

TRACK CLUB

NEWSLETTER Vol. XVI, No. 12 December 24, 1984

BOB O'CONNELL IS THE FASTEST RUNNER, BUT DICK MADSEN WINS THE CHEESE TEN MILE RUN December 15, 1984

			Seconds off DT
1. Bob O'Connell	35	58:01	419
2. Norm Stebbins	38	58:35	385
3. Liz Bulman	25	1:00:23	127
4. Tom Coon	30	1:01:25	95
5. Marvin Odneal	41	1:02:18	113
5t. Tom LaFontaine	38	1:02:18	162
7. Jeff Mittelhauser	28	1:02:42	42
8. Joe Marks	47	1:05:13	16
9. Dick Madsen	43	1:06:43	3
10. Paul Kmiecik	31	1:08:13	-
11. Mike Walther	27	1:11:24	84
12. Milene Mittelhauser	25	1:12:08	8
13. Mark Volek	29	1:12:13	435
14. Ron Wampler	37	1:12:25	85
15. Herb Mittelhauser	50	1:14:24	24
16. Don Johnson	53	1:14:46	14
17. Norris Kruse	49	1:17:26	34
18. Bernadette Gerke	25	1:17:37	143
19. Betty Bohon	33	1:17:47	104
19t. Chris Ruble	30	1:17:47	104
21. Dean Baxter	49	1:18:05	85
22. Roger Hanson	52	1:28:42	78
23. Cindy Nicol	31	1:29:13	13
24. David McDonald	51	1:36:20	100

Don Williams walked the distance in 1:33:46, 74 seconds off his DT. Carole Madsen ran 5 miles in 40:47 and Margaret Johnson did 5 in 1:02:20. High 40's, light mist, warming and humid. South wind at 10-15 making strong headwinds for the finishing stretch. Madsen, Milene, Cindy, Johnson, Marks and Herb win hunks of cheese for their good predictions while Mark Volek wins a can of sauerkraut for running so much faster than he said he would.

THANKS! to Turk Storvick for servind so ably as Race Director and to Don Lewis, Tim Rooney and Gary Zwonitzer who helped.

SCHEDULE OF EVENTS

- JANUARY 5 Saturday 9:00 AM BOBBY BUFORD'S FIVE MILE TWOSOME RACE
Male-female teams, each person runs five miles, add times together. At least 5 combined ages categories, with the winning teams receiving a Dinner-for-Two at Bobby Buford's. Meet at the cinder pile area at the north end of Strawn Rd (the same Rt 22 course as always but the start & finish will be different--and safer).
RACE DIRECTOR: Don Lewis & Don Williams

Categories for awards as follows: Combined ages: 39 & under, 40-59, 60-69, 70-79, 80 & over. One drawing and one to the team with the closest to the predicted team time (combined seconds off).
- 19 Saturday FROSTY 20,000 METER RUN (10,000 meters for women and age 15 & under; unless they want to do more).
20 kilo walk (8:30 AM). Hilton Inn
RACE DIRECTOR: Joe Marks
- FÉVRUARY 9 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk
Research Park Awards of a nutty variety for top 3 in various categories. \$1.00 fee, non-members
RACE DIRECTOR: Dick Hessler
- 24 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL FIVE MILE
WINTER ROAD RACE Race Director: Joe Kurth

LIZ BULMAN SETS A RECORD IN 30,000 METER RUN December 15, 1984

5,000 meter splits:

1. Dave Crawford		17:45	36:26	54:45	1:13:30	1:31:38	1:50:27
2. John Carstens		17:45	36:26	54:45	1:13:55	1:33:47	1:56:55
3. Norm Stebbins	38	19:47	39:52	59:58	1:20:42	1:40:40	2:01:55
4. Liz Bulman	25	19:47	39:59	59:58	1:20:41	1:41:36	2:03:08
5. Stan McQuin	31	19:39	39:54	59:58	1:20:43	1:41:36	2:03:15
6. Marvin Odneal	41	19:39	39:43	59:58	1:21:02	1:42:32	2:04:28
7. Joe Marks	47	19:39	40:44	1:01:18	1:22:41	1:43:28	2:05:05
8. Dick Madsen	43	20:00	40:53	1:01:47	1:23:33	1:45:28	2:07:47
9. Don Johnson	56	22:55	48:14	1:14:02	1:41:21	2:08:00	2:34:53
10. John Andelin	33	20:26	43:14	1:05:55	1:29:32	1:53:37	2:36:44
11. Tom Rackers	43	25:09	52:17	1:18:13	1:45:05	2:11:22	2:38:30
11. David Plummer	40	25:10	52:17	1:18:13	1:45:05	2:11:22	2:38:30
13. Bob Gerhardt	66	34:50	71:56	1:45:37	2:30:32		

10,000 METER RUN:

1. Tim Gibson	13	19:34	39:41	
2. Liz Bulman	25	19:47	39:59	went on to 30 k
3. Dean Baxter	49	22:52	45:08	
4. Dennis Jones		27:26	53:40	(started 3:30 late)
5. Carole Madsen			53:38	
6. Barbara Martin	38	29:30	59:48	
7. Elizabeth Gerhardt	64	34:50	1:06:32	
8. Margaret Johnson	55	34:35	1:15:12	

20,000 METER WALK:

1. Don Williams		29:16	59:17	1:28:34	1:58:28
2. Rob Spier	62	33:05	1:07:59	1:43:49	2:22:02

A perfect day--upper 30's and 40's. Liz Bulman lowered the open women's record of 2:12:00 which had been set by Joan Hirt on August 6, 1977. RACE DIRECTOR: Chris Ruble

Results In From YMCA 5,000 Race

YMCA 5,000-METER RACE SATURDAY, NOV. 17

MALES

1st Overall, Jack Defreitas, Moberly,
14:52.

14 & Under

1st, Ryan Bramblett, Monroe City,
20:47.

2nd, David Dameran, Bowling Green,
21:32.

3rd, Matt Penn, Mexico, 24:10.

15-19

1st, Tony Bates, Hannibal, 15:06.

2nd, Brad Murphy, Hannibal, 15:43.

3rd, Jeff Binder, Mexico, 16:09.

20-29

1st, Vernon Darling, Columbia, 15:10.

2nd, Bob Whitter, Moberly, 17:28.

3rd, Jerry Trapp, Mexico, 20:12.

30-39

1st, Joe Gency, Mexico, 17:49.

2nd, Larry Tweilman, Paris, 18:25.

3rd, Charles Lind, Mexico, 20:05.

40-49

1st, Michael Morris, Raytown, 18:20.

2nd, Tony Evanowski, Centralia, 19:01.

3rd, Howard Hockman, Centralia,
21:06.

50-59

1st, Don Johnson, Centralia, 18:33.

2nd, James Marantonio, Jefferson
City, 20:32.

3rd, Raymond Simmons, Fulton,
20:36.

60 and Over

1st, Ahrend Muehring, Palmyra,
32:31.

FEMALES

1st Overall, Laura Kay Anderson,
Canton, 20:15.

14 & Under

1st, Kim Leonard, Mexico, 23:32.

2nd, Julie Heaton, Mexico, 25:47.

3rd, Ericka Mayes, Mexico, 25:48.

15-19

1st, Susan Paladin, Mexico, 21:24.

2nd, Lisa Mills, Mexico, 23:23.

20-29

1st, Kay Montonye, Florissant, 24:04.

30-39

1st, Carol Long, Hannibal, 22:54.

2nd, Ellen Wilson, Mexico, 23:58.

3rd, Patty Powers, Moberly, 24:17.

50-59

1st, Margaret Johnson, Centralia,
31:44.

- IMPORTANT NOTICES: 1. ELAPSED TIME STANDINGS will appear in the January Newsletter, masterminded by Jim Gibson. IF, because of your birthday, you will move to the next age category, then, for ET purposes, you will NOT move up UNLESS you request to be moved up. IF you do so request you will receive no points for the age group you started with. The request MUST be made prior to your birthdate and is to be made to Jim.
2. ANNUAL DUES ARE PAYABLE NOW! \$10.00 family membership, \$6.00 single students. If you don't pay, then the word "EXPIRED" will appear on your January Newsletter. Don't suffer this ignominy!
3. The CTC Scholarship Fund is up to over \$1500. Additional contributors: Marc & Debbie Scholes, Ailo Paul, David & Diane Mountjoy, John Mueller, David McDonald & Bill Taft. The campaign will go to January 15, so if you want to contribute, do so by then because that is when we will invest the funds. Of course, contributions can still be made at any other time.

15 & 5 YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

December 13, 1969: The only event in December--a 3, 2, 1 Mile Triathlon with only 5 competitors, but some sharp competition. 1. Larry Carpenter 33:48 (16:37, 12:57, 5:14); 2. Sal Citarella 36:41 (18:30, 12:20, 5:41) 3. Don Granberg 36:52 (18:28, 12:20, 6:04); 4. Joe Duncan 37:36 (18:30, 13:02, 6:04). In the 3 mile, Duncan and Citarella had a battle with Duncan prevailing, then Citarella outlasted Granberg in the 2 mile, then in the mile, Granberg outkicked Duncan. While all this was going on Carpenter was leisurely winning all three races while Dickinson was watching from the rear.

Five years ago:

December 1, 1979: 30 kilo run: 1. Jeff Mittlehauser 1:44:41, 2. Tom LaFontaine 1:51:51, 3. Norm Stebbins 1:54:56, 4. Dick Hessler 1:55:20. . .7. Olen Brown 2:01:56. . .12. Mike Koonse 2:17:55

20 kilo walk: 1. Rob Spier 2:16:53, Bill Taft 2:37:00
3. Henry Bent 2:47:22

December 15, 1979: 10 mile Cheese Race 1. Rex Power 54:52, 2. Dennis Stewart 55:36, 3. Tom LaFontaine 56:35, 4. Norm Stebbins 56:36, 5. Don Lewis 57:40. . .7. Dick Hessler 58:30, 8. Ben Londereel:00:57, 9. Don Granberg 1:01:04, 10. Jim Schutt 1:01:31. . .12. Doug Bellows 1:02:54. . .18. Ron Wampler 1:08:41. Ben Londeree wins the big cheese being only 3 seconds off his DT. There were 20 other runners and 2 walkers Rob Spier at 1:47:13 and Bill Taft at 2:01:02. Also, this was Tom Hinckley's last race in Columbia--he jogged along in 1:09:10, some 17 minutes faster than his DT, so he got the kraut and later got some hot dogs to go with it as a going away present.

AND. . .A Look at Today's Heroes and Heroines:

St. Louis Marathon, Nov. 18: TERRY RACKERS made his marathon debut with a fine 3:17:15, finishing in 201st place. The Helias track coach, Russell Martin came in at 2:34:57, while Allen Hentges had 3:37. JASON SHEAR was there but we have no time for him.

JOE DUNCAN ran the Honolulu Marathon on Dec. 9, finishing in the top 40% with a leisurely 3:56:55. Conditions were quite similar to what we had for Heart of America.. .70's, cloud cover for the first two hours, humid, but, in addition, in Honolulu we had strong headwinds (gusting up to 30MPH) for the first 15 miles. 8300 finishers, superb organization. REAGAN & RHONDA THOMAS ran this race, also, coming across at 4:20 or so.

JON HERBERT finished 2nd behind Randy Starr in the Springfield Bicycle Club Biathlon (a 10k run & a 15.7 mile bike) with a time of 1:21:32 (34:00 for the run). This was Nov. 18. Prior to that Jon was 16th in the Tulsa 15k run (Oct. 27) at 52:10 then on Nov. 3 he won a 50 mile run in Tulsa in 6 hours, 44 minutes. Jon has entered three 50 mile events and has won two of them.

MARILYN HOLSINGER was 3rd, 60-70, in the Macy's 10,000 meter run on Nov. 4 at 57:34.

BOB DOLPHIN ran another marathon. Nov. 25, the Seattle Marathon in a park and shore setting along Lake Washington. Bob says this was an "easy" marathon for him despite a chest cold and only 18 miles per week in the four weeks since New York (with a few 5-milers being his "long" runs). Bob was at 7:00 pace for the first half, then slowed quite a bit but still finished 3:20:50 for his 4th best marathon (out of 23). There were some 833 finishers in that race, low 40's, overcast, brief drizzle, basically flat, 4 minor hills. A week prior to that Bob was 22:40 for a 3.3 mile race (3rd of 15) and a week prior to that he was 6:35 for a 1.1 mile Turkey Trot. Both of these were in Yakima.

Obviously there have been many other out-of-town events which have seen CTC participation, but nothing will be said of them or future events unless the information is given to Joe Duncan, preferably already written down. Such information can be given to him at any race or mailed to him. We all are interested in the performances of our CTC people and this may be the only opportunity to see your performance in print.

Here's an article on LIZ BULMAN stolen from the COLUMBIA MISSOURIAN of November 19, 1984

TRIATHLETE

By Greg Weisz
Missourian staff writer

For the first time, Liz Bulman experienced doubt about competing in a triathlon. Weather conditions always are a factor in outdoor sports, but this was serious. The water would be cold — about 60 degrees. There was no avoiding that. When the gun sounded, Bulman jumped, struggling to swim the competition's opening event. As her feet went numb, she fought to maintain a steady pace. Then the chill spread to her hands. Her legs were losing sensation. And the race had only begun.

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Bulman's training program tends to get top priority in her life. She runs almost every day, bikes four or five times a week and swims the same at the University Natatorium. That type of dedication often means missing a movie or a pizza with friends. But Bulman should know how to organize her training schedule. She studies exercise physiology at the University.

Bulman, from Stow, Ohio, is a 25-year-old graduate student who needs complete only two more courses and a dissertation to earn her Ph.D. degree. She swam competitively in high school and at Bowling Green State University and entered shorter races before trying the marathon in 1981. She set the women's course record of 3 hours, 7 seconds at the 1982 Heart of America marathon in Columbia and won the Macy's Marathon Nov. 4 in Kansas City with a personal best of 2:48:02.

Triathlons are now her focus, however. She did her first triathlon in August 1983 and tried her first Tinman in September 1983 in Kansas City. "If I had been in that water five more minutes, I thought they would have to pull me out," Bulman says that of competition.

The Kansas City Tinman was half the Ironman, Hawaii's annual endurance rite consisting of a 2.4-mile Waikiki rough-water swim, 112-mile Oahu bike race and the Honolulu marathon, a 26.2-mile run.

Although triathlons were held in San Diego as early as 1974, the Ironman derived from an argument among Navy drinking buddies in 1977. It seems there was a question as to

which athlete — runner, biker or swimmer — was physically most fit. After bets were placed (beer being the prize) the 15 contestants combined the three rugged events to form triathlon's showcase, the Ironman.

Bulman trains for her eventual goal — that Super Bowl of triathlons — by competing in others, mostly in the Midwest. This July in Chicago, Bud Lite sponsored the largest triathlon yet held in North America, with 1,800 participants swimming one mile, biking 25 and running 6.2. Bulman finished fifth in the women's division, just behind some of the biggest names in triathlon today: Sylviane and Patricia Puntous, Colleen Cannon and Julie Moss.

Her effort triggered the next step toward the Ironman. After the race, she received an offer to compete in a triathlon held Aug. 25 in New York City. There, Bulman out-manuevered two of the favorites. Racing through Central Park, she neared the finish of the third and final segment and caught Moss on the run.

"I asked her if we were close to Colleen Cannon," Bulman says. "She told me Cannon was only 100 yards ahead. That spurred me on; then I caught Cannon. She wondered where Julie Moss was. I said, 'Oh, I think you'll beat her.'"

Bulman finished third ahead of both Moss and Cannon. Only Jann Girard and Jennifer Hinshaw had better times.

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Bulman crawled out of the chilling water and staggered toward her bike. First it was necessary to change clothes. Dressing took five minutes as she fumbled with her gear, fighting the hypothermia that confused both mind and body. Then onto the bike as Bulman strove to restore feeling to her limbs. For two miles her feet were lead. Dazed, she worried about the gears; had she set them correctly? Keep up the pace, don't let anyone pass and hope that the chain stays on and the tires hold out...

...

Bulman says she felt physiological changes in her body as she trained, which led logically to further study. Thus, her training prin-

ciples are based not only on trial and error, but on reading and research.

"I think I have a big edge in that I can apply my knowledge toward my training program," Bulman says. "A lot of people think I'm crazy for the way I train. But I understand my limits and avoid injuries."

Bulman works as a research assistant at the Human Performance Laboratory in Rothwell Gymnasium. Part of the Department of Health and Physical Education, the lab conducts three major tests — it measures stress level, excess body fat and strength and flexibility. The lab also recommends nutrition programs and diagnoses and offers advice to runners with knee problems.

"What I want to do is get people to realize that they do need to exercise, and that a planned program is very important," Bulman says.

She says triathlons are not dangerous to the body — if you're in shape — because of the need to pace yourself throughout the three-part race. The swimming and biking portions don't wear you out; it's the marathon that presents a danger.

"The run can tear down your body," Bulman says. "But by the time you get that far, you can't run as fast. It's less hard on the body than a road race."

The sport of triathlon is mushrooming. The first Ironman attracted 14 men and one woman. The prize at the initial Ironman: trophies made of nuts and bolts. The first prize in an upcoming race sponsored by the Association of Professional Triathletes: \$50,000.

Triathlon is international. This year's Ironman featured entrants from 32 countries. Corporations are getting involved by sponsoring triathlete teams. AT&T thinks it will be the sport of the '90s, if not the '80s. Bulman guesses the triathlon will reach the Olympics by 1992.

Triathlon may be the fastest-growing sport in America. One estimate in Sports Illustrated put the figure for the first nine months at more than 200,000 Americans competing in more than 1,000 triathlons throughout the country. Two glossy publications, Triathlon Magazine and Tri-Athlete, are only the most visible chroniclers of the sport. Its growth is predictable if you consider a chart appearing

in a recent Triathlon Magazine that lists swimming, running/jogging and biking as three of the four most popular participatory sports in the nation. (The other is calisthenics.)

The Ironman still offers no cash winnings; its original concept seemingly defines participation as prize enough. But top contenders perform before the eager eyes of companies hungry for athletes to endorse their wares.

Bulman has her sights set on the October 1985 Ironman.

"When I do it, I want to finish in the top 10," Bulman says.

The triathlon has become Bulman's prime motivator in recent months. She has won \$6,000 already this year, and although entrants don't yet receive guaranteed sums to appear in triathlons, Bulman thinks that is only a couple of years away. She hopes to have a sponsor by next spring to pay traveling expenses, clothing and equipment costs. Currently she helps conduct a triathlon clinic for a sporting goods store in Kansas City and plans to run in the 1985 Boston Marathon.

Now that Bulman is entering the top ranks, she has added incentive to excel. She may have to relocate to Southern California, where many triathletes train year round. But merely competing brings rewards.

"If you can do this, you get the feeling you can do anything that comes to you in life," Bulman says.

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Bulman ditched the bike and steeled herself for the most demanding leg of the triathlon. She knew that no one must catch her in the road race: 13.1 miles of pounding the ground, foot after foot. Bulman's mind locked into forward motion. Her legs went into action as she thought not about the passing time but about passing anyone ahead of her. And of how good it would feel to finish.

Outfitting the Triathlete

By Dennis Hinkamp

Sometimes I think triathlons were an invention of sporting goods manufacturers. They have the potential to be the most expensive self-propelled sport ever devised.

Even so, participation has soared. About 250,000 people participated in triathlons in 1983, and the number is expected to balloon to 600,000 this year. If you follow sports trends, this is about the number of people who were running marathons before 1972. It was in 1972 that the running boom was ignited by Frank Shorter winning the Olympic marathon on national television. In 1981, the triathlon's fuse was lit by the national TV coverage of the Hawaii Ironman Triathlon.

Who is running all these triathlons? About 80% of all triathletes are men. The average age for male participants is 32, while the average woman participant is 25. But here's the kicker: The average triathlete's annual income is \$35,000.

Fortunately, the frugal triathlete need not be at a competitive disadvantage. It is still the engine and not the equipment that wins most races. It is just that the triathlon offers unlimited potential to spend.

Most of us own or have access to the equipment needed to become at least a recreational triathlete. Without going into too much detail, here's a list of equipment and costs:

Training shoes (\$40-\$90); nylon shorts (\$5-15); sweat suit (\$10-\$20); watch (\$10-\$50); racing shoes (\$40-\$80); swimsuit (\$5-\$50); swim cap (\$2-\$10); goggles (\$3-\$30); books and coaching (\$0-\$100); training aids, like kickboards, leg floats, etc. (\$0-\$20); bike (\$250-\$500-plus); helmet (\$20-\$60); repair kit (\$10-\$20); water bottle (\$3-7); shoes and pants (\$40-\$100); gloves (\$8-\$16).

Obviously, you don't need all this equipment, and you can rent (or borrow) rather than buy. It depends on what kind of a triathlete/person you are.

There are two basic schools of thought in triathlon racing. I call them the Holistic Triathlete and the Schizophrenic Triathlete.

The holistic triathlete attacks the race as a uniquely individual sport. The schizophrenic triathlete sees it as three different sports that just happen to be done one after the other on the same day.

Many new products are geared to the holistic triathlete. For instance, there are triathlon skin suits, triathlon running shoes, triathlon bike shoes and triathlon bikes. Most of them are sold on the basis of saving time in transition from event to event. The shoes have Velcro fasteners instead of laces, and the triathlon skin suits are designed to be worn in the water, on the bike and during the run.

Unless you are competing with the best triathletes in the world, it is doubtful that a few seconds some of these products will be worth the money.

The skin suits are designed to be used in all three events, which means that they are not perfect for any one of the events. I find that the few seconds it takes to change from swim suit to bike shorts to running shorts is worth the psychological edge it gives. It makes me feel that I am changing from a swimmer to a biker to a runner. Wearing the same outfit the entire race only serves to remind me that the triathlon is one long race, rather than a series of relatively short ones.

Run for the Third 8K
November 17, 1984
Sedalia Runners Club

1. Jeff Mittelhauser, 28	25:02	41. Bob Bailey, 51	36:21
2. Brad Burton, 25	25:15	42. Cindy Shand, 30F	36:25
3. Brian Franke, 23	25:31	43. Ken Bowden, 42	36:36
4. Max Lewis, 17	26:10	44. John Martinez, 31	36:50
5. Kent Lang, 22	26:44	45. Donnie Shippy, 27	37:05
6. Andy Cravens, 23	28:10	46. Shannon Goosen, 10	37:31
7. Robert Hull, 18	29:00	47. Neil Byss, 41	37:40
8. John Lewis, 16	29:03	48. Ken Cordry, 60	37:56
9. Tom May, 18	29:05	49. Gerald Jenkins, 43	38:25
10. Mark Volek, 29	29:22	50. Sue Ribas, 47F	38:41
11. Dwight Twillman, 16	29:43	51. Clifton Butler, 29	38:46
12. Jim Pullen, 17	30:01	52. John Meehan, 30	39:10
13. Terry Harms, 38	30:16	53. David Grayson, 34	39:16
14. Jack Robinson, 43	30:20	54. Max Dawson, 39	39:28
15. John Foster, 16	30:54	55. Linda Lemon, 37F	39:38
16. Doug Bultemeier, 16	31:21	56. Harold Wright, 30	39:39.5
17. Severin Blenkush, 42	31:25	57. Rick Knight, 34	40:10
18. Jeff Schultz, 16	31:26	58. John Emerson, 50	40:15
19. Jim Goosen, 33	31:38	59. Mike Odette, 19	40:15
20. Patrick McDonald, 35	32:26	60. John Howe, 37	40:17
21. R.B. Roche, 37	32:53	61. Dean Olson, 32	40:41
22. John Siemer, 34	33:00	62. Stan Cooksey, 40	40:45
23. Charles Fletcher, 35	33:08	63. Doug Barklage, 14	41:55
24. Randy Lambert, 28	33:10	64. Harold Finke, 44	42:21
25. David Albrecht, 23	33:14	65. Helyn Strickland, 28F	42:24
26. C.B. Jamison, 34	33:30	66. Robert Vit, 40	43:04
27. Jim Murphy, 17	33:49	67. Les Harrell, Jr., 55	43:22
28. Hal Krause, 46	34:13	68. Jeanelle Twillman, 52F	43:24
29. Richard Johns, 35	34:39	69. Murray Whitehead, 36	43:27
30. Robert Norton, 43	34:56	70. Cheryl Shipley, 38F	43:44
31. Ernie Buso, 49	35:12	71. James Hughes, 52	44:40
32. Herb Mittelhauser, 55	35:20	72. Damon Hieronymus, 75	45:20
33. Herb Swanson, 46	35:22	73. Martha Bowden, 41F	45:40
34. Mike McGreevy, 45	35:35	74. Ruth Oswald, 27F	45:44
35. Owen Slavens, 31	35:46	75. Cathy Swanson, 12F	48:31
36. Nick Coble, 14	35:47		
37. Bob Curran, 34	35:52	76. Brian Kennon, 28	48:36
38. John Kemper, 39	35:53	77. Cynthia Kneibert, 44F	51:08
39. Angela Zook, 26F	36:03	77t. Jill Butler, 10F	51:08
40. William Magill, 33	36:03		

UMC'S ALL-COMERS MEET, HEARNES BUILDING, December 8 was a big success-- CTC says "Thanks" to Cach Duesing & Coach Grooters for having this event and we hope it becomes an annual event. Among the some 400 participants we had the following CTC performances:

JOHN PENDERGRAFT 2nd, Boys HS Mile, 4:38.5; KEVIN O'BANNON, 4th 4:59.7; Open Men: 9. NORM STEBBINS 5:13.6 (after the 5k); Open Women: ANGELA HESSLER, 9th, a PB of 6:07.

600: Pre-HS Girls, ANGELA HESSLER, 1st, 1:49.8, 2. CAROLINE KNIGHT 2:06.6. Open: TIM KAMP, 13th, 1:17.3; Women: 4. BETTY BOHON 1:44.5.

Two Mile Run: Open Women: CHERYL MITCHELL 11:39.9; Men: 9. KEVIN O'BANNON 11:34.

880: Open Men: 9. JIM ROTHWELL 2:03.2

5,000 Meter Run: 4. BOB O'CONNELL 16:16, 9. NORM STEBBINS 17:05.3, 11. DICK HESSLER 17:24.9, 12. NORRIS KRUSE 20:25.4, 13. DAVID PLUMMER 20:32.1

Women's Two Mile Relay: CTC: 10:39 (Betty Bohon 2:43, Susan LeDoux 2:47, Karla Patterson 2:37, Chris Ruble 2:42)

440, Women: CHRIS RUBLE 1:13

GRANDMA'S MARATHON in June: Entries have to be in in January. Tim Butler is working on this. He, his brother, Chuck, Steve Stonecipher-Fisher & Fred Klinge are planning to go. If anyone else is interested in this at this early date, then call Tim, immediately at 875-3405 or 474-1190

From the National Running Data Center News:

OPEN AND AGE GROUP ROAD RECORDS

Performances contained in this list have either been ratified by The Athletics Congress as official US road running records or are being submitted for ratification. Many of the marks listed do not have complete documentation and are listed as "pending."

Abbreviations

- a point-to-point course
 d pending verification of date of birth by birth certificate
 p pending remeasurement of the course or receipt of stopped times
 r ratifiable mark, course measured by person of known competency
 v validation completed, usually by remeasurement
 y mark established at 5 miles rather than 8 kilometers

Open Men

8 km	22:04	Alberto Salazar (22,OR)	4 Jan 81	Los Altos CA
10 km	27:59p	Mark Nenow (26,KY)	10 Mar 84	Mobile AL
	27:22av	Mark Nenow (26,KY)	1 Apr 84	New Orleans LA
15 km	42:41	Paul Cummings (29,UT)	26 Jun 83	Portland OR
10 mi	46:13v	Greg Meyer (27,MA)	27 Mar 83	Washington DC
20 km	58:27p	Greg Meyer (26,MA)	6 Sep 82	New Haven CT
hf mara	1:01:32	Paul Cummings (30,UT)	25 Sep 83	Dayton OH
25 km	1:14:09p	Herb Lindsay (26,CO)	9 May 81	Grand Rapids MI
30 km	1:33:56p	Alex Kasich (27,OR)	1 Aug 82	Eugene OR
	1:32:22av	Barry Brown (38,NY)	20 Mar 83	Albany NY
20 mi	1:40:47r	Tom Fleming (22,NJ)	24 Feb 74	New York NY
marathon	2:09:21p	Alberto Salazar (25,OR)	4 Dec 83	Fukuoka JPN
	2:08:52a	Alberto Salazar (23,OR)	19 Apr 82	Boston MA
	2:08:13ap	Alberto Salazar (23,OR)	25 Oct 81	New York NY
50 km	2:50:55p	Don Paul (32,CA)	6 Nov 82	New York NY
50 mi	4:51:25v	Barney Klecker (29,MN)	5 Oct 80	Chicago IL
100 km	6:38:21r	Bernd Heinrich (41,VT)	4 Oct 81	Chicago IL
100 mi	12:56:34p	Stuart Mittleman (31,NY)	5 Jun 82	New York NY

Men- 19 and under

8 km	23:44	Mark Ruelas (19,CA)	4 Jan 81	Los Altos CA
10 km	29:15pd	Tom Ansberry (19,AZ)	30 Jan 83	Phoenix AZ
15 km	45:52	Thom Hunt (19,AZ)	12 Mar 78	Tucson AZ
10 mi	48:46d	John Gregorek (19,DC)	30 Mar 80	Washington DC
20 km	1:01:56pd	Paul Gompers (19,MO)	10 Jul 83	Chicago IL
hf mara	1:04:42d	Jay O'Keefe (19,CT)	18 Sep 83	Philadelphia PA
25 km	1:22:59pd	Alan Scharsu (17,OH)	12 Nov 77	Youngstown OH
30 km	1:40:53d	Tom Fleming (19,NJ)	20 Dec 70	New York NY
20 mi		no ratifiable marks		
marathon	2:15:28d	Paul Gompers (19,IL)	10 Dec 83	Huntsville AL
50 km	3:00:28pd	David Cortez (16,CA)	31 Aug 74	Seattle WA
50 mi	5:30:42	Jose Cortez (18,CA)	18 Oct 70	Rocklin CA
100 km	9:45:48pd	Howard Breinan (14,CT)	1 May 83	Kent CT

Men- 40 thru 44

8 km	25:12r	Kirk Randall (42,MA)	25 Jul 84	Newburyport MA
	25:05ayr	Tony Mifsud (40,MI)	18 Mar 84	Bay City MI
10 km	29:57v	Barry Brown (40,NY)	18 Aug 84	Asbury Park NJ
15 km	45:58	Bill Stewart (40,MI)	5 Feb 83	Tampa FL
10 mi	51:09pd	Herb Lorenz (42,NJ)	14 Mar 82	Cherry Hill NJ
	51:27d	Sal Vasquez (43,CA)	9 Jan 83	Stockton CA
20 km	1:06:03d	Tony Gerrity (40,PA)	29 May 83	Washington DC
hf mara	1:07:54	Herb Lorenz (40,NJ)	16 Sep 79	Philadelphia PA
25 km	1:21:58pd	Bill Stewart (40,MI)	7 May 83	Grand Rapids MI
30 km	1:40:52	Hal Higdon (42,IN)	23 Sep 73	Chicago IL
20 mi	1:51:29pd	Bob Fischer (42,NJ)	26 Dec 82	Greenbelt MD
marathon	2:23:08d	William Hall (42,NC)	12 Sep 82	Eugene OR
	2:17:10pd	Mike Manley (40,OR)	16 Jan 83	Houston TX
50 km	3:00:00	Jeff Wall (40,CA)	6 Nov 82	San Francisco CA
50 mi	5:10:13d	Bernd Heinrich (41,VT)	4 Oct 81	Chicago IL
100 km	6:38:21d	Bernd Heinrich (41,VT)	4 Oct 81	Chicago IL
100 mi	14:19:14pd	Robert VandeKieft (42,NY)	6 Jun 81	New York NY

Men- 45 thru 49

8 km	25:33pd	Ken Winn (45,GA)	23 Oct 82	Columbus GA
10 km	31:26d	Ray Hatton (49,OR)	26 Sep 81	Kent WA
15 km	49:01pd	Earl Ellis (46,WA)	8 May 82	Seattle WA
10 mi	53:16pd	Brian Harris (45,MI)	23 Aug 80	Flint MI
20 km	1:06:26pd	Darryl Beardall (45,CA)	6 Feb 82	Sacramento CA
hf mara	1:09:15d	Oscar Moore (45,NJ)	18 Sep 83	Philadelphia PA
25 km	1:22:51pd	Brian Harris (45,MI)	9 May 81	Grand Rapids MI
30 km	1:45:43d	Jim McDonagh (47,NY)	28 Mar 71	Rockville MD
20 mi	2:02:57pd	John Dugdale (49,CT)	26 Feb 84	New York NY
	1:54:27apd	Hal Higdon (48,IN)	17 May 80	Madison WI
marathon	2:28:46	John Brennand (45,CA)	13 Sep 81	Eugene OR
	2:26:45a	William A Johnston (45,UT)	2 Oct 82	St George UT
	2:21:32apd	Jim Bowers (45,CA)	16 Jun 84	Duluth MN
50 km	3:18:07pd	Howard Miller (47,WA)	31 Aug 74	Seattle WA
50 mi	5:36:52d	Jim McDonagh (47,NY)	21 Feb 71	New York NY
100 km	7:53:44pd	Joe Erskine (49,NY)	4 May 80	Kent CT
100 mi	13:39:58pd	Cahit Yeter (47,NY)	5 Jun 82	New York NY

Men- 50 thru 54

8 km	25:46pd	Ray Hatton (52,OR)	22 Jul 84	Eugene OR
	25:25apd	Ray Hatton (51,OR)	5 Jun 83	Eugene OR
10 km	31:48d	Ray Hatton (50,OR)	23 May 82	Portland OR
15 km	50:07	Norman Green (50,PA)	5 Feb 83	Tampa FL
	49:57d	Ray Hatton (52,OR)	24 Jun 84	Portland OR
10 mi	52:53v	Norman Green (50,PA)	27 Mar 83	Washington DC
20 km	1:05:50r	Norman Green (50,PA)	29 May 83	Washington DC
hf mara	1:10:33v	Norman Green (51,PA)	18 Sep 83	Philadelphia PA
25 km	1:25:54p	Norman Green (50,PA)	7 May 83	Grand Rapids MI
30 km	1:46:42p	Norman Green (51,PA)	17 Dec 83	New York NY
20 mi	1:59:20ad	Tom Bailey (50,CO)	25 Jan 81	Tucson AZ
marathon	2:29:11r	Norman Green (51,PA)	6 May 84	Lincoln NE
50 km	3:19:33pd	John L Sullivan (50,MA)	13 Mar 82	Washington DC
50 mi	5:35:03	Ted Corbitt (50,NY)	18 Oct 70	New York NY
100 km	7:38:43d	John L Sullivan (50,MA)	3 Oct 82	Chicago IL
100 mi	15:44:08pd	Jim Roser (53,PA)	17 Jun 84	New York NY

Men- 55 thru 59

8 km	27:54yd	Jack Angel (55,OK)	11 Jul 82	Wichita KS
10 km	33:49pd	Alex Ratelle (57,MN)	27 Mar 82	Winter Park FL
15 km	50:57pd	Alex Ratelle (56,MN)	29 Aug 81	Minneapolis MN
10 mi	58:12r	Hubert Morgan (58,PA)	30 Mar 80	Washington DC
20 km	1:13:23d	Ross Smith (55,NV)	29 May 83	Washington DC
hf mara	1:15:26	Ed Almeida (55,CA)	4 Jul 77	Coronado CA
25 km	1:29:43pd	Alex Ratelle (55,MN)	10 May 80	Grand Rapids MI
30 km	1:57:49	Bob Bartling (55,SD)	27 Sep 81	Brookings SD
	1:52:42p	Howard Rubin (55,NY)	17 Dec 83	New York NY
20 mi	2:07:13pd	Don Dixon (56,NY)	26 Feb 84	New York NY
marathon	2:37:40	Alex Ratelle (58,MN)	12 Sep 82	Eugene OR
	2:30:41apd	Alex Ratelle (56,MN)	20 Jun 81	Duluth MN
50 km	3:56:15pd	Conrad Carr (56,MN)	7 Nov 81	Brooklyn Park MN
50 mi	5:53:08d	Alex Ratelle (57,MN)	4 Oct 81	Chicago IL
100 km	10:25:38pd	Charles Mersereau (59,CA)	23 Apr 83	Yakima WA

Men- 60 thru 64

8 km	30:39yd	Don MacKenzie (61,NY)	6 Nov 83	Mineola NY
10 km	36:45pd	Hubert Morgan (62,PA)	20 May 84	Corning NY
15 km	54:23	Clive Davies (62,OR)	25 Jun 78	Portland OR
10 mi	1:02:11d	Hubert Morgan (61,PA)	27 Mar 83	Washington DC
20 km	1:17:44pd	Hubert Morgan (61,PA)	25 Sep 83	Wilkes-Barre PA
hf mara	1:21:20d	Jack Start (61,NJ)	19 Sep 82	Philadelphia PA
25 km	1:45:07p	John Burton (60,MN)	11 Sep 83	Minneapolis MN
	1:41:07a	Don Longenecker (64,NM)	25 Jan 81	Tucson AZ
30 km	2:03:57pd	Thomas Gibbons (61,NY)	18 Dec 82	New York NY
	2:02:57a	Don Longenecker (64,NM)	25 Jan 81	Tucson AZ
20 mi	2:19:33pd	William Peck (60,NY)	26 Feb 84	New York NY
marathon	2:12:17ad	Don Longenecker (64,NM)	25 Jan 81	Tucson AZ
	2:42:44d	Clive Davies (64,OR)	28 Oct 79	Portland OR
50 km	3:48:56pd	Frans Pauwels (62,OR)	18 Apr 81	Roseburg OR
50 mi	6:24:18pd	Frans Pauwels (60,OR)	29 Oct 78	Portland OR
100 km	9:31:25pd	George Billingsley (60,CA)	25 Apr 82	Yakima WA
100 mi	21:07:01pd	Samuel Freeman (62,NY)	17 Jun 83	New York NY

Men- 65 thru 69

8 km	32:43p	Paul Reese (66,CA)	3 Jul 83	Calistoga CA
10 km	35:52d	Clive Davies (66,OR)	23 May 82	Portland OR
15 km	55:16	Clive Davies (65,OR)	28 Jun 81	Portland OR
10 mi	1:02:01pd	Don Longenecker (65,NM)	3 Oct 82	Tucson AZ
20 km	1:25:47pd	Ed Vuolo (66,CT)	6 Sep 82	New Haven CT
hf mara	1:25:53p	Paul Reese (65,CA)	3 Oct 82	Sacramento CA
25 km	1:49:35pd	John Holoubek (66,CA)	19 Sep 82	Ventura CA
30 km	2:13:52pd	George Sheehan (65,NJ)	17 Dec 83	New York NY
20 mi	2:29:11apd	Louis Preysz (66,WI)	14 May 83	Madison WI
marathon	2:42:49	Clive Davies (66,OR)	13 Sep 81	Eugene OR
50 km	5:40:22pd	John Newdorp (69,VA)	16 Sep 79	Brattleboro VT
50 mi	7:49:35d	Cleo Casady (68,MO)	4 Oct 81	Chicago IL
100 km	15:03:46r	George Knox (69,OH)	12 Apr 81	Columbus OH
100 mi	18:42:50pd	Wilfredo Rios (66,NY)	17 Jun 83	New York NY

Men- 70 thru 74

8 km	34:09yd	Sandy MacLean (70,NH)	21 Nov 82	Concord NH
10 km	42:19pd	William Andberg (70,MN)	25 Oct 81	Ft Wayne IN
15 km	1:04:30pd	William Andberg (70,MN)	29 Aug 81	Minneapolis MN
10 mi	1:12:05d	Edward Benham (73,MD)	5 Apr 81	Washington DC
20 km	1:27:42pd	William Andberg (70,MN)	5 Sep 81	Brooklyn Park MN
hf mara	1:35:42d	William Andberg (70,MN)	20 Sep 81	Philadelphia PA
25 km	1:59:08d	Vernon Geary (70,VA)	22 Jan 83	Chesapeake VA
30 km	2:25:58d	Vernon Geary (70,VA)	5 Feb 83	Chesapeake VA
20 mi	2:48:47pd	Edward Benham (74,MD)	26 Dec 81	Greenbelt MD
	2:47:56a	L L Daby (70,AZ)	25 Jan 81	Tucson AZ
marathon	3:07:26	Monty Montgomery (71,CA)	16 Oct 77	Santa Barbara CA
50 km	4:34:51pd	Edward Benham (74,MD)	13 Mar 82	Washington DC
50 mi	12:39:18v	George Knox (72,OH)	1 Apr 84	Columbus OH

Men- 75 thru 79

8 km	34:40d	Edward Benham (75,MD)	4 Dec 82	Philadelphia PA
10 km	47:02pd	Johnny Kelley (76,MA)	24 Nov 83	Clearwater FL
15 km	1:06:34d	Edward Benham (75,MD)	3 Oct 82	Washington DC
10 mi	1:12:13d	Edward Benham (76,MD)	1 Apr 84	Washington DC
20 km	1:30:10d	Edward Benham (75,MD)	29 May 83	Washington DC
hf mara	1:37:51pd	Edward Benham (75,MD)	13 Apr 83	Williamsburg VA
25 km	1:56:18d	Edward Benham (75,MD)	6 Nov 82	Raleigh NC
30 km		no marks		
20 mi	2:42:31pd	Edward Benham (75,MD)	26 Dec 82	Greenbelt MD
marathon	3:34:42d	Edward Benham (76,MD)	6 Nov 83	Washington DC
50 km		no marks		
50 mi	11:22:44d	Ben Mostow (78,IL)	4 Oct 81	Chicago IL

Men- 80 thru 84

8 km	46:10p	Paul Spangler (84,CA)	11 Dec 83	San Pedro CA
10 km	50:48pd	Max Popper (80,NY)	18 Sep 83	Northport NY
15 km	1:29:04	Cyril Woods (81,OR)	26 Jun 83	Portland OR
10 mi	1:44:34	Waldo McBurney (80,KS)	30 Jul 83	Atwood KS
	1:30:59pd	Max Popper (80,NY)	28 Apr 84	New York NY
20 km	1:58:35p	Paul Spangler (81,CA)	27 Apr 80	Los Osos CA
hf mara	1:59:21pd	Max Popper (80,NY)	28 Aug 83	New York NY
25 km	2:23:43d	Max Popper (80,NY)	2 Oct 83	New York NY
30 km		no marks		
20 mi		no ratifiable marks		
marathon	4:53:11r	Paul Spangler (84,CA)	24 Jul 83	San Francisco CA
50 km		no marks		
50 mi	12:13:35d	Ben Mostow (80,IL)	2 Oct 83	Chicago IL

Men- 85 thru 89

8 km		no marks		
10 km	1:15:49p	Ivor Welch (85,CA)	19 Oct 80	Stanford CA
15 km		no marks		
10 mi		no marks		
20 km	2:07:49p	Paul Spangler (85,CA)	25 Mar 84	Sacramento CA
hf mara		no marks		
25 km		no marks		
30 km		no marks		
20 mi		no ratifiable marks		
marathon	5:55:11p	Ivor Welch (85,CA)	1 Jun 80	San Mateo CA

Open Women- women only races

8 km	26:38p	Judi St Hillaire (23,MA)	30 Jul 83	Maggie Valley NC
10 km	31:38v	Mary Decker (25,OR)	6 May 84	Eugene OR
15 km	51:30p	Carol Urish-McLatchie (32,TX)	8 Apr 84	San Francisco CA
10 mi	59:09p	Kiki Sweigart (28,CT)	29 Mar 80	Stone Mtn GA
20 km	1:09:31p	Nancy Konz (24,MA)	6 Mar 82	Washington DC
hf mara	1:13:19p	Cathy Schiro (16,NH)	24 Sep 83	New York NY
25 km	1:26:34p	Nancy Konz (25,MA)	13 Jun 82	Sudbury MA
30 km	1:50:46p	Martha Cooksey (25,OR)	10 May 80	Pasadena CA
20 mi		no marks		
marathon	2:31:04v	Joan Benoit (26,ME)	12 May 84	Olympia WA
	2:24:52av	Joan Benoit (27,ME)	5 Aug 84	Los Angeles CA

Open Women- mixed races

8 km	26:12yp	Mary Shea (19,NC)	2 Aug 80	Maggie Valley NC
10 km	32:30p	Jan Merrill (24,CT)	4 Oct 80	Purchase NY
15 km	49:34	Patricia Catalano (27,MA)	14 Mar 81	Jacksonville FL
10 mi	53:18p	Joan Benoit (25,ME)	21 Aug 82	Flint MI
20 km	1:08:45p	Nancy Konz (25,MA)	6 Sep 82	New Haven CT
hf mara	1:08:34p	Joan Benoit (27,ME)	17 Sep 84	Philadelphia PA
25 km	1:26:21p	Joan Benoit (23,NH)	9 May 81	Grand Rapids MI
30 km	1:52:42p	Jane Welzel (27,MA)	19 Sep 82	Troy NY
	1:47:30ap	Ellen Hart (24,CO)	30 Oct 82	Phoenix AZ
20 mi	2:00:40p	Laura Dewald (25,VA)	26 Dec 82	Greenbelt MD
	2:00:22ap	Cheryl Konkol (22,WI)	14 May 83	Madison WI
marathon	2:26:11	Joan Benoit (25,MA)	12 Sep 82	Eugene OR
	2:22:43a	Joan Benoit (25,MA)	18 Apr 83	Boston MA
50 km	3:13:51v	Janis Klecker (23,MN)	17 Dec 83	Tallahassee FL
50 mi	5:59:26r	Marcy Schwam (29,NY)	3 Oct 82	Chicago IL
100 km	8:24:54	Marcy Schwam (27,MA)	13 Sep 80	Santander ESP
	7:59:59r	Sandra Kiddy (45,CA)	3 Oct 82	Chicago IL
100 mi	15:31:57p	Donna Hudson (35,NY)	17 Jun 83	New York NY

Women- 19 and under

8 km	26:12ypd	Mary Shea (19,NC)	2 Aug 80	Maggie Valley NC
10 km	32:33p	Katie Ishmael (19,WI)	3 Aug 84	Seattle WA
15 km	49:53d	Betty Springs (19,FL)	11 Apr 81	Philadelphia PA
10 mi	56:02d	Aileen O'Connor (18,MD)	1 Apr 79	Washington DC
20 km	1:13:27pd	Sue Baxter (19,CT)	7 Sep 81	New Haven CT
hf mara	1:13:19d	Cathy Schiro (16,NH)	24 Sep 83	New York NY
25 km	1:27:45pd	Karen Dunn (19,NH)	13 Jun 82	Sudbury MA
30 km	1:57:39pd	Julie Ispording (18,OH)	10 May 80	Pasadena CA
	1:55:16ad	Susan Hay (19,RI)	20 Mar 83	Albany NY
20 mi		no ratifiable marks		
marathon	2:34:24d	Cathy Schiro (16,NH)	12 May 84	Olympia WA
	2:33:52apd	Jenny Spangler (19,IL)	11 Jun 83	Duluth MN
50 km	4:01:14d	Christy Orthmann (15,FL)	17 Dec 83	Tallahassee FL
50 mi	10:51:00pd	Cynthia Warnock (19,OR)	11 Apr 81	Portland OR
100 km	20:24:17pd	Jenny Schjang (11,HI)	24 May 80	Honolulu HI

Women- 40 thru 44

8 km	28:41	Judy Fox (40,CA)	4 Jan 81	Los Altos CA
	28:12ypd	Cindy Dalrymple (41,NY)	9 Jul 83	New York NY
10 km	34:44	Cindy Dalrymple (41,NY)	13 Aug 83	Asbury Park NJ
	34:29pd	Cindy Dalrymple (41,NY)	15 May 83	Rochester NY
15 km	54:46	Cindy Dalrymple (40,NY)	27 Jun 82	Portland OR
10 mi	58:28d	Cindy Dalrymple (41,NY)	27 Mar 83	Washington DC
20 km	1:18:02pd	Trudy Rapp (43,VA)	28 Sep 80	Washington DC
hf mara	1:20:47	Shirley Matson (41,CA)	5 Jul 82	Coronado CA
	1:19:33ad	Cindy Dalrymple (41,NY)	19 Jun 83	New Rochelle NY
25 km	1:42:20pd	Linda Thurston (40,NJ)	13 Jun 82	Sudbury MA
30 km	1:59:04pd	Elaine Kirchen (41,NY)	17 Dec 83	New York NY
	1:57:41ad	Cindy Dalrymple (41,NY)	20 Mar 83	Albany NY
20 mi		no ratifiable marks		
marathon	2:43:36d	Cindy Dalrymple (40,NY)	26 Sep 82	Chicago IL
	2:39:11ad	Miki Gorman (41,CA)	24 Oct 76	New York NY
50 km	3:48:07pd	Sue Medaglia (44,NY)	16 Sep 79	Brattleboro VT
50 mi	6:24:19d	Sandra Kiddy (44,CA)	3 May 81	Yakima WA
100 km	8:53:49pd	Sue Medaglia (44,NY)	4 May 80	Kent CT
100 mi	18:11:08pd	Anna Thornhill (43,NY)	17 Jun 84	New York NY

Women- 45 thru 49

8 km	30:47yd	Kathryn Gifford (47,MA)	25 Nov 82	Boston MA
10 km	36:29r	Mila Kania (49,NY)	5 Oct 80	East Rutherford NJ
15 km	58:18r	Dorothy Stock (48,CA)	6 Dec 80	San Diego CA
10 mi	1:03:29d	Joan Reiss (45,CA)	9 Jan 83	Stockton CA
20 km	1:20:13r	Dorothy Stock (48,CA)	21 Sep 80	San Diego CA
hf mara	1:24:07	Dorothy Stock (47,CA)	4 Jul 80	Coronado CA
25 km	1:45:51pd	Karen Holappa (45,MI)	8 May 82	Grand Rapids MI
30 km	2:05:31pd	Sandra Kiddy (46,CA)	29 Oct 83	Phoenix AZ
20 mi		no ratifiable marks		
marathon	2:53:22	Sandra Kiddy (45,CA)	11 Jul 82	San Francisco CA
50 km	3:32:34d	Sandra Kiddy (47,CA)	17 Dec 83	Tallahassee FL
50 mi	6:09:09d	Sandra Kiddy (47,CA)	1 Apr 84	Columbus OH
100 km	7:59:59d	Sandra Kiddy (45,CA)	3 Oct 82	Chicago IL
100 mi	15:55:17pd	Sue Medaglia (48,NY)	17 Jun 83	New York NY

Women- 50 thru 54

8 km	30:47ypd	Marion Irvine (54,CA)	14 Jan 84	Los Altos CA
10 km	37:43d	Marion Irvine (52,CA)	31 May 82	Kentfield CA
15 km	57:52pd	Marion Irvine (54,CA)	8 Apr 84	San Francisco CA
10 mi	1:03:46	Marion Irvine (53,CA)	9 Jan 83	Stockton CA
20 km	1:26:25pd	Marion Irvine (53,CA)	22 Jan 83	Sacramento CA
hf mara	1:23:16d	Marion Irvine (52,CA)	25 Oct 81	Hayward CA
25 km	2:01:00pd	Peggy Ann Steig (52,MI)	8 May 82	Grand Rapids MI
30 km	2:15:05pd	Margarete Deckert (50,NY)	17 Dec 83	New York NY
20 mi	2:30:43pd	Toshiko D'Elia (54,NJ)	26 Feb 84	New York NY
marathon	2:52:02d	Marion Irvine (54,CA)	12 May 84	Olympia WA
	2:51:01apd	Marion Irvine (54,CA)	4 Dec 83	Sacramento CA
50 km	5:33:06pd	Jan Newhart (52,HI)	25 Mar 80	Honolulu HI
50 mi	7:10:58pd	Ruth Anderson (50,CA)	17 Feb 80	Houston TX
100 km	17:39:18d	Myra Linden (53,IL)	27 Dec 81	Chicago IL

Women- 55 thru 59

8 km	32:42yd	Margaret Miller (57,CA)	22 Oct 83	Fountain Valley CA
10 km	40:52pd	Helen Dick (58,CA)	12 Sep 82	Los Angeles CA
15 km	1:04:48	Margaret Miller (57,CA)	28 May 83	San Diego CA
10 mi	1:13:02pd	Mary Storey (56,CA)	17 May 80	San Diego CA
20 km	1:29:22pd	Margaret Miller (58,CA)	25 Mar 84	Sacramento CA
hf mara	1:28:42d	Margaret Miller (58,CA)	26 Aug 84	Santa Monica CA
	1:28:39pd	Margaret Miller (56,CA)	20 Jun 82	Lompoc CA
25 km	1:52:46d	Mary Storey (55,CA)	2 Mar 80	Ventura CA
30 km	2:19:00pd	Helen Dick (55,CA)	10 May 80	Pasadena CA
20 mi	3:26:23pd	Audrey Jacobson (55,NY)	26 Feb 84	New York NY
	2:47:07a	Adele Milicevic (55,AZ)	24 Jan 82	Tucson AZ
marathon	3:07:21	Margaret Miller (56,CA)	11 Jul 82	San Francisco CA
50 km	6:13:42pd	Carmen Haney (58,VA)	13 Mar 82	Washington DC
50 mi	9:28:57pd	Helen Klein (59,KY)	27 Mar 82	Leland MS

Women- 60 thru 64

8 km	37:58d	Harriet Wever (60,MI)	30 Oct 82	Ann Arbor MI
10 km	45:10d	Patricia Dixon (63,OR)	29 Aug 82	Portland OR
	45:01a	Jaclyn Caselli (61,CA)	27 Feb 83	San Francisco CA
15 km	1:12:46	Patricia Dixon (63,OR)	27 Jun 82	Portland OR
10 mi	1:20:29pd	Jaclyn Caselli (62,CA)	28 Aug 83	San Francisco CA
20 km	1:36:31pd	Patricia Dixon (63,OR)	10 Apr 82	Medford OR
hf mara	1:39:01d	Helen Dick (60,CA)	26 Aug 84	Santa Monica CA
25 km	2:08:39pd	Jean Price (61,MA)	13 Jun 82	Sudbury MA
30 km	2:54:13pd	Mary Rodriguez (62,NY)	17 Dec 83	New York NY
	2:35:22a	Althea Wetherbee (61,NY)	25 Jan 81	Tucson AZ
20 mi	3:09:36pd	Mary Rodriguez (62,NY)	26 Feb 84	New York NY
	2:48:19a	Althea Wetherbee (61,NY)	25 Jan 81	Tucson AZ
marathon	3:31:24pd	Marcie Trent (63,AK)	10 May 81	Girdwood AK
50 km	5:00:29pd	Josephine Hess (64,WA)	25 Apr 82	Yakima WA
50 mi	9:01:38pd	Helen Klein (61,KY)	19 Feb 84	Sacramento CA
100 km	13:01:43d	Helen Klein (60,KY)	2 Oct 83	Chicago IL

Women- 65 thru 69

8 km	39:33r	Edna Laflin (65,AZ)	27 Aug 83	Ahwatukee AZ
10 km	47:55r	Kay Atkinson (65,CA)	31 May 82	Kentfield CA
15 km	1:22:08	Josephine Hess (65,WA)	26 Jun 83	Portland OR
	1:21:38pd	Algene Williams (68,IL)	20 May 84	Michigan City IN
10 mi	1:30:49	Pearl Mehl (68,CO)	31 Jul 82	Atwood KS
	1:29:47d	Algene Williams (67,IL)	5 Sep 83	Park Forest IL
20 km	1:49:39pd	Algene Williams (67,IL)	24 Sep 83	Chicago IL
hf mara	1:49:47pd	Evelyn Havens (65,NY)	15 Nov 81	Queens NY
25 km	2:49:01pd	Adeline Baptista (65,MA)	12 Jun 83	Sudbury MA
30 km	2:47:51p	Edna Laflin (65,AZ)	29 Oct 83	Phoenix AZ
20 mi		no ratifiable marks		
marathon	3:49:27pd	Marcie Trent (65,AK)	8 May 83	Girdwood AK
	3:47:24a	Marcie Trent (65,AK)	18 Apr 83	Boston MA
50 km	5:11:50pd	Josephine Hess (65,WA)	24 Apr 83	Yakima WA

Women- 70 thru 74

8 km	47:57pd	Bess James (74,CA)	8 Oct 83	San Diego CA
10 km	53:32pd	Leona Lugers (74,MI)	12 Sep 81	Holland MI
15 km	1:31:29pd	Anne Clarke (71,IL)	16 Aug 81	Des Plaines IL
10 mi	1:34:57d	Anne Clarke (73,IL)	5 Sep 83	Park Forest IL
20 km	1:54:47pd	Leona Lugers (74,MI)	23 May 81	Holland MI
hf mara	2:20:15	Bess James (73,CA)	4 Jul 83	Coronado CA
25 km	2:51:54d	Bess James (73,CA)	19 Sep 82	Ventura CA
30 km	3:40:33a	Veallon Hixson (74,AZ)	30 Oct 82	Phoenix AZ
20 mi		no ratifiable marks		
marathon	4:37:37	Mavis Lindgren (72,CA)	9 Sep 79	Eugene OR

Women- 75 thru 79

8 km	50:22d	Veallon Hixson (75,AZ)	23 Jan 83	Phoenix AZ
10 km	53:40pd	Leona Lugers (75,MI)	11 Sep 82	Holland MI
15 km	1:53:47d	Mia Wilshusen (78,AZ)	22 Nov 81	Ahwatukee AZ
10 mi	1:50:11d	Veallon Hixson (75,AZ)	2 Apr 83	Scottsdale AZ
20 km	1:56:25pd	Leona Lugers (75,MI)	22 May 82	Holland MI
hf mara		no marks		
25 km		no marks		
30 km		no marks		
20 mi		no marks		
marathon	4:56:30d	Mavis Lindgren (75,CA)	3 Oct 82	Portland OR
	4:41:45apd	Ida Mintz (75,IL)	26 Apr 81	Lake Bluff IL

Women- 80 thru 84

8 km	59:47d	Mia Wilshusen (80,AZ)	30 Apr 83	Phoenix AZ
10 km	1:05:14d	Ruth Rothfarb (80,MA)	9 Jan 82	Miami FL
15 km	1:39:44d	Ruth Rothfarb (80,FL)	22 Nov 81	Ahwatukee AZ
20 km	2:26:34d	Ruth Rothfarb (80,FL)	6 Mar 82	Washington DC
hf mara		no ratifiable marks		
25 km		no marks		
30 km		no marks		
20 mi		no marks		
marathon	5:28:37d	Ruth Rothfarb (80,FL)	16 Jan 82	Miami FL

Women- 85 thru 89

8 km		no marks		
10 km	1:36:02pd	Hulda Crooks (86,CA)	7 Nov 82	Loma Linda CA
15 km		no marks		
10 mi		no marks		
20 km		no marks		
hf mara		no marks		
25 km		no marks		
30 km		no marks		
20 mi		no marks		
marathon		no marks		

Men- 75 thru 79

15,000 m				
10 miles				
20,000 m				
25,000 m	2:04:59 p	Paul Spangler (78,CA)	11 Jun 77	Sn Luis Obspo CA
one hour	13,696 m pd	Ed Benham (75,MD)	9 Apr 83	Washington DC
two hour	24,333 m p	Paul Spangler (78,CA)	11 Jun 77	Sn Luis Obspo CA

Men- 80 thru 84

one hour	12,130 m p	Paul Spangler (81,CA)	1 Nov 80	Sn Luis Obspo CA
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Women- 60 thru 64

15,000 m	1:45:04 d	Florence Fawley (61,OH)	18 Mar 84	Columbus OH
10 mile	1:50:43 d	Florence Fawley (61,OH)	18 Mar 84	Columbus OH
one hour	13,075 m pd	Marcie Trent (62,AK)	12 Jul 80	Anchorage AK
two hour	17,440 m d	Florence Fawley (61,OH)	18 Mar 84	Columbus OH

Women- 65 thru 69

one hour	10,117 m pd	Judy Simon (67,CA)	26 Jul 83	CA
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OPEN AND AGE GROUP TRACK RECORDS

Performances contained in this list have either been ratified by The Athletics Congress as official US LDR track records or are being submitted for ratification. Many of the marks listed do not have complete documentation and are listed as "pending."

d pending verification of date of birth by birth certificate
p pending receipt of lap sheets or track certification

Open Men

15,000 m	43:39.8	Bill Rodgers (29,MA)	9 Aug 77	Boston MA
10 miles	49:05	Dick Beardsley (26,MN)	12 Aug 82	Brookings SD
20,000 m	58:15.0	Bill Rodgers (29,MA)	9 Aug 77	Boston MA
25,000 m	1:14:11.8	Bill Rodgers (31,MA)	21 Feb 79	Saratoga CA
30,000 m	1:31:49.0	Bill Rodgers (31,MA)	21 Feb 79	Saratoga CA
20 miles	1:47:17.1	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
	1:44:56.4 p	Bill Clark (27,CA)	13 Feb 71	Los Altos CA
40,000 m	2:15:05	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
30 miles	2:46:39.1	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
50,000 m	2:52:47.5	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
40 miles	4:08:30.2	Ken Young (30,IL)	14 May 72	Chicago IL
50 miles	5:21:21.7	Ken Moffitt (26,CA)	9 Sep 78	Santa Monica CA
100,000 m	7:14:17	Warren Finke (41,OR)	10 Sep 83	Gladstone OR
150,000 m	11:40:10.6	Bernd Heinrich (44,VT)	19 May 84	Ottawa ON (CAN)
100 miles	12:27:00.7	Bernd Heinrich (44,VT)	19 May 84	Ottawa ON (CAN)
200,000 m	18:30:11	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME
one hour	20,547 m	Bill Rodgers (29,MA)	9 Aug 77	Boston MA
two hour	35,824 m	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
	36,552 m p	Bill Clark (27,CA)	13 Feb 71	Los Altos CA
24 hour	239,792 m	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME

Men- 19 and under

15,000 m	48:51 d	Thom Hunt (18,AZ)	6 Mar 77	Tucson AZ
10 miles	51:30 d	Thom Hunt (18,AZ)	6 Mar 77	Tucson AZ
	49:15 pd	George Aguirre (17,CA)	26 Jul 75	Santa Barbara CA
20,000 m	1:17:24 d	Don Pobanz (19,NE)	13 Nov 83	Lincoln NE
25,000 m	1:37:11 d	Don Pobanz (19,NE)	13 Nov 83	Lincoln NE
30,000 m	1:55:31 d	Don Pobanz (19,NE)	13 Nov 83	Lincoln NE
20 miles	2:23:27 d	Danny Wilcoxson (19,KY)	14 Jul 84	Greensburg KY
40,000 m	3:00:14 d	Danny Wilcoxson (19,KY)	14 Jul 84	Greensburg KY
30 miles	3:40:22 d	Danny Wilcoxson (19,KY)	14 Jul 84	Greensburg KY
50,000 m	4:21:09 d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY
40 miles	6:06:40 d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY
50 miles	8:08:08 d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY
100,000 m	10:17:30 d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY
150,000 m	18:05:46 d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY
100 miles	21:09:40 d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY
one hour	19,446 m pd	George Aguirre (17,CA)	25 Jul 75	Santa Barbara CA
two hour	31,240 m d	Don Pobanz (19,NE)	13 Nov 83	Lincoln NE
	33,339 m pd	Will Albers (19,VA)	5 Jan 75	VA
24 hour	177,535 m d	Danny Wilcoxson (19,KY)	4 May 84	Greensburg KY

Men- 40 thru 44

15,000 m	51:38 d	Ray Stevens (43,NE)	13 Nov 83	Lincoln NE
	47:59.3 pd	Herb Lorenz (40,NJ)	1 Jan 80	Stanford CA
10 miles	54:38 d	Ray Stevens (43,NE)	13 Nov 83	Lincoln NE
20,000 m	1:11:58 d	Truman Clark (41,CA)	3 Apr 77	Los Angeles CA
25,000 m	1:31:16 d	Truman Clark (41,CA)	3 Apr 77	Los Angeles CA
30,000 m	1:49:23 d	Truman Clark (41,CA)	3 Apr 77	Los Angeles CA
20 miles	1:56:56 d	Truman Clark (41,CA)	3 Apr 77	Los Angeles CA
40,000 m	2:33:11	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
30 miles	3:06:16	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
50,000 m	3:14:55	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
40 miles	4:21:45	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
50 miles	5:42:03	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
100,000 m	7:14:17	Warren Finke (41,OR)	10 Sep 83	Gladstone OR
150,000 m	11:40:10.6 d	Bernd Heinrich (44,VT)	19 May 84	Ottawa ON (CAN)
100 miles	12:27:00.7 d	Bernd Heinrich (44,VT)	19 May 84	Ottawa ON (CAN)
200,000 m	18:30:11	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME
one hour	18,379 m pd	Ray Hatton (44,OR)	7 Aug 76	OR
two hour	33,052 m d	Truman Clark (41,CA)	3 Apr 77	Los Angeles CA
24 hour	252,308 m d	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME

Men- 45 thru 49

15,000 m	51:12	Paul Noreen (46,MN)	22 Aug 81	New Hope MN
10 miles	53:52	Paul Noreen (46,MN)	22 Aug 81	New Hope MN
20,000 m	1:13:41.2 d	Truman Clark (48,AZ)	27 Nov 83	Tucson AZ
25,000 m	1:37:00.6 d	Truman Clark (48,AZ)	27 Nov 83	Tucson AZ
30,000 m	1:56:04.8 d	Truman Clark (48,AZ)	27 Nov 83	Tucson AZ
20 miles	2:22:14 d	Doug Latimer (46,CA)	17 Mar 84	Santa Rosa CA
40,000 m	2:57:53 d	Doug Latimer (46,CA)	17 Mar 84	Santa Rosa CA
30 miles	3:41:41 d	Doug Latimer (46,CA)	17 Mar 84	Santa Rosa CA
50,000 m	3:49:47 d	Doug Latimer (46,CA)	17 Mar 84	Santa Rosa CA
40 miles	5:26:56 d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
50 miles	6:47:14 d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
100,000 m	8:21:06 d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
150,000 m	12:53:43 d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
100 miles	13:56:57 d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
	13:33:06 pd	Ted Corbitt (49,NY)	25 Oct 69	GBR
200,000 m	18:22:45 d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
one hour	17,906 m pd	Hal Higdon (48,IN)	25 Jun 79	Michigan City IN
two hour	31,088 m d	Truman Clark (48,AZ)	27 Nov 83	Tucson AZ
24 hour	248,799 m d	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT

Men- 50 thru 54

15,000 m	52:52 d	Peter Mundle (50,CA)	1 Oct 78	Los Angeles CA
10 miles	55:45 d	Peter Mundle (50,CA)	1 Oct 78	Los Angeles CA
20,000 m	1:27:14 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
25,000 m	1:49:36 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
30,000 m	2:10:34 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
20 miles	2:21:16 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
40,000 m	2:55:57 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
30 miles	3:42:12 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
50,000 m	3:50:14 d	Walter Connolly (53,NY)	5 Nov 83	Rochester NY
40 miles	5:19:44	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
50 miles	6:39:33.1	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
100,000 m	8:54:34 d	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
150,000 m	14:38:33 d	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
100 miles	16:05:29 d	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
	15:22:37 dp	Ted Corbitt (53,NY)	3 Nov 73	GBR
one hour	17,314 m d	Peter Mundle (50,CA)	1 Oct 78	Los Angeles CA
two hour	29,646 m p	Bob Bartling (54,SD)	15 Nov 80	Lincoln NE
24 hour	180,800 m d	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
	216,367 m pd	Ted Corbitt (53,NY)	3 Nov 73	GBR

Men- 55 thru 59

15,000 m	52:57 d	Alex Ratelle (56,MN)	22 Aug 81	New Hope MN
10 miles	55:41.3 d	Alex Ratelle (56,MN)	22 Aug 81	New Hope MN
20,000 m	1:22:43	Bob Bartling (57,SD)	7 Apr 84	Brookings SD
25,000 m	1:44:00	Bob Bartling (57,SD)	7 Apr 84	Brookings SD
30,000 m	2:30:21	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
20 miles	2:41:21	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
40,000 m	3:19:57	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
30 miles	3:59:58	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
50,000 m	4:09:49	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
40 miles	5:21:33	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
50 miles	6:55:01.4	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
100,000 m	10:43:16 d	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME
150,000 m	17:45:54 d	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME
100 miles	20:06:48 d	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME
one hour	16,802 m pd	Jim O'Neil (56,CA)	4 Aug 81	CA
two hour	29,251 m	Bob Bartling (56,SD)	3 Oct 82	Brookings SD
24 hour	193,715 m d	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME

Men- 60 thru 64

15,000 m	58:55 pd	Clive Davies (60,OR)	5 Nov 77	Portland OR
10 miles	58:55 pd	Clive Davies (60,OR)	5 Nov 77	Portland OR
20,000 m	1:35:18	Bob Martin (61,AZ)	3 Jan 82	Houston TX
25,000 m	2:00:00	Bob Martin (61,AZ)	3 Jan 82	Houston TX
30,000 m	2:29:12	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
20 miles	2:39:45	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
40,000 m	3:22:52	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
30 miles	4:07:53	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
50,000 m	4:19:21	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
40 miles	5:40:27	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
50 miles	7:16:30	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
100,000 m	14:08:58 d	Paul Garfield (64,TX)	13 Nov 82	Mesquite TX
150,000 m	32:46:43 d	Carlton Mendell (61,ME)	3 Sep 83	Brunswick ME
100 miles	38:07:11 d	Carlton Mendell (61,ME)	3 Sep 83	Brunswick ME
200,000 m	45:21:57 d	Carlton Mendell (61,ME)	3 Sep 83	Brunswick ME
one hour	16,277 m pd	Clive Davies (61,OR)	7 Aug 76	Portland OR
two hour	27,911 m pd	Charles Seekins (62,CA)	8 Oct 78	CA
24 hour	128,747 m d	Paul Garfield (64,TX)	13 Nov 82	Mesquite TX

Men- 65 thru 69

15,000 m	1:11:21 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
10 miles	1:16:53 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
20,000 m	1:34:23 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
25,000 m	1:58:37 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
30,000 m	2:21:50 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
20 miles	2:33:34 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
40,000 m	3:11:17 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
30 miles	4:04:41 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
50,000 m	4:14:15 d	Gary Rech (68,NY)	5 Nov 83	Rochester NY
40 miles	7:01:56	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
50 miles	9:24:25	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
one hour	15,036 m pd	Norman Bright (65,WA)	13 Jun 75	WA
two hour	25,200 m d	Gary Rech (68,NY)	5 Nov 83	Rochester NY

Men- 70 thru 74

15,000 m	1:07:04	William Andberg (70,MN)	22 Aug 81	New Hope MN
10 miles	1:10:36	William Andberg (70,MN)	22 Aug 81	New Hope MN
20,000 m	1:45:07.2 d	Arne Johnson (71,WA)	27 Nov 83	Tucson AZ
25,000 m	2:13:23.0 d	Arne Johnson (71,WA)	27 Nov 83	Tucson AZ
one hour	13,700 m	William Andberg (70,MN)	22 Aug 81	New Hope MN
	13,908 m pd	William Andberg (70,MN)	4 Oct 81	Brookings SD
two hour	22,654 m d	Arne Johnson (71,WA)	27 Nov 83	Tucson AZ