

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

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Shirley Dieterich, left and above-- 5 times to the victory stand -- Fotos by Rex

NORTHERN CALIFORNIA SENIORS AT THE NATIONALS

John Burns won his age 50 group javelin throw with a 170'6".

Shirley Dieterich won her 65 group javelin (68'11"), discus (59'4") and was third in both the 100M (18.84) and 200M (40.91); and as a member of the Regional 4 X 100 women's 50+ relay she shared in third place \$500 special award, to be paid to TAC.

Cherrie Sherrard won the W50 group 80M Hurdles (14.53) and shared the win in the W50-59 4 X 100 relay; she was second in the discus (76'10"), second in the shot (34'9"), and 4th in the 100M (14.90).

Mandy Joslin took a first in the W45 discus (76' 3 3/4"), second in the javelin (76 1/2") and fourth in the shot (25' 4 1/2").

Michael Orlich won the M65 shot (41'10 3/4") and was second in his discus (133'5").

Ken Carnine took seconds in the M80 discus (83'6") and javelin (76'1 1/2").

Martyn Adamson was second in the 400M (best time 55.43), fourth in the 200M (25.11) and fifth in the 100 (best time 12.22), M50 group.

Craig Boyak, M35 group, pole vaulted 16', a second place finish.

Phil Conley's 164'6" was second for M55, javelin.

Bill Bigelow ran second in the M80 100M (18.68).

Josephine Kolda's W70 100M (20.01) took second place finish.

Michael Ackley's age group 45-49 age factored scores for the National Masters Pentathlon at Spokane falls, placed him second (total 929 3505).

cont. on p. 2

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
Charmichael, CA/95608
916/967-9003

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
Millbrae, CA/94030
415/697-1889

Other NCSTC participants in the August 13-19 Nationals at Spokane Falls, Washington, to be congratulated for surviving the heat and competing well are: Fran Conley, in spite of injury, 4th in the W50 javelin; Bob Stone, 3rd in the M70 hammer (92'10"), 82'3" in the discus and 26'11" in the shot; Jim Johnson, 3rd in the M70 pole vault (7'0"), 6th high jump (3'10½"), and 7th long jump (Jim went into a new age group); Judy Ace, 4th in the W40 800 (2:36.55) and 5th 400M (68.91); Karl Mayer, 4th in the M50 javelin (149'2"), 6th discus (128'0"), and 7th shot (41'8"); Bob Feaster, 4th in the M60 shot (39'8 3/4"), 6th in the 100M (13.74); and 8th in the 200M (27.76 best time); Ted Wassam, 5th in the M60 shot (39'6"), 117'11" in the discus; Gretchen Snyder, 80.46, 5th in the 400M; Rex Dietderich M65 10,000 (51.14.3--may have included an extra lap); Norton Jacobs M70 5000M, fifth (24:35.0); and Ray Yeck M40 100M 12.46, 200M 24.98.

Coach Mark Grubi spent all 4 days officiating because of need for officials at the line. He observed a very well organized meet and good treatment of officials--a hospitality room, and availability of the college cafeteria room for all meals, as well as whatever shade could be provided without interfering with the accutrac and vision of the finish line. Standing for 4 days in temperature over 100° (without pay) is another instance of his dedication to the sport. He was proud of the club performances.

NORTHERN CALIFORNIA SENIORS T & F CLASSIC, at Edwards Field, September 13, 1992.

This meet, one month after the Nationals, was a culmination of efforts over the past 10 years to put on a perfect meet--everything was just about perfect. The weather was good, the cooperation from the University and the officials, the running on time, the quality of the contestants, and the work of the director and club members prompted many comments of appreciation. Assistant Coach Ed Miller is thanked for organizing his field students to help with the officiating in the field--without them we could not have had such a good meet. As always, some masters records were broken. Full results are on the following page. President Don Rose solved the problem of getting "runners" to rush results up to the press box. He hooked up a neat strong thin clothes line, and Jim's son, Bary, did the rest. Jim's family, as usual, were very busy helping.

An anonymous contribution inaugurated the John Satti \$25 award to the winner of the age 75 group long jump in honor of John Satti. This award went to Bob Boucke.

The club also awarded eight \$50 awards to the best age graded performances for men and for women in 4 categories: (1) sprints and hurdles (100M, 100M, 400M, hurdles); (2) Distance runs (800, 1500, 3000M); (3) Jumpers (long jump, triple jump, high jump and pole vault); and (4) throwers (shot, hammer, discus and javelin). The winners were as follows:

Sprints and Hurdles(Name & age)	Actual Mark	Age Factor	Age-graded Mark	Performance Level
Stan Whitley (400M) 46	50.35	.8770	43.16	.9803
Jutta McCormick (400M) 51	1:06.57	.8260	54.99	.8698
<u>Distance Runs</u>				
Michael Ackley (800M) 48	2:07.4	.8801	1:52.12	.9073
Dee Dee Grafius (1500M) 43	4:58.0	.9064	4:30.4	.9291
<u>Jumpers</u>				
Marion Sanchez (High Jp) 60	5'	1.3820	6'10½"	.8680
Chris Miller (High Jp) 57	4'	1.4184	5' 8"	.8277
<u>Throwers</u>				
Ross Carter (Shot) 78	38' 4"	1.6756	64" 3"	.9602
Chris Miller (Javelin) 57	29.92m	1.7467	52.261m (171'5")	.7904

Congratulations to these winners.

Coach Grubi called attention to the good competition, and efforts of such people as Bob Fuller in the M55 200, when he nipped Marcel Cote for second, Stan Whitley's 200M and 400M, Walt Butler's 100M Hurdles, and new field event records.

NORTHERN CALIFORNIA SENIORS
& F CLASSIC - September 13,
1992, U.C. Berkeley - Results

HURDLES Accutrac

80M Hrd. Women
W55 1. Chris Miller (57) 30" 16.27

100M Hrd. Men
M60 1. Marion Sanchez (60) 33" 18.25

M55 1. Steve Richmond (57) 36" 19.15

M50 1. Walt Butler (51) 14.13^{WR}

110M Hrd Men 39" ^{grp}

M45 1. Bill Busby (48) 19.34
2. Bill Siart (45) 21.05

M30 1. Doug Schnebeck (32) 16.73

300M Hrd Men

M75 1. Pete Ganahl (76) 30" 1:07.0

M60 1. Marion Sanchez (60) 47.1

400M Hrd Men 36" DO

M30 1. Doug Schebeck (32) DO

100M Women

W70 1. Josephine Kolda (74) 19.40

W65 1. Shirley Dietderich (65) 18.72

W55 1. Chris Miller (57) 15.69
2. Rita Kerr (57) 16.65

W50 1. Jutta McCormick (51) 14.75
2. Kay Lyons (53) 15.64

W35 1. Margaret Dixon (38) 13.11
2. Patricia Bruketta (38) 17.11

W30 1. Valerie Scott (33) 13.80

100M - Men

M85 1. John Rust (86) 21.32

M80 1. Wilfred Bigelow (82) 18.10

M70 1. Don Saunders (70) 14.82
2. Frank Toner (72) 15.82

M65 1. Don Anhorn (65) 40.2 HT

M60 1. Marion Sanchez, Marion (60) 12.75
2. John Poppell (62) 13.04

M55 1. Richard Young (58) 13.70
2. Ben Rivera (59) 13.91
3. Cote, Marcel (57) 14.10

M50 1. Walt Butler (51) 12.13

M45 1. Stan Whitely (46) 11.19
2. Bill Busby (48) 13.66
3. Teddy Walton (45) 13.73
4. Tom Ryan (48) 14.13
5. Bill Siart (45) 14.16

M40 1. Warren Spikes (41) 11.40
2. Ray Yeck (44) 12.35

M35 1. Frank Demby (39) 12.80

M30 1. Noah Levingston (32) 11.52
2. Alan Tucker (31) 11.54

OPEN

1. Lorenzo Hathorne (19) 11.30
2. David Gaskell (25) 11.64
3. Sam Balooch (19) 11.67
4. Neleon Brouseard (26) 12.23

200M Women

W55 1. Rita Kerr (57) 34.00
2. Gretchen Snyder (58) 35.20

W50 1. Jutta McCormick (51) 30.28
2. Kay Lyons (53) 32.73

200M Men

M70 1. Frank Toner (72) 32.89

M60 1. Marion Sanchez (60) 26.54
2. John Poppell (62) 26.94

M55 1. Richard Young (58) 27.92
2. Robert Fuller (55) 28.17
3. Marcel Cote (57) 28.19
4. Ben Rivera (59) 28.88

M50 1. Walt Butler (51) 24.94
2. Martyn Adamson (54) 25.32
3. Mel Brooks (51) 26.09

M45 1. Stan Whitely (46) 22.39^{WR}
2. Gary Mader (47) 26.32
3. Brian Legakis (46) 27.28
4. Steve Gilman (47) 27.38
5. Tom Ryan (48) 31.23

M40 1. Warren Spikes (41) 23.02
2. Ray Yeck (44) 25.05

M35 1. Harold Hibbert (35) 24.69
2. Frank Demby (39) 25.4 HT

M30 1. Alan Tucker (31) 22.92
2. Andre Frazier (33) 24.49

OPEN

1. Lorenzo Hathorne (19) 23.60
2. David Gaskell (25) 23.73
3. Nelson Brouseard (26) 24.47

400M Women

W50 1. Jutta McCormick (51) 66.57

W35 1. Valerie Scott (35) 65.57

W30 1. Darlene Green (33) 63.41

400M Men

M75 1. Pete Ganahl (76) 82.46

M60 1. Marion Sanchez (60) 61.09
2. Fred Gunther (62) 66.24

M55 1. Robert Fuller (55) 63.06

M50 1. Martyn Adamson (54) 56.33
2. Jack Hill (54) 62.77
3. Ken Carper (54) 68.41

M45 1. Stan Whitely (46) 50.35^{WR}
2. Gary Mader (47) 56.74
3. Steve Gilman (47) 59.98
4. Bill Siart (45) 67.02

M40 1. Ray Yeck (44) 57.50

M35 1. Harold Hibbert (35) 53.80

M30 1. Alan Tucker (31) 51.88

OPEN

1. Nelson Brouseard (26) 51.92

800M Women

W40 1. Dee Dee Grafius (43) 2:25.4

800M Men

M75 1. Ray Mahannah (76) 3:36.6

M60 1. Ken Napier (60) 2:34.3

M55 1. Norman Saucedo (57) 2:22.0
2. William Flodberg (58) 2:41.4

M50 1. Jeff Neighbor (50) 2:26.3
2. George Linn (50) 2:31.4

M45 1. Michael Ackley (48) 2:07.4
2. Searcy Barnett (45) 2:12.1
3. Dick Chimentl (49) 2:13.1
4. John Aldridge (48) 2:16.2

M40 1. Kurt Gravenhorst (42) 2:17.2

OPEN

1. Aaron Levin (25) 2:30.8

1500M Women

W40 1. Melinda Villar (40) 4:57.9
2. Dee Dee Grafius (43) 4:58.0

1500M Men

M50 1. Milton Howe (50) 4:42.1
2. Catanese, Bill (54) 5:10.1
3. George Linn (50) 5:12.3

M45 1. Michael Dove (45) 4:36.4

M30 1. Doug Schnebeck (32) 4:31.9

3000M Women

W35 1. Patty Selbicky (36) 11:12.9

3000M Men

M65 1. Boyce Jacques (65) 11:35.7

M60 1. John Gregson (61) 12:13.1

M70 1. Norton Jacobs (74) 14:02.9

M50 1. Tom Mann (50) 12:00.0

M45 1. Dennis Tracy (46) 9:35.3
2. Michael Dove (45) 9:36.6
3. Teddy Walton (45) 12:40.3

M40 1. Bill Brusher 9:58.4
2. Frank Carroll (44) 12:40.6

FIELD EVENTS

Hammer Men

M85 1. Robert Ulah (85) 20.5

M75 1. James York (79) 25.62^{AR}
2. Bob Boucke (79) 21.10^{Age}

M70 1. Bob Stone (72) 26.54

M65 1. Jerry Silsdorf (69) 21.32

M55 1. Stewart Thomson (59) 48.92^{WR}
2. Dale Harder (55) 25.56^{Age}

M50 1. Rich Hotchkiss (53) 48.94^{AR}
2. R. Terhune-Young (53) 41.52^{Age}
3. Joe Orsini (53) 35.80
4. Michael Parker (51) 25.74

Shot Women

W60 1. Shirley Kinsey (63) 7.10

W35 1. Margaret Dixon (38) 9.51

Shot Men

M75 1. Ross Carter (78) 11.69
2. Bob Boucke (79) 9.08
3. James York (79) 9.09

M70 1. Mark Henderson (72) 10.20
2. Hal Cronkwhite (74) 7.91
3. Bob Stone (72) 7.75

M65 1. Jerry Silsdorf (69) 8.31

M60 1. Max Phillips (62) 7.40

M55 1. Dale Harder (55) 10.57

M50 1. Joe Kashmiri (54) 14.27
2. Richard Hotchkiss (53) 14.25
3. Karl Moyer (54) 13.09
4. Michael Parker (51) 11.0
5. R. Terhune-Young (53) 9.72
6. Wayne Roberts (54) 8.60

M35 1. Michael Selbicky (37) 12.22

High Jump Women

W55 1. Chris Miller (57) 4' 0"

High Jump Men

M75 1. Pete Ganahl (76) 4' 0"
2. Jim Vernon (75) 3' 6"
3. Bob Boucke (79) 3' 4"

M70 1. Mark Henderson (72) 4' 0"

M65 1. Jerry Silsdorf (69) 3' 8"

M60 1. Marion Sanchez (60) 5' 0"

M55 1. Steve Richmond (57) 4' 10"
2. Don Rose (57) 4' 8"

M50 1. John Burns (51) 4' 10"
2. Karl Mayer (54) 4' 6"
3. Wayne Roberts (54) 3' 10"

M45 1. Bill Siart (45) 4' 6"

M40 1. Ed Baskauskas (42) 5' 6"
2. Jay Johnson (43) 5' 0"
3. Roger Trujillo (42) 5' 0"

M30 1. Mark Hoenig (34) 5' 11"

Long Jump - Women

W60 1. Shirley Kinsey (63) 2.90

W55 1. Chris Miller (57) 3.67

Long Jump - Men

M85 1. Robert Ulah (85) 2.30

M75 1. Bob Boucke (79) 2.12

M70 1. Don Saunders (70) 4.19
2. Mark Henderson (72) 2.66

M65 1. Jerry Silsdorf (69) 2.63

M55 1. Steve Richmond (57) 4.71

M50 1. Roger Trujillo (51) 5.67
2. Jack Hill (54) 4.62
3. Dick Imperiale (52) 4.32
4. Ken Carper (54) 3.74

M45 1. Joe Miyoshi (45) 5.13

M40 1. James Manor (44) 5.66

Triple Jump

M55	1. Steve Richmond (57)	9.65
	2. Mizawa, Shig (55)	8.15
M40	1. Roger Trujillo (42)	12.05
	2. James Manor (44)	11.25
	3. Dan Behren (40)	11.12

OPEN	1. Julia Burch (23)	11.97
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Discus - Women

W65	1. Shirley Dietderich (65)	18.62
#35	1. Margaret Dixon (38)	24.94

Discus - Men

M75	1. Ross Carter (78)	35.04
	2. Bob Boucke (79)	23.94
	3. Dick Mack (75)	21.38
M70	1. John Kilbuck (71)	29.10
	2. Mark Henderson (72)	27.14
	3. Hal Cronkrite (74)	26.12
	4. Bob Stone (72)	25.84
M65	1. Richard Nordquist (66)	36.10
	2. Jerry Silsdorf (69)	21.48
M60	1. Max Phillips (62)	25.14
M55	1. Stewart Thomson (59)	47.84
	2. Karl Mayer (54)	37.14
	3. Dale Harder (55)	32.34
M50	1. Joe Kasmeri (54)	49.14
	2. Rich Hotchkiss (53)	46.42
	3. Ternune-Young, R (53)	36.80
	4. Ken Carper (54)	31.84
	5. David Nuttall (50)	31.68
	6. Michael Parker (51)	30.18
	7. Wayne Roberts	23.64
M45	1. Bill Busby (48)	29.32
	2. Bill Siart (45)	24.58

Pole vault - Women

OPEN	1. Kathy Costello (21)	7' 6 1/2"
	2. Pam Reynolds (28)	7' 6 1/2"
	3. Erica Hause (15)	6' 0"

Pole Vault - Men

M75	1. Jim Vernon (75)	8' 6 1/2"
M65	1. Rich Nordquist (66)	9' 0"
	2. Don Grosh (67)	9' 0"
M55	1. Don Gray (57)	9' 6"
M50	1. Larry Holmes (50)	12' 3 1/2"
M45	1. Bruce Hotaling (48)	13' 3 1/2"
	2. Bill Busby (48)	12' 3 1/2"
	3. Joe Miyosni (45)	11' 9 1/2"
	4. Jim Veilleux (46)	9' 0"
M40	1. Ed Seese (42)	13' 3 1/2"
M35	1. Craig Boyak (38)	15' 3"
M30	1. Michael Garzillo (31)	13' 3 1/2"

Javelin - Women

#65	1. Shirley Dietderich (65)	21.28
W55	1. Chris Miller (57)	29.92
W50	1. Ruth Hallenger (54)	12.47
#35	1. Margaret Dixon (38)	24.40

Javelin - Men

M75	1. Dick Mack (75)	20.34
	2. Bob Boucke (79)	16.62
M70	1. John Kilbuck (71)	29.48
	2. Rick Hustace (73)	25.56
M60	1. Max Phillips (62)	27.46
M55	1. Phil Conley (58)	47.42
	2. Dale Harder (55)	35.75
M50	1. Joan Burns (51)	48.02
	2. Rich Hotchkiss (53)	47.76
	3. Karl Mayer (54)	41.26
	4. Rasal Ternune-Young (53)	34.70
	5. David Nuttall (50)	34.66
	6. Barton Gale (53)	33.80
	7. Michael Parker (51)	31.08
	8. Wayne Roberts (54)	25.70
M40	1. Bob Powers (43)	51.54
	2. Roger Trujillo (42)	35.58
M35	1. Lou Vasu (37)	42.70
M30	1. Tomas Silva (33)	60.08



Stan Whitley (46) July 25, Western Regionals T & F Meet

Welcome, NEW MEMBERS!

Denise Brown (30), 733 Santa Fe Ave., Albany, CA 94706 (510/525-1271). We have been waiting for this very talented sprinter to join our club. She competed in high school track, two years at the College of Alameda, and one year at Cal State Hayward.

Frank Carroll (44), 6618 Tremont St., Oakland, CA 94609 (510/547-4269). He has played high school football, college and Bay Area Men's Senior Baseball. Recruited by Mark Grubi, who noticed his interest in training on the running track.

Erica Hause (15), 111 Sandalwood Ct., Santa Rosa, CA 95401, who is competing in the pole vault.

Jay Johnson (43), (209/586-2686), 23915 Hitching Post Rd., Sonoma, CA 95370, recruited by his father, Jim Johnson. He is interested in jumps and weights. He did the high jump and pole vault at Mills High School, and the high jump for 4 years at Letterman Humboldt State College. He is due much thanks for helping with the NCSTC CLASSIC for the past 5 years.

Richard Ellison, a fireman, 40 Brunswick Ct., Vallejo, CA 94591, is already very fit and strong. He has come to the Berkeley track to get started training for sprints, and Coach Grubi points out he is also very talented.

Dwayne Jones (32), 125 Shamrock Ct., Vallejo, CA 94589 (707/643-1314), is interested in sprints and shows much aptitude for sprints. He was recruited by Ed Rust.

Andrew Kearns (born Oct. 7, 1970) 200 Morning Sun, Mill Valley, CA 94941, specializes in the javelin. Below is an interesting **letter from the Irish National Secretary of the Raheny Shamrock Athletic Club, affiliated to the International Amateur Athletic Federation, regarding his athletic history. Andrew competed at the September 13 Classic.

Caren Mulsow (born Oct. 16, 1942), 11569 Estrella Ct., Dublin, CA 94568, likes the 200M and 400M. She has competed 6 years for Pacific Bell, the NCAA and BACAA. She was recruited by Kay Lyons, who is looking for relay team mates, to share this exciting part of running.

Pam Reynolds (28), 1539 Encinal Ave., #3, Alameda, CA 94501 (510)865-9109), is a graduate of Penn. State; does the hurdles, sprints, and jumps, including the pole vault. She is also a certified track official. Recruited by Ed Seese.

New Members, Cont.

John W. Wamble (46) (707/643-1314) 125 Chamrock Ct., Vallejo, CA 94589 is interested in sprints and the 5K to 10K. He played football and ran track in high school, college and the military. He is also recruited by Ed Rust.

Further renewals:

Mark Bodley, Richard Speidel, G. Georgakopoulos

Correction of address request:

S. J. "Joe" Sullivan, 6450 Marsh Creek Rd., Clayton, CA 94517-1442 (510/672-4991) Renewed membership.

New Address:

Eddie Hart, 2211 Montevideo, Pittsburg, CA 94565 (Wk Ph--510/464-3477).

New phone number:

Andy Sears - 510/524-9899.

**"To whom it may concern: May 28, 1990
"Andrew Kearns, Raheny Shamrock Athletic Club, is a registered Track and Field athlete of Bord Luthchleas na hEireann. Andrew specialises in the Javelin. In 1989 he ranked third in Ireland with a throw of 59.04 metres. In 1988 he placed third in the Irish Junior under 19 championship and 4th in the under 21 championship. Last year he placed third again in the Juniors and improved to second place in the under 21's. On his progress to date he is now moving swiftly towards receiving senior international representation for Ireland. (Signed) Liam Hennessy, HON. NATIONAL SECRETARY"

Mel Shine has asked us to print the following letter he wrote July 22, 1992 to Mark Wintz, of Run Cal: "I quote from the closing paragraph covering the recent Pacific Sun 10K. 'The new scoring method (age graded) for masters competition seemed to work well. Few complaints were voiced.' Well, not so, I say. We 'older' runners worked hard to have this event include the older runners, and our efforts were successful until last year when the new formula was introduced. Wisely, I skipped the event for the first time in years and my reaction was re-assured when the results in 1992 showed the oldest award winner at age 66. 'The formula for we 70 and up runners evades me, but I feel certain that it does not take into consideration that the aging curve rises much faster year by year in the 70 plus, and especially at 83, in my 80 plus category. To be sure Ed Benham is in a class by himself, but even he will slow with added years. And in this category some formula should be created to cover each year and match it to the average national results of say six runners in each year from 70 up. (cont. on p. 6)

"Note that in the 1989 Eugene World Masters there were, I believe, seven runners from all over the world in the 80 plus category and my second to Benham was 50.39 and the third finisher (from England) was 59.19. Referring to the prior age cuve suggestion, though I still train religiously I am losing about two and a half minutes a year.

"Now I suggest that your age formulation check with such as the Stanford Heart Research group whose records will probably substantiate my contention of recognition of a steeper curve showing a natural diminishing performance in our 'golden years' and perhaps my suggestion will be heeded.

"Most Sincerely, Mel Shine."

Mel reports that heran 47:50, the winner of the 80+ group in the July 4, Moraga 5 miles; and a 59:15, 3rd, in the 70+ July 12 Hayward Sertoma Classic 10K.

Thanks, Mel, for the information.

Kit Pickles, upon turning 67, ran a 1st place time of 37:36 for her age group in the Golden Gate Park Cross Country 4 mile run Sept. 5; her 44:17 the next day (Sept. 6) was a first in her age group at the 5 mile Emeryville Double Bay Run, starting at the Holiday Inn; her 27:44 was a 1st in the Aug. 30 Santa Cruz Run for Mental Wellness 5K 65-59 age group; AND after running several events at Edwards Field in the Senior Olympics Sept. 19, she was planning to do the 10K Bay Bridge run the next day (Sept. 20).

Run-Cal shows the DIPSEA RAE (Mt. Tamalpais) June 24, included Bob Malain (65) a 1:07.20 (18 handicap), 11th finisher.

Sharlet Gilbert was 1st (group 40-49 women) July 12 Lake Chabot Trail Challenge ½ Marathon, Castro Valley, 1:30:00; her 5:30 1st place over-all for women August 2 at the Mother Lode Mile (PA/TAC Championship, Sonora, her June 20 36:17 for the Fitness to Festival 10K, July 26, and her 2nd over-all 31:02 July 19 at the Takara Cable Car Chase (5 miles), San Francisco July 19, were also listed.

Dick Laine's 1:50.18, 1st in the 60+ Lake Chabot Trail Challenge ½ Marathon, July 12, and his 5:31:35 1st 60+ in the Skyline 50K Endurance Run, August 2, are reported.

Dan Aldridge ran 14:16 in the Fitness to Festival 5K, July 26th, a 1st.

YOUR REPORTS are very helpful in publishing this newsletter, and would be greatly appreciated.

The Run-Cal's listing of LDR Grand Prix Standings shows:
Masters Women:

- 1. Sharlet Gilbert (also 5th in the Open Women class)

Super Senior Men:

- 2. Richard Laine
- 6. John Gregson

Super Senior Women:

- 1. Kit Pickles
- 2. Ruth Anderson (3 way tie for 2nd)

The 1991-1992 Pac. Assoc./TAC Ultra Grand Prix standings show:

Masters Men

- 27. Phillip Bass

Senior Men:

- 8. Dick Collins

Senior Women:

- 1. Joan Szarfinski

Super Senior Men:

- 2. Richard Laine

Super Senior Women:

- 2. Ruth Anderson

Please see your RUN-CAL Sept/Oct issue for the calendar for Road Racing & Ultras and for Cross Country.

ANNUAL-CLUB MEETING - arrangements are being made to hold the meeting on January 9, 1993, at the Kit Pickles' condo conference room by the swimming pool--the same location as last year--555 Pierce Street, Albany.

Masters' Track & Field Event

Saturday, October 3, 1992

Nick Carter Track la Playa Field Santa Barbara City College
(Corner of Cabrillo Blvd. & Loma Alta Street)

Cosponsored by Club West & City of Santa Barbara Parks and Recreation Department

Spartan Track - ACCU - Track Timing

Field Events

9:00 a.m. Hammer - All Hammer Throwers, U.C.S.B. Hammer Ring (see map)
10:30 a.m. Discus throwers who do not throw the hammer
Hammer throwers who also throw the discus report to the discus for the second round which starts as soon as the first round finishes.



The Following Events In The Reverse Order Starting With M-80 & Women
12 noon Pole Vault
1 p.m. Shot, Long Jump
2:30 p.m. Triple Jump, Javelin, High Jump

Track Events - Preliminary time Schedule:

- 11:00 a.m. Steeple chase 2,000/3,000M
 - 11:30 a.m. 300/400 IH Hurdles
 - If enough entrants are interested officials lunch break
 - 12 noon
 - 1:00 p.m. 80M-100M-110M Hurdles
 - 1:20 1500m run
 - 1:40 4x100m Relay
 - 1:50 400m Dash
 - 2:15 100m Dash
 - 3:00 800m Run
 - 3:15 200 Dash
 - 3:45 4x400m Relay
 - 3:50 50m Dash
 - 4:10 5,000 All Divisions
- Divisions: W-30-34, W-35-39, etc.



There is a time limit for each event. Your cooperation is expected and will be appreciated.

In all field events, except High Jump and Pole Vault, there will be three preliminary attempts with top four in each division qualifying for finals and having three more attempts. If competitor is unable to complete an attempt in the Pole Vault or High Jump in allotted time, that competitor may compete in flight other than one assigned.

John Whitmore trophies will be awarded again and a trophy goes to the man over 70 who wins the Hubbel-Herrmann Hammer Heave. The Ray Williams Memorial Trophy will go to the best time for 60 plus in the 5,000 M. Events are scored 3-1. For points to count on the trophies, there must be one or more competitors in the event then places counted. To score 3 points there must be a least 2 competitors, etc...

Implements will be inspected at check-in table

Age Women	Shot	Discus	Javelin	Hammer	Age Women	Hurdles Distance	Hurdle Height
30-49	4:00kg	1:00kg	600 gms.	4:00 kg	30-39	100M	33"
50+	3:00 kg	1:00 k.	400gms.	3:00 kg	40-49	80 M	30"
					50+	80 M	30"
					Men		
30-49	7:26 kg	2:00 kg	800 gms.	7:26 kg	30-49	110 M	39"
50-59	6:00 kg	1:50 kg	800 gms.	6:00 kg	50-59	100 M	33"
60-69	5:00 kg	1:00 kg	600 gms.	4:00 kg	70+	80 M	30"

THANKS TO ALL OF YOU, OUR MEET IS GROWING!

Hotels nearest to Meet: Santa Barbara, CA 93101

Motel 6
443 Corona Del Mar
(805) 564-1392

Tides Motel
116 Castillo Street
(805) 963-9772

West Beach Inn
306 W. Cabrillo Blvd.
(805) 963-4277

Tropicana
223 Castillo Street
(805) 966-2219

King's Inn
128 Castillo Street
(805) 963-4471

El Patio Motor Hotel
336 W. Cabrillo Blvd.
(805) 965-6556

Masters' Track & Field Event

Saturday, October 3, 1992

Nick Carter Track la Playa Field Santa Barbara City College (Corner of Cabrillo Blvd. & Loma Alta Street)

Cosponsored by Club West & City of Santa Barbara Parks and Recreation Department

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079 • (805) 682-9540

Entry Blank & Release Form (please print or type)

Name _____ Age _____ Date of Birth ____/____/____ Phone: (____) _____
Address _____ City _____ State _____ Zip _____

Please enter me in the following events:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____
7. _____ 8. _____

Entry fees: \$8 first event (\$4 each additional event, \$10 relays)
Relay team members must be from same club, and club must send check for fees.

Athlete/Team Release:

In consideration of my/our entry, I do hereby for myself/ourselves, heirs, and administrators, waive and release all claims I/we may have against the Club West Masters' Track & Field meet, the City of Santa Barbara parks and Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned by me/us.

Required by the Athletics Congress:

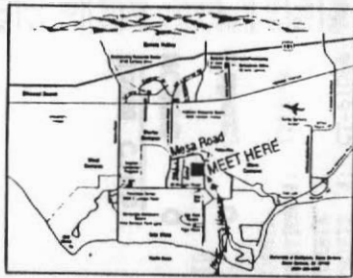
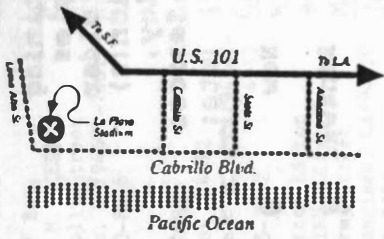
Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393.

My 1992 TAC number is: _____ (Registration required) Individual's Signature _____

SEPTEMBER 25, 1992 IS THE DEADLINE FOR ENTRIES.

Entries postmarked after September 25, 1992 will be subject to a surcharge of \$5.

Club should be responsible for relay team entries. All members of relay teams must be from the same club.
• YOU CANNOT COMPETE WITHOUT A TAC REGISTRATION NUMBER • SANCTIONED BY SCA-TAC



INFORMATION PHONE: (805) 682-9540

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079