55	26.60
15	E. MANOUGIAN			26.60
16	BILL COLE	VA	55	26.62
17	GUS BARTENFELD		55	26.97
18	VERNON LEWIS			26.97
19	HAL ROBINSON	OH		26.99
20	RUSH JACOBS	MI	59	27.00

21	JOCK JOCOY	CA	58	27.00
22	ALAN COHEN	NY	55	27.00
23	DAN CARETTA			27.10
24	KELSEY BROWN	NJ	56	27.13
25	DEAN SMITH	IL		27.14
26	HENRICK LUNDH		56	27.19
27	BOB SIEBEN	CA	58	27.28
28	NORM BAUM	CN	59	27.30
29	JOE KELLY	NY	55	27.30
30	AL BRENDA	CA	56	27.33

31	PHILLIP O'CONNELL			27.60
32	WILLIAM DAPRANO	GA	57	27.64
33	BOB ROEMER	CA	59	27.70
34	WILLIAM JORDAN	OH	58	27.70
35	JIM FLOWERS		56	27.71
36	CHARLES OLSEN	MN	58	27.80
37	H.J. FISHER	CO	55	27.82
38	VAN TURNER			27.95
39	WINN TALLEY	TX		28.20
40	RICHARD TURNER		55	28.21

41	BUCK BRADBURY		57	28.34
42	RICHARD NORDQUIST	CA	58	28.40
43	CHARLES POWERS	CA	57	28.40
44	RICHARD KLEIN			28.50
45	TOM BRINTON	OR	56	28.52
46	JACK GREENWALD			28.77
47	STEVEN PECK		59	28.80
48	CHESTER STUDDARD		59	28.88
49	NORM KATZMAN	CO	59	28.94
50	D. ROY		55	29.00

RANK	NAME	STATE	AGE	TIME
51	A. KELLY			29.00
52	IAN TIPTON	CN		29.10
53	LES TRUBEY	LA	55	29.23
54	DAVE FRAITAG	CA	55	29.23
55	TOM MILLER	CA		29.33
56	TOM NORWOOD	WA	57	29.41
57	BILL McCHESNEY			29.56
58	JACK GENTRY		56	29.60
59	DON HALL	FL	59	29.63
60	CHARLES CLIPPARD	MO	58	29.80

61	MATT STOKEN	CO	56	29.80
62	JERRY DEMPSEY			29.80
63	EUGENE KELLY	NJ	56	29.81
64	ROY WIGGINTON			29.90
65	LESTER SMITH			30.20
66	BOB CHRISTIANSEN	WI	56	30.28
67	BILL SLEETH	WA	59	30.57
68	BILL BALLANTINE			30.60
69	CARL MAYS			30.68
70	DON WALSH	IL	56	30.90

71	KONSTANTINE CHAKS			31.23
72	JOHN ARCHBOLD		55	32.05
73	CHARLIE TARVER	TX		32.10
74	AL FLINT			32.20
75	ELI FUCHSMAN		56	32.30
76	JACK ROWE	CN		32.49
77	MAURICE LENTZER	NY	58	33.00
78	JOSEPH GREY		58	33.10
79	DAVID KING		55	33.40
80	HAROLD COLEN	NY	56	34.20
81	BILL ROWE			34.40
82	ED THORP	TX		38.78

**1984 MEN'S 200 METERS 60-64  
COMPILED BY LARRY PATZ**

RANK	NAME	STATE	AGE	TIME
1	JOSE UBARRI	PR	60	25.19
2	RUDOLPH VALENTINE	NY	60	26.16
3	ALPHONSE JUILLAND	CA	61	26.46
4	ROBERT HUNT	CA	64	26.84
5	JOHN ALEXANDER	TX	64	26.92
6	ALBERT JOHNSON	OR	61	27.01
7	BOB COOPER	CA	60	27.27
8	RAYMOND BOWER	PA	60	27.40
9	MAX GOLDSMITH	TX	61	27.43
10	RUSH JACOBS	MI	60	27.46

11	JAMES UPHAM	KS	63	27.60
12	DAVID ROHENA	PR	63	27.86
13	OSCAR HARRIS	PA	60	27.90
14	JIM MANNO	NJ	63	28.06
15	SAMUEL CARLTON			28.22
16	BOO MORCOM	NH	63	28.50
17	JACK RICE	FL	63	28.53

18	ROBERT GARRETTO	CA	63	28.65
19	JIM WARREN	CA	60	28.87
20	ROBERTO HIGUERA			28.87

21	FRANK BOWLES	CO	63	29.20
22	STEVEN PECK		60	29.20
23	ANDREW THOMSON	CN		29.27
24	CHARLES MERCURIO	CA	64	29.38
25	- MILLER			29.50
26	BURL GIST	CA	64	29.60
27	PETE FETTER	CA	63	29.60
28	J.WALKER PIERSON	NJ	61	29.63
29	JOSEPH MARTIN	VA	63	29.69
30	ANGEL RIVERA			29.70

31	TONY CASTRO		64	29.90
32	TIM MURPHY	TX	62	30.04
33	PAUL SAUNDERS		61	30.10
34	T. MILLER			30.10
35	ALBERTO MARTINEZ			30.28
36	GILBERT JAMESON	CN	64	30.30
37	KEITH SIGARS		60	30.50
38	HAROLD HUNTER	CA	61	30.53
39	JOE JENKINS			30.60
40	WILLIAM CARMEN	FL	64	30.62

41	TOM LACEY			30.80
42	DICK CAVICCHI	OH		30.83
43	BILL TOASPERN	CA	60	30.93
44	- RAY			31.02
45	CECIL CLARK		61	31.20
46	WARREN JAMES			31.27
47	GEORGE SIMON	CA	61	31.30
48	DON HARRIS	PA	61	31.30
49	CARL OATES	CA	64	31.40
50	A.S. WOODHOUSE			31.50

51	ROBERT PARTRIDGE	CA	63	32.21
52	ALDEN BRYANT	CA	61	32.40
53	PAUL FLOYD			32.42
54	LEONARD WRAY	OK	63	32.47
55	WILLIE LOPES			32.50
56	RICH. WHITTINGTON			33.27
57	CHARLES FUTRELL	FL		33.40
58	NAOTO INADA	HI	63	33.60
59	STAN WHIPPLE	OR	61	34.19
60	- CURRY			34.60

61	HAYDEN PARKS	CO	62	35.19
62	DONALD COTNER			35.70
63	LEO McAVOY	NY	63	36.40
64	DAVID PAIN	CA	61	36.50
65	CLARENCE OSBORN			38.20
66	RON DEAVER			38.32

**1984 MEN'S 200 METERS 65-69  
COMPILED BY LARRY PATZ**

RANK	NAME	STATE
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Continued from previous page

21	MARY SMITH			33.39
22	LINDA GREGG			33.51
23	BARBARA SMITH			33.65
24	- REINHART			33.71
25	VICTORY GOLDEN	CO	39	34.41
26	PAT WRIGHT			34.69
27	ROSEMARY AVERY	MD	39	36.00
28	- HIGGINBOTHAM			42.26

1984 WOMEN'S 200 METERS 40-44  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	CARMEN BROWN		41	27.30
2	MARY LUKER	TX	42	28.21
3	JEANNE CARTER	CA	44	29.00
4	LORI SCHUTT	OR	42	30.18
5	LINDA SCOTT			30.20
6	MARTA PIRESFERREI			30.27
7	SANDY PASHKIN	NY	42	30.90
8	AUDREY HIEMSTRA	CN	43	30.93
9	JUTTA RIEGEL			31.27
10	JANET SHERMAN	OR	40	31.42

11	BARBARA KEVLES			31.60
12	EVELYN HOBBS			31.92
13	- BIRMINGHAM			31.92
14	LINDA TICKNER	WA	43	32.09
15	RUBY JACKSON			32.42
16	PATRICIA ROWE	NY		32.80
17	JINNY BEYER		42	32.89
18	WENDY SMITH	OR	44	33.35
19	IRMA RILEY			33.78
20	JUDY FOSTER		41	34.93

21	BETTY BONHAM	OR	40	35.22
22	- MARTIN			35.60
23	CORA PARRY	NY		35.60
24	ANDREA HATCH			36.69
25	- DeBOLT			36.79
26	JEAN WARD			41.30
27	SHARON SHEFFIELD			41.88

1984 WOMEN'S 200 METERS 45-59  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	CHERRIE SHERRARD	CA	45	28.15
2	MARILYN FITZGERALD	NJ	49	29.90
3	MONICA TANG WING			30.07
4	ALMETA PARISH	CA	47	30.29
5	ESSIE KEA	OH	46	30.49
6	ANNE VANDERVLEUTEN			32.96
7	LIBBY STAVELY			33.70
8	DORIS KNIGHT			33.79
9	ALMA THOMSON			35.05
10	JUDY KETTLES			35.94

11	AUDREY BOYLE			39.80
12	- HOWARD			40.27
13	PATRICIA WILLIS		48	40.30
14	BERNICE MOOREHEAD			40.70
15	JOAN GIBSON	OH	46	42.86

1984 WOMEN'S 200 METERS 50-54  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	IRENE OBERA	CA	50	27.25
2	GRETCHEN SNYDER	CA	50	29.01
3	DOREEN CARMICHAEL		53	32.16
4	SALLY GOODHUE			32.80
5	GRACE BUTCHER	IL	50	33.70
6	ALICE LEIGHT	CA	51	33.73
7	MAGDOLENA KUEHNE	CA	53	34.21
8	S. STIEGELMEIER			34.90
9	RUTH CARRIER	CN	53	35.59
10	ELIZ. SZAWLOWSKI	MA	51	36.90

11	JEAN HILLS			40.14
12	JØ-ANN McMAHAN			40.50
13	R. JACKSON	TX		43.37
14	GLORIA LIPTON			43.60
15	- SOUTH			45.34
16	- HARRIS			46.13
17	PHYLLIS BRICKER			48.97
18	MARJORIE EDDY			50.18

1984 WOMEN'S 200 METERS 55-59  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	FLORENCE REARDON		58	30.63
2	SHIRLEY KINSEY	CA	55	33.51
3	SHIRLEY DIETDERICH	CA	57	34.59
4	PAT THORSEN-WHITE	WA	56	35.69
5	SHELLY ANDERSON	CO	55	35.69
6	JEANNE WEAVER	CO	56	36.35
7	DOROTHY ANDERSON	OR	55	37.14
8	GLORIA NEIGHBORS		55	37.70
9	DOTTIE GRAY		58	39.10
10	LAVERNE MEIER		56	40.50

11	ANGIE FRANTHAM	TX		41.01
12	PATRICIA McGEE			41.10

1984 WOMEN'S 200 METERS 60-64  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	GERRY DAVIDSON	CA	63	35.43
2	THELMA RUBIN	CA	62	38.59
3	EDITH LEIBY	HI	61	39.10
4	ELLIE KUGHN			40.28
5	MARTHA FAIRBANK	NC	62	40.30
6	DIANA SMITH	CA	61	41.90
7	DEBORAH HAIMO		62	42.20
8	POLLY BAILEY		61	43.40
9	VERA POPIL			44.50
10	- McROY			57.57
11	L. HARTMANN		61	61.80
12	LILA ARMSTRONG	TX		68.80

1984 WOMEN'S 200 METERS 65-69  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	JOSEPHINE KOLDA	CA	66	34.78
2	MARY BOWERMASTER	OH	67	34.84
3	PAT KIRKWOOD			39.31
4	MARJORIE SMITH			41.90
5	MARJORIE PARKER			41.95
6	A. McCORMICK			47.07
7	HELEN STEPHENS	MO	66	47.20
8	PORTIA CURETON			53.48
9	MARJORIE HUNT	CA	65	56.73
10	M. KLERLEIN		65	60.20

1984 WOMEN'S 200 METERS 70-74  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	POLLY CLARK	CO	74	35.98
2	ISOBEL SAUMIER	CN	70	37.87
3	MARIE UEBEL		72	43.20
4	VIVIAN NELSON	PA	71	44.15
5	BESS JAMES	CA	74	44.23
6	IVY GRANSTROM	CN		45.40
7	MARY PARSONS	TX	71	47.64
8	WILMA HISE		70	48.40
9	BERYL SIRINGER			67.13

1984 WOMEN'S 200 METERS 75-79  
COMPILED BY LARRY PATZ

RANK	NAME	STATE	AGE	TIME
1	MARILLA SALISBURY	CA	76	61.14
2	JEAN BECKER		75	80.00

1984 TRIPLE JUMP  
COMPILED BY CHARLES MERCURIO

1984 MEN'S TRIPLE JUMP 30-34

RANK	NAME	STATE	AGE	MARK
1.	JESSIE JOHNSON	LA	34	15.14
2.	KEITH WITHERSPOON	VA	31	14.63
3.	ROGER TRUJILLO	CA	34	13.97
4.	CHARLES EASTER	CO	30	13.49
5.	SCOTT THORNSLEY	PA	32	13.40
6.	E.G. ROBINSON	MO	34	13.14
7.	ROBERT DORAN	NY		13.10
8.	NATHAN TAYLOR	VA	31	13.04
9.	GERALD WOOLPOLK	MI		12.99
10.	ROBERT BEALE	PA	34	12.97
11.	STEPHEN HEILMAN	OR	31	12.86
12.	DAVID PRUITT			12.84
13.	MAURICE VALENTINE	CA		12.83
14.	VERNON KELLY	CT	30	12.60
15.	JEFFREY HUGHES	VA	34	12.36
16.	RARER CRENSHAW			12.33
17.	GARY MOODY	CA	33	12.27
18.	LARRY VOLLMER	LA	31	12.22
19.	A. CESTERO	NJ		12.09
20.	TIM WALTERS			11.98
21.	J. JONES			11.91
22.	JOHN MILLER	PA	32	11.91
23.	DAN RADIFF	CO	32	11.88
24.	DAVID WINDHORST			11.62
25.	WILLIAM HARDISON	NY		11.55
26.	RICK LAPP	NY		11.53
27.	GARY SCHMIDT	CA	31	11.50
28.	MIKE DAVIS	IL	33	11.46
29.	IVAN BLACK	NY	34	11.35
30.	RAY BEAMER	CO	33	11.34
31.	R. JAMES	NJ		11.20
32.	TAYLOR TUNSTALL	PA	34	11.15
33.	MIKE RUDIKAUGH			11.10
34.	R. WATSON	TX		11.09
35.	WAYNE COLLINS			11.04
36.	KEN JERNIGAN	TX	32	10.92
37.	L. HILLERS	OH		10.46
38.	PAUL ELLISON	CO	31	10.41
39.	KEN ENDRIS	TX		10.34
40.	ROGER DETMER			10.27
41.	STEVE RIDGELL	TX		10.21
42.	E. MILLER			9.93
43.	CRAIG WILLIAMS	TX		9.92
44.	STEVE STUBBLEFIELD			9.25
45.	P. HABERLE			8.18
46.	J. GERSON	OH		8.10
47.	WILLIAM SMITH			7.32
48.	D. MANN	OH		6.05

1984 MEN'S TRIPLE JUMP 35-39

RANK	NAME	STATE	AGE	MARK
1.	LARRY RODENBECK	MO	35	14.35
2.	JOSH OWUSU	TX		14.20
3.	JOHN HARTFIELD	TX	39	14.02
4.	STAN WHITLEY	CA	38	13.81
5.	GERALD WOOLPOLK	MI	35	13.54
6.	RUPUS MORRIS	CA	39	13.49
7.	BILL MEADOWS	PA	38	13.22
8.	J. DICKERSON	NJ		13.18
9.	THERMOND KIRKLAND	MI	35	12.97
10.	JEAN PIERRE MAYER	CN		12.80
11.	STAN ALLEN			12.73
12.	MICHAEL CARROLL	MD		12.73
13.	RICHARD WOOD	LA	37	12.60
14.	JOEL WHITFIELD	AZ	35	12.56
15.	EMILE NIBBS	CN		12.56
16.	RALPH MARINELLO	OH		12.33
17.	EDWARD JONES	TX	39	12.27
18.	JOHN MEISNER			12.10
19.	BILL KNIPMEYER	CO	36	12.09
20.	RICHARD TUCKER	WA	39	11.96
21.	JOE MASON			11.96
22.	JAMES HOLLISTER	CA	39	11.91
23.	K. BAUMAN	GA	36	11.91
24.	IVAN BLACK	NY	35	11.86
25.	JOHN BUTERA			11.66
26.	MIKE MILOVE	NY	37	11.48
27.	BILL FORSYTH	NM	38	11.38
28.	BAKER			11.35
29.	DAVE MORGAN	OH	35	11.24
30.	JASPER ROYAL	NY		11.23
31.	WILLAIMA BUSBY		39	11.18
32.	ROCCO PETITO			10.90
33.	JOHN NOVAK	NJ	37	10.87
34.	LEONARD PLOTKIN	CA	37	10.73
35.	JOEL LILES	MI	38	10.71
36.	GEORGE EIDINGER	CO	38	10.68
37.	KNOLLY WYATT			10.61
38.	KEN BLACK	TX	38	10.65
39.	PAUL ZACHMAN	NJ	36	10.46
40.	J. MONTGOMERY	GA		10.36
41.	BARNES			10.11
42.	RICHARD ROOK	CA	37	9.97
43.	PRESLEY YATES			9.91
44.	RON ROOK	CA	35	9.86
45.	RON SALVIO	NJ	35	9.65
46.	FRANK ROCK			9.18
47.	BOB EVEROSKI	TX	38	9.12
48.	P. MARTINEZ			8.97
49.	C. WHITE			8.87
50.	MILLER			8.76

1984 MEN'S TRIPLE JUMP 40-44

RANK	NAME	STATE	AGE	MARK
1.	GRANT KROW	PA	43	12.45
2.	CARL BURGESS	OH		12.29
3.	KURT VENER	VA	41	12.15
4.	RAY BURY	NJ	41	12.13
5.	DARRELL HULL	WA	43	11.83
6.	CARLTON COLLINS			11.72
7.	JOE CORCORAN	CN	43	11.66
8.	BOB TAYLOR	VA	42	11.60
9.	ALAN SLATER			11.55
10.	HANS GORDON	TX	43	11.52
11.	D. ROMAIN			11.47
12.	NATHANIEL CARTER		44	11.28
13.	DON DVORAK	CA	42	11.21
14.	RON AUGUST	MI	41	11.14
15.	WILLIAM BUSBY	NC	40	11.02
16.	TED CAIN		41	10.88
17.	JOHN LAWSON	CA	43	10.86
18.	WAYNE SANDVOLD			10.44
19.	W. SMITH	PA		10.44
20.	ALEXANDER			10.34
21.	RICHARD KAYE	NY	43	10.26
22.	JOHN TATE	CO	43	10.21
23.	TIMOTHY COLLINS	NY		10.21
24.	GRAHAM			10.20
25.	FRED NIEDERMEYER	CA	44	10.17
26.	BILL HOPKINS			10.16
27.	W. F. PAYNE			10.11
28.	TOM THORNE, JR	KS	40	10.11
29.	ROBERT JONES	CA	44	10.07
30.	ART SHULMAN			10.05
31.	PALMER SWEET	VA	40	9.83
32.	JERRY BURNETT	TX	44	9.82</



**1984 MEN'S TRIPLE JUMP 60-64**

RANK	NAME	STATE	AGE	MARK
1.	RAY SPENCER	CA	61	10.67
2.	EDWIN LUKENS	NY	62	10.53
3.	MAX GOLDSMITH	TX	61	9.80
4.	JIM JOHNSON	CA	61	9.42
5.	CHARLES MERCURIO	CA	64	9.22
6.	D. SMITH	CA	61	9.17
7.	JACK CHESHIRE	CA	62	9.11
8.	DICK CAVICCHI	OH	62	8.97
9.	WILLIAM CARMEN	MA	64	8.46
10.	LEON POTTER	IL	60	8.46
11.	VERN MATTSON	CA	64	8.45
12.	ANGEL RIVERA	PR	63	8.31
13.	RUSH JACOB	CA	63	8.23
14.	HARRY HUSENY	CA	63	7.95
15.	CHARLES HAYDEN	CA	63	7.92

**1984 MEN'S TRIPLE JUMP 65-69**

RANK	NAME	STATE	AGE	MARK
1.	GORDON FARRELL	CA	67	10.14
2.	IAN HUME	CN	69	9.94
3.	HERB MILLER	CA	68	9.13
4.	CHARLES BEAUDRY	TX	66	9.04
5.	WILLIAM CARMEN	MA	65	8.90
6.	JOHN DAMSKI	CA	69	8.86
7.	DONALD HULL	FL	66	8.75
8.	LEWIS HAYDEN	CA	67	8.55
9.	BILL MORALES	CA	67	8.46
10.	R. SORLEIN	RI	67	8.43
11.	ROBERT LITTLE JOHN	WA	65	8.31
12.	MAX PICKLE	CN	66	8.30
13.	ELMER SIEGEL	CA	68	7.96
14.	JIM BRESLIN	CA	65	7.95
15.	ERICH JORDAN	CA	65	7.86
16.	BILL WEINACHT	OH	65	7.85
17.	SANTIAGO PLANELLAS	PR	65	7.62
18.	ED PURGALIS	CA	65	7.49
19.	W. COLEMAN	VA	65	7.41
20.	DALE HENRY	TX	69	7.33
21.	PHIL CAREY	CO	65	7.22
22.	ED HEWITT	MO	65	7.00
23.	TOM THORNE	MO	65	7.00
24.	DAVE DAHLGLEISH	CA	65	5.25

**1984 MEN'S TRIPLE JUMP 70-74**

RANK	NAME	STATE	AGE	MARK
1.	GILBERTO GONZALEZ	PR	70	9.20
2.	ANTONIO GOTAY	PR	72	9.18
3.	JOHN SATTI	CA	70	8.62
4.	FRED WHITE	TX	71	8.28
5.	CLAUDE HILLS	PA	71	7.99
6.	MORRIS CLEIMER	CA	71	7.91
7.	OMER HIX	TX	73	7.66
8.	DON ERSKINE	MI	74	7.59
9.	KARL TREI	CA	74	7.49
10.	JOE CARUSO	CA	74	7.38
11.	CAROL JOHNSON	CA	72	7.28
12.	ART VESCO	OH	71	6.77
13.	JACK SIRINGER	OH	71	6.58
14.	WILLIAM KOSKI	CA	72	6.53
15.	LESLIE THOMAS	CA	74	6.30
16.	HENRY ZACHMAN	NJ	74	5.39
17.	JOHN DICK	WI	72	5.31

**1984 MEN'S TRIPLE JUMP 75-79**

RANK	NAME	STATE	AGE	MARK
1.	WIN MCPADDEN	CA	79	7.79
2.	KARL TREI	CA	75	7.71
3.	HOMER VAN GELDER	CA	79	6.45
4.	RUSSELL MEYER	FL	79	5.66
5.	ARNOLDS TICHANIS	CN	78	5.42

**1984 MEN'S TRIPLE JUMP 80-84**

RANK	NAME	STATE	AGE	MARK
1.	HERB ANDERSON	CO	82	6.79
2.	RUSSELL MEYERS	FL	80	6.27
3.	ARLING PITCHER	IN	82	5.86
4.	BUELL CRANE	ID	84	5.84
5.	HOMER VANGELDER	CA	80	4.57

**1984 WOMEN'S TRIPLE JUMP 30-34**

RANK	NAME	STATE	AGE	MARK
1.	NEMHARD	MI	44	9.75
2.	J. LITTLEJOHN	MI	44	8.10
3.	JAMI ENGLISH	MI	44	8.09
4.				

**1984 WOMEN'S TRIPLE JUMP 40-44**

RANK	NAME	STATE	AGE	MARK
1.	KATHY KUSNER	CA	44	6.25

**1984 WOMEN'S TRIPLE JUMP 50-54**

RANK	NAME	STATE	AGE	MARK
1.	MAGDALENA KUEHNE	CA	51	7.70
2.	BEV COHEN	NY	51	4.18

**1984 WOMEN'S TRIPLE JUMP 65-69**

RANK	NAME	STATE	AGE	MARK
1.	ERNESTINE YEOMENS	CA	61	4.24

**1984 WOMEN'S TRIPLE JUMP 35-39**

RANK	NAME	STATE	AGE	MARK
1.	PHIL RASCHIKER	CA	37	10.75
2.	LIZ MCBLAIN	CA	37	9.82
3.	REINHART	CA	37	5.90
4.	ANDERSON	CA	37	5.72

**1984 WOMEN'S TRIPLE JUMP 45-49**

RANK	NAME	STATE	AGE	MARK
1.	JOAN GRISSOM	IN	46	9.00

**1984 WOMEN'S TRIPLE JUMP 55-59**

RANK	NAME	STATE	AGE	MARK
1.	LA VERNE MEIER	CA	56	5.46

**1984 WOMEN'S TRIPLE JUMP 70-74**

RANK	NAME	STATE	AGE	MARK
1.	ELSA THORP	TX	74	5.69
2.	EDITHE MENDYFA	CA	74	5.13

**1984 MEN'S 5000 METER WALK 30-34**  
COMPILED BY MAX QUACKENBOS

RANK	NAME	STATE	AGE	TIME
1.	RAY FUNKHOUSER	NJ	33	22.20.0
2.	PAUL WARBURTON	CA	32	24.05.6
3.	BRIAN SAVELOMIS	MA	34	25.10.2
4.	CARL WARRELL	CA	34	26.39.0
5.	SPARROW	CA	33	28.24.1
6.	BRUCE DOUGLASS	RI	33	29.01.2
7.	LARRY MORELAND	CA	33	34.22.2
8.	KEN ENDRIS	TX	34	39.53.6

**1984 MEN'S 5000 METER WALK 35-39**

RANK	NAME	STATE	AGE	TIME
1.	ALAN PRICE	CA	37	23.35.5
2.	ERIC BIGHAM	CA	37	25.11.5
3.	KEITH WARD	CA	35	26.49.7
4.	GEORGE LATTARULO	MA	36	27.51.0
5.	RON SALVIO	NJ	35	30.33.7
6.	GARY KIDD	MO	37	30.53.0
7.	RON BRUMEL	CA	37	32.56.6
8.	BILL MOHR	CA	37	38.47.8

**1984 MEN'S 5000 METER WALK 40-44**

RANK	NAME	STATE	AGE	TIME
1.	BRAD LESSARD	CN	42	23.52.2
2.	GUY OTT	WA	42	25.23.8
3.	RAY MCKINNIS	CA	44	25.46.0
4.	FRANK SOBY	MI	44	26.58.9
5.	BOB BREWER	CA	43	27.46.2
6.	KEITH MCCONNELL	CA	40	28.26.0
7.	ROBERT JENNINGS	PA	42	28.38.9
8.	JOHN GOODMAN	MI	42	30.59.0
9.	FRITZ INGRAM	OR	44	32.37.7
10.	LARRY RICHARDSON	CA	42	33.53.0
11.	GEORGE BRADLEY	NY	42	35.10.7
12.	JOHN SHAW	MI	42	35.14.4

**1984 MEN'S 5000 METER WALK 45-49**

RANK	NAME	STATE	AGE	TIME
1.	JAAN ROOS	CN	47	23.27.7
2.	CHARLES MERIT	CA	46	24.51.4
3.	STAN SAMUHEL	CN	46	26.18.9
4.	PETER ULRICH	CA	46	27.48.4
5.	JOHN SHILLING	NY	47	29.09.6
6.	MIKE DEMPSEY	CA	48	29.19.0
7.	RICARD OLIVER	CA	45	31.04.6
8.	RAY FITZHUGH	CA	49	31.36.3
9.	JAKE BREDERSON	CA	49	32.54.2
10.	RONALD CHANDROSS	CA	49	34.46.9
11.	MIKE NATALE	NY	49	36.37.9
12.	JIM CULLEN	WA	46	40.33.0

**1984 MEN'S 5000 METER WALK 50-54**

RANK	NAME	STATE	AGE	TIME
1.	JACK BOITANO	NY	51	26.15.3
2.	JOHN KELLY	CA	54	26.27.6
3.	MAX GREEN	MI	53	26.33.9
4.	JOHN MACLACHLAN	CA	53	26.47.0
5.	ANDREW BRIGGS	CA	53	27.17.3
6.	TED GREINER	CA	52	27.54.0
7.	CARL ACOSTA	CA	52	28.21.9
8.	BOB TIMMONS	NY	52	28.29.0
9.	PAUL KAALD	WA	51	28.43.8
10.	J A HAVENS	CA	52	28.45.0

**1984 MEN'S 5000 METER WALK 55-59**

RANK	NAME	STATE	AGE	TIME
1.	ROBERT FINE	NY	53	28.56.0
2.	JOEL HOLMAN	MD	53	30.16.0
3.	MORT MALKIN	NY	53	30.27.4
4.	RONALD VALIENTE	NY	53	30.34.0
5.	KARL KRUEGER	CA	53	32.40.8
6.	BILL HILLMAN, JR	CA	54	32.50.0
7.	LEONARD GOODMAN	CN	54	32.53.5
8.	JUSTIN ROCKWELL	CA	52	34.31.0
9.	BILL OMELTCHENKO	NY	54	34.53.7
10.	MIKE CAVA	NY	54	37.46.1

**1984 MEN'S 5000 METER WALK 55-59**

RANK	NAME	STATE	AGE	TIME
1.	ROBERT MIMM	NJ	59	26.36.6
2.	MICHAEL DEMPSEY	CA	59	29.19.0
3.	MAYNARD MICKELSON	CA	58	31.30.1
4.	DANNY DANIELS	CN	58	34.15.4
5.	MORTON PASTOR	CA	58	35.18.0
6.	JOHN FORTNA	CA	55	36.25.0

**1984 MEN'S 5000 METER WALK 60-64**

RANK	NAME	STATE	AGE	TIME
1.	JOSEPH VITUCCI	CA	60	29.02.8
2.	UNO LIMIT	CN	63	29.51.0
3.	GEORGE HELLER	NJ	62	30.52.0
4.	FRANK KELLY	CA	60	32.22.0
5.	ELDRIDGE LLOYD	CA	61	34.14.0
6.	JOE JENKINS	MI	61	34.26.0
7.	BOB WILSON	WA	60	35.20.7
8.	CHUCK YOGI	HI	64	40.26.7

**1984 MEN'S 5000 METER WALK 65-69**  
COMPILED BY MAX QUACKENBOS

RANK	NAME	STATE	AGE	TIME
1.	DON JOHNSON	NJ	67	29.55.5
2.	EDWARD SEBGER	VA	68	33.38.0
3.	WILLIAM DAVIS	CA	66	35.47.0
4.	DOUGLAS PHILLIPS	VA	68	36.00.0
5.	RICHARD LUKES	CA	65	36.08.0
6.	ROBERT MULLIKEN	RI	66	36.24.6
7.	GEORGE FAVORITE	NJ	66	36.34.1
8.	JOHN GARCIA	CA	66	36.44.0
9.	DON JACOBS	OR	65	37.34.8
10.	WILFORD WOOD	CA	69	40.22.0

**1984 MEN'S 5000 METER WALK 70-74**

RANK	NAME	STATE	AGE	TIME
1.	GIULIO DE PETRA	CA	73	30.43.0
2.	GORDON WALLACE	AZ	74	33.11.5
3.	HARRY DRAZIN	NJ	70	33.44.0
4.	FRANK SAYLOR	CA	70	35.15.0
5.	DAVID LAKRITZ	NY	74	36.52.0

**1984 MEN'S 5000 METER WALK 75-79**

RANK	NAME	STATE	AGE	TIME
1.	CHESLEY UNRUH	CA	77	32.32.0
2.	PAUL FAIRBANKS	CA	77	36.18.0
3.	BYRON FLKE	OH	76	37.40.1
4.	PHIL DUTTON	CA	78	39.34.0

**1984 MEN'S 5000 METER WALK 85-89**

RANK	NAME	STATE	AGE	TIME
1.	PAUL SPANGLER	CA	85	37.49.3

**1984 WOMEN'S 5000 METER WALK 45-49**

RANK	NAME	STATE	AGE	TIME
1.	BEV LA VECK	WA	48	27.10.4
2.	LORI MAYNARD	CA	48	27.41.0
3.	DOROTHY KELLEY	NY	48	29.37.0
4.	SHIRLEY INGRAM	OR	47	32.44.3
5.	PATRICIA WILLIS	CA	48	34.22.0
6.	J J JOHNSON	CA	48	35.13.0
7.	LILLY HATCHELL	NY	48	38.05.1
8.	MARIAN SPITZ	NY	48	38.56.0
9.	RHODA LAWYER	NY	49	43.10.0

**1984 WOMEN'S 5000 METER WALK 50-54**

RANK	NAME	STATE	AGE	TIME
1.	RUTH EBERLE	MO	53	30.58.2
2.	BARBARA JOHNSON	CA	53	33.57.0
3.	ELLIE BROWN	CA	53	43.11.0

**1984 WOMEN'S 5000 METER WALK 55-59**

RANK	NAME	STATE	AGE	TIME
1.	MARTHA VITUCCI	CA	57	36.25.1
2.	EVELYN LLOYD	CA	57	40.44.5
3.	BUFF MESSENGER	NY	56	42.20.9
4.	NANCY DELANEY	RI	56	43.17.9
5.	HENRIETTA WITT	DC	57	43.37.0

**1984 WOMEN'S 5000 METER WALK 60-64**

RANK	NAME	
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# 1985 INTERIM 5-KILOMETER ROAD RANKINGS

(Compiled by the National Running Data Center reflecting all certified 5K road events received and processed as of July 8, 1985. Any additions or corrections should be sent to NRDC, P.O. Box 42888, Tucson AZ 85733)

5 kilometers		Men 35 thru 39			
14:55	Ed Stenberg	37	Winston-Salem	NC	17 Feb, NC-A
15:37	Lindsay Plank	36		NY	9 Jun, NY-A
15:42	Ron Kurrle	36	Long Beach	CA	21 Apr, CA-A
15:42	James Andrews	37	Hamilton	NY	9 Jun, NY-A
15:44	John Dwyer	37	Liverpool	NY	25 May, NY-A
15:51 a	Bill Stewart	35	Tulsa	OK	16 Mar, OK-A
16:11	Henry Lange	36			26 May, CA-A
16:18.9	Tom Morris	35+			4 May, VA-A
16:26 a	R Anderson	37	Bartlesville	OK	16 Mar, OK-A
16:28 a	Dale Maloney	36	Enid	OK	16 Mar, OK-A
10					

5 kilometers		Men 40 thru 44			
16:01	Dave Hayward	44			21 Apr, CA-A
16:07	T M Hare	41		NC	17 Feb, NC-A
16:12	Neil Doherty	44			26 May, CA-A
17:08	Al Hastings	40	Cayuga	NY	9 Jun, NY-A
17:10	Marvin Wood	41		NC	17 Feb, NC-A
17:15	Cecil Davis	42		NC	17 Feb, NC-A
17:16 a	Jay Minor	43	Tulsa	OK	16 Mar, OK-A
17:22 a	Hewlett Nash	44	Tulsa	OK	16 Mar, OK-A
17:24 a	Doug Formsma	40	Broken Arrow	OK	16 Mar, OK-A
17:27	Richard Mowat	41		NC	17 Feb, NC-A
10					

5 kilometers		Men 45 thru 49			
16:43 a	Russell Bennett	47	Tulsa	OK	16 Mar, OK-A
16:47	Eino Romppanen	45	Malibu	CA	26 May, CA-A
17:35	Jim Armantrout	48			21 Apr, CA-A
17:46.8	Tommy Owens	45	Atlanta	GA	2 Mar, GA-A
17:53	Christopher Burke	49			26 May, CA-A
17:54	John Hughes	46		NC	17 Feb, NC-A
17:56	Walter Francke	46		NC	17 Feb, NC-A
18:04	Bruce Fredrikson	47			25 May, NY-A
18:05	Mike Grace	47			17 Feb, NC-A
18:12	Homer Jackson	46	Cortland	NY	9 Jun, NY-A
10					

5 kilometers		Men 50 thru 54			
17:20 a	Steve Blanchard	53	Tulsa	OK	16 Mar, OK-A
17:33	Bob Milner	50			9 Jun, NY-A
17:48.2	Grady Silver	54	Cartersville	GA	2 Mar, GA-A
18:32	Robert Hunter	51	Auburn	NY	9 Jun, NY-A
18:33 a	Bob Nale	50	Sapulpa	OK	16 Mar, OK-A
18:34	Ed McKendry	51		NC	17 Feb, NC-A
18:38 a	Arturo Melendez	54	Tulsa	OK	16 Mar, OK-A
18:47 a	Larry Miller	52	Tulsa	OK	16 Mar, OK-A
18:55	Jack Thomas	54			26 May, CA-A
18:56.1	Daniel Stewart	53	College Park	GA	2 Mar, GA-A
10					

5 kilometers		Men 55 thru 59			
17:08	Howard Rubin	57	New Hartford	NY	9 Jun, NY-A
18:00 a	Jerry Crockett	56	Stillwater	OK	16 Mar, OK-A
18:39	Herb Chisholm	58	Alexandria	VA	16 Mar, DC-A
19:07	Leonard Walts	56			21 Apr, CA-A
19:37 ai	Nocus McIntosh	59	Jay	OK	16 Mar, OK-A
19:48 ai	Whit Mauzy	58	Tulsa	OK	16 Mar, OK-A
19:51 ai	Jack Bright	56	Tulsa	OK	16 Mar, OK-A
19:53	Fred Goldman	58			26 May, CA-A
20:12 ai	Rich Thompson	55	Tulsa	OK	16 Mar, OK-A
20:21	Charles VandeZande	55		NC	17 Feb, NC-A

5 kilometers		Men 60 thru 64			
18:11	Larry Banuelos	61	Pico Rivera	CA	26 May, CA-A
19:30 ai	Ross Waltzer	62	Tulsa	OK	16 Mar, OK-A
19:54	Ed Buckley	63	Clinton	NY	25 May, NY-A
20:03 ai	Jim Elmore	60	Tulsa	OK	16 Mar, OK-A
20:30 ai	Dan Brannin	60	Tulsa	OK	16 Mar, OK-A
20:52	Russ Stumpus	63			26 May, CA-A
22:31	Lou Ortiz	62			26 May, CA-A
22:35	Stanley Neufeld	62			26 May, CA-A
22:41 ai	Jerry Lewis	60	Bartlesville	OK	16 Mar, OK-A
22:51	Wendell Jeffrey	62			21 Apr, CA-A
10					

5 kilometers		Men 65 thru 69			
21:12	Nathaniel White	65	Fayetteville	NY	9 Jun, NY-A
21:23	David Cohen	65			21 Apr, CA-A
23:25	John Woods	67	Washington	DC	16 Mar, DC-A
24:55	Vincent Sabino	65			25 May, NY-A
25:19	Chuck Pettingall	69			26 May, CA-A
26:57	Roland Ivers	66	Watertown	NY	25 May, NY-A
28:29	Bud Averitt	65		DC	16 Mar, DC-A

5 kilometers		Men 70 thru 74			
24:18	Clayton Brelsford	70			17 Feb, NC-A
27:45	Fred Shanley	70			26 May, CA-A
34:41	Joseph Saloun	72		NC	17 Feb, NC-A
36:12	Nay Shupack	70			21 Apr, CA-A
37:45	Mil Wood	70			16 Mar, DC-A

5 kilometers		Women- 35 thru 39			
17:10	Andrea Burke	35	Endicott	NY	25 May, NY-A
18:32	Terri Goodreau	35			21 Apr, CA-A
19:28 a	Patsy Daniel	35	Claremore	OK	16 Mar, OK-A
20:00	Martha Burnette	38	Wilson	NC	17 Feb, NC-A
20:17	Carolyn Wood	39	Portland	OR	9 Feb, OR-A
20:19	Nancy Rodriguez	35	New York	NY	12 May, NY-A
20:28	Barbara Brent	38	Hopewell	NJ	12 May, NY-A
20:31	Mary Rosado	35	New York	NY	12 May, NY-A
20:37 a	Ann Crawley	39	Tulsa	OK	16 Mar, OK-A
20:46	Pauline Stevens	38			26 May, CA-A
10					
foreign					
17:53	Angella Hearn	39	New York	NY	12 May, NY-A

5 kilometers		Women 40 thru 44			
18:17	Judy Kewley	40	Simi Valley	CA	26 May, CA-A
18:20	Madeline Harmeling	40	Merrick	NY	12 May, NY-A
18:28	Lina Connors	43	New York	NY	12 May, NY-A
18:44	Judy Pickert	41	Brewster	NY	12 May, NY-A
19:39	Molly Thayer	42	Capitola	CA	26 May, CA-A
19:43	Vicky Imes	40	West Point	GA	11 May, AL-A
19:48	Robin Villa	41	New York	NY	12 May, NY-A
19:59	Anna Moore	40	Cary	NC	17 Feb, NC-A
20:05	Sue Smithson	40			9 Jun, NY-A
20:19.9	Pamela Bidwell	40	Atlanta	GA	2 Mar, GA-A
10					

5 kilometers		Women 45 thru 49			
19:57	Rita Gilmore	45			26 May, CA-A
19:58	Jeanette Wells	47			21 Apr, CA-A
20:20	Patty Lee Parmalee	45	New York	NY	12 May, NY-A
20:41	Betsy O'Neill	46	Wantagh	NY	12 May, NY-A
20:43	Joyce Momita	48	Anaheim Hills	CA	26 May, CA-A
21:09	Susie Kluttz	47	Winston-Salem	NC	17 Feb, NC-A
21:12 a	Sharon Cooper	46	Claremore	OK	16 Mar, OK-A
21:45 a	Joy Austin	47	Jenks	OK	16 Mar, OK-A
21:54	Bettye Hamonds	47			26 May, CA-A
22:06	Margrid Casseday	46		NC	17 Feb, NC-A

5 kilometers		Women 50 thru 54			
21:14	Atsuko Fujimoto	50	Pacific Plsds	CA	26 May, CA-A
22:03	Esther Robertson-Lee	50		NY	12 May, NY-A
22:07.5	Betty Field	50+			4 May, VA-A
23:54	Barbara Meadows	54	Tucson	AZ	5 Jan, AZ-A
24:21	Patricia Minnick	54		PA	12 May, NY-A
25:03	Bertie Argyris	54			25 May, NY-A
25:04	Joanne Hegedus	53	Longview	WA	9 Feb, OR-A
25:14	Mary Anne Ruz	50	Liverpool	NY	25 May, NY-A
25:23	Jeanne O'Hara	52	Syracuse	NY	9 Jun, NY-A
25:27	Gloria Anderson	50	Portland	OR	9 Feb, OR-A
10					

5 kilometers		Women 55 thru 59			
25:21	Sandra Bovenzi	55	Canandaigua	NY	9 Jun, NY-A
26:15	Trudy Pietrolungo	56			21 Apr, CA-A
26:30	Beulah Parker	58	Raleigh	NC	17 Feb, NC-A
26:42 a	Faye Morris	56	Tulsa	OK	16 Mar, OK-A
27:42	Phyllis Greifinger	57			26 May, CA-A
27:46	Phyllis Kent	57	Syracuse	NY	9 Jun, NY-A
27:48 a	Neva Brannin	58	Tulsa	OK	16 Mar, OK-A
29:31	Sara Townsend	55	Dewitt	NY	9 Jun, NY-A
30:33	Rochelle Rubinstein	56	New York	NY	12 May, NY-A
30:46	Sandy Norris	59	New York	NY	12 May, NY-A
10					

5 kilometers		Women 60 thru 64			
20:36	Helen Dick	60	Los Angeles	CA	21 Apr, CA-A
23:39	Obert Albin	60			21 Apr, CA-A
25:21	Daisy Wong	60	Burbank	CA	26 May, CA-A
26:54.2	Louise Akers	60+			4 May, VA-A
27:51	Mary Rodriguez	63	Rego Park	NY	12 May, NY-A
29:05	Lillian Olsen	63	Portland	OR	9 Feb, OR-A
29:58	Jeanette Benson	60	Portland	OR	9 Feb, OR-A
31:11	Betty Lussier	63		NY	12 May, NY-A
31:32	Vivian Goble	61	Portland	OR	9 Feb, OR-A
31:37	Muriel More	60	Fayetteville	NY	25 May, NY-A



# 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.

## NEW ENGLAND

### BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL July 28, 1985

<b>110M</b> HH M35 Stephen Mackowitz 19.1 (MR) M40 Charles Varnet 18.8 Richard Kaye 21.6 M50 Ralph Bacote 23.5 (MR) M65 William Carmen 20.5 (MR)	<b>800M</b> M30 Richard Barbosa 1:58.4 (MR) Jim Hudson 2:00.7 Robert Ferrari 2:07.6 M35 Rob Jackson 2:03.1 (MR) George Smith 2:04.7 Dennis Main 2:06.6 M40 William Masuck 2:12.4 John Babbington 2:14.2 Jim Verdier 2:15.4 M45 Ken Baker 2:07.7 (MR) Tim Simpson 2:09.5 M50 Cliff Pauling 2:12.6 (MR) John Conner 2:13.9 Andrew Higgins 2:25.1 M55 Alan Cohen 2:27.8 M60 Archie Messenger 2:29.2 (MR) W35 Barbara Saver 2:32.5 W40 Patty MacHewitt 2:44.0 W50 Sally Goodhue 2:54.0 (MR)	<b>1500M</b> M30 Jon Hird 4:17.2 M35 Rob Jackson 4:15.2 (MR) Joe Bureson 4:33.5 Robert Weiner 4:36.1 M40 Kirk Randall 4:19.3 Jim Verdier 4:35.2 M45 Robert Lowe 4:35.4 M50 John Conner 4:33.6 (MR) Barry Almond 4:39.8 Jim Keat 4:56.0 M55 Alan Cohen 5:13.6 (MR) Arnold Heardon 5:34.3 M60 Archie Messenger 5:15.7 (MR) J. Robertson 6:17.4 John Turnbull 6:25.6 M70 Bill Brobston 6:01.0 (MR) W35 Barbara Saver 5:05.1 (MR) W40 Patricia Rowe 6:57.1 W50 Mary Harada 5:58.7 (MR)	<b>5000M</b> M30 David Reik 15:53.9 (MR) Stephen Sarikus 16:33.7 M35 Stoddard Melhado 16:29.2 (MR) Joe Bureson 18:16.8 Dayton Rich 18:30.0 M40 Jack Thornhill 17:12.0 Bob Woolley 17:37.7 Joe Houlihan 22:56.0 M45 Ed McCrone 23:17.3 M50 John Connor 19:37.0 M60 Carl Hammen 20:28.5 (MR) J. Robertson 23:08.6 M70 Bill Brobston 21:43.9 (MR) W30 Diana Dill 28:16.2 (MR) W55 Toshika D'Elia 20:31.7 (MR)	<b>5000M Walk</b> M35 Brian Savilonas 23:58.9 (MR) George Lattarulo 28:17.5 M45 Herbert Beall 27:18.9 (MR) Jake Brederson 33:58.2 Michael Hoffer 35:36.4 M50 Jack Boitano 24:09 (MR) American Record M60 Phil O'Connell 34:58.0 (MR) Al Drupear 35:12.7 M65 Robert Mulliken 35:47.5 (MR) W55 Eleanor Drupear 30:40.3 (MR) Nancy Delaney 42:49.0 W60 Marie Henry 34:06.1 (MR) W65 Lois Mulliken 41:35.0 (MR) W70 Mary Gorham 43:56.8 (MR)	<b>High Jump</b> M30 Edward Quigley 6-0 (MR) M35 Stephen Mackowitz 4-10 Michael Augeri 4-6 M40 David Collin 4-4 Charles Varnet 5-2 (MR) James Brady 5-0 Richard Kaye 4-2 M50 Charles Kraeme 4-8 (tied MR) Ralph Bacote 4-6 M55 William Garrahan 4-8 (tied MR) Warren Jackson 4-6 Anthony Vivieros 4-4 M60 Boo Marcom 4-10 (MR) Vern Mattson 4-0 John Turnbull 3-10 M65 Bill Carmen 4-0 (MR)	<b>Pole Vault</b> M30 Bradley Hall 12-6 (MR) M35 Ed Peterson 13 (MR) Philip Gibson 13 Greg Olson 11 M40 John McDonald 11-6 (MR) M50 Charles Kraeme 8 M60 Boo Marcom 11-6 (MR) Jack Doorley 7-9 Vern Mattson 6	<b>Long Jump</b> M35 Stephen Mackowitz 17-5 (MR) Phil Gibson 16-9 3/4 M40 Joe Kopka 18-10 (MR) Oscar Brookins 16-4 1/2 Richard Kaye 15-10 3/4 M50 Frank Barrows 16-4 1/2 Hank Perry 14-3 1/2 Ralph Bacote 13-2 1/2 M55 Alan Cohen 13-9 1/2 Anthony Vireiros 13-1 Al Flint 12-4 1/2 M60 Vern Mattson 14-10 (MR) Jack Doorley 14-1 M65 Sparks Sorlien 14-0 William Carmen 13-9 1/2 Leo McEvoy 7-1 1/2 W30 Phyllis Anderson 9-9 1/2 (MR) W40 Patricia Rowe 10-11 (MR) W55 Beverly Cohen 5-5 3/4 (MR) W70 Mary Gorham 5- 1/2 (MR)	<b>Triple Jump</b> M35 Stephen Mackowitz 36-4 1/2 (MR) M40 Richard Kaye 31-5 (MR) Charles Varnet 29-2 3/4 M50 Pay Carstensen 30-9 1/2 (MR) Ralph Bacote 29-11 M55 Alan Cohen 27-7 (MR) M60 Vern Mattson 28-9 (MR) Jack Doorley 25-7 3/4 M65 Sparks Sorlien 28-4 (MR) William Carmen 27-4 W55 Beverly Cohen 14-4 (MR)	<b>Shot Put</b> M30 Brian Moore 47-6 1/2 (MR) Ed Daniels 37-3 Ken Woodard 37-2 M35 Carl Wallin 51-2 1/2 (MR) Paul Corrigan 44-4 1/2 Greg Olson 37-4 1/2 M40 Al Neville 40-1 (MR) Bert Reuss 36-11 Oscar Brookins 34-9 1/2 M45 R. Heath 35-10 1/2 (MR) Robert Schinse 27-1 Pay Carstensen 41-9 1/2 (MR) Meemo Maasik 37-8 1/2 Kurt Krastin 36-3 1/2 M55 William Garrahan 37-7 1/2 (MR) Warren Jackson 33-3 Don Henry 33-2 1/2 M60 Bob Seligman 39-5 Mario Minatra 31-4 3/4 M65 Tom McDermott 43-3 Marty Neumann 38- 1/2 Nat Heard 32-7 1/2 M70 Alfred Skonberg 34-7 1/2 (MR) M75 Harry McArdle 21-3 (MR) M80 John Hard 15-1 1/2 (MR) W30 Phyllis Anderson 29-10 (MR) Alana Moncousky 21-8 1/2 W35 Cynthia LeBlanc 21-7 1/2 (MR) W45 Audrey Doyle 26-8 1/2 (MR) W50 Cora Parry 16-2 W70 Anna Cirulnick 27-9 3/4 Mary Gorham 18-5	<b>Discus</b> M30 Brian Moore 118-8 (MR) Edward Daniels 108-7 Michael Sherrill 99-0 M35 Paul Corrigan 144-2 (MR) Michael Grisko 143-1 Greg Olson 108-9 M40 John Abbott 139-8 (MR) Bert Reuss 129-3/4 Carl Wallin 127-4 M45 John Contoulis 104-3/4 (MR) Michael Hoffer 88-1 Robert Schinse 72-3 M50 Meemo Maasik 119-2 Pay Carstensen 108-11 Kurt Krastin 102-4 M55 William Garrahan 110- 1/2 (MR) Warren Jackson 97-9 1/2 Alan Cohen 92-6 M60 Bob Seligman 129-7 (MR) Boo Marcom 124-9 Mario Minatra 99-8 M65 Tom McDermott 137-4 (MR) Marty Neumann 109-5 Nat Heard 107-8	<b>Hammer Throw</b> M30 Brian Moore 157-3 (MR) Ed Daniels 145-11 Michael Sherrill 115-2 M35 Richard Narcession 159- 1/2 (MR) Paul Corrigan 132-1 Michael Grisko 128-5 M40 Robert Gourley 136-3 (MR) Al Neville 99-7 M50 Pay Carstensen 128-2 (MR) Matthew Boyle 92-0 Kurt Krastin 91-6
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M55 Don Henry 65-3 (MR)	M60 Mario Minatra 98-4	M65 Tom McDermott 151-10 (MR)	World Record
Nat Heard 121-10	Marty Neumann 93-11		
M70 Alfred Skonberg 98-6 1/2 (MR)	M75 Harry McArdle 59-5 (MR)	W35 Cynthia LeBlanc 69-2 (MR)	
W40 Patricia Rowe 55-4	W45 Audrey Boyle 75-2 (MR)	Joan Youngs 68-0	
W50 Anna Cirulnick 69-11	W55 Beverly Cohen 35-9 1/2 (MR)		
<b>Javelin</b>			
M35 Tom Kenwood 143-2 1/2	M40 Stephen Aust 155-5 (MR)	Robert Marshall 135-1 1/2	Richard Kaye 108-1
M45 Patrick Conley 122-10			

M50 Bob Youngs 165-1 1/2	Meemo Maasik 107-11	Don Hudson 92-1	Alan Cohen 100-8 (MR)
Richard Klein 99-9	Anthony Vivieros 82-10	Donald Knapp 98-2 (MR)	Mario Minatra 97-6
Charles Hunt 94-5	M65 Marty Neumann 99-7 (MR)	Leo McEvoy 32-8	
M70 Alfred Skonberg 64-2 (MR)	M75 Manfred D'Elia 73-2 (MR)	Harry McArdle 45-5	Thomas Gorman 38-2
M80 John Hard 29-5 (MR)	W30 Alana Moncousky 72-1 (MR)	W45 Joan Youngs 66-4 (MR)	Cora Parry 48-3
W50 Anna Cirulnick 46-11	W55 Beverly Cohen 37-4 (MR)	W70 Mary Gorham 32-10 (MR)	

## EAST

### West Penn T&F Championships Washington, Penn.; June 8

<b>100m</b>	M30 N. Salupo 12.5	D. Lemster 12.7	A. Forney 13.2	M40 G. Smith 11.3	M50 E. Sutton 12.5	M60 R. Bower 14.5	E. Wentz 16.5	M70 D. Ernst 17.2	W30 P. Dye 14.2
<b>220y</b>	M30 B. Frey 25.9	Salupo 25.9	Lemster 27.7	M40 Smith 25.3	D. Larson 26.8	M50 Sutton 26.2	R. Taylor 34.8	W30 Dye 34.3	
<b>440y</b>	M30 Frey 55.6	S. Snider 55.9	Salupo 57.4	M40 Smith 57.9	K. Gailey 63.0	T. Breault 69.0	M50 Sutton 60.5	M60 Wentz 79.9	W30 Dye 66.1
<b>880y</b>	M30 Frey 2:11.0	N. Thomas 2:12.7	Snider 2:14.9	M40 Breault 2:43.4	M50 Taylor 3:02.9				
<b>Mile</b>	M30 Frey 5:07.0	Thomas 5:14.6	G. Pizzoferrato 5:15.3	M50 Taylor 6:37.9					
<b>3 Mile</b>	M30 R. Sanchas 17:22.0	M40 J. Waldorf 16:53.0	D. Monheim 21:29.0						
<b>4x110y Relay</b>	M30 West Penn TC (Lemster, Kline, Frey, Sutton) 51.6								
<b>120yHH</b>	M40 B. Kline 16.6								
<b>440yIH</b>	M30 Lemster 65.9	M40 Kline 62.5							
<b>2 Mile Walk</b>	M70 Ernst 27:13.7								
<b>High Jump</b>	M40 Kline 5-4 1/2	Gailey 4-0							
<b>Shot Put</b>	M30 A. Miholovich 39-2	M40 J. Rambo 32-10 1/2							
<b>Discus</b>	M40 J. Rambo 103-6	Kline 94-0							
<b>Javelin</b>	M30 K. Molander 202-5	P. Weaver 129-3	Lemster 126-8	M40 Rambo 99-2					
<b>Team Scores</b>	M30 West Penn TC 46	Over The Hill TC 15	Greensburg Strid. 4	M40 West Penn 30	Over The Hill 21	Allegheny Nike 5	M50+West Penn 46	Queen City 8	

### Reading Track Club Championships Kutztown University, Kutztown, Pa., July 20

<b>100 Meters</b>	M 30-39	Allen Pendleton 11.9	Spencer Rawls 12.2	Rob Stewart 12.3	M 40-49	Marc Sterley 13.2	George Majors 13.2	Jack DeFrancisco 14.0	M 50-59	Earl Mege 13.2	Alan Cohen 13.4	Beverly Cohen 25.5
<b>200 Meters</b>	M 30-39	Spencer Rawls 26.7	Randy Brandt 26.8	Rob Stewart 26.9	M 40-49	Rett Oren 26.1	Marc Sterley 26.9	George Majors 27.7	M 50-59	Alan Cohen 27.7		
<b>400 Meters</b>	M 30-39	Mark Johnson 56.0	Randy Brandt 58.0	M 40-49	Rett Oren 60.2	William Barrick 72.8	Alan Cohen 62.6					
<b>800 Meters</b>	M 30-39	Mark Gallagher 2:00.8	M 40-49	Raymond Rowe 2:55.4								
<b>Mile</b>	M 40-49	William Barrick 5:48.7	M 50-59	Jim Sutton 4:55.6								
<b>5000 Meters</b>	M 30-39	Gary Nagle 18:12.2	M 40-49	Jack Smith 19:06.6	William Barrick 19:45.3	Earl Smith 20:20.1						
<b>5000 Meter Race Walk</b>	M 30-39	William Norton 23:59.5	Bob Ryan 24:56.5	M 40-49	Joe Stefanowicz 27:42.0							
<b>110 Meter Hurdles</b>	M 30-39 (39")	Mark Johnson 16.3	M 50-59 (33")	John Bankert 24.8								
<b>High Jump</b>	M 30-39	Allen Pendleton 6'0"	Jim Weaver 5'4"	Bob Ryan 4'4"	Marc Sterley 4'6"	John Bankert 4'2"	Ray Feick 4'0"	Paul Eberhardinger 3'2"				
<b>Pole Vault</b>	M 30-39	Hal Brossman 146'5	Pay Carstensen 130'9	M 50-59	Paul Eberhardinger 118'0							
<b>Shot Put</b>	M 30-39	Bob Sing 36'6	Jack Ruch 31'7	Bob Ryan 27'5	M 40-49	Bill Simon 31' 1/2	M 50-59	Pay Carstensen 41'9	Ray Feick 39'2	Martin Kintish 38'9	M 60-69	Al Selig 33'0
<b>Discus Throw</b>	M 40-49	John Abbott 139'4	M 50-59	Martin Kintish 138'6	Ray Feick 108'8	Pay Carstensen 105'5	M 60-69	Al Selig 100'0	M 50-59	Beverly Cohen 33'0		
<b>Hammer Throw</b>	M 50-59	Hal Brossman 146'5	Pay Carstensen 130'9	M 60-69	Paul Eberhardinger 118'0							



Eastern Masters Track & Field Championships
Slippery Rock University, June 16, 1985
Hosted by: Western Pennsylvania Track Club
Sponsored by: 7-UP and Western Pennsylvania Track Club
Meet Director: Sue Kline

100 Meters
Men
30-34
1 Bob Reck WP NT
2 Scott Thornsley PM NT
3 Leroy Galloway UN NT
4 Howard Salaam PM NT
5 Lou Miller NYM NT
35-39
1 Jim Wilson PM 11.3
40-44
1 Chuck LaChiusa BBB 12.4
2 Ralph Scola OTH 12.8
3 Dick Nichols UN 13.9
4 Dennis Przybly UN 15.2
5 John Baskin PV 15.6
45-49
1 Haig Bohigian NYM 12.4
2 Leroy McClain OTH 13.2
3 Tom Ragland OTH 13.7
50-54
1 Paul Williams OTH 12.2
2 Cliff Pauling CP 12.2
3 Ed Sutton WP 12.7
4 Ray Boyd WP 12.6
5 Morren Greenberg WP 13.3
6 Ron Anderson WP 13.8
7 Env Mehmedbasich UN 13.9
55-59
1 Alan Cohen NYM 13.2
2 Roger Hocker UN 13.5
3 Vonly Phillips WP 13.7
60-64
1 Ray Bower WP 13.5
2 Dick Cavicchi OTH 14.0
3 Andy Thomson CM 14.4
65-69
1 Dave Lawyer NYM 13.5
2 Bill Carmen BAA 13.5
3 Max Pickl CM 14.0
4 Fred Weiland WP 14.5
5 Walt Ziegler UN 24.8
75-79
1 Blaine Till CM 16.5

Women
35-39
1 Patty Dye WP 14.0
2 Kathy Pierce SC 14.2
50-54
1 Marilyn Fitzgerald UN 14.0
2 Anne Cirulnick NYM 18.0
55-59
1 Bev Cohen SA 27.3

200 Meters
Men
30-34
1 Reck WP 23.8
2 Miller NYM 30.4
35-39
1 Jasper Royal SC 24.4
2 Charles Bernard UN 25.6
40-44
1 LaChiusa BBB 24.0
2 Scola OTH 25.7
45-49
1 Bohigian NYM 24.8
2 Barry Kline WP 25.5
50-54
1 Pauling CP 24.8
2 Sutton WP 25.5
3 Mehmedbasich UN 27.7
4 Anderson WP 28.1
55-59
1 Cohen NYM 27.5
2 Hocker UN 27.6
60-64
1 Bower WP 27.4
2 Thomson CM 29.0
3 Cavicchi OTH 30.5
65-69
1 Lawyer NYM 28.4
2 Pickl CM 30.5
3 Carmen BAA 32.0
75-79
1 Till CM 34.7
2 Harry McCardle NYM 40.3

400 Meters
Men
30-34
1 Debi Page UN 33.4
35-39
1 Pierce SC 29.2
2 Betty Baskin PV 30.3
40-44
1 Carol Crouthamel WP 35.9
50-54
1 Fitzgerald UN 28.9

50-54
1 Pauling CP 55.3
2 Sutton WP 58.9
3 Mehmedbasich UN 63.0
4 Anderson WP 64.1
5 Rocky Taylor WP 73.3
6 Walt Diggs UN 83.1
55-59
1 Cohen NYM 66.2
2 Hocker UN 67.5
60-64
1 Jack Rice UN 70.1
2 Buzzy Hood OTH 74.6
65-69
1 Carmen BAA 65.7
75-79
1 Till CM 95.1
2 McCardle NYM 101.5
Women
35-39
1 Dye WP 65.1
2 Baskin PV 67.5
40-44
1 Crouthamel WP 81.3
50-54
1 Fitzgerald UN 71.3
2 Mary Cavicchi UN 2:15.2
800 Meters
Men
30-34
1 Bruce Frey WP 2:03.6
35-39
1 Logie DC 2:06.6
2 Dolan Street AA 2:09.9
3 Leroy Fulmer DC 2:13.2
40-44
1 Jim Fox YRR 2:04.1
2 Dave Larson WP 2:13.9
45-49
1 Bohigian NYM 2:24.3
2 Ted Breault WP 2:34.4
50-54
1 Pauling CP 2:10.7
2 Taylor WP 2:59.1
55-59
1 Dave Colton NV 2:25.5
2 Cohen NYM 3:07.9
60-64
1 Rice UN 2:50.5
75-79
1 Chet Crabb UN 3:41.6
2 McCardle NYM 4:10.0
Women
35-39
1 Baskin PV 2:43

1500 Meters
Men
40-44
1 Bill Reilly AN 4:18.7
2 Jim Waldorf AN 4:38.1
45-49
1 Ed Cloos RTC 4:47.0
50-54
1 Taylor WP 5:47.9
55-59
1 Colton NV 4:42.8
2 Cohen NYM 5:16.0
3 Joe Kernan NYM 5:18.6
60-64
1 Fran Albaugh WP 5:43.9
2 Hood OTH 5:47.7
75-79
1 McCardle NYM 8:06.4
Women
35-39
1 Baskin PV 5:29.7
5000 Meter Walk
Men
35-39
1 George Lattarulo NM 28:14.9
45-49
1 Bohigian NYM 37:27.7
50-54
1 Bob Fine NYM 31:48.1
60-64
1 Jim Brown BBB 33:12.1
Women
50-54
1 Gloria Brown 53 \*BBB 30:24.5

3000 Meter Steeplechase
Men
35-39
1 Dan Franks UN 12:27.1
45-49
1 Porter ATC 12:56.1
50-54
1 Morren Greenberg WP 13:30.0
2000 Meter Steeplechase
Men
60-64
1 Cavicchi OTH 11:23.1
4x100 Relay
Men
30-39
1 Lemster, Kline, Glessner, Reck WP 48.1
40-49
1 Williams, Ragland, Scola, McClain OTH 50.6
50-59
1 West Penn - Anderson, Suttons Greenberg, Bower 52.3
2 NY Masters - McCardle, Cohen Kernan, Fine
Women
30-39
1 West Penn - Crouthamel, Herwick, Silverio, Dye 67.1
4x400 Relay
Men
1 West Penn - Glessner, Silverio, Lemster, Albaugh 4:26.2

5000 Meter Run
Men
30-34
1 Miller NYM 22:10.0
35-39
1 Lattarulo NM 21:49.0
40-44
1 Fox YRR 16:16.0
2 Jim Lombardi UN 16:32.0
45-49
1 Bob Lowe NYAC 17:53.0
50-54
1 Jim Lacey WP 19:05.0
60-64
1 Newlie Hewson PV 20:41.0
2 Albaugh WP 20:53.0
3 Hood OTH 23:03.0
65-69
1 Ted Ille UN 27:58.0
75-79
1 Crabb UN 26:55.0
Women
60-64
1 Eileen Ille UN 29:02.0

10000 Meter Run
Men
30-34
1 Ron Merzlak 41:18.0
40-44
1 Dick Monahan WP 43:45.0
45-49
1 Koh Brock WP 40:55.0
50-59
1 Lacey WP 38:24.0
2 Nat Cirulnick NYM 53:21.0
Women
50-54
1 Brown 53 \*BBB 43:08.5

110 Meter High Hurdles
Men
30-34 (39")
1 Galloway UN 15.0
2 George Crummel CV 17.3
35-39 (39")
1 Street AA 15.9
2 Ivan Black NYAC 19.2
40-44 (39")
1 Scola OTH 17.4
2 Richard Kaye NYM 21.5
45-49 (39")
1 Kline WP 16.6
2 Buzz Porter ATC 17.4
3 Jim Bradley PV 18.7
50-54 (36")
1 Boyd WP 21.5
2 Thomson CM 13.1
55-59 (36")
1 Phillips WP 24.4
60-64 100m (33")
1 Thomson CV 19.8
2 Cavicchi OTH 21.0
65-69 100m (33")
1 Carmen BAA 20.9

400 Intermediate Hurdles
Men
30-34 (36")
1 Crummel CV 58.5
2 Jim Glessner WP 62.9
35-39 (36")
1 Street AA 58.9
2 Black NYAC 64.7
3 Bradley PV 67.8
60-64 (30")
1 Thomson CM 77.4
2 Cavicchi OTH 95.1
65-69 (30")
1 Carmen BAA 91.3

3000 Meter Steeplechase
Men
35-39
1 Dan Franks UN 12:27.1
45-49
1 Porter ATC 12:56.1
50-54
1 Morren Greenberg WP 13:30.0
2000 Meter Steeplechase
Men
60-64
1 Cavicchi OTH 11:23.1
4x100 Relay
Men
30-39
1 Lemster, Kline, Glessner, Reck WP 48.1
40-49
1 Williams, Ragland, Scola, McClain OTH 50.6
50-59
1 West Penn - Anderson, Suttons Greenberg, Bower 52.3
2 NY Masters - McCardle, Cohen Kernan, Fine
Women
30-39
1 West Penn - Crouthamel, Herwick, Silverio, Dye 67.1
4x400 Relay
Men
1 West Penn - Glessner, Silverio, Lemster, Albaugh 4:26.2

High Jump
Men
30-34
1 Vernon Kelly WCC 5'11"
34-39
1 Dave Mapes WP 5'4 1/4"
2 Black NYAC 5'2"
3 Tunstall PM 5'1 1/4"
4 Dewitt Boosel MC 4'6"
40-44
1 Richard Kaye NYM 4'2"
45-49
1 Kline WP 5'6 1/4"
2 Porter ATC 5'2"
3 Ragland OTH 4'8"
50-54
1 Boyd WP 4'10"
2 Anderson WP 4'6"
3 Diggs UN 4'
55-59
1 Phillips WP 4'6"
2 Denver Smith UN 4'4"
60-64
1 Thomson CM 4'4"
2 Cavicchi OTH 4'4"

65-69
1 Pickl CM 4'4"
2 Elmer Shaw SC 4'2"
3 Carmen BAA 4'2"
4 Ille UN 4'
75-79
1 Chris Thompkins RTF 3'6"
Long Jump
Men
30-34
1 Thornsley PM 20'8 1/2"
2 Kelly WCC 19'7 3/4"
3 Salaam PM 14'4 1/2"
35-39
1 Wilson PM 21' 7 3/4"
2 Royal SC 20' 4 1/2"
3 Mapes WP 19' 1/2"
4 Tunstall PM 17' 4"
5 Black NYAC 17' 1/2"
40-44
1 Kirt Vener PV 19"
2 Scola OTH 17'11"
3 Kaye NYM 15'11 3/4"
45-49
1 Porter ATC 17'9 3/4"
2 Bohigian NYM 17'6 3/4"
3 Ragland OTH 15'4"
50-54
1 Boyd WP 16'4 1/2"
55-59
1 Cohen NYM 14'4"
2 Phillips WP 14'3 3/4"
60-64
1 Cavicchi OTH 14'9 1/2"
2 Thomson CM 13'
65-69
1 Carmen BAA 13'10 3/4"
2 Pickl CM 13'8 1/2"
75-79
1 Thompkins RTF 11"
Women
35-39
1 Bev Cohen SAC 5'2 1/2"
Triple Jump
Men
30-34
1 Kelly WCC 42' 4 1/4"
2 Thornsley PM 40'10 1/2"
35-39
1 Black NYAC 38'4 1/2"
2 Mapes WP 37'11 1/2"
3 Tunstall PM 37'9"
40-44
1 Vener PV 37'5"
2 Richard Stepp SRRC 32'1"
3 Kaye NYM 31'1 1/4"
45-49
1 Bohigian NYM 34'6 3/4"
2 Porter ATC 34'2 1/2"
3 Ragland OTH 30'4 1/2"
55-59
1 Cohen NYM 30'4 1/2"
2 Smith UN 29'10"
60-64
1 Cavicchi OTH 29'3 1/2"
2 Thomson CM 25'4 3/4"
65-69
1 Carmen BAA 27'10"
2 Pickl CM 26'7 1/4"
Women
35-39
1 Pierce SC 29'4"
50-54
1 Mary Cavicchi UN 13'11 1/4"
55-59
1 Cohen SAC 13'1"
Pole Vault
Men
30-34
1 Sam Prentice WP 12'
40-44
1 Stepp SRRC 11'6"
45-49
1 Ragland OTH 9'
50-54
1 Jerry Welbourn PV 10'6"
2 Diggs UN 8'
55-59
1 Smith UN 8'6"
Shot Put
Men
30-34
1 Richard Porter CTC 37'6"
35-39
1 Alex Miholovich WP 39'6"
40-44
1 Bob Harvey UN 39'10 3/4"
2 Jim Pauli WP 38'
3 Pete Hoyt WP 35'9"
45-49
1 Chuck Klehm UC 38'10 1/4"
2 John Allardice 36'8"
50-54
1 Pay Carstenson NYM 40'3"
2 Martin Kintish NYM 36'9"
3 Dick Mann OTH 34'11"
4 Harry Holm PM 33'6"
5 Diggs UN 27'4"
60-64
1 Don Reid UN 42'8"
2 Joe Black UN 32'7"
3 Bud Brown SC 30'5"
65-69
1 Shaw SC 39'11"
2 Pete Gulgin UN 37'11"
70-74
1 Fred Lessner RTF 29'4"
75-79
1 Thompkins RTF 29'
2 McCardle NYM 20'9"

Women
35-39
1 Pierce SC 30'1"
50-54
1 Cirulnick NYM 31'5"
35# Weight
Men
30-34
1 Porter CTC 48'7 1/2"
40-44
1 Pauli WP 41'11 1/2"
2 Hoyt WP 41'8 1/2"
45-49
1 Klehm UC 41'3"
2 Allardice 37'8 1/2"
50-54
1 Joe Chadbourne OTH 43'4"
2 Carstenson NYM 39'9 1/2"
3 Kintish NYM 36'7"
4 Mann OTH 32'11"
25# Weight
Men
60-64
1 Black UN 38'9 1/2"
2 Ried UN 38'6"
3 Brown SC 28'7 1/2"
65-69
1 Shaw SC 38'7 1/2"
2 Gulgin UN 25'6"
3 Pickl CM 24'3"
70-74
1 Lessner RTF 20'10 1/2"
Women
35-39
1 Sandra Strepp SRRC 26'5"
2 Mary Chadbourne OTH 24'2"
Hammer 16#
Men
30-34
1 Porter CTC 103'1"
35-39
1 Ivan Black NYAC 49'
40-44
1 Hoyt WP 121'2"
2 Pauli WP 120'3"
3 Richard Strepp SRRC 105'10"
45-49
1 Chuck Klehm UC 119'10"
Hammer 12# (6K)
Men
50-54
1 Chadbourne OTH 164'2"
2 Carstenson NYM 119'7"
3 Mann OTH 111'5"
Weight not listed
60-64
1 Ried UN 120'10"
2 Black UN 110'6 1/2"
3 Brown SC 86'9"
65-69
1 Shaw SC 137'7"
2 Gulgin UN 108'10"

70-74
1 Lessner RTF 65'
Women 8 pound
35-39
1 Strepp SRRC 111'11"
2 Chadbourne OTH 97'10 1/2"
Discus
Men
30-34
1 Porter CTC 115'10"
35-39
1 Black NYAC 82'4 1/2"
40-44
1 John Abbott PM 129'10 3/4"
2 Harvey UN 119'7 1/2"
3 Pauli WP 103'3"
4 Hoyt WP 102'10"
45-49
1 Allardice 112'2 1/4"
2 Klehm UC 110'3 1/2"
50-54
1 Kintish NYM 139'10 1/2"
2 Holm PM 127'7 1/4"
3 Mann OTH 106'10 1/2"
4 Chadbourne OTH 94'8 3/4"
5 Diggs UN 69'9 1/4"
55-59
1 Smith UN 103'5"
2 Cohen NYM 84'11"
60-64
1 Reid UN 110'
2 Black UN 106'9 3/4"
3 Thomson CM 96'8 1/2"
4 Brown SC 89'6 1/4"
5 Cavicchi OTH 88'8 1/4"
65-69
1 Shaw SC 118'1 3/4"
2 Gulgin UN 117'5 1/4"
3 Pickl CM 69'1"
70-74
1 Lessner RTF 83'10 3/4"
75-79
1 Thompkins RTF 82'1 1/2"
2 McCardle NYM 61' 7 1/2"
Women
35-39
1 Strepp SRRC 105'8 3/4"
2 Pierce SC 93'7 1/2"
50-54
1 Cirulnick NYM 73'5 1/2"
Javelin
Men
30-34
1 Kent Molander UN 184'2"
2 Steve Shulin WP 160'8"
3 Porter CTC 108'6"

TEAM SCORES
30-39
1 West Penn TC (WP) 84 1/2
2 Philadelphia Masters (PM) 46
3 Syracuse Chargers (SC) 42
4 New York AC (NYAC) 36 1/2
5 Charleston TC (CTC) 27
6 Potomac Valley Srs (PV) 20
7 Six Rivers Run Club (SRRC) 18
8 Ann Arbor TC (AA) 16
Wilson County Comets (WCC) 16
10 DC Capital TC (DC) 15
11 North Medford TC (NM) 12
12 New York Masters NYM 11
13 Cumberland Valley (CV) 10
14 Over the Hill (OTH) 7
40-49
1 West Penn 86
2 New York Masters 64
3 Over the Hill 56
4 Atlanta Track Club (ATC) 28
5 Univ of Chicago TC (UC) 24
6 Potomac Valley 19

7 Buffalo Belles & Braun (BBB) 18
8 Six Rivers Run Club 17
9 Youngstown RR (YRR) 12
10 Alleg Nike (AN) 10
11 Phila Masters 6
Rochester TC (RTC) 6
New York AC 6
50-59
1 New York Masters 120
2 West Penn 100
3 Over the Hill 35
4 Shore AC (SAC) 24
5 Central Park TC (CP) 22
6 Nittny Valley TC (NV) 12
Buffalo B & B 12
8 Potomac Valley SRS 6
Phila Masters 6
60 & Over
1 Canadian Masters (CM) 81
2 Richmond T & F (RTF) 60
3 Over the Hill 49
Syracuse Chargers 49
5 Boston AA (BAA) 40
6 New York Masters 38
7 West Penn TC 24
8 Buffalo B & B 6
Potomac Valley Srs 6
Overall
1 West Penn TC 294 1/2
2 New York Masters 233
3 Over the Hill 147
4 Syracuse Chargers 91
5 Canadian Masters 81
6 Richmond T & F 60
7 Phila Masters 58
8 Potomac Valley 51
9 New York AC 42 1/2
10 Boston AA 40
11 Buffalo B & B 36
12 Six Rivers Run Club 35
13 Atlanta TC 28
14 Charleston TC 27
15 Shore AC 24
Univ Chicago TC 24
17 Central Park TC 22
18 Ann Arbor TC 16
Wilson County Comet 16
20 DC Capitals 15
21 Nittny Valley TC 12
Youngstown RR 12
North Medford TC 12
24 Cumberland Valley TC 10
Allegheny Nike 10
26 Rochester TC 6



MASTER KEY TRACK CHAMPIONSHIPS
BALTIMORE, MARYLAND
JULY 21, 1985

Table with columns for event (100 METERS, 200 METERS, 400 METERS, 800 METERS, MILE, 5,000 METERS, MILE RELAY, 1-MILE WALK, 200 METER LOW HURDLES, HIGH JUMP) and results for various athletes.

Table with columns for event (DISCUS, TRIPLE JUMP, 110 HH, SHOT PUT, LONG JUMP) and results for various athletes.

CENTRAL FLORIDA MASTERS
T&F CHAMPIONSHIPS
WINTER PARK, FLORIDA
JUNE 23, 1985

Table with columns for event (SHOT PUT, DISCUS, HIGH JUMP, LONG JUMP, 100Yds DASH, 220 YD DASH, MILE, 440 Yd. DASH, MILE WEDLEY RELAY) and results for various athletes.

SOUTHEASTERN TRACK CLASSIC
Greenville, South Carolina
July 27, 1985

Table with columns for event (WOMEN 100 METERS, MEN 100 METERS, WOMEN 200 METERS, MEN 200 METERS, WOMEN 400 METERS, MEN 400 METERS, WOMEN 1500 METERS, MEN 1500 METERS) and results for various athletes.

READING TRACK CLUB DECATHLON
Kutztown State University, Kutztown, Pa.
August 3, 4, 1985

Table with columns for event (100, LJ, SP, HJ, 400, HH, D, PV, J, 1500, TOTAL) and results for various athletes.

SOUTHEAST

10th ANNUAL NORTHWEST T&F CLASSIC
MIAMI, FLA.; June 8 & 9

Table with columns for event (100m, 200m, 400m, 800m, 1500m, 110mH, 1500m Walk, Long Jump) and results for various athletes.



Table with columns for event (HIGH JUMP, LONG JUMP, 100 YD. DASH, MILE RUN, 440 YD DASH, 880 YD RUN, 220 YD DASH, 5,000 METER RUN) and results for various athletes.



Continued from previous page

WOMEN 5000 METERS
55-59: 1. Rush, Anna FL 24:59.0\*
2. Ille, Eileen SC 28:32.0
40-44: 1. Molnar, Lynda SC 22:25.0\*
2. Ellis, Brenda SC 22:45.0

MEN 5000 METERS
75-79: 1. Nixon, Caldwell NC 23:46.0\*
65-69: 1. Ille, Ted SC 28:12.0\*
60-64: 1. Rush, Larry FL 20:47.5\*
55-59: 1. Spalding, Veria AL 21:20.8
45-49: 1. Craven, Adrain SC 17:14.2\*

WOMEN 3000 METERS
55-59: 1. Rush, Anna FL 15:49.5\*
2. Ille, Eileen SC 17:07.7

MEN 3000 METERS
75-79: 1. Nellis, Al SC 22:03.8\*
65-69: 1. Ille, Ted SC 16:33.4\*
40-44: 1. Williams, Art SC 9:59.3\*

MEN 80 METER HURDLES (30")
70-74: 1. Boal, Robert NC 18.2\*

MEN 110 METER HURDLES (36")
55-59: 1. Bradberry, Buck AL 18.7\*
50-54: 1. Gilmore, Jack SC 18.5

MEN 110 METER HURDLES (39")
40-44: 1. Busby, William NC 18.7
35-39: 1. Malik, Tom SC 14.9

MEN 3000 METER STLEPPE CHASE
50-54: 1. Gilmore, Jack SC 12:37.3\*
2. Jones, Phil SC 15:48.7
40-44: 1. Williams, Art SC 11:28.0
35-39: 1. Bivans, Bill SC 16:20.0

MEN LONG JUMP
65-69: 1. Hall, David NJ 12'9 1/2"
60-64: 1. Anderson, Jackie SC 14'7 1/2"
2. Dykes, Jim SC 14'6"
55-59: 1. Bradberry, Buck AL 17'1 1/2"\*

WOMEN SHOT PUT
60-64: 1. Bergenbach, Audrie TN 18'6"
40-44: 1. Bloomfield, Brenda SC 22'1 1/2"\*

MEN SHOT PUT
70-74: 1. Lesner, Fredrick VA 28'3"
60-64: 1. Simmons, Floyd NC 39'11 1/2"
2. Waugh, William NC 32'10 1/2"
55-59: 1. Seifert, Gordon AL 28'6"
2. Bartenfield, Thomas GA 27'5 1/2"
50-54: 1. Fraundorfer, Carlos FL 40'9 1/2"
2. Twomey, Tim SC 38'4"
45-49: 1. Bloomfield, Richard SC 34'6 1/2"
40-44: 1. Hardy, William SC 45'3 1/2"
2. Valle, Mike NC 36'11"
35-39: 1. Roehr, John SC 50'3"
2. Accardi, Jim AL 40'2 1/2"
3. Kissack, Kirk GA 35'7 1/2"
30-34: 1. Thiret, Charles SC 37'11"
2. Chambers, Jackie SC 32'10 1/2"

WOMEN DISCUS
60-64: 1. Bergenbach, Audrie (61)A.R. 47'8"
40-44: 1. Bloomfield, Brenda SC 60'5 1/2"
30-34: 1. Rodriguez, Rosa SC 87'4 1/2"\*

MEN DISCUS
70-74: 1. Lesner, Fredrick VA 88'5 1/2"
60-64: 1. Simmons, Floyd NC 129'4 1/2"
2. Waugh, William NC 99'11"
3. Wheeler, Keg NC 91'1"
4. Dykes, Jim SC 87'10"
55-59: 1. Daprano, Bill GA 83'11 1/2"
2. Bartenfield, Thomas GA 82'7"
50-54: 1. Fraundorfer, Carlos FL 129'10"
2. Twomey, Tim SC 119' 1/2"
45-49: 1. Mitchell, Ervin NC 97'8"
2. Bloomfield, Richard SC 92'4"
40-44: 1. Hardy, William SC 132'3 1/2"
2. Valle, Mike NC 109'6"
35-39: 1. Roehr, John SC 129'10"
2. Accardi, Jim AL 113'11 1/2"
3. Anderson, Jack SC 112' 1/2"
4. Lilly, Phillip SC 90'9"
30-34: 1. Thiret, Charles SC 124'9 1/2"

WOMEN HIGH JUMP
40-44: 1. Bloomfield, Brenda SC 3'6"\*

MEN HIGH JUMP
70-74: 1. Boal, Robert NC 4'2 1/2"
65-69: 1. Hall, David NJ 3'7"
60-64: 1. Anderson, Jackie SC 3'6"
55-59: 1. Seifert, Gordon (57) AL W.R. 5'6"
2. Bradberry, Buck AL 4'8"
3. Bartenfield, Thomas GA 4'8"
50-54: 1. Gilmore, Jack SC 5'2"
2. Ware, James IN 4'10"
45-49: 1. Kiker, Joe NC 5'4"
2. Carter, Nathaniel NC 4'8"
3. Bloomfield, Richard SC 4'2"
40-44: 1. Liles, Joel NC 4'10"
2. Valle, Mike NC 4'8"
35-39: 1. Anderson, Jack SC 5'8"
2. Kochman, Gary SC 5'8"
3. Kissack, Kirk GA 4'
30-34: 1. Murphy, Gary NC 6'4"
2. Dowdy, Curt NC 6'
3. Hart, A.J. FL 5'4"

MEN 35lb. WEIGHT THROW
50-54: 1. Twomey, Tim SC 41'9"
2. Fraundorfer, Carlos FL 36'3"
45-49: 1. Bloomfield, Richard SC 34'7"
40-44: 1. Valle, Mike NC 35'1"
35-39: 1. Roehr, John SC 49'1"\*

MEN TRIPLE JUMP
75-79: 1. Nellis, Al SC 18'11 1/2"
60-64: 1. Anderson, Jackie SC 28' 1/2"
55-59: 1. Bradberry, Buck AL 33' 1/2"
45-49: 1. Carter, Nathaniel NC 35'5"
2. Kiker, Joe NC 33'10 1/2"
40-44: 1. Liles, Joel NC 35'6 1/2"
2. Poole, Carl SC 29"
35-39: 1. Anderson, Jack SC 38'4"
30-34: 1. Dowdy, Curt SC 41'4"

WOMEN HAMMER THROW
40-44: 1. Bloomfield, Brenda SC 53'11"
2. Twomey, Sandra SC 45'8"

MEN HAMMER THROW
70-74: 1. Lesner, Fredrick VA 81'1 1/2"
2. Boal, Robert NC 56'7 1/2"
55-59: 1. Bergenbach, Richard TN 112'1"
50-54: 1. Twomey, Tim SC 141'4"
2. Fraundorfer, Carlos FL 131'7"
45-49: 1. Bloomfield, Richard SC 90'8"
40-44: 1. Valle, Mike NC 117'10"
35-39: 1. Roehr, John SC 132'

WOMEN JAVELIN
40-44: 1. Amcher, Lola SC 46'1 1/2"
30-34: 1. Rodriguez, Rosa SC 85'4 1/2"\*

MEN JAVELIN
75-79: 1. Nellis, Al SC 60'2 1/2"
70-74: 1. Lesner, Fredrick VA 91"
60-64: 1. Simmons, Floyd NC 141'5"
2. Dykes, Jim SC 94'11 1/2"
55-59: 1. Bergenbach, Richard TN 98'11"
2. Daprano, Bill GA 93'5"
50-54: 1. Duckworth, Bill GA 161' 1/2"
2. Gilmore, Jack SC 128'11"
45-49: 1. Jeffrey, W.L. NC 141'3"
2. Kincaid, Charles KY 103'9"
40-44: 1. Valle, Mike NC 128'4"
2. Liles, Joel NC 116"
3. Ellis, Pete SC 109'11"
35-39: 1. Conroy, Bob NC 199'3 1/2"
2. Underwood, Robert NC 131'11 1/2"
3. Kissack, Kirk GA 125'2"
4. Lilly, Phillip SC 100'10"

MEN POLE VAULT
50-54: 1. Griner, Gary AL 10'6"
40-44: 1. Polhamus, Charlie GA 14'6"
2. Busby, William NC 11'6"
3. Dambach, Joe SC 11'6"
4. Eubanks, William NC 9'6"
35-39: 1. Strode, Charles NC 14'
2. Dye, John SC 12'6"
3. Lilly, Phillip SC 10'
30-34: 1. Phillips, Ronald GA 12'6"\*

\*Meet record
A.R. American Record
W.R. World Record

MEN 4x100 METER RELAY
40-49: 1. Carolina Relay 50.4
30-39: 1. Atlanta Track Club 46.4
2. Greenville Track Club 48.5

CO-ED 4x100 METER RELAY
50-59: 1. Greenville Track Club 63.7\*
40-44: 1. Greenville Track Club "A" 58.7\*
2. Greenville Track Club "B" 62.8
30-39: 1. Fort Jackson Track Team 50.3\*

MEN MILE RELAY
40-49: 1. Greenville Track Club 4:20.5
30-39: 1. Out of Control T.C. 3:44.1
2. Spartanburg Stryders 3:52.1
3. No Name Track Club 4:00.0

100 YD DASH
40-44 1. Gladys Kemp 18.0
60-64 1. Mary Schansle 20.0

880 YD RUN
40-44 1. Jane Kelley 3:09.3
2. Gladys Kemp nta

MILE RUN
40-44 1. Jane Kelley 6:41.8
2. Gladys Kemp 8:12.7

5000 Meters
40-44 1. Jane Kelley 24:02

CENTRAL FLORIDA MEET LAKE MARY, FLORIDA JULY 28

100 YD DASH
30-34 1. Tiger Mills 11.5
35-39 1. Mike Gibson 12.3
40-44 1. John Kemp 13.5
45-49 1. Ron Hill 12.2
65-69 1. Don Hull 12.9

220 YD DASH
35-39 1. Lindsey Bodden 25.9
2. Henry Lawton 28.4
3. Mike Gibson 34.2
40-44 1. Bill Stewart 26.48
45-49 1. Ron Hill 26.32
65-69 1. Don Hull 28.5

440 YD. Dash
30-34 1. Tiger Mills 55.3
2. Joe Guthrie 66.8
35-39 1. Henry Lawton 60.9
40-44 1. Tom Kilroy 63.6
2. Pete Weishaar 64.0
50-54 1. Paul Caulden 73.8

880 YD. RUN
35-39 1. Henry Lawton 2.26
2. Errol James 2.30.5
40-44 1. Steve Sanger 2.21.6
45-49 1. Ron Hill 2.41
50-54 1. Paul Caulden 2.51

MILE RUN
SPECIAL INVITATIONAL
1. Bill Stewart 4.23.5
2. Ken Rohr 4.34
3. Matt Polumbo 4.36
4. Eric Peterson 4.38

30-34 Joe Guthrie 5.11.7
35-39 1. Dennis James 5.50.3
40-44 1. Pete Weishaar 5.01.1
2. Ed Weinert 5.43
3. John Kemp 5.46
45-49 1. Billy Gordon 5.29.9
2. Ron Hill 6.24.7
65-69 1. Reg Rollason 7.08

5000 METERS
35-39 1. Dave Howe 18.49
2. George Cartwright 19.07
3. Henry Lawton 19.18
4. Dennis James 21.17
40-44 1. Jay Birmingham 18.07

HIGH HURDLES
35-39 1. Mike Gibson 20.99
40-44 1. Tom Kilroy 17.8
65-69 1. Don Hull 21.23

SHOT PUT
30-34 1. Gary Simpson 36'1 1/2"
35-39 1. Richard Chastang 41' 2"
2. Mike Gibson 38' 0"
40-44 1. Joe Johnson 29' 8 1/4"
65-69 1. Don Hull 38' 1/2"

DISCUS
30-34 1. Gary Simpson 106' 10"
35-39 1. Mike Gibson 90' 1"
2. Henry Lawton 70' 8"
40-44 1. Joe Johnson 87' 10"
65-69 1. Don Hull 94' 1/2"

LONG JUMP
35-39 1. Jon Diesbourg 13' 10"
2. Mike Gibson 12' 6"
65-69 1. Don Hull 12' 8"
2. Joe Broadbent 12' 5"

High JUMP
35-39 1. Mike Gibson 4' 2"
2. Jon Diesbourg 4' 2"
40-44 1. Tom Kilroy 4' 10"
65-69 1. Don Hull 4' 0"
2. Joe Broadbent 3' 10"

50 YD. DASH
30-34 1. Joe Guthrie 7.0
35-39 1. Mike Gibson 6.8
40-44 1. Tom Kilroy 6.3
65-69 1. Don Hull 6.9

LADIES SHOT PUT
60-64 1. Harriett Boyd 24' 2"

DISCUS
60-64 1. Harriett Boyd 59'9"
2. Mary Schansle 42'3"

50 YD DASH
60-64 1. Mary Schansle 11.38

MIDWEST

SENIOR CLASSIC INDIANAPOLIS, INDIANA JUNE 8-9

50m
M30 W. Roberts 5.99
G. Prentiss 6.06
M. Blueford 6.05
M35 R. Marinello 6.14
W. Richardson 6.34
L. Hathcock 6.50
M40 J. Stauder 6.95
D. Duvall 7.45
M45 B. Stiehl 8.03
M50 P. Williams 6.32
T. Banks 6.53
J. Tunstell 6.69
M55 E. Ventura 6.36
W. Jordan 6.86
R. Turner 6.90
M60 G. Levitt 8.70
M65 C. Northrup 7.06
B. McDonald 7.22
B. Weinacht 7.90
M70 H. Mayland 10.69
M75 B. Fike 8.01
D. Erskine 9.20
D. Zemlock 17.60
W30 J. Andrews 7.47
K. Blueford 7.66
W40 J. Kent 7.43
W55 C. Peet 14.58
W60 M. Holbert 10.95
W65 M. Bowermaster 8.63
E. Mayland 8.64
P. Cureton 11.23

100m
M30 M. Blueford 10.59
G. Prentiss 10.78
J. Laver 11.07
M35 L. Miller 10.59
W. Richardson 11.42
R. Marinello 11.62
M40 J. Stouder 12.91
D. Duvall 13.70
R. Paine 21.62
M45 S. Tyler 11.40
H. Tolliver 11.44
C. Dudley 12.03
M50 P. Williams 11.46
J. Tunstell 11.87
T. Banks 12.63
M55 E. Ventura 12.40
W. Jordan 12.70
R. Turner 13.10

M60 V. Mattson 13.40
G. Levitt 16.80
M65 B. Weinacht 13.20
C. Northrup 13.80
B. McDonald 14.10
M70 M. DeSandis 19.40
M75 B. Fike 15.10
F. Furniss 16.70
D. Zemlock 35.00
M80+A Pitcher 16.26
T. Cureton 26.34
W30 J. Andrews 13.92
C. Blueford 14.76
J. Kent 14.08
K. Primmer 14.94
W50 J. Brumley 18.70
W55 C. Peet 18.73
W60 M. Holbert 21.04
W65 M. Bowermaster 16.30
E. Mayland 17.70
P. Cureton 22.4
W70 M. Probst 30.52

200m
M30 M. Blueford 22.42
C. Jackson 22.44
J. Lauer 22.53
M35 P. Booth 24.41
G. Reiter 24.38
L. Hathcock 24.69
M40 J. Stauder 27.02
D. Duvall 28.50
M45 J. Burnett 22.87
H. Tolliver 23.86
P. Corsey 24.85
M50 P. Williams 24.66
J. Tunstell 26.47
J. Ware 26.67
M55 R. Hocker 26.80
W. Jordan 27.00
B. Smallwood 27.30
M60 R. Davenport 31.70
G. Levitt 41.18
M65 B. Weinacht 28.50
W. Ragland 32.57
C. Whitney 32.78
M70 T. Speece 39.90
M. DeSandis 40.10
M75 B. Fike 34.70
D. Pugit 39.60
M80+A Pitcher 37.60
T. Cureton 1:03.2
W30 J. Andrews 29.97
W35 R. Crockett 36.12
W40 K. Primmer 32.71
W50 J. Brumley 40.96
W65 M. Bowermaster 37.90
E. Mayland 37.90
W70 M. Probst 1:07.7

400m
M30 B. Burnett 51.45
J. Lauer 52.53
L. Washington 54.85
M35 L. Miller 51.02
P. Booth 1:00.64
M40 J. Stauder 1:05.30
W. Steinfield 1:06.95
M45 J. Burnett 51.67
H. Tolliver 53.94
C. Kincaid 57.73
M55 R. Hocker 1:02.07
B. Smallwood 1:03.18
C. Mays 1:14.56
M60 R. Davenport 1:08.80
B. Coughlin 1:10.26
J. Ford 1:12.93
M65 B. Weinacht 1:06.11
C. Whitney 1:14.98
H. Yeomans 1:36.20
M75 B. Fike 1:14.80
D. Pugh 1:42.72
M80+A Cureton 2:15.0
W40 K. Primmer 1:13.23
W50 J. Brumley 1:40.5
W55 C. Peet 1:45.80
W60 M. Holbert 2:00.95
W65 E. Yeomans 1:52.09
P. Cureton 2:13.60

Continued on next page



Continued from previous page

Mile Walk	
M55 C Brungard	9:35.11
C Mays	10:09.80
A Grinius	10:10.00
M60 M Buschman	9:58.43
W Wojnar	10:20.00
B Gardewerg	11:33.00
M65 B Tallmadge	10:04.74
H Yeomans	10:33.67
A Wolf	11:39.00
M70 L Crispen	nta
M75 B Fike	10:57.00
C Duckham	11:05.80
W55 C Peet	11:56.42
A Burggraf	12:57.97
A Langenbacher	13:03.00
M60 B Klienschmidt	13:05.00
M Powers	16:23.28
M65 E Yeomans	11:01.90
P Cureton	13:23.83
M70 M Probst	15:05.00
C Higgins	19:44.87
5 Mile Walk	
M35 Kidd	30:29
M40 Abley	29:02
M50 McClachlan	29:59
Higgins	30:09
Dahlstrum	34:39
M55 Brungard	34:42
Mays	36:01
M60 Langenbacher	40:20
Adams	41:30
W55 Lagenbecker	45:18
High Jump	
M30 J McKinney	5-6
D Knapp	5-4
M35 S Allen	5-8
G Reiter	5-4
J Zecher	5-2
M40 C Burgess	5-6
T Brady	5-4
H Hopkins	5-2
M45 P Dorsey	5-10
D Thomas	4-4
C Gosling	4-0
M50 J Ware	5-0
M Thompson	4-6
C Dahlstrom	4-0
M55 H Wagenaker	4-8
C Mays	3-8
M60 M Buschman	4-4
G Levitt	4-2
E Trier	4-2
M Davenport	4-2
(3-way tie for 2nd)	
M65 W Ragland	4-2
H Morningstar	4-2
L McClintock	3-6
M75 F Furniss	3-6
D Erskine	3-6
M80+ A Pitcher	3-6
M60 B Kleinschmidt	3-0
M65 M Bowermaster	3-8
Pole Vault	
M55 D Smith	8-6
M60 E Taylor	7-6
J Ford	4-6
M65 H Morningstar	7-0
L McClintock	5-6
M75 F Furniss	5-0
M80+ A Pitcher	6-0
Long Jump	
M30 G Prentiss	22-0
D Knapp	17-10
B Keller	17-5
M35 L Rodenbeck	20-11½
G Reiter	19-8½
R Marinello	19-6
M40 C Burgess	20-2½
H Hopkins	17-1
A Rains	14-7½

M45 K Brooks	13-10½
M50 M Thompson	15-11
W30 J Andrews	14-8
Triple Jump	
M30 D Knapp	36-4
M35 L Rodenbeck	45-8½
S Allen	36-10½
P Yates	32-4
M40 C Burgess	36-3½
M65 B Weinacht	26-3
D Dalglish	17-½
M75 F Furniss	23-1
M80+ A Pitcher	19-0
Shot Put	
M30 G England	52-11½
D Phillip	45-11½
J Hiatt	41-2
M40 R Duncan	41-10½
B Donovan	41-6½
R Harvery	40-9½
M45 C Gosling	27-9½
B Maddox	25-9½
M50 P Brady	49-3½
P Brusca	44-2½
J England	39-4
M55 P Brusca	43-4
E Ventura	39-11
H Trier	31-6
M60 J Adams	35-6
M Bushman	35-2½
D Henderson	33-8
M65 H Morningstar	38-9
B McDonald	34-10
D Dalglish	29-½
M70 W Parker	33-3
H Mayland	27-1
M75 D Pugh	24-8
D Zemlock	11-8
M80+ T Cureton	19-2
W55 A McClintock	16-3
M60 B Klinschmidt	20-4½
M Holbert	19-9
M65 M Bowermaster	24-6½
E Mayland	21-10
W70 A Robinson	16-11½
Discus	
M30 J Hiatt	119-10
M40 R Duncan	124-1
R Harvey	120-2
B Donovan	112-1
M45 C Gosling	95-5
D Thomas	86-11
D Zimmerman	75-8
M50 P Brady	147-6
P Brusca	120-9
J England	108-6
M55 P Brusca	111-2
E Ventura	99-2
D Smith	98-1
M60 M Buschman	105-10
D Henderson	96-4
J Adams	93-8
M65 H Morningstar	109-10
D Dalglish	78-7
H Yeomans	68-5
M70 W Parker	91-4
H Mayland	60-5
M75 F Furniss	83-6
M80+ A Pitcher	53-9
Javelin	
M35 P Yates	130-3
G Kidd	121-8
M40 M Mitchell	134-0
H Hopkins	121-0
D McGuire	96-4
M45 C Kincaid	123-4
C Gosling	116-8
D Thomas	97-1½
M50 P Brusca	110-6
L Steinrauf	107-7
C Dahlstrom	53-5

<b>MID-AMERICA</b>	
<b>LINCOLN TC CHAMPIONSHIPS</b>	
<b>LINCOLN, NEBR.; JULY 14</b>	
100m	
M30 F Booker	*11.0
T Bassett	11.6
M40 T Shelton	12.2
J Beckham	12.4
J Muxen	13.1
M50 F Doling	14.2
M60 T Thorne Sr	17.8
M70 E Cottrell	**15.4
200m	
M30 F Booker	22.9
T Bassett	24.0
T Peil	28.5
M40 T Shelton	25.1
J Beckham	26.4
J Muxen	27.9
M50 F Doling	29.0
M60 C Osborn	35.6
M70 E Cottrell	**35.3
400m	
M30 F Booker	55.9
D Lawton	56.4
C See	56.8
M40 A Petroff	56.8
T Shelton	58.5
R Greathouse	63.7
800m	
M40 A Petroff	2:12.5
R Greathouse	2:27.9
D Duff	2:31.3
M50 B Elwood	**2:21.3
M60 C Osborn	2:59.2
110m Hurdles 36"	
M30 D Lawton	17.4
M40 T Thorne Jr	17.5
High Jump	
M40 T Thorne Jr	*5-4
J Beckham	4-4
Pole Vault	
M30 D Lawton	**10-6
M40 T Thorne Jr	**9-0
M60 Tom Thorne Sr	**4-0
5000m	
M30 B Abrahams	18:43.5
M50 B Elwood	**18:34.5
M60 C Osborn	**23:48.0
Long Jump	
M40 T Thorne Jr	17-10
B Warren	17-3
S Oxford	13-0
Triple Jump	
M40 B Warren	33-3
Shot Put All 12#	
M40 B Warren	40-1½
J Beckham	35-11
M50 F Doling	**30-9½
M60 T Thorne Sr	25-9
Discus All 1.6k	
M30 L Robinson	98-9
M40 B Warren	132-0
M50 F Dolling	98-0
M60 Tom Thorne Sr	68-2
Javelin	
M30 L Robinson	103-5
M40 T Thorne Jr	135-1
B Warren	123-8
J Beckham	100-0
M60 T Thorne Sr	74-0
*ties MR; **new MR	

<b>TACO BELL SUMMER GAMES</b>	
<b>WARMERDAM FIELD, CSU</b>	
<b>FRESNO</b>	
<b>JULY 13, 1985</b>	
<b>WARM, SUNNY</b>	
DISCUS:	
30-34 Gary Schmidt	116' 6"
35-39 Mike Holzgang	90' 9"
40-44 Lloyd Higgins	168' 5"
Jim Glinn	119' 1"
45-49 Richard Rodarte	121' 11"
Gerald Tatham	99' 2"
Jim Clark	91' 2"
50-54 Dave Douglass	101' 11"
Jerry Stanners	90' 5"
65-69 Quinto Merlo	113' 10"
HAMMER:	
40-44 Lloyd Higgins	169' 4"
50-54 Dave Douglass	125' 7"
POLE VAULT:	
30-34 Regg Holbert	9' 6"
35-39 Steve Hardison	15' 0"
Rich Ying	10' 0"
40-44 Mike Morris	12' 0"
50-54 Jerry Stanners	10' 6"
Dave Douglass	8' 6"
JAVELIN:	
30-34 Gary Schmidt	161' 3"
35-39 Mike Holzgang	133' 1"
40-44 Lloyd Higgins	182' 4"
45-49 Larry Stuart	207' 5"
50-54 Dave Douglass	106' 8"
Jerry Stanners	101' 6"
LONG JUMP:	
30-34 Mike Saafir	18' ½"
Gary Schmidt	17' 10"
35-39 Roger Trujillo	20' 11½"
40-44 John Lawson	17' 0"
50-54 Jerry Stanners	17' 3"
TRIPLE JUMP:	
35-39 Roger Trujillo	43' 9½"
40-44 John Lawson	34' 4"
50-54 Don Smith	35' 8½"
Jerry Stanners	33' 5"
SHOT PUT:	
30-34 Gary Schmidt	40' 6"
35-39 Mike Holzgang	33' 7"
40-44 Jim Glinn	43' 4"
45-49 Jim Clark	26' 3"
50-54 Dave Douglass	34' 7"
Jerry Stanners	32' 2"
65-69 Quinto Merlo	40' 0"
HIGH JUMP:	
30-34 Michael Saafir	6' 8"
35-39 Roger Trujillo	5' 8"
40-44 John Lawson	4" 10"
45-49 Gerald Tatham	5' 0"
50-54 Don Smith	5' 2"
Jerry Stanners	5' 0"
Dave Douglass	4' 6"
Ray Griffin	n.h.
400 YD:	
45-49 Gerald Tatham	1:15.3
Hugh Adams	1:15.3
50-54 Jerry Stanners	1:15.3
110 YD:	
30-34 Mike Saafir	16.4
Gary Schmidt	16.8
45-49 Hugh Adams	15.8
50-54 Jerry Stanners	18.0
Dave Douglass	19.6
800:	
30-34 Bruce Watkins	2:26.6
35-39 Ray Reyes	2:25.3
40-44 Dave Romain	2:00.9
Fernie Montanez	d.n.f.
400:	
35-39 Jerry Baladad	57.2
40-44 Dave Romain	53.6
45-49 Jerry Carr	1:10.4
50-54 Ray Griffin	1:02.3
Tom Slaven	1:06.7
55-59 Frank Perales	1:12.6
200:	
30-34 Bobby Aragon	26.3
35-39 Glenn Johnson	22.5
Steve Hardison	23.2
40-44 Dennis Duffy	23.6
Dave Romain	25.6
45-49 Gary Carr	31.8
Fred Enom	46.3
Hugh Adams	d.n.f.
50-54 Phil Presber	24.8
Tom Slaven	28.1
55-59 Frank Perales	31.3

<b>WEST</b>	
<b>SOUTHERN CALIFORNIA</b>	
<b>STRIDERS RELAYS</b>	
<b>LONG BEACH, CALIF.;</b>	
<b>JULY 27</b>	
100m	
M30 B Zahn	11.57
M Williams	12.20
M40 F Little	11.10
W Butler	11.20
R Tsuda	12.20
M50 R McPherson	11.90
N Newton	12.01
D Glasgow	12.30
M60 T Patsalis	13.30
P Fetter	13.94
R Poet	14.51
W30+L Glass	14.44
M Kuehne	15.70
L Choy	17.90
1500m	
M30 R Jensen	4:13.5
W Douglas	4:33.0
R Rook	4:52.0
M40 G Cohen	4:16.0
M Elliott	4:17.4
J Monet	4:28.4
M50 F Lehr	4:42.0
L Beadle	5:29.0
W Atcheson	5:32.0
M60 D Cotner	5:55.5
G Poloyinis	7:42.0
M80 J Bishin	10:29.0
W30+ K Kushner	6:05.9
3000m	
M30 G Foltz	9:28.0
M40 J Haraszti	12:37.6
M50 G Linde	10:23.0
M80 J Bishin	22:31.0
100mH	
M30 M Simmons	14.29
B Zahn	15.42
A Lipscomb	16.04
M40 W Butler	14.60
J Dobroth	15.09
T Viltz	15.50
M50 D Douglas	18.89
M60 T Patsalis	16.01
C McFate	19.00
4x100m Relay	
M30 All-American TC	41.50
M40 San Diego TC	48.24
So. Calif. Str'rs	54.00
M50 Anaheim Fire Dept.	54.06
4x200m Relay	
M30 All-American--A	1:27.55
All-American--B	1:34.30
M40 L.A.-Valley TC	1:35.00
L.A. Valley Str.1:	40.80
San Diego AA	1:43.20
4x400m Relay	
M30 All-American	3:20.88
M60 So. Calif. S.	6:35.97
Sprint Medley Relay	
M40 San Diego AA	4:07.70
M60 Corcna Del Mar	5:52.00
High Jump	
M30 C Rader	6-3
M50 N Newton	5-4
D Douglas	4-6
M60 C McFate	4-6
J Vernon	4-2
M70 C Johnston	4-0
A Vesco	3-6
W30+ H Zimmer	4-10
L Glass	3-10
K Kushner	3-4
Pole Vault	
M30 L Roach	14-0
R Kurtz	13-0
B Perkins	11-0
M40 M Connelly	13-0
H Sanbury	11-0
M50 D Douglas	9-6
M60 J Vernon	10-1
E Siegel	8-6
M70 C Johnson	9-6
R Macconaghy	7-6
A Vesco	6-0
Long Jump	
M30 M Williams	17-9½
M40 R Morris	21-1
R Schmidt	18-11
R Tsuga	18-9½
M50 E Martin	14-10
W30+M Kuehen	11-4
E Mendyka	6-7
100:	
35-39 Glenn Johnson	11.0
Roger Trujillo	11.4
Marvin Thompson	11.7
50-54 Phil Presber	11.7
Jerry Stanners	13.0
Tom Slaven	13.2
Ray Griffin	14.9
55-59 Frank Corrales	14.8

<b>Triple Jump</b>	
M30 R Rook	31-1½
M40 R Jones	33-4½
W30+M Kuehne	24-6½
<b>Shot Put</b>	
M30 G Kelmenson	37-11
M40 J Glinn	44-6
J Hart	44-2
C McCormick	40-5
M50 D Douglass	34-7
E Grimm	19-9
M60 B Bangert	48-3
M Castaneda	41-11
S Lampert	37-1½
M70 D Pierotti	33-2
A Vesco	28-8
W30+L Glass	29-2
E Mendyka	26-8
M Kuehne	23-1
<b>Discus</b>	
M30 F Reilly	176-1
G Kelmenson	109-7
F Williams	89-11
M40 J Hart	133-3
S Truckenbrod	124-6
C McCormick	117-11
M50 P O'Brien	184-10
E Martin	120-1
D Douglass	109-5
M60 M Castaneda	134-4
B Bancert	120-6
J Black	105-7
M70 D Pierotti	92-4
A Vesco	73-1
W30-L Glass	61-7
E Mendyka	56-2
<b>Javelin</b>	
M30 Ron Rook	137-0
M Williams	128-0
G Kelmenson	127-7
M40 C McCormick	138-7
R Jones	110-5
R Barisdale	103-7
M50 R Hudson	149-9
J Pakiz	134-11
E Martin	127-10
M60 P Fetter	129-10
G Poloyinis	47-4
M70 R Macconaghy	91-0
D Pierotti	81-2
A Vesco	68-2
W30+J Nash	73-2
E Mendyka	62-2
M Kuehne	60-8
<b>Hammer</b>	
M30 G Kelmenson	151-7
M40 J Glinn	134-8
J Hart	127-8
A Sheinker	104-4
M50 D Douglass	131-8
E Grimm	47-7
M60 B Bangert	123-11
S Lampert	98-11
J Black	98-3
M70 D Pierotti	92-2
A Vesco	84-1*

**SOUTH WEST**

<b>Results of Victoria Masters Track Meet</b>	
<b>July 20, 1985</b>	
<b>Victoria, TX</b>	
120v HH	
M35 Sheridan Groves	16.98
M50 Hector Cisneros	18.24
100m	
M30 Matist Spiller	11.65
Paul Kwamina	12.60
Walter Landrum	13.05
M35 Sheridan Groves	11.84
Jack Carson	12.67
Ken Airheart	13.23





NORTHERN CALIFORNIA SENIORS CLASSIC

Edwards Stadium, U.C., Berkeley

July 20, 1985

Track

3000 meters, women 5 yr age grps:

Table with 3 columns: Age group, Name, Time. Includes entries for 60-64, 65-69, 70-74, 75-79.

3000 meters, men 5 yr age grps:

Table with 3 columns: Age group, Name, Time. Includes entries for 75-79, 65-69, 60-64, 55-59, 50-55, 40-45, 35-39.

Relays

Table with 3 columns: Age group, Team/Name, Time. Includes 4 X 100 meters and 4 X 400 meters.

100 meter hurdles, 33"

Table with 3 columns: Age group, Name, Time. Includes 65-69 and 60-64.

110 meter hurdles, men, 36"

Table with 3 columns: Age group, Name, Time. Includes 50-54, 40-44, 35-39, 30-34.

100 meters, women

Table with 3 columns: Age group, Name, Time. Includes 65-69, 60-64, 55-59, 50-54, 45-49, 35-39.

100 meters, men

Table with 3 columns: Age group, Name, Time. Includes 60 Up, 75-79, 70-74, 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39.

Table with 3 columns: Age group, Name, Time. Includes 30-34.

200 meters, women

Table with 3 columns: Age group, Name, Time. Includes 55-59, 50-54, 35-39.

200 meters, men

Table with 3 columns: Age group, Name, Time. Includes 55-59, 50-54, 45-49, 40-44, 35-39, 30-34.

400M IH

Table with 3 columns: Age group, Name, Time. Includes 65-69, 45-49, 40-44, 35-39.

400M, women

Table with 3 columns: Age group, Name, Time. Includes 50-54, 45-49, 35-39.

400M, men

Table with 3 columns: Age group, Name, Time. Includes 70-74, 65-69, 55-59, 50-54, 45-49, 40-44, 35-39, 30-34.

800M, men

Table with 3 columns: Age group, Name, Time. Includes 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, 30-34.

1500M men

Table with 3 columns: Age group, Name, Time. Includes 75-79, 75-69, 60-64, 40-45, 35-39.

FIELD EVENTS

Shot, women

Table with 3 columns: Age group, Name, Distance. Includes 45-49.

Shot, men

Table with 3 columns: Age group, Name, Distance. Includes 70-75.

Table with 3 columns: Age group, Name, Distance. Includes 65-69.

Table with 3 columns: Age group, Name, Distance. Includes 60-64.

Table with 3 columns: Age group, Name, Distance. Includes 45-49.

Table with 3 columns: Age group, Name, Distance. Includes 40-44.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 30-34.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 30-34.

Discus, women

Table with 3 columns: Age group, Name, Distance. Includes 55-59, 35-39.

Discus, men

Table with 3 columns: Age group, Name, Distance. Includes 60-65, 70-74.

Table with 3 columns: Age group, Name, Distance. Includes 65-69.

Table with 3 columns: Age group, Name, Distance. Includes 50-54.

Table with 3 columns: Age group, Name, Distance. Includes 45-49.

Table with 3 columns: Age group, Name, Distance. Includes 40-44.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 30-34.

Table with 3 columns: Age group, Name, Distance. Includes 30-34.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Table with 3 columns: Age group, Name, Distance. Includes 35-39.

Long Jump, men

Table with 3 columns: Age group, Name, Distance. Includes 70-74, 60-63, 50-54, 45-49, 40-44, 35-39, 30-34.

High Jump, Men

Table with 3 columns: Age group, Name, Distance. Includes 70-74, 60-64, 50-54, 45-49, 40-44.

Triple Jump, Men

Table with 3 columns: Age group, Name, Distance. Includes 70-74, 60-64, 50-54, 40-43, 35-39, 30-34.

Pole Vault, Men

Table with 3 columns: Age group, Name, Distance. Includes 60-64, 50-54, 40-44, 35-39, 30-34.

Javelin, women

Table with 3 columns: Age group, Name, Distance. Includes 55-59, 40-44, 35-39.

Javelin, men

Table with 3 columns: Age group, Name, Distance. Includes 80-85, 75-79, 70-74, 65-69, 60-64, 50-54, 40-44, 35-39, 30-34.



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

Table with 5 columns: Hurdles, Implements, Shot, Discus, Hammer, Javelin. Includes specifications for various age groups and distances.



# LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

## NEW ENGLAND

### 3rd PELLICANO MASTERS 5 MILE WARWICK, R.I.; JULY 6

M40	J Gray	43 27:38
	T Gormally	42 29:15
	S Giusti	41 29:59
M45	K Farrelly 47	30:16
	W Peacock	46 30:46
	T Hartley	46 32:47
M50	O Galameau	50 33:40
	B Kennedy	52 34:50
	J Ball	53 35:40
M55	W Gorman	59 31:57
	J Gilbert	55 36:02
	T O'Hara	55 37:04
M60	H Silander	60 32:06
	G Silva	60 33:13
	C Hammen	61 33:30
M65	E Fenton	65 37:05
M75	D Davey	76 58:30

no women entrants from Carl Hammen

## EAST

### "GO PRE" PREFONTAINE 5K BRONX, NYC; JUNE 30

<b>Overall</b>		
D Dickenson	27	15:32
M. Ryan	30	19:28
M40	H. Perez	40 18:19
	G. DeSharnais	41 18:25
	J. Sotomayor	44 19:02
M45	W. Kaye	46 17:24
	G. Shane	46 18:11
	R. Ruiz	45 18:12
M50	L. Stern	51 19:04
	W. Schwartz	54 20:04
	D. Vassilatou	51 21:32
M55	G. Thompson	59 19:26
	J. Burns	56 19:54
	J. Simonte	56 22:09
M60	B. Nucatola	63 22:12
	Joe O'Neill	60 24:17
	J. Bardosa	63 33:18
M65+	C. Feldman	69 25:15
	H. Murphy	72 28:26
W40	J. Smith	41 24:13
	C. Ertel	41 25:30
W45	J. Bondell	46 22:56
	E. Jones	45 23:37
W50	R. Berlow	51 30:23
W55	S. Minoli	58 28:59
W60+	A. Salmini	69 32:05
	E. Havens	69 33:31

### UTICA BOILERMAKER 15K UTICA, N.Y. JULY 14

<b>Overall</b>		
Jerry Kiernan	\$2000	44:42
Judy St.		
Hilaire	2000	50:35
<b>M40-49</b>		
Ralph Zimmerman	500	51:05
Jerry Smith	300	51:40
Kirk Randall	200	52:10
Ray Kneer	100	52:21
<b>M50+</b>		
John Dugdale	300	54:10
Howard Rubin	200	55:28
Gordon McKenzie	100	57:07
<b>W40-49</b>		
Cindy Dalrymple	500	59:02
Gloria Jenkins	200	64:36
Barbara McLeod	150	66:57
Betsy O'Neill	100	67:22
<b>W50+</b>		
Anny Stockman	300	64:27
Rayma Dixon	100	67:27
Natalie Tickner	100	73:40
<b>Team winners:</b>		
M40 Syracuse Chargers		
M50 Syracuse Chargers		
M60 Syracuse Chargers		
from E.C. Reed		

## MID-AMERICA

### BOBCAT 8K BROOKINGS, S.DAK.; JULY 22

1	J Dacherty	17 14:00
8	E Vetos	42 28:56
13	D Heritage Brown	42 30:25
14	D Scott	44 31:08
17	B Bartling	58 31:58
18	B Ritter	43 31:59
28	K Linstrom	57 35:28
30	J Whiteson	51 36:09

## SOUTHWEST

### SOONER GAMES 10K Oklahoma City, OK June 29, 1985

**OVERALL WINNERS**  
Clark Hamilton 29 32:20  
Karen Cramond 27 35:14

**M 40-44**  
1. Robert Stuemky 41 34:30  
2. G. Witherby 42 35:24  
3. Hewlett Nash 44 36:27

**M 45-49**  
1. Dan Metcalf 45 38:30  
2. Kermit Brandt 47 39:52  
3. Ray Habrock 47 40:01

**M 50-54**  
1. Everett Crum 50 36:29  
2. Ray Fuqua 50 37:25  
3. Chick Gancer 52 42:33

**M 55-59**  
1. Whit Mauzy 58 40:49  
2. Calvin Ellis 55 41:59  
3. Ken Karty 56 46:22

**M 60 & OVER**  
1. Jim Smith 63 40:28  
2. Jim Elmore 60 43:08  
3. Ray Anderson 62 47:59

**F 35-39**  
1. Patsy Lambert 37 42:09  
2. G. Schreiner 35 44:09  
3. Maxine Gunter 38 47:02

**F 40-44**  
1. Maureen Bixby 42 38:49  
2. Jan Cosgrove 44 45:37  
3. Kazuko Windler 40 50:15

**F 45-49**  
1. Kathy Moffitt 47 47:32  
2. Lee Reynolds 47 51:48

**F 50 & OVER**  
1. Dorothy Akin 54 49:52  
2. Gret Johnsen 54 53:00  
3. Peggy Heller 55 59:18

\* Sanctioned and Certified

### Oklahoma City Running Club and Grand Prix 12k Oklahoma City, OK July 13, 1985

<b>Winners</b>		
Clark Hamilton	29	39:43
Shauna Menz	19	51:09
<b>M 40 - 44</b>		
John Minor	43	45:19
Herb Phillips	40	48:21
S. Whichael	40	49:18
<b>M 45 - 49</b>		
Henry Hawkins	45	47:50
Don Ware	45	49:58
Hugh MacPherson	45	51:01
<b>M 50 - 54</b>		
Bob Hartley	50	55:51
Don Smith	50	57:01
Z. Bailey	50	59:10
<b>M 55 - 59</b>		
Bob McHeffey	55	52:30
Ken Atwell	55	52:58
Rich Thompson	55	53:00

## M 60 & Over

Jim Smith	63	50:21
John Weed	61	63:44
Ray Smith	60	63:53
Jim Butler	66	69:37

## F 35 - 39

Maxine Gunter	38	61:08
Janet Chisolm	35	79:34

## F 45 - 49

Kathy Moffitt	48	65:11
Julie Kreveling	45	75:49

## F 50 & Over

Beverly Berry	54	69:04
Marilyn Thompson	54	70:59

## WEST

### MOORPARK COLLEGE 5K/10K STADIUM FUN RUNS MOORPARK, CALIF.; JUNE 2

<b>5K Overall</b>		
P Mogg	15	06
J Kewley	17	46
M40 D Mihora	16	42
M50 J Knerr	16	11
M60+ R Albin	23	27
W40 J Kewley	17	46

<b>10K Overall</b>		
C Ingram	31	13
K Armstrong	39	51
M40 R Patrick	35	38
M50 J Knerr	34	59
M60+ R Albin	nta	
W40 M Stevenson	43	09
W50 L Hurrell	48	50

### CORONADO INDEPENDENCE DAY HALF-MARATHON CORONADO, CALIF.; JULY 4

<b>Overall</b>		
R. Brownsberger	1:05	07
O. Bruni	1:19	55
M40	G. Novak	42 1:14:58
	J. Metz	42 1:16:32
	S. Domish	40 1:17:32
M50	J. Wilson	50 1:20:05
	W. Osborn	51 1:23:59
	K. Gronhaugh	50 1:24:23
M60+	J. O'Neil	60*1:18:14
	R. Iglesias	61 1:29:52
	P. Martinez	60 1:30:52
W40	S. Greiner	43 1:29:08
	U. Rains	44 1:29:32
	J. Fox	47 1:32:54
W50	A. Johnson	56 1:37:07
	M. Creigh	50 1:43:03
	N. Hobson	54 1:44:10
W60+	M. Storey	61 1:47:38
	V. Hastings	60 1:58:52
	D. Milar	65 2:39:01
*M60 AR		

### 31ST SEMANA NAUTICA/ SPA TAC 15K CHAMPIONSHIPS SANTA BARBARA, CALIF JULY 4

<b>Overall</b>		
G. Christie	23	48:16
T. Goodreau	35	1:01:39
M40	S. Close	42 50:52
	J. Kennedy	41 53:37
	P. Grant	40 55:35
M50	P. Devine	56 57:10
	K. Gaskell	50 58:55
	G. Davall	51 59:45
M60+	D. Burnett	60 1:09:54
W40	G. Fink	41 1:14:46
	H. Hoffman	43 1:14:49
W50+	H. Dick	60 1:07:33

## NORTHWEST

### THE RACE III 8K EUGENE, ORE.; JUNE 2

<b>Overall</b>		
K. Ryan	28	23:09
B. Tamis	25	28:13
M35	C. Miller	36 25:21
	H. Jackson	37 25:21
	C. Branson	37 25:45
M40	M. Heffernan	44 25:33
	M. Gorman	44 26:33
	V. Wolfe	41 26:34
M45	E. Ellis	49 26:20
	A. Clarendon	49 27:38
	J. Hiron	46 28:06
M50	R. Hutton	53 26:18
	J. Lillis	50 28:57
	R. Volkenand	54 31:23
M55	O. Keniston	58 28:38
	B. McChesney Sr	57 29:10
	T. Brinton	57 30:40
M60	J. Lytjen	64 32:47
	J. Harrang	61 34:06
	H. Speck	61 36:58
M65	E. Hagen	65 41:16
	P. Barnhart	66 43:21
	S. Hall	69 46:23
M70+	J. Satterlee	70 40:06
	R. MacTarnahan	73 49:17
W35	K. Sharples	35 28:44
	M. Peterson	38 30:22
	J. Peterson	36 31:31
W40	C. Flexer	42 28:59
	C. Manley	41 32:39
	P. Hinchcliffe	40 32:57
W45	C. Curtis	47 32:46
	L. LaGrandier	48 34:26
	I. Moser	45 35:35
W50	J. Phillips	50 35:21
	G. Conrad	54 38:56
	S. McAns	52 39:12
W55	M. Tims	56 38:21
	M. McChesney	55 38:29
	J. Arsenault	55 40:16
W60	J. Brown	62 45:27
	V. Perry	61 46:18
	C. Nelson	61 1:31:52
W65	P. Dixon	66 37:51
	C. Klocke	65 51:00
	L. Serafin	66 51:51

## INTERNATIONAL

### 18TH WORLD VETERANS 25K CHAMPIONSHIPS LYTHAM ST. ANNES, ENGLAND JUNE 9, 1985

CT	CTPOS	NO.	NAME	TIME	CLUB	CT	POS
M40	1	1433	CLARK DAVID	1:28.03	GB047	GB	1
	2	1278	RUSHMER ALLAN T	1:28.49	GB106	GB	2
	3	1127	JOHNSTON TIMOTHY	1:21.15	Z7999	GB	3
M45	1	2142	DAVIES TECWYN	1:22.14	GB234	GB	6
	2	2205	VENUS WILLIAM	1:23.38	GB402	GB	10
	3	2208	LEIGH CYRIL	1:24.23	GB012	GB	13
M50	1	3080	LAWSON DEREK	1:26.00	GB101	GB	18
	2	3364	GREEN NORMAN	1:27.52	Z7999	US	31
	3	3316	MANNING RAYMOND PAUL	1:28.12	GB112	GB	34
M55	1	4131	TURNBULL DEREK	1:29.48	NZ005	NZ	42
	2	4140	MONNOT ANDRE	1:33.16	FR028	FR	88
	3	4023	PEART ROBERT	1:34.59	GB025	GB	128
M60	1	5859	DESCHACHT GEORGES	1:38.28	Z7999	BE	187
	2	5556	FERNEYHOUGH REGINALD	1:39.20	GB133	GB	210
	3	5534	CURRIE HUGH	1:40.41	GB125	GB	234
M65	1	5684	WILLIAMS GLYNDWR	1:51.10	GB328	GB	621
	2	5688	HIETAMEN SVERRE	1:51.32	CAB05	CA	628
	3	5623	ETCHES ARTHUR	1:53.20	GB077	GB	701
M70	1	5789	PORTEDUS GORDON	1:52.16	GB269	GB	658
	2	5787	MORRISON DAVID	1:55.10	GB357	GB	763
	3	5733	HALL KARL	1:58.22	SW006	SW	881
M75	1	5887	HARRISON ERNEST W.	2:14.26	GB099	GB	1228
	2	5883	YOSHIMIRO TAKUZO	2:23.22	JP001	JP	1317
	3	5888	LEONHARDT MAX	2:40.23	DE169	DE	1385
M80	1	5984	YOSHIMURA SHIGENARI	3:06.01	JP001	JP	1414
W35	1	9171	HUDSON PATRICIA	1:45.18	GB157	GB	382
	2	9167	HARRIS DAWN	1:47.27	GB421	GB	473
	3	9122	MEE PATRICIA ANN	1:47.52	GB037	GB	495
W40	1	9263	YULE BRENDA	1:37.19	GB337	GB	172
	2	9265	QUINQUIS GISELE	1:42.34	FR038	FR	348
	3	9217	MILES YVONNE	1:44.46	GB091	GB	368
W45	1	9318	BARTRELL MARY	1:58.06	GB242	GB	586
	2	9322	AVERY MARY	1:56.18	GB025	GB	818
	3	9312	ATCHESON JUNE	1:56.22	GB042	GB	811
W50	1	9406	SMAL LOLA	1:48.28	GB367	GB	519
	2	9431	CHAPELLE ANNE-MARIE	1:55.56	FR027	FR	793
	3	9420	GIBBS MAUREEN	1:58.49	GB341	GB	983
W55	1	9587	DE SCHOENMAEKER	1:54.28	BE023	BE	732
	2	9581	ANDERSON RUTH	2:02.49	US001	US	1004
	3	9585	SMITH JOYCE MARGARET	2:05.38	GB433	GB	1077
W60	1	9605	GURTNER PINA	2:03.19	CH002	CH	1018
	2	9684	GASTUILL REINE	2:07.28	FR031	FR	1119
W65	1	9317	KAZDAN JUDITH	2:19.59	CAB04	CA	1298
W70	1	9801	FORBES AILSA	3:10.51	NZ021		



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