

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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PAUL WARNER, pictured above with his two and one-half month old grandson, Antonio Louis Lucha. (Tony's mother, Christie is expecting to give him a brother or sister in September.)

This picture doesn't show Paul going over the hurdles at Stanford University during his college days, but it does show his warmth. Will Tony become a Stanford hurdler? A graduate of the Stanford School of Business? A Secretary/Treasurer, Vice-President or President of the Northern California Seniors Track Club? Will he have the time to devote that many hours of unselfishness to the organization and advancement of the club? Paul Warner set a standard of quality and dedication for others to follow in every position he held. He acted with loyalty and flexibility. His recent services as the announcer at club track and field meets have been done with his usual dependability. The Club thanks you, Paul Warner, and Tony was wise in choosing you for a grandfather. --Ed.

CLUB ID

TAC #: 109
 CALIFORNIA CORPORATION #: 1275994
 CALIFORNIA NON-PROFIT #: CT-61086

SHARLET GILBERT's 2:38:00 finish in the Duluth, Minnesota Grandma's marathon was her personal best MARATHON TIME! (This corrects our our misprint in our last newsletter.)

Martinez to Port Costa
 Brick Yard Run

Luka Sekulich, Director
 1485 Darlene Drive
 Concord, CA/94520
 510/685-5185

Ken Carnine T&F Classic

Michael Ackley, Director
 4649 Oakbough Way
 Charming, CA/95608
 916/967-9000

Dick Houston Memorial
 Woodminster Run

Gail Wetzork, Director
 3452 Capella Lane
 Alameda, CA/94501
 510/522-3724

NCSTC T&F CLASSIC

Jim Johnson, Director
 1026 Murchison Drive
 Hillbrae, CA/94030
 415/697-1889

WESTERN REGIONAL TRACK AND FIELD CHAMPIONSHIPS, July 25-26, 1992, Chabot College, Hayward, California, sponsored by NCSTC



SHIRLEY DIETDERICH (kneeling), CHERRIE SHERRARD (3rd from right) and No. 146 Jutta McCormick were amongst those who broke records. Others (left to right) are Rita Kerr, Marj. Moore, Chrystal Miller (on trainer's table), Kay Lyons, Jo Kolda and Gretchen Snyder.

World records: Cherrie Sherrard's 14.35 age 53 50M Hurdles, Hugh Adams' age 52 14.51 100M Hurdles, Walt Butler's 13.84 M50 group 100M Hurdles; Payton Jordan's wind aided 13.57 M75 100M to be added to the records; Charlie Rader's 6'6" high jump for a tie with the age 44 record; and Joan Ottaway's 7:50.2 2000M Steeplechase age 48 record.

American records: Payton Jordan's age 75 29.27 200M bettered Josiah Packard's 29.5 set at age 75; Jutta McCormick's age 51 2:31.7 800M; Jim Lytjen's 65.8 age 71 400M and 2:31.1 age 71 800M; Vicki Bigelow's 5:23.9 age 56 1500M; Hugh Adams' 63.5 age 52 400M Hurdles; Max Green's 25:06.2 age 60 5000M Race Walk; Lloyd Higgins 50.48 age 50 Hammer; Shirley Dieterich's age 65 19.88 Discus (breaking Harriett Boyd's 19.66 age 65 record); Burt DeGroot's age 85 23.16 Discus and age 85 7.55 Shot; Hal Smith's age 56 13.38 Shot; Joe Keshmiri's age 54 14.28 shot; Shirley Dieterich's age 65 22.68 Javelin; Anhees Steekelenburg's age 44 5' high jump; Larry Stuart's age 54 29.12 javelin throw; and Janet Wilson's age 39 44.92 discus broke Joan Stratton's 34.36 age 39 American record.

Director Jim Johnson is to be commended for his many hours of dedication to making this meet a success and enjoyable one. Many competitors expressed their gratitude. Jim's wife, Beverly, and son (who designed the shirt logos) also devoted many hours, including registering entrants, distributing medals, each covering the job of several people (help in the field, setting up hurdles, running results, etc., etc.) Don Rose's contribution to the setting up of the meet and working all day both meet days where needed most is much appreciated. Both Jim and Don had to sacrifice their own competition, but we'll be seeing them at the Nationals in Spokane. Club members who jumped in to help were past President Martyn Adamson, new member John Burns, Announcer Paul Warner, Mark Grubi, Roger Werne, and new associate member Pam Reynolds. Mrs. Jim Vernon (from southern California) helped Jim's wife, and Chrystal Miller brought her field officiating talents with her. Ana Lee helped with the jumps. We wish to extend thanks to all of these people, and any whose names have not been mentioned, for giving the almost 300 entrants another opportunity to compete and to prepare for the Nationals.

TAC WESTERN SECTIONAL MASTERS T & F MEET
July 25-26, 1992, Chabot College, Hayward,
California, SPONSORED BY NO CAL SRS T.C.

100M

| <u>Women</u> | |
|--------------|----------------------------------|
| 70-74 | Kolda, Josephine (74) 19.40 |
| | Talley, Ruth (72) 22.25 |
| 65-69 | Shirley Dietderich (65) 18.60 |
| 55-59 | Miller, Christel (57) w15.25 |
| | Chou, Fei-Mei (57) w16.17 |
| | Kerr, Rita (57) w16.20 |
| | Moore, Marj (59) w18.93 |
| 50-54 | Jutta McCormick (51) 14.48 |
| | O'Connor, Nadine (50) 14.59 |
| | Sherrard, Cherrie 14.74 |
| | Lyons, Kay (53) 15.36 |
| 30-34 | Demby, Michelle (34) 13.95 |
| <u>Men</u> | |
| 80-84 | Bigelow, William (80) w17.4 (MT) |
| 75-79 | Jordan, Payton (75) w13.57 WR(w) |
| 70-74 | Bennett, Dick (72) w16.46 |
| | Slaughter, Konrad (73) w17.26 |
| | Fairchild, Al (74) w16.76 |
| 65-69 | Regier, Vernon (65) 13.29 |
| | Higginbotham, Bob (65) 14.62 |
| | Anhorn, Dan (65) NA |
| 60-64 | Sanchez, Marion (60) 12.94 |
| | Feaster, Bob (61) 13.14 |
| | Stevens, Bernie (63) 13.51 |
| | Schonbrick, Jim (63) 14.25 |
| 55-59 | La Torre, Gil (55) 12.54 |
| | Springbett, Bruce (59) 12.74 |
| | Thiesen, Jim (55) 13.29 |
| 50-54 | Butler, Walt (51) 11.5 |
| | Adams, Hugh (52) 12.1 |
| | Brooks, Mel (51) 12.3 |
| 45-49 | Whitley, Stan (46) 11.12 |
| | Duffy, Dennis (49) 12.30 |
| | Gilman, Steve (46) 13.07 |
| | Diehl, Rand (47) 13.25 |
| 40-44 | Hardison, Steve (42) 11.64 |
| | Payton, Norbert (43) 11.97 |
| | Raymond, Paul (44) 12.20 |
| | Yeck, Ray (44) 12.25 |
| | Lichtenberger, Dennis (44) 13.09 |
| 35-39 | Morning, Kevin (36) 11.25 |
| | Williams, David (38) 11.58 |
| | Pope, Lee (35) 11.93 |
| | Arnold, Chris (38) 12.51 |
| | Demby, Frank (39) 12.59 |
| | Gallero, Jeff (37) 12.83 |
| 30-34 | Grimes, Peter (33) 11.23 |
| | Tucker, Alan (31) 11.40 |
| | Hibbert, Harold (34) 12.23 |

200M

| <u>Women</u> | |
|--------------|-----------------------------------|
| 65-69 | Dietderich, Shirley (65) 41.91 |
| 55-59 | Kerr, Rita (57) 34.11 |
| | Chou, Fei-Mei (57) 34.92 |
| 50-54 | McCormick, Jutta (51) 29.67 |
| | O'Connor, Nadine (50) 30.23 |
| | Catt, Jan (50) 30.85 |
| | Lyons, Kay (53) 32.36 |
| 40-44 | Behrens, Martie (44) 30.00 |
| 35-39 | Scott, Valerie (35) 28.83 |
| 30-34 | Demby, Michelle (34) 29.11 |
| <u>Men</u> | |
| 70-74 | Slaughter, Konrad (73) 36.95 |
| 75-79 | Jordan, Payton (75) 29.27A |
| 65-69 | Anhorn, Don (65) 47.87 |
| 60-64 | Sanchez, Marion (60) w26.00 |
| | Feaster, Bob (61) w29.48 |
| | Stevens, Bernie (63) w27.90 |
| | Washington, Huel (63) w29.47 |
| | Schnobrick, Jim (63) w31.10 |
| 55-59 | Springbett, Bruce (59) w26.58 |
| | Czaminske, Gerry (58) w29.57 |
| 50-54 | Brooks, Mel (51) w 26.4E |
| | Karbens, Jack (50) w 27.7E |
| 45-49 | Pruitt, Matt (47) w25.93 |
| | Gilman, Steve (46) w26.73 |
| 40-44 | Castillo, Herman (43) w24.28 |
| | Raymond, Paul (44) w24.66 |
| | Yeck, Ray (44) w25.05 |
| | Lichtenberger, Dennis (44) w26.25 |
| 35-39 | Qualls, Milton (38) 23.52 |
| | Pope, Lee (35) 24.63 |
| | Robinson, Mark (36) 25.04 |
| | Demby, Frank (39) 25.98 |
| | Gallero, Jeff (37) 26.68 |
| 30-34 | Grimes, Peter (33) 22.64 |
| | Tucker, Alan (31) 22.97 |
| | Broussard, Nelson (26) 24.26 |
| | Tobias, Darrell (31) 24.29 |
| | Hibbert, Harold (34) 24.65 |
| | Ward, William (32) 24.72 |
| <u>400M</u> | |
| <u>Women</u> | |
| 55-59 | Kerr, Rita (57) 78.5 |
| | Snyder, Gretchen (58) 82.3 |
| 50-54 | Matson, Shirley (51) 66.5 |
| | O'Connor, Nadine (50) 68.1 |
| | Catt, Jan (50) 71.1 |
| 40-44 | Behrens, Martie (44) 66.4 |
| 30-34 | Scott, Val (30) 66.3 |

400M

| <u>Men</u> | |
|--------------|---------------------------------|
| 70-74 | Lytjen, Jim (71) 65.8 age AR |
| 60-64 | Feaster, Bob (61) 62.6 |
| | Stevens, Bernie (63) 64.1 |
| | Pappas, Alex (63) 64.8 |
| | Gunther, Fred (62) 66.3 |
| | Washington, Huel (63) D.N.F. |
| 55-59 | Fuller, Bob (55) 65.3 |
| | Czaminske, Gerry (58) 65.8 |
| 50-54 | Liggins, Bob (51) 60.7 |
| | Karbens, Jack (50) 61.3 |
| | Hill, Jack (54) 63.1 |
| | Carper, Ken (54) 68.3 |
| 45-49 | Whitley, Stan (46) 51.2 |
| | Keeney, Terrance (49) 55.3 |
| | Ackley, Michael (47) 57.7 |
| | Duffy, Dennis (49) 59.6 |
| 40-44 | Spikes, Warren (41) 52.7 |
| | Driver, Eugene (42) 53.9 |
| | Raymond, Paul (44) 56.0 |
| | Yeck, Ray (44) 56.3 |
| | Lichtenberger, Dennis (44) 56.6 |
| | Morris, Wayne (42) 58.2 |
| | Gravenhorst, Kurt (42) 59.5 |
| | Everly, Chas (41) 66.1 |
| 35-39 | Harry, William (35) 50.6 |
| | Qualls, Milton (38) 50.7 |
| | Thoman, Rick (39) 56.8 |
| 30-34 | Morehand, Ed 54.2 |
| | Hibbert, Harold (34) 54.8 |
| | Ward, William (32) 55.2 |
| Open | Uribe, Zack (22) 49.9 |
| | Broussard, Nelson (26) 52.8 |
| | Lenderink, Rob (28) 54.8 |
| | Levin, Aaron (25) 59.2 |
| <u>800M</u> | |
| <u>Women</u> | |
| 55-59 | Kerr, Rita (57) 3:05.4 |
| 50-54 | McCormick, Jutta (51) 2:31.7AR |
| | Matson, Shirley (51) 2:34.4 |
| | La Vigne, Yvette (52) 2:35.0 |
| 30-34 | Green, Darlene (33) 2:27.7 |
| | McCourt, Theresa (33) 2:22.3 |
| Open | Donahue, Megan (29) 2:23.7 |
| <u>Men</u> | |
| 75-79 | Mahannah, Ray (76) 3:40.5 |
| 70-74 | Lytjen, Jim (71) 2:31.1 age AR |
| 65-69 | Jacques, Boyce (65) 2:36.7 |
| 60-64 | Linde, Gunnar (64) 2:32.4 |
| | McQuire, Lloyd (60) 2:34.9 |
| | Gunther, Fred (62) 2:42.9 |
| | Hicks, Martin (60) 2:46.0 |
| | Sheahan, Al (60) 2:55.1 |
| 55-59 | Czaminske, Gerry (58) 2:28.9 |
| | Richardson, Pete (57) 2:34.7 |

800M Men cont.

| 50-54 | Linn, George (50) 2:29.7 |
|--------------|-----------------------------------|
| | Karbens, Jack (50) 2:36.0 |
| | Dunkell, Andre (50) D.N.F. |
| | Liggins, Bob (51) Disq. |
| 45-49 | Shirley, Graeme (46) 2:05.5 |
| | Duffy, Dennis (49) 2:06.9 |
| | Ackley, Michael (47) 2:07.1 |
| | Barnett, Searcy (45) 2:09.6 |
| | Sandoval, Gabriel (45) 2:09.9 |
| 40-49 | Lichtenberger, Dennis (44) 2:09.4 |
| | Morris, Wayne (42) 2:14.5 |
| | Gravenhorst, Kurt (42) 2:19.4 |
| 35-39 | Brown, Ben (3) 1:56.5 |
| | Kushman, Rick (37) 7:05.6 |
| | Bordoni, Jim (39) 2:11.6 |
| 30-34 | Cleary, Mark (33) 2:07.9 |
| Open | Price, Robert (20) 1:58.7 |
| | Levin, Aaron (25) 2:17.9 |
| <u>1500M</u> | |
| <u>Women</u> | |
| 55-59 | Bigelow, Vicki (56) 5:23.9 age A |
| 50-54 | Matson, Shirley (51) 5:00.7 |
| | LaVigne, Yvette (52) 5:20.8 |
| 30-34 | McCourt, Theresa (34) 4:53.9 |
| | Donahue, Megan () 5:02.2 |
| | Heaton, Jennifer (30) 5:12.1 |
| Open | Hiroshima, Logan (15) 5:33.1 |
| <u>Men</u> | |
| 65-69 | King, Joe (65) 5:07.4 |
| | Jacques, Boyce (65) 5:18.4 |
| | Gil, Ray (67) 6:09.4 |
| 60-64 | Linde, Gunnar (64) 5:21.6 |
| | Hicks, Martin (60) 5:47.3 |
| 50-54 | Griepenburg, Karl (54) 4:49.9 |
| | Nelson, Ty (50) 4:50.6 |
| | Linn, George (50) 4:59.6 |
| | Hill, Jack (54) 5:30.2 |
| 45-49 | Shirley, Graeme (46) 4:21.3 |
| | Tracy, Dennis (46) 4:22.7 |
| | Franklin, Harvey (49) 4:24.0 |
| | Sandoval, Gabriel (45) 4:25.8 |
| | Dove, Michael (45) 4:31.9 |
| 40-49 | Milton, James (42) 4:19.9 |
| | Gorman, Jim (43) 4:23.9 |
| | Brusher, Bill (40) 4:37.4 |
| 35-39 | Kushman, Rick (37) 4:16.1 |
| | Tomerlin, David (39) 4:17.4 |
| | Tobar, Argelio (37) 4:32.7 |
| | Bojko, Neal (36) 4:44.1 |
| 30-34 | Cleary, Mark (33) 4:26.5 |
| Open | Price, Robert (20) 4:11.2 |
| | Lenderink, Rob (28) 4:59.8 |

800M Hurdles

| | | | |
|--------------|------------------------|-------|--------|
| <u>Women</u> | | | |
| 55-59 | Miller, Christel (57) | 20" | 16.23 |
| 50-54 | Sherrard, Cherrie (53) | 14.35 | age WR |

| | | | |
|------------|----------------------|-----|-------|
| <u>Men</u> | | | |
| 70-74 | Dahlin, Walt (71) | 20" | 15.09 |
| | Ricciardi, Rick (72) | | 17.10 |
| | Bennett, Dick (72) | | 19.17 |

100M Hurdles

| | | | |
|-------|------------------------|-------|----------|
| 65-69 | Higginbotham, Bob (65) | 33" | 17.80 |
| | Regier, Vern (65) | | 21.55 |
| 60-64 | Steedman, Ian (64) | 33" | 17.45 |
| 50-54 | Butler, Walt (51) | 36" | 13.84 WR |
| | Adams, Hugh (52) | 14.51 | age WR |

110M Hurdles

| | | | |
|-------|--------------------|-----|-------|
| 45-49 | Fred Johnston (46) | 39" | 16.77 |
| 30-34 | Grimes, Peter (33) | 39" | 14.35 |

300M Hurdles

| | | | |
|------------|----------------------|-----|------|
| <u>Men</u> | | | |
| 70-74 | Dahlin, Walter (71) | 30" | 58.6 |
| 60-64 | Sanchez, Marion (60) | 30" | 48.0 |
| | Steedman, Ian (64) | | 48.6 |
| | Sheahen, Al (60) | | 51.1 |

400M Hurdles

| | | | |
|------------|---------------------|-----|-------------|
| <u>Men</u> | | | |
| 50-54 | Adams, Hugh (52) | 33" | 63.5 age AR |
| | Knocke, Bill (54) | | 67.7 |
| | Hill, Jack (54) | | 73.2 |
| 35-39 | Hecker, Andrew (37) | 36" | 68.6 |
| 30-34 | Grimes, Peter (33) | | 52.8 |

4 X 100M RELAY

| | |
|---------------------|-------|
| Jaguars (Open) | 46.87 |
| West Valley (40-49) | 49.49 |

4 X 400M RELAY

| | |
|---------------------|--------|
| Jaguar T.C. (30-39) | 3:30.5 |
| Showtime | 3:23.4 |

5000M Race Walk

| | | | |
|--------------|-----------------------|--|---------|
| <u>Women</u> | | | |
| 65-69 | Cotner, Jean (69) | | 40:28.7 |
| 60-64 | Moreman, Grace (61) | | 38:03.4 |
| 55-59 | Ranofsky, Jame (58) | | 32:50.2 |
| 40-44 | Goldston, Judy (43) | | 29:46.9 |
| 35-39 | Iknoian, Therese (35) | | 27:02.0 |

| | | | |
|------------|-----------------------|---------|---------|
| <u>Men</u> | | | |
| 75-79 | Tanenbaum, Sol (75) | | 39:38.2 |
| 70-74 | Cotner, Donald (70) | | 35:12.5 |
| 60-64 | Green, Max (60) | 25:06.2 | age AR |
| | Moreman, William (64) | | 29:49.3 |
| 55-59 | Bray, Jack (59) | | 25:06.9 |
| | Green, Larry (57) | | 26:57.4 |
| 45-49 | Deford, Kirk (49) | | 27:16.5 |

2000M Steeplechase

| | | | |
|--------------|--------------------|--------|--------|
| <u>Women</u> | | | |
| 45-49 | Ottaway, Joan (48) | 7:50.2 | WR age |
| 35-39 | Rupert, Kim (37) | 7:59.9 | |

3000M Steeplechase

| | | | |
|------------|----------------------|--|---------|
| <u>Men</u> | | | |
| 45-49 | Barnett, Searcy (45) | | 11:02.8 |
| 40-44 | Sidney, Steve (43) | | 12:04.1 |
| 35-39 | Robinson, Don (38) | | 11:42.6 |
| | Bojko, Neal (36) | | 11:45.1 |
| | Hecker, Andrew (37) | | 12:05.4 |

5000M Run

| | | | |
|--------------|---------------------------|---------|---------|
| <u>Women</u> | | | |
| 55-59 | Robben, Barbara (58) | | 23:49.0 |
| 40-44 | Grafius, Dee Dee (43) | | 19:10.1 |
| | Terhune-Young, Marln (43) | 28:13.1 | |

| | | | |
|------------|----------------------|--|---------|
| <u>Men</u> | | | |
| 70-74 | Jacobs, Norton (74) | | 24:30.5 |
| 65-69 | King, Joe (65) | | 18:55.6 |
| | Gil, Ray (67) | | 22:21.1 |
| 60-64 | Laine, Richard (62) | | 19:53.7 |
| | Linde, Gunnar (64) | | 20:16.1 |
| 55-59 | Riggle, Everett (59) | | 19:07.1 |
| | Broyles, Ron (58) | | 29:00.4 |
| 45-49 | Dove, Michael (45) | | 16:43.1 |
| | Nemir, Phil (45) | | 18:12.0 |
| | Walton, Teddy (45) | | 21:04.6 |
| 40-44 | Milton, James (42) | | 15:55.5 |
| | Govi, Rich (40) | | 16:15.0 |
| | Freeman, Lyle (42) | | 18:03.9 |
| 35-39 | Machado, Gil (38) | | 16:54.6 |
| 30-34 | Cleary, Mark (33) | | 16:54.2 |

10,000M Run

| | | | |
|------------|---------------------|--|---------|
| <u>Men</u> | | | |
| 60-64 | Laine, Richard (62) | | 43:33.1 |
| | Gregson, John (61) | | 44:55.1 |
| 45-49 | Dove, Michael (45) | | 35:01.2 |
| | Walton, Teddy (45) | | 44:30.6 |
| 35-39 | Allen, Doug (36) | | 34:03.1 |
| | Machado, Gil (38) | | 35:04.9 |
| | Kobat, Gary (36) | | 36:12.0 |

10,000M Race Walk

| | | | |
|--------------|------------------------|--|---------|
| <u>Women</u> | | | |
| 50-54 | Coppola, Lorraine (52) | | 70:50.9 |
| 35-39 | Iknoian, Therese (35) | | 56:01.8 |
| | Paffumi, Cindy (38) | | DNF |

| | | | |
|------------|-----------------------|--|---------|
| <u>Men</u> | | | |
| 70-74 | Grove, Troy (73) | | 71:16.5 |
| 60-64 | Moreman, William (64) | | 62:31.0 |

FIELD

HAMMER

| | | | |
|--------------|---------------------|--|-------|
| <u>Women</u> | | | |
| Open | Tarr, Cathy (23) | | 39.10 |
| 40-44 | Stratton, Joan (40) | | 37.34 |

| | | | |
|------------|----------------------|-------|--------|
| <u>Men</u> | | | |
| 75-79 | York, James (79) | | 24.56 |
| 70-74 | Ricciardi, Rick (72) | | 32.02 |
| | Stone, Bob (72) | | 27.56 |
| 65-69 | Silsdorf, Jerry (68) | | 18.96 |
| 60-65 | wojcik, Jerry (62) | | 31.00 |
| 55-59 | Thompson, Stew (59) | | 48.00 |
| | Hart, James (55) | | 37.66 |
| | Harder, Dale (55) | | 25.58 |
| 50-54 | Higgins, Lloyd (50) | 50.48 | AR age |
| | Young, Rasal (52) | 41.28 | |
| | Karbens, Jack (50) | 31.90 | |
| | Parker, Michael (51) | 27.02 | |
| 40-44 | Kelmenson, Gary (42) | 41.00 | |
| | MacKay, Bob (40) | 40.34 | |
| 30-34 | Hodgdon, Eric (34) | 37.44 | |
| Open | Sparano, Jim (20) | 43.08 | |
| | Degnan, Robert (19) | 42.82 | |

DISCUS

| | | | |
|--------------|--------------------------|-------|--------|
| <u>Women</u> | | | |
| 70-74 | Talley, Ruth (72) | | 12.84 |
| 65-69 | Dietderich, Shirley (65) | 19.88 | AR age |
| 55-59 | Chou, Fei-Mai (57) | 20.12 | |
| 50-54 | Sherrard, Cherrie (53) | 23.50 | |
| | Coppola, Lorraine (52) | 19.56 | |
| 45-49 | Joslin, Mandy (47) | 21.44 | |
| 40-44 | Stratton, Joan (40) | 34.36 | |
| 35-39 | Wilson, Janet (39) | 44.92 | AR |

| | | | |
|------------|-----------------------|-------|--------|
| <u>Men</u> | | | |
| 85-89 | De Groot, Burt (85) | 23.16 | AR age |
| 70-74 | Thompson, Wilber (71) | 38.24 | |
| | Kilbuck, John (71) | 31.63 | |
| | Ricciardi, Rick (72) | 31.53 | |
| | Stone, Bob (72) | 26.55 | |
| | Mack, Dick (74) | 22.57 | |
| 65-69 | Silsdorf, Jerry (68) | 23.01 | |
| 60-64 | Brenda, Al (73) | 34.46 | |
| | wojcik, Jerry (62) | 30.24 | |
| 55-59 | Hart, James (55) | 43.36 | |
| | Smith, Hal (56) | 35.70 | |
| | Harder, Dale (55) | 29.50 | |
| 50-54 | Higgins, Lloyd (50) | 56.06 | |
| | Keshmiri, Joe (54) | 48.52 | |
| | Mayer, Carl (53) | 39.84 | |
| | Young, Rasal (52) | 36.68 | |
| | Karbens, Jack (50) | 33.84 | |
| | Parker, Michael (51) | 32.76 | |
| | Carper, Ken (54) | 31.70 | |
| | Rust, Ed (50) | 28.10 | |
| | Roberts, Wayne (54) | 23.24 | |

Discus Cont.

| | | | |
|-------|----------------------|--|-------|
| 45-49 | Abbott, John (48) | | 38.62 |
| | Matthews, Willi (47) | | 36.84 |
| | Ackley, Mike (47) | | 33.62 |
| 40-44 | Umsler, Dennis (40) | | 49.12 |
| | Kelmenson, Gary (42) | | 36.08 |
| | Bockoven, Skip (40) | | 19.14 |

SHOT

| | | | |
|--------------|------------------------|--|-------|
| <u>Women</u> | | | |
| 50-54 | Sherrard, Cherrie (53) | | 10.61 |
| | Catt, Jan (50) | | 7.95 |
| 45-49 | Joslin, Mandy (47) | | 7.55 |
| 40-44 | Stratton, Joan (40) | | 10.03 |

| | | | |
|------------|----------------------|-------|--------|
| <u>Men</u> | | | |
| 85-89 | DeGroot, Burt (85) | 7.55 | AR age |
| 75-79 | Oguss, Murray (75) | 9.48 | |
| | York, James (79) | 9.34 | |
| 70-74 | Ricciardi, Rick (72) | 9.57 | |
| | Hustace, Rick (72) | 9.25 | |
| 65-69 | Chynoweth, Ed (68) | 10.99 | |
| | Silsdorf, Jerry (68) | 8.20 | |
| 60-64 | Wassam, Ted (60) | 12.13 | |
| | Feaster, Bob (61) | 12.01 | |
| 55-59 | Smith, Hal (56) | 13.38 | age AR |
| | Hart, James (55) | 13.28 | |

| | | | |
|-------|----------------------|-------------|--------|
| 50-54 | Keshmiri, Joe (54) | 14.28 | AR age |
| | Mayer, Karl (53) | 12.93 | |
| | Parker, Mike (51) | 10.50 | |
| | Young, Rasal (52) | 10.13 | |
| | Karbens, Jack (50) | 9.79 | |
| | Roberts, Wayne (54) | 8.51 | |
| 45-49 | Mathews, Will (47) | 35' 6 1/2" | |
| 40-44 | MacKay, Bob (40) | 44' 9 1/2" | |
| | Lyman, Pat (44) | 42' 10 1/2" | |
| | Kelmenson, Gary (42) | 36' 10 1/2" | |
| 30-34 | Hogdon, Eric (34) | 41' 11" | |

POLE VAULT

| | | | |
|--------------|----------------------|--|-------|
| <u>Women</u> | | | |
| Open | Moore, Dina (20) | | 7' 8" |
| | Costello, Kathy (22) | | 7' 2" |
| | Reynolds, Pam (28) | | 7' 2" |
| | House, Erica (15) | | 6' 2" |

| | | | |
|------------|----------------------|--|------------|
| <u>Men</u> | | | |
| 75-79 | Vernon, Jim (75) | | 8' 2" |
| 70-74 | Bennett, Dick (72) | | 8' 2" |
| 65-69 | Regier, Vernon (65) | | 7' 8" |
| 60-64 | Brenda, Al (63) | | NH |
| 55-59 | Smith, Hal (56) | | 8' 8" |
| 45-49 | Miguel, Greg (45) | | 14' 1 1/2" |
| | Hotaling, Bruce (48) | | 13' 1 1/2" |
| 40-44 | Williams, Jim (40) | | 15' 1" |
| | Serrano, Bert | | 13' 1 1/2" |
| | Seese, Ed (42) | | 13' 1 1/2" |
| | Miyoshi, Joe (44) | | 12' 1 1/2" |

Pole Vault cont. Men

| | |
|------------------------------|-----------------|
| 35-39 Besmer, John () | 5.23(17' 4") |
| Glover, Scott () | 4.90(16 3/4") |
| Boyak, Craig (38) | 4.75(15'7") |
| Olsen, Bob (36) | 4.75(15'7") |
| Jance, Brandon () | 4.30(14'1 1/4") |
| 30-34 Garzillo, Michael (31) | NH |

JAVELIN

Women

| | |
|--------------------------------------|-----------------------|
| 70-74 Talley, Ruth (72) | 13.50 |
| 65-69 <u>Dietderick, Shirley(65)</u> | 22.68 <i>AR 6' 5"</i> |
| 55-59 Miller, Christel (57) | 30.10 |
| 50-54 Hallager, Ruth (54) | 9.72 |
| 45-49 Joslin, Mandy (47) | 16.64 |
| 40-44 Galven, Judy (44) | 27.72 |

Men

| | |
|---------------------------------|-----------------------|
| 70-74 Kilbuck, John (71) | 28.58 |
| Hustace, Rick (73) | 28.40 |
| Ricciardi, Rick (72) | 24.96 |
| Stone, Bob (72) | 22.44 |
| Mack, Dick (74) | 20.34 |
| 60-64 Brenda, Al (64) | 32.42 |
| 55-59 Conley, Phil (57) | 51.86 |
| Smith, Hal (56) | 39.48 |
| Harder, Dale (55) | 32.48 |
| 50-54 <u>Stuart, Larry (54)</u> | 59.12 <i>AR 6' 5"</i> |
| Burns, John (54) | 48.38 |
| Mayer, Karl (53) | 40.54 |
| Gale, Barton (53) | 35.80 |
| Young, Rosal (52) | 35.16 |
| Karbens, Jack (50) | 33.92 |
| Parker, Michael (51) | 28.84 |
| Roberts, Wayne (54) | 25.94 |
| 45-49 Ackley, Michael (47) | 42.78 |
| 40-44 Powers, Bob (43) | 53.26 |
| Kelmenson, Gary (42) | 36.02 |

| | |
|-------------------------------|-------|
| 30-34 Georgakopoulos, Demere- | |
| os (31) | 51.38 |
| W30-34 Andrews, Mary (31) | 44.14 |

HIGH JUMP

Women

| | |
|--|--------------------|
| 55-59 Chou, Fei-Mei (57) | 3' 4" |
| Moore, Marg.(59) | 3' 2" |
| 40-44 <u>Steekenburg, Anneshe (44)</u> | 5' <i>AR 6' 5"</i> |

Men

| | |
|----------------------------|-----------|
| 70-74 Dahlin, Walter (71) | 4' 6" |
| Bennett, Dick (72) | 3' 10" |
| 65-69 King, Joe (65) | 4' 2" |
| 60-64 Sanchez, Marion (60) | 5' 1 1/4" |
| 55-59 Fehlen, Phil (57) | 5' 4" |
| Smith, Hal (56) | 4' 8" |

High Jump, cont.

| | |
|----------------------------------|---------------------------|
| 50-54 Cain, Ted (50) | 5' 1 1/4" |
| Dvorak, Don (50) | 5' 1 1/4" |
| Rust, Ed (50) | 4' 6" |
| Roberts, Wayne (54) | 3' 10 1/2" |
| 40-49 <u>Rader, Charlie (44)</u> | 6' 6" <i>Tig age 3/4"</i> |
| Johnson, Jay (43) | 5' 5" |
| 35-39 Shields, Ron (38) | 5' 1" |
| 30-34 Hoenig, Mark (34) | 6' 3/4" |
| Seeman, Kevin (33) | 5' 7" |

LONG JUMP

Women

| | |
|------------------------------|-------|
| 55-59 Miller Christel (57) | w3.60 |
| Moore, Marge (59) | 3.08 |
| 50-54 Sherrard, Cherrie (53) | 3.50 |
| 70-74 Talley, Ruth (72) | 2.17 |

Men

| | |
|------------------------------|-------|
| 70-74 Bennett, Dick (72) | w3.30 |
| Ricciardi, Armando (72) | w3.90 |
| 65-69 Higginbotham, Bob (65) | w4.29 |
| 60-64 Brenda, Al (64) | w4.73 |
| 55-59 Niizawa, Shig (55) | w3.91 |
| 50-54 Dvorak, Don (50) | 4.88 |
| Imperiale, Rich (52) | w4.69 |
| Rust, Ed (50) | w4.63 |
| Karbens, Jack (50) | w4.35 |
| 40-44 Manor, James (44) | w5.35 |
| 35-39 Morning, Kevin (36) | w6.83 |
| Shields, Ron (38) | w6.01 |

TRIPLE JUMP

Women

| | |
|------------------------------|-------|
| Open Butler-Burch, Julia(23) | 10.97 |
|------------------------------|-------|

Men

| | |
|-------------------------|--------|
| 60-65 Brenda, Al (64) | 7.35 |
| 50-54 Dvorak, Don (50) | w9.88 |
| Karbens, Jack (50) | 9.45 |
| 40-44 Behrens, Dan (40) | w11.31 |
| Manor, James (44) | w11.09 |

WAVA/TAC Hurdles and Implements Specifications

HURDLES

| WOMEN | | | | | |
|--------------|-----------------|---------------|----------------------|----------------------|----------------------|
| Age | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish |
| 30-39 | 100m | .840m 33" | 13.00m 42'8 1/2" | 8.5m 27'10 1/2" | 10.5m 34'5" |
| 40-49 | 80m | .762m 30" | 12.00m 39'4" | 8.0m 26'3" | 12.00m 39'4" |
| 50-59 | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.00m 62'4" |
| 60-69 | 70 Plus | | | | |
| 30-39 | 400m | .762m 30" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" |
| 40-49 | | | | | |
| 50-59 | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" |
| 60-69 | | | | | |
| 70 plus | | | | | |
| MEN | | | | | |
| 30-39 | | | | | |
| 40-49 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' |
| 50-59 | 100m | .914m 36" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" |
| 60-69 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" |
| 70 plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.0m 62'4" |
| 30-49 | 400m | .914m 36" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" |
| 50-59 | 400m | .840m 33" | | | |
| 60 + | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" |
| IMPLEMENTS | | | | | |
| AGE | SHOT PUT | DISCUS | HAMMER | JAVELIN | |
| <u>Women</u> | | | | | |
| 30-49 | 4.00k | 1.00k | 4.00k | 600gms. | |
| 50 plus | 3.00k | 1.00k | 3.00k | 400 gms. | |
| <u>Men</u> | | | | | |
| 30-49 | 7.26k (16 lbs.) | 2.00k | 7.26k (16 lbs.) | 800 gms.* | |
| 50-59 | 6.00k | 1.50k | 6.00k | 800 gms.* | |
| 60-69 | 5.00k | 1.00k | 5.00k | 600 gms. | |
| 70 plus | 4.00k | 1.00k | 4.00k | 600 gms. | |

*Either "old" or "new" javelin may be used



LOLA HOUSTON presents the trophy at to the winner of the Dick Houston Memorial Run, on the left.

Below, is a foto by Rex Dieterich, of Norton Jacobs going for his all time best 5000M at 21:39 (age 74)



Foot Dr. V. George Rhoden has a new office address:

Offering the Best Professional Foot Care Available

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- Arthritic Treatments
- General Physical Therapy
- Laser Surgery

A Great Way to Get You on Your Feet Fast!

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(510) 601-7558

Further reports of new members and and results of members' competition will appear in th September issue of this newsletter.

THE NEXT EXECUTIVE COMMITTEE MEETING WILL BE WEDNESDAY, SEPT. 2 AT 7:30 PM. AT TERESA RUBIN'S, IN ALBANY.

WOODMINSTER 1992
JUNE 20, 1992 DICK HOUSTON MEMORIAL RUN * TROPHY WINNERS

| PLACE | NAME | AGE | SEX | H/C | RUN TIME | FINISH TIME | CITY |
|-------|-------------------|-----|-----|-----|----------|-------------|--------------|
| 1 | S GILBERT | 41 | F | 16 | 51.37 | 67.37 | RICHMOND |
| 2 | S WOOD | 25 | F | 12 | 53.01 | 65.01 | PIEDMONT |
| 3 | S VINELLA-BRUSHER | 38 | F | 16 | 54.03 | 70.03 | OAKLAND |
| 4 | D TRACY | 46 | M | 8 | 56.03 | 64.03 | UNION CITY |
| 5 | K GRIEPENBURG | 54 | M | 8 | 57.43 | 65.43 | PETALUMA |
| 6 | M DUNCAN | 35 | M | 4 | 57.48 | 61.48 | SAN MATEO |
| 7 | W FLODBERG | 58 | M | 16 | 58.20 | 74.20 | SAN MARTIN |
| 8 | V DOYLE | 50 | F | 20 | 59.59 | 79.59 | BERKELEY |
| 9 | H KNUTSON | 51 | M | 8 | 60.54 | 68.54 | OAKLAND |
| 10 | S GREGG | 35 | M | 4 | 61.09 | 65.09 | OAKLAND |
| 11 | T JONES | 53 | M | 8 | 62.36 | 70.36 | SF |
| 12 | M SCOTCHLER | 46 | M | 8 | 62.37 | 70.37 | BERKELEY |
| 13 | J RATTI | 35 | M | 4 | 64.04 | 68.04 | OAKLAND |
| 14 | N RATTI | 19 | M | 0 | 65.00 | 65.00 | OAKLAND |
| 15 | P WHITE | 50 | M | 8 | 65.17 | 73.17 | |
| 16 | R EHNKE | 49 | M | 8 | 65.17 | 73.17 | SANTA MONICA |
| 17 | B ADELSON | 35 | M | 4 | 65.24 | 69.24 | ALAMO |
| 18 | R BROWN | 45 | M | 8 | 66.22 | 74.22 | HAYWARD |
| 19 | M LARI | 26 | M | 0 | 66.33 | 66.33 | BERKELEY |
| 20 | J GROSSMAN | 35 | M | 4 | 66.46 | 70.46 | OAKLAND |
| 21 | G BARRON | 39 | M | 4 | 66.56 | 70.56 | OAKLAND |
| 22 | B LEE | 33 | M | 0 | 66.57 | 66.57 | OAKLAND |
| 23 | J ROSENBERG | 43 | M | 4 | 67.14 | 71.14 | OAKLAND |
| 24 | M AGUILERA | 34 | M | 0 | 67.52 | 67.52 | SF |
| 25 | A RAMOS | 35 | M | 4 | 68.09 | 72.09 | OAKLAND |
| 26 | J DILSAVER | 36 | M | 4 | 68.23 | 72.23 | SAN LEANDRO |
| 27 | V RAMIREZ | 52 | M | 8 | 68.29 | 76.29 | OAKLAND |
| 28 | H WALKER | 40 | M | 4 | 68.30 | 72.30 | LIVERMORE |
| 29 | S BRANDON | 36 | M | 4 | 68.31 | 72.31 | LIVERMORE |
| 30 | S LEWS | 24 | F | 12 | 67.42 | 80.42 | SF |
| 31 | K MCCONNELL | 48 | M | 8 | 68.52 | 76.52 | OAKLAND |
| 32 | G RENMET | 25 | M | 0 | 69.56 | 69.56 | SF |
| 33 | B LEWIS | 43 | M | 4 | 69.59 | 73.59 | OAKLAND |
| 34 | M RICHEY | 35 | M | 4 | 70.04 | 74.40 | OAKLAND |
| 35 | M MARQUEZ | 30 | F | 12 | 70.05 | 82.05 | OAKLAND |
| 36 | B CARLSON | 57 | F | 20 | 70.36 | 90.36 | ORINDA |
| 37 | A RODRIGUEZ | 39 | M | 4 | 71.51 | 75.51 | OAKLAND |
| 38 | S SHALLOW | 45 | F | 20 | 72.07 | 92.07 | SF |
| 39 | M CHABOUDY | 54 | F | 20 | 72.12 | 92.12 | SF |
| 40 | T KRUGER | 35 | M | 4 | 72.16 | 76.16 | DIXON |
| 41 | W RESCHKE | 28 | M | 0 | 72.59 | 72.59 | SF |
| 42 | D HERRERA | 60 | M | 16 | 73.02 | 89.02 | ALAMEDA |
| 43 | V BAST | 36 | M | 4 | 73.03 | 77.03 | MORAGA |
| 44 | N COKE | 54 | M | 8 | 74.16 | 82.16 | BERKELEY |
| 45 | D HERRERIAS | 34 | F | 12 | 74.51 | 86.51 | FAIRFAX |
| 46 | T DEWAR | 40 | M | 4 | 74.53 | 78.53 | ALAMO |
| 47 | R DOREY | 31 | M | 0 | 75.27 | 75.27 | SF |
| 48 | M MEISBERG | 55 | M | 16 | 75.55 | 91.55 | BURLINGAME |
| 49 | F RODRIGUEZ | 67 | M | 20 | 76.50 | 96.50 | SAN LORENZO |
| 50 | A RAMIREZ | 39 | M | 4 | 77.02 | 81.02 | FREMONT |
| 51 | D BALDWIN | 46 | F | 20 | 77.06 | 97.06 | BELVEDERE |

WOODMINSTER 1992
JUNE 20, 1992 DICK HOUSTON MEMORIAL RUN * TROPHY WINNERS

| PLACE | NAME | AGE | SEX | H/C | RUN TIME | FINISH TIME | CITY |
|-------|----------------|------|------|-----|----------|-------------|------------|
| 52 | M GLEASON | 28 | F | 12 | 77.11 | 89.11 | SF |
| 53 | T MRUGER | 12 | M | 0 | 77.18 | 77.18 | DIXON |
| 54 | G ROSELICHT | 32 | F | 12 | 77.19 | 89.19 | BERKELEY |
| 55 | D WOJOWICZ | 33 | F | 12 | 77.20 | 89.20 | PLEASANTON |
| 56 | A SZOKE | 62 | M | 20 | 77.30 | 97.30 | FREMONT |
| 57 | G ESPIN | 31 | M | 0 | 77.34 | 77.34 | OAKLAND |
| 58 | M LITTLE-JOHNS | 28 | M | 0 | 77.45 | 77.45 | OAKLAND |
| 59 | R CORRAL | 46 | M | 8 | 77.50 | 85.52 | ENERYVILLE |
| 60 | J SCARBOROUGH | 54 | M | 8 | 77.56 | 88.56 | OAKLAND |
| 61 | P APGAARD | 48 | M | 8 | 78.31 | 86.31 | PIEDMONT |
| 62 | M WATSON | 38 | M | 0 | 78.55 | 78.55 | OAKLAND |
| 63 | D BLOUNT | 36 | F | 16 | 78.56 | 94.56 | MORAGA |
| 64 | J LITZELFGLNER | 35 | M | 4 | 79.08 | 83.08 | OAKLAND |
| 65 | P KOSKE | 39 | F | 16 | 79.35 | 95.35 | FREMONT |
| 66 | B HARTLEY | 39 | M | 4 | 79.48 | 83.48 | DANVILLE |
| 67 | B TSUBAMOTO | 50 | M | 8 | 80.16 | 88.16 | OAKLAND |
| 68 | D COLLINS | 58 | M | 16 | 80.26 | 96.26 | OAKLAND |
| 69 | W RAPOZO | 63 | M | 16 | 80.30 | 96.30 | PACIFICA |
| 70 | K SCHOENFELD | 35 | M | 4 | 80.48 | 84.48 | PLEASANTON |
| 71 | R SWARTOUT | 35 | M | 4 | 80.50 | 84.50 | OAKLAND |
| 72 | M OPHUS | 29 | M | 0 | 81.26 | 81.26 | FAIRFIELD |
| 73 | B OLIVER | 64 | M | 16 | 83.06 | 99.06 | OAKLAND |
| 74 | B DOWNER | 40 | M | 4 | 84.27 | 88.27 | BERKELEY |
| 75 | P WELLINGTON | 44 | F | 16 | 84.28 | 100.28 | SF |
| 76 | C JORDAN | 49 | M | 8 | 84.37 | 92.37 | OAKLAND |
| 77 | J BUENFIL | 45 | M | 8 | 84.52 | 92.52 | CONCORD |
| 78 | M GORDON | 35 | M | 4 | 85.02 | 89.02 | SEBASTOPOL |
| 79 | R DIETRICH | 67 | M | 20 | 86.07 | 106.07 | BERKELEY |
| 80 | L HARRIS | 60 | F | 20 | 86.35 | 106.35 | BERKELEY |
| 81 | J NAJERA | 27 | M | 0 | 87.10 | 87.10 | OAKLAND |
| 82 | G HEKKENEN | 35 | M | 4 | 87.21 | 91.21 | OAKLAND |
| 83 | G CAZARES | 27 | M | 0 | 87.23 | 87.23 | ALAMEDA |
| 84 | E VAZQUEZ | 45 | M | 8 | 87.30 | 95.30 | OAKLAND |
| 85 | S SCARBOROUGH | 50 | F | 20 | 87.53 | 107.53 | OAKLAND |
| 86 | UNIDENTIFIED | ???? | ???? | 0 | 88.19 | ???? | ???? |
| 87 | C DURKEE | 45 | F | 20 | 90.10 | 110.10 | OAKLAND |
| 88 | K GRASSO | 22 | F | 12 | 92.22 | 104.22 | LA FAYETTE |
| 89 | M MEY | 48 | M | 8 | 92.23 | 100.23 | LARAYETTE |
| 90 | P OJNHEEN | 58 | M | 16 | NO TIME | NO TIME | DALY CITY |
| 91 | G BALDWIN | 47 | M | 8 | NO TIME | NO TIME | BELVEDERE |
| 92 | J BUENFIL | 39 | F | 16 | 99.15 | 115.15 | CONCORD |
| 93 | P SPIEOKERMAN | 56 | M | 16 | 99.37 | 115.37 | BERKELEY |
| 94 | J LUNDBERG | 48 | M | 8 | 99.37 | 107.37 | OAKLAND |
| 95 | B HOWARD | 44 | M | 4 | 100.24 | 104.24 | OAKLAND |
| 96 | E RYAN | 45 | F | 20 | NO TIME | NO TIME | RICHMOND |
| 97 | L RAPOZO | 64 | F | 20 | NO TIME | NO TIME | PACIFICA |
| 98 | M FILLMORE | 42 | F | 16 | NO TIME | NO TIME | OAKLAND |
| 99 | M BIGGS | 42 | F | 16 | NO TIME | NO TIME | OAKLAND |
| 100 | B ABBOTT | 58 | M | 16 | NO TIME | NO TIME | SF |
| 101 | P WOOD | 62 | M | 16 | NO TIME | NO TIME | STANFORD |

From Gail Wetzork--

Some random notes about the 1992 Dick Houston Memorial Woodminster Race and my trip to New Orleans to officiate the U.S. Olympic Track and Field Trials.

First of all, I would like to thank all of the club members who helped on Saturday and Sunday at the DHMW Race. Saturday was uneventful and maybe even boring for some. However the marking of the course is very important and an excellent job was done by the crew of Vernon Marshall, Dick Austin, Paul Warner and Pete Todd. Non club member Dick Hughes also did an excellent job. Thanks guys.

Sunday's race went well even though the attendance was down as we were going head on head with the Dipsea. This seems to be the case every four years when I have to be at a national track meet and have to move the race date.

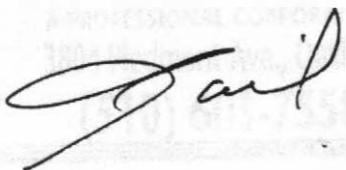
We had excellent help on Sunday from some club members and from TAC Officials. Thanks to everyone who helped.

Now some recollections about the Olympic Track and Field Trials. The weather was in the high 90's most every day and the humidity was also in the high 90's during the two weeks we were in New Orleans. I personally worked all of the throwing events (men & women) and the competition was as hot as was the weather. My very first event was the men's javelin, in which I was the head event judge. This was also the very first field event in the competition and I had lot of problems to iron out. What I did in this event was used as a model for all of the other throwing events.

The stadium is called Tad Gormley Stadium after a local personage. The stadium was built in the 1930's as a WPA project and was completely refurbished for this competition. The stadium is in the middle of a park called People's Park. In addition to the stadium, a practice track and throwing area was built adjacent to the stadium.

The track and the infield areas are all artificial surfaces. This includes the landing area in the throwing events. This caused many and varied problems, not the least of which was the heat. The infield surfaces retained the heat and made it very difficult to move around on. The hammer and the shot bounced around a great deal and the discus was difficult to follow. It was difficult finding the mark where the implement landed. For those of you who have had experience measuring the throws, we did not use a tapemeasure. We used a rather sophisticated system from Leica that measures using a procedure somewhat like that used by surveyors.

Pacific/TAC had approximately 10 to 12 officials selected to work the Trials. This was one of the largest groups from any one area. I thought we were treated very well and our officials did an excellent job. As chairman of Pacific Association officials, I was very proud of our people.



NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLASSIC

p. 9

DATE: 13 SEPTEMBER 1992
PLACE: EDWARDS FIELD, UNIVERSITY OF CALIFORNIA, BERKELEY, CA. OFF FREEWAY 80, TAKE UNIVERSITY AVE. EAST TO OXNARD RIGHT TO TRACK. NO PARKING ON TRACK. PARKING ON CITY STREETS IS FREE ON SUNDAY
FACILITIES: POLYEURATHANE TRACK AND RUNWAYS - 1/4" SPIKES. CONCRETE RINGS.
COMPETITION: OPEN, SUB-MASTERS & MASTERS (MASTERS AND SUB IN 5 YR. GROUPS.). MEET DIRECTOR DISCRETION MAY CONSOLIDATE GROUPS. ALL EVENTS ARE FINALS.
SANCTIONED: TAC OPEN T & F RULES ENFORCED EXCEPT: STARTING BLOCK USE IS OPTIONAL, 400g AND 600g JAVELINS MAY LAND FLAT
ELIGIBILITY: ALL TAC MEMBERS. MUST PRESENT A 1992 TAC CARD TO COMPETE TAC CARDS CAN BE PURCHASED AT THE MEET
AWARDS: MEDALS FOR FIRST 3 PLACES (SUB & MASTERS ONLY). PLAQUES FOR WINNERS OF HARRY KOPEL MEMORIAL 100 METERS (AGE GRADED, MALE AND FEMALE). PLAQUES AND \$25 CASH AWARDS FOR THE BEST AGE-GRADED MALE/FEMALE THROWERS, JUMPERS, DISTANCE RUNNERS, AND HURDLERS/100M/200M/400M. JOHN SATTI 75-79 LONG JUMP WINNERS RECEIVE \$25.00. PLAQUES TO BEST AGE GRADED JOHN SATTI LONG JUMP WINNER.
DEADLINE: PREREGISTRATION MUST BE POST MARKED BY 4 SEPTEMBER 1992. \$5.00 ADDITIONAL PER EVENT FOR LATE ENTRIES - REC'D By 9-10-92.
ENTRY FEES: \$10 FOR FIRST EVENT, (\$8 FOR NCSTC MEMBERS, AND \$6 FOR EACH ADDITIONAL EVENT. \$20.00 FOR RELAY TEAMS (MUST BE PAID FOR BY CLUB). MAKE CHECKS PAYABLE TO NOR CAL SENIORS T.C. AND SEND TO JIM JOHNSON, 1026 MURCHISON DRIVE, MILBRAE, CA. 94030 PHONE: (415) 697-1889
HOSPITALITY ROOM: SHATTUCK HOTEL-2086 ALLSTON WY, BERKELEY (510) 845-7300. ONE BLOCK WEST OF TRACK. OPENS AT 3:00PM FRIDAY. PACKETS AVAILABLE UNTIL 9:00PM AT ROOM AND AT THE TRACK SUNDAY. RESERVATIONS A WEEK IN ADVANCE FOR MEET RATES @ DURANT HOTEL, 2600 DURANT AVE, BERKELEY. LOCAL 845-8981, IN CA. 1-800-5DURANT, OUTSIDE CA. 1-800-2DURANT
SCHEDULE: THE FOLLOWING IS A TENTATIVE SCHEDULE.

FIELD EVENTS:

| | | | | |
|-------|------------------|-------------------|-----------------|--------------------|
| 8:30 | HAMMER THROW ALL | | | |
| 10:30 | DISCUS ALL | SHOT ALL | LONG JUMP ALL | POLE VAULT 50 & UP |
| 11:15 | | HIGH JUMP OPEN | | & WOMEN |
| 12:00 | | | | POLE VAULT 30-49 |
| 12:45 | | HIGH JUMP 50 & UP | | |
| 1:30 | JAVELIN ALL | & WOMEN | TRIPLE JUMP ALL | |
| 2:15 | | HIGH JUMP 30-49 | | POLE VAULT OPEN |

TRACK EVENTS: AFTER HAMMER

| | | | | |
|-------|-----------------|--------------------|---|-------------------------|
| | | | SPONSORS | |
| 10:30 | 3000M | MEN OPEN - 59 | NORTHERN CALIFORNIA SENIORS TRACK CLUB (510) 523-8618 | |
| 11:00 | 3000M | MEN 60 & UP, WOMEN | | |
| 11:30 | 80M | 70 & UP, WOMEN | | |
| | 100M 60-69 | 110M OPEN, 30-59 | (800) 235-4150 | (800) 637-3090 |
| 1:00 | 4 X 100 RELAYS | ALL TEAMS | | (800) 648-3962 |
| 1:15 | 100M | MEN | PERSONAL RECORD | SPORTS EQUIPMENT |
| 1:30 | 100M | WOMEN | | (510) 523-8618 |
| 1:45 | 400M | MEN | | |
| 2:00 | 400M | WOMEN | | |
| 2:15 | 800M | MEN | | |
| 2:30 | 800M | WOMEN | | |
| 3:00 | 300/400 HURDLES | WOMEN/MEN | | |
| 3:30 | 200M | WOMEN | | |
| 3:45 | 200M | MEN | | |
| 4:15 | 1500M | WOMEN, MEN 50 & UP | | |
| 4:45 | 1500M | OPEN, MEN 30-49 | | |
| 5:15 | 4 X 200M, | ALL GROUPS | | |
| | 4 X 400M RELAYS | IF REQUESTED | | |



APPLICATION: PLEASE PRINT
 NAME _____ M-F CLUB _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ 1992 TAC# _____

PHONE () _____ - BIRTHDATE _____ AGE _____ T-SHIRTS @ \$10.00 EA M,L,XL,XXL _____

EVENTS _____

ENTRY FEES _____ TOTAL AMOUNT ENCLOSED _____

WAIVER MUST BE SIGNED: I WAIVE ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST THE NOR CAL SENIORS T.C. OF THIS ATHLETIC EVENT ARISING FROM ANY INJURY, ILLNESS, OR ACCIDENT THAT I MAY SUSTAIN OR INCUR WHILE TRAVELING TO OR FROM OR PARTICIPATING IN THIS EVENT. I DECLARE THAT MY HEALTH IS SUFFICIENT TO PARTICIPATE IN THIS EVENT

SIGNED _____ DATE _____

"ATHLETES WHO PARTICIPATE IN THIS COMPETITION MAY BE SUBJECT TO FORMAT DRUG TESTING IN ACCORDANCE WITH TAC RULES AND IAAF RULES. ATHLETES FOUND POSITIVE FOR BANNED SUBSTANCES OR WHO REFUSE TO BE TESTED, WILL BE DISQUALIFIED FROM THIS EVENT AND WILL LOSE ELIGIBILITY FOR FUTURE COMPETITIONS. SOME PRESCRIPTION AND OVER-THE COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE AT (800) 233-0393."