**National Masters 5k Cross Country Championships**

**Van Cortlandt Park, New York City**

**November 28, 1987**

Overall:

Harold Nolan 16:31

Mary Ryan 19:36

M40

Harold Nolan 16:31

Cliff Clark 16:43

Carl Hatfield 16:52

Theodore Heiman 16:55

Tim Hassall 16:59

M45

Herb Lorenz 16:49

Kirk Randall 17:11

Dick Ashley 17:38

Harold Hatch 17:39

William Kaye 17:42

M50

Witold Bialokur 17:57

Bob Milner 17:53

James Fillis 18:31

Gerald Lopez 18:47

Esteban Silvera 19:45

M55

Jim Sutton 18:21

Howard Rubin 19:09

William Fortune 19:26

William Schwartz 21:04

Patrick Moriarty 21:15

M60

Don Dixon 19:52

John McManus 20:25

Walter Brown 21:18

Woody Lundford 21:25

Bob Muller 21:52

M65

Tom Gibbons 22:21

Edward Buckley 22:38

Nate White 23:00

Newlie Henson 24:10

Danforth Geer 24:34

M70

Vincent Carnavale 23:56

Robert Matteson 24:52

Charles Feldman 28:33

M80

Max Popper 31:35

W40

Mary Ryan 19:36

Mary Leivers 20:00

Margarita Ekiss 20:13

Betty Marola 20:16

Judy Pickert 20:47

W45

Anna Thornhill 20:50

Suzanne Gardinier 20:58

Mary Shaver 21:02

Lenis Tucker 23:02

Caryl Hudson 25:14

W50

Gudron Phillips 22:27

Mary Harada 23:06

K. Knight-Perry 26:08

Cynthia Fulenwid 26:15

Barbara Grega 26:59

W55

Liz Szawlowski 24:25

Priscilla Muller 28:11

W70

Adrienne Salmini 31:45

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**Nolan and Ryan Win U.S. 5k X-C in New York**

By DAVID ZINMAN

In full flight, Harold Nolan looks like a cross between a wounded penguin and a tipsy snow goose. His arms flail across his body. His knees lift high and his toes, slightly pointing outward, are the first part of his feet touching the ground. "I'm all over the place," said the New Jersey college administrator who turned 40 last March. But if the 184 other runners in the TAC National Masters 5k Cross-Country Championships, November 28, saw any of Nolan's wobbling, their view was mostly from the rear. He took the lead after the first mile and held it right to the finish. In fact, the dark-bearded Nolan ran a one-man race for most of the way over the undulating Van Cortlandt Park course. Nolan went out with a pack that included former nationally-ranked steeplechaser Cliff Clark and distance star Carl Hatfield. As they turned into the first hill after a 5:06 mile, Nolan found himself in the lead, with Clark trailing. "I started pushing on the incline," the five-foot-seven, 130-pound Nolan said. "I'm a miserable downhill runner. I've had falls going downhill at Van Cortlandt. So, I run them conservatively. Guys have gained 30 yards on me going downhill. But I'm exceptionally fast going uphill. I train on hills because I live in hill country. I have a 10-mile course and all it does is go up and down." Nolan opened up about 20 yards on Clark as the race crossed a bridge and moved into rolling back hills for about 1.5 miles. The first part of this wooded route goes up and the second part runs mostly downhill. "I knew I'd be weak on the second part, so whenever I came to a hill, I tried to really move up and open up distance,” Nolan said. The crowd called to him, telling him he had 25, 30, and then 50 yards. But he knew the field would be closing after the uphill stretch. "At two miles, I had 40 or 50 yards, But that lead shrank to about 20 yards when I came into the downhill area. As Nolan glided down the last hill toward a level path stretching to the finish on Van Cortlandt's great plains, Clark was just 15 yards back. Another 30 yards away were Hatfield and Herb Lorenz. Clark, who owns a ferry boat business on Shelter Island on nearby Long Island, was just where he wanted to be. "I felt I could catch him. I thought I had him set up. I came off that last downhill mentally ready to run him down." But Clark, a former NAIA mile champ who was fifth in the 1972 Olympic steeplechase trials, did not count on Nolan's speed. On the flats, confidence started returning to Nolan. "I'm primarily a miler. I do a lot of work on the track. I used my track speed on that last 600 yards." Nolan gradually pulled away increasing his lead to about 80 yards on the stretch run, winning by 12 seconds. He clocked 16:31 to Clark's 16:43. The 43-year-old Clark, who trains about 30 to 35 miles a week, felt he had run the optimal race based on his training base. Clark, who ran for Harding College in Arkansas and later for the Air Force, has personal bests of 4:05 for the mile, 8:36 for the two-mile steeplechase, and 13:54 for the 5,000 meters. Lorenz, 48, first M45, finished in 16:49; Hatfield, 40, ran 16:52, and Theodore Haiman, 44, was fifth in 16:55. In the women's race, Mary Ryan, a 41-year-old race horse public relations specialist and former race horse trainer (who sometimes works out on the Belmont race track in New York), ran 19:36 to take the title. The women's run went off with the men's race, and Ryan was 68th overall. She was comfortably ahead of 47-year-old Mary Leivers, who was runner-up and 83rd overall. Ryan said she was not sure of her place in the race. "In the back woods, people were yelling 'First female.' But I've been told that before in mixed fields. And the people were wrong. So I didn't believe it until we got closer to the parade grounds. They were still yelling 'First woman.' It was music to my ears."

Nolan, in an interview after the men's race, said he has 'always had an unorthodox style. "Coaches tried to correct it. But every time, I tried something different, I wound up running slower." Nolan was an NAIA All-American at Kennedy College in Nebraska, He ran a 4:08 mile finishing 8th in the NAIA nationals. A member of the Shore Athletic Club, Nolan said he has never stopped running. He has competed at all distances from a half-mile (1:55) to a marathon (2:26). After he turned 40 this year, he went to Oregon and won the National Masters 5000 (15:18). He outkicked 1972 Olympic steeplechaser Mike Manley and onetime sub-four minute miler Jim Crawford. In September, he ran the masters race in the Fifth Avenue Mile, finishing third (4:21.6) behind Al Swensen (4:20.9). Nolan hopes to get invited to the Masters Mile in the Millrose Games at Madison Square Garden this winter.

"I think' I'm a better runner now than I was when I was younger," said Nolan who trains about 70 miles a week. "I guess it's due to the fact that I've never stopped. I'm closer to master records today than I was to records in high school and college." Nolan, whose goal is to break the American masters mile mark of 4:20.9, thinks he has stayed free of injuries because he does a lot of preparation before working out. "When I go to a track, I take half an hour to warm up. It's something I learned in high school and have always done." The New York City site added color to the master’s race, held as part of the TAC Fall National Cross-Country meet. Thousands lined the course to see Pat Porter win his sixth straight title by holding off little-known James Farmer of North Carolina University. Porter's time of 29:58 for 10k set a record for the course. In the women's 6K run, Lynn Jennings won her second TAC title in 19:35.