

NATIONAL MASTERS NEWS

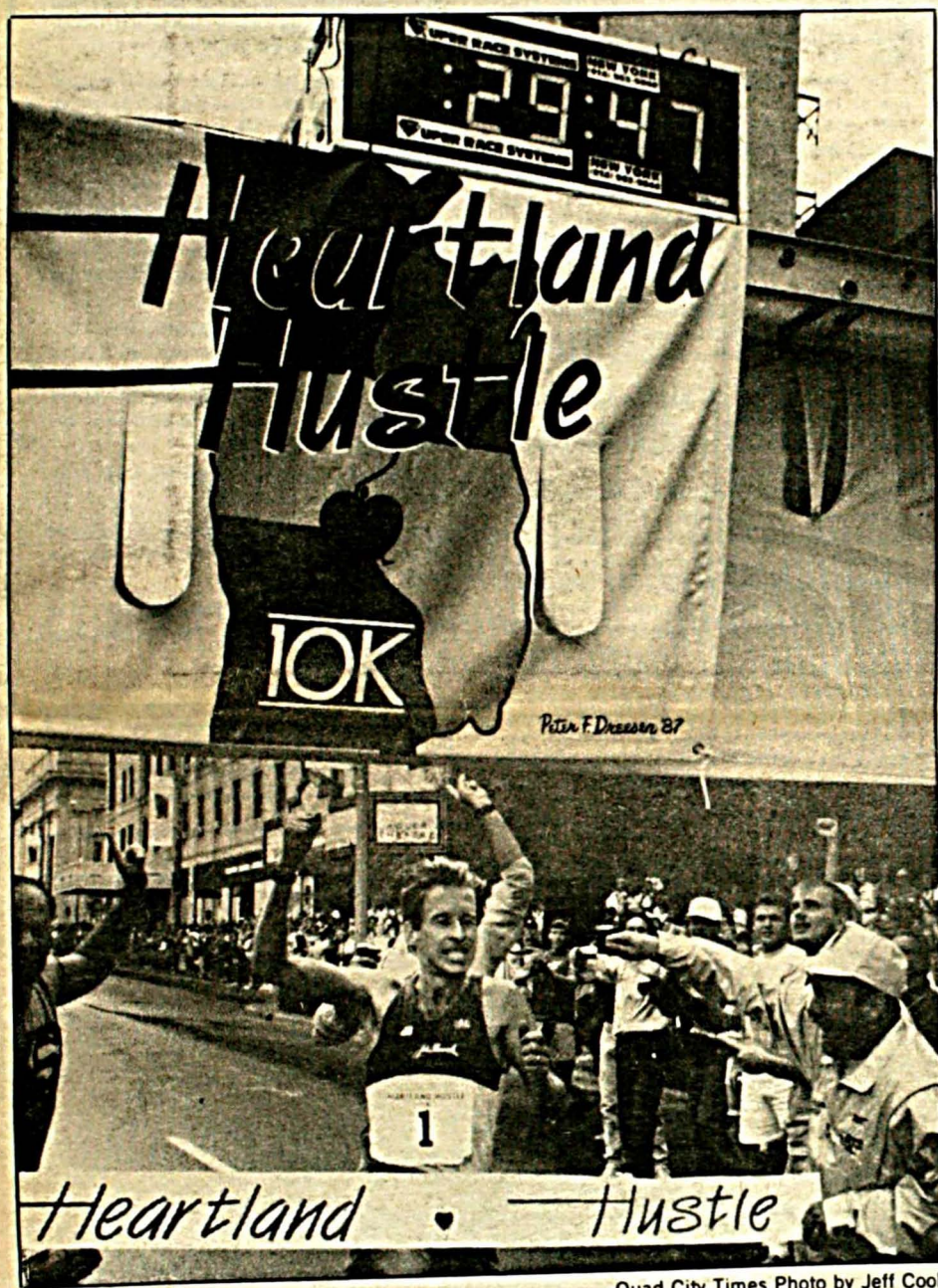
The official world and U.S. publication for Masters track & field, long distance running and race walking.

123rd Issue

November, 1988

\$1.95

Rodgers Smashes Masters 10K Record



Quad City Times Photo by Jeff Cook

29:47 in Iowa Breaks U.S. Mark by Three Seconds; Welch Wins Women's Race

by CRAIG COOPER

DAVENPORT, Iowa — Legendary distance runner Bill Rodgers is back in the record business at age 40.

Rodgers, four-time winner of both the Boston and New York City marathons, smashed the recognized masters record for 10 kilometers by blowing away the field in the Heartland Hustle on October 1.

The 40-year-old from Sherborn, Mass., covered the flat, fast course in downtown Davenport in 29:47.1, despite draining humidity.

Pending certification, Rodgers' effort will be recognized as the American masters record. The previous mark was 29:50, set by California's Tracy Smith last year.

Winning the women's race for the second straight year was Priscilla Welch, the former British Olympian who now trains in Boulder, Colo. She ran 34:28 to win by six seconds over Charlotte Thomas of San Diego, Calif.

In all, six masters runners earned top-ten status with their finishes.

Finishing eighth was Robert Schlau, Charleston, S.C. (31:37). Trailing Welch in third place was Barb Filutze, Erie, Pa. (35:53). Missouri's Jane Hutchison was fourth (36:39) and Gabriele

Andersen of Sun Valley, Idaho, was sixth (37:24).

Rodgers said when he arrived in town two days before the race that he was shooting for the 10K record. He also wanted to avenge three masters losses this year to Schlau.

"I wanted to try and break the 10K record here in Davenport, where I knew the course was good and where people have been so great to me over the past decade," he said. "I consider Davenport to be one of the race capitals of the country."

Rodgers had some doubts about his record try as he broke away from the

Continued on page 21

Ullyot Sets Marathon Record in Utah

by JERRY WOJCIK

Dr. Joan Ullyot, a 48-year-old sports medicine specialist from San Francisco, set a national W45-49 record of 2:47:39 with a women's first place in the St. George Marathon in St. George, Utah on October 1. The previous record was 2:53:22, set by Sandra Kiddy in 1982. Last year, Gail LaDage-Scott, another masters runner, set the women's course record of 2:37:13 in this race, noted for its downhill slant.

Ullyot said she came to St. George

with four goals: "I wanted to run a PR. I wanted to be under 2:50 (the women's U.S. Olympic Trials qualifying time). I wanted to get the family record back from my 21-year-old son, who ran a 2:48:02 at Boston. My last goal was to run a 2:44."

Three out of four is not bad.

Charles Nak, M40, of Salt Lake City won the men's masters race in 2:36:32. Gaylon Jorgensen of Provo, Utah won the M55-59 contest with a sensational masters third-place 2:37:59.

Second W40-and-over was Claire

Continued on page 13

Top Masters To Run In National 30K

Bob Schlau, Jane Hutchison, Nancy Oshier, Barbara Filutze, Norm Green, Bill Olrich, and Bill Johnston are some of the top masters runners who will vie for TAC National Masters Championship titles November 13 in the Foundation 30K Championships in Clarksburgh, Calif., a Sacramento suburb.

Per TAC rules, TAC Championships medals will be awarded, three-deep, in 5-year age groups from 40-44 through 90+.

The race is the 13th of 15 on the ICI/USRA Masters Circuit. □

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NATIONAL MASTERS NEWS

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

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

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

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please in-

clude a stamped, self-addressed envelope if return is desired.

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WRITE ON:
Please see page 4

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June 14, 1988

Dear Dr. Frank:

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

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

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

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ZOLA BUDD

I protest the article written in the September issue of NMN under the banner 'Speaker's Corner' entitled 'Why Don't They Leave Zola Budd Alone?'

There were many reasons why Zola Budd was not left alone, not least, out of respect for blacks and black athletes the world over. To have accepted her without conditions would have shown little respect and understanding for the feelings of millions of blacks. The issue was debated hotly in this country and there were pitiful elements to the way it proceeded but, for me, there could have been no other outcome.

But whatever the rights and wrongs of the case I fail to see what the issue has to do with veteran athletics, and I protest, most strongly, the anti-black tone the article by Richard Lee Slotkin took.

*Sarah Cawkwell
London, England*

Reading "Speaker's Corner" (Oct. NMN) tells me why Alvin Chriss is the Special Assistant to the Executive Director of TAC while I am still trying to figure out how to cross-change my van tires.

The article was remarkable as a rebuttal to a seemingly innocent, but passionate, feeling I'm sure most share: let's keep politics out of sports. Sadly, Chriss explains how that is, at this time, an ephemeral fantasy and will remain so for a good while.

His answer was hard sell, yet tactful and diplomatic, and neither aggressive or condescending toward Dick Slotkin. When we choose up, I want Chriss on my side.

*Phil Mulkey
Atlanta, Georgia*

DOWN WITH POLITICS AND MONEY

I am turned-off by the general direction track and field is heading, including the masters movement.

1) Politics: Whatever happened to Zola Budd is a shame, a gutless sell-out to grandstanding politicians and business interests. Masters pay their own expenses, not officially representing their countries, yet not everybody can compete in international meets (e.g. black South Africans).

2) Prize money: We are becoming like golf. Millions of weekend hackers supporting a dozen pros. Most of us work and have other responsibilities, so we are faceless masses and salivate on the expected \$10,000 matchup between two former big names with no regular jobs. My team won three national cross country championships in 1986 when all were held in the East, but we could not scrape up enough money to go to Seattle the next year.

Some of the reported results are losing meaning when money determines who is running or not. Of course, life is not fair, never was, but masters are copying the worst aspects of open running.

I love the sport and serve it in several capacities, but in the future I wish to distance myself from reading about masters. No 10K time should be reported (except over 65 years of age) if the person does not earn a check by working 40 hours a week and trains after working hours.

*Miklos Gratzner
Syracuse, New York*

WAVA MEDAL STANDARDS

Since when can older women be expected to run 800 meters at a faster pace than they can run 400 meters? We refer to the medal standards for the VIII World Veterans' Championships. The chart reads as follows for women 70 and older.

	Time for 400	Time for 800
W70	2:15	4:20
W75	2:35	4:50
W80	2:55	5:20
By contrast, men in the same age groups are not expected to do the impossible. Examples:		
M70	79.0	3:15
M75	88.0	3:30
M80	1:48.0	3:45

Is this a way to discourage older women from competing in this Championship or just an honest mistake? WAVA should certainly re-examine the table and make necessary revisions before entries close on May 1, 1989. Let's be fair.

*Polly Clarke
John Clarke
Estes Park, Colorado*

What can be gained by passing laws for medal standards that would squelch the spirit of the man who was 97-years-old in Melbourne and would be 99 if he comes to the USA (Eugene) in 1989?

These medal standards could cause international repercussions. Don't use them.

*Martha Rousseau
Spring Valley, California*

AGE DISCRIMINATION

The South Coast Classic 10K Run on September 18 in Orange, Calif. was well organized, but the awards presentation unfairly discriminated against masters.

Twenty awards went to the 19-44 age groups, but only five to the 45-49s. Then only five to the 50-59s. Worse, only three were given to all runners 60-and-over.

Yes, there are fewer older people in the race, but their discriminatory

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An Open Letter to Alvin Chriss

by RICHARD LEE SLOTKIN

Wow! Did you ever take me to task for my article on the bashing of Zola Budd. For the Special Assistant to the Director of The Athletics Congress to employ your considerable intelligence and eloquence in such a fierce and lengthy diatribe indicates that I struck a lot closer to home than you would admit. And that's quite interesting, because TAC was not my target; the IAAF was.

But, Alvin, old buddy, like all good attorneys you jumped on a subject that you didn't really understand and switched it to one that you did. In other words, you missed the point.

You call me naive. My goodness, Alvin, I'm older than you are. And, I've been to Seoul. No, not with the U.S. Olympic team, but 34 years earlier with another team. That one was called the United States First Marine Division. I've been in other wars too. Wars in corporate offices, wars involving affairs of the heart and even wars involving certain athletic organizations. Alvin, my friend, I've been around and I've got the scar tissue to prove it.

So, don't tell me I'm naive and uninformed, implying that you aren't, and that you are privy to secret information that I'm not. After ten years in the magazine business, I have my sources too.

But, my whole point was not the politics of the situation. It was this irrepressible urge so many people have for finding a socially acceptable way to beat up on someone.

As an attorney, Alvin, you know all there is to know about due process. Yet, because of some alleged misconduct or indiscretion on the part of Budd's managers, you are willing to gloss over the fact that she alone, of all Her Majesty's citizens, was about to be extorted out of her civil rights.

You point out that Mark Plaatjes

Continued on page 5



Larry Banuelos, 64, won the M60 division of the Brentwood (Calif.) 5K (18:56) for the fifth year in a row. Photo by Richard Lee Slotkin

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\$28,200 Masters Money In Marathon Championships

by JERRY WOJCIK

The California International Marathon in Sacramento, Calif., on December 4 is also the 1988 U.S. TAC National Masters Championships. But more than titles are up for grabs. Meet director John Mansoor's prize money breakdown includes \$28,200 for masters men and women.

The first man and woman masters will each receive \$3000, with \$2000 going to the second places, and \$1000 to the third spots. In addition, the first three places in each five-year division (40-80+) will get \$300, \$200, and \$100.

Prize money will also go to the top 40-49 and 50+ Pacific Association men and women teams.

In a rare display of generosity for 40-and-over runners, masters athletes can win open money, division money, and masters overall money. So, conceivably, a masters runner could win more than the open winner's prize (\$5000).

But, that is not the bottom line. Race sponsors are offering a \$100,000 bonus to the masters man who breaks Jack Foster's world masters record of 2:11:19, which has been on the books since January 1974.

The Sacramento Long Distance Running Association is staging the event. See schedule for entry details. □

An Open Letter

Continued from page 4

and some others are having no problems with performing in world competition. Sure, because they played it smart and kissed ass; didn't rock the boat, is how you would put it. Well, I agree that discretion is the better part of valor in these situations, and I agree that they may have done the "right" thing, but that just proves my point. Budd did nothing to justify her attack on legal grounds. But the IAAF isn't interested in such niceties, nor are the goons who attacked her on the race course. They wanted to kick ass, plain and simple, and well-meaning folks, like you, Alvin, let them get away with it.

Talk about being "specious." Be hanged by your own petard. Her handlers made jerks of themselves so hang her! Yahoo! Right on! Screw the Magna Carta!

And, I'm the specious one?

Furthermore, I think you are being just a bit disingenuous, Alvin. I am familiar enough with your professional skill so that I'd bet the rent money on you if, tomorrow, Ollan directed you to go before some tribunal and make the case for Zola Budd.

Now, *that* would be something to see!

Hey! Nice hearing from you. □



Starters in the M50 and M60 1500 at the Montana Masters Meet, Bozeman, Aug. 13.

Photo from Mike Carignon

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.



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

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

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

March 12—Azalea Trail Run 10K
Mobile, AL (205-433-3145)

May 30—Cotton Row Run 10K
Huntsville, AL (205-881-5807)

June 4—Myrtle Beach Classic 10K
Myrtle Beach, SC (919-876-8347)

June 5—Hospital Hill Run Half Marathon
Kansas City, MO (913-362-7223)

July 10—Utica Boilermaker 15K
Utica, NY (315-797-1310)

August 6—TAC Masters T&F
Championship "Legends" Mile
Orlando, FL (407-647-2918)

August 13—Asbury Park 10K Classic
Asbury Park, NJ (201-531-4156)

August 27—Crim Road Race 10 Mile
Flint, MI (313-235-3396)

September 25—The Great Race 10K
Pittsburgh, PA (412-255-2493)

October 1—Heartland Hustle 10K
Davenport, IA (319-359-9197)

October 8—Capital Trail Run 10 Mile
Raleigh, NC (919-876-8347)

October 16—Stamford Classic Marathon
Stamford, CT (203-325-4688)

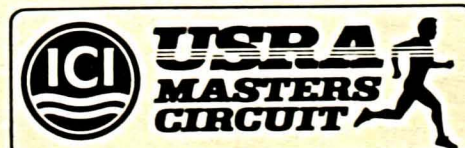
November 13—Foundation 30K
Sacramento, CA (916-636-7692)

January 7—Charlotte Observer 10K
Charlotte, NC (704-379-6896)

January 14—ICI/USRA Masters
Championship
Naples, FL (407-647-2918)

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

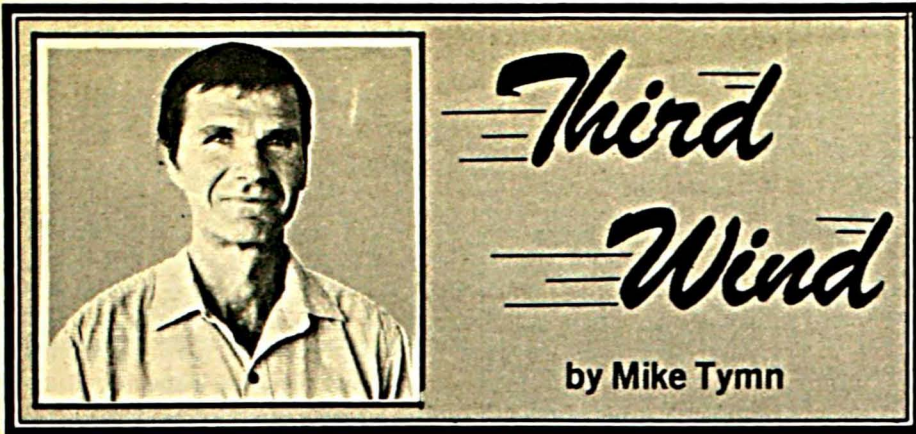
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Do the Legs Really Go First? Case Study: Peter Mundle

It's easy to get a somewhat distorted view of the effects of aging on athletic performance from publications like National Masters News. For the most part, you read only about people who are doing well. Seldom do you read about the many once-champion runners who haven't been able to keep pace.

One such runner is Peter Mundle, a 60-year-old veteran of some 45 years in the racing wars. During the early years of masters running, Mundle was one of the standouts. The 1973 age-record book shows him as owning numerous track records from 1500 to 10,000 meters. They include a 4:28.2 mile at age 41, a 14:48.6 three-mile at 43 and a 32:08 10,000 at 44.

Taking those performances and "normal" declivity, Mundle should be running 10,000 in around 37 minutes these days.

He's not. In the 1987 Nationals, Mundle plodded around the track in 47:54, lapped numerous times by Patrick Devine, winner of the 55-59 division in 36:48.5. At the World Games in Melbourne a few months later, he recorded 52:22.



photo by Gretchen Snyder

Observers aware of Mundle's background as an elite runner probably assumed that he had given up serious running and was just out for an easy

"I took a nosedive at age 51. I was at 16:11 (5K) and 33:30 (10K) then, but for some unexplained reason I started going downhill rapidly."

jog while attending the events as a spectator. That's not quite the case.

Some editors and readers want everything upbeat. They want to hear that we can go on and on defying Father Time. It helps promote the sport. For the editor, that means higher circulation. For the reader, it means continuing to think positive. But I believe in being realistic and taking an objective view of things. It's not all peaches and cream. To the extent that I am making a long term study of the effects of aging on athletic performance, hopefully to culminate in a book one of these days, I'm as interested in runners like Mundle as much as I am in the people making the current headlines in NMN.

What, I wondered, has happened to Mundle? Is he just not motivated these days? Has he had physical problems? How can a guy with the ability he once had have dropped off so much? I contacted him for some answers.

No, Mundle has not lost interest in racing. Nor has he had any significant injuries in recent years. "I have never lost the joy of competition," Mundle said by phone from his Venice, Calif. home. "If I could get my legs back, I'd be training as hard as ever. You know how your legs feel the last few miles of a marathon? Well, mine feel like that all the time. They're chronically fatigued. It's kinda frustrating."

Mundle theorizes that he has put too many miles on his legs and they have rebelled. He feels it is a biochemical problem involving the blood vessels.

After taking up track in high school, Mundle went on to the University of Oregon to train under both Bill Hayward and Bill Bowerman. He set a school-record 9:32 for two miles in 1950. After graduating, he continued to run, improving his 2-mile best to 9:11, while also recording a 4:16 mile, 31:30 for 10,000, and 2:24 for the marathon, all nationally competitive times in those years.

From 1960 to 1970, Mundle averaged 5,000 miles of training a year under the tutelage of Mihaly Igloi, a revolutionary coach who defected to the United States from Hungary following the 1956 Olympic Games.

It has been said that many of Igloi's runners succumbed to early burnout because of his very demanding workouts. But Mundle doesn't feel that Igloi hastened his decline, physically or mentally. "I was always a hard trainer, anyway," he explains. "He made me train less hard than I would have. He kinda slowed me down. They misunderstood him."

Mundle's best times were recorded between the ages of 28 and 34. From 34 to 44 he continued to run nearly as well. "My real decline started at age 44," Mundle says. "My time trials then indicated that I was slowing. I couldn't do the workouts I had done previously. I could do as much mileage, just not as fast.

"I took a real nosedive at age 51. I was at 16:11 (5K) and 33:30 (10K) then, but for some unexplained reason I started going downhill rapidly."

Mundle now puts in 30-40 miles a week of training concepts he helped pioneer under Bowerman, but the quality is lower. And because of the longer recovery periods he requires, he does fewer hard workouts. He feels that his cardiovascular system is still very efficient and that his V02 (maximal oxygen uptake), while it may be a little lower than it once was, has not fallen off anywhere near as much as his running times.

Mundle has around 150,000 miles on his wheels. Perhaps there is a collapse point at which the legs lose their resilience.

"As I said, mentally, I'm the same as ever. But the legs can't take the same grueling workouts day after day. They need more rest. I'm doing as well as my body permits."

A friend suggested to Mundle that he might be anemic, but he shrugs that off because he is not lacking for vigor or vitality outside of his legs. Mundle also rules out lack of flexibility, since he's done a lot of stretching in recent years without any significant effect.

Mundle, who has a master's degree in mathematics and works as a statistician and computer programmer, has analyzed various records and individual times and has observed a



Pete Mundle, running in the 1987 U.S. Nationals in Eugene. photo by Gretchen Snyder

linear fall-off in performance to about age 65. That is not consistent with his own experience.

"I'm kind of a pioneer here," Mundle offers. "I'm one of the oldest competitors to have run continuously from high school." He mentions a few others in that category, namely, Ray Hatton, Hal Higdon, Jerry Smartt, and Tom Sturak. "Ray is the only one who has been able to maintain a high standard."

Hatton, 56, has rarely put in more than 35 miles a week in training during his many years of running. What this possibly suggests is that there is a collapse point at which the legs almost completely lose their resilience — a point at which the "use it or lose it" dictum gives way to the reality of wear and tear. Just maybe there is something to the old adage that "the legs go first."

Mundle has around 150,000 miles on his wheels and was well beyond 100,000 when he started his "nosedive." If there is a collapse point and it is somewhere beyond 100,000 miles, most runners should have no concerns. Yet it's something that competitors who continue to push their limits month after month, year after year, may want to consider. A seasonal approach to competition with moderation in training throughout the rest of the year may be the lesson to be learned here.

As Mundle says, there is still a lot we don't know and a lot to be learned in this area. □

Barker Masters the Ultimate Runner

by PHIL LOOMIS
and TERI INGRAM

The first of October in Jackson, Mich., dawned hot and humid — an unpleasant awakening for the 80 men and nine women who had five events to complete that day in the Ultimate Runner.

But the weather was the least of Phil Barker's worries as he tried to fend off the speedy Bill Stewart. To make mat-

ters worse, Barker discovered after the third event that he had been "keying off" a runner he thought was Bill Stewart, but wasn't.

By virtue of this tactical error, the 43-year-old traffic policeman, who had come all the way from England to compete in the event, found himself trailing the 45-year-old Stewart after the first four events, 1388 points to 1275.

Going into the marathon, Stewart

had bested Barker in the 10K (35:40 to 38:04), the 400 (58.2/59.7), the 100 (13.5/13.8), and his specialty, the mile (4:43/4:45) in an exciting race where Stewart unleashed a furious kick with 200 to go.

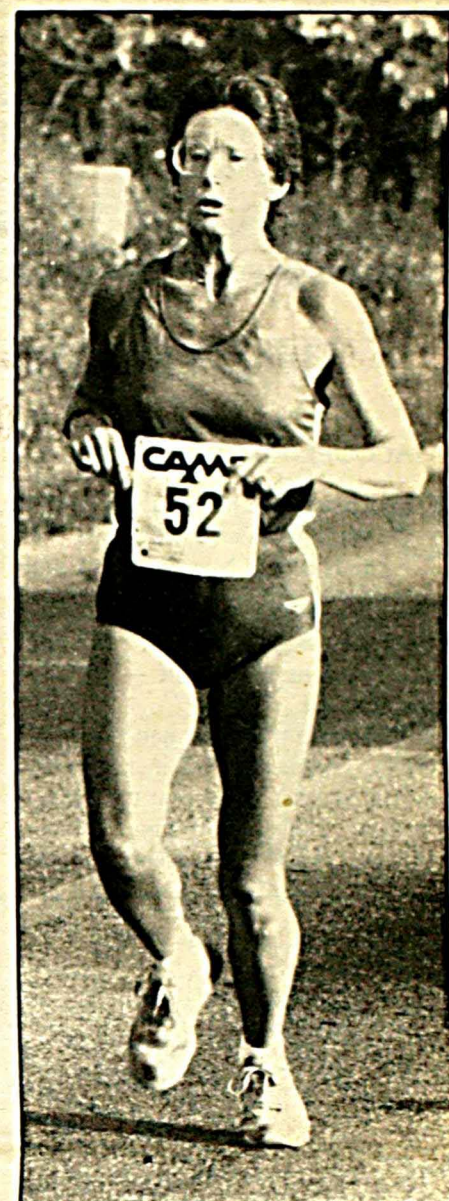
But for the second consecutive time, Stewart was unable to put marathon points on the board. Two years ago, he was unable to start the last event for health reasons. This year, he was forced to drop out at mile 12 because of knee trouble. That allowed Barker to coast in with the masters win following a 3:11 marathon in the pouring rain. Finishing as second master was Ted Nykiel, 43, of Belmont, Mich. Third 40+ went to Al Zeller, 41.

Thirty-one masters started the marathon. Twenty-seven finished, including Susan Mason, 42, the only female masters participant. She finished with 872 points, which would have placed her seventh of the nine women competitors.

Mason, a 42-year-old mother of two, complained of having a "bad day," but it didn't show as she finished fourth in the 10K (43:51). On the track, her excellent endurance did her no good in the sprint events as she ran the 400 in 79.7 (sixth), and the 100 in 18.4. She made a bit of a comeback in the mile with a 6:25 but was frustrated with her 4:07 marathon.

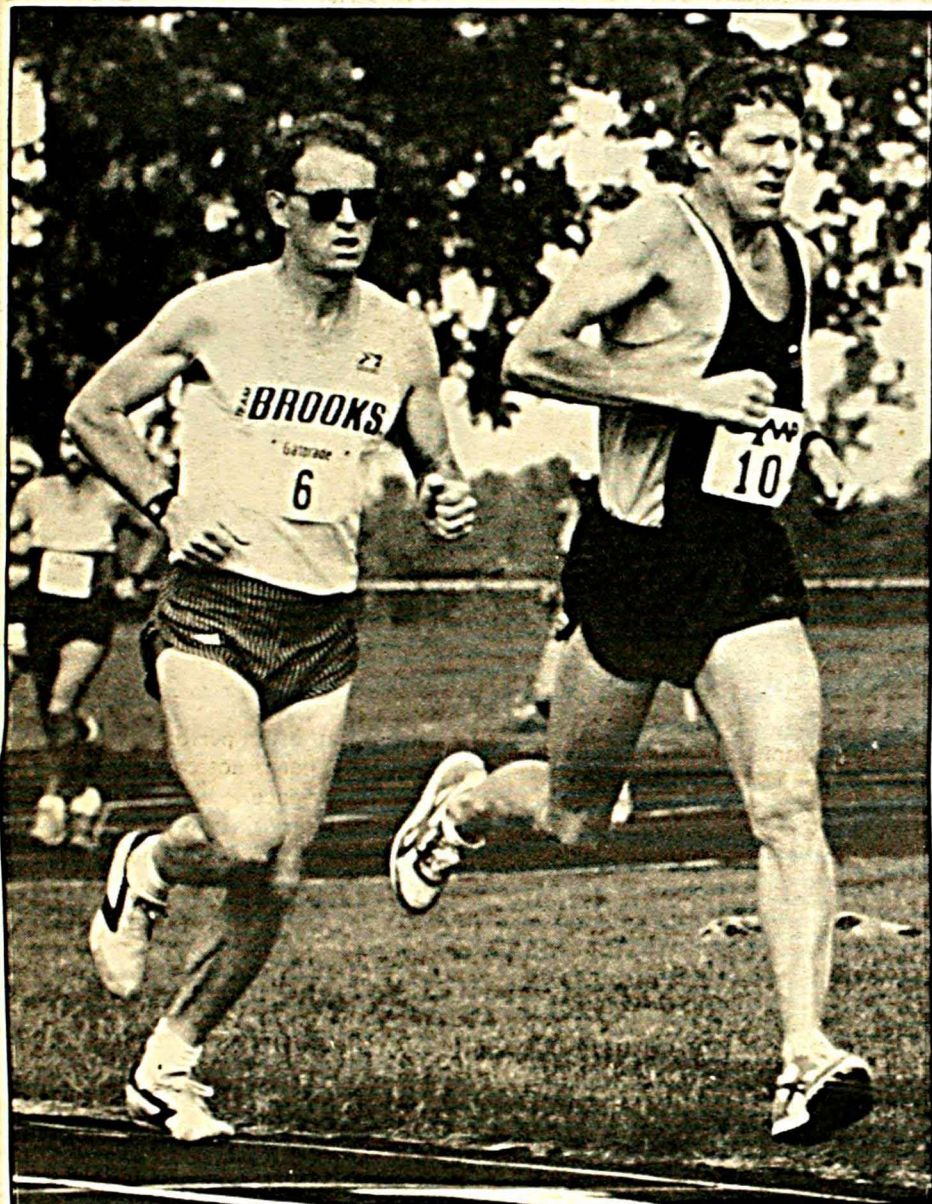
Open winners were George Kepenyas (25, 1945 points) and Ella Willis (26, 1540 points).

All runners, no matter where they finished, should be congratulated for completing such a grueling event in less-than-perfect conditions. □



Overall masters female in the Ultimate Runner, Jackson, Mich., Oct. 1 was Susan Mason, 42, with 872 points. Here Mason competes in the 10K for a 43:51 in 71°, 90% humidity.

Photo by Marcia Butterfield



Bill Stewart (left) and Phil Barker battle for the masters win in the mile in the Ultimate Runner, Jackson, Mich., Oct. 1. Stewart took the mile (4:43.8/4:45.6) but Barker took the overall masters title with 1546 points.

Photo by Marcia Butterfield

Hepner Top Performer in National Race

Final Running of NIKE/OTC 25K

The end of an era has come. This year's TAC National Masters 25K Championships was the last running of the 18th annual NIKE/OTC 25K in Eugene, Oregon, September 11.

Formerly the NIKE Marathon, this was the course where Jacqueline Hansen became the first woman to break 2:40 (2:38:19 in 1975), and seven years later, Joan Benoit set a new American women's record of 2:26:11.

The course changed to a 25K in 1985 after NIKE withdrew its prize money. This year, NIKE went one step further, ending their sponsorship, altogether, thus bringing this race to a close.

John Hepner was the top masters age-graded performer in this final year with a time of 1:40:30 in the M60-64 division, which gave him a performance of 83.9 percent (calculated by dividing the M60 time standard of 1:28:31 by Hepner's time).

Bill Brobston of Saugerties, N.Y., was next-best on the age-graded scale, winning the M75 title in 2:10:43, (80.6%).

Overall winners were Shemi Sabag (1:20:26, 88.5%) and Cathy Twomey (1:28:23, 89.4%). The race was directed by Marcia McChesney. □

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Think Your Way to Improvement

by KAY PORTER, Ph.D., JUDY FOSTER, B.A.
JACQUELINE GOLDING, Ph.D., and STEVEN UNGERLEIDER, Ph.D.

Do masters athletes use mental imagery and visualization as part of their training? Does it work? In 1987, we surveyed 587 masters participants at the National Masters Track and Field Championships in Eugene.

We asked athletes about their use of *mental rehearsal* — mentally repeating a task without movement — to help learn that task.

We found 84 percent had heard of imagery, visualization or mental practice, and at least 70 percent used these techniques daily. Sixty-nine percent visualized before their event; 25 per-

cent did so during the event; 22 percent visualized after the event. Only 26 percent used relaxation techniques; 45 percent dreamed about their performance before competition.

Athletes from ages 30 to 44, and those with college or graduate degrees, were more likely to practice mental training. Men and women visualized

- | | |
|---|---|
| 1. Number in survey: 587. | 16. Have a coach: 23%. |
| 2. Male: 80%. | 17. Average mileage: 28 per week. |
| 3. Married: 73%. | 18. Longest average training run: 11 miles. |
| 4. Median education: college. | 19. Average time for mile: 5:56. |
| 5. Masters degree: 28%. | 20. Average 10K time: 40:50. |
| 6. Doctoral degree: 13%. | 21. Ran at least one marathon: 49%. |
| 7. Professionals: 9%. | 22. Average marathon time: 3:16. |
| 8. Managers: 11%. | 23. Injured at least once: 86%. |
| 9. Architects or engineers: 6%. | 24. Seen sports medicine physician: 37%. |
| 10. In Education: 19%. | 25. Work with sports psychologist: 5%. |
| 11. In Sales: 8%. | |
| 12. In Medicine: 7%. | |
| 13. Retired: 13%. | |
| 14. Competed in school: 50%. | |
| 15. Train at least 6 times a week: 26%. | |

equally.

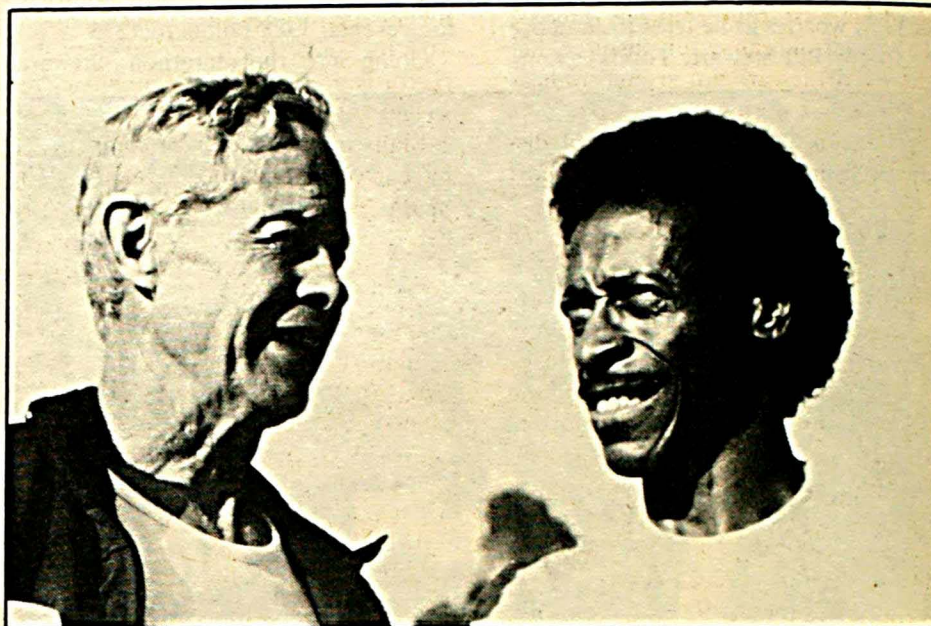
Why use mental visualization? Athletes said they felt they could cope better with stress in training and competition.

One of the most exciting findings of our study was the significant relationship between visualization and faster times in the mile, 10K and marathon.

Even though athletes used mental

practice, very few practiced traditional meditation or yoga (13.5 and 4.6 percent), which might be viewed as too passive for an active sport like running.

Masters employ various strategies to enhance performance, to cope with stress and fatigue, to overcome self-doubt, and to reduce injury potential. Mental training helps them to fine tune their performances. □



Jack Greenwood (62, 26.3) and Stan Whitley (42, 22.4) chat together after they each won their division of the 200 meters at the SDIAC meet, San Diego, July 2. Photo by Dave Pain

Write On Continued from page 4

policies discourage many people from participating.

Many runners participate in 5K or 10K races without paying the entry fee, saying "Why should I; I could never win an award the way the age groups are set up." I'm not condoning that, just pointing out the situation. A few more awards would reduce this practice, and the extra entry fees would more than offset the cost.

Moreover, the quality of physical training of older participants is higher than many of the younger runners. The older 5K or 10K runner must be well trained; whereas a younger person in reasonably good health can usually run a 5K or 10K without nearly as much training.

In my case, age 68, I finished 5th in the 60+ group and received no award, yet I finished ahead of some of the younger award winners.

I urge all race directors to stop discriminating against women and older competitors and extend the 5-year age-group brackets up to 80, and have the same number of awards. Those races should enjoy increased participation and greater financial support.

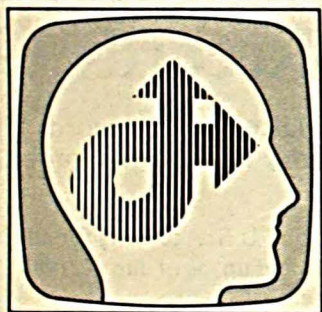
Earl Rippee
Irvine, California

A question: by bookmakers odds, which performance would rank you as more inspiring, a 2:58 marathon by a 16-year-old or a 2:58 marathon by a 65-year-old? You shouldn't have to be 65 to answer that.

One more question: you've been to race-award ceremonies; say you're at one where 500 people are present when the awards begin. How many of them will still be standing there when the 65-year-old gets recognized? Very few, right?

The scenario for 99% of awards' ceremonies calls for the overall winners, male and female, to be announced first. This is usually followed by

Continued on page 9



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Write-On Continued from page 8

other top finishers in the open division. Then the age-division awarding begins — with the youngest announced first, moving to the oldest. That means the 50, 60 and 70-year-olds wait the longest and are last to get their awards.

Next, if you grant that awesome performances by runners in their 50s, 60s and 70s are more inspiring than such performances from younger runners, the 65-year-old can hardly inspire other runners if they are not around to hear his time.

As I look back on 25 years of distance running, it's a tribute to the sport that all comers are welcome — regardless of age or sex. It took some time, but we are now treating the ladies with chivalry and equality. Currently at awards ceremonies, race directors have moved in the direction of extending recognition to runners in the 40-year division (having Shorter, Rodgers and other names there helps). But the 50, 60 and 70-year-olds are still out in left field. Not only are they the last to receive their awards, but their awards are downgraded.

So what's the point of all this? I am suggesting that in about 99% of cases, the scenario for race awards needs to be rewritten. Instead of the present practice of starting with the youngest divisions, start with the oldest and work to the youngest. You can help the MAAD cause by asking your race director to try this scenario.

Paul Reese
Sacramento, California

ALL AMERICAN STANDARDS

The All American Standards for some of the field events, such as the shotput, are out of sync with the

realities of the meets.

My current age group of 60-64 has the shot standard at eight pounds for All-American rating. In the Pacific Northwest, at least, there are fewer and fewer meets using the 8#; so competition sometimes is with the 4K and other times with the 5K.

The current rankings in your October issue for the shot are meaningless as I feel quite confident that various performances were made with different weights of the shot.

Many of the field event competitors have never even earned a varsity letter in the events; many did not even try these events until late in life. If it is the desire of the masters program to promote good health and participation, then the powers that be had better rethink the weight standards for men over 60. I favor the 4K shot for the 60-69 age groups, the eight-pound for those 70-79, and the 3K for those 80 and over; we are not in this to injure ourselves!

If it is necessary to set the standards to the abilities of the ex-Olympic, National, and/or All American champions, then I suspect that many of us will fall by the wayside. *Jim Holland*

Portland, Oregon
(TAC's All-American Masters T&F Committee will revise the standards at its convention this month. Suggestions may be sent to Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. — Ed.)

TOO MANY NATIONAL I.D.R CHAMPIONSHIPS

This letter is not meant to discredit the sincere efforts of many persons but rather to lend some realistic views on

National road running championships.

I do not believe our races are truly National Championships. They are really regional in nature since relatively few people outside any particular region attend.

For instance, I recently won the National 25K in Eugene with a time of 1:40:32. That is not a national calibre (M55-59) time. None of the 50-54 runners even beat that. There were few runners outside the Northwest in attendance.

If a person tried to run in all the National Championships, he would go broke on the airfare and related expenses. There are simply too many.

Two suggestions: first, cut the number of races in half and run the two groups in alternate years; second, impose some time constraints so that a person doesn't take home a National medal just for showing up.

John Hepner
Springfield, Oregon

FALSE REPORTING

In your article on the WAVA North American Track and Field Championships, you reported that Jan Roos "turned in a world M50 record of 23:22.54" in the 5K walk and was named athlete-of-the-meet.

While that's an outstanding time and one I would be proud of, it is 32 seconds short of the world M50 record of 22:52, held by Maurice Hinton of New Zealand.

Meet directors at meets the stature of

the North American Championships have a responsibility to verify claims before making them public. Individual competitors also should use caution in their claims.

Richard Oliver
Studio City, California
(Point well taken. Each month, NMN gets reports of "world records." We check each one; about 20 percent are inaccurate. We slipped up on this one. It's a complex area, and errors are understandable, but we hope readers follow your advice. — Ed.)

WHERE'S THE MEDAL?

In the 1988 TAC-sanctioned National Masters Indoor Meet in Baton Rouge, our 4 x 400 relay team ran against the Louisiana Lightning, which won the race. A protest was lodged because Mack Stewart, who ran for Louisiana, was not a member of their club (he is a Houston Harrier). We never heard a thing from the meet director, but worse yet, they didn't give us our medals. We left our addresses, but the meet director has not contacted us. I believe that after six months we should have heard from the meet director. Very "TAC"-y, indeed.

Bob Culling
Hacienda Heights, California

SAN JUAN MEET

On September 17-18, approximately 26 American T&F athletes participated in the San Juan International Masters

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, Nov., 1988

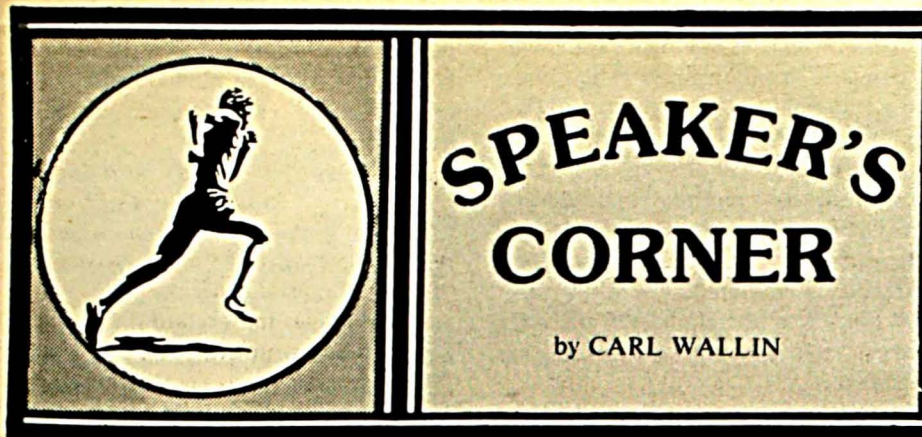
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
NOLA BRUHN (SEATTLE, WA)	11-20-28	60-64
SARAH COOTS (US)	11- 2-38	50-54
MARIE FRIEND (US)	11- 6-43	45-49
JACQUELINE HANSEN (SANTA MONICA, CA)	11-20-48	40-44
CATHY HARGUS (SAN DIEGO, CA)	11-22-18	70-74
MARJORIE HUNT (ANAHEIM, CA)	11-21-18	70-74
CATHERINE SMITH (RENO, NEV)	11- 4-33	55-59
ADA THOMAS (TAMALPA, CA)	11- 6-13	75-79
KATHERINE WALL (OR)	11- 7-48	40-44
JIM BOWERS (SANTA ROSA, CA)	11- 6-38	50-54
LOUIS CHARBONNEAU (FRA)	11-22-03	85-89
ROBERT COOPER (DAVIS, CA)	11- 7-23	65-69
ALVAN CORWIN (ROLLING HILLS, CA)	11- 5-23	65-69
DONALD DONNELLY (SAN DIEGO, CALIF)	11-23-28	60-64
HENRY FAIRBANK (DURHAM, NC)	11- 9-18	70-74
NOLAN FOWLER (COOKEVILLE, TENN)	11- 3-13	75-79
MOHAMED GAMMOUDI (TUN)	11- 2-38	50-54
PETER HIGGINS (GB)	11-16-28	60-64
JAMES LAUT (OXNARD, CA)	11- 2-28	60-64
O. LUBBE (WG)	11- 8-01	75-79
DAVID MARCUS (US)	11- 9-08	80-84
RUBEN MELGOSA (SACRAMENTO, CA)	11-24-28	60-64
FRANTISEK MIROVSKY (CZE)	11-10-13	75-79
CLIFFORD MURRAY (GUY)	11-13-28	60-64
MILTON NEWTON (INGLEWOOD, CA)	11- 6-33	55-59
RUSSEL NIBLOCK (VANCOUVER, WASH)	11-11-13	75-79
ROBERT O'RAFFERTY (GB)	11-10-13	75-79
BOB PERRY (ENCINO, CA)	11-11-28	60-64
BOWER RAYMOND (PITTSBURG, PA)	11-19-23	65-69
ATTILIO ROSSETTI (FRA)	11- 8-03	85-89
GEORGE SHEEHAN (RED BANK, NJ)	11- 5-18	70-74
GERHARD TILMANN (WG)	11-13-38	50-54
VICTOR ZWOLAK (WILMINGTON, DE)	11-30-38	50-54
JERRY WIBLE	11-30-13	75-79

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Are Masters Athletes Using Drugs?

I don't know how much longer I'll compete in the masters program. Originally, I saw myself at 80, throwing the shot, etc. But I am so discouraged by the use of drugs by masters athletes in the weight events, that I get no joy from throwing anymore.

It was bad enough that many Europeans were drug users, but now that so many Americans are using them, I feel like giving up. There is no competition in throwing against a pill.

The whole, wonderful idea behind masters throwing was "look at that old guy throw that thing." The idea was to be able to see just how strong a person could remain into old age by training hard and living right — all the things youthful athletes should do, but no longer do, because they have drugs to do it for them. That noble idea has now become as naive as it has for the younger athlete.

I've talked to a few athletes who have confided to me that they're using, or have used, anabolic steroids. I have no proof, of course, about any masters athlete. Only sophisticated drug testing can "prove" steroid use.

But all you have to do is look at the performances of some masters athletes. All of a sudden, their performances jump way up. Or, they suddenly drop way off. Sometimes it's injuries, but, usually, it's something else. Such dramatic changes in performance are not natural.

Anabolic steroids can improve a person's performance by 5 to 10 percent. I spend a lot of time training to throw the shot as best I can. If someone else does half the work, but is able to compete with me because he's taking pills, it's not fair.

I feel that once you become a mature adult, all the foolishness about winning, being number one, and being macho doesn't matter as much; that family and home mean more than winning at any cost. Perhaps I'm being naive to assume that most masters feel the same as I do.

I estimate that 5 to 10 percent of masters athletes are using some form of steroids. And it's not only the throwers. Some of the masters sprinters' performances the last few years have been surprising, to say the least.

Some say the only reason elite athletes take drugs is because there is now money in the sport. That's one reason, but masters athletes are becoming drug users simply to be the best — to win a gold medal — even in the local

Podunk meet.

I am truly sorry that the trend seems to be moving in the direction it is. I am amazed when masters athletes who never made the National lists as young men are now throwing as far or farther than they did when they were young. I threw almost 62 feet in college, and have lost distance every year, no matter how hard or how well I trained.

I deal with the drug problem in my job as track coach. I will not allow any member of my team to use drugs. I refuse to be responsible for their future health and well being. Most of all, I refuse to let them cheat to win, for that's what drug use boils down to — cheating to be number one.

I would love to be number one, but it would be a hollow victory if I used drugs. It wouldn't be me winning; it would be my pharmacist. Those who do use drugs should be ashamed of themselves.

I agree with Edwin Moses that drug use among world-class athletes is rampant. Ben Johnson is not the only offender, but he got caught, while others, using more sophisticated drugs or timing, did not. Johnson is the scapegoat. But it might do some good, if only to let people know the extent of the problem and that something should be done, even if current drug-testing methods are not perfect.

Drug testing should be mandated at next year's World Veterans Championship for the three medalists in the throws in the M40 through M55 divisions, along with a random sample of other participants. The testing equipment is available. If competitors knew that they might be tested, it would go a long way to discourage drug use.

Granted, some masters performers take drugs for medical reasons. Those athletes could be exempted from specific drugs taken with a doctor's prescription.

I'll probably compete for another year to see what happens. The World Championships in Eugene should be an exciting event to prepare and look forward to, but my enthusiasm is dimmed by this problem. I hope we can clean it up. □

Carl Wallin, 46, is the track coach at

Dartmouth and founded the prestigious Dartmouth Relays. He was an assistant coach for the U.S. Junior World team this year. He holds the

American M45 shot record of 53-7, and won a silver medal at both the Rome and Melbourne World Games.

12 Join Sustainers List

Each month NMN publishes a list of "sustainers," those who support National Masters News and the masters movement by contributing funds. Those funds help us off-set many of the costs of production and also allow us to provide deeper results, more photos, more race coverage, and rankings.

Special thanks this month go to

Frank Marshall, who very generously donated \$100, Philip O'Connell and Scott Somers, who each contributed \$50, and Charles Hirshey, who has been a regular contributor to us. Thanks also go to:

Daniel Aldrich, Jr. Masters of Virginia
Bill Forsyth Chuck Nelson
Connor Johnston Dana Wetherbee
Raymond Maloney Albert White

Thomasville Fall Masters Decathlon

by BILL BUSBY

The fourth annual Thomasville Fall Masters Decathlon was held September 24-25, at the Thomasville, N.C., High School track, the site of the 1989 National Masters Decathlon Championships.

Twenty-seven decathletes, ages 34 to 87, from 13 states competed. Included in the field were seven national masters decathlon or pentathlon champions.

The weather Saturday was threatening, and a thunderstorm and a hail storm interrupted the high jump twice. The weather Sunday was cool (low 60s) and overcast, but there was no rain.

Overall top point scorer was Jeff Watry, 34, of Virginia with 5845 points, using the 1985 tables. Watry's top performances were a 6-4½ high

jump, and a 4:37.1 1500. Second overall was perennial national champion Rex Harvey, 42, from Iowa with 5724 points, high-lighted by a 14-1¼ pole vault and a 128-8 discus throw. □

Quote of the Month:

"The only way for us (athletes) to end drug use is to end it ourselves. All the testing in the world is not going to catch up with all the new tricks. That's the bottom line. The issue is whether athletes have the courage to compete without a crutch."

— Anita DeFrantz,
U.S. Olympic Committee

Rocky Mountain Games Held in Colorado

by FRANK BOWLES

The 8th Annual Rocky Mountain Games were held at Potts Field in Boulder, Colo., September 4-5, under sunny skies with temperatures in the mid-70s. The fine weather and a strong field of 132 competitors insured excellent performances and another exciting meet.

Usually, this meet features top-notch sprinting—and this year was no exception. Nevertheless, the outstanding competition this year took place in the weight pentathlon, where Montana's Tom Gage, 45, and California's Lloyd Higgins, 46, put on a tremendous battle, with Gage winning by a small margin, 3636 to 3616.

The regular pentathlon, scored by age-factoring, also saw an interesting battle for the overall winner of the annual Herb Anderson Award. Pete Stopoulos, 52, of Illinois, with the help of a U.S. single-age record long jump of 19-5½, edged out Steve Rogers, 45, of Kansas, 3301 to 3232.

Hector Cisneros of Texas was once again the Iron Man of the meet. After a hard regular pentathlon on Saturday, Cisneros, 54, entered ten events on Sunday and won the 800, pole vault, and both hurdles.

A number of women athletes also shone. Marilyn Mitchell, 45, of New York had the best times in three

sprints: 50m (7.00), 100 (13:84), and 200 (27.85). Colorado's world record holder in the sprints, Polly Clarke, returned to the wars at 78 and captured the 100 and 200. Mary Palmer, 35, of Colorado, Barbara Pike, 47, of Massachusetts, and Louise Adams, 66, of Colorado were also outstanding in the sprints.

Due to its depth, the host Rocky Mountain team once again defeated a strong East contingent, 1699 to 1064. □



Dr. Herb Anderson (left) presents Pete Stopoulos with a plaque for Outstanding Pentathlete at the Rocky Mountain Games, Boulder, Sept. 3-4. Stopoulos won the M50 pentathlon with 3301 pts. Photo by Harry Brown

Masters Health and Fitness

by HAL HIGDON

The Truth About Pill Popping

Fishing through the contents of the packet containing my number at a recent race in the Midwest, I encountered a flyer for a product I had seen advertised in running publications. It promised peak performance, citing one triathlete who started taking the product a few days before the 1987 Ironman. He reduced his time by 42 minutes!

Later, I showed the flyer to David L. Costill, Ph.D., the respected director of the human performance laboratory at Ball State University. Costill laughed at the scientific explanations for the product's supposed success. One ingredient, supposedly found in the mitochondria of our cells, doesn't even exist, according to Costill—at least by the name under which it was advertised. Costill told me: "The guy promoting this isn't a scientist, he's a snake oil salesman."

A snake oil salesman who never-

theless was charging \$44.35 for a one month's supply.

It may seem laughable that seemingly intelligent athletes might believe that two days of popping pills might result in a performance improvement equal to two years of training, but, sadly, it is so. The next day in the race, I overheard a fellow competitor touting the product to another.

Perhaps we are conditioned by all of the talk about anabolic steroids and blood-doping to believe that there exist magic routes to peak performance. Maybe they do, but as a conservative in the area of my own body's achievements, I don't want to hear about them. Apart from the ethical questions, I want to feel that everything I have achieved on the track and the roads is a result of my own diligence in training, not something I got out of a bottle.

I'm even suspicious of items as acceptable as vitamins and believe a lot of athletes overdose on these products as well. It seems a waste of money to pay extra for what comes normally in the foods we eat, provided we eat intelligently.

Agreeing with me is Ann Grandjean. Associate Director for the Swanson Center for Nutrition in Omaha, Nebraska and also a consultant to the U.S. Olympic team, Grandjean does for Olympians with food problems what another Ann (Landers) does for people with people problems.

"We try to educate our Olympians to make proper choices," Grandjean explains. "But you can't prescribe exact diets, otherwise it ends up in a food fight."

Grandjean finds working with Olympic athletes rewarding, compared to members of the general population.

"The general population is not compliant," she says. "Athletes are, because they're goal-oriented. When we ask athletes to record their diets, I have no qualms about the accuracy of what they put down. The general population, on the other hand, may want to record diet accurately, but they don't always do it."

Grandjean tries to convince Olympic athletes to stop relying on supplements for their vitamins and minerals. She considers pill-popping as a substitute for good nutrition both overly expensive, unnecessary and—practiced to an extreme—potentially detrimental to performance. "An athlete can obtain all the nutrients needed by eating well-balanced meals," she insists.

Ironically, one survey on the nutritional habits of elite athletes indicated that those needing supplements the least used them the most. Athletes who ate well-balanced meals often felt the need for more vitamins and minerals; athletes who ate poorly did not. Why? Grandjean can only speculate: "If you are interested in what you eat, you are going to be at least aware of supplements. On the other hand, if you never think about nutrition, you probably are not. When you sit down with athletes with bad diets, they usually don't have many questions. Whereas the ones watching what they eat often bring in their shoebox full of supplements and want to go through all of them."

Among athletes, 72 percent (according to one study) use some form of supplementations (usually vitamins), compared to 50 percent of the general public. Moreover, because they believe (or at least hope) supplements can enhance their performance (by keeping them healthy), athletes tend to use more supplements than the public at large. Grandjean cites one baseball player who ingested 63 vitamin pills a day.

She believes the wisest athletes are those who both balance their diets and realize that those diets provide sufficient nutrients. One area of growing concern among nutritionists is toxicity, the fact that certain vitamins (among

them: A, D and E) are fat soluble, thus remain in the body. This poses a problem when such vitamins are taken in large quantities, but nobody yet can prove whether this will cause negative effects either on health or performance.

Nutritionists also suspect that overdoses of certain necessary minerals (such as zinc) may retard the absorption of other minerals (such as iron), but the proof is not yet there.

Surveys to the contrary, Grandjean detects a lessening of what she calls "overnutrition," at least among the top class of athletes. "Athletes often are ten years ahead of the general public in terms of their eating habits," she says. Concerning the baseball player who ingested 63 pills daily, she smiles, "He's not around any more."

Meanwhile, Robert Voy, M.D., medical director at the U.S. Olympic Center, believes there may be other purposes for nutrition than merely fueling muscles. "We feel that nutrition is the alternative to some of the performance enhancing techniques, such as drugs and blood-doping, that now are illegal," he says.

I hope Voy and Grandjean are right. As an athlete who got everything he achieved by pounding out the miles, I'm tired of reading about designer drugs and pills that promise "longer sustained peak performance" and "greatly increased endurance," as the product advertised in my race packet. Apart from the fact that you're probably wasting \$44.35 a month, I feel sorry for you if you think you need only a pill to beat me.

Hal Higdon of Michigan City, Indiana is a Senior Writer for Runner's World. He welcomes comments (sent to this publication) from pill-poppers who disagree with his opinion.



Virginia's Roy Englert competed in the 400, 800 and 1500 in the M65 division at the Nationals. Photo by Linda Pain

TACSTATS/USA, THE NATIONAL CENTER FOR LONG DISTANCE RUNNING RECORDS AND RESEARCH

TOP 15 MALE AND FEMALE MASTERS
ROAD RUNNERS OF 1988 (JAN-JULY)
IN ORDER OF PERFORMANCE VALUE
EARNED IN MAJOR U.S. RACES

ATHLETE NAME	CTZ	PRIZES	POIN'
1 MIKE MURD	GBR	6 6750	2905
2 ALLAN RUSHMER	GBR	6 5350	2333
3 BILL RODGERS	USA	6 5750	2322
4 BOB SCHLAU	USA	6 3950	1786
5 RYSZARD MARCZAK	POL	6 15000	1045
6 LARRY OLSEN	USA	6 3150	1041
7 BARRY BROWN	USA	6 1100	704
8 KEN FRENCH	CAN	6 1600	515
9 ANTONIO VILLANUEVA	MEX	6 1300	502
10 MURRAY HUNT	NZL	6 800	441
11 FRANK SHORTER	USA	6 1000	432
12 WEB LOUDAT	USA	6 1890	411
13 MIKE CREEVY	CAN	6 350	195
14 KJELL-ERIK STAHL	SWE	6 0	164
15 BERNIE ALLEN	USA	6 650	142

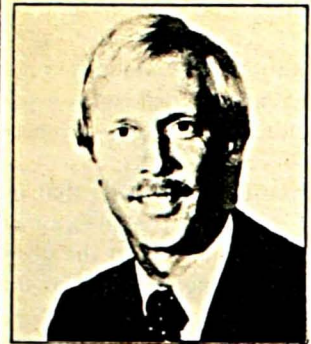
ATHLETE NAME	CTZ	PRIZES	POIN'
1 LAURIE BINDER	USA	6 5400	1731
2 PRISCILLA WELCH	GBR	6 28950	1330
3 BARBARA FILUTZE	USA	6 3900	754
4 GABRIELE ANDERSEN	USA	6 3600	583
5 JANE HUTCHISON	USA	6 2200	492
6 ANGELA HEARN	GBR	6 4150	380
7 ERNA KOZAK	CAN	6 600	244
8 NANCY MCLAREN	CAN	6 1050	222
9 PATRICIA SHER	USA	6 500	66
10 SUSAN HAVENS	USA	6 0	60
11 BETSY MARSHBARGER	USA	6 0	36
12 MARY ELLEN WILLIAMS	USA	6 400	32
13 MARY WOOD	USA	6 750	23
14 JUANA STAVALONE	ESP	6 600	14
15 CINDY DALRYMPLE	USA	6 200	12

MALE AND FEMALE MASTERS ROAD RUNNERS
IN ORDER OF PRIZE MONEY EARNED
IN U.S. EVENTS DURING JAN-JULY '88

ATHLETE NAME	CTZ	PRIZES
1 RYSZARD MARCZAK	POL	15000
2 MIKE MURD	GBR	6750
3 BILL RODGERS	USA	5750
4 ALLAN RUSHMER	GBR	5350
5 BOB SCHLAU	USA	3950
6 LARRY OLSEN	USA	3150
7 WEB LOUDAT	USA	1890
8 KEN FRENCH	CAN	1600
9 NICOL BERGERON	CAN	1500
10 ANTONIO VILLANUEVA	MEX	1300
11 BARRY BROWN	USA	1100
12 FRANK SHORTER	USA	1000
13 MURRAY HUNT	NZL	800
14 HIPOLITO ISLAS	MEX	750
15 BERNIE ALLEN	USA	650

ATHLETE NAME	CTZ	PRIZES
1 PRISCILLA WELCH	GBR	28950
2 LAURIE BINDER	USA	5400
3 ANGELA HEARN	GBR	4150
4 GABRIELE ANDERSEN	USA	3600
5 BARBARA FILUTZE	USA	3900
6 JANE HUTCHISON	USA	2200
7 NANCY MCLAREN	CAN	1050
8 BOBBI ROTHMAN	USA	1000
9 MARY WOOD	USA	750
10 CHRIS TATYERSALL	NZL	750
11 JUANA STAVALONE	ESP	600
12 ERNA KOZAK	CAN	600
13 PATRICIA SHER	USA	500
14 EILEEN PORTZ-SHOVLIN	USA	500
15 ANNA MOORE	USA	500

Points based on formula which evaluates caliber of race, depth of field, and finishing time.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Sobering News About Beer

For all you post-race imbibers, I have a bit of bad news. Nancy Clark, MS, RD, reports in a recent issue of *California Track and Running News*, that beer is not all that it is cracked up to be.

Most of us have a couple after a long run or a tough marathon in order to replace fluids and feel a lot better. Well, Ms. Clark tells us that beer, actually, has a dehydrating effect.

It seems that alcohol inhibits ADH, a hormone that holds water in your body. She recommends that runners first drink one or two large glasses of water to replace sweat loss, then have a beer (in moderation).

It also appears that beer is not really a good source of carbohydrates. A 12-oz. can of beer provides 16 grams of carbohydrate, while the same amount of orange juice has 40 grams. Also, the majority of beer carbohydrates are alcohol derived.

We are also not getting a lot of B-vitamins from beer. Only very small

amounts of B-2 are found in beer. Whole grain breads will offer far more nutritional value.

Beer is also not a very good source of potassium. A beer replaces about 90 milligrams, while a banana gives us around 550. We lose about 400 milligrams of potassium during two hours of hard exercise.

Well, this is rather sobering news to the legions of post-exercise beer drinkers. As Ms. Clark concludes, beer in moderation compliments pizza and pretzels. □

(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.)

Masters Women Smash Ultra Relay Record in Oregon

by BEV LA VECK

A ten-member team of masters women, sponsored by the Fred Hutchinson Cancer Research Center in Seattle, took five hours off the previous masters record in Oregon's 168-mile, Mt. Hood to Coast Relay, August 26. Each member ran three legs ranging from 4 to 5.65 miles, over terrain varying from "easy" to "very hard," the latter including coastal mountains in warm temperatures.

Team members ranged in age from

40 to 50 and included Charlotte Swanson, Linda Holst-Martin, Ricki Vadset, Kate O'Neill, Sue Covey, Carol Flexer, Judy Groombridge, Dorie Quam, Mary Miller, Julie Stiles, and Chris Curtis.

Their time of 19:34:19 placed them 79th in a total field of 580 ten-person teams, and fourth in a field of 41 women's teams.

Other teams reported that the women inspired them to dig deeper and exceed their own expectations. □

35 Meet Records Fall in Virginia Meet

by JERRY WOJCIK

The 13th Annual Blue Cross/Blue Shield Virginia Track and Field Championships in Charlottesville on September 3 drew 139 Virginia and out-of-state athletes. They entered 340 individual events, setting 35 meet records and equalling two.

Virginia's Greg Marshall, M40, set three of the records, in the 100 (11.6), 200 (23.6), and 400 (53.1).

Frank Wagner, M50, registered a record in the 1500 of 4:38.4 and won the 5000 in 18:05.

National champion Floyd Simmons, M65, out-threw all 60-and-over entrants in the shot put (44-9¼), discus (130-2), and javelin (141-8).

Karen Beaver of the Virginia Masters club directed the event, which is scheduled for September 2 next year. □

Lightning Legs from Labor Repeat as Fittest Team

by JEFF DARMAN

Assistant Secretary of Labor Tom Komarek captained his team to a second straight victory in the eighth annual Nike Capital Challenge September 15 in Washington, D.C.'s East Potomac Park.

This unique three-mile race attracted 125 team entries and over 600 runners. As in the past, each team was captained by a U.S. Senator, Representative, Cabinet Member or sub-Cabinet presidential appointee, Federal Judge or Washington media person. The captain's job was not honorary as each had to cover the three-mile course for his team to count.

The field was filled with VIP's, including 30 Senators and Representatives — among them former presidential candidate Al Gore of Tennessee — two Cabinet members, a dozen Federal Judges, teams from the White House and most government agencies, as well as media outlets that cover the city's workings.

As always, the race had a festive air with the First United States Army Band serenading runners at the start and finish. Two race officials dressed as President Reagan and Premier Gorbachev "worked" the race crowd. Key race officials had shirts with Dukakis-Bentsen on one side along with a Nike-



Senator Richard Lugar (R-Indiana), 56, won the Senate race with a 22:12 in the Nike Capital Challenge 3 Mile, Washington, D.C., September 15. Senator Jeff Bingaman (D-N.M.) 22:37, and Senator Al Gore (D-Tenn.) 22:46, finished two and three. Photo by Kathy Ruser



Cabinet Secretaries William Bennett (750) of Education, and James Miller III of Budget, head for a tight finish in the Nike Capital Challenge 3 Mile, Washington, D.C., September 15. Both were timed in 27:47, with Bennett the winner. Photo by Kathy Ruser

shod donkey, and Bush-Quayle on the other with a similarly attired elephant.

First to break the red tape at the finish was David White, running for the Hoosier Senator? team of Senator Richard Lugar, with a time of 14:21. Fastest female was Patty McGovern, a Congressional staffer, running for Democratic Representative Beverly Byron's Bollweevils, in 16:16.

The race is designed to highlight the ability of many of the Nation's busiest leaders to stay fit and raised \$5,000 for Special Olympics. All entry fees were donated to Special Olympics, and Challenge sponsor, Nike, donated an additional \$2,000 in the named of the winners as well as paying all race expenses.

Fastest legislators were 56-year-old Richard Lugar (R-IN) in 22:12; Representative Bart Gordon (D-TN), 18:26; and Representative Claudine Schneider (R-RI), 25:52, who captured her fourth straight title.

As usual there was hot competition for the special awards and Best Team Name honors went to the U.S. Sentencing Commission's team, Running Concurrently, who edged out Taylor's Media Tarsals of the Chronicle of Higher Education. The James B. Kenin Award for Worst Team Name was taken by WRC-TV's (NBC) Channel 4 O'Lymplans, who beat back a strong challenge from the Alcohol, Tobacco and Firearms Agency team of Elliott Fitness' Run Touchables. The Best Uniform was won by the White House's Reagan's Revolutions team, and the Best Spirited team was again the Energy Department's Energy In Action entry. Energy Department staff members were seen serving morning coffee and rolls to judges during the race — a tactic that clearly worked. □



Dr. Joan Ulyot, 48, of San Francisco, first woman in the St. George Marathon, Utah, October 1, with an American W45-49 record. Photo by Nancy Rhodes

Ulyott Sets Marathon Record in Utah Continued from page 1

Johnson, W40, of Salt Lake City with a 3:06:39.

Overall men's winner was Tracy Fifield, 26, who led from wire to wire, finishing in 2:22:11.

The race was sponsored by the St. George Leisure Services Department, KUTV of Salt Lake City, and first Security Bank of Utah. Meet director was Kent Perkins. □



Competitors go at it in the M55 200 finals at the TAC Nationals, Orlando, Aug. 4-7. The winner was Bruce Springbett (24.63), third from right.

Masters Dominate U.S. 24-Hour Run

By LARRY ROBBINS

Masters runners took seven of the top ten spots in the U.S. TAC National Open and Masters 24-Hour Championships held at the Atlanta Water Works in Atlanta, September 17-18.

Roy Pirrung, 40, of Wisconsin captured both the open and masters titles for men with 145 miles and 1464 yards. Eileen Eliot, 44, of Florida, in her first attempt at a 24-hour race, captured the women's open and masters titles by

running 111 miles, 1711 yards. Both distances are course records.

Ken Brewer, 46, of Alabama was second master with 129 miles, 75 yards. Another Alabaman, Linda Sledge, 40, was second woman overall with 108 miles, 1487 yards.

Robert Johnson, 62, of Florida was 11th overall of 77 finishers with a total of 111 miles, 1560 yards.

The championships, the first U.S./TAC 24-hour ever, were hosted by the Atlanta Track Club. □

2900 Tune-Up for NYC Marathon

by JERRY WOJCIK

The NYC Marathon Tune-Up 25K, sponsored by the New York Road Runners Club, in Central Park on September 25, attracted 2905 starters, 2462 of whom finished. Art Hall, 41, placed fourth of the 1877 men finishers with a 1:26:15. Pamela Duckworth, 41, ended in 1:53:22, 15th of 585 women.

The second master was Sam Skinner, 46, in 1:30:54. That spot in the W40-and-over race went to Susan Hale, 41, with a 1:57:55.

Kenneth Karcher, 59, took the M55 contest handily in 1:45:28. Thelma Wilson, 56, won the W50-59 race, the closest of the day, with a 2:10:41.

Top masters racewalkers were Nicholas Bdera (40, 2:13:02) and Stella Cashman (46, 2:41:04).

Open winners were Carlos Roa (35, 1:20:14) and Bonnie McLeod (25, 1:40:11).

The race was run under overcast skies with temperatures in the mid-60s, 65% humidity, and 12 mph winds. □

Brown and Filutze Find Wins in Moonlight

by TERI INGRAM

Top masters did their usual 1-2-3 routine at the Maggie Valley Moonlight 8K in Maggie Valley, N.C., on August 20. That is to say the top masters were the usual top masters: Barry Brown, Bob Schlau, Barbara Filutze.

Barry Brown, the masters winner, was also the masters age-graded best (25:17, 88.9%). Brown was followed by Schlau (25:23, 88.6%), who was

followed by Patrick Murphy (25:32, 88.1%) — the same order they finished in the race.

In the women's case, Filutze's 28:48, which exactly tied her 1987 8K best, gave her the lead with an 87.2%. Filutze was followed by W35 Linda Fox (30:43, 79.2%) and W50 Suzie Klutz (35:55, 75.9%).

Overall winners were Arena Abraha (25, 23:00, 92.6%) and Margaret Groos (26, 26:48, 88.3%). □

Come join and participate in the

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

Sunday, November 27, 1988

Eisenhower Park, East Meadows, N.Y.

SPONSORED BY THE MAKERS OF THE CELLEX
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THE 12TH ANNUAL JOHN STERNER 20KM NATIONAL MASTERS CHAMPIONSHIP
EISENHOWER PARK, EAST MEADOW, NEW YORK, NOVEMBER 27, 1988 9:30 A.M.

\$7.00 REGISTRATION FEE PAYABLE TO LIRR FINISH LINE, PO BOX 967, VALLEY STREAM, NY 11582

NAME _____ SEX _____

ADDRESS _____ DOB _____

CITY AND STATE _____ SHIRT SIZE _____

TELEPHONE _____ AGE ON DAY OF RACE _____

TAC# _____

I UNDERSTAND THAT RACE PARTICIPATION IS VOLUNTARY AND AT RUNNERS' OWN RISK.

SIGNATURE OF RUNNER _____



MASTERS TRACK & FIELD REPORT

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

World Championships Need Your Help

The time has arrived for the final effort to encourage masters athletes, families and friends to contribute to the World Veterans Championships Trust Fund.

Previous efforts have been entirely successful; approximately \$70,000 has been collected.

The Organizing Committee has used the money as follows:

WAVA Sanction Fee.....	\$12,000*
Bid Process.....	22,570
(Video, brochure, travel to Melbourne)	
Postage.....	1,400
Computer.....	2,300
(housing program, update competition)	
Logo Design.....	1,000
Posters.....	1,000
Administrative Staff.....	3,435
Telephone.....	1,773
WAVA Council Visit.....	3,650
Promotion.....	4,400
(T-shirts, European Championships, etc.)	
Total-to-date.....	\$52,528

*Held in escrow

The donations insured a successful bid and a solid promotional effort, including booths at the Australian Championships and the USA Indoor and Outdoor Championships. We are expecting 5000 or more competitors in Eugene.

If an additional \$50,000 were donated over the next several months, several benefits would result.

First, the donor becomes an active participant in the conduct of the World Championships.

Second, the monies collected now will provide the cash flow needed to provide the continuity of effort the Organizing Committee needs until the entry fees start arriving.

Third, the donation is a tax-deductible contribution.

The Organizing Committee is busy obtaining sponsors to cover large expenditures such as the computer and other communication systems. Those donations are largely "in kind" and don't provide the operating cash flow needed to pay the day-to-day expenses.

I don't know how much you are willing to donate, but the Championships can use every cent the Trust can collect.

We've had 1000 competitors at our National Championships. We probably have 7000 participants in track & field, and another 20,000 in long distance running. \$50 from each competitor — the price of a quiet evening out on the town — would be a dramatic indication of support. It would guarantee the Organizing Committee the financial assistance it needs now.

There are many competitors who have no interest in being meet directors, administrators, or officials. A cash donation at this time from these individuals would be a tangible and visible "thank you" and support for the efforts of those volunteers who make meets go, and who will be needed

to make the World Championships successful.

There are many reasons that can be used to justify asking for donations. The one I feel most comfortable in using is that this meet is being hosted by you, the U.S. competitors in long distance running and track & field — athletics, if you will. Not the U.S. government, not The Athletics Con-

gress of the USA, but you. You have invited the world to Eugene. You are the host. It is your meet; it is my meet; it is our meet.

Help it with your financial aid. Send your contributions to the World Veterans Trust, c/o Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907.

Thanks. |

Half of 1988 Masters T&F Meets Show Profit

Of the five 1988 masters track and field meets which submitted their financial statements to TAC, two made money, two lost, and one broke even.

The detailed chart on this page shows the National Masters Decathlon and the Western Regionals were the money-makers, while the National Indoor Championships and the Southwest Regionals went in the hole. The Outdoor Pentathlon broke even. All five meets were supported financially by TAC's Masters Track & Field Committee.

Entry fees accounted for the bulk of each meet's revenues. The major expenses were medals and the rental of a facility. T-shirts were the biggest expense item for two meets. Almost all labor needed to run the meets was donated by volunteers. If personnel had to be hired at fair-market value, all meets would have shown a staggering loss.

The chart provides valuable information for participants and meet directors. TAC has encouraged meet directors to compile financial statements, and even offers an extra subsidy to national and regional directors who do so. Despite the offer, five of the seven regional meets did not submit any data and, thus, did not receive their full grant.

At TAC's convention in Phoenix next month, the Masters Track & Field Committee will discuss whether to extend its offer of financial aid to local meets, particularly to first-time events, to encourage the staging of more competition.

If you direct — or have directed — a meet, we encourage you to send your financial statement to NMN. We'll pass it along to TAC and publish it in our next chart. If you have suggestions on how masters meets can turn a profit, please send us your advice. |

PROFIT & LOSS STATEMENT — MASTERS TRACK & FIELD MEETS — 1988

	Indoor National	Southwest Regional	Outdoor Pentathlon	National Decathlon	Western Regional
REVENUES:					
Entry fees	8007	2254	660	1500	4040
Sponsors					
TAC	1500	400	359	500	400
T-shirts/souvenirs		220			
Concessions		104			
Donations					
TOTAL REVENUES	\$9507	\$2978	\$1019	\$2000	\$4440
EXPENSES:					
Advertising/promotion	2351	200			157
Announcing		75			
Automatic timing	530		400		400
Computer					
Equipment	528	15	27	100	190
Medals/awards	2564	1040	187	98	759
Medical/trainer		50			
Numbers/pins	120				
Officials	280	60	220	128	135
Postage	424	66	22	25	
Printing/copies	840	120			
Program					131
Salaries/labor	400	65	5		
Security	417				
Supplies		100	27		
T-shirts/souvenirs		860		407	1190
TAC sanction		25	40	40	
Telephone	350		24		
Track facility	800	200		450	760
Transportation					
Volunteers (food)		150	67	129	96
Social function	600				
Miscellaneous					
TOTAL EXPENSES	\$10,204	\$3026	\$1019	\$1377	\$3818
NET PROFIT (LOSS)	(\$697)	(\$48)	\$0	\$623	\$622

ATTENTION: MASTERS RACE WALKERS NATIONAL RANKINGS

RUDY CLARENCE, 484 TROY AVE., BROOKLYN, N.Y. 11203, HAS VOLUNTEERED TO COMPOSE NATIONAL MASTERS RACE WALKING RANKINGS, BY FIVE YEAR AGE GROUPS, FOR MEN AND WOMEN OVER THE AGE OF FORTY.

ALL PERFORMANCES MUST BE ON A TRACK OR A CERTIFIED COURSE, WITH TAC OFFICIALS OFFICIATING. RUDY WILL COMPOSE RANKING FOR 1988. IN ORDER FOR THE RANKINGS TO BE MEANINGFUL IT IS NECESSARY THAT ALL WALKERS COOPERATE. ALL WALKING CLUBS SHOULD SEND RUDY COPIES OF THEIR NEWSLETTERS FOR 1988 AND PLACE RUDY ON THEIR MAILING LIST. ALL INDIVIDUALS SHOULD ALSO SEND IN THEIR RESULTS. THE RANKINGS WILL BE PUBLISHED IN THE NATIONAL MASTERS NEWS. THE LEVEL OF PERFORMANCE IS NOT IMPORTANT. RUDY NEEDS AS MANY RESULTS AS POSSIBLE.

NAME _____ ADDRESS: _____

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DIST. LOCATION DATE ANCE TIME OF EVENT AGE

The International Scene

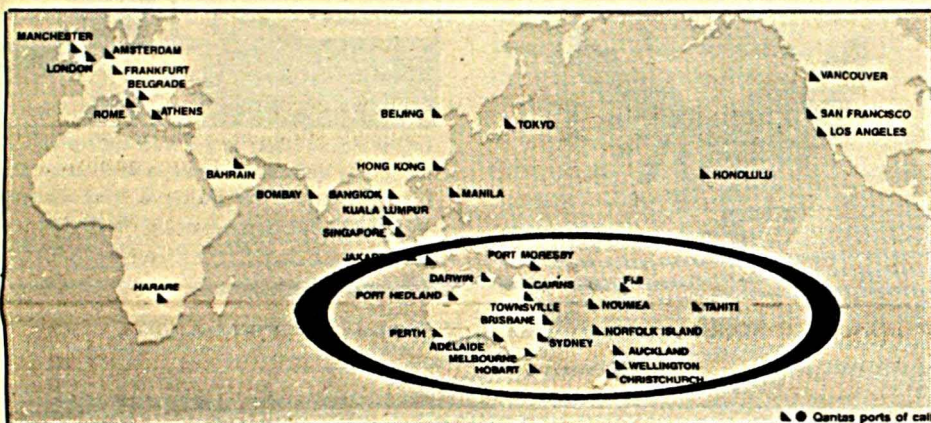
The Oceania Region

by JIM BLAIR, WAVA Oceania Delegate

Where is this group of countries forming the Oceania Association of the World Association of Veteran Athletes and how long has it been in existence?

The Oceania Association was first mooted in 1979 and was the brainchild of the present Vice President (long distance) of WAVA, Clem Green. In 1979, Clem extended an open invitation to the many countries in the

It is not possible to travel by road to compete with neighbors, and air transport is a costly and time-consuming venture. Also island members like Fiji are comprised of many hundreds of small islands and the opportunity for



The Oceania Region circled

Oceania region to attend the 1979 New Zealand Veterans Track and Field Championships in Auckland. From that initial gathering, the new group has slowly emerged. The culmination of this spadework was the holding of the 1st Oceania Games in May, 1981, in Suva, Fiji.

At these Games, representatives of the countries in the South Pacific region established a small working Committee. In September, 1986, delegates from Australia, Fiji, Western and Eastern Samoa, Kiribati and New Zealand established a formal Oceania Association. Subsequently, Oceania has set up its "Document of Intent" and its own formal "Constitution" and is now a well established group.

As illustrated in the map, the Oceania group is spread over a very large area of the South Pacific basin. Countries included in the Oceania territories are: - American Samoa, Cook Islands, Fiji Islands, French Polynesia, Kiribati, the Marianas and Caroline Islands (U.S.), Nauru, New Caledonia, Niue, Papua-New Guinea, Solomon Islands, Tokelau, Vanuatu, Wallis and Futuna (FR), Western Samoa, Australia and New Zealand.

This vast spread is a problem. New Zealand, for example, is 1200 miles from Fiji and Australia.

their athletes to get together in competition also creates logistical problems.

Many of the member countries have little activity in open-grade athletics. Their veteran athletics is even more limited or, in many cases, non-existent. However, the enthusiasm and drive of a very hard-working committee is continuing to encourage and help to initiate veterans athletic activity in these areas.

Another problem in the region is the political instability which exists in many of the member countries. This was well illustrated when the 4th Oceania Games set for June of this year had to be postponed following the unrest in New Caledonia. However, with stabilization since June, the Games have been rescheduled and will now be held at the end of October and the beginning of November.

As in the case with most regions under WAVA, the Oceania Games are held every two years. Following the 1st Games in Fiji, subsequent Games have been held in Canberra, Australia in 1984, and Apia, Western Samoa in 1986. The 5th Oceania Games are to be held in Auckland, New Zealand in 1990. Although the Games are largely contested by Australia, New Zealand and the hosting Island territory, there



New Zealand's Ian Babe wins the M50 1500 in 4:09.41 in the 1987 World Veterans Games. Australia's Tom Roberts (4:10.47) is second. Photo by Gretchen Snyder

is nevertheless enthusiasm initiated in the hosting Island country which we hope will continue and grow following the Games.

Because of the limited financial state of many of the Island territories, it is difficult to formulate a financial membership system. During the meetings to be held in Noumea, the Oceania Association will address this and hopefully,

come up with a solution that is fair and reasonable to all member countries.

Oceania is in many ways at the crossroad. Its future is dependent on the goodwill and support of the National Associations of Australia and New Zealand. If this region is to continue to grow and have an established place and identity in WAVA, a dedicated effort from athletes in both nations will be needed. □

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Contact President

EUGENE-SPRINGFIELD
OREGON, USA 1989

8 Months To Go



Countdown to Eugene

The World Will Gather

by TOM JORDAN and BARBARA KOUSKY

The VIII World Veterans Championships will truly be a gathering of the world's athletes, as housing requests have been received from most of the fifty-two nations which took part in Melbourne's splendid Games. Additional entries are expected from new participants from Bulgaria, Thailand, Liechtenstein, and Cyprus. Approaches are being made to veteran athletes in the Soviet Union, China, and many of the African countries, as well.

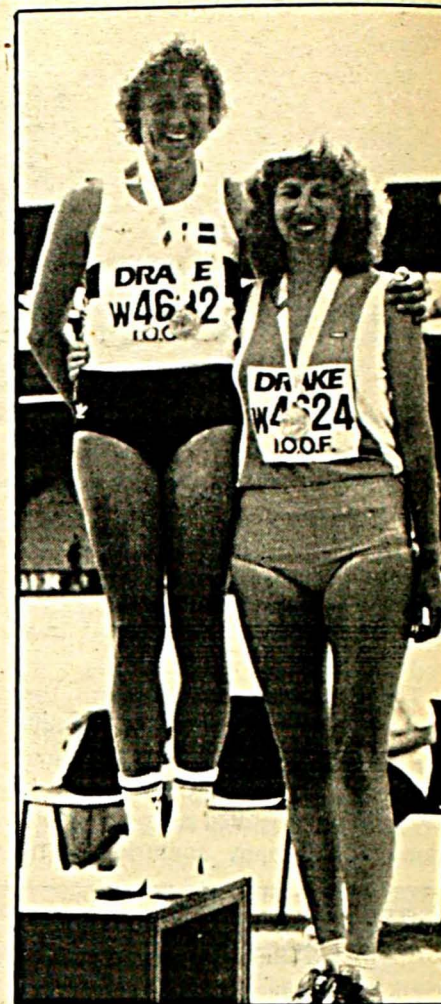
With just eight months to go until the Opening Ceremonies in Eugene-Springfield, competitors are urged to send in their housing deposits and entry forms as soon as possible. The deadline for both is May 1, 1989, which is just a short five months away. (If you or your club is sponsoring a masters event, and would like a supply of official Entry Booklets to have on hand, write to the WVCOC, Box 10825, Eugene, OR 97440, with plenty

of lead time, and we'll send them out to you.)

An event the size of the World Veterans Championships — which will very likely be the largest track and field meet ever held — takes enormous resources in money and man power, and we would like to express our appreciation once again to the masters in the United States and around the world who have contributed so generously to the World Games Trust. Putting on the

Championships would literally not be possible without this invaluable support.

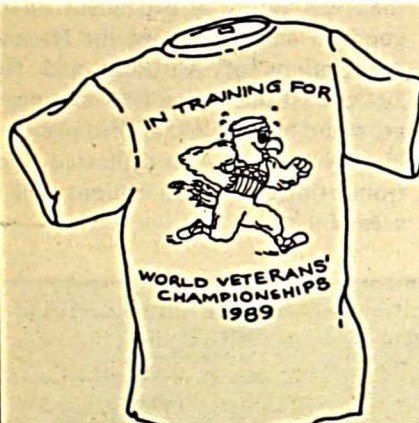

Three-dot updates:...Hewlett-Packard (computers) and See Design and Production (tenting) are the latest sponsors of the VIII WVC...note in the Preliminary Competition Schedule that the W45 Heptathlon begins on the first Thursday (1THUR/AM), not 2THUR/AM; the W40 5000 Walk will be held the second Saturday, (2SAT/AM), not 1SAT/AM...for those decathletes and open vaulters who will not be bringing poles to Eugene, there will be a supply of poles of various poundages available for competitors' use; all other field event implements will be provided as well...if you haven't ordered your "In Training For" T-shirt yet, be the first on your block to have one or more...the 378-bed University Inn is sold out; some University beds left; hotels and motels still available...if you made a room deposit, you'll receive confirmation by December 1. □



On the victory stand for the W45 400-hurdles at the World Veterans Games in Melbourne are Denmark's Annelise Damm Olsen (1st in 67.33) and Australia's Suzanne Westbrook. Photo by Gretchen Snyder.



Get Ready for Eugene

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

Order several. Shirts make great holiday gifts.

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

Indicate quantity of each shirt desired:

Eagle Mascot	S	M	L	XL	XXL	Total short-sleeve shirts ordered _____ × \$10 = \$ _____
Short-sleeve (\$10)	—	—	—	—	—	Total long-sleeve shirts ordered _____ × \$14 = \$ _____
Long-sleeve (\$14)	—	—	—	—	—	Plus postage (\$2 for 1 shirt; \$4 for 2 or more)\$ _____
Official Emblem						Total Amount Enclosed = \$ _____
Short-sleeve (\$10)	—	—	—	—	—	
Long-sleeve (\$14)	—	—	—	—	—	

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

VISA/MC NUMBER _____

EXPIRATION DATE _____ TELEPHONE NO. _____

CARDHOLDER'S NAME _____

WVC T-SHIRTS • Box 10825 • Eugene, OR 97440

WAVA/TAC Hurdles and Implements Specifications

		HURDLES			
		WOMEN			
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
60-69		30"	39'4"	22'11½"	62'4"
70 Plus					
35-39	400m	.762m	45.00m	35.00m	40.00m
40-49		30"	147'7¼"	114'9½"	131'2½"
50-59	300m	.762m	50.00m	35.00m	40.00m
60-69		30"	164'0½"	114'9½"	131'2½"
70 plus					
MEN					
30-39	110m	.991m	13.72m	9.14m	14.02m
40-49		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34.5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
70 plus	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
50-59		36"	147'7¼"	114'9½"	131'2½"
60+	300m	.840m	50.00m	35.00m	40.00m
		33"	164'0½"	114'9½"	131'2½"
		.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"

		IMPLEMENTS			
		SHOT PUT	DISCUS	HAMMER	JAVELIN
Women					
35-49		4.00k	1.00k	4.00k	600gms.
50 plus		3.00k	1.00k	3.00k	400 gms.
Men					
40-49		7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59		6.00k	1.50k	6.00k	800 gms.*
60-69		5.00k	1.00k	5.00k	600 gms.
70 plus		4.00k	1.00k	4.00k	600 gms.

*New IAAF Specifications

PROFILE

Hans Bitter: Oldest to Jump 5-Feet

After undergoing arthroscopic surgery last year, Hans Bitter was congratulated by his doctor. "You have the knees of a 35-year-old man," the surgeon told Bitter.

Indeed! Bitter's knees are not the only thing belying his age. How many 35-year-olds can high jump 5-feet? How many high school kids can do it?

On July 13, 1986, Bitter, a life-long resident of Herzogenaurach, West Germany, cleared the bar at 5-feet, ¼-inch (1.54 meters). He was then 66 years, 4 months, and 20 days old, making him the oldest human to officially go over 5-feet.

That was a fraction below his jump of 5-1 (1.55) the year before, which is listed by the World Association of Veteran Athletes as a pending 65-69 world record (Burl Gist's 5-0 is shown as the record).

Now 68, Bitter is beginning to have doubts about going over 5-feet again. His best 1988 jump has been 4-9. But that hasn't dampened his enthusiasm. He's looking ahead to the World Games in Eugene next August. "I'm looking forward to meeting Tom (Patsalis) and Burl (Gist) right in the lions'

den," Bitter says in fluent English. "Unfortunately, I'll be 69 and at the end of my age group. So I'm also looking forward to competing in 1990 when I'll be quite young again. What a wonderful system to make us rejuvenate every five years!"

In 1938, the last year before the great war, Bitter was a top-rated high jumper in German youth (to age 18) competition with a 5-11 (1.81). "But then we jumped in a very simple and little efficient style," he points out. "I used to call it a schoolgirls' style, but today you can see so many schoolgirls jumping with excellent technique."

While attending the University of Erlangen after the war, Bitter took third in the decathlon of the German Students Championships of 1953. In 1978, Bitter learned about masters track and field from some participants in the World Games at Toronto. At the European Veterans Championships in Italy that year, he jumped 4-9 to cap-

ture the gold medal in the 55-59 division. In the World Veterans Championships in Germany the following year, he cleared 4-11 for the gold while also taking a silver in the long jump with a 17-9.

Bitter's most memorable competitive experience came in the 1985 World Games in Rome. "It was exciting to become world vets champion in the Olympic stadium and to clear 1.55, which was 4 centimeters over the then world record held by my high jump friend, Burl Gist," Bitter recalls. "He had won the gold in San Juan two years before with a 1.57. I had come in third with a 1.47 only. In Rome, I was able to 'turn the leaf,' as we say in Germany. Burl cleared only 1.48 there and won the silver."

Bitter also won the long jump in Rome with a leap of 16-9, a little short of his then 17-0 ¼ world record for the 65-69 division, and captured silver medals in the shot (12.69) and discus (45.52).

"With my ability in the jumps and throws, I have always had an inclination to the multi-events," he says. "I am able to compete in five or even six events with a good chance, but I am too slow in the 1500. I do not feel enough motivation to work hard in running, too."

A retired electrical engineer, Bitter devotes an hour a day average to conditioning. Three days are given to technique training and two days to working out with weights, while he takes weekends off except when competing.

"One hour a day is not more than everybody should practice to keep physically fit," Bitter opines. "Competition gives me a reliable motivation year by year to keep in condition for a life with a lot of interests. Besides athletics, art is an important interest of mine. After my retirement, I studied science of art, the theory of art, including architecture, for some time."

Bitter adds that he and his wife, Inge, always try to take in as much nature and culture as they can during trips to track and field meets. "On our way home from the European Championship in Verona, Italy this year, we stayed in Switzerland for a few days to



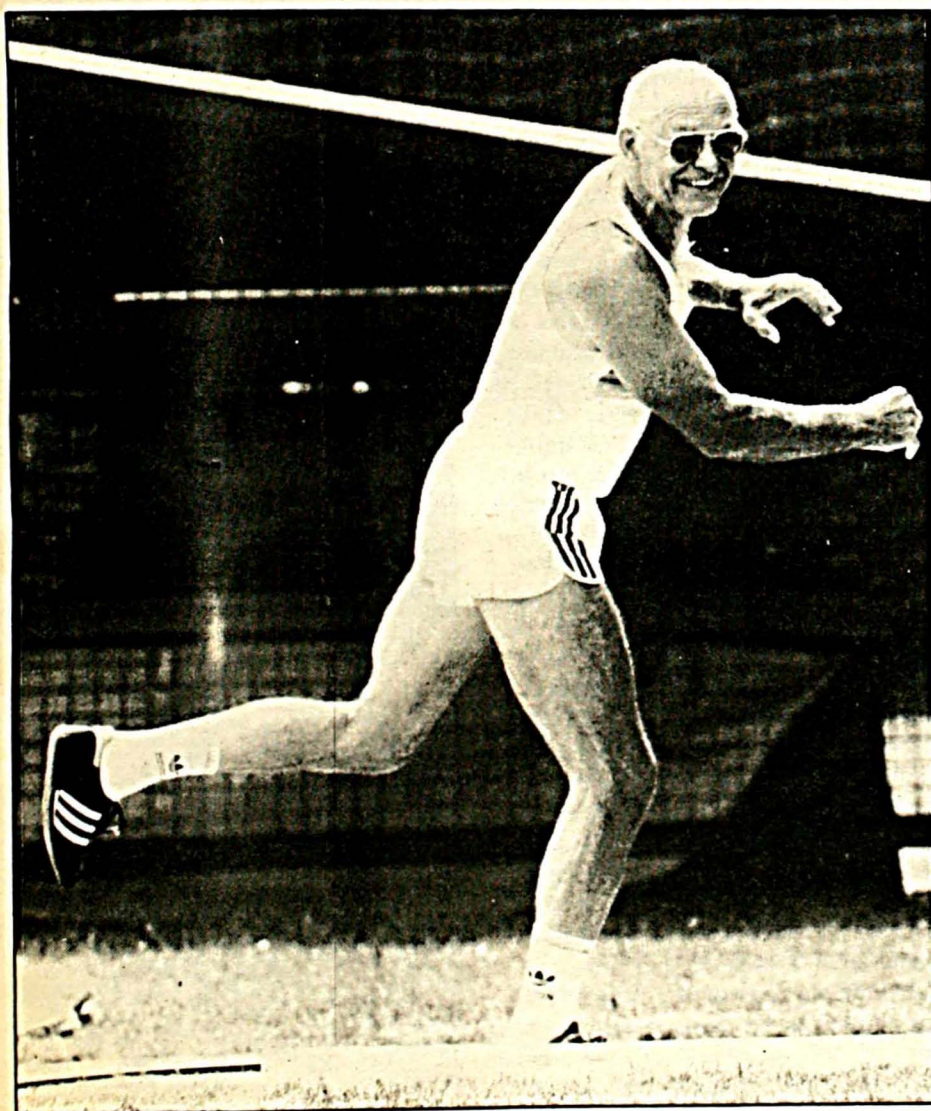
Hans Bitter

wander over the mountains where in winter we practice cross-country skiing every year. In Verona, we enjoyed a spectacular performance of the opera 'Aida' with 20,000 other spectators, and we visited some of the historic places on the shores of Lake Garda."

Bitter has another strong interest, religion. "In my opinion, our everyday life cannot be the entire life of men. There must be a second part, which has to do with the true purpose of life. So I have been learning much about religion, church, and faith in recent years. This has been a very exciting experience for me."

As a longtime reader of *National Masters News*, Bitter has come to the conclusion that American masters are much better off than veteran competitors in West Germany. "We are lacking in leadership," he says. "Please don't misunderstand me, though. I really don't want to lament over our life as veteran athletes here in Germany. Our officials do not compete, themselves, or are not able to win. They do not fully understand or appreciate the active older athlete Veterans athletics in Germany is headed in the right direction, but we are on a slower track than American masters."

— Mike Tymn



Hans Bitter



Report from Britain

by MARTIN DUFF of *Athletics Weekly*

The three fastest veterans in September were Aldershot clubmates Brian O'Neil and 50-year-old Taff Davies, and Peter Jones, 40. World 10K title holder in 1985, Davies has shown a clean pair of heels to all of his rivals recently except for Jones. In the Blackheath Harriers Cross-Country Relay at Crystal Palace (over 3000m), Jones was best veteran with 8:16 with Davies only marginally slower.

In the Southern Counties Open 6K Road Relay, Davies was fastest

veteran, ahead of Shel Cowles and O'Neil, but O'Neil made amends with a stunning 14:46.1 track 5000 to rank second for the year in the U.K. (behind Jones) and post the fastest vet time in the Surrey Road Relays.

Jones ran a good 31:15 10K at Chelmsford, where 37-year-old Glynis Penny clocked 35:35, and husband, Keith, 38, a 30:40.

Mike Hurd is also back in form with a third place overall (2:21:09) in the Humber Bridge Marathon. □

Don't Even Think Of It

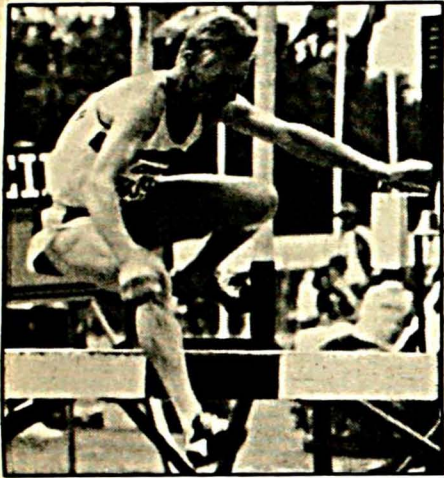
by DON FARQUHARSON

On August 23, Canadians exulted when Ben Johnson won the Olympic 100-meter gold medal.

Few events in this century so electrified a country not generally given to overt displays of nationalism, albeit that Johnson is Jamaican-born.

It was enough that Ben had grown up and learned his running in Canada. Few single events had so unified Canada. The euphoria washed away all our many national differences.

Then came the news of the test which revealed the use of anabolic steroids. At first, there was disbelief. Then the joy turned to ashes. The shame of it hit

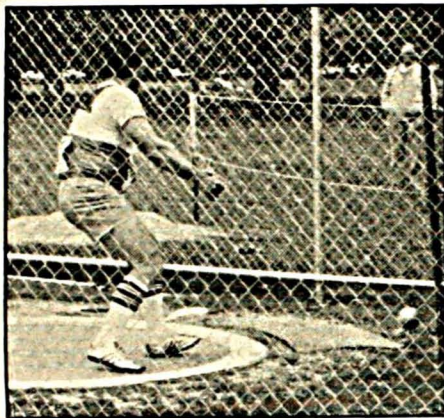


Denmark's Helmut Thumm wins the M55 3000-meter steeplechase in 11:01.39 at the World Veterans Games in Melbourne. Photo by Gretchen Snyder

the nation, especially when we realized that others, either actively or passively, were equally involved in the sham victory. For Canadians, this was much harder to accept than it would have been for most major nations, for we were rejoicing over our first Olympic track and field gold medal since 1932.

If you have been patient enough to have read this far, you may be wondering what this has to do with veteran athletics. Why would anyone in the veteran ranks risk his health, perhaps his life, for a performance which will get no publicity outside of our small group, and is often forgotten soon after the event ends?

Isn't our creed that we should participate, regardless of honors, as long as we can do so? Aren't we a genera-



Yugoslavia's Srecko Stiglic took 2nd in the M40 Hammer Throw in the World Veterans Games in Melbourne. Photo by Don Johnson

tion who prize fair play far above a dishonestly-won award?

During WAVA's discussions with the IAAF, Hans Skaset, Chairman of the IAAF Veterans Committee, said: "You have the drug problem. Instances have already arisen in other veteran sports. You must adopt random testing."

There is not yet a WAVA-IAAF agreement and perhaps there never will be, but the WAVA Council did adopt the principle and testing will become a reality.

After all, we already have experienced instances of cheating: the veteran who suddenly appeared at the end of the Boston Marathon in a time that would have slashed the world M50 record; the runner who knowingly cut 3000 meters off a cross-country course and received a world championship medal, which he refused to return even though his name was struck from the results. Then we have had one or two deliberately declared false ages.

If the incentive to win is increased by other factors, such as prize money, would individuals like these resort to artificial means of stimulation in their quest to win?

For the vast majority of veterans, I'm sure we could resoundingly say "no."

Prize money has become a reality on the veteran scene. It is not likely to be much and will only be awarded to a few top performers, but it's a concern



On the victory stand for the M70 400 at the World Veterans Games in Melbourne are, from left, Erik Muren (Sweden, 68.15), Bill Weinacht (USA, 66.72), and Gentaro Watanabe (Japan, 67.32). Photo by Gretchen Snyder

the WAVA Council has addressed. The decision was that while we can do nothing to prevent money payments for winning, we do not encourage them in any way.

Along New York's busy streets there is no place to park, and official signs, without reference to the misdemeanor, merely say "Don't Even Think Of It." For the sake of veteran athletics, perhaps the last haven of pure sportsmanship, let us all take that advice.

(Don Farquharson is a WAVA Council Member and Past President. He lives in Toronto.)

ATTENTION: RACE WALKERS NORTH AMERICAN CHAMPIONSHIPS

IN THE UNITED STATES, THE MASTERS TRACK & FIELD COMMITTEE HAS JURISDICTION OVER RACE WALKERS OVER FORTY YEARS OF AGE AND THE OPEN RACE WALKING COMMITTEE HAS JURISDICTION OVER WALKERS UNDER FORTY. IT WAS AGREED THAT THE OPEN RACE WALKING COMMITTEE WOULD HAVE MASTERS DIVISIONS IN ALL OF THEIR NATIONAL CHAMPIONSHIPS EXCEPT FOR THE INDOOR 2 MILE AND OUTDOOR 5 KM AND 20 KM RACES WHICH WOULD BE HELD AS PART OF THE MASTERS NATIONAL CHAMPIONSHIPS

RACE WALKING IS THE FASTEST GROWING SPORT IN ATHLETICS, WITH THE OVERWHELMING MAJORITY OF THE NEW PARTICIPANTS BEING MASTERS. RATHER THAN RUN A COMPLETE SLATE OF NATIONAL MASTERS CHAMPIONSHIPS, IT HAS BEEN PROPOSED THAT THE MASTERS HOLD CERTIFIED NORTH AMERICAN CHAMPIONSHIPS FOR MEN OVER FORTY AND WOMEN OVER THIRTY-FIVE AT ALL OF THE STANDARD DISTANCES. THIS WOULD BE IN KEEPING WITH PLANNED WORLD MASTERS CHAMPIONSHIPS.

UNDER THE AUTHORITY OF THE NORTH AMERICAN COUNCIL OF THE WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA), CHAIRED BY DAVE PAIN, I AM COMMUNICATING WITH POTENTIAL SPONSORS. ANY GROUP IN NORTH AMERICA IS WELCOME TO PARTICIPATE. THOSE INTERESTED GROUPS SHOULD COMPLETE THE ENCLOSED FORM AND RETURN IT TO ME.

WE WISH TO START THE CIRCUIT IN 1989. DEPENDING ON THE RESPONSES WE CAN ALSO PLAN RACES THROUGH 1991. THE RACES MUST BE ON CERTIFIED COURSES, USING CERTIFIED OFFICIALS. OFFICIAL NORTH AMERICAN MEDALS ARE AVAILABLE. BY DEVELOPING A CIRCUIT WE CAN SAVE EXPENSES ON PUBLICITY, ENTRY FORMS AND MAILINGS. WE SEEK SPONSORS FOR THE FOLLOWING DISTANCES: 3, 5, 8, 10, 15, 20, 25, 30, 40, AND 50 KILOMETERS.

CLUB NAME: _____ PERSON TO CONTACT: _____

ADDRESS: _____ CITY: _____

STATE _____ POSTAL CODE: _____ COUNTRY: _____

PHONE: _____ :DATE _____ CERTIFIED COURSE: YES NO _____

SITE: _____

COMMENTS: _____

SIGNATURE: _____ DATE: _____

Please return to: BOB FINE, 4223 PALM FOREST DRIVE NORTH, DELRAY BEACH, FLORIDA, 33445; 407-499-3370

Mike O'Neill Dies

The world veterans athletics community was shocked by the death of Mike O'Neill in Melbourne, Australia on September 21, 1988 at the age of 62.

O'Neill was the Secretary/Treasurer of the Australian National Veterans Association and the chief announcer at the VII World Veterans Games last year.

He had suffered a severe stroke earlier this year. Setbacks to his initial recovery necessitated further surgery at Melbourne's Alfred Hospital, where he subsequently died a few weeks later.

O'Neill was a colorful personality with a sense of humor, which showed during his regular commentaries at track and field meets.

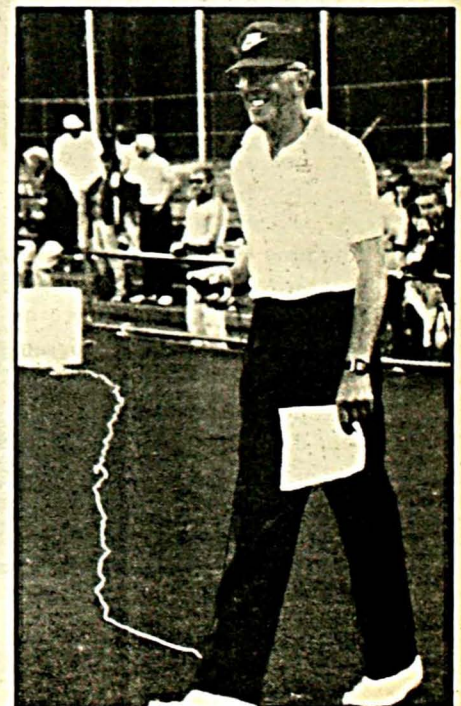
Born in Liverpool, England, he served with the British Army in World War II, when he established himself as a leading middle-distance runner. He met his wife, Jean, and they migrated to Australia in 1950. He became active in athletics and said his most memorable experience was serving as an official at the 1956 Melbourne Olympics.

O'Neill was one of the founders of the Australian Veterans program and one of 35 members of the first Australian Veterans team to compete overseas in San Diego, London and

Cologne.

Open by-pass surgery in 1980 marked the end of his competition days and heralded the complete devotion of his energies to the sport he loved.

He is survived by his wife and their children: Susan, 35, Shauna, 32, and Ross, 30. — From Mike Hall



Mike O'Neill at the World Veterans Games. Photo by Gretchen Snyder

Schlau, Hearn Are The Greatest In Pittsburgh

by MIKE DAVIS

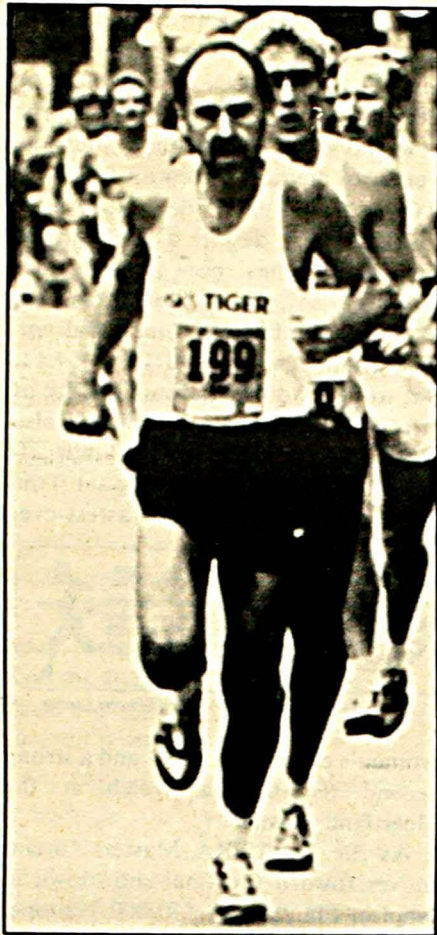
PITTSBURGH — In the September 24th Great Race, for yet another time this season, Bob Schlau stepped to the awards stand as the winner in an ICI/USRA Masters Circuit race.

For women's winner Angella Hearn, however, it was something new — a situation which points to the competitiveness in the women's division, as well as the men's.

Schlau, a 40-year-old from Charleston, S.C., toured the point-to-point 10K course in 30:31. He was comfortably ahead of runner-up Glenn Myers (41, Millersville, Pa.), but Myers (31:34) and Ken Sparks (43, Chagrin Falls, Ohio) were just a second apart.

Hearn, a Britisher who's been running just seven of the 13 years she's been in this country, got more of a challenge from Jane Hutchison. Hearn (42, New York, N.Y.) came in at 34:31, just 17 seconds ahead of Hutchison (42, Webb City, Mo.).

Bill Olrich (53, Lexington, Ky.) was first in the male 50-59 bracket at 32:36,



Bill Olrich (53, #199) won his division of the Sept. 24 Great Race 10K in Pittsburgh in 32:36.

and Jill Martin (50, Brooklyn, N.Y.) took honors on the women's side at 41:00.

Gaylon Jorgensen (59, Provo, Utah) claimed a U.S. 10K record for age 59 with his performance of 34:21.

Officials said 12,258 entered the race and 10,274 finished. In the near-ideal cool weather, under cloudy skies and with the threat of rain, Betty Geiser set an American point-to-point 10K record of 31:07, beating Mary Decker's time of 31:38 from 1984. Are Nakkim of Norway was the overall men's winner in a course-record time of 27:46. □



Norma Perlmutter, 71, was the oldest competitor in the Pittsburgh Great Race 10K, Sept. 24. Perlmutter ran 1:36:57.

Sri Chinmoy Brings New Spirit to Masters

by BIGALITA EGGER

The first annual Sri Chinmoy Masters Track and Field event — for ages 50-and-over — was held on September 24 at UC Irvine, Calif. Athletes came from Reno, San Francisco and even Salt Lake City.

Unique for this type of event was the ongoing complimentary athletes' buffet of healthy vegetarian food; Sparkletts spring water and Exceed were also freely available all day.

The Sri Chinmoy group's enthusiasm and genuine love of the sport — and their seeing the athletes competing and transcending themselves — compensated for their lack of experience in holding such a complex event. Marv Thompson and Akemi Hanamoto, President and Vice-president, respectively, of the Los Angeles Patriots, had graciously offered their time and expertise, and had a lot to do with the success of this meet.



Ray Fitzhugh, M50, tosses the javelin 111-2 for third in his division at the Sri Chinmoy Seniors (50+) meet, UC-Irvine, Calif., Sept. 24.

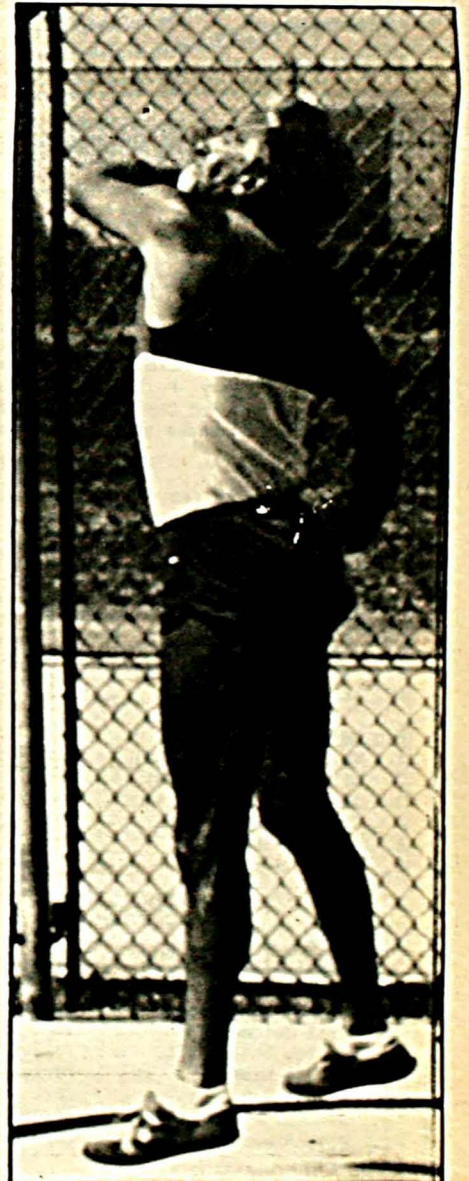
An American M60-64 record was broken by Boyce Jacques, 62, of Reno, who ran the 3000 in 10:46, coming in first overall.

A few athletes broke personal records: Del Pickarts, world M60 record-holder in the javelin (191-5) threw the discus 146-4, while M50 Bob Eldridge's 12-lb. shot touched the ground at 31-4.

The sponsors of the event — over 25, mostly young, individuals from the Sri Chinmoy Marathon Team — take their inspiration and philosophy of sports and life from their spiritual teacher, Sri Chinmoy — a masters athlete himself. The group feels that sports and competition provide an excellent backdrop upon which to build a better understanding and a feeling of oneness among all individuals. Frankly, they admitted to being very inspired in seeing these "older" people competing with so much enthusiasm and joy.

George Simon summed up the event: "You have been wonderful hosts, and I hope next year it will be four times as big."

Inspired by everyone's response and kindness, next year's Sri Chinmoy Masters Track and Field Meet is already set for Sunday, September 24. □



Dave Douglas, M55, heaves the discus 96-0 at the Sri Chinmoy Seniors (50+) meet, Irvine, Calif., Sept. 24.

Report From San Diego

by DAVID PAIN

1989 will be the banner year for masters athletics in the U.S.A. We will not only host the WAVA World Championships in Eugene but also the 1989 USA/TAC Masters Track and Field Championships in San Diego, Calif. A great double header! What the Los Angeles Olympic Committee accomplished for the Olympic program, we hope to achieve for International Masters Athletics as well.

The four-day San Diego event will be conveniently held July 20-24, 1989, one week before the Eugene festivities begin.

Every effort is being made by the host San Diego Track Club to make the 1989 National Championships the best in the event's 20-year history. Masters track and field started in San Diego back in 1968 and has come a long way.

The home venue will be San Diego

State University where 1000 residence-hall beds have been reserved. SDSU has just completed a \$400,000 renovation of its 400-meter, 9-lane track with the world's best all-weather Mondo surface.

The second track will be historic Balboa Stadium, which, too, has undergone a Mondo facelift. No matter what track your event may be scheduled on, you will get a comparable world-class surface.

Airport pick-up and return and shuttle-bus service is included in the entry fee and will be the order of the day. Just let us know your arrival time, and flight or train number.

There will be plenty going on at SDSU other than the athletics. An all-day Sports Medicine Symposium is scheduled for Wednesday, July 19, and plans are shaping up to have nightly entertainment on the green adjacent to

the Residence Halls.

On Sunday afternoon, July 23, after completion of the relays — yes, they will be on the last day so as not to sap your vitality for other events and the 10/20K road walks — we will have an outdoor Mexican fiesta, complete with Hispanic ethnic food and entertainment. So don't schedule an early flight out that day.

The entry blank will be printed this month and mailed to all entrants who competed in Eugene in 1987 or Orlando in 1988. It will also be published in the NMN shortly.

No less than 1000 foreign competitors are anticipated. They will add quality to our event and enable many of us to renew old overseas acquaintances as well as make new ones.

Yes, 1989 will be a masters banner year, so get into the fun. Don't miss it. □



The Director's Corner

by DEAN REINKE

ICI/USRA Masters Circuit on a Roll

The ICI/USRA Masters Circuit is on a roll. First it was Ron Bell leading other masters under his old world record mile mark, running 4:12.5 and shattering the standard at the ICI Legends Mile. Then one week later at the next stop on the ICI/USRA Masters Circuit in Asbury Park, Barbara Filutze, Larry Olsen and Bill Olrich captured their respective age divisions beating out one of the best masters fields ever assembled.

And now Bill Rodgers is attacking the ICI/USRA Masters Circuit with a vengeance. At the Crim Road Race, the 8th stop on the Circuit, Boston Bill defeated Englishman Mike Hurd by

over two minutes running 49:14 to shatter Barry Brown's 10-mile mark by 32 seconds. Then in the long-awaited rematch at the Heartland Hustle with current Circuit leader Bob Schlau, who

had defeated Rodgers at the Myrtle Beach Classic Circuit event and Los Angeles Marathon, Billy rose to the occasion. His new world record of 29:47 left Schlau 1:50 back and planted the seeds for his assault this month on the New York City Marathon and the American marathon record of 2:15.

On the women's side, California's Laurie Binder, despite a late start on the Circuit, has been making her presence known in a similar fashion. At Crim, she lowered Cindy Dalrymple's 10-mile mark by 1:17 to 57:11. Not to be outdone, Barbara Filutze of Erie, Pa., is making a late charge, also nearly matching Binder's 10-mile effort on the challenging Capital Trail Run with the second-fastest-ever



United States Running Association Masters Circuit

women's clocking at 58:11 and a strong second to Priscilla Welch at the Heartland Hustle.

As the ICI/USRA Masters Circuit moves toward the final showdown in Naples, Fla., at the \$10,000 National Championship 8K, January 14, 1989, the individual races in all age groups are only going to get hotter. Despite the Foundation 30K yet to be held this month and the Charlotte 10K, January 7, still on tap before Naples, we still must take time to pause and plan ahead for the 1989 Circuit which will con-

Masters Running '88 Available

The letters and phone calls continue to flood in, but don't worry, there are still copies of the ICI/USRA Masters Circuit annual magazine, *Masters Running '88* available. While we are still distributing copies through several major events around the country through the end of the year, if you want your copy immediately, send \$1 to *Masters Running '88*, 33A Martine Ct., Newark, DE 19711.

Plans are already underway for the "1989" edition. *Masters Running '89* hopes to announce its publishing schedule within the next month. □

— Larry Eder

tinue to expand.

ICI General Manager of Public Affairs, Bill Adams, and I will be at the Washington, D.C., Road Race Management Conference, November 11-13, and TAC's Convention in Phoenix late this month. We welcome the opportunity to listen to your comments and suggestions as we evaluate 1988 and plan for 1989. We also encourage race directors and runners to inform us of races that they feel should be on the Circuit. We have already added Sacramento but are hoping to expand even more on the West Coast.

We will also be meeting with the TAC Masters Long Distance Running Committee to discuss coinciding TAC championships with Circuit events and the implementation of other areas of support for masters running from the ICI/USRA Masters Circuit. Look for next month's (December) issue of *Running Times* to include a special 8-page section on the ICI Circuit while we are running extensive advertising across the country the next few months for the Naples National Championship.

I would like to think that one of the primary reasons the ICI/USRA Masters Circuit has been successful thus far has been that we have listened to you, the master runner. While the Grand Prix prize purse is nice and the competition brings more attention to the sport, the real goal of the Circuit is to promote masters running among all ages and abilities. And beyond the Circuit, our goal is to lobby events to increase their attention to masters runners of all groups in the form of increased prize money, travel funds, incorporating separate masters races and other attention to the 40-and-over athlete. Write us (and individual race directors) with your thoughts at: Dean Reinke & Associates, 400 N. New York Ave. - Suite 102, Winter Park, FL 32789. 407/647-2918; or Bill Adams, ICI Americas, 6 Rollins Building, Wilmington, DE 19897. 302/575-8601. And we'll see you on the Circuit. □

ICI/USRA Masters Circuit Point Standings

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

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

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

(after 11 races including Azalea Trail Run, Cotton Row Run, Myrtle Beach Classic, Hospital Hill Half Marathon, Utica Boilermaker 15K, TAC Masters Track & Field "Mile/1500m", Asbury Park 10K Classic, Crim Road Race, Pittsburgh Great Race, Heartland Hustle and Capital Trail Run). Please note: Number following points total is number of races athlete has run. The best 7 may be included.

Men 40-49:

1. Bob Schlau, SC (40)	57/6
2. Bill Rodgers, MA (40)	42.5/4
3. Mike Hurd, ENG (40)	37/4
4. Wes Weselley, GA (40)	35/5
5. Web Loudat, NH (41)	30/4
6. Steve Lester, UT (45)	21/3
7. Barry Brown, FL (43)	17/2
8. Carl Nicholson, AL (41)	15/3
9. Dave Stewart, CAN (40)	13/2
10. Atlaw Belligne, NY	12/2

Men 50-59:

1. Wm. Johnston, UT (50)	63/7
2. Bill Olrich, KY (50)	49/5
3. Jim Larsen, FL (52)	33/4
4. Ymel Yoder	18/2
5. John Dugdale, CT	15/2
5. Clyde Davison, KS	15/1

Men's 60 & Over:

1. Jim O'Neil, CA (63)	61/6
2. Jerry Morrison, MO	13.5/1
3. Logan McGinness, MO	12/1
4. Bill Hoffman, AR	10/1
4. George Sheehan, NJ (69)	10/2
4. Archie Messenger, NH	10/1
4. Howard Rubin, NY	10/1
4. Jim Torschegan, MI	10/1
4. Mike Shea, NC (60)	10/1

Women 40-49:

1. Jane Hutchison, MO (41)	64/7
2. Nancy Oshier, NY (40)	45/6
3. Barb Filutze, PA (42)	40/4
4. Kathy Brown, NY (40)	32/5
5. Gabrielle Andersen (43)	31/4
6. Laurie Binder, CA (40)	27/3
7. Anne Mansfield, NC	25/3
8. Priscilla Welch	20/2
9. Angela Hearn (40)	17/2
10. Maureen Bixby, MO	13.5/1

Women 50-59:

1. Susie Klutzz, NC (51)	24/3
2. Joyce Hodges, GA (50)	19/3
3. Jill Martin	19/2
4. Marcia Ann Woodring, KY	18/2
	(56)
4. Marcia Herbst, GA (53)	18/2
4. Judy Kirchoffer	18/2
5. Patricia Bond, MO	15/1

Women's 60 & Over:

1. Mary Morckauer, LA (63)	28/3
2. Loretta Shehan	20/2
3. Edith Farias, NY	19/2
4. Mary Otte, MO	15/1
5. Jean Benear, OK	13.5/1
6. Margaret Wright, SC	10/1
7. Charlotte Williams, MI	10/1



Bill Rodgers checks his watch on the way to an American masters record 29:47.1 in the Heartland Hustle 10K. Davenport, Iowa, October 1. Quad City Times photo by Jeff Cook

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

ICI/USRA Masters Circuit "Happenings"

by DEAN REINKE

It was good to see Canadian Mike Creery back on the Circuit at Heartland Hustle but where has his countryman Ken French been? Creery was in Seoul last month for the World Masters Championship 10K . . . Steve Lester's 30:09 in his hometown of Magna, Utah was admittedly on a downhill course but the factory worker still is very fit. The Circuit is considering keeping points in 1989 in "five-year-groups" instead of the current 10 — your thoughts? . . . Bill Olrich is hungry as he is on a mission to win the Grand Masters division. With wins at Asbury Park (including a victory over Norm Green) and Capital Trail, and a runner-up finish at Crim, Olrich showed his mettle by driving from his native Louisville to Davenport, Iowa for Heartland and a first place win over Utah's William Johnston . . .

The surprises continue weekly on the Circuit with new names still popping up. Michigan's Jim O'Neal (no relation to 63-year-old Jim "San Diego" O'Neil) surprised Olrich at Crim while the latter O'Neil was surprised by Mike Shea of Raleigh at the Capital Trail Run. Shea is the father of former running stars Julie and Mary Shea. Virginia's John Hosner also got the best of O'Neil but couldn't catch Shea . . . Jim O'Neil is backing off of the longer distance races with some back problems and is looking for a good chiropractor. Meanwhile, Howard Rubin of upstate New York has entered O'Neil's age group, making it nearly as competitive as the Grand Masters . . . Former Kent State star and Jim Ryan

nemesis Sam Bair finished 4th at the Pittsburgh Great Race . . .

The ICI Legends Mile Circuit continues to receive press as London's major running publication, *Running*, is writing a major piece while both *Running Times* and *Runner's World* featured pieces in their current editions. Road or indoor or outdoor track milers with interest in joining the Circuit should contact Dean Reinke & Associates' Jill Coulter (407/647-2918) . . . The World Veterans Games in Eugene next summer is adding a 10K to open the Games on Thursday, July 27. WAVA officials, however, are still hesitant as regards prize money . . .

Newest ICI/USRA Masters Circuit member, The Foundation 30K, continues to encourage top masters to enter their event, which is also the TAC National 30K Championship (916/636-7692) . . . Race Director Mike Radley and officials of the Pittsburgh Great Race, the second newest race on the ICI Circuit, showed why they will host the National Masters Championship in 1989 with their expert race coordination — great job! . . .

Rockville, Maryland's Athol Barton continued his amazing entry into the masters ranks with a 2:22 marathon effort at Twin Cities (2nd behind 2:19 Kjell Erik Stahl) —

two weeks "after" his 2:34 masters debut at the Eriesistible Marathon! . . . 64-year-old Alex Ratelle, one of the pioneers of the masters movement (2:30 marathon at age 57), ran his 143rd marathon recently in 2:55:25, showing that he is recovering nicely from health problems . . . Does anyone out there race as much as Atlanta's Wes "Delta gets me there" Wesseley? The good ole' boy runs over 40 races annually . . . Canada's Diane Palmason, among the Circuit's top female Grand Masters, wrote to tell us about the congested start for masters women at Falmouth where she was knocked down . . .

At this time we are contemplating a 20-race schedule for next year's Circuit, with runners taking their top five races for scoring. With at least five races in every region of the country, this will allow substantially more runners to accumulate points towards the Circuit Championship which will then "truly" determine a National Champion . . . The January 14 ICI/USRA Masters National Championship in Naples will count in the points standings. Several individual age group winners of the \$20,000 season-ending Grand Prix purse should be determined by results of the Championship . . . *Masters Running '88* lists the "World Class 100" rankings of the nation's top masters road races . . . Due to time constraints, I have rescheduled my London trip to later this fall but the reception has been tremendous. We are hopeful of adding a road race to the Circuit in England as well as a Legends Mile. *Running* magazine in England is very interested in working with us to promote the Circuit — stay tuned! . . .

Do you think you have one of the year's top "age-graded handicap" performances at one of the ICI/USRA Masters Circuit events? If so, let us know by contacting our office . . . Kjell Erik Stahl, who has cut back his racing considerably in the U.S., has had heart arrhythmias and had to stop two times at the recent Twin Cities

Continued on page 24

Rodgers Breaks 10K Record in Heartland Hustle

Continued from page 1

field of more than 4,000. There was no one to push his pace.

After three miles, his race with the rest of the field was history. What remained was his race with himself and the record book.

"It is difficult to go for a record that way because you have a tendency to lose concentration," he said. "What I did before the race was set a mile pace in my mind that I wanted to hit.

"I was aiming for 4:45 miles the whole way but I wasn't hitting that in the first two or three miles," he said. "As the race wore on, the humidity was really affecting me. I was still not where I wanted to be as far as a time,

but I was very happy to set the record."

Even as fast as he was, Rodgers realizes his days as a world class runner have slipped away. He accepts the fact that he now is a world class 40-and-over runner.

"It is just physiologically impossible for me to do what I used to be able to do," Rodgers said. "My time today is still two minutes slower than someone like Arturo Barrios would run for a 10K.

"I'm getting older and training is so much harder. Recovery time is longer. Believe me, I feel my age but I can accept that." □

(Reprinted from *Quad City Times*)

Welch Enjoys Iowa

by ARNIE SMITH

DAVENPORT, Iowa — The 10K Heartland Hustle wasn't the Olympic Games for Great Britain's Priscilla Welch, but she was glad to be in Davenport, just the same.

Welch, who finished fifth in the 1984 Los Angeles Olympic marathon, missed the Games in Seoul due to foot injuries. Welch won the Hustle's women's overall title in 34:28 and used the race as part of her recovery program.

"I just wanted to survive," she said. "I did the Hustle as a speed training. I was a little worried about my reputation."

That reputation is in the marathon, where she is the defending champion of the New York City Marathon.

The 43-year-old Welch used the Heartland Hustle as another step in the rehabilitation process that she hopes will lead to another successful New York City Marathon run in November.

"I'm a marathon runner, really" she said. "I'm glad I came and took up the challenge."

Welch is recovering from stress fractures on both feet. When told to take some time off running, she moved her workouts into a swimming pool.

"I came out of the water two weeks ago," she said. "The rest of me was fit." □

(Reprinted from *Quad City Times*)



Priscilla Welch is the first female to cross the finish line (34:28) in the Heartland Hustle 10K, Davenport, Iowa, October 1. Quad City Times photo by Jeff Cook

Rodgers to Compete in Naples

by DEAN REINKE

It's official! Masters record holder at 8K, 10K and 10 miles, Bill Rodgers, will compete in Naples at the ICI/USRA Masters National Championship, January 14. Numerous other athletes have expressed interest, including Priscilla Welch, Frank Shorter, Barb Filutze, Jim O'Neil, Bill Olrich, Jane Hutchison, Bob Schlauf, and a host of others. Coordinating early invited runner requests is Jill Coulter of Dean Reinke & Associates (407/647-2918). Runners are requested to contact the host Registry Hotel for rooms early as the hotel is expected to fill up (contact: 813/597-3232). The first 500 runners to register for the event will receive a Free Spaghetti Dinner on Friday night before the "Legends Clinic" featuring Bill Rodgers. For entries, contact Reinke & Associates, 400 N. New York Ave., Suite 102, Winter Park, FL 32789. □

MASTERS SCENE

NATIONAL

• The 1988 Masters Age Record Book is now available. Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle, the book contains each world and U.S. single-age record for each track & field event for men and women, age 35-and-up, as of January 1, 1988, as well as U.S. age-40+ bests for all race walking events. To order, send \$5 to NMN, PO Box 2372, Van Nuys, CA 91404.

• The outstanding masters athletes of 1988 will be chosen at TAC's annual convention this month. If you have any recommendations, please send them to Bev LaVeck (track & field and race walking), Kirk Randall (men's LDR), or Ruth Anderson (women's LDR). All addresses are on page two.

• Beginning in 1989, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to \$25,000. Physical Therapy benefits will jump to \$500, or \$750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

• At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.



Bob Brockway was first master in the Full Moon Frolic 4-Miler, DeLand, Fla., Aug. 24 with a time of 24:06.

EAST

• Masters competitors were in good form in the YMCA Shape-Up 10K, Central Park, NYC, September 10. Ted Haiman, 45, was fourth overall (34:10) of 466 m/finishers, and Irene Jackson, 41, was third woman (41:10) of 212 w/finishers. Manfred Konrad, 49, placed tenth (35:31). Top walkers overall were both masters: Franco Pantoni, 42, in 52:42, and Joan Rowland, 62, with a 1:07:39.

• Tony Napoli of Buffalo, NY, broke two U.S. single-age records in eight days. He established an age-67 record of 18:57 for the 5K on September 2; celebrated his birthday on the eighth; and set a new 5K record for 68-year-olds with an 18:56 in the Buffalo Police Chase 5K on September 10.

• Carl Hammen, 65, Saundertown, RI, won the M60+ division (33:06) of the Run For The Health Of It 8K, Providence, RI, at 10:00 a.m., and then headed for nearby Cranston, where, at 2 p.m., he won his division again (35:06). The morning race, with over \$10,000 prize money, attracted runners from other states and countries, including Kevin Ryan of New Zealand, who won the M40+ race in 25:11.

• Eugin Roolend, 71, of the Estonian AA, broke the M70-74 triple jump WR of 32-1½, held by Mazumi Morita of Japan, with an 32-4½ in the Merrill Lynch Realty Meet, Randolph, NJ, July 3, but was ½ of an inch short of Canadian Ian Hume's pending 32-5. The Merrill Lynch Realty AC won the team championships with 278 points with the NY Masters second with 222.

• Vince Carnevale, 72, Newark, NJ, is not only a major presence in the 70+ races in the NJ-NY area, but he is also knocking them off two at a time. On September 5, he took the M70+ (35:11) in the Verona Labor Day 5 Mile, and the Run For The Roses 10K (43:33). On the 10th, he won both the 5K (21:12) and 10K (46:28) in the 11th Annual Ramsey Runs, finishing ahead of all 60-year-olds.

• Masters runners were no slouches in the Post Raisin Bran 5K, Central Park, NYC, September 18. Angella Hearn, 42, ran a crisp 17:28 for the overall women's win. Twin sister Christine Hearn Grenning was fourth woman in 18:13. Eight of the top 20 women were 40+, with Jill Martin, 50, in the 20th slot (20:51). Olba Morofsky, 64, won the W60+ race by 11 minutes with an amazing 21:35. Art Hall, 41, was ten seconds shy of the top spot with a second-place 15:43. William Fortune, 60, of the NYPD captured the M60 race with a convincing 18:31. Finishers numbered 431 men and 266 women.

• In the Post Raisin Bran Women's Half-Marathon, run along with the 5K, Cheryl Ralya, 42, finished seventh and first 40+ with a 1:27:08. The next four masters were 50+; nine racewalkers and 444 runners finished. The last two runners were Jerseyites Jan Kulick (52, 3:04:20), and Karen Kulick (24, 3:05:10).

• Athol Barton, 40, Rockville, MD, finished fourth overall (500 runners) in 15:27, eliminating himself from the masters prizes, in the Peninsula General 5K Health Run, Salisbury, MD, September 10. Missy McGlocklin, W40, of Salisbury took the women's masters title (25:02).

SOUTHEAST

• This year has been a traumatic one for three of Tennessee's better-known masters weightmen. Southeast Region athletes were shocked by the death of Buddy Hale, 60, a star shot and discus man from Memphis. The legendary strongman and retired professor of history from Cookeville, Nolan Fowler, 74, underwent by-pass surgery; and exactly one month after

winning the M60 hammer throw in Orlando, Richard Bergenback, 61, a professor of geology, underwent emergency gall bladder surgery in Chattanooga. Masters athletes of all ages look forward to seeing Fowler and Bergenback well and in competition next season.

• Late results from the Southeastern U.S. Masters Meet, Raleigh, NC, April 29-May 1, show two age-division WRs, one of 3.41/11-2¼ in the W70 long jump by Mary Bowermaster, 70, of Ohio, and another by Ed Benham, 80, of Maryland, who ran the 3000 in 13:12.43. American age-group records were set by Robert Mimm, 63, with a 1:53:19, and Paul Fairbank, 81, with a 2:37:45 in the 20K walk. Other competitors broke a host of single-age records in the meet, which drew 400 athletes from 30 states and Canada.

MIDWEST

• Doris Heritage of Seattle, holder of the W40-44 mile WR (4:54.69), went to the Olympic Trials in Indianapolis as a coach and official, but ended up in a race of her own. While running alone, she was set upon by a pack of dogs and was bitten twice before escaping by scaling a 12-foot fence.

MID AMERICA

• Bruce Mortenson (44, 1:23:40) and Diane Stoneking (40, 1:42:45) each collected \$100 for masters victories in the City of Lakes 25K/RRCA National Championships, Minneapolis, September 11. Alex Ratelle, 63, won the M60+ race in 1:38:45. Scott Ergen (27, 1:19:09) and Marie Boyd (28, 1:32:30) were open winners.

• Colorado's Herb Anderson, M85, should have been credited with six golds instead of five in the September NMN list of National Champions in Orlando. Anderson also won two silvers.

WEST

• Wydan Cadura, 46, Sacramento, CA, was first woman (1:56:07) in the Foresthill 25K in Sacramento, September 11. George Billingsley, 66, Loomis, CA, set a U.S. single-age record of 1:48:36. Valentine Pisarski, M40, won the M40+ race (1:40:59).

• William Burke, 42, president of the City of Los Angeles Marathon, March 5, will join the thousands of runners at the start of the NYC Marathon, November 6. Burke has never run a marathon but was dared by NYC Marathon director, Fred Lebow, to enter the East Coast race. On a training regimen developed by world-class runner Mark Plaatjes, Burke has lost 25 pounds since he began the program. Burke has pledged \$100 to each of the 26 charities that benefit from the L.A. Marathon, when he runs the race in NYC.

• The SCA/TAC Racewalking Committee is sponsoring a strictly-for-fun Team Relay and Judges' Stroll, November 20, at Clover Park in Santa Monica. Funds raised will go to bring a walk national championship to So. California in 1989. Contact event director Stephen Tabb, 1000 San Pasqual, Unit 35, Pasadena, CA 91106.

NORTHWEST

• Eugene's Bill McChesney is the technical advisor for a feature-length movie "Finish Line" to be aired on Ted Turner's TV network in late December. The project has kept Bill and his wife, Marcia, busy for weeks.

• On a weekend in July, Bill and Marcia were running in the Northwest Regional Masters T&F Championships in Gresham, Oregon; son Bill was running a 5K in Victoria, B.C.; son Ken ran a marathon in Olympia, Wash.; son Steve and Mara Siegel (also a marathoner) ran off to Lake Tahoe and were married. How's that for an exciting weekend?

INTERNATIONAL

• Jim Grimwade, 76, set a new world M75 record of 5:25:23 in the 50K walk in Basildon,



Wally Strauss approaches the finish line in the Perry's to Perry's Half Marathon, Mill Valley, Calif., October 2. Strauss ran 1:31:41 for 1st in the M60+ division. Photo by Gene Cohn

Australia on April 9. Grimwade won the M75 20K walk in the VII World Veterans Games last year.

• Willi Sawall, 46, set a world M45 record of 1:25:02 in the Australian 20K race walk championships in Canberra, August 27. Sawall finished 3rd of 90 walkers behind two Seoul Olympians. Sawall won the M45 20K walk at the World Veterans Games in Melbourne.

• Rod Dixon, three-time New York Marathoner winner, plans to run a mile in Stockholm on his 40th birthday, September 13, 1990, hoping to run a sub-4:00.

• Britain's masters publication Veteris included the following in its criticism of the European Championships this year in Verona: "For those who shared Verona. Heaven is where the cops are British, the mechanics are German, the cooks are French, the lovers are Italian, and the organizers are Swiss. Hell is where the cops are German, the mechanics are French, the cooks are British, the lovers are Swiss, and the organizers are Italian."

• Former Australian Association of Veteran Athletic Clubs president, Heather Doherty, who turned 55 in June, threw the 400g javelin 36.68/120-4 in a meet in August, erasing the WR of 36.14/118-7, set by Lena Groble in 1981.

• Lood Rabie (M35, 29:29) and Gill Ross (W35, 18:18) recorded the fastest times in the Masters Cross Country Championships, August 27, Capetown, South Africa. First 40-and-up runners over the men's 8K and women's 4K courses were Terry Mulcahy (M40, 30:49) on Hazel van Deventer (W40, 20:06).

• Claimants to staging the biggest races for women (the L'eggs in the U.S.) will have to bow to the Stockholm 10K (August 28). With 23,000 entrants, it was three times the size of L'eggs. Winning in 34:09 was Evy Palm, who was the oldest Olympic runner at 46. □

schedule

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



TRACK & FIELD NATIONAL

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

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

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

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

EAST

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

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

WEST

December 10-11. Winter Decathlon/Heptathlon, Long Beach St. U., Long Beach, Calif. December 2 deadline. Ralph

Lindeman, Cal State Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/985-4666.

INTERNATIONAL

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

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

LONG DISTANCE RUNNING NATIONAL

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

November 13. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712.

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

November 25. U.S. TAC National Masters 5K Cross-Country Championships,

Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

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

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

December 3. U.S. TAC National Masters 8K Championships, Phoenix, Ariz. Mike Copeland, 602/791-6494. **CANCELLED**

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

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

January 14. ICI/USRA Masters Circuit \$10,000 National 8K Championships, Naples, Fla. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918.

EAST

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

November 6. New York City Marathon, NYC. Applications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

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

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

November 20. Boston Peace Marathon, Carlisle to Boston. SASE to P.O. Box 60, Boston, MA 02130.

November 24. 11th Annual Turkey Trot 5 Mile, Prospect Park, Brooklyn, NYC. John Roselli, NYRRC, Box 881, FDR Station, New York, NY 10150-0881.

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

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

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

SOUTHEAST

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

November 12. Trustmark/Phidippides Marathon, Madison, Miss. Divisions: m thru 60+; w thru 50+. Phidippides Sports, 1459 Jacksonian Plaza, Jackson, MS 39211. 601/362-0700.

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

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

November 24. Jacksonville Half-Marathon/5K, Jacksonville, Fla. \$300 & \$200 to top two masters M&W. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

ON TAP FOR NOVEMBER

TRACK & FIELD

The only activities available are the Golden Age Games, which run through the 10th in Sanford, Florida.

LONG DISTANCE RUNNING

National championships abound, starting on the 13th with the 30K in Clarksburg, Calif., followed by the 10K Cross-Country on the 20th in Holmdel, N.J., and the 5K Cross-Country on the 25th (Friday) in Raleigh, N.C. The 15K Cross-Country in Agoura (Los Angeles suburb), Calif., and the 20K Cross-Country in East Meadow, N.Y., are both on the 27th.

Regionally, the East offers the big one at the Big Apple — the NYC Marathon — and the Marine Corps Marathon in Washington, D.C., both on the 6th, and the Philadelphia Independence Marathon on the 27th. In the Southeast, runners can head for the Old Reliable 10K, Raleigh, N.C., on the 13th, or work up an appetite for the Atlanta Marathon or the Jacksonville Half-Marathon, both on Thanksgiving Day. The rest of the month's menu is filled with the local races enticing enough to satisfy most palates.

Syracuse, N.Y., hosts the 12th Annual USA vs. Canada Cross-Country Match on the 5th.

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

December 4. 1st Tennessee Memphis Marathon, Memphis, Tenn. c/o Health & Fitness First, P.O. Box 84, Memphis, TN 38101-8469.

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

December 10. Tampa Bay Marathon, MacDill Air Force Base, Tampa, Fla. Also 5-person relay marathon. Donald W. Clark, Dir., Brandon Running Assn., P.O. Box 1564, Brandon, FL 34299-1564. 1-800-826-8358.

December 11. Boca Raton, Fla. Masters money. Boca Raton RR, Boca Pointe 10K, Boca Raton, FL 33429. 305/483-1023.

January 7. Charlotte Observer 10K, Charlotte, N. C. Charlotte Observer Marathon, Dept. RG, Box 30294, Charlotte, NC 28230. 704/379-6896.

February 11. Gasparilla Distance Classic 15K, Tampa, Fla. SASE to Gasparilla '89, P.O. Box 1881, Tampa, FL 33601-1881. 813/229-RUNN.

MIDWEST

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

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

Continued on page 24



Bess James, 78, was the oldest runner ever to run and finish the Pikes Peak Ascent, Manitou Springs, Colo. James finished the 13.4 mile climb in 7:55:23. Photo by Fred James

Continued from page 23

MID-AMERICA

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

SOUTH WEST

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

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

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

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

January 15. Houston-Tenneco Marathon, Houston. Steve Sawyer, H-T Marathon, P.O. Box 56682, Houston, TX 77027. 713/757-2700.

WEST

November 5, 6, 12, 13, 20, 26, 27. Legg Lake Runs, So. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

November 13. Solidarity Free World 5K/10K, Griffith Park, Los Angeles. SFWR, P.O. Box 492, Whittier, CA 90608.

November 20. Mission Bay 25K, San Diego. SASE to SDTC, Joni Pendleton, Race Director, 7245 Decature Cove, San Diego, CA 92120. 287-8694.

November 20. Pacific Rim Marathon/10K, San Francisco. Pacific Rim Marathon, P.O. Box 416, Belmont, CA 94002. 415/696-4950.

November 20. Southern Arizona RRC 16th Annual Turkey Trot 8K, Tucson. SARRC, P.O. Box 40728, Tucson, AZ 85717-0728. 744-6256.

December 4. 41st Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.

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

LATE FLASHES!

- Bob Schlaud, 40, was the first finisher, overall, in 2:20:41 in the Stamford Classic Marathon, October 16. He won both the \$7000 first-place prize and the \$5000 first-masters award, for a \$12,000 pay day.
- Barry Brown took men's masters honors in 1:08:55 in the Philadelphia Distance Run Half-Marathon, September 18. Laurie Binder took masters women's honors in 1:16:34.
- Sweden's Kjell-Erik Stahl ran 2:19:59 to win masters laurels in the Twin Cities Marathon, October 2. Laurie Binder ran 2:44:57. Norm Green, 56, clocked 2:32:22. Alex Ratelle, 64, ran 2:55:25.
- Web Loudat and Barbara Filutze claimed masters titles in the Capital Trail 10-miler, October 8.

Complete results next month.

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

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

January 28. Paramount 10K, Special World Masters Division, Paramount, Calif. Cash awards for 1st thru 5th, each division (\$6000 available to date). Qualifying standards: Men-40-44/34:00; 45-49/36:00; 50-54/38:00; 55-59/40:00; 60-64/43:00; 65-69/47:00; 70-74/52:00; 75-79/65:00; 80-84/90:00; 85-89/100:00. Women - 40-44/40:00; 45-49/42:00; 50-54/44:00; 55-59/47:00; 60-64/52:00; 65-69/60:00; 70-74/75:00; 75-79/90:00; 80-84/100:00; 85-89/110:00. Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723. 213/634-3027; 714/841-5417.

January 28. 10th Paramount 10K, Paramount (L.A. suburb), Calif. SASE to Paramount 10K, 15734 Paramount Blvd., Paramount, CA 90723. City Rec. Dept. 213/531-3503. Finish Line International 714/841-5417; 213/634-3027.

March 5. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1989.

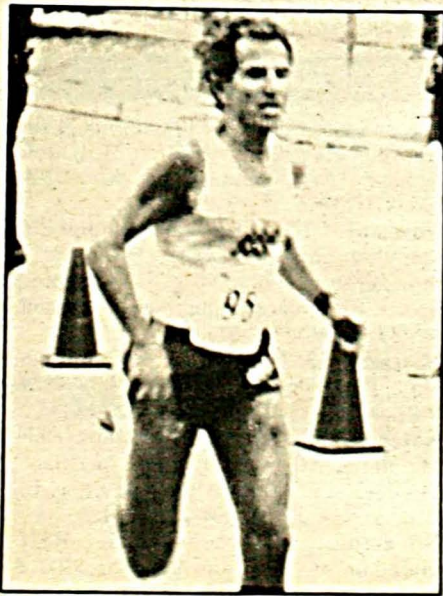
Five Years Ago

- V World Veterans Games Draw 1935 to San Juan; 40 World Records Set; Problems Mar Successful Event
- 782 Compete in National T&F Championships in Houston
- Villanueva, Dalrymple Top Masters in El Paso 15K

ICI/USRA "Happenings"

Continued from page 21

Marathon . . . The Foundation 30K in Sacramento this month (November 13) will not receive weighted points but will earn points according to the regular 10-9-8-7, etc. system . . . Nissan is making a big push in the running market with its involvement in the Nissan Maryland Marathon, Nissan Buffalo Marathon, Nissan/First Federal Capital Trail Run, and a few other events it plans to announce involvements with in the next several weeks . . . Frank Shorter has returned from Seoul and is starting his recovery back from surgery this past summer . . . See you next month on the Circuit!



Andre Tocco sprints to the finish in the Hawaiian Style 8K, Honolulu, May 8.

INTERNATIONAL

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

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

Write On! Continued from page 9

Meet in the Sixto Escobar Stadium, San Juan, Puerto Rico.

Because of a light 3-4 minute shower on the first day, the meet was wisely held at 4 p.m., for the comfort of athletes and spectators. A healthy turnout of attentive spectators, with the help of an experienced, bilingual announcer kept the meet alive. Latino spirit prevailed — boos and cheers and an occasional audible arm-waving disagreement that quickly ended with laughter and back-slapping.

The numerous, attractively-uniformed officials started the meet each day by marching ceremoniously into the stadium. During the meet they performed diligently and accurately — going out of their way to help the athletes, especially those in multi-events.

The meet was highly competitive and although the Americans won a pronounced share of the golds, the warmth and friendship of the local athletes and spectators was refreshing. My "Bravos" and thanks to the meet director, Gilberto Gonzalez.

Dr. A.U. Ricciardi
Reno, Nevada

KEEP THE "OLD" JAVELIN

I am writing to propose that the present TAC Masters rules that permit the use of javelins conforming to the pre-1986 IAAF specifications (Rule 252, page 129, 1988 TAC Competition Rules) be retained. I offer the following reasons for this request, even though I am aware that WAVA has adopted the new IAAF javelin specifications:

1) The "new" IAAF specifications were established solely because Uwe Hohn of East Germany threw the "old" javelin 344 feet in 1984. That meant that the javelin could no longer be safely thrown on the infield within the track in elite competition. No masters thrower in the world has ever thrown over 260 feet. World class throwers are now throwing the "new" javelin over 280 feet, so masters throws with the "old" javelin are not approaching the "safe" distances reached by elite throwers with the "new" javelin.

2) All of the masters javelin throwers and decathletes that I have talked to in the last two years would rather throw

RACE WALKING NATIONAL

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

SOUTHEAST

November 12. Tradewinds Park 5K Racewalk, Broward County, Fla. Broward Co. Parks & Rec., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

the "old" javelin than the "new" one. (I compete regularly in both the javelin and decathlon in the age 40-44 group — 5th ranked nationally in the javelin in 1987).

3) All existing javelin records in age groups from 40-59 would be obsolete. Throws with the "new" javelin cannot be compared to throws with the "old" javelin, since the "new" javelin goes a significantly shorter distance than the "old" with identical throws.

4) All masters javelin throwers and decathletes would have to buy new javelins, which cost from \$150 to \$250. Javelins made to the "old" specifications are readily available in the U.S., since high school throwers still use the "old" javelin. (This may not be the case in Europe, where the use of the "new" javelin for masters competition began.)

5) Only one masters javelin thrower in the entire U.S. is directly affected by the WAVA ruling. That thrower is Larry Stuart, who holds the world record for the javelin in the 45-49 age group (set with the "old" javelin) and has a pending age 50-54 record. No other U.S. masters thrower currently competing in the age groups 40-59 has remotely approached world-record distances.

6) Throwing technique with the "new" javelin is significantly different than with the "old." The "new" javelin has to be thrown much higher and nose dives abruptly. Aesthetically, the flight of the "new" javelin is ugly. Use of the "new" javelin means that all of us "old dogs" must "learn new tricks" and try to forget what we have learned from many years of throwing the "old" javelin.

I have discussed this topic at length with Bob Boal, National TAC Masters LDR Chairman and U.S. representative on the IAAF Veterans Committee, and also with Rex Harvey, TAC Masters Multi-Events Coordinator, and they were both very supportive of my request.

Bill Busby,
Thomasville, North Carolina

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

NATIONAL LONG DISTANCE RUNNING RECORDS

COMPILED BY TACSTATS / USA 7745 SW 138 TERRACE MIAMI FLO. DA 33158, [305 / 253 8448]

Key to Codes

a - Point to Point course, possibly aided by wind or slope (elevation drop more than 2M/Km or start and finish separated by more than 10% of total distance)
P - Pending - application or more information needed

U - Unvalidatable, cannot be ratified

W - Open record set in 'women only' race

D - Proof of birthdate needed

NOTE: All unrated marks set prior to 1986 will be classified as 'unvalidatable' as of December 5, 1988

R - Ratified

MASTERS' ROAD : MEN

Table with columns: DISTANCE, AGE GROUP, MARK, CODE, ATHLETE NAME, AGE, HOMETOWN, ST, R DATE. Contains records for distances from 5 km to 50 mi for age groups M40-44 to M55-59.

Table with columns: DISTANCE, AGE GROUP, MARK, CODE, ATHLETE NAME, AGE, HOMETOWN, ST, R DATE. Contains records for distances from 5 km to 50 mi for age groups M60-64 to M75-79.

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

ALL-AMERICAN ACHIEVERS FOR OCTOBER, 1988

Name	EVENT	MARK
M30		
RICHARD BAGGETT	Pole Vault	15'3"
CHARLES T. BARNARD	Pole Vault	13'6"
JAMES P. FOUNTAIN	Pole Vault	14'6"
GARY TIFFANY	400 Hurdles	57.0
M35		
MICHAEL R. ANDREWS	100 Meters	10.8
MICHAEL R. ANDREWS	200 Meters	23.0
PATRICK A. BURNS	Shot Put	47'2"
BILL WILSON	Javelin	199'7"
THOMAS V. WILSON	Pole Vault	15'0"
M40		
STEVE CURRINS	800 Meters	2:03.59
MICHAEL G. GREEN	3K Steeple	11:00.8
TOMLINSON RAUSCHER	Pole Vault	14'½"
AL WEED	Javelin	187'0"
M45		
BRIAN ARNSPIGER	110 Hurdles	18.70
JOHN M ELWARNER	5K Racewalk	24:15
ALLEN MCDANIEL	800 Meters	2:05.6
M50		
ROBERT H. HANSEN	Pole Vault	10'6"
STAN KING	100 Meters	12.12
TED OVIATT	3K Steeple	12:10.8

M60		
DICK KLEIN	200 Meters	28.5
M70		
FREDERICK PRAEGER	200 Meters	31.37
EUGEN ROOLEND	Long Jump	11'5"
JOSEPH P. SANZ	Discus	104'6"
JOSEPH P. SANZ	Hammer	97'3"
M75		
DR. C.E. HIRSHEY	Hammer	73'10"
Women		
W35		
PATTE WHITBY	10,000	41:03
W45		
BARBARA STEWART	80m Hurdles	17.1



ATTENTION! ALL VETERAN WEIGHT THROWERS

The directors of the Eugene World Veterans Championships in 1989 cannot include a weight pentathlon like that held in Melbourne in 1987. However, it may still be possible to hold the event if there is sufficient interest. Therefore, we badly need your show of interest by filling out this questionnaire.

- I would expect to participate:
 - If held in Eugene on August 7 _____
 - If held in Los Angeles or San Diego on either July 24 or July 25 _____
 - Either of above locations _____
- I would consider making a pledge to help defray costs:

\$25 _____ \$50 _____ \$100 _____

Name _____

Address _____

City _____ St _____ Zip _____

Send to: Bob Stone, 118 St. Albans Rd., Kensington CA 94708

ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.6
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	66:30
5K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
10K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	19.75	19.14	20.25	20.57	21.65	22.60	26.0	29.6	33.7
100mH							18.0	20.0				
80mH								18.0	21.0			
300mLH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
1.5K	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
2K	6'4"	6'3/4"	5'9"	5'6"	5'2"	4'11"	4'7"	4'4"	4'1/2"	3'8"	3'4"	
1.5K	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
2K	21'4"	20'2"	18'8"	17'4"	16'3/4"	14'9"	13'6"	12'2"	10'11"	9'6"	8'4"	7'1/2"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
3K	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
4K	42'4"	40'4"	38'3/4"	35'9"	33'5"	31'4"	29'2"	26'11"	24'7"	22'3"	20'1"	18'1"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
4K	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
4K	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2"
Hammer	47.24	44.20	41.14	38.10	36.10	32.50	36.00	30.50	25.00	20.00	15.00	11.00
4K	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7"	49'2"	35'4"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
4K	49'10"	46'3"	42'6"	39'4"	42'8"	38'8"	42'8"	38'8"	35'1"	31'2"	27'6"	23'7"
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for auto time; use standard conversion for hand time
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
 4) Shot put: 30-49: 16#; 50-59: 12#; 60+: 8#
 5) Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg
 6) Javelin: 30-59: 800g; 60+: 600g
 7) Hammer: 30-49: 16#; 50-59: 12#; 60+: 8#
 8) Metric heights and distances are the standard; feet and inches listed for convenience

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

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

U.S. MASTERS TRACK & FIELD RANKINGS

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

1987 MEN'S 400 METERS 70-74

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for men's 400m 70-74 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for men's 400m 70-74 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for men's 400m 70-74 age group.

1987 MEN'S 400 METERS 75-79

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for men's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for men's 400m 75-79 age group.

1987 MEN'S 400 METERS 80-84

Table with 3 columns: RANK, NAME, TIME. Lists top 7 performers for men's 400m 80-84 age group.

1987 MEN'S 400 METERS 85-89

Table with 3 columns: RANK, NAME, TIME. Lists top 3 performers for men's 400m 85-89 age group.

1987 MEN'S 400 METERS 90-94

Table with 3 columns: RANK, NAME, TIME. Lists top 1 performer for men's 400m 90-94 age group.



1987 WOMEN'S 400 METERS 30-34

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for women's 400m 30-34 age group.

1987 WOMEN'S 400 METERS 35-39

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 35-39 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 35-39 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for women's 400m 35-39 age group.

1987 WOMEN'S 400 METERS 40-44

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 40-44 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 40-44 age group.

1987 WOMEN'S 400 METERS 45-49

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 45-49 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 45-49 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for women's 400m 45-49 age group.

1987 WOMEN'S 400 METERS 50-54

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for women's 400m 50-54 age group.

1987 WOMEN'S 400 METERS 55-59

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 55-59 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 55-59 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for women's 400m 55-59 age group.

1987 WOMEN'S 400 METERS 65-69

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 65-69 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 65-69 age group.

1987 WOMEN'S 400 METERS 70-74

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for women's 400m 70-74 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for women's 400m 70-74 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for women's 400m 70-74 age group.

1987 WOMEN'S 400 METERS 75-79

Table with 3 columns: RANK, NAME, TIME. Lists top 5 performers for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 6-10 for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-15 for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 26-40 for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 41-50 for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 51-60 for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 61-70 for women's 400m 75-79 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 71-80 for women's 400m 75-79 age group.

1987 Long Jump Rankings:

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for long jump.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for long jump.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for long jump.

M30-34

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 26-40 for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 41-50 for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 51-60 for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 61-70 for M30-34 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 71-80 for M30-34 age group.

M40-44

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for M40-44 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for M40-44 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for M40-44 age group.

M50-54

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 36-50 for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 51-60 for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 61-70 for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 71-80 for M50-54 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 81-90 for M50-54 age group.

M55-59

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for M55-59 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for M55-59 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for M55-59 age group.

M60-64

Table with 3 columns: RANK, NAME, TIME. Lists top 10 performers for M60-64 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 11-20 for M60-64 age group.

Table with 3 columns: RANK, NAME, TIME. Lists performers 21-30 for M60-64 age group.

U.S. MASTERS LONG DISTANCE RANKINGS

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

TACSTATS/USA 1987 RANKINGS : 5 KILOMETERS - MEN

Table containing 1987 rankings for men's 5 kilometers. Columns include Division, Rank, Time, Athlete Name, Home, Age & Date, and Race Name. Entries range from 35-39 to 80-84.

TACSTATS/USA 1987 RANKINGS : 5 KILOMETERS - WOMEN

Table containing 1987 rankings for women's 5 kilometers. Columns include Division, Rank, Time, Athlete Name, Home, Age & Date, and Race Name. Entries range from 35-39 to 80-84.

The listings contained herein are based upon the best available data. TACSTATS seeks information concerning errors and/or omissions for inclusion in future editions. Compiled by TACSTATS/USA, the National Center for Long Distance Running & Race Walking Records and Research, 7745 SW 138 Terrace Miami Florida 33158. The publications of the NRDC and the Road Race Management Guide to Prize Money Races and Elite Athletes have contributed to these lists.

Continued on next page

Continued from previous page

TACSTATS/USA 1987 RANKINGS : 12 KILOMETERS - MEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Rod Dixon, Ken Hunter, Benji Durden, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Mick Hurd, Pat Murphy, Steve Lester, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Robert Abbott, Joe Machala, John Nair, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like James Carey, Russ Bennett, Ed Hernandez, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Hal Higdon, Arturo Melendez, Lauren Blasier, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Jerry Hopkins, Nocus McIntosh, Harold McDonald, etc.

TACSTATS/USA 1987 RANKINGS : 12 KILOMETERS - WOMEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Carol McLatchie, Shirley Durtschi, Elizabeth Parendholtz, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Bobbi Rothman, Susan Henderson, Juana Stavalone, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Joy Lamb, Charlotte Swanson, Sharon Cooper, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Wilma Parker, Joy Austin, Peggy Drauglis, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Matilee Christman, Priscilla Muller, Mary Consentino, etc.

5 KILOMETER TIME GUIDELINES

Table with columns: MALES, FEMALES, AGE, TIME. Rows show time guidelines for various age groups from 5 to 85+.

12 KILOMETER TIME GUIDELINES

Table with columns: MALES, FEMALES, AGE, TIME. Rows show time guidelines for various age groups from 6 to 85+.

All verified performances in 1988 races which equal or better the above times in the appropriate sex/age groups will be published as the best times of the year and will qualify for outstanding performance certificates.

At the request of TACSTATS, MN is printing only the top ten performers in each five-year age division. A complete list of each distance, approximately 25-40 deep, is available from TACSTATS for \$5.

TACSTATS/USA 1987 RANKINGS : 25 KILOMETERS - MEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Ken Hunter, Placido Cruz-Martinez, David McLeland, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Malcolm Martin, Peter Hallop, Art Hall, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Michael Hefferman, John Beach, Gary Murrick, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Bob Paklaian, Rex Perrine, Sam Graceppo, etc.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B DATE, RACE NAME. Rows include athletes like Ray Hatton, Norman Bastman, Richard Kendall, etc.

Continued on next page

Continued from previous page

TACSTATS/USA 1987 RANKINGS : 25 KILOMETERS - MEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for men's 25K, including names like JARY STURDEVANT, EDUARDO LOEDEL, and RAY CAREY.

TACSTATS/USA 1987 RANKINGS : 25 KILOMETERS - WOMEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for women's 25K, including names like NANCY GRAYSON, ELAINE DELSMAN, and MAUREEN BIXBY.

TACSTATS/USA 1987 RANKINGS : 30 KILOMETERS - MEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for men's 30K, including names like DOMINGO TIBADUZA and BEN WILSON.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for men's 30K, including names like GENE DANGER, BOB LINDSEY, and BOB CHANON.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for men's 30K, including names like GEORGE BILLINGSLEY and GENE ASKEW.

TACSTATS/USA 1987 RANKINGS : 30 KILOMETERS - WOMEN

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for women's 30K, including names like SHARLET GILBERT and PEGGY SMYTHE.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for women's 30K, including names like HEIDI SKADEN and ALICE ROSE.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for women's 30K, including names like ELIZABETH ROSS and MARGARET CUTT.

Table with columns: DIVISION, RANK, TIME, ATHLETE NAME, HOME, AGE, B, DATE, RACE NAME. Contains race results for women's 30K, including names like EVA BROWN and MARY STOREY.

TRACK & FIELD RESULTS

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

EAST

TAC New Jersey Championships Trenton State College; June 5

100m	
-New Jersey Residents	
M30 Ron Artis	11.2
Don McNeil	12.0
M35 Bob Palermo	14.9
M40 David Bell	12.6
M45 Tom Hartman	12.7
M50 Roosevelt Weaver	12.1
Matt Brown	12.6
M55 Rich Barretta	12.8
M60 Tom Delany	13.5

-Open	
M30 David Quier	12.8
M35 David Robinson	11.1
Karl Castnor	12.1
M40 Alan Mevis	13.0
Vito DiCesare	13.1
M45 Bob Williams	11.5
Mike Kulzer	12.7
M50 Dawson Pratt	12.0
M55 Bob Keegan	12.0
Tom Talbott	14.6
M60 Oscar Harris	14.1
Manny Herscher	14.3
W35 Sharon Osburne	13.6
Lorraine Sills	14.6
W40 Jen Pinto	13.3
W50 M Fitzgerald	14.6
W60 Pat Peterson	17.2

200m	
-NJ Residents	
M30 Mel Abernathy	23.1
James Brown	24.2
M40 Ken Brinker	23.3
Mike Randall	24.6
M50 Matt Brown	26.6
Frank Haviland	26.9
M55 Will Cunningham	27.1
Rich Barretta	28.2
M60 Staff Thompson	29.4

-Open	
M35 Ron McDonald	24.6
Scott Thomsley	24.8
M40 Ed Howard	25.8
Alan Mevis	27.1
M45 Bob Williams	23.9
Will Burrell	25.8
M50 Dawson Pratt	25.1
M55 Bob Keegan	26.1
Tom Talbott	31.1
M60 Manny Herscher	30.8
Oscar Harris	32.0
M65 John McCarthy	31.2
W35 B Clair-Searcy	28.6
Sharon Osburne	28.9
W40 Jen Pinto	27.5
W50 M Fitzgerald	31.4
W60 Pat Peterson	39.0

400m	
-NJ Residents	
M30 James Brown	50.3
Ken Bauersfeld	55.4
M40 Bob Ihne	54.3
M Maslowski	56.4
M45 Les Wright	56.3
Tom Hartman	63.4
M50 F Haviland	58.6
M60 S Thompson	68.7

-Open	
M35 Ron McDonald	54.4
M40 Ed Howard	58.0
Vito DiCesare	61.4
M45 Will Burrell	56.1
Rett Oren	56.9
M50 Dawson Pratt	58.5
M55 Bob Keegan	66.8
Tom Talbott	73.1
M60 Oscar Harris	75.5
M65 John McCarthy	72.3
W35 B Clair-Searcy	67.3
W50 M Fitzgerald	74.6
W60 Pat Peterson	80.0

800m	
-NJ Residents	
M30 John Engelhardt	2:03.8
Mark Stevens	2:07.1
M35 Hoyle Mozee	2:06.9
Pete Reinhardt	2:13.6
M40 Ken Boyd	2:13.0
John Kuhl	2:15.9
M55 Irvin Bernstein	2:27.1
M60 Kelsey Brown	2:50.8
-Open	
M35 Russell Floyd	2:09.0
M55 Tom Talbott	3:12.7
W30 M E Malloy	2:34.8

1500m	
-NJ Residents	
M30 Mark Flanick	4:16.7
Barry Balke	4:28.7
M35 Mike Sargent	4:17.9
Pete Reinhardt	4:33.1
M40 Ben Brockwell	4:37.7
M45 Dave Gerridge	4:48.2
Doug Edwards	5:13.8
-Open	
M35 Russ Floyd	4:36.4
Scott Thomsley	4:52.3
M50 Bruce Gilbert	5:01.2

5000m	
-NJ Residents	
M30 Bob Haithcock	16:26.5
M35 Mark Sepkowski	16:23.3
Frank Russo	16:31.1
M40 Charles Weschler	18:15.0
M45 A Oliveira	18:41.0
Doug Edwards	21:04.4
M60 W Siderowitz	24:33.8
W35 Lulu Weschler	19:53.9

High Hurdles	
M30 Joe Kraus	15.4
Tony Ciccone	15.7
M35 Dawud Saleem	15.7
M40 Ken Brinker	15.1
M50 Leon Trout	17.3
M55 George Taylor	23.9
(39" for M30 & M35)	
-Open	
M35 Gene Hoffman	17.3
M40 Pat Walker	17.0
M45 Rich Kaye	18.9
M55 Larry Pratt	15.8
(39" for M35)	

400mH	
-NJ Residents	
M30 John Finelli	63.0
M35 Dawud Saleem	63.9
M40 Ken Brinker	60.3
Mike Randall	62.0
-Open	
M35 Karl Castor	64.3
300mH	
-NJ Residents	
M50 Matt Brown	47.7
M55 George Taylor	65.1

4x400m Relay	
-Open	
M30 Phila Masters	3:45.4
M40 NY Masters	4:25.7
High Jump	
-NJ Residents	
M30 Tony Ciccone	5-10
Pete Vanchanos	5-6
M35 Glenn Stone	6-0
Ron Salvio	4-6
M45 Jerry Sullivan	4-2
M50 Frank Illuzzi	4-4
Mort Hahn	4-2
M65 John Vislocky	4-2
-Open	
M35 Dave Robinson	3-10
M40 Pat Walker	5-0
Bob Fritz	4-10
M70 R Detweiler	3-2
M75 Will Eipel	3-8
W30 M E Malloy	4-0

Pole Vault	
-NJ Residents	
M35 Ron Salvio	7-4
M45 Jeff Tindall	12-0
M55 George Taylor	6-10
Long Jump	
-NJ Residents	
M30 Pete Vanchanos	5.74
Doug Garland	4.46
M35 Ron Salvio	4.58
M40 Ken Brinker	5.92
David Bell	4.75
M50 John Snell	5.07
Leon Trout	4.54
M55 George Taylor	3.52
-Open	
M35 Scott Thomsley	5.56
Dave Robinson	5.38
M40 Bob Fritz	4.66
Mike Billman	4.09
M60 Oscar Harris	4.09
Manny Herscher	4.00
M65 Don Harris	3.50
M70 Gene Wood	2.32
W35 L Sills	3.47
F Kaye	2.52

Triple Jump	
-NJ Residents	
M55 George Taylor	7.07
-Open	
M40 Bob Fritz	9.63
Mike Billman	8.77
M45 Rich Kaye	7.66
W30 M E Malloy	8.13

Shot Put	
-NJ Residents	
M30 Tony Ciccone	11.74
Doug Garland	9.84
M35 Roger Kamla	15.12
Rich Smith	11.02
M40 Rich Dunphy	11.54
John Loveside	9.70
M50 Tom Jackson	10.44
Mort Hahn	7.52
M55 Tom Henderson	11.84
M60 Don Henry	10.98
M65 John Vislocky	10.32
-Open	
M35 Henry Kalnas	12.34
M40 Bob Fritz	11.64
Dennis Ziemba	8.50
M45 Joe Kalnas	11.64
Jai Singh	10.16
M50 Jeff Wenig	13.00
M55 M Engel	9.80
J Lawrence	6.86
M70 Gene Wood	9.70
Bob Detweiler	7.88
M75 Bill Eipel	9.18
W35 B Clair-Searcy	9.40
W40 Barbara Fritz	5.32

Discus	
-NJ Residents	
M30 T Ciccone	140-0
Doug Garland	106-4
M35 Roger Kamla	154-9
Paul Corrigan	152-1
M40 Frank Monroe	114-8
Glen Weaver	99-8
M50 Tom Jackson	92-1
Mort Hahn	51-6
M55 Tom Henderson	117-9
M60 Don Henry	102-11
M65 J Vislocky	72-1
-Open	
M30 John Kalnas	111-8
M35 S Thomsley	100-0
M40 Pat Walker	114-0
M45 Jai Singh	81-8
M60 Manny Herscher	82-11
M60 Manny Herscher	82-11
M65 J McCarthy	95-6
Don Harris	81-7
M70 B Detweiler	75-0

Javelin	
-NJ Residents	
M35 Rich McMullin	174-9
Rich Ruffalo	148-0
M40 Dennis Chandler	181-4
Glenn Weaver	168-11
M50 Frank Illuzzi	123-4
M Hahn	105-11
M55 George Taylor	80-7
M65 J Vislocky	88-7
-Open	
M40 V Ziemba	93-6
V DiCesare	79-8
M45 Rich Kaye	89-8
M50 Bob Youngs	141-7
M60 M Herscher	65-2
M65 Don Harris	90-1
M70 Gene Wood	71-3
B Detweiler	58-4
M75 W Eipel	99-10
W35 L Sills	73-3
F Kaye	36-6

Hammer	
-NJ Residents	
M30 Doug Garland	18.36
M35 Paul Corrigan	36.80
R Salvio	26.62
M40 Glenn Weaver	28.54
Frank Monroe	23.62
M50 Tom Jackson	24.28
M55 Tom Henderson	31.76
M60 Don Henry	25.54
-Open	
M45 Jai Singh	20.28
M50 Jeff Wenig	26.36
M55 Martin Engel	38.68
M60 Levi Mozhaev	41.72
M70 Bob Detweiler	29.82

Weight Throw	
-NJ Residents	
M30 Doug Garland	7.82
M35 Paul Corrigan	11.92
Ron Salvio	8.42
M40 Glenn Weaver	10.30
F Monroe	9.00
M50 Tom Jackson	9.28
M55 Tom Henderson	9.02
M60 Don Henry	10.14
-Open	
M40 Bob Fritz	8.80
Dennis Ziemba	5.52
M45 Jai Singh	7.74
M55 Martin Engel	11.24
M60 Levi Mozhaev	13.38
M70 Bob Detweiler	7.44
M75 Bill Eipel	5.54

5000m Walk	
M30 Keith Vine	39:29.7
M35 Bob Palermo	39:31.2
M50 Elliott Denman	31:23.3
M60 Bob Mimm	27:19.3
M70 Don Johnson	31:58.6
Harry Drazin	36:23.2
W30 Laurie Stanton	40:15.0
W50 D Randazzo	32:42.1
W60 Marie Henry	37:17.1
-Open	
M70 G Lanqerfeld	35:56.6

Team Scores	
-Submasters	
Merrill Lynch	73
Shore AC	46
New Jersey Striders	42
Stansport	7
-Masters	
Merrill Lynch	179
Shore AC	116
North Jersey Masters	10
NJ Striders	6

Merrill Lynch Realty Masters Classic Randolph, NJ; July 3

M30 Ken Bauersfeld	12.1
John Finnegan	12.7
M35 Al Walton	11.1
Warren Spikes	11.1
Ken Goglas	11.6
Ron McDonald	11.9
M40 Booker Jones	11.9
Tom Rauscher	12.2
Al Mevis	12.9
M45 Bob Williams	12.2
Jan Kristiansen	13.9
M50 Roosevelt Weaver	12.4
Lee Trout	12.9
Cliff Pauling	13.1
M55 Bob Keegan	12.5
Tom Talbott	14.4
M60 Manny Herscher	14.0
M70 Eugene Roolend	17.1
M75 William Eipel	17.3
Don Ernst	18.2
W30 Sandra Austin	14.1
W35 Sharon Osburne	13.5
W40 Jennifer Pinto	13.3
W45 Marilyn Mitchell	13.7
Barbara Stewart	14.5
W50 Marilyn Fitzgerald	14.2
W75 Vivian Nelson	21.7

200m	
M30 James Brown	23.0
M35 Al Walton	22.8
Ron McDonald	24.5
Ivan Black	25.3
M40 Ken Brinker	23.1
Bob Ihne	24.6
Tom Rauscher	25.1
Mike Maslowski	25.7
M45 Bob Williams	24.5
Bob Burrell	25.3
Tom Hartman	26.7
M50 Cliff Pauling	27.0
Haig Bohigian	27.4
Robert Smith	27.9
M55 Bob Keegan	26.4
Tom Talbott	32.0
M60 Manny Herscher	29.5
M75 Don Ernst	40.4
W30 Sandra Austin	32.3
W35 B Clair-Searcy	27.9
Sharon Osburne	28.0
W40 Jennifer Pinto	27.5
W45 Marilyn Mitchell	28.0
W50 M Fitzgerald	29.9
W75 Vivian Nelson	51.4

400m	
M30 J Brown	51.3
K Bauersfeld	56.0
M35 Ron McDonald	53.5
Dawud Saleem	55.7
M40 Ken Brinker	51.5
Bob Ihne	54.2
M Maslowski	55.9
M45 Bob Williams	55.1
Bob Burrell	55.4
J Kristiansen	60.4
M50 C Pauling	60.1
H Bohigian	60.5
Robert Smith	67.7
M55 Tom Talbott	69.3
M60 M Herscher	68.9
Bert Simmon	79.3
W35 B Clair-Searcy	64.0
W40 J Pinto	63.0
Kathy Pierce	67.7
W45 Madeline Bost	72.7

800m	
M30 Russ Secker	2:06.7
Bob Symons	2:16.4
M35 Mike Sargent	2:07.0
M40 George Jenkins	2:09.0
Bill Indek	2:19.1
R Abramowitz	2:21.1
M45 Jerry McFadden	2:14.6
J Saarmann	2:19.7
David McCoy	2:22.2
M50 C Pauling	2:35.0
Al Smolin	2:52.0
M55 Irwin Bernstein	2:25.7
M60 Kelsey Brown	2:38.8
Bert Simon	3:06.5
M70 Bob Hull	3:33.3
W30 Lydia McIntosh	2:56.7

1500m	
M30 Bob Symons	4:34.7
Dave Alexander	5:37.3
M35 John Felip	4:48.8
M40 G Jenkins	4:35.6
Ed Schultz	5:12.4
M45 Sam Huckel	4:19.5
Dave Gerridge	4:47.1
J Kristiansen	4:55.5
M50 Al Smolin	5:35.7
M60 Bert Simmons	6:30.8
M70 Robert Hull	7:09.0
W30 Lydia McIntosh	5:51.0
W45 Madeline Bost	6:19.0

5000m	
M40 Ken Kubik	22:15.0
M50 Al Smolin	20:43.0
M70 R Hull	25:47.0
W45 Madeline Bost	23:25.0

110mH 39"	
M35 Dawud Saleem	15.3
Ivan Black	18.0
M40 Ken Brinker	14.9

100mH 36"	
M50 Lee Trout	16.5
Robert Smith	19.3
M55 Larry Pratt	16.5
George Taylor	23.9

100mH 33"	
M60 M Herscher	19.0
W40 Kathy Pierce	19.9

80mH 30"	
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Continued from previous page

Table of race results including 1500m, 3000m, 400m, 110mH, 800m, and 3000m Steeplechase events with participant names and times.

Table of race results including 4x100m Relay, 4x400m Relay, Medley Relay, High Jump, Pole Vault, and Long Jump events.

Table of race results including 4x100m Relay, Shot Put, Discus, and various individual events.

Table of race results including Hammer, Shot Put, Discus, and various individual events.

Table of race results for the 13th Annual Blue Cross/Blue Shield Virginia Masters Championships, including 10K Road Race, 10K Race, and 100m events.

Continued on next page

Continued from previous page

400m
M40 Greg Marshall 53.1
M40 Bob Eahheart 58.0
Morton Waller 61.1
M45 Skip Mullaney 60.3
David Ayers 61.7
M50 Jim Bradley 61.7
Willard Dameron 65.7
M55 Russ Wolf 65.6
Bill Cole 66.6
Dil Cook 83.1
M65 Harvey Sperry 77.0
Roy Englert 94.4
M35 Bob Green 53.3
Robert Bowen 54.0
Tom Little 55.4
Bob Richert 62.5
M40 Ralph Fusco 60.0
M60 Sam Madia 72.0
800m
M30 Steven Bell 2:04.5
Greg Eck 2:05.3
Stephen Hammond 2:06.4
M35 Ken Schmidt 2:14.7
M40 Paul Zink 2:04.7
David Shilling 2:05.3
Morton Waller 2:14.3
Bob Eahheart 2:15.4
M45 Lew Faxon 2:17.6
David Ayers 2:23.6
M50 Norton Howe 2:23.3
William Hoss 2:24.9
Richard Johnson 2:30.9
Millard Dameron 2:34.2
M60 E J Rose 3:23.5
M65 Roy Englert 3:10.9
M45 John Sloan 2:43.0
M75 Bob Boal 3:25.0
1500m No non-Virginia runners
M30 Greg Eck 4:20.8
William Carlin 5:32.6
M35 Max Harris 4:10.1
Don Day 4:14.3
M40 Paul Zink 4:23.5
Jim Gibson 4:58.2
M45 Morton Haller 6:25.3
M50 Frank Wagner 4:38.4
Richard Johnson 5:29.0
M65 Roy Englert 7:33.6
5000m
M30 Greg Eck 16:28.0
Brian Grzelak 16:37.0
William Carlin 22:01.0
M35 Kevin Breen 17:51.0
M40 Randy Cook 18:46.0
Richard Moon 19:53.0
M45 Lew Faxon 17:07.0
M50 Frank Wagner 18:05.0
Tory Gee 19:01.0
M60 E J Rose 26:16.0
M65 John Bays 23:34.0
M45 John Sloan 23:04.0
M75 Bob Boal 27:55.0
10,000m No non-Virginia runners
M30 William Carlin 47:58.7
M35 Mike Levins 36:31.3
M40 David Parcell 36:40.0
Randy Cook 38:58.9
Joe Stirt 40:53.5
M50 William Hoss 37:08.7
Francis Bush 43:31.9
M65 John Bays 49:35.8
110mH
M30 Mark Monti 17.0
M50 Jim Bradley 20.5
M60 Donald Gray 26.5
M35 Dawud Saleem 15.7
300mH No non-Virginia runners
M50 Jim Bradley 50.8
M60 John Martin 60.5
High Jump
M40 Gary Leader 4-5 3/4
M55 Mark Richards 4-3 3/4
Ned Curran 3-8
M60 Norb Weckstein 4-0
Don Grey 3-9 1/2
M70 Doug Phillips 4-0
Don Hull 3-9 1/2
M45 Mike Valle 4-9 3/4
Dick Bloomfield 3-9 1/2
M70 Charles Hirshey 2-7
M85 Arling Pitcher 3-2
Pole Vault
M35 Nathan Taylor 12-0
Robert Meyars nh
M40 Elmer Brewer 12-0
M45 Jack Hasty 10-6
M60 Don Grey 8-0
M35 Ken Roblee 13-8
Bob Green 12-0
M40 Ralph Fusco 10-6
M50 Henry Davenport 11-0
M85 Arling Pitcher 5-6
Long Jump
M35 Keith Witherspoon 20-3 1/2
M40 Greg Marshall 17-8 3/4
Palmer Sweet 16-1 1/2
Jim Gibson 14-2
M45 Bob Taylor 19-9 3/4
David Ayers 15-6 1/2
Mike Harrington 14-2 1/2
M55 Bill Cole 14-1 1/2
Ned Curran 11-10 1/2
M60 Norb Weckstein 11-8 3/4
Don Grey 10-6 1/2
M70 Frank Crayton 11-6
Don Hull 11-5
M40 Joy MacDonald 29.3

M75 Jeremiah Gaines 11-5 1/2
M35 Robert Richert 15-11 1/2
M40 Larry Jones 15-1 3/4
M45 Nathaniel Carter 15-8 3/4
M70 Charles Hirshey 7-1 1/2
M85 Arling Pitcher 5-8 1/2
Triple Jump
M35 K Witherspoon 45-0
Larry Isler 36-8 3/4
M40 Palmer Sweet 31-8 1/2
M55 Bill Cole 30-2 3/4
Dil Cook 22-11
Ned Curran 21-3
M70 Don Hull 23-3 3/4
M40 Larry Jones 30-3 1/2
M45 Nate Carter 37-4 1/2
John Sloan 25-5 1/2
M70 Charles Hirshey 14-11 3/4
Shot Put
M30 John Gamble 50-11 3/4
Mike Lauderdale 38-7 1/2
M35 Barry White 47-11 3/4
Ron Cone 38-10
M40 Nick Nichols 38-2 1/2
Palmer Sweet 36-1 1/2
M45 William Wade 35-10 1/2
M55 Ned Curran 35-4 1/2
M60 Don Reid 42-5 3/4
Bob Seligman 39-1 1/2
Norb Weckstein 35-4
Don Grey 32-1 1/2
M70 Don Hull 33-1 1/2
M35 Bob Green 42-5 3/4
M45 Mike Valle 38-1 1/2
Jai Singh 33-5 1/2
Dick Bloomfield 31-8 1/2
Ervin Mitchell 31-8 1/2
M65 Floyd Simmons 44-9 1/2
M70 C Hirshey 32-6 3/4
M75 Jack Wood 32-11 1/2
Discus
M30 John Gamble 177-2
Mike Lauderdale 102-9
M35 Barry White 154-9
Ron Cone 106-4
M40 Nick Nichols 117-10
Toli Welihozkiy 103-5
Palmer Sweet 95-3
Jim Gibson 93-2
M45 William Wade 96-10
M60 Bob Seligman 117-3
Don Reid 107-10
Norb Weckstein 94-9
Don Grey 65-10
M70 Don Hull 91-5
Doug Phillips 81-4
M35 Bob Green 117-4
M45 Mike Valle 111-7
E Mitchell 97-3
Jai Singh 91-8
Nate Carter 84-4
M50 Henry Davenport 131-5
M65 Floyd Simmons 130-2
M70 C Hirshey 75-0
M75 Jack Wood 83-6
M85 Arling Pitcher 49-6
Hammer
M30 Mike Lauderdale 148-1
M35 Ron Cone 108-7
M40 T Welihozkiy 135-5
Palmer Sweet 90-1
M45 William Wade 68-7
M50 Gordon Bobell 148-2
M60 Don Reid 123-9
Norb Weckstein 75-0
M70 Don Hull 97-10
M35 Mike Valle 117-9
Dick Bloomfield 109-1
M70 Charles Hirshey 78-4
M75 Jack Wood 70-11
Javelin
M35 Nathan Taylor 180-2
Ron Cone 135-4
M40 Jim Gibson 110-7
M45 Mike Harrington 127-3
William Wade 106-3
M55 Mark Richards 105-0
M60 Don Grey 97-1
Don Reid 94-5
Norb Weckstein 78-8
M70 Don Hull 80-8
M80 Almand Coleman 70-10
M40 Larry Jones 99-0
M45 John Sloan 119-0
M55 Bill Mondell 119-6
M65 Floyd Simmons 141-8
M70 C Hirshey 62-2
M75 Jack Wood 83-11
M85 Arling Pitcher 43-3
WOMEN
100m
W30 Bambi Payne 16.1
W40 Lynn Wolf 15.0
Susan Schermerhorn 17.3
W50 Patricia Willis 19.1
W60 Jean Campbell 16.9
W40 Joy MacDonald 14.3
W60 Josephine Sullivan 17.7
200m
W30 Bambi Payne 34.2
W40 S Schermerhorn 37.8
W50 Patricia Willis 41.9
W40 Joy MacDonald 29.3

400m
W30 Keg Good 1:05.4
Doreen Grzelak 1:14.3
Bambi Payne 1:19.2
W40 S Schermerhorn 1:32.3
Andrea Hess 1:35.1
W50 Patricia Willis 1:47.2
W40 Joy MacDonald 1:06.5
800m No non-Virginia runners
W30 Maggie Draft 2:18.6
Bambi Payne 3:07.1
W40 Andrea Hess 3:21.1
W50 Betty Dameron 3:12.9
Patricia Willis 3:56.3
1500m No non-Virginia runners
W30 JoDee Cook 5:34.4
Bambi Payne 6:23.5
W40 Andrea Hess 6:27.1
W50 Patricia Willis 8:14.9

5000m No non-Virginia runners
W30 Joyce Adams 20:11.0
Deborah Bernardes 20:30.0
JoDee Cook 21:18.0
W40 Ecris Williams 20:35.0
W50 Betty Dameron 21:20.0
High Jump No Virginia entrants
W40 Brenda Bloomfield 3-6 3/4
Long Jump
W60 Jean Campbell 9-2 1/2
W60 J Sullivan 10-5
Triple Jump
W60 Jean Campbell 18-6
W60 J Sullivan 21-5
Shot Put
W60 Jimmie Reid 20-6
W40 B Bloomfield 20-1 1/2
W50 Sharon Good 17-8

Discus
W60 Jimmie Reid 52-4
W40 B Bloomfield 57-8
W50 Sharon Good 47-6
Hammer No Virginia entrants
W40 B Bloomfield 85-10
Javelin
W30 Keg Good 67-5
W40 Caroline Richards 46-10
Patricia Willis 44-10
W60 Jimmie Reid 50-10
W30 Linda Jones 53-1
W40 Sharon Good 35-9



Fourth Annual Thomasville Fall Masters Decathlon
Thomasville, NC; September 24-25

1985 IAAF Tables used for scoring ages 30-59. WAVA Tables used for ages 60-84.
Arling Pitcher 86 20.16 7-4 16-7 1/2 3-3 1/2 2:07.0 DNF 49-9 5-0 40-11 11:50 594
Bob Boal 76 17.63 8-9 20-4 1/2 3-9 1/2 Withdrew
Wake Forest, NC 70 331 700
Boo Morcom 67 15.88 14-5 1/2 36-10 1/2 4-5 1:15.8 22.8 107-9 9-10 76-7 7:12.9 6478
Wilmot Flat, NH 544 775 723 888 568 882 642 880 253 323
Denver Smith 62 14.06 15-8 43-4 1/2 4-7 1:17.3 19.4 130-5 9-6 107-2 6:58.4 7317
Louisville, OH 788 885 856 840 588 996 841 745 548 230
Donald Grey 61 16.10 11-4 35-7 1/2 4-0 1:23.5 26.7 84-0 8-0 91-9 6:42.5 4010
Norfolk, VA 380 185 607 480 143 558 360 520 383 394
Hector Cisneros 54 13.56 15-10 32-2 4-5 1:01.0 19.2 92-0 9-6 87-2 5:35.1 3437
Austin, TX 377 350 474 283 375 395 426 331 251 375
Jack Gilmore 54 14.16 15-6 35-7 4-9 1:08.1 20.9 128-2 8-8 120-9 5:47.5 3582
Spartanburg, SC 290 330 536 352 176 265 646 273 396 318
George Taylor 57 15.77 12-3 1/2 26-1 1/2 3-6 1:20.8 25.1 59-6 7-0 81-6 6:59.4 1509
Newark, DE 108 167 362 116 1 52 237 165 227 74
Henry Hopkins 45 13.32 17-5 1/2 33-8 1/2 5-1 1:01.3 17.9 94.5 12-1 1/2 124-3 5:12.1 4539
Plainfield, IN 415 445 502 426 365 511 437 534 411 492
Mike Valle 47 13.61 16-4 37-10 1/2 4-9 1:05.5 20.4 103-1 7-0 106-4 5:54.5 3483
Burlington, NC 370 363 579 352 242 300 492 165 333 287
David Ayers 46 13.66 15-1 1/2 27-0 4-0 1:03.8 20.9 75-9 9-8 100-10 5:03.8 3329
Richmond, VA 362 310 380 200 289 265 330 345 310 538
John James 49 14.57 15-5 28-4 4-3 1:05.9 24.2 100-3 7-6 100-5 5:36.7 2878
Charlotte, NC 236 326 404 250 231 84 475 197 308 367
Rex Harvey 42 12.03 20-2 1/2 39-3 1/2 5-5 56.3 17.0 128-8 14-1 1/2 154-0 5:47.9 5724
Des Moines, IA 645 619 605 504 542 599 649 702 543 316
Bill Busby 44 13.00 18-5 30-8 1/2 4-11 1:03.0 17.4 97-1 12-9 166-8 5:41.6 4671
Thomasville, NC 468 504 447 389 313 559 457 590 600 344
Joe Johnston 44 12.86 17-10 1/2 31-2 1/2 5-1 1:01.5 17.4 78-11 108-2 5:58.0 3726
Apopka, FL 492 471 458 426 359 559 349 0 341 273
Johnston Ewing 44 13.40 16-9 1/2 26-5 1/2 4-9 1:03.5 20.4 67-4 10-2 95-5 5:36.6 3448
Memphis, TN 402 405 370 352 296 300 282 381 286 372
Scott Somers 40 13.37 15-1 28-1 4-9 1:05.8 21.9 85-0 9-10 114-5 6:17.6 3207
Los Angeles, CA 407 308 400 352 234 200 384 357 368 197
Jan Decker 42 13.85 16-7 1/2 27-4 1/2 5-4 1:06.3 21.8 65-0 10-6 77-6 5:59.9 3103
Saratoga Springs, NY 334 394 386 411 221 206 269 406 211 265
George Cliette 44 13.70 15-5 1/2 28-0 4-7 1:06.8 22.8 88-9 6-6 83-7 5:48.6 2846
Durham, NC 356 326 398 317 208 149 407 136 236 313
Bob Green 39 11.86 17-10 1/2 40-4 5-3 52.4 19.3 112-1 10-2 140-1 5:02.3 5281
Seneca, SC 679 471 624 464 701 386 547 381 481 547
Paul Katakasas 38 12.62 18-8 26-10 1/2 5-7 57.2 17.1 88-2 12-1 1/2 113-6 5:19.9 4827
Orlando, FL 534 521 378 544 508 589 403 535 364 451
Rick Christoph 36 13.04 18-2 1/2 33-2 1/2 5-7 1:00.6 19.8 91-4 14-1 1/2 131-10 5:51.8 4590
Cincinnati, OH 461 490 493 544 388 346 422 702 445 299
Charles Strode 39 12.60 17-1 1/2 32-9 1/2 5-5 1:06.9 20.0 94-2 14-5 105-5 DNF 4038
Clemmons, NC 538 477 485 504 205 330 439 731 329 0
Jeff Watry 34 12.47 20-3 1/2 34-1 1/2 6-4 54.2 16.1 107-8 10-10 122-10 4:37.1 5845
Woodbridge, VA 562 624 525 758 626 695 520 433 405 699
Dave Bashears 34 12.43 18-9 1/2 34-1 1/2 5-3 58.0 19.1 106-11 13-1 1/2 137-10 5:24.6 4997
Knoxville, TN 569 529 524 464 479 403 515 617 471 426
Mike McGinnis 34 12.79 17-10 1/2 30-2 1/2 5-4 1:01.0 19.2 76-10 13-1 1/2 129-0 5:26.0 4398
Charlotte, NC 504 471 437 411 375 395 337 617 432 419

MID AMERICA

Rocky Mountain Games
Colorado U, Boulder
September 3-4

50m
M30 Warren Roach 6.47
Phillippe Weintraub 6.84
M35 Robert Hahn 6.10
Earl Bryant 6.24
Dan Ayers 6.29
M40 Robb Bong 6.01
Neil Silver 6.38
Tom Bassett 8.08
M45 Gary Oliphant 6.20
Walt Gibson 6.29
Jeff Loubet 6.30
Ed Arnold 6.62
M50 Pete Stopoulos 6.51
Hector Cisneros 6.78
Ritch White 7.02
M55 Walter Betts 7.10
M60 Bill Honaker 6.83
M65 Tim Murphy 7.06
Ross Waltzer 7.43
Ray Womack 7.64

M70 Eugene Cottrell 7.62
Fred Praeger 7.88
Gordon Taylor 10.81
M75 Ed Bost 8.22
Emmett Bennett 8.57
W35 Clara Silver 7.83
W45 Marilyn Mitchell 7.00
Cora Parry 8.46
W60 Jean Weaver 8.06
100m
M30 Robert Zahn 11.59
M35 Armand Kalifa 11.64
Bob Verti 11.98
Robert Hahn 12.14
Earl Bryant 12.32
M40 Dave Simons 11.67
Tom Bassett 11.78
Robb Bong 11.81
Neil Silver 12.25
M45 Gary Oliphant 12.03
Walt Gibson 12.76
Ed Arnold 13.23
M50 Ron Kirkpatrick 12.62
Hector Cisneros 13.20
Ritch White 14.15
M55 Harry Brown 12.85
Harvey Fischer 14.07
Forrest Doling 15.08
M60 Bill Honaker 13.28
Norm Katzman 14.30
Jim McShane 15.28
M65 Tim Murphy 13.27
Haydn Parks 14.40
Ross Waltzer 14.61
M70 Fred Praeger 15.44
Eugene Cottrell 15.64
M75 Emmett Bennett 16.90
Ed Bost 16.91
W30 Karan Fisher 16.19
W35 Charlotte Carter 14.65
Marian Furst 14.70
Clara Silver 15.60
W45 Marilyn Mitchell 13.84
Cora Parry 16.70
W60 Jean Weaver 18.60
W65 Louise Adams 18.39
W70 Pearl Mehl 21.16
W75 Polly Clarke 17.36
200m
M30 Robert Zahn 23.38
Rick Stone 26.27
M35 Armand Kalifa 23.68
Earl Bryant 24.93
Larry Johns 25.52

M40 Dave Simons 23.78
Robb Bong 23.92
Tom Bassett 23.93
Neil Silver 24.90
M45 Gary Oliphant 25.19
Ed Arnold 26.77
M50 Ron Kirkpatrick 25.45
H Cisneros 26.57
R White 30.98
M55 Harry Brown 26.43
Walter Betts 28.67
F Doling 31.28
M60 Bill Honaker 27.84
M65 Tim Murphy 27.54
Haydn Parks 29.38
Ross Waltzer 30.79
M70 Fred Praeger 32.44
Eugene Cottrell 33.40
Wib Ragland 36.37
M75 Ed Bost 36.00
Emmett Bennett 36.98
W35 Mary Palmer 28.89
Clara Silver 32.34
W45 Marilyn Mitchell 27.85
Barbara Pike 32.54
Cora Parry 35.15
W60 Nancy Smalley 37.62
W65 Louise Adams 37.58
W70 Pearl Mehl 44.47
W75 Polly Clarke 38.02

400m
M35 David Salazar 55.49
Earl Bryant 56.99
Dan Ayers 59.07
M40 Robb Bong 52.89
Dave Simons 53.54
Neil Silver 56.38
M50 R Kirkpatrick 56.66
Hector Cisneros 59.27
M55 Walter Betts 68.13
M65 Ross Waltzer 69.78
Haydn Parks 71.57
Bob Warwick 88.94
M70 Wib Ragland 94.24
M75 E Bennett 89.58
W35 Mary Palmer 64.96
Marian Furst 67.40
Charlotte Carter 67.54
W45 Barbara Pike 70.61
W50 Nancy Manson 79.16
W65 Louise Adams 90.28
W70 Pearl Mehl 1:41.01
800m
M30 Marty Matzinger 2:02.05
M35 David Salazar 2:04.37
M40 Ric Dudley 2:13.56
Phil Graves 2:16.20
Mike Montano 2:20.97
M45 Dick Croteau 2:20.60
M50 Hector Cisneros 2:23.42
Roger Whitacre 2:26.62
W65 Ross Waltzer 2:45.00
M75 E Bennett 3:41.26
W45 Barbara Pike 2:37.34
W60 Nancy Smalley 3:20.63
W70 Pearl Mehl 3:46.75
1500m
M30 Woody Green 4:32.9
M40 Tony Kaleigh 4:34.4
M45 Dick Croteau 4:46.9
M50 Roger Whitacre 5:18.8
Hector Cisneros 6:08.0
M60 Dave Francis 6:16.6
M65 Ross Waltzer 6:12.5
M70 Orris Saunders 7:18.2
W45 Barbara Pike 5:46.1
W60 Nancy Smalley 7:07.0
W70 Pearl Mehl 7:44.4
5000m
M30 John Koningh 15:20.4
David Bruce 19:13.9
M35 J Gregorio 15:39.0
Ric Rojas 16:28.0
M40 Mike Montano 17:09.5
Gary Butson 17:14.5
M70 Orris Saunders 27:04.0
W70 Pearl Mehl 29:47.9
110mH
M30 Robert Zahn 15.54
M35 Robert Hahn 16.17
M40 Ross Jensen 18.15
M45 Steve Rogers 17.91
Jeff Loubet 18.79
100mH
M50 Hector Cisneros 18.31
M60 Fred Hirsimaki 19.38
M65 Ray Womack 20.71
Frank Bowles 20.84
400mH
M40 Bill Knipmeyer 63.48
300mH
M50 Hector Cisneros 47.92
Jim Weed 50.53
M60 Fred Hirsimaki 58.73
M65 F Bowles 60.03
High Jump
M30 Curt Lackey 4-6
M35 Mark Mounsey 5-6
M40 G Eidinge 5-4
M45 Steve Rogers 5-4
Dennis Leczinski 4-6
M50 John White 4-6
Ritch White 4-0
M55 Bob Kemp 4-0
M60 Fred Hirsimaki 4-6
Bill Honaker 4-2
M65 Frank Bowles 4-0

Continued on next page

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Table with 2 columns: Name and Time. Includes M70 Ham Morningstar 4-2, Fred Praeger 4-0, Wib Praegland 4-0, W35 Viisha Sedlak 3-10.

Pole Vault

Table with 2 columns: Name and Time. Includes M30 Peter McGinnis 15-0, M45 Jeff Loubet 11-3, M50 Hector Cisneros 10-0.

Long Jump

Table with 2 columns: Name and Time. Includes M35 Paul Ellison 19-1/2, Mark Mounsey 17-9, M40 Robert Ratliff 14-4 1/2.

Triple Jump

Table with 2 columns: Name and Time. Includes M35 Paul Ellison 37-0, M40 Bill Knipmeyer 37-3 3/4, M45 Steve Rogers 33-10 1/2.

Shot Put

Table with 2 columns: Name and Time. Includes M30 Dale Reed 45-5 3/4, Curt Lackey 34-4 3/4, M40 Bill Clark 37-6 1/2.

Discus

Table with 2 columns: Name and Time. Includes M30 Dale Reed 101-0, Curt Lackey 95-9, M40 Bill Clark 115-7.

Javelin

Table with 2 columns: Name and Time. Includes M30 Curt Lackey 119-7, M35 Ray Beamer 109-4, M40 Rocco Petitto 180-4.

Table with 2 columns: Name and Time. Includes M70 H Morningstar 100-4, Gordon Taylor 82-7, M75 Ed Bost 72-2.

Pentathlon

Table with 2 columns: Name and Time. Includes M30 Scott Hall 2414, Holden Bank 2195, Woody Green 1729.

Weight Pentathlon

Table with 2 columns: Name and Time. Includes M30 Dale Reed 2742, Curt Lackey 2131, M45 Tom Gage 3636.

5000 Walk

Table with 2 columns: Name and Time. Includes M30 Bill Hutchinson 26:06.6, M50 Bob DiCarlo 27:56.6, Vilmaris Strautins 32:36.0.

WEST

Sri Chinmoy Masters Meet

Irvine, CA September 24

Table with 2 columns: Name and Time. Includes 100 M55 Ed Martin 13.7, John Cosgrove 14.0, Ray Fitzhugh 14.5.

Table with 2 columns: Name and Time. Includes 200 M50 Roger Tsuda 25.8, Stan King 26.1, Ed Martin 28.4.

Table with 2 columns: Name and Time. Includes 400 M50 Stan King 1:00, Tom Woodring 1:01, John Cosgrove 1:04.

Table with 2 columns: Name and Time. Includes 1500 M50 Andrew Bailey 5:23, Lloyd McGuire 5:38, W50 Heidi Fialho 7:18.

Table with 2 columns: Name and Time. Includes 3000 M50 Pat Devine 10:47, John Harper 11:44, Andrew Bailey 11:55.

Table with 2 columns: Name and Time. Includes 5000 M50 Ted Greiner 29:09, Bob Koop 30:09, Bob Hendrickson 32:51.

Table with 2 columns: Name and Time. Includes 80m Hurdles M70 Hung Lu Yu 21.50, 100m Hurdles M50 Dave Douglas 21.00.

Table with 2 columns: Name and Time. Includes M55 Bob Kemp 103-6, M60 Gene Polk 60-8, M65 Jim Minah 93-4.

Table with 2 columns: Name and Time. Includes M50 Roger Tsuda 3.75, Martin Edward 5.20, Ray Fitzhugh 4.70.

Table with 2 columns: Name and Time. Includes M50 Cristel Miller 3.75, M60 Mike Orlich 3.72, M70 Hung Lu Yu 2.95.

Table with 2 columns: Name and Time. Includes M50 Cristel Miller 7.89, M70 Bob Ogle 7.70, M50 Mike Newston 5-6.

Table with 2 columns: Name and Time. Includes M50 James Hart 46-9, Dennis Rietz 40-7, John White 39-7.

Table with 2 columns: Name and Time. Includes M60 Mike Orlich 41-4, Bill Bangert 43-0, Sy Lampert 38-3.

Table with 2 columns: Name and Time. Includes M70 Jack Thatcher 37-6, James Crothers 33-2, Bob MacConaghy 28-2.

Table with 2 columns: Name and Time. Includes M50 James Hart 142-4, Ed Van Pelt 139-0, Dennis Rietz 122-0.

Table with 2 columns: Name and Time. Includes M60 Del Pickarts 146-4, Mike Orlich 129-2, Sy Lampert 114-4.

Table with 2 columns: Name and Time. Includes M70 James Crothers 71-0, Edith Mendyka 44-3, M50 Bob Humphrey 143-1.

Table with 2 columns: Name and Time. Includes M60 Bill Bangert 118-6, Sy Lampert 100-6, M70 Dan Pierotti 66-8.

Table with 2 columns: Name and Time. Includes M50 Martin Edward 127-2, Dennis Rietz 124-4, Ray Fitzhugh 111-2.

Table with 2 columns: Name and Time. Includes M60 Del Pickarts 170-2, Tony Lombardi 123-6, M70 Bob MacConaghy 80-1.

INTERNATIONAL

Women's World Veterans Weight Pentathlon Championship

Held in Melbourne, Australia following VII Games, Dec. 1987

Large table with columns: Name, Country, Discus, Shot, Jav, Ham, Wt Th, Score. Includes J Stratton 35 USA 37.28, C Shultz 36 Aus 45.18, M Thomas 43 Aus 29.02.

Results, based on age-factor scoring, compiled and submitted by Phil Partridge

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

NATIONAL

TAC National Masters 25K Championships and Nike/OTC 25K Eugene, OR; September 11

Table with 2 columns: Name and Time. Includes Overall: Shimi Sabag 25 1:20:26, Kathy Twomey 30 1:28:23, M40 Michael Taylor 1:31:04.

Table with 2 columns: Name and Time. Includes W45 Nini Monroe 1:55:56, Isabelle Moser 2:01:51, Judy Smith 2:12:40.

Table with 2 columns: Name and Time. Includes M50 Marv Rexius 1:43:20, William Hsckman 1:44:27, William Robbins 1:52:22.

Table with 2 columns: Name and Time. Includes W50 Shirley Ingram 2:03:11, Maureen Hennesy 2:17:11, Jane Swain 2:22:01.

Table with 2 columns: Name and Time. Includes M55 John Hepler 1:40:30, Joe McKim 2:17:41, George Love 2:23:45.

Table with 2 columns: Name and Time. Includes M60 Dick Benson 1:47:22, Harvey Speck 2:06:02, Norm Lumian 2:06:04.

Table with 2 columns: Name and Time. Includes M65 Donald Johnson 2:53:42, M75 Bill Brobston 2:10:43.

TAC National Open & Masters 24-Hour Championships Atlanta, GA; September 24-25

Table with 2 columns: Name and Time. Includes Overall Roy Pirrung 40 145m1464y, Eileen Eliot 44 111m1711y.

Table with 2 columns: Name and Time. Includes M40 Roy Pirrung 145m1464y, Don Choi 124m244y, Edwin Furtaw Jr 118m1474y.

Table with 2 columns: Name and Time. Includes M45 Ken Brewer 129m75y, Doyle Carpenter 105m448y, Donald McGinty 90m1669y.

Table with 2 columns: Name and Time. Includes M50 Phillip Parker 124m492y, Jim Barnes 103m1665y, Charles Carroll Jr 79m1667y.

Table with 2 columns: Name and Time. Includes M55 Richard Cozart 106m1038y, Grant Egley 92m907y, Eldon Levi 69m1277y.

Table with 2 columns: Name and Time. Includes M60 Robert Johnson 111m1560y, Dick Benson 71m937y.

Table with 2 columns: Name and Time. Includes M65 H B Reed 68m1192y.

Table with 2 columns: Name and Time. Includes W40 Eileen Eliot 111m1711y, Linda Sledge 108m1487y, Marty Fugitt 88m1159y.

Table with 2 columns: Name and Time. Includes W45 Izumi Yamamoto 81m1322y.

Table with 2 columns: Name and Time. Includes W50 Helen Reed 83m1705y.

Potomac Valley Athletic Congress 15K Racewalk Championships Washington, DC; September 5

Table with 2 columns: Name and Time. Includes Overall Steve Pecinovsky 33 71:04, Lois Dicker 48 92:22, M40 Alan Price 80:49.

Table with 2 columns: Name and Time. Includes Peninsula General 5K Health Run Salisbury, MD; September 10. Masters Men Athol Barton 15:27.

11th Annual YMCA Shape-Up 10K, Central Park; NYC September 10

Table with 2 columns: Name and Time. Includes Overall Placido Cruz-Martin 32:28, Susan Foster 32 37:10, M40 Ed Sandoval 35:03.

Racewalkers

Table with 2 columns: Name and Time. Includes 1 Franco Pantoni 42 52:42, 3 Frank Lamorte 67 1:02:43, 4 Jeff Dillon 38 1:05:52.

Racewalkers

Table with 2 columns: Name and Time. Includes 1 Joan Rowland 62 1:07:39, 3 Marian Spatz 51 1:09:46, 4 E Edelstein 49 1:11:41.

Berkshire Masters 10K Westfield, MA; September 11

Table with 2 columns: Name and Time. Includes M40 R Viereck 35:40, M Cabot 36:20, P Airola 36:58.

10th Annual Buffalo Police Chase Buffalo, NY; September 10

Table with 2 columns: Name and Time. Includes Overall Mark Hulme 14:57, Deb Froehlich 18:46, M35 W McMullen 16:05.

Continued on next page

Continued from previous page

Second Hellenic 5 Mile
Cranston, RI; September 11

Overall
K Tumbleton 24:57
Ann Hird 29:45
M40 Patrick Reid 30:21
M50 Fred Zuleger 34:02
M60+Carl Hammen 35:06
W40 Elaine Taylor 44:05
W50 Emily Burke 49:07

Run For The Health Of It
5 Mile
Providence, RI; September 11

Overall
Are Nakkim 22:42
Betty Gieger 27:16
M40 Kevin Ryan NZ 25:11
M50 Jim Daly 27:28
M60+Carl Hammen 33:06
W40 Sue Branley 36:15
W50 Barb Robinson 34:20
W60+Adeline Kearney 39:44

Post Raisin Bran 5K Family
Run, Central Park, NYC;
September 18

Overall
Ed Bridge 28 15:33
Angella Hearn 42 17:28
M40 Art Hall 15:43
Jeff Veatch 17:03
George Kovacs 17:09
M45 William Janeway 17:30
Ramon Ruiz 17:33
Charles Severs 18:06
M50 Alan Fairbrother 17:44
Joseph Singer 18:34
Alfred Gibbs 18:53
M55 Ken Jones 19:01
Robert Kahn 19:16
Hector Pacheco 19:44
M60 William Fortune 18:31
George Thompson 19:51
Joe O'Neill 24:19
M65 John McManus 19:36
Thomas Gibbons 22:07
Ed Dewey 28:41
M70+Vince Carnevale 21:38
Roberto Renny 23:45
Wilfredo Rios 24:17

Racewalkers
2 Nicholas Bdera 39 22:47
3 Gary Null 43 23:26
W40 C Hearn Grenning 18:13
Irene Jackson 19:06
Marilyn Greeley 19:13
W45 Lina Connors 19:02
Harriet Oster 20:37
Patty Parmalee 21:36
W50 Jill Martin 20:51
Esther Marcus 23:18
Paola Lucentini 24:42
W55 Carol Tittle 29:00
Arlene Kernis 31:05
Marion Scott 33:08
W60 Olga Morofsky 21:35
Shirley Wallach 32:27
Jozi Neulinger 32:33

Wilkes-Barre 20K
Wilkes-Barre, PA
September 18

Overall
Rich Stark 1:05:02
Patty Kupstas 1:16:12
M40 Bob Quinlan 1:15:39
Dave Cartwright 1:17:26
Vince Fedor 1:17:43
M50 Herb Townsend 1:14:19
Mike Lisnock 1:22:51
Jerry Patton 1:26:15
M60+Harry Goring 1:42:49
W40 Judy Bugyi 1:25:28
Ceil Ann Tierney 1:31:14
Carol Hopson 1:34:45

Warwick 10K
Warwick, RI; September 18

Overall
John Gregorek 29:59
Linda Begley 34:45
M40 Ken Skelly 32:19
John Duprey 35:42
Ray Marsland 36:27
M50 Leo Tomasetti 36:41
Hector Velez 37:36
Ken Farrelly 39:12
M60 Carl Hammen 42:17
George Silva 45:31
Joseph Pascale 47:17
M70 Ron Renaud 77 59:32
W40 Susan Branley 44:47
Patricia Maguire 46:47
Ramona Skelly 48:28
W50 Pat Blenkiron 58:37
W60 Leona Tessier 67 62:01
*Best age-graded performances from Carl Hammen

Dutchess County 5K/Half-
Marathon/Marathon
Wappingers Falls, NY;
September 18

--5K--
M40 John Holland 16:32
M50 Jerome Picard 23:37
M60+Pierce Brennan 20:01
W40 Joan Green 23:25
W50+Emily Fayo 26:33
--Half-Marathon--
M40 Steve Perks 1:19:07
M50 Frank Sabito 1:20:47
M60+Richard Peckham 1:50:39
W40 Christina Guiney 1:37:05
W50 Ceil Laikind 1:55:52
--Marathon--
M40 Jim Bode 49 3:04:16
M50 Jim Smith 3:15:43
M60+Augusto Rivera 3:45:26
W40 Carla Rotunda 4:15:46

Pittsburgh Great Race 10K
Pittsburgh, PA; September 24

Overall
Are Nakkim 27:46
Betty Geiner 31:07
M40 Bob Schlau 30:31
Glenn Myers 31:34
Ken Sparks 31:35
Sam Bair 31:38
Ray Velez 31:48
Wes Wessely 31:53
Dave Tresohlavy 32:14
Mark Griffin 32:22
Don Sleeman 32:33
Rich Davis 32:50
M50 Bill Olrich 32:36
William Johnston 33:32
Joe Fodor 34:06
Gaylon Jorgensen 34:21
W40 Angella Hearn 34:31
Jane Hutchison 34:48
Nancy Oshier 35:59
C Hearn Grenning 36:06
C Tattersall 36:15
Kathy Brown 37:23
Lina Connors 37:42
Karen Kinel 38:23
W50 Jill Martin 41:00
Georgett Lacey 44:39
Marj Peterson 44:52
Gloria Brown 45:29
Elizabeth Mandl 46:09
Margaret Lutz 46:34

NYC Marathon Tune-Up 25K
Central Park; September 25

Overall
Carlos Roa 35 1:20:14
Bonnie McLeod 25 1:40:11
M40 Art Hall 1:26:15
Edgar Sandoval 1:31:20
Charles Elkins 1:32:37
M45 Sam Skinner 1:30:54
Gabriel Bernal 1:31:08
Manfred Konrad 1:32:07
M50 Alan Fairbrother 1:34:12
Gerald Lopez Jr 1:34:20
Joe Roche 1:41:54
M55 Ken Karcher 1:45:28
Pat Fitzgerald 1:51:34
Hector Pacheco 1:52:46
M60 John Sullivan 1:53:30
Joe Simonte 2:00:34
Bernard Gloisten 2:03:51
M65 Bill Coyne 1:57:00
Tom Gibbons 2:00:37
Peter Harangozo 2:03:06
M70+Vince Carnevale 2:04:13
W40 Pam Duckworth 1:53:22
Susan Hale 1:57:55
Alice Bruck 1:59:58
W45 Laurie Baker 2:01:30
Janell McDyer 2:05:31
Mimi Meyers 2:07:33
W50 Thelma Wilson 2:10:41
Ruth Fredenthal 2:11:16
Rosa Nales 2:11:19
W60 Aslaug Tomas 2:17:08
A Wetherbee 2:26:07
Barbara Beck 2:48:10
W70+Mayme Bdera 3:06:51

SOUTHEAST

Maggie Valley Moonlight Run
Maggie Valley, NC
August 20

Overall:
Arena Abraha 25 23:00
Margaret Groos 26 26:48
M40 Barry Brown 25:17
Bob Schlau 25:23
Patrick Murphy 25:32
Web Loudat 25:38
Roger Robinson 26:16
M50 Lovd Bake 29:43
Malcolm Gillis 30:33
Frederic Hurd 30:54
Samuel Johnson 30:57

Ted Wilson 31:31
M60+John Hosner 31:36
Robert Gray 33:34
Dave Allison 33:40
Dewy McMickle 34:02
Franklin Mason 34:59
W35 Linda Fox 30:43
Benita Schlaw 32:38
Laura Murphy 33:04
W40 Barbara Filutze 28:48
Biroht Horn 32:23
Linda Miesch 33:19
Gail Sharber 34:36
Nora Weed 36:09
W50 Susie Kluttz 35:55
Joyce Hodges 38:36
Shirley Carter 38:45
Garthedon Embler 40:46
Jane Arnold 40:10
W60+Fave Motley 51:51
Margaret Sutton 52:00
Carole McGregor 54:41
Evelyn Smith 55:47
Pat Wolfstiel 57:54

Brandon Running Assn. 5 Mile
Tampa, FL; September 5

Overall
Gary Townsend 26:33
Kim Fager 31:46
M35 Dick Bowerman 26:46
M40 Rich Brunelle 28:49
M45 Richard Quevillon 28:38
M50 Vic Lamontagne 31:25
M55 Ray Wunderlich 34:27
M60 Emery Jewell 42:15
M65+Millard Shumate 34:49
W35 Lydia Carrion 36:04
W40 Ester Gay 35:57
W45 Amy Barnes 39:54
W50 Joan Joesting 45:12

5th Annual Billy Mills 5K
Charlotte, NC; September 17

Overall
Greg Beardsley 15:06
Kay Jenkins 19:27
M30 Barry Troutman 16:07
M40 Robert Moss 17:34
M50+John Ansell 19:10
W30 K Jenkins 19:27
W40 Jane Johnson 24:37
W50+Bobbie Wilson 26:41

MIDWEST

Oldsmobile/Wolpack 5K
Columbus, OH; July 31

Overall
Bret Hyde 29 14:29
Donna Eramo 27 17:39
M40 Dan Sekerak 15:38
Mark Lutz 17:06
M45 Lloyd Laubach 16:45
Ken Prior 16:59
M50 Jack Tapee 17:53
Carl Lewis 20:52
M55 Don Williams 22:21
Rober Hocker 23:18
W40 Jane Buch 19:17
Cynthia Johnson 23:38
W45 Suzanne Fisher 22:25
W50 Peggy Drauglis 23:11
Mary Lewis 26:47
W65 Ernestine Yeomans 33:49

Metro-Macomb Runners 5K
Mt. Clemens, MI; September 28

Overall
Olaf Meier 16:40
Windi Guntsch 20:00
M40 Hank Nienhuis 48 18:00
Chuck Frame 45 18:14
M50 Herb Seeger 19:10
Jerry Lovejoy 20:41
M60 Don Meyers 21:11
Zeke Vogt 23:04
M70 Pete Bolos 75 27:34

MID-AMERICA

RRCA National
Championships/City of Lakes
25K
Minneapolis; September 11

Overall
Scott Ergen 27 1:19:09
Marie Boyd 1:32:30
M40 Bruce Mortenson 1:23:40
Dick Ruhland 1:27:34
John Emmons 1:29:50
M45 David Griffith 1:30:28
Ron Bole 1:34:53
Jared Mondry 1:35:49

M50 Myron Anderson 1:33:57
Duane Fjelstad 1:35:02
Arlen Sunn 1:39:55
M55 Greg Prom 1:44:17
Ray Hardman 1:50:49
Norman Horns 1:52:45
M60+Alex Ratelle 1:38:45
Bill Galbrecht 1:48:50
Harold Hubbard 1:51:14
W40 Diane Stoneking 1:42:45
Carol Klitzke 1:48:13
Mary Hiatt 1:49:37
W45 Judy Cronen 1:57:50
Kathie Peterson 2:00:05
Joan Niemiec 2:04:51
W50 Phyllis Kahn 2:06:19
Alison Antoun 2:06:23
Dolores Cross 2:14:01
W55 Mary Bonstrom 2:28:05
Barbara Burhans 2:34:52
Jan Lloyd 2:51:18
W60+Mary Lou Carlson 2:31:13
Betty Haleen 2:39:59



Minnesota Masters 15K
Braemar, Minn.
September 18

Overall:
Bruce Mortenson 44 50:21
Francine Pahl 40 58:24
M40 Bruce Mortenson 50:21
John Emmons 50:45
Jim Bohn 52:16
M45 Jared Mondry 55:44
Ron Bole 55:57
Bud Mixon 58:05
M50 Duane Fjelstad 54:57
Arlen Sunn 59:01
Dale Urbain 60:02
M55 Greg Prom 60:50
Gary DeFrance 61:58
Norman Horns 64:49
M60 Alex Ratelle 56:32
Bob Zabel 77:28
Gerry Davies 78:01
M65 Lloyd Young 61:22
John Burton 66:18
Emil Balz 74:24
W35 Katherine Klesmit 63:27
Sherry Popowski 64:27
Connie Foster 65:23
W40 Francine Pahl 58:24
Mary Hiatt 65:56
Barbara Spannaus 65:27
W45 Judy Cronen 66:26
Judy Lutter 71:20
Joan Niemiec 71:47
W50 Patricia Larson 65:07
Mae Horns 66:17
Phyllis Kahn 75:21
W55 Dorothy Spencer 80:48
Mary Bonstrom 82:32
W60 Mary Carlson 79:38
W65 Betty Halcen 80:39
W70+Helen Reiter 1:40:36

Ultimate Runner; Jackson, MI., October 1

Overall:
Name 10K 400 100 Mile Mara. Points
Kepenyas 34:24 51.31 12.18 4:47.6 3:20:22 1945
Willis 35:52 63.43 14.79 5:05.6 2:55:31 1014
Masters Female Winner
Mason 43:51 79.68 18.41 6:25.9 4:07:53 872
Masters Men
Barker 38:04 59.74 13.88 4:45.6 3:11:23 1546
Stewart 35:40 58.12 13.51 4:43.8 dnf disq.
Nykiel 38:28 61.60 13.10 5:19.3 3:33.1 1375
Zeller 37:02 64.52 14.72 5:22.5 3:14:15 1363
Gjurasin 36:41 69.40 15.47 5:22.9 3:07:39 1345
Berggren 38:58 63.47 14.08 5:29.9 3:18:22 1323
Wilham 39:25 64.11 14.27 5:20.5 3:30:05 1286
Peterson 38:36 64.54 13.87 5:25.1 3:45:56 1265
Carrara 39:18 66.62 14.36 5:38.7 3:49:43 1185
Ensslen 38:57 71.27 15.38 5:50.4 3:29:08 1160
Black 42:19 68.37 14.86 5:36.0 3:36:26 1145
Peterson 38:40 73.17 16.24 5:51.1 3:51:44 1085
Schorre 42:14 67.35 14.73 6:00.4 3:56:12 1078
Burke 41:19 71.91 15.37 5:57.8 3:51:15 1058
Brannan 39:53 75.76 16.42 5:55.7 3:43:38 1056
Sverbinskiy 41:17 75.49 15.89 6:02.2 3:41:13 1042
Egger 43:03 72.01 15.06 5:58.6 3:52:19 1040
Ekkens 45:03 70.05 14.12 6:15.3 3:50:06 1040
Sanchez 43:32 65.28 14.42 6:01.3 4:44:08 1024
Lambert 41:58 72.89 17.09 5:50.1 4:12:44 086
Prins 40:25 67.80 13.80 5:55.6 dnf disq.
Hunt 41:46 65.73 13.82 6:23.0 dnf disq.
Mulrenin 44:17 81.46 15.35 6:34.4 3:46:42 943
Weston 44:33 75.64 16.21 6:36.2 3:55:01 928
Miller 46:02 72.60 14.94 6:12.6 503:47 890
Payette 4:10 78.11 16.36 6:32.1 4:16:07 890
Morrison 46:12 78.67 15.61 6:35.5 4:19:28 875
Foote 49:00 75.89 15.47 6:56.4 4:17:57 849
Marek 46:59 82.96 17.56 6:40.4 5:05:52 763
Ypma 46:16 86.66 20.03 6:44.3 4:35:36 748
Kaninski 57:11 81.32 18.38 7:43.6 dnf disq.

Heartland Hustle 10K
Davenport, IA; October 1

Overall
Bill Rodgers M40+AR 29:47
Priscilla Welch 34:28
M40 Robert Schlau 31:37
Wayne Vaughn 32:52
Mike Creery 33:22
M45 Stephen Lester 32:17
Fred Betz 34:14
Don VanDell 36:16
M50 Bill Olrich 33:52
William Johnston 34:43
Ron Goudreau 36:11
M55 Leon Fennell 37:27
Warren Systedt 38:48
Leonard Hoffman 39:40
M60 Jim O'Neill 39:35
Peter Beckman 44:38
Bill Kowalysyn 45:20
M70+Ellis Leonard 1:20:35
Jesus Hernandez 1:27:56
W40 Barb Filutze 35:53
Jane Hutchison 36:39
Gabriele Andersen 37:34
W45 Diane Humphrey 39:41
Carol Knapp 46:21
Elaine Dalrymple 47:19
W50 Dolores Albertini 41:25
Marion Kowalski 47:58
Judith Kirchoffer 48:08
W55 Verna Cadmore 53:01
Jo Gonse 54:54
Eleanor Sarver 56:48
W60 Mabel Velse 53:46
Mary Hirl 53:46
Carol Peebles 1:02:11
W70+L Cederstrom 1:24:53
Clair Starr 1:39:04



SOUTHWEST
Mohawk 2 Mile/12K
Tulsa, OK; September 10

--2 Mile-- Overall
D Welch 29 10:05
Paula Leach 10 12:31
M40 Peter O'Neil 10:44
M45 Gerald Doeksen 10:51
M50 Fred Dice 10:56
M55 Richard Thompson 13:21
M60+Nocua McIntosh 12:58
W40 Barbara Manning 12:51
W45 Inez Holloway 18:11
W50 Jo Bennett 17:41
W55 Marilyn Thompson 15:43
W60+ Opal Alexander 17:53
--12K-- Overall
Kevin Mitchell 26 37:36
Susie Meltzer 46:50
M40 Robert Anderson 42:15
M45 Dan Vasicek 45:38
M50 Gerald Glass 44:24
M55 Arturo Melendez 46:54
M60 Jim Elmore 56:11
M65+Jim Smith 49:18
W40 Irene Harvell 55:40
W45 Sharon Cooper 55:08
W50+Pat Reed 1:05:53

Myriad Gardens Road Run
10K
Oklahoma City, OK; October 1

OVERALL
Paul Rugut 29:33
Brenda Webb 34:12
M40-44
Web Loudat 31:58
Deon Dekkers 32:57
Gregg Owings 33:03
M45-49
Dave Williams 33:51
Jim McFadden 36:04
Willis Colwill 37:17
M50-54
Larry Worth 35:43
Edwin Dukes 37:50
John Rockett 38:55
M55-59
Tom Briggs 41:53
Ken Peterson 42:04
Roger Goeller 47:23
M60-64
Jerry Crockett 38:25
Dewey McMickle 45:09
Durel Johnson 49:05
M65-69
Jim Smith 40:39
Lewis Winters 42:13
Ralph Ratcliff 47:30
M70 & Over
Gerald Stibley 53:24
F40-44
Diane Langston 41:34
Barbara Manning 42:35
Sheryl Drevo 44:59
F45-49
Maureen Bixby 38:39
Bette Poppers 42:00
Lynne Taylor 51:22
F50-54
Vera Zenger 46:13
Kathy Moffitt 48:42
Shirley Wilkinson 49:33
F55-59
Janet Chadwick 53:05
Dorothy Akin 56:38
Kay Morrison 01:23
F60 & Over
Jean Benaar 07:21
Betty Windsor 19:35
1366 Finishers

WEST
Legg Lake Evening 5K
So. El Monte, CA; August 11

Overall
Mario Fonseca 25 16:17
Pat Cortes 27 21:36
M40 Jarrett Williams 19:10
M45 Catarino Gonzalez 16:42
M50 Carlos Vega 21:34
M55 Wally Ingram 19:32
M60 Bruce Odou 20:49
M65 Wiley Nelson 25:26
W55 Lillian Esqueda 30:57

Sunset In The Park 2.8 X-C
Huntington Beach, CA
September 1

Overall
Alfredo Viguera 14:07
Helen Lopez 17:52
M40 John Walters 17:45
M45 Ben Jackson 16:39
M50 Juvenal Herrera 18:23
M55 Robert Perry 20:46
M60+Daniel Lujan 21:32
W40 Colleen Helm 25:49
W45 Pamela Lankarani 24:24
W60+Sumi Onodera 25:29

Balboa Park 4 Mile X-C
San Diego, CA; September 3

Overall
Matt Clayton 23 19:31
Sandy Blakeslee 23 23:43
M35 Rory Trup 21:14
M40 Graham Garcia 21:47
M45 Ed Garrity 24:55
M50 Carl Petersen 25:19
M55 Marsh Haraden 27:17
M60 Ted Horner 30:48
M65 Jim McCown 27:43
M70 John Kufferty 34:26
M75 Walt Luettzing 38:59
RW Mike Kelly 42 44:55
W35 Sue Chen 27:05
W40 Joni Pendleton 25:50
W45 Kathy Loper 27:44
W50 Caroline Murray 29:25
W55 Dorothy Stock 28:48
W60 Mary Storey 33:22
W65 Gerry Davidson 35:57
W75 Bess James 45:32

let's face it!
MASTERS throwers



YOU CAN'T BE

A MAC WILKINS A WILLIE BANKS
AN AL FEUERBACH or A YURIY SYEDKH
A TOM PETRANOFF

But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

MAC WILKINS' Gold Medal Discus



"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

YURIY SYEDIKH'S SyberVision Hammer Video



East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. *Winning Hammer Ways* was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video



A video encyclopedia of the javelin throw covers complete instructions on: Drills... Weight Training... Conditioning... Pliometrics... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

COMBINATION DISCUS & SHOT

With both teaching cassettes combined into one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achievers... and at a savings over the cost of two individual cassettes.

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Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

WILLIE BANKS' Banks On Triple Jump



Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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