

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

149th Issue

January, 1991

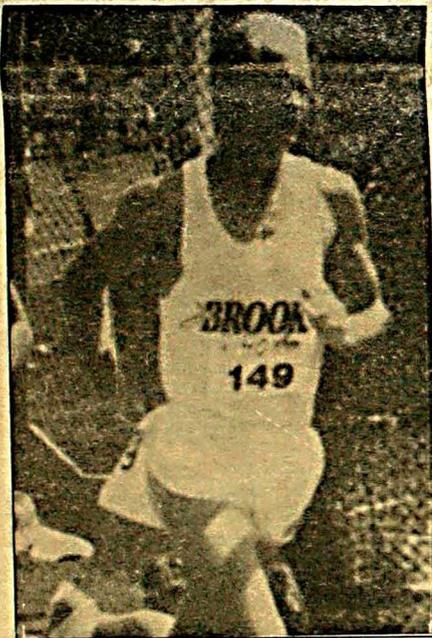
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Almberg, Miller, Raschker Named Best 1990 T&F Athletes; Green, Benham Top LDR Picks

Best-Administrator Award Goes to Kousky; Kitts, Sedlak Voted Top 1990 Racewalkers

Larry Almberg, a 43-year-old middle-school vice-principal from Ellensburg, Wash., was named the outstanding age-40-and-over male track and field athlete of 1990 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Christel Miller, 55, of Glendale, Calif., and Phil (Philippa) Raschker, 43, of Atlanta were voted the top female masters performers by the same group at the 12th annual convention of TAC in Seattle on November 29.



Larry Almberg

Barbara Kousky of Eugene, Oregon, was named the outstanding administrator-of-the-year, while the top racewalking awards went to Eugene Kitts, 43, of Aiea, Hawaii, and Viisha Sedlak, 42, of Boulder, Colo.

Miller was also named the best multi-event athlete of the year. The award for the best single performance of the year by an athlete over age 40 went to Almberg for his 4:06.70 mile in the New York Games on July 29.

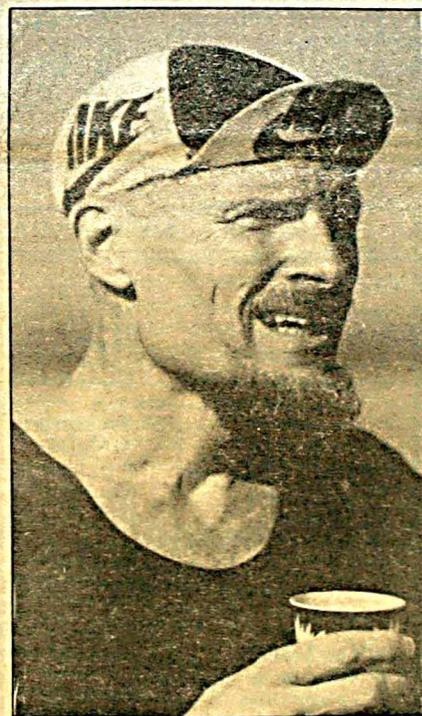
Almberg had a career year. Improving on his 1989 performances, he was named the National Masters News' athlete-of-the-month three times during 1990. In addition to his U.S. masters mile record, he won the M40 800 (1:55.89) and 1500 (3:58.07) at the TAC/USA National Masters T&F Championships in Indianapolis. En

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Vasquez, Matson, Binder Among 21 Runners Honored by TAC at Seattle Convention

Norman Green, 58, and Ed Benham, 83, were among 21 runners honored by the Masters Long Distance Running Committee of The Athletics Congress at its 12th annual convention in Seattle on November 29.

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.



Norman Green

Green, a minister from Wayne, Pa., had the best age-graded times among the 21 outstanding performers. He sped to a 1:14:18 in the Philadelphia Half-Marathon — a 97.3% age-graded performance. He won TAC's National Masters M55 15K title in Minneapolis in 52:33 (96.1%), and clocked 54:52 (96.0% at age 57) in the Cherry Blossom 10-mile in Washington, D.C. He set a U.S. M55 record of 27:00 (95.2%) at the ICI/USRA 8K Championships in Naples, Fla., and logged times in the marathon (2:37:40), 20K (1:11:14), 5K (16:32) and 10K (34:21). It was Green's fourth consecutive award as outstanding M55-59 U.S. runner.

Benham, a retired jockey from Ocean Park, Md., had the next-best age-graded efforts. He ran 10K in 46:30 (96.7%), 8K in 36:43 (95.9%), and 15K in 1:12:43 (93.7%). He logged 1:18:45 at 10 miles and 23:09 at 5K to be named the M80-84 outstanding run-

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Christel Miller (left) and Phil Raschker



Ed Benham



Barbara Kousky

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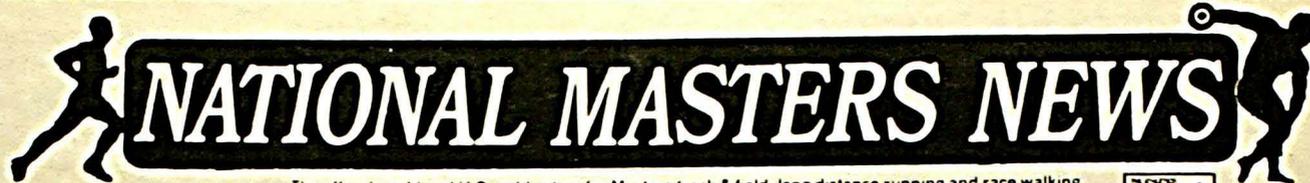
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The official world and U.S. publication for Masters track & field, long distance running and race walking



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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Atkins Late to Starting Line; Passes Everyone to Win National 8K

by CAROLE LANGENBACH and
JAY LINDBERG

STEILACOOM, Wash., December 2. The story of the U.S. TAC National Masters 8K Championships today was Herman Atkins ability to catch the entire field and win in 25:06 after a 35-second late start.

Atkins, a 42-year-old resident of Everett, Wash., overtook 134 other runners in the masters-only race to post a 44-second win over runner-up Sal Vasquez, 50, of Suisun, Calif. Vasquez's age-graded effort of 93.7% was the best of the day.

The event was held on a cool and cloudy Sunday that threatened rain. It was truly national in scope, with the 135 finishers coming from as far away as Massachusetts, Minnesota, Florida, Oklahoma, Texas, Nevada, New York, New Jersey, California, and North Carolina. Many had attended TAC's National Convention in Seattle the week before.

Kate O'Neill, 44, from Lake Stevens, Wash., won her second national title this fall. She won the National 10K Cross-Country in Pasco, Wash., a month earlier. Her 30:08 clocking beat out Jane Treleven, 41, by 26 seconds.

National TAC medals were awarded three deep in five-year age divisions. Teams of five runners for M40-49 and M50-59, and of three runners for all other 10-year age divisions competed for team awards. The only hotly contested team category was the M50-59 with California's West Valley Joggers and Striders edging local favorite Snohomish Track Club, 2:18:49 to 2:30:43.

After the race, runners were treated to a breakfast centered around hot cereal, compliments of Roman Meal, a long-time sponsor of the accompanying Roman Meal 10K Glove Run.

The race was organized by the Fort Steilacoom Running Club, an active group in this small community southwest of Seattle. Added race touches included gloves with a TAC logo and souvenir pins. □



Charles Durant, second/M35 (6-8¾) in the high jump, TAC/USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik



Scott Evans, fifth M30 (6-6) high jump, TAC/USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik

Would You Believe?...

- The winning height in the 1924 Olympic pole vault was 12-11½. In 1981, at age 59, Boo Morcom vaulted 13-0½.
- In the 1900 Olympics, the marathon was won in 2:59:45. In 1981, at age 66, Oregon's Clive Davies ran 2:42:48.
- In 1975, at age 90, Scotland's Duncan MacLean ran 100 meters in 19.9 seconds.

Five Years Ago January, 1986

- Jim Burnett, 45, and Polly Clarke, 75, Named Top 1985 U.S. Masters T&F Athletes at TAC Convention in Houston.
- Barry Brown, 41, and Gabriele Andersen, 40, Voted Best U.S. Masters LDR Performers.
- Bob Mimm, 61, and Ruth Leff, 55, Named Top U.S. Masters Racewalkers.
- Gary Miller Named Best T&F Administrator.
- Bob Morcom Tops Multi-Event Performers.



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W. MacDONALD MILLER

I have just read your November edition, and was delighted to see that Wendell Miller was back and in great form. I had previously thought my lack of enthusiasm for recent issues of NMN resulted from all the depressing news (read slower times) you've been publishing about my cohorts (55-59), but now I know that wasn't so. It was the lack of instruction and reportage from Miller. You can count on me re-subscribing as long as he continues to report the weird (autobiographical, I suspect) and exotic (mostly fantasy, I suspect).

Finally, I feel particularly grateful for Miller having spared me the experience of tie-and-ride competitions, at least for this reincarnation. There are lots more strange sports in Southern California, and I hope you can support Mr. Miller as he continues his play-by-play on activities like celebrity relays, skateboard, water ski and half-marathon trials; and nude steeplechasing.

Glynn Wood
Monterey, California

VIDEO OF WORLD GAMES' 200 NEEDED

I have run two classified ads in NMN in hopes of locating a video of the M45 200 final at the 1989 World Games in Eugene. So far, no success.

If the video exists, I'd like to pur-

chase a copy. There were many video cameras in the stadium that day. If you know of anyone who might have filmed the race, could you please have him or her contact me?

Paul Dungan
4016 NE Hazelfern Pl.
Portland, Oregon 97232

AGE-GRADED TABLES

I'm a 53-year-old sprinter and don't understand why the M53 100-meter standard is 11.14 when the M50 world champion, Ken Dennis, ran 11.48. Why shouldn't the standard be 11.48?

Sol Muchnik
Huntington Stadium, New York

(The age-graded standards are generally based on the potential world record for an age/event. The current M50 world record is 11.2, set by Dennis in 1987. The tables suggest that the potential for a 50-year-old sprinter is 11.14. — Ed.)

NOT IN GOOD TASTE

Here is a second to your decision not to print the descriptive letter submitted to you three years ago about Debbie Anderson. Your reasons "sexist and not in good taste" are right on. I suppose the reason you did run this letter in the December issue was that the persistent letter writer now had Ms. Anderson's approval.

I would hope that we would encourage more female participation by commenting on their accomplishments,

and efforts rather than appearance. All female competitors are beautiful.

Joe Durrenberger
Los Angeles

FRANCE GRIM FOR MASTERS

The situation in France is grim for masters runners. As a U.S. citizen living in France, I envy the opportunities available to masters in the USA.

France has had national masters championships for only four years. But there are only two age divisions for competition and records — men 40-and-over and women 35-and-over. And there are practically no other outdoor masters meets.

When I was in Budapest competing in the WAVA European Championships (*Editor's note: Martin set a U.S. W45 800 record of 2:25.12 in Budapest*), I spoke with French officials. Their answer was logical in their eyes. France wants to have a good image athletically, so they can't permit someone who runs 2:25.12 for 800 to have a 'record' or to be a 'national champion,' regardless of the person's age.

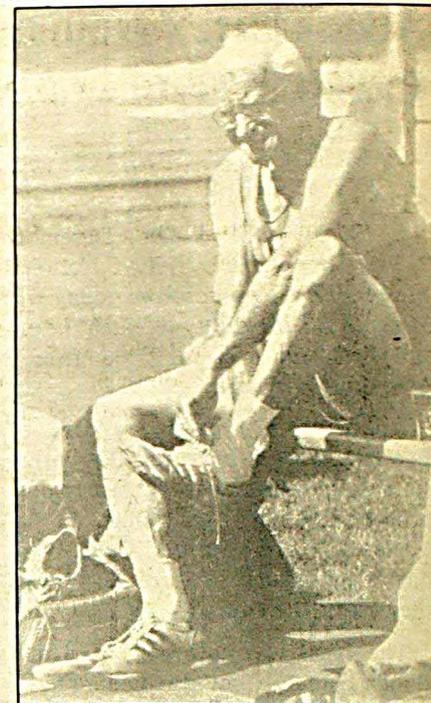
The French masters are affiliated with the FFA (Federation francaise de l'athletisme) and have no separate existence at all. It took me some time to figure this out, but now that I understand the system I realize the control is very strict.

There is no indoor masters track at all. There was some talk of a masters meet with Belgium and Holland, but the idea was vetoed by the French equivalent of TAC.

There are good points to running in France. There is a highly developed club system, which allows many ordinary runners to participate in a series of yearly track meets.

I moved around a lot before I found a position teaching English at the University of Bordeaux. In all of the French clubs I joined, I asked coaches to help me with my running. But everyone of them said I was too old to be running 800 meters, let alone 400 meters. They said I should face facts and start running marathons and that, at my age, I shouldn't be asking for a coach.

But I got lucky and found a very good coach — the widely-respected Roger Grange — who welcomed me to his training group.



Byron Fike, 82, of Ohio in between events, Indy Senior Classic, Indianapolis, which drew over 440 participants. Photo by Linda Chambers

Track athletes in France stick to track training all winter. This is partly because, in yet another example of French bureaucracy, cross-country literally controls winter running. Road races are forbidden during cross-country season. If you want your country to be strong in cross-country, just outlaw road races during the cross-country season. Look at French performances in the last 10 years and you'll see what I mean.

Masters are not the only ones to suffer from this draconian control. Open running is just as bad. France habitually sends fewer than the three-allowed athletes to most international competitions, because their qualifying standards are higher than international standards.

I'm impressed that American athletes get to vote for representatives and officers in the Masters organization. The French masters' representatives are appointed by the officers of the FFA. A friend of mine has been trying for three years to get a list of women masters runners to conduct a survey, but the FFA keeps on blocking her in ever more imaginative ways.

I've chosen to enjoy running and not try to fight what I think is a losing battle. They can refuse to give us medals and to recognize our performances as national records, but they can't take away the pleasure of running and of accomplishing good performances.

I took forward to meeting masters from other nations in Turku this summer.

Taffy Martin
Merignac, France

A MESSAGE FROM THE PRESIDENT

Cesare Beccalli's reply (Dec. NMN "A Message from the President") to my article (Nov. NMN) is characteriz-

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First Time Marathoner Sets M60 Course Record in Mohawk Race

by PAUL MURRAY

At age 60, Ed Doucette is still a novice in the world of distance running, but his performance in his first marathon convinced many veterans that his best races are still ahead of him. On October 28, the Bennington, Vt., resident finished the Mohawk Hudson River Marathon in 3:17:53 to win the M60 age group. On a cold and blustery day when few entrants set PRs, Doucette bettered the M60 course record by more than five minutes.

Thomas Powers of Newfield, N.Y., led all masters finishers and placed 11th overall with 2:46:08, just 39 seconds ahead of Dan Logan of Cornish, N.H., who finished 12th overall. Susan Hale of Congers, N.Y., was the first female master and fifth woman overall in 3:21:02. Carolyn Riley of Delmar, N.Y., won the W45 division,

finishing seventh among the women with a strong 3:22:16.

Age group winners included James Haggett, Poughkeepsie, N.Y., M45, 2:56:38; Bob Murphy, Barre, Vt., M50, 3:00:20; Richard Murphy, East Northport, N.Y., M55, 3:05:28; Nancy Gerstenberger, West Albany, N.Y., W60, 4:27:16; and Sam Gratch, Utica, N.Y., M65, 4:10:16.

The eighth running of the Mohawk Hudson Marathon attracted 326 starters from 15 states and four Canadian provinces. Two hundred sixty-eight finished the scenic course, which follows bike paths along the Mohawk and Hudson rivers from Schenectady to Albany. The Hudson Mohawk Road Runners Club organized the race and the Energy Answers Corporation was the sponsor. Lee Wilcox served as race director.



Wen-Shi Yu (far right), was named outstanding W55 long-distance runner by TAC for 1990. She ran 21:35 in the 7th Annual Apple Bank Long Island Women's 5K for a new W55 course record. From left: Doris Haibon (5th), Alexandra Finger (4th), Eleanor O'Toole (3rd), Marie Mercer (2nd), and Yu.

Almberg, O'Neill First in 10K Cross-Country Championships

by JERRY WOJCIK

Larry Almberg, 43, of Ellensburg, Wash., with 31:20, led 109 male harrriers across the finish line in TAC's National Masters 10K Cross-Country Championships held in Pasco, Wash., on November 3. Herm Atkins, 42, of Everett, Wash., finished eight seconds back, with Jeff Corkill, 47, Spokane, Wash., taking third in 32:54 to win the M45 race over favored Don Coffman, 47, Frankfort, Ky.

Mike Heffernan, 50, Portland, Oregon, won the M60 division race with an 11th place 33:55. John Finch, 55, Portola Valley, Calif., took the M55 contest in 37:51.

Orlo Keniston, 63, Seattle, won the M60 event easily with a 38:58. Alfred

Funk, 76, Bozeman, Mont., was first (44:32) of all runners 70-and-over.

Almberg's Three Rivers Road Runners quintet won the M40-49 trophy. The Snohomish TC took the M50-59 team first, and the Three Rivers RR trio won the M70+ team event.

Kathleen O'Neill, 43, of Lake Stevens, Wash., was first of 19 women runners, with a 39:22. Julie Stiles, 48, Seattle, was second in 42:11.

Judy Groombridge, 50, Seattle, placed fifth in winning the W50 race with a 43:11. Alyce Lindberg, 69, Leavenworth, Wash., won the W65 race in 63:55. The Snohomish TC "A" team, with O'Neill's first, took the W40-49 title.

Don Sandberg was the meet organizer. □

Read The Reviews

Here's What Readers Say About THE MASTERS RUNNING GUIDE

"Higdon writes not of our limitations, but our possibilities as we grow older. A readable collection of advice."

—Michael Beebe, *The Buffalo News*

"It would have been nice to have had Hal Higdon's newest book a dozen years ago when I started running. It provides, in handy, concentrated form, information that it has taken me years to acquire."

—Maurice Hobbs, *Minneapolis Tribune*

"I generally stay away from endorsing books, but this one is worth making an exception for."

—Jim Ferstle, *St. Paul Pioneer-Press*

"I prefer books that will teach me something and that will assist me in improving my running. (This one) seems to touch that chord."

—Susan Kalish, *Executive Director American Running & Fitness Association*

"Easy to read with the large print helpful. Good information for masters runners."

—Ed Hamilton, *Greensboro (NC) Running Club*

"The job of President of a running club can sometimes get to be a chore. (This) book arrived at just the right time to give me a needed boost."

—Joyce Rankin (VA), *Reston Runners*

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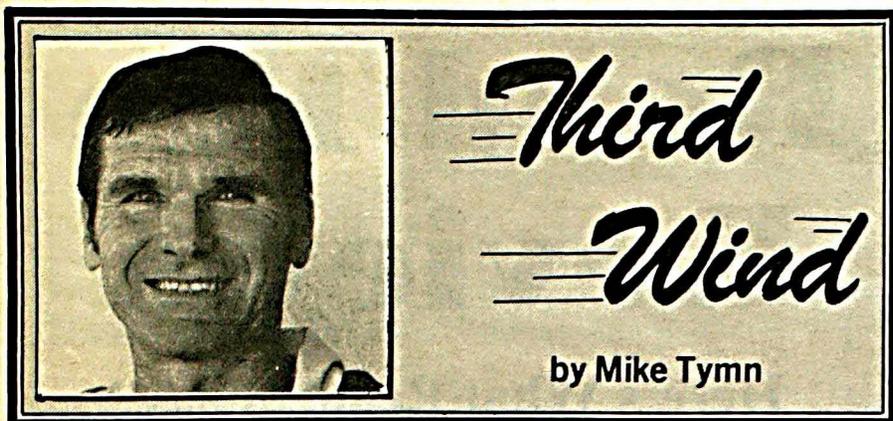
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Tim Nitz: Bypass Surgery Hasn't Slowed Him

When 40-year-old Tim Nitz ran in the 1989 Grandma's Marathon, he anticipated breaking three hours. He had done it five times already and had a PR of 2:55:42 in the '86 race. "I went out at race pace and felt fairly comfortable for seven miles, but during the eighth mile I began having trouble holding the pace," he remembered. "I hit the wall as early as 19 miles, and by 20 I hurt so badly I had to lay down. I remember my breathing was different; it was almost like my lungs were half-closed and I couldn't take in enough air to fill them. I walked, ran, and laid down a half-dozen times between 20 and 24 miles. I spent some time in a police car while waiting for a fatigue van, which never arrived. For the first time in my life, I felt ready to quit a race."

But, he refused to quit. Refreshed from the air-conditioning in the police car, Tim managed to get back on his feet and finish the race in 4½ hours.

"I kinda wrote it off as just a bad day, although, in the back of my mind, I suspected something might be wrong," he recalled. "I was considering having a complete physical but I never got around to it until I started having chest pains about six weeks later."

Tim was given an EKG. The diagnosis: 100% blockage in one artery and 60% in the other. He immediately underwent double bypass surgery to correct the problem.

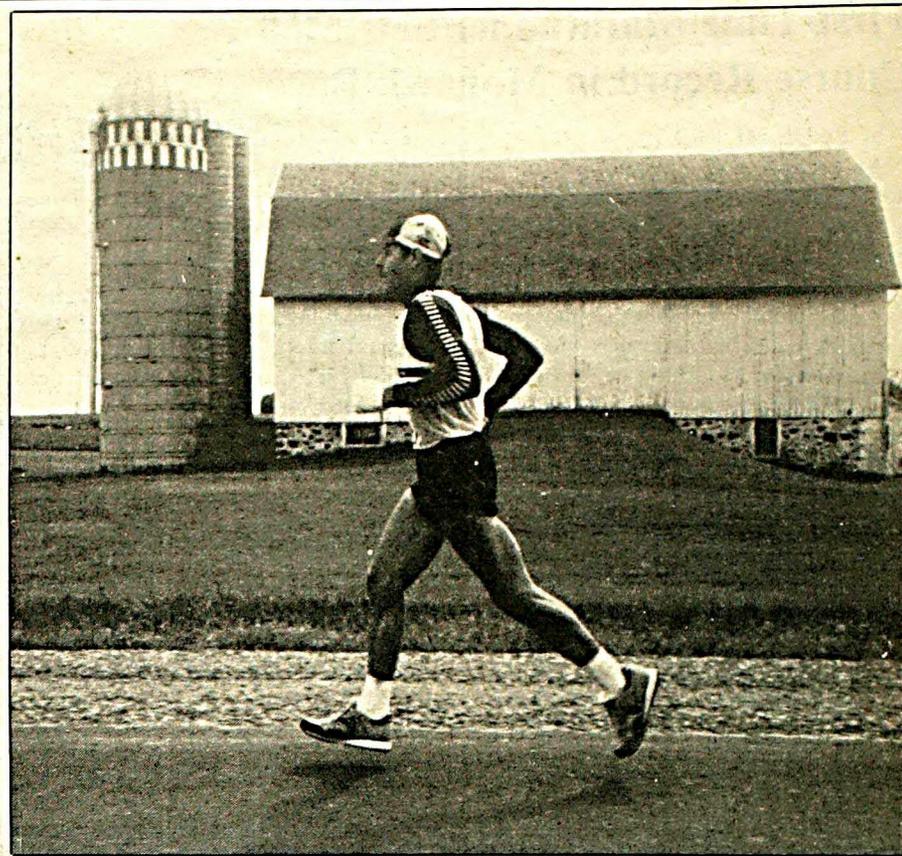
"Looking back, I guess I was a prime candidate," Tim said. "Both of my parents had heart problems, and on my mother's side the cholesterol level tends to run between 300 and 400."

Although Tim, a resident of Bethel, Minnesota, had taken up running in 1982, seven years before his problem manifested itself, he did not have an especially healthy lifestyle. "I smoked since I was 17," he explains. "I tried to quit a number of times, but I was never motivated enough. My running finally did it for me. The two simply didn't mix, and I wanted to run better and become healthier. My smoking stopped immediately and I haven't smoked since."

It took another two years after Tim started running for him to begin improving his diet. "I'd eat meat five or six times a week — butter, egg yolks, pastries — everything that's not good for the arteries," he told NMN. And, while he had adopted a relatively fat-free diet before the onset of his problems last year, it was a matter of too little, too late. Most of the damage to his heart and arteries had already been done.

He turned in his fastest times between 1984 and 1986. In addition to that 2:55 marathon mentioned earlier, the 5-foot-4, 121-pound accountant recorded a 17:33 5K, a 37:48 10K, and a 1:20:43 half-marathon. "I think that half-marathon was my best race, but I still prefer running the marathon," he noted. "I've cried ecstatically several times after I completed a marathon. Other races have given me a personal high, but no other distance has made me cry with such delight."

To prepare for a marathon, Tim gradually builds up to 60 miles a week, alternating those with 45-mile weeks for about 12 weeks prior to the race.



Tim Nitz

He does at least six long runs at 20-23 miles and does speed work (tempo runs and repeat miles) at his race pace or slightly faster.

After his surgery, Tim slowly built himself back up and returned to fairly hard training by January of this year. "Some doctors are telling me to be cautious," he says, "while others are saying that it's probably okay to run but I shouldn't be pushing myself to the maximum. I don't feel any different now than before the surgery and I haven't had any adverse symptoms. I've been doing interval work lately

and probably got my heart rate up to around 170."

Tim recently ran a half-marathon in 1:31, but seemed a little disappointed that he didn't do better. "I thought that with the arterial blockage removed I'd be running faster than I did before. I guess it doesn't work that way. Maybe it's just age. I don't know."

But Tim has not given up his dreams of a marathon PR. "I might be overly optimistic in thinking I can run under 2:55," he said determinedly. "But I know I can run under three hours again."

Running After Bypass Surgery

How much and how intense should a person who has undergone bypass surgery train? Tim Nitz, who underwent double bypass surgery last August, has put that question to a number of well-known physicians, including Dr. Jack Scaff, a Honolulu cardiologist and one of the founders of the Honolulu Marathon Clinic. "I'm trying to arrive at a comfortable consensus," Nitz says. "The only problem I have is that I'll probably tend to favor the opinion that most agrees with my own personal feelings."

Scaff gave the following opinion to Nitz:

As you know, habitual exercise tends to retard the atherosclerotic process. Nevertheless, you developed significant atherosclerosis at a relatively early age in spite of your commendable exercise program, which, of course, is commensurate with aggressive atherosclerosis. Since this has occurred in the past, to expect nothing to occur in the future, might not be completely reasonable. It might not happen, but it certainly needs to be anticipated.

If you were my patient, I would be doing a maximal treadmill stress at a minimum of six-month intervals as well as prior to competition. Marathon running is quite safe for cardiovascular patients because it is primarily an aerobic exercise (the 10K is probably one of the most

dangerous races in that it is mostly anaerobic and can be entered by individuals with relatively little training).

Nevertheless, the speed at which you are running indicates that you are probably beginning to *red line* it a little bit, i.e., giving it full effort. I'm not saying this can't be done because I know of heart transplant patients who have completed triathlons, but if arrhythmias are going to happen, they might be somewhat more common during maximal efforts. Additionally, as individuals get older, it would make physiological sense to slow down, instead of trying to achieve PRs via more exercise without adequate recovery periods or dangerous dietary restrictions. We know that restrictive diets, especially those low in fat, tend to promote cardiac arrhythmias. A good example of this was the liquid protein diet which caused so many fatalities in normal women (sedentary, I might add) the FDA took it off the market.

I would encourage you to continue your training program, but at a reasonable distance. I'm not certain I would encourage you to start shooting for PRs or start trying to break three hours. That's not to say it can't be done, it's just that I wouldn't recommend it at this point in your recovery.

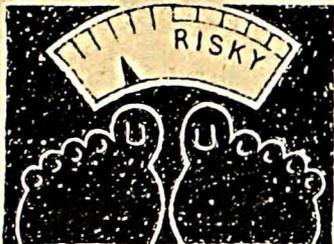
—Mike Tymn

Ten Years Ago January, 1981

- U.S. Masters Divide Into T&F and LDR at TAC Convention in Atlanta.
- Jim Weed Voted New Masters T&F Chairman.
- Ken Bernard Re-elected Masters LDR Chairman.
- Jim Bowers Sets M40 25K AR of 1:22:39 in Brooks Masters Run.
- Herb Lorenz Wins National Masters 15K X-C.

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American Heart Association

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Procedure for Selecting T&F Award Winners

by BEV LAVECK,
Masters T&F Awards
Coordinator

To select the outstanding masters T&F athletes-of-the-year for 1990, a preliminary list of names and achievements was compiled, using: 1) records and "year's best" lists supplied by Records Chairman Pete Mundle, and 2) results of indoor and outdoor National T&F Championships.

I reduced the lists to 2-6 names for each five-year age division for both men and women. I calculated age-graded scores, and identified the finishing place in the indoor and outdoor Championships.

I then mailed a preliminary ballot to the Sectional Coordinators and others on the Masters T&F Executive Committee, requesting corrections, additions and deletions.

Based on the results of this preliminary balloting, I attempted to shorten the list to two or three candidates in each group.

Final ballots were then mailed to the above groups, plus to 1989 award winners, and to 1987 and 1988 award winners who had voted in last year's balloting. Voters were asked to abstain from voting in a category in which they were a candidate. Approximately 40 people voted, or about 50 percent of those to whom ballots were sent.

People sometimes complain that the awards process is controlled by a biased few. Quite honestly, we make a serious effort to secure the votes of a large, knowledgeable group of athletes. Admittedly, errors and possible injustices do occur, usually because of missing or incomplete results from non-championship meets; or, because of typos, fatigue or eye-strain — hopefully, not age.

The Race Walk and Multi-Event Awards winners were selected by their respective committees. The selection of the Administrator Award winner was made at the convention. □

1990 Track and Field Award Winners

Continued from page 1

route to his 4:06.70 mile, he set a U.S. masters record of 3:50.43 for 1500 meters.

Miller won five events at the Nationals and set five U.S. W55 records during the year in the high jump, long jump, javelin, triple jump, and the 80m hurdles. Indoors, she set five U.S. marks in the 60, 60H, high jump, long jump, and triple jump.

Beyond those achievements, she set two W55 world records in the pentathlon and heptathlon, which won her the additional honor of multi-event athlete-of-the-year — an award which covers both men and women.

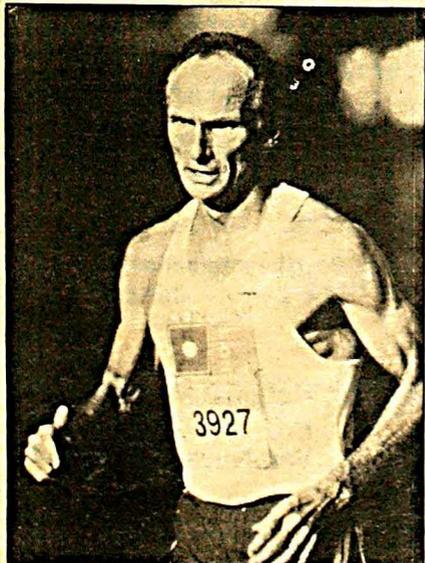
Raschker won six gold medals in Indianapolis in the 100, 200, pole vault, long jump, triple jump, and short hurdles. She set two world W40 indoor marks in the 60m (8.14) and 200 (27.30) and two U.S. indoor records in the 400 (62.70) and 60H (9.65).

Kousky was honored for her outstanding work as co-director of the 1989 World Veterans Championships and for her first-year leadership as head of the Masters Track & Field program.

Kitts set a U.S. Masters 50K racewalk record of 4:19:27 as the first U.S. finisher overall in the Pan-Am Cup race in Mexico. He placed 5th in TAC's Open 50K (4:20:26) and 3rd in the U.S. Olympic Festival 50K (4:22:52).

Sedlak set a world masters best of 24:38 in winning the 5000m walk at the Nationals in Indianapolis. She also established a world W40 10K road standard of 49:14.9 while finishing seventh at the TAC open Nationals.

The winners were announced at TAC's Awards Luncheon in Seattle. The personalized plaques will be presented at TAC's 24th Annual National Masters T&F Championships in Naperville, Ill., on July 6.



Ken Sparks, second M45 in 55:11, Bobby Crim 10 Mile, Flint, Mich., was named M45 track athlete-of-the-year by TAC.

Photo by Victah Sailer/Agence Shot

The Committee also selected outstanding athletes in each five-year age division for both men and women in both track and field categories, as follows:

M30 Track: Ed Williams, 31: 100 (11.05), 110H (14.32). Also considered: M. McDowell, J. Smith. **Field:** Leo Williams, 30: HJ (2.21). Also: J. Grimes, G. Hunter.

M35 Track: Bill Collins, 39: 100 (10.8), 200 (21.8). Also Nate Robinson, Ken Popejoy. **Field:** Dwight Stones, 35: HJ (2.13AR). Also: M. Hogen, G. Englund.

M40 Track: Larry Almborg, 43, above. Also considered: Eddie Hart, Stan Whitley, Nolan Smith, Stan Druckrey. **Field:** Steve Hardison, 40: PV (5.03WR). Also: Charlie Rader, Rex Harvey.

M45 Track: Ken Sparks, 45: 800 (1:57.78), 1500 (3:59.24AR), mile (4:17.14AR). Also: Roger Pierce, Don Parker, Clarence Ray. **Field:** Tom Gage, 47: HT (57.30). Also: Lloyd Higgins, Carl Wallin.

M50 Track: Roy Turner, 50: 100 (11:83), 200 (24.18), 400 (53.66). Also: Dan Conway, Charlie Miller, Al Williams. **Field:** Larry Stuart, 53: (JT 205-0); Darrel Horn, 50: LJ (6.25). Also: Richard Hotchkiss, Pete Stopoulos.

M55 Track: Jim Sutton, 59: 800 (2:16.47), 1500 (4:30.82), 3000 (10:01.69). Also considered: Hugo Hartenstein, Jim Mathis, John Connor, Pete Richardson, Norm Green, Ralph Summerlin. **Field:** Richard

Richardson, 57, HJ (1.70). Also: Wendell Palmer, Phil Mulkey, Stu Thompson, William Duckworth.

M60 Track: Jack Greenwood, 64: 100H (15.65w), 300H (47.21). Also: Harry Brown, Jim Law, Gaylon Jorgensen. **Field:** Jim Gillcrist, 62: HJ (1.66AR). Also: Cliff Blair.

M65 Track: Rudy Valentine, 67: 400 (62.18), 300H (49.80AR). Also: Mel Larsen, Tim Murphy, Ed Lukens, Ar-

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the TAC Masters Track and Field Committee.

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly La Veck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Giulio de Petra	Beverly La Veck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak



Charlie Ruter of Fern Creek, Ky., head official at the 1990 TAC/USA National Masters Track and Field Championships. Photo by Don Henry

chie Messenger, Willie Blackmon., **Field:** Ed Lukens: LJ (4.95), TJ (10.17). Also: Boo Morcom.

M70 Track: John Alexander, 70: 200 (28.58), 400 (64.84). Also: Payton Jordan, Bill Weinacht, Bill Carmen. **Field:** John Alexander, 70: LJ (4.93WR), TJ (9.40). Also considered: Burl Gist, Tom McDermott, Ham Morningstar.

Continued on page 9

OUTSTANDING RACE WALKERS — 1990

Selected by the Masters Track & Field Committee of TAC

Age	Men	Women
30-34	Jim Heiring	Victoria Herrazo
35-39	Ray Funkhouser	Daniela Hairabedian
40-44	Eugene Kitts	Viisha Sedlak
45-49	Larry Walker	Jo Ann Nedelco
50-54	John Elwarner	Bev LaVeck
55-59	Max Green	Joyce Decker
60-64	Moshe Myerowitz	Joan Rowland
65-69	Bob Mimm	Ruth Van Sandt
70-74	Cokie Damon	Ernestine Yeomans
75-79	Giulio dePetra	Millie Crews
80-84	Byron Fike	Polly Clarke

1990 Track and Field Award Winners

Continued from page 8

M75 Track: Eugene Keller, 75: 800 (3:17.08), 1500 (6:19.55), 2000SC (10:10.66). Also: Marcus Neuhof, Burt Morrow, Frank Finger. **Field:** Ross Carter, 76: SP (12.43), DT (38.74). Also: Carol Johnston, Marcus Neuhof.

M80 Track: Ed Benham, 83: 5000 (22:57.4), 10,000 (47:55AR). Also: Charles Espy, Byron Fike. **Field:** Wesley Ward, 80: HJ (1.15). Also: Gordon Powell, Byron Fike, Dick Lacey, Burt DeGroot.

M85 Track: Konrad Boas, 85: 200 (42.51), 400 (1:56.20). Also: Herb Anderson, Arling Pitcher. **Field:** Arling Pitcher, 88: HJ (.96), PV (1.37), TJ (4.09); Win McFadden, 85: TJ (6.28WR). Also: Herb Anderson, Konrad Boas, B. Fox, Everett Hosack.

M90 Track: Paul Spangler, 91: 100 (31.63), 200 (61.7), 400 (2:13.89), 800 (4:58.18), 1500 (10:04.68), 3000 (20:42.89), 10,000 (1:22.37). Also considered: Buell Crane. **Field:** Buell Crane, 90: HJ (1.04WR), LJ (2.44WR), TJ (5.10WR), SP (6.97WR), DT (20.57WR), HT (16.9WR), JT (17.42WR).

M95 Track: Herb Kirk. **Field:** Tom Lane.

W30 Track: Pamela King, 33: 100 (12.68). Also considered: Danis Willett. **Field:** Donna Pope-Green, 33: LJ (5.44). Also: Luann Davis.

W35 Track: Darsi Bowden, 39: 1500 (4:39.1), 3000 (9:58.94). Also: Irene Thompson, Donnis Drumgole. **Field:** Joan Stratton, 38: HT (39.66AR). Also: Karin Smith, Janet Wilson, Irene Thompson.

W40 Track: Phil Raschker, 43, above. Also: Lurline Struppeck. **Field:** Phil Raschker.



Christel Miller, 55, was named outstanding multi-event athlete-of-the-year by TAC.

W45 Track: Joan Colman, 46: 3000 (10:19.4), 5000 (17:45WR). Also considered: Shirley Matson, Linda Upton, Nadine O'Connor, Marilyn Mitchell. **Field:** Brenda Bloomfield, 48: HT (32.02AR). Also: Karen Huff, Vanessa Hilliard, Cathy Primer, Barbara Stewart.

W50 Track: Sandra Knott, 52: 1500 (5:26.18), 1000 (11:41.86). Also: Wava Mosbrucker. **Field:** Becky Sisley, 51: HJ (1.28), LJ (4.10), JT (36.14AR). Also: Joann Grissom.

W55 Track: Marilyn Fitzgerald, 55: 100 (14.91), 200 (30.98), 400 (71.52). Also: Gretchen Snyder, Geri Owens, Christel Miller. **Field:** Christel Miller, 55: above. Also: Ann Cirulnick.

W60 Track: Mary Patterson, 61: 100 (15.7), 200 (34.26w), 400 (80.15). Also: Ruth Droege. **Field:** Lenore McDaniels, 62: HJ (1.19AR), LJ (3.87AR), TJ (7.64AR). Also: Bernice Holland.

W65: Josephine Sullivan, 65: 100 (17.58w), 200 (39.47); Lavina Haeefe, 66: 100 (16.8), 200 (38.1). Also Gerry Davidson. **Field:** Josephine Sullivan, 65: HJ (.92), LJ (3.33), TJ (6.55). Also: E. Hagarmann, Ethel Mayland, Mary Norckauer.

W70 Track: Mary Bowermaster, 72: 100 (16.78). Also: Vadine Koenig, Pat Dixon, M. Stafford. **Field:** Mary Bowermaster, 72: HJ (1.04), LJ (2.91), SP (5.75); Vadine Koenig, 70. Also: Helen Stephens.

W75 Track: Pearl Mehl, 76: 400 (99.66), 1500 (8:02.42), 3000 (17:27.5);

Lucille Monroe, 75, 100 (18.8), 200 (40.3). Also: Millie Crews. **Field:** Sheila Evans, 75: HJ (.95AR), TJ (6.13). Also: B. Jarvis.

W80 Track: Polly Clarke, 80: 100 (18.10), 200 (39.78), 400 (1:40.45WR). Also: Anne Clarke. **Field:** Carolyn Clark, 80: SP (4.37AR), DT (11.25AR). Also: Marilla Salisbury.

W85 Track: Anna Ward, 85: 100 (26.3), 1500 (11:43.2). Also: Mary Ames.

Bev LaVeck, T&F Awards Coordinator, said the award winners were selected by a panel of about 40 people (see sidebar for details). □

— Al Sheahen

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

- 1978 Pete Mundle
- 1979 Al Sheahen
- 1980 Bob Fine
- 1981 Bruce Springbett
- 1982 George Hatzfeld
- 1983 Jim Weed
- 1984 Jerry Donley
- 1985 Gary Miller
- 1986 Pete Mundle
- 1987 Frank & Dorothy Anderson
- 1988 David Pain
- 1989 Jim Puckett
- 1990 Barbara Kousky

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.

Year	Men	Women
1978	George Ker	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/ Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Garry Miller/Stam Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot put, 70' 3"
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236' 6"
1988	Larry Stuart, 50	Javelin, 215' 9"
1989	Al Oerter, 52	Discus, 205' 10"
1990	Larry Almberg, 43	Mile, 4:06.70

OUTSTANDING MULTI-EVENTS ATHLETE

1985	Boo Morcom	1986 Gary Miller
1987	Gary Miller	1988 Gary Miller
1989	Rex Harvey	1990 Christel Miller

1990 AGE-GROUP AWARDS

Age	Men		Women	
	Track	Field	Track	Field
30	Ed Williams	Leo Williams	Pamela King	Donna Pope-Green
35	Bill Collins	Dwight Stones	Darsi Bowden	Joan Stratton
40	Larry Almberg	Steve Hardison	Phil Raschker	Phil Raschker
45	Ken Sparks	Tom Gage	Joan Colman	Brenda Bloomfield
50	Roy Turner	Darrell Horn	Sandra Knott	Becky Sisley
		Larry Stuart		
55	Jim Sutton	Dick Richardson	Marilyn Fitzgerald	Christel Miller
60	Jack Greenwood	Jim Gilchrist	Mary Patterson	Lenore McDaniels
65	Rudy Valentine	Ed Lukens	Lavina Haeefe	Josephine Sullivan
		Josephine Sullivan		
70	John Alexander	John Alexander	Mary Bowermaster	Mary Bowermaster
				Vadine Koenig
75	Eugene Keller	Ross Carter	Lucille Monroe	Sheila Evans
			Pearl Mehl	
80	Ed Benham	Wesley Ward	Polly Clarke	Carolyn Clark
85	Konrad Boas	Arling Pitcher	Anna Ward	
		Win Mc Fadden		
90	Paul Spangler	Buell Crane		
95	Herb Kirk	Tom Lane		

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MASTERS RACEWALKING

by ELAINE WARD

Masters Racewalk Records

People have been wondering for years why there are no masters racewalk records published in NMN or TAC official record books. The reason is that there has been no system for ratifying masters racewalk records in the United States. This was also true for open men's and women's racewalk records until a few years ago.

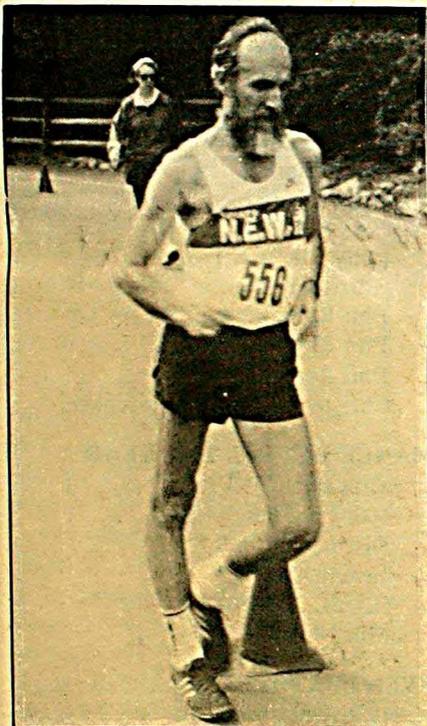
The omission probably started as an oversight, perhaps caused by the racewalk program's relative isolation from long distance running and track & field, and thus isolation from the record keeping process.

The breakthrough came when the same TAC system of record ratifica-

tion was applied to open racewalkers as to the rest of T&F and LDR. This gave racewalking a definite, reliable system for ratifying times, and for establishing official records. This year TACSTATS, the National Center for LDR and senior RW records, appointed Don Henry to represent masters racewalking. Don is responsible for amassing, compiling, and submitting potential masters racewalk records. (Steve Vaitones is responsible for open records.)

Here is where some confusion may enter. TACSTATS will only ratify 5-year age-group records, not single-age records, and the age-group records begin at age 40 for men and women. TACSTATS has its own record-application form. It has all the information about the requirements for a record, such as timing and judging, course certification, and track curbing. Also, a race director can use one form for everyone at an event so he/she doesn't have to sign and get others to sign several different forms.

Single-age bests will still be kept, but on an unofficial basis. Don Henry will continue to keep them for women; Alan Wood will continue to keep them for men. Don has a simpler form than that of TACSTATS for single-age bests which he will also accept for TAC age-group records. Alan doesn't have a specific form requirement. Men can



Bob Keating, second M40 in 3:48:12, TAC/USA National Masters 40K RW Championships, New Jersey. Photo by Elliott Denman

use Don Henry's form or write down the necessary information and send it to him.

It is recommended that all athletes trying for a record at a specific event notify the race director ahead of time, and take the necessary application form along. It is also recommended that meet directors have both the TACSTATS age-group record form and Don Henry's form available when there is masters RW. To get one or both forms, send a stamped, self-addressed, envelope to Bev La Veck with your request. (Address on page 2.)

A few weeks ago, there were zero TAC masters age-group records. Thanks to Wayne and Sally Nicoll of TACSTATS and Don Henry, 81 records were ratified at the Seattle Convention. The same numbers are pending because of technicalities such as (1) no birth date, (2) no application on file, or (3) no independent verification of continuous track curbing. If the needed information comes in, they will be submitted for ratification at the 1991 TAC Convention.

La Veck Re-elected Masters Racewalking Rep

At the TAC Annual Convention in Seattle, November 27-December 2, Bev La Veck was re-elected racewalking representative to the National Masters Track & Field Committee, the committee responsible for governing masters athletics. She ran unopposed in affirmation of the superior job she has done the past six years on behalf of masters RW.

In the next issues of NMN, Bev will be working with Elaine Ward, NMN

Don is treating everyone's record application by the same standard. He is not accepting anything because so and so has a good reputation or is someone he knows well. His standard is objective, and either a submission meets the criteria or it doesn't. Don's job is immense and one that deserves the full cooperation of the masters racewalking community.

Addresses: Don Henry, 24 Fairview Ave., Brick, NJ 08724; Alan Wood, Regency House, Pompton Plains, NJ, 07444. □

Late Flash

A 10K replaces the women's 20K at the Masters National Outdoor Championships. The Men's 20K distance remains. There will also be a non championship 20K race for women and non championship 10K race for men. Records will be recognized in both the championship and non championship events. □

racewalk editor, to keep masters informed on issues of general immediate concern. This month will focus on Masters Records. Subsequent months will focus on Age-Graded Tables, All-American Standards, Rankings, Awards, and Rules.

Bev has requested that masters racewalk results be sent to her as well as questions and suggestions about the program. Address: 6633 N.E. Windermere Road, Seattle, WA 98115. □

Kitts Top U.S. Walker in Pan Pacific Cup

by MIKE TYMN

Eugene Kitts, a 43-year-old Hawaii chiropractor, was the top American finisher and fifth overall in the 50K at the Pan American Cup racewalking championship in Jalapa, Mexico on October 28.

Kitts heel and toed the 31.2-mile race in 4:19:27, a personal best. Martin Bermudez of Mexico won the race in 3:51:30 in leading the Mexican team to victory. The U.S. took second.

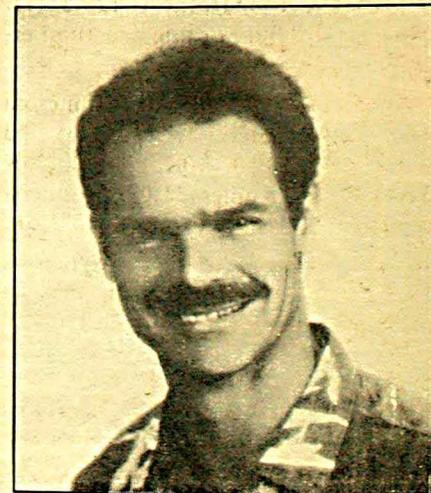
Kitts' previous best was a 4:20:21, recorded in a fifth-place finish at the national championship in Atlanta in March. At the Olympic Sports Festival in July, he did 4:22:56 while finishing third.

Breaking 4:20, a time which only five or six Americans accomplished in 1990, is especially significant to Kitts as it is the Olympic Trial qualifying time for the 1992 Olympics. However, Kitts will have to dip under 4:20 next year in order to qualify.

"I think I'm training and racing smarter now," said Kitts, who took up racewalking five years ago when a bad back prevented him from running and competing in triathlons. "I was doing

as much as 140 miles a week right up to the time of the race, but now the most I'm doing is 110, and I begin to cut back from that three weeks before the race. And I'm doing a lot more swimming and biking. The swimming has really helped my upper body strength, and I can tell the difference in my walking."

Kitts is now looking forward to the nationals in Los Angeles next March. There he hopes to earn a place on the U.S. team for the World Cup. □



Eugene Kitts



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1990 LDR Award Winners

Continued from page 1

ner for the fourth straight year.

The next-best age-graded performances were turned in by Larry Alberg, 43, who was also voted best masters track & field athlete of 1990. He sped to times of 30:46 (95.8%) in the Red Lobster 10K, 1:08:49 (94.2%) in the Seattle Half-Marathon, 14:46 (94.5%) in the Carlsbad 5K, and 24:17 (94.8%) in the Nordstrom's 8K. He set a U.S. Masters 12K record of 37:19 in the Lilac Bloomsday Run to clinch M40-44 honors in close competition over Bill Rodgers and Bob Schlau.

California's Sal Vasquez, 50, rated next with 5 miles in 25:31 (96.1%), 10K in 32:41 (93.9%), half-marathon in 1:11:53 (93.9%), and 12K in 39:06.

Another Golden Stater, Shirley Matson, 49, topped all women runners on the age-graded scale with a 10K in 36:07 (94.5%), half-marathon in 1:20:55 (92.9%), 10 miles in 1:00:43 (93.3%), and 8K in 29:06 (92.8%). She also posted a 17:45 5K, 57:21 15K and 2:00:41 30K. In her 45-49 age-group, she received tough competition from Gabriele Andersen, 45, who turned in a 5K in 17:19 (91.8%) and 8K in 28:38 (92.4%).

California's Laurie Binder, 43, repeated for the third straight year as outstanding W40-44 runner with a 34:56 (94.0%) at the Great Race 10K and a 58:34 (91.2%) at the Crim 10-Mile. She won \$7000 as the first 40+ female in 2:39:52 (92.7%) in the Twin Cities Marathon, and won a TAC masters title with a 37:01 in the National 10K in Salt Lake City. She topped all women masters in the Fiesta 5K (17:25), the Bix 7-Mile (40:42), the Falmouth 7.1 mile (40:56), and the Peachtree 10K (34:59). Close on her heels were Barbara Filutze, Nancy Oshier, Nancy Grayson, and Jane Hutchinson.

Awards in the other age-groups were as follows:

M45: Barry Brown of Florida raced 5K in 15:18, 8K (25:04) and 10K (32:13) to edge Mike Heffernan.

M60: Gaylon Jorgensen of Utah won national 10K (35:36) and 15K (54:49) titles, and ran 5K in 17:36, 10M (59:04) and marathon (2:43:11). Runners-up: Bill Fortune and Jim Fernandez.

M65: Alex Ratelle of Minnesota took the National 15K (1:00:43) and ran 5K in 18:50, 10K (37:54), 25K (1:41:39) and 5 miles (31:09). Runners-up: John Hosner and Lou Ledovico.

M70: Nate White of Syracuse, N.Y., won four national masters championships: 5K (22:16), 8K (36:40), 10K (46:10), and 15K (1:10:24). California's Eddie Lewin had faster times: 5K (22:08), 10K (43:47) and 15K (57:19), but the Committee awarded extra points to White for his four na-

tional triumphs. Warren Utes of Illinois, who turned 70 late in the year, was also strongly considered. In fact, after the voting, White asked that Utes be awarded the honor, but his request was denied by the Committee.

M75: Eugene Keller of Ohio topped last year's winner Dudley Healy with a 5K in 23:28, 8K (36:08), 10K (47:09), 10 mile (1:16:00), and half-marathon (1:47:08).

M85: Willard Benton of San Diego edged fellow Californian Jacob Bishin with 10Ks of 1:05:07 and 1:08:02.

M90: Paul Spangler, 91, of California won an outstanding-runner award for the 12th straight year as he clocked 56:10 for 8K, 1:14:49 (10K) and 2:35:00 (15K).

W50: Barbara Miller edged California's Gina Faust with marks of 39:34 (10K), 19:36 (5K), 3:08:21 (marathon), 1:17:04 (half), 31:12 (8K), 49:22 (12K), 1:02:56 (15K), and 1:25:04 (20K). Faust clocked 40:24 (10K), 17:54 (5K), 31:04 (8K), and 1:02:50 (15K).

W55: Wen-Shi Yu of New York City set a U.S. W55 record of 4:38:20 in the 50K and won the national marathon title in 3:12:51. She added a 10K (43:45), half (1:31:34), 8K (34:28), 12K (53:13), 15K (1:07:24) and 10 mile (1:10:50). Wilma Maddock was runner up with a 42:32 10K and 1:39:43 half.

W60: Toshiko d'Elia of New Jersey beat her chief W60 competitor Whayong Semer of Ohio by 10 minutes in the Twin Cities Marathon, 3:28:51 to 3:38:42. She raced 10K in 44:08, the half in 1:39:39 and 5K in 21:42. Billie Murphy was also in contention.

W65: Helen Dick bested fellow Californian Mary Storey with three AR's in the 10K (47:16), half (1:45:42) and 8K (37:09).

W70: Ellen McCoy of Minnesota set a U.S. 25K record of 2:26:39 and won the national 15K in 1:22:55. She posted a 26:29 5K, 44:27 8K, 54:47 10K, and 4:30:24 marathon. Runner-up: Hedy Marque of Virginia.

W75: Mary Haines of Connecticut outpolled Colorado's Pearl Mehl with a 33:06 5K and 51:37 8K.

W80: Anne Clarke of Illinois topped California's Mavis Lindgren with a 5K in 30:22, 10K (61:32), 8K (53:41), 10 mile (1:43:16), and half (2:19:23).

W85: Ruth Rothfarb, 88, of Miami, inspired many runners as the oldest U.S. female road runner in 1990.

The awards were coordinated by Kirk Randall (men) and Ruth Anderson (women), who announced the winners at TAC's Awards Luncheon in Seattle. □

— Al Sheahen

OUTSTANDING LONG DISTANCE RUNNERS — 1990

Selected by the Masters Long Distance Running Committee of TAC

Age	Men	Women
40-44	Larry Alberg	Laurie Binder
45-49	Barry Brown	Shirley Matson
50-54	Sal Vasquez	Barbara Miller
55-59	Norm Green	Wen-Shi Yu
60-64	Gaylon Jorgensen	Toshiko d'Elia
65-69	Alex Ratelle	Helen Dick
70-74	Nate White	Ellen McCoy
75-79	Eugene Keller	Mary Haines
80-84	Ed Benham	Anne Clarke
85-89	Willard Benton	Ruth Rothfarb
90+	Paul Spangler	



Gaylon Jorgensen, 61, Henderson, Nev., shaved 19 seconds off of his own U.S. single-age record with a M60 victory 54:49, TAC USA National Masters 15K Championships, Edina, Minn., September 23. He was voted M60 LDR runner-of-the-year. Photo by Dennis Hahn



Nate White, 71, M70 winner (70:24), TAC USA National Masters 15K Championships, Edina, Minn., September 23, was named M70 LDR athlete-of-the-year. Photo by Dennis Hahn

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Masters Health and Fitness

by ERIC D. ZEMPER, Ph.D.

500 Miles of Running = One Injury

As part of a pilot study of activity and injury patterns in middle-aged adults, data was collected monthly for six months from 21 regularly exercising adults (17 males, 4 females) aged 45-70 years, whose primary exercise activity was running.

The subjects averaged 3.9 running sessions per week, 50.2 minutes per session, 22.6 miles per week, 5.8 miles per session at 8:42 per mile pace. All other exercise activities averaged 1.4 sessions per week and 43.3 minutes per session.

There were 24 time-loss injuries attributed to running in this sample, all but two involving the lower extremities. One-third of the running injuries involved the knee. There was 1 injury per 88 running sessions and 1 injury per 500 miles of running.

Each injury lasted an average of 9.75 days before return to unrestricted ac-

tivity (range: 1-45 days). Most of the injuries resulted in modification of activity (e.g., decreased frequency, mileage, pace, or doing alternative exercise activities) rather than complete restriction of exercise activity.

There were six injuries attributed to other exercise activities, for a rate of 7.9 injuries per 126 sessions, with an average time-loss of 14.7 days. During this period there were eight time-loss injuries that did not involve exercise, five being lower back strains, with an average time-loss of 8.5 days. There also were 13 illnesses reported, primarily colds and flu, with an

average time-loss of 7.0 days.

Based on the results from this small pilot study, a middle-aged runner can expect 2.3 running injuries per year with a total of 22.4 days of modified or restricted activity, 0.6 injuries from other exercise activities with 8.8 days of restricted activity, 0.8 non-exercise injuries with 6.8 days restricted activity, and 1.2 illnesses affecting 8.4 days.

On the average, this middle-aged runner can expect 2.9 exercise-related injuries per year affecting 31.2 days, and 2.0 non-exercise injuries and illnesses affecting 15.2 days per year, for a total of 4.9 incidents affecting 46.4 days.

The results from this small-scale pilot study will be used to develop a large-scale multi-year prospective study of activity and injury patterns in middle-aged and older adults representing the full spectrum of activity from sedentary to regularly active. Such data currently is not available for this age group, and such data is necessary to investigate factors related to injuries in this population, with the ultimate goal of developing ways to reduce the number and severity of injuries in middle-aged and older adults. □

Eric Zemper is a Ph.D. at Exercise Research Associates of Oregon in Eugene. His article was provided to NMN via Teddy Foy of The Masters LDR Committee of TAC.

CUMULATIVE PRIZE MONEY EARNINGS MASTERS 10/30/90

RNK	NAME	ST/NAT	CUM PRIZE	RNK	NAME	ST/NAT	CUM PRIZE
1	Campbell, John	NZL	\$74,150	1	Binder, Laurie	CA	\$16,350
2	Tibaduiza, Domingo	COL/NV	\$17,406	2	Anderson, Gabriele	SUI/ID	\$15,455
3	Hamilton, Ken	CAN	\$15,050	3	Oshier, Nancy	NY	\$14,700
4	Marczak, Ryszard	POL	\$14,700	4	Filutze, Barbara	PA	\$11,525
5	Schlau, Bob	SC	\$10,500	5	Striuli, Graziella	ITA	\$11,000
6	Cuevas, Mario	MEX	\$9,556	6	Welch, Priscilla	GBR/CO	\$10,247
7	Rodgers, Bill	MA	\$8,750	7	Roden, Anne	GBR	\$8,500
8	Waigwa, Wilson	KEN	\$7,925	8	Grayson, Nancy	SC	\$7,200
9	Navarro, Artemio	MEX	\$5,500	9	Ciavarella, Claudia	TN	\$6,135
10	Stahl, Kjell-Erik	SWE	\$4,200	10	Palm, Evy	SWE	\$6,000
11	Custy, John	CO	\$3,075	11	Greer, Judy	FL	\$4,650
12	Almberg, Larry	WA	\$2,900	12	McHarg, Karen	FL	\$3,850
13	Ovens, Earl	GA	\$2,700	13	Hutchison, Jane	MO	\$3,100
14	Belilgne, Atlav	NY	\$2,000	13	Lynn, Laura	CAN	\$3,100
15	Ueberg, Richard	SUI	\$2,000	15	Vahlensieck, Christo	FRG	\$2,700
16	Dyce, Byron	JAM/FL	\$1,800	16	Taroni, Cesarina	ITA	\$2,500
17	Hughson, Richard	CAN	\$1,700	17	Mendonca, Elenora	MA	\$2,450
18	Olsen, Larry	MA	\$1,650	18	Havens, Susan	WA	\$2,300
19	Keenan, Dale	NY	\$1,500	19	Ilands, Magda	BEL	\$2,000
20	Ingram, Larry	CO	\$1,500	19	Hutchinson, Jane	MO	\$2,000
21	Sparks, Ken	OH	\$1,450	21	Stromsae, Marcia	CAN	\$1,500
22	Stewart, Dave	CAN	\$1,400	21	Matsuda, Chei	JAP	\$1,500
23	Lopez, Luis	CRC	\$1,375	23	Lilburn, Adrian	FL	\$1,350
24	McManus, Tony	NZL	\$1,350	24	Osantowski, Odette	CA	\$1,250
25	Brown, Barry	FL	\$1,250	25	Kozak, Erno	CAN	\$1,200
26	Neri, J. Socorro	MEX	\$1,200	25	Yu, Wen-Shi	NY	\$1,200
27	Knuckey, Bob	CAN	\$1,150	27	Cash, Linda	CO	\$1,175
28	Pearson, Jim	FL	\$1,100	28	Lindsay, Shirlye	TX	\$1,000
29	Wolfe, Bob	TX	\$1,000	28	Hiins, Justin	N/A	\$1,000
30	Stern, Peter	CA	\$1,000	28	Smith, Jenny	NZL	\$1,000
31	Molnar, Steve	PA	\$1,000	28	Carnes, Sue	N/A	\$1,000
32	Paul, Don	CA	\$1,000	32	Pease, Andrea	GA	\$975
33	Carroll, Tom	MA	\$950	33	Banning, Linda	SC	\$950
34	Baird, Peter	TX	\$900	34	Millspaugh, Jane	PA	\$950
35	Shorter, Frank	CO	\$850	35	Ladage Scott, Gail	CO	\$850
36	Ruckert, Steve	MD	\$825	35	Lunn, Laura	CAN	\$850
37	Frederick, Larry	NC	\$800	37	Langston, Diane	MO	\$750
38	Wessely, Wes	GA	\$775	37	Wood, Mary	N/A	\$750
39	Riemer, Ric		\$750	37	Muhr, Terry	OH	\$750
40	Wilborn, Gary	OR	\$750	37	Walters, Harolene	CA	\$750
41	Gagnon, Jaques	CAN	\$750	37	Kreuz, Janice	OH	\$750
42	Thompson, Charles	CA	\$700	42	Prejean, Nancy	TX	\$695
43	Nicholson, Carl	AL	\$675	43	Fegley, Vicki	OK	\$600
44	Mora, Victor	COL	\$650	43	Faust, Gina	CA	\$600
45	Hackenberg, Jim	MI	\$625	43	McIntyre, Kathy	NY	\$600
46	McCluskey, Terry	PA	\$600	43	Wood, Mary	CO	\$600
47	Jimenez, Ignatio	MEX/TN	\$600	47	Bugyi, Judith	PA	\$550
48	Grier, Anthony	MD	\$600	47	Mansfield, Anne	NC	\$550
49	Hall, Bob	NH	\$575	49	Harshbarger, Betsy	MA	\$525
50	Green, Norma	PA	\$550	49	Edwards, Sally	CA	\$525

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Address _____ Age _____ Sex _____
City _____ State _____ Zip _____ Date of Birth _____
Phone _____ Best 5K _____ (Even) _____ (Last 2 Months)
Occupation _____ Two Best Races _____
Performances _____
Other Athletic Accomplishments _____

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Date _____ Signature _____



**MASTERS
TRACK & FIELD
REPORT**

by **BARBARA KOUSKY**
Chairman, TAC Masters Track & Field Committee

Convention Report

Congratulations to the athletes who were selected for recognition as outstanding individual and age group athletes for 1990. It is a well deserved honor for each of you.

I would like to thank all the members and delegates who attended our annual convention. The sacrifice you made in taking time off from your jobs and families, often at your own expense, is appreciated. Late night and early morning meetings were the order for the convention. A full agenda, with difficult decisions to be made, left little or no time for relaxation (and sometimes meals!).

Some of the decisions made were the awarding of national championships. This is one area where your committee will be making some needed improvements. Our goal will be to award na-

tional championships a minimum of two years in advance. This will enable organizers at all levels and individual athletes to better plan for their competition. To that end, we will be awarding the 1992 Outdoor Championships during our committee meeting at the 1991 Indoor Championships in Blaine, Minn. Bid procedures and forms, and the meet director's guide, are currently being revised and will be available to any interested associations or clubs. Those interested in receiving information on our selection process should address their inquiries to Max Goldsmith (outdoor championships) and

Scott Thornsley (indoor championships) whose addresses are listed on page 2.

Entry booklets for the IX World Veterans' Championships in Turku, Finland, are available from Committee

Secretary, Marilyn Mitchell, 330 East 46th St. #4C, New York, N.Y. 10017, or Chair, Barbara Kousky, 5319 Donald Street, Eugene, OR 97405. The deadline for competition entry to be received by Finnish organizers is April 15, 1991.



L.A. Valley Athletic Club M60-69 quartet, winners of the 4x100 (53.78) and 4x400 (4:39.64) relays, National Championships, Indianapolis. From left: Gene Harte, Jack Greenwood, Barney Phillips, and Bob Watanabe.

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Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, Presiding

All-American standards

A motion that national champions be awarded All-American certificates, even if they don't meet the standards, was rejected overwhelmingly.

The AA subcommittee, chaired by Gary Miller, annually reviews the standards and makes necessary adjustments.

Awards

A motion to abolish all awards, with the exception of the Outstanding Administrator award, was defeated, 12-7. The Awards Chairperson has the authority to streamline the process. (See chart for 1990 winners and article on selection process on pages 8-9).

By voice vote, the Committee established a female multi-event athlete-of-the-year award, and a female outstanding-single-performance category.

The consensus was that outstanding awards should be given to the most deserving individuals based on performance, even if they were repeaters from previous years.

Budget

A budget of \$25,000 for 1991 was approved (see chart on this page). While 28% less than the \$34,500 requested, the amount was a 67% increase over 1990's \$15,000. TAC's overall revenues are expected to drop from \$9 million (1990) to \$7.5 million (1991).

The Committee agreed to provide increased financial aid for the seven sections, and drop support for national championships, which are usually self-supporting.

Indoor National Championships

1. 1990 - Madison, Wisc.

Mary Byers reported the meet went well.

2. 1991 - Blaine, Minn.

Meet director Dixon Farmer passed out application forms. The short sprint will be 60 meters, not 55 as listed on the forms. Illinois, Iowa and Wisconsin can supply

racewalk judges. The 35-pound weight will be thrown outdoors, within 150 meters of the main venue. Field events will be limited to 10 per flight. Dorm space is available at probably four to a room. Other accommodations are listed on the entry form (to be published in February NMN). Transportation will be available to the Sports Center from the hotels.

3. 1992 - Columbus, Ohio

The 1992 meet was awarded to the Wolfpack Track Club and will be held at Ohio State University — site of the 1989 indoor meet — on April 3-5. John White made the presentation. Jim Pearce will direct. There are no current plans for repairing the waves on the track's backstretch. Meet fees will likely be \$10/first event and \$6/each additional event.

Outdoor National Championships 1990 - Indianapolis

More than 1000 participants made this the second-largest championships after San Diego (1450) in 1989. Indianapolis had the highest number of U.S. participants. Racewalkers said the road race walk was excellent. Frank Little has filed a formal grievance with TAC and the outcome will be announced in the National Masters News. No financial statement has been submitted.

1991 - Naperville, Ill.

The 1991 meet had been awarded to "Illinois TAC and Dick Green, meet director." However, due to an internal conflict, Illinois TAC returned the meet to the Committee, which agreed that Illinois TAC would not be held financially responsible for the event. The meet was then re-awarded to The Midwest Masters Runners Club with Dick Green as meet director.

1992

No bids were submitted for the 1992 meet. Bids will be accepted at the 1991 National Indoor Championships in Minnesota in March.

Weight-Throw Championships

The National 56-pound Weight-Throw National Championships were awarded for 1991 and 1992 to the Wolfpack Track Club in Columbus, Ohio. The meet will consist of open and masters athletes and will take place in the first or second weekend in September.

Championship Schedule

A permanent, outdoor championship schedule, prepared by Bruce Springbett, Glennie Johnson and Jim Puckett, was amended and approved (see chart). There was discussion on whether to drop the 10,000-meter run, since there are very few participants, but no action was taken.

Committee Reports:

A. Logos, Medals

Bob Fine presented a drawing of a new proposed TAC national championship medal.

B. Membership

No report, as Sandy Kalb is ill and did not attend the convention. The attendees wished him well and signed a get-well card.

TAC registered 19,820 masters athletes in 1990, but no breakdown by sport was available.

C. Officials

1). Racewalk judges are encouraged to become TAC-certified in track & field and road racing, as well, and to officiate an entire meet, rather than leaving after the walk events, as is apparently the custom in many areas.

2) Sandy Pashkin said any official wishing to work the outdoor national masters meet should contact meet director Dick Green at 815-332-4743.

3 Standardized officials' forms, which are helpful to meet directors in signing up officials, are available from Pashkin (address on page 2).

D. Sports Medicine

Joan Stratton reported there may be a sports psychologist in Turku for the 1991 WAVA World Veterans Championships.

Drug Testing

In a joint Masters T&F/Masters LDR meeting, it was revealed that WAVA has said there will be *no* drug testing in Turku, but the IAAF has said there *will* be testing. No detailed information is available concerning who might be tested, nor whether medications commonly used by older people would be exempted. (See Masters LDR Minutes for more details).

IAAF Veterans Committee

Three candidates sought the Committee's endorsement for the *convention election* of a U.S. masters representative to the IAAF Veterans Committee — Bob Boal, Jerry Donley and Bob Fine. Since the Masters LDR Executive Committee had already endorsed Boal, Masters T&F decided to give a joint endorsement to both Donley and Fine. Boal was the eventual convention winner (see separate story).

Multi-Events

The 1991 TAC National Masters Indoor Pentathlon will be held on February 16 in Indianapolis. The 1991 National Decathlon/Heptathlon is set for June 23-24 in Lincoln, Nebraska.

Racewalking

Bev LaVeck said there are more masters racewalkers than open racewalkers in competitions. A masters racewalking subcommittee will be formed, consisting of two walkers per section, selected by the sectional chairmen. (Also see Records: racewalking, below.)

Rankings

Jerry Wojcik said rankings will no longer be published in the National Masters News, since it's a duplication of effort, given that all rankings are published in a rankings book.

A motion to accept marks for the rankings only from TAC-sanctioned meets and only from TAC-registered athletes was defeated. It was seen as being potentially detrimental to our stated goal of increasing participation in masters T&F.

Records

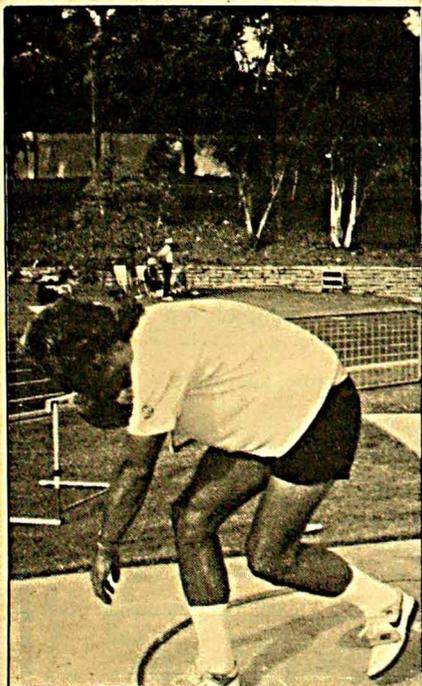
A. Track & Field

Records Chairman Pete Mundle suggested hand times be allowed for records, since many masters meets don't have automatic timing and since WAVA still recognizes hand times for record purposes. The Committee rejected the idea, thus U.S. track five-year age-group records can only be established with automatic timing. All hand times will henceforth be reported as "noteworthy performances."

M95+ records will be started in 1991.

The Committee voted unanimously to accept the records as presented by Mundle.

Continued on page 16



Russ Reabold, M35, 12.48 in the shot, SCA/TAC Championships, Los Angeles.

Photo by Jerry Wojcik

TAC MASTERS TRACK & FIELD COMMITTEE BUDGET - 1991

	1990	1991
1. Chairman	\$4400	\$4800
2. Outdoor Coordinator	1200	1200
3. Indoor Coordinator	500	800
4. Multi-events Coordinator	600	1700
5. Sectional Coordinators	1400	6300
6. Records Chairman	2700	2500
7. Women's Coordinator	300	400
8. Secretary	400	600
9. Treasurer	400	600
10. Racewalking Coordinator	300	300
11. Awards Coordinator	500	500
12. Team Manager	0	1800
13. Rankings Coordinator	1500	1800
14. Board of Directors Meeting	500	500
15. WAVA Fee	150	150
16. Miscellaneous	150	50
17. Contingency	0	1000
Total	\$15,000	\$25,000

THE ATHLETICS CONGRESS

November 27 - December 2, 1990

Minutes of Masters LDR Committee Meetings

November 27 Tuesday 9 a.m. Executive Meeting

Charles DesJardins, chairman, opened the meeting by asking for agenda items for the remainder of our meetings.

Bob Boal reviewed his candidacy for nominee to the 10-member IAAF Veterans Committee. Bob thanked Kirk Randall for his efforts to get a veterans event in the 1992 IAAF World Cross Country Championships in Boston. There will be a race for veterans, but it has not yet been determined whether it will be a world championship or an exhibition race.

Norm Green requested that a list of Masters LDR meeting attendees go out with the minutes this year.

Ruth Anderson reported that Barney Klecker had been cleared after a hearing and had been allowed to compete in Muncie at the 50K.

Chuck reported on some of the meetings and projects he has been involved with during the past year. Since Alvin Chriss will no longer be working in the same capacity for TAC, we'll need to consult with another TAC attorney on any legal questions that may come up. The prospective sponsor Chuck had been working with this past year will not be supporting our championships after all, due to budget cuts and administrative changes. Chuck announced

that our bid chairman, Phil Benson, has resigned, and that Kirk Randall has been appointed to that position. Our committee's budget request of \$36,000 was decreased to \$25,000, but still includes travel for important Executive Committee meetings, WAVA meetings, and funding for our statistical project.

Chuck reported on the RRCA Regional Meeting where he had made a presentation on our committee's activities. Bob DeCelle, long-time LDR supporter, explained how the masters long distance committee evolved from being a subcommittee of open LDR back in the AAU days.

Nov. 27 Tuesday 6 p.m.

Chairman's Report: Chuck attended nine TAC Executive Committee meetings, one Board of Directors meeting, two Masters LDR Executive Committee meetings, and the RRCA Regional Meeting this year. He was also a party on numerous conference calls. One of TAC's main concerns was its restructuring, which will require the Executive Committee to run TAC, not its Executive Director, Ollan Cassell. The main impact of this will be the hiring of a Director of Operations and a Director of Administration with Ollan retaining the title of CEO.

Rules: George Kleeman reviewed the proposed changes to TAC's Rules of Competition which would affect our committee and asked for our input on several items. A motion passed to amend a Masters LDR proposal to read that only U.S. citizens and permanent resident aliens shall be allowed to win TAC Championship medals or to score on a team. A motion passed to recommend the two items referring to road race officials, even though the feeling was that the other LDR committees would reject it. We wanted to make a statement that we like the concept of having qualified officials at road events.

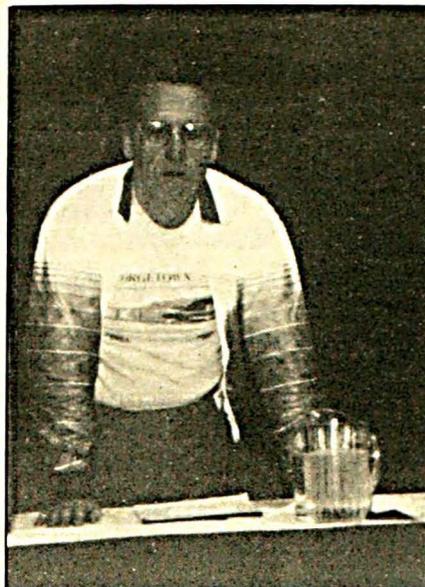
Awards: Committee Vice-Chairmen, Kirk Randall and Ruth Anderson, distributed copies of their nominees for our Outstanding Athletes of 1990. The intent was to give people a chance to review the data before voting on Thursday morning.

IAAF Veterans Committee: The three candidates for this position, Bob Boal, Jerry Donley, and Bob Fine, made brief presentations and answered questions about their candidacies.

Bob Boal is currently a member of this committee and has worked to bring a veterans race to the World Cross Country Championships. The committee has worked to promote cooperation between WAVA and the IAAF, since the WAVA affiliates in many member nations are not associated with the IAAF affiliates.

Jerry Donley feels the job requires a good communicator. He would like to bring WAVA and the IAAF closer together.

Bob Fine thinks a strong WAVA person is needed for the job and he is running unopposed for WAVA Vice President. He said a veterans race in the World Cross Country Championships must be approved by WAVA and the IAAF.



Chairman Charles DesJardins chairs meeting of Masters LDR Committee in Seattle.

Bob Fine requested that our entire committee, not just our Executive Committee, make an endorsement for one of the candidates. No action was taken. (Note: The Executive Committee had already announced its endorsement for Bob Boal. Later in the meeting, the group passed a motion for a Vote of Confidence in our Executive Committee.)

Nominating Committee: John Woods passed out a list of nominees for officers of our committee. The recommendation was that the current officers be re-elected. Elections will take place on Friday morning.

Law & Legislation: Norm Brand reviewed the few tabled L&L items from last year's convention. We recommended a change in Article 14 so that Open Women would include ages 20 through 39, not 34, since the masters division doesn't begin until age 40 in the U.S. Norm asked us to look at the item on bid procedures, Reg. 4-F, and to give him any input we might have.

Nov. 29 Thursday 8:30 p.m.

Awards: Kirk Randall and Ruth Anderson presented the men's and women's nominees for Outstanding Athletes of 1990. We are all asked to urge reps and athletes from our areas to send them information and results for compilation of data for next year's nominees. A motion was made to not award the 85-89 men's category: motion failed.

Records: Kirk said since all road courses are different, should we really be keeping records? This is in connection to the proposed rule change about marathon records.

WAVA: A question came up about the difference between TAC's and WAVA's minimum age requirement for women masters. Currently, women in the U.S. must be 40 to compete in masters athletics, whereas internationally, women need be only 35. A motion was passed that our committee support age 40 becoming the international requirement for women. This will be brought up at next summer's WAVA Council Meeting.

Nov. 29 Thursday 2:30 p.m. Joint Masters T&F-LDR

T&F Chairman Barbara Kousky and LDR Chairman Charles DesJardins took turns leading the meeting. Chuck called the meeting to order.

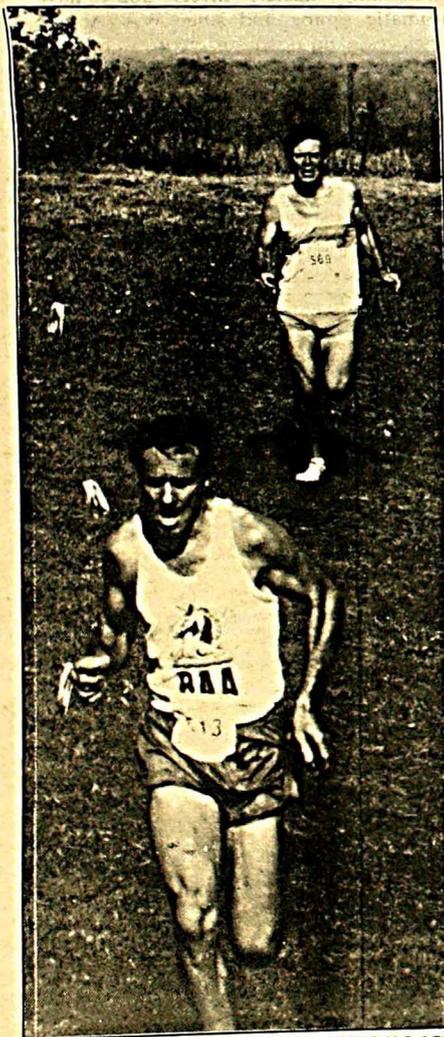
Drug Testing: WAVA has not approved drug testing for the World Veterans Championships, but the IAAF is urging that drug testing be done and is willing to pay for it. So it is not clear if there will be drug testing in Turku or not.

Barbara took a straw vote on whether to leave the drug issue where it is and wait for more information: the vote was 14 to 14.

For information on specific banned medications, athletes may call a drug hotline number: 1-800-233-0393.

WAVA/IAAF: Bob Fine explained that WAVA became a strong organization when the IAAF was not interested in veterans ac-

Continued on page 17



Harold Hatch, Boston AARC, third M50 (18:15), leads Bob Milner, Syracuse Chargers, first M55 (19:06), TAC National Masters 5K Cross-Country Championships, Fayetteville, N.Y., Oct. 7. Photo by Walter Rudy

1991 LDR TAC/USA National Masters Championships

RACE	DATE	SITE
5K Road	February 3	DeLand, Fla.
5K Cross-Country	November 3	Columbus, Ohio
8K Road	December 8	New Orleans, La.
8K Cross-Country	November 30	Boston, Mass.
10K Cross-Country	October 26	Louisville, Ky.
15K Road	November 2	Tulsa, Okla.
25K Road	November 17	San Diego, Calif.
Marathon	October 6	Minneapolis-St. Paul, Minn.
50 Mile	April 7	Columbus, Ohio
100K	October 26	Duluth, Minn.
24-Hour	September 28-29	Portland, Ore.
10K, 20K, 30K, 1/2 M	TBA	

1992 LDR TAC/USA National Masters Championships

5K Cross-Country	November 8	Columbus, Ohio
Half-Marathon	January 12	DeLeon Springs, Fla.
Marathon	October 4	Minneapolis-St. Paul, Minn.

Minutes of Masters Track & Field Committee Meetings

Continued from page 14

B. Racewalking

Masters racewalking records were officially submitted for the first time, with data going back to 1980. Don Henry is the new Masters Racewalking Record-keeper. He was appointed by Basil Honikman, TAC Records Chairman.

Relay-Selection Guidelines in Turku

Springbett, with input from Pashkin, proposed guidelines for relay-selection at World Championships:

- 1) Use 100m and 400m times, but no extrapolation from other events, such as 200m or hurdles;
- 2) 100 or 400 times in multi-events are acceptable;
- 3) Pick fastest people based on Turku times only;
- 4) Team manager can factor-in unforeseen circumstances, i.e., injury, and make a judgement that a qualifier is too injured to run.

The guidelines were accepted by the Committee.

Road Mile Championship

(See Masters LDR minutes)

Rules

TAC amends its rules every even-numbered year. Masters T&F follows all TAC rules, unless otherwise noted (hurdle heights, implement weights, etc.)

The Committee reviewed these proposed rule changes:

- 1) In national championships, it voted that women will walk 10K, not 20K. That brings it in line with the World Championships.
- 2) A one-hour walk instead of a two-hour walk may be held as a national championship.
- 3) National team championships were rejected by voice vote, but sectional team championships *may* be held (passed unanimously). A majority felt national team scoring would place a heavy burden on a meet director because of the difficulty in verifying relay teams. A minority felt it would help recruiting efforts and increase participation.
- 4) A proposal that entries for national championships must be received three days prior to the meet was defeated.

Sectional Reports

The importance of team scoring in sectional championships as a way to increase participation was discussed. Sectional reports were given. Highlights:

1) A surcharge of \$1 is added to the entry fee in the Eastern Sectional meet to help defray meet costs and travel expenses for the coordinator.

2) The Northwest Section suggested dividing itself into two sub-sections, because its territory is too vast to entice all potential competitors to the sectional meet, which has been held in Portland for 17 years. The meet will begin rotating in 1991.

3) Sectional meets were only able to break even if they found sponsorship or received in-kind donations. The meets need financial support to survive (see Budget).

Sectional Boundaries

The Committee voted to have Kousky appoint a subcommittee to review the possible restructuring of the seven sections and report to the Committee in 1991.

Senior Olympics

The Committee hopes to have a presence at the 1991 National Senior Olympics in Syracuse.

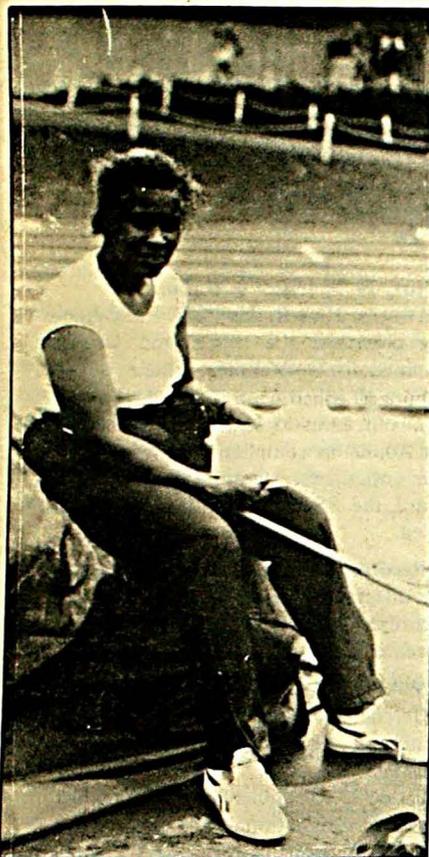
Site Selection

1) Due to a TAC Board of Directors directive, there are to be no championship meets in Arizona, Montana or New Hampshire, because these states have no Martin Luther King paid holiday.

2) Kousky, Springbett and Max Goldsmith are preparing a bid booklet to try to standardize the bidding process.

3) Spokane, Salt Lake City, Eugene and Pittsburgh have expressed firm interest in

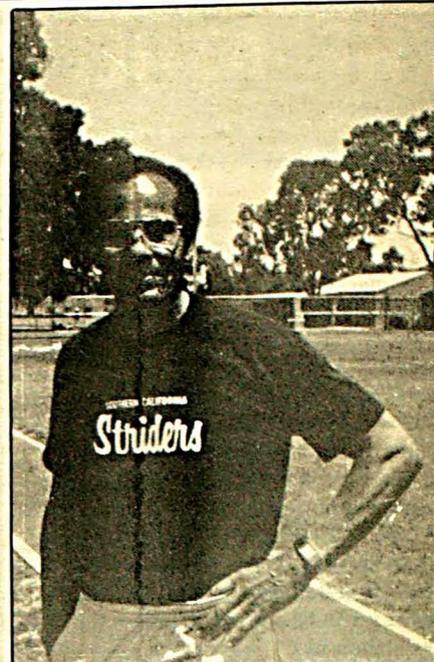
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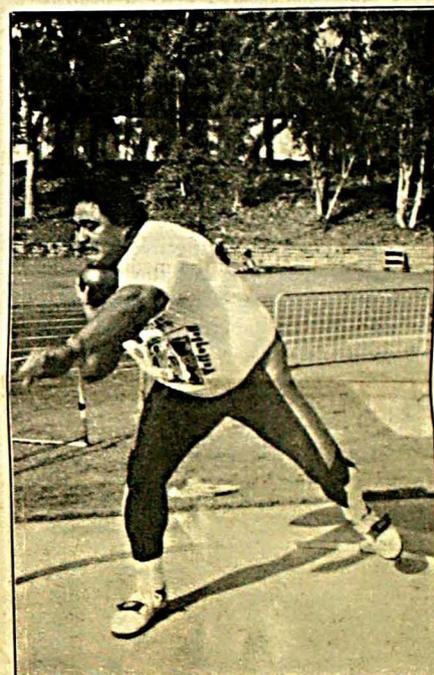
Bernice Holland, 63, of Cleveland, Ohio, won three gold medals in the 1990 Nationals in the W60 shot (10.09), discus (27.76) and javelin (25.88). Photo by Barbara Stewart



Mike Nash, M40, 14.43 in the shot, SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik



Hugh Cobb, M55 sprinter and director of So. Calif. Striders Meet of Champions, Long Beach, Calif. Photo by Jerry Wojcik



Val Olotoa, M30 first in the shot (13.89), SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik

PERMANENT OUTDOOR SCHEDULE

as approved by Masters Track and Field Committee
Twelfth Annual National Convention
Sheraton Hotel
Seattle, Washington
November 27-December 3, 1990

Day #1	Day #2	Day #3	Day #4
5000 meters	5k walk	10,000m run	10K & 20K
Pentathlon	Short	Long Hurdles	walk
800m heats	Hurdles	200m heats	1500m finals
400m heats	100m heats	200m finals	Javelin
Hammer	100m finals	800m finals	4 x 100
High Jump	400m final	Long Jump	4 x 400
	Shot	Discus	4 x 800
	Triple Jump	Pole Vault	Age-graded
	Pole Vault	30-49	100m run
	50-90+	Women's Mtg	
	Steeplechase	General Mtg	
	1500m heats		

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Minutes of Masters LDR Committee Meetings

Continued from page 15

tivities. Now there are two factions, those who wish to keep WAVA strong and independent and "equal" to the IAAF (Alastair Lynn's group), and those who accept the IAAF as more powerful and think WAVA should cooperate better (Cesare Beccalli's followers).

A motion was made that our joint committee instruct our 5 WAVA delegates to second the nomination of Cesare Beccalli for WAVA President at the next WAVA meeting: motion failed. A straw vote was taken regarding the relationship between WAVA and the IAAF. Should WAVA be completely integrated with the IAAF? NO (Lynn) - 1 vote; YES (Beccalli) - 20 votes; undecided - 15 votes; abstain - 1 vote.

Women's Minimum Age: The topic again came up about age 35 being the international minimum age for women's competition. A questionnaire from the World Championships in Eugene determined that 78% of the respondents favored raising the age to 40 internationally. A motion was made that the U.S. propose a constitutional amendment to raise the international minimum age requirement to 40 for women. The motion passed, 22 to 10, with 3 abstentions. A straw vote was taken of just the women present: 6 to 4 in favor of the motion.

Medal Standards: Barbara received a letter complaining about the medal standards in effect at WAVA Championships. While the U.S. does not favor the standards, they

were voted in by the General Assembly. No action was taken.

WAVA Championships: No additional information has been received on a meet to be held in Moscow. There will be a meet in Switzerland one week after Turku. A meet is scheduled for Budapest in March of 1991.

Bob Fine, WAVA bid coordinator, reported on bids for upcoming world meets. Japan has bid for 1993; Colombia, Uruguay, and Singapore may bid for 1995. The 1997 meet will most likely be in Europe somewhere.

Norm Green, non-stadia chairman for North America, reported on the regional marathon championship in Whitehorse, Yukon on June 23. It was not a true championship, since only 18 veterans participated. The regional t&f meeting in Trinidad was a good event, but marred by concerns for safety and a lack of participation. The humidity and temperatures were high for the long distance events, and there was a 9 p.m. to 5 a.m. curfew for everybody.

Norm announced that there are two bids from Mexico for a regional t&f meet in 1992; this will be voted on in Turku. The countries bidding on a 1992 world road championship are Yugoslavia, Spain, France, and England. Bids are open for a regional road race from a half-marathon to a marathon for 1993. A veterans cross country event will be held in conjunction with the IAAF World Championships in Boston in 1992, but it has not yet been decided whether it will be a WAVA Championship or not.

Rule Proposal: Kirk Randall opened discussion on a proposed rule change from Masters LDR, namely that LDR be allowed to hold a road or cross country championship at any distance one mile or above. We had heard there was opposition from Masters T&F because the distance of one mile usually comes under the jurisdiction of T&F. A motion was made that Masters T&F support Masters LDR's proposal to hold a one mile road championship provided that it not be held within 30 days of a National Masters T&F meet or a World T&F meet. Motion passed. The joint session concluded at 5 p.m.

Nov. 30 Friday 9 a.m.

Elections: Before the election, John Woods reported on his work as Nominating Committee Chairman. In one respect, it's important to keep the same people as officers for good continuity. On the other hand, our organization needs new blood.



Grant Towns (252) and Dan Conway (5) finish virtually together in the National Masters 15K Championship in Edina, Minn. Towns, 43, from Winnipeg, Canada, placed second M40 (51:45), while Conway, from Chetek, Wisc., was the M50 winner (51:46). Photo by Dennis Hahn

The following incumbents were re-elected by acclamation to a two-year term: Chairman-Chuck DesJardins, Vice-Chairmen - Ruth Anderson and Kirk Randall, Treasurer - George Vernosky, Secretary - Carole Langenbach. Bob Boal was re-elected to the Board of Directors. Ruth Anderson and Norm Green were re-elected as our WAVA delegates.

As a follow-up to John's opening remarks, Chuck expressed his willingness to step down as chairman in two years. The committee is always interested in input from new folks.

Athletes Advisory: Chuck reported that the AAC voted to add two positions on its board for long distance/cross country athletes. The slots must be filled by athletes who have competed on an international team within the last 10 years.

Championships: Our committee lost its potential sponsor for our 1991 championships which had been on hold since last year, so we awarded 1991 and 1992. Dan Brannen presented two ultra bids which were accepted. Chuck had received a proposal from the Twin Cities Marathon to be our marathon championship for 5 years, from 1991 through 1995. Their plan is to award performance money, not appearance money. A motion was made to accept the 5-year bid: motion passed. Not all distances were awarded; since so many events bid for the month of November, and both bids for the 10K were in November also, the 10K was not awarded. In the future, our committee will solicit specific races to bid as our championships, in addition to regular bids. (See chart for schedule).

TACSTATS: Basil and Linda Honikman presented their recommendations for masters LDR records. A motion was passed to accept their report. Basil explained that the two rules proposals regarding marathon record-keeping will be tabled for further study.

A motion was passed to express our support and appreciation to the Honikmans for their service to Masters LDR.

Dec. 1 Saturday 9 a.m.

Old Business: A motion was made to reconsider the awarding of our outstanding male athlete 70-74 (requested by the awardee after hearing reports of better times by a competitor). The motion failed.

Chuck announced the outcome of the IAAF Veterans Committee Nominee election; Bob Boal was elected. Bob made a

short speech in which he emphasized that he would represent athletics, not just LDR.

A motion was passed to let our Executive Committee award any remaining 1991 championships by March 23-24 at the Masters Indoor T&F Championships.

Chuck appointed Jerry Crockett and Jack Moran to the committee to study the tabled legislation regarding marathon records.

George Vernosky distributed copies of our 1991 budget, explaining that it had been chopped down twice because of national budget constraints. Our original request was for \$35,900, and we will receive \$25,000 (\$10,000 more than the previous year).

A suggestion from the group was that we work toward getting TAC to let us use some of our budget to assist athletes, since it's harder to get sponsor money for masters programs.

Carole Langenbach passed around copies of our updated Guidelines for Masters National LDR Championships, including a checklist for race directors. A committee had been working on this during the past year, composed mainly of committee officers. One of our budget items is to get the Guidelines printed in brochure form.

New Business: Carole brought up a question about the age-designation numbers which we require athletes to wear on their backs during championships. Each race issues a different size and style. A motion was passed that our committee purchase color-coded age division numbers for competitors' backs to be issued free to our championships.

Teddy Foy reported on issues discussed in Sports Medicine meetings. TAC needs more doctors to participate in athletics around the country. Teddy distributed copies of an abstract on Injury Patterns in Middle-Aged Runners. (Editor's note: See Health & Fitness column on page 12.)

John Boyle reported that he is close to obtaining a sponsor for a color brochure about our national championships.

The meeting was adjourned at 11 a.m. □

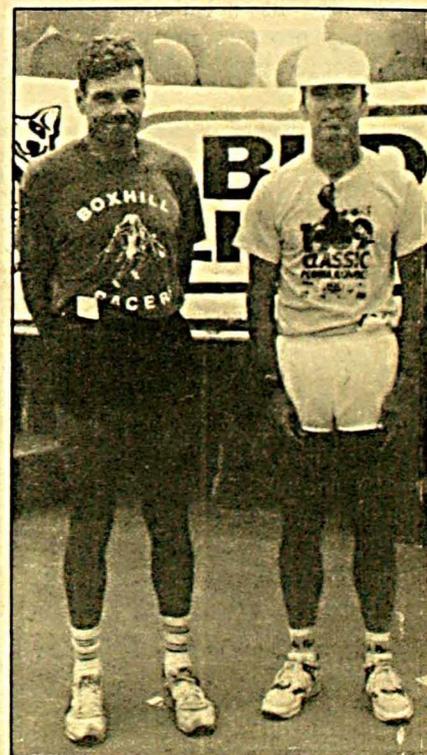
Respectfully submitted,
Carole Langenbach, Secretary



Gail Scott (l) topped the W40 division of the City of San Francisco Marathon '90 with a sizzling 2:54:30, while Joan Ulyot, W50 (r), ran a 3:21:50.

TAC MASTERS LONG DISTANCE RUNNING COMMITTEE BUDGET 1991

1. Administration (postage, telephone, etc.)	\$4,000
2. Awards	700
3. National Championship Support	5,000
4. National/International Governing Body Meetings	12,300
a. 2 MLDR Executive Committee Meetings (5 members x \$660 x 2)	\$6600
b. 1 Board of Directors Meeting (2 members x \$600)	1200
c. 1 International Meeting (3 members x \$1500)	4500
5. International X-C Championship Coordination	1,000
6. Championship Statistics	1,000
7. Preparation of 1991 Championship Brochure	1,000
Total	\$25,000



Ian Cousins, M40, (l) masters second (20:04, \$200) and James Tracy, M40, masters first (20:00, \$400), Steamboat Classic 4 Mile, Peoria, Ill. Photo by Clay Shaw

Boal Elected to IAAF Veterans Committee

Delegates to The Athletics Congress' convention in Seattle on November 30 elected Bob Boal of Wake Forest, N.C., to represent TAC on the 10-member IAAF Veterans Committee for a four-year term. The Committee meets once a year. Boal, the incumbent, had been appointed by TAC to the new post in 1987.

Boal won in a three-way contest over Bob Fine of Del Rey Beach, Fla., and Jerry Donley of Colorado Springs, Colo., defeating Fine in a two-way runoff, 166-136. Boal had been endorsed by the Masters LDR Committee, while Fine and Donley were supported by the Masters T&F Committee.

Delegates also re-elected Ollan Cassell, The Athletics Congress Executive Director, to two IAAF posts. Cassell, who has directed TAC throughout its 12-year history, easily defeated a challenge by Jim Crumpton, a coach in Southern California, by a vote of 253-125 for the position of U.S. representative on the IAAF Council. Cassell also became TAC's nominee for IAAF vice president by a 268-111 vote. Cassell currently holds the post.

A restructuring proposal was adopted. The plan calls for two executive positions to be created: senior director of operations and senior director of administration. Candidates for the positions will be recruited by an executive search firm, but Cassell's job is exempt from the nationwide search. Cassell will review the applicants. The cost to TAC of the additional positions is reported to be about \$250,000.

In other business at the convention, TAC:

—voted not to award championship events to states that have no paid state holiday for Martin Luther King, Jr.

—expanded its out-of-competition drug-testing program to include all athletes, not just those within a 75-mile

radius of a drug-testing center, as before.

—voted not to release the names of athletes who test positive for drugs until after all appeals have been completed.

—tabled a proposal to reinstate the Boston marathon and other marathons as sites for records. Boston and other road courses with a drop of at least one meter per kilometer and a start-finish separation of more than 30 percent were ruled ineligible for records at the 1989 convention.

—reinstated two-time world indoor long-jump champion Larry Myricks as of April 13. Myricks had faced a lifetime ban for testing positive at three 1990 meets.

—awarded the 1992 U.S. Olympic Trials to New Orleans, 29-6, over Seattle, Sacramento, Eugene, Durham, and Knoxville. The trials will be held on June 18-27, 1992.

—re-elected Frank Greenberg to a second two-year term as TAC president. Also elected were executive vice president Larry Ellis; vice-presidents Bill Roe, Cliff Wiley, and Charles Ruter; secretary Barbara Palm; treasurer Stan Wright.

—rejected a request of reinstatement for Ruth Wysocki, who is serving a four-year suspension for competing in South Africa in 1988.

—awarded the Jesse Owens trophy that goes to the nation's outstanding athletics performer to Lynne Jennings, 30, of New Hampshire.

—inducted Jim Beatty, Charles Dumas, Doris Brown Heritage, and Rick Wohlhuter into the 137-member National Track & Field Hall of Fame.

—named Atlanta as the site of the 1995 Convention.

The 1991 convention will be held in New Orleans on December 3-7. □



Participants peruse publications at the National Masters News Pavilion, TAC USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik

Minutes of Masters Track & Field Committee Meetings

Continued from page 16

bidding for the 1992 outdoor championships. Spokane hosted a dinner for two Committee members. Bid presentations will be made at the 1991 Indoor Nationals in Blaine, Minn.

Uniforms

Two people are interested in being uniform manager. Proposals will be submitted to Kousky and the Executive Committee, and will be published in the February NMN.

WAVA Delegates

Kousky, Jerry Donley and Rex Harvey were voted to be delegates to the WAVA General Assembly in Turku, Finland on July 24, 1991. First alternate is Pete Mundle; second, Marilyn Mitchell; third, Gary Miller.

A motion passed that, in the future, the TAC Masters T&F Chairman is automatically a WAVA delegate.

Christel Miller, Phil Raschker, and Joan Stratton were elected delegates to the WAVA Women's Meeting in Turku on July 19. Alternates are Becky Sisley (first), Marilyn Mitchell (second), Sandy Pashkin (third).

The women's meeting is apparently scheduled during a time of competition (heptathlon). WAVA Women's Chairman Bridget Cushen will be asked to schedule the meeting following the finish of the heptathlon or at another non-competition time.

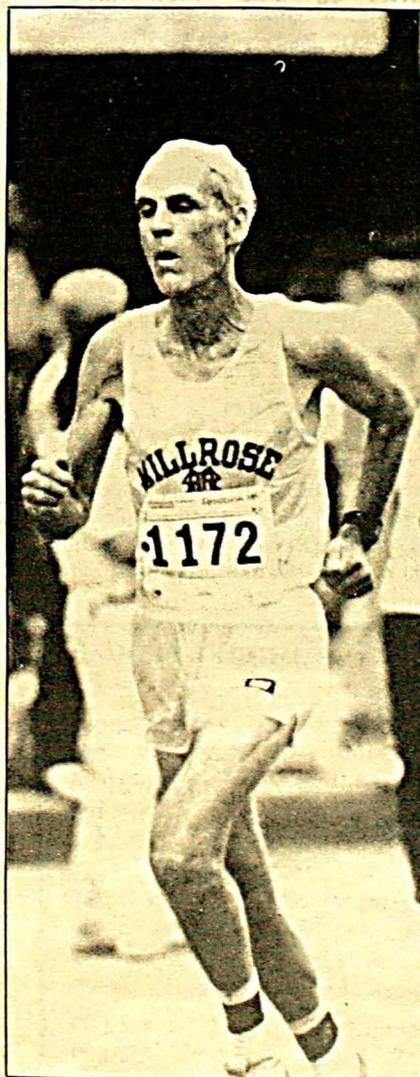
Team Manager

Sandy Pashkin and Scott Thornsley were nominated for Team Manager. Pashkin was elected and will receive up to \$1800 in travel expenses to Turku. The job's requirements: 1) be a non-competitor who will be in Turku; 2) attend all required meetings and practices; 3) conduct a daily meeting of all U.S. athletes; 4) act as liaison between U.S. athletes and Games' organizers.

1991 WAVA Championships

Entry forms are available from Kousky or Mitchell (addresses on page 2; send \$1.05 stamped, self-addressed 8 1/2" x 11" manila envelope); and from U.S. masters travel agents. The entry form will be published in the March issue of NMN.

—Submitted by Marilyn Mitchell, Secretary



John McManus, M65 winner in 40:56. Great Cow Harbor 10K, Northport, L.I., N.Y. Photo by Victah Sailer/Agence Shot

NOW AVAILABLE

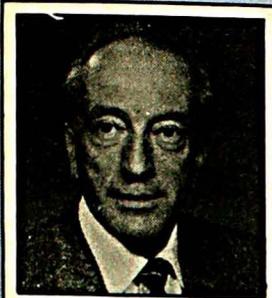
1989 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1989 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, 1500 walk, 5000 walk.
- Deeper rankings in most events than published in NMN.

Send \$5.95 plus \$1.00 postage and handling to:

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Van Nuys, CA 91404

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International Scene

(by Alastair Lynn, Secretary, WAVA)

Reflections on the WAVA Asian & South American Veterans T & F Championships

This is not an article on the statistics of these Championships, exciting and excellent as they were. It is a collection of images stimulated by attending two great meets as far apart as Kuala Lumpur and Montevideo. This all took place in November and involved over 70 hours travel time, when DC-10s seemed to become almost a home away from home.

Kuala Lumpur came first. It is a delightful city with an interesting mixture of old and new buildings, each style being complimentary to the other. Coming out of the early Canadian winter into a warm, somewhat humid, climate, I found it easier to run in the early mornings.

The Stadium Merdeka housed the Championships, which commenced with a colorful opening ceremony with the Royal Malaysian Police Band, finishing with a spectacular parachute display by the Police Commando unit. This stadium is one of the best I have seen, with an excellent surface and good, covered seating capacity.

The program progressed steadily; no doubt full results will be published in the NMN in due course. Even to a seasoned Veteran athlete such as myself, I never cease to wonder at what can be achieved by people who but fifteen years ago (pre-WAVA) would have been considered "old."

Cesare Beccalli and I had the privilege of attending both the Technical Committee and General Assembly meetings — friendly gatherings stressing practical solutions to promote the best possible conditions for the athletes.

Flaherty to Run for President

Owen Flaherty, a British citizen living in Spain, will reportedly become the third candidate to enter the race for the presidency of WAVA.

Flaherty, who lost to Cesare Beccalli for the office in 1989 in Eugene, will likely be nominated by WAVA's British affiliate.

He joins Beccalli and Alastair Lynn as candidates for the job. The election will be held at the WAVA General Assembly meeting in Turku, Finland, on July 24, 1991.

The South American Championships were in Montevideo — a bustling, people city which houses the stadium where the first World Cup of soccer took place. The track & field stadium has an excellent eight-lane surface with good field-event facilities. It has banks of seating on one side with trees around most of the rest of the track.

The trees were a much-needed refuge from the hot sun. My own running was again restricted to the early morning and was most enjoyable alongside the wide river on which Montevideo stands.

There were close to 1200 entries for these Championships — similar to the number in Asia. About one-third of the South American entries were women — an encouraging statistic and significantly higher than other Regional Championships.

The opening ceremony, as in Kuala Lumpur, was just right for the occasion and featured pairs of girls and boys dressed in the national costumes of each of the countries.

Bridget Cushen, the Women's Representative on the WAVA Council, was also invited to attend the South American Championships, and worked hard, having a successful meeting with women delegates and competitors.

Beccalli, Cushen and I were given the opportunity to speak at the Delegates' Meeting. This was a rewarding and satisfying experience (and it gave me an opportunity to use my modest Spanish in part, with Jorge Alzamora, the South American Secretary, being most helpful in translating most of my talk).

While it is not my purpose to describe the athletic events in detail, one series does stand out in my mind. The women's 800m races in Montevideo were characterized by the determined, confident front-running of the Brazilian women. To a long-time middle-distance runner like me, to lead from start to finish in a 800m race is one of the greatest of track thrills.

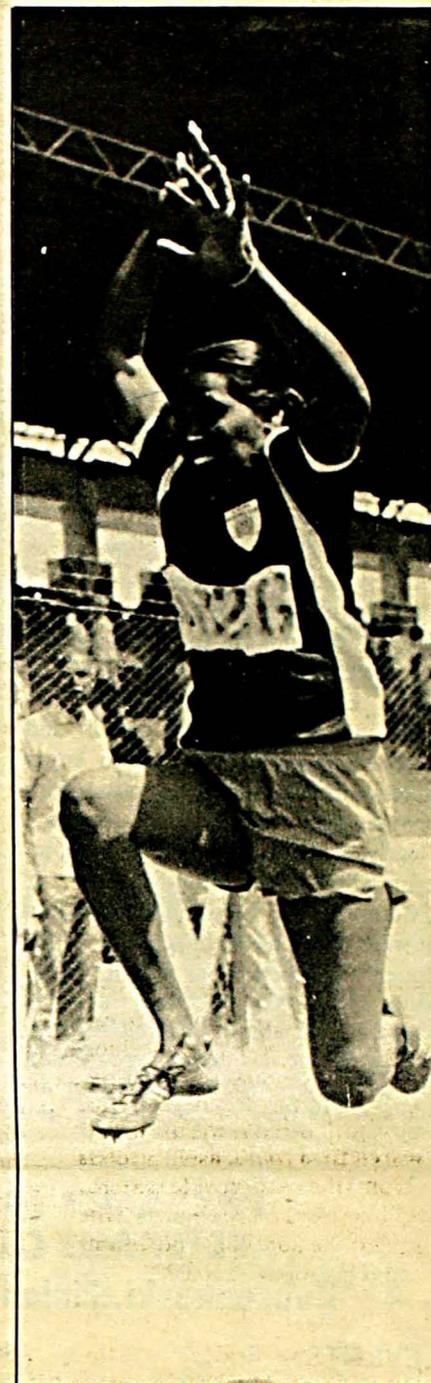
The social occasions at the end of both Championships each had its own special flavor. In Kuala Lumpur we had a fine banquet with much entertainment. Two memories stand out, a baritone singing "Danny Boy" and an elegant Indian lady going, impromptu, on to the stage to dance delightfully to his fine voice. Later, a group of male and female dancers performed Malaysian dances; their exquisite dancing was only matched by the vivid beauty of their costumes. In Montevideo, it took the form of a buffet supper and dance at a picturesque hotel near the river. The music was exciting (I can still hear the drum beats).

Both these Championships generated the best in Veterans' athletics — friendship, fine competition, and generous applause to people of all nationalities, plus a delightful finish, surely cementing friendships given birth during the meets.

As in all our veteran meets, many people contributed to their success and many of those are nameless. Veterans' athletics is truly built by individuals in many countries. My congratulations and thanks to all involved, including people such as Nashatar Singh, S. Sivapragasam, Sarjit Singh, Abdullah Hj Mohd Dom, Hector Acosta, Isidora Carter, Iris Menza, Jorge Alzamora and, of course, our WAVA Council members Hari Chandra and Jose Figueras plus the hosts of officials in both countries.

It is the efforts of these individuals and many others around the World which have created WAVA from its birth in the seventies to the strong dynamic group it is today. I look forward to seeing "Our WAVA" progress from strength to strength in the years ahead, driven by the vitality of its members.

Thanks Kuala Lumpur! Thanks Montevideo! □



Contestant in the W50 long jump, XII Indian National Veterans Athletic Championships, Hyderabad. Photo from V. Suryanarayana

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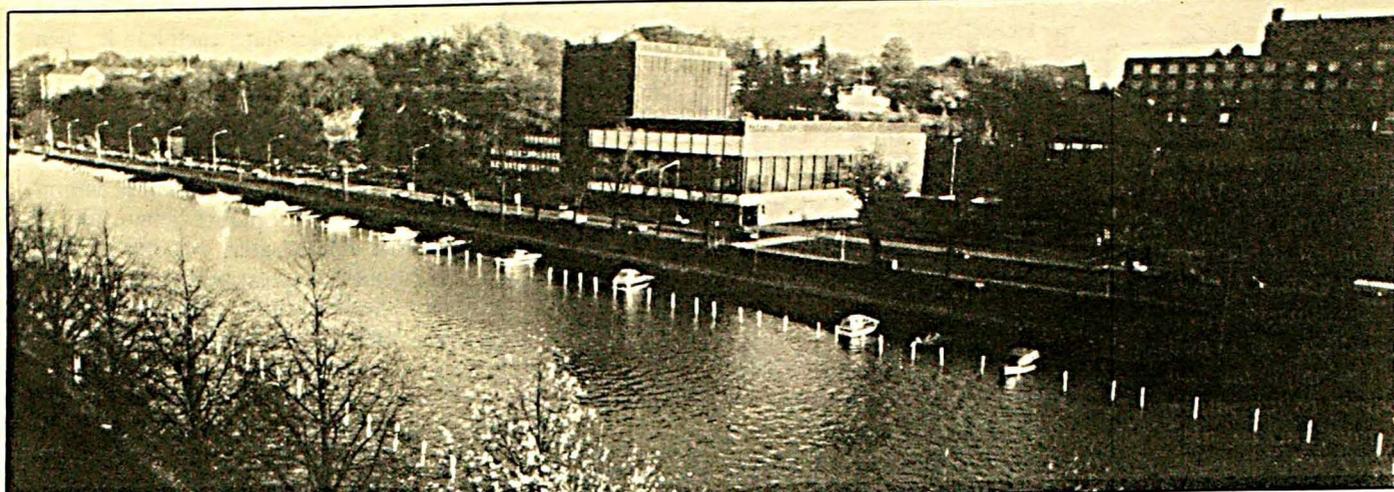
Write On Continued from page 4

ed by a series of bullying threats directed at the WAVA membership.

For example, Beccalli says: "The IAAF could organize its own official World Veterans Championships. In any case it would no longer recognize WAVA... no matter what word is used — partnership, cooperation, integration — the reality is that either WAVA becomes a part of the IAAF or WAVA will be out of business."

In seeking support for the future direction of WAVA by such bombast, for whom is Cesare really speaking? In fairness to the IAAF, they have never made the statement that they would organize their own veterans championships. I doubt that Cesare has been authorized to speak on behalf of the IAAF. Even less does he reflect the spirit of the WAVA Council and membership, whose aim is to enjoy athletics in a spirit of cooperation with anyone who wishes to participate. Clearly, he speaks only of his own interpretation of the situation.

Cesare states: "...some of the Council were taken by surprise. Two of the Council members were absent." Certainly Hans Axmann, the European delegate, was absent (having surgery, from which he has happily recovered), but since there were no African affiliates at the time of the meeting, the



An autumn view of the Aura River, which flows through downtown Turku, Finland, site of the 1991 WAVA World Veterans Championships.

Photo from Olavi Niemi

Congo's Pascal Mouassipouso was not entitled to participate. In any case, without revealing the actual count for the nomination for President, it can be stated that no matter how the two additional votes might have been cast, the result would not have been altered.

Cesare states that on the two occasions of his election as President of WAVA, "it was always made clear that the ultimate objective would result in the integration of WAVA with the IAAF." This is not true. The first occasion when Cesare's direction was clearly stated came from his letter after the IAAF Veteran's Committee meeting in Barcelona (Sept. 1989) and the published minutes of that meeting. That's

why, at its first opportunity (Turku, June, 1990), the WAVA Council took the dramatic step of refusing to endorse the nomination of its President, and instead supported Alastair Lynn who decided, in the best interests of veteran athletes, to stand for this office.

*Don Farquharson
Toronto, Canada*

I hope NMN readers recognized Cesare Beccalli's article for what it was — an assortment of threats and allegations.

He alleges that the vote taken by the WAVA Council in Turku, 1990, was not unanimous. How does he know? My information is that a "secret" ballot was held.

He alleges that some of the Council members were taken by surprise. Maybe so, but all was done in accordance with the rules as they stood at the time.

He threatens that the IAAF may be "forced to consider WAVA to be an unacceptable partner" because IAAF rules require that there be drug testing at all World Championships. Beccalli claims that if drug testing is not permitted at the WAVA games in Turku in 1991, IAAF officials may not make themselves available for the running of the games.

He further states that "The reality is that either WAVA becomes a party of the IAAF or WAVA will be out of business" — finally concluding that "If WAVA decides it does not want any affiliation with the IAAF, the IAAF will create their own Veterans division without WAVA and would no longer recognize WAVA's Championships."

I do not believe that a world-famous organization such as the IAAF would act in such a childish manner.

Surely the desired objective of IAAF, WAVA and every other concerned organization is the encouragement of the maximum number of Veteran athletes to participate, not try to splinter the movement by taking on school-yard bully tactics — "I shall pick up my ball and go play elsewhere — unless you fall into line."

What I would like to know is — on

what date was Mr. Beccalli appointed an official spokesman for the IAAF organization?

*D. MacBeath
Inverness, Scotland*

WAVA ELECTIONS

Almost all of 1990 appears to have been spent by the WAVA Council on a public squabble over the election of a president in 1991. A great deal of dirty washing has been scattered around in the process.

It has all been a most unseemly spectacle, mostly carried on in the columns of the National Masters News.

I think what we want is an entirely new set of candidates — neither Cesare Beccalli, the present holder of the office, nor Alastair Lynn, the Canadian, who is the council's own nomination for the post. There has been too much bad feeling aroused on their behalves.

In addition, if Alastair was elected, excellent man though he is, we would end up with a packed Anglo-American council, not even having the broadening effect of an Italian at the head as at present.

Someone else should be put up, someone from the rest of Europe, Asia, Africa or South America. In fact, it's perhaps time that some of the other long-serving members of the council should be replaced with fresh blood, before it all begins to look like a self-perpetuating clique.

I appeal to other national bodies to come up with new nominations. What about the Japanese, who are likely to be running our 1993 World Games and who could bring their noted administrative qualities to bear on our government, and what about the former East Germans, the Russians and other new member-countries?

Send your nominations in for the presidency and the other elected posts. Let's have a truly world council for a truly world movement.

*Sylvester Sein
London, England*

■ 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 as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

PREGAMES TO THE IX WORLD VETERANS CHAMPIONSHIPS

Kuusankoski, Finland, July 12-14, 1991

EVENTS	Friday, July 12,	Saturday, July 13,	Sunday, July 14
women	80m/100m hurdles 200m 800m discus	400m 3000m long jump javelin	100m 1500m 300m/400m hurdles shot put
men	200m 800m triple jump pole vault discus	80m/100m/110m hurdles 400m 3000m high jump shot put	100m 1500m 300m/400m hurdles long jump javelin

Same Age Groups as World Veterans Championships in Turku

Mail entry by April 15 to: Pregames Kuusankoski
PL 101
SF 45701 Kuusankoski
Finland or FAX 358-51-44496

Entry fees: First event US \$25; next events US \$12 each; Deadline: April 15
Send check to STS Bank Ltd., Account No. 710-081-525838

Information:
FAX 358-51-44496

Travel and Room Arrangements:

Kaleva Travel Agency Ltd.

Congress Service
Mikonkatu
SF-00100 Helsinki
Finland

Tel: 358-0-61811
Fax: 358-0-629-019

Kuusankoski is 100 miles from Turku and Helsinki

WELCOME TO KUUSANKOSKI JULY 1991



Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and
MARTIN DUFF of *Athletics Weekly*

Tony Simmons, 1976 Olympics' 10,000 fourth place, again showed what a formidable competitor he is by coming from tenth place with two miles to go to win the AAA Veterans 10K Road Race Championships in 31:44. The race, on November 18, was held in the Yorkshire town of Barnsley, over a two-lap course, each of which began with a mile-long hill into the teeth of a gale force wind.

Alan Whitfield and Mike Hurd took the early pace, but with a mile to go, Whitfield, Keith Penny, and Peter Banks had broken well clear of Dave Throup and Irishman Tom Price. A suicidal run down the final hill by Simmons, however, saw the Welshman home by just a second from Banks and Penny, as 15 runners finished within the minute.

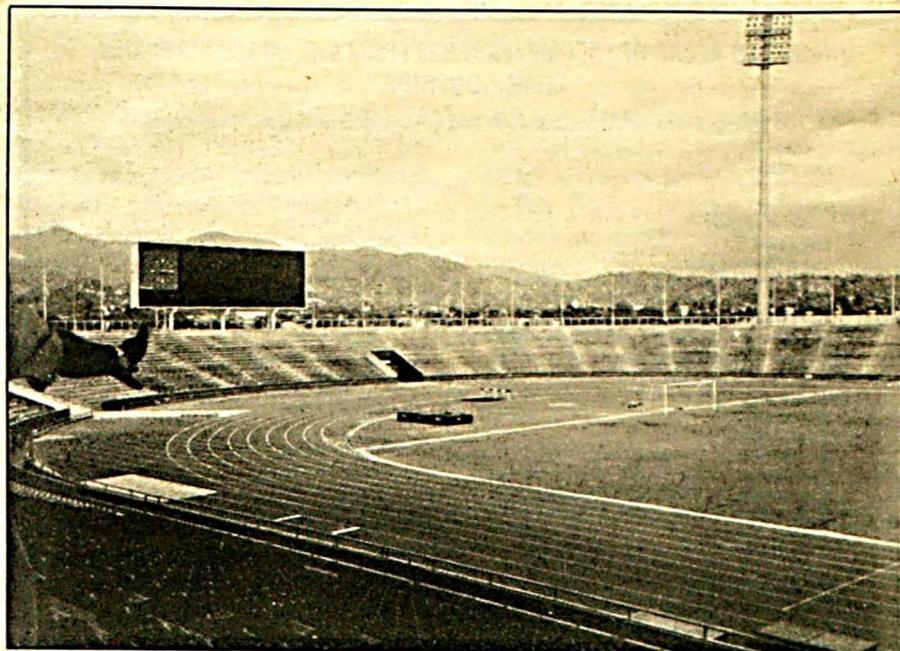
Frank Davies (32:35) and Stephen

James (32:53) ran exceptionally well to take the M45 and M50 age-group races, while Eric Appleby's M55 35:41 was the best age-graded performance.

Forty-year-old Zina Marchant ran an outstanding 34:45, just outside her lifetime best, to turn the tables on Glynis Penny, 39, who clocked 35:44 to take the W35 title.

In other races, Mike Hurd, M45, was the first veteran in 68:57 in the Stroud Half-Marathon, October 28. Havering's Dave Cooper, M40, won the 24-hour track race at Wood Green, October 27-28, covering 148 miles/1740 yards. Geoff Wootton, M45, was the first veteran (33:22) in the National 10K Road Race-Brooks Classic at Southend, October 21.

In the AAA/BVAF 20K Racewalk Championships at Chigwell, October 20, Jeff Hall was first in 1:41:23, with Brian Adams second (1:42:01), and Dave Baxter, M45, third (1:42:44). Cath Reader was first with a 53:16 in the Women's Veterans National 10K Racewalk at the same venue, followed by Gillian Trower, second in 53:21.



The picturesque beauty of Southwestern Finland forms the backdrop for the site of this year's WAVA World Veterans Championships in Turku, Finland.



WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

MEN

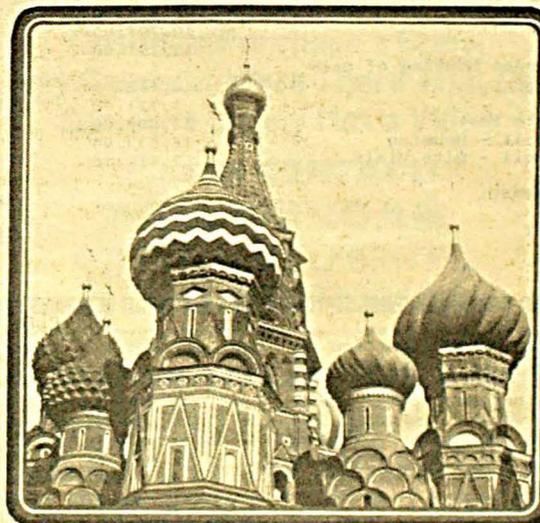
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

*Either "old" or "new" javelin may be used

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UNAUDITED RECAP OF INCOME/EXPENSE FROM VIII WORLD VETERANS' CHAMPIONSHIPS

The figures listed below include cash and in-kind income and expense items.

INCOME:

Banquet	\$ 37,945.00	
Beer Garden	2,596.00	
Entries	201,548.00	
Gate Receipts	3,973.00	
Housing Administration - Net	46,433.00	
Interest	30,156.00	
Masters Sports Association	75,954.00	
Business Supporters - Non-Sponsor	4,450.00	
Oregon Tourism Grant	8,000.00	
Merchandise/Apparel - Net	88,370.00	
Miscellaneous	1,606.00	
Program	20,810.00	
Results Book	11,769.00	
Sponsors - Cash (Gold Medal Level)	40,000.00	
Sponsors - In-Kind (Gold Medal)	97,436.00	
Sponsors - Cash (Silver/Bronze)	20,200.00	
Sponsors - In-Kind (Silver/Bronze)	42,950.00	
Tours	83,285.00	
Vendors	3,113.00	
TOTAL INCOME:		\$ 820,594.00

EXPENSE:

Administration/Management Staff	153,800.00	
(Includes Directors, Administrative Assistant, Housing, Tours, Volunteer Coordinators and Temporaries)		
Competition Director	15,000.00	
Auto	5,238.00	
Payroll Tax Expense	18,900.00	
Bankcard Charges	7,785.00	
Banners	1,418.00	
Banquet	30,398.00	
Beer Garden	3,897.00	
Ceremonies - Opening/Closing	2,124.00	
Competition	69,423.00	
Competition Venue Directors	17,000.00	
Computer - Hardware/Supplies	23,775.00	
Computer - Operations	11,100.00	
Entry Booklet	13,730.00	
Insurance	6,415.00	
Marketing/Promotions		
WVC Bid	28,070.00	
Printing/Graphics	6,603.00	
Promotions	16,045.00	
Travel	6,703.00	
Medals	14,008.00	
Media Center	962.00	
Miscellaneous	10,472.00	
Office Equipment	15,900.00	
Office Rental	8,850.00	
Office Supplies	9,975.00	
Officials Expense	56,833.00	
Housing/Food/Clothing		
Photographer	1,791.00	
Postage	16,545.00	
Printing/Stationary	37,188.00	
Registration	1,952.00	
Security	4,424.00	
Shuttle System	46,236.00	
Signs	5,800.00	
Telephone	10,707.00	
Timing	15,151.00	
Includes housing of crew		
Tours	72,442.00	
U.S. Bid	3,727.00	
WAVA Rights Fee	12,000.00	
WAVA Council - Housing	18,533.00	
WAVA Council - Site Visit	9,110.00	
TOTAL EXPENSE:		\$ 810,030.00
NET PROFIT		\$ 10,564.00

NOTES TO UNAUDITED INCOME/EXPENSE STATEMENT FOR VIII WORLD VETERANS' CHAMPIONSHIPS

- Final in-kind donation from Zirkle, Long & Trigueiro is not reflected in income total.
- Merchandise/Apparel income includes income/expense of lithos and bas reliefs. It also includes all sales/expenses prior to actual Championship dates.
- In-kind sponsorship from Stackhouse Equipment Company is not reflected in income total. Equipment was loaned to the organizers for use during the Championships, after which it was sold to competitors for a reduced price.
- In-kind sponsorship from Register Guard is not reflected in the income total. Their contribution included publishing the daily results, given to the competitors at no charge.
- In-kind sponsorship for the rental of MacArthur Court from the University of Oregon is not reflected in the income total.
- In-kind sponsorship for medical services from Sacred Heart Hospital is not reflected in the income total.
- In-kind sponsorship for facility rental for the cross country from Lane Community College is not reflected in the income total.
- Airline tickets, given to key volunteers, are not reflected in the expense totals. Tickets were part of the in-kind gold medal sponsorship from United Airlines, included in the income totals.

Eugene Shows \$10,564 Profit

The VIII WAVA World Veterans Athletics Championships, held in Eugene, Oregon in 1989, made a profit of \$10,564 on total revenues of \$820,594, according to a financial statement submitted to WAVA by Barbara Kousky and Tom Jordan, co-directors of the Eugene event. The complete income/expense statement is published on this page.

The actual revenues do not reflect several in-kind donations, such as equipment, medical services, facility rental, airline tickets, printing, etc. Adding the fair market value of these contributions would have pushed the total revenues to over \$1 million.

Top revenue item was entry fees of \$201,548, closely followed by sponsors at \$200,586. Merchandise/apparel sales netted a profit of \$88,370, while \$46,433 was earned on the housing administration. Donations by U.S. masters athletes, which provided the early seed money to fund the event, totalled \$75,954.

Administration costs of \$153,800 led the expense list, followed by competition (\$69,423), officials (\$56,833), and shuttle system (\$46,236). Amazingly, the outstanding opening and closing ceremonies only cost \$2,124.

The final profit of \$10,564 was turned over to the Oregon Track Club. □



On the victory stand at the World Veterans Championships in Eugene are the W50-54 medalists. From left: Sheila Smith (USA), Bev LaVeck (USA), Jill Latham (USA). Photo by Don Johnson

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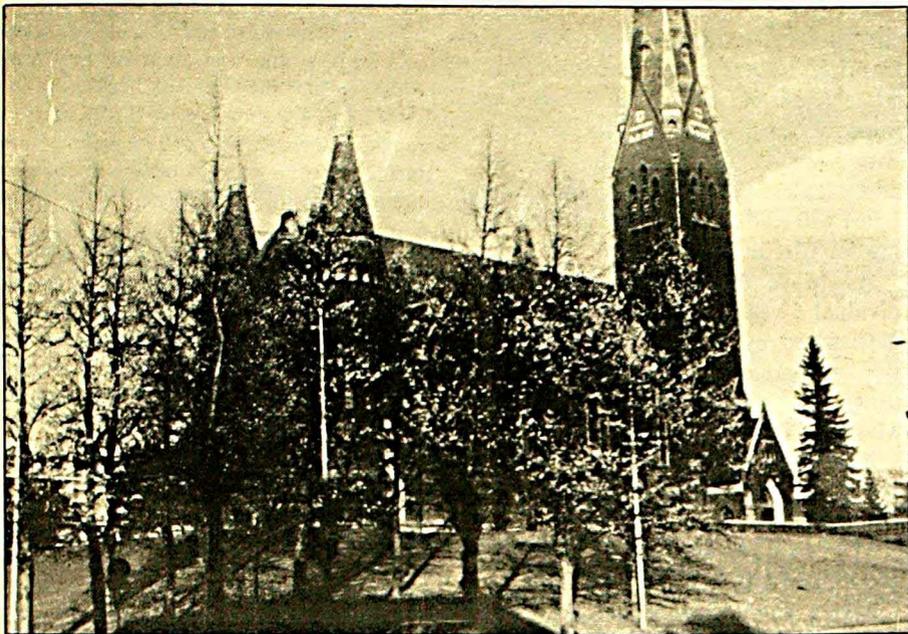
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- RIO (June)
- VETERANS' GAMES (July)
- TAHITI (July)
- HELSINKI (August)
- BEIJING (October)
- BANGKOK (November)



In Turku, Finland, site of the IX WAVA World Veterans Athletics Championships July 18-28, 1991, many buildings have been standing for several centuries. Photo from Olavi Niemi

1149 Attend VI WAVA Asian Championships

A total of 1149 athletes from 13 countries participated in the VI WAVA Asian Regional Veterans Championships held in Kuala Lumpur's Merdeka Stadium on November 9-11.

The largest contingent (320) was from Malaysia, followed by India (294) and Japan (180). The Japanese tallied the most medals (135 gold, 78 silver, 49 bronze), with India second (53, 70, 62), and Malaysia third (28, 29, 28).

The biennial general meeting of the Asian Veterans Athletic Association on

the 10th was chaired by Nashatar Singh, AVAA president. Cesare Beccalli, WAVA president, and Alastair Lynn, WAVA secretary, were in attendance.

The meet's opening ceremony included a parade of participants by country. The championships closed with the AVAA flag being handed to Joseph Yan, president of the 1992 games host Singapore Association of Veteran Athletes, by YBhg Tan Sri Date Elyas Omar, mayor of Kuala Lumpur.

Canadian Cross-Country Race Held in Nova Scotia

by DON FARQUHARSON

HALIFAX, NOVA SCOTIA, November 18. The 17th running of the Canadian Masters National Cross-Country Championships today was the first in what is hoped will be a long association with the CTFCA (now Athletics Canada) Open Cross-Country Championships.

A total of 63 masters entrants came from across the country, six from

British Columbia. The Nova Scotian weather lived up to expectations with heavy rain, gusty winds, and gray skies the night before and during the race. Part of the course was waterlogged and turned to thick quagmire.

Murray Hale, M40, of Ontario won the race overall, followed quickly by the M45 winner, Gerry Tighe (B.C.). Holly Whitman won an impressive duel with Joan Merlin to win W35 honors. □

800 Compete in Oceania Games

More than 800 athletes took part in the V Biennial WAVA Oceania Veterans Games in Auckland, New Zealand on November 2-6.

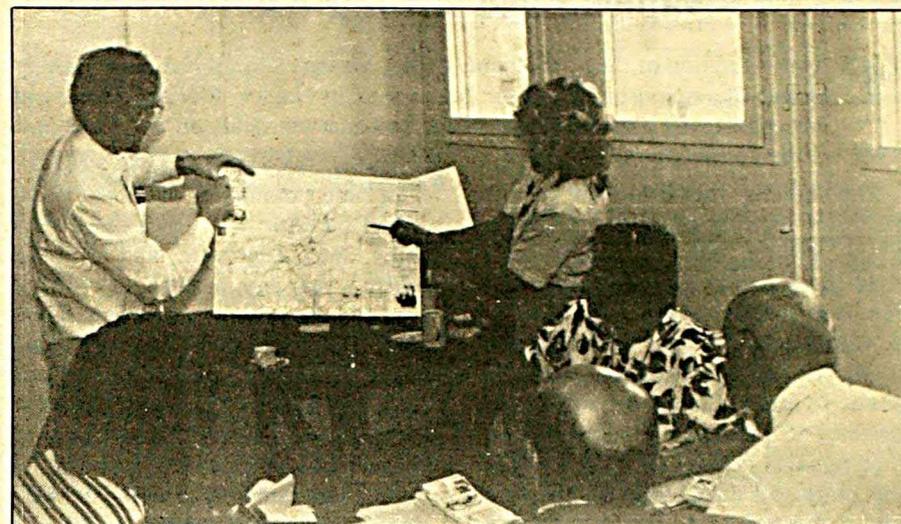
Competitors from New Zealand and Australia comprised the bulk of the entries, but there were entrants from many South Pacific islands, as well as a handful from Europe and other regions. Non-Oceania participants also received medals for a top-three placing.

Athletes paraded into Mt. Smart stadium in age-groups for the tradi-

tional opening ceremony. The usual camaraderie was evident and set the mood for a memorable athletic carnival. A social function was held at Mt. Smart stadium at the end of each day's events. Following the closing ceremony, a barbeque and social was held.

Among the outstanding performances were seven new world age-group records, listed below.

The VI Oceania Veterans Games will be held in June, 1992 on Norfolk Island. □



Olavi Forbom (left), Chairman of Transportation, and Pirkko Martin, Executive Secretary, explain to the WAVA Council that there will be free bus transportation between the three venues at the IX WAVA World Veterans Championships this summer in Turku, Finland.

VIDEO SOUGHT

1989 World Games in Eugene, Or. Mens' 200 Final 45-49 Division

Desire to Purchase a Copy, Many Cameras Were There That Day, Someone Surely Has a Video

PLEASE CONTACT:

PAUL DUNGAN

4016 NE HAZELFERN PL.
Portland, OR 97232 USA

WORLD RECORDS SET AT THE V OCEANIA GAMES

Event	Name	Age	Mark	Previous Mark
2000 (ST)	Maria Hillier (NZ)	W35	8.21.13	D. Hughes (NZ) 12.45.32
2000 (ST)	John Eccles (NZ)	M65	7.53.00	A. Bryant (US) 8.23.74
T/Jump	Shirley Petersen (NZ)	W60	8.37	S. Petersen (NZ) 8.28
L/Jump	Ruth Frith (AUS)	W80	2.20	B. Hiescher (FRG) 2.00
Shot	Sarah Packham (GB)	W85	2.74	None
Discus	Sarah Packham (GB)	W85	5.60	None
Javelin	Sarah Packham (GB)	W85	4.40	None

IX WORLD VETERANS CHAMPIONSHIPS

TURKU, FINLAND — JULY 18-28, 1991

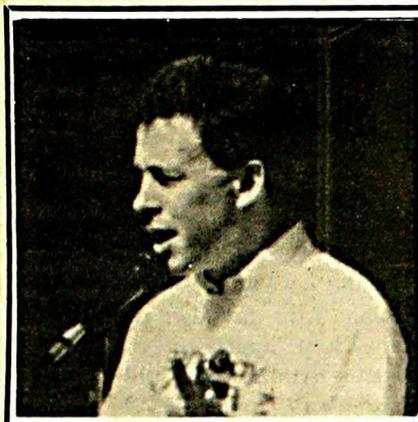
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The Director's Corner

by DEAN REINKE

Naples Field Strong Again

The third edition of the Sorbothane/USRA Masters Circuit National Masters Grand Championship is set for January 12 in Naples, Florida. This event has consistently assembled one of the best masters fields on the roads and 1991 will be no exception.

Highlighting the field will be the first-ever meeting of John Campbell, Frank Shorter and Bill Rodgers in a road race. Campbell, who has totally rewritten the masters record books, is considered the odds-on favorite to win it all. The world record set last year by Mexico's Mario Cuevas of 23:49 seems destined to fall and the only question that remains is how many will break the mark. In fact, four of the five fastest masters 8K times of 1990 were set in Naples a year ago.

Bill Rodgers, who won the inaugural Circuit Championship in 1988, still has a shot at the Circuit Grand Prix Championship if he can put together a good effort in Naples and the week before at the Charlotte Observer NCNB Masters 10K.

While many have put little stock in Frank Shorter at the Circuit Championship the last two years, the Coloradan has always finished in the top 10.

Four-time Colombian Olympian Domingo Tibaduiza, who leads the Circuit going into Charlotte and finished fourth a year ago, has had an excellent year and should be competitive. Canadian masters record-holder Ken Hamilton is third going into Charlotte while '88 Masters Circuit Grand Prize champion Bob Schlau will add depth to an already strong field.

At press time, race officials were finalizing the participation of Ryszard Marczak who was a top age-graded performer at Twin Cities this past fall. Top age group runners to be competing include Barry Brown, Ken Sparks, Byron Dyce, and Grand Masters runners Hal Higdon, Fay Bradley, Bill Fortune, John Hosner, Dick Benson, and John McManus.

On the women's side, Sorbothane/USRA Masters Circuit leader, Nancy Grayson, certainly a candidate for "rookie of the year," is among the

favorites. Two-time Naples runner-up Gabriele Andersen will be back again, while consistent Barb Filutze hopes to improve her position in the rankings with a strong finish at both Charlotte and Naples. Mary Wood and Gina Faust will lead the other age groups vying for Circuit honors.

As always, the majority of the 14 individual 5-year championships will be determined by head-to-head competition at Naples. Prize money breakdown of the Sorbothane/USRA Masters Circuit is as follows:

Men's 40-44: 1st \$2500, 2nd \$1500, 3rd \$1000, 4th \$500, 5th \$300, 6th \$200, 7th \$100.

Women's 40-44: 1st \$1500, 2nd \$500, 3rd \$250, 4th \$100, 5th \$50.

Men's 45-49 and 50-54: 1st Place \$250; all other 5-year age-group winners through 70 and over (men & women) will receive \$100 for 1st place. Also to be contested will be the popular Sorbothane Cup age-graded performances. The Sorbothane Cup compares the performances of older and younger runners and selects the best performances in races among all age groups. The standards are generally based on potential world records for each age group and have been compiled by the World Association of Veteran Athletes.

Headquarters for the Sorbothane/USRA Masters Circuit Championship will be the Vanderbilt Inn. The \$75 room rate is a steal for January in Florida, and I urge runners to call as soon as possible at 1-800-643-8654. Packet pick-up and late registration will be on Friday, January 11th, from 5:00 to 8:00 p.m. at the hotel. A special "Meet the Masters" reception will be held poolside from 6:00 to 7:30 p.m. featuring Bill Rodgers, Frank Shorter, John Campbell, and other top participants. The Open 8K will begin at 8:00 a.m. on Saturday, January 12th, and the Sorbothane/USRA Masters Circuit National Masters Grand Championship will be held at 9:00 a.m. The awards presentation will be at 10:30 a.m. with the awards banquet that evening at 7:00 p.m. back at the Vanderbilt. Entry forms can be obtained by calling the Sorbothane/USRA Masters Circuit headquarters at (407) 647-2918, or local race number in Naples, (813) 434-1018.

CIRCUIT HAPPENINGS

Add Gary Romessar to the ranks of the 40 and over Masters Division as a name to watch. The Indiana resident's 1:08 posting

at the Citrus Bowl Half Marathon ranks him as the 4th best time of the year, finishing 3:00 ahead of Jim Pearson in the same race. Like many new to the masters ranks, Romessar never quit training and racing since his collegiate days at Indiana Central. You'll be hearing more from Gary... The Charlotte Observer 10K has been awarded the 1992 TAC/USA Men's 10K National Championship. Race officials will be pursuing the Masters 10K Championship for '92 as well. Long range plans call for pursuit of the Olympic Marathon Trials bid in 1996. The last regular-season event on the Sorbothane/USRA Masters Circuit, the Charlotte Observer 10K, features over \$16,000 in Masters prize money spread between the 10K and the Marathon. This year's event will feature Bill Rodgers, Frank Shorter, John Campbell, Ken Hamilton, Bob Schlau, Earl Owens and on the women's side, Priscilla Welch, Barbara Filutze, Nancy Oshier, Laurie Binder, Gabriele Andersen, and Judy Greer in the Marathon... In San Antonio, one of only two marathon stops on the Sorbothane/USRA Masters Circuit, Jose Rodriguez won the men's masters division in 2:46:07 and 55-year-old Wen Shi Yu won the women's race in 3:22:53.

The Rocket City Marathon attracts the best masters year in, year out. Harold Tinsley and company did it again in 1990. Kenneth Judson not only won the masters race, but took the overall title in 2:17:00... Jane Hutchinson captured the women's race, followed by Barbara Filutze.

What do you do for an encore after winning the Triple Crown of marathoning — L.A., Boston, New York — for the last two years? Go home to New Zealand and come back to the U.S. for the great "Masters Double" — Charlotte and Naples. New Zealand's John Campbell is \$76,000 richer and will make the trek back to run at Charlotte in his first-ever Sorbothane/USRA Masters Circuit National Masters Grand Championship. Look for at least one world record in the 8K and a course record in the 10K in Charlotte. John will go back to New Zealand after Naples and concentrate on preparation for London in the spring. He is reportedly not getting the recognition he deserves from the John Hancock people so the Triple Crown appears open for someone else... The popular Myrtle Beach Classic 10K, one of the early stops on the Sorbothane/USRA Masters Circuit, will be held on March 23, 1991. Entry and athlete information from Reinke & Associates at (407) 647-2918... The Nissan Shamrock 8K will be the first stop on the 1991 Sorbothane/USRA Masters Circuit on March 16th. Bill Rodgers will lead a strong masters contingent vying for a good prize purse at this popular event. Athlete inquiries to Jerry or Lori Bocrice at (804) 481-5090.

The Florida Circuit continues to grow, starting off with Naples on January 12th.

Continued on page 27

SORBOTHANE/USRA MASTERS CIRCUIT

1990 POINT STANDINGS
(After 21 Races)

40-44 Men		65-69 Men		50-54 Women	
Domingo Tibaduiza	45/5	John Hosner	25/5	Gina Faust	20/4
John Campbell	40/4	Dick Benson	24/5	Susie Kluttz	14/3
Ken Hamilton	36/4	John McManus	17/4	Helen Reed	9/2
Wilson Waigva	32/4	Dan McCarthy	5/1	Himi Alevera	5/1
Bob Schlau	30/4	Ralph Ratcliff	5/1	Judith Flanner	5/1
Bill Rodgers	29/3				
Earl Owens	24/3				
Fred Waybright	21/3				
Larry Alberg	17/2				
Nash Jimenez	14/2				
45-49 Men		70+ Men		55-59 Women	
Ken Sparks	23/5	Corey Daman	15/3	Wen Shi Yu	25/5
Barry Brown	19/4	Sam McNeely	5/1	Margarete Deckert	10/2
Hickey Lackey	13/2	Nathaniel White	5/1	Evelyn Zerfoss	9/2
Allan Rushmere	5/1	Frank Coughlan	5/1	Jeanette Chambers	7/2
Glenn Jarrell	5/1	Ed Burnham	5/1	Gloria Brown	6/2
50-54 Men		40-44 Women		60-64 Women	
Fay Bradley	22/5	Nancy Grayson	48/5	Betty Dooley	7/2
Robert McAndrews	21/5	Barbara Filutze	37/4	Susan McDavid	5/1
Alton Hiques	10/2	Laurie Binder	20/2	P. Phelan	5/1
Gerald Tilley	5/1	Linda Cash	19/2	Betty McNeely	5/1
Sam Stone	5/1	Jane Hutchinson	19/2	Kate Washman	5/1
		Linda Banning	17/2		
55-59 Men		65-69 Women		70+ Women	
Jay Sturdivant	17/4	Claudia Ciavarella	16/2	Loretta Shehan	14/3
Bill Olrich	10/2	Nancy Hieszczak	16/2	Mary Otte	5/1
Gerald Koch	8/2	Andrea Pease	16/2	Lucille Mancini	5/1
Jim Thomas	5/1	Kathy McIntyre	13/2	Teresa Ramirez	5/1
Norman Green	5/1			Edith Farias	5/1
60-64 Men		45-49 Women		70+ Women	
Bill Fortune	25/5	Mary Wood	15/3	Louise Martin	5/1
Herb Chisholm	14/3	Anne Moore	9/2	Athea Jureidini	5/1
Dick Benson	12/4	Nancy Frisillo	7/2	Harjorie Piscopo	5/1
Joe Fernandez	5/1	Judy Stellar	5/1	Tave Sieger	5/1
Jack Gentry	5/1	Elizabeth Ervin	5/1	Mary Arvis	5/1

Sorbothane Cup Age-Graded Rankings

(After 21 Races)

Overall Men		Overall Women	
John Campbell	41 Crim .9906	Barbara Filutze	44 Tandem River .9224
John Campbell	41 Utica .9765	Barbara Filutze	44 Asbury Park .9175
Harren Utes	70 Chicago Classic .9717	Laurie Bender	42 Crim .9124
Wilson Waigva	41 Arvida World Class .9685	Iris Black	47 Tandem River .9069
John Campbell	41 SuperPlace .9611	Gevielle Andersen	44 Shamrock .9058
Jim O'Neal	52 Crim .9607	Nancy Oshier	42 Asbury Park .9032
John Campbell	41 Asbury Park .9589	Theresa Hahr	41 Crim .8959
Norman Green	58 Asbury Park .9558	Laurie Binder	42 Arvida World Class .8928
Domingo Tibaduiza	40 Hospital Hill .9519	Linda Cash	40 Hospital Hill .8813
Bill Rodgers	42 Crim .9465	Nancy Grayson	40 Utica .8810

MASTERS SCENE

NATIONAL

• Steve Shostrom, director of the Steamboat Classic in Peoria, IL, was honored with the 1990 Road Race Management Race Director of the Year Award on November 10 in Washington, DC. Shostrom, an attorney for the National Labor Relations Board, also directs the 6000+ Women's Race For The Cure and dozens of other low-key Illinois Valley Striders' events.

• Jan Kreuz, 43, Linda Tortora, 44, and Barb Scrogan, 44, placed 1-2-3 women overall in TAC's National Masters 50K Championships, which were also the women's open nationals, Muncie, IN, October 14. Stephen Kearney, 42, was first M40+ in 3:27:12.

• Bob Percy, 42, Corpus Christi, TX, was first U.S. master (7:36:52) in TAC's National Masters 100K Championships, Duluth, MN, October 27. Sandra Kiddy, 53, Bishop, CA, led the W40+ U.S. entrants with a 9:23:34. Kiddy was a member of the official TAC/USA National Women's Team, who were outfitted with official uniforms, and the oldest athlete ever so honored. The race, on an IAAF/TAC-certified 100K point-to-point course, which finished along the shore of Lake Superior, was a test run for a possible future IAAF-staged 100K world championship. Roland Vuilleminot (44, 6:34:02) of France, and Eleanor Adams (42, 7:55:08) at Great Britain, were overall winners in the open race.

EAST

• Hector Vargas (43, 1:29:37) and Marilyn Greely (46, 1:52:24), were first 40+ in the

NYRRC Marathon Tune-Up 25K, Central Park, NYC, October 7. Gabriel Bernal (51, 1:33:56) and Leslie Lefkowitz (M78, 2:27:33) won their division races with good times.

• Angella Hearn (44, 23:46) was tenth of 826 finishers in the Longevity Magazine/NYRRC Women's Miler, Central Park, NYC, October 14. Anna Thornhill (50, 25:27) topped the M50-54 group, and Linda Roesner (50, 40:20) led all RWers.

• John Tope, 40, of Colorado, with a 26:50 nabbed the masters crown in the NYRRC Computer 5 Mile, Central Park, NYC, October 28. Debbie Adams, 44 took the W40+ first in 31:38. Max Popper, 57, ran a 57:38 for a fourth in the M70+ race.

• Cliff Blair, 60, broke the M60-64 WR (14.99) for the 5kg shot put with a 16.05 (52.8) in a weight pentathlon at Dartmouth in Hanover, NH, September 29. He also broke the single-age WR for the 25-lb. weight with a 17.64 (57-10½).

• Derck Frechette, 45, Rochester, NY, was first M40+ and in the top six overall in both a track 5000 (15:49) in Rochester, August 23, and a 20K (68:55) in Buffalo, NY, September 16.

• Bob Giambalvo, 41, finished first M40+ in the MAC RRCA Age-Group X-C Championships, Van Cortlandt Park, Bronx, NY, covering the 5K course in 16:39. Jan Vermilye, 41, took W40+ honors in 19:37.

• Salih Talib, 45, was second of 93 m/finishers with a 54:54 in the NYRRC Pete McCardle 15K X-C, Van Cortlandt Park,

November 25. Zofia Turosz, 52, claimed the same slot of 23 w/finishers with a 67:21. Don Dixon, 63, took the M60 race easily in 66:31.

• Masters firsts went to Ted Haiman (47, 34:10) and Sylvie Kimche (43, 38:32) in the NYRRC December Series 10K, Central Park, NYC, December 2. Ruben Cordon (57, 36:12) and Toshiko d'Elia (60, 45:08) were also division-winner standouts.

MID AMERICA

• Duane Millslagle, 40, Aberdeen, SD, won overall (74:53) in the Prairie Striders Half-Marathon, Brookings, SD, November 3.

SOUTH WEST

• Omitted from last month's "New Age-Group Athletes" was Adrien Pronovost of Corpus Christi, TX, who entered the W70-74 division on December 21.

WEST

• One of the first Marines to hit Saudi Arabia was Calvin Carter, L.A.-Valley AC member out of Hawaii. Carter writes that he is tired of sprinting in the sand and would like to see a Tartan track soon. He also said he would welcome letters from those who know him (and possibly some goodies): C.R. Carter, BAS 3/3 (K.Co.), FPO, San Francisco, CA 96608-5553.

• Helen Dick of Los Angeles claimed three U.S. W65-69 road records in 1990: 5K, 22:18, June 17; 8K, 37:08, May 19; and 10K, May 27, 46:18 (all on TAC-certified courses).

INTERNATIONAL

• Australia's John Gilmour, 71, shattered the long standing M70 3000 mark of 11:46.2, held by Hawaii's Harold Chapson since 1976, by over 20 seconds in 11:25.59 in a recent meet. Gilmour's goal is to set every M70 WR from 800 through the marathon. "Why not?" he said. "Who knows? It may all end tomorrow. I am

injury-free at the moment, fit, healthy and still enjoying my running. At my age, I feel privileged to be so fortunate and live each day as it comes." Gilmour holds the M70 1500 WR of 5:09.73. "I'd like to be the first over-70 to go below five minutes."

• New Zealand's Jack Foster, whose world masters marathon record of 2:11:19 stood for 16 years until broken by fellow countryman John Campbell this year (2:11:04), is now 57. He recently ran his first road race in nine years, covering 15K in 50:12 — a rather incredible 99.3% age-graded effort.

• The recent Sao Paulo State Championships in Brazil drew 352 men and 116 women athletes. Exuperio Soares neared the M65 WR with a 61:32. According to Sebastiao Gotto of the P.E. Department of Sao Paulo State University, attendance would have been greater if many second-generation Japanese, who make up a large part of the region's veteran athletes, had not gone to Japan temporarily in order to get better paying jobs.

• In his first mile race as a masters runner, Rod Dixon, 40, turned in a 4:18.66 to edge Paul Sumpter (43, 4:19.69) and nine others in the Avia Masters Mile in Papakur, New Zealand, November 10. Marion MacDonald, 36, won the women's masters mile in 5:07.87.

• The International Olympic Committee has appointed a five-member commission to meet with South African government and sports leaders in Johannesburg in April. It will be the first time since South Africa was expelled from the Olympic movement in 1970 for its official policy of apartheid that the IOC has sent a delegation to South Africa. Judge Keba Mbaye of Senegal, chairman of the IOC's anti-apartheid commission and head of the delegation, said in an interview with a Norwegian newspaper that the visit could lead to South Africa's re-instatement in time for the 1992 Olympics. Residents of South Africa have not competed in the World Veterans Championships since 1985. □

TOTAL PRIZE PURSES 1990

RANK	RACE	ST	DNF	DATE	TOTAL	RANK	RACE	ST	DNF	DATE	TOTAL	
1	LONDON	I	26	04/22	\$466,890	51	BARRIOS_IN	CA	6	21	10/21	\$19,900
2	BOSTON	MA	26	04/16	\$332,300	52	ASBURY_PAK	NJ	6	21	08/11	\$19,800
3	CHICAGO	IL	26	10/28	\$236,450	53	NATL_CAPA*	I	26	22	05/13	\$18,750
4	TWIN_CITIES	MN	26	10/14	\$194,600	54	BOILERMAKR	NY	9	33	07/08	\$18,725
5	PITTSBURGH	PA	26	05/06	\$175,935	55	BERLIN25K	I	15	56	05/06	\$18,001
6	HOUSTON	TX	26	01/14	\$175,250	56	NEW_HAVEN	CT	12	44	09/09	\$16,950
7	LA_MARATHN	CA	26	03/04	\$162,770	57	COOPER_BRG	NC	6	21	04/07	\$16,800
8	NEW_YORK	NY	26	11/04	\$151,385	58	SAN_BLAS	I	13	11	02/04	\$16,650
9	BAY_T_BRKS	CA	7	05/20	\$111,500	59	SUPERPLACE	MA	6	21	06/03	\$16,225
10	LONG_BEACH	CA	26	05/06	\$100,000	60	MASKI_COUR	I	12	44	06/10	\$16,000
11	INA_JAVA	I	6	02/11	\$99,500	61	LASVEGAS	NV	26	22	02/03	\$15,598
12	MOSCOW_MAR	I	26	08/11	\$96,525	62	ALHAMBRA	CA	4	97	10/27	\$15,500
13	REVCO_MAR	OH	26	05/20	\$91,750	63	BAHAMAS	I	3	11	02/24	\$15,200
14	BOULDER	CO	6	05/28	\$88,494	64	TOM_SULLVN	CA	6	21	03/18	\$15,000
15	RED_LOBSTR	FL	6	03/03	\$72,000	64	FIESTA5000	CA	3	11	07/22	\$15,000
16	TORONTO_M	I	26	09/09	\$70,000	66	NAPLES	FL	4	97	01/13	\$14,500
17	FALMOUTH	MA	7	08/18	\$66,200	67	BERMUDA_B	I	26	22	01/13	\$14,300
18	CASCADE	OR	9	06/17	\$58,500	68	ORANGE_CLS	NY	6	21	06/10	\$14,000
19	GASPARILLA	FL	9	02/17	\$55,100	69	TIMEX	I	6	21	10/14	\$13,825
20	BLOOMSDAY	WA	7	05/06	\$54,800	70	CHARLOTE_A	NC	26	22	01/06	\$13,700
21	GRANDMAS	MN	26	06/23	\$51,350	71	CHARLOTE_B	NC	6	21	01/06	\$12,900
22	PEACHTREE	GA	6	07/04	\$50,850	72	AUTMNH_CHESE	TN	6	21	09/22	\$12,850
23	RIVER_RUN	FL	9	03/10	\$40,450	73	HOSP_HILL	MO	13	11	06/03	\$12,750
24	BIX	IA	7	07/29	\$39,500	74	STEAMBOT_B	IL	9	33	06/16	\$12,700
25	CRESNT_CTY	LA	6	04/08	\$36,550	75	CB_CHASER	DC	6	21	04/08	\$12,500
26	ROGAINE	IL	3	10/28	\$36,100	76	STH_SEASON	IA	4	97	07/04	\$12,150
27	PHILA_DIST	PA	13	09/16	\$35,500	77	GUM_TREE	MS	6	21	05/12	\$12,000
28	GREAT_RACE	PA	6	09/30	\$33,550	78	TULSA_RUN	OK	9	33	10/27	\$11,160
29	AZAL_TRL_A	AL	6	03/31	\$32,700	79	TORONTO_HM	I	13	11	10/14	\$11,100
30	PARKERSBRG	WV	13	08/18	\$31,250	80	ARTSFEST	OH	7	45	05/12	\$11,000
31	FRISCO_MAR	CA	26	07/01	\$29,500	81	AZAL_TRL_T	TX	6	21	04/01	\$10,450
32	MIDLAND	NJ	9	05/20	\$29,350	82	NIS_SHMR_A	VA	4	97	03/17	\$10,350
33	ELBY'S	WV	12	05/28	\$28,800	83	NEWS_TIMES	CT	6	21	09/09	\$10,275
34	NEW_BDFORD	MA	13	03/18	\$27,000	84	MUSIC_CITY	TN	3	11	10/06	\$10,000
35	CARLSBAD	CA	3	03/25	\$26,400	85	STEAMBOT_A	IL	4	00	06/16	\$9,900
36	INTL_PEACE	OH	6	10/21	\$25,950	86	COTTON_ROW	AL	6	21	05/28	\$9,850
37	MAGGIE_VAL	NC	4	08/25	\$25,950	87	BUTLER	PA	6	21	06/30	\$9,725
38	REVCO_10K	OH	6	05/20	\$25,700	88	DETROIT_FP	MI	26	22	10/21	\$9,700
39	MILK_RUN	MA	6	04/08	\$25,400	89	PARK_FORST	IL	10	09/02	\$9,450	
40	NIKE_WOMEN	DC	4	05/13	\$24,450	90	ALL_IOWA	IA	4	97	05/05	\$9,175
41	CARNVL_MIAM	FL	4	03/10	\$24,000	91	NATL_CAPA*	I	6	21	05/12	\$9,000
42	SAN_JUAN	I	5	03/11	\$23,550	92	CHLG_CUP_B	WI	6	21	09/15	\$8,700
43	MH_LILAC	NY	6	05/20	\$22,650	93	STRAWB_FEST	FL	6	21	02/24	\$8,525
44	NWVAS_OR	OR	4	04/29	\$22,050	94	BIG_SUR	CA	26	22	04/29	\$8,500
45	BWLG_GREEN	KY	6	10/13	\$21,450	95	BATLEGREEN	MA	6	21	06/23	\$8,400
46	CHERRY_BLSM	DC	10	04/01	\$21,000	96	ST_PAT_MN	MN	4	97	03/11	\$8,300
47	E_VALY_MAR	AZ	26	01/13	\$20,825	97	FAIR_LAKES	VA	6	21	09/23	\$7,700
48	OLD_KENT	MI	15	05/12	\$20,400	98	BUCK_CREEK	IN	4	97	06/23	\$7,650
49	FRIEHOEFRS	NY	3	05/05	\$20,200	99	NIS_SHMR_B	VA	26	22	07/17	\$7,200

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schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

February 16. TAC/USA National Masters Indoor Pentathlon Championships, National Institute For Fitness and Sports, Indianapolis, Ind. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

March 23-24. TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

June 22-23. TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, Neb. Ross Greathouse, 2826 South 25, Lincoln, NE 68502. 402/423-3864 or 475-7712.

June 28-July 3. U.S. National Senior Sports Classic Senior Olympics, Syracuse, N.Y.

USNOSO, So. Outer Forty Rd., Ste. N300, Chesterfield, MO 63017. 314/878-4900.

July 4-7. 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill. (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

January 4. 22nd Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College. Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

January 6. Tom Robinson Memorial Mile & Phila. Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

January 6. MAC Indoor Meet, Fordham U., NYC. Men only. MAC office-212/227-0071.

January 13. 7th Annual Brown Univ. Masters Indoor Track & Field Invitational,

Brown University, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, R.I. 02860.

January 15. Philadelphia Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

January 20. MAC Indoor Meet, Manhattan, NYC. Men only, HS. MAC office — 212/227-0071.

January 20. Western Pennsylvania TC Open & Masters Indoor Championships, Slippery Rock, Pa. (50 minutes nw of Pittsburgh). Barry Kline, 1245 Alamae Lakes Rd., Washington, PA 15301. 412/228-1872, after 9:30 p.m.

January 20, February 10, March 3. Greater Rochester TC All-Comers Meets, U. of Rochester Fieldhouse, N.Y. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h); 359-5257(w).

January 27. Adirondack TAC Indoor Championships, Union College, Schenectady, N.Y. Daver Herrington, Union College, Schenectady, NY 12308. 518/370-6547.

January 27. Greater Boston TC Invitational, Cambridge, Mass. Includes masters competition. Jim O'Brien, Meet Director, P.O. Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

February 3. Philadelphia Masters Indoor Development Meet & Middle Distance Triathlon (mile, 400, 800), Kutztown U., Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

February 9 & 23. Philadelphia Masters Development Meets, St. Joseph's U., Philadelphia. See February 3.

February 17. MAC Indoor Championships, Vest Point, N.Y. Open & Masters. MAC office — 212/227-0071.

February 24. New Jersey TAC Masters Indoor Championships. 10:30 a.m. Fairleigh Dickinson, U., Hackensack. North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.

March 9. Philadelphia Masters Indoor Invitational, Haverford College, Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

March 17. TAC Eastern Sectional Indoor Masters Championships, U. of Delaware, Newark. Larry Pratt, 110 South Dillwyn Rd., Newark, DE 19711. 302/737-1927.

April 26-27. Penn Relays, Philadelphia. 4x100, 4x400 relays, masters long jump (elite only). All events M&W, 40+. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

June 2. New Jersey Masters/Submasters Championships, Monmouth College, West Long Branch. Separate awards for out-of-state entrants. Sanford Kalb, 22 Addison Rd., Howell, NY 07731. 908/363-5426.

June 16. TAC Eastern Sectional Masters Championships, Millersville University. SASE only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385. Entry form in May NMN.

July 13. Boston Masters Meet/NEAC Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

August 11. Keystone State Games, Allentown, Pa. State residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

September 1. Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

January 6. All-comers Meet & 5K RR, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

March 9. Nashville TC Open & Masters In-



The Spirit of Christmas Past Appears at the Trojan meet and stomps Med flies.

Photo by Jerry Wojcik

door Meet, Tennessee State U. Gentry Center Complex, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

April 20. Florida Circuit Meet, Lake Worth. SASE to Bob Fine, Florida AC, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

April 27. Florida Circuit Meet, Naples. SASE to Rudy Vlaardingerbroek, Florida AC, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

May 2-5. 21st Southeastern Masters Meet, St. Augustine College, Raleigh, N.C. Dale Smith, 2401 Wade Ave., Raleigh, NC 27607. 919/831-6836.

May 4. Florida Circuit Meet, Jacksonville. SASE to Lamar Strother, Jacksonville TC, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7870.

May 11. Florida Circuit Meet, Tampa Bay. SASE to Ed Wells Jr., West Florida "Y", 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 18. Florida TAC Masters Championships, Orlando. Awards to non-residents. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

May 25. Birmingham Track Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031.

June 1. Tennessee Sportsfest Regional Meet, Tennessee Prep School & Vanderbilt U., Nashville. State residents only. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

June 8. Florida Circuit Meet, Miami. SASE to Jesse Holt, Miami NW Express TC, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

June 21-23. Tennessee Sportsfest, U. of Tenn.-Knoxville. Doug Mooney, 13003 Pear Leaf Circle, Knoxville, TN 37922. 615/675-0260.

June 8. Atlanta TC Masters Meet, Emory U., Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

June 8-9. 16th Annual Northwest Classic, Miami-Dade College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 15. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

Continued on page 27

Masters Age-Graded Tables

- Keep track of your progress over the years.
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Name _____
Address _____
City _____ State _____ Zip _____

Continued from page 26

MIDWESTIllinois, Indiana, Kentucky, Michigan, Ohio,
Wisconsin, West Virginia.

January 5. Lake Erie Indoor Championships, Cleveland, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

January 19. Athlete's Foot Indoor Masters Grand Prix Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

April 27. North Coast Relays, Mayfield, Ohio. Jim Barret, 3801 Shannon Rd., Cleveland Heights, OH 44188. 216/932-0049.

June 1. Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 15. Indy Senior Classic, Indiana U.-Purdue U. in Indianapolis (IUPUI) Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 22. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

August 10-11. Midwest Masters Meet, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Train, Ona, WV 25545. 304/736-8474.

MID-AMERICAArkansas, Colorado, Iowa, Kansas,
Minnesota, Missouri, N. Dakota, Nebraska,
Oklahoma, S. Dakota.

April 28. Lincoln TC Open & Masters Meet, Lincoln, Nebr. LTC, Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 30. TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U., Lincoln, Nebr. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

SOUTHWEST

Louisiana, Mississippi, Texas.

March 2. 2nd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Sub-masters/masters walking/running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

June 1. Southwestern/TAC Championships, SMU, Dallas, Texas. John Pritchett, Mountain View College, 4849 W. Illinois,



Rich Alexander, second M30 (6-9 $\frac{3}{4}$), TAC/USA National Masters Championships, Indianapolis. Photo by Jerry Wojcik

Dallas, TX 75211.

June 15. Hill Country Classic, Mason, Texas. Lee Graham, Mason, TX 76856. 915/347-5921.

June 22. 11th Annual Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4703 W. Lovers Ln., Dallas, TX 75209. 214/357-5613(o); 363-1419(r).

WESTArizona, California, Hawaii, Nevada,
New Mexico, Utah.

February 9. CSUB/Bakersfield California Meet. Roger Craig, 805/664-2347.

February 16-March 3. Arizona Senior Olympics, Phoenix, 55+. ASO, Irene Stillwell, 1202 N. 3rd St., Phoenix, AZ 85004. 602/495-5490.

March 9. L.A. Relays Meet, Cal-State-Los Angeles. Open & Masters. Relays only. John Turek, 213/343-3095.

April 13. Striders Meet, Cal-State-Long Beach, Calif. High Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

May 25. Anteater Masters Classic, U. of Calif.-Irvine. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 8. Pacific Association/TAC Championships, Los Gatos, Calif. Willie Har-matz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 15. Southern California Association/TAC Championships, Occidental College, Los Angeles. C. Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 22-23. TAC Western Sectional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

June 30. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026. 213/666-4964(h); 977-7492(w).

September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

NORTHWESTAlaska, Idaho, Montana, Oregon,
Washington, Wyoming.

June 1. Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951.

June 22. Hayward Classic Masters Championships, Eugene, Ore. Les Castle, 720 East 20th Ave., Eugene, OR 97405. 503/344-9809(h); 484-9809(w).

July 20. Volcano Classic VIII, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

August 9-10. Montana Masters Meet, Montana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman, MT 59717-5132.

INTERNATIONAL

February 11-22. Norfolk Island (Australia) Veterans Games. Multi-sports. Ian Anderson, World Traders, P.O. Box 158, Norfolk Island 2899, Australia. Fax: 672-3-3106.

March 7-9. Indoor Veterans Games, Budapest, Hungary. Exertours, 1086 Budapest, Ulloi ut 14, Budapest, Hungary. Fax: (36-1) 133-0325. Phone: (36-1) 133-1141.

March 23-24. Soviet Union Indoor

**ON TAP
FOR JANUARY****TRACK AND FIELD**

Indoor meets include masters events at the Dartmouth Relays on the 4th; Lake Erie Championships on the 5th; Philadelphia Masters meets on the 6th (featuring the Tom Robinson Memorial Mile) and 15th; Brown University Invitational on the 13th; West Penn and Athlete's Foot meets on the 20th; and Greater Boston Invitational on the 27th.

LONG DISTANCE RUNNING

The Charlotte Observer Marathon/10K — the 22nd 1990 Sorbothane/USRA Masters Circuit race — on the 5th leads up to the final event, the Sorbothane/USRA Masters 8K Championships in Naples, Fla., on the 12th.

The Paramount Special Masters 10K in Paramount, Calif., should draw fine fields with its offer of prize money, several-runners deep, in five-year age divisions through M90 and W85.

The Houston-Tenneco marathon and Metro-Dade marathon in Miami take off on the 20th.

Super Bowl weekend races are set for Tampa, NYC, and Redondo Beach, Calif., on the 26th-27th. □

Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

March 29-April 1. Australian Veterans Championships, Canberra. The Secretary, ACT VAC, P.O. Box 157, Kippax ACT 2615, Australia.

July 12-14. Pregames to IX WAVA World Veterans Championships, Kuusankoski, Finland. Pregames, PI 101, SF 45701 Kuusankoski, Finland. Fax: 358-51-44496. (See ad in January issue).

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

August 2-4. Soviet Union Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

**LONG DISTANCE
RUNNING
NATIONAL**

January 12. 1990 Sorbothane/USRA Masters Circuit Grand Championships 8K, Naples, Fla. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918; FAX 407/647-0433.

Continued on page 28

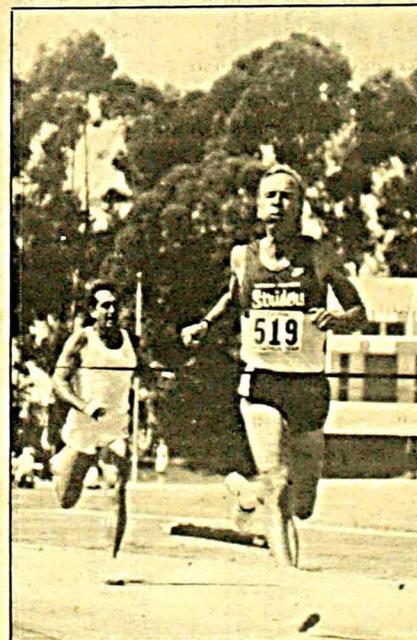
The Director's Corner

Continued from page 24

Next in line is the new Great Gainesville Race on January 26th. Hal Rothman is the athlete's coordinator at (904) 373-6827. \$500 for 1st... February 2nd, the long-standing Heart Run in Ft. Lauderdale has quickly joined the ranks of world class with a \$30,000 prize purse injection by Alamo. Alamo will expand its Alumni Run Series to six cities in 1991 and you'll find Bill Rodgers and Frank Shorter at the Heart Run... Grand Bahamas 5K continues to grow with a decent purse on February 9th, while the Gasparilla Run on February 16th will offer its usual world class flair. Athlete's contacts for the latter are to be directed to Bill Orr (813) 533-4671... Red Lobster 10K in Orlando continues to grow with \$10,000 to be awarded to masters as part of its prize structure. Athlete inquiries to Lorraine Evans at (407) 352-9131... Jacksonville River Run, always a popular stop on the Florida tour, will be held January 9th.

If Florida doesn't suit you in the winter,

then try the Las Vegas Marathon on February 2nd with a \$25,000 total prize purse... The Pittsburgh Marathon has finally settled on a race director. Len Duncan, who has been technical coordinator for the last six years, will take over the position vacated by Larry Kuzmanko. Sponsors and a prize purse structure will be announced in early January. (412) 422-6535 for the May 5th event... Seattle Half-Marathon, despite a torrential downpour and wicked wind conditions, still attracted 3400 runners. Larry Almborg led the masters, running 1:09:02, winning over Michael Seamen, while Mary Wood led the women in 1:21:49... Sorbothane/USRA Masters Circuit organizers are enthusiastically putting together the 4th edition of the 1991 Circuit. With the Nissan Shamrock 8K in Virginia Beach the kick-off event, organizers look to a 25-city circuit leading up to a championship in January of 1992. Further information can be obtained by calling the Sorbothane/USRA Masters Circuit headquarters at (407/647-2918).



Fred Niedermeyer (50, 58.64) leads Bill Knocke (50, 60.20) to the M50 400 finish, Sri Chinmoy Meet, Irvine, Calif. Photo by Bob Watanabe

Continued from page 27

February 3. TAC/USA National Masters 5K, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002. (Entry form in Jan. issue, p. 12).

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

January 20. NYRRC Frostbite 10 Miler, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

January 27. NYRRC Super Bowl Sunday 5K, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

April 15. 95th Boston Marathon, Boston, Mass. Qualifying times: M35-3:15; M40-3:20; M45-3:25; M50-3:30; M55-3:35; M60-3:40; M65-3:45; M70+ -3:50; W35-3:45; W40-3:50; W45-3:55; W50-4:00; W55-4:05; W60-4:10; W65-4:15; W70+ -4:20. SASE to: Boston AA, P.O. Box 1991, Hopkinton, MA 01748. 508/435-6905; FAX 508/435-6590.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

January 5. Charlotte Observer Marathon/10K, Charlotte, N.C. Sorbothane/USRA Masters Circuit. 704/379-6896, or Dean Reinke & Associates, 407/647-2918.

January 12. Lady Track Shack 5K, Winter Park, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.

January 20. Metro-Dade Marathon/Half-Marathon/ 5K, Miami. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 1-800-940-4RUN.

January 26. Super Bowl 10K, Tampa, Fla. Fred Banke, race coordinator, Safety Har-

bor Spa & Fitness Center, 105 N. Bayshore Dr., Safety Harbor, FL 34695. 813/726-1161.

January 26. Great Gainesville 5K, Gainesville, Fla. Gainesville RR, P.O. Box 12463, University Stn., Gainesville, FL 32604. Hal Rothman, Director, 904/373-6827.

January 26. 11th Annual Matanzas 5000, St. Augustine, Fla. Masters money. ACRR, 225 Gentian Rd., St. Augustine, FL 32086. 904/797-4251; 829-2251.

February 2. Alamo Heart Run 10K, Ft. Lauderdale, Fla. Masters money. American Heart Assn., P.O. Box 14213, Ft. Lauderdale, FL 33302, 305/764-7900.

February 9. Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

February 10. Pomoco Group/Hampton Coliseum Half-Marathon, Hampton, Va. Masters money. Hampton RR, City of Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669, 804/727-6140.

February 16. Edison Festival of Light 5K Classic, Fort Myers, Fla. SASE to Edison Festival 5K, Fort Myers TC, P.O. Box 06131, Fort Myers, FL 33906. 813/278-4786.

February 17. 20th Annual Space Coast Marathon/Half-Marathon, Melbourne, Fla. Florida's oldest marathon. Bill Dillard, Race Director, 1480 Meadowbrook Rd. NE, Palm Bay, FL 32905. 407/724-2510.

February 23. Blue Angel Marathon/5K, Pensacola, Fla. Morale, Welfare & Recr. Dept., Naval Air Stn., Bldg. 632, Radford Blvd., Pensacola, FL 32508-5000. 904/452-3922.

February 24. Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, William and Mary Hall, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

February 24. Palm Beach Runners Half-Marathon, Palm Beach County, Fla. Jim Cook, PB Runners, Box 8205, W. Palm



Renowned racewalker, Albert (Gus) Theobald (c), shares a peaceful moment at Oregon's Crater Lake with friends, Tom Daintry (l) and Gordon Wallace (r). Theobald, 92, who holds innumerable age records for racewalks from 5-25K, was recently struck by a car in his native Australian and killed. Two weeks prior to his death, he won the 10K RW at the Victorian mid-winter championships.

Photo by Connor Johnston

Beach, FL 33407. 407/689-2648.

March 2. 9th Annual Red Lobster 10K, Orlando, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.

March 9. Jacksonville River Run 15K, Jacksonville, Fla. Florida's largest single race. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217.

March 16. Nissan Shamrock Marathon, Virginia Beach, Va. Also masters 8K & money. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

February 3. Winter Carnival Half-Marathon, St. Paul, Minn. Winter Carnival, c/o North Central Tower, No. 600, St. Paul, MN 55101. 612/297-6953.

SOUTHWEST

Louisiana, Mississippi, Texas.

January 6. 84th Jackson Day 9K, New Orleans. Oldest RR in the South. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

January 19. 26th Mardi Gras Marathon, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

January 20. Houston-Tenneco Marathon, Houston. H-T. Marathon, P.O. Box 56464, Houston, TX 77027. 713/757-2700.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

January 1, 5, 6, 12, 13, 14, 19, 20, 21, 26, 27. Legg Lake Runs, South El Monte, Calif. A. Martinez, 213/949-0394.

January 12. Orange County Half-Marathon, Irvine, Calif. Kim Winslow, Box 1984, Costa Mesa, CA 92628. 714/642-8024.

January 13. FHP Arizona Marathon, Tempe. FHP Arizona Marathon, 2801 W. Medlock, Phoenix, AZ 85017. 602/246-7697.

January 19. Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales, 714/841-5417. Rated as one of the top 10 races in the country. Masters money. Must meet qualifying standards: M40: 34:00; M45: 36:00; M50: 38:00; M55: 40:00; M60: 43:00; M65: 47:00; M70: 52:00; M75: 65:00; M80: 90:00; M85: 100:00; M90: 100:00.

W40: 40:00; W45: 42:00; W50: 44:00; W55: 47:00; W60: 52:00; W65: 60:00; W70: 75:00; W75: 90:00; W80: 100:00; W85+: 100:00.

January 19. Record Searchlight Half-Marathon, Redding, Calif. Tony Johnson, Box 1891, Redding, CA 96099. 800/THE-HALF.

January 20. Blue Cross/Blue Shield Tucson Marathon, Tucson, Ariz. Barbara Liguori, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 602/299-6731.

February 2. Las Vegas Marathon & Team Relay, Las Vegas, Nev. SASE to: Al Boka, Race Director, Box 81262, Las Vegas, NV 89180.

February 3. San Dieguito Half-Marathon, Rancho Santa Fe, Calif. Kathy Loper, 7801 Mission Center Dr., Ste. 200, San Diego, CA 92108. 619/298-7400.

February 3. McDonald's/Lakewood Half-Marathon, Lakewood, Calif. Tom Lederer, Box 158, Lakewood, CA 90714. 213/866-9771.

February 3. Davis Stampede Half-Marathon, Davis, Calif. A Change of Pace, 221 G St., Ste. 205, Davis, CA 95616. 916/757-6017.

February 16. Great American Adventure 2.8 Mile/4.8 Mile X-Country, Huntington Beach, Calif. SASE to: Finish Line Inter., 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

February 18. Great Aloha 8.2 Mile, Honolulu. American Express Travel Service, 2222 Kalakaua Ave., 8th Floor R.T., Honolulu, HI 96815. 808/921-6300.

March 3. Los Angeles Marathon, Los Angeles. L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 213/444-5544.

March 24. 8th Annual Fifty-Plus 8K, Stanford, Calif. M&W 50+ - 50+ Runners, P.O. Box D, Stanford, CA 94309. 415/723-9790.

INTERNATIONAL

February 24. 10K Mashramani Run. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404

VIA SUOMI - a group tour to WAVA 91, Turku. Optional extension-organized sightseeing and walks in Finland and Sweden. Escorted by native veteran athlete. SAS-Budget housing. Entry forms. For info: Len Englund, 14220 S.E. 24th, Bellevue, WA, 98007. (206-746-3822).

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN. 1991

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
MARY BELLING (WAUKESHA, WI)	1-30-36	55	59
DORTOTHY CARLIN (US)	1- 6-36	55	59
NANCY HELYER (WA)	1- 9-36	55	59
NICKI HOBSON (SAN DIEGO, CA)	1-16-31	60	64
JOYCE KAMMER (US)	1-21-41	50	54
VIOLET LEONARD (MORGANTOWN, WV)	1-16-21	70	74
LILLIAN LEVINE (NY)	1-28-41	50	54
JOY MACDONALD (FT. LAUDERDALE, FL)	1-25-41	50	54
SHARON MARTIN (EVERGREEN, CO)	1-26-41	50	54
JOY McDONALD (FT. LAUDERDALE, FL)	1-25-41	50	54
ROSI O'NEIL (NEWPORT BEACH, CA)	1-30-41	50	54
HILDE RUTKOWSKI (DAYTON, OH)	1-24-26	65	69
BETTY CLAIR-SEARCY (BRONX, NY)	1- 6-51	40	44
ANN SMITH (TORRANCE, CA)	1- 3-36	55	59
FRAN STEVENSON (LOS ALTOS, CA)	1-20-31	60	64
KAY WILLOUGHBY (MILL VALLEY, CA)	1-20-36	55	59
MARGARET AUGUST (NZ)	1-10-46	45	49
JEAN CLEATOR (CAN)	1-21-26	65	69
GEORGINA DESCHAMPS (BEL)	1-31-21	70	74
SHIRLEY HARRIS (AUS)	1- 1-31	60	64
SIBYLLA HEILI (SUI)	1-29-41	50	54
SINIKKA KESKITALO (FIN)	1-29-51	40	44
JARMILA KRATOCHVILLOVA (CZE)	1-26-51	40	44
FITA LOVIN (ROM)	1-14-51	40	44
SIBYLLA MEILI (SUI)	1-29-41	50	54
ASTRID NILSSON (SWE)	1-14-36	55	59
BRIGITTE PAULS (WG)	1- 6-46	45	49
BEV SAVAGE (NZ)	1-19-46	45	49
CHRISTINE SCHULTZ (AUS)	1- 9-51	40	44
MARY WIXEY (GB)	1-23-21	70	74
VERNER ANDERSSON (SWE)	1- 7- 6	85	89
WALTER DAHLIN (CHICO, CA)	1-20-21	70	74
ROBERT FOUTZ (PHOENIX, AZ)	1-20-21	70	74
TIMOTHY JOSLIN (SEATTLE, WA)	1-10-41	50	54
BOB KROGER (RIVERSIDE, CA)	1-22-16	75	79
ED LOWELL (TARZANA, CALIF)	1- 1-16	75	79
EDWIN MALAN (RSA)	1-27-11	80	84
HORST MANDL (AUT)	1- 8-36	55	59
VIRGIL MCINTYRE (PRESCOTT, AZ)	1-20-11	80	84
MAURI MERTAKIVI (FIN)	1-21-21	70	74
FRIEDRICH MEYER (WG)	1-26-16	75	79
ALAIN MIMOUN (FRANCE)	1- 1-21	70	74
MARIO MINAFRA (YORKTOWN HTS., NY)	1-20-21	70	74
YURI NIKULIN (URSS)	1- 8-31	60	64
ERIK OSTBYE (SWEDEN)	1-25-21	70	74
BILL PACHECO (HONOLULU, HI)	1- 2-16	75	79
KHRISTOS PAPANIKOLAOU (GRE)	1-24-41	50	54
RICHARD PARKINSON (INDIO, CA)	1- 2-21	70	74
POOCHI PARTHASARATHY (IND)	1-16-36	55	59
ALBERT REISER (WG)	1-24- 6	85	89
TOM RICHARDS (SANTA ANA, CA)	1-17-41	50	54
PENTTI SAARIKOSKI (FIN)	1-13-26	65	69
KURT SCHMITTENHEIM (WG)	1-12-41	50	54
PAUL SCHMITZ (WG)	1-29-21	70	74
JONATHAN SHARP (MORRISON, COLO)	1-25-21	70	74
MAL SPENCE (JAM)	1- 2-36	55	59
JIM STEPHENS (TALLAHASSEE, FLA)	1-23-41	50	54
WILLIAM TRIBOU (CT)	1-21-21	70	74
GENE ZUBRINSKI (CA)	1- 8-41	50	54

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

M30-34			
Derek E. Shelton	Long Jump	22-3½	7-28-90
	Triple Jump	43-11½	7-28-90
James Fountain	Pole Vault	14-6	7-21-90
Artego Jaunes	200M	22.40	7-7-90
Lawrence Rosen	Discus	151-5	7-22-90

M35-39			
Robert Bowen	100M	10.66	8-2-90
	200M	22.21	8-23-90
	400M	51.8	8-2-90
Tom Thompson	100M	10.95	8-2-90
	200M	22.60	8-2-90
	400M	50.90	8-2-90
Donald Goodwin	200M	23.2	7-28-90
	400M	51.26	7-29-90
John T. Wilson	High Jump	6-4	8-2-90

M40-44			
Joe L. Mack	200M	23.8	9-1-90
T. G. Rauscher	Pole Vault	14-6	8-4-90
Tim Heikkila	High Jump	6-4	8-2-90
A. LaFramboise	Pentathlon	2732 pts.	8-3-90
Fred Collins	400M	51.3	6-23-90
	200M	23.1	5-23-90

Mark Dupuis	Discus	158-1	6-10-90
	Shot Put	44-9 3/4	6-10-90
Johnie Meisner	High Jump	5-9½	4-11-90
	High Jump	5-9 3/4	4-24-90
	High Jump	5-10	6-17-90
	High Jump	5-10	6-30-90
	High Jump	5-9½	7-22-90
	Triple Jump	39-10	6-17-90
	Triple Jump	39-3 3/4	6-22-90
	110H	17.7	6-3-90

M45-49			
Jerry E. Whitten	1Mile RW	7:31	10-27-90
T.M. O'Hora, Jr.	400M	54.86	5-13-89
Ross Jensen	100M	11.9	6-3-90
	400H	62.6	8-3-90
Rab Hagin	200M	24.9	8-18-90
George Cliette	Pentathlon	2680 pts.	5-27-89

M50-54			
Seth Kaminsky	1500M	4:31.3	8-4-90
	1 Mile	4:49.95	9-22-90
Gary F. Schmidt	10K	36:10.60	7-27-89
Stan King	100M	12.4	5-26-90
	200M	25.7	2-21-90
	400M	58.5	7-27-90

M55-59			
Clarence Trinkner	100M	13.00	9-30-90
Randal D. Lindsay	100M	12.77	5-29-89
C. Trinkner	Long Jump	17-0	9-30-90
John Haugo	100M	12.88	7-7-90
	200M	26.70	7-7-90
	Discus	119-10	7-7-90
	Shot Put	12.74m	7-22-90
	35# Wt.	9.72m	7-22-90

M60-64			
Dick Klein	200M	28.5	8-21-88
P.M. Couttie	1500	5:18.58	10-14-90
	1 Mile	5:49.4	10-14-90
Sam Daniell	10K	39:39	5-19-90

M65-69			
George Rajcevic	Triple Jump	30-4	1-28-90
Fred Hirsimaki	Pole Vault	8-11 3/4	8-2-90
	Triple Jump	30-3	8-2-90
	High Jump	4-8	4-24-90
	56# Wt.	13-3½	1-6-90
	Long Jump	15-2	4-4-90
	100H	18.6	6-23-90
	Pentathlon	3016 pts.	5-4-90
James Holland	Shot Put	36-8½	7-7-90

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Event	MEN												
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10

Event	WOMEN												
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:41	1:05:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:67

A minimum of two judges must be present and the competition must be limited to race walkers (i.e. no runners).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
1Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 40+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 40+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
1Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ												

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.

EAST

Dartmouth Weight Meets Hanover, NH

August 12
16# Shot Put
 Carl Wallin 48 48-4½
 Bob Mead 46 46-9
16# Hammer
 Bob Mead 46 153-10
 Carl Wallin 48 146-8

Discus
 B Mead 46 132-2
 C Wallin 48 119-5

August 19
16# Shot Put
 Carl Wallin 48 49-9
16# Hammer
 C Wallin 48 150-4

Discus
 C Wallin 48 121-1

August 25
16# Shot Put
 Carl Wallin 48 49-9
 Bob Mead 46 46-3
16# Hammer
 B Mead 46 154-4
 C Wallin 48 142-7

September 2
16# Shot Put
 Carl Wallin 48 49-2
 Cliff Blair 60 42-7½
 Bob Harvey 47 40-9½

16# Hammer
 C Wallin 48 146-4
 C Blair 60 138-5
 (single-age AR)
 Bob Harvey 47 110-2

8# Shot Put
 Roberta Blair 41 20-9
 Bonnie Wallin 46 20-7
 Sue Harvey 47 19-2

2K Discus
 Bob Harvey 47 120-10
 Carl Wallin 48 118-2

25# Weight
 Cliff Blair 60 57-6

September 9
16# Shot Put
 Carl Wallin 48 49-3
 Bob Mead 46 46-11
12# Shot Put
 C Wallin 48 56-8½
16# Hammer
 Bob Mead 46 155-9
 Carl Wallin 48 151-8

2K Discus
 Bob Mead 46 133-7
 C Wallin 48 118-2

September 15
16# Shot Put
 Carl Wallin 48 50-0
12# Shot Put
 Carl Wallin 48 56-9
 Cliff Blair 60 48-10
16# Hammer
 Carl Wallin 48 148-11
2K Discus
 Carl Wallin 48 121-0

September 22
16# Shot Put
 Carl Wallin 48 47-6
 Bob Harvey 48 40-6
16# Hammer
 Carl Wallin 48 138-11
 Bob Harvey 48 108-8
2K Discus
 C Wallin 48 121-4
 B Harvey 48 116-8

October 6
16# Shot Put
 Carl Wallin 49 49-4
 Bob Harvey 48 41-10
12# Shot Put
 Carl Wallin 49 55-9
 Bob Harvey 48 48-10
16# Hammer
 C Wallin 49 145-4
 Bob Harvey 48 111-3
2K Discus
 Bob Harvey 48 122-4
 C Wallin 49 116-7

October 21
16# Shot Put
 Carl Wallin 49 49-9
 (single-age AR)
12# Shot Put
 Carl Wallin 49 58-3

September 29
Weight Pentathlon (SP/HT/DT/JT/WT)
 Scores Age-Factored
 1 Cliff Blair 60 4292
 (16.05/52.67/43.66/30.90/

17.64) M60-64 WR in SP & WT)

2 Carl Wallin 49 4184
 (15.24/45.60/36.79/44.14/15.50)
 4 Bob Harvey 48 3221
 (12.79/34.37/35.23/34.76/9.60)
 6 Bill Garahan 60 3176
 (11.86/25.46/46.54/37.20/9.45)
 7 Al Bashian 49 2752
 (9.23/29.42/30.79/35.56/8.76)

Dartmouth All-Comers Meet Hanover, NH; December 1

Shot Put 16#
 1 Ed McCabe 25 52-8½
 3 Carl Wallin 49 47-7½
 4 Bob Harvey 48 39-0

Shot Put 5kg
 1 Cliff Blair 61 49-8½

Shot Put 12#
 1 Jurgen Miffka 47 37-11
 2 Keith Ploff 35 36-8½
 4 Mark Witty 36 34-3
 6 Leo Hamill 87 4kg30-0
 7 Tom Nunn 34 29-10½
 9 Robert Sparks724kg27-5
 10 Ken Withee 78 4kg 27-2

Weight Throw 35#
 1 Jeff Rettig 22 53-10
 3 C Wallin 49 44-11½

Weight Throw 25#
 1 C Blair 61 49-8½



SOUTHEAST

Georgia State Games Atlanta; July 22-24

100m
 M30 Michael Gordon 11.36
 M35 Stephen Foster 11.50
 M40 Marian McCoy 11.48
 M45 Manse Cooper 12.35
 M50 Sammie White 12.56
 M55 James Hoover 13.98
 M60 Tom Bartenfeld 20.47
 M65 Chas Gozonsky 17.06
 W30 Allison Stefanov 15.45
 W35 Donniss Drungole 13.27
 W40 Phil Raschker 13.12

200m
 M30 Ellis Liddell 22.76
 M35 S Foster 23.52
 M40 M McCoy 24.12
 M45 M Cooper 25.48
 M50 Sammy White 27.70
 M55 Herb Laws 29.11
 M65 Chas Gozonsky 35.40
 W30 Allison Steffenof 32.83
 W35 Donniss Drungole 28.15
 W40 Phil Raschker 26.87

400m
 W35 Donniss Drungole 65.20
 W45 Holly York 75.65

Short Hurdles
 M30 Hal Fairbanks 14.88
 M35 Robbie Short 15.25
 M40 Tom Gillard 15.41
 M45 Charles Polhamus 22.51
 M55 Phil Mulkey 15.93
 W40 Phil Raschker 12.18

High Jump
 M30 Hal Fairbanks 4-8
 M35 Russ Baker 5-3
 M45 Chas Polhamus 4-6
 M55 Phil Mulkey 4-6
 M60 Tom Bartenfeld 4-0
 W40 Phil Raschker 4-8

Pole Vault
 M45 Charles Polhamus 13-6
 W40 Phil Raschker 8-0

Long Jump
 M30 Wm Vickory 16-2
 M35 Cliff Hudson 19-0
 M40 Tom Brewer 18-1½
 M50 Harvey Jones 14-0
 M60 Tom Bartenfeld 11-11½
 W40 Phil Raschker 16-2

Discus

M30 B Hendrix 84-5
 M35 Russ Baker 123-9
 M40 Greg Hardwick 74-1
 M50 Harvey Jones 65-0
 M55 Phil Mulkey 119-8
 M60 Tom Bartenfeld 90-8
 W30 Patty Deye 62-0
 W40 Phil Raschker 60-0
1500m RW
 M30 Wm Vickory 8:42
 M40 Daniel Struhl 7:43
 W55 Carolyn Johnson 10:50

WEST

Huntsman Chemical's World Senior Games St. George, UT; October 24-26

50m
 M50 Larry Beck 6.96
 M55 Harold Creson 6.89
 M60 Andy Anderson 6.91
 M65 G Kelley 8.12
 M70 Tom Bishop 9.02
 M75 Madeleo Blake 8.40
 W50 Pat Nicholls 8.70
 W55 Katie McIntyre 8.76
 W65 Lillian Lake 8.78
 W70 Sis Warnke 10.86

100m
 M50 L Beck 12.99
 D Orton 13.09
 D Rowe 13.29
 M55 G Hogge 13.89
 K Farnsworth 16.49
 M60 A Anderson 13.24
 T A Hansen 13.36
 K Goetzl 13.93
 M65 G Kelley 15.00
 M70 D Bulkeley 14.98
 T Bishop 17.16
 B Heath 20.48
 M75 V McIntyre 16.41
 M Blake 16.65
 C Trahan 16.96
 W50 P Nicholls 17.08
 W55 K McIntyre 16.42
 B Vickers 19.22
 L Christensen 22.31

200m
 M50 L Beck 26.69
 D Seeley 27.69
 D Rowe 28.07
 M55 H Creson 26.84
 G McGinnis 27.72
 J Demet 32.91
 M60 A Anderson 27.30
 K Goetzl 28.81
 A Hansen 28.84
 R Huber 33.88
 B Collings 37.83
 M70 D Bulkeley 31.27
 T Bishop 35.35
 B Heath 45.75
 M75 M Blake 34.55
 V McIntyre 35.07
 W55 K McIntyre 35.37
 J Doucet 36.18
 W60 V Earl 42.61
 W65 L Lake 40.21
 J Sullivan 45.45
 M Waggoner 52.19
 W70 E Lercher 46.74
 S Warnke 50.38
 W75 I Granstrom 53.62

400m
 M50 Dean Lundell 56.60
 M55 Harold Creson 61.56
 Lowell Wilson 65.99
 Jim Demet 79.68
 M60 Andy Anderson 64.45
 Ken Goetzl 67.05
 Marvin Woodbury 69.82
 M70 D Bulkeley 69.8
 M75 F Herrelko Sr 1:46.21
 W55 Mary Czarapata 84.40
 Joan Coucet 85.73
 W60 Velma Earl 1:44.26
 W70 Sis Warnke 2:11.38
 W75 Ivy Granstrom 2:02.20

800m
 M50 D Lundell 2:14.14
 C Christensen 2:40.74
 M55 J Russell 2:36.59
 G Freeman 2:39.02
 G Snell 2:49.31
 M60 R Carlson 2:41.28
 M Woodbury 2:48.77
 R Smart 2:50.31

M65 S Smith 3:00.27
 B Collings 3:11.59
 W70 D Bulkeley 3:05.21
 J McGilvray 3:15.11
 B Heath 4:09.19
 M75 M Blake 3:34.90
 W55 M Czarapata 2:58.08
 K McIntyre 3:03.84
 L Christensen 4:20.20
 W60 V Earl 3:45.29
 W75 I Granstrom 4:31.39

1500m
 M50 D Lundell 5:06.81
 B Hlutchings 6:01.87
 M55 J Russell 5:22.34
 G Freeman 5:32.51
 P Lindsey 5:39.77
 M60 R Carlson 5:37.24
 M Woodbury 5:59.56
 D Esplin 6:14.55
 M65 S Smith 6:04.59
 B Collings 6:40.87
 M70 D Bulkeley 6:24.45
 J McGilvray 6:46.69
 B Heath 8:26.50
 W55 H Czarapata 6:18.85
 K McIntyre 6:36.74
 L Christensen 8:19.97
 W60 V Earl 7:40.76
 W70 S Warnke 9:51.29
 W75 I Granstrom 9:20.20

High Jump
 M50 Dwaine Horton 5-5
 Bob Bush 4-11
 Darrell Short 4-4
 M55 Harold Creson 5-0
 Gerald Hlogge 4-10
 R Thomas 4-5
 M60 Richard Sutera 4-1
 Creed Haymond Jr 4-0
 Bud Hansen 3-7
 M65 Brady Walker 4-6
 G Young 4-2
 Glen Allred 4-2
 M70 Manuel White 4-0
 Vic Jones 3-11
 Tom Bishop 3-9
 M75 Virg McIntyre 4-0
 W50 Pat Nicholls 3-8
 W55 Betty Vickers 3-6
 W65 Marj Waggoner 3-4
 Annie Barker 3-4
 W70 Evelyn Lercher 3-4

Long Jump
 M50 L Beck 15-½
 R O'Neil 14-7 3/4
 B Bush 14-1½
 M55 G Hogge 16-0
 D Frehner 15-4
 H Creson 15-3
 M60 T Hansen 14-10½
 K Goetzl 14-7½
 G Twitcheil 14-6
 M65 N Widmer 12-5½
 G Allred 12-4½
 J Morgan 11-1½
 M70 V Jones 10-7½
 T Bishop 10-6
 B Price 8-7
 M75 C Trahan 9-11½
 W Pells 9-5
 M80+C Nelson 5-4
 W50 P Nicholls 10-5½
 W55 B Vickers 9-7½
 W65 J Sullivan 10-4½
 A Barker 8-8 3/4
 W70 E Lercher 8-6½

Shot Put
 M50 C Klehm 37-½
 R O'Neil 34-11½
 D Horton 31-1½
 Yoki Asano 35-6
 M55 F Shanahan 35-6
 G McGinnis 35-1
 L Marsh 34-5
 M60 W Goodwin 34-3½
 C Sarver 32-8½
 J Glynn 31-2
 M65 B Walker 35-1½
 G Dalzell 31-5½
 R Huber 30-11 3/4
 M70 M White 37-4 3/4
 R Hall 25-10
 M75 W Brooks 29-8½
 R Bowyer 27-3½
 M80+C Nelson 17-11 3/4
 W60 E Dalzell 22-10½
 W65 A Barker 18-7

Discus
 M50 D Orton 125-7
 C Klehm 122-5
 R O'Neil 104-5
 M55 L Marsh 116-6
 J Pakulis 85-4
 S Downing 85-4
 M60 W Goodwin 122-9
 C Sarver 121-1
 M65 B Walker 112-9
 G Dalzell 94-3
 M Logan 83-6
 M70 K Hall 76-9
 R Jones 61-3
 M75 C Trahan 78-7
 R Bowyer 67-1
 W Brooks 65-2
 W65 E Dalzell 51-4
 A Barker 41-10
 J Sullivan 36-7

Javelin
 M50 L Beck 106-11
 B Bush 92-8
 R O'Neil 84-7
 M55 L Marsh 110-0
 C Coutts 103-3
 H Creson 103-2
 M60 L Marcusen 101-8
 T Hansen 97-5
 R Carlson 70-2

M65 B Walker 106-10
 G Dalzell 82-8
 G Allred 59-10
 M70 M White 123-0
 V Jones 64-3
 M75 W Brooks 57-4
 W50 Pat Nicholls 64-9
 W55 B Vickers 59-7
 W60 E Dalzell 41-11
 W65 J Sullivan 33-9

1500mRW
 M50 M Kinnel nta
 M55 Wm Kinvel Jr 8:30.54
 George Snell 8:46.18
 Ken Rybus 9:00.84
 M60 Ralph Kempcke 9:14.78
 James Wray 9:32.05
 Rune Wallin 10:37.91
 M65 Mel Grantham 8:39.64
 Don Gotner 9:03.81
 Mike Logan 10:58.36
 M70 Tom Bishop 9:03.16
 M75 Madeleo Blake 10:13.01
 F Herrelko Sr 10:56.36
 W55 Clara Snell 10:36.58
 W60 Norma Huber nta
 Dorothy Ward 10:02.00
 Norma Houston 10:46.94
 W65 Jean Cotner 10:42.64
 Helen Vito 10:50.74
 Marj Waggoner 11:26.06
 W70 Mildred Smith 11:31.06
 W75 Ivy Granstrom 13:22.31

INTERNATIONAL

Weight Pentathlons Oslo, Norway August 25

SP/DT/HT/WT
 1st line-actual mark
 2nd line-age factored mark
 1 Einar Roberg 62 4177
 12.04/43.48/43.34/47.68/14.72
 14.44/45.18/66.57/58.55/16.60
 2 Per Stavem 64 4157
 13.16/43.24/37.30/38.54/14.70
 16.40/46.83/60.35/49.41/17.36
 3 Erling Svennevik 71 4132
 11.93/39.80/31.76/37.86/10.92
 15.59/50.86/62.73/49.90/15.35
 --October 13--
 1 Erling Svennevik 72 4281
 12.19/41.24/31.44/37.30/11.20
 16.28/54.10/63.98/50.35/16.17
 2 Torgeir Brandvold 76 3051
 9.33/23.90/25.72/19.52/6.86
 13.18/35.18/63.85/29.26/11.08
 3 Carsten Merling 77 2695
 3.65/25.52/15.36/17.80/6.34
 12.52/38.71/36.51/27.41/10.55

WAVA Asian Regional Veterans Championships Kuala Lumpur, Malaysia November 9-11

100m
 M40
 Kozabu Kaihara JPN 11.5
 Yoki Asano JPN 11.8
 M45
 K Shiomitsu JPN 12.3
 B Ramaratna THA 12.3
 M50
 R Takakuma JPN 12.27
 K Balakrishnan IND 12.85
 M55
 Suhanto Raheman INO 12.81
 N Malladevan SRI 13.52
 M60
 Akio Ishiguro JPN 12.90
 Minoru Komazaki JPN 13.59
 M65
 Hideki Yamazaki JPN 13.34
 Hisaki Tamato JPN 13.73
 M70
 Gentaro Watanabe JPN 14.69
 Takeshi Yabe JPN 14.84
 M80
 Ho Yen-chin TAI 17.5
 Kunio Hosokawa JPN 17.8
 M85+
 Masami Okazaki JPN 18.9
 Narayana Moorthy IND 20.4
 W35
 Lee Shiew Keng 13.1
 M Prochy IND 13.5
 W40
 Fumiko Akamine JPN 13.4
 Kala Sonni IND 14.0
 W45
 Glory Barnabas SNG 14.3
 Fumiko Higa JPN 14.4
 W50
 Reiko Narushi JPN 14.12
 Kimiko Nakamura JPN 14.64

W55
 Midori Yamamoto JPN 14.41
 Sesuko Adachi JPN 15.62
W60
 A Matullessy INO 16.38
 Haruko Koja JP 16.49

200m
M40
 K Kaihara JPN 23.26
 Manorajan Poerl IND 23.81
M45
 Ning Mao Ko TAI 24.7
 Shaik Mustau IND 25.1
M50
 R T Kuma JPN 24.99
 Joot Je Pesak Urohino 25.38
M55
 Gunasena Migale SNG 25.97
 Mohamed Marican 26.19
M60
 Minoru Komazaki JPN 27.07
 Akio Tshiguro JPN 27.41

M65
 H Yamazaki JPN 27.69
 Hisaki Tamoto JPN 27.93
M70
 Gentaro Watanabe JPN 30.6
 Takeshi Yabe JPN 30.6
M75
 Fumitaka Yamada JPN 32.24
 Yuichi Tateishi JPN 32.81
M80
 Ho Yeh Chin TAI 37.32
 Kameo Jin JPN 39.93

M85
 Narayana Murthy IND 43.27
W35
 Prochy Mehta IND 28.4
 Hazel Kim SNG 29.8
W40
 Fumiko Akanine JPN 28.5
 Kala Sonni IND 29.6
W45
 Fumiko Higa JPN 29.5
 Glory Barnabas SNG 29.6
W50
 Reiko Narushi JPN 29.7
 Kimiko Nakamura JPN 29.8
W55
 Midori Yamamoto JPN 30.35
 Sesuko Adachi JPN 33.73
W60
 Haruko Koja JPN 35.5
 Tineke Harahap INO 36.3
W65
 Kuei Yuen-chen TAI 40.4
 Rose Lamech IND 42.0
W70
 Kaoru Yoda JPN 62.1

400m
M50
 Asir Victor 55.31
 Ryoosuke Tadakuma SRI 60.28
M55
 A Chakarabathy IND 59.74
 Gunasena Migale SNG 59.26
M65
 Hideki Yamazaki JPN 65.48
 Hisaki Tamato JPN 65.81
M70
 Gentaro Watanabe JPN 71.27
 Takuro Mairo JPN 73.14
M75
 Fumitaka Yamada JPN 74.66
 Yasushi Higa JPN 78.45

800m
M40
 Chua Ming Huang TAI 2:07.9
 Peter Govind 2:08
M45
 K Arachchi SRI 2:09.0
 Hindu Rao Pisal IND 2:09.3
M50
 Mike Field HOK 2:20.8
 C H Huang TAI 2:21.2
M55
 A Fu Lu TAI 2:26.1
 Deniz Fernando SRI 2:27.6
M60
 Tadatoshi Someda JPN 2:27.6
 Hidehiko Asazu JPN 2:28.1
M65
 V Krishna Nair IND 2:35.4
 Hisaki Tamato JPN 2:49.2
M70
 Takahiso Onuki JPN 2:58.0
 Lee Bee Chow SNG 3:06.2
M75
 Fumitaka Yamada JPN 3:02.1
 Rikuya Goto JPN 3:03.4
M80
 Yoshiyuki Nagata JPN 4:08.5
 Sen Lin Ho TAI 4:12.2
W35
 Kim Hazel SNG 2:43.9
 P C Aleyama IND 3:10.0
W40
 Gairako Fujikawa JPN 2:43.9
 K G Menike IND 2:57.5
W45
 Haruko Asayama JPN 3:24.0
 Djuarah Tejawati INO 4:12.8
W50
 Emmy Mariam INO 3:56.4
 Koh Kek Kee 4:10.3
W55
 Nobu Takemoto JPN 5:38.5

Continued from previous page

1500m			
M40			
M Razaak	SRI	4:28.4	
Peter Govind		4:29.8	
M45			
Ilindu Rao Pizaal	IND	4:32.7	
K Aratchi	SRI	4:38.3	
M50			
R A Chandrasah	SRI	4:45.5	
- Darmiyanto	INO	4:46.4	
M55			
Denzil Fernando	SRI	5:08.6	
M65			
Hidehiko Asazu	JPN	5:15.3	
Hirosaki Matsuoko	JPN	5:20.3	
M70			
V Krishna Nair	IND	5:20.9	
Y Kobayashi	JPN	5:24.1	
5000m			
M35			
Dede Survani	INO	1:03:12	
M Pattisellano	SNG	1:12:31	
M40			
V Nagammah		1:18:53	
Soernati Tandean	INO	1:18:53	
M45			
Rebecca Mok	SNG	1:12:17	
Patsy Yap		1:25:38	
M50			
Miah Ismangun	INO	1:14:56	
Jeong Bum Joo	SOK	1:19:37	
M55			
Bok Up-pak	SOK	1:21:55	
Tsai Lin Lai	TAI	1:25:39	
M60			
Haruko Asayama	JPN	1:19:24	
Rosanne Yap		1:45:43	
M65			
Kok Kek Kee		1:45:20	
10,000m			
M40			
M A Razak	SRI	35:41.7	
Amin Mohamed	INO	39:05.7	
M45			
K Narayanasamy	IND	35:43.2	
P M Appiah	IND	37:11.9	
M50			
Dari Mayanto	INO	38:30.3	
Jong Dae Woo	SOK	41:58.0	
M55			
Tadashi Miyagawa	JPN	40:58.0	
Biswanath Dutta	IND	45:12.4	
M60			
Hirosaki Matsuoka	JPN	41:37.6	
Jayunichi Yamada	JPN	42:06.6	
M65			
Y Kobayashi	JPN	42:06.2	
Hung Lien-ping	TAI	50:20.6	
M70			
Takahisa Onuki	JPN	47:46.6	
Sadao Iiga	JPN	53:18.7	
M75			
Ilu Chen-chin	TAI	56:07.9	
M85			
Dede Survani	INO	41:37.7	
M Pattisellano	SNG	46:59.1	
M90			
Soernati Rajend	INO	51:26.1	
V Nagammah		52:36.9	
M95			
Rebecca Mok	SNG	50:46.6	
R Zulfiqar	INO	55:43.4	
M100			
Mia Ismangun	INO	48:19.3	
S Malika	SRI	57:19.9	
M105			
Adachi Setsuko	JPN	50:39.6	
Tsai Lin-ma	TAI	55:22.6	
M110			
Roseanne Jones		71:05.6	
400m			
M40			
C Pasuraway	INO	60.52	
Tom Saongsang	INO	63.43	
M45			
Il Osada	JPN	69.3	
W Bogahaland	SRI	70.3	
M50			
R Tadakuma	JPN	63.75	
P Parthasarathy	IND	66.95	
M55			
G Migale	SNG	64.41	
M60			
S D Agnithri	IND	81.07	
M Sreenivasan	IND	85.74	
4x100m Relay			
M40			
Japan		45.74	
India		48.68	
M45			
Singapore		49.3	
Sri Lanka		49.8	
M50			
Japan		49.5	
Singapore		50.3	
M55			
Japan		50.9	
Taiwan		52.0	
M60			
Japan		53.2	
Indonesia		57.9	
M65			
Japan		53.7	
Taiwan		63.2	
M75			
Japan		56.3	
4x400m Relay			
M40			
Taiwan		3:43.7	
Malaysia		3:49.4	
M45			
Sri Lanka		3:56.0	
India		4:08.3	
High Jump			
M40			
Y Tyahahashi	JPN	1.80	
Jalil Ahamed	IND	1.55	

M45			
Long Saeng-chen	TAI	1.55	
Kushalappa Am	IND	1.50	
M50			
Kyoshi Tajima	JPN	1.60	
Chang Ho-li	TAI	1.45	
M60			
Takeshi Oikawa	JPN	1.45	
M Kobajashi	JPN	1.40	
M65			
Juji Tanaka	JPN	1.25	
Kameji Hasegawa	JPN	1.20	
M70			
Takuro Miura	JPN	1.35	
M75			
P Supanee	THA	1.40	
J Shatty	IND	1.15	
M80			
P Sashikala	IND	1.25	
Linda Rachman	INO	1.15	
M85			
M Saraswathy	IND	1.10	
M90			
Miori Kuraysu	JPN	1.25	
N Vijayalaksmi	IND	1.10	
M95			
M Yamato	JPN	1.15	
Titii Syarif	INO	.95	
M100			
T Kuschima	JPN	1.05	
Maruko Kojia	JPN	1.00	
Pole Vault			
M40			
Talil Mohamed	IND	3.00	
Mohamed Khan	IND	2.70	
M45			
Yos Sanarkath	THA	3.00	
Hidekatsu Osada	JPN	2.70	
M50			
K Kawabata	JPN	2.80	
Sunil Gosh	IND	2.70	
M55			
Koichi Ito	JPN	2.50	
M60			
Suco Kobayashi	JPN	3.00	
Masaharu Tairo	JPN	2.30	
Long Jump			
M40			
Y Imahashi	JPN	6.50	
K Raguhunathan	IND	6.02	
M45			
P P Unnikrishnan	IND	5.62	
A Kushalappa	IND	5.56	
M50			
Kiyoshi Tajima	JPN	6.04	
Tsun Li Chen	TAI	5.83	
M55			
Hirosaki Masuda	JPN	4.94	
Mohamed Merican		4.89	
M60			
Daisy Victor	IND	6.78	
Marte Nanji	IND	5.66	
M65			
Chin Tsao-hwang	TAI	7.51	
Ililde Sunarat	INO	7.32	
M70			
Tsuzu Tsuji	JPN	8.68	
Rose Lamech	IND	5.48	
M75			
Tai Chen-hsiu	TAI	5.43	
Yueh Mei	TAI	2.60	
M80			
Kono Masayo	JPN	6.80	
Discus			
M50			
Danapal Naidu		46.89	
Tanaka Hajime	JPN	40.54	
M55			
Akiyoshi Nakao	JPN	36.44	
Ching Yung Tu	TAI	33.10	
M60			
Vi Jay Malyea	IND	33.96	
Phalguni Singh	IND	33.02	
M65			
Tien Ruet Wang	TAI	35.64	
Chin Kien Hsu	TAI	30.16	
M70			
Aloysius Sibidol		35.26	
Takashi Yokota	JPN	30.32	
M75			
Keisaki Yama	JPN	25.26	
Yoshio Okazaki	JPN	24.52	
M80			
Yukio Kawano	JPN	20.88	
Yoshi Nagata	JPN	15.44	
M85			
Okazaki Masami	JPN	22.30	
Ilo Chiu A	TAI	8.92	
M90			
Joginder Singh	IND	17.28	
M95			
Hitsuoka Miura	JPN	21.12	
M Yoshida	INO	16.44	
M100			
Nerinder Kaur		31.52	
M105			
Tumi Sulandari	INO	24.84	
Ilo Choon Thau		19.66	
M110			
Oiwa Kiyomi	JPN	30.84	
Macharma Maranda	INO	24.84	
M115			
Jane Paripuranam	IND	25.82	
Maria Herman	INO	21.96	
M120			
Mani Nanji	IND	12.24	
P Kamalakshmy		9.76	
Hammer			
M40			
A S Atwal	IND	37.98	
B Gopalakrishnan	IND	34.10	
M45			
Mandal Singh	IND	39.72	
Masaki Tatsuono	JPN	38.70	

M50			
Ching Moo-thaur	TAI	40.20	
Ming Howr-thaur	TAI	39.70	
M55			
Kehar Singh	IND	31.68	
Akiyoshi Nakao	JPN	31.30	
M60			
Katsuyo Aso	JPN	32.40	
Phalguni Singh	IND	26.50	
M65			
Santokh Singh	IND	18.04	
M70			
Norman Desouza		7.30	
M60			
Akio Ishiguro	JPN	5.17	
Michio Kobayashi	JPN	5.04	
M65			
Hisaki Tamoto	JPN	4.71	
Juji Tanaka	JPN	4.50	
M70			
Yueh Hsiang-ling	TAI	5.21	
Lee Shew Keng		5.15	
M75			
Kala Sonni	IND	4.38	
C Fujikawa	JPN	4.19	
M80			
Rajapagse Nanda	SRI	4.05	
Jaya Chatterge	IND	3.41	
M85			
Midori Kuratsu	JPN	4.46	
Leentje Sigar	INO	3.75	
M90			
Midori Yamamoto	JPN	3.59	
Daisy Victor	IND	3.19	
M95			
Haruko Haja	JPN	3.52	
A Matulesky	INO	3.41	
Shot Put			
M40			
K Tanguchi	JPN	12.99	
Gopal Kidiyoor	IND	11.60	
M45			
G Marimuthu	IND	11.03	
Abdul Abdullah	INO	10.94	
M50			
Kenyu Fukuhara	JPN	12.13	
Takashi Kato	JPN	12.10	
M55			
Akiyoshi Nakao	JPN	11.06	
Tsukasa Tshida	JPN	10.57	
M60			
Z Matsumoto	JPN	10.11	
H Shivapatrayya	IND	9.96	
M65			
Chin Leen Hsu	TAI	9.60	
Chi Chiu Kuo	TAI	9.41	
M70			
Aloysius Sibidol		12.49	
Takashi Yokota	JPN	10.34	
M75			
Kaza Tan-Kahara	JPN	8.53	
Yoshio Okazaki	JPN	8.19	
M80			
Yukio Kawang	JPN	6.67	
Jagdish Singh	IND	4.71	
M85			
Mazami Okazaki	JPN	6.97	
Lio Chiuu	TAI	4.17	
M90			
Joginder Singh	IND	6.40	
M95			
Nerinder Kaur		9.74	
P Thulasi	IND	8.59	
M100			
Kiyomi Oiwa	JPN	10.85	
M Machamma	IND	8.67	
M105			
Tumi Sukandari	INO	7.50	
Ho Choon Thau		6.75	
M110			
Jane Paripuranam		9.44	
Maria Herman	IND	7.61	
Javelin			
M40			
R Thulasi	IND	31.32	
M45			
Kiyomi Oiwa	JPN	39.38	
Ana Figueira	IND	32.04	
M50			
Tumi Sulandari	INO	30.50	
S Sharada	IND	20.74	
M55			
Maria Herman	INO	25.10	
E Susilawati	INO	24.80	
M60			
Daisy Victor	IND	17.38	
Mani Nanji	IND	13.18	
M65			
Hitsuoka Miura	JPN	21.12	
M Yoshida	INO	16.44	
M70			
Tzuzu Tsujii	JPN	18.50	
10,000m RW			
M40			
P Ramanaidu		54:25.1	
Adanan Mohamed		60:19.0	
M45			
Bill Puvnus	HNG	52:48.6	
K Schauhan	IND	54:47.3	
M50			
M Karupiah		56:35.8	
Durga Swanakar	IND	59:07.3	
M55			
Jesmail Singh		68:50.0	
S Nagooran		70:23.8	
M60			
Mohamed Ariffin		63:07.4	
Thomas Kessler		67:22.8	

M65			
Takenori Arimitsu	JPN	65:43.1	
L Janardhanam	IND	66:54.6	
M70			
Chuh Bee Chuan		69:27.3	
D W Sirisena	SRI	73:51.1	
M75			
Kay Seong Chuah		73:18.2	
Khoo Hong Teong		79:34.6	
M80			
P Michelle	SNG	67:00.0	
Sheena Eu		71:17.9	
M85			
V Nagammah		65:27.0	
K Madavan Nair	SNG	66:44.0	
M90			
Rosmanizar Zulfikar	INO	70:59.8	
Nan Yang Goh		73:05.6	
M95			
Trene Singam		72:16.3	
M Sathchihananda	SRI	73:37.7	
M100			
V Seethalakshmi	IND	74:08.6	
Mary Podrihuus	IND	75:01.1	
M105			
H Chulki	IND	71:42.1	
N Soewondo	INO	83:08.3	
M110			
Koh Kek Kee		77:53.5	
M115			
BRU-Brunei; SRI-Sri Lanka;			

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LONG JUMP

- W30
1. T. Genge..... NZL 5.07
2. M. Perrott..... AUS 4.73
3. S. Parkinson..... NZL 4.63
W35
1. K. Macey..... AUS 4.97
2. W. Brown..... NZL 4.57
3. L. Cate..... NZL 4.57
4. R. Coffey..... AUS 4.30
5. H. Cole..... NZL 3.94
W40
1. A. Hunter..... NZL 4.19
2. M. Crooke..... NZL 4.11
W45
1. C. Battersby..... AUS 4.46
2. B. MacLeod..... NZL 4.13
3. D. Frueger..... NZL 3.46
W50
1. H. Searle..... AUS 4.55
2. L. Hinton..... NZL 3.89
3. B. Windcott..... NZL 3.70
7. M. Nunn..... AUS 2.80
W60
1. S. Peterson..... NZL 3.93
2. C. Blair..... NZL 3.79
3. J. Jacobs..... NZL 3.07
W65
1. G. Davidson..... NZL 3.45
2. I. Lister..... NZL 2.32
W75
1. A. Sule..... NZL 2.52
W80
1. R. Frith..... AUS 2.20
M35
1. K. Read..... NZL 5.29
2. M. Lynch..... AUS 5.19
3. P. Tuere..... NZL 4.90
4. D. Rastovich..... AUS 4.76
M40
1. N. Peters..... AUS 5.95
2. K. Todd..... NZL 5.60
3. G. Simpson..... NZL 5.43
M45
1. Nigel Toy..... NZL 5.35
2. W. Sackbar..... NZL 5.12
3. G. Whitmore..... NZL 5.11
6. J. Reynolds..... AUS 4.45
M50
1. H. IWA..... NCL 5.27
2. N. Richards..... AUS 4.87
3. K. Daniels..... AUS 4.79
M55
1. J. Lascos..... AUS 4.29
2. J. Blair..... NZL 3.98
3. B. Hayless..... NZL 3.84
M60
1. R. Hochreiter..... AUS 4.79
2. J. Soutar..... AUS 4.31
M65
1. F. O'Connor..... AUS 4.45
2. M. McKay..... AUS 3.97
3. J. Sweet..... AUS 3.60
M70
1. F. Welz..... AUS 2.65
M75
1. J. Mowatt-Wilson..... NZL 3.22
2. A. Smith..... AUS 2.55
TRIPLE JUMP
W35
1. W. Brown..... NZL 9.27
2. L. Cate..... NZL 8.95
W40
1. A. Hunter..... NZL 8.90
2. S. Priestley..... NZL 8.81
W45
1. C. Battersby..... AUS 9.44
2. L. Hamilton..... AUS 7.98
3. I. Hansen..... NZL 6.46
W50
1. H. Searle..... AUS 9.54
2. V. Hood..... NZL 7.49
3. M. Nunn..... AUS 6.61
W55
1. C. Brunker..... NZL 7.56
W60
1. S. Peterson..... NZL 8.37
2. C. Blair..... NZL 7.25
3. B. Vine..... NZL 6.70
W65
1. G. Davidson..... AUS 6.81
W75
1. A. Sule..... NZL 5.64
M40
1. K. Todd..... NZL 12.31
2. N. Peters..... AUS 12.21
1. G. Simpson..... NZL 10.83
M45
1. L. Smith..... NZL 10.72
2. N. Toy..... NZL 10.60
3. G. Whitmore..... NZL 9.93
3. J. Reynolds..... AUS 9.23
M50
1. N. Richards..... AUS 9.62
2. S. Robinson..... NZL 8.93
3. R. Petrie..... NZL 8.64
M55
1. J. Lascos..... AUS 8.67
2. J. Blair..... NZL 7.78
M60
1. P. Timings..... NZL 10.40
2. R. Hochreiter..... AUS 9.77
3. J. Soutar..... AUS 9.33
M65
1. M. McKay..... AUS 8.10
2. J. Sweet..... AUS 7.84
3. K. Swindells..... NZL 7.12
M75
1. J. Mowatt-Wilson..... NZL 7.10
2. A. Smith..... AUS 6.21
SHOTPUT
W30
1. J. Maxwell..... NZL 11.94
2. T. Genge..... NZL 11.81
W35
1. C. Schultz..... AUS 13.49
2. M. Vibose..... FIJ 11.44
3. D. Palmer..... AUS 10.34

W40

- 1. B. Savage..... NZL 9.63
2. H. Steer..... NZL 8.18
3. A. Hunter..... NZL 7.67
W45
1. M. Thomas..... AUS 10.47
2. B. Austin..... NZL 8.93
3. M. Loveridge..... NZL 7.60
W50
1. H. Searle..... AUS 12.14
2. V. Hood..... NZL 9.42
3. P. Scholes..... NZL 8.35
10. M. Nunn..... AUS 5.73
W55
1. M. Stanley..... NZL 9.64
2. I. Bishop..... NZL 6.90
3. S. Cooper..... NZL 6.58
4. G. McKeown..... AUS 6.38
6. T. Leeb..... AUS 5.73
W60
1. B. Vine..... NZL 7.73
2. W. Pepene..... AUS 36.16
3. A. Williams..... NZL 6.41
W65
1. P. McArthur..... NZL 6.32
2. I. Lister..... NZL 6.28
3. J. Husband..... NZL 6.01
4. L. Frawley..... AUS 5.41
W75
1. K. Kenneth-Low..... NZL 5.49
W80
1. R. Frith..... AUS 6.00
W85
1. S. Packham..... ENG 2.74
M35
1. V. Puaka..... NCL 13.55
2. D. Rastovich..... AUS 10.68
3. P. Wilson..... NZL 10.21
M40
1. G. McColl..... NZL 9.12
2. P. Taylor..... NZL 7.87
M45
1. J. Cooper..... AUS 11.00
2. J. Reynolds..... AUS 9.68
3. P. Crombie..... AUS 9.36
4. P. McWilliams..... AUS 9.14
M50
1. L. Waitawa..... FIJ 10.88
2. L. Devlin..... NZL 9.67
3. B. Senior..... NZL 8.88
M55
1. R. Harris..... NZL 13.41
2. J. Blair..... NZL 6.84
M60
1. F. O'Connor..... AUS 4.45
2. M. McKay..... AUS 3.97
3. J. Sweet..... AUS 3.60
M70
1. F. Welz..... AUS 2.65
M75
1. J. Mowatt-Wilson..... NZL 3.22
2. A. Smith..... AUS 2.55
TRIPLE JUMP
W35
1. W. Brown..... NZL 9.27
2. L. Cate..... NZL 8.95
W40
1. A. Hunter..... NZL 8.90
2. S. Priestley..... NZL 8.81
W45
1. C. Battersby..... AUS 9.44
2. L. Hamilton..... AUS 7.98
3. I. Hansen..... NZL 6.46
W50
1. H. Searle..... AUS 9.54
2. V. Hood..... NZL 7.49
3. M. Nunn..... AUS 6.61
W55
1. C. Brunker..... NZL 7.56
W60
1. S. Peterson..... NZL 8.37
2. C. Blair..... NZL 7.25
3. B. Vine..... NZL 6.70
W65
1. G. Davidson..... AUS 6.81
W75
1. A. Sule..... NZL 5.64
M40
1. K. Todd..... NZL 12.31
2. N. Peters..... AUS 12.21
1. G. Simpson..... NZL 10.83
M45
1. L. Smith..... NZL 10.72
2. N. Toy..... NZL 10.60
3. G. Whitmore..... NZL 9.93
3. J. Reynolds..... AUS 9.23
M50
1. N. Richards..... AUS 9.62
2. S. Robinson..... NZL 8.93
3. R. Petrie..... NZL 8.64
M55
1. J. Lascos..... AUS 8.67
2. J. Blair..... NZL 7.78
M60
1. P. Timings..... NZL 10.40
2. R. Hochreiter..... AUS 9.77
3. J. Soutar..... AUS 9.33
M65
1. M. McKay..... AUS 8.10
2. J. Sweet..... AUS 7.84
3. K. Swindells..... NZL 7.12
M75
1. J. Mowatt-Wilson..... NZL 7.10
2. A. Smith..... AUS 6.21
SHOTPUT
W30
1. J. Maxwell..... NZL 11.94
2. T. Genge..... NZL 11.81
W35
1. C. Schultz..... AUS 13.49
2. M. Vibose..... FIJ 11.44
3. D. Palmer..... AUS 10.34

M45

- 1. R. Louis..... NZL 37.92
2. J. Reynolds..... AUS 32.38
2. D. Poppe..... NCL 30.86
4. J. Cooper..... AUS 30.36
M50
1. L. Waitawa..... FIJ 34.86
2. B. Senior..... NZL 31.68
3. F. Goodall..... NZL 27.22
M55
1. M. Clement..... AUS 27.12
2. J. Blair..... NZL 26.04
M60
1. H. Duholm(Inv)..... DEN 47.60
1. G. Lawless..... NZL 44.18
2. R. Hochreiter..... AUS 42.02
3. C. Scott..... NZL 40.22
4. J. Soutar..... AUS 35.02
M65
1. S. Johnson..... NZL 39.64
2. F. Jakabsons..... AUS 37.50
3. A. Pavulins..... AUS 36.16
5. D. Frawley..... AUS 31.60
7. D. Blandy..... AUS 29.68
M70
1. D. Scratton..... NZL 32.02
2. D. Gibson..... NZL 28.04
3. F. Welz..... AUS 23.50
M75
1. J. Mowatt-Wilson..... NZL 31.82
2. C. Clegg..... NZL 24.14
M85
1. R. Frith..... AUS 13.86
HAMMER
W30
1. Janice Maxwell..... NZL 22.30
W35
1. C. Schultz..... NZL 39.80
2. M. Vibose..... FIJ 32.50
3. D. Palmer..... AUS 29.46
W40
1. B. Savage..... NZL 32.98
2. L. Carter..... AUS 31.04
3. H. Steer..... NZL 30.30
W45
1. C. Battersby..... AUS 31.52
2. M. Thomas..... AUS 29.60
3. M. McIntosh..... NZL 16.62
4. E. Mercer..... AUS 14.50
W50
1. H. Searle..... AUS 32.94
2. V. Hood..... NZL 24.46
3. V. Babe..... NZL 24.28
5. M. Nunn..... AUS 17.78
W55
1. M. Stanley..... NZL 32.66
2. G. McKeown..... AUS 23.32
3. R. Hochreiter..... AUS 10.80
M65
1. A. Pavulins..... AUS 11.34
2. F. Jakabsons..... AUS 11.26
3. S. Johnson..... NZL 11.15
M70
1. D. Scratton..... NZL 11.65
2. D. Gibson..... NZL 11.54
3. F. Welz..... AUS 8.49
M75
1. J. Mowatt-Wilson..... NZL 9.77
M85
1. R. Frith..... AUS 6.27
DISCUS
W30
1. J. Maxwell..... NZL 36.30
W35
1. C. Schultz..... AUS 46.68
2. D. Palmer..... AUS 33.56
3. J. Brannigan..... NZL 22.84
W40
1. B. Savage..... NZL 33.90
2. H. Steer..... NZL 25.70
W45
1. M. Thomas..... AUS 29.50
2. M. Loveridge..... NZL 24.56
3. B. Austin..... NZL 19.98
6. L. Hamilton..... AUS 16.50
W50
1. V. Hood..... NZL 29.46
2. H. Searle..... AUS 28.60
3. G. Watts..... NZL 22.62
5. M. Nunn..... AUS 14.54
W55
1. M. Stanley..... NZL 28.40
2. C. Brunker..... NZL 21.26
3. I. Bishop..... NZL 19.32
5. G. McKeown..... AUS 17.54
6. T. Leeb..... AUS 13.08
W60
1. C. Blair..... NZL 20.04
1. A. Williams..... NZL 17.18
3. F. McCracken..... NZL 15.94
W65
1. L. Frawley..... AUS 17.34
1. J. Husband..... NZL 14.74
3. I. Lister..... NZL 12.66
5. E. Welz..... AUS 11.22
W70
1. M. Stevens..... AUS 8.96
W75
1. K. Kenneth-Low..... NZL 12.96
2. A. Sule..... NZL 11.60
W80
1. R. Frith..... AUS 14.60
W85
1. S. Packham..... ENG 5.60
M35
1. F. Cassier..... NCL 41.08
2. D. Rastovich..... AUS 32.76
3. P. Tuere..... NZL 22.72
M40
1. R. Main..... NZL 39.04
2. G. McColl..... NZL 32.06
3. J. Gordon..... AUS 31.42

W50

- 1. V. Hood..... NZL 24.42
2. P. Scholes..... NZL 23.50
3. S. Dumble..... NZL 20.34
5. M. Nunn..... AUS 14.02
W55
1. I. Bishop..... NZL 16.56
2. P. Lindstrom..... NZL 16.52
3. S. Cooper..... NZL 14.86
4. G. McKeown..... AUS 13.92
W60
1. C. Blair..... NZL 24.94
2. W. Pepene..... NZL 24.48
3. A. Williams..... NZL 20.52
W65
1. J. Bannister..... AUS 20.60
2. L. Frawley..... AUS 16.56
3. P. McArthur..... NZL 16.02
5. E. Welz..... AUS 10.82
W70
1. M. Stevens..... AUS 7.62
W75
1. K. Kenneth-Low..... NZL 12.56
W80
1. K. Frith..... AUS 10.36
W85
1. S. Packham..... ENG 4.40
M35
1. P. Vitolo..... NCL 58.38
2. Joe Bradley..... NZL 53.66
3. D. Rastovich..... AUS 44.42
M40
1. Keith Hutton..... NZL 44.40
2. L. Malcolmson..... NZL 43.44
3. J. Gordon..... AUS 42.90
5. N. Peters..... AUS 33.62
M45
1. J. Cooper..... AUS 46.84
2. D. Poppe..... NCL 45.68
3. W. Sinclair..... NZL 41.48
4. P. Crombie..... AUS 39.92
7. P. McWilliams..... AUS 29.96
8. J. Reynolds..... AUS 29.68
M50
1. K. Daniels..... AUS 39.34
2. L. Waitawa..... FIJ 37.50
3. F. Goodall..... NZL 36.56
M55
1. J. Navusolo..... FIJ 37.40
2. B. Fitzgerald..... NZL 30.76
3. J. Blair..... NZL 28.14
M60
1. A. Grayburn..... NZL 43.58
2. V. Marks..... NZL 40.20
M65
1. A. Pavulins..... AUS 37.50
2. J. Tagelagi..... NZL 36.48
3. D. Frawley..... AUS 32.84
6. F. Jakabsons..... AUS 25.70
7. D. Blandy..... AUS 25.10
M70
1. F. Welz..... AUS 30.18
2. D. Scratton..... NZL 29.70
3. R. Wilywri..... NZL 11.66
M75
1. C. Clegg..... NZL 31.14
2. J. Husband..... NZL 21.10
3. L. Frawley..... AUS 17.36
W80
1. R. Frith..... AUS 19.00
M85
1. R. Frith..... AUS 14.60
4x100 (RELAYS)
W35/W40
1. New Zealand..... 51.93
2. New Zealand..... 56.15
W45+
1. Australia..... 56.11
2. New Zealand..... Disq
3. New Zealand..... Disq
M40/M45
1. Australia..... 46.17
2. New Zealand..... 47.05
3. New Zealand..... 50.07
M50+
1. New Zealand..... 48.46
2. Australia..... 49.72
3. New Zealand..... 52.63
PENTATHLON
W30
1. T. Genge..... NZL 3385
2. S. Parkinson..... NZL 2829
3. S. Graham..... NZL 1634
W35
1. K. Macey..... AUS 3110
2. L. Cate..... NZL 2617
3. D. Palmer..... AUS 2559
4. H. Cole..... AUS 2263
W40
1. D. Hustler..... NZL 2762
2. A. Hathaway..... NZL 2644
3. A. Hunter..... NZL 2542
W45
1. C. Battersby..... AUS 4567
2. B. MacLeod..... NZL 2915
3. B. Austin..... NZL 2814
5. M. Thomas..... AUS 2779
6. L. Hamilton..... AUS 2543
9. S. Westbrooke..... AUS 1753
W50
1. P. Scholes..... NZL 2686
2. G. Watts..... NZL 2506
3. V. Babe..... NZL 2288
W55
1. C. Mills..... NZL 2972
2. C. Brunker..... NZL 2814
W60
1. B. Vine..... NZL 3226
2. C. Blair..... NZL 3021
3. S. Brasher..... AUS 2334

W65

- 1. G. Davidson..... AUS 2848
M35
1. J. Barnfield..... NZL 2729
2. K. Read..... NZL 2729
3. P. Tuere..... NZL 1938
M40
1. J. Gordon..... AUS 2668
2. G. Hustler..... NZL 2232
3. G. Harney..... NZL 2158
M45
1. J. Cooper..... AUS 3360
2. J. Prentice..... NZL 2297
3. T. Jones..... NZL 1941
M50
1. B. McPhail..... NZL 3310
2. K. Daniels..... AUS 3204
3. H. Iwa..... NCL 3119
M55
1. J. Navusolo..... FIJ 3404
2. M. Clement..... AUS 2962
3. B. Hayless..... NZL 2888
M60
1. H. Mein..... NZL 2332
2. I. Brownie..... NZL 2268
3. T. Cunningham..... NZL 1035
M65
1. F. O'Connor..... AUS 3986
2. K. Swindells..... NZL 2017
M70
1. S. Taylor..... NZL 2020
2. D. Scratton..... NZL 1907
M75
1. A. Smith..... AUS 1841
CROSS COUNTRY
M35
1. B. Meder..... NZL 30.29
2. D. Litt..... NZL 31.29
3. B. McGregor..... NZL 32.26
M40
1. E. Robertson..... NZL 30.17
2. T. Green..... NZL 30.45
3. K. Summerlee..... NZL 31.05
M45
1. R. Robertson..... NZL 30.55
2. R. House..... NZL 31.23
3. R. Ginn..... NZL 32.15
M50
1. A. Davis..... NZL 32.15
2. C. Windle..... NZL 33.30
3. P. Watts..... NZL 34.01
M55
1. B. Magee..... NZL 33.52
2. R. Chase..... NZL 34.30
1. M. McAvoy..... AUS 35.14
M60
1. D. Melrose..... NZL 38.46
2. I. Brownie..... NZL 39.19
3. T. Hoyle..... NZL 40.40
M65
1. J. Eccles..... NZL 37.18
2. R. Hughes..... AUS 18.11
3. B. Wade..... NZL 41.12
M70
1. C. Green..... NZL 54.53
M75
1. F. Cox..... NZL 52.02
2. L. Foulser..... AUS 61.42
M80
1. J. Brown..... AUS 63.09
W30
1. M. Riss..... NZL 24.22
2. S. Parkinson..... NZL 26.37
W35
1. K. Gobby..... AUS 22.12
2. M. McDonald..... NZL 23.04
3. C. Munro..... NZL 23.25
W40
1. J. Stewart..... NZL 24.16
2. J. Cheeseman..... NZL 24.23
3. T. McRoy..... NZL 24.31
W45
1. M. Orman..... NZL 25.13
2. S. Fleck..... AUS 25.32
3. T. Lund..... NZL 25.36
W50
1. B. O'Halloran..... NZL 26.27
2. J. Herbert..... NZL 27.05
3. O. Shanks..... NZL 27.09
W55
1. J. Miles..... NZL 27.17
2. I. Foley..... NZL 29.24
3. I. Idema..... NZL 31.39
W60
1. P. Fletcher..... NZL 27.34
2. S. Brasher..... AUS 28.39
3. A. Acott..... NZL 34.39
W65
1. P. Spiers..... NZL 44.44
2. M. Varrasche..... NZL 48.10
10K ROAD RACE
W30
1. C. Matthews..... NZL 46.53
W35
1. C. Gobby..... AUS 35.38
2. L. Calver..... NZL 38.38
3. M. Christophers..... NZL 38.50
6. E. Helliwell..... AUS 43.33
9. C. Haney..... AUS 43.33
14. L. Thompson..... AUS 46.24

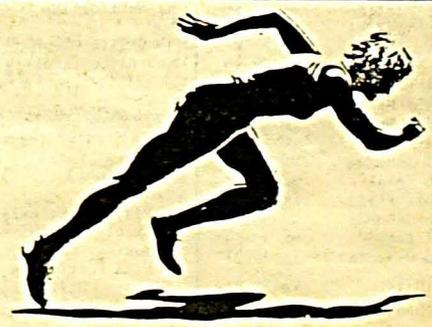
W40

- 1. B. Smith..... NZL 39.14
2. A. Coleman..... AUS 39.17
3. T. McRoy..... NZL 40.34
17. J. Jerram..... AUS 58.20
W45
1. R. Warburton..... NZL 39.56
2. S. Fleck..... AUS 41.06
3. C. Herbert..... AUS 44.43
5. M. Burroughs..... AUS 44.58
W50
1. D. Rogers..... NZL 43.12
2. O. Shanks..... NZL 44.29
3. A. Jones..... NZL 44.30
12. J. Davison..... AUS 53.08
W60
1. P. Fletcher..... NZL 44.59
2. S. Brasher..... AUS 45.06
3. B. Cornwell..... NZL 45.41
M65
1. P. McArthur..... NZL 63.58
M35
1. D. Litt..... NZL 34.21
2. R. Kaio..... NZL 34.43
3. L. Martin..... NZL 35.34
M40
1. T. Green..... NZL 32.47
2. R. Nicol..... NZL 33.13
3. D. Bissett..... NZL 33.27
M45
1. M. Guepy..... NCL 35.01
2. N. Turner..... NZL 35.07
3. R. Barker..... NZL 35.58
22. C. Jerram..... AUS 40.50
25. B. Ryan..... AUS 42.59
29. J. Sutton..... AUS 44.10
M50
1. A. Davis..... NZL 34.31
2. J. Berthet..... NCL 35.43
3. G. Regtien..... NZL 36.08
7. J. Waite..... AUS 36.33
14. J. Bennetts..... AUS 39.29
27. D. Herbert..... AUS 43.32
28. P. Hehr..... AUS 43.46
31. M. Faunge..... AUS 45.42
M55
1. M. McAvoy..... AUS 36.03
2. B. Fitzgerald..... NZL 38.16
3. G. Pearce..... NZL 38.37
12. T. Davison..... AUS 41.39
M60
1. D. Melrose..... NZL 39.37
2. I. Brownie..... NZL 40.52
3. R. Lewis..... AUS 42.27
M65
1. J. Eccles..... NZL 39.15
2. R. Hughes..... AUS 39.40
3. G. Downie..... NZL 42.05
5. G. McKeown..... AUS 44.21
10. K. Ward..... AUS 51.14
13. G. Rivello..... AUS 60.31
M70
1. A. Clements..... NZL 47.10
2. R. Bearsley..... NZL 50.15
M75
1. W. Nelmes..... NZL 47.34
2. F. Cox..... NZL 57.21
3. L. Foulser..... AUS 59.51
M80
1. S. Yamada..... JAP 60.31
3000M WALK
W35
1. C. Hosking..... NZL 17.44.39
2. L. Campbell..... NZL 18.24.82
3. H. Smith..... NZL 19.14.02
W40
1. N. Harris..... NZL 18.02.27
2. D. Kelly..... NZL 19.09.97
3. R. Van Pelt..... NZL 19.19.24
4. H. Richardson..... AUS 24.43.30
W45
1. L. Osborne..... AUS 16.48.18
2. P. Newham..... AUS 17.01.59
3. M. Becker..... NZL 17.26.20
4. J. Farrell..... AUS 17.42.57
W50
1. P. Hall..... AUS 16.09.06
2. L. Foster..... NZL 16.29.93
3. J. Henry..... AUS 18.32.20
W55
1. T. Leeb..... AUS 18.24
2. S. Cooper..... NZL 18.33
3. M. Dando..... AUS 20.38
W60
1. B. Broughton..... NZL 22.48
W65
1. B. Newman..... AUS 18.49
2. M. Varrasche..... NZL 22.51

W75

- 1. K. Kenneth-Low..... NZL 23.03
W80
1. N. Jeffreys..... AUS 24.00
W85
1. S. Packham..... ENG 33.41
5000M WALK
M35
1. K. Taylor..... NZL 23.12.58
2. C. Maybir..... FIJ 25.38.13
M40
1. K. Henwood..... NZL 24.33.64
2. T. Vogler..... AUS 25.51.68
3. N. Campbell..... NZL 29.58.73
M45
1. G. Little..... NZL 22.38.85
2. I. Richardson..... AUS 24.40.46
3. G. Inglis..... NZL 24.59.31
7. P. M. Williams..... AUS 35.42.00
M50
1. H. Stitt..... NZL 30.39.48
2. R. O'Shea..... NZL 32.50.69
M55
1. M. Hinton..... NZL 24.56
2. M. Dando..... AUS 26.09
3. P. Waddell..... AUS 27.39
M60
1. O. Mildon..... NZL 28.20
2. R. Nicol..... NZL 33.13
3. P. Tearle..... NZL 30.56
M65
1. B. Jones..... AUS 30.32
M75
1. T. Daintry..... AUS 30.33
2. A. Paul..... NZL 38.36
M80
1. J. Jamieson..... NZL 45.44
10K ROAD WALK
W35
1. C. Hosking..... NZL 63.50
2. L. Campbell..... NZL 65.30
3. H. Smith..... NZL 68.35
W40
1. J. Jackson..... NZL 55.52
2. J. Cowling..... NZL 63.38
3. N. Harris..... NZL 66.11
W45
1. P. Newham..... AUS 61.25
2. L. Osborne..... AUS 61.49
3. M. Becker..... NZL 64.24
W50
1. P. Hall..... AUS 58.49
2. L. Foster..... NZL 59.05
3. J. Henry..... AUS 66.37
W55
1. S. Cooper..... NZL 66.46
2. T. Leeb..... AUS 67.09
3. M. Dando..... AUS 71.24
W60
1. F. McCracken..... NZL 74.39
2. B. Broughton..... NZL 80.59
W65
1. B. Newman..... AUS 65.55
2. M. Varrasche..... NZL 80.27
W75
1. K. Kenneth-Low..... NZL 80.00
W80
1. N. Jeffreys..... AUS 82.51
M35
1. C. Maybir..... FIJ 54.07
M40
1. R. Smyth..... NZL 51.56
2. K. Henwood..... NZL 52.27
3. T. Vogler..... AUS 55.06
M45
1. G. Little..... NZL 45.34
2. G. Inglis..... NZL 52.39
3. K. Hallaway..... NZL 52.58
M50
1. H. Stitt..... NZL 63.37
2. B. O'Shea..... NZL 66.20
M55
1. M. Hinton..... NZL 52.36
2. M. Dando..... AUS 55.51
3. B. Preston..... NZL 58.40
M60
1. O. Mildon..... NZL 60.48
2. E. Guy..... NZL 61.40
3. P. Tearle..... NZL 65.29
M65
1. B. Jones..... AUS 62.55
M75
1. T. Daintry..... AUS 67.47
2. A. Paul..... NZL 81.15
M80
1. J. Jamieson..... NZL 94.14

Continued on next page



LONG DISTANCE RESULTS

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

NATIONAL

TAC/National Masters 50K Championships Muncie, IN; October 14

Table with 2 columns: Name and Time. Includes entries like M40 Stephen Kearney 3:27:12, M45 Larry Quisenberry 3:43:51, M50 Kenneth Burns 3:58:11, M60 Dick Good 4:24:35, W40 Jan Kreuz 3:47:03, W45 Judy Smith 5:43:51, W55 Sarann Mock 5:24:32.

TAC/National Masters 100K Championships Duluth, MN; October 27

Table with 2 columns: Name and Time. Includes entries like M40 Bob Perez TX 7:36:52, M45 R Koppa MN 9:12:10, M50 Dick Sitter PA 8:23:21, M55 Ralph Koenig MN 9:30:45, M60 Dick Good MD 10:21:25, M65 Burt Carlson MN 12:16:23, W40 Carmel Vrabell MN 10:01:49, W45 I Yamamoto NY 11:10:13, W50 Sandra Kiddy CA 9:23:34, W55 Mae Horns MN 11:23:50.

100K Ultra-Distance World Cup Duluth, MN; October 27

Table with 2 columns: Name and Time. Includes entries like Men: 1 Roland Vuilleminot 44 France 6:34:02, 2 Russell Prince 35 New Zealand 6:38:00, 3 Stefan Fekner 38 Canada 6:42:12, 4 Yiannis Kouras 30 Greece 6:43:34, 5 Heinz Hueglin 39 Germany 6:50:51, 6 Erik Seedhouse 26 Great Britain 6:55:14. Women: 1 Eleanor Adams 42 Great Britain 7:55:08, 2 Ann Trason 30 USA 8:06:15, 3 Marta Vasa 28 Hungary 8:07:18, 4 Katharina Janicke 36 Germany 8:19:37.

TAC National Masters 10K X-Country Championships Pasco, WA; November 3

Table with 2 columns: Name and Time. Includes entries like M40 1 Larry Almborg WA 31:20, 2 Herb Atkins WA 31:28, 3 Gary Wilborn OR 32:56, 4 Don Kardong WA 33:08, 5 Bob Ullrich KY 33:14, 6 Branch Brady MT 33:18, 7 Jim Holzman KY 33:36, 8 Jim McGill WA 33:41, 9 Alan Beck OR 34:07, 10 Ken Travis OR 34:18, 11 Kent Cummins OR 34:23, 12 Rollie Moore WA 34:25, 13 Archie George ID 34:36, 14 Terry Fremdling KY 34:42, 15 Paul Johnson WA 34:58, 16 Dick Geiger WA 35:06, 17 Robert Kinny KY 35:46, 18 John Johnson WA 35:54, 19 Bill Hughes OR 35:59, 20 Fred Geswein IN 36:21, 21 Don Hill WA 36:31, 22 Steve Boyer OR 36:41.

Table with 2 columns: Name and Time. Includes entries like 23 Ron Crawford ID 36:42, 24 John Schulte WA 36:43, 25 Garry Kryzak OR 36:46, 26 David Warnock OR 36:59, 27 Doug McKeever WA 37:25, 28 Armando Brionez WA 37:26, 29 Don Crawford ID 37:26, 30 Russ Boetes WA 37:40.

Table with 2 columns: Name and Time. Includes entries like M45 1 Jeff Corkill WA 32:54, 2 Don Coffman KY 33:31, 3 William Leahy WA 34:22, 4 Walt Collet KY 35:13, 5 Keith Meikler KY 36:01, 6 Don Paterson MT 36:53, 7 Joe Nelson WA 37:07, 8 Mel Lacey WA 37:10, 9 Mike Donoghue WA 37:46, 10 Mickey Beary WA 38:12, 11 Tony Gasperino WA 39:50, 12 Adrian Roberts WA 40:59, 13 James Shurts WA 41:19, 14 John Spomer OR 42:05, 15 Phil Tolin WA 42:55.

Table with 2 columns: Name and Time. Includes entries like M50 1 Mike Heffernan OR 33:55, 2 Roy Reisinger AK 35:02, 3 Lew Johnston OR 36:12, 4 David Hambly WA 36:26, 5 Jim Temples CA 36:42, 6 Robert Ruggeri WA 37:12, 7 Val Schultz OR 37:41, 8 David Terentief WA 38:23, 9 Des O'Rourke WA 38:35, 10 David Pitkethly WA 38:36, 11 Al Huff WA 38:50, 12 Mike Christiansen WA 38:56, 13 Wm Hickman WA 39:36, 14 Doug Woolen WA 39:41, 15 Bob Langenbach WA 39:54, 16 Ken Ogden OR 40:24, 17 Bill Malinski WA 40:29, 18 Neil Harbinson WA 41:07, 19 Tony Sagare WA 42:06, 20 Carl Clark WA 43:25.

Table with 2 columns: Name and Time. Includes entries like M55 1 John Finch CA 37:51, 2 John Hepner OR 38:05, 3 Ben Grevstad WA 40:08, 4 Ron Ross WA 41:29, 5 Russ Akers WA 44:18, 6 Court Jones WA 47:24, 7 Pep Papenfuss WA 47:56, 8 George Kyriazis WA 51:45.

Table with 2 columns: Name and Time. Includes entries like M60 1 Orlo Keniston WA 38:58, M65 1 John Cahill UT 44:13, M70 1 Elijah Galloway WA 47:49, 2 Floyd Henschen WA 49:31, 3 Hal Copeland WA 49:47.

Table with 2 columns: Name and Time. Includes entries like M75 1 Alfred Funk MT 44:32, W40 1 Kathleen O'Neil WA 39:22, 2 Nancy Donehower WA 44:19, 3 Karen Brun WA 47:26, 4 Gail Webster WA 48:11, 5 Adelaide Wolf WA 53:19.

Table with 2 columns: Name and Time. Includes entries like W45 1 Julie Stiles WA 42:11, 2 Dorie Quam WA 42:28, 3 Charlotte Swanson WA 42:29, 4 Suzan Roberts WA 43:33, 5 Elaine Tober WA 46:02.

Table with 2 columns: Name and Time. Includes entries like W50 1 Judy Groombridge WA 43:11, 2 Christine Curtis WA 43:29, 3 Sylvia Quinn WA 44:36, 4 Sandra Knott WA 45:49, 5 Bev LaVeck WA 49:25.

Table with 2 columns: Name and Time. Includes entries like W55 1 Peggy Ainslie WA 47:42, 2 Suzi Gillis OR 47:45, W60 1 Billie Murphy WA 47:51, W65 Alyce Lindberg WA 63:55.

Table with 2 columns: Name and Time. Includes entries like M75-79 1 Peggy Ainslie WA 47:42, 2 Suzi Gillis OR 47:45, W60 1 Billie Murphy WA 47:51, W65 Alyce Lindberg WA 63:55.

Table with 2 columns: Name and Time. Includes entries like M75-79 1 Peggy Ainslie WA 47:42, 2 Suzi Gillis OR 47:45, W60 1 Billie Murphy WA 47:51, W65 Alyce Lindberg WA 63:55.

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Table with 2 columns: Name and Time. Includes entries like M75-79 1 Peggy Ainslie WA 47:42, 2 Suzi Gillis OR 47:45, W60 1 Billie Murphy WA 47:51, W65 Alyce Lindberg WA 63:55.

Table with 2 columns: Name and Time. Includes entries like M50 Snohomish TC (Reisinger, Schultz, Pitkethly, Huff, Keniston) 189:07, 3 RiversRR Seniors (Ruggeri, Terentief, Woolen, Quinn, Akers) 200:24, 3 RiversRR Grey Beards A (Harbinson, Youngblood, Gore, Akerson, Ward) 224:42, M70 3 RiversRR Seven Oh's (Galloway, Henschen, Copeland) 147:07, Women's Team W40 Snohomish TC A (O'Neil, Stiles, Quam) 124:01, 3 RiversRR (Roberts, Donehower, Knott) 133:41.

TAC National Masters 8K Championships Steilacoom, WA December 2

Table with 2 columns: Name and Time. Includes entries like M40-44 1 HERMAN ATKINS 25:06, 2 JAMES MCGILL 25:52, 3 ED J. GRANCHALEK 26:45, 4 PHILIP WICK 26:57, 5 KNEALE WATLEY 27:09, 6 TOM COTNER 27:18, 7 IAN J. MEIKLE 27:32, 8 JOHN PAYNE 27:32, 9 JIM LINDSMITH 28:01, 10 BILL LINDSMITH 28:02, 11 RICK RECKER 28:31, 12 GARRY KRYSZAK 28:31, 13 PAUL W. LADNIAK 28:51, 14 J. KEVIN CAMILL 28:56, 15 JACK H. DUNCAN 29:44, 16 ARMONDO WARMON 30:10, 17 BOB F. CHAFFEUR 30:59, 18 PAUL BELLUS 31:40, 19 PETER O'NEIL 31:58, 20 GREG BOCK 33:14, 21 GERRY KAISER 33:25, 22 CLARENCE JOHNSON 34:51, 23 MARTIN WANLESS 35:49, 24 STEVE FREDERICKSON 39:06, 25 HENRY WEBER 43:03.

Table with 2 columns: Name and Time. Includes entries like M45-49 1 JERRY TIGHE 26:10, 2 DAVID WILLIAMS 27:06, 3 KIRK RANDALL 27:30, 4 RONALD TAYLOR 27:40, 5 BOB FOSLIN 28:03, 6 JOHN BOYLE 29:04, 7 JAMES O'BRIEN 29:06, 8 MIKE DONOGHUE 29:17, 9 CHRIS STEEZE 29:27, 10 LEWIS CHANDLER 29:27, 11 JIM MCLATCHIE 29:48, 12 LEN ELLIOTT 31:03, 13 RONALD WARMON 31:10, 14 JOHN B WILLIAMS 31:22, 15 TIM TILTON 33:11, 16 HOWARD HARRIS 33:19, 17 BOB WICK 33:24, 18 GEORGE HANSEN 34:33, 19 EVERETT JR ADAMS 35:11, 20 GUY BEEF 39:19, 21 JOHN CARLIN 39:58, 22 E. W. HANSEN 41:27, 23 GARY SMITH 41:27, 24 LEW JONES 46:12, 25 RONALD NARANEN 52:54.

Table with 2 columns: Name and Time. Includes entries like M50-54 1 SAL VASQUEZ 25:50, 2 BILLY NEINHARDT 27:38, 3 TIM ROSTEGE 27:44, 4 DAVID HAMBLY 27:50, 5 ROGER BRYAN 28:46, 6 NEAL CHAPPELL 28:51, 7 WALTER F. PRATT 29:18, 8 KEN E. NOEL 29:29, 9 EARL N. ELLIS 29:31, 10 WILLIAM HICKMAN 30:22, 11 DAVID HAUGEN 30:29, 12 AL HUFF 30:31, 13 DAVID PITKETHLY 30:33, 14 ROBERT W. LANGENBACH 30:50, 15 WALTER SCHULTZ 30:52, 16 ROY VEAL 30:55, 17 RONALD BRINTON 31:01, 18 ERNIE WIEGAND 31:13, 19 JIM MC DIARMID 31:22, 20 KEN OGDEN 31:24, 21 BILL MALINSKI 33:44, 22 JIMMY J. SMITH 36:21, 23 WILLIAM GAINES 37:09, 24 MIKE DAGAN 38:07, 25 GERRY EVANSON 39:47, 26 JOSEPH LEAN 39:49.

Table with 2 columns: Name and Time. Includes entries like M55-59 1 JOHN R FINCH 29:11, 2 LARRY WEBSTER 30:30, 3 JIM HILTNER 30:30, 4 MEL PREEDY 32:30, 5 BRUCE KATTEY 34:53, 6 FIELD RYAN 35:20, 7 LONEL HAYWOOD 38:28, 8 COURTNEY JONES 40:23, 9 WILLIAM BROTTEN 40:40, 10 WILLIAM K PARKER 40:40, 11 ROGER D AYLESLEY 42:03, 12 JIM BRYAN 43:50, 13 JOSEPH EBERLING 52:54.

Table with 2 columns: Name and Time. Includes entries like M60-64 1 ROSS W SMITH 30:18, 2 JERRY ROCKETT 31:29, 3 JIM RUCK 35:58, 4 RICHARD L GOEN 35:58, 5 DWAYNE WESTLIN 36:07.

Table with 2 columns: Name and Time. Includes entries like M65-69 1 NORM HANSEN 36:54, 2 ROBERT HAYDEN 38:55, 3 M HANK NEIGHBORS 44:19.

Table with 2 columns: Name and Time. Includes entries like M70-74 1 NATHANIEL E WHITE 37:12, 2 JACK A KIRKPATRICK 37:30, 3 Z. DANES 42:06.

Table with 2 columns: Name and Time. Includes entries like M75-79 1 DUDLEY L HEALY 40:01, 2 JULE CRABTREE 40:06, 3 ROBERT S. BOAL 50:18.

Table with 2 columns: Name and Time. Includes entries like W40-44 1 Kate O'Neill 30:08, 2 Jane Treleven 31:34, 3 Nancy Donehower 34:09, 4 Cathy Elliott-Glatze 34:46, 5 Karan Goodman 34:47, 6 Karen Harding 36:01, 7 Susan Chewing 36:16, 8 Judy Gamboa 38:21, 9 Susan Mortichian 42:30, 10 Lynn Ostenson 44:35, 11 Diane Schurr 50:13.

Table with 2 columns: Name and Time. Includes entries like W45-49 1 Ricki Vadset 33:51, 2 Pat Warner 34:59, 3 Charlotte Swanson 35:01, 4 Lolitia Bache 35:47, 5 Dianne Haines 40:00, 6 Mary Ann Wallace 42:55, 7 Judy Mosher 51:27.

Table with 2 columns: Name and Time. Includes entries like W50-54 1 Christine Curtis 33:30, 2 Corrine Flannigan 38:19, 3 Kay Maris 41:22, 4 Bev LaVeck 46:15, 5 Catalina Burfiend 48:04.

Table with 2 columns: Name and Time. Includes entries like W55-59 1 Peggy Ainslie 35:35, 2 Louise Taylor 39:22, 3 Joan Martin 45:39.

Table with 2 columns: Name and Time. Includes entries like W60-64 1 Billie Murphy 36:18, 2 Ruth Anderson 39:36, 3 Velma Buck 45:57.

Table with 2 columns: Name and Time. Includes entries like W65-69 1 Louise Swanson 49:36, 2 Marion Chadwick 59:13.

Table with 2 columns: Name and Time. Includes entries like TEAM RESULTS MALE 40 Snohomish Track Club 25:52, James McGill 26:57, Phillip Welch 27:06, David Williams 27:18, Tom Cotner 28:01, John Mann 28:01, Total Time 215:14.

Table with 2 columns: Name and Time. Includes entries like FEMALE 40 Snohomish Track Club 30:08, Kate O'Neill 30:08, Ricki Vadset 33:51, Charlotte Swanson 33:01, Total Time 1139:00.

Table with 2 columns: Name and Time. Includes entries like Pacific Pacers Bev LaVeck 46:15, Diane Schurr 50:13, Judy Mosher 51:27, Total Time 2127:55.

Table with 2 columns: Name and Time. Includes entries like MALE 50 Snohomish Track Club 29:18, Maurice Pratt 29:31, Earl Ellis 30:33, Al Huff 30:33, David Pitkethly 30:33, Robert Langenbach 30:30, Total Time 2130:43.

Table with 2 columns: Name and Time. Includes entries like West Valley Joggers & Striders Sal Vasquez 25:50, Bill Neuhardt 27:38, Tim Rostege 27:44, Roger Bryan 28:46, Neal Chappell 28:51, Total Time 2118:49.

Table with 2 columns: Name and Time. Includes entries like Fort Steilacoom Running Club William Hickman 30:22, Roy Veal 30:55, Ronald Brinton 31:01, Ernie Wiegand 31:13, Mel Preedy 32:30, Total Time 2136:01.

Table with 2 columns: Name and Time. Includes entries like FEMALE 50 Snohomish Track Club 33:30, Christine Curtis 33:30, Peggy Ainslie 35:35, Billie Murphy 36:18, Total Time 143:23.

Table with 2 columns: Name and Time. Includes entries like MALE 60 Fort Steilacoom Running Club Jim Ruck 34:42, Dwayne Westlin 36:07, Norm Hansen 36:24, Total Time 147:43.

Table with 2 columns: Name and Time. Includes entries like Larry Noel 15K Greenbelt, MD; September 2 Overall R Rodriguez 34 54:17, Win Graves 30 62:35, M40 J J Wind 57:13, Tim Wehrkamp 60:00, M50 Dick Jamborsky 62:05, Al Marcy 65:26, M60 Walt Washburn 67 70:55, Dick Good 73:41, M70 Alvin Cuttag 1:58:16, W40 Cindy Dalrymple 48 65:53, Lois Chaffin 87:38.

Table with 2 columns: Name and Time. Includes entries like W50 Zofia Turos 1:55:06, Edith Jones 1:57:57, Carmen Calle 2:19:23, W55 Sandra Wax 2:33:32, K Knight-Perry 2:34:35, Pat Magnuson 2:46:09, W60 Aslaug Tomas 2:30:07, Muriel Merl 2:32:51, Daisy Klein 2:34:31, W70+Lesley Lefkowitz 2:27:33.

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Table with 2 columns: Name and Time. Includes entries like Great Allegheny 15K Cumberland, MD; October 6 Overall Kevin Ruch 44:25, Tammy Slusser 51:40, Top Masters Anthony Greer 48:10, Carl Hatfield 49:35, Barry Firestone 50:35, M40 Richard Baldock 50:49, M45 Larry Lovell 54:35, M50 Bailey St. Clair 58:21, M55 Bob Grady 58:13, M60 Glenn Workman 61:02, M70+Jim Rowan 77:52, Top Masters MaryEllen Williams 57:09, Judith Bugyi 58:39, S Hamilton-Dolan 60:34, W40 Joan Loggett 64:03, W45 Ruth Wallinger 71:56, W50 Trudy Taff 78:55.

Table with 2 columns: Name and Time. Includes entries like Nissley Vineyards 7 Mile Bainbridge, PA; October 5 Overall Jeff Miller 36:34, Emily Hoss 44:19, M40 Chas Leader Jr 40:37, Frank Echols 41:01, Carl Wagner 42:08, M45 Ed Kandrot 40:17, Ed Lecates 41:35, Carl Kreider 44:51, M50 Frank Byrne 46:54, Joe Hazera 49:31, Richard Diem 49:34, M60 Paul Wissler 53:04, James Hammell 59:46, M70+Cromer Heatwole 64:52, W40 Alida Ruffner 51:02, Ann Moore 52:27, Jo Vargo 55:06, W45 Carol Strausser 55:50, S E Deighton 57:59, Marjean Apland 59:31, W50 Tuppen Young 57:31, Phyllis Mihalich 61:58, W60 N Jean Acker 74:42.

Table with 2 columns: Name and Time. Includes entries like NYRRC Marathon Tune-Up Central Park, NYC; October 7 Overall Carlos Roa 37 1:20:37, Gillian Beschloss 31 1:37:16, M40 Hector Vargas 1:29:37, Edgar Sandoval 1:34:11, Jose Bustamante 1:39:43, M45 Sam Skinner 1:35:18, Wolfgang Sander 1:38:29, Julio Lugo 1:42:37, M50 Gabriel Bernal 1:33:56, Manfred Konrad 1:36:11, Jose Berrios 1:36:28, M55 Ruben Cordon 1:40:48, Ted Rogers 1:45:20, Cliff Gerenz 1:46:51, M60 Ken Jones 1:52:12, John Corrigan 1:52:33, Pat McElroy 1:58:42, M65 Augustus Prince 2:08:19, William Coyne 2:11:24, Stan Edelman 2:13:59, M70 Vince Carnevale 2:17:51, Wilfred Rios 2:22:50, Charles Feldman 2:28:44.

Table with 2 columns: Name and Time. Includes entries like Racewalkers 1 Mike Korol 32 2:31:36, 2 David Chodos 45 2:33:07, W40 Jane Hillspaugh 1:53:13, Donalee Bain 1:56:56, Frances Messina 2:00:37, W45 Marilyn Greeley 1:52:24, Mimi Meyers 2:06:33, Susanna Beltrandi 2:07:30, W50 Zofia Turos 1:55:06, Edith Jones 1:57:57, Carmen Calle 2:19:23, W55 Sandra Wax 2:33:32, K Knight-Perry 2:34:35, Pat Magnuson 2:46:09, W60 Aslaug Tomas 2:30:07, Muriel Merl 2:32:51, Daisy Klein 2:34:31, W70+Lesley Lefkowitz 2:27:33.

Table with 2 columns: Name and Time. Includes entries like Racewalkers 1 Margie Schmidt 31 2:59:45, 2 J Betancourt 33 3:43:21, Finishers: 1725m, 581w.

Table with 2 columns: Name and Time. Includes entries like Women's 4 Miler Central Park, NYC; October 14 Overall Cindi Girard 29 22:14, W40 Angella Hearn 23:46, Sylvie Kinche 24:36, C Hearn Greening 25:08, W45 Marilyn Greeley 25:58, Lina Connors 26:17, Jessie-Lea Hayes 26:33, W50 Anna Thornhill 25:27, Luz Carbuccia 29:37, Kathy Nitschelm 30:48.

Table with 2 columns: Name and Time. Includes entries like NYRRC Computer Run 5 Mile Central Park, NYC; October 28 Overall Mohamed Idris 29 24:41, Diana Nelson 32 28:56, M40 John Tope 26:50, Stephen Browne 27:00, Hugh Sweeney 46 27:20, M50 Manfred Konrad 28:28, Roman Ruiz 29:14, Witold Blalokur 55 29:14, M60 Wm Fortune 30:17, John McManus 67 32:09, Frank Lorey 34:38, M70 Wilfredo Rios 41:03, Chas Feldman 41:23, Roberto Renny 43:56, Max Popper 87 57:38, W40 Debbie Adams 31:38, Judy Harrigan 32:10, Jessie-Lea Hayes 48 32:26, W50 Lucinda Clark 34:19, Lisa Praskins 56 34:41, Edith Jones 35:26, W60 Arlene Kernis 49:29, Jozi Neulinger 66 50:17, Ann Coleman 50:40, W70 Mayme Bdera 75 64:14, Finishers: 999m/523w, Weather: overcast/driz/50s.

Table with 2 columns: Name and Time. Includes entries like Mohawk Hudson River Marathon Schenectady to Albany, NY October 28 M40 Thomas Powers 2:46:08, Dan Logan 2:46:47, Rick Stark 2:50:12, M45 James Hagggett 2:56:38, David Barzilay 3:06:58, Paul Matelli 3:10:52, M50 Bob Murphy 3:00:20, Robert Husted 3:06:34, James Dami 3:07:38, M55 Richard Murphy 3:05:28, George Freeman 3:32:11, Vic Sitty 3:35:01, M60 Ed Doucette 3:17:53, Bob Warner 3:42:29, Cas Kozak 4:15:58, M65+Sam Gratch 4:10:16, W40 Susan Hale 3:21:02, Sharon Bigart 3:27:15, Martha Anderson 3:42:10, W45 Carolyn Riely 3:22:16, Sue Engel 3:48:19, Miriam Kaniner 4:00:06, W60 N Gerstenberger 4:27:16.

Table with 2 columns: Name and Time. Includes entries like NYRRC Peter McCardle Memorial 15K X-Country Van Cortlandt Park, Bronx, NYC; November 25 Overall Sadot Henez 38 52:57, Diane Weissman 31 64:27, M40 Bob Hermesch 56:12, John Holland 56:20, Tony Gonzales 58:26, M45 Salih Talib 54:54, Norbert Sander 57:49, H Bashant 58:16, M50 Sidney Howard 60:44, Peter Madden 61:30, Ramon Ruiz 61:68, M55 Hans Hariman 64:19, Noel Byrne 73:06, Ralph Perry 77:31, M60 Don Dixon 66:31, Hector Pacheco 71:14, Pat McElroy 75:12, M65 J D O'Neill 93:52, M70 Frank Finger 88:04, W40 Miriam Gomez 73:46, Johana Carter 77:29, Pat Broushet 1:45:05.

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Continued from previous page

W45 Wendy Burns	81:13
AnneMarie Kunz	87:13
Francisca Daza	88:56
W50 Zofia Turosz	67:21
Edith Jones	76:25
Billie Moten	1:40:54
W55 Sue Medaglia	74:14
Rosa Nales	81:32
K Perry Knight	90:01
Finishers: 93m; 23w	

NYRR December Series 10K
Central Park, NYC;
December 2

Overall	
Nohamed Idris 29	31:08
Gillian Beschloss 31	34:30
M40 Radames Acosta	35:50
Peter Lever	36:18
Ahmed Head	37:12
M45 Ted Haiman	34:10
Saddam Sweeny	34:18
Norbert Sander	35:25
M50 Manfred Konrad	36:37
James Fillis	37:48
Alan Fairbrother	37:42
M55 Ruben Gordon	36:12
Witold Bialokur	38:03
Clifford Gerenz	39:32
M60 William Fortune	38:17
Joseph Burns	41:35
Hector Pacheco	41:55
M65 John McManus	41:20
George Thompson	42:41
William Coyne	44:59
M70+Andrew Neidnig	46:24
Charles Feldman	52:20
Wilfredo Rios	56:21
Racewalkers	
1 Gary Null 45	49:01
2 Nick Bdera 42	51:04
W40 Sylvie Kimche	38:32
Mary Ryan	39:17
D M Adams	39:44
W45 Marilyn Greeley	41:36
Harriet Oster	42:44
Margaret Young	44:47
W50 Zofia Turosz	40:16
Edith Jones	47:15
Joan Bondell	48:02
W55 Thelma Wilson	50:31
Kate Knight-Perry	52:04
Judith Davis	59:05
W60 Toshiko d'Elia	45:08
Aslaug Tomas	54:34
Joan Fisher	61:28
W70+Althea Jureidini	67:21
Mayna Bdera	87:26
Racewalkers	
1 Lucanne Dougherty	67:51
Finishers: 995m; 485w	

SOUTHEAST

Saraland Festival 8K
Mobile, AL; October 6

Overall	
Mike Plumb 29	26:02
Cheryl Bednosky 23	28:43
M40 Don Wright 45	26:55
M50 Leon Mattics	30:12
M60+S P Hudson 69	36:02
Bruce Hill	37:50
Jimmy Matthews 69	42:01
Mike Mickelo 74	42:48
W40 Phyllis Logsdon	36:08
W50 Mary Watson	40:26
W60+Faye Eisenacher	41:35
Daphne Dvorak 65	50:28

Fall Festival 8K
Mobile, AL; October 20

Overall	
Mike Plumb 29	15:53
Cheryl Bednosky 23	17:49
M40 Don Wright 45	16:28
M50 Leon Mattics	18:41
M60+S P Hudson 69	22:41
W40 Phyllis Logsdon	21:45
W50 Mary Watson	26:12
W60+Faye Eisenacher	25:42

Jingle Bell Jaunt 5K
Charlotte, NC; December 2

Overall	
Seamus Donohue 22	15:41
Janice High 30	17:06
M40 Mike Julian	17:48
Patrick Clark	17:53
Dan Williams	18:08
M50 Bill Voight	18:43
Dick Burchett	19:52
Jim Anderson	22:26
M60+Jack Broadwell	24:05
W40 Sue Gorman	23:17
Louise Merring	23:45
Gina Bolton	23:50
W50 Ann James	26:53
Sue Baggett	33:40
Elizabeth Lumadue	34:60
W60+Margaret Ilagerty	33:22

MID AMERICA

Prairie Striders Half-Marathon
Brookings, SD; November 3

Overall	
Duane Hillslage 40	1:14:53
M40 Rich Koenders	1:29:46
M45 Dan Bohl	1:31:57
M50 Keith Burnes	1:51:01

SOUTH WEST

Hard Rock Cafe's 5K
New Orleans, LA; November 10

Overall	
Dr. Pat Hambrick	15:16
Nora Doyle	17:02
Masters Overall	
Mike Diorka	16:11
Royce Mills	20:01
M40 Jim Bell	17:16
Rich Abbrecht	17:32
M45 Pat Leonard	17:50
Charles Legarde	17:55
M50 Mike Witkin	17:15
Ron Tocci	17:17
M55 Mike Adams	20:12
Paul Hebert	20:57
M60 Henry Gaudet	21:10
Willie Clark	22:04
M65+Dirk Langlois	27:12
W40 Mary Ann Basore	20:10
Tillie Clark	22:20
W45 Susan Provo	20:31
Ann Leyens	24:18
W50 Marsha Kramer	25:17
Carolyn Johnson	25:26
W55+Eliz VanBattum 67	22:51
Mary Jank 61	28:43

WEST

Moving Comfort 8K
San Diego, CA; October 6

Overall	
Steve McCormack 30	24:03
J Lasee-Johnson 33	27:05
M40 Graham Garcia	26:04
M45 Peter Stern	26:13
M50 Jim Temples	29:03
M55 Warren Osborn	32:01
M60 Ken Bernard	38:41
M65 Robert Sprouse	44:26
M70 Wayne Zook	37:19
W40 Joni Shirley	31:46
W45 Kathy Loper	32:15
W50 Eileen Pue	31:02
W55 Caroline Murray	35:17
W65 Mary Storey	38:49
Racewalk	
1 Dale Sutton 1stm 51	43:25

Stinson Beach Marathon/
Half-Marathon/7 Mile
Stinson Beach, CA; October 27

--Marathon--	
1 Charles Greene 55	3:19:56
4 Eldrith Gosney W49	4:09:27
6 Howard Daniel 57	4:28:30
7 Bob O'Connor 41	4:35:04
10 Christie Powell W44	5:56:01
(10 finishers)	

--Half-Marathon--	
4 John Gunion 47	1:54:48
5 Mal Crawford 40	1:56:15
7 Michael Powell 48	1:56:45
9 Penn DeMoss 41 1st W1	1:59:12
13 Elmer Sanborn 52	2:08:20
21 Harold DeMoss 55	2:13:55
22 Karen Houston W45	2:14:32
29 Geoff Beardsley 62	2:24:45
(47 finishers)	

--7 Mile--	
1 Karl Gripenburg 52	1:03:53
2 D Sklavapoul 44	1:07:24
3 Mike McCartney 41	1:08:30
21 Pam DeWeerd W48	1:40:26
22 Claire Ward W47	1:45:22
(28 finishers)	
all courses extremely tough	

CANADA

Canadian Masters Cross-Country Championships
Halifax, Canada, November 18

M40 Murray Hale	25:29
Bob Knuckey	25:54
Craig Runyan	26:11
Kneale Quayle	26:22
Terry Mosher	26:46
M45 Jerry Tighe	25:40
Jim Wilson	27:09
Glen Norcliffe	27:14
Paul Bourgeois	28:22
Bill Norton	28:53

M50 Ben Johns	26:50
Gary Baker	27:04
Ed Kavanagh	29:20
M55 John Smith	31:33
Richard Graves	32:26
Arnold Robertson	34:40
M60 Earl Fee	31:53
Ralph Lang	34:00
Dan Daniels	36:53
M65 Kurt Gelbhaar	32:02
Don Farquharson	46:21
M70 Larry MacInnis	36:42
W35 Holly Whitman	30:09
Joan Merlin	30:19
MarieLouiseLeClair	31:42
W40 Eunice Phillips	31:42
Shirley Pommier	33:09
W50 Mary Davidson	34:08
Helen Peters	37:05
W55 Molly Turner	33:44
Bella Casson	40:54
W60 Marjorie Daniels	47:46
W65 Helen Jeppesen	51:00
W70 Judith Kazdan	45:52

INTERNATIONAL

AAA Veterans 10K
Championships
Barnsley, Yorkshire, GB
November 18

M40 Tony Simmons	31:44
Peter Banks	31:45
Keith Penny	31:46
Alan Whitfield	31:51
Tom Price	31:59
Dave Throup	32:08
Jim Dingwall	32:13
Mike Hurd	32:16
M45 Frank Davies	32:35
Graham Wootton	32:48
Martin Duff	33:05
Bob Toogood	33:26
Tony Keller	33:34
M50 Steve James	32:53
Phil Lancaster	33:38
Dave Voyle	34:15
M55 Eric Appleby	35:41
Gerry Spink	36:05
Ian Barnes	36:12
M60 Bob Peart	37:33
Ron Lucas	38:33
Eddie Thompson	38:57
M65 John Fraser	41:33
Eric Smith	42:22
Ron Davies	45:55
M70 Bob Brierley	45:12
Rob Mathieson	47:57
Eric Marsh	52:14
W35 Glynis Penny	35:44
Jenny Pearson	37:38
Caroline Boyd	37:49
W40 Zina Marchant	34:45
Barbara Kirk	38:12
Kathy Howe	39:18
W45 Dot Fellows	38:29
Linda Watson	39:07
Rose Grimley	41:14
W50 Maureen Singleton	42:38
Mary Avery	45:49
Moirae Leneghan	46:18
W55 Jean Locking	44:23
June Fox	51:10
Jasmine Powell	52:06

RACE WALKING

Portland 5 Mile RW
Portland, OR; September 30

M45 Bob Brewer	48:27
M50 Patrick Hart	51:49
W40 C Frederickson	54:23
W50 Kaye Duncan	55:37
W55 Charlene Bryan	54:07

Portland Marathon RW
Portland, OR; September 30

M40 S Frederickson	4:58:24
Henry Gillette	5:06:48
Mike Padovick	5:24:05
M45 Larry Luedtke	4:50:01
M55 Daniel Michel	5:38:20
C Rigmmon	6:49:28
M60 Paul Kavadas	5:40:56
Bill Kinder	6:19:54
M65 R Bennett	6:08:09
W40 Michele Hoover	4:46:38
M Houghham	5:15:36
Cheryl Kincaide	5:36:09
W45 Sue Hoch	5:45:48
W50 Bev LaVeck	4:38:02
(1st woman; 2nd overall)	
W55 Gloria Loizeaux	5:38:20
B Schuchardt	5:44:44

Riverside Mission Inn 5K RW
Riverside, CA; November 11

Overall	
Ted Greiner	26:35
Tori Herazo	23:00
M40 Dave Snyder	27:12
M50 Ted Greiner	26:35
M60+Mel Grantham	31:57
W40 Donna Kennedy	31:17
W50 Janice Zinniker	36:35

Long Beach Shoreline
Half-Marathon RW
Long Beach, CA; November 11

Overall	
Ed Bouldin	1:49:31
Francene Bustos	2:02:23
M40 Ed Bouldin	1:49:31
Art Grant	1:58:06
M50 Clyde Hatfield	2:10:39
M60 R Hendrickson	2:21:19
W40 S Synal-Griffen	2:18:00
W50 Jaye Horowitz	2:13:47

South Carolina TAC One
Hour RW
Columbia; December 1

M40 David Hale 102	52.4m
M45 L Hamilton	8309.6m
M50 Bill Chelf	10442.6m
M55 L Green	11184.6m
M60 M Michel	9168.5m
John Snaden	8711.8m
W40 B Bauer	8973.1m
W45 P Malone	8732.8m

TAC Delegates 5K RW
Seattle, WA; December 1

M55 Sal Corrallo	DC 28:39
Floyd Ormsby	UT 35:59
M65 Bob Carlson	CO 30:43
Richard Charles	TX 35:41
Eugene Dix	NH 37:34
W60 Joan Rowland	NY 34:56
Mary Byers	WI 47:24

National Masters 8K Road
Race Championships
RW, Tacoma, WA; December 2

Racewalkers	
M40 S Frederickson	39:04
Law Jones	46:08
M60 Jim Bryan	43:46
W40 Diane Schurr	50:12
W45 Judy Moser	51:23
W50 Bev LaVeck	46:12



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Margie Withrow, 64
U.S. Masters, 1989
Outdoor 1500
7th: 7:03:07

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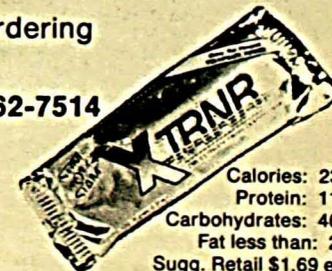
Roy Earl, 40

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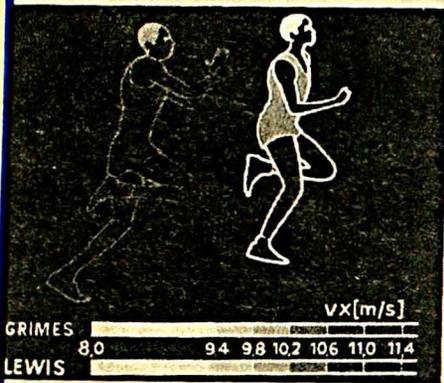
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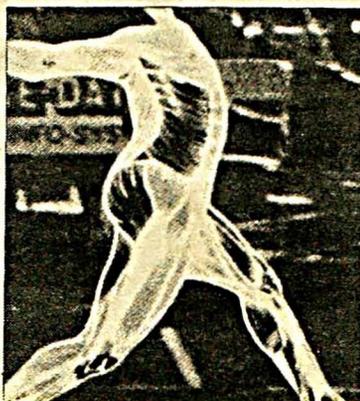
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