**USA/TAC National Masters 5k Cross-Country Championships**

**Meredith College, Raleigh, NC**

**November 25, 1988**

M40

Lenny Sheehan 16:44

Patrick Kubley 16:49

Robert Bergeron 17:15

M45

Lew Faxon 17:26

Dave Griffith 17:34

Thomas Hare 17:36

M50

Bob Milner 18:22

Roger Bryan 18:48

Bill Walsh 19:01

M55

Ole Holsti 20:26

John Harwick 20:47

Peter Klopfer 21:18

M60

John Hosner 20:18

Richard Packard 21:51

Madison Spach 22:45

M65

Ed Buckley 22:59

Nathaniel White 23:36

E.B. Lloyd 26:23

M75

William Brobston 25:35

Dorse DuBois 26:01

M80+

Ed Benham 23:58

W40

Suzanne Terwilliger 22:23

Carol Flexer 20:18?

W45

Doris Heritage 19:34

W50

Martha Klopper 22:10

Susie Kluttz 22:59

Lenis Tucker 24:17

W55

Liz Szawlowski 25:03

Betty Moser 30:29

W65

Margaret Hagerty 35:04

**Team Results**

M40 (5 score)

Twin City Track Club 1:32:58

Greenville TC Masters 1:35:08

Carolina Godiva TC 1:36:25

M50 (5 score)

Carolina Godiva TC 1:42:00

M60 (3 score)

Carolina Godiva TC 1:12:28

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**Sheehan, Heritage Earn U.S. 5k X-C Titles**

By STEVE LEWALLEN

Lenny Sheehan and Doris Heritage captured masters victories at the TAC National Masters 5k Cross-Country Championships, November 25, at Raleigh, N.C. Sheehan's 16:44 was good enough to hold off a serious challenge by Patrick Kubley (16:49), who took the lead for 300 yards after the one-mile mark. The surprise, however, was Heritage, 46; her 19:34 not only assured her of the masters win but also clinched the overall women's title as well. Sheehan, 41, a painting contractor from Landover, Mass., was jubilant at winning his first national title. "I've been running 50 miles a week, so I was in good shape for this race," said Sheehan after the competition. This victory also marked the first master title for Heritage, adding to her long list of titles that include the senior women’s cross country championships from 1966-71 and five women’s World cross country titles. She currently resides in Seattle, WA, and is the U.S. member of the International Amateur Athletic Federation (lAAF) Cross-County and Road Running Committee. "Since I'm here to be the meet referee for the women's races on Saturday, I thought I'd jump in this race”, Heritage said nonchalantly. "I was surprised to find myself all alone out front." Another noteworthy performance was Ed Benham's 23:58, a time that could have placed the venerable 81-year-old runner in the M65 age-group. Winner of the master team portion of the race was the Carolina Godiva Track Club in the M60 division.