

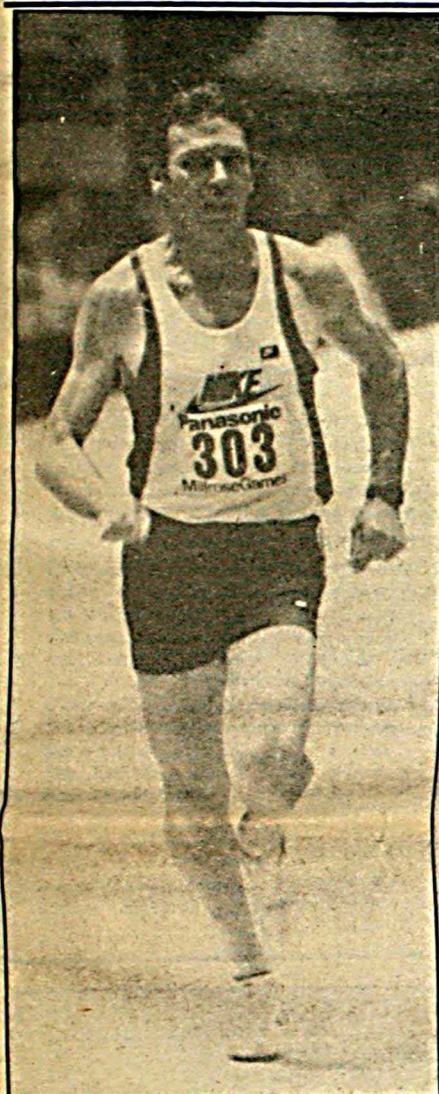
NATIONAL MASTERS NEWS

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

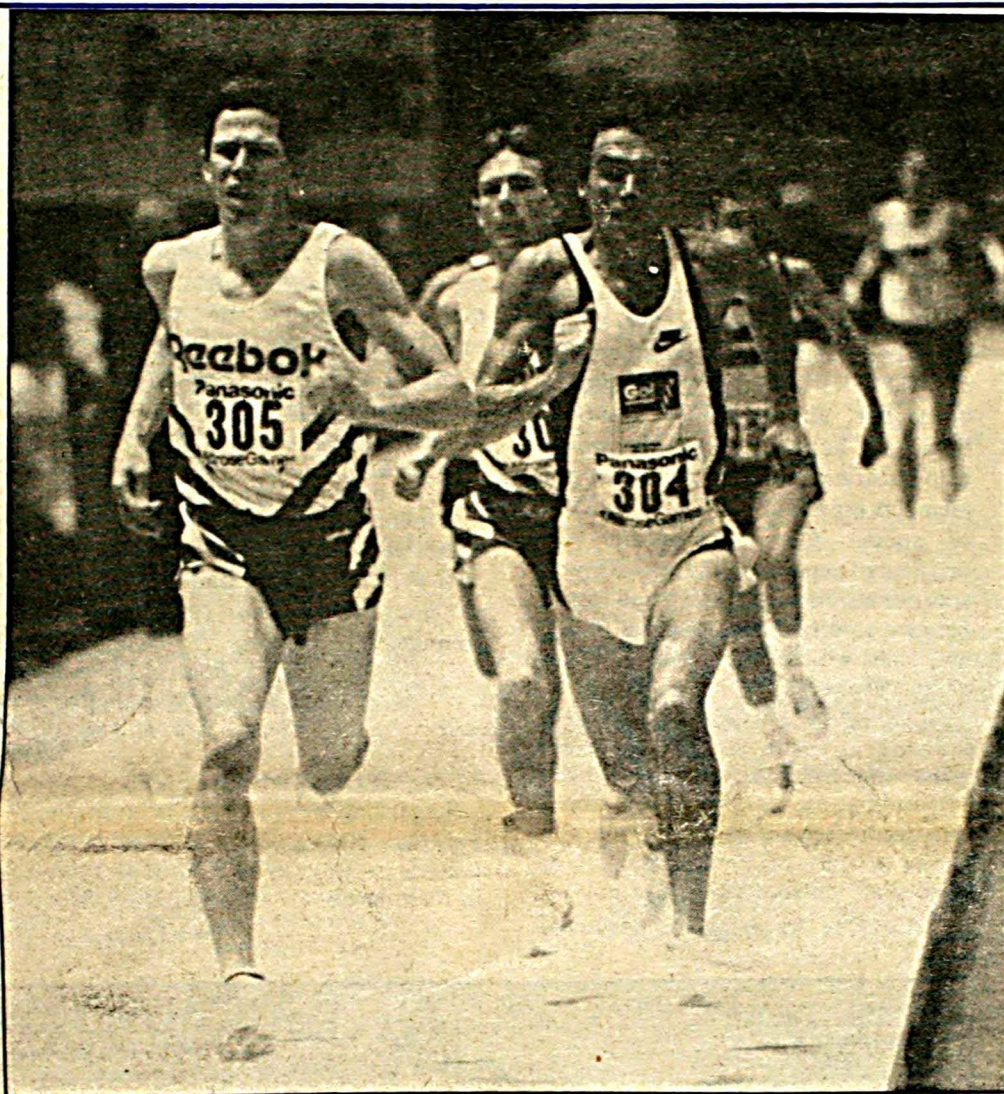
115th Issue

March, 1988

\$1.95



Peter Snell, 49, running with the same low-arms style that carried him to three Olympic gold medals, achieved his goal of breaking five minutes (4:53.63) in the Millrose Masters Mile.



Web Loudat (305), eventual winner of the Millrose Masters Mile (4:20.04), takes a lead he never relinquishes from Barry Brown (304) after the half-mile at Madison Square Garden in New York on February 5. That's Al Swenson's face showing in third, with Harold Nolan fourth.

Photo by David Zinman



Jim Ryun, 40, his head cocking from side to side as in past years, guts it out for a fifth (4:29.60) in the Millrose Masters Mile.

Photo by David Zinman

Loudat Wins Millrose Masters Mile

by DAVID ZINMAN

NEW YORK — It was like taking a trip backward in a time machine.

On the track were Jim Ryun, Peter Snell, and Frank Shorter. They were

fiddling with their shirts and jouncing up and down to dissipate their nervous energy as an announcer introduced them to the crowd of 18,000.

It was not the Olympics — the scene of their celebrated triumphs and failures in the 1960s and 1970s. It was the 1988 Millrose Games, the nation's oldest indoor track meet.

The three heroes of yesteryear had come to Madison Square Garden on February 5 to compete in a masters mile. They were up against a field of lesser-known athletes, most of whom could not have come within hailing distance of them a decade or two ago. Now, the tables were turned. The years had taken their toll and the unknowns were the favorites.

Ryun, Snell, and Shorter had held up well. Even Snell, who at 49 was the

Continued on page 18

Ferraz, Scott Win in Paramount 10K

by TERI INGRAM

Perfect weather, a flat course, and an enthusiastic crowd, not to mention prize money, added up to a good day all around at the January 23 running of the Paramount, Calif. 10K race.

The event featured a "Special World Masters Division," which awarded \$6000 in prize money. Although run

concurrently, the open division and the World Masters division were treated as separate races.

Overall winners in the Special World Masters race were Steve Ferraz, newly-40, in 31:33, and Gail LaDage Scott, W40, in 37:30. Unfortunately, last year's winners, Dave Oropeza and

Continued on page 27

500 To Compete In Nationals

More than 500 entrants from throughout the nation are expected to compete in the 1988 U.S. TAC National Masters Indoor Track & Field Championships on March 19-20 in Baton Rouge, La.

The annual event will be held on the 220-yard tartan track at the Field House at Louisiana State University.

Continued on page 15

Rodgers (30:09) Defeats Shorter in Phoenix

by TOM STURAK

Four miles into the Runner's Den 10K (Phoenix, Feb. 7), Bill Rodgers passed a cramping Frank Shorter and ran away with an unexpectedly easy victory and a winner-take-all \$5000 purse — the largest Masters prize money ever awarded in a sub-marathon road event. Billed as a high-noon shootout drama, the featured

race between the illustrious rivals dissolved into a rerun of the Tortoise & Hare fable.

Rodgers' winning time of 30:09 was well off Tracy Smith's 29:50AR, which was expected to fall to either of the famed "40-calibre" guns. The flat course had been proven fast over the past decade; and weather conditions

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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

SOUTH AFRICAN EXCLUSION

I was pleased to hear that the VIII World Veteran's Games will be held in the United States in 1989. I hope my donation, along with the many others, was of some help in achieving this result and may also aid in the conduct of the games.

I was, however, disappointed to hear of the vote to exclude the South Africans. I had pledged an additional \$25,000 to try to encourage completely open, fair, and unpolitical competition. I had hope that this pledge would help illustrate how serious some of our members are about keeping politics out of sports. Our organization was originally founded on the idea of pure sportsmanship and fairness, and was to be open to all athletes 40 years of age and older without regard to race, color, or creed.

None of us admire the apartheid situation in South Africa. There are many other countries which have social policies that are less than admirable. I just don't feel we can solve the inequities of the world through this type of pressure on sports organizations.

I therefore formally withdraw my

conditional pledge with extreme regret.

Otto Essig
Westfield, Massachusetts

I assume the WAVA vote to exclude South Africans was based on the wish to facilitate the IAAF alliance. To me, the IAAF alliance is less important than the principle of maintaining separation of politics from masters athletics, even when those politics involve something as abhorrent as government-sponsored racism and apartheid.

I admire Otto Essig's decision to withdraw his conditional pledge to the VIII World Veterans Games. Sticking to principle in this case requires courage.

Beverly LaVeck
Seattle, Washington

MELBOURNE RELAYS

Regarding Herb Miller's letter in the February NMN, no doubt three world records in relays by U.S.A. M70 teams in Melbourne (4 x 100, 55.07; 4 x 200,

Continued on page 22

NATIONAL MASTERS NEWS

March, 1988 — 115th Issue

Editor: Al Sheahan
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Production: American Publishing Co.

The National Masters News (ISSN-0744216) is published monthly by GAIN Publications for \$18.75 per year from 6320 Van Nuys Blvd., #211, Van Nuys, CA 91401. Phone 818/785-1895. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. The editorial policy is not necessarily that of TAC or WAVA.

SUBSCRIPTIONS: A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$5 outside USA; \$8 1st class (USA & Canada); \$15 Foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-2333.

Unsolicited submissions to NMN are always welcomed. Manuscripts should be typed double spaced, but legibly handwritten material is also acceptable. Please include a stamped, self-addressed envelope if return is desired. Send editorial, advertising, and other correspondence to NMN, P.O. Box 2372, Van Nuys, CA 91404 818/785-1895.

POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.

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let's face it!
MASTERS throwers



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East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. *Winning Hammer Ways* was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video



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Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

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Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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Bud Light Meet Draws 99 Competitors

by SCOTT THORNSLEY

CARLISLE, Pa. The Bud Light/PA Masters Indoor T & F Meet, held at Dickinson College's Kline Sports Center, January 3, drew 99 competitors from 16 states.

The meet has leveled off in recent years due to its being scheduled on New Year's weekend. Regardless of the early time in the indoor season, the meet still saw some exciting races.

Ken Baker, 51, setting foot on a track for the first time since getting back from the World Championships in Australia, where he placed 2nd in the M50 800, failed to erase the world indoor record of 2:07.43, held by E. Greppi of Italy. Baker turned in a 2:07.6 performance and admittedly

failed in his attempt because of a momentary lapse of confidence midway in the race. Jim Sutton, 56, also failed to lower his pending world indoor record of 4:29.3 in the M55 1500, set last year at Dickinson. However, Kelsey Brown did not buckle under to race pressures and ran a 2:21.2 pending world indoor record for the M60 800. Brown, who took 3rd in the 800 in Australia, was not even aware that he was within grasp of the 2:23.49 record set by G. Endrizzi of Italy. All three men raced in younger age divisions in order to race at a faster pace.

Other outstanding meet performances came from: Ralph Penn, M35, as he raced to win in the 55H, 55m, 200, and 400; Dhamiri Abayomi, M45, who

won the 55m and 200; Dawson Pratt, M50, who won the 55m, 200 and 400; Max Goldsmith, M60, who won the 55m and 200; and Ham Morningstar, M70, who competed in all the meet's field events, as well as the National Indoor Pentathlon Championships, held concurrently.

The meet was sponsored for the fifth consecutive year by G. C. Blosser, Inc., a local beer distributor in Carlisle, on behalf of Bud Light, and by Chuck Miller, on behalf of Sure Pull and Tow Pro, Inc., divisions of the United States Trailer Hitch Company. Without the sponsorship of these two companies, the meet could not provide the athletes with such a conducive site for an early-season meet. □

Five Years Ago

• Ann Arbor's Bill Stewart broke the world indoor 40-and-over mile record with a sizzling 4:11.0 in the Michigan Relays.

• Oregon's Mike Manley raced to an American masters record 2:17:10 in the Houston-Tenneco Marathon.

• England's Ron Hill, 44, won the masters division of both the Orange Bowl 10K (31:28) and Orange Bowl Marathon (2:27:14) on successive weekends in Miami. □

U.S. Indoor Pentathlon Held in Pennsylvania

by SCOTT THORNSLEY

CARLISLE, Pa. For the third time in four years, the TAC Masters National Indoor Pentathlon Championships were held in conjunction with the Bud Light/PA Masters Indoor T & F Championships at Dickinson College, January 3.

Twenty-three competitors, coming from 15 states, attended the pentathlon, whose numbers have seen a leveling off in recent years due to its early-scheduled date.

The best competition came in the M50 division, as Chuck Miller of Texas sought to win his fourth consecutive national indoor pentathlon title. Miller, who recently returned from Australia with a 2nd-place finish in the 110H, and who improved in 4/5 of the pentathlon's events from 1987, could not overcome the consistent scoring of Gary Miller of California, who won the outdoor pentathlon (with a world record) and the 400H in Australia.

Rounding out the strong field in the M50 division were Phil Mulkey of Georgia, fresh from his 2nd-place PV finish in Australia; Bill Clark of New Jersey, a former M50 national indoor champion in the pentathlon, and Jack Gilmore of South Carolina.

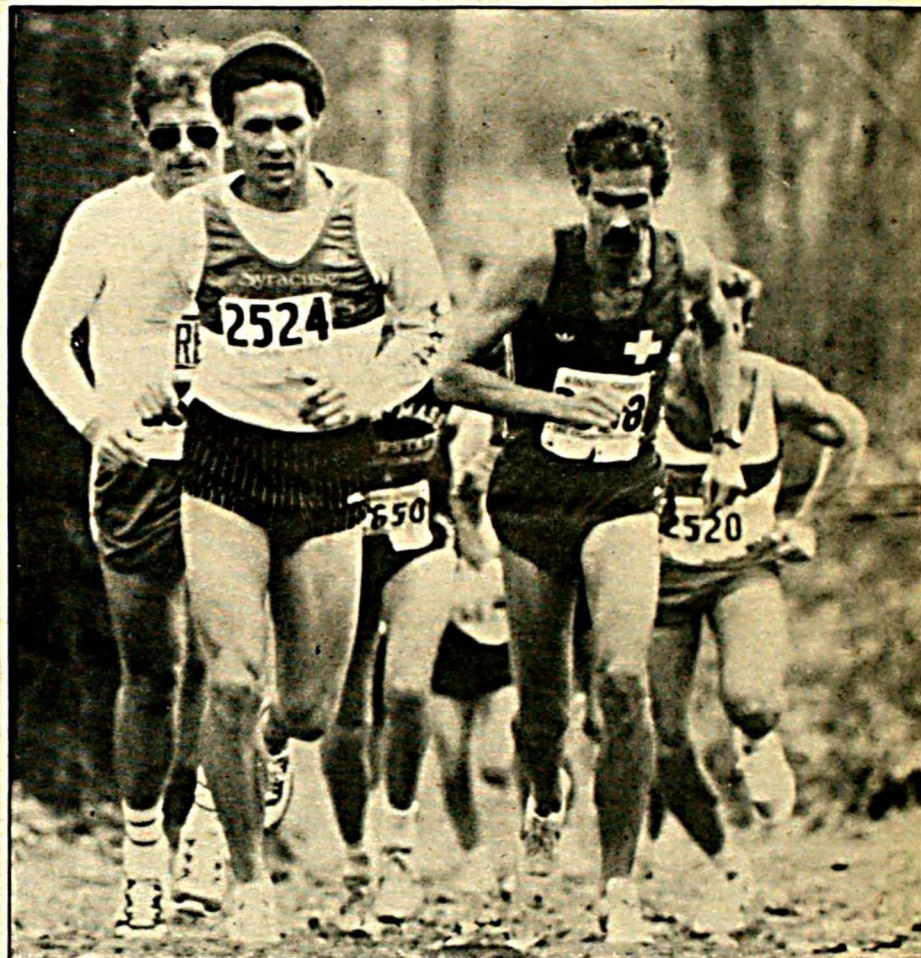
Jeff Watry of Virginia won his third consecutive indoor pentathlon title, defeating Ken Ellis of Oklahoma.

This year, the indoor pentathlon was sponsored by Chuck Miller, on behalf of Sure Pull and Tow Pro, Inc., divisions of the United States Trailer Hitch Company. Miller came to the meet's rescue last year after a sponsor of the Bud Light meet pulled out. □

Quote of the Month:

"My goal is to be the best masters runner in the world."

— Bill Rodgers



John Dwyer (40, #2524) and Brook Thomas (40, right) push up Freshman Hill in the National Masters Cross-Country Championships, Van Cortlandt Park, NYC, November 28. Dwyer finished in 17:04 and 11th overall to Thomas' ninth overall 17:03. Photo by David Zinman

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All-Time High of 29 Join Sustainer List

National Masters News is pleased to announce an all-time high of 29 in the amount of donations received in a two-month period. What does this mean to you? It means NMN is able to keep up its high standards, print more results and enlarge our schedule section, not to mention offering such "fat" issues as November and January with their extensive World Games coverage.

Special thanks go to Fred Karlin, Karen Lanterman and John J. McCarthy, who each very generously donated \$100. Special thanks also go to Bob Heaton, Carl Klehm, Dick Ruzicka and Jerry Withers, who each donated \$50.

Donations can be sent to NMN, P.O. Box 2372, Van Nuys, CA 91404. Our thanks this month go to:

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Lincoln... a runners' marathon

The Lincoln Marathon has a longstanding reputation for being a runners' marathon. The city, its business community and the Lincoln Track Club will come together again on the weekend of April 30 to May 1 to extend this tradition of excellence.

- Half-Marathon option ... Both courses certified ...
- T-shirt to each entrant ... Sports medicine clinics ...
- Seminars (Among past speakers: Amby Burfoot, Joe Henderson) ...
- Pre-race pasta dinner ... Superb police traffic control ...
- Splits each mile ... Physician-staffed aid stations ...
- Liquids in cups with lids and straws ...
- Olympic track-style finish at UNL's Ed Weir Stadium ...
- Extensive medical care at finish ... Free massage therapy ...
- Custom-cast pewter medallions to finishers ...
- Awards in 10 age divisions for men and women ...
- Distinguished Achievement Awards ... Veterans Awards ...
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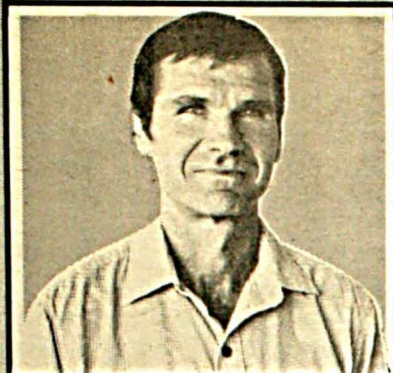
Please send me _____ entry forms for the 1988 Lincoln Marathon and Half marathon.

Name _____

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Mail to: Marathon, 2809 Jackson Drive, Lincoln, NE 68502

Marathon Lincoln



Third Wind

by Mike Tymn

Pioneers of Over-40 Fitness

"Of course there is no reason why a man of 40 should not be in perfect muscular condition. If he has kept himself in more or less constant training, there is no reason why he should not in an athletic sense practically duplicate anything and everything that he could do at the age of 20 or 25. Many of them do."

That comment comes from an article by Thomas Curtis Davis in the March 1923 issue of *Physical Culture* magazine.

"Witness Frank Kramer, bicycle sprint champion who won championships at 40," Davis continued. "Look at Ty Cobb, Doug Fairbanks, Fred Stone and others."

"Manifestly the man who is rusty at 40 is liable to break and fall to pieces between 50 and 60, and actually he does so. We know that in the United States men of that age die twice as fast as they did 25 or 30 years ago. Manifestly also, on the other hand, the man who is as good at 40 as at 20 will not only postpone old age but even defer so-called middle age."

Yes, there were articles for "masters" 65 years ago, even before. *Physical Culture*, a magazine founded in 1899 and published for some 45 years by physical culturist Bernarr Macfadden, had many features and items aimed at middle-aged readers.

In the June 1929 issue, Macfadden wrote: "Do not allow the old age germ to get to you! Insist on retaining the

zestfulness, the vivid enthusiasm of early youth. If you want to stay young, you have to act the part. Be a girl or boy at every possible opportunity. Indulge in sports and activities of youth."

"To be sure, it may be necessary for you to use a certain amount of judgment. You may not be able to run as fast or leap as gracefully, or dance as you could in your early youth, but make use of what powers you have in a temperate manner and with dependable regularity."

The May 1931 issue features movie actor Douglas Fairbanks. "Today, on the borderline of 50, he is the most astonishing all-around athlete for his age that I have ever known or heard about," wrote Charles Paddock, winner of the 100 meter dash in the 1920 Olympic Games.

Paddock tells how Fairbanks challenged him to race 10 years before, beating him off the blocks and "fighting gamely every foot of the way." He went on to describe Fairbanks' vigorous daily routine, which included horseback riding, swimming and the game of "follow the leader,"

in which Fairbanks would lead the way through some dangerous and difficult stunts.

"The man of 50 may say that all this is childish drivel, and he may not have the inclination, the time or the physique, to build himself up as Fairbanks has done," Paddock continued. "But a bit of that kind of enthusiasm can do him no harm, and if he will only save 15 minutes a day to jog or even walk fast through a mile, he will undoubtedly acquire a healthy chunk of it and a relish for almost any form of competition athletics."

The July 1938 issue had an article by Dr. Graeme Hammond, who had celebrated his 80th birthday with a four-mile run. "When the word got around that I was going to do a four-mile run around the track of the New York Athletic Club on my 80th birthday, and that four-mile stint would be only a slight extension of my usual practice of running three or more miles three times a week of exercise, the newspapers got right on the job," wrote Hammond, who in 1875, while running for Columbia, had done a 54-second quarter, a time which newspapers of the day said would never be beaten.

"When the story of my behavior, so undignified in a man of 80, and so unorthodox from the point of view of the average expert on physical training, was later called to the attention of Mr. Artie McGovern, who runs a gymnasium and among other things, provides moderate exercises for people with years and paunches and brittle arteries and spavined hearts, Mr. McGovern, it is reported, uttered a snort of indignation that shook the windows. Then he registered shock and consternation," Hammond wrote.

"Mr. McGovern couldn't conceive of such folly. Why didn't I stay in bed on my 80th birthday where I belonged, instead of doing a lot of monkey-shines, unbecoming to my years!"

"Moreover, Mr. McGovern thought it shocking that a physician should set such a bad example for men over 40; he viewed with alarm the possibility that some of them might follow it, on the theory that, being a doctor, I knew what I was about."

Reacting to a comment by McGovern that his running was done in a "feeble way," Hammond went on to challenge McGovern, a former boxer then in his 50's, to a race at four miles, even six or eight.

"I am sorry that I cannot also challenge him to a game of golf, but I don't yet consider myself old enough for golf."

But Hammond was careful to warn readers about "sudden indulgence in strenuous exercise," be it running or something else. "Even a middle-aged man of sedentary habit can bring himself to the point of performing very creditably, provided he takes a few years in the doing of it, and provided his heart, arteries, kidneys, and other

vital organs are in sound condition at the start."

Hammond, who, at the age of 55, represented the United States as a fencer in the 1912 Olympic Games, did all of his running on the indoor track at the NYAC. "... if I put on my running togs and got out on the street, the people would stare and the cops would pick me up."

The September 1938 issue had an item about 85-year-old Peter Foley, who finished the Boston Marathon that year in 4½ hours.

"Peter Foley, who has white whiskers and no teeth and weighs 119 pounds of muscle and whipcord, and is said to have a handshake, 'like a blacksmith,' ran the full 26 miles all

Continued on page 9

I GUARANTEE An Inch Of Solid Muscle All Over Your Body In 30 Days!



CHARLES ATLAS

Winner of Two \$1000.00 FIRST PRIZES as the World's Most Perfectly Developed Man in National Contests held at Madison Square Garden. No other living man can claim this title!

Were You Ashamed Of Your Figure This Summer?

Well, make the other guys ashamed of theirs by next month, for inside of 30 days I'm going to add at least an inch or more of solid muscle all over your body if you'll give me a chance to prove it.



Anthony Sansone John DeLatore Clelio Massimo

Old Or Young I'll Make You A REAL VIRILE, MUSCULAR, POWERFUL HE-MAN QUICKLY!

Here's convincing proof my pupils become tremendous, virile Hercules/Giants, more muscular than other physical instructors are. Regardless of your age I GUARANTEE to give you the same marvelous quick-fighting muscles in record smashing time, and develop your nerve, courage, confidence and strength, too.

READ THIS! Look at the picture of El Marquis de Guadalupe. He's 53 years young! He attributes his perfect development to the Charles Atlas Course. What I have done for the Marquis and thousands of others I can do for you!

I'm waiting to give you New Health, Great Strength and a Perfect Physique. So come on, fellows, let's go!

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"SECRETS OF MUSCULAR POWER AND BEAUTY" FREE

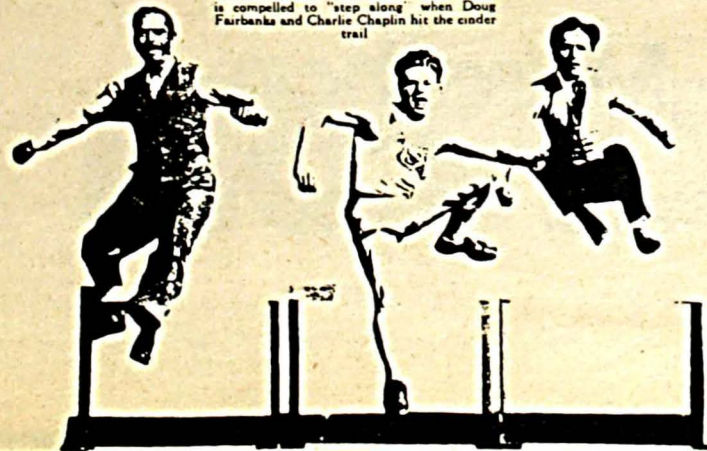
This Master Book of Health and Strength tells all the full facts, gives the priceless secrets of the World's Most Perfect Man. It is fully illustrated with the most inspiring pictures you have ever seen. Thousands have said this was the most valuable book that ever came into their lives. As it is now mailed without a cent of cost to you for a strictly limited time only, there's no excuse for you not owning a copy. Mail the coupon TODAY—NOW!

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Douglas Fairbanks

Although Fifty, the Great Star Rides, Boxes, Runs, Swims and Golfs With as Much Enthusiasm and Success as Men Half His Age

Charles Paddock, track runner and hurdler, is compelled to "step along" when Doug Fairbanks and Charlie Chaplin hit the cinder trail



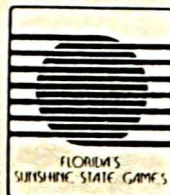
THE FLORIDA MASTERS TRACK AND FIELD CHAMPIONSHIPS



TRACK & FIELD CHAMPIONSHIPS

APRIL 15 - 17, 1988
Palm Beach County
FLORIDA

FLORIDA



Palm Beach Airport Hilton
Conference Center



EASTERN



CONTINENTAL



SCHEDULE (TENTATIVE)

Saturday, April 16th

8:00am- All field events report to clerk (LJ, TJ, PV, HJ, SHOT, DISCUS, JAVELIN, HAMMER, AND WEIGHT)
8:00am- 5000m run on track
9:00am- 110 hurdles
10:00am- 100m semi-finals
10:30am- 800m
11:30am- 4x100m Relay
12:30pm- 400m hurdles
1:30pm- 1500m
2:30pm- 100m Finals
3:30pm- 400m
4:30pm- 200m
5:30pm- 4x 400m Relay
6:15pm- Awards Ceremony

Sunday, April 17th

7:30am- 10,000m Racewalk on road
8:00am- 10,000m Road Race
all races are finals except the 100m

THE MEET:

Sanctioned by The Athletics Congress/Florida Assoc. the meet will be held at John I. Leonard H.S. stadium located in Lake Worth, Florida, the track is a all weather 400 meter surface, with all field events within the facility.

AGE GROUPS:

19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-over, for both men and women. Age group is determined by the age of athlete on the date of the meet.

AWARDS:

Custom medallions will be presented to the first (3) three athletes in each of the listed categories.

TEAM AWARDS

Team trophies to the top three (3) overall teams and plaques to the top team in each of the following categories: Open Men, Sub-Masters Men, Masters Men, and Overall Women

ENTRY FEES:

In order to enter the meet please use the attached entry form. The entry fee is \$10.00 for the first event (includes meet t-shirt) and \$3.00 for each additional event. Additional souvenir T-shirts can be ordered at the time of your entry for \$5.00 (\$7.00 at the meet site)

ENTRY DEADLINE:

All entries must be postmarked by April 10th. All late entries will be charged \$2.00 per event late fee. (no exceptions) For further information, call Palm Beach Track and Field Championships at 305/968-7171.

MAIL ALL ENTRIES TO:

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
6301 DOCKSIDE CIRCLE
GREENACRES CITY, FLORIDA 33463
MAIL ENTRIES AS EARLY AS POSSIBLE

MEET PACKETS:

Meet packets can be picked up at the meet headquarters hotel on Friday April 15th in the hospitality suite, or at the track on the day of the meet.

NOTE:

On certain events some age groups may be combined for scheduling purposes. Some finals will be based on times. In all running events the order shall be oldest to youngest, men and then women. All TAC/USA rules will be followed. A final schedule of field events and running events will be posted at the meet headquarters and at the track. No entries will be taken for field events after 8:30am April 16th and for running events 9:00am, excluding the 10K run and 10K Racewalk.

TRANSPORTATION: As the official airlines Eastern/Continental will be handling your air travel arrangements... even if you do not live in a city served by Eastern/Continental... just call our toll free number and we'll book you on Eastern or Continental or the airline of your choice.

FARES: Eastern will guarantee a group discount rate of 60% off the normal coach fare and Continental will offer 30% off the normal coach fare for individuals traveling roundtrip from many cities within the continental United States. For athletes living outside the continental United States call their nearest travel agent for the best applicable rate.

TICKETING: After you have reserved your flights you may purchase your tickets from your local travel agent, any Eastern/Continental Ticket Office or we will mail them to you along with an invoice for payment. Regardless of where you choose to pay for your tickets, call Eastern/Continental CONVENTION DESK now to reserve your flights.

REMEMBER CALL

1-800/468-7022

*Convention desk sales hours: 8:00am - 9:00pm Mon-Fri EST
TO MAKE YOUR TRAVEL ARRANGEMENTS
REFER TO THE EASY ACCESS NUMBER

EASTERN E74HP68
CONTINENTAL YZ6205

HOTEL ACCOMMODATIONS

MEET HEADQUARTERS HOTEL-PALM BEACH AIRPORT HILTON
150 AUSTRALIAN AVENUE/ WEST PALM BEACH, FLORIDA 33406
The Hotel is a first class quality hotel and is offering rates of \$49.00 per night for up to four (4) occupants. To reserve a room call 305/684-9400 and tell them that you are with the PALM BEACH TRACK AND FIELD CHAMPIONSHIPS. There is 24hr. pick up and delivery from the airport. Once you arrive in WEST PALM BEACH you can contact the hotel from the special phones in the main airport terminal.

FLORIDA'S PREMIER MASTERS TRACK AND FIELD EVENT

IMPORTANT INFORMATION FOR PRESS RECOGNITION
IF YOU HAVE COMPETED IN ANY STATE, NATIONAL, OR WORLD CHAMPIONSHIPS OR HOLD ANY RECORDS, OR HAVE ACHIEVED AND MILESTONES, PLEASE ENCLOSE THAT INFORMATION (WITH A PICTURE IF POSSIBLE) FOR INCLUSION IN THE MEET PRESS KIT AND PROGRAM. PRESS DEADLINE IS APRIL 1st

OFFICIAL ENTRY FORM

PERSONAL INFORMATION:

NAME: _____ last _____ middle _____ first _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: HOME _____ OFFICE: _____

BIRTHDATE: _____ AGE AS OF MEET: _____

SEX: MALE ☐ FEMALE ☐ TAC # _____

SHIRT SIZE SM MED LG XLG XXL

EVENT ENTRIES

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. _____ event _____ best recent mark _____

2. _____ event _____ best recent mark _____

3. _____ event _____ best recent mark _____

4. _____ event _____ best recent mark _____

5. _____ event _____ best recent mark _____

6. _____ event _____ best recent mark _____

FEES: (MAKE ALL CHECKS PAYABLE TO PALM BEACH TRACK AND FIELD CHAMPIONSHIPS)

1st EVENT IS \$10.00 _____ \$10.00

ADDITIONAL # EVENTS \$3.00 _____ # EVENTS _____ \$ _____

EXTRA SOUVENIR T-SHIRTS \$5.00 _____ # SHIRTS _____ \$ _____

TOTAL FEES ENCLOSED = \$ _____

WAIVER OF LIABILITY

In consideration of your accepting my entry into the competition known as The Palm Beach Track and Field Championships, I, intending to be legally bound, do hereby for myself, executors and administrators, waive release and forever discharge my and all rights and claims for loss, damages, or injury to my person, or property, arising out of my performance or failure of performance from Palm Beach Track and Field Association, their agents, representatives, successors and assigns.

Signature _____

date _____

FOR MORE MEET INFORMATION
CALL OR WRITE

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
6301 DOCKSIDE CIRCLE
GREENACRES CITY, FLORIDA 33463
(305) 968-7171 EVENINGS

PROFILE

Chuck Miller: in "Hog Heaven"

After winning both hurdle events in the 50-54 division at the National Masters Track and Field Championships in Eugene last August, Chuck Miller remarked that he was in "hog heaven."

A bystander wasn't quite sure if that was good or bad and asked Miller what it meant. "Well, it's sort of like 'flying high,' I guess," Miller responded, laughing. "It must be a Texas saying."

Miller, who celebrated his 50th birthday just two weeks before the Nationals, was in hog heaven quite a bit last year. In addition to his two national championships, he bettered the 50-54 World Record in the 110 highs with a 14.77 clocking and captured a silver medal in that event at the World Games in Melbourne.

"Last year was definitely my best year," Miller said by phone recently from his home in Euless, Texas. He had just returned from the National Indoor Pentathlon Championships, where he had won the 55-meter hurdles in 8.03 and the high jump with a 5-4.

The Chuck Miller of 1987 might not have been recognized by anyone who saw him in the Puerto Rico World Games of 1983. Miller was then only a few months out of hog hell. It was on May 17, 1983 that Miller began pulling himself out of the pit.

"I weighed 205 pounds, smoked three to four packs of cigarettes a day, drank excessively, and generally just felt lousy," said Miller, who now carries 165 pounds on a 6-foot frame. "I read about masters track in *American Way* while traveling and decided to quit smoking and drinking. I needed a substitute and track was it."

Track and field was nothing new to Miller, however. At Wichita High School in Wichita, Kansas, he was a three-time state high jump champion, a 14.9 hurdler, and contributed a 49.9



Chuck Miller, M50, displays some of the hardware he picked up in 1987.

quarter to the school's national record-setting mile relay team. After a semester at Wichita University, Miller joined the army and continued to compete, improving his high school high jump best by three inches to 6-8.

After leaving the army in 1962, Miller moved to Oklahoma, then to Texas in 1967 for job opportunities. He did nothing to maintain any kind of fitness until that day in 1983 when he made up his mind to reform. At the Puerto Rico Games that year, Miller had only a few months of training under his belt and still had most of those 205 pounds.

"I still laugh when I see the pictures of myself at that meet," Miller chuckled. "After three hurdles, I ran out of gas. I finished, but I just stepped over them. My time was 20-something. It took me about two years before I could three-stride all the hurdles."

By the time the 1985 World Games in Rome rolled around, Miller was fit, having the five best times in the country for the highs that year. "I had felt real strong and hoped that I'd win them, but I pulled a muscle warming up," he said.

In Melbourne, Miller sat in the blocks after a false start, began closing on eventual winner Al Henry, and then hit the ninth hurdle. "I felt like maybe I was the best hurdler there," he offered, "but things didn't go quite right. That's not to take away anything from Al Henry. He's pretty strong."

Miller also finished seventh in the 400 hurdles with a 1:04.26 and won a 200 heat in 25.2 against the wind. He had to scratch from that event because the finals were rescheduled due to adverse weather conditions for the same day as the hurdles. He chose not to enter the high jump, in which his best as a masters is 5-8.

"The hurdles is my primary event now," Miller said. "It's something you can't fake. You can fake a 100 and cut down on your speed. But in the hurdles, you're going to hit a hurdle or start four or fivin' (striding) them."

"Psychologically, I know I can run a good strong race. In high school, I was a natural. I didn't have problems doing what I had to do. But now, after being so far out of shape and coming back, I consider that a much greater achievement than anything I did in my younger years."

Miller isn't especially happy about the recent TAC rule change shortening the highs from 110 meters to 100. "It's going to hurt people like Al Henry and me," he said. "We didn't have any problem running up to the hurdles and three stridin' 'em. We're going to have to make some adjustments and it's going to give the sprinters a little better chance."

Miller and his wife, Carolyn, have two children and two grandchildren. He owns a chrome exhaust tip manufacturing company, a company manufacturing trailer hitches, and several muffler and radiator shops. He employs 110 people in his various shops.

"I'd like to retire in about five years and spend full time running," he concluded. "I'm doing things now I never believed I could do." □ —Mike Tymn



TEN YEARS RUNNING

FREIHOFFER'S
ALBANY RUN FOR WOMEN
TAC/USA 10K
ROAD RACE CHAMPIONSHIP
MAY 28, 1988

FREIHOFFER'S
SYRACUSE RUN FOR WOMEN
TAC/REGION 1 10K ROAD
RACE CHAMPIONSHIP
OCTOBER 23, 1988

TAC/USA 10K ROAD RACE CHAMPIONSHIP
5K WALK/RUN



Freihofer's
Run for Women



The ALBANY HILTON



For entry information, contact George Regan, 233 Fourth St., Troy, NY 12180

Third Wind

Continued from page 6

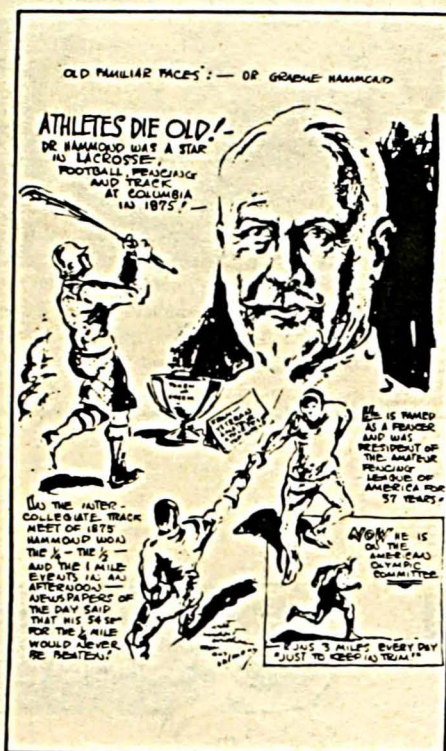
right, but he put one over on the startled spectators by crossing the finish line five minutes ahead of 33-year-old Leslie Pawson, the winner of the race," the article read.

"That was because Mr. Foley started two hours ahead of the field; but he grinned impishly at the astounded spectators who didn't know anything about that."

What had happened, the article explained, was that Foley had started two hours ahead of the field because the Boston Athletic Association refused to accept his entry. In fact, the BAA had refused to let him run officially from the time he passed 55. It was Foley's 38th Boston Marathon.

In the December 1939 issue, there is an article about the virtues of running. "That is why many of us, if delegated to select one compulsory sport, would designate cross-country running," wrote Carl Easton Williams. "The writer has done quite a bit of it since the age of 12. I can say very positively that it built something into my system in the way of stamina that has remained with me ever since, and now, 45 years later, I can still run like a school boy."

Williams mentioned that Charles Atlas, the famous bodybuilder of that era, included running as an important part of his own fitness program. According to William. Atlas had two years before, at the age of 42, run 10 miles barefooted on a country road in less than hour. □



Hurd Repeats as Men's Masters Winner

Binder Smashes 15K Record at Gasparilla

San Diego's Laurie Binder, 40, opened her 1988 season in sensational style by demolishing the U.S. 15-kilometer record for women-over-40 with a time of 52:40 at the Gasparilla Distance Classic on February 13 in Tampa, Florida.

The time was over a minute faster than the old mark of 53:44, set by Gabriele Andersen in this race last year. Making a bid for 1988's female-masters-runner-of-the-year, Binder easily defeated Barbara Filutze, of Erie, Pa., TAC's 1987 top W40 runner, by over two minutes (55:16). New Jersey's Betsy Harshberger was third in 57:15.

Great Britain's Mick Hurd, 1987's leading U.S. masters prize-money winner (\$11,500), successfully defended his Gasparilla masters title with a time of 45:48, 42 seconds faster than his winning effort last year, but only six seconds ahead of countryman Allan Rushmer. Florida's Barry Brown was third (46:47), while Frank Shorter took fourth (47:30) among over-40 runners.

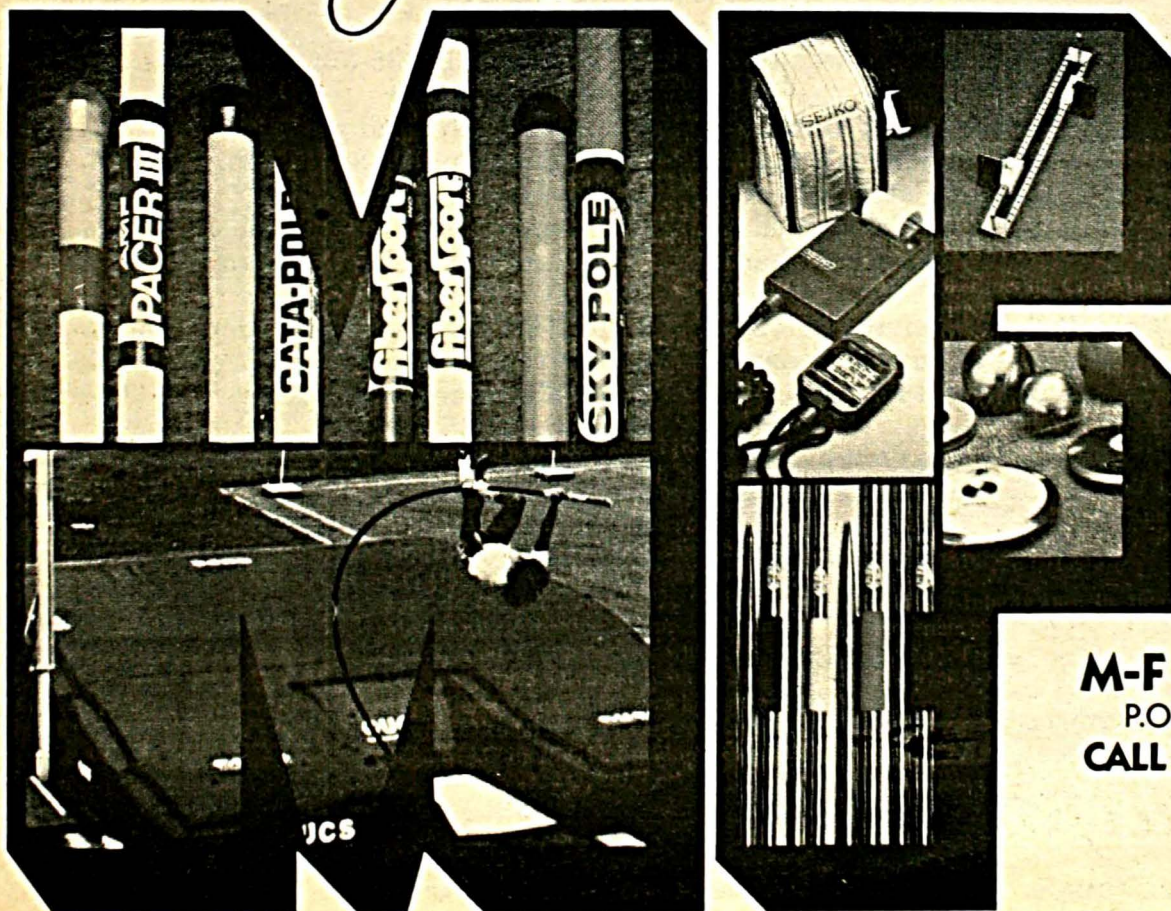
Binder and Hurd each won \$1,000; Filutze and Rushmer collected \$500; Harshberger and Brown pocketed \$250.

Mexico's Mark Baretta (42:37) and Britain's Liz McColgan (47:43) were the overall male and female winners, each with course records. The temperature was cold (mid-30s) with a light wind. □



Keizo Yamada of Japan won the M60 division of the Honolulu Marathon, Dec. 3 in 3:06:01. Photo from Tesh Teshima

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Age-Handicap to Determine Champion in Runners' Pentathlon in Albuquerque

by TOM BELL, Meet Director

This year the Runners' Pentathlon in Albuquerque, May 1, will add a "Meet Champion" award under a handicap system. The events, in order, are the 3200, followed by the 800, 200, 400, and 1600. The women run first, oldest to youngest, followed by the men, oldest to youngest. Runners get approximately 45 minutes between events. For the first time in four years,

there will be an overall award.

There will still be the traditional five-year-age group awards, three deep, and New Mexico State Championship awards to top TAC members in each age group for both men and women. All finishers receive a custom patch. With the addition of the new overall award, the Runners' Pentathlon will be the best meet you could possibly run in. □

Dartmouth Hosts 19th Annual Indoor Relays

by KEN CASTRO

Native New Hampshire Robert Parizo entered the sub-masters ranks with flying colors, and Dartmouth coach Carl Wallin, fresh from his stint at the World Games, continued his dominance of the masters shot at the 19th Dartmouth Relays, in Hanover, N.H., January 8.

Parizo, M30, started his day with a win in the 55H (7.8), besting Bruce Stearns (8.1). Two events later, Parizo capped the day's sprints with a sizzling 6.6 in the 55. Parizo finished with a leap of 20-4 1/4 in the long jump.

Wallin, M45, marked a 51-0 in the shot, short of his U.S. age record; however, it was good enough to start him on another win streak.

Barbara Pike, W45, clocked a 1:11.53 in the 400, edging Suzanne Hunter (1:12.58).



Shown here at the 1986 Runners' Pentathlon are Dale Georing (at back) and Kenny (#96) Georing, who had outstanding performances for the 5k and 10k in the World Games. #123 is Bill Forsyth, #113 is Mary Nichols, Sean McCormick is at right. Bill was 3rd M35; Kenny was 1st W50; Dale was 1st M55; Mary was 1st W40; and Sean was 2nd M40 in last year's event.

Fourth Annual RUNNERS' PENTATHLON

Sunday, May 1, 1988

Milne Stadium

(East of I-25 & South of Coal)

Albuquerque, New Mexico



State TAC Championship Event

EVENTS: (in order run) 3200 meters, 800 meters, 200 meters, 400 meters, 1600 meters

1st EVENT STARTS:

8:00 A.M.

AGE GROUPS: (men & women) 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-99

PRIZES: Special 100% embroidered Pentathlon patch to all who finish all 5 events.

Pentathlon medals to 1st, 2nd, 3rd places in each age group. NMTAC Championship Patch to hi-score TAC member in each age group. An age & sex graded factor will be applied to the total score of each contestant. Highest score will be named the Meet Champion. You must run all five races to be eligible for an award.

ENTRY FEE: Before April 28 NO fee for NMTAC members, \$6 for all others.

Register at any Gardenswartz Sportz store or by mail. After April 28 NO registration until race day. Race day add \$3 to early registration fees. Race day registration is 7:15 to 7:45 A.M.

SCORING: By Age Group. Total points scored by your performance in each race. Performance Tables by Gerry Purdy PhD.

RESULTS:

Results will be mailed to all registered entrants.

TRACK: 400 meter all weather; 1/4 inch spikes permitted but not required.

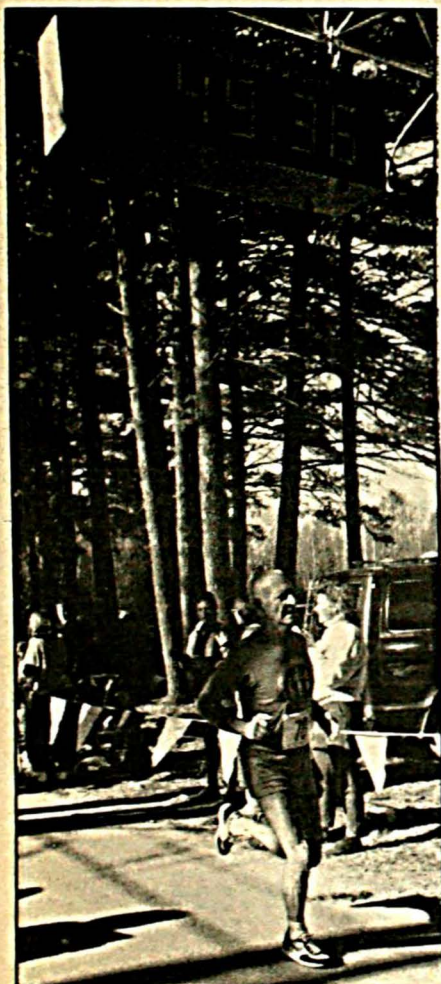
Longer spikes not allowed.

SANCTIONED by NMTAC: No. 5810

YOU WILL HAVE APPROXIMATELY 30-45 MINUTES BETWEEN RACES

Come On Out And Enjoy This Unique Event

Send SASE to Runners' Pentathlon, 2403 San Mateo, Suite P-17, Albuquerque, NM 87110 for entry form.



Fred J. Hackett, 70, shown here winning the 70+ division of his own Fred J. Hackett Autumn 10K, Nov. 1, in West Concord, N.H.

Photo from Mike Frazier

But I think you will be satisfied and that you'll want to enjoy these products for a long, long time to come. To order call tollfree today: 1-800 452 4445 (U.S.) or 1-800 626 9541 (CA.). Ask for extension 1159. Or send your check directly to me at: P.O. Box 590299; San Francisco, CA 94159-0299.



Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Athlete's Foot

One of the more mundane ailments that seems to affect all runners is athlete's foot, a fungal infection of the skin. This yeast type of fungus usually survives on the outer dead layers of skin and keratin layers of the toe nails.

The fungus is attracted to the warm damp atmosphere of the feet, especially those of athletes who sweat a lot and who keep their feet warm in athletic shoes with thick socks.

Fungal infections usually start out as small little sores which develop into scaly itchy patches, usually on the bottoms of the feet and between the toes. Obviously the more you scratch your feet, the worse the condition becomes. Many athletes actually develop secondary bacterial infections from the open sores from scratching.

In most cases, the athlete's foot between the toes is a yeast infection. This is usually accompanied by cracking of the skin between the toes.

There is some controversy on how one contracts this condition. Some say it can be picked up from shower floors, spread from person to person, or from going barefoot.

Treatment is usually quite simple. Keep your feet clean. Shower and wash after workouts. If you sweat profusely, I would recommend a 2:1 ratio of water-to-plain-vinegar foot soaks. This changes the PH or acidity of the skin and can sometimes destroy the fungus.

Glover Wins Hangover Half-Marathon

by PAUL MURRAY

It was bound to happen sooner or later with the growing number of highly-competitive masters runners in New York's Capital District. On January 1, Pat Glover of Clifton Park, N.Y., became the first master to win overall honors in a major area road race as he won Albany's traditional New Year's Day Hangover Half-Marathon. Glover ran most of the race in tandem with 36-year-old Peter Gerardi, but broke away in the last 200 yards to win by three seconds. Glover's time was 1:14:02. Ron Bagnoli was the second master with a 1:17:06.

The women's masters competition was especially keen as 55-year-old Anny Stockman edged her young nemesis, 44-year-old Jayne Grout, by ten seconds in 1:37:12. Stockman gained a measure of revenge after losing to Grout by 14 seconds in November's Stockade-athon 15K. Anny's husband,

Change your socks 2-3 times daily and change training shoes frequently. I recommend the use of a cotton sock or a sock with a high percentage of cotton. This produces a wicking effect and allows the moisture to drain from the foot.

There are several over-the-counter medications which are quite good. Tinactin solution, made by Schering Co., is quite effective. I would avoid powders as they tend to clog pores and get quite messy.

Those with fungal infections of the nails have a whole different problem. The nails become quite thick and yellow-brown in color, and they often emit an unpleasant odor.

You usually have to consult your foot specialist for treatment. Conservatively, the nail can be debrided down to the base level and fungoid tincture applied. This usually keeps the nail in running order and avoids the complications of nail surgery. □

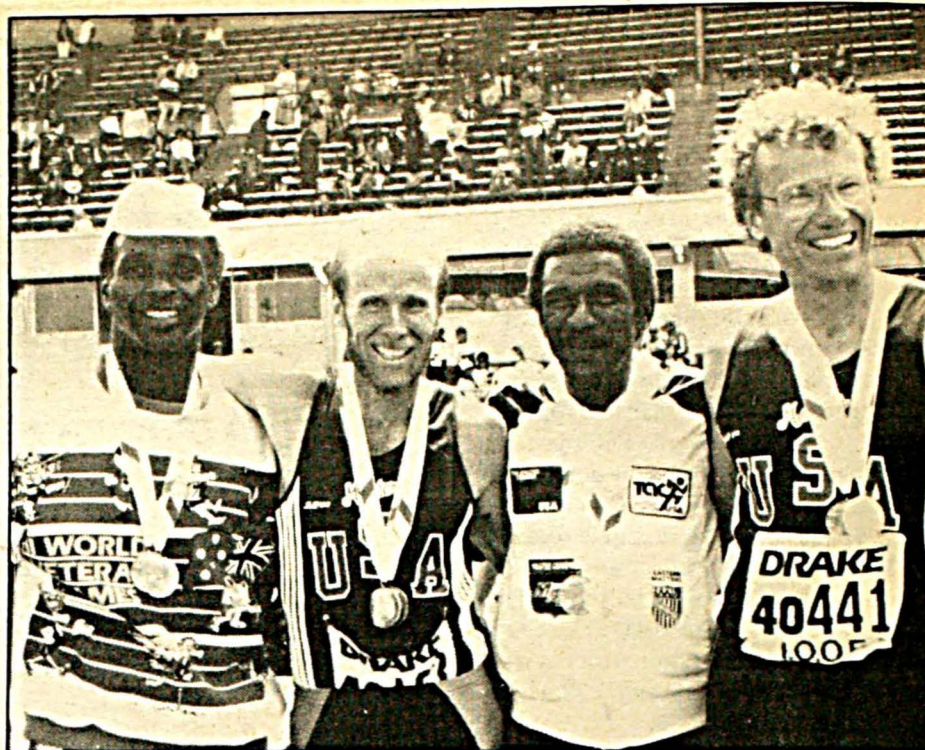
(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Wade, was the top M50-59, posting a 1:23:29. Ted Turone was the top M60-69, in 1:53:52.

Bill Shrader started 1988 on the right foot by winning the M40-49 race in the companion Sober Up 3 Mile with a 17:16. Forty-three-year-old Darlene Held was the first masters woman, capturing third overall with a time of 22:04.

The Gerstenbergers, Otto and Nancy, won the 50-59 titles in 22:17 and 22:24 respectively. David Parr led the M60-69 entrants in 24:30, while Pat Peterson and Mally Sue Hennig tied for first place in the W60-69 division in 31:14.

Two hundred-and-four runners finished the half marathon, and 136 ran in the three mile race. Dick Pagel and Cindy Kollman directed both events for the Hudson Mohawk Road Runners Club. □



The M40 Silver Medal team in the 4x100 relay, World Veterans Games, Melbourne. From left to right: T. J. Bell, Dennis Duffy, the late Robert Stanford, and Ken Brinker. Photo by G. Snyder

Robert Stanford Dies in "Challenge" Race

Robert Stanford Sr., 47, of Maple Shade, N.J., died on his birthday, January 20, after running in a "challenge" sprint at night on a Camden, N.J., street.

The "challenge" was made in a neighborhood lounge against a younger, former high school runner. About 40 yards into the race, Stanford fell. One report said that he slipped on a patch of ice and hit his head, knocking him unconscious. He was pronounced dead at Cooper Hospital — University Medical Center in Camden at 11:16 p.m. However, the Camden County Medical Examiner's office attributed his death to "natural causes as a result of heart failure."

Stanford, a popular and highly-respected masters sprinter, had competed in the VII World Veterans Games in Melbourne, Australia, earning two silver medals in the sprint relays, and placing fifth in the M45 400 (52.85) and sixth in the 100 (11.65).

Lawrence Pratt of Cinnaminson,

N.J., a masters athlete with whom Stanford had run in Australia, said his friend ran the street race on a \$100 bet. "He was no drinker, he would go there (the lounge) because he knew some of the guys," added Pratt.

Stanford, the 1959 New Jersey state champion in the 100m and 200 for Palmyra High School, had worked himself back into shape after a 15-year layoff and, by 1983, had run the 100m in 11.4, the 200 in 22.9, and the 400 in 52.4.

The performance he was most proud of was the M40-49 world record of 3:25.4 in the 4x400 relay set in 1983 with Philadelphia Masters teammates Edwin Roberts, Dhamiri Abayomi, and Jim Burnett.

In recent years, Stanford made his living as a private trainer and had worked with Olympians Carl and Carol Lewis and Philadelphia professionals Charles Barkley of the 76ers

Continued on page 15

Rodgers DNF's in Phoenix Marathon

Complaining of a sore achilles tendon, Bill Rodgers, 40, was forced to drop out after 15 miles in the televised Phoenix Marathon on January 9. Race sponsors had lured Boston Billy with a substantial appearance fee.

"We knew he was hurting before the race," said director Fred Moore. "He said he wanted to finish, but the achilles was giving him problems."

The race was run through downtown Phoenix in 50-60 degree temperatures, which may have contributed to a pollution level that almost reached critical levels.

James Olsen, 45, a CPA from Bloomington, Minn., was first master and 15th in 2:42:33. Toby Skinner, 40, masters winner of the Omaha River-

front Marathon in November, was second in 2:44:00. Andy Anderson, 40, took third with a 2:44:23.

Harolene Walters, 45, of El Toro, Calif., who was the first woman (2:47:33) in last year's race, finished second woman overall in 2:52:01. Tess Porter, 40, ran 3:18:26 for second W40-and-over. Mary Orr was third in 3:28:08.

Olsen and Walters won \$500 each. Meet organizers anticipate an increase in masters money next year.

The field of 2500 runners, up 30% over last year's, included 510 masters men and 150 masters women.

Open winners were Art Manchaca (29, 2:18:36) and Cynthia Gans (28, 2:48:50). □

Priscilla Welch Wins \$68,500 in 1987

England's Priscilla Welch, 42, won \$68,500 in prize money in 1987, nearly four times more than any other masters runner, according to figures released by TACSTATS, the official LDR record-keeping arm of The Athletics Congress.

Sweden's Evy Palm pocketed \$17,500, and England's Mick Hurd won \$11,500. Top U.S. money-winner was Pennsylvania's Barbara Filutze (\$11,150). The top 12 men and women earners are printed on this page.

TACSTATS also is establishing a ranking system for all age groups. The rankings will recognize winning, but will assign more points to a faster performance than to a slow victory. The preliminary 1987 masters ranking list is printed on this page. The final list will be published when complete 1987 results are received by TACSTATS. □



Florida Senior Games

On Saturday, April 23, there will be a Senior Games in Delray Beach, Florida with a full scale track meet for those over forty.

On Sunday, April 24, there will be a 10K road race and a 5K road walk. This event will take place the week after the Palm Beach Track and Field Championships in Lake Worth (about 10 miles away).

Masters athletes may want to plan to spend a week in the West Palm Beach area and compete in both meets. There will be reduced air fare and hotel accommodations available.

See schedule for details. □

TOP MASTERS RUNNERS — 1987

PERFORMANCE POINTS ORDER

MEN				WOMEN			
ATHLETE NAME	CTZ	PRIZE\$	POINTS	ATHLETE NAME	CTZ	PRIZE\$	POINTS
1 ANTONIO VILLANUEVA	MEX	\$ 2500	2408	1 PRISCILLA WELCH	GBR	\$68500	4116
2 MICK HURD	GBR	\$11500	2262	2 GABRIELE ANDERSEN	USA	\$ 9950	2603
3 LARRY OLSEN	USA	\$ 3650	1641	3 BARBARA FILUTZE	USA	\$11150	1469
4 KJELL ERIK STAHL	SWE	\$10900	1626	4 EVY PALM	SWE	\$17500	840
5 CHRIS MCCUBBINS	CAN	\$ 3750	1359	5 LAURIE BINDER	USA	\$ 8000	577
6 ALAN RUSHMER	GBR	\$ 2300	1239	6 ANGELA HEARN	GBR	\$ 4300	516
7 BOB SCHLAU	USA	\$ 2100	656	7 LORNA IRVING	GBR	\$ 2000	434
8 TRACY SMITH	USA	\$ 1200	621	8 ERNA KOZAK	CAN	\$ 0	306
9 RYSZARD MARCZAK	POL	\$ 3000	472	9 DORIS SCHLOSSER	FRG	\$ 5000	288
10 WEB LOUDAT	USA	\$ 1700	418	10 JANE HUTCHISON	USA	\$ 2375	274
11 FRANK SHORTER	USA	\$ 250	176	11 GAIL LADAGE SCOTT	USA	\$ 4000	264
12 STEVE LESTER	USA	\$ 1350	129	12 BOBBI ROTHMAN	USA	\$ 3450	243
13 MALCOMB MARTIN	GBR	\$ 200	112	13 SUE HENDERSON	USA	\$ 1800	178
14 BARRY BROWN	USA	\$ 0	106	14 ERNA KOZAK	CAN	\$ 500	156
15 GUENTER NIELKE	FRG	\$ 0	104	15 HAROLINE WALTERS	USA	\$ 300	153

PRIZE MONEY ORDER

MEN				WOMEN			
ATHLETE NAME	CTZ	PRIZE\$		ATHLETE NAME	CTZ	PRIZE\$	
1 MICK HURD	GBR	11500		1 PRISCILLA WELCH	GBR	68500	
2 KJELL ERIK STAHL	SWE	10900		2 EVY PALM	SWE	17500	
3 CHRIS MCCUBBINS	CAN	3750		3 BARBARA FILUTZE	USA	11150	
4 LARRY OLSEN	USA	3650		4 GABRIELE ANDERSEN	USA	9950	
5 RYSZARD MARCZAK	POL	3000		5 LAURIE BINDER	USA	8000	
6 ANTONIO VILLANUEVA	MEX	2500		6 DORIS SCHLOSSER	FRG	5000	
7 ALAN RUSHMER	GBR	2300		7 ANGELA HEARN	GBR	4300	
8 BOB SCHLAU	USA	2100		8 GAIL LADAGE SCOTT	USA	4000	
9 ATLAS BELILGNE	ETH	2100		9 BOBBI ROTHMAN	USA	3450	
10 WEB LOUDAT	USA	1700		10 JANE HUTCHISON	USA	2375	
11 STEVE LESTER	USA	1350		11 LORNA IRVING	GBR	2000	
12 TRACY SMITH	USA	1200		12 SUE HENDERSON	USA	1800	

Compiled by TACSTATS

THE NATIONAL MASTERS ONE-MILE ROAD CHAMPIONSHIPS
SATURDAY, JULY 23, 1988
HIBBING, MINNESOTA



FIRST AVENUE MILE

Bill Fraser - Masters Runner, Edina, MN
 National Record Holder - Outdoor Mile

"I have run in many races and have had more than a few really exciting moments, but none can compare with the finish I had in your First Avenue Mile. The crowd at the finish was the most supportive I have heard."

Tim Zbikowski - President,

Minnesota Distance Running Association

"As president of a 3,500-member association, I have the opportunity to evaluate dozens of races each year. The First Avenue Mile ranks among the best of them. The race pays attention to every detail of good race organization and management."

RUNNER'S SPECIAL RATES

CALL NOW FOR RESERVATIONS!!

Just mention the National Master Championships

REGENCY INN
 Full-Service Motel
 218/262-3481
 Ask for Reservations

CLUSIAU'S/HERTZ
 Car Rental
 218/262-4528
 Ask for Lou Rocco

FOR TOURIST AND RACE INFORMATION:

First Avenue Mile
 c/o Recreation Department
 Hibbing, MN 55746
 218/263-8851



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

All You Wanted To Know About The Masters Chairman But Were Afraid To Ask

Who wants to be a National Masters Committee Chairperson? Probably not many individuals. It is a position which provides a lot of great, challenging, and fun experiences. Those who have served in this position have accepted it without much forewarning or knowledge of what they were getting in to. To aid those of you who might be interested in this position, and to forewarn you, I am going to set out my thoughts about the job.

There are some prerequisites that I feel are necessary for a Masters Chairperson. No one is ever going to have all the ideal qualifications, and Chairpersons in the past have had different personalities and different talents. They used their specific personalities to help the program develop and mature. Those coming after me will find a fairly complex organization, which will require a chairperson with a multitude of talents.

First, the individual must be somebody who really likes people. He or she should be a good listener and a good communicator. Difficult decisions have to be made from time to time, and the Chairperson should be able to listen to all different points of view but ultimately make a clear decision and be willing to stand by it even though the decision may be controversial and not supported by the entire membership. The Chairperson must be able to delegate authority and, in that regard, ought to have an ability to pick out individuals with the right talents for a specific job.

The Chairperson must have time and resources which will allow travel to various parts of the country on a fairly frequent basis. The money which is budgeted for the masters program through TAC will never cover all of the expenses that the Chairperson will incur. Over the last several years, I would estimate about one-third of my expenses have been covered by budgetary appropriation.

The Chairperson appoints individ-

uals to support the running of all masters events, regional and national, indoor and outdoor, track and field, and the multi-events, and to coordinate matters with both the race-walking and long-distance running persons. The Chairperson conducts meetings involving the membership and committees at both the Indoor and Outdoor Championships, and at the National Convention. An agenda has to be set for the Masters Committee for the National Convention and at the Indoor and Outdoor Championships.

The Chairperson has the ultimate responsibility over the budget but relies on the Treasurer to prepare, submit, audit, and control the budget.

The Chairperson has to respond to all correspondence, which averages about one letter per week. Additionally, the Chairperson corresponds with all of the Masters Committee Chairpeople, and with the National offices. To this extent it is essential that the Chairperson have access to secretarial help and word processing equipment. Budgetary allowances will not cover all the cost of secretarial help.

The Chairperson is a member of the TAC Board of Directors and the Executive Committee of TAC. In that capacity, the Chairperson must attend the National TAC/USA Convention, lasting one week; its Board of Directors Meetings amounting to two or three meetings a year, usually lasting one day; and, from time to time, special Executive Committee Meetings, usually in the winter and summer, on

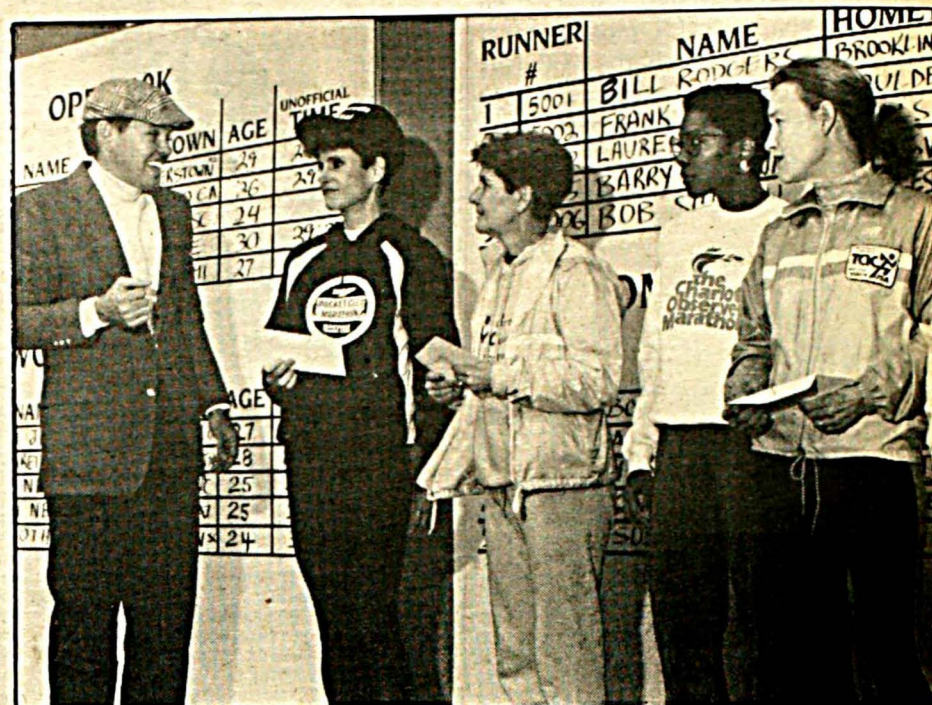
U.S. Masters Members Top 21,000 Mark

Masters membership in The Athletics Congress reached 21,043 in 1987, according to figures recently released by TAC, the national governing body for athletics in the U.S.

By discipline, the totals were: track and field, 7048; long distance running, 17,897; race walking, 1350. (The in-

dividual totals add up to more than 21,043 because some athletes check off more than one discipline.)

Masters represent 23 percent of the total TAC membership of 90,053. The breakdown for open, youth and masters is printed on this page. □



Charlotte Observer Marthon race director Gary Church congratulates top women finishers in the Masters 10K, Charlotte, N.C., January 2. First through fourth are (from left): Bobbi Rothman, 42, 39:00, \$1000; Anna Moore, 43, 41:41, \$500; Ondrea Simpson, 41, 43:03, \$250; and Katherine Fenning, 41, 45:55, \$125. Photo Courtesy Of The Charlotte Observer © 1988

special call, which have been one-day meetings.

The National Chairperson must attend all of the National Masters Indoor and Outdoor Championships, which usually take up the better part of four days in order to get there, get organized, conduct the meeting, and get back home. The Chairperson ought to attend as many regional meets as possible, which can be one-or-two-day trips.

The Chairperson is involved in planning for the World Veterans Meets, and helps to coordinate and develop programs for long-range growth of the masters program. To this extent some degree of creativity is needed. The chairperson needs a strong working knowledge of track and field, and all athletics, and how to run regional, national, and world competitions.

At the present time the Chairperson is a trustee for funds received by the Masters Sports Association for the use and benefit of masters athletics.

To communicate with the competitors, the Chairperson ought to be writing articles on a regular basis for

the *National Masters News*, and to see to it that at least one article in every issue is from some member of the Masters Executive Committee.

The Chairperson really needs a liking for doing details and administrative work, and must be capable of maintaining and enjoying a good, strong relationship with the national governing body, the associations, and meet directors.

It is difficult to estimate the total amount of time the position takes. During 1987 I was away from home approximately eight weeks on various trips involving work for the masters program, and averaged approximately two hours a week on phone calls and answering correspondence from my office and home.

There have been no volunteer jobs I have done over the last 35 years that I have enjoyed any more than serving as the Masters Chairman. But, without the total support of my wife, Dot, and her willingness to put up with the travel and meetings and the messy desk downstairs, I could not have performed my responsibilities effectively. The support from my partners and secretarial staff was also an essential element which allowed me the opportunity to carry out my tasks.

I'll be happy to visit with any individual who is interested in this position and will spend as much time as necessary to allow a smooth and easy transition to a new Chairperson in 1989. □

87/10/28

THE ATHLETICS CONGRESS OF THE USA — MEMBERSHIP STATISTICS

MEMBERS PER CATEGORY SPORT EVENT	GRAND TOTALS											
	GENERAL	YOUTH	MALE MASTER	TOTAL	GENERAL	YOUTH	FEMALE MASTER	TOTAL	GENERAL	YOUTH	MALE MASTER	TOTAL
NUMBER OF MEMBERS	24810	20730	17633	63173	8813	14657	3410	26880	33623	35387	21043	90053
TRACK AND FIELD	8483	18463	6013	32959	2988	12709	1035	17732	11471	32172	7048	50691
LONG DIST RUNNING	21578	6830	15037	43445	7490	4091	2860	14441	29068	10921	17897	57806
RACE WALKING	811	938	988	2737	380	845	362	1587	1191	1783	1350	4324

Two 800 World Records Fall in Brown Meet

from NEIL STEINBERG

Over 190 entrants, including some of the top middle-distance masters in the East, produced two world indoor 800 meter age-group records at the Brown University Indoor Masters Track & Field Meet in Providence, R.I., on January 17.

New Jersey-resident Ken Baker, running in the M40 race, lowered the listed M50-54 record of 2:07.43 to 2:05.8. Another Jerseyite, Kelsey Brown, running in the M55 race in which he finished first, broke the M60-64 record of 2:23.49 with a 2:18.3.

Al Swenson, who beat Baker in the M40 800 (2:02.4), won the mile (4:23.7) in a tough field of 12, which included

Larry Olsen (4:32.6), Jim Hampton (4:34.5), and Rick Bayko (4:35.7).

Barbara Pike edged Susie Hunter both in the W45 800 (2:41.0 to 2:43.7) and mile (5:47.2 to 5:51.5).

Submaster times in the 500 were very fast. Adrian Sterett won the M30 race over Daryl Bovell (1:08.5 to 1:08.8). Robert Walker (1:08.7) took the M35 event narrowly from Don Hodge (1:09.0).

Sparks Sorlien and Ian Hume shared gold medals in M70 flat-jump duels, with Sorlien winning the long jump by two inches (13-9½), and Hume taking the triple jump by six inches (29-1½).

Cliff Blair defeated deep M55 shot put and weight throw fields with outstanding marks of 44-8 and 43-4, respectively. □

500 to Compete In Indoor Nationals

Continued from page 1

National championship medals will be awarded in each event for each five-year age group for both men and women from age 30-34 to age 90+. There are no qualifying standards to be met, except to be at least age 30. Deadline for entries will be taken until 10 p.m. on Friday, March 18, on a space available basis at double the regular entry fee. (See entry form in last month's issue.)

Last year's meet drew 570 participants from 43 states to Madison, Wisconsin. This year's event returns to the site of the 1986 meet, which lured 450 to Cajun country, and will again be

directed by Coach Sam Seemes.

Among the comments of that '86 meet were: "Very well run," "a most enjoyable weekend," "the hotel accommodation and facilities were excellent," and "the officials did a fantastic job."

It promises to be another enjoyable weekend. A Cajun Food Fest will be held Saturday evening. Seemes and his staff have arranged for airline and hotel discounts. A meeting will be held to discuss important masters issues.

The complete results of the meet will be published in the May issue. □

Robert Stanford Dies

Continued from page 12

and Mike Quick and Terry Hoage of the Eagles.

At his induction into the Burlington Country Track and Field Hall of Fame in 1983, Stanford told a reporter, "I'll never stop now; running keeps me young."

A group of Stanford's high-school classmates has organized a memorial fund in his memory. The group will give an award to a deserving senior track and field athlete and hope to raise enough money to provide the recipient with a partial college scholarship. Contributions can be sent to P.O. Box 98, Palmyra, NJ 08065. □

Oregon TC Hosts 1st Masters Indoor Meet

by JERRY JACKSON and LEW THORNE

The Oregon Track Club Masters sponsored its first indoor meet on January 30. The meet featured an all-comer format and attracted 72 competitors from Oregon, Washington, and California, and was part of a series of meets put together by Oregon International at the Lane County Fairgrounds in Eugene.

This is the fifth year for the Eugene Indoor but marks the first year that it has been exclusively for masters and sub-masters. The wooden-runway track was originally used in the Portland, Oregon, Coliseum for the Oregon Indoor (now the Pacific Northwest Bell Indoor).

The all-comer format was chosen to keep the meet simple and flexible while giving the Oregon TC Masters some experience in running an indoor meet on these facilities. This event was intentionally kept low-key with only a few local clubs invited.

The meet was so well received by the entrants that plans are being made to make it an annual affair.

This year's meet was co-directed by Jerry Jackson and Lew Thorne. □



9th Annual MASTERS TRACK & FIELD MEET 1988

SPONSOR:

REDLANDS EVENING KIWANIS

DATE AND TIME

SATURDAY, APRIL 30, 1988

FIELD EVENTS (Hammer, javelin, pole vault and triple jump) begin at 10 a.m. Other FIELD EVENTS at noon. TRACK EVENTS begin at 9:30 a.m.

PLACE:

UNIVERSITY OF REDLANDS STADIUM. Coming from the west, Interstate 10, turn left at the bottom of the University Avenue off-ramp and proceed north to the second stop sign. That will be Brookton Avenue, and the stadium will be visible to your right. Coming from the east on Interstate 10, take the Cypress Avenue off-ramp, turn left on Cypress Avenue, go under the freeway to University Avenue. Turn right and proceed to the third stop sign which will be Brookton Avenue. Park only in the parking lots either on the east or west side of the stadium, or north side of Brookton (i.e. Stadium side).

DIVISIONS

MEN: OA(30-34) OB(35-39) 1A(40-44) 1B(45-49) 2A(50-54) 2B(55-59) 3A(60-64) 3B(65-69) 4A(70-74) 4B(75-79) 5A(80 and over)

WOMEN: Also five year age groupings: XA(30-34) XB(35-39) XC(40-44) XD(45-49) XE(50-54) XF(55-59) XG(60-64) XH(65-69) XI(70-74) XII(75-79)

ENTRY FEES:

\$10.00 for the first event, plus \$4.00 for a T-shirt, \$5.00 for each additional event, \$20.00 per relay team. Make checks payable to REDLANDS EVENING KIWANIS, and mail to Dennis Farhar, 904 Everson Ct., Redlands, CA 92374. PROCEEDS ABOVE THE COST OF THE MEET WILL GO TO KIWANIS COMMUNITY PROJECTS.

ENTRY DEADLINE:

April 27, 1988

LATE ENTRIES:

Late entries will be assessed a \$3.00 fee.

AWARDS:

Medals will be awarded to all winning relay teams. Medals will be awarded for first, second and third places in individual events. Awards are based on best times where more than one heat per event per age group. There will be drawings for many door prizes.

FACILITIES

400 meter crushed brick track. (Should use 1/4 inch spikes). Concrete rings except javelin (grass runway). Dressing facilities and showers available (please bring your own towels). Concession stand will be open under the south stands. Track and facilities in excellent condition.

T-SHIRTS & HATS:

Commemorative T-shirts are available for an additional \$4.00 with entry fee. Take home this special memento for your achievement, with all proceeds benefitting Kiwanis Community Projects.

OFFICIAL ENTRY FORM

Name _____ Date _____ Phone () _____

Address _____

Number and Street

City

State

Zip

Male

Female

Age as of April 30, 1988

Club Affiliation (if any) _____ Date of Birth _____

Events Entered

Best Marks 1987-88

Events Entered

Best Marks 1987-88

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

T-Shirt (with registration) \$4.00 _____ Each additional T-shirt \$6.00 _____

Individual Signature _____

Enclosed please find check (payable to REDLANDS EVENING KIWANIS) for \$ _____ (See Entry Fees Above)

Please send check to Dennis Farhar • 904 Everson Ct. • Redlands, CA 92374

Mount San Antonio Relays

MASTERS' PROGRAM - SUNDAY, APRIL 17, 1988

We are pleased to announce that this MT. S.A.C. MASTERS' Meet will be the first one run on the MT. S.A.C. new, all-weather track. ALSO, we now have 5-year age groups in most events. The hurdles, the triple jump and all Women's events are still in 10-year age groups. YES! We have added events for women and welcome their participation. Late entries will be processed according to availability of events and times. This schedule is tentative. Running events and field events start times may vary, so be ready to participate, as schedule may be changed slightly according to the number of participants. Not all events are for all divisions. If you are older and wish to run in a younger division, you may do so.

All implements are regulation for the Masters Program; the 40-44 and 45-49 Shot Put will use the 12 lbs. shot. In all throwing and jumping events, if there are not enough competitors in one Division for one flight, the next Division will be added - so be ready. The 1500 will be run in one heat, but the places will be divided in separate divisions. AWARDS: Consist of 1st through 3rd in each division. A 1st place award only will be given in the Relays.

We invite you to participate on SUNDAY, APRIL 17, 1988, at MT. S.A.C., Walnut, California. Please check the information below and send your Masters' Division Entry Form to HAL SMITH, 18750 Oxnard St., Suite 404, Tarzana, Ca. 91356. PLEASE MAKE CHECKS PAYABLE TO: MT. S.A.C. MASTERS RELAYS. ENTRY DEADLINE: April 9, 1988.

MT. S.A.C. RELAYS MASTERS' PROGRAM - APRIL 17, 1988

TENTATIVE SCHEDULE

ORDER OF EVENTS:	APPROX TIME:	EVENT:	DIVISIONS:
1	12:00 PM	HAMMER THROW	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69
2	12:00 PM	TRIPLE JUMP	40-49, 50-59, 60-70
3	12:00 PM	POLE VAULT	65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39
4	12:00 PM	JAVELIN	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69
5	12:30 PM	4X100 M RELAY	SubM, and 40-49
6	2:00 PM	4X100 M RELAY	50-59, 60-69
7	1:00 PM	JAVELIN	Women: 40-49, 50-59, 60-69
8	***	LONG JUMP	35-39, 40-44, 45-49 begins after Triple Jump
9	1:15 PM	110 M HURDLES	30-39, 40-49, 50-59, 60-69, Women (39") (39") (36") (33")
10	1:30 PM	1500 M	Women: 40-49, 50-59, 60-69
11	1:30 PM	1500 M	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69
12	1:30 PM	SHOT PUT	35-39, 40-44, 45-49, 50-54
13	1:45 PM	100 M	35-39, 40-44, (Heats as required - best times)
14	2:00 PM	100 M	45-49, 50-54, (Heats as required - best times)
15	2:00 PM	HIGH JUMP	65-69, 60-64, 55-59, 50-54, 45-49, 40-44
16	2:15 PM	100 M	55-59, 60-64, 65-69
17	2:25 PM	100 M	Women: 40-49, 50-59, 60-69
18	***	LONG JUMP	50-54, 55-59, 60-64, 65-69 (after 45-49 LJ)
19	2:35 PM	SHOT PUT	55-59, 60-64, 65-69
20	***	SHOT PUT	Women: 40-49, 50-59, 60-69
21	2:25 PM	400 M	35-39
22	2:45 PM	400 M	40-44, 45-49
23	2:55 PM	400 M	50-54, 55-59
24	3:05 PM	400 M	60-64, 65-69
25	3:15 PM	800 M	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69
26	3:15 PM	DISCUS	35-39, 40-44, 45-49,
27	3:30 PM	200 M	35-39, 40-44
28	3:45 PM	200 M	45-49, 50-54
29	4:00 PM	200 M	55-59, 60-64, 65-69
30	***	DISCUS	50-54, 55-59, (starts after 45-49)
31	***	DISCUS	60-64, 65-69 (Women: 40-49, 50-59, 60-69)
32	4:30 PM	4X200 RELAY	SubM, 40, 50, 60

PLEASE CUT LOWER PORTION OF THIS PAGE AND MAIL TO: HAL SMITH, 18750 Oxnard St. #404, Tarzana, Ca. 91356

MT. S.A.C. RELAYS MASTERS' PROGRAM (ENTRY FORM)

SUNDAY, APRIL 17, 1988

NAME: (Please print) _____ DATE OF BIRTH _____ AGE _____
 ADDRESS _____ STATE _____ ZIP _____
 TELEPHONE (Home) () _____ (Bus) () _____ CLUB _____

ENTER ME IN THE FOLLOWING EVENTS:

DIVISION

Prev. Masters Best _____ Year _____
 Prev. Masters Best _____ Year _____
 Prev. Masters Best _____ Year _____
 Prev. Masters Best _____ Year _____

RELAY 4X100 _____ Club _____ Fee \$20.00
 RELAY 4X200 _____ Club _____ Fee \$20.00

ENCLOSED IS MY ENTRY FEE _____ EVENTS @ \$8.00 first event, \$5.00 each thereafter. Make checks payable to: MT. S.A.C. RELAYS. Mail this form to HAL SMITH, 18750 Oxnard St. #404, Tarzana, Ca. 91356, with your check.

I waive all rights that I, or my heirs or assigns may have against the sponsors or directors of this athletic event, arising from any injury, illness, or accident that I may sustain or incur participating in these events. I declare that I am in good health to participate in these events

SIGNED: _____ DATE: _____ 1988.
 Athlete

Rodgers Defeats Shorter in Phoenix

Continued from page 1

this year were declared "the best for a road race here ever" by Irish Olympic marathon medalist John Treacy, who (like Rodgers) winters in Phoenix. The day before, Rodgers had run 10 X 400 in a training session with Treacy, who speculated that "Billy's easily capable of at least 29:40, but probably left that two-seconds-a-mile on the track yesterday."

Shorter, on the other hand, was undoubtedly buoyed by his fast-finishing 4:21.95 mile on an indoor track in New York two nights before. Going out here with the lead pack, he opened with a 4:37 that put him nearly 100-meters ahead of Rodgers, though that gap steadily diminished. Still, "Frank looked terrific" (to Race Director Rob Wallack), as he held the lead past the half-way point.

But at the fateful four-mile mark, with Rodgers some 10 to 15 meters arrears, Shorter suddenly slowed, then stopped. For "90 seconds" to "almost three minutes" (depending on the source), he massaged a side-stitch, before setting off in vain pursuit of long-gone Boston Billy.

Though Shorter reportedly covered the final mile in "under five minutes," he finished in a disappointing 33:07, 20 seconds ahead of San Diego's 800/1500 specialist, Graeme Shirley. "Frank was so wired," said Wallack. "He wanted the record and was visibly bummed when things didn't go right." Shorter was heard to say that he'd experienced maybe five stitches that bad in 20 years of running.

Shorter's distemper may have been exacerbated by his aborted quest of the \$5000 prize purse. Wallack himself was somewhat disappointed that the press failed to play up the battle for the bucks as much as he had hoped: "I don't know if I'll do this again; but I'm glad we spotlighted these two great runners this year for the race's tenth anniversary."

Less heralded (and definitely unremunerated) was a more exciting masters duel farther back in the field of 1480 runners: the M60-division race went to the wire between Washington's Orlo Keniston and San Diegan Jim O'Neil, the former winning by two seconds in 36:57. Among women, Mary Woods of Colorado led all

masters in 37:26; and Arizonan Algene Williams, 72, beat every over-60 contestant while setting a new W70 age-group record of 52:45. Oldest finisher, John Overton, 82, of Phoenix, also claimed an age-group road best in 49:43. □



Medal Design Needed

Five years ago this writer at the TAC National Convention objected to the TAC medal which consisted of a Greek God and Goddess standing in front of the Roman Coliseum. I took the position that Americans should have a medal using American symbols.

The Congress agreed with me and a committee was appointed, to which I became a member. It took three years for the committee to agree on the size of the medal and to accept the concept that the medal should encompass an American symbol. Not being the Chairperson of the Committee, I could not force the issue, even though I presented five different designs.

A conflict in dates with a WAVA Executive Committee meeting in Melbourne prevented my attendance at the 1986 TAC Convention. I found out a few months afterwards that a new medal was selected. This medal consists of the TAC logo, the letters "TAC" running into a stick figure of a runner. Aside from the fact that this logo looks anal-oriented, it is entirely flat and was never meant to be a medal.

I protested and indicated that I would bring the matter to the 1986 TAC Convention in Hawaii. A meeting of the Logo and Medal Committee was held with the result that designs for medals can be submitted to be presented to the next TAC Convention. It was clearly understood that any committee member could solicit and submit medal designs.

I'm now turning to the masters community for assistance. What is being sought is a medal encompassing an American symbol, such as the Statue of Liberty or an Eagle. Please send any designs to me at 4223 Palm Forest Drive, North Delray Beach, FL 33445. If you have any questions, then phone me at 305-499-3370. Please give me an actual design, not just the idea for a design as I can't draw. □

— Robert G. Fine



Frank Shorter, 40, leading Bill Rodgers, 40, and Dan Carpriugliu, 28, at 3½ mile point in Runner's Den 10K.

Photo by Richard Lee Stotkin

L.A. Marathon Spotlighting "Old-Timers"

The L.A. Marathon, March 6, may be passed up by some U.S. Olympic marathon trials qualifiers because of the proximity of the trials (April 24 for the men and May 1 for the women), so the spotlight might shift to masters runners.

Bill Rodgers and Frank Shorter should garner the most attention in their first meeting in the marathon since they turned 40. But, U.S. masters record-holder Barry Brown could also be a factor.

Other "old-timers," although not yet masters, who should be easily recognizable include Finland's Lasse Viren, 38; Mexico's Rudolfo Gomez, 37; and New Zealand's Rod Dixon, 37. Dixon is so confident of winning overall that he reportedly asked Bill Burke, president of the L.A. Marathon to pass the word to the Mercedes-Benz people who are providing two cars for the winners that the men's prize be "dark blue."

Race organizers have announced that the total purse of \$392,274 will include \$8,000 for masters runners (\$1500, \$1000, \$800, \$500, \$200 to the first five masters men and women). Rodgers and Shorter will likely receive an appearance fee, in addition to vying for the cash prizes. □



Antonio Villanueva, Mexico, raises his hands in victory as he crosses the line with an M45 5000 win in 14:44 at the VII World Veterans Games, Melbourne. Photo by Gretchen Snyder

by JERRY MILLER

The purpose of form in the discus is to enable the thrower to most effectively apply the powerful twisting muscles of the body to the implement. Thus, in the discus, the main thought should be "roundness"; it is even more important than that other great thought "looseness."

If anyone should doubt the power of the twisting muscles, I would point out that the 35-lb. weight, which is thrown with a turn, goes about the same distance as the much lighter shot, which is thrown with a linear movement. Would anyone doubt

A Tip for Discus Throwers

that if the shot had a handle and the twisting muscles could be efficiently applied, the record distance would probably double?

In applying "roundness," swing the discus back and allow it to bounce off the muscles of the trunk in a round forward movement. Your consciousness should now shift to the right knee, which drives around and down until it touches and accelerates past the left calf. You

might think that it couldn't go any further, but at this point, twist the whole right leg. When this is done, the right foot will rip off the ground and with the right calf paralleling the ground, immediately recontact. The whole torqued-up muscular system can now vault into a tremendous round blow on the discus.

If you are serious about roundness, you will continue on after the discus has left your hand for an extra turn. Don't worry, if you have done this properly, you will still have plenty of time to enjoy the flight of your discus in the air. □

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Millrose Mile

Continued from page 1

oldest in the field, looked reasonably trim. The winner of three Olympic gold medals in 1960 and 1964, Snell had put on a few pounds. But the 5-10 New Zealander, an exercise physiologist today at Texas Southwest Medical Center in Dallas, had come down from 182 to 168 pounds for the Garden race.

"I have the ability to use oxygen as well as ever, which is amazing," Snell said at a breakfast press conference the day before. "But when I start running fast, my muscles generate lactic acid and cause me to slow down. What I need is base work, maybe 50 miles a week over six months. But I don't have the time for that. And I'm tired enough as it is. Still, it's easier. I'm starting to feel good."

Snell, the holder of the world record for the mile at 3:54.1 in 1964, had been running about 15 miles a week until October when he upped his training to 30 miles a week. But he knew he had no chance to win in the Garden. His goal was to break five minutes. The race, he figured, would be won between 4:20 and 4:30.

Ryun, 40, of Lawrence, Kan., the first high schooler to run a sub-four minute mile (3:59), was in better shape than Snell. Still lanky and boyish-looking, Ryun had run a 4:33 mile last year against Kip Keino in Hawaii. Masters racing had given him a different perspective.

"Most of us are looking at the second-career aspect," said Ryun, who made three Olympic teams but never won a gold medal. "We enjoy that experience of getting out and seeing what we can do. To us, it's a challenge. You don't always have to win to enjoy it."

Shorter, 40, the 1972 Olympic marathon champion, is now best known as a TV track commentator. He was the fittest of the trio, reeling off a 31:10 10K in January. But he was not a miler, and he knew he was in with a fast field.

Others in the race were:

— Albin Swenson, 41, Wolcott, Conn., with a 4:18.25 mile to his credit in 1987;

— Barry Brown, 43, Gainesville, Fla., Olympic steeplechase finalist in 1968 and 1972 and third (4:26) in this race last year;

— Web Loudat, 41, Albuquerque, N.M., second in the 1987 world's veterans 5000 (15:13);

— Mike Manley, 45, Eugene, Oreg., TAC masters outdoor 1500 champion (4:03);

— Harold Nolan, 40, Navesink, N.J., TAC masters cross-country champion.

Nolan went out fast and took the field past the quarter-mile mark in 62 seconds. Ryun was fourth, his head already bobbing as it did in the painful stretches of his college races at Kansas. Shorter was fifth. Snell brought up the rear.

Later, Snell would explain that he had strained a hamstring on the first lap — although he said his leg responded well and the injury added only a few seconds to his time.

Brown bounded into the lead after the half-mile. Loudat stayed right behind him and Swenson moved into third. At the three-quarter mark, Loudat made his move. He took the lead and Swenson went with him.

With a lap to go in the 11-lap race, Swenson, perfectly positioned on Loudat's heels, made his bid for the lead and drew abreast. But Loudat was too strong. He held Swenson off, and then some, as he sprinted home in 4:20.04. The next day, the *New York Times* led its sport pages with a picture of Loudat breaking the tape. "That was a real thrill for me, running with all those great names," Loudat said.

Swenson clocked 4:20.78 for second. Shorter, accelerating off the last turn (4:21.95), caught Brown (4:22.08) at the finish.



Web Loudat winning the Millrose Games Masters Mile. Photo by B. Labita/Sailer Ltd.

On TV, with the use of trick photography, announcer Shorter, wearing a tuxedo, interviewed runner Shorter in his track grab.

"Frank, it looked like you waited a little too long to start your kick," announcer Shorter said.

"I think I was a little intimidated by the milers," runner Shorter replied. "I used to make that mistake in college. My coach used to tell me I waited too long. And here I am running track, and I waited too long again."

For Ryun, who said the joy was taken out of running when he became famous and was expected to win or break a record in every race, it was "fun with a capital F. . . I didn't know what to expect. But I must say it felt great."

With a quarter-miler to go, Ryun said his body surged with a feeling that it had not known in years. "I started to make a move, and I thought to myself, 'Wow. This feels good. This is fun again.'" His kick carried him by Nolan and Manley, and he finished fifth in 4:29.60.

But it was Snell, despite the fact that some in the field lapped him, who may have gotten the most satisfaction of all — achieving his goal with a time of 4:53.63.

"I'm quite pleased," he said, talking to a reporter at trackside.

Will he keep running competitively, he was asked. "Yes. But I won't do

this (Millrose) again. . . I can get away with 10Ks and triathlons. But every time I try speed, I get muscle problems."

Will a 40-year-old ever run a sub-four-minute mile?

"I used to think it would be very difficult. Eamonn Coughlin made a very good point at the breakfast conference. He said it will be done by someone like John Walker or himself who has not given up, who has done non-stop running."

As an Olympic champion, did Snell mind being in a road race and finding himself at the back or middle of the pack?

"No," Snell answered. "Road racing is fun. I am doing it primarily for fitness. I like being the age I am and running a time that would be beyond the vast majority of people."

Snell paused. His eyes wandered to the track where high school milers battled for the lead on the gun lap. A long Island runner streaked by his rivals, raising his arms in victory at the tape. The crowd's roar thundered through the cavernous Garden.

Snell turned away from the track. With a faint smile, he said: "I really wish I was able to compete tonight. But that is probably an unrealistic expectation. . . I wondered if something about the atmosphere and everything else would overcome the physiology. It didn't." □



Placers in the M60 5000, VII World Veterans Games, Melbourne (left to right): Jim O'Neil, USA, (5th, 18:09), Robert Belmore, GBR, (3rd, 17:43), Derek Turnbull, NZL, (1st, 17:27), Rune Bergman SWE, (2nd, 17:37), and Unto Oinonen, FIN (4th, 17:56).

Photo by Gretchen Snyder

The International Scene

Women Should Become Vets at 40, Not 35

by SARAH CAWKWELL

Isn't it time that the age a woman becomes a veteran is the same as that of a man? At the moment, women enter veteran ranks at the age of 35, whereas men enter at 40. It has always been stated that the reason for this difference is that women tended to drop out of athletics (because of family commitments) and that they would be more encouraged to hang on in if they knew that athletic life could begin again at the age of 35. In theory, men, without the commitment of child bearing, were able to continue actively in athletics and thus not need the incentive of life-beginning-again before 40.

Having recently returned from the VII World Veterans Games in Melbourne, several points were very clear:

Firstly, the number of women participants increased by 59 percent and the depth of entries was noticeable in all age groups, which seems to indicate that, with encouragement, the older woman athlete can be persuaded into the movement as easily as the younger one.

Second, in nearly every discipline, the W40 age category was more strongly contested and the final times generally faster. This would seem to indicate that most of the best women in the 35-year age category are not coming in and, indeed, like the men, are perhaps still involved enough with club competition not to need the forum of the veteran scene. This is particularly apparent in the longer events where women over 35 are still competing at international level.

Third, can we women justify such selective treatment? We do not want to be patronized and now we are slowly beginning to show numbers and strengths to match the men. And indeed, if I was a man, I might feel quite perplexed at this seemingly preferential treatment.

The issue is brought up constantly at

the Women's Committee of the World Veterans Games and up until now, change has been resisted by those who believe it still important to encourage more women into track and field events. Some even think that it is now too late to change. But surely the situation itself has changed. There is no official resistance any longer to the idea of women running (even if, in certain countries, some cultures continue to show resistance) and I can see no real differences between men and women that should dictate that women begin five years earlier.

I understand that in the States the masters begin at 40, be they male or female. But they also have an active pre-Masters program which caters to athletes over 35. In Scandinavian countries, there is strong support for the 30-39 year old athlete. Surely such support could be the answer to the issue.

In summary, it is surely time to phase the age for the start of veteran running for both men and women to 40. I shall be asking Bridget Cushen, the Women's Delegate of WAVA, to put the issue on the agenda for the meeting at Eugene, Oregon in 1989. □

(Sarah Cawkwell is a veteran runner who lives in London.)

400 Compete in 1st Australia Masters Games

Nearly 400 competitors from 15 nations participated in the track and field segment of the 1st Australian Masters Games in Hobart on December 9-11.

In contrast to the inclement weather that plagued the VII World Veterans Games in Melbourne the previous week, participants enjoyed three perfect days in the Tasmanian capital, 300 miles south of Melbourne.

Track & field was one of 12 sports in the week-long event. Venues for the other sports were spread out over the entire island. Top performers included:

•Reg Austin, who won the M50 100 (12.1), 200 (23.7) and 400 (54.5).

•Tom Roberts, who won the M50 800 (2:04.4) and 3000 (8:51.0).

•Ron Robertson, who took the M45 1500 (4:10.8) and 3000 (8:51.0).

•Jean Albury, who won the W55 1500 (5:29.2) and 3000 (11:27.4).

Among U.S. entries were:

•Dennis Duffy, who won the M40 400 in 53.7.

•Bill Weinacht, who won the M70 100 (14.4), 200 (28.6) and 400 (69.5).

•George Cohen, who won the M45 800 (2:07.7) and took third in the 1500 (4:20.1).

•Pat Dixon, who won the W65 10K (51:37) and 1500 (6:47). □



Finalists in the M55 400-meter hurdles in Melbourne. From left: Al Sheahen, USA; Tony Nasralla, Jamaica; Harold Green, USA; Bruce Moulton, Australia; Quentin Anthony, Australia; Hans Stickler, Sweden; Jan Parlivliet, Holland (1st in 63.31); and Diego Feebe, Italy. Photo by Gretchen Snyder



Report from Britain

by ALASTAIR AITKEN

by ALASTAIR AITKEN

Oxford's Sheldon Cowles, national veterans 10K track champion, was impressive in the Hanny Miller 5 Miles, November 22, coming second overall (24:32), three seconds behind the winner. Cowles later ran 50:57 for first veteran and 37th in the National 10 Mile Championship. First woman was Brown Cardy, W35, in 56:21.

Peter Hamilton, a new veteran, won the Kent Veterans Cross-Country at Beckenham, January 2, with a fine 36:33, ahead of Cambridge's Steve Birkin (37:17). Johnny Geoghegan of Cambridge was easily first M50 (38:22) by two minutes.

Ted Isaacs, M50 from Wirral, was first veteran in the Round the Walls 4 Mile at Chester, December 26. He and Alf Lennon, also of Wirral, will test the best in Scotland in the British

Veterans National Cross-Country at Ayrshire, March 13.

John Dryden of Shaftesbury was first M40 in the London Road Runners New Year's Day 10K in 33:28.

The Welsh Inter-Counties Veterans Cross-Country was won by Alan Roper (29:24) at Cwmbran, January 2, with Dick Evans of Dyfed second (29:37).

Ex-international steeplechaser John Biscourt of Crystal Palace, South London, was the first veteran in the International Cross-Country race at Mallusk, January 2.

In the Cranleigh New Year's Day race, international veterans Paula Fudge, W35, was the winner (33:08), and her twin sister, Anne Ford, was second.

Tony Simmons, now 39, who placed fourth in the 1986 Olympic 10K, will be a formidable opponent when he joins the veterans ranks next year. □

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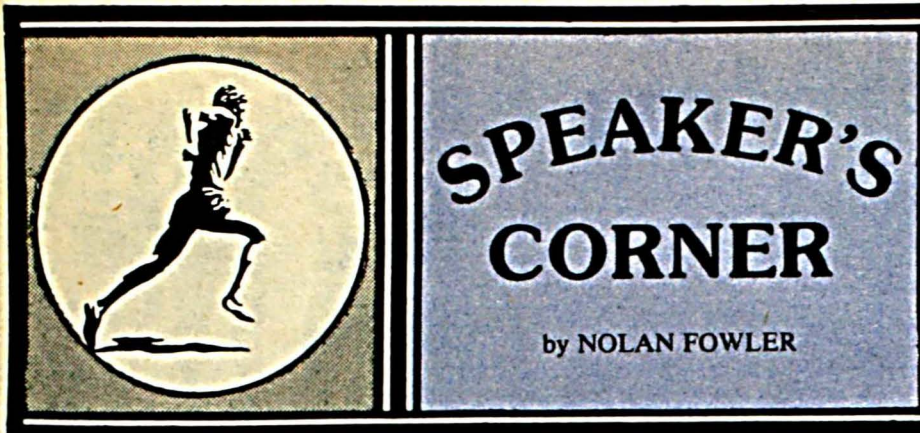
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At Gosch's Paddock

Except for a sentence in the January *National Masters News*, nothing was said about the venue for shot, discus, and hammer, or the administration thereof, at the World Games in Melbourne. This article is an attempt to remedy that omission.

The location of those events was "Gosch's Paddock," a large field directly west of Olympic Park #2. Within this area were three hammer/discus circles and shot rings with cages. Since the circles for the ever-dangerous hammer/discus events were situated around 300' from each other, it was possible to run six events simultaneously, a situation which frequently prevailed.

The bane of previous World Games (except for Hannover in 1977) and of U.S. championships has been the paucity of throwing areas. Too often, it has been one circle for each of these events, or, at the most, two. Often one circle, using inserts, has been used for both the hammer and discus. The result, especially in the lower age groups with their large fields, has been interminable delays between throws. These long waits have often guaranteed inferior performances.

Additionally, officials have been tied too long to one event when they could have been serving elsewhere. As an aid to throwers, large fields have often been divided into two groups for the trials. This procedure, has, however, saved neither time nor space: the same circle and the same officials were tied up too long.



Bob Mimm, winner of the M60 5K racewalk in Melbourne, is flanked by Theo Orr (l), silver medalist and Alan Scott, bronze medalist.

Photo by Elliott Denman

What a Difference

What a difference three circles made! Suppose, for example, there were 42 throwers in one age group, as there were in some cases in Melbourne. These had been seeded beforehand into equal sections, and each was assigned to a particular circle. Throwing began on time in the circles. As soon as each athlete had three tosses, action was suspended, and the results from the three rings were compared. Then, the eight best men/women moved to one of the circles for three final throws.

The advantages of such a setup are obvious. Athletes were not worn out, or cold from lack of warmup by long delays. Also, for those athletes competing in other events, there were fewer time conflicts. Action was concluded in a fraction of the time than usually required. Officials, even those who worked both trials and finals, spent much less time on the field. Finally, at the end of the trials, two circles became available for other events, an advantage with the great number of events and large entry lists which prevail at the World Games.

Splendid Officials

Another important point was the splendid corps of officials. At least one-half of them were women. We in the U.S. are still in the Middle Ages in this area of track and field. Australia proved (as did New Zealand in 1981) that one doesn't have to be a male to mark a throw, read a tape, record the result, determine a foul, and know the events rules. How long will we scrounge for male officials — and overwork those we recruit — when there's a vast body of potentially able female officials waiting to be asked to participate?

Another important point in making the weight events "go" was the plentitude of official implements. I've been to several U.S. championships, indoors and outdoors, where there was not one official implement and no accurate scales to weigh competitors' implements.

The most official implements I've seen in one event at previous World

Games — and I've been to all of them — was two. At Melbourne, in the hammer alone there were at least six official implements for each of the four weight-tossing classes, plus practice ones. That meant a minimum of 24 official hammers. I presume that a similar situation prevailed in the other weight events. The expenditure for all those implements had to amount to a lot of money.

Roofed Bleachers

Have you ever watched a U.S. field event, especially a weight-throwing one, even at the national level? Spectators have to sit on the ground or stand up, or endure a broiling sun or a drenching rain. Not so at Melbourne. At one side of Gosch's Paddock, not far from the shot circles, was a section of roofed, carpeted bleachers that seated around 300. Here the spouses, children, grandchildren, friends, and athletes could engage in chit chat and watch their favorite competitors and the victory ceremonies.

The latter brings me to the matter of victory ceremonies. Such a feature is almost unknown in the U.S., even in national championships. Usually, one is lucky to hear the results in his/her event on the PA system, sandwiched between an announcement of the next event or the results of a heat. The athlete has to go under the stands, or to the end or middle of the field to get medals. It was/is predominantly a case of being "unwept, unhonored, and unsung!" In a dozen U.S. masters championships, indoors and outdoors, I don't recall ever seeing a victory stand — at least for all place winners.

The situation has been better at the World Games, but it has, because of the proliferation of events and heats, gotten progressively worse. The big trouble at the international level has been that one place (two at Melbourne) has been used for the victory ceremonies, but the PA system has had to cover not only those but many other things. Thus, victory ceremonies have been omitted or given short shrift for some events.

Victory Stand Nearby

These distressing factors did not exist at Gosch's Paddock, which had a victory stand near the bleachers. Within 15 minutes after an event, the three placers were escorted to the stand where three presenters, each carrying a silken pillow with a beribboned medal on it, and an official awaited. As the placer's name, country, and distance were announced, the athlete took the appropriate spot on the stand and had the medal draped about his/her neck. In the background, applause resounded and cameras clicked, recording the event for posterity. What could be finer — and more just?

I've tried to describe the splendid handling of heavy-weight events. Now it's time for the kudos. Who was responsible for this remarkable demonstration of how to manage all of this at the international level? Obvious-



At the 1987 Mammoth Athletics Camp, coach Tracy Smith comes out of the icy waters of Rainbow Falls. Smith led a group of distance runners to Rainbow Falls, where a few strong souls braved the cold for a quick swim. Three one-week sessions will be held this year.

Photo by Teri Ingram

ly, a large number of people had to be involved. These individuals were imbued with a strong sense of dedication in seeing that the events were carried out smoothly, quickly, and courteously. Most importantly, they exhibited a quiet yet stern determination that little (only in the population sense) Australia would not take a back seat when it came to administering these field events.

Roy Foley is the Man

Who headed up this cadre of dedicated men and women? Roy Foley is the man! A triple threat in veterans track. He's a marvelous track statistician; in fact, the national statistician for Australia. (Did you note that excellent compilation of the winners in the six previous World Games, which he drew up and which appeared in the November *National Masters News*?) He's the only good track athlete I've ever known who was also a first-rate track statistician. In the Rome Games in 1985, he won the M65 hammer. At Melbourne, he devastated the field (including this writer) by annexing the M70 crown with a world record.

Here, I wish to stress his managerial/organizing abilities. As the technical manager of the World Games Organizing Body, he was responsible for the weight events, jumps, and hurdles. To carry out this many-sided task must have entailed hours of work, spread over months.

The Aussies could not have chosen a better person for the job. His duties would have staggered many a 30-year-old. There were probably some snafus in the week of competition of heavy-weights throwing; however, I was there on six different occasions, and not once did I witness a foul up or hear a complaint.

Continued on page 26

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Write On! Continued from page 2

2:05.21; 4 x 400, 4:38.39) deserves three cheers, but what I noticed was that Bill Weinacht was a member of all three teams and that performance by a 71-year-old athlete surely should have been given special recognition, not to mention that he also won the M70 400.

*Jim Breslin,
Toronto, Canada*

AUSTRALIAN MASTERS GAMES

The Australian Masters Games in Hobart, Tasmania, the week after the World Veterans Games, were anticlimactic. It had only about 350 competitors and only five or six from the U.S.A. Two adverse factors subtracted from our enjoyment:

1) Location of the track - high on a hill, subject to much wind and very cold temperatures;

2) Failure to provide transportation — a major "boo-boo." Athletes had to take taxis — very expensive.

*Bill Weinacht
Rocky River, Ohio*

WORLD RECORDS QUESTIONED

In athletics, records are the salt of life. So your November issue with the

new world track & field age-group records was exciting reading for us.

Of course, this excellent compilation of records must remain more or less too American as long as other national veterans associations, such as our German one, do not cooperate. According to the November NMN, 41% of the male age-group world record holders are American masters.

I have been very curious now to learn of the corresponding rate of gold medal winners at the World Veterans Games in Melbourne. I have counted only 27% American winners of all the comparable events for men. In 1985, in Rome the rate was only 21%.

This apparent discrepancy could be smoothed a bit if only the Records Committee stuck to its decision at the 1984 TAC/USA convention at San Diego, reported by President Farquharson on page 25 of the January 1985 NMN. According to this, the results of WAVA world and continental games will be accepted as sufficient proof for new records.

Here are two examples: at the World Games in 1985 in Rome, I won the M65 high jump with a 1.55. The world record holder named in NMN is an

American athlete with a 1.52. At the European Games in 1986 at Malmo, I won the M65 long jump with a 5.43. The world record holder named in NMN is an American athlete with 5.24. You reported my record performance in October 1986, on page 41. The official wind velocity was 0.0 m/s.

I do not want to be misunderstood: I feel much sympathy for these two friends and would like to congratulate them on their brand new World Games gold medals.

As a would-be world record holder now, I am looking forward to the Games in 1989 in the country of WAVA Records Chairman Peter Mundle.

*Hans Bitter
West Germany*

REMEMBERING ROBERT STANFORD

This letter is written to you in memory of Robert Stanford, who recently departed this life doing the thing that he enjoyed the most.

For those who may not have heard, Robert Stanford slipped on a patch of ice while running and received a fatal blow to his head.

I met Robert Stanford at the VII World Veterans Games in Melbourne, Australia, just two months ago. It is somewhat ironic, in that I had just

received a letter from him about two or three days prior to his death.

While in Australia, I got a chance to know Robert very well. I was impressed with the fact that he was so willing to teach me about running and to share with me and others all the information that he knew about the sport he loved so well.

Robert participated in the M40-44 4x100 relay team that won second place at the World Games in Australia. That was an achievement which he was very proud of. I remember quite vividly how he taught all of us how to exchange the baton and how to run the race without making a mistake. He was truly in his finest hour at that time.

He also participated in his own age group, M45, in the 4x400 relay team, which won a second place.

While at the World Games I spent several afternoons shopping with him during which time I found out that he had a wealth of information on running. He considered himself a running specialist. I found him to be a very easy guy to know and certainly a very easy guy to like.

In the letter that he wrote me, he mentioned that he stayed in Australia several weeks after the Games were over and had the time of his life. I am glad that he did that.

Continued on page 23

WAVA/TAC Hurdles and Implements Specifications

HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
60-69					
70 Plus					
35-39	400m	.762m	45.00m	35.00m	40.00m
		30"	147'7¼"	114'9½"	131'2½"
40-49	400m				
50-59					
60-69	300m	.762m	50.00m	35.00m	40.00m
70 plus		30"	164'0½"	114'9½"	131'2½"
MEN					
30-39					
40-49	110m	.991m	13.72m	9.14m	14.02m
		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34'5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
70 plus	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7¼"	114'9½"	131'2½"
50-59	300m	.840m			
		33"			
60 +	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
35-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
40-49	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.	

*New IAAF Specifications

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR., 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GINGER BALDWIN (LA JOLLA, CA)	3-14-33	55-59
ELLEN BEAUDRY (EDINBURG, TX)	3-25-18	70-74
JEANNE BOCCI (DETROIT, MI)	3-30-43	45-49
MELINDA CARTER (AUSTIN, TX)	3-17-48	40-44
CAROL FLEXER (BELLEVUE, WA)	3- 8-43	45-49
BURNIS HICKS (ALPINE, TEX)	3- 9-13	75-79
PHYLLIS KENT (SYRACUSE, NY)	3-15-28	60-64
JOSEPHINE KOLDA (SAN FRANCISCO, CA)	3-24-18	70-74
JANET LEDDER (IRVINE, CA)	3-25-43	45-49
EDITH LEIBY (HONOLULU, HI)	3-23-23	65-69
PATRICIA NESLEY (WASHINGTON, DC)	3-29-28	60-64
BARBARA SAUER (MA)	3-22-48	40-44
ALICE TURKOWSKI (PORTLAND, OR)	3- 3-28	60-64
MARCHE UNNASCH (SUNNYVALE, CA)	3- -38	50-54
DAWN WELCH (GRANTS PASS, OR)	3-26-48	40-44
PAT THORSEN WHITE (SEATTLE, WA)	3-25-28	60-64
KATHERINE YORK (MODESTO, CA)	3- 2-13	75-79
DON BADINELLI (PHOENIX, AZ)	3-21-28	60-64
JIM BEVINS (SUSANVILLE, CA)	3- 8-38	50-54
TOM BUCKINGHAM (GB)	3-11-18	70-74
JIRI CECHAK (CZE)	3-25-38	50-54
HAROLD COLEN (HUNTINGTON, NY)	3-28-28	60-64
NORM CYPRUS (YONKERS, NY)	3-17-38	50-54
JOHN DAVIS (US)	3- 4-38	50-54
OLLE ELVLAND (SWE)	3- 9-18	70-74
FRANK GALATA (CANADA)	3-13-28	60-64
JOHN GARCIA (GARDEN GROVE, CALIF)	3- 9-18	70-74
ALFRED GUIDET (CALIFORNIA CITY, CA)	3-16-18	70-74
ED HALPIN (RIVERSIDE, CALIF)	3- 9-18	70-74
BERT LANCASTER (PHILADELPHIA, PA)	3-19-28	60-64
THOMAS MCDERMOTT (MADISON, CONN)	3-15-18	70-74
ROBERT MESSERSMITH (VIEJO, CA)	3-21-33	55-59
AARNE MIETTINEN (FIN)	3-27-13	75-79
NOVICA MILICEVIK (CAN-SCOTTSDALE, AZ)	3-23-28	60-64
OSCAR MOORE (GLASSBORO, NJ)	3-31-38	50-54
PHILIP MUNN (GB)	3-16-23	65-69
HANS POTSCH (AUT)	3- 2-33	55-59
SEAN POWER (GB)	3-20-43	45-49
HARRY SLEETH (MALO, WA)	3-20-98	90-94
LLOYD SLOCUM (GREENLAND, NH)	3-16-33	55-59
RAYMOND SPENCER (CHULA VISTA, CA)	3- 5-23	65-69
WALTER STUBBINGS (AUSTRALIA)	3-10-13	75-79
HYLKE VANDERWAL (CANADA)	3-21-38	50-54
MATTI YRJOLA (FIN)	3-26-38	50-54

Write On! Continued from page 22

I would like to express to all of those who knew him well, his family and fellow teammates, my most heartfelt sympathy for I feel as though I have lost a good friend. I also would like to express my heart-felt condolences to Robert's good friend, Lawrence Pratt, Sr. I know he will miss him.

I pray that Robert has eternal peace.
Thaddeus J. Bell, M.D.
North Charleston, South Carolina

VII WORLD GAMES

My personal congratulations to Peg Smith, and all those responsible for making the VII World Veterans Games the great success they truly were.

For me, it was a sentimental journey back to the sights and scenes of the 1956 Olympic Games, a place of honored memory to me. One of my few regrets was that as far as I could notice, just three members of that Class of '56 managed to get back to Melbourne 31 years later (Baker, Conley and myself).

My two personal heroes out of the VII Games were 1960 Olympian Bob Mimm, who was just 4:00 off his Olympic 20K time of 1960, a truly amazing feat, and Gus Theobald of Australia, a truly stupendous walker and athlete at the age of 90.

Cheers for Louis (Lulu) Marquis of Switzerland, who was "boycotted" out of a scheduled appearance in the 1956 Olympic Games, then came back to Melbourne to win 2 golds, 31 years later!

And thanks to you and the staff for superb coverage of everything going on.

Elliott Denman
West Long Beach, New Jersey

PARAMOUNT 10K

On January 23, 1988, I toed up to the starting line (or at least close to the starting line, since I was a seeded runner) of the Paramount 10K race in Paramount, California. It was to be my first race since having turned 60, and I felt quite fit and ready for the strong masters competition. There was one runner in front of me at the start. About 10-20 yards into the race this runner fell down. I was not able to stop and went over him, hitting the pavement hard. I ended up with a multiple fracture of the femur. Probably the accident was unavoidable.

What happened afterwards, however, was inexcusable. Bystanders, not race officials, called for paramedics, who in turn called an ambulance. The race officials must have disappeared, for they were quite unaware of my plight. They lost an injured runner within yards of the start!

I was x-rayed, fitted with a removable cast, advised to call an orthopedist on Monday, and sent back to my motel, alone and in pain. I couldn't find anyone to get me something to eat

or bring ice to reduce the swelling. Late in the afternoon, I finally reached the race director by phone. He was unable to help me or arrange for any help. It was Sunday afternoon before my family was able to arrange to get me to an airplane headed home.

Could not the race people have kept track of me and lent a hand to make my forced stay in Los Angeles area more bearable?

Ross W. Smith
Reno, Nevada

**SOUTH AFRICA PROTESTS
EXPULSION**

(Editor's note: At the General Assembly meeting of WAVA in Melbourne, Australia on December 2, 1987, a motion passed, 67-46, "that WAVA will not accept or continue to recognize as an affiliate any organization whose national federation is suspended by IAAF." Hanes Booysen, President of the South African Masters Athletics Association, protested the action in the following letter to WAVA's Secretary, Alastair Lynn.)

I write this letter to you to express and record the displeasure of my Veterans Association, your affiliate, with the unlawful, unconstitutional and ultra vires motion passed by 67 to 46 votes at the General Assembly on the 2nd December 1987, when the effect of the ultra vires amendment to the constitution of W.A.V.A. was to purportedly suspend my country's membership of W.A.V.A.

I, in my personal capacity and as the President of my national veteran body S.A.M.A.A. reject the validity and enforceability of this motion and do not recognize or acknowledge that we have been suspended or that W.A.V.A. is entitled to suspend us. Accordingly, we reserve the right to take all such steps which we may be advised to establish our rights and to regularise the proper adherence and observation of W.A.V.A., its Council, its General Assembly and its Chairman to its Constitution.

I wish also to record that I deplore the improper manner in which the Chairman conducted the General Assembly of W.A.V.A. on the 2nd December 1987 and also his application of double standards for the following reasons:

1. The peremptory provisions of the Constitution requiring proposed amendments to the Constitution to be lodged with you 90 days before the meeting and thereafter to be circulated amongst member countries 45 days before the meeting, were not observed and he permitted the motion to be placed on the agenda instead of ruling it out of order.

2. He proceeded to put the issue to the vote, indicating that he was seeking the guidance of the General Assembly to make his ruling on whether the non-timeous lodging of the motion could or could not be condoned in the same manner as the late nominations for ex-

ecutive officers was earlier condoned by the Assembly. In doing so he misdirected himself and the Assembly, despite the fact that one of my delegates objected to this procedure on a point of order and advised him that it was his and only his duty to rule the motion out of order. This, I submit, was a grave dereliction of the Chairman's duties at this meeting.

3. The very fact that there were any objections at all to the placing of this motion of the agenda obliged the Chairman to rule the proposed motion out of order. Placing it on the agenda could only have been justified if the party affected thereby, namely my country, knowingly condoned the irregularity. This it did not do and, on the contrary, it opposed it.

4. Before this stage had been reached, he was practising "Sleight of Hand" on the Assembly at large and on my delegation in particular. This became apparent from his original refusal and his subsequent reluctance to disclose to the Assembly the wording of the proposed motion affecting my country before it was placed on the agenda. I need hardly remind you that it was only after one of my delegates objected to the procedure on a point of order that the Chairman reluctantly made the disclosure. There was no reason for this reluctance or reticence on his part other than the fact that he appreciated that once on the agenda the proposed motion's irregularity could be regarded as having been condoned. Perhaps the less said about this deplorable behavior the better.

5. After the Assembly had voted for the proposed motion to be added to the agenda (during the morning session), he, at the afternoon session, of his own volition and without referring another unrelated motion for a constitutional amendment, similarly lodged out of time to the Assembly for it being added to the agenda, properly ruled that latter mentioned late motion out of order. If he was correct on the motion concerning us, which I submit he was not, why then did he rule the later motion out of order? If this is not the most bla-

tant example of double standards, I give up!

6. Mr. David Pain drew his attention to the peremptory requirements of the Constitution and he ignored them only when it suited him to do so.

I am very sorry that this letter and the facts outlined above illustrate the mockery which the Assembly made of the W.A.V.A. Constitution. Its non-observance for reasons of expediency (as stated by Bob Fine) serves only to bring the Chairman and Assembly into bad odour. I am truly sorry and disappointed that a number of lawyers present at the Assembly and who knew better allowed these unconstitutional proceedings to continue without objection or criticism (apart, of course, from David Pain and my country's delegate). Perhaps these people who knew better all felt like Bob Fine that the expediency of the motion outweighed the illegality and the non-observance of the peremptory requirements of the Constitution.

However, neither I nor my Association are prepared to let the matter rest until the wrong committed will have been redressed.

Yours sincerely,

Hannes Booysen
President, South African Masters
Athletics Association

KUDOS

Your coverage of national and international track & field news is fantastic. Keep up the good work!

Burt De Groot
San Clemente, California

I want to send a special word of thanks for making available this most informative publication. I will be eager to receive each copy in the future.

Glen E. Peterson
Sioux Falls, South Dakota

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

VII World Games Video!

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Minutes of Meeting of General Assembly of the World Association of Veteran Athletes

Town Hall, Melbourne — 2 December 1987

1. President Don Farquharson welcomed those present before introducing in succession, Graeme Salthouse, Chairman of the Organising Committee of the VII World Veteran Games, and Ray Callaghan, the Meet Director. Each addressed the General Assembly briefly from his own locus in the organisation of the Championships. President then introduced the other members of the Council.

2. President referred to the Agenda distributed some weeks earlier by Secretary and proposed the addition of the following:

i) Report on Technical Committee work by Bob Fine;

ii) Late nominations for the offices of Executive Vice-President (Peg Smith, Robert Wurch), Vice-President (Track and Field) (Hans Axmann, Mike O'Neill), Secretary (David Pain) and Treasurer (Al Sheahan - Hans Axmann having withdrawn);

iii) Motion that WAVA would not have in full membership any organisation from a country whose national federation was not in full membership of IAAF.

The addition of a Report on Technical Committee work was approved on a show of hands.

The legitimacy of the late nominations was challenged from the floor. President explained that Secretary did not have the power to accept nominations received later than ninety days before the meeting of the General Assembly under the Constitution adopted at Rome - although in this respect it did not differ from the earlier Constitution - it was proposed that late nominations would be accepted on this occasion only. This proposal was accepted on a show of hands.

President explained that the proposed motion, whereby WAVA would follow IAAF's lead on membership, has arisen from a letter postmarked 9 September 1987. It was for the meeting to decide if it was admissible. President explained that a further motion on this subject was possible, whereby WAVA would follow IAAF's lead on membership provided that WAVA had entered into an agreement with IAAF. He stressed that either motion, if carried, would require amendment of the Constitution. Following brief discussion, a written vote (69-34) admitted the motion (and the alternative motion if the first were defeated) to the Agenda.

Bob Fine requested that a proposed amendment to the Constitution, removing the distinction between the Executive and the Council, be admitted to the Agenda although the proposed amendment had not been submitted in accordance with the Constitution. The meeting decided on a show of hands that the proposed amendment be admitted to the Agenda.

3. President explained that the merger of WAVA and IGAL in 1988 would bring a new and improved programme of competition at both world and regional levels. Eventually, in odd-numbered years, there would be world championships both in track and field and in non-stadium events. In even-numbered years, there would be a similar complete programme at regional level. Meanwhile, during the transition period, New Zealand would be hosting non-stadium world championships in 1990 either immediately before or immediately following the Commonwealth Games. President then invited Jerry Donley, Chairman of the Masters Track and Field Committee of The Athletics Congress, to begin the U.S. bid for the 1989 World Veteran Games. He introduced Tom Jordan, Barbara Kousky and Linda Weston of the Organising Committee at Eugene, Oregon, the proposed venue of 1989. Following their video presentation on the proposed venue, there was a brief discussion during which Jim Daly explained that New Zealand considered their 1990 non-stadium championships would suffer if the Eugene programme included the usual marathon and cross-country events.

There were no further bids for the 1989 World Veteran Games and the United States bid was declared successful on a show of hands.

Merv Dunn said that New Zealand would consider bidding for the 1991 World Veteran Games. Heung Rok Kim spoke on the WAVA/IGAL World Long-Distance Championships in Korea in 1988. David Pain explained that it was intended that the U.S. Masters Track and Field Championships in 1989 would be staged in San Diego immediately prior to the World Veteran Games in Eugene.

4. In his report, President Don Farquharson thanked the Executive for their work. He paid a warm tribute to Wal Sheppard, Executive Vice-President, who had died in

March 1986 without seeing the World Veterans Games being staged successfully in his native Melbourne. In accordance with the Constitution, Bob Fine had been appointed to the Executive Vice-Presidency for the remainder of the term. A new Handbook had been published and thanks were due to Bridget Cushen and Jacques Serruys for their work on that project. Some financial support had been available for the development of veteran athletics in the smaller islands in Oceania. Agreement had been reached on the merging of WAVA and IGAL following the joint WAVA/IGAL World Long-Distance Championships in Korea in 1988. President made particular mention of Alastair Lynn's firm control of finances, Hans Axmann's role in track and field matters and Owen Flaherty's work on production of the new Constitution/By-Laws and development of the contract with World Championship organisers. The relationship between IAAF and WAVA would be a separate item later in the Agenda.

President pointed out that, in accordance with the Constitution, he would be standing down after serving as President for five terms. It had been a rewarding experience and he would continue to serve as Immediate Past-President. Som Nath paid tribute to the work done by President. Mike O'Neill proposed and Djokosaptono Slamet seconded acceptance of the President's Report which was approved unanimously.

5. Treasurer Alastair Lynn gave detailed explanation of particular items in the Accounts and made special reference to the substantial sum due to WAVA which had not yet been paid by the Organising Committee of the VI World Veteran Games in Rome in 1985. Cesare Beccalli said that the shortfall should be viewed in the light of services provided by the organisers beyond their contractual obligations.

Frank Hearn proposed and Fernando Ferreira seconded that the accounts of the VI World Veteran Games be submitted to Council and the motion was carried by a 79-4 vote. Frank Hearn also asked that the By-Laws require that each Organising Committee submit its final accounts to Council; it was explained that Council was empowered to add such an obligation to the By-Laws. Fernando Ferreira proposed and Bob Fine seconded that Reports of President, Treasurer and Secretary be distributed with the Agenda not later than 45 days before the meeting of the General Assembly and this was carried on a show of hands.

6. Secretary Owen Flaherty reported that there was still an unsatisfactory response from affiliates in returning the questionnaires distributed by Secretary. In particular, only about half of the affiliated organisations provided information regarding their officers when asked. Secretary explained that each completed questionnaire became a page in the Register of Affiliates which the Constitution obliged the Secretary to maintain. If such questionnaires were not returned, that Register would be incomplete and/or would contain information which was no longer accurate.

Secretary referred to a survey which he had conducted to establish if possible, why certain veteran athletes were much more successful than they had been before entering veteran athletics. An overwhelming majority of such athletes who were identified by their national organisation, confirmed that they were training more rigorously as veterans than in earlier years.

Secretary was standing down from that

office after seven years and apologised if his service to affiliates had been impaired by his not having direct access to the usual secretarial facilities of typing, duplicating, telex, etc.

Sue Dumble proposed and Norman Baum seconded acceptance of Secretary's Report and the motion was carried on a show of hands.

7. Bridget Cushen reported on the Meeting of the Women's Assembly. Following brief questions on the events in the women's programme, Sylvester Stein proposed and Ruth Anderson seconded acceptance of the Report. The motion was carried on a show of hands.

8. Bob Fine gave an account of progress by the Technical Committee towards the production of new scoring tables for the multi-discipline event and tables for multi-age competition.

9. President reported to the meeting on the negotiations between IAAF and WAVA. Following the General Assembly's authorisation in Rome to the Executive to continue negotiations, a draft Agreement had been tabled at the IAAF Congress in Stuttgart in 1986. There was opposition based on the fact that WAVA had a South African affiliate and, to a lesser extent, on concern that WAVA's status would give it precedence over national athletic federations. Further work was done to overcome those criticisms. A new draft Agreement was submitted to IAAF in December 1986 which, if approved by IAAF's Rome Congress in August 1987 and WAVA's General Assembly in December 1987, would have had the effect of suspending the South African Masters Athletic Association's membership of WAVA. For reasons which were not clear, that new draft was not accepted by IAAF. Instead, at IAAF's Rome Congress, the IAAF Council was authorised to appoint a new Veterans Committee from nominations submitted by IAAF members and without WAVA nominees. Soon after the Rome Congress, IAAF announced that the new Veterans Committee would comprise Chairman Hans Skaset and ten other persons including a number who had been active in veteran athletics for several years - Bridget Cushen, Hans Axmann, Cesare Beccalli, Bob Boal and Clem Green.

President explained that it had been intended that Hans Skaset would address the General Assembly. However, it has been learned from IAAF Headquarters that he had arrived in London en route for Melbourne when it was discovered that he did not have a visa for entry to Australia. It was therefore not yet possible to advise the General Assembly of the role/functions of the new IAAF Veterans Committee. The WAVA Council members who were also members of the IAAF Veterans Committee were unable to offer any assistance in this respect.

10. David Pain proposed and Djokosaptono Slamet seconded that the proposal by IMITT Club Italia (to give Regional Delegates the right to vote at meetings of the General Assembly) be amended to Bob Fine's proposed amendment to the Constitution, removing the distinction between the Executive and the Council. President read out the full text of the proposed amendment which was carried on a show of hands.

11. The meeting moved on to the election of officers.

Continued on page 25



Finalists in the M45 400-meter dash in Melbourne were, from left: Barrie Kernaghan (AUS), Paul Critchley (AUS), Hanno Rheineck (FRG, 1st in a world-record 50.46), Erik Bahn (DEN), Tom O'Hara (USA), Fred Turner (AUS), and Guido Mueller (FRG).

Photo by Gretchen Snyder

Minutes of Meeting of General Assembly

Continued from page 24

For the Presidency, the candidates were Cesare Beccalli and Jacques Serruys. Cesare Beccalli was elected and made a brief speech of thanks and intent. He proposed that President Don Farquharson be appointed Hon. President for life. This proposal was approved by acclamation but President later declined this appointment with thanks.

For the Executive Vice-presidency, the candidates were Peg Smith, Robert Wurch and Owen Flaherty. Peg Smith was elected.

For the Vice-Presidency (Road and Country), Clem Green was the sole candidate and was therefore declared elected.

For the Vice-Presidency (Track and Field), the candidates were Hans Axmann, Bob Fine and Mike O'Neill. Bob Fine was elected.

For the Secretaryship, the candidates were Alastair Lynn and David Pain. Alastair Lynn was elected.

For the Treasurership, the candidates were Giuseppe Galfetti and Al Sheahen. Al Sheahen was elected.

Clem Green proposed that Hans Axmann, Jacques Serruys and Owen Flaherty be offered Hon. Life Vice-Presidencies and this proposal was approved by acclamation. Owen Flaherty later declined this offer with thanks.

On behalf of the meeting, President thanked scrutineers Hari Chandra, Frank Horn and Bengt Jarnhøster.

12. Alastair Lynn explained that the Executive had acquired, on behalf of WAVA, a print of a castle in Wales which they considered would be a fitting farewell gift, in view of his Welsh origins, to Don Farquharson to mark his completion to the maximum five terms as President. He asked Bridget Cushen, who had been given the task of acquiring the print, to make the presentation. Don Farquharson thanked the General Assembly and commented that the subject of the print was particularly appropriate. It would be a treasured memento of his five terms as President.

13. President put to the two motions relating to WAVA's relationship to IAAF: Motion 1 - "That WAVA will not accept or continue to recognise as an affiliate any organisation whose national federation is suspended by IAAF."

Motion 2 - "That, in the event of WAVA entering into an agreement with IAAF, WAVA will not accept or continue to recognise as an affiliate any organisation whose national federation is suspended by IAAF."

President explained that, if Motion 1 was defeated, Motion 2 would be tabled. Speakers for Motion 1 included Frank

Horn, Cesare Beccalli, Bob Fine, Sylvester Stein and Clem Green. Speakers against included Fernando Ferreira, Alastair Lynn, Monty Hacker, David Pain and Zeno Constance.

Motion 1 was carried by a 67-46 vote.

14. Sylvester Stein said that the United Kingdom may bid in 1989 for the IX World Veteran Games in 1991. This would depend on the venue for the World Student Games in 1991. If these were awarded to the United Kingdom, the British Veteran Athletics Federation would not bid in 1989 for the World Veteran Games in 1991.

15. On a proposal by Al Sheahen, the meeting approved a vote of thanks to Peg Smith and the Organising Committee of the VII World Veteran Games.

16. Joseph Yan Kok Peng pointed out that entries direct from Individuals had been accepted for the Championships in Melbourne and suggested that this practice tended to undermine the world structure of veteran athletics. President confirmed that the objective was to have all entries submitted through national veterans organisations but experience had shown that this was a difficult objective to achieve.

17. President confirmed that the Council would comprise the six elected officers together with Bridget Cushen (Women's Representative), Don Farquharson (Immediate Past-President), Hans Axmann, (Regional Delegate for Europe), Jim Blair (Regional Delegate for Oceania), Hariomataram (Regional Delegate of Asia), Juan Kulzer, (Regional Delegate for South America), and David Pain (Regional Delegate for North and Central America).

18. There being no other business, President thanked those present for attending and brought the meeting to a close. □

Submitted by Owen Flaherty,
Secretary

Present:

Don Farquharson (President)
Bridget Cushen (Women's Representative)
Hans Axmann (Vice-President, Track and Field)
Bob Fine (Executive Vice-President)
Alastair Lynn (Treasurer)
Jacques Serruys (Vice-President, Road and Country)
Owen Flaherty (Secretary)

Cesare Beccalli (Regional Delegate, Europe)
Clem Green (Regional Delegate, Oceania)
Hariomataram (Regional Delegate, Asia)
David Pain (Regional Delegate, North and Central America)

Starting Delegates:

Nelida de Portesi, Argentina
Heather Doherty, Australia
Mike O'Neill, Australia
Stan Perkins, Australia
Peg Smith, Australia
Bryan Thomas, Australia
Wilfried Chiau, Belgium



Ohio's Mary Bowermaster winning one of her four gold medals in the 200-meter dash for women 70-74 at the World Veterans Games in Melbourne, in a time of 35.23. Photo by Gretchen Snyder

Roger Monseur, Belgium
Agnes Segers, Belgium
Leo Sterckx, Belgium
Gerard van Nuffelen, Belgium
Ana Maria Udini, Bolivia
Frederico Fischer, Brazil
Norman Baum, Canada
Liz McBlain, Canada
Ernesto Gundlach, Chile
Frank Horn, Denmark
A. Damm Olesen, Denmark
Frank Hearn, Eire
Lars Ingves, Finland
Veikko Javaninen, Finland
Pirkko Martin, Finland
Karri Wichmann, Finland
Robert Boutard, France
Jacques Guyon, France
Fred Jesbera, France
Huguette Widman, France
Robert Wurch, France
Clausen, Germany (F.R.G.)
Gahr, Germany (F.R.G.)
Wilhelm Koster, Germany (F.R.G.)
Brigitte Lange, Germany (F.R.G.)
Heidi Pratsch, Germany (F.R.G.)
Rigas Efsthadiadis, Greece
Ioannis Komitoudis, Greece
Xristos Pierrakos, Greece
Giannis Zorzos, Greece
Deheny Ferenc, Hungary
Igrenyi Ferenc, Hungary
Bien Janos, Hungary
Bartha Laszlo, Hungary
Hedane Zink Terez, Hungary
Olafur Kriasteiasson, Iceland
Prithui Singh Azad, India
E.A. Joseph, India
Rose Lamech, India
Som Nath, India
Hazel Rowland, India
J. Samione, Indonesia
Willem T. Sigars, Indonesia

Djokosaptono Slamet, Indonesia
R. Subiyanto, Indonesia
S. P. Subiyanto, Indonesia
P. Andreotti, Italy
Susanna Veccalli, Italy
Cesare Dematteis, Italy
Stefano Diez, Italy
Guiseppe Spanedda, Italy
Kiyoshi Konoike, Japan
Takuro Miura, Japan
Kazuo Ogura, Japan
Gentaro Watanabe, Japan
Hideta Yamazaki, Japan
Young Hee Kang, Korea
Heung Rok Kim, Korea
S. Sivapragasam, Malaysia
Carlos Hernandez, Mexico
Jan Parlevliet, Netherlands
Jim Blair, New Zealand
Jim Daly, New Zealand
Sue Dumble, New Zealand
Merv Dunn, New Zealand
Jim Tobin, New Zealand
Nils Borstad, Norway
Kirsten Garbo, Norway
Havard Lund, Norway
Erling Svennevik, Norway
Oystein Tullerud, Norway
Alba Neinott, Paraguay
Federico Zinirigzh, Peru
Olivia Aquino, Philippines
Fernando Ferreira, Portugal
Joseph Yan Kok Peng, Singapore
Mrs. Hari Chandra, Singapore
H. Booysen, South Africa
M. Booysen, South Africa
L. Hacker, South Africa
M. Hacker, South Africa
Ranjit Weerasena, Sri Lanka
Konrad Hernelind, Sweden
Bertil Høije, Sweden
Karl-Gustav Holmgren, Sweden
Bengt Jarnhøster, Sweden
Jvar Soderlind, Sweden
G. Galfetti, Switzerland
J. Galfetti, Switzerland
J. Moelk, Switzerland
E. Schaffner, Switzerland
Chi Cheng, Taiwan
Zeno Constance, Trinidad & Tobago
A. E. Churchill, United Kingdom
J. J. L. Dunsford, United Kingdom
R. Franklin, United Kingdom
S. Stein, United Kingdom
H. C. Taylor, United Kingdom
Ruth Anderson, United States
Charles R. Des Jardins, United States
Jerry Alan Donley, United States
Tom Jordan, United States
Al Sheahen, United States
Victor Clairmont, U.S. Virgin Islands
Jose Figueras, Uruguay
Josefina Garcia de Schulz, Venezuela
Kastivnik Tone, Yugoslavia
Sluga Marko, Yugoslavia

A number of the starting delegates were replaced by alternates in the course of the Meeting.



Buck Bradberry of the USA leads the M60 100-meter hurdlers to the line in 15.89 in the World Games in Melbourne. Finland's Hanno Sucknooti (lane

3) is 2nd; West Germany's Albert Wurtz (lane 5) is 3rd; Finland's Toivo Lakso (lane 6) is 4th.

Photo by Gretchen Snyder

At Gosch's Paddock

Continued from page 20

Lots of Details

To handle just one throwing event well requires no little organization. A minimum of four officials have to be present, plus several retrievers. A table and chair are necessary for the one doing the recording. Official implements must be brought to the circle. There must be a tape, and one in reserve. Sector lines have to be laid down correctly, and meter markers, spaced at regular intervals, must be in place. A broom for keeping the circle clean is a requisite. If it rains or the ground is wet, boards with carpet-like material thereon must be at the circle, so that throwers may wipe their shoes before tossing. A rule book has to be on hand in case of questioned decisions. And, once the events are over, all the equipment has to be put away.

All of the above Roy superintended for a week of intense competition, but he did more. An affable, gregarious

type, he must have talked to hundreds of competitors. His quaint drawl, punctuated with humor, "sat well" with all. The rapport between him and his helpers was marvelous. He wasn't a leader who always said "Go on, men." He said "Come on." More than once, I saw him gathering equipment after an event — just like the lowliest helper.

One would have thought that when the Games were over, he would have slumped into bed for a week's snooze. Not Roy! During the first three days of the following week, he rode herd upon another weight-throwing extravaganza — a world's weight pentathlon, a shot puttery, a discorama, a hammerfest, and a heavy-weight throwing contest.

Roy, old pal, ye and yer mates (especially yer Scottish sidekick, John Fraser) have set a high standard for future World Games. As for the near future, I hereby nominate ye for the post of Lord Mayor of Melbourne! Any seconds? ☐



Finish of the M70 400 with Ohio's Bill Weinacht, taking the gold in 66.72. Gentaro Watanabe, Japan, is second, and Erik Muren, Sweden, third at the VII World Games in Melbourne.

Photo by Gretchen Snyder

W.A.V.A. TREASURER'S REPORT TO SEPTEMBER 30, 1987

All figures are in U.S.\$.
Commencing position at June 1st, 1985..... U.S.\$ 8,304.81

REVENUE	U.S.\$
1985-87 W.A.V.A. Fees 2nd Instalment	\$ 5,100.00
1985-87 W.A.V.A. Fees 1st Instalment	5,250.00
Earlier W.A.V.A. Fees received after May 31st 1985	1,403.00
	\$11,753.00
Rome Games	38,366.66
W.A.V.A. Handbook	53.89
Bank Interest	2,484.98
TOTAL	52,658.53
	\$2,658.53

EXPENSES	U.S.\$
1. Typing, Mail, Telephone, Courier	
President	\$ 1,907.55
Secretary	3,556.90
Treasurer	733.77
Executive V.P.	400.00
	\$ 6,598.22
2. Insurance, Financial Charges	
Insurance	\$ 1,125.00
Bank Charges	16.47
Auditor	75.00
	\$ 1,216.47
3. Statistics, Communications	
P. Mundle	\$ 500.00
National Masters	
News	5,600.00
W.A.V.A. Hand-book	4,540.26
	\$10,640.26
4. Miscellaneous	
Clocks At Rome	\$ 384.61
Wreath for W.	
Sheppard	26.00
	\$ 410.61
5. Development	
Subsidy for equipment (Oceania)	\$250.89
6. International Meetings	
Rome '85	\$ 6,732.02
London '85	1,386.63
Neuchatel '85	498.33
South Africa '86	198.86
Stuttgart '86	96.00
Vancouver '86	826.92
London '86	102.00
Melbourne '86	8,428.37
New York '87	183.28
Melbourne '87	2,724.00
	\$21,176.41

* Excess cost after deduction of payment by I.A.A.F.
** Arising from I.A.A.F./W.A.V.A. dialogue but indirect meetings not financially supported by I.A.A.F.

EXPENSES TOTAL	SUMMARY
1. \$ 6,598.22	Commencing..... \$ 8,304.81
2. 1,216.47	Revenue..... 52,658.53
3. 10,640.26	
4. 410.61	Expenses..... 40,292.86
5. 250.89	
6. 21,176.41	Plus net currency variations..... 7.97
\$40,292.86	

I have examined the books and records of the World Association of Veteran Athletes and received all the information & explanations required. In my opinion the Revenue and Expenses Account reflects fairly all the financial transactions, carried out in pursuit of the objectives of W.A.V.A.

Tim Ritchie
Tim Ritchie, Accountant

ASSETS	U.S.\$
U.S. Savings Account	\$18,470.44
U.S. Chequing Account	1,605.93
Canadian Chequing Account (In U.S.\$)	602.08
	\$20,678.45

WORLD ASSOCIATION OF VETERAN ATHLETES FINANCIAL REPORT TO JANUARY 26, 1988

All figures in U.S.\$.
Commencing position at October 1st, 1987..... U.S.\$ 20,678.45

REVENUE	U.S.\$
1987-89 W.A.V.A. Fees 2nd instalment	650.00
1987-89 W.A.V.A. Fees 1st instalment	6,400.00
1985-87 W.A.V.A. Fees Late payment	50.00
	7,100.00
Melbourne Games	41,200.00
Bank Interest	391.68
	48,691.68

Payments by Council members wishing single/double accommodation in Melbourne	3,060.96	51,752.64
Donations for President's Presentation	89.20	51,841.84
TOTAL		\$72,520.29

EXPENSES	U.S.\$
1. Typing, Mail, Telephone, Courier	
*President	\$ 300.00
Secretary - O.F.	1,982.11
- A.L.	31.97
*Treasurer	117.65
*V.P. (L.D.)	343.24
*Exec. V.P.	21.47
Women's Representative	182.22
	\$2,978.66
2. Financial Charges	
Bank Charges	\$ 4.97
Auditors	188.00
	\$192.97
3. Statistics & Communications	
National Masters News	\$1,200.00
W.A.V.A. Handbook	52.76
	\$1,252.76
4. Presentations	
Clocks at Melbourne	\$ 374.07
Pens at Melbourne	360.98
President	387.11
	\$1,122.16
5. International Meeting	
Melbourne:	
Airfare + expenses	\$15,070.86
Single/Double Room	3,074.93
Dinners for Organizing Committee	795.80
Business Centre	201.78
	\$19,143.37
6. Other	
Cost for taking AUD \$11,000 drafts as safeguard for W.A.V.A. expenses at Melbourne	7,821.16
Value redepositing above	7,763.38
Loss =	\$57.78
7. Temporary Deduction	
Belgium 1987-89 fees on collection**	\$500.00

EXPENSES TOTAL	SUMMARY
1. 2,978.66	Commencing..... \$20,678.45
2. 192.97	Revenue..... 51,841.84
3. 1,252.76	
4. 1,122.16	Expenses..... 72,520.29
5. 19,143.37	
6. 72.78	Less net currency variations..... 1.15
7. 500.00	Current Funds = \$47,256.44
\$25,262.70	

ASSETS	U.S.\$
U.S. Savings Accounts	\$47,256.44

* Posts prior to elections.
** Draft was not on U.S. bank, hence it goes through "collection" procedure before being credited to the W.A.V.A. bank account. I have included it in 1987-89 fees and therefore must subtract to balance.

Note: The residual W.A.V.A. fee of U.S. \$4,800 from Melbourne has not been included. Hence the Belgian fee of \$500 + residual W.A.V.A. fee increases our funds by U.S. \$5,300.00.

Alastair Lynn
Alastair Lynn
Secretary
W.A.V.A.

Ferraz, Scott Win in Paramount 10K

Continued from page 1

Nina Kozak, didn't show to defend their titles.

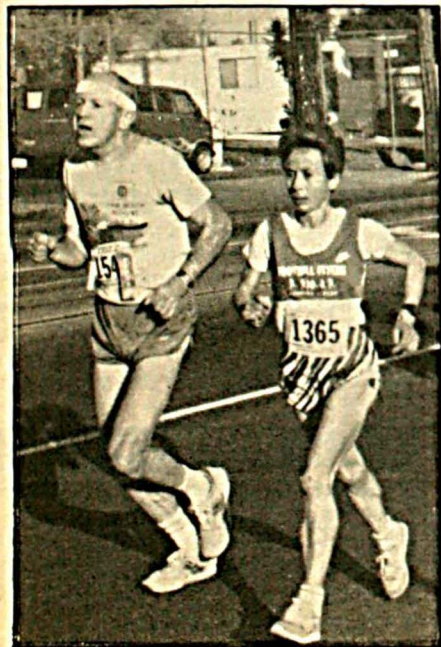
Second master was Steve Lester, who has just entered the M45 division, in 31:38. He went out very aggressively but was overtaken in the last mile by Ferraz. The two were 13th and 14th overall. Lester recently won the masters division of the Las Vegas Marathon.

John Loeschhorn (M40, 32:46) was bumped from last year's position as second master by Lester, but was still second M40. Second masters female was Juana Stavalone (W40, 37:51).

The World Masters race has strict qualifying times in each age group, and prize money was accorded by the number of entrants per division. Overall winner Ferraz took home \$250, as did winners in the M45 through M60 divisions. LaDage Scott took home only \$150 by comparison, and most women division winners received \$100. Winners were unashamedly comparing checks after and even during the awards ceremony.

Andre Tocco (34:23) suffered a rare M50 loss to William Johnston (33:59), while Pat Devine (M55, 37:45) had an easy time winning his division. Emmett Parker (M60, 37:05) was knocked down to second place this year by just five seconds by Orlo Keniston (37:00). This despite the fact that Parker ran over a minute faster than his division-winning time last year.

Other men's division winners were Mac Osborn (M70, 43:21) and Mel Shine (M75, 50:26), Chet Crabb, M80, and Paul Spangler, M85, again demolished the time standards (90 and 100 minutes) and the competition, winning their divisions in 58:25 and 65:52.



Cecily Parke, W45, easily won her division in the open race with a time of 42:15 at the Paramount 10K, Paramount, Calif., January 23.

Photo by Teri Ingram

Harolene Walters, W45, complaining of fatigue after winning the masters division of the Phoenix Marathon, January 9, got out-kicked by Christine Tattersall of Connecticut, 38:03 to 38:04. In this case, one second was worth \$25 as Tattersall took home \$100 to Walters' \$75.

Gina Faust, W50, who already holds the 5K record, came within seconds of the W50 10K record by running 38:10. Jeanne Hoagland, who is more of a shorter distance specialist, ran 42:21. Faust was pleasantly surprised by her p.r. performance, saying she has never considered 10K her best distance.

Helen Dick, who already holds the W60 10K record, continued her dominance of that division, winning over Kit Pickles (44:20 to 51:38). Gerry Davidson (51:00) took home the \$100 prize in the W65 division as did Judy Simon (55:48) in the W70.

Mary Ames, who will be 85 in April, took home an easy \$100 as the only W80 in the race, running 1:21:16. Ames was thrilled with the check, claiming she wouldn't cash it but would frame it instead.

The day was marred by the fall of Ross Smith, who had come down from Nevada to run the race. Smith, who had recently turned 60, fell at the start of the race, breaking his femur.

Masters winners in the open race were Steve Crouch (34:20) and Cheryl Carnall (40:20). Masters walkers win-



Harolene Walters shows the strain in the Paramount 10K January 23, Paramount, Calif. Walters was second W45 in 38:04.

Photo by Teri Ingram



Gina Faust and husband Peter. Faust, 50, was thrilled with her 38:10 p.r. and win in her division of the Paramount 10K Special World Masters Division, January 23 in Paramount, Calif.

Photo by Teri Ingram

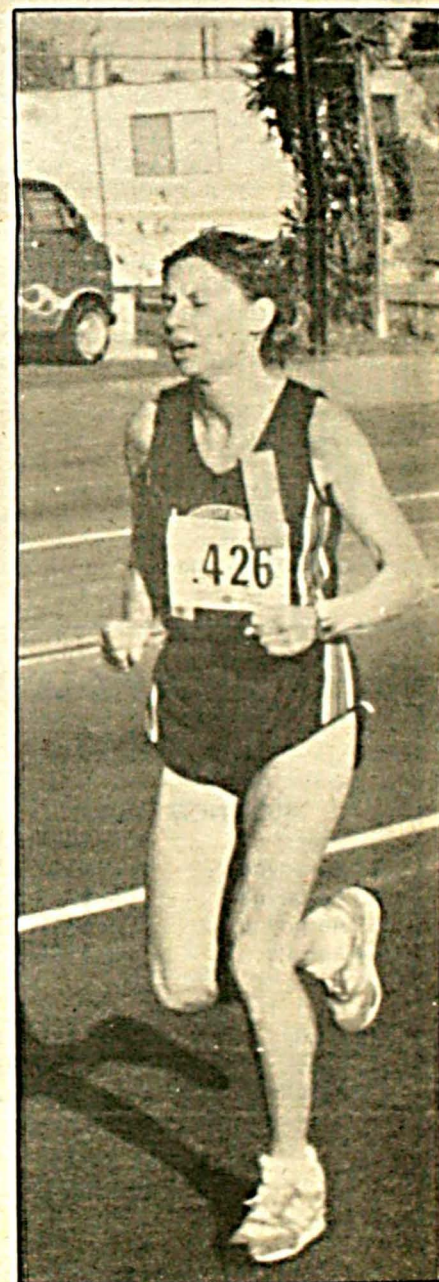
ners were Ed Bouldin (also the overall walker) in 47:45, and Helen Paloma in 67:55. Overall winners were Matt Ebner (29:55) and Marie Rollins (34:55).

As one runner put it, "It just doesn't get better than this." □



W60 Helen Dick looks comfortable at four miles in the Paramount 10K Special World Masters Division. Dick won her division in 44:20, January 23, in Paramount, Calif.

Photo by Teri Ingram



Jeanne Hoagland, second W50, at four miles. Hoagland finished in 42:21 at the Paramount, Calif., Special World Masters 10K January 23.

Photo by Teri Ingram

MASTERS SCENE

NATIONAL

The 1988 U.S. Athletics Calendar is now available through the Book Order Department of TAC/USA, P.O. Box 120, Indianapolis, IN 46206. Edited by Bruce Tenen, Marty Martinez, Donna Skow, Chuck Skow, and Mike Takaha, it is a compendium of all U.S. t&f, RR, and RW events for '88, including high school state championships, collegiate conference championships, and national championships, Olympic Trials and Olympic Games schedules, plus much more. A bargain for \$8 (\$10 outside the North American continent). Also available is the Indoor Track '88 book, edited by Hal Bateman and Ed Gordon, for the same prices.

• Add Angela Hearn and Diane Stoneking to the list of 40-and-over women who may be in the Olympic Marathon Trials, Pittsburgh, May 1. Both qualified in Grandma's Marathon in June, Hearn in 2:39:55, and Stoneking in 2:47:30. Stoneking turned 40 in February.

• John Powell, 40, Cupertino, CA, has been selected as one of 28 t&f Olympic hopefuls chosen for the "Operation Seoul" program instituted by TAC, which will provide a total of \$400,000 to the designated athletes between January and October, so that they can concentrate on training for the Games. Each athlete will receive \$1500 monthly for his/her trust account through July, with Olympic qualifiers receiving a like amount in August and September and \$500 in October. Powell, second in the '87 World Championships, had the world's best throw of the year (235-6) last summer. The experimental pilot program, the first of its kind in t&f history, is funded by TAC and the U.S. Olympic Committee.

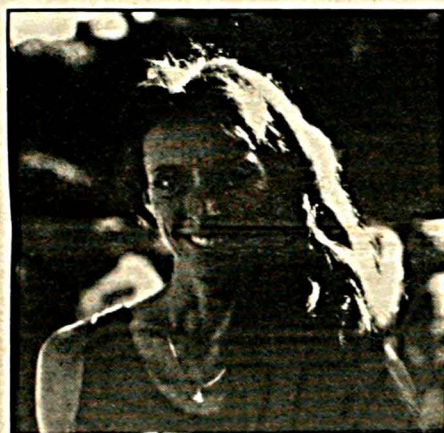
• Mick Hurd, 42, of Great Britain, and Switzerland's Gabriele Andersen, who trains in Idaho, headed the Runner's World masters rankings for '87, published in the February '88 issue. Hurd, with 433 points, repeated his '86 top rank. Antonio Villanueva of Mexico (381) and Atlaw Beligne of Ethiopia (343) were second and third. Andersen (492) beat out Barbara Filutze of Pennsylvania (435), and '85 and '86 winner, Great Britain's Priscilla Welch (303). Welch, undefeated as a master in '87, ran the London Marathon in a W40+ best-ever 2:26:51 and was first woman in the NYC Marathon (2:30:11). However, RW's vote-

casters felt that she "... didn't compete in enough races with deep masters fields to lead the women."

• The IAU/NA (the North American edition of the quarterly newsletter of the International Association of Ultrarunners) is available for a year for \$10 (payable to "Mid Atlantic Association of Ultrarunners" from Dan Brannen, 3533 Stevens Rd., Wallington, NJ 07057. 201/762-2766(o); 778-5978(h). Compiled by Brannen, the publication relies heavily on the British version published out of the IAU's headquarters in England. Other information specific to ultrarunning in the U.S., Canada, and Mexico is included in the newsletter.

EAST

• Scott Steinhardt, a 17-year-old high school senior from Albany, NY, spent four months raising funds to send his grandfather, Erwin "Wynn" Sorkin, 66, to the VII World Veterans Games. After a media campaign, which included two letters to the editor, two articles in local papers, TV exposure, and coverage in an Australian newspaper, Scott, with the help of individual solicitations, was able to raise over



Judy Huber-Cogswell, 40, was first masters female in the Honolulu Marathon with a time of 2:58:31, Dec. 3. Cogswell also broke the W40 Hawaii state 30K record by running 2:10:10 at the Mid Pac Road Runners Club race Oct. 25.

Photo by Tesh Teshima

\$2000, and Wynn was off to Melbourne. Now, Scott hopes to promote the concept of providing financial aid to other masters athletes who are denied the opportunity to compete for lack of finances. The prospective organization, called HELP (Harness Encouragement for Lifetime Pursuits), would begin in the Albany area and, if successful, expand throughout New York and eventually the U.S. For information, write to Scott Steinhardt, 703 Providence St., Albany, NY 12208. 518/482-6107.

• Atlaw Beligne, 42, numbed the masters runners in the NYRRC Frostbite 10-Miler, Central Park, NYC, January 17, with a 55:01 fifth place (728 m/finishers). Angella Hearn, 41, left her opposition almost frozen in their tracks with a third-place 1:00:17 (208 w/finishers).

• Boo Morcom, 66, was honored in January as New Hampshire's male athlete of 1987 by The Union Leader and New Hampshire Sunday News for his three gold medals in the National Senior Olympics and M65 titles in the National decathlon and pentathlon championships. Morcom, whose female counterpart for the award was distance-runner Lynn Jennings, writes, "My leg is 90% better, and I will take it to a Florida beach for fine tuning."

• If 1987 was a banner year for you, you might want to start 1988 by obtaining one of the banners that adorned the '87 NYC Marathon course. A banner (3' x 4') can be yours by donating \$100 to the NYRRC Building Fund. Also available is a 22' x 11' billboard featuring a 12' x 8' Leroy Neiman marathon painting. Mounted on canvas, the billboard, plus a tax deduction, will go to the highest bidder. Bids start at \$2000. Contact Laura Leale, NYRRC, 9 E. 89th St., New York, NY 10128.

• Two 45-year-olds, Sam Skinner and Jessie-Lea Hayes, pulled off masters victories in the NYRRC Figure-8 7-Mile Reversible, Central Park, NYC, January 31. Skinner finished in 38:34 and Hayes in 45:11. William Coyne, 66, won the M60 race (48:20), and Toshiko d'Elia, 58, took the W50-59 contest (49:04).

• Presidential candidate Michael DuKakis, 54, was a finisher in the 1953 Boston Marathon.

SOUTHEAST

• Racewalker Bob Fine, TAC Masters T&F Law Coordinator, brought his administrative expertise and a desire for more walk competition to Florida after his move from NYC: "I've gotten involved as I wanted competition and there was none available. We'll have one of the best programs in the country — in fact we probably have it now — within two years. Anyone coming to our sunny shores should contact me." Races with walk divisions on Florida's Gold Coast (West Palm Beach to the Keys) are scheduled every month through December. Fine's address is 4223 Palm Forest Drive N., Delray Beach, FL 33445. 305/499-3370.

• Temporarily overlooked in the Charlotte Observer Marathon/10K results, January 2, which featured the Rodgers-Shorter duel in the masters 10K, won by Rodgers — 30:49 to 31:10, were the masters results in the marathon. Ralph Zimmerman, 46, Cheektowaga, NY, and Mel Williams, 50, Virginia Beach, VA, held off younger masters to go one-two in 2:34:18 and 2:38:40, respectively, and collect \$1000 and \$500. Wayne Yarbrough, 41, Winston-Salem, NC, took third (2:41:46, \$200). Joanie Zirkelbach, 40, Depew, NY, won the W40+ first prize of \$1000, plus \$500 for the fifth woman, with a 3:10:53. Nina Bovio (41, 3:11:32), Brighton, MI, and Jeanne Kruger (40, 3:15:54), Norfolk, VA, took the \$500 second and \$250 third awards.

MIDWEST

• Bill Stewart, a recent graduate into the M45 ranks, ended his stay in the M40 division with an 8:49.7 3000 in a Windsor, Ontario, indoor meet. The Ypsilanti, MI, resident started his



Frank Demers, 77, who won his division in the open race of the Paramount 10K January 23 with a time of 57:06.

Photo by Teri Ingram

M45 stint with a 5:37.0 2000, January 8, and a 4:30 mile, January 15, in indoor meets in his hometown.

• Peter Hallop, 40, national masters 25K champion, ran a 9:22 2-mile (8:44.0 3000) to place fifth in the men's open race at the Eastern Michigan Invitational in Ypsilanti, MI, January 15. That betters the listed world M40 record of 9:29.2, set by Al Swenson in March, 1987, although Bill Stewart has a pending 9:12.8WR from 1983.

• Weight throwers in the Illinois Masters Grand Prix in Sterling, January 17, capped off seven heavy-weight events, plus the shot, with the 200-lb. weight throw. The best distance was 5-2. If Wendy Miller gets wind of this, they'll never hear the end of it.

MID AMERICA

• Johnnie Fields, M40, posted the best 300y time (34.6) of all contestants, and the fastest masters 60y (6.7) in the Norden/Lincoln TC Indoor Meet, Lincoln, NE, January 9. Bob Lida won the M50 300y (36.8) and 440 (58.6). Bob Elwood's 4:56.9 in the M50 mile and 10:32.5 in the two mile topped all 40+ efforts in the meet.

SOUTH WEST

• Brian Scobie (28:34), Houston, and Kathy Hardy (34:28), New Orleans, took the masters titles in the oldest race in the South, the 81st Jackson Day 9K, New Orleans, January 10. Grand masters (50+) titlists were Jim Larson (31:19) and Susie Klutz (38:34).

• Bob Schlau (40, 2:22:25) of Charleston, S.C., and Susan Havens (40, 2:52:03) of Olympia, Wash., won the masters competitions in the Houston-Tenneco Marathon, January 17.

Continued on page 29

APOLLO JAVELINS

RECORD SETTERS FOR 1987

800G NEW RULE

J52 Laser	90m	\$227.00
J53 Aerodyne	80m	\$142.50
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Continued from page 28

Robert Nelson (47, 2:37:20), Salt Lake City, UT, and Tom Morris (40, 2:37:32), Louisville, CO, claimed the other M40+ places, as did Sally Edwards (40, 2:57:32), Sacramento, CA, and Betty Ferguson (40, 3:06:24), San Antonio, TX, in the W40+ race.

• Bob Channon, 42, of the Terlingua TC, toured the 8K course of the Gulf Association/TAC X-C Championships in 30:00 to win the M40+ race. Bob Fletcher, 55, Greater Houston TC, placed ninth (33:43). Mary Cullen, 48, of the Al Lawrence RC, led W40+ runners in the women's 5K (25:28). The Greater Houston "A" squad won the M40+ team contest (2:45:38).

WEST

• Joni Pendleton, 40, was second (20:12) in the San Diego TC's Balboa Boogie Women's 5K, San Diego, December 5. Ron Wells, 41, beat all M40+ finishers in the men's 5K, an hour before the women's with a 16:45.

• John Brennand, 52, Santa Barbara, CA, started the year right with a masters first (35:54) in the New Year's Day Resolution 10K, Santa Barbara. Stephanie Welch, 40, Santa Barbara, won the W40+ race (46:42).

• Ken Young, 46, did the 16.8 mile section in 2:21:17 and the 33.6 mile double loop in 5:14:05 in the Bear Canyon Loop at Tucson, AZ, in January to lead M40+ runners over the course, which has a 3000' to 6000' elevation climb. Mary Doyle, 45, paced the W40+ group in the single loop race with a 3:04:13.

• John Overton, 81, a Texas native who retired to Sun City, AZ, after long service with the Navy, bettered three national M80 records

Need an Address?

Want to write to a fellow masters athlete, but don't know where he or she lives? Maybe we know. Send us the name, along with \$2 and a self-addressed, stamped envelope, and we'll send you the address. If we don't have it, we'll return your \$2. Send to NMN, P.O. Box 2372, Van Nuys, CA 91404. If you don't want your address given out, please let us know. □

in '87, in the 5K (25:01.4); 8K (40:08); and 10K (50:52) No mean accomplishment for somebody who has been running for just over three years.

• Zev Yaroslavsky, 39, Los Angeles City Councilman, who may be in the city's mayoral race next year, is already running hard. He has run in two NYC Marathons and last year posted a creditable 3:25:45 in the L.A. Marathon. He does four to ten miles in his neighborhood in the morning, often on his favorite route through Hancock Park and the Fairfax District. "People will run up behind me and start talking about a pothole that needs fixing," he laughs. Admittedly an unstylish runner, he packs his trusty, old Nikes (blue and gold for his alma mater, UCLA), wherever he goes, including Warsaw, where, while on a 12-miler, he stumbled onto two Russian tanks in the trees. Whether or not he decides to throw his hat into the ring next year, Yaroslavsky will continue to throw his Nike-clad feet forward on the race courses; "...no matter how busy I get, no one can take running away from me," he says.

• At the Las Vegas Marathon, February 6, Stephen Lester, 45, ran the second fastest time ever for an American runner over age 44 when he won the masters division with a 2:23:10, placing 9th overall and winning \$750. Second place master was David Oropeza, of Phoenix with a 2:31:30.

• Mike Creery was 1st master in 31:08 in the McClassic 10K in San Diego, January 23. Patti Hurl was top W40+ in 38:44.

NORTHWEST

• The annual Oregon Twilight track and field meet will again feature a masters "Legends Mile" at its 1988 renewal on May 7 in Eugene, Oregon. Top masters runners, such as Web Loudat, Al Swenson, Jim Ryun, Frank Shorter, Tracy Smith, Peter Snell, and others will be invited to the race, which was the highlight of the 1987 meet. Meet director Jim Healey announced that there will be a qualifying mile race held in late April at Eugene's Hayward Field for runners who want to participate in the Twilight event. For details, contact Healey at 503/683-2797.

CANADA

• Maurice Tarrant of the Prairie Inn Harriers set a Canadian M55-59 8K record with a 27:49 in Vancouver, BC, January 17. In the race, two M40 runners placed second and third overall: Mike Creery (CR 24:58) and Jerry Tighe (25:12). Sylvia MacMahon was the first W40+ finisher (33:49).

INTERNATIONAL

• Norway's Bjorn Bang Andersen was not 50 years old, as reported in NMN, when he threw the 6k shot 17.78 (58-4) last September in a Norway-Sweden throwing meet to win the M50-54 division with a pending WR. Nordic countries have a rule that age is determined by



Martine, Andre and Brigitte Tocco all placed in the Footlocker Partner's 8K, Playa del Rey, Calif. While Martine, 24, and Brigitte, 47, took fifth in the mother/daughter category, Andre Tocco and Bruce Geddes stole the combined-ages 90+ category from ex-Olympians Billy Mills and Kip Keino, 57:31 to 61:34.

Photo by Richard Lee Slotkin

year of birth rather than date of birth. Andersen became 50 on November 14, 1987, but competed all year as an M50 in Nordic meets.

• Keith Prowse & Co. (USA) Ltd. is offering travel packages that guarantee a starting place in the '88 London Marathon, April 17. The Mars

London Marathon, the world's largest, accepted 28,000 runners in 1987 from 86,000 applicants. Places are reserved for 2000 overseas entrants. Contact Keith Prowse, 200 Galleria Parkway, Atlanta, GA 30339. 800/992-9223; 404/980-1783.

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P.O. Box 3394
Oak Ridge, TN 37831-3394

Meet Director: Dean Waters — (615) 483-7743
Information: Chuck Pate — (615) 524-5040



California's Dave Jackson leaps 40-6½ to win the M55 triple jump at the World Games.

Photo by Gretchen Snyder

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

March 19-20. TAC National Masters Indoor Championships, L.S.U., Baton Rouge, La. Track Office, LSU, Baton Rouge, LA 70893.

June 26. U.S. TAC National Masters Pentathlon Championships, Carlisle, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 to 11 p.m.

July 8-9. U.S. TAC National Masters Decathlon/Heptathlon Championships, Cal-State, Los Angeles. Mike Strong, Cal-State L.A., 5151 State University Dr., Los Angeles, CA 90032. 213/224-3692.

July 15-23. U.S. Olympic Trials, Indianapolis. U.S. T&F Trials/88, P.O. Box 6060, Indianapolis, IN 46206. 317/636-1988.

August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gailey, 341 N. Maitland Ave., Maitland, FL 32751. 305/628-8850.

EAST

March 5. Philadelphia Masters Indoor Championships, Haverford, Penn. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19144. 215/842-3807.

March 27. All-Comers Indoor Meet, Smith College, Northampton, Mass. 1:00 p.m. Lincoln Russin, 413/586-8194.

March 27. TAC Eastern Regional Masters Indoor Championships, Manley Field House, Syracuse, N.Y. Evelyn White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

June (early). Western Penn Championships, Washington, Pa. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301. 412/228-1872.

June 26. Rhode Island Senior Olympics, Brown U., Providence. Dolores Bergeron, 79 Washington St., Providence, RI 02903. 401/277-6880.

July 31. Tri-State Track Club Classic, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

SOUTHEAST

April 15-17. Palm Beach Championships (Florida Masters Championships), Palm Beach County. Includes team championship. Frank Valdes, 6301 Dockside Circle, Greenacres, FL 33463. 305/968-7171.

April 23. Florida Senior Games, Delray Beach, Fla. (40+). Bob Fine, 4223 Palm Forest Dr. N., Delray Beach, FL 33445.

April 29-30, May 1. 18th Annual Southeastern Masters Invitational, North Carolina State U., Raleigh. Plus long distance races. Stu Northup, c/o Raleigh Parks & Rec., P.O. Box 590. Raleigh, NC 27602.

May 14. Birmingham Track Club Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031. Entry form in April NMN.

June 11. TAC Southeast Regional Masters Championships, Emory U., Atlanta. Includes team championship. Sid Davis, c/o Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9064.

June 11-12. 13th Annual Northwest Classic, Miami-Dade Community College, North Campus. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

June 17-19. Tennessee TAC Masters Championships, U. of Tennessee, Knoxville. Oak Ridge TC, P.O. Box 3394, Oak Ridge, TN 37830. Dean Waters, 615/483-7743; Alan Morgan, 615/522-5881.

September 3. 13th Annual Blue Cross/Blue Shield Virginia Masters Championships, U. of Virginia, Charlottesville. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

MIDWEST

March 6. Ohio TAC Indoor Championships, French Fieldhouse, Columbus. W. Curtis Stitt, P.O. Box 09147, Columbus, OH. 43209. 614/237-6513.

March 13. George Knox Track run (up to 50K), Worthington, H.S., Worthington, Ohio. Otho Perkins, Wolfpack TC, 1646 Arrowood Loop, N. Columbus, OH 43229. 614/885-0070.

March 13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

April 30. North Coast Relays & Championships, Mayfield H.S., Mayfield, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118. (O) 216/687-7133; (h) 932-0049.

May 15. Wolfpack Spring Throwing Meet, Washington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

May 29. Wolfpack Pentathlon/Ohio TAC Pentathlon Championships, Upper Arlington H.S., Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

June 12. 5th Annual Athlete's Foot Open/Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, Masters Meet, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

June 25. Cleveland Track Classic, Wickliffe H.S., Cleveland, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid, OH 44121. 216/382-2656.

July 2. Early Morning "R" Track Masters '88, Hamline U., St. Paul, Minn. Pre-registration. Rachel Lyga, 122-63 1/2 Way NE Fridley, MN 55432.

September 11. Wolfpack Throwing Classic,

Worthington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

MID-AMERICA

May 30-June 2. St. Louis Senior Olympics, St. Louis Country Day H.S., St. Louis, Mo. Suzy Seldin, No. 2 Millstone Campus, St. Louis, MO 63146. 314/432-5700, X188.

August 14. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

September 3-4. Rocky Mountain Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Av., Aurora, CO 80010. 303/341-2980

SOUTHWEST

April 22. Dallas Parks Senior Games, P.C. Cobb Complex, Dallas, Texas. M & W 50+. Ed Toliver, Bachman Recreation Center, 2750 Bachman Dr., Dallas, TX 75220. 214/670-6258.

May 1. Runners' Pentathlon, Milne Stadium, Albuquerque, N.M. Tom Bell, 2403 San Mateo N.E., Suite P-17, Albuquerque, NM 87110. 505/884-5701(d); 821-2454(e).

May 28. TAC Southwest Regional Masters Championships, Tulane U., New Orleans. Daniel Thiel, 1459 Verna St., New Orleans, LA 70119.

July 9. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802.

WEST

March 5. River City Spring Masters/Open Relays, CSU-Sacramento, Calif.; regular & weight Pentathlons. SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

March 5. Sport-Arcade III Masters Meet, CSU-Northridge, Calif. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 388-9689.

March 9-13. Southern California Regional Senior Olympics, Palm Springs. M & W 55+. Legal SASE to Senior Olympics, 401 So. Pavilion Dr., Palm Springs, CA 92262. Ben Green, 619/323-8274.

April 17. Mt. SAC Masters Relays, Mt. San Antonio College, Walnut, Calif. Hal Smith, 18750 Oxnard St. No. 404, Tarzana, CA 91356. 818/342-1174.

April 30. Ken Carnine Classic, CSU-Sacramento, Calif. SASE Mike Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

April 30. Redlands Kiwanis Masters Meet, Redlands, Calif. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

May 28. Anteaters Masters Classic, UC-Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 4. Southern California Striders Meet of Champions, U.C. Irvine, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

June 11. Pacific Association/TAC Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

June 18. SCA/TAC Masters Championships, Occidental College, Eagle Rock, Calif. Gary or Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 19-25, June 26-July 2, *July 24-30. Mammoth Athletics Camp, Mammoth Lakes, Calif. Camp director will be Dr. Ken Foreman, 1988 Olympic team coach. See ads in NMN for other coaches. *Special Distance Running & Fitness Walking Session. MAC Inc., 7411 Earldom, Playa del Rey, CA 90293. 213/281-1993.

July 2. River City Invitational, CSU-Sacramento, Calif; plus weight pentathlon.

Continued on page 31

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SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

July 16-17. TAC Western Regional Masters Championships, CSU-Northridge, Calif. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

July 30. Northern California Seniors Meet, UC-Berkeley. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101.

August 20. 3rd Annual California Masters Team Championship, Northern California site TBA. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

September 3. 4th Annual Patriots Summer Relays '88, L.A. Southwest CC, Los Angeles. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

NORTHWEST

June 4. Senior Sports Festival Meet, Seattle. Diana Hovland, 100 Dexter Ave. North, Seattle, WA 98109. 206/684-4951.

June 17-18. 5th Annual Federal Way Invitational, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. Ron Mattila, 206/838-1340(d); 206/845-8745(e).

June 25-26. 7th Hayward Classic, Eugene, Oregon. Jerry Jackson, 933 Northridge, Springfield, OR 97477. 503/746-0605.

INTERNATIONAL

March 25-26. British National Veterans Indoor Championships, RAF Cosford, West Midlands. Jack Cross, 36 Manor Rd., Atherstone Warwicks CV9 England.

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

April 14. Australian Veterans Athletic Championships, Brisbane. Pauline Burns, 141 Sirius St., Coorparoo, Queensland 415. 07/397-1356.

June 11-15, 1988. IV Oceania Veterans Championships, Noumea, New Caledonia. AAVAC, PO Box 311, Greensborough, 3008, Victoria, Australia.

June 25-July 2. VI European Veterans Championships, Verona, Italy. VERONA '88, c/o IMITT Club Italia, Via Martinetti 7, 20147 Milano/Italy. Entry deadline April 15.

September 17 - October 2. XXIV Olympic Games, Seoul, Korea. T&F News, Box 296, Los Altos, CA 94023. 415/948-8188.

October 15-25. Central Australian Masters Games, Alice Springs, Northern Territory. P.O. Box 1095, Alice Springs, NT 5750. Tel (089) 528222.

LONG DISTANCE RUNNING NATIONAL

March 13. U.S. TAC National Masters 15K Championships, Tucson, Ariz. Bruce Stevenson, 2628 N. Tyndall, Tucson, AZ 85719 602/882-4382.

March 27. U.S. TAC National Masters 5K Championships, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

April 10. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

May 6, 7, 8. Ben-Gay Active America Day Runs (5K to 10K), slated for 50 cities. Lisa Hooker, Account Executive, The Boasberg Co., 800 W. 47th St., Suite 705, Kansas City, MO 64112. 816/756-1867.

June 4. U.S. TAC National Masters 15K Walk Championships, Chicago, Ill. Carol Garsee, 708 Dearborn Parkway, Chicago,

IL 60611. 312/664-0823.

July 9. U.S. TAC National Masters 10K Walk Championships, Niagara Falls, N.Y. Ron Winiecki, 161 Stewart Ave., Buffalo, NY 14211. 716/896-7609.

July 23. U.S. TAC National Masters 1 Mile Championships, Hibbing, Minn. Tim Zbinkowski, 11270 E. French Lake Rd., Osseo, MN 55369. 218/941-3300.

August 4, 5, 6, or 7. U.S. TAC National Masters 20K Walk Championships, Showalter Field, Orlando, Fla. Jose Rodriguez, Florida TAC Association, 1330 N.W. 6th St., Gainesville, FL 32601. 904/377-0134.

August 13. U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township, NY 07712. 201/531-4156.

September 4. U.S. TAC National Masters 20K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NJ 11554. 516/579-7466.

September 11. U.S. TAC National Masters 25K Championships, Eugene, Oregon. Marcia McChesney, 4965 W. Hillside Dr., Eugene, OR 97404. 503/344-8106.

September 11. U.S. TAC National Masters 40K Walk Championships, Ft. Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

September 24-25. U.S. TAC National Masters 24-Hour Run Championships, Atlanta, GA. Larry Robbins, 4654 Latimer Ct., Kennesaw, GA 30144. 404/529-7196.

October 16. U.S. TAC National Masters 30K Walk Championships, E. Meadow, N.Y. Gary Westerfield, P.O. Box 440, Smithtown, NY 11787. 516/979-9603.

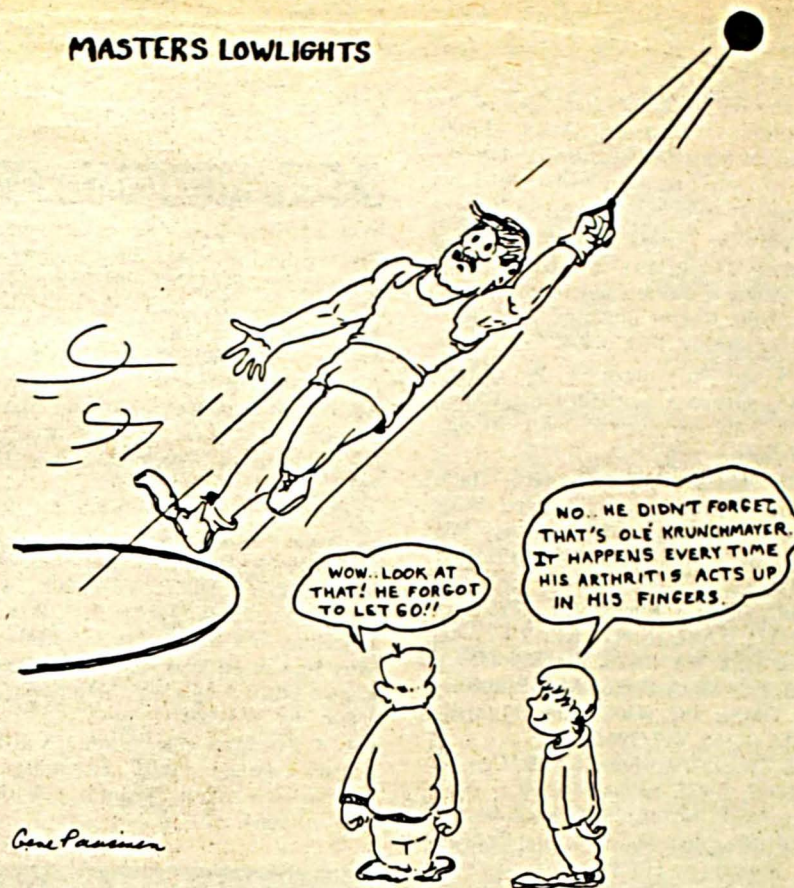
October 22. U.S. TAC National Masters 100K Championships, Duluth, Minn. William Wenmark, 1829 Portland Ave. So., Minneapolis, MN 55402. 612/593-9041.

November 13. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Sebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712.

November 20. U.S. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Box 116A, Hwy. 33, Englishtown, NJ 07726. 201/446-4959.

November 25. U.S. TAC National Masters 5K Cross-Country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

MASTERS LOWLIGHTS



November 27. U.S. TAC National Masters 15K Cross-Country Championships, Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

December 3. U.S. TAC National Masters 8K Championships, Phoenix, Ariz. Mike Copeland, 115 W. Echo Lane, Phoenix, AZ 85021. 602/997-6494.

December 4. U.S. TAC National Masters Marathon Championships, Sacramento, Calif. \$28,200 masters prize money. John Mansoor, 10513 Fair Oaks Blvd., No. J, Fair Oaks, CA 95628. 916/966-6185.

December 10. U.S. TAC National Masters Half-Marathon Championships, Orlando, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

December 18. U.S. TAC National Masters

100K Walk Championships, Research Triangle Park, N.C. Carl Birk, 8915 Broadway, #9262, Houston, TX 77061. 713/645-3917.

EAST

March 13. St. Patty's 10 Miler, Allentown, Pa. St. Patty's Run, P.O. Box 252, Leesport, PA 19533.

March 20. Lady Equitable Twelve 10K, Baltimore, Md. Lady Equitable 12, Equitable Bank, 6th Fl., 100 S. Charles St., Baltimore, MD 21201.

March 20. New Bedford/Bank of Boston Half-marathon. \$2000 masters money. Paul Foster, 69 Forest St., New Bedford, MA 02740. 617/999-2699.

Continued on page 32

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ABOUT THE AUTHOR:

Scott Sanders has been actively involved in track & field for the past 12 years. With a successful collegiate and international sprinter and as a Division I coach at the University of Colorado, he has had great success applying his programs to aid in the development of masters sprinters, including Hugo Martensson, multi-time national and international sprint champion of 100 and 200 meters, and most recently John S. Pappert, the 1989 National 100/200 champion in 1986 and 1987. Scott hopes that this video will provide the serious master's sprinter with the information needed to turn his desires into success. Good luck!

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Continued from page 31

March 26. Perrier 10K, Central Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

March 27. Clinton Savings Bank/NEAC 30 Championships, Boylston, Mass. 11:00 a.m. Central Mass Striders, Box 2, Greendale Stn., Worcester, MA 01606. 617/869-6541; 464-2608.

March 27. Nike Cherry Blossom 10 Mile, Washington, D.C. Entry by lottery closed Jan. 15. Some additional places for invited runners. Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904.

April 9. Focus On Women 5K, Worcester, Mass. Rec. Office, Green Hill Park, Channing St. Ext., Worcester, MA 01605. 617/799-1293.

April 10. Hudson-Mohawk RRC Half-Marathon, Schenectady to Albany, N.Y. HMRR, P.O. Box 12304, Albany, NY 12212. Tom Bulger, 518/783-8925(h); 783-4259(w).

April 10. Vivicitte Ellesse 12K, Prospect Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4435.

April 10. 1988 MDA-Boston Milk Run 10K, Boston. DMSE, Inc., 430C Salem St., Medford, MA 02155. 617/396-3001.

April 16. Trevira Twosome 10 Mile, Central Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

April 18 (Monday). 92nd Annual B.A.A. Boston Marathon, Hopkinton to Boston. Qualifying times. Deadline March 21. SASE to BAA Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

April 24. New Jersey Waterfront Marathon, Jersey City. 1988 Men's Olympic Marathon Trials. Harborside Financial Center, Plaza Two, 10th Fl., Jersey City, NJ 07302. 201/432-5530.

May 1. Newsday Long Island Marathon/Half-Marathon, Long Island, N.Y. Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 1. Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, Inc. 638 USX Building, Pittsburgh, PA 15230. 412/391-2800.

May 28. Freihofer's Run for Women 10K, Albany, N.Y. George Regan, 233 4th St.,

Troy, NY 12180. 518/273-0267.

November 6. New York City Marathon, NYC. Applications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

SOUTHEAST

March 5. River Run 15K, Jacksonville, Fla. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 12. Azalea Trail Run 10K, Mobile, Ala. Azalea Trail Run, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE. Entry form in Feb. issue.

April 9. Massanutten Mountain Massacre 50 Mile, Detrick, Va. Anstr Davidson, 1813 N. Madison St., Arlington, VA 22205. 703/532-8820.

April 24. City of Delray Beach 10K Run & 5K Walk. Florida Racewalkers, 4223 Palm Forest Dr. N., Delray Beach, FL 33445.

May 28. Elby's Distance Run 20K, Wheeling, W. Va. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 304/233-5000.

May 30. Cotton Row Run 10K, John Denison, 14019 Coy's Dr., Huntsville, AL 35802. 205/881-5807.

July 4. Peachtree 10K, Atlanta, Ga. \$3000 masters money. Julia Emmons, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

MIDWEST

March 27. Cincinnati Heart Mini-Marathon 15K, Cincinnati. American Heart Assn., 2936 Vernon Place, Cincinnati, OH 45219. 513/281-4048.

April 17. Jack Mortland Invitational/Mideast TAC Racewalk Championships (m 20K; w 10K), Whetstone Park, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

May 5-8. RRCA 1988 Convention, Indianapolis. Convention, Indy Runners, 1411 W. 86th St., Indianapolis, IN 46260. Henley Gible, 703/768-0545.

May 8. Jesse Owens 5K, Columbus, Ohio. Ron Althoff, OSU, 106 Larkins Hall, 337

W. 17th Ave., Columbus, OH 43210.

May 14. Old Kent River Run 25K, Grand Rapids, Mich. Jeannie Fichtel, P.O. Box 2194, Grand Rapids, MI 49501. 616/774-5261.

May 15. Revco Cleveland Marathon/10K, Cleveland, Ohio, Reno Starnoni, P.O. Box 46604, Bedford, OH 44146.

MID-AMERICA

May 1. Lincoln Marathon/Half-Marathon, Lincoln, Nebr. Thomas Kay, 2809 Jackson Dr., Lincoln, NE 68502. 402/473-1164.

May 30. Bolder Boulder 10K. Masters money. Lance Enholm, 3033 Iris St., Boulder, CO 80301. 303/444-RACE.

June 11. Grandma's Marathon, Duluth, Minn. Legal SASE to Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

SOUTH WEST

March 27. Capitol 10,000, Austin, Texas. Capitol 10K, P.O. Box 2936, Austin, TX 78769. 30,000 entry limit. Deadline Feb. 24.

April 16. Crescent City 10K, New Orleans. Mac De Vaughn, 8200 Hampson St. Suite 407, New Orleans, LA 70118. 504/861-8686.

WEST

March 5, 12, 19, 20, 26, 31. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/949-0394.

March 6. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1988.

March 13. Maui Marathon, Kahului, Hawaii. Valley Isle RR, P.O. Box 330099, Kahului, HI 96733. 808/242-6042.

March 27. Bonne-Bell Women's 10K, San Francisco. Scott Thomason, P.O. Box 27557, San Francisco, CA 94127. 415/681-2322.

April 2-3. Tropicana/KLAS-TV Las Vegas 10K/Half-Marathon, Las Vegas, Nev. Thomas Sports Enterprises, S. Tioga Way, Las Vegas, NV 89117. 702/368-2885.

April 16. 33rd Annual Fontana Days Half-Marathon/5K, Fontana, Calif. Fontana Races, P.O. Box 518, Fontana, CA 92334. 714/350-7635.

April 17. Big Sur Marathon, Big Sur, Calif. Big Sur Marathon, Box 222620, Carmel, CA 93922.

April 24. San Diego TC Fastest Masters 10K, San Diego, Calif. #10 SASE to Dale Larabee, Race Director, 4557 W. Talmadge Dr., San Diego, CA 92116. 234-3054.

May 1. Long Beach Marathon, Long Beach, Calif. LB Marathon, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 1. Avenue of the Giants Marathon, Weott, Calif. Line Race Consulting, P.O. Box 1049, Coronado, CA 92118. 707/443-1226.

May 15. Bay To Breakers 12K, San Francisco. Terri Robbins, 110 5th St., San Francisco, CA 94103. 415/777-7773.

May 22. Buick 10K, San Diego. Tim Murphy/Lynn Flanagan, 3456 Ingraham St., San Diego, CA 92106. 619/483-9501.

June 19-25, June 26-July 2, *July 24-30. Mammoth Athletics Camp, Mammoth Lakes, Calif. Camp director will be Dr. Ken Foreman, 1988 Olympic team coach. See ads in NMN for other coaches. *Special Distance Running & Fitness Walking Session. MAC Inc., 7411 Earldom, Playa del Rey, CA 90293. 213/281-1993.

NORTHWEST

April 9. 12th Annual Pear Blossom 20K Run, Medford, Oregon. Pear Blossom Run, P.O. Box 146, Medford, OR 97501.

ON TAP FOR MARCH

TRACK & FIELD

Masters and submasters will enjoy heated competition in Baton Rouge, La., in TAC's National Masters Indoor Championships, on the 19th and 20th, at L.S.U. Entrants can fine tune at the Philadelphia Masters Meet on the 5th; the Ohio TAC Championships in Columbus on the 6th; and the TAC Midwest Regional Championships in Sterling, Ill., on the 13th. Westerners bound for Cajun Country can participate in two outdoor meets on the 5th: the River City Spring Relays in Sacramento and the Sport-Arcade Meet in Los Angeles.

LONG DISTANCE RUNNING

Two TAC National Masters Road Championships will be decided: the 15K in Tucson on the 13th, and the 5K in DeLand, Fla., on the 27th. Non-participants will have plenty of other big-name races, starting with the Jacksonville River Run 15K in Florida on the 5th. The L.A. Marathon promises a Shorter-Rodgers-Brown shoot-out on the 6th. The 12th offers the Azalea 10K in Mobile, while the St. Patty's 10 Mile in Pennsylvania goes off the next day. The New York Road Runners Club uncorks the Perrier 10K in Central Park on the 26th. On the 27th, Nike Cherry Blossom 10 Mile candidates will run in the Capital; the earth will tremble in Austin, Texas, when 30,000 entrants pound the pavement in the Capitol 10K; and women will have their day in San Francisco in the Bonne-Bell 10K. □

Race Directors: Jerry & Zella Swartsley, 503/535-1205 between 7-8 p.m.

April 10. Emerald City Marathon, Seattle, Wash. PNB/ECM, 101 Elliott Ave. WA, No. 430, Seattle, WA 98119.

May 1. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Anne Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

June 26. Cascade Run Off 15K, Portland Oregon. \$3500 masters money. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

June 26-July 4, July 30-August 5. Eugene Experience Running Vacations, Eugene, Oregon. Free brochure: Box 5453, Eugene, OR 97405. 503/343-2063.

INTERNATIONAL

March 13. China Coast Half-Marathon/Marathon, Hong Kong. AVOHK, GPO Box 10368, Hong Kong.

April 10. Nike Canberra Marathon and Australian Veterans Marathon Championships, Canberra, Australia. GPO Box 252, Canberra, ACT 2601, Australia.



Terry Gerber, 38, takes water at the 10-mile mark of the Western Hemisphere Marathon, December 6, in Culver City, Calif. Gerber was first female by over 18 minutes, running 2:50:56 and missing the Olympic Trials qualifying mark by less than a minute. Photo by Richard Lee Slotkin

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

ALL-AMERICAN ACHIEVERS FOR FEBRUARY, 1988

MEN 30-34	EVENT	MARK
RICHARD BAGGATT	Pole Vault	14'6"
NATHAN TAYLOR	Pole Vault	14'1 1/4"
NATHAN TAYLOR	Triple Jump	47'4"
GLEN M. TURNER	Triple Jump	43'2"
MEN 35-39		
JOHN M. ANDERSON	Pole Vault	14'6"
MIKE DAVIS	Pole Vault	13'
JOHN ROEHR	Shot Put	48'5 1/2"
MEN 40-44		
JOHN ROEHR	Shot Put	44'6"
JEFFREY VEATCH	10,000 Meters	34:48
RUSS WHITE	Javelin	197'8"
MEN 45-49		
GARY L. BANE	110 Meter Hurdles	17.26
GARY L. BANE	400 Meter Hurdles	60.25
GARY L. BANE	Pole Vault	11'6"
GARY L. BANE	Long Jump	17'11"
DAVE BOLHUIS	Long Jump	18'0"
STEPHEN L. IRELAND	100 Meters	11.87
STEPHEN L. IRELAND	200 Meters	24.89
STEPHEN L. IRELAND	400 Meters	53.84
MEN 50-54		
CHARLES R. DUDLEY	100 Meters	12.27
CHARLES R. DUDLEY	200 Meters	25.75

STEVE HOLMES
STEVE HOLMES
NORMAN D. MOSLEY
NORMAN D. MOSLEY
J. RENE WILETT
MEL YODER
MEN 55-59

LEN OLSON
LEN OLSON
LEN OLSON
LEN OLSON
JIM SCHIRBER
MEN 65-69

JOHN E. ALLEN
JOHN E. ALLEN
BOB WARWICK
BOB WARWICK
BOB WARWICK
BOB WARWICK
BOB WARWICK
BOB WARWICK
WOMEN 50-54

SHEILA SMITH
SHEILA SMITH

Javelin 167'6"
Discus 147'5 1/2"
100 Meters 12.4
200 Meters 25.8
800 Meters 2:18.8
10,000 Meters 36:44

Discus 142'8"
Javelin 135'9"
Hammer 130'9"
Shot Put 46'7 1/2"
1500 Meters 4:50.79

Shot Put 43'8"
Discus 127'4"
High Jump 4'5"
100 Meter Hurdles 19.3
Long Jump 12'8 1/2"
Long Jump 12'5 3/4"
Long Jump 12'4 1/2"
Long Jump 12'2 1/2"

5000 Meter Race Walk 29:50.79
10,000 Race Walk 61:34



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ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

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
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
5K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
10K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH									18.0	21.0		
300mH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
H.J.	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 1/2"	6'3 3/4"	5'9 1/2"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4'5"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20' 1/2"	18'8 1/2"	17'4 1/2"	16'3 3/4"	14'9"	13'6 1/2"	12'2 1/2"	10'11"	9'6 1/2"	8'4 1/2"	7' 1/2"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 1/2"	38'3 3/4"	35'9 1/2"	33'5 1/2"	31'4"	29'2 1/2"	26'11"	24'7 1/2"	22'3 1/2"	20' 1/2"	18' 1/2"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	10.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/2"	49'2 1/2"	35'4 1/2"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2"	46'3"	42'8"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/2"	31'2"	27'6 1/2"	23'7 1/2"

notes: 1) 100m standards are for auto time, will use standard conversion for hand time

2) All High Hurdles are for 110m, 39" 30-49, 36" 50-59, 33" 60-69 30" 70+

3) Weights S.P. 16# 30-49 12# 50-59 8# 60+

Dis 2kg 30-49 1.6 50-59 1.0 60+

Jav 800gm 30-59 600gm 60+

Hammer 16# 30-49 12# 50-59 8# 60+

4) Metric heights and distances are the standard, feet and inches for convenience

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
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	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
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8"	4'5 1/2"	4'2"	3'11"	3'7 1/2"	3'6 1/2"	3'4 1/2"	3'2 1/2"	3'0 1/2"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 1/2"	28'3"	26'7 3/4"	25 1/2"	23'5 1/2"	22'7 3/4"	20'5 1/2"	18'10"	16'5"	13'11 1/2"	13'1 1/2"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

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NAME: _____ PHONE: _____

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EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

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If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.

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

Bud Light/PA Masters Dickinson College Carlisle, PA; January 3 200m Chemtuff Track

55m
M30
1. Al Harden - 6.7
2. L. Galloway - 6.7
3. G. Brown - 7.1

M35
1. Ralph Penn - 6.8
2. S. Thornsley - 6.9

M40
1. Paul Zachman - 7.4
2. Rich Kumor - 7.7

M45
1. D. Abayomi - 7.3

M50
1. D. Pratt - 7.3
2. Bill Wright - 7.3
3. Earl Mege - 7.8
4. W. Dameron - 8.4

M55
1. Bob Keegan - 7.2
2. B. Heintzelman - 8.3
3. Jack Nyham - 9.0
4. Ned Curran - 9.0

M60
1. Max Goldsmith - 8.0
2. Bill Townsend - 8.1
3. Sam Media - 8.7

M65
1. Bill Carmen - 8.7

M70
1. Elmer Shaw - 9.3

M75
1. M. D'Elia - 9.3
2. Don Ernst - 10.5

W60
1. Pat Peterson - 9.3

W75
1. Vivian Nelson - 11.6

200m
M30
1. G. Brown - 26.2
2. J. Brown - 26.5

M35
1. Ralph Penn - 24.4
2. S. Thornsley - 24.9
3. Bob Bowen - 25.7

M40
1. B. Noeller - 27.3
2. Rich Kumor - 27.8
3. Bill Indek - 30.8

M45
1. D. Abayomi - 26.0
2. Bill Burrell - 26.5
3. Rett Oren - 27.2
4. Jim Hodge - 27.8
5. D. Gibson - 31.7

M50
1. Dawson Pratt - 26.0
2. Ken Baker - 26.1
3. Earl Mege - 29.3

M55
1. Bob Keegan - 26.1
2. B. Heintzelman - 30.7
3. Jack Nyham - 33.5

M60
1. Max Goldsmith - 31.7
2. Bob Stanhope - 32.8
3. Sam Media - 33.8

M65
1. Jim Manno - 31.2

M75
1. M. D'Elia - 36.5
2. Don Ernst - 44.0

W60
1. Pat Peterson - 36.7

W75
1. Vivian Nelson - 50.3

400m
M30
1. Jim Brown - 56.9

M35
1. Ralph Penn - 53.8
2. Bob Bowen - 57.1

M40
1. Don Boyer - 58.1
2. Rich Kumor - 61.5

M45
1. Bill Burrell - 58.4
2. Rett Oren - 59.0

M50
1. Dawson Pratt - 60.2
2. W. Dameron - 61.0

M55
1. B. Heintzelman - 70.3

M60
1. Ray Lister - 75.7

M65
1. Jim Manno - 74.1

M75
1. S. Monastero - 89.8

W60
1. Pat Peterson - 93.9

800m
M35
1. Jim Shank - 2:05.1
2. Russell Floyd - 2:06
3. Bob Thomas - 2:14.4

M40
1. Bill Bowers - 2:11.9
2. G. Rasmus - 2:15.6
3. Bill Indek - 2:26.5

M45
1. J. McFadden - 2:17.4
2. Kelsey Brown - 2:21.2
3. Jim Hodge - 2:25.8

M50
1. W. Dameron - 2:45.3

M55
1. B. Heintzelman - 2:45.7
2. Bob Stanhope - 2:45.7
3. Jack Nyham - 2:47.6

M60
1. Ray Lister - 2:47.8

M75
1. S. Monastero - 3:23.4
2. H. Zachman - 3:29.8

W50
1. B. Dameron - 3:12.3

W55
1. Gloria Schmidt - 4:06.2

M1500
M30
1. Tim Cook - 4:16.1

M35
1. Bob Thomas - 4:32
2. Guy Hoffer - 4:53

M40
1. Jim Sutton - 4:35.7
2. John Cantilupi - 4:36.3
3. Tom Cook - 4:39.2

M45
1. J. McFadden - 4:51.2
2. Manin Sealio - 4:57.4
3. Bob Coleman - 5:32.5

M50
1. W. Dameron - 6:07.2

M60
1. Kelsey Brown - 5:26
2. Ray Lister - 5:59.8

W50
B. Dameron - 6:17.7

3000m
M30
1. Tim Cook - 8:47.6

M40
1. Tom Cook - 9:49

M45
1. B. Coleman - 11:52.7

M50
1. W. Dameron - 12:08

M55
1. George Taylor - 7.55

M60
1. Denver Smith - 9.71
2. Bill Townsend - 9.11

M65
1. Don Harris - 6.51

M70
1. H. Morningstar - 6.02

M75
1. H. Zachman - 5.20

W40
1. Phil Raschker - 10.52

W50
1. B. Dameron - 13:04

HJ
M35
1. Bruce Dallas - 5'9"
2. Ivan Black - 5'2"

M40
1. Jim Lubrecht - 5'2"

M50
1. Earl Mege - 4'4"

M55
1. J. Reiserer - 4'4"
2. Ned Curran - 3'6"

M65
1. Bill Carmen - 3'4"

M70
1. H. Morningstar - 4'2"
2. Elmer Shaw - 4'0"

W55
1. Gloria Schmidt - 3'2"

W75
1. Vivian Nelson - 3'2"

PV
M30
1. Ken Ellis - 13' 6"
2. Bill Cashman - 9' 0"

M45
1. E.M. Zuraw - 11' 0"

M50
1. H. Davenport - 10' 6"
2. Phil Mulky - 10' 6"

M55
1. George Taylor - 7' 0"

M70
1. H. Morningstar - 7' 0"

W40
1. Phil Raschker - 8' 0"

LJ
M30
1. Bill Cashman - 4.58

M35
1. Ivan Black - 4.98

M40
1. Paul Zachman - 5.37
2. Jim Lubrecht - 4.65

M45
1. DeLeon Gibson - 4.07

M50
1. Bill Clark - 3.89

M55
1. Ned Curran - 3.31

M60
1. Bill Townsend - 4.44
2. Max Goldsmith - 3.77

M65
1. Bill Carmen - 3.78
2. Don Harris - 3.28

M75
1. H. Zachman - 2.47

W60
1. P. Peterson - 2.65

W75
1. Vivian Nelson - 2.42

TJ
M30
1. Bill Cashman - 9.02

M35
1. Ivan Black - 10.41

M40
1. Paul Zachman - 8.96
2. Jim Lubrecht - 8.56

M50
1. Phil Mulky - 10.47
2. Earl Mege - 7.87

SP
M30 (7.26K)
1. Scott Bull - 12.53
2. Pete Collins - 11.27

M35 (7.26K)
1. Jim Keys - 13.85
2. C. Shumaker - 12.90

M40 (7.26K)
1. Larry Pratt - 12.51
2. P. Zachman - 8.30
3. Frank Monroe - 8.24

M50 (6.0 K)
1. Bill Houck - 10.78

M55 (6.0K)
1. Ned Curran - 10.74

M60 (5.0 K)
1. Denver Smith - 10.80

M70 (4.0 K)
1. Elmer Shaw - 11.71
2. H. Morningstar - 11.34

4th Annual Brown University Masters Invitational Providence, RI; January 17

55m DASH
M30 Robert Parizo 6.4
Al Harden 6.6
Neil Steinberg 6.7
Greg Troy 7.2
Ken Castro 7.2
M35 Al Walton 6.6
Pershing Reid 6.9
Jasper Royal 6.9
David Larson 7.2
Jon Hamon 7.3
Ivan Black 7.3
Lou Miller 8.2
M40 Ron Johnson 6.8
Roger Pierce 6.9
Robert Overton 7.0
Charles Varnet 7.6
M45 Fred Niedermeyer 7.0
Peter Tams 7.2
John Whelan 7.2
George Brophy 7.7
Frank Walker 7.7
Richard Ciccone 8.0
M50 Roosevelt Weaver 6.9
Cliff Pauling 7.1
W. Wright 7.2
Norm Mosley 7.3
Hassan Al-Sayeed 7.7
Dick Hurley 7.8
Jack Kortekamp 8.0
Ed Kent 8.0
M55 Pat Ferraro 8.3
Don Hudson 8.5
Jack Myhan 8.7
Ned Curran 8.7
M60 Manny Herscher 8.0
Howard MacMillan 8.2
Dick Klein 8.3
M65 Vern Mattson 8.2
Don Knapp 8.7
Amend Ricciardi 9.2
M70 Sparks Sorlien 8.4
M75 Joe McCluskey 10.7
M30 Joann Angotti 7.2
M35 Beth McBride 8.3
M40 Kathy Pierce 8.4
Natalie Dinitto 10.7
M45 Sandra Hayes 9.6
M60 Patricia Peterson 9.4
Ann McGowan 12.0
M70 Camella Harris 11.0

300m RUN
M30 Adrian Sterette 37.0
Daryl Bovell 37.3
Al Harden 38.5
James Brown 41.8
M35 Al Walton 37.3
Don Hodge 37.7
Robert Walker 37.9
Dennis Hursey 38.7
David Larson 39.9
Jon Hamon 42.7
Lou Miller 51.4
M40 Ron Johnson 37.8
Roger Pierce 40.6
David Wood 41.3
Jim Brady 51.7
M45 Ed Small 39.4
Fred Niedermeyer 40.4
Bill Burrell 41.8
Peter Tams 47.1
Fred Bertelsen 42.9
M50 Cliff Pauling 42.1
Hassan Al-Sayeed 43.2
Norm Mosley 43.6
Jack Kortekamp 44.4
Mort Hahn 66.5
M60 Dick Klein 47.6
Manny Herscher 49.1
Howard MacMillan 54.0
M65 Merle Rider 59.3
M30 Joann Angotti 49.1
M40 Natalie Dinitto 64.3
M45 Sandra Hayes 57.7
M60 Patricia Peterson 59.2

500 METER RUN
M30 Adrian Sterett 1:08.5
Daryl Bovell 1:08.8
Jeff Hennessy 1:10.5
Bob Strout 1:12.1
James Brown 1:17.4
M35 Robert Walker 1:08.7
Don Hodge 1:09.0
Dennis Hursey 1:13.0
Stephen Hackett 1:29.2
M40 Dan Boyer 1:15.0
Bill Musuck 1:15.2
M45 Ed Small 1:14.1
Bill Burrell 1:18.5
Fred Bertelsen 1:28.2
M50 Cliff Pauling 1:14.0
M60 Howard MacMillan 1:42.9
M65 Merle Rider 1:52.2
M30 Sally Kent 1:35.1
M40 Kathy Pierce 1:37.2
M45 Sandra Hayes 1:43.3
M60 Patricia Peterson 2:06.7

800 METER RUN
M30 Bill Okerman 2:03.1
Bob Strout 2:08.3
Bill Hurley 2:10.6
Bill Tharian 2:15.8
M35 Jim Shank 2:03.1
Jasper Royal 2:04.9
Henry Finch 2:09.1
Matt Hird 2:13.9
M40 Al Swenson 2:02.4
Ken Baker 2:05.8
(Age 50-54 World Record)
Jim Hampton 2:07.3
Bob Weiner 2:12.0
Brad Johnson 2:16.6
Ed Lyons 2:18.8
M45 Sam McClendon 2:18.8
M50 Cliff Pauling 2:12.0
John Conner 2:12.3
Art Conro 2:21.6
Ned Price 2:31.3
M55 Kelsey Brown 2:18.3
Arnold Meardon 2:34.6
Jack Nyhan 2:43.8

Continued on next page

NATIONAL

1988 TAC Masters National Indoor Pentathlon Championships, Dickinson College, Carlisle, PA; January 3

Name	HH	LJ	SP	HJ	1000m	Score
1. Jeff Watry, 32, VA	8.2	6.12	10.75	1.93	2:47.6	3478
2. Ken Ellis, 30, OK	7.9	5.95	11.09	1.78	3:46.9	2872
1. Steve Suto, 38, NY	9.1	5.52	11.37	1.87	4:01.6	2424
2. Chuck Miller, 50, TX	9.6	5.39	8.93	1.58	3:11.4	2354
3. Phil Mulkey, 54, GA	8.7	9.54	9.54	1.58	3:35.1	2351
1. Bill Smith, 45, PA	8.9	5.53	9.82	1.47	3:43.9	2319
1. Gary Miller, 50, CA	8.4	5.87	12.84	1.52	3:12.1	2940
2. Chuck Miller, 50, TX	8.1	5.30	9.79	1.58	3:28.6	2594
3. Phil Mulkey, 54, GA	8.5	5.32	12.17	1.52	3:45.4	2508
4. Bill Clark, 54, NJ	8.9	5.30	8.73	1.37	3:20.9	2313
5. Jack Gilmore, 53, SC	9.9	4.60	10.53	1.47	3:25.3	2172
1. Dave Douglass, 56, CA	10.2	4.66	9.83	1.32	3:43.3	1856
2. Jerry Reiserer, 55, KA	10.4	4.75	9.12	1.37	3:41.2	1849
3. P. Carstensen, 55, NY	11.5	4.57	11.54	1.17	4:04.2	1529
4. G. Taylor, 57, DEL	11.2	4.07	8.43	1.17	4:14.2	1252
5. B. Wainman, 58, NY	12.4	3.05	8.06	1.27	4:31.9	897
1. Denver Smith, 62, OH	9.3	4.63	12.23	1.32	4:24.7	3282
2. M. Herscher, 61, NY	10.7	4.43	8.60	1.27	3:52.1	2764
1. Bob Morcom, 66, NH	11.7	3.93	10.33	1.17	4:38.9	2465
2. Bill Carmen, 68, MA	10.6	3.64	8.27	1.07	4:15.6	2170
1. H. Morningstar, 70, MI	12.2	3.43	11.23	1.27	4:55.5	2508
1. Claude Hills, 75, PA	12.1	3.38	7.48	1.17	5:07.7	2049
1. Phil Raschker, 40, GA	8.7	5.57	7.39	1.47	3:35.1	****

Millrose Games Masters Mile Madison Square Garden New York City, February 5

1. Web Loudat NM	4:20.04
2. Albin Swenson CT	4:20.78
3. Frank Shorter CO	4:21.95

4. Barry Brown FL	4:22.08
5. Jim Ryan KS	4:29.60
6. Harry Nolan NJ	4:34.74
7. Mike Manley OR	4:42.06
8. Peter Snell TX	4:53.63

from David Zinman

EAST

Dartmouth Relays Hanover, NH; January 8

55mH	Score
M30 R Parizo	7.8
B Stearns	8.1
55m	Score
M30 R Parizo	6.6
K Castro	7.0
M Parker	7.1
M35 D Larson	7.0
M40 R Johnson	6.9
T Rauscher	7.1
F Musiel	7.1
M45 J Phelan	7.2
G Brophy	7.7
B Mitscherlich	7.8
M50 C Pauling	7.3
N Mosley	7.3
D Hankson	8.2
M55 R Mitchell	7.3
M65 M Picz	8.6
W35 E Mullgram	7.5
W45 B Stewart	8.3
W60 P Peterson	9.4
400m	Score
M30 M Parker	57.20
M35 D Larson	57.35
D Herrington	1:01.52
M40 R Johnson	54.62
R Trigo	55.89
P Mastali	1:06.7
M45 B Mitscherlich	1:01.18
M50 C Pauling	56.62
J Connor	59.14
N Mosley	1:02.85
W35 B Sauer	11:43.4
W40 A Hatch	12:05.2
D Fine	12:12.6
W45 B Pike	12:28.6

W30 A Davis	1:11.38
W35 S Miller	1:19.06
W45 B Pike	1:11.53
S Hunter	1:12.58
W60 P Peterson	1:26.34

1500m		
M30	R Evans	4:08.7
	J Hennessy	4:21.3
M35	C Moeser	4:24.2
	B Pertak	4:25.7
	R Kellett	4:31.1
M40	J Holland	4:28.8
	L Laine	4:31.9
	J Babington	4:33.8
M45	T Simpson	4:28.9
M50	J Connor	4:32.7
	P Doherty	4:37.7
	C Pauling	4:40.4
M55	B McCaffrey	nta

Continued from previous page

M50 Archie Messenger	2:30.5
Carl Hammen	2:41.0
M55 Merle Rider	3:33.5
M75 Henry Zachman	3:39.9
M35 Sally Kent	2:41.4
M35 Kate McKenna	2:42.6
M45 Barbara Pike	2:41.0
Susie Hunter	2:43.7

* Age 60-64 WR

MILE RUN	
M30 Bill Tharian	4:58.0
M35 Jim Shank	4:38.3
Ed Poirier	4:47.2
Bob Ferrari	4:50.0
Stephen Viegas	5:15.9
M40 Al Swenson	4:23.7
Larry Olsen	4:32.6
Jim Hampton	4:34.5
Rick Bayko	4:35.7
Joe Coady	4:47.0
Bob Hall	4:47.3
Bob Weiner	4:49.1
Dave Wood	4:51.7
Duke Hutchinson	4:56.8
Salih Talib	4:59.2
Joe Light	5:04.0
Bruce Jones	5:08.7
M45 Tim Simpson	4:43.8
Vern Porter	5:01.8
Harold Hatch	5:03.8
Ron Ward	5:28.3
M50 John Conner	4:54.3
Ken Mueller	4:59.3
Barry Almond	5:04.2
Bill Hixson	5:13.7
Oldham Brooks	5:31.6
M55 Jim Keat	5:14.4
Phil Isenberg	5:59.4
M60 Archie Messenger	5:36.5
Carl Hammen	5:48.2
M75 Kate McKenna	6:02.4
M40 Andrea Hatch	6:16.0
M45 Barbara Pike	5:47.2
Susie Hunter	5:51.5
M50 Mary Harada	6:24.1

3000m RUN	
M30 Rusty Moore	9:06.2
Bob Strout	10:03.6
Bill Tharian	10:05.5
M35 Steve Ruckert	9:01.9
Tom Amuro	9:12.3
Dave Pabst	10:47.8
Phil McGaw	11:17.8
George Lettarulo	11:33.5
M40 Rick Bayko	9:23.3
Bob Hall	9:44.7
David Lowe	10:00.4
Bob Weiner	10:33.3
Bruce Jones	10:40.6
M45 Bob Clarke	9:56.5
Vern Porter	9:58.8
M50 Ken Mueller	9:56.0
Oldham Brooks	11:01.9
M55 Jim Keat	11:18.2
Bill Bublitz	12:36.2

MILE WALK	
M30 Jeff Hennessy	9:15.2
M35 Phil McGaw	6:53.7
Brian Savilonis	6:59.6
George Lettarulo	8:19.2
M45 Herbert Beall	7:25.5
Thomas Knatt	7:49.4
Gerald Patrick	8:14.5
Mike Hoffe	10:12.0
M50 Gus Davis	8:38.6
Mort Hahn	10:45.4
M55 Mike Cava	9:48.7
M60 Stuart Corning	12:23.7
M80 George Conway	12:24.0
M35 Constance Dunham	10:27.6
Karen Faye	11:24.1
M40 Emily Hewitt	9:18.4
M55 Sharon Good	14:16.5

55m HURDLES	
M30 Robert Parizo	7.7
Jeff Hennessy	8.4
Nathan Taylor	8.4
Chris Polakowski	8.8
M35 Peter Hoagland	8.0
Walter Johnson	8.2
Ivan Black	9.2
M40 Charles Varnet	10.1
M55 Jim Penler	16.8
M60 Manny Herscher	10.4
M65 Armand Ricciardi	11.4
M70 Ham Morningstar	12.3

HIGH JUMP	
M30 Chris Polakowski	6-0
Ted Quigley	6-0
Nathan Taylor	5-8
Brian Haley	5-6
M35 Ivan Black	5-4 1/4
Ron Salvio	4-10
M40 Jim Brady	4-10
Ron Johnson	4-8
Charles Varnet	4-8
M45 Frank Walker	4-8
George Brophy	4-4
M50 Mort Hahn	4-0
M55 Charles Leverone	4-8
Hank Perry	4-4
Anthony Vivieros	3-10
Ned Curran	3-6
M60 Manny Herscher	4-2

M65 Vern Mattson	3-10
Armand Ricciardi	3-8
M70 Ian Hume	4-6 1/2
M60 Ann McGowan	2-10
POLE VAULT	
M30 Nathan Taylor	13-6
Brian Haley	13-0
Chris Polakowski	8-6
M35 Ron Salvio	9-0
M55 Armand Ricciardi	7-6
Vern Mattson	7-6
M70 Ian Hume	8-0
Ham Morningstar	7-6

LONG JUMP	
M30 Nathan Taylor	20-7
Robert Parizo	20-5 1/2
Chris Polakowski	17-11 3/4
M35 Peter Hoagland	21-7
Al Walton	20-5
Jasper Royal	19-3
Ivan Black	17-7 1/2
Ron Salvio	15-1
Stephen Hackett	14-4 3/4
Walter Clark	13-2
M40 Bill Masuck	17-6 1/2
James Brady	14-5 1/2
M45 Peter Tams	15-8
George Brophy	12-4 1/2
M50 Ed Kent	15-3 1/2
M55 Pay Carstensen	15-5
Charles Leverone	14-6
Hank Perry	14- 1/4
Don Hudson	13-3
Ned Curran	12-6
Anthony Vivieros	11-5
M60 Manny Herscher	13-8 3/4
M65 Vern Mattson	14-1
Don Knapp	10-7
M70 Sparks Sorlien	13-9 1/2
Ian Hume	13-7 1/2
Ham Morningstar	13-5 1/4
M75 Henry Zachman	7-8
M35 Beth McBride	14-1
M60 Patricia Peterson	8-6
Ann McGowan	8-1 1/2

TRIPLE JUMP	
M30 Nathan Taylor	41-1 1/4
Chris Polakowski	39-10 3/4
Robert Parizo	37-1 1/2
Jeff Hennessy	35-8
M35 Ivan Black	37-8
Ron Salvio	31-5 1/4
M50 Ed Kent	30-9 1/2
M55 Pay Carstensen	30-3 1/4
M65 Vern Mattson	28- 1/2
M70 Ian Hume	29-1 1/2
Sparks Sorlien	28-7
Ham Morningstar	22-3 1/4
M75 Joe McCluskey	17-6 1/2
Henry Zachman	16-10
M35 Beth McBride	28-8 1/2

SHOT PUT	
M30 Scott Bull	41-11
Peter Collins	35-10
Chris Polakowski	32-10
Ken Castro	22-10
M35 Ed Clark	40-2
Stephen Hackett	29-11
Lou Miller	16-11
M40 Al Neville	40-0
Richard Omiecinski	37-1
Frank Monroe	26-10
M45 Robert Harvey	40-4 1/2
Joe Minton	35-7
Mike Hoffer	31-5
George Brophy	30-8
Paul Buccacchi	29-11
M50 Jeff Henig	45-10 1/2
Harley Atwood	29-1
Mort Hahn	28-0
M55 Cliff Blair	44-8
Tom Henderson	42-2
Pay Carstensen	39-4 1/2
Bill Garrahan	37-0
Ned Curran	34-3 1/2
Martin Engel	34- 1/2
Don Hudson	31-3 1/2
Tommy Viveiros	23-8 1/2
Michael Cava	17-0
M60 Howard MacMillan	29-7
M65 Greg Battick	36-1 1/2
Armand Ricciardi	32-6
Don Knapp	30-9
M70 Ham Morningstar	36-6
Ian Hume	32-2 1/2
M75 Joe McCluskey	24-8
M55 Sharon Good	17-0

WEIGHT THROW	
M30 Peter Collins	36-7 1/2
Michael Lauderdale	35-7
Scott Bull	33-7
M35 Ed Clark	35-6
Ron Salvio	28-2
Stephen Hackett	23-8
M40 Mike Grisko	48-4 1/2
Al Neville	42-0
M45 Bob Gourley	32-11
George Brophy	28-10 1/2
Paul Buccacchi	29-2
Robert Harvey	26-10
M50 Harley Atwood	44-3
M55 Cliff Blair	43-3
Martin Engel	36-7
Pay Carstensen	32-1
Tom Henderson	31-9
Charles Leverone	26-6 1/2
Ned Curran	18-4
M65 Greg Battick	35-0
Armand Ricciardi	27-9 1/2
M70 Ham Morningstar	28-2 3/4
Ian Hume	26-4
M75 Joe McCluskey	24-2 1/2

Northeast TAC	
Championships, Masters Mile	
Harvard U., MA: January 24	
Larry Olsen	4:31.7
Lennie Sheehan	4:34.4
Rick Bayko	4:34.7
Joe Coady	4:46.4
Larry Martin	4:46.5
Lou Lainey	4:50.4
Greater Boston Indoor	
Invitational, Masters Mile	
Harvard U., MA: January 31	
Rick Bayko	4:34.5
Joe Holland	4:39.0
Len Sheehan	4:40.7
--- Nitzian	4:42.1
Joe Coady	4:43.0
Bob Hall	4:43.5
Lou Lainey	4:46.0

MIDWEST

Illinois Masters Indoor
Grand Prix Series
Sterling, January 17

60y	
M30 T LaBeau	6.75
M35 M Davis	7.44
M40 D Hill	7.21
W Reiter	7.45
T Ziska	7.51
J Meisner	7.65
J Hess	7.94
M45 L Gunn	7.21
D Buss	7.45
M50 P Dobrowolny	7.39
G McGinnis	7.66
M55 R Collin	8.73
M60 M Larsen	nta
P Brusca	nta
M65 E Cole	9.16
M70 M Blake	9.44
W Ragland	9.44
G Taylor	12.27
M85 A Pitcher	10.81
W30 L Carper	7.32

300y	
M30 A Jaunes	33.81
M40 E Lillis	37.54
M45 D Bullis	36.30
L Gunn	37.27
C Grotevant	44.73
G Matthews	46.78
M50 T Pliner	40.24
M55 R Collins	44.87
M60 M Larsen	41.38
M65 E Cole	1:04.49
M70 G Taylor	1:23.57
M85 A Pitcher	1:11.78
W30 L Carper	50.98

440y	
M35 J Feldman	58.18
S Stephens	58.86
M40 W Reiter	56.31
G Carr	56.51
E Lillis	58.49
T Carper	1:00.80
J Meisner	1:02.76
M45 A Carter	58.44
D Buss	1:05.21
T Nuccio	1:06.35
C Grotevant	1:09.97
W50 B Wodek	1:29.87

880y	
M35 R Dahl	2:11.22
J Feldhausen	2:13.22
R Strait	2:15.55
M40 J Porter	2:08.26
W Reiter	2:08.56
G Carr	2:09.77
C Dean	2:11.59
M45 T Nuccio	2:31.05
C Grotevant	2:46.95
M70 M Blake	3:31.28
W50 B Wodek	3:26.20

Mile	
M40 F Davis	4:45.74
C Dean	4:48.68
P Appell	4:49.29
R Dahl	4:52.18
R Strait	4:58.68
M45 A Hutchcroft	5:27.31
G Matthews	5:42.05
C Grotevant	6:05.42
M50 R Rampenthal	5:12.31
M55 J Bienfang	5:56.06
M60 D Green	5:50.03

Two Mile	
M30 D Aaby	10:16.37
P Below	10:57.19
M Reyes	12:10.68
M35 T Antczak	9:37.07
M40 L Voss	11:40.00
M45 A Hutchcroft	11:45.49
L Matthews	11:46.30
C Grotevant	12:31.32
M50 R Rampenthal	10:37.75
A Harris	12:13.34
M55 J Bienfang	12:19.73
M60 G Rasch	14:34.06
M65 E Cole	16:44.44

Mile Walk	
M30 L Crocker	8:50.63
M35 N Schuster	7:47.19
M40 P Alvord	8:50.25
M45 D Eidahl	7:39.07
M50 R Lindsey	10:26.13

Two Mile Walk	
M30 L Crocker	---
M35 N Schuster	---
M40 P Alvord	---
M45 D Eidahl	15:19.78
M50 M Cuprisin	---
M55 B Fowler	---
M60 J Ferdinand	---
W35 C Walters	---
W45 B McMullin	---

60yH	
M40 J Meisner	8.95
T Ziska	8.95
M45 B Mills	10.22
M50 R Richardson	10.69
B Kemp	11.68
M60 M Larsen	10.04

High Jump	
M35 M Davis	5-2
M40 J Meisner	6-0
T Ziska	5-6
M45 D Eidahl	4-10
M50 R Richardson	5-6
F Smith	5-2
M55 B Ackerman	4-6
R Collins	3-8
M65 E Cole	3-8
M70 W Ragland	4-2
G Taylor	3-6
M85 A Pitcher	3-2

Pole Vault	
M30 R Suiter	11-6
G Silbaush	11-6
M35 J Anderson	14-6
M Davis	13-0
M40 D Hill	11-6
M Norberg	11-6
M50 B Kemp	7-0
M65 E Cole	5-6
M85 A Pitcher	4-6

Triple Jump	
M30 T LaBeau	40-5 1/2
M40 J Meisner	38-5
T Ziska	36-5
M45 D Eidahl	33-9
M50 P Stopoulos	31-7
F Smith	24-4
M55 B Ackerman	31-8
M65 E Cole	21-11
M70 G Taylor	18-3
M85 A Pitcher	13-11

Long Jump	
M30 T LaBeau	19- 1/2
M35 M Davis	17-4 1/2
M40 W Reiter	19-0
T Ziska	17-9
J Meisner	17-3
M45 D Eidahl	17-0
M50 P Stopoulos	17-9 1/2
R Richardson	15-7
G McGinnis	13-10 1/2
M55 B Ackerman	15-2 1/2
M60 M Larsen	16-11
P Brusca	13-7
M65 E Cole	9-2 1/2
M70 M Blake	9-6
G Taylor	9-4
M85 A Pitcher	6-11

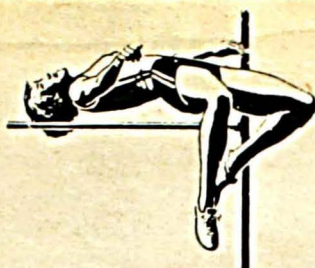
Shot Put	
M30 B Hartman	39-7 1/2
M40 J Hess	34-2
M45 J Neppel	38-3 3/4
C Klehm	36-8 1/2
E Schmidt	35-8
L Slick	28-1
M50 B Kemp	32-11
G McGinnis	32-9
R Richardson	30-6 1/2
M60 P Brusca	47-0
M65 E Cole	23-9 1/2
M70 G Taylor	29-9 1/2
B Swisher	21-1
M85 A Pitcher	18- 1/2

20# Weight	
M30 B Hartman	52-1
M40 J Hess	45-2
M45 C Klehm	41-2
M50 L Slick	65-6
M30 B Hartman	25-0
L Crocker	34-0
M40 J Hess	44-1
M45 C Klehm	38-1
L Slick	31-2
M50 B Kemp	38-6
M60 P Brusca	21-5
M70 G Taylor	18-0
B Swisher	18-0

<u>56# Weight</u>	
M30 B Hartman	32-1
M45 C Klehm	25-1
L Slick	19-1
M50 B Kemp	16-1
<u>98# Weight</u>	
M30 B Hartman	13-1
M45 C Klehm	11-6
M50 L Slick	10-9
<u>200# Weight</u>	
M30 B Hartman	5-2
M45 C Klehm	4-1
M50 L Slick	3-8

Continued from previous page

Shot Put	
M45 S Rogers	42-3
M50 J Harshbarger	39-3
R Shepherd	32-11
B Santine	28-4
M55 E Ventura	36-4
B Butterworth	34-5
J Reiserer	27-9
M60 S Herman	46-2
G Hoferer	33-2
W30 P McGinnis	22-11



**Lincoln Track Club
1988 Master's Indoor Pentathlon Championships
Lincoln, NE, January 12**

OPEN	60 YD HH	SHOT PUT	LONG JUMP	HIGH JUMP	600 YD	TOTAL
Dennis Pickard	8.8 / 706	29'8" 388	19'-9" 608	6'-4"/796	1:22.5/748	3246
Kip Janvirin	8.0 / 838	41'-3 1/2"/638	20'-7 3/4/668	6'-4"/796	1:17.5/823	3763
David Hargrove	9.5/601	29'-11"/395	19'-5 1/2/588	5'-6"/569	1:32.5/612	2765
(30-34)						
Jerry Ott	8.2/803	41'-8"/645	19'-7 1/4/597	6'-0"/707	1:21.3/765	3517
(35-39)						
Lynn Plambeck		37'-2 1/2/555	4.60/271	4'-4"/210	1:35.1/580	1616
(40-44)						
Harry McDonald	10.0/532	38'-2 1/2/576	14'-6 1/2/228	4'-8"/314	1:45.3/474	2124
Rex Harvey	10.0/532	38'-9 1/2/587	18'-4 1/2/512	5'-2"/463	1:34.9/583	2677
(45-49)						
Scotty Hargrove	10.4/480	35'-4"/516	15'-1 1/2/299	5'-2"/463	1:48.6/420	2178
(50-54)						
Ed Alexander	11.7/291	30'-2 1/2"/401	12'-6 1/2/63	4'-8"/314	1:39.9/529	1598
(55-59)						
Jerry Reiserer	9.5/601	31'-11"/440	15'-10 1/4/329	4'-6"/263	1:42.2/506	2139

SOUTHWEST

**Dallas Morning News
Indoor Masters Mile
February 6**

Randy Taylor	4:33.8
Bob Abbott	4:38.2
Steve Shopoof	4:52.6

**WEST**

**Oregon TC Masters Indoor
Meet, Eugene, January 30**

50y	
M30 R Kruse	5.5
D Coppedge	5.9
M35 S Heilman	5.6
S Slavens	5.7
J Jones	5.9
M40 L Lincoln	5.4
M Marbut	5.5
C Chapin	6.1
J Pegg	6.7
M45 M Iverson	6.3
M50 J Schlewitz	6.4
A Tarpenning	6.8
D Gray	7.0
M55 A Afremow	6.4
A Maxwell	6.8
M60 R Nordquist	6.8
W35 P Farster-Gilkey	6.5
M65 M Stafford	8.8
440y	
M30 D Coppedge	1:00.8
M35 S Slavens	56.3
M Hiebert	56.7
J Jones	57.5
H Goldsmith	1:00.6
M40 L Norris	59.3
M50 K Ogden	1:05.7
J Schlewitz	1:08.3
M55 T Briton	1:21.8
W35 P Farster-Gilkey	1:10.8

880y	
M30 S Goodell	2:06.1
M35 T Millbrooke	2:13.0
J Hiebert	2:20.8
M40 J Hampton	2:07.1
L Castle	2:32.9
M55 T Brinton	2:35.3

Mile	
M35 D Zitzelsberger	4:38.4
B Johan	4:55.8
R Johnson	5:03.1
M40 V Wolfe	4:49.0
R Malone	5:02.0
E Zemper	5:15.0
M45 E Kousky	5:14.7
M55 J Steinmetz	7:24.7
W55 M McChesney	7:32.4
W65 M Stafford	7:35.0

Two Mile	
M35 B John	9:56.5
G Solomon	10:04.5
M40 D Weeks	10:43.9
D Moller	12:35.3
M55 R Hatton	10:11.9

50y/HH	
M35 S Heilman	6.8
M Monahan	7.2
M50 D Gray	8.2
M55 A Maxwell	7.3
M60 R Nordquist	8.5

Mile Walk	
M35 B Korn	7:12.7
S Tyrer	7:43.7
M40 B Gray	8:45.4
M65 C Hutchenson	10:42.1
D Jacobs	11:54.3
M70 G O'Neal	10:32.4
W50 S Roads	9:49.7

High Jump	
M35 S Heilman	5-6
S Snowden	4-6
S Tyrer	3-10
M40 C Chapin	5-0
J Pegg	4-6
D Moller	4-4
M50 J Schlewitz	4-6
A Tarpenning	4-2
D Gray	3-10
M65 C Hutchenson	3-10
W45 B Sisley	3-10 1/2

Pole Vault	
M30 J Winters	14-7
R Baggett	14-7
M40 R Stepp	11-6
M50 D Gray	8-6
M60 D Grosh	9-6
R Nordquist	8-0

Long Jump	
M30 R Kruse	21-7
M35 S Heilman	19-2
M40 J Gambil	16-4
C Chapin	16-0
R Ackerman	15-2 1/2
M55 A Maxwell	14-2 1/2
M65 C Hutchenson	7-9 1/2
W35 P Farster-Gilkey	13-10 1/2

Triple Jump	
M35 S Heilman	40- 1/2
M40 J Pegg	28-7
M45 J Gambil	35-11 3/4
W35 P Farster-Gilkey	26-0
W45 B Sisley	22-2

Shot Put	
M30 T Valley	27-0
M35 S Tyrer	25-8
M40 C Chapin	49-9
M45 J Gambil	40-4
M50 A Tarpenning	34-5
M60 R Nordquist	40-9
W45 B Sisley	21-9 1/2



First Australian Masters Games; Hobart, Tasmania; December 9-11

M40 1 Peter Bowles 12.5 2 Raymond Brunton 13.2 3 Ray Quarrell 12.5	W60 1 Kirsten Hveem 15.8 2 Jill Cook 21.2 3 Pam Spers 26.1	W45 1 Kathleen Holland 27.6 2 Brigitte Lange 28.5 3 Sue Westbrook 30.0	400M-WOMEN W35 1 Karen Adams 64.1 2 Liz McBlain 64.9 3 Jane Byrne 1:17.4	M70 1 A.C. Smith 3:15.1 2 Ken Boss-Walker 3:51.7	M60 1 Luis Tortens 5:10.5 2 Jan Kystad 4:59.1 3 Bill Carey 5:10.5	M50 1 Thomas Roberts 8:51.0 2 James Claxton 10:07.8 3 Gordon Clode 10:22.4
M45 1 Fred Turner 12.1 2 Michael Stevenson 12.3 3 Malcolm Fraser 12.6	W65 1 Aileen Hogan 18.7 2 Stella Murnane 20.7	W50 1 Carina Graham 30.1 2 Monica O'Donovan 32.1 3 Lily Hinton 32.4	W40 1 Nori Callander 63.2 2 Margaret August 63.7 3 Christine Neil 70.8	M80 1 Ray Williams 4:41.9 2 Henry Fowler 5:06.4	M65 1 John Gilmour 5:07.3 2 Alvar Asplund 5:29.8 3 Charles Odell 5:44.5	M55 1 Allen Carter 9:39.7 2 Tom Melrose 10:10.4 3 Ralph Crack 10:53.7
M50 1 Reg Austin 12.1 2 Bruce McPhail 12.8 3 Mohd Merican 12.8	W70 1 Angie Sole 20.7	W55 1 Daphne Pine 31.1 2 Marcia Petley 33.8 3 Coleena Blair 37.0	W45 1 Kathleen Holland 65.9 2 L. Wana 67.6 3 Sue Westbrook 70.7	800M-WOMEN W35 1 Liz McBlain 2:34.3 2 Jane Byrne 3:21.4	M75 1 J.M. Jameson 7:15.2	M60 1 John Gilmour 10:38.2 2 James Johnston 11:31.3 3 Alvar Asplund 11:56.3
M55 1 Malcolm Pine 13.3 2 Ken Glenesk 13.6 3 K.G. Perera 13.9	200M-MEN M10 1 Ray Quarrell 23.8 2 Raymond Brunton 23.8 3 Peter Bowles 23.9	W60 1 Kirsten Hveem 33.3 2 Pam Spers 58.9	W50 1 Kimberley Maxwell 72.0 2 Malika Satchithananda 78.5 3 Monica O'Donovan 81.1	W40 1 Margaret August 2:27.9 2 Beverley Laundry 2:39.3 3 Maureen Puckett 2:44.5	M80 1 Ray Williams 9:18.3 2 Henry Fowler 10:4.6	M65 1 John Gilmour 10:38.2 2 James Johnston 11:31.3 3 Alvar Asplund 11:56.3
M60 1 Steven Holo 13.3 2 Fred Copeman 13.4 3 T. Hishon 13.7	M15 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	W65 1 Aileen Hogan 32.8	W55 1 Daphne Pine 73.8 2 Marcia Petley 78.2 3 Lal Healy 1:54.6	W45 1 Margaret Orman 2:32.3 2 Kathleen Holland 2:44.9 3 Sue Westbrook 2:47.7	W100 1 Margaret August 4:59.2 2 Beverley Laundry 5:06.4 3 Erica Mercer 5:30.0	M70 1 George Scutts 13:06.5 2 Gerhard Theune 14:12.9 3 W.V. Sheridan 14:29.9
M65 1 Wally Finwanger 15.6 2 Rex Welsh 16.1 3 Freddie Pine 16.7	M10 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	400M-MEN M40 1 Dennis Duffy 53.7 2 Ray Quarrell 54.2 3 Raymond Brunton 54.2	W60 1 Shirley Faul 1:33.0 W65 1 Aileen Hogan 1:19.2 W70 1 Ivy Granstrom 1:59.7	W50 1 Annette Hornsby 2:46.1 2 Joanne Hurdle 2:56.6 2 M.P. Richardson 3:12.2	W15 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M75 1 John Gilmour 10:38.2 2 James Johnston 11:31.3 3 Alvar Asplund 11:56.3
M70 1 Bill Weinacht 14.4	M15 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M45 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W65 1 Shirley Faul 1:33.0 W70 1 Ivy Granstrom 1:59.7	W55 1 Marcia Petley 3:01.2 2 Lal Healy 4:36.2	W10 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M80 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
M75 1 Olav Jossing 16.5 2 Trygve Hovik 17.9 3 Olav Jossing 21.2	M10 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M50 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W70 1 Shirley Faul 1:33.0 W75 1 Ivy Granstrom 1:59.7	W60 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W15 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M85 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
M80 1 Ray Williams 19.0 2 Bill Baker NT 3 Henry Fowler 24.3	M15 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M55 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W75 1 Ivy Granstrom 1:59.7	W65 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W10 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M90 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
100M-WOMEN W35 1 Karen Adams 16.7 2 Liz McBlain 14.7 3 Denise Palmer 14.2	M10 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M60 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W80 1 Ivy Granstrom 1:59.7	W70 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W15 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M95 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
W40 1 Nori Callander 14.3 2 Christine Neil 15.2 3 Marilyn Oakley 15.4	M15 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M65 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W85 1 Ivy Granstrom 1:59.7	W75 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W10 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M100 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
W45 1 Brigitte Lange 13.6 2 Kathleen Holland 13.8 3 L. Wana 14.8	M10 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M70 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W90 1 Ivy Granstrom 1:59.7	W80 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W15 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M105 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
W50 1 Carina Graham 14.8 2 Lily Hinton 15.3 3 Tina Leeb 16.2	M15 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M75 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W95 1 Ivy Granstrom 1:59.7	W85 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W10 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M110 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7
W55 1 Daphne Pine 15.3 2 Coleena Blair 16.3 3 Marcia Petley 16.8	M10 1 Reg Austin 23.7 2 Bruce McPhail 25.2 3 Bruce Savage 25.4	M80 1 Les Williams 1:08.7 2 Charles Odell 1:11.9 3 Rex Welsh 1:30.3	W100 1 Ivy Granstrom 1:59.7	W90 1 Shirley Brasher 3:03.3 2 Jewel McRae 3:30.3 3 Shirley Faul 3:30.7	W15 1 Margaret Orman 5:20.4 2 Sue Westbrook 5:48.1 3 Julia Wetli 6:58.4	M115 1 Ray Williams 20:41.3 2 Henry Fowler 23:48.7

Continued on next page

Continued from previous page

W70	
1 Johanna Luther	14.50.9
W75	
1 Ivy Granstrom	17.39.2
2 Ailsa Forbes	21.23.9

3,000M WALK-MEN

M40	
1 Michael MacDermott	15.47.6

M45	
1 Ferruccio Rosca	16.6.2
2 Christopher Fernando	23.58.9

M50	
1 Maurice Hinton	14.18.3
2 Gary Giller	16.43.9
3 James Turnbull	17.03.6

M55	
1 Owen Mildon	16.31.8
2 Moshe Myerwitz	16.48.0
3 Colin Silcock	20.17.0

M60	
1 Fred Copeman	21.00.9

M65	
1 Byron Krog	18.45.7
2 Rex Welsh	22.55.4

M70	
1 Chris Clegg	20.33.6
2 John Magog	21.51.8
3 Johannes Luther	22.44.5

M75	
1 J.M. Jamieson	22.57.2

M80	
1 Sigurd Tormodsen	19.20.2
2 Henry Fowler	25.37.3

3,000M WALK-WOMEN

W35	
1 Heather McDonald	15.18.1
2 Yvonne Ruffer	16.39.5

W40	
1 Paddie Walters	22.36.4
2 Irangant Fernando	26.12.9

W45	
1 Judith Meldon	20.31.2
2 Prenila Diwakara	26.07.7

W50	
1 Tina Leb	19.30.6
2 Malika Satchithananda	19.58.1
3 Sue Dumble	22.24.6

W55	
1 Jean Albury	17.03.0
2 Wini Pepene	19.39.0

W60	
1 Shirley Brasher	18.27.9

W65	
1 Ursula Theune	19.58.1
2 Stella Mumane	20.43.8

W75	
1 Ailsa Forbes	23.01.3

HIGH JUMP-MEN

M40	
1 Peter Wogenknecht	1.88
2 Peter Heburn	1.60
3 Anthony Moore	1.40

M45	
1 Fred Turner	1.45
2 Donald Lahey	1.20

M50	
1 Arthur Palma	1.60
2 Arne Palm	1.50
3 Mohd Merican	1.40

M55	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

M60	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

M65	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

M70	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

M75	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

M80	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

M65	
1 Erling Svennevik	1.35
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M75	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

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1 Havard Lund	1.40
2 Kenneth McConnell	1.35
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1 Erling Svennevik	1.35
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1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

M65	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

M70	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

LONG JUMP-MEN

M40	
1 Hugo Duggan	6.76
2 Ron Del-Grande	5.22
3 Bob Osuchowski	4.95

M45	
1 Fred Turner	5.43
2 Michael Stevenson	5.00
3 N. Howell	4.48

M50	
1 Deniz Fernando	5.07
2 Mohd Merican	5.00
3 Eloys Giacomelli	4.64

M55	
1 Leif Blomqvist	5.55
2 K.G. Perera	4.75
3 Jim Blair	4.26

M60	
1 Kenneth McConnell	4.66
2 Fred Copeman	4.15

M65	
1 Willy Finnanger	4.30
2 Rex Welsh	3.01
3 Frank Welz	2.74

M70	
1 Rolf Gustavsson	4.37
2 Ian Hume	4.31

M75	
1 Olav Jossing	3.76

M80	
1 Bill Baker	7.39

W35	
1 Liz McBlain	9.92
2 Denise Palmer	9.71
3 Elizabeth Kirsch	8.23

W40	
1 Margaret Loveridge	7.50
2 Ian Kerrison	7.41
3 Jennifer Arthur	7.10

W45	
1 Brigitte Lange	11.76
2 Val Hood	8.42
3 Prenila Diwakara	6.47

W50	
1 Inge Duerr	8.96
2 Sue Dumble	8.29
3 Shirley Cooper	5.70

W55	
1 Gwendoline Charman	8.58
2 Ray Wenmoth	7.55
3 Wini Pepene	7.07

W60	
1 Tina Smut	6.22
2 Pam Spiers	3.95

W65	
1 Inez Lister	6.09
2 June Husband	5.89
3 Sally Dalziel	5.69

W70	
1 Angie Sole	2.68

W75	
1 Ailsa Forbes	23.01.3

W80	
1 Sigurd Tormodsen	19.20.2
2 Henry Fowler	25.37.3

W85	
1 Ursula Theune	19.58.1
2 Stella Mumane	20.43.8

W90	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W95	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W100	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W105	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

W110	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W115	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W120	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W125	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

W130	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W135	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W140	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W145	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

W150	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W155	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W160	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W165	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

W170	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W175	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W180	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W185	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

W190	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

SHOT PUT-MEN

M40	
1 Ross Stewart	10.42
2 Peter Hepburn	8.76
3 Anthony Moore	8.30

M45	
1 Klaus Liedtke	14.45
2 A.D. Evans	12.47
3 Rod Cooney	10.71

M50	
1 Leif Gundersrud	13.10
2 George Knight	9.70
3 James Turnbull	7.12

M55	
1 Kurt Homme	10.99
2 Ken Glenesk	8.98
3 Charles Bishop	8.23

M60	
1 A Pavulins	12.65
2 Rolf Strandli	12.57
3 Richard Carter	9.30

M65	
1 Arthur Husband	10.85
2 Erling Svennevik	10.64
3 Frank Welz	8.38

M70	
1 Rolf Gustavsson	12.21
2 Frantz Nilsen	10.43

M75	
1 Olav Jossing	10.25
Norman Hawke	9.02.5

M80	
1 Bill Baker	7.39

W35	
1 Liz McBlain	9.92
2 Denise Palmer	9.71
3 Elizabeth Kirsch	8.23

W40	
1 Margaret Loveridge	7.50
2 Ian Kerrison	7.41
3 Jennifer Arthur	7.10

W45	
1 Brigitte Lange	11.76
2 Val Hood	8.42
3 Prenila Diwakara	6.47

W50	
1 Inge Duerr	8.96
2 Sue Dumble	8.29
3 Shirley Cooper	5.70

W55	
1 Gwendoline Charman	8.58
2 Ray Wenmoth	7.55
3 Wini Pepene	7.07

W60	
1 Tina Smut	6.22
2 Pam Spiers	3.95

W65	
1 Inez Lister	6.09
2 June Husband	5.89
3 Sally Dalziel	5.69

W70	
1 Angie Sole	2.68

W75	
1 Ailsa Forbes	23.01.3

W80	
1 Sigurd Tormodsen	19.20.2
2 Henry Fowler	25.37.3

W85	
1 Ursula Theune	19.58.1
2 Stella Mumane	20.43.8

W90	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W95	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W100	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W105	
1 Leif Blomqvist	1.60
2 Benet Blomqvist	1.40
3 Jim Blair	1.35

W110	
1 Havard Lund	1.40
2 Kenneth McConnell	1.35
3 Richard Carter	1.28

W115	
1 Erling Svennevik	1.35
2 Willy Finnanger	1.30
2 Les Williams	1.25

W120	
1 Rolf Gustavsson	1.43
2 A.C. Smith	1.05

W125	
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Continued from previous page

W35 Suzanne Rohr	47:12
W40 Sylvie Kinche	46:12
W45 Jessie-Lea Hayes	45:11
W50 Toshiko d'Elia	58:49:04
W60 Aslaug Tomas	1:02:28
W70+ Evelyn Havens	1:26:03

Racewalkers

Vince O'Sullivan	30 1:00:01
Stan Shechter	55 1:07:11
Bruno Galeotti	52 1:10:11
Frank Lamorte	66 1:12:14
Linda Roesner	47 1:14:24
Luise Nottage	61 1:17:01
Rena Burg	41 1:18:32
Monica Pignotti	35 1:25:49

SOUTHEAST

Florida Citrus Bowl 5K
Orlando, FL; December 5

Overall	
Chris Daniels	15:45
Susan Seebers	19:38
M40 Lindsey Bodden	17:11
M45 Dick Thieler	17:55
M50 Bud Stote	20:59
M55 Dave Theall	19:44
M60 W Schwandt	23:30
W40 Rissie Thieler	20:27
W45 Ineke Frey	23:54
W50 Zic Atwood	26:44
W55 Marilyn Walters	24:39
W60+Phyllis Schwandt	28:13

Memphis Marathon
Memphis, TN; December 6

Overall	
Paul Sax	2:36:35
Karen Crane	3:18:09
Masters Overall	
Tom Durham	2:57:34
Ellen Murphy	3:35:24
M40 Mike Simpson	2:58:17
M45 Marshall Jones	3:05:26
M50 Mike Cody	2:59:19
M55 Ethan Busby	3:22:50
M60+Ken Robinson	3:38:30
W40 Jenny Russell	3:55:10
W45 Carolyn Stanford	4:49:06
W50 Joan Ingle	4:59:43

Liberty Bowl 10K
Memphis, TN; December 12

Overall	
Pat Alexander	31:03
Barbara Zeeb	39:06
M35 Nash Jimenez	32:14
M40 Jim Stark	36:36
M45 Marshall Jones	38:17
M50 Tom Brent	39:20
M55 Ethan Busby	40:09
M60+Don McCune	47:45
W40 Bobbie Steiner	42:38
W45 Mary Ann Wehrum	40:20
W50 Jean Holbrook	52:55
W55 Ann Campbell	62:27

Charlotte Observer 10K/
Marathon
Charlotte, NC; January 2

---10K---	
Overall	
Vincent Draddy	26 29:15
Lynn Jennings	27 33:08
(Masters prize money: \$5000, \$2000, \$1000, \$500, \$400, \$250)	
M40 Bill Rodgers	30:49
Frank Shorter	31:10
Laurence Olsen	31:19
Barry Brown	31:34
Bob Schlaw	31:29
Athol Barton	32:29
Atlaw Beligne	32:59
M45 Larry Fox	34:59
Robert Maydole	35:36
Ron Rohrer	36:06
M50 Bob Schul	35:28
Geoff Pietsch	36:25
Fred Hurd	36:38
M55 Robert Jones	39:54
John Harwick	40:41
Zean Jamason	41:32
M60 Gordon English	41:12
Ernest Morton	41:35
Ken Helms	44:05
M65+Ed Nicholson	45:06
Rex Willard	47:12
Vince Rak	50:36
(Masters prize money: \$1000, \$500, \$250, \$125, \$75)	
W40 Bobbi Rothman	39:00
Anna Moore	41:41
Andrea Simpson	43:03
Katherine Penning	45:55
W45 Nancy Lowden	44:26
Nancy Duckworth	48:50
E Ellison	49:55
W50 Susie Kluttz	43:53
Jane McBryde	48:14
Linda Donovan	54:01

W55 Gloria Brown	46:17
Nancy Ballenger	58:00
Jean Evans	1:10:48
W60+Margaret Wright	57:15
Betty Richardson	57:34
Betty Lineberry	1:00:41

---Marathon---

Overall	
Jeff Martin	29 2:19:38
Beth Dillinger	32 2:57:01
(Masters prize money: m & w \$1000, \$500, \$250, \$125, \$75)	
M40 Wayne Yarbrough	2:41:46
Mick Stewart	2:42:42
Dave Wright	2:44:30
M45 Ralph Zimmerman	2:34:18
Dave Vandenberg	2:44:12
Lloyd Hoke Jr	3:01:09
M50 Mel Williams	2:38:40
Don Siefers	3:00:00
Neville Wood	3:11:45
M55 Bill Middleton	3:25:49
Roy Elder	3:43:46
Joseph Shea	3:48:10
M60 Walter Cato	3:35:07
Wilson Fulbright	3:46:42
--- Duerr	3:54:24
M65+Herb Keller	4:13:03
W40 Joanie Zirkelbach	3:10:53
Nina Bovio	3:11:32
Jeanne Kruger	3:15:54
Nancy Sigmon	3:23:06
Linda Miesch	3:28:58
W45 Liz Ervin	3:30:11
Virginia Gibson	4:05:07
Carol Harley	4:29:03
W50 Nancy White	5:34:12

Race For the Grasshopper
5/10K; Cowpens, SC;
January 16

---5K---	
Overall	
Larry Brock	15:51
Donna Presley (40+)	20:14
M35 John Barnhardt	17:40
M40 Gary Sylvester	17:41
M45 Leon Lewis	18:30
M50 Alex Coffin	19:11
M60+Pete Palmer	21:40
W35 Ruth Latshaw	21:54
W40 D Presley	20:14
W50 Helen Rockwood	27:22
---10K---	
Overall	
Jay Curwen	31:47
Cynthia White	41:58
M40 Bill Fitch	34:14
M45 Keith Weaver	38:57
M50 Jim Allen	41:29
W40 Linda Molnar	44:57
W45 Linda Hendrix	52:04
W60+Margaret Haggerty	61:36

DeLeon Springs 5K/Half-
Marathon, DeLand, FL;
January 17

---5K---	
Overall	
Jim Donnelly	16:03
Donna Hiatt 41 W40+CR21:10	
Masters Overall	
Pete Weishaar M40+CR	17:02
Cindy Segreto	22:17
M35 Randy Forde	17:01
M40 Pat Johnston	18:38
M45 Ron Allison	19:11
M55 Harrison Hensley	19:08
M60 John Schneider	29:02
M70 Dick Fortier	24:38
W35 Debbie Schubert	21:30
W40 Martha Hughes	24:29
W45 Joann Devane	32:35
W50 Yvonne Morrow	29:10
W55 Anna Rush	24:10
---Half-Marathon---	
Overall	
Chris Squires	1:12:59
Judy Greer 41 OpenCR1:26:37	
Masters Overall	
Mike McFadden M40+CR1:16:53	
Marie Barilone	1:35:56
Grand Masters Overall	
Jim Blount M50+CR	1:23:22

Red Lobster 10K Classic
Orlando, Florida
February 6

Windy, rainy, 29°	
Overall	
Paul Davies-Hale	28:18
Liz McColgan*	30:59
New World Record*, earned \$33,000	
Masters	
Allan Rushmer*	30:23
Mick Hurd	30:46
Larry Olsen	31:26
Steve Ferraz	31:30
Bob Schlaw	31:38
*new masters course record, earned \$2000	
Women Masters	
Laurie Binder*	34:25
*new masters course record, earned \$2000	

Gasparilla 15K
February 13

Overall:

Mark Baretta* MEX	42:37
Liz McColgan* GBR	47:43
*course record	

Masters:

Mick Hurd GBR	45:58
Allan Rushmer GBR	45:54
Barry Brown FL	46:47
Frank Shorter CO	47:30
Lauri Binder CA	52:40
Barbara Filutze PA	55:16
Betsy Harshburger NJ	57:15

MIDWEST

Wolfpack Fall Classic
5/20/50K, Columbus, OH;
November 1

---5K---	
M35 Bob Munger	17:15
M40 Don Bellew	19:34
M45 Joel Harris	20:29
M50 John Spoff	24:18
M55 Sandy Crawford	26:36
M60 Jack Tuttle	21:42
W35 Cathi Sullivan	32:08
W40 Diana Mackey	28:19
W45 Marsha Schermer	31:05
W50 San Barreto	30:30
---20K---	
M35 Joe Daly	1:31:21
M40 Paul McCarthy	1:29:51
M45 Jim Wadsworth	1:33:16
M50 Jack Cagot	1:17:25
M55 Otho Perkins	1:17:54
M65 Harry Smith	1:55:40
M75 George Knox	2:41:55
W40 Carol Chesney	1:57:40

---50K---	
M35 Fred Davis	4:31:08
M40 Barry Erickson	3:56:52
M45 Ernie Kurginski	4:19:47
M50 Arthur Moore	3:56:52
---6 Hour Run---	
M40 Barry Erickson	5:38:26

Grand Rapids TC 5.9 Mile Run
Grand Rapids, MI;
December 19

M40 Rob Norris	34:35
Bert DeVries	35:38
B VanDerMeulen	36:13
M50 Roger Ritsma	35:37
Dave Jensen	38:13
Eric Snyder	38:35
M60 Wally Yma	44:36
M70 John Evans	43:50
W40 Mary Namey (2.8m)	20:00
Pat Dancy	20:38
Diane Arbanas	21:48

Metro-Macomb Runners
Super Bowl Weekend Runs
Mt. Clemens, MI

---2 Mile---(1/30)	
Overall	
Herve Corne	36 10:16
Maggie Zidar	38 13:22
M40 Ray Pihlaja	10:53
Lou Scott II	11:04
d Pretzer	11:46
M50 Herb Seegert	12:13
M60 Maurice Dewey	12:13
M70+Peter Bolos	16:43
M40 Nora Brunt	16:43
---4 Mile---(1/31)	
Overall	
Mark Wellhausen	27 22:25
Windi Guntch	9 26:50
M40 Tim Klinkhamer	25:01
Jim Bremer	25:25
M50 Herb Seegert	25:07
Mike Sterling	27:06
M60 Fred Guro	31:32
Carl Baumgart	35:03
M70+Peter Bolos	35:21

Freeze Your Gizzard 8K
Mt. Clemens, MI; January 17

Overall	
Herve Corne	26:40
Michelle Gay	33:33
M35 H Corne	26:40
M40 Jim Klinkhamer	31:35
M45 Roger Johnson	36:36
M50 Herb Seegert	31:13
M55 Paul Ganzhuber	38:48
M60 Fred Guro	39:25
M70+Pete Bolos	45:59
W35 Maggie Zidar	34:53
from H Seegert	

SOUTHWEST

Gulf Association/TAC X-C
Championships (m 8k; w 5K)
Houston, TX; January 2

Overall	
Jim Sapienza	24 26:56
Carol McLatchie	36 19:11
M40 Bob Channon	30:00
Peter Baird	30:56
David Chester	31:05
M45 Bob Duzan	34:03
Phil Ziegler	35:16
Dave Gentry	35:39
M50 Don Slocomb	33:51
Mack Stewart	37:22
Jeri Brown	37:33
M55 Bob Fletcher	33:43
Richard Barnett	36:58
David Dallas	37:48
M60 Tom Bass	40:28
John Lippincott Jr	41:14
Jim Hill	45:05
M65 Louis Ciacchio	---
W40 Barbara Hitt	27:00
W45 Mary Cullen	25:28
Carol McClelland	27:18
Jo Ann Lucio	29:02
W50 none	
W55 Rene Protapas	35:42

WEST

San Diego TC Balboa Park
Men's 5K, San Diego, CA;
December 5

Overall	
Jeff Woodland	26 15:46
40 Ron Wells	16:45
Peter Stern	17:05
Dennis Smith	18:08
50 Jim Temples	18:51
Carl Petersen	19:05
Jerry Albert	19:27
60 Jim McCown	20:55
Casey Poole	23:41
Lowell Tozer	25:11
M70+Wayne Zook	22:37
Paul Katsuro	26:42
Walt Kuetzing	27:43
Willard Benton	33:08
Eddie Simon	36:19
Paul Bernd	82 37:08

San Diego TC Balboa Boogie
Women's 5K
San Diego, CA; December 5

Overall	
Conagh Bruni	31 18:57
40 Joni Pendleton	20:12
Ursula Rains	46 22:02
Darlene Burns	23:02
50 Caroline Murray	21:49
Dixie Madsen	22:17
Dorothy Stock	55 23:29

New Year's Resolution 5/10K
Santa Barbara, CA;
January 1

---5K---	
Overall	
Derik Vett	20 15:31
Anne Hayden	33 18:14
M40 John Patterson	17:55
Kemp Aaberg	18:08
Dick Kentro	20:05
M50 Jerry Dietrich	20:22
Paul Ellison	20:38
Fred Vega	22:23
M60 Ray Gil	20:44
John De Champlon	25:42
Malcolm McCabe	27:23
M70+William Reppy	36:41
W40 Joyce Parkel	22:50
Ruth Hemming	22:55
Carleen Blanchette	24:23
W50 Judith Bruckner	30:40
Rosemary Beilschmidt	33:11

---10K---	
Overall	
Mike Lansdon	26 31:40
Debra Sharp	33 36:02
M40 Rick Snekvik	36:36
James Hult	38:51
Joe Green	39:21
M50 John Brennan	35:54
Jack Wilson	40:44
Curtis Ridling	40:52
M60 David Kille	45:10
Jim Rowe	45:13
Don Burnett	46:17
W40 Stephanie Welch	46:42
Gretchen Folks	48:22
Ute Luyties	48:57
W50 Ruth Adams	56:41

Resolution 10K
Santa Rosa, CA; January 1

Overall	
Stacy Van Horn	32:59
Cindi VanNatta	38:00
M35 Dick Cordone	36:50
M40 Keith Krieger	35:27
M45 John MacPherson	33:58
M50 Darryl Beardall	34:31
M55 Bob Chadwick	42:02
W35 Vicki French	43:21
W40 Joyce Bennett	48:25
W45 Julie Calouro	58:57

San Gabriel River 5K
S. El Monte, CA; January 9

M35 Juan Garza	15:55
M40 Jarrett Williams	18:18
M45 Richard Corriveau	20:12
M50 Maury Weiss	25:32
M55 R Culling	19:27
M60 Bruce Odou	21:36
M65 David Cohen	22:30
M70 Ed Rumble	25:38
W40+none	

Legg Lake 8K
S. El Monte, CA; January 10

M35 Alan Kleinsasser	27:59
M40 John Rupp	30:11
M45 none	
M50 Cliff Stolba	33:31
M55 Pat Devine	30:22
M60 Bruce Odou	34:39
M65 Wiley Nelson	46:00
M70 Dutch Benedetti	37:53
W35 Stephanie Nelson	39:43
W40 Ethel Kleinsasser	43:17

San Gabriel River 3 Mile
S. El Monte, CA; January 16

M35 Nolan Smith	15:14
M40 Robert Staley	17:58
M45 Bob Mc Geough	16:35
M50 Booker Washington	18:44
M55 Wally Ingram	17:34
M60 Gene Pomphrey	18:17
M65 David Cohen	21:47
M80+Jacob Bishin	40:32
W35 Donna Morin	20:37
W40 Georgina Nuttall	22:12
W45 Hwasa Andrade	21:54
RW Charles English	49 35:58

Paramount 10K World
Masters Division
Paramount, CA January 23

M40 Qualifying Time: 34:00	
Steve Ferraz	31:33
John Loeschhorn	32:46

Continued from previous page

McClassic 10K
 San Diego, CA; January 23

Overall	
Terry Cotton	28:47
Nancy Dietz	33:05
M40 Mike Cleery	31:08
M45 Dan McCoskill	35:05
M50 Jim Temple	36:14
M55 Marsh Haraden	39:02
M60 Jose Polos	40:37
M70+Wayne Zook	43:10
W40 Patti Hurl	38:44
W45 Ursula Rains	41:59
W50 Caroline Murray	42:05
W55 Dorothy Scott	45:46
W60 Mary Stacey	49:33

Legg Lake Morning 5K
 S. El Monte, CA; January 24

M35 Nolan Smith	15:55
M40 Jarrett Williams	18:01
M45 Ted Heaton	18:32
M50 Cliff Stolba	19:59
M55 Wally Ingram	18:25
M60 Orlo Keniston	18:38
M65 David Cohen	22:26
M80+Jacob Bishin	42:29
W35 Dorinda Oliver	31:21
W40 Anne Burke	23:58
W50 Irene Oldberg	24:58
RW Lila Lewis	51 55:04

Long Beach Super Bowl
 Sunday 10K
 Long Beach, CA; January 31

Overall	
Joe Rubio	24 30:28
Marty Cooksey	33 34:15
M40 Pablo Drobny	35:15
M50 Brian Ferner	35:35
M60+Jack Green	44:29
W40 Rita Gilmore	43:35
W50 Wilma Paddock	44:40

Runners Den/Y95 10K
 Phoenix, Arizona
 February 7

Overall:	
Bo Reed	28:56
Monica Joyce	34:03
Masters:	
M40 Bill Rodgers	30:09
Frank Shorter	33:07
Graeme Shirley	33:27
M45 David Mellady	35:18
M50 Jim Peller	36:32
M55 Larry Ruch	39:22
M60 Orlo Keniston	36:56
Jim O'Neill	36:59
M70 Tom Miller	49:40
M80+John Overton	49:43
W40 Mary Wood	37:26
W45 Judy Allard	44:05
W50 Sue Robles	43:21
W55 Peg Keith	64:53
W60 Adele Milicevic	55:50
W70+Algene Williams	52:45
Judy Simon	56:70
Ann Clark	59:26


INTERNATIONAL
Central Saanich 8K
 Victoria, BC; January 17

Overall	
Paul McCloy	23:19
Liz Jones	28:35
M40 Mike Creery	24:58
M45 John Crouch	27:38
M50 Maurice Tarrant	27:49
(Canadian M55-59 record)	
M60+Byron Wilson	34:48
W40 Sylvia MacMahon	33:49
W50 Yvette Haagenen	41:17
W60+Rosamund Dashwood	38:05


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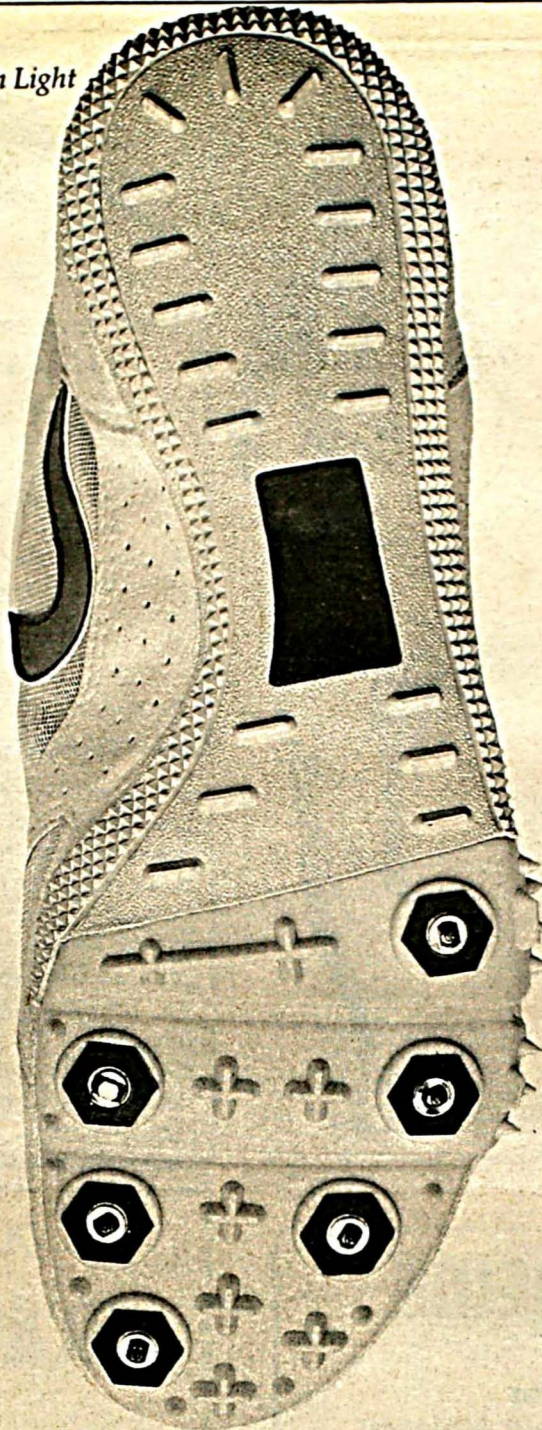
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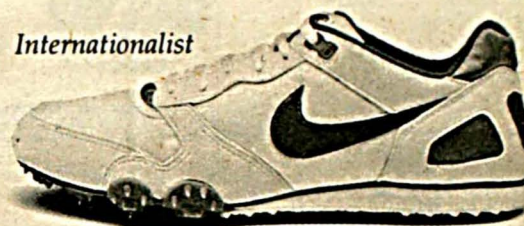
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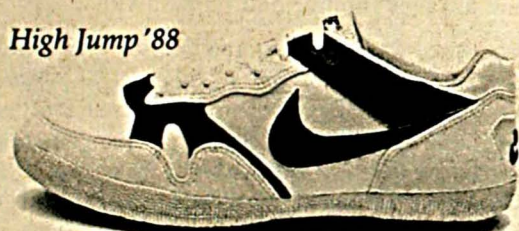
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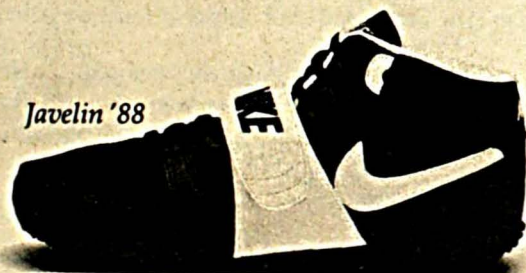
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