Rain, Wind and Cold Fail to Dampen Spirit of VII World Veterans Games

New Zealand's Derek Turnbull (60082) wins one of his six gold medals in the M60 800 in 2:18.42, nosing out countryman Frank Evans (right, 2:18.44) and New Jersey's Kelsey Brown (60029, 2:20.02), in the VII World Veterans Games in Melbourne.

92 World Records Set as Melbourne Puts On a Show to Be Remembered

It was cold.
It was a beautiful.
It was raining.
It was magnificent.
It was windy.
It was hot.
It was joyous.
It was Melbourne.
It was the VII World Veterans Games.
It was an event to be remembered by all those fortunate enough to be there.

Despite torrential rain, biting cold, oppressive heat, and gale-force winds that forced postponement of dozens of events, the Melbourne Games lived up to their advanced billing and won many hearts and votes as the best World Veterans Games ever.

"Eugene will have to go some to match what they did here," said several athletes looking forward to the VIII World Games in the U.S. in 1989.

An amazing total of 4817 athletes from 51 nations — accompanied by another 5000 or 6000 friends and family members — descended upon Melbourne, Australia, on November 28 for the seventh renewal of the biennial Games — the athletics equivalent of the Olympics for older individuals. They stayed until the Australian Bush Bash on December 6 closed out the nine-day masters track and field extravaganza.

Many visitors lingered for a few more days to savor the

Continued on page 8
THANK YOU JIM JOHNSON
I was injured in a tram accident in Melbourne, and Jim Johnson, who happened to be on the tram, gave me, according to witnesses, resuscitation. Because of his fast and effective aid, I am alive and slowly regaining strength. It is difficult to express my gratitude for my return to green leaves and singing birds.

Shortly before my trip to Australia, I had a physical exam. I received a clean bill of health and will endeavor to maintain it in the coming years.

Jim, I am deeply indebted to you for your concern for the well being of a 66-year-old athlete. I trust we will meet at some future competition. Take care of yourself. We need more men of your caliber in this world.

Ed Lukens
Skaneateles, New York

ALL-AMERICAN
How about an All-American t-shirt or emblem for a jacket? Also, why are there no women's standards in the hammer throw? I would like to pursue this event.

Joyce Bowerman
Wobash, Indiana

(All-American hammer throw standards will be published next month — Ed.)

KUDOS
The last NMN (November) was worth a year's subscription! Unbelievable information. Thanks.

Ted Enzel
Porterville, California

We love your National Masters News. It is so informative; we recommend it to all the new runners and race walkers. We are your best press agents!

Hugh and Ernestine Yeomans
Cincinnati, Ohio

I don't know what the T&F movement would do without NMN.

Frank Bowles
Boulder, Colorado

Many, many thanks for such a detailed, analytical and succinct sheet. You folks also care.

Eugene Poasinen
Taylor, Michigan

Thanks so much for getting out the November NMN in such timely fashion. Having the list of masters winning their divisions in major races is a great help to me and the awards committee for selection of our outstanding masters LDR athletes at the Convention. You also did a marvelous job on the upcoming WAVA Championships. Recognition is such an important part of our masters age-group competition.

Ruth Anderson
Oakland, California

I continue to marvel at the breadth of your coverage of events for track and field, and especially for the field of racewalking.

Glen Peterson
Sioux Falls, South Dakota

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept to a bare minimum and are subject to condensation. They must include a signature and a valid mailing address.

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Patsalis, Raschker Named Top T&F Athletes

by JIM SMITH

"Neither wind nor rain...shall stay these valiant champions from their appointed rounds!"

The 1987 TAC Masters National Championships Road Race was run in Oklahoma City on November 15th. The runners started in a bone-chilling thunderstorm and finished against a stubborn head wind. The field boasted no less than 19 state half-marathon record holders and a world champion. But, even against the elements, pre-race expectations held. Norman Green, 55, of Wayne, Pennsylvania won his seventh masters title, taking overall honors in 1:15:35.

"I came here to take the race," said Green, "but conditions on the back side of the lake were miserable. After 7 miles, we turned crosswind, and I seemed to pull away."

Continued on page 4

Green, Bixby Battle Weather in National Half

by TERI INGRAM

The 22nd annual Clarksburg (Calif.) 20-miler became, instead, the 1st annual Clarksburg Foundation 30K on November 15.

Prize money totaling $3800 was given this year, with a generous $1700 going to masters and seniors (50+) in the 1500-runner race.

While several single-age records were set, the best performance of the day was produced by Heidi Skaden, who bested her way to a new American W50 30K record of 2:13:43. Skaden claimed $50 as first senior in the process. Top male senior, who also received $50, was Darryl Beardall in 1:50:06.

While Bill Sevald had no problem besting the masters field with his 1:43:37, Nelly Wright's pace-per-mile was produced by Heidi Skaden, who bested her way to a new American W50 30K record of 2:13:43. Skaden claimed $50 as first senior in the process. Top male senior, who also received $50, was Darryl Beardall in 1:50:06.

Sevald and Wright Strong in Foundation 30K

Continued on page 4

TAC Picks LDR Award Winners

by JIM SMITH

Miller, Powell, Eberle, Green, Andersons Also Win 1987 Awards

Tom Patsalis, a 65-year-old retired Los Angeles musician, was named the outstanding age-40-and-over male track and field athlete of 1987 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Phil (Philippa) Raschker, 40, an Atlanta accountant, was voted the top female masters performer by the same group at the 9th annual convention of TAC in Honolulu on December 4th.

Frank and Dorothy Anderson, who co-directed the U.S. TAC National Masters T&F Championships in Eugene, were named outstanding masters T&F administrators-of-the-year, while the top 1987 masters racewalking awards went to Michigan's Max Green, 55, male; and Maryland's Ruth Eberle, 56, female.


Patsalis, who retired two years ago from a lifetime of playing and teaching music, won three gold medals, a silver and a bronze medal in Melbourne in the VII World Veterans Games last month. He set a new world age 65-69 long jump record of 17-4 1/4, and still holds world marks for the M55 and M60 divisions. He earned outstanding athlete-of-the-meet honors against athletes of all ages and sexes in the National Masters News Age-graded meet in November.

"I have more time to train now since I retired," said the clarinet and saxophone player. "I had my own band years ago, and played a lot for the Greek community all over the country before I settled down to teaching."

Raschker had a career year, as the pros say. She set three indoor world masters women's marks in the nation's in Madison. She set more world marks in local and regional meets in the South. At the outdoor nationals in Eugene, she set three more WRs and won seven gold medals. And at the World Games in Melbourne, she won four gold medals, two silver and two bronze, topping her own triple jump WR and being named top 40-44 female athlete of the Games.

Raised in Hamburg, West Germany, she competed as a girl in the same track club as last year's winner, Christel Miller. She began competing again

Continued on page 23

Pennsylvania's Norm Green, 55, was voted best long distance runner in both the 50-54 and 55-59 age categories by TAC at its annual convention in Honolulu. Here Green wins the M55 10,000-meter title in 33:54 at the World Veterans Games in Melbourne.

Photo by Gretchen Snyder
Schlau, Hardy Struggle Through Heat in Wendy's

by TERI INGRAM

Neither Bob Schlau, 40, or Kathy Hardy, 40, expected to have to run in 80° heat and high humidity on Halloween, but both made the best of a bad situation by winning their divisions easily in the Wendy's 10K in Bowling Green, Kentucky. Both winners have only this year entered the masters ranks and have been making big names for themselves ever since. Schlau's 31:17 was good enough for 17th overall while Hardy's 38:58 put her in the 18th female overall position. Over $3,000 in masters prize money was given this year, the most ever offered by Wendy's.

Probably the most impressive performance of the day was turned in by Gina Faust, 50, who was second masters female overall in 39:38. Faust, of Southern California, took the W50 division and was 20th female overall. Morgan Looney, who finished second master last year, dropped back to fourth this year, but this time won the M45 division (33:52). Last year he was still competing in the M40 division.

Three-time masters winner Don Coffman didn't show to defend his title over the equally hilly and flat course where 4000 runners competed this year.

Other men's division winners were: M50 Bill Orlitch (43:35), M55 Leon Fennel (38:13), M60 Theron Kessinger (40:07), M65 Ray Rayl (43:13) and M70 Neville Dodd (71:05). Women's winners were: M45 Judy Rademaker (47:07), W55 Mary Anne Woodring (45:24), W60 Wilifred Cohron (63:08) and W65 Sue McDaniel (82:03).

Overall winners were Keith Brantley (25, 29:01) and Sabrina Dornhoefer (23, 32:49).

Green, Bixby Battle Weather in National Half

Number-two finisher, Dave Williams, 45, of Chocotaw, Oklahoma ran a 1:17:05, six minutes off his best masters time for the distance.

Pride of Oklahoma runner, Maureen Bixby, 45, of Norman, easily won the women's title in 1:27:58. She bested Barbara Manning, 43, of Owasso, Oklahoma by over ten minutes.

"This was a very tough race," said the diminutive transplant from England. "But we all shared our miseries. That made it easier to bear."

Race Director Jim Smith estimated times were up to 10% higher because of the weather. And, he said that bad weather always means a few "no shows." He further explained the small field:

Overall winner in the TAC National Half Marathon Masters Championships was Norm Green (r.), 55, shown here with Dick Gile, president of the Oklahoma City R.C. Green ran 1:16:35 in a storm and strong headwinds at the Nov. 15 race.

"State and regional runners are familiar with our high quality races, but few nationally prominent masters know about Oklahoma. Next time we expect a full pot of prize money to lure them in."

Team Champions were:

Following the refreshments party, Norm Green spoke to the crowd about goals, commitment and what makes a champion.

According to Director Smith, the true champions of the day were forty brave volunteer workers and officials who "stood their ground" for over two hours against the ravages of wind and rain.

Said Smith, "They deserve much credit for a well-conducted run. What a shame we can't give them more than just our thanks and a T-shirt."

The run was hosted by the Oklahoma TAC Association and the Oklahoma City Running Club.

Sevald and Wright Strong in Foundation 30K

Continued from page 3

(6:31) was a mere second-per-mile off of second-place masters female Joan Coleman, 2:01:08 to 2:01:37. Sevald and Wright each won $250 as top masters, while Coleman accepted $150 and the third-place prize of $100 went to Margie Timberlake (2:08:46). Second male was Gary Goet­telman, 44, in 1:48:39, and third went to Wayne Miles, 40, in 1:49:07. Goetel­man and Miles also claimed $150 and $100.

One exceptional performance was turned in by non-money winner W55 Elizabeth Ross (2:28:37), who was a mere minute off the W55 American mark of 2:27:34. Ross claimed her division by half-an-hour.

Dr. Joan Ullyot, who holds the current W45 30K record of 2:04:11, seems to have her running on track, taking second in the W45 division (2:12:36) to Timberlake.

Overall winners were Mark Con­over, 27, in 1:34:08 and Sharlet Gilbert, 36, 1:52:55.

12 More Become Masters Sustainers

Another 12 readers have become Na­tional Masters News "sustainers," those who contribute funds to provide additional support to the National Masters News and the masters athletics program.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

Special thanks this month go to Juan Bustamante, who generously donated $100.

Donations can be sent to NMN, P.O. Box 2372, Van Nuys, CA 91404.

Our thanks, this month, to:

Juan Bustamante
T. Butterfield
Rudy Clarence
Charles Espy
Toby Medina
N. Milicic
Robert Mulliken
William Pardue
Gilbert Phillips
William Poletti
Clark Sparag
John Weldy
The Paramount 10K Special World Masters Division race, run along with the Paramount 10K on January 23, will again offer cash awards for the first through fifth places for men and women in five-year age groups from 40-44 to 85-89. As of December 10, $6000 in cash prizes was available.

Stahl Defeats Shorter in Honolulu

Sweden's Kjell-Erik Stahl defeated America's Frank Shorter in the age 40-44 division of the Honolulu Marathon, December 13, 2:31:07 to 2:36:54. Stahl finished seventh overall; Shorter 14th.

It was Stahl's second winning marathon effort in eight days. On December 6 in Melbourne, Australia, he had won the World Veterans Games M40 marathon title in 2:21:38.

The 10-minute dropoff in time was typical of all the Honolulu runners, who battled 40 mph headwinds much of the way. Overall winner Ibrahim Hussein, who won the 1986 race in 2:11, could only manage a winning 2:18:26 in the difficult conditions.

It was Shorter's second marathon effort as a masters runner, and his first completion. (He dropped out of the New York Marathon after 18 miles.) Shorter and Bill Rodgers, who turned 40 on December 23, are slated to meet each other in the Charlotte Observer 10K on January 2.

Minoru Muramoto was the first over-40 female, winning the W40 award in 2:56:49. Judy Huber-Cogswell won the W40 division in 2:58:31.

An estimated 8500 runners braved the elements in conditions worse than anyone could remember. To top off the difficult weekend, more than 300 marathoners developed food poisoning at the carbo-loading dinner Friday night, suffering vomiting, cramps, diarrhea, fever and muscle fatigue.

Paramount Masters 10K Set for January 23

Entrants must meet the following qualifying standards and submit the times of their last three races, run on certified courses: Men — 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00; 85-89, 100:00; Women — 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00; 85-89, 110:00. Each division must have five qualifiers, or a reduction of cash awards will be made in that division.

Last year's race included masters standouts such as David Oropeza, John Loechhorn, Kjell-Eric Stahl, Mike Heffernan, Richard Green, Jr., Gaylon Jorgensen, Erna Kozak, Harolene Walters, Gina Faust, Vicki Bigelow, Helen Dick, and Pat Dixon. Six of the men ran under 33:00, and three women broke 38:00, with Oropeza (31:31) and Kozak (34:38) winning overall.

The race organizer is Finish Line International, 15734 Paramount Blvd., Paramount, CA 90723; 714/841-5417.

The meet director is Oscar Rosales, 213/634-3027. Deadline for the Special Masters contest is January 18, but the open 10K will take entrants after that, with a $3.00 late fee.

This year's masters event is sponsored by Bud Light and L.A. Beers. All proceeds from the regular event and the World Masters Division race go to the Paramount Rotary International Polio Plus Campaign.

The city of Paramount is located about 15 miles southeast of downtown Los Angeles.

BUD LIGHT AND

invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Ninth Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light and L.A. Beers. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards you will be eligible for cash awards. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00

MASTER STANDARDS: Women 40-40, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00

All times are “or faster”

Race Date: January 23, 1988
Race Time: 8:00 A.M. Sharp
Course: Flat, fast, certified and sanctioned by TAC
Accomodations: Tahitian Village, 13535 Lakewood Blvd., Downey, CA 1-800-227-0642, or 213-634-4444. 20% off. Ask reservationist to specify, “10K race participant”.
Transportation: To and from race site by Tahitian Village, 6:30 A.M. shuttle time

Race Location: 15500 Downey Ave., Paramount, CA
Seeded Start: You will be on the front line. I.D. Ribbons
Awards: 10 deep each division, plus CASH AWARDS, FIRST FIVE places, each division, men & women
Shirt: Long sleeve, 100% cotton, two color
Race fee: $12.00. No complimentary entries. Cash Awards: $6000.00 available to date.
Pre-registration Only: Return Entry by 1/18/88.
Information: Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723 • (213) 634-3027/(714) 841-5417.
NOTE: Each division must have 5 qualifiers, or a reduction per cash award will be taken. All applicants must submit times last 3 races, certified courses. This is our sixth year with the Masters. It is a CLASSIC.

Tea & return with Entry Waiver.

9TH ANNUAL CITY OF PARAMOUNT 10K

SPECIAL WORLD MASTERS DIVISION

NAME __________ MALE □ FEMALE □ AGE __________ PHONE

ADDRESS __________ CITY __________ ZIP

Official Entry Form Will Be Sent Upon Receipt Of This Form, Send SASE.
Send To: PARAMOUNT 10K RUN, 15734 Paramount Blvd., Paramount, CA 90723
Marathons and Manhood

It must have been easy for our forefathers to be men. They didn't have to compete with the unrealistic standards set for us by the likes of Clint Eastwood, Sylvester Stallone, and Charles Bronson. Neither did they have to compete with the reality of a Joan Benoit or Priscilla Welch.

As anyone who reads this column knows by now, I'm all for equality — especially for women runners. But I don't want them to be equal to me. My ego has trouble handling it.

In his book, Sports in America, James Michener points out how traumatic it is for the average male to be defeated in sport by a woman. He goes on to relate how Arab soldiers were so disturbed at the thought of being defeated by Israeli female soldiers that they would fight to the death.

It must have been easy for our forefathers to be men.

rather than surrender, which they might have not done had they been fighting men.

My first such encounter in the field of battle came in the 1980 Cascade Run Off, a 15-kilometer affair in Portland, Ore. I passed through the first mile in 4:37, which is about what I had expected. What I had not expected was to be surrounded by women. A few yards in front of me was Joan Benoit. To my left was Patti Lyons (Catalano). To my right was Jacqueline Gareau. Right behind me were Marty Caskoe and Anne Sullivan. Benoit had won the race the year before in 51:27 and the American women's record wasn't much faster than that. I had expected to run around 48 minutes, and I was a little ahead of pace for that. Therefore, to find so many women around me at one mile came as something of a shock.

Midway into the second mile, I had pulled clear of all the women except Lyons and was overtaking Ray Hatton, the defending masters champion. Hatton looked to his left as Lyons went by him a stride in front of me. It was a gaping look, as if to say: "What's going on here?" I shrugged as I went by. It was a "Do you believe this?" shrug.

Lyons continued on to shatter the American 15K record with a 49:43.5. I managed to finish 10 seconds in front of her, but the trauma of almost being beaten by a woman seemed to far outweigh the thrill of being the first masters finisher.

One of my most satisfying experiences as a young masters runner was breaking 2:30 for a marathon. Back in 1979, there were only a handful of so other masters who had done that. Gina, my wife, didn't know much about running then — still doesn't — but she had come to recognize that bettering 2:30 gave one certain bragging rights. My pride in that achievement was short lived, however, as Grete Waitz became the first woman to better 2:30 a few months later.

"You mean a woman can run as fast as you?" Gina remarked upon hearing of Waitz's performance.

"Well, yeah, but she's a full-time runner," I replied. "Besides, I'm 42, don't forget. No way any woman will run that fast at my age."

After sub 2:30's for women became commonplace, I explained to Gina that the marathon is for wimps and women and that real men run the short races — those requiring great strength and speed. I further pointed out that you have to have a lot of fat to run the long distances. I never saw any reason to mention it when Joyce Smith ran 2:29 at age 44 or when last May, Priscilla Welch did 2:26:51, faster than my 2:28:43 PR at the same age.

One of my most satisfying experiences as a young masters runner was breaking 2:30 for a marathon. My pride was short lived, however, as Grete Waitz became the first woman to better 2:30 a few months later.

I also never mentioned the fact that Welch beat me by a few seconds in a Southern California 10K a few years before. There was no reason to, since she was only 39 at the time, still a youngster.

While I was watching the 1987 New York City Marathon on television, the subject came up again. Gina walked into the room just in time to hear that Welch was leading the women at about 10 miles while running around 2:24 pace. I hoped Gina would not pay enough attention to catch Priscilla's age. But she did.

"Wow, she's 42 and she's running four minutes faster than you did at Maui," Gina exclaimed.

"Yeah, but it was a lot warmer in Maui than it is in New York," I replied. "No way she'd run that fast in Maui heat."

"But you ran New York in 1977, didn't you?" Gina came back, reminding me that I had done only 2:31 there under very cool conditions.

"The jet lag got to me there," I explained. "Besides, I already told you the marathon is for wimps and women. No way a muscular 162-pound (even if I was only 150 when I did the 2:28) guy like myself, who can bench press 230 pounds, can run with those skinny wimps. Heck, Arnold Schwarzenegger could train all year and still not break three hours in a marathon."

Just then a prerecorded interview with Welch was shown. The Englishwoman commented that the age factor was "a load of rubbish" and all in the mind.

"See, hon, you've just got to think positive if you want to run faster," Gina offered.

"That's a bunch of bullshit," I came back. "She'll find out in a few years."

My ego was suffering and I was about ready to switch to a football game when Frank Shorter came to the rescue. One of the television announcers caught sight of Shorter, who had turned 40 just the day before, a few strides ahead of Welch. The announcer remarked that Shorter was running off to the side and out of camera range. Marty Liquori, doing color commentary, explained that Shorter did not want to take away the glory from Welch.

"Wouldn't it be more glory for her to be running next to him?" Gina asked, puzzled at Liquori's reason.

I then recalled my duel with Patti Lyons in Portland and the moment a television truck pulled in front of us as we were running side by side at about five miles, I took off to the other side of the road. My reasons were not as noble as Shorter's. Not that many people would have recognized me, but just in case a few did I didn't want to be in the picture.

With Welch running right behind the 1972 Olympic champion, almost three years her junior, I felt vindicated, somewhat.

Gina didn't stay around to watch Welch finish in 2:30:17. I felt a bit relieved that she had not bettered my PR. But then I remembered that she had already done that a few months before and that she had also bettered my New York time.

As I switched back to the football game, I thought: "No way she can out benchpress me."
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 steeplechase specialist Cliff Clark and distance star Carl Hatfield. As they turned into the first hill after a 506 mile, Nolan found himself in the lead, with Clark trailing.

"It 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 backhills for about 1.5 miles. The first part of this wooded route goes up and the second part runs mostly downhill.

"I 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 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 almost 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 5000 meters.

Lorenz, 48, first M45, finished in 16:49; Hatfield, 40, ran 16:52, and Theodore Haiman, 44, was finished 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 runnerup 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 steeplechase 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 Sweney and Nolan. 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 never stopped. I'm closer to masters 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 masters race, held as part of the TAC 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 set a record for the course. In the women's 6K run, Lynn Jennings won her second TAC title in 19:35.

**Skinner, Bestul Masters Winners in Omaha**

Toby Skinner, 44, of Beaverton, Oregon, and Karen Bestul, 49, of Lincoln, Nebraska, won the masters contests in the Omaha Riverfront Marathon in Omaha on November 1. Skinner's 2:37:08 was good for 16th place of the 497 finishers. Bestul's 3:09:15 placed her in a tie with the top women.

In the inaugural 10K, which drew 700 runners, Nancy McCormick, 52, of Omaha outran younger masters contestants to win the W40-and-over race with a 42:44. John Hawkins, 40, of Omaha took the masters men's contest in 35:15.

The event, with an increase of 25% above last year's, drew runners from 24 states and Canada. John Thomas was the meet director of the 14th annual gathering.

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Melbourne Puts on a Show to be Remembered

Continued from page 1

Australian Outback, Sydney, Tasmania, the Great Barrier Reef, New Zealand, or just a bit more of Melbourne.

Friendly People

No one seemed eager to leave. The Melbourne people are among the friendliest in the world. Nine days — or even two weeks — wasn’t enough time. Most tourists boarded the plane home with reluctance. Many vowed to return at the earliest opportunity. A few were checking out emigration details.

The number of participants easily surpassed the previous World Games high — the 4330 who came to Rome in 1985. The Eugene organizers are predicting upwards of 6000 for the 1989 renewal.

Tourism authorities estimated that the Games brought an influx of nearly 14 million Australian dollars (US $10 million) into the Australian economy.

The Games were held under the auspices of the World Association of Veteran Athletes (WAVA). They were staged this year by the VII World Veterans Games Organizing Committee, headed by Executive Director Peg Smith and Competition Director Ray Callaghan — both of whom were taking deserved bows at the end of the proceedings.

As always, athletes competed in five-year age divisions, beginning at 40 for men and 35 for women. The 4817 participants competed in an average of 2.68 events — a total of nearly 13,000 individual entries.

124 Heats in 100

The scope of the event was staggering. More than 400 officials were on hand. There were 124 heats, semifinals and finals in the 100-meter dash. The marathon had 1763 entries and 1313 finishers.

Eleven heats were needed in the men’s age 40-44 100. In the 100, 90 men and 18 women were age-70-overflow; 25 were over 80. Four were over 90, and their race was one of the Games’ highlights.

In contrast to the four stadiums used in Rome, only two tracks were needed in Melbourne. One of the best decisions of the organizers was to scrap plans to use the hard, rubberized track at Melbourne University. Instead, they used the newly-surfaced, 374-meter oval at Olympic Park, right next to the main, No.1 track.

It was a joy to walk back and forth between the two venues, greet friends, buy T-shirts, check the results boards, select photos, and check the message-board (with notices in five different languages). It was a thrill to run on the bouncy, “injury-proof” No. 2 track as hundreds of friends and spectators viewed the action from the enclosed grandstand.

Next to the tracks was “Gosch’s Paddock,” a huge field where three cages had been specially built exclusively for the throwing events.

Free Massage

When athletes weren’t competing or watching, they could often be found getting a free massage in the No. 2 grandstand. And if the line was too long — as it often was — to see one of the 10 massagists, many went next door to the Olympic Park SportsMedicine Center, where massage and physical therapy were available for a nominal charge.

The competition extended from early morning to as late as 11 p.m. The weather, as predicted, was unpredictable. After some pre-Games thunderstorms, the first day — Saturday — was beautiful, with temperatures in the low 70s. Fourteen world records were set in the ideal conditions.

Day 2 — Sunday — started out cool, but warmed up in time for the opening ceremonies at noon. Olympic Park was a mass of color and music as the athletes marched, by age-groups, into the stadium to the tune of Waltzing Matilda. The several hundred paying spectators cheered as Australian Olympian Raelene Boyle carried the torch around the track, and the legendary John Landy formally opened the Games.

“When I saw how well the opening ceremonies went, I finally relaxed,” said Callaghan, who spent a week of sleepless nights attending to final details and unforeseen problems.

Sunday afternoon turned hot (88°F) and humid, with several 10,000-meter runners gasping for water and a 40 mph tail wind nullifying several world-bettering 100-meter performances. The weather was so bad that elsewhere in Melbourne, Greg Norman led a walkoff of golfers competing in the Australian Open, complaining: “Playing in these conditions is impossible.”

Monday was an off day, set aside for organizers to gather themselves, and for visitors to see the sights.

Rain Day

Day 3 — Tuesday — will forever be remembered in World Games lore as “the rain day.” The temperature read 10°F (50°F), a driving rain wouldn’t let up, and Melbourne traffic was at a standstill.

Few expected any officials to show up for the 10 a.m. start. But there they were, clad in rain garb with a stopwatch in one hand and an umbrella in the other. And, these were all volunteers.

Under the grandstand, hurdlers warmed up by leaping over chairs and boxes. But at 9:55 a.m., the intermediates were postponed as “unsafe.” The field events in water-logged Gosch’s Paddock were also postponed to Wednesday.

But the rest of the meet went on as scheduled. A steamroller tried to dry the track; athletes huddled trying to keep warm; a few, thinking off the events had been postponed, went back to their hotels and missed their heats.

Worst Weather Ever

“This is the worst weather I’ve ever seen for a meet,” said an 83-year-old official who had seen it all. “Any other meet would have been cancelled.”

But these were the World Games, and the show would go on. Performance suffered, injuries occurred, but the track events stayed on schedule. George Cohen, who had run a 2:02 in his M45 semifinal on Sunday, splashed to a 2:15 in Tuesday’s final. Ernie Billups slowed from 2:07 to 2:14.

Thane Baker pulled a hamstring in the 50 Chil in his M55 semifinal and was out of the meet. The rain paused for a couple of hours in mid-afternoon, but started in again in time for the evening’s 5000. By now, the thermometer had dipped into the 40s.

“To hell with it,” said California’s Ed Stotsenberg, who skipped his 5000 and went back to his hotel room to continue on page 10
Melbourne Puts on a Show to be Remembered

Continued from page 9

take a hot shower. “Running in that kind of weather is a good way to get pneumonia.”

Wednesday — scheduled as the day of the WAVA General Assembly meeting — now became make-up day for the hurdlers and field events. The weather had inched up to 54°, and the rain had stopped.

Rain and cold continued early Thursday, but cleared up for most cross-country races and the pentathlon. By Friday, it was up to 60° and the rain was all but forgotten.

Inspiring Performances

Watching the athletes compete was inspiring. Seeing 80-year-old Harry Gathercole run the 200 in 32 seconds — a time many younger athletes would be pleased to do in interval training — was a sound lesson in what the human body is capable of. Watching 65-year-old Jack Ryan run a mile in a few seconds over five minutes was a strong statement that, just because one is getting “older,” the body doesn’t necessarily quit. There’s no doubt that you have to work at it, but the old adage that “you fall apart when you turn 50” may not be true.

A pushing incident marred Saturday’s action when Japan’s Waichi Masuda was pushed flat on his face after winning the M75 1500 meters.

Britain’s Edward Sears pushed Masuda with both hands in the middle of the back just after Masuda had lapped him to win the gold medal. The shocked Masuda bounced up uninjured, Sears, who had another lap to run, was booted from the grandstand as he finished in 10th place. The two did not speak after the race and there was no apology.

Sears told Ron Carter of the Melbourne Age that he had been in Burma during World War II and had no time for the Japanese. “He was in my way, and I just pushed him away,” Sears said.

It was the only incident during the Games. New York’s Larry Colbert, 50, beaten by Australia’s Reg Austin in the 400, summed up the athletes’ feelings for each other: “I love Reggie. We see each other every two years. We’re like brothers.”

Tram Accident

One other unfortunate off-track situa-
tion occurred when American Ed Lukens, a 65-year-old American who had entered seven events, fell from a turn on opening day, incurring a severe concussion and a fractured skull. He spent the week in the hospital, being attended to by friends and medical personnel. True to the spirit of Melbourne, medical costs were paid by the Australians, thanks to a new law providing total coverage to anyone involved in a tram accident. Doctors released Lukens on closing day so he could fly home with the Sports Travel tour group.

While competition was the rationale for the enormous event, most participants were happy just to be there — to be competing, seeing a new country, making new friends.

The run-for-fun outlook of most veterans was never more apparent than in the closing day’s marathon. About 1500 runners of all ages, shapes and sizes lined up for the 6 a.m. start, and they were still struggling in hours after Kjell Erik-Stahl had crossed the finish line in 2 hours, 21 minutes.

To most, the times were of minor importance. What mattered was being there, competing, finishing.

After the relays on Sunday, Callaghan staged a special “Masters Mile.” The three medalists in each 1500 race were invited, and 22 showed up. Nine women ran the first section, followed by 13 men in section two. Winners were determined by an age-graded formula. Australia’s 65-year-old Jack Ryan took top honors and was awarded a special World Games plate. His 5:05 broke the M65 world record by 15 seconds. David Sirl (M45), Tom Roberts (M50) and Jeanne Hoogland (W50) also broke world mile records for their respective divisions.

The closing ceremonies featured a march on the track of all the officials and volunteers who had quietly worked so efficiently during the week. They were applauded by the athletes, who were stunned at how many there were.

To the end, the Australians were friendly, courteous, unflapable, accommodating, and above all, professional. From Directors Smith and Callaghan to Doug McConchie and Bambi Gordon in the press room; to the computer programmer, Arnold Smith; to the President of the Organizing Committee, Graeme Salthouse; to Murray Dickinson, director of the road and cross-country events; to John Smith, who helped wife Peg throughout the Games; and to the countless volunteers and unsung heroes who worked hard to make the Games a success; they set a standard that future World Games organizers will find hard to match.

Smith, a 51-year-old grandmother, got involved almost by accident in the veterans movement 12 years ago.

“I had a dream,” she said. “It has come true. All these people have come to my city. What more can I say?”

— Al Sheehan
AMERICAN RELAY MEDAL WINNERS

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<th>GOLD</th>
<th>SILVER</th>
<th>BRONZE</th>
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<tr>
<td>Ken Dennis</td>
<td>T J Bell</td>
<td>Rudy Valentine</td>
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<td>Larry Colbert</td>
<td>Ken Brinker</td>
<td>Bob Munn</td>
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92 World Records Set in Melbourne

A phenomenal total of 92 world age-group records were set at the VII World Veterans Games in Melbourne from November 28 to December 6, as the level of veteran athletics performances again reached new highs.

The total far outdistanced the 42 world marks set at the VI World Games in Rome in 1985.

Forty-nine records were set by men; 43 by women. Two of the 92 marks came in the 55-59 division, 12 were set by the 40-49s, 19 by the 50-59s, 24 by the 60s, 16 by the 70s, and 19 by the 80-and-overs.

American athletes picked up 85 individual gold medals, 70 silvers and 44 bronze—a total of 199 and 18 percent above the 1985 total of 163. In addition, U.S. relay runners garnered 24 golds, 14 silver and 16 bronze medals, boosting the overall total to 265 out of a possible 1518. That averages out to about .66 medals for each of 398 U.S. participants.

While it’s virtually impossible to label any one event or performer the “best,” several remarkable performances stood out:

1) New Zealand’s Derek Turnbull did even better than predicted, winning six events in the rugged M60-64 division—the 800, 1500, 5000, 10,000, cross-country, and marathon.

2) Australia’s Jack Ryan won four gold medals in the M65 division, setting new world M65 marks in the 1500 (4:41.82), mile (5:06.61) and 5000 (17:33.45).

3) Australia’s Shirley Brasher, coming off knee surgery, was awesome in the W60 division, winning five events—cross-country, 800, 1500, 5000, and 10,000—setting world W60 records in the latter three (5:45, 21:15 and 44:32).

4) America’s Ed Benham easily won those same five events in the M80 group—setting world M80 marks in the 1500 (6:04), 5000 (22:31) and 10,000 (45:29).

5) India’s Azad Singh Prithivi was, at age 97, the darling of the fans and the media. He participated in four events—the 100, 200, shot and javelin—and naturally set new world M95 marks in each.

6) New Zealand’s David Siril was unheralded coming into the meet, and shocked everyone with world M45 records in the 1500 (4:01.47) and mile (4:16.75), and with a hard-earned win in a rain-marred 800.

7) Australia’s Jean Albury repeated her 5000 and 10,000 wins in Rome, and added triumphs in the 1500, cross-country and 5000 racewalk.

8) Finland’s Heikki Simola dominated the M75 category with impressive wins in the 100, 200, high jump, long jump and triple jump, the latter two world M75 records (14:7 and 31:3).

9) Mexico’s Antonio Villanueva broke one of the longest-standing records on the books: Alain Mimoun’s M45 10,000 mark of 30:16, with a sensational 30:02. Villanueva also won the 5000 and bettered the world M45 mile record despite finishing behind Siril.

10) Phi Raischer of the U.S. had hopes for seven gold medals, but settled for “only” four in the W40 bracket, winning the 100, 200, long jump and a world-record triple jump (36-7) and picking up two silvers and a bronze.

11) Another American, Irene Obera, at 53 nearing the end of her age-division, amazed everyone by winning a very competitive W50 400 in a near-world-record time, and also successfully defended her 100 and 200 titles.

12) Jim Vernon, of California, became the only person to win seven consecutive gold medals in the World Games. Vernon has won the pole vault in each World Games, and cleared the bar (7-2-1/2).

There were countless other outstanding performances among them:

**VII WORLD VETERANS GAMES**

- Again proving how difficult it is to double in this division, Australia’s Peter Crambien won the 400 in a windy .53.11, while favored Ron Bell of Great Britain prevailed in a soggy and windy 800 in 1:59.35.

- One M40 runner did manage to win two events, and it was Rod Dixon’s older brother and coach, John Dixon. In a fast 1500, Dixon edged favored Bell, 3:55.91 to 3:57.31, as four men broke four minutes. (The world over-40 record is 3:52.) Dixon also won the 5000 by a convincing nine seconds over New Mexico’s Web Loudat, 15:04 to 15:13.

- Siril, the highly-publicized M40 10,000 fail-to materialize. Carlos Lopes, 1984 Olympic marathon champion, was in Melbourne promoting the event, but bowed out of the competition with a damaged left achilles; U.S. M40 record-holder Tracy Smith opted for the 1000; Britain’s Dig Evans passed to try the cross-country and steeplechase; and Australia’s 2:29 marathoner, Gerry Hand, was a no-show.

- That left the medals open to the other 173 runners who competed in six seeded sections. Australia’s Paul Sumpter (30:23) emerged from the pack to defeat countyrman Tony Murray (30:28) and France’s Antoine Borowski (30:44) as 10 runners broke 32 minutes.

Lopes said he has not raced in a year because of the achilles and knee injuries. “But I won’t have surgery,” he said. “It could stop me from running forever.” If his achilles improves, he said he’d defend his Olympic marathon title in Seoul.

Another casualty was Smith. Complainting of an arthrosclerosis, Smith ran two laps of the 5000 before dropping out. He tried again in the 1500, running a credible 4:09.08 but failing to qualify for the finals. “I feel it at the start of a race,” Smith said. “I don’t know what causes it.”

New Jersey’s Ken Brinker, who had placed second to Miller in the U.S. 110-hurdles championship (14.81 to 14.71) won it all in Melbourne in 15.04. Willie Davenport, 1968 Olympic hurdle gold medalist, was again bothered by a hamstring. He ran but didn’t make the finals.

“arlier you get, the weaker your muscles get,” he said. “But I’ll keep training. If I keep myself in good condition, I know I’ll live longer.” He predicts more and more champions will take to veteran athletics in the years ahead.

Continued on page 12
Sprained Ankle

For those who have sustained at least one sprained ankle during their athletic careers and have been unable to shake the nagging pain down deep in the ankle or rearfoot, you may have to re-examine a rather uncommon condition called the Sinus Tarsi Syndrome.

The pain from the Sinus Tarsi Syndrome features pain on the outside of the hindfoot with associated instability, which is common in ankle sprains.

The Sinus Tarsi is a funnel-shaped tunnel with a large opening on the outside of the foot in front of the ankle (you can actually stick your finger into the opening) and a smaller opening on the inside of the foot in front of the ankle.

The inside of this tunnel is filled with a ligament called the Interosseous Talocalcaneal Ligament. It is broad and usually very strong. The tunnel also contains vessels and nerves. Some doctors say there are nerves in this tunnel which aid in the biomechanical stability of the rearfoot.

It has been shown that in acute sprained ankles, the Interosseous Talocalcaneal Ligament is the last ligament to be ruptured and is usually not damaged until the first two are torn.

In most cases, athletes fail to properly treat a sprained ankle and, as such, the Sinus Tarsi Syndrome is often overlooked and mis-diagnosed.

Clinically, there is pain on the outside of the ankle and foot. The pain is usually worse while running, jumping or walking. The pain is aggravated by supinating or adducting the foot excessively. There is a feeling of instability of the rearfoot.

The pain is usually reduced with rest, taping in a pronated position, or the injection of a small amount of an anesthetic solution into the Sinus Tarsi. These injections may have to be repeated to obtain relief.

In some cases, a lower leg cast is applied for 3 to 6 weeks to stabilize the rearfoot and allow ligament healing to take place.

If conservative treatment fails, a surgical procedure to excise the tissue in the lateral aspect of the Sinus Tarsi offers good results.

So, those of you with chronic ankle sprains, rearfoot instability and rearfoot pain, regard the Sinus Tarsi as your tormentor and seek relief.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2172, Van Nuys, CA 91404.)
92 World Records Set in Melbourne

Continued from page 12

...tently biding his time and picking up a tiring Colbert (52.79) in the drive. (Taylor holds the M50 WR with a hand-timed 51.8, but Austin's mark will take precedence when all records are switched to automatic times only.)

- Ian Babe of New Zealand edged Ken Baker of New York in the 800, 2:08.40 to 2:08.52, with M50 world record-holder Tom Roberts third.

- Babe repeated in the 1500 (4:09.41), besting Roberts (4:10.47) and Chicago's Ernie Bills (4:16).

- Portugal's Armando Aldegalega lived up his favorite's role by notching both the 5000 (16:00.24) and 10000 (33:20.26), edging Finland's Tauno Valastri (33:22) in the 10K. Valastri won the cross-country, when Aldegalega injured his leg after the first lap.

- Two newly-turned-50 Californians won hurdle gold medals. Al Henry beat Texas Chuck Miller in the highs, 15.94 to 16.13, and Gary Miller battled on to win the 110 in convincing 9.89. Miller also won the pentathlon by 700 points with 4258 WAVA points.

Per Kallio of Australia won the marathon in 2:30:51.

- Austria's Horst Mandl won the high jump (6-3 3/4) and triple jump (43-7) as California's Nick Newton gained a high jump bronze (5-8).

- On his final try, Atlanta's Phil Mulkey vaulted to an 11-8 silver medal behind France's Maurice Houvin (13-3). Austrai's Hans Potsch improved his own hammer throw WR with a prodigious heave of 208-6.

- Without Paddy O'Brien to bother him, West Germany's Peter Speckens made short work of the shot (53-7) and discuss (165-6) competition, although California's Bob Humphreys pressed him in the latter (164-6) to gain a silver medal.

- Both relays were easily won by strong USA teams in 45.47 and 3:37.00.

M55

- Texas Thane Baker and Britain's Bill Guy were the pre-sprint favorites, but, with a great lean, Britain's Charles Williams (11.62) edged Baker (11.65) and California's Bruce Springbett (11.71) in the 100. Baker pulled a hamstring in the frigid 200 semis, and Williams (24.73) beat Springbett (24.95) in the final. Williams added a third gold with a world-record 53.98 in the 400.

- Britain's Tony Churchill got a bronze in the 400, and won the 800 (2:08.7) and 1500 (4:30.74).

- Pennsylvanian's Norm Green cruised to a 10,000 win in 30:54 to overtake five minutes ahead of Australia's Bruce Longmore, who claimed the 5000 by four seconds over Britian's Derek Wood.

- Wood and Longmore ran shoulder-to-shoulder in the cross-country until Wood pulled away with 400 to go; and the two battled again in the marathon, Wood winning, 2:40 to 2:44.

- Switzerland's Louis Marquis both walked, and the throwing events were split among four winners.

- Holland's Jan Parlevliet captured both hurdles in 17.03 and 63.31.

- Americans dominated the jumps. Californian Herm Wynyt won the high jump in 5-8; Colorado's Jerry Donley won his fourth straight world vault gold medal at 11-6; and California's Dave Jackson garnered both the long (18-9) and triple (40-6) jumps.

- The USA won the short relay (48.73) and Australia bagged the long (3:35).

M60

- Besides Turnbull's six wins, West Germany's Peter Mirkes turned heads in this division. He won the 100 in 12.00, and blazed to an amazing 24.82 in the 200, a new world record except that the wind reading was a 2.1 meters-per-second, only 0.1 over the allowable 2.2.

- Mirkes also led the West Germans to convincing wins in both relays...

- Continued on page 14.

OFFICIAL NEW WORLD RECORDS SET AT VII WORLD VETERANS GAMES IN MELBOURNE, AUSTRALIA—

NOVEMBER 28-DECEMBER 6, 1987

<table>
<thead>
<tr>
<th>Event</th>
<th>Div.</th>
<th>Old Mark Held by</th>
<th>New Mark Name Nation</th>
<th>Age</th>
<th>New Mark Name Nation</th>
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</thead>
<tbody>
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20K-W M55 1:43:17 Louis Marquis USA 1:44:44 Louis Marquis USA
20K-M M55 1:56:19 James Grindal USA 1:59:21 Dan Grindal USA
20K-M M50 2:35:47 Gus Theobald AUS 2:36:49 Gus Theobald AUS

Start of the M55 cross-country run in Melbourne. Photo by Gretchen Snyder
Changes on the World Masters Scene

Five thousand athletes, tough competition, great fellowship, rain, cold, wind and sunshine combined to make the World Veterans Games in Melbourne, Australia, a great happening.

At this international event, the World Association of Veteran Athletes (WAVA) made some momentous decisions that will alter the course of veterans athletics. Officers who had been on the WAVA Council for years were not reelected.

Cesare Beccalli of Italy was elected president and will be a strong leader. His new Council is composed of individuals who are also strong leaders. Unifying the council to make it work like a team, and not as individuals, will be a great challenge to Mr. Beccalli, and, if accomplished, will ensure a great future for veterans athletics.

WAVA delegates passed a motion to deny WAVA membership to any country whose national federation is suspended by the IAAF. It was a difficult decision, since WAVA's constitution requires letting any athlete compete as an individual without regard to place of residence. However, most delegates at the meeting owed allegiance to their national federations, which permitted them to be at these Games as an athlete and delegate.

Therefore, those delegates had a secondary allegiance to support their national federation's constitution. In the end, that allegiance won out and the motion was passed.

On an international level, the WAVA Council now has the opportunity to provide leadership in all the countries of the world, and to become integrated into all the governing bodies affiliated with the IAAF. The WAVA Council has a mandate from its delegates to maintain its integrity, and to report back to the delegates at the 1989 Games in Eugene, Oregon on the progress being made.

Yes, the World Games will be in Eugene in 1989. The consensus of the competitors in Australia showed much interest and excitement about coming to the United States in general and Eugene, specifically. Eugene-Springfield is excited, committed and ready to host this affair. Its executive committee spent the entire period of the Australian Games in creating interest in the 1989 Games, and in learning the details, problems and mechanics of the competition. The Australian organizing committee was most open and helpful, and Eugene's group has received an education second to none. Eugene's organizing committee worked hard and is committed to the highest quality meet that can be produced.

Because of the time and expense required to travel to foreign countries, only a fraction of American athletes have ever competed in world competition. In 1989, that will no longer be a valid reason. While the best athletes in the world will be there, these Games are for everyone. Your presence will be important to the success of the meet. It will be a marvelous experience. Start setting aside your resources and time so you can participate. □

92 World Records Set in Melbourne

Continued from page 13

9.09/3/39.19). The latter is a new world relay mark, and an amazing average of less than 60 seconds for each of four overage-60 runners.

* America's Buck Bradberry annexed the 100 hurdles, while Luis Torres of Puer-

* to Rico picked off the steeplechase.

* Turnbull's dominance in the division took most of the drama away from the

* renewal of the famed 1985 Jim O'Neill-Rune

* Bergman duel. The Swede took two

* seconds and a third in the 5000, 10,000 and

* cross-country, but the San Diego could

* only manage a fifth, third and sixth, respec-

* tively.

* New Jersey's Bob Mimm won two
golds in both walks, while Phil Brusca won

* the 471 (with Bill Bargent second).

* In one of the best stories of the

* Games, Franklin (Bud) Held, a 1952 javelin

* Olympian, came back to masters competi-

* tion after an 18-year absence, in which time

* he was a Presbyterian minister and suc-

* cessful businessman. Held ran into world

* M60 javelin record-holder Del Pickarts, but

* shared the silver medal (173-3) to Pickarts'

* new world record (191-10). Held came back to

* win the pole vault in 10-6. Held was inducted in-

* to TAC's Hall of Fame at its annual ban-

* quet in Honolulu, December 12.

* Bob Wanatabe, the orthopedic

* surgeon from Los Angeles who has

* patched up dozens of masters sprinters, needed

* some patching, himself, when he fell twice during his 300-hurdle heat. The diagnosis

* was a broken left arm, which left observers

* calculating how much the doctor would lose

* in surgical fees. Undismayed, Wanatabe

* returned to the track two days later, arm in

* a semi-cast, to pursue the safer pastime of

* plain sprinting. Using only one arm for

* power, he qualified for the 100 and 200

* finals, and managed credible fifth and

* seventh place finishes, respectively. His ef-

* forts earned him the meet's blood-and-guts

* award.

* Turnbull, who celebrated his 65th

* birthday during the Games, runs eves, fat

* lambs and cattle on his spread in Inver-

* caggill, on the southern-most tip of New

* Zealand. He has the weather-beaten look of

* the no-frills farmer that he is.

* What's his secret? It's got nothing to do

* with sophisticated training methods. "I just

* go for a run after I finish the day's work, if

* I can and when I can," he said. "I've got no

* coach, no training schedule, no stop-

* watch and I know nothing about aerobics

* or stretching. I just run for fun and I

* reckon I get as much fun out of it as anyone

* else. I eat like a horse and sleep like a dog,

* and that way you never have to go to a doc-

* tor. Last time I did, I had a sore back. The
doc told me 'you're getting older.' It cost

* me $20 to find out that and I haven't been

* back." M65

* Ryan was the star of this division, with

* three WRs. If a vote for 'outstanding

* athlete of the meet' had been taken, Ryan

* would have had plenty of support.

* America's Lee Hirst won the 400

* (64.73) and Florida's Jack Rice finished a

*credible second to Ryan in the 800.

* Australia's great John Gilmour, at 68

* nearing the end of his age division, finished

* behind Ryan in the 1500 and 5000 but,

* in Ryan's absence, won golds in the cross-

* country and 10,000.

* California's Tom Patsalis nailed down

*U.S. masters-athlete-of-the-year honors

* with wins in the 100 hurdles (17.56), long

* jump (would record 17-4) and triple jump

* (35-6).

* Southern California went one-two-

*three in the highs with Bob Hunt and Burl

* Gist following Patsalis. Hunt got a gold in

*the 300H, and Gist took the high jump.

* Continued on page 15
Continued from page 14

- New Hampshire’s Boo Morcom won the pole vault and took third in the long jump.

M70
- America’s Dan Bulkley virtually came out of nowhere to win four gold medals in the
  800, 1500, 3000M and steeplechase.
- California’s world record-holder Payton Jordan sped to a sensational, albeit
  wind-aided, 12.72 in the 100 (his WR is 13.00), and battled the elements for a 200 win.
- Ohio’s Bill Weinacht got a silver behind Jordan in the 200 and won a gold in the
  400 in 66.72.
- Jordan, Weinacht and Bulkley teamed with Bill Fairbank for a world-record

3:38.38 4 x 100 victory; Jordan and
  Weinacht combined with Herb Miller and
  Tony Castro for aWR 55.07 4 x 100.
- Herb Miller took the short hurdles, while Bill Morales set a new javelin WR of
  82.07.
- Breaking the American domination of this division were double winners Max
  Gould of Canada in the walks, Norm
  Gulbransen of Australia in the 5000 and 10000, and Masumi Morita of Japan in the
  long and triple jumps, and Rolf Gustavson of Sweden in the shot and discus.

M75
- After Simola’s five wins, Waichi
  Masuda of Japan took the 800 and 1500, edging California’s Chick Dahlsen in the
  latter.

- West Germany’s Gerhard Schepe set
  two WRS in the shot and javelin.
- Switzerland’s Lucien Aellen won three
titles in the 5000, 10000 and cross-country, and
  Finland’s Osmo Renvall took the discus and hammer.

M80
- After Benham’s five wins, Australia’s
  Harry Gathercole stunned the crowd with
  an amazing 200 in 32.15, a time many
  athletes wish they could run during
  intervals. It turned out to be wind-aided, so
  it won’t go in the record books. Gathercole
  also easily won the 100 (15.70) and 400
  (81.79).
- India’s Singh Gulab set three world
  records in the long and triple jumps, and
  added afourth gold medal in the vault.

- West Germany’s Karsten Broadersen
  set WRS in the shot and hammer, and added
  a discus gold.

- California’s Paul Spangler bagged
  four golds, while Idaho’s Bueli Crane
  notched three.
- The USA put together four 85-and
  over runners in both the 4 x 100 and 4 x 400
  relays.
- Spangler, who will be 90 in 1989, will
  compete in his birthplace of Eugene in the
  next World Games.

continued on page 16
Continued from page 15

W35
- California's Jacqueline Hansen won the 1500 (4:42) and 5000 (17:43).
- Australia's Eileen Hindle took the 400H (65.32), long (18-5 1/2) and triple (37-1 WR) jumps.
- Australia's Wilma Perkins, 38, a mother of four who took up running six years ago, won the 100 in 12.59. "I can run faster now than I could as a 15-year-old schoolgirl," she said. "It's silly to get to this age to find out what you can do."
- Colorado's Viisha Seldak captured both the 100 (24.50) and 200 (25.38) walks. A racewalking consultant to dozens of U.S. corporate fitness programs, Seldak claims "proper racewalking, not just walking, provides as much aerobic conditioning as running, while being virtually injury-free."
- Australia's Chris Schultz, captured all three throws, setting a WR 132-3 in the hammer.
- Indiana's Debbie Anderson, who finished second to Nancy Shafer (2:26 to 2:18) in the 800 U.S. nationals, blazed to a 65-second first lap and hung on for a gutsy 2:19.70 triumph. Anderson, a 36-year-old blonde who has a 17-year-old son, said she hopes to get her time down to 2:13.

W40
- Raschker won four golds and seven medals, but two of the most dramatic races of the meet were the W40 800 and 1500. In the two-lap, Australia's Judy Daly followed Britain's Pat Gallagher and countrywoman Anne Holcomb, pulling away in the stretch to win in 2:13.81.
- In the 1500, Daly and Gallagher were joined by defending champion Erna Kozak of Canada. The three ran as a team with Gallagher holding a slight lead until the 100-meter mark when Kozak took command. The wire and looked ready to roll by. Gallagher and Daly dug down and found more as the three raced side by side to the wire. The photo showed Daly the winner (4:38.75), Gallagher second (4:38.91) with Kozak third (4:39.24).
- New Zealand's Pru Taylor claimed the 5000 (17:47); and 10,000 (36:41) over America's Kathy Brown, while Switzerland's Nanette Furgine took the 800 and shot.
- Australia's Jan Hynes won the pentathlon and defeated both Chris Turner and Raschker in a W40 400H (63.58).
- The Australians won both relays (50.46/3:57.33).

W45
- Theresa Baird of Australia won the 5000, 10,000, and cross-country, while New Zealand's Pam Kenny took the 800 and 1500.
- Belgium's Edith Graff notched the high jump, long jump and pentathlon.
- Australia's Wendy Ey, manager of the 1984 Australian Olympic track and field team in Los Angeles and defending 100 champion, struggled to finish third and was carried away to the medical center with a damaged Achilles tendon. The title went to Martha Behrendt in 13.29.

W50
- Obara picked up a fourth gold medal by anchoring a team of Christel Miller, Gretchen Snyder and Jeannie Hoagland to a 4 x 400 relay win in 3:43.84.
- Hoagland of Los Angeles, surprised everyone with a strong second in the 1500 to Finland's Pirko Martin, then won the 5000 (19:17) and, on closing day, gamely beat Martin to the tape in the special mile run, setting a new world W50 record of 5:29.39 to Martin's 5:29.83.
- Holland's legendary Corrie van den Bosch (nee Roovers) won the pentathlon, long jump and 800, while West Germany's Margaret Eisenhammer took the 10,000, and cross-country. Van den Bosch covered the 800 in 1:27.73, clipping 1.29 seconds from Mavee Kyle's record.

W55
- Albuary's five wins led this group, but Shirley Peterson, of New Zealand, won great battles with Australia's Daphne Pirie in the 100 (14.23/14.71) and 200 (29.80/30.27). Peterson gained a third gold in the long jump.
- Pirie claimed the 400 and high jump crowns, and Sweden's Astrid Larsson won the pentathlon and both hurdles.

W60
- Norway's Kirsten Hveem was as impressive as Brasher, with five victories in the 100, 800, pentathlon, high and triple jumps — setting WRs in the jumps.
- West Germany's Lieslott Steuberlich barely lost to Hveem in the 100 (15.44 to 15.46) but turned the tables in the 200 (31.82 to 32.09) with Joyce Bannister splitting the two in 31.85. Bannister won the 800 in 74.38.
- Ohio's Bernice Holland set a new world record in the javelin and added gold in the discus and bronze in the shot.

W65
- West Germany's Paula Schneider and Australia's Aileen Hogan went right at it in the sprints. Schneider set a WR 15.04 in the 100 heats, and edged Hogan in the final, 15.23 to 15.75. Hogan won the 200, 32.23 to Schneider's 32.35. Schneider won division honors in the 400 as both women broke the old record of 77.5 (74.31 and 76.24). Paula also won the long jump.
- Sweden's Britta Tibbling took the 1500 and both walks, while New Zealand's Heather May annexed the shot, discus and javelin.
- Canada's Lenore Marvin took home 800, 5000 and 10,000 golds, and Oregon's popular Pat Dixon snatched the cross-country.

W70
- Ohio's Mary Bowermaster won four gold medals in the 100, 200, long jump and high jump, upping her WR to 3.8).
- West Germany's Johanna Luther garnered four wins in the 800, 1500, 5000 and 10,000, while New Zealand's Kay Kenneth-Low took both walks and the marathon.

W75
- Canada's Ilvy Granstrom, always guided with a wrist tether by Paul Hoberigs, won the 400, 800, 1500 and 10,000, narrowly beating America's Margaret Jackson in the 400, 1:52.57 to 1:53.20.
- Granstrom lost the 5000 to West Germany's Bertha Heilscher, 30:25 to 31:18, but beat Hielcher in the 10,000, 64:58 to 66:56.
- Heilscher went on to win the cross-country, long and triple jumps, while Jackson capped the 100 title.

W80
- Finland's Ilja Saramaka and San Diego's Marilla Salisbury were the only over-80 women in the meet. With no competition, Saramaka won all four throws, while Salisbury won seven running and walking events.

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Al Sheehan

New Zealand's Ian Babe (right) wins a desperate photo finish from New York's Ken Baker in the age 50-54 800-meter run in the World Veterans Games in Melbourne. Babe was clocked in 2:08.42.

Photo by Gretchen Snyder

Notices were posted in several languages on the message board at the World Games.
Problems Kept to a Minimum in World Games

by AL SHEAHEN

A few opening-day snafus caused one observer at the World Veterans Games in Melbourne to opine: "It's impossible to do these Games right; it's too big."

It may be, but the Australians came close.

Trying to get more than 400 officials and volunteers to show up in any kind of weather, and to properly do everything they're asked, is no small task.

While the dreadful weather and a few other problems kept the Games from being rated a "10," a conservative scorer would give the event at least a solid "8".

As a service to future organizers, we present our biennial laundry list of the good and the not-so-good, based on the criteria established for the 1989 World Games.

1. Athletic Venues

Outstanding. The two adjacent artificial tracks and field-event area were first-rate and guaranteed camaraderie and a close feeling of togetherness. The scenic marathon and walk courses were well-manned with splits and water. The creative cross-country course included hay bales and obstacles, a 50-meter sand trap and a boggy stretch that had been watered daily even before the rains came.

2. Weather

Awful for four days; fair for two; good for three. See main story.

3. Ease of Access to Melbourne

Good. No one seemed to have any trouble getting in or out of town. The trip was expensive, but tolerable with the masters travel discounts.

4. Proximity of Vacation Areas

Excellent. Australia abounds in tourist attractions and the people were wonderful.

5. Organizing Committee

Outstanding, dedicated and professional. "The meet organizers were some of the best people I've ever dealt with," said U.S. team manager Tom Sturak.

6. Fundraising


7. Officials

Superb. With one or two exceptions, there were no disputes on lap-counting — amazing considering there were over 50,000 individual laps to count. Each lap-counter generally handled no more than two runners. The disastrous foul-ups in Rome were avoided. But one lap-counter was fired for being just too bad at it. Other officials goofed by starting the 8-man 800 finals from scratch, rather than from the intended eight lanes. The mass start caused flying elbows and at least one runner fell.

When Callaghan heard about it, he shook his head in disbelief and corrected the problem for the women's 800s. But officials were generally courteous, flexible and professional.

8. Housing

Good. The ideal is to have housing next to the track, as will be the case in Eugene. In Melbourne, most hotels were a couple of miles from the track. The University housing was three miles away, but the ambiance and food were wonderful. For many athletes, the best part of the Games was the camaraderie experienced at St. Hilda's College. The price was right at $37 per night with all the food you could eat.

9. Transport

Good. Even on weekends, the wait for a tram from the track to town was no more than 20 minutes. On Sundays, however, the wait was up to an hour for the town-to-university trams. And the trains went on strike for a few days.

10. Computer

Outstanding. Athletes initiated a sign-up sheet no later than an hour before their heat. The computer then seeded heats and lanes according to submitted times. The athletes assembled in the marsh area in the grandstand to learn their heat and lane. After the race, the computer printed results and seeded finalists in lanes according to times.

11. Results

Good. The results were posted on notice boards, but were often ripped down by overeager athletes, so others didn't know if they had qualified for finals or not. Later, results were posted on an enclosed glass wall.

After some first-day foul-ups, daily results were available to the press. NMN received a copy of all the initial results, and the first eight places (plus all American marks) are printed in these pages. The final corrected results booklet, originally scheduled to be mailed to each competitor at no charge, two weeks after the Games, will be delayed until February.

12. Awards

Fair. Many athletes received their awards in the typical victory-stand presentation, but too often the announcement was made while a sprint race was in progress — a terrible policy which detracted both from the presentation and the excitement of the race.

13. Farewell Gala

Many participants enjoyed the closing-day Bush Bash, which consisted of several cafeteria-style lines and long tables to sit at. But others said it was a waste of time and money, with little cohesiveness and not as much ambience as there was at Olympic Park. It may be impossible to properly feed 5000 people. For future Games, some suggested a less-ambitious informal gathering with a few speeches but no food. Others liked the sit-down banquet put on by the Puerto Ricans in 1983.

14. Communications

Poor. Besides the weather, poor communications were the most serious flaw of the Games. The scoreboard was not used at all, except to repeatedly display the name of the sponsor. The P.A. system didn't work properly, so the only audible announcing came from a field mike. The timer worked most of the time, but not always.

Head announcer and awards-presenter Mike O'Neill tried to do it all, but couldn't. Several hundred paying spectators were in the stands for Sunday's opening ceremonies, but there were virtually no announcements either as to which race was being run, who was in the race, who was winning, etc.

As a result, spectators were in total confusion the rest of the day, and never came back. It was a wasted opportunity.

15. Press Coverage

Good. There were daily stories in the days leading up to the Games, but the press seemed as confused as the spectators early in the meet, so the coverage tapered off. But it built up again as the rain diminished, focusing mainly on individual profiles more than on the results of the competition. The TV reporting centered almost entirely on the "oddity" factor — the oldest performers, the one athlete who crawled over the hurdles, the one athlete who was carried from the track on a stretcher, etc.

16. Program

Excellent, although some participants objected to paying AS5 (US$3.50) to find out when their event was scheduled.

17. Schedule

Good. One of the main goals of the organizers was to keep the meet on schedule. Callaghan's elaborate preparations in estimating how much time each event would take proved virtually flawless, as the meet rarely got behind schedule. The only downside to this outstanding effort was that some 200s, for example, were on one day, some on another, so it was hard to remember who was competing when, and hard to locate the results of a particular event. Granted, a few events had to be scheduled for promotional purposes, but the feeling of the press, spectators and athletes was that the complex meet would have been easier to comprehend if all divisions of an event were run on the same day.

18. Summary

One of Callaghan's strengths is he is a perfectionist. Never satisfied, he reflected after the Games: "I don't consider the meet a success. Too many things went wrong." Reminded that many people considered it the best World Games ever, he conceded: "I'll consider it a success if we made less than 10% of the mistakes made in Rome.

Since NMN listed 40 specific items that went wrong in Rome, and can only find three or four things to complain about in Melbourne, it seems safe to say that, even by Callaghan's strict standards, the VII World Veterans Games were, indeed, a success.
Report from Britain
by ALASTAIR AITKEN

Bob Gevers, the 43-year-old South Londoner, followed-up his victory in the Surrey Veterans Cross-Country race at Wimbledon, October 18 with another clear victory in a veterans, four clubs cross-country race at Coulsdon, November 7, out of a field of 86.

Les Roberts placed third for the winning Blackheath Harriers out of 160 runners in open competition, being easily the first veteran home at Hayes, October 31. Les wanted to compete in the World Veterans Games in Melbourne to defend his 1987 title, and he wouldn't mind the T-shirt. "I can't help feeling I ought to defend my title, and I wouldn't mind the T-shirt. But I'm not going to get £1000 to do it." Les ran 14:32 for 5000 at age 43 in the summer.

Tipton's Dougie Fownes was first veteran and third overall (33:39) in the Dunlop 10K in Birmingham, October 18.

Again, Paula Fudge, W35, ran wonderfully in the Southern Women's Road Relay at Aldershot, October 17, with the best time of the day (13:39).

In the Surrey Walking Club 4 Mile at South Croydon, October 24, Peter Hannell came second overall (33:41) 38 seconds behind international, non-vet Mark Easton. On October 25, Zina Marchant of Bath was first veteran and second woman in 50:01 in the Stroud Half-Marathon.

National veteran cross-country champion Alan Roper came a remarkable eighth overall in the Welsh 10K, "National" Cross-Country in 31:53, less than a minute behind the winner. In the Eastbourne Parkland Races, November 7, Peter Staden was first veteran (17:05), with Brian Bartholomew, 50, second (18:12). Some of the winners in the Northern Veterans 10K track championships at Oldham, November 8, included Ron McAndrew (M40, 32:37), Keith Summersgill (M45, 32:53), and Maurice Morrell (M50, 35:17). Anne Nalley recorded a U.K. best W45-49 of 40:01.

Who won? In the closest of finishes, Ken Dennis of Los Angeles (lane 4) and Reg Austin of Sydney (lane 5) each clock 11.24 in the MSO 100-meter finals in Melbourne. The camera gave the nod to Dennis by a hair. Close behind are Bruce McPhail (NGL, lane 3, 3rd), Torsti Helminen (FIN, lane 6, 4th), Larry Colbert (USA, lane 7, 5th), Hal Thomas (AUS, lane 2, 6th) and Dave Burton (GBR, lane 1, 7th). Photo by Gretchen Snyder

Beccalli Elected President of WAVA

More than 150 delegates and athletes attended the biennial meeting of the World Association of Veteran Athletes (WAVA) at the Melbourne Town Hall on December 2, 1987.

The official minutes will be printed in a future issue, but, to sum up the main points of the meeting:

1) Eugene, Oregon, USA, was the sole and successful bidder for the 1989 World Veterans Games. Tom Jordan, Executive Director of the ’89 Games, promised “warm and dry” weather, and total community involvement. Barbara Keene, Executive Secretary, promised free transportation and said the new Eugene airport would be ready for the Games.

2) The directors of the January 1990 World I.G.A.L. Veterans Road Racing Championships in Hamilton, New Zealand, complained the 1989 Eugene Games came too close to their event to make it financially viable. So they asked WAVA to drop the 10,000-meters or marathon from the ’89 program. WAVA declined, so later in the week, Hamilton cancelled its 1990 event. WAVA then proposed Eugene hold a 10K road race as well as 10,000-meter run on the track. A final decision will be made soon.

3) North American Chairman David Pain announced that the U.S. National Masters Track & Field Championships would likely be held in San Diego, one week before the Eugene Games, to give foreigners a chance to compete in a major meet and then travel up the scenic west coast to Eugene.

4) Alastair Lynn’s Treasurer’s report showed WAVA had $20,678 in the bank with another $20,000 expected from the Melbourne organizers.

5) President Don Farquharson, stepping down as WAVA’s first President after serving five two-year terms, conducted elections for new officers. Each candidate was given two minutes to speak on his or her own behalf. No vote totals were revealed, only winners.

Elected were:
President: Cesare Beccalli, Italy.
Executive Vice-President: Peg Smith, Australia.
Vice-President, Track & Field: Bob Fine, USA.
Vice-President, Long Distance Running: Clem Green, New Zealand.
Secretary: Alastair Lynn, Canada.
Treasurer: Al Sheahen, USA.

6) WAVA amended its Constitution to give each member of the Council (the six above officers, the outgoing President and each regional delegate) equal voting power.

7) After much discussion, WAVA approved, 67-46, a motion to exclude from its membership any country so excluded by the IAAF. (The only country excluded at the moment by the IAAF is South Africa.)

8) Farquharson complained that correspondence to the IAAF had gone unanswered, and that Hans Skaset, head of the IAAF Veterans Committee, had not come to Melbourne. But the general consensus of the gathering seemed to be that WAVA wants to work and cooperate in every way possible with the IAAF.
WAVA Changes Competition Rules

Several competition rules were changed at the WAVA meetings in Melbourne. The changes will take effect starting with the VIII World Veterans Games in Eugene.

The changes were the result of a year-long effort by WAVA Executive Vice-President Bob Fine and the WAVA Technical Committee. Several papers were developed, presented, discussed and voted upon in two meetings in Melbourne which were open to all.

Fine’s report of the Technical Committee, which was approved by the WAVA Executive Committee, is as follows:

Two meetings were held by the Technical Committee. The first meeting was held on Friday. The following attended: Owen Flaherty, Cesare Beccali, Willi Koster, Colin Shafco, Pat McNab, Jim Blair, Bridget Cushen, Jim Puckett, Showy Brooks, David Burton, Bill Taylor, Walter Fackert, Phil Raschker, Phil Mulkey, Al Sheahen, Ian Hume, Ray Foley, Hariomtaram.

The second meeting was held on Tuesday. The following attended: Arthur May, Jim Blair, Ian Parlevliet, Ian Hume, Colin Shafco, Al Sheahen, Rex Harvey, Gary Miller, Wilhelm Koster, Harold Gahr, Heinrich Clausen, Pete Mundle, Christel Miller, Carina Graham, Bill Taylor, Walter Dahlin, Rolf Merten, Hans Stickler, Hans Axmann.

At the first meeting the following actions were taken:

1) A sub-committee was appointed to be chaired by Rodney Charnock, of Great Britain, to establish decathlon/heptathlon tables. These tables are to be composed in five-year groupings using age-grading factors to be determined by the sub-committee, so that a potential of 1000 points could be scored in each of the individual events in the decathlon/heptathlon. Consideration is to be given to the nature of these multi-event disciplines in accordance with the IAAF weightings. It is requested that these tables be completed by April 1, 1988. It was the reasoning of the committee that it would be easier to adjust for the various differences in implement weights, hurdle heights and distances by establishing different 1000-point basis by five-year groupings and that by having the same potential, maximum points in each five-year age-division would serve as a basis of comparison between the various age groups.

2) A sub-committee chaired by Al Sheahen of the United States would establish age-grading tables on a yearly basis for all of the running, race walking, and field events for men and women, utilizing the method devised by Charles Phillips.

The sub-committee chairmen can select the members of their respective committees, but it was recommended that Walter Fackert and Mr. Koch be members of the decathlon/heptathlon sub-committee and that Charles Phillips and Pete Mundle be members of the age-grading sub-committee.

At the second committee meeting the following actions were taken:

1. The 300-meter hurdles include those athletes over seventy years of age;
2. The 2000-meter steeplechase include all men over seventy years of age;
3. The men’s 50-59 high hurdles be reduced from 110 to 100 meters and the hurdles be placed 8.5 meters apart instead of the current 9.14 meters (this was passed unanimously);
4. The men’s 50-59 400-meter hurdles be reduced to 300 meters;
5. The new IAAF javelin be used in the 40-50-year’s men’s age divisions;
6. In all of the javelin throws, no mark be required to tabulate a performance;
7. In the women’s 50-59 high hurdles, the space between the hurdles be reduced from 8 to 7 meters, so that the distances will be 12 meters to the first hurdle, 7 meters between the hurdles (8 hurdles in all) and 19 meters from the last hurdle to the finish;
8. A women’s heptathlon be held consisting of the shot put, high hurdles, long jump, high jump, 200, javelin, and 800, to be run in the same order as held by the IAAF.

The following proposals were discussed and rejected:

1. To decrease the distance to be run in the 70+ hurdles from 300 meters to 200 meters;
2. To decrease the distance for the following proposals:

- 40-49 men’s high hurdles from 9.14 meters to 8.9 meters;
- 3. To reduce the hurdle heights from 33 inches to 30 inches in the men’s 60-69 high hurdles;
- 4. To change the weights used by the men 50-59 in the shot put and the hammer to imperial weights rather than metric weights;
- 5. To schedule a 4x800 relay.

It was noted that the women wish to avail themselves of their right to have the same events as the men at the next World Games, specifically, to have a women’s pole vault, steeplechase and hammer throw.

Lastly, it was recommended that both the men’s and women’s pentathlon be dropped from the World Games and that they be substituted with the men’s decathlon and women’s heptathlon. In the event that this is not feasible for the meet sponsors, then it is urged that both pentathlons remain in the program and that the decathlon/heptathlon be held as separate events, either immediately before or after the World Games.

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**WAVA/TAC HURDLE AND IMPLEMENT SPECIFICATIONS**

**HEIGHT AND DISTANCE BETWEEN HURDLES**

<table>
<thead>
<tr>
<th>AGE</th>
<th>RACE DIST.</th>
<th>HURDLE HEIGHT</th>
<th>TO 1ST HURDLE</th>
<th>BETWEEN HURDLES</th>
<th>TO FINISH</th>
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<tbody>
<tr>
<td>W35-49</td>
<td>100m</td>
<td>840m</td>
<td>13.00m</td>
<td>8.5m</td>
<td>40.00m</td>
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<tr>
<td>W40-49</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>19.00m</td>
</tr>
<tr>
<td>W50-59</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>19.00m</td>
</tr>
<tr>
<td>M60-69</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>19.00m</td>
</tr>
<tr>
<td>M70+</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>19.00m</td>
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**WEIGHT OF THROWING EQUIPMENT**

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<thead>
<tr>
<th>AGE</th>
<th>SHOT PUT</th>
<th>DISCUS</th>
<th>HAMMER</th>
<th>JAVELIN</th>
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<tbody>
<tr>
<td>W35-49</td>
<td>4.00K</td>
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<tr>
<td>W50+</td>
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<td>1.00K</td>
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<td>4.00K</td>
<td>1.00K</td>
<td>4.00K</td>
<td>400GMS</td>
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*NEW IAAF SPEC.*
1988 NATIONAL MASTERS II

Saturday, March 19 and

LSU FIELD HOUSE • LOUISIANA STATE

SATURDAY TRACK EVENTS

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
<th>ROUND</th>
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<tr>
<td>12:00 PM</td>
<td>60 Yard Dash</td>
<td>30-80+</td>
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</tr>
<tr>
<td>1:00 PM</td>
<td>Mile Run</td>
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<td>60 Yard Dash</td>
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</tr>
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</tr>
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<td>5:00 PM</td>
<td>4 x 880 Yard Relay</td>
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</tr>
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SATURDAY FIELD EVENTS

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<tr>
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<th>POLE VAULT</th>
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<tr>
<td>3:00 PM</td>
<td>45-49M</td>
<td>40-44M</td>
<td>60-80+M</td>
<td></td>
</tr>
<tr>
<td>4:30 PM</td>
<td>50-54M</td>
<td>45-49M</td>
<td>60-80+M</td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CAJUN FOOD FEST

Saturday, March 19, 7:00 PM
Across street from Hilton Hotel

Masters competitors and their guest are invited to
"COME PASS A GOOD TIME"
Cajun Band • Cochon-de-lait • Festive Drink
$7.00 per person — See entry blank

MEET SITE LSU Field House is a 3,018-seat facility with wall-to-wall tartan floors; the 220-yard track has 42-inch-wide lanes with seven (7) lanes around the turn and ten (10) lanes down the straightaway. All runways and take-off areas are tartan. Throw circles are plywood. Quarter inch (1/4") spikes or smaller. LSU Field House is located just off Nicholson Drive on the LSU Campus.

ELIGIBILITY Competition is open to all men and women (no qualifying standards) age thirty (30) and over. All competitors must be registered with The Athletics Congress (TAC) for 1988.

DIVISIONS Individual Events (same for Men & Women): 30-34 35-39 40-44 45-49 50-59 60-64 70-74 75-79 80+
Relays: Men-30-39 40-49 50-59 60+. Women-30-39 40+. NOTE: All relay team members must be members of the same club.

ENTRIES All entries must be postmarked by March 8, 1988. There will be no refunds or changing of events after your entry is received. NOTE: Late entries will be taken until 10:00 PM on Friday, March 18 at double the regular entry on a space available basis.

ENTRY LIMITATIONS Athletes must limit events entered to fit time schedule. Event progress will not be held up awaiting athletes.

ENTRY FEE Before Entry Deadline After Entry Deadline
First Event $7.00 $14.00
Next Events $5.00 per event $10.00 per event
Relay Events $16.00 per team $32.00 per team

REGISTRATION & PACKET PICK-UP Friday, March 18—Orleans Room (Second Floor), Hilton Hotel, 5500 Hilton Avenue, 1:00 PM to 4:00 PM.

RULES AND STANDARDS As set forth by WAVA and adopted by TAC Masters.

IMPLEMENT WEIGH-IN Shot puts and weights will be inspected in room 101 (Northwest Portal) of the LSU Field House beginning at 7:30 AM Saturday.

ATHLETE CHECK-IN Running event athletes must check in one event prior to their own event at the check-in area (Clerk of Course) located in the Southwest corner of the LSU Field House. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

TRIALS Will be run in age groups in the 60 yard dash and 60 yard hurdles starting with oldest women to youngest men that have more than ten (10) entries. Age groups having less than ten (10) entries reporting will be run at scheduled final times.

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* 5% Off Super Saver Discount Fares*

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ASK FOR STAR FILE #54512
INDOOR CHAMPIONSHIPS

and Sunday, March 20

BRMAX UNIVERSITY • BATON ROUGE, LA

FINALS Will be run in sections against time starting with oldest women to youngest men. NOTE: Age groups may be combined into one race.

AWARDS National Championship medals to top three (3) in each division in each event including all relay team members.

RECORDS Anyone wishing to check their performance against an existing record or needing proper verification and signatures for submittal of performance for record purposes should proceed to records table located at the Southeast corner of the LSU Field House.

RESULTS Will be posted after the conclusion (as soon as they can be processed) of each event at the Southeast corner of the LSU Field House.

DRESSING FACILITIES Locker room and shower facilities are available in the LSU Field House for both men and women. You must furnish your own towel.

FURTHER INFORMATION Until Friday, March 12 contact LSU Track and Field Office at 504-388-8627. Beginning Tuesday, March 15 contact Masters Track and Field Championships at Hilton Hotel, 504-924-5000.

BATON ROUGE HILTON HOTEL

MEET HEADQUARTERS

550 Hilton Avenue, Baton Rouge, LA 70808
Single $49.00 Double $55.00
504-924-5000 or 1-800-621-5116
Ask for Reservations and identify yourself with National Masters Championships

SUNDAY TRACK EVENTS

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
<th>ROUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>Two Mile Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>60 Yard Hurdles</td>
<td>30-80+</td>
<td>Semifinal</td>
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<tr>
<td>3:00 PM</td>
<td>60 Yard Hurdles</td>
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<td>Final</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>1000 Yard Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>4 x 440 Yard Relay</td>
<td>30-80+</td>
<td>Final</td>
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SUNDAY FIELD EVENTS

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<th>TRIPLE JUMP</th>
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<td>30-80+W</td>
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ENTRY FORM

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<th>BIRTHDATE</th>
<th>AGE (in 3-19)</th>
<th>M / F</th>
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<td>ADDRESS</td>
<td>CITY</td>
<td>STATE</td>
<td>IP</td>
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<tr>
<td>PHONE</td>
<td>1-800 TAC</td>
<td>YOUR CLUB</td>
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<tr>
<td>EVENTS ENTERED</td>
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<td>BEST MARK 84-86</td>
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<tr>
<td>OTHER RELAY TEAM MEMBERS</td>
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<td></td>
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</tr>
<tr>
<td>(Send one entry only per team)</td>
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<td></td>
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</tr>
<tr>
<td>INDIVIDUAL FEES $</td>
<td>RELAY FEES $</td>
<td>CAJUN FEST $</td>
<td>TOTAL AMOUNT ENCLOSED $</td>
</tr>
<tr>
<td>MAKE CHECKS PAYABLE TO: NATIONAL MASTERS INDOOR CHAMPIONSHIPS MAIL TO: NATIONAL MASTERS INDOOR CHAMPIONSHIPS TRACK OFFICE, LSU, BATON ROUGE, LA 70893</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, and assign, transfer, and release all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The LSU Track and Field Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directe.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>ATHLETE'S SIGNATURE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CELEBRATE THE WEEKEND IN STYLE!
IN A CHRYSLER FIFTH AVENUE
JUST $34.99 A DAY

Across From Baton Rouge Airport
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(PPP, FSC, FDM, Gas, Tax not included)
9TH ANNUAL CONVENTION OF THE ATHLETICS CONGRESS (TAC)
HONOLULU—DECEMBER 4, 1987

MINUTES OF TAC MASTERS TRACK & FIELD COMMITTEE MEETINGS

by AL SHEAHEN, Secretary

Presiding: Chairman Jerry Donley

Minutes

The minutes of the 1986 meeting were approved.

Awards

Awards Coordinator Beverly La Veck announced that Tom Patsalis, 65, of Los Angeles and Phil Rascher, 40, of Atlanta, were named masters track & field athletes-of-the-year by the TAC sub-committee. Max Green and Ruth Eberle were chosen best race walkers. Frank and Dorothy Anderson were named administrators of-the-year. Gary Miller, 50, was selected as best multi-event performer. John Powell’s 236-6 discus throw at age 40 was voted outstanding-single-performance-of-the-year by an athlete age-40-or-over. Best male and female performers were chosen in each of five-year age-group. (See separate story and list.)

Awards for 85+ Runners

Paul Spangler proposed mandatory awards in any masters track meet for each five-year age-group through age 99. TAC already mandates three awards in national and regional meets through 90+, but the proposal was rejected for local meets because it felt the decision should be left to the local meet director.

Multi-events

Gary Miller, substituting for Multi-events Chairman Rex Harvey, said the Decathlon/Heptathlon would be substituted for the Pentathlon in future World Veterans (WAVA) Games. The 1988 U.S. Decathlon will be held either in Bakersfield or Porterville, Calif. (Editor’s note: later changed to Fresno or Los Angeles on July 9-10.) Both the 1988 indoor and outdoor pentathlons will be staged by Scott Thornley in Pennsylvania.

Miller suggested the outdoor pentathlon be combined with the national championship meet starting in 1989. Decathlon/heptathlon tables are being prepared for masters competition by a WAVA subcommittee.

Women’s Report

Women’s Coordinator, Christel Miller, reported that all events (including pole vault, hammer, steeplechase, etc.) will be open to women in future WAVA championships.

Indoor Meets

Indoor Coordinator Ron Salvio confirmed the 1988 meet is set for Baton Rouge, La. on March 19-20.

Yards will be used in the 1988 meet, but, pending action by the Men’s Open & TAC Committee, meters may be used in subsequent years. A rotation will be used for national meets, with Columbus, Ohio (1989), Princeton, Harvard, Madison, Wis., and possibly Syracuse the other rotating sites.

WAVA Report

Bob Fine, WAVA T&F Vice-President, reported the WAVA General Assembly, on December 2, voted to exclude from membership any nation excluded by the IAAF. Fine, David Pain (North American Chairman) and Al Sheahen (Treasurer) are the Americans on the WAVA Council.

The IAAF threw out its old Veterans Committee, and formed a new one composed of five WAVA representatives (Bob Boal, Clem Green, Cesare Beccalli, Bridget Cushen and Hans Axmann) and six IAAF reps. The future goals and plans of the Committee are unknown, as the IAAF has not communicated with WAVA in months.

Fine asked for suggestions on how the world veterans program can be improved, and said if anyone wants to be on the WAVA T&F or LDR Committees, he or she should contact Pain before May 1, 1988.

Law and Legislation

L&L Chairman Fine discussed proposed TAC legislation which applies to masters T&F: 1) A TAC committee may elect its chairman for one, two or four years; 2) Who will pay for drug testing is a problem and nothing will be done till next year; 3) The traditional regional line-up is being changed by TAC to 15 regions and four zones.

After discussion, Fine moved that the Committee retain its present seven-region set up, but call them “sections” rather than “regions” to avoid conflict with TAC’s language. Passed, 6-2.

Technical Rules

In Melbourne on December 5, the WAVA Executive Committee approved several important competition rule changes (see separate story). Pursuant to TAC’s policy to follow WAVA rules, all U.S. national and regional (and, hopefully, local) meets will adopt the new WAVA rules.

Budget

The 1987 budget was reviewed and the 1988 budget was approved (see separate charts).

1988 Outdoor Nationals

Meet director Nick Gailey confirmed the dates in Orlando, Florida as August 4-7. Discount rates will be provided by two headquarters hotels. From 9am to 9pm, free shuttle service will be provided from the airport to the two hotels, and in subsequent years. A rotation will be used for national meets, with Columbus, Ohio at the U. of Calif. at San Diego. Dave Pain will be chairman; Lolitia Bache the vice-chairman; the San Diego Track Club will sponsor. Bache guaranteed no rain. Free shuttle service will be provided from the airport to the dorms to the tracks. Balboa Stadium will be used as a second track, if necessary. Danny Thiel, representing Baton Rouge, was the sole bidder and was selected to host the 1990 outdoor nationals at a date to be announced. Dick Green, representing Rockford, Illinois will probably bid for the 1991 meet at the 1988 convention; so may Hawaii.

Site-selection coordinator Max Goldsmith said any association wishing to bid for a national meet should contact him. (Address on page 2.)

1989 Indoor Nationals

John White, representing Columbus, Ohio, was awarded the 1989 indoor nationals, to be held on the 200-meter flat track at Ohio State University, April 1-2. It will be jointly sponsored by the Over the Hill and Wolfpack track clubs.

1989 World Games

Competition director Jim Puckett said he expects between 7000 and 8000 participants for the 89 World Games in Eugene. “We want to make this the best World Games ever,” he said.

Rules

Rules Chairman Graeme Shirley must receive proposed rule changes by September 15, 1988, to forward to TAC’s Rules Committee by the September 30 deadline. Please contact Shirley with any rules-change suggestions.

Sports Medicine

John Robertson reviewed medical concerns for our meets, and asked for input (send to Donley).

Team Manager

For the first time, the Committee had selected a team manager to handle...
Continued from page 22

competition details for U.S. athletes in Melbourne. Donley appointed Tom Sturak (the 1987 team manager), Bruce Springbett and Ron Salvio to determine how and when to select a manager and what his/her duties should be. Max Goldsmith and Payton Jordan were appointed to a World Games Relay Subcommittee to propose what the relay-selection standards should be.

National Masters News

To broaden communication, national coordinators and regional chairmen will submit periodic articles to NMN.

Records

Records Chairman Pete Mundie was asked to report next year on the feasibility of converting all records to automatic (Mundle still accepts hand-time marks), and to follow TAC rules, which state only a U.S. citizen can hold a U.S. record.

Medals

In each national meet, the first three American finishers get gold, silver and bronze medals. A placing foreigner gets a comparable medal. What to do in 1989 when a influx of foreigners competes in the nationals in San Diego? All eight finalists could be foreigners. Rules Chairman Shirley will offer suggestions to be discussed by the athletes at the 1988 meeting at the nationals in Orlando on August 6.

Elections

Chairman Donley was unanimously re-elected to a new two-year term through 1989, at which time he will resign. He proposed choosing his successor in 1988, to “learn the ropes” for a year.

General Discussion

1) The Senior Olympics is providing 55+ competition in outlying areas where TAC doesn’t reach. Regional chairman should aggressively look for meet directors to stage local events.

2) Should competitors be banned because they can’t do an event properly? In Melbourne, some hurdlers stepped over, rather than jumped, the bar. Others walked instead of running. Others did not pole vault properly. Should qualifying standards be set in world and national competition? Should language be written to prohibit certain performances? Consensus: standards not desirable, and language very difficult to put on paper.

In attendance (at various times during the one-day meeting on Friday, December 4): Jerry Donley, Bob Fine, George Savanick, Ron Salvio, Jim Puckett, Al Tarpenning, Bev LaVeck, Graeme Shirley, Gary Miller, Christel Miller, Sandy Pashkin, John White, Stan Thompson, Harold Chapsion, Joan Stratton, Olivia Morton, Jim Hampton, Bruce Springbett, Jim Barrett, Dean Cummings, Kirk Randall, Bud Held, Loliia Bache, William Kessling, Dan Thiel, Al Sheahan, Max Goldsmith, Gail Wetzkerk, Dick Green, Pete Mundie, Tom Sturak, Nick Galley.

Patsalis, Raschker Named Top T&F Athletes

Continued from page 1

when she came to the U.S. and has been a star as a submaster since 1980. The Andersons not only directed a successful national outdoor championship with a record 976 participants, they had to move the event at the last minute from Eugene to neighboring Springfield when Hayward Field became unavailable.

Green set six American M55 racewalk records in U.S. Championships this year in the 2 mile, 5K, 10K, 15K, 20K and 25K.

Eberle set four U.S. racewalk marks in the 5K, 10K, 15K and 20K. Miller won the M50 pentathlon and 400-hurdles at the Melbourne World Games, and, as a 49-year-old earlier in the year, won the U.S. M45 decathlon and pentathlon titles.

Powell won the best-single-mark award for a fantastic 236-6 discus throw to win a silver medal against the world’s best open competition at the IAAF Championships. Powell is one of the favorites for a medal in the 1988 Seoul Olympic Games.

The eight award recipients were announced at TAC’s Awards Luncheon in Honolulu. The trophies will be presented at TAC’s 21st annual National Masters T&F Championships in Orlando, Florida on August 6.

The award recipients were selected by an Awards Sub-committee headed by Bev LaVeck and composed of Pete Mundie, Rex Harvey, Christel Miller and Gary Miller.

“TAC used a system based heavily on marks compiled by Mundie,” LaVeck said. “Nominations and suggestions were solicited and/or volunteered from many people.” She said nominations and procedural suggestions for 1988’s awards are welcome and should be sent to her (address on page 2).

The Committee also selected outstanding athletes in each five-year age group for both men and women in both track and field categories. (See separate chart.)
OUTSTANDING MASTERS TRACK AND FIELD ATHLETES
Selected by the TAC Masters Track & Field Committee

GWILYM BROWN AWARD
Presented to the outstanding male and female track & field athletes in the Masters program.

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1979</td>
<td>Ernie Billups</td>
<td>Joann Grisson</td>
</tr>
<tr>
<td>1980</td>
<td>AI Oerter</td>
<td>Judy Fox</td>
</tr>
<tr>
<td>1981</td>
<td>Jim Burnett</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1982</td>
<td>AI Oerter</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1983</td>
<td>Jack Greenwood</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1984</td>
<td>Ed Burke</td>
<td>Parry O'Brien</td>
</tr>
<tr>
<td>1985</td>
<td>Jim Burnett</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Christel Miller</td>
</tr>
<tr>
<td>1987</td>
<td>Tom Patalsis</td>
<td>Phil Raschker</td>
</tr>
</tbody>
</table>

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Brian Oldfield, 40 Shot put, 70'3&quot;</td>
<td></td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood, 60 100m hurdles, 14.98</td>
<td></td>
</tr>
<tr>
<td>1987</td>
<td>John Powell, 40 Discus, 236'6&quot;</td>
<td></td>
</tr>
</tbody>
</table>

OUTSTANDING MULTI-EVENTS ATHLETE

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Boo Morcom</td>
<td>Gary Miller</td>
</tr>
<tr>
<td>1987</td>
<td>Gary Miller</td>
<td></td>
</tr>
</tbody>
</table>

1987 AGE-GROUP AWARDS

<table>
<thead>
<tr>
<th>TRACK</th>
<th>FIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40</td>
<td>Stan Whiteley</td>
</tr>
<tr>
<td>M35</td>
<td>Roy Turner</td>
</tr>
<tr>
<td>M40</td>
<td>Ken Dennis</td>
</tr>
<tr>
<td>M55</td>
<td>Norm Green</td>
</tr>
<tr>
<td>M60</td>
<td>Dean Smith</td>
</tr>
<tr>
<td>M65</td>
<td>John Alexander</td>
</tr>
<tr>
<td>M70</td>
<td>Payton Jordan</td>
</tr>
<tr>
<td>M75</td>
<td>Claude Hills</td>
</tr>
<tr>
<td>M80</td>
<td>Richard Bredenbeck</td>
</tr>
<tr>
<td>M85</td>
<td>Herb Anderson</td>
</tr>
</tbody>
</table>

| W35 | Nancy Shafer | OH Joan Stratton | NY |
| W40 | Phil Raschker | GA Phil Raschker | GA |
| W45 | Jane Arnold | CT Karen Huff | IL |
| W50 | Irene Obera | CA Christel Miller | CA |
| W55 | Jane Clarkson | MO Magdalena Kuchne | CA |
| W60 | Josephine Sullivan | SC Bernice Holland | OH |
| W65 | Margaret Lambert | CO Helen Stephens | MO |
| W70 | Pearl Mehl | CO Mary Bowman | OH |
| W75 | Bess James | CA Edith Mendyka | CA |
| W80 | Mavis Lindgren | CA |  |

OUTSTANDING LONG DISTANCE RUNNERS — 1987
Selected by the Masters Long Distance Running Committee of TAC

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Larry Olsen</td>
<td>Barbara Filutze</td>
</tr>
<tr>
<td>45-49</td>
<td>Sal Vasquez</td>
<td>Joan Ulltoy</td>
</tr>
<tr>
<td>50-54</td>
<td>Norm Green</td>
<td>Gina Faust</td>
</tr>
<tr>
<td>55-59</td>
<td>Norm Green</td>
<td>Marion Irvine</td>
</tr>
<tr>
<td>60-64</td>
<td>Orlo Kenniston</td>
<td>Helen Dick</td>
</tr>
<tr>
<td>65-69</td>
<td>Jack Start</td>
<td>Pat Dixon</td>
</tr>
<tr>
<td>70-74</td>
<td>Clive Davis</td>
<td>Algene Williams</td>
</tr>
<tr>
<td>75-79</td>
<td>Ed Benham</td>
<td>Bess James</td>
</tr>
<tr>
<td>80-84</td>
<td>Ed Benham</td>
<td>Mary Ames</td>
</tr>
<tr>
<td>85-89</td>
<td>Paul Spangler</td>
<td>Ruth Rothfarb</td>
</tr>
<tr>
<td>90+</td>
<td>Herb Kirk</td>
<td>None</td>
</tr>
</tbody>
</table>

Olympic gold medalist Willie Davenport, nursing a sore hamstring, clears the hurdle, but fails to qualify for the M40 110H finals in Melbourne.

Photo by Gretchen Snyder

Finalists in the W35 100: from left: Eileen Hinde (AUS); Margaret Taylor (AUS); Penny Hunt (NZL); Wilma Perkins (AUS, 1st in 12.59); Christine Pfeiffer (SUI), and Ellen Hees (FRG).

Photo by Gretchen Snyder

TAC Picks LDR Award Winners

Continued from page 1

Sal Vasquez, the national M45 15K champion, won the M45 award, while Norm Green, who turned 55 in midyear, won both the M50 and M55 awards.

Other repeaters from 1986 included: Jack Start, M65; Clive Davies, M70;

Ed Benham, M75 and M80; Paul Spangler, M85; Herb Kirk, M90; Algene Williams, W70; and Ruth Rothfarb, W85.

New winners included Orlo Keniston, M60; Joan Ulltoy, W45; Gina Faust, W50; Marion Irvine, W55; Helen Dick, W60; Pat Dixon, W65; Bess James, W75; and Mary Ames, W80.

Charles DesJardins of Fairfax, Va., received the Otto Essig Award for meritorious service to masters long distance running.

Kirk Randall and Ruth Anderson headed the Awards subcommittee.

Editor's Note:
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Glover and Grout Lead Masters at Stockade-Athon

by PAUL MURRAY

David Tresohlavy of Hilton, N.Y., used the 1987 Schenectady Gazette Stockade-athon to gain a measure of revenge over long-time rival Pat Glover of Clifton Park, N.Y., by winning the masters contest in this 15K event in 50:28. The pair first met as collegiate cross-country opponents more than 20 years ago when Tresohlavy ran for Brockport State and Glover represented Hartwick College. They renewed acquaintances this summer when Glover nipped Tresohlavy at the finish of the Empire State Games M40 10K.

On November 8, it was Tresohlavy's turn to prevail as he passed Glover going downhill after the three-mile mark and gradually widened his advantage as they ran through Schenectady's historic Stockade district, which gives the race its name.

"When we started up the State Street hill (5.5 miles) he began to pull away and by the time we reached the top he had too much of a lead to make up," said Glover. Tresohlavy finished in 15th place overall. Glover settled for second place (51:05), more than a minute off his third-place clocking of last year. Charlie Parmalee of Morris, N.Y., was the third master (52:32).

The Athletic Attic squad of Glover, Grout, Neiles, Doug Griset, and Paul Murray was the first place men's masters team, and the Ste Masters entry of Grout, Swazy and Sherry Dixon won the women's masters team competition.

The twelfth edition of Schenectady's largest road race attracted 837 finishers in near-perfect weather conditions. Rich Brown and Bert Soltsyk directed the event for the Hudson Mohawk Road Runners Club.

Nicholson, Hutchison Top Tulsa 15K Masters

by JERRY WOJCICK

Carl Nicholson, 40, of Huntsville, Ala., and Jane Hutchison, 41, of Webb City, Mo., each left Tulsa with $375 top masters money after the 10th Tulsa Run 15K held in Tulsa, Okla., on October 31.

Nicholson's 49:53 left second place and $275 to Don Bischoff, 40, Mays, Kansas, who finished in 50:04. Bill Sevall, 41, San Francisco, took third (50:30, $200). Bob Abbott, 47, Plano, Texas, finished fourth (50:55, $100), and Gary Madison, 41, Tulsa, was fifth ($50, $50).

Hutchison, with a 56:58, had an easier win over the W40-and-over contingent, the closest competition coming from 45-year-old Maureen Bixby of Norman, Okla., who ran 59:45. In September in Tulsa, Bixby ran an age-division, 12K-record 46:45.

The remaining top women masters, who collected cash prizes equal to the men's, were Ann Smith (42, 1:00:49), Little Rock, Ark.; Vicki Porth (42, 1:05:02), Plano, Texas; and Patsy Lambert (40, 1:05:34), Norman, Okla.

This was the first year for prize money ($20,000), and open winners Gidamis Shahanga (30, 44:33) and Nancy Tinari (28, 49:59) made off with the $5000 first prizes.

Entrants for the 15K numbered 6761, while 4443 opted for the 3K fun run, for a total of 11,208, a 26% increase over 1986.

The guest speaker at the pre-race banquet was Dr. George Sheehan, who later finished sixth in the M65 race, won by Lewis Winters, 66, of Ada, Okla., in 1:07:44.

Londonderry Airs 5K Cross-Country

First M40-and-over runner in the Londonderry 5K Masters Cross-Country Run in New Hampshire was Peter Dane, 40, with a fourth-overall 17:24 of the 65 men finishers.

Although billed as a masters event, age groups started at 30 in the November 8 event. Mike Gaige, 35, was overall winner in 16:08, with Walt Rider, 35, second (16:22).


Mary Bart, 45, was the first of 17 women finishers by 1½ minutes with a 20:57 over 35-year-old Jeanie Bailey. Ann Knight, 51, won the W50-59 division (26:12). Julia Christo won the W60+ segment (35:02).

Larry Martin was the meet director.

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ABOUT THE AUTHOR:
Scott Sanders has been actively involved in Track & Field for the past 12 years; both as a successful collegiate and international sprinter, and as a Division I coach at the Univ. of Colorado. He has had great success adapting his programs to and in the development of masters sprinters, including Hugo Hartenstein, multi-time National and international sprint champion of 100 and 200 meters, and most recently John S. Poppleton, the 55-59 National 100,200 champion in 1986 and 1987. Scott hopes that this video will provide the serious master's sprinter with the information needed to turn his desires into success. Good luck!

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- How to develop speed
- How to develop speed endurance
- Developing the perfect start
- Plyometric training for proven quickness
- Alternate sprint training methods
- The warm-up and flexibility exercises
- Learn to develop your own yearly training program
NATIONAL

• The first issue of a monthly newsletter dealing with marathons will debut this month. Published by Bob Wood, the newsletter begins with 26.2, will offer race reviews and previews, a race calendar, deep race results (top 200 men and 100 women from the San Diego Half Marathon, which was held in January), and other features. It is available for $60 from Bob Wood Box 785, Sandy, UT 84091. 801/562-6051.

• The film/video Winners All Our Lives has been awarded the Golden Eagle by the Council of International Non-theatrical Events in Washington, DC. Winners of the award will present the U.S. in international film festivals and are eligible for nomination for Academy Awards. Filmed in Puerto Rico at the World Veterans Games, it is narrated by Dr. Denis Waitley, a psychologist. A 90-minute documentary, it was directed by Rick Pope and funded by the U.S. Department of Education, the U.S. Olympic Committee, the AARP, and the Department of Veterans Affairs.

EAST

• Masters winners in the Chubb Life 10 Miler in Concord, NH, September 20 were Ken Houle, 50, and Margot Remington-Oman, 40, who set a new masters female course record while finishing fourth overall in 54:44. Ken Houle also won the men's race in 59:18. Ken Houle is the defending champion of the race. The race was won by John Bugbee, 31, in 51:12.

SOUTHEAST

• John Blount, Orlando, FL, with a 60:09, and Judy Greer, Orlando, with a 74:01 course record 66:40 were masters victors in the Thanksgiving 10 Mile/Florida Masters Championships in Deland, November 26. Myron Myer, Indianapolis, won the M60 race (67:48), and Janet Van Kleek, W50, Boca Raton, FL, was third W40+ (75:28).

• Masters winners in the Richmond Newspapers series of races held October 18 in Virginia were: 5-mile — Dennis LaMountain (27:29), Joanna Patton (38:18); half marathon — Ben Dyer (1:17:14) and Diane Mann (1:44:25); marathon — Larry Talley (2:39:59) and Sharon Giese (3:29:22). The temperature reached an uncomfortable peak of 73° during the noon-start marathon.

MIDWEST

• Richard Bredenbeck, 82, collapsed and died of an apparent heart attack while competing in a 5K race in Bedford, OH, on November 1. Bredenbeck started jogging in 1965, when he couldn't do a half-mile, and in 1981, he won five events and set two single-age world records of the 11 he held from ages 68-81. He still holds the world record for the M75-79 3000 (13:06.4). Born in Germany, Bredenbeck immigrated to Cleveland in 1926, learned to smoke and die during the day while learning English at night school, received a bachelor's degree in mechanical engineering in the mid-1950s, and established his own tool and die company, which he sold to Telodyne, Inc., in 1969. He served as a councilman and president of the Board of Education and was an active Kiwanian. He is survived by his wife of 58 years, Martha; two sons, Rudolph and William; and five grandchildren.

• Bill Olrich, 52, Lexington, KY, set a new M50 5K record in the TAC-certified All For One Classic 40K in Cincinnati, Ohio, October 17, with a 15:42. Frank Cornett, 40, London, KY, ran an excellent 15:23 to claim the M40 + race.

• Bob Kuebler, 41, of Lakewood, OH, because of a mix-up in results, was not credited in the December IAAF with a fifth-place M40+ finish for which he received $100 in the Ultimate Runner, Jackson, MI, October 3. His times and place had been lost in the mix-up of the five events: 5K: 16:32; 10K: 35:27 (353:5); 40:57.0 (243:9); 100:15.5 (206:2); mile: 5:18.2 (313.8); marathon: 3:17:17 (248:8). Kuebler, who has run 57 marathons, says the U.R. was his most difficult event ever.

• Dan Skererak, M40+, covered the 8K course of the Ohio TAC X Championships, Lancaster, November 14, in 26:27 to lead the masters, while Kate Fenning, W40+, did 31:40 in the women's 5K to wrap up the W40+ title. Bob Schut, M50, second master in 28:08, led the Bob Schut Racing Team quintet to the M40+ team title.

SOUTHWEST

• New masters runner Frank Shorter, Boulder, Colorado, October 19 at the Oklahoma submasters record, 12-overall 31:34 (1164 finishers) in the Myriad Garden 10K, Oklahoma City, October 3. Jeff Galloway, 40, of Atlanta, followed with an M40 state record (32:38), and Robert Abbott, 47, Piano, TX, chucked up another (32:50) in his division. Not to be outdone, three women runners recorded state bests in the same three divisions: Debbie Heathon, 38, Midwest City, OK, with a 37:46; Jane Hutchison, 41, Webb City, MO, with a 41:22; and Maureen Buxby, Norman, OK, in a fast 37:57.

• Jay Minor (46, 28:01), W40, and Ann Gawley (41, 33:44), Tulsa, received portions of the $2000 total prize money for their 1-1 win in the Challenger 8K, Tulsa, October 1.

• Masters winners in the Symphony Classic 10K, Houston, TX, on Halloween were Bob Chanon (42, 34:33) and Marilyn Griffin, (44, 34:24). Each won $300 for their efforts.

WEST

• Larry Walker, 44, of the California Walkers, straddled the starting line-up of the Olympic Trails for the 20K walk, to be held in Indianapolis, July 16 with an age-group record of 1:31:31, and in an Olympic Trails Qualifier conducted by the Southern California Association. TAC Racewalking Committee in Long Beach, CA, November 29. Qualifying time was 1:32:00. Already an Olympic Walker, Walker will be making his umpteenth shot at representing the U.S. team in Seoul.

• There will be no masters t&f in the inaugural California State Games, scheduled for July 14-17 in San Diego, according to Sandy Matby of the Games' office. Evidently, no one was willing to take on the task.

• Top Masters in the Long Beach Shoreline Half-Marathon in Long Beach, CA, November 15, were Harolene Walters (1:25:07), in training for the Olympic Marathon Trials, and Pablo Drobyno (1:45:30). Overall winners were Aracely Salas (1:15:56) and Alfredo Rosas, (1:07:02).

• Mammoth Athletes Camp will once again be held this summer at Mammoth Mountain, CA. Last year's camp was a big success, with coaches the likes of Tracy Smith, Jacqueline Hansen, Doris Brown Heritage and Dr. Ken Foreman. This year will have two sessions: June 19-June 26, July 2-July 9. There will also be a "no-frills" distance camp, hosted by Smith and Hansen, held toward the end of July. For information write to: MAC, Inc., 7411 Eastwood Ave., San Diego, CA 92123.

ON TAP FOR JANUARY

TRACK & FIELD

Masters go indoors early, with the TAC National Pentathlon Championships/Bud Light Meet at Dickinson College in Pennsylvania and the Lake Erie Championships in Cleveland scheduled for the 3rd. The TAC Mid-America Regional is set for the 9th in Lincoln, Nebraska. Easterners can compete in Providence, Rhode Island, in the Brown Masters Meet on the 17th. The Illinois Masters Grand Prix Series kicks off on the same day in Sterling, with the second of the series scheduled for the 31st at the same locale. Slippery Rock University hosts the West Penn TC Championships on the 24th. In addition, limited but interesting masters events are on the schedules of several open indoor meets in the U.S. and Canada.

LONG DISTANCE RUNNING

The Charlotte Observer Marathon & 10K, with $10,000 for M40+ men and women, and featuring an avowed meeting between new masters Frank Shorter and Bill Rodgers, should command everybody's interest on the 2nd, while the eyes of Texas will be on the Houston-Tenaco Marathon on the 17th. On the 23rd, West Coast runners can opt for the Paramount 10K Special World Masters race, offering cash awards in all divisions, or the McClassic 10K in San Diego, which also has masters prize money. The Super Bowl Sunday 10K in Long Beach, California, should attract its usual large field of serious runners and colorful zanies, all out for a good "time."

INTERNATIONAL

• Sweden's Ewy Palm, 45, finished ninth female overall in the IAAF World Women's 15K (open) Championships held in Monaco, November 21. Palm ran 49:48 to overall winner Ingrid Kristiansen's world best of 47:17.

[Photos: Jerry Wojcik, page 26, Dennis Lafield]
**SOUTHEAST**

April 15-17, Palm Beach Championships (Florida Masters Championships), Palm Beach, Fla. Pub: Dick Green, P.O. Box 1647, Rockford, Ill. 61106. 815/397-5685.

**MIDWEST**

**MID-AMERICA**


**LONG DISTANCE NATIONAL RUNNING LOGON**


**EAST**


February 12-13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 1647, Rockford, Ill. 61125. 815/397-5685.

March 13-14. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 1647, Rockford, Ill. 61125. 815/397-5685.


March 14-15. Tiger Classic, Upper Arlington H.S., Columbus, Ohio. See May 15.

May 29. Wolfpack Pentathlon, Upper Arlington H.S., Columbus, Ohio. See May 15.

March 23. Early Morning "R" Track Masters, 1153 Main St., Clarion, Pa., 16214.

May 30-June 2. St. Louis Senior Olympics, St. Louis County Day H.S., St. Louis, Mo. Suzy Seldin, No. 2 Millstone Campus, St. Louis, MO 63146. 314/423-5700, X188.


**SOUTHWEST**

February 22. Dallas Parks Senior Games, P.C. Cobb Complex, Dallas, Texas. N & W 50+. Ed Toliver, Bachman Recreation Center, 2755 N. Beach Dr., Dallas, TX 75220. 214/670-6258.

May 1. Runners' Pentathlon, Pineville, NC. B.A.A. Box 3294, Pineville, NC 28116. 704-376-0002.


**SOUTHWEST**


April 18. Monday. 92nd Annual Boston Marathon, BAA, 110 Brookline St., Boston, MA 02215. 617/723-9030.


**SOUTHWEST**


**SOUTHWEST**

**INTERNATIONAL**

April 1-2. 5th Pan-American Championships for Veteran Athletes, Santiago, Chile. South American Association of Veteran Athletes, P.O. Box 685, Santiago, Chile.

April 1-4. Australian Veterans Athletic Championships, Brisbane. Pauline Burns, 141 Sirrus St., Coorparoo, Queensland 415. 07/397-1356.


**SOUTHWEST**


March 24. Paramount 10K Special World Masters Division, Run as part of Paramount 10K. Entrants must meet age group qualifying standards. Cash awards 1st through 5th, all divisions, m & w. Contact: see above.


March 31. 10th Annual Super Bowl Sunday 10K, Long Beach, Calif. SASE to Long Beach, CA 90803.

February 20. Great American Adventure 2 & 4.8 Mile X-C Runs, Huntington Beach, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417; 213/634-3027.


March 6. Los Angeles Marathon, Los Angeles, L.A. Masters, P.O. Box 67750, Los Angeles, CA 90067. 213/689-9608.

**U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN**

<table>
<thead>
<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85+</th>
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<tr>
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<td>11.33</td>
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<td>13.0</td>
<td>13.5</td>
<td>14.0</td>
<td>14.5</td>
<td>15.0</td>
<td>15.5</td>
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<tr>
<td>200m</td>
<td>22.4</td>
<td>23.3</td>
<td>24.2</td>
<td>25.1</td>
<td>26.0</td>
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<td>27.6</td>
<td>28.3</td>
<td>28.8</td>
<td>29.4</td>
<td>29.9</td>
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<tr>
<td>300m</td>
<td>33.0</td>
<td>34.0</td>
<td>35.0</td>
<td>36.0</td>
<td>37.0</td>
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<td>40.0</td>
<td>41.0</td>
<td>42.0</td>
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<tr>
<td>400m</td>
<td>44.0</td>
<td>45.0</td>
<td>46.0</td>
<td>47.0</td>
<td>48.0</td>
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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE**

- **NAME:**
- **ADDRESS:**
- **AGE GROUP:**
- **SEX:**
- **EVENT:**
- **WEIGHT OF IMPLEMENT:**
- **DATE OF MEET:**
- **Hurdle Height:**
- **MEET SITE:**
- **MARK:**

If you have bettered the standard of excellence, please send $100.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results; or note in which issue they appeared.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.

---

**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN**

<table>
<thead>
<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
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<td>35.0</td>
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**ALL-AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

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<th>20km</th>
<th>5km</th>
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<th>20km</th>
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<td>11.67</td>
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<td>23.3</td>
<td>24.2</td>
<td>25.1</td>
<td>26.0</td>
<td>26.3</td>
</tr>
<tr>
<td>300m</td>
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<td>35.0</td>
<td>36.0</td>
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<tr>
<td>400m</td>
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<td>46.0</td>
<td>47.0</td>
<td>48.0</td>
<td>49.0</td>
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<tr>
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<td>1:59</td>
<td>2:03</td>
<td>2:07</td>
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<td>2:15</td>
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<td>1500m</td>
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<td>3:53</td>
<td>3:56</td>
<td>4:00</td>
<td>4:04</td>
<td>4:08</td>
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<td>5000m</td>
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<td>10:32</td>
<td>10:40</td>
<td>10:48</td>
<td>11:00</td>
<td>11:08</td>
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<tr>
<td>10,000m</td>
<td>25:35</td>
<td>25:48</td>
<td>26:00</td>
<td>26:12</td>
<td>26:24</td>
<td>26:36</td>
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</table>

**RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

- **MEN 35-39**
  - JOEY KAMLA
  - SHOT PUT: 51'9"

- **MEN 40-44**
  - ROSS JENSEN
  - 200 METERS: 24.2

- **MEN 45-49**
  - ALBERT H. CRUZADO
  - 5000 METER RUN: 25:31

- **MEN 50-54**
  - RAYMOND T. FITZBURG
  - HIGH JUMP: 5'3"

- **MEN 55-59**
  - BOB J. ACKERMAN
  - LONG JUMP: 17'11"

- **MEN 60-64**
  - FREDERICK H. KIRKMAN
  - 100 Meters: 17.3

- **MEN 65-69**
  - GEORGE RACEVICH
  - 200 METERS: 29.7

- **WOMEN 35-39**
  - CAROLYN KLEIN
  - HAMMER THROW: 128'11"

- **WOMEN 40-44**
  - FRANK W. WALKER III
  - 100 METERS: 10.2

- **WOMEN 45-49**
  - EMRETT BENNETT
  - LONG JUMP: 10'11"

- **WOMEN 50-54**
  - SHOT PUT: 28'0"

- **WOMEN 55-59**
  - JOYCE BOWERSMAN
  - DISCUS: 92'0"

---

**January, 1988**

**National Masters News**

**P.O. Box 2372**

**Van Nuys, CA 91404**

---

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**National Masters News**

**P.O. Box 2372**

**Van Nuys, CA 91404**
**TRACK & FIELD RESULTS**

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372, VAN NUYS, CA 91404. If possible, please type single space with minimum of white space.

**SOUTHEAST**

Central Florida All-Comers & S&R
Deland, November 28

**EAST**

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Include date, distance and city.

**LONG DISTANCE RESULTS**

Fred Hackett Autumn Run West Concord, NH November 1

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Women 50-59</td>
<td>Mary E. White</td>
<td>46</td>
<td>45:05</td>
<td>Kay Jeffers</td>
<td>50</td>
<td>46:58</td>
<td>Janice</td>
<td>50</td>
<td>47:32</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Men 70+</td>
<td>Fred Hyatt</td>
<td>70</td>
<td>69:37</td>
<td>Everett White</td>
<td>72</td>
<td>72:26</td>
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</table>

**SOUTHEAST**

NATC Masters 5K-XC Championships
Van Cortlandt Park, NYC November 28

<table>
<thead>
<tr>
<th>Overall</th>
<th>Harold Nolan</th>
<th>16</th>
<th>31:11</th>
<th>Mark P. Nolan</th>
<th>17</th>
<th>35:06</th>
<th>Don Nolan</th>
<th>17</th>
<th>35:40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women 50-59</td>
<td>Barbara Brown</td>
<td>43</td>
<td>44:42</td>
<td>Lauretta H. M. Olds</td>
<td>44</td>
<td>44:24</td>
<td>Helen Brown</td>
<td>44</td>
<td>44:24</td>
</tr>
<tr>
<td>Men 60-69</td>
<td>Mike Harvey</td>
<td>27</td>
<td>25:34</td>
<td>Bob Johnson</td>
<td>27</td>
<td>25:34</td>
<td>John Johnson</td>
<td>27</td>
<td>25:34</td>
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**SOUTHEAST**

National Masters 8K Race
Richmond, VA October 28

<table>
<thead>
<tr>
<th>Overall</th>
<th>Edward Sparckowski</th>
<th>24</th>
<th>16:59</th>
<th>Paul W. Howard</th>
<th>25</th>
<th>17:02</th>
<th>Richard Howard</th>
<th>26</th>
<th>17:05</th>
</tr>
</thead>
</table>

**SOUTHEAST**

Schenectady Gazette Stockade Alton 15K November 8, Albany, NY

<table>
<thead>
<tr>
<th>Overall</th>
<th>Jerry Law</th>
<th>16</th>
<th>31:20</th>
<th>Peter Crouch</th>
<th>17</th>
<th>31:35</th>
<th>Dick Crouch</th>
<th>18</th>
<th>31:50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men 60-69</td>
<td>David T. Liebel</td>
<td>44</td>
<td>42:38</td>
<td>Paul T. Liebel</td>
<td>45</td>
<td>42:38</td>
<td>John T. Liebel</td>
<td>46</td>
<td>42:38</td>
</tr>
<tr>
<td>Women 60-69</td>
<td>Joan Liebel</td>
<td>50</td>
<td>50:00</td>
<td>Linda Liebel</td>
<td>51</td>
<td>50:00</td>
<td>Mary Liebel</td>
<td>52</td>
<td>50:00</td>
</tr>
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**Windy's 10K**

Bowing Green, Kentucky October 31

<table>
<thead>
<tr>
<th>Overall</th>
<th>Bill Reinhart</th>
<th>15</th>
<th>15:52</th>
<th>Mary Reinhart</th>
<th>16</th>
<th>15:52</th>
<th>Sarah Reinhart</th>
<th>17</th>
<th>15:52</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men 60-69</td>
<td>John Reinhart</td>
<td>18</td>
<td>16:09</td>
<td>Jim Reinhart</td>
<td>19</td>
<td>16:09</td>
<td>Bob Reinhart</td>
<td>20</td>
<td>16:09</td>
</tr>
<tr>
<td>Women 60-69</td>
<td>Jane Reinhart</td>
<td>21</td>
<td>16:10</td>
<td>Pat Reinhart</td>
<td>22</td>
<td>16:10</td>
<td>Barb Reinhart</td>
<td>23</td>
<td>16:10</td>
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</tbody>
</table>

**RICHMOND NEWS**

Richmond Newspapers 8K
Richmond, VA October 28

<table>
<thead>
<tr>
<th>Overall</th>
<th>Robert Parrott</th>
<th>25</th>
<th>16:59</th>
<th>Dick Parrott</th>
<th>26</th>
<th>17:02</th>
<th>Jim Parrott</th>
<th>27</th>
<th>17:05</th>
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<tbody>
<tr>
<td>Women 60-69</td>
<td>Mary Parrott</td>
<td>34</td>
<td>21:29</td>
<td>Lisa Parrott</td>
<td>35</td>
<td>21:29</td>
<td>Jane Parrott</td>
<td>36</td>
<td>21:29</td>
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**Continued on next page**
Thanksgiving 10 Mile/Floria Masters Championships
Amanda, November 26

<table>
<thead>
<tr>
<th>Masters Overall</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
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<td>J. Bowman</td>
<td>61:29</td>
<td>61:35</td>
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<td>61:39</td>
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<td>J. Suen</td>
<td>61:30</td>
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<tr>
<td>J. Davis</td>
<td>61:32</td>
<td>61:35</td>
<td>61:37</td>
<td>61:39</td>
</tr>
<tr>
<td>J. White</td>
<td>61:34</td>
<td>61:35</td>
<td>61:37</td>
<td>61:39</td>
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<td>J. Beattie</td>
<td>61:37</td>
<td>61:35</td>
<td>61:37</td>
<td>61:39</td>
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MID-AMERICA

Ohio TAC X-C Championshps, Lancaster, November 14

<table>
<thead>
<tr>
<th>Men's 50-59</th>
<th>1st</th>
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<th>3rd</th>
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</thead>
<tbody>
<tr>
<td>D. Holstein</td>
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<td>J. Hettman</td>
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<tr>
<td>L. King</td>
<td>19:40</td>
<td>19:41</td>
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World Senior Olympics 5K
St. George, Utah, October 20

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<tr>
<td>V. DeLaHunt</td>
<td>19:34</td>
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<td>J. Smith</td>
<td>19:37</td>
<td>19:38</td>
<td>19:39</td>
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<tr>
<td>L. Mitchell</td>
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World Senior Olympics 10K
St. George, Utah, October 22

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<tbody>
<tr>
<td>G. Haskell</td>
<td>38:45</td>
<td>38:46</td>
<td>38:47</td>
</tr>
<tr>
<td>J. Smith</td>
<td>38:48</td>
<td>38:49</td>
<td>38:50</td>
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<tr>
<td>L. Mitchell</td>
<td>38:51</td>
<td>38:52</td>
<td>38:53</td>
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World Senior Olympics 20K
St. George, Utah, October 24

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<th>1st</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>L. Mitchell</td>
<td>47:36</td>
<td>47:37</td>
<td>47:38</td>
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World Senior Olympics 50K
St. George, Utah, October 26

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<th>Men's 70-79</th>
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<tr>
<td>G. Haskell</td>
<td>1:00:30</td>
<td>1:00:31</td>
<td>1:00:32</td>
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<td>1:00:34</td>
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<tr>
<td>L. Mitchell</td>
<td>1:00:36</td>
<td>1:00:37</td>
<td>1:00:38</td>
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W 50-59

Continued from previous page
Masters Age Records 1987

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard, Shirley Dietderich, Gordon Wallace and Alan Wood.

**Masters in '87**

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Dec. 31, 1986.
- Men's U.S. Masters Color & Outdoor Championship Records
- 48 pages, 1,000 copies. Lists name, age state and date of record.

Send S2 plus S1 postage and handling to: NATIONAL MASTERS NEWS P.O. Box 2372 Van Nuys, Calif. 91404 818/765-1895
## VII World Veterans Games - Melbourne, Australia - November 28 to December 6, 1987

### National Masters News

### January, 1988

**HEATH** (H) AND SEMI FINAL (S) TIMES OF USA RUNNERS

**M40 100**
- H. Zhong Michael 12.59
- H. Zwicker Tom 12.82
- H. Johnson Joe 12.15
- W. Wills T.J. 11.12
- B. Bell W. 11.80

**M50 100**
- H. Cooper John 13.94
- H. Minchew John 13.22
- H. Treadwell Dennis 12.77
- H. Regan John 12.16
- H. Weniger Ken 11.98
- H. Williams John 11.00
- W. Einhorn Paul 11.82
- W. Tostamente Stan 11.47
- W. Stanford Robert 11.24
- W. Estes Ed 11.66
- W. Watson John 11.53
- W. Nalekpey Fred 11.86

**M60 100**
- H. Valentine Rudy 13.10
- H. Hartman George 13.05
- H. Petterson Bob 12.37
- H. Williams Robert 12.68
- H. Todd Rudy 12.66
- H. Cater Rudy 12.26
- H. Hartle George 12.85

**M70 100**
- H. Johnson Jim 15.21
- H. Pettis Tom 13.99
- H. Weimann David 14.29
- H. Oberley Angelo 15.15
- H. Espey Dan 20.05

### 100 M BRIGHT FEMALEs

#### M40 FEMALES
- H. Cobert Andrea 11.91
- H. Deering Mary 11.21
- H. Allman Mary 11.61
- H. Brown S. 11.81
- H. Miller Bob 12.23
- W. Treadwell Terri 21.27
- W. Hancock Mary 11.38
- W. Collins Betty 11.80

#### M50 FEMALES
- H. Burrell Alice 11.83
- H. Arg馒头 Ann 11.83
- H. Newton Nicki 11.98
- H. Boudreau Paula 11.61
- H. Miller Betty 11.82

#### M60 FEMALES
- H. Johnson Mona 15.21
- H. Alton Carrie 14.74
- H. Bissig Rose 14.50
- H. Baden Sally 14.40
- H. Brest Carol 15.00

### 100 M SPRINT FINALS M50

<table>
<thead>
<tr>
<th>Run</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Vakholzin Vladimir</td>
<td>10.04</td>
</tr>
<tr>
<td>2</td>
<td>Wassmich John</td>
<td>10.17</td>
</tr>
<tr>
<td>3</td>
<td>Cronin Michael</td>
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<tr>
<td>4</td>
<td>Dinnen Mary</td>
<td>10.24</td>
</tr>
<tr>
<td>5</td>
<td>Ritts John</td>
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</table>

### 100 M SPRINT FINALS M50 S

<table>
<thead>
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<tr>
<td>1</td>
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<tr>
<td>2</td>
<td>Oakes John</td>
<td>10.05</td>
</tr>
<tr>
<td>3</td>
<td>Treadwell Steve</td>
<td>10.08</td>
</tr>
<tr>
<td>4</td>
<td>Lucas Robert</td>
<td>10.12</td>
</tr>
<tr>
<td>5</td>
<td>Collins Robert</td>
<td>10.15</td>
</tr>
</tbody>
</table>

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This text includes a table of sprint times for various age groups and genders, along with the names of the participants and their respective times. The table is divided into sections for different age categories (M40, M50, M60, M70) and genders (MALE, FEMALE). The page also includes footnotes and references at the bottom, indicating further details or sources related to the sprinting events at the VII World Veterans Games.
<table>
<thead>
<tr>
<th>Race</th>
<th>Time</th>
<th>Name</th>
<th>Country</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500 M RUN</td>
<td>3:42.50</td>
<td>Irvan</td>
<td>USA</td>
<td>3:40.17</td>
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<td>1500 M RUN</td>
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<td>T.M.</td>
<td>USA</td>
<td>3:41.50</td>
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<tr>
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<td>Manuel</td>
<td>USA</td>
<td>3:41.75</td>
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<td>Reay</td>
<td>USA</td>
<td>3:41.90</td>
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<td>3:42.50</td>
<td>Reddy</td>
<td>USA</td>
<td>3:41.93</td>
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<tr>
<td>1500 M RUN</td>
<td>3:42.50</td>
<td>Soul</td>
<td>USA</td>
<td>3:41.96</td>
</tr>
<tr>
<td>1500 M RUN</td>
<td>3:42.50</td>
<td>Twit</td>
<td>USA</td>
<td>3:42.00</td>
</tr>
</tbody>
</table>

**January, 1988**

**Heptathlon (W)**

1. Ingrid Fladager (SWE) 6,448 pts
2. Danielle Richey (USA) 6,324 pts
3. Kerrin Lee (USA) 6,224 pts
4. Ingrid Hjalmarsson (SWE) 6,164 pts
5. Angela Johnson (USA) 6,138 pts

**Decathlon (M)**

1. Mike Rime (USA) 8,389 pts
2. Abdellatif Bouchar (FRA) 8,346 pts
3. Robert Eubank (USA) 8,190 pts
4. Jim Brown (USA) 8,146 pts
5. Paul Donner (USA) 8,092 pts
<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>400 M Hurdles</td>
<td>Wallace Henry</td>
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<tr>
<td>400 M Hurdles</td>
<td>Allen C. Sayers</td>
<td>46.82</td>
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<tr>
<td>400 M Hurdles</td>
<td>John Hunter</td>
<td>51.08</td>
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<tr>
<td>400 M Hurdles</td>
<td>Robert Ferguson</td>
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<td>James D. Thomas</td>
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<td>John L. Anderson</td>
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<td>Jack M. Sampson</td>
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<tr>
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<td>Thomas A. Baker</td>
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<td>400 M Hurdles</td>
<td>Walter W. Davis</td>
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</tr>
<tr>
<td>800 M Hurdles</td>
<td>George W. Shelly</td>
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<tr>
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<td>James W. Morgan</td>
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<tr>
<td>800 M Hurdles</td>
<td>Richard E. Taylor</td>
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<td>Donald T. Brown</td>
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<tr>
<td>800 M Hurdles</td>
<td>David L. Johnson</td>
<td>1:52.13</td>
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<tr>
<td>800 M Hurdles</td>
<td>Leon W. Miller</td>
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<tr>
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</table>

Continued on next page.
10/4/COUNTRY/COMPETITOR WHO    M/C
1. JACOHEN JAKK   HNL 51 36
2. SHHERNH  LEG...  HNL 51 45
3. ALEXANDER CHER...  HNL 51 44
4. RUIZ MARIN JUN..  HNL 51 44
5. ROBERTS ROBERT  HNL 51 44
6. ISAAC KINCAID  HNL 51 44
7. HUGHES RICHARD  HNL 51 44
8. APOSTOLIS JONAS  HNL 51 44
9. WSS PUTZER  HNL 51 44
10. WILLIAM HANSON  HNL 51 44

10/3/COUNTRY/FINS/FINS NATIONAL MASTERS NEWS
1. TAYLOR PAUL HNL 52 36
2. HARRINGTON EWENT  HNL 52 45
3. OLIVER ROBERT  HNL 52 44
4. LEEKENDA EDDIE  HNL 52 44
5. LYNCH BILL  HNL 52 44
6. HISON BILL  HNL 52 44
7. HANSON JONAS  HNL 52 44
8. ADAMS RAY  HNL 52 44
9. WILLIAM HANSON  HNL 52 44
10. WILLIAM HANSON  HNL 52 44

10/3/COUNTRY/GAME/WG
1. HANSON JONAS  HNL 52 44
2. WILLIAM HANSON  HNL 52 44
3. WILLIAM HANSON  HNL 52 44
4. WILLIAM HANSON  HNL 52 44
5. WILLIAM HANSON  HNL 52 44
6. WILLIAM HANSON  HNL 52 44
7. WILLIAM HANSON  HNL 52 44
8. WILLIAM HANSON  HNL 52 44
9. WILLIAM HANSON  HNL 52 44
10. WILLIAM HANSON  HNL 52 44

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7. HANSON JONAS  HNL 52 44
8. ADAMS RAY  HNL 52 44
9. WILLIAM HANSON  HNL 52 44
10. WILLIAM HANSON  HNL 52 44
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