

TRACK CLUB

NEWSLETTER

Vol. XIV, No. 10 October 20, 1982

JON HERBERT SUCCESSFULLY DEFENDS TITLE, LIZ BULMAN SHATTERS WOMEN'S RECORD WITH 3:00:07, BILL FOX POSTS 2nd BEST AGE 40+ MARK HEART OF AMERICA MARATHON October 10, 1982

Herbert pressed the issue from the outset, building a sizable lead even in the very first mile; developing almost a 150 yard advantage by mile two and steadily increasing the margin until about the 23 mile mark. From that point on it was a struggle for Jon, apparently feeling the effects of five previous marathons this year, including Pike's Peak the middle of August. Bob O'Connell had moved into second place at 5 miles or so and at that 23 mile point he was a good five minutes out of first. But he was moving at a solid sub 6:00 pace and Herbert was beginning to slow. Jon slowed markedly over the last mile and it became a matter of his hanging on. He did and O'Connell ran out of time, although he covered the last 5 miles, 385 yards in 30:48 while Herbert covered the same distance in 33:45. O'Connell, by the way, is in Colorado Springs for a year, so he is getting some workouts at altitude. He, too, had problems in this race-- problems with stomach distress which required a pit stop or two. Robert Steven Cline was comfortably in third most of the race so that for the second year in a row the first three went Herbert, O'Connell and Cline. That gives Cline a second, two thirds and a fifth over the last four years.

LIZ BULMAN shattered the women's record with a magnificent 3:00:07 well under the 3:07:17 posted by Wendy Thomas last year. Thomas was on hand to see her record broken (and to see husband Steve and brother Joe Meyer run), but was unable to contest the women's title since she is some eight months pregnant. Next year may see the first sub 3:00 by a woman.

BILL FOX, a new 40 year old, ran the second fastest race by one so old, beating Dick Hesler's former second fastest mark by 33 seconds. The fastest time ever recorded by a 40+ runner is the remarkable 2:36:07 set by Roger Rouiller in 1979. There's an interesting situation with these 40 year olds. Last year Hessler had just turned 40 and set his mark. This time Fox just turns 40 and lowers that mark. Next year Lou Fritz turns 40. Will he take the #2 time down another notch? Hessler, Fox and Fritz have battled each other for several years in H of A and now they will be doing it as 40 year olds. Speaking of Fritz, he was back for the 18th year in a row and he had his usual fine performance and strong finish, with his second half 3:17 faster than the first half. And, it is much more difficult to turn that second half faster than the first with the change in the way the course is run. It's more difficult because Easley Hill comes two miles into the second half instead of at the end of the first half. A couple of other runners who stormed over the last half were Frank Curotto and Norm Stebbins. In fact, Curotto ran the second half faster than anybody: 1:18:33, one second faster than O'Connell, except for Cline who covered it in 1:17:52. Stebbins was five minutes faster over that last half.

Joe Marks gave a testimonial for two months of rest and a 15 day crash program. Marks had written off H of A because of his foot injury and lack of running for two months. However, with 15 days to go he began testing himself, found that he was ok, so began his 15 day rush to the start of H of A. He obviously did quite well, almost climbing up the back of Dick Hessler.

DAN HOXWORTH won the Dave Schulte Award for Improved Performance with his 2:42:04 compared with the 3:26:27 he had in 1977 when he was 18 years old. Dan's improvement amounted to 295 points based on the Gardner-Purdy tables and a whopping 21.50%. Mike Teel had a 22.23% improvement, but the nod went to Hoxworth because Teel's improvement was only 267 G-P points.

Howard Calkin, the doctor from Oregon, Mo. became the oldest H of A finisher at age 71.

The weather was great except for the strong wind against the runners for most of the first 9 miles. Never before had the temperature been below 50--only twice before was it in the low 50's, '72 & '74, on a Labor Day. But, and this was a problem, and probably prevented faster times, never before had the wind been so strong over the first few miles. Labor Day, historically has been pretty calm.

COLUMBIA

PLACE	NAME	AGE	TOWN	FINAL	1/2WAY	PACE
1	Jon Herbert	32	Springfield	2:34:10	1:15:08	5:34
2	Bob O'Connell	33	Colorado Sprgs	2:35:58	1:17:24	5:54
3	Robert Cline	28	Burlington, Ia.	2:37:23	1:19:31	5:59
4	Frank Curotto	28	Webster	2:39:34	1:21:03	6:03
5	Dan Hoxworth	22	Columbia	2:42:04	1:19:22	6:10
6	Bill Fox	40	Tarkio	2:43:36	1:19:25	6:13
7	Lou Fritz	39	Verdon, Neb	2:44:21	1:23:49	6:15
8	Mark Volek	27	Columbia	2:47:45	1:24:17	6:22
9	Norman Stebbins	36	Columbia	2:48:53	1:26:56	6:24
10	Jim Hyde	37	Springfield	2:50:08	1:23:49	6:29
11	Dick Hessler	42	Columbia	2:51:25	1:24:30	6:31
12	Joe Marks	45	Columbia	2:52:09	1:26:27	6:33
13	Steve Tomas	31	Evansville	2:54:13	1:23:17	6:38
14	Gale Carman	35	Columbia	2:55:44	1:26:20	6:40
15	Mike Green	38	Bowling Green	2:55:07	1:27:21	6:40
16	Joseph Meyer	23	Evansville	2:57:01	1:23:17	6:45
17	David Johns	26	Columbia	2:59:40	1:27:18	6:49
18	Dick Babcock	40	Springfield	2:59:53	1:29:58	6:49
19	Liz Bulman	23	Columbia	3:00:07	1:29:56	6:51
20	Tom Goss	38	Springfield	3:02:22	1:31:04	6:56
21	Druery Dixon	29	Columbia	3:02:47	1:29:20	6:56
22	Michael Teel	28	Columbia	3:04:47	1:30:27	7:01
23	Dick Madsen	40	Columbia	3:04:56	1:31:34	7:01
24	Lawrence O'Brien	33	Ashland	3:05:20	1:32:18	7:03
25	Dean Baxter	46	Columbia	3:05:24	1:28:54	7:03
26	Joe Goldfarb	42	Columbia	3:05:52	1:31:34	7:03
27	Andy Kovats	19	Springfield	3:06:01	1:28:37	7:05
28	James Maxwell	28	Columbia	3:06:22	1:33:05	7:05
29	Jim Gallogly	36	St. Louis	3:10:36	1:36:18	7:14
30	David Cundiff	44	Hattiesburg, MS	3:10:46	1:30:00	7:14
31	Wayne Olson	40	St. Charles	3:10:59	1:39:00	7:14
32	Tom Moore	24	Columbia	3:12:32	1:39:25	7:19
33	Mark Hosler	35	Columbia	3:12:32	1:30:30	7:19
34	Paul Kmiecik	28	Mauston, Wis	3:12:33	1:35:20	7:19
35	Mike Koonse	32	Boonville	3:13:27	1:39:31	7:21
36	Robert Bish	43	Oklahoma City	3:14:08	1:36:02	7:24
37	Mark Lanier	34	Columbia	3:14:19	1:41:24	7:23
38	Nick Romano	34	Columbia	3:14:19	1:29:02	7:23
39	Mike Walther	25	Columbia	3:14:36	1:37:16	7:23
40	Mark Castelli?	24	Arnold Mo.	3:14:40	1:33:25	7:24
41	Dennis Hall	43	Lecoma, MO	3:15:43	1:39:31	7:26
42	Paul Weaverling	26	Columbia	3:15:55	1:34:46	7:26
43	Bill Goldkamp	31	Columbia	3:16:00		7:28
44	James Carroll	31	Columbia	3:16:51	1:39:14	7:28
45	Clarence Coats	34	Columbia	3:17:28	1:36:00	7:30
46	Richard Linn	30	Gilmore City, IA	3:17:55	1:34:23	7:31
47	Terry Kruse	35	Russellville MO	3:18:22	1:33:20	7:33
48	Gregory Prante	20	St. Peters	3:18:34	1:40:50	7:33
49	David Walker	38	Columbia	3:18:58	1:42:26	7:33
50	Courtney Jones	37	Kirkwood	3:19:03	1:32:34	7:35
51	Tom Edes	28	Columbia	3:19:12	1:36:04	7:35
52	Robert McDavid	35	Columbia	3:22:49	1:39:58	7:42
53	Stephen Young	35	Jefferson City	3:23:00	1:35:20	7:44
54	David Mountjoy	28	Columbia	3:23:17	1:43:04	7:44
55	Patrick McCoy	29	St Charles	3:23:52	1:39:09	7:44
56	Jack Goldkamp	33	St Charles	3:23:53	1:39:09	7:45
57	Jerry Coffman	33	Columbia	3:24:42	1:41:57	7:46
58	Tom LaFontaine	35	Columbia	3:24:42	1:41:55	7:46
59	Pat O'Laughlin	33	Columbia	3:24:45	1:	7:47
60	Don Johnson	54	Centralia	3:25:12	1:35:17	7:49
61	Elmer Schlemper	43	Columbia	3:25:58	1:39:14	7:49
62	John Killingsworth	38	Republic, MO	3:26:23	1:34:50	7:51
63	David Johnston	28	Rolla	3:26:55	1:38:44	7:52
64	Mark Yanoski	28	Columbia	3:29:03	1:42:04	7:56
65	Douglas Ray	40	St. Louis	3:29:12	1:42:26	7:58

66	Mark Dopp	25	Columbia	3:29:12	1:47:22	7:58
67	Tom King	33	Columbia	3:30:24	1:42:31	8:00
68	John Wilke	37	Columbia	3:30:26	1:40:58	8:00
69	Dick Hoff	55	Columbia	3:32:32	1:42:26	8:05
70	Mikhael Cloud	25	Columbia	3:34:16	1:41:16	8:09
71	Susan Mokhtari	28	Columbia	3:34:41	1:40:00	8:09
72	Chris Ruble	28	Columbia	3:34:47	1:45:04	8:10
73	Jill Stahlhut	24	Fulton	3:34:47	1:45:04	8:10
74	Richard Crislip	41	Belleville, Ill	3:35:17	1:39:10	8:22
75	Lee Roy Sevier	37	Bowling Green	3:36:41	1:42:31	8:14
76	Susan Mathews	25	Columbia	3:37:18	1:42:56	8:16
77	David Plummer	37	Jefferson City	3:38:13	1:38:54	8:19
78	Mario Urbanaja	42	Columbia	3:38:45	1:49:18	8:19
79	Don Ballenger	40	Columbia	3:40:50	1:45:50	8:23
80	George Hohenstreet	47	Lilburn, MO	3:40:56	1:51:04	8:23
81	John Ostroot	25	Columbia	3:42:15	1:35:17	8:28
82	David Sleper	37	Columbia	3:42:23	1:50:40	8:28
83	Ted Harris, Sr	47	Bridgeton, MO	3:42:49	1:42:04	8:23
84	Ron Tauchen	28	Columbia	3:42:55	1:46:36	8:29
85	Mishael Hoover	40	St Joseph	3:43:33	1:45:13	8:31
86	Penny Gallogly	35	St. Louis	3:43:50	1:56:34	8:32
87	Don Waltman	47	Louisiana, MO	3:44:05	1:48:42	8:32
88	David Kimberling	33	Columbia	3:46:53	1:	8:38
89	Ken Snow	33	Columbia	3:47:30	1:50:58	8:39
90	Carolyn Wilson	44	St. Louis Mo.	3:47:59	1:47:02	8:40
91	John Hamilton	39	Columbia	3:48:28	1:46:14	8:42
92	Regan Thomas	35	Columbia	3:48:29	1:46:10	8:42
93	Charles Barnhart	57	West Plains	3:48:50	1:49:32	8:42
94	Gary Smith	36	Houston, MO	3:48:51	1:49:33	8:42
95	Scott Lincoln	31	Columbia	3:49:05	1:47:45	8:44
96	Michael Asbury	43	St Louis	3:54:22	1:57:32	8:55
97TIE	Sherry March	42	Hale, MO	3:54:51	1:49:16	8:56
98TIE	Joe Sportsman	49	Marceline	3:54:51	1:	8:56
99	Shanka Banerji	46	Columbia	3:55:21	1:53:08	8:58
100	Chuck Matthews	34	Columbia	3:55:26	1:52:20	8:58
101	Verle Muhrer	42	Kansas City MO	3:56:01	1:57:32	9:00
102	Sue Haden	41	Ladue, MO	3:57:40	1:47:00	9:02
103	Tony Arnold	40	Grenada, MISS	3:58:15	1:53:01	9:05
105	Bob Riggs	22	Columbia	3:58:47	1:51:02	9:05
105	Daniel Reed	43	Jefferson City	3:59:19	1:52:42	9:07
106	Rocky Gullardo	21	Columbia	3:59:35	1:55:18	9:07
107	Mark Stolzer	26	Columbia	4:09:35	1:	9:30
108	Greg Critchfield	25	Columbia	4:09:35		9:30
109	Barton McMillen	26	N Little Rock	4:11:02		9:34
110	Robert Blake, Jr	37	Columbia	4:11:02		9:34
110	Perry Gustafson	38	Columbia	4:14:06		9:41
112	John Gallenot	24	Columbia	4:15:51		9:44
113	Bob Dolphin	53	Columbia	4:16:15		9:45
114	Richard Theriault	33	Kirksville	4:18:16		9:50
115	Dick Swindler	38	Lawrence KS	4:19:35		9:53
116	Tryge Veum	42	Columbia	4:21:44	9:57	9:57
117	Howard Calkin	71	Oregon, MO	4:23:13		10:02
118	Eric Bader	23	Columbia	4:29:56		10:15

As usual, we had a lot of people giving us tremendous support in the administration of this race. Joyce Schulte figures that at least 85 people helped out in some way. However, I want to personally recognize a few people. Jim and Vonn Walter (under the supervision of Ben Londeree) began working before anybody else. It was they, particularly Vonn, who measured, remeasured and remeasured again (in fact a total of seven times) and marked the course. There is no question but that it is accurate. Before next year Vonn will have a detailed map, all of this a Boy Scout project for him. Mike Koonse is responsible for the beautiful mile markers. Ingrid Ballenger masterfully directed the Aid Station operation. Anne Hessler took care of the fruit and goodies, Joyce Schulte did her usual multi-faceted roles, Rob and Veva Spier took care of the finish line through a few trying moments, Dave Parker stayed around longer than anyone in the clean-up operation.

And, of course, to SHELTER INSURANCE COMPANIES, we say "THANKS" to them, the major financial contributors. And to the UMC Athletic Dept. for the use of Memorial Stadium.

The shirts this year were designed by Amy Pfefer. If anyone has ideas for the design for next year's shirt then please go to work on it and let us see what you have.

HEART OF AMERICA MARATHON 3 mile splits (except for 24 miles, we ran out of timers) for all those under 3 hours and all CTC members:

PLAGE	3	6	9	12	15	18	21	FINAL
1.	16:46	34:15	51:09	1:08:32	1:26:00	1:43:02	2:00:25	2:34:10
2.	17:30	35:24	52:41	1:10:38	1:29:00	1:46:46	2:05:10	2:35:58
3.	17:34	35:58	53:00	1:12:21	1:31:36	1:49:10	2:06:38	2:37:23
4.	18:26	37:19	55:17	1:14:10	1:32:45	1:50:43	2:08:29	2:39:34
5.	18:00	36:16	54:05	1:12:21	1:31:00	1:49:06	2:07:24	2:42:04
6.	17:17	35:50	53:50	1:12:29	1:31:15	1:50:07	2:09:17	2:43:36
7.	18:26	38:00	57:20	1:16:42	1:35:50	1:54:12	2:12:35	2:44:21
8.	19:08	38:36	57:30	1:16:54	1:36:32	1:55:28	2:14:13	2:47:45
9.	20:01	40:20	59:40	1:19:45	1:38:53	1:57:39	2:16:16	2:48:53
10.	19:20	38:34	57:20	1:16:42	1:36:01	1:55:13	2:14:48	2:50:08
11.	18:26	38:00	57:21	1:17:00	1:37:15	1:56:37	2:16:10	2:51:25
12.	19:20	39:27	58:53	1:19:03	1:39:14	1:58:47	2:18:24	2:52:09
13.	18:26	38:01	56:40	1:16:04	1:36:00	1:56:06	2:17:57	2:54:53
14.	19:10	39:26	58:54	1:19:00	1:39:13	1:58:47	2:18:42	2:55:44
15.	19:40	40:18	58:56	1:19:48	1:40:29	2:00:38	2:20:48	2:56:07
16.	18:26	38:01	56:40	1:16:04	1:36:00	1:56:06	2:17:58	2:57:01
17.	19:30	40:14	59:40	1:19:45	1:40:34	2:00:53	2:21:51	2:59:40
18.	19:40	40:20	1:00:08	1:21:53	1:43:15	2:03:26	2:23:20	2:59:53
19.	19:59	40:55	1:01:40	1:22:12	1:43:15	2:03:33	2:24:08	3:00:07
21.	20:27	41:38	1:01:35	1:21:14	1:41:47	2:01:25	2:22:45	3:02:47
22.	19:48	40:40	1:01:50	1:22:46	1:44:10	2:05:03	2:26:30	3:04:47
23.	19:59	40:42	1:01:52	1:23:19	1:45:13	2:06:38	2:27:51	3:04:56
24.	19:52	41:28	1:02:45	1:24:02	1:46:14	2:06:52	2:27:50	3:05:20
25.	19:45	40:00	1:00:07	1:20:51	1:42:24	2:03:37	2:25:15	3:05:24
26.	20:01	41:12	1:01:50	1:23:19	1:45:22	2:06:38	2:27:50	3:05:52
32.	21:50	46:18	1:08:35	1:31:10	1:53:57	2:15:06	2:35:58	3:12:32
32t.	21:50	46:18	1:08:34	1:31:10	1:53:57	2:15:06	2:35:58	3:12:32
35.	20:42	42:40	1:05:11	1:27:35	1:50:22	2:12:26	2:34:19	3:13:27
37.	22:40	46:25	1:09:10	1:32:25	1:56:18	2:17:35	2:38:05	3:14:19
39.	20:50	42:45	1:05:48	1:28:51	1:51:16	2:13:33	2:36:05	3:14:36
4 .	22:32	45:53	1:08:12	1:31:07	1:54:00	2:14:58	2:36:42	3:15:43
4 .	20:52	43:36	1:05:16	1:27:40	1:50:37	2:12:10	2:34:20	3:17:28
5 .	20:40	44:28	1:05:09	1:27:04	1:50:03	2:12:28	2:37:32	3:23:00
5 .				1:32:20	1:57:18	2:20:32	2:43:47	3:24:42
6 .	22:11	46:22	1:09:10	1:32:20	1:56:20	2:18:40	2:41:35	3:25:12
6 .	20:42	43:33	1:06:10	1:29:44	1:54:14	2:17:33	2:41:30	3:25:58
6 t.	24:00	49:09	1:12:58	1:37:54	2:02:33	2:25:21	2:48:45	3:29:12
6 .	22:20	46:28	1:08:40	1:32:30	1:57:39	2:21:23	2:46:35	3:30:26
	22:35	46:14	1:09:10	1:33:11	1:59:00	2:23:19	2:48:45	3:32:32
7 .	21:18	44:28	1:06:50	1:30:57	1:55:03	2:19:48	2:45:52	3:34:41
7 t.	23:11	47:35	1:11:29	1:35:40	2:02:06	2:25:55	2:50:53	3:34:47
7 t.	23:11	47:35	1:11:29	1:35:40	2:02:06	2:25:55	2:50:53	3:34:47
7 .	22:40	44:42	1:06:26	1:30:15	1:54:18	2:18:51	2:45:45	3:38:13
7 .	24:12	48:32	1:12:42	1:36:00	2:02:06	2:26:30	2:51:30	3:40:50
8 .	22:38	50:36	1:15:18	1:41:10	2:07:47	2:32:54	2:58:30	3:42:23
8 .	22:25	47:15	1:12:07	1:38:31	2:06:00	2:31:42	2:57:40	3:44:05
8 .	24:30	51:10	1:15:22	1:41:17	2:07:32	2:32:41	2:59:02	3:47:30
9 .	24:05	48:24	1:12:42	1:37:04	2:03:16	2:28:13	2:54:27	3:48:29
9 .	24:44	51:00	1:16:14	1:42:24	2:09:39	2:34:38	3:00:54	3:55:26
1 .	24:32	50:35	1:16:00	1:42:29	2:10:36	2:37:37	3:04:05	3:59:19
1 .	27:29	56:36	1:25:02	1:53:45	2:21:53	2:49:46	3:17:19	4:09:35
11 .	22:40	48:31	1:14:27	1:44:19	2:14:56	2:44:47	3:17:25	4:16:15

THE WEATHER October 10, 1982:

Time DT, AM	Temp.	Humidity	Wind Speed	Wind Direction	Cloud Cover	Precipitation
6:00	48	80%	10	SW	0%	0.00
7:00	48	80	12	SW	0	0.00
8:00	49	77	12	SW	0	0.00
9:00	52	71	16	SW	0	0.00
10:00	55	66	17 G to 23	SW	70	0.00
11:00	54	69	17 G to 23	SW	100	0.00

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FIVE MILE RACE FOR MIZZOU TRACK October 3, 1982

PLACE	NAME	TOWN	AGE	TIME					
1	STEVE FISCHER	COLUMBIA MO	27	25:51.4	47	ALLEN GARVERICK	COLUMBIA	--	34:56.6
2	FRED V. KLINGE	COLUMBIA MO	23	26:44.2	48	ROBERT SAFRON	COLUMBIA	18	34:58
3	DENNIS RAY BAUMSTARK	HERMANN MO	27	26:44.7	49	JOHN REINISCH	COLUMBIA	38	34:58.5
4	DAN WHEELER	COLUMBIA	22	27:12.6	50	THOMAS ELLIOTT	COLUMBIA	31	35:08.3
5	JIM MARSHALL	COLUMBIA	24	27:34.7	51	KELLY F. IDEL	JEFF CITY	14	35:08.9
6	JOEL MARTIN KLINGE	COLUMBIA	21	28:10.5	52	--- FOULKE	COLUMBIA, MO	29	35:20.5
7	JOHN D. LINDER	COLUMBIA	28	28:40.7	53	JILL STAHLHUT	FULTON, MO	24	35:28.8
8	LARRY DOERING	COLUMBIA	25	29:12.8	54	ANDREW B. WARD	COLUMBIA, MO	26	35:52.6
9	DONALD LEWIS	COLUMBIA	46	29:47.6	55	JOHN MURPHY	COLUMBIA, MO	19	36:09.8
10	RICHARD M. HESSLER	COLUMBIA	41	29:54.9	56	WENDY P. HAGER	COLUMBIA, MO	20	36:23.2
11	THOMAS MOORE	COLUMBIA	24	29:58.7	57	MITCHELL AGUILAR	-----	24	36:42.5
12	MARK JOHNSON	JEFF CITY	29	30:24.9	58	SUSAN BOYLE	COLUMBIA, MO	39	36:48.7
13	FRANK FAVA	COLUMBIA	20	30:29.4	59	THANH NGUYEN	COLUMBIA, MO	19	36:52
14	WHITNEY HICKS	COLUMBIA	47	30:38.0	60	MARK JACKSON	COLUMBIA, MO	23	36:54.8
15	ROBERT FAVA	COLUMBIA	18	30:48.0	61	BOB STROM	COLUMBIA, MO	36	36:57.9
16	WAYNE W. HUCKSOLD	COLUMBIA	30	30:58.7	62	DAN M. SCHUPPAN	COLUMBIA, MO	37	37:03.2
17	CHRIS M. ZINSELMEIER	COLUMBIA	20	31:05.3	63	MICHAEL BASISTA	NEW FRANKLIN, MO	37	37:07.2
18	DAVID W. JOHNS	COLUMBIA	26	31:15.3	64	JEFF RATH	COLUMBIA, MO	28	37:10.8
19	DAVID L. PARKER	COLUMBIA	36	31:42.1	65	FRED HETTIG	LESLIE, MO	45	37:11.3
20	THOMAS J. SCHRADER	COLUMBIA	18	31:46.5	66	DAVID STAUSS	COLUMBIA, MO	34	37:18.2
21	WILLIAM HIGH	KANSAS CITY	19	31:53.2	67	BILL HENRY	COLUMBIA, MO	34	37:31.2
22	JOE MARKS	COLUMBIA	45	31:58.9	68	KEVIN MULLIGAN	FULTON, MO	29	37:51.3
23	DOUGLAS D. WALTMAN	COLUMBIA	21	32:14.4	69	BRYANT	FULTON, MO	34	37:54
24	RICHARD LINN	COLUMBIA	30	32:25.1	70	KENNETH R. SNOW	COLUMBIA, MO	33	37:56.8
25	JOE KURTH	COLUMBIA	35	32:36.6	71	H. M. LITTLE	COLUMBIA, MO	35	38:03
26	TERY L. KRUSE	RUSSELVILLE	35	32:40.0	72	NEAL PERLMUTTER	COLUMBIA, MO	25	38:14.6
27	TIM GIBSON	COLUMBIA	11	32:45.5	73	JEAN MADDEN	COLUMBIA, MO	55	38:15.3
28	DAVID W. MOUNTJOY	COLUMBIA	28	32:55.9	74	JAMES DENNY	HARTSBURG	39	38:40
29	DAN L. PIERCE	COLUMBIA	28	32:59.4	75	DAVID CHAMBERLAIN	COLUMBIA, MO	19	38:41.4
30	MICHAEL C. TEEL	COLUMBIA	28	33:00.2	76	CHARLES PATTERSON	COLUMBIA, MO	29	39:28.7
31	RODDY RIDEOUT	COLUMBIA	18	33:00.9	77	EUGENE RIPPER	COLUMBIA, MO	31	39:34
32	CIARON CLARK	COLUMBIA	21	33:16.8	78	J. PERRY GUSTAFSON	COLUMBIA, MO	33	39:52.9
33	GERALD HIGH	KANSAS CITY	21	33:17.1	79	HARRY BISH	HERMANN, MO	54	39:53.6
34	MIKE GOLDMAN	COLUMBIA	18	33:46.2	80	SANDRA L. SAURERS	COLUMBIA, MO	18	39:59.9
35	MARK E. COHEN	COLUMBIA	19	33:46.3	81	DAWN GENTRY	COLUMBIA, MO	21	40:12.1
36	SHEP FUNDERBURK	COLUMBIA	40	33:46.5	82	ALBERT STRICKER	HOLTS SUMMIT, MO	42	40:14.6
37	WADE HILDEBRAND	COLUMBIA	21	33:53.0	83	MARY LYNN BISH	HERMANN, MO	34	40:21.6
38	MICHAEL CHIPPENDALE	COLUMBIA	42	34:01.3	84	DONALD LEE HOSTETTER	COLUMBIA, MO	41	40:49.2
39	JOE O'REILLY	JEFF CITY	29	34:07	85	GRACE DORTA	NEW FRANKLIN, MO	26	41:01.6
40	PAUL G. KLINGE	ST. PAUL, MN	32	34:09.1	86	DIANE B. MOUNTJOY	COLUMBIA, MO	27	41:31.6
41	Bob McDAVID	COLUMBIA	35	34:14.2	87	RUTH Z. PARKER	CENTRALIA, MO	29	41:45.2
42	CHRIS L. WHITE	COLUMBIA	20	34:21.9	88	JOHN M. LINK	COLUMBIA, MO	34	41:55.9
43	DOUGLAS R. TASKER	COLUMBIA	27	34:36.0	89	MARK J. JAEGER	COLUMBIA, MO	25	42:12.1
44	BILL WIECEK	COLUMBIA	44	34:47.0	90	TERRI PROOS	COLUMBIA, MO	23	42:16.0
45	RON L. SCOUNCE	COLUMBIA	20	34:53.2	91	JERRY SNAJDER	COLUMBIA, MO	40	42:21.5
46	STEVEN W. RUEBEN	COLUMBIA	20	34:55.9	92	SHIRLEY A. PIERCE	COLUMBIA, MO	28	42:25.2

FIVE MILE RACE FOR MIZZOU TRACK continued. . .

93	ROBERT AISWORTH	COLUMBIA, MO	42	42:26.8
94	DORIS QUEUREAUX	ST. LOUIS, MO	45	42:29.1
95	LEWIS GARROTTO	COLUMBIA, MO	45	42:49.2
96	DANIEL THOMAS LEESE	COLUMBIA, MO	23	43:13.6
97	MARY SLIVINSKY	COLUMBIA, MO	41	43:15.9
98	S. GRANT LEESE	DES MOINES, IA	22	43:18.4
99	RICHARD A. DUFFNER	MEXICO, MO	34	43:20.8
100	JOHN SEALISE		11	43:28.2
101				44:09.2
102	LAURIE M. HACHTEL	COLUMBIA, MO	19	44:09.8
103	BRENDA N. COATS	COLUMBIA, MO	31	44:22.8
104	KAREN S. ROLPH	COLUMBIA, MO	20	44:26.1
105	JIM M. SCHLUP	AUXVASSE, MO	21	44:44
106	MARK BRUENGER	JEFF CITY, MO	29	44:58.8
107	RUSSELL K. GISH	JEFF CITY, MO	26	45:23.0
108	DAUN GOODING	COLUMBIA, MO	18	45:24.7
109	RONALD G. BURGESS	COLUMBIA, MO	46	45:27.4
110	BRENT PARKE	COLUMBIA, MO	55	46:06.4
111	CATHY ELIERS	MEHLVILLE, MO	26	46:17.1
112	JAMES CALLAHAN	ST. LOUIS, MO	56	46:21.7
113	ANN H. HARTLEY	UNION, MO	41	46:24.7
114	JIM SIGNAIGO		27	46:25.0
115	PIPER DuVALL	COLUMBIA, MO	19	46:31.3
116	MICHELLE NARRON	COLUMBIA, MO	18	47:03.0
117	LEON STUCKEN-SCHMIDT	COLUMBIA, MO	39	47:13.9
118	MELANIE EDEN	COLUMBIA, MO	21	47:19.5
119	MARQUERITE C. MAHOOD	COLUMBIA, MO	20	47:32.2
120	CATHY HENRY	COLUMBIA, MO	32	47:58.4
121	MARK STEVENSON	COLUMBIA, MO	32	47:58.7
122	JEANINE L. ELLIOTT	COLUMBIA, MO	45	48:04.7
123	RENEE KAREN REZAC	COLUMBIA, MO	19	48:05.3
124	TERRI SPEISER	COLUMBIA, MO	21	48:22.5
125	KAREN KAY HENDRICKSON	COLUMBIA, MO	18	48:30.4
126	STEPHEN L. JACKSON	COLUMBIA, MO	21	49:19.9
127	DONNA RUTH HALEY	COLUMBIA, MO	33	49:20.2
128	PAT S. VANBOOVEN	COLUMBIA, MO	43	49:20.6
129	SUZANNE MARIE ROGERS	COLUMBIA, MO	20	52:30.2

SIX YEARS AGO--A LOOK AT YESTERDAY'S HEROES

- October 2, 1976 8 Mile Run: 1. John Wellerding 42:00 2. Doug Clark 44:05, 3. Dick Hessler 45:11, 4. Ben Londeree 46:30. . .10. Joe Marks 49:24. . .14. Turk Storvick. . .18. Wesley Paul, 7, 56:32 & 10 others.
The Walk: 1. Jim Breitenbucher 1:13:45, 2. Augie Hirt 1:13:52 (one week after his 100 miler). . . 4. Rob Spier 1:29:40, 5. William Taft 1:39:11
- October 9, 1976 Two Mile Cross Country Run: 1. Dennis Stewart 10:43, 2. Denton Childs 11:01, 3. Don Lewis 11:08. . . 5. Ben Londeree 11:25, 6. Tom Hinckley 11:34. . . 13. Joe Marks 12:13, 14. Turk Storvick 12:22. . . 20. Wesley Paul 13:20, 21. Ailo Paul 13:22. . . 24. Doug Duncan 13:48. . .26. Jim Gibson 14:17, 27. Matt Gibson 15:09, 28. Steve Gibson 15:10 29. Peter Hessler 16:40
- October 16, 1976 Five Mile Cross Country: 1. Charlie Gray 26:45, 2. Tom Logan 26:59. . .7. Walt Renaud 28:22. . .13. Don Lewis 29:21, 14. Tom Hinckley 30:06. . .19. Mike Chippendale 31:15. . .21. Jim Schutt 31:44 . . .24. Mark Landrum 32:11. . .26. Turk Storvick 32:38. . .29. Olen Brown 34:48
- October 23, 1976 MVAU 30 Kilo Walk: 1. Augie Hirt 2:45:31, 2. Jerry Young 2:50:34. . .4. Leonard Busen 3:06:10, 5. Bob Chapin 3:08:06, 6. Bob Young 3:17:15 . . .8. Rob Spier 3:23:59, 9. Bob Gragg 3:46:55
- October 30, 1976 Two Mile Cross Country (Gustin) 1. Don Harmon 9:27, 2. Dennis Stewart 10:06. . .4. Ben Londeree 10:38, . . .6. Augie Hirt 10:57. . .8. Whitney Hicks 11:03 9. Mike Chippendale 11:10. . .11. Dick Hessler 11:24, 12. Mark Landrum 11:25, 13. Turk Storvick 11:43. . .17. Doug Duncan 12:28, 18. Al Garverick 12:40, 19. Joe Duncan 12:50. . .24. Theresa Knapp 15:46

MEXICO, MO. 4 MILE SOYBEAN RUN

PLACE	AGE GROUP	TIME
① Robert Goodrich	Male 30-39	21:13
2. Kirby Finders	Male 19-29	21:56
3. Terry Yeater	Male 30-39	22:21
4. Greg Bleigh	Male 19-29	22:37
⑤ Tom Moore	Male 19-29	22:43
⑥ Bruce Maxey	Male 19-29	22:58
7. Terry Bleigh	Male 19-29	23:01
⑧ Richard L. Huse	Male 30-39	23:09
9. Matthew Brown	Male 19-29	23:20
10. Todd Beamerson	Male 18 and under	23:41
⑪ Mark Hasler	Male 30-39	23:47
⑫ Joe Marks	Male 40-49	24:19
⑬ Bud Brink	Male 40-49	26:32
14. James Gardner	Male 30-39	27:03
15. Jim Enlow	Male 18 and under	27:07
16. Revin Mulligan	Male 20-29	28:41
17. Steve Castaneda	Male 18 and under	28:45
18. Paul Eikel	Male 18 and under	28:46
19. David Crawford	Male 30-39	29:01
20. Kenneth Bryant	Male 30-39	29:31
21. Steve Griene	Male 18 and under	29:58
22. Merle Langford	Male 50 +	30:34
23. Dennis Elya	Male 19-29	31:04
24. Debbie Wilson	Female 30-39	31:11
25. Joleen Finders	Female 19-29	31:21
26. Justen Wilson	Male 18 and under	31:28
27. Tom Parsons	Male 50 +	31:29
28. Michael Lacknee	Male 19-29	31:33
29. Richard Duffner	Male 30-39	31:43
30. Russell Gish	Male 19-29	31:51
31. Brad Sinkclear	Male 19-29	31:56
32. Cindy Grosse	Female 19-29	31:57
33. Keena Gallop	Female 30-39	32:01
34. Suzette Heiman	Female 30-39	32:06
35. Craig Campbell	Male 30-39	32:19

4th ANNUAL STADIUM RUN - September 25, 1982

POA	AGE	HOMETOWN	HANDICAP	ACTUAL
1. Polly Peacock	38(F)	Ladue, Missouri	27:12	36:42
2. Walter Bauer	57	University City, Missouri	28:10	37:40
3. Wesley Paul	13	Overland Park, Kansas	29:31	35:31
4. Pat Gallagher	57	St. Louis, Missouri	29:33	39:03
5. Joe Murphy	8	Olney, Illinois	29:36	41:06
6. John Bralowski	67	St. Louis, Missouri	30:00	44:30
7. Larry Patterson	67	St. James, Missouri	30:07	44:37
8. Rob Murphy	11	Olney, Illinois	30:30	38:30
9. Tom Ott	22	St. Louis, Missouri	30:35	31:05
10. Bob Howard	51	St. Louis, Missouri	30:51	37:51
11. Norm Colter	51	Kirkwood, Missouri	30:55	37:55
12. Tim Gibson	11	Columbia, Missouri	31:00	39:00
13. Bill Schmitt	60	Godfrey, Illinois	31:26	42:26
14. Sharon McPherron	44(F)	St. Louis	31:28	43:28
15. Don Johnson	54	Centralia, Missouri	31:32	40:02
16. Jack Gentry	54	Rolla, Missouri	31:40	40:10
17. Richard Martin	50	Columbia, Missouri	31:47	38:17
18. Bill Stewart	48	Clayton, Missouri	31:47	37:17
19. Andy Marcec	51	Carbondale, Illinois	31:50	38:50
20. Randy Henderson	26	Creve Coeur, Missouri	31:52	31:52
21. Dick Hessler	41	Columbia, Missouri	32:01	35:31
22. Les Myers	27	St. Louis, Missouri	32:07	32:07
23. Herb Tyson	56	St. Louis, Missouri	32:10	41:10
24. Ernie Hirschfeld	55	Ellisville, Missouri	32:13	41:13
25. Dick Johnson	42	Lincoln, Illinois	32:18	35:48
26. Denis Baumstark	27	Hermann, Missouri	32:20	32:20
27. Ron Ayers	23	Overland, Missouri	32:27	32:57
28. Joy Gilbert	44(F)	Cape Girardeau, Missouri	32:29	44:29
29. Leo Epstein	50	St. Louis, Missouri	32:35	39:05
30. Jac Griswold	52	Ballwin, Missouri	32:39	40:09
31. Whitney Hicks	47	Columbia, Missouri	32:43	37:43
32. Bill Ames	40	Godfrey, Illinois	32:45	35:45
33. Rick Fernandez	26	St. Louis, Missouri	32:46	32:46
34. Hugh Steavenson	72	Elsberry, Missouri	32:54	49:54
35. Ron French	19	Mattoon, Illinois	32:54	34:24
36. Steve Heifetz	11	Clayton, Missouri	32:55	40:55
37. James L. Corey	59	Florissant, Missouri	32:56	43:06
38. Muggs Colter	28(F)	Kirkwood, Missouri	33:00	41:00
39. Gary Stucke	36	St. Clair, Missouri	33:03	35:03
40. Ray Maxwell	60	Bellefonte, Illinois	33:06	44:06
41. Sue Haden	41(F)	Ladue, Missouri	33:07	44:07
42. Ken Feigenbutz	34	Granite City, Illinois	33:10	34:40
43. Barbara Currinder	44(F)	St. Louis, Missouri	33:15	45:15
44. Cynthia Holmes	33(F)	St. Louis, Missouri	33:16	42:16
45. Dottie Gray	57(F)	Kirkwood, Missouri	33:22	50:00
46. Andy Schroeder	15	Orion, Illinois	33:23	37:23
47. Tom McFadden	13	St. Charles, Missouri	33:27	39:27
48. Joseph B. Grantham	24	Prairie Village, Kansas	33:28	33:28
49. Dave Barry	41	Crestwood, Missouri	33:29	36:59
50. Darrell Smith	51	Erie, Illinois	33:29	40:29
51. Raymond Battistini	30	St. Louis, Missouri	33:30	34:00
52. Jerome Schroeder	14	Orion, Illinois	33:36	38:36
53. Janice Burnett	48(F)	Bridgeton, Missouri	33:37	47:07
54. Don Frey	57	Moberly, Missouri	33:39	43:09
55. Ted Harris	47	Bridgeton, Missouri	33:40	38:40
56. Joseph N. Windham	46	Pacific, Missouri	33:41	38:11
57. Steve McFadden	13	Imperial, Missouri	33:42	39:42
58. Peter Hessler	13	Columbia, Missouri	33:43	39:43
59. Tim Melton	10	St. Louis, Missouri	33:45	43:15
60. Gary Gilbert	49	Cape Girardeau, Missouri	33:46	39:46
61. Betty Benkert	53(F)	Kirkwood, Missouri	33:50	49:50
62. George Burr	42	Fenton, Missouri	33:53	37:23
63. Orlyn Skrien	41	Bel Nor, Missouri	33:54	37:24
64. Carolyn Wilson	44(F)	St. Louis, Missouri	33:55	45:55
65. Dawn Calabrese	13(F)	St. Peters, Missouri	33:57	43:27
66. Jim Minor	25	St. Louis, Missouri	33:59	33:59
67. Bud Schneider	25	Bellefonte, Illinois	34:01	34:01
68. Walter Eversman	45	Rolla, Missouri	34:03	38:33
69. Bob Milam	37	St. Louis, Missouri	34:05	36:05
70. Dennis Hall	43	Lecoma, Missouri	34:06	38:06
71. Glenn Powers	29	Clayton, Missouri	34:07	34:37
72. Rich Friedlander	38	Maryland Heights, Missouri	34:08	36:38
73. Neil Emerson	64	Collinsville, Illinois	34:10	47:10
74. George Abbe	62	Florissant, Missouri	34:13	46:13
75. Thomas Wolfe	34	Bellefonte, Illinois	34:15	35:45

BOB DOLPHIN ran the Heart of America Marathon in 4:16:15, but that was just the climax of a two weeks which found Bob running the America's Marathon in Chicago on September 26 and then the big one the following Sunday, also in Chicago. The big one was the 50, 100 kilo ultra-marathon. In the marathon Bob was just under four hours. In the ultra (the same race Joe Marks did last year) Bob was 4:10 at the marathon mark and 9:25 for 50 miles. Being under 9:30 allowed him to go on to 100 K which he did, finishing that in 13:00:43. Bob is a likely candidate for the 100 mile walk; he's the proper age and certainly demonstrates the required mental perserverance.

SCHEDULE OF EVENTS

- NOVEMBER 7 Sunday 40 Kilometer Walk Shelter Insurance course
7:30 AM
- 20 Saturday 9:00 AM 20 kilometer walk Hilton Inn course
THE 20 KILOMETER RUN AND THE 10 KILOMETER RUN LISTED
FOR THAT DAY ON THE MASTER SCHEDULE ARE CANCELLED!!
- 21 Sunday 1:00 PM MISSOURI TURKEY TROT Dual Meet with
St. Louis Track Club Shaw Park Clayton, Mo.
- DECEMBER 4 Saturday 9:00 AM 30 kilometer run (10 kilo for women
and age 15 & under, unless they want to go farther)
20 kilometer walk Hilton Inn RACE DIRECTOR: None
- 18 Saturday 9:00 AM Cheese & Sauerkraut 10 Mile Run
10 Mile Walk (8:30 AM) Meet at West Broadway Swim
Club parking lot AWARDS \$1.00 fee for non-members
RACE DIRECTOR: None yet

Some selected out-of-town events:

- October 31 2:00PM 10,000 meter run Springfield, Mo. CONTACT:
American Heart Ass'n 1531 E. Sunshine Springfield, Mo. 65804
- November 7 8:00 AM Macy's Marathon & 10,000 meter run Kansas City
- 7 8:00 AM St. Louis Marathon
- 14 8:00 AM Four Mile Cherry Diamond Run St. Louis, Mo.
CONTACT: MAC Cherry Diamond Run 405 Washington St. Louis
63102
- 20 8:00 AM 2nd Annual Ozark Mountain Marathon Springfield, Mo.
CONTACT: OMRR 2703 E. Crestview Springfield 65804

H A L L O W E E N
F U N R U N for K.I.D.S.
1.5 mile event

Sunday, October 31, 1982 at 2:00 P.M.

This is a truly F U N R U N and all entrants must*
wear a costume. Awards will be given for
Best Costumes on both an individual and group
basis. Many other AWARDS will be drawn for.

ENTREY FEE:

\$2.00 under 16 years
\$3.00 16 years and older

*A running outfit is
OK so don't let lack of
a fancy costume keep you out
of the race.

Friends of K.I.D.S.
P.O. Box 7248
Columbia, Mo. 65205
(314) 474-4416

ALL PROCEEDS GO TO RONALD McDONALD HOUSE
and all contributions deductible

The race will start near Boone County Hospital on Broadway to College, to
Stadium and ends at Monk Drive and Stadium Blvd, near the Ronald McDonald House.

In consideration of my signing this agreement, I hereby release myself as a
participant and discharge any and all rights and claims for damages, demands,
action, and causes of actions whatsoever which I may have against the
organizers and any others connected with this event or their representatives
as a result of my participation in this event.

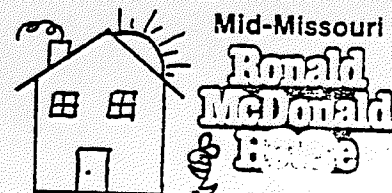
Signature (Parent if entrant is a minor) _____

Name (Last) _____ (First) _____ (Middle) _____

Address _____ City _____ State _____

Zip _____ Phone _____

Age on day of race _____ (Circle one) M F



WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB

Liz Bulman
508 Loch Lane

Sasan Mokhtari
517 S. 6th St. #7

Chuck Butler
376 Crown Point

David Sleper
3815 W. Rollins

Joe Goldfarb
3641 Evergreen Lane

All the above are
Columbia, Mo. 65201

John Hamilton
Rt. 4 Hillcreek Acres

David Plummer
131 Boonville Rd. Apt. B
Jefferson City, Mo. 65101

Kelly Cope
1959 Jackson
Columbia, Mo. 65202

INFORMATION ABOUT THE MISSOURI TURKEY TROT

We don't yet have any entry blanks for the Missouri Turkey Trot dual meet against the St. Louis Track Club, the meet to be held at Shaw Park, Clayton, Mo., Nov. 21, 1:00PM. We hope all members of CTC will descend upon St. Louis that day so that we can make a good showing against the SLTC. Scoring will be on a mass basis in three categories: Open, male 40 & over, and open female (all ages). Everyone counts in the scoring on a mass basis. In addition, turkeys and chickens will be awarded in many age categories, including 12 and under. No CTC member has to pay the \$2.00 entry fee. Those fees will be paid from the CTC treasury. People taking cars are urged to check with various CTC people to be sure no one is left behind simply because of lack of transportation. Expense money is available for anyone taking a carload of runners. However, you will need to ask for the money--it won't come to you automatically.

By the time Nov. 21 comes we will have detailed instructions on how to get to Shaw Park. A caveat: Shaw Park is not the same as Shaw's Gardens.

Here is a makeshift entry blank you can use for your entry. Even though you pay no entry fee, we still need the entry blank so that SLTC can properly administer the race. You should complete the blank and send to Joe Duncan no later than Nov. 15 so that he can forward them on to SLTC.

ONCE AGAIN--let's have EVERYONE in attendance at this really fun affair. By the way the course is a 3 mile cross country course with some hills, mostly on grass. Normally SLTC cleans up in the open and women's categories while the 40 & over men have never been threatened. Let's try to capture all three titles this go-round.

ENTRY BLANK MISSOURI TURKEY TROT

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Columbia Track Club, The St. Louis Track Club, and the City of Clayton, Mo. for all injuries suffered by me at said race, November 21, 1982.

NAME _____ AGE _____ Male _____ Female _____

Signature _____ Date of Birth _____

ADDRESS _____ ZIP _____

Street Town State

SCHOOL OR CLUB _____

If entrant is under 18, parent or guardian must sign below:

Return to: Joe Duncan
2980 Maple Bluff Drive
Columbia, Missouri 65201

4. OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - September 1982

Open Men

8 km	22:55	Robert Perkins	(25,NC)	1 Aug 81	at	NC
10 km	28:12	Thom Hunt	(22,AZ)	1 Feb 81	at	AZ
	28:04a	Craig Virgin	(25,IL)	4 Jul 81	at	GA
15 km	43:12	Greg Meyer	(26,MA)	6 Feb 82	at	FL
10 mi	46:00	Herb Lindsay	(25,CO)	27 Apr 80	at	NY
20 km	58:38	Herb Lindsay	(26,CO)	20 Sep 81	at	VT
Hf Mar	1:01:47	Herb Lindsay	(26,CO)	20 Sep 81	at	VT
25 km	1:14:09	Herb Lindsay	(26,CO)	9 May 81	at	MI
30 km	1:34:20	Tom Fleming	(27,NJ)	23 Dec 78	at	NY
	1:29:04a	Bill Rodgers	(28,MA)	28 Mar 76	at	NY
20 mi	1:40:14	Peter Pfitzinger	(23,NY)	22 Feb 81	at	NY
Marath	2:10:20	Tony Sandoval	(25,OR)	9 Sep 79	at	OR
	2:10:20	Jeff Wells	(25,OR)	9 Sep 79	at	OR
	2:08:13a	Alberto Salazar	(23,OR)	25 Oct 81	at	NY
50 km	2:50:46	Chuck Smead	(24,CA)	21 Mar 76	at	CA
50 mi	4:51:25	Barney Klecker	(29,MN)	5 Oct 80	at	IL
100 km	6:38:20	Bernd Heinrich	(41,VT)	4 Oct 81	at	IL
100 mi	13:00:11	Stuart Mittleman	(30,NJ)	6 Jun 81	at	NY

Open Women- RRCA recognized

8 km	25:48y	Patricia Catalano	(27,MA)	22 Mar 81	at	MA
10 km	32:04	Jan Merrill	(25,CT)	12 Oct 81	at	MA
15 km	49:34v	Patricia Catalano	(27,MA)	14 Mar 81	at	FL
10 mi	53:40	Patricia Catalano	(27,MA)	23 Aug 80	at	MI
20 km	1:09:27	Patricia Catalano	(28,MA)	23 May 81	at	WV
Hf Mar	1:11:16	Joan Benoit	(23,NH)	7 Mar 81	at	CA
25 km	1:26:21	Joan Benoit	(23,NH)	9 May 81	at	MI
30 km	1:50:45	Martha Cooksey	(25,OR)	10 May 80	at	CA
20 mi	2:02:20	Laura Dewald	(24,VA)	26 Dec 81	at	MD
Marath	2:33:24	Patricia Catalano	(28,MA)	13 Dec 81	at	HI
	2:27:52a	Patricia Catalano	(28,MA)	20 Apr 81	at	MA
50 km	3:26:47	Janice Arenz	(29,MN)	16 Mar 80	at	MN
50 mi	6:12:12	Sue Ellen Trapp	(33,FL)	16 Sep 79	at	MI
100 km	8:05:26	Sue Ellen Trapp	(34,FL)	31 Jan 81	at	CT
100 mi	22:05:38	Nancy Sheehy	(33,NY)	6 Jun 81	at	NY

Open Women- TAC recognized

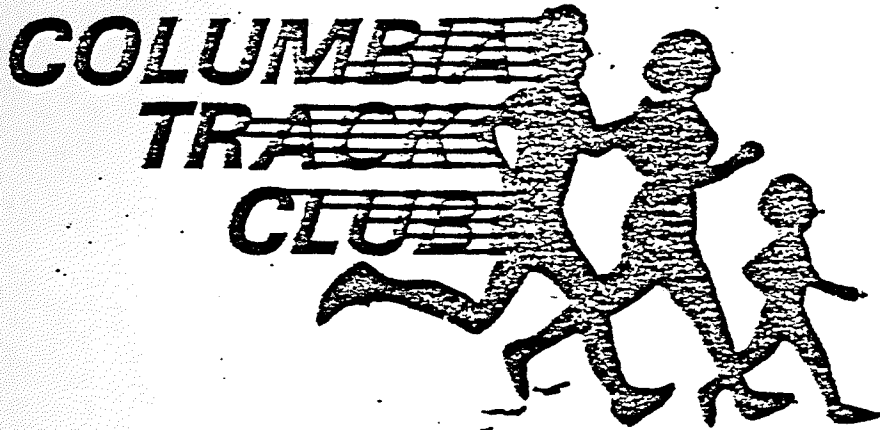
8 km	28:50y	Shirley Finken	(24,NJ)	25 Jul 82	at	NJ
10 km	32:04	Jan Merrill	(25,CT)	12 Oct 81	at	MA
15 km	57:00	Ford Madiera	(35,MA)	28 Sep 80	at	MA
10 mi	59:09	Kiki Sweigart	(28,CT)	29 Mar 80	at	GA
20 km	1:09:31	Nancy Konz	(24,MA)	6 Mar 82	at	DC
Hf Mar	1:11:40	Kathy Mintie	(21,CA)	15 Mar 81	at	CA
25 km	1:26:34	Nancy Konz	(25,MA)	13 Jun 82	at	MA
30 km	1:50:45	Martha Cooksey	(25,OR)	10 May 80	at	CA
20 mi	none					
Marath	2:36:02f	Nancy Konz	(23,MA)	3 Aug 80	at	UK

NOTE: TAC-recognized road records for open women must be set in women-only races whereas RRCA-recognized records may be set in mixed competition.

a point-to-point course
 f foreign course, considered to be accurate
 p pending mark
 v validated by post-race measurement
 y mark made at the next longer English distance

From the National Running Data
Center News

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