**TAC National Masters 10k X-Country Championships**

**Pasco, WA**

**November 3, 1990**

M40

1 Larry Almberg WA 31:20

2 Herm Atkins WA 31:28

3 Gary Wilborn OR 32:56

4 Don Kardong WA 33:08

5 Bob Ullrich KY 33:14

6 Branch Brady MT 33:18

7 Jim Holzman KY 33:36

8 Jim McGill WA 33:41

9 Alan Beck OR 34:07

10 Ken Travis OR 34:18

11 Kent Cummins OR 34:23

12 Rollie Moore WA 34:25

13 Archie George ID 34:36

14 Terry Fremdling KY 34:42

15 Paul Johnson WA 34:58

16 Dick Geiger WA 35:06

11 Robert Kinny KY 35:46

18 John Johnson WA 35:54

19 Bill Hughey OR 35:59

20 Fred Ceswein IN 36:21

21 Don Hill WA 36:31

22 Steve Boyer OR 36:41

23 Ron Crawford ID 36:42

24 John Schulte WA 36:43

25 Garry Kryzak OR 36:46

26 David Warnock OR 36:59

27 Doug McKeever WA 37:25

28 Armando Brionez WA 37:26

29 Don Crawford ID 37:26

30 Russ Boetes WA 37:40

M45

1 Jeff Corkill WA 32:54

2 Don Coffman KY 33:31

3 William Leahy WA 34:22

4 Walt Collet KY 35:13

5 Keith Meiklereid KY 36:01

6 Don Paterson MT 36:53

7 Joe Nelson WA 37:07

8 Mel Lacey WA 37:10

9 Mike Donoghue WA 37:46

10 Mickey Beary WA 38:12

11 Tony Gasperino WA 39:50

12 Adrian Roberts WA 40:59

13 James Shurts WA 41:19

14 John Spomer OR 42:05

15 Phil Tolin WA 42:55

M50

1 Mike Heffernan OR 33:55

2 Roy Reisinger AK 35:02

3 Lew Johnston OR 36:12

4 David Hambly WA 36:26

5 Jim Temples CA 36:42

6 Robert Ruggeri WA 37:12

7 Val Schultz OR 37:41

8 David Terentieff WA 38:23

9 Des O'Rourke WA 38:35

10 David Pitkethly WA 38:36

11 Al Huff WA 38:50

12 Mike Christiansen WA 38:56

13 William Hickman WA 39:36

14 Doug Woollen WA 39:41

15 Bob Langenbach WA 39:54

16 Ken Ogden OR 40:24

17 Bill Malinski WA 40:29

18 Neil Harbinson WA 41:07

19 Tony Sagare WA 42:06

20 Carl Clark WA 43:25

M55

1 John Finch CA 37:51

2 John Hepner OR 38:05

3 Ben Grevstad WA 40:08

4 Ron Ross WA 41:29

5 Russ Akers WA 44:18

6 Court Jones WA 47:24

7 Pep Papenfuss WA 49:31

8 George Kyriazis WA 49:47

M60

1 Orlo Keniston WA 38:58

M65

1 John Cahill UT 44:13

M70

1 Elijah Gallaway WA 47:49

2 Floyd Henschen WA 49:31

3 Hal Copeland WA 49:47

M75

1 Alfred Funk MT 44:32

W40

1 Kathleen O'Neil WA 39:22

2 Nancy Donehower WA 44:19

3 Karen Brun WA 47:26

4 Gail Webster WA 48:11

5 Adelaide Wolf WA 53:19

W45

1 Julie Stiles WA 42:11

2 Dorie Quam WA 42:28

3 Charlotte Swanson WA 42:29

4 Suzan Roberts WA 43:33

5 Elaine Tober WA 46:02

W50

1 Judy Croombridge WA 43: 11

2 Christine Curtis WA 43:29

3 Sylvia Quinn WA 44:36

4 Sandra Knott WA 45:49

5 Bev LaVeck WA 49:25

W55

1 Peggy Ainslie WA 47:42

2 Suzi Gillis OR 47:45

W60

1 Billie Murphy WA 47:51

W65

Alyce Lindberg WA 63:55

**Team Scores**

M40 (5 score)

1 3 Rivers RR/Fast Masters 165:51

Almberg, Corkill, ,Kardong, Beck, Leahy

2 Victory AC-Louisville, KY 170:16

Ulrich, Coffman, Holzman, Fremdling, Collet

3 Nike Portland 171:31

Wilborn, Heffernan, Travis, Cummins, Hughey

M50 (5 score)

1 Snohomish TC 189:07

Reisinger, Schultz, PitkethIy, Huff, Keniston

2 3 Rivers RR Seniors 200:24

Ruggeri, Terentieff, Woolen, Quinn, Akers

3 3 Rivers RR Grey Beards 224:42

Harbinson, Youngblood, Gore, Akerson, Ward

M70 (3 score)

1 3 Rivers RR Seven Oh's 147:07

Callaway, Henschen, Copeland

W40 (3 score)

1 Snohomish TC 124:01

O’Neill, Stiles, Quam

2 3 Rivers RR 133:41

Roberts, Donehower, Knott

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**Almberg, O’Neill First in 10k Cross-Country Championships**

BY JERRY WOJCIK

Larry Almberg, 43, of Ellensburg, WA, with 31:20, led 109 male harriers across the finish line in TAC's National Masters 10k Cross-Country Championships held in Pasco, Wash., on November 3, 1990. Herm Atkins, 42, of Everett, WA, finished eight seconds back, with Jeff Corkill, 47, Spokane, WA, taking third in 32:54 to win the M45 race over favored Don Coffman, 47, Frankfort, KY. Mike Heffernan, 50, Portland, OR, won the M60 division race with an 11th place 33:55. John Finch, 55, Portola Valley, CA, took the M55 contest in 37:51. Orlo Keniston, 63, Seattle, won the M60 event easily with a 38:58. Alfred Funk, 76, Bozeman, MT, was first (44:32) of all runners 70-and-over. Almberg's Three Rivers Road Runners quintet won the M40-49 trophy. The Snohomish TC took the M50-59 team first, and the Three Rivers RR trio won the M70 + team event. Kathleen O'Neill, 43, of Lake Stevens, WA, was first of 19 women runners, with a 39:22. Julie Stiles, 48, Seattle, was second in 42: 11. Judy Groombridge, 50, Seattle, placed fifth in winning the W50 race with a 43:11. Alyce Lindberg, 69, Leavenworth, WA, won the W65 race in 63:55. The Snohomish TC team, with O'Neill's first, took the W40-49 title. Don Sandberg was the meet organizer.