

NATIONAL MASTERS NEWS

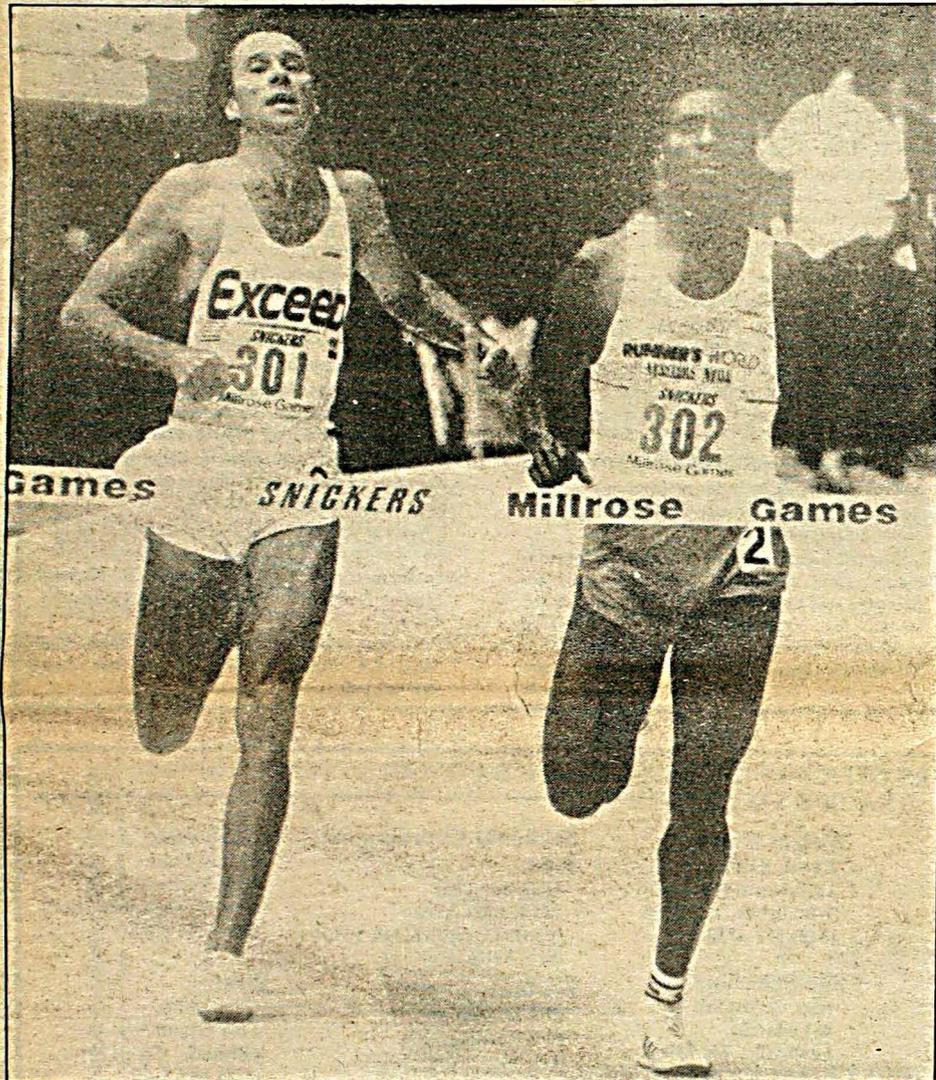
The official world and U.S. publication for Masters track & field, long distance running and race walking.

151st Issue

March, 1991

\$2.25

Waigwa Sets World Indoor Mile Record



Wilson Waigwa (r) narrowly edges Rod Dixon to win the Millrose Masters Mile in 4:13.05, a new indoor masters world record. Photo by David Zinman

Kenyan Lowers Stewart's Mark to 4:13.05 at the Millrose Games

by DAVID ZINMAN

NEW YORK — Surging with a lap-and-a-half to go, Wilson Waigwa stole a six-yard lead on Rod Dixon and held off the New Zealander to set a world indoor masters mile record of 4:13.05. The time clipped more than two seconds off the one-year-old mark of 4:15.47 held by Canadian Dave Stewart.

Waigwa's record set in Madison Square Garden at the Snickers Millrose Games on February 1, gave him the distinction of holding both the indoor and outdoor mile records — although approval of his outdoor standard of 4:05.39 is pending.

The Millrose record took the 41-year-old Kenyan by surprise. "I just wanted to win," Waigwa said. "We were watching each other. And you never run that fast when you watch someone."

Dixon, the man experts thought would run the first sub-four minute mile after he turned 40 last summer, smiled as he crossed the finish line in 4:13.32, a step behind Waigwa. "I was

smiling because he outfoxed me," Dixon said.

The sizzling run by Waigwa, a three-time Olympian, launched the annual *Runner's World* mile circuit for elite masters. Two days later on February 3, Larry Almborg of Ellensburg, Wash., the only fresh runner in the field, won in 4:16.00 at the Mobil One Invitational in Fairfax, Va. Almborg's time set an American indoor record, eclipsing

Continued on page 30

Green Takes Age-Graded Title

Wessely, Holt Win National 5K

by JOHN BOYLE, Race Director

Wes Wessely, 42, of Lilburn, Ga., and Stephanie Holt, 40, of Orange Park, Fla., were the overall male and female winners in the TAC/USA National Masters 5K Championships on February 3 in DeLand, Fla.

Wessely, who started a running club at Delta Airlines that has grown to 500 members, broke away from Chicago's Vic Heckler at one mile enroute to a 27-second win in 16:19 in the masters-only race. Heckler placed second and won the M45-49 division title.

Norm Green, 58, finished third in 17:09, setting a U.S. age-58 record and winning the overall age-graded title with an equivalent open-class time of 14:03.

Green, a minister in Wayne, Pa., was to be tested in the U. of Florida labs the following day for some new clues as to what makes him tick.

Continued on page 5

600 To Compete in Indoor Nationals

More than 600 athletes from throughout the nation are expected to compete in the 1990 TAC/USA National

Masters Indoor Track & Field Championships on March 23-24 in the Minneapolis suburb of Blaine, Minn.

The annual event will be held on the 200-meter rubber surface at the National Sports Center.

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 95+. There are no qualifying standards for the meet, except to be at least age 30.

Early registration deadline (\$9 first event) is March 1. Late registration (\$12 first event) must be postmarked by March 15. Last-minute registration (\$35 first event) will be accepted until 4:00 p.m. on Thursday, March 21. The official entry form was published in the

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Stephanie Holt, 40, Orange Park, Fla., first female in 22:57, TAC National Masters 5K Championships, DeLand, Fla., February 3.

Photo by John Boyle

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

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

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

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

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

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Domingo Tibaduiza (8) of Reno, Nev., at the start of the Record Searchlight Half-Marathon, January 19, Redding, Calif., where he finished with a masters first, third-place overall, 1:08:10.

Photo courtesy of Record Searchlight

Tibaduiza First Master in Redding Half-Marathon

by JERRY WOJCIK

Domingo Tibaduiza, 41, of Reno, Nev., who ranks as the No. 2 masters road racer in the U.S. behind New Zealander John Campbell, captured the masters title with a third overall 1:08:10 in the Record Searchlight Half-Marathon in Redding, Calif., on January 19. Tibaduiza picked up \$300 for the masters first and \$100 for third place.

Marge Dunlap, 51, of Redding won

the W40+ race in 1:41:02, also worth \$300.

Adam Ferreira (40, 1:11:34), North Highlands, Calif., and Tonya Prescott (43, 1:43:52), Yorba Linda, Calif., were masters second-placers.

In the companion 10K, David Stancliffe, 40, of San Rafael, Calif., with a 32:38, and Jessie Stratton, 45, of Redding, with a 43:31, collected \$200 each for masters firsts. Evar Gordillo, 45, Reno, Nev., was second M40+ in 33:10. □

Lopez Runs 2:18:59 in Houston Marathon

by HOWARD KUNZ

Luis Lopez, 41, of Costa Rica, raced to a sparkling 2:18:59 in the Houston-Tenneco Marathon on January 20 for the best age-graded time (2:12:02) and the best age-graded performance (94.2%) of the day.

Richard Umberg, 40, of Switzerland had the next best age-graded performance (2:16:57/90.8%) with his finishing time of 2:23:15. Bruce Mortenson (2:20:24/88.6%) was third best in 2:33:50.

Fourth-best-age-graded performer and first female masters finisher was

Carol Virga, 40, of Boca Raton, Fla. Her final time of 2:47:56 gave her an age-graded time of 2:39:48 (86.3%). Joyce Gaskin, 53, was next-best masters woman in 3:22:34 (2:53:21/79.4%).

Of the race's 5663 starters, 3835 (67.7%) finished, of which 1434 (37.4%) were masters. Of those, 1261 (32.9%) were men; 173 (4.5%) were women.

The \$7500 masters prize money was divided equally between the top five masters men and top five masters women. □



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1990 AWARDS

I was surprised to read Phil Mulkey's criticism of the 1990 Masters T & F awards since he was a member of the group which participated in the selection. At the TAC Convention in December, he urged me to use a point system which he had devised for the 1991 selection. I agreed to test it out using results from the Indoor season, and am awaiting a copy of his system.

Let me stress that a point system is not as "objective" as it sounds. Phil unwittingly provided evidence of its subjectivity when he suggests considering "the entire season from beginning to end with emphasis on the major meets." What meets? Masters championships only? What about performances from other highpowered meets in which masters compete? Penn Relays? Millrose? Mobil One? There are many, and the selection requires a judgement call.

Even tallying ARs is not as straightforward as it sounds. I count a total of 8 ARs in Phil's letter, attributed to Alberg (1), Sparks (3) and Alexander (4). But at the convention, the only 1990 Outdoor ARs presented for these three were the 1500 (Alberg and Sparks) and the LJ (Alexander). Alexander had an additional 3 M70 Indoor ARs ratified, and there were several athletes with 2 Indoor ARs. But note that the "objective" system somehow excluded Buell Crane, who had NINE Outdoor M90 ARs ratified at the convention for 1990 achievements.

Balancing Indoor against Outdoor records and medals requires another judgement call, given the differences in participation and geographic distribution. Another problem involves the discrepancy between "records" announced in NMN and those actually presented for ratification at the convention. Many meet-reported ARs don't pan out, while others are ratified in subsequent years.

What about distances for which records have traditionally been kept, but are not part of the TAC Championships (e.g. Alberg's 4:06.70 mile)? One could certainly argue that age-graded scores from those events are as important as those from championship distances. WRs and unofficial single-age "bests" present their own verification problems.

The biggest problem with awards selection is obtaining complete and accurate information about performances. Athlete-voters are not easily "swayed and influenced by dramatic pictures and exciting stories." People vote for a candidate based on their appraisal of his/her age-graded scores, championships, and consistency or versatility. I maintain that the best way to accommodate differences of opinion in the relative importance of different aspects of athletic competition is for a voting body to look over the accomplishments and vote as they think fairest.

Bev LaVeck
TAC Awards Coordinator
Seattle, Washington

LDR CHAMPIONSHIPS

The discussion of masters LDR championship races at the TAC Convention highlights several deficiencies in the current procedures:

1) There is a need to spread the LDR championships over the entire calendar year. I strongly recommend that we adopt a policy of no more than one championship road race per month.

2) All masters LDR championships should be held in connection with established races (no ad hoc championships except for cross-country and ultras).

3) The masters LDR championships held in conjunction with the TAC Convention should *not* be restricted to the 8K distance. If the host city has an established race that weekend for a different distance, then the championship should be adjusted accordingly. A review of the Dec. issue of *Running Times* showed that 27 races were held in 23 major cities during the first weekend in December: 9 5Ks, 5 8K/5M, 6 10Ks, 1 10 mile, 3 half-marathons, and 3 marathons.

4) There are many major races in the U.S. at these distances but very few for 20K and practically none for 30K and 25K (why doesn't Charleston, W.Va. change their major race from 15 mi. to 25K?) On the other hand, the 10 mile distance continues to be popular; indeed this is the major race in many sections of the U.S. I strongly recommend including the 10 mile as one of our TAC Championships.

5) Lastly, rather than sitting back and waiting for bids, the committee should actively solicit major races for co-hosting masters championships. This would help to spread the championships throughout the year, insure geographical balance, and insure against sole reliance upon one bid (The 5K at DeLand, Fla. is an excellent race, but after several years it's time for a change).

Herb Chisholm
Former Chairman, Masters LDR,
PVAC/TAC
Alexandria, Virginia

40 YARDS OF BAD LANE

I read with dismay that the 1992 Indoor National Championships will be run at Ohio State University. Not that the indoor facility isn't an excellent one. In all respects it is, except for the outside lane on the back stretch. There is a drop of about three inches on the track, in between the support stanchions, that could cause serious knee or ankle injuries if your foot lands the wrong way.

Five Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month goes to:

Eugene Paasinen	Taylor, MI
Optimal Solutions	Hoboken, NJ
Louis Schneider	Louisville, KY
William Eppright	Norcross, GA
Ed Stotsenberg	Malibu, CA

In 1989 I qualified for the M65 200 meter finals but drew lane six and promptly scratched, rather than risk almost certain injury. I cannot imagine how a first-class university can allow such an obvious fault to go unrepaired for so long a period of time. It is a miracle that no runner has been seriously hurt so far.

Jim Manno
Oradell, New Jersey

AGE-GRADED RELAYS

Most runners love to run relays, but the problem is that there is usually not enough contestants at most masters meets to allow competition in each age bracket. In an attempt to rectify this, the Dallas Masters T&F Club will experiment with an age-graded relay at its June 22 championships.

Using page 31 of the Masters Age-Graded Tables book, each relay team will be assigned a base time, determined by the age and sex of the four participants. The relay can be a mix and match with the same or different age-group mixtures.

The following is an example of the typical 4 x 100 relay:

The age standards for Team 1: M30 (10.0), M32 (10.08), M35 (10.21) and M39 (10.39). Adding up each standard equals 40.68.

The age standards for Team 2: M34 (10.17), W45 (11.80), M50 (10.96) and M70 (12.58). Total standard for Team 2 is 45.51.

Team 1 runs a 42.5 and Team 2 runs a 46.3. To compute the age-graded percentage for Team 1, divide the base standard time (40.68) by the actual run time (42.5). That equals 95.7%. Do the same for Team 2 — 45.51 divided by 46.3 — and you get 98.3%, making Team 2 the age-graded winner even though their actual run was slower than Team 1.

So get your relay team together and join us in Dallas for a great time running under the lights.

Tim Murphy
Irving, Texas

DISGUSTED

I have been a TAC member for the
Continued on page 24

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CZZMN

Wessely, Holt Win National 5K

Continued from page 1

"I just ran well enough to win my age group (55-59) and establish the record," he said. "I promised the doctor I'd be fresh for the treadmill testing."

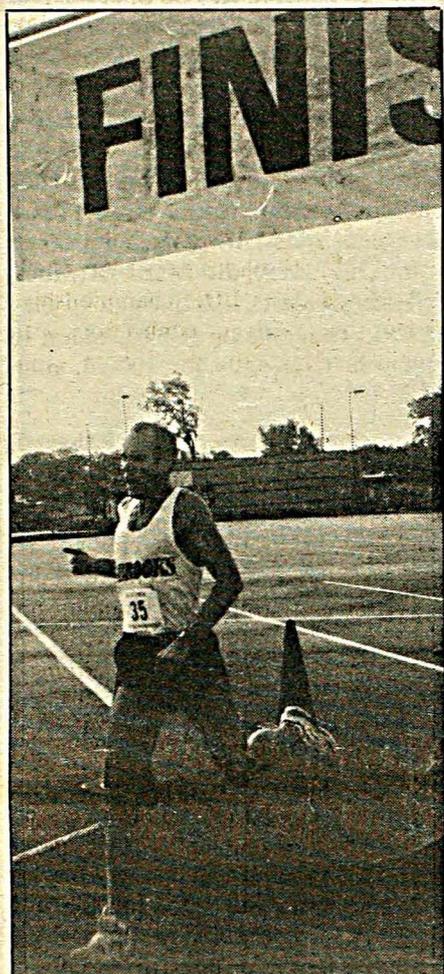
Holt held off Carolyn Floyd, 42, by 18 seconds in 22:57 to win the W40-44 title. Pepper Davis, 64, an All-American triathlete, was third overall in 24:14. Her age-graded 18:07 was the best female time, more than a minute faster than Ellen McCoy, 70, of St. Paul, Minn. (27:46/19:11).

The closest divisional races came in the older men's groups. Bob Hennig, 65, of Middle Grove, N.Y., nipped Bart Ross, 68, of Casselberry, Fla., by four seconds to claim the M65 crown in 20:33.

Gordon Johnson, 72, ran 22:15 to nip Max Quackenbos, 73, and Nate White, 71, in the M70 bracket, separated by only 15 seconds.

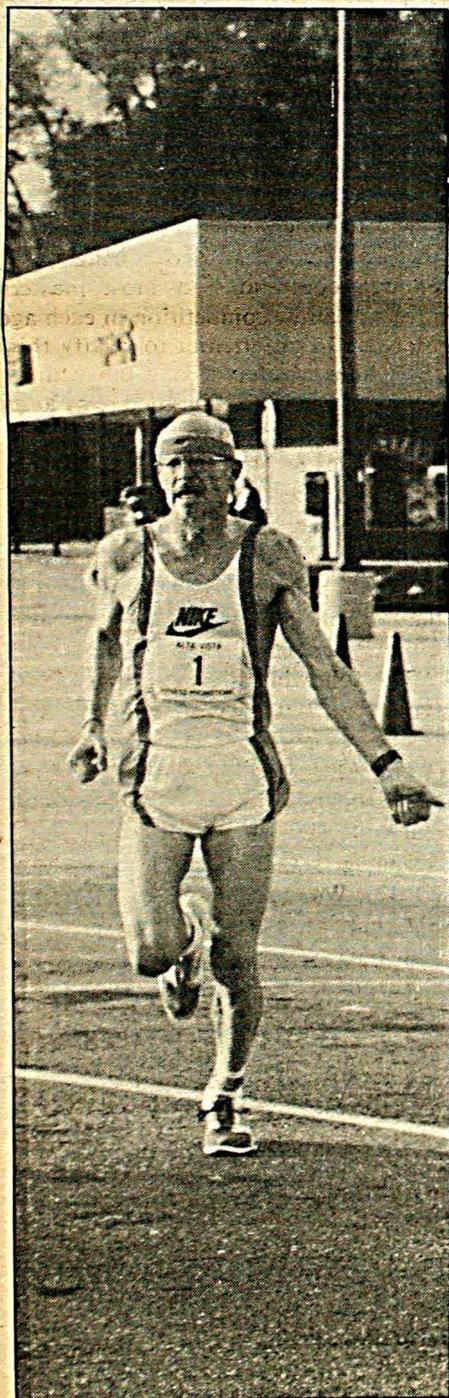
Emily Pecoraro, 76, and Elaine Geyer, 69, posted personal bests in winning their respective divisions.

The race was hosted by the Central Florida Masters and sponsored by Alta Vista Fitness Promotions, the Volusian, Gatorade, Powerbars, Crystal Water, the West Volusia Tourism Ad Authority and the DeLand Police Explorers. □



Wes Wessely, 42, Lilburn, Ga., first M40 in 16:19, TAC National Masters Championships, DeLand, Fla., February 3.

Photo by John Boyle



Norm Green, 58, Wayne, Pa., first M55 (17:09) and best age-graded male (14:03), TAC National Masters 5K Championships, DeLand, Fla., February 3.

Photo by John Boyle



Harpist John Melcher serenades the runners at the National Masters 5K Championships, DeLand, Fla., February 3, while Joe Thonburg listens.

Photo by John Boyle

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5K ADIRONDACK TAC CHAMPIONSHIP
5K FITNESS RUN
\$10.00 entry fee if received by 4/12/91
\$12.00 entry fee if received after 4/12/91

10K DISTANCE RUN
\$10.00 entry fee if received by 4/12/91
\$12.00 entry fee if received after 4/12/91

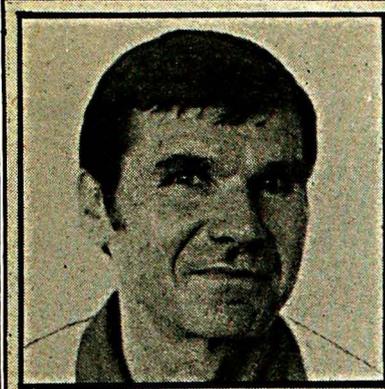
Signature _____ Date _____

Signature of guardian if under 18 _____

INCOMPLETE OR UNSIGNED ENTRIES CANNOT BE ACCEPTED. MAKE CHECKS PAYABLE TO: Freihofer's Run for Women

**MAIL TO: Freihofer's Run for Women
233 Fourth Street • Troy, New York 12180 • (518) 273-0267**

RELEASE: In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators and assignees, hereby release myself and discharge: The Charles Freihofer Baking Company, Inc., General Foods Corp., the State of New York, Albany County, the City of Albany, the Association of the Athletic Congress of the United States, Beckman Meary, Inc. and all other sponsors or beneficiaries and their representatives, successors and assigns from any and all claims for damages and causes of action arising from or out of my participation in the Freihofer's Run for Women. I attest that I am physically fit and that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be provided to administer first aid assistance only. I hereby grant permission to The Charles Freihofer Baking Company, Inc. and any other sponsors of this event to use all information submitted in this application and any record of this race containing my likeness, as well as race results including my name and competition time, for any purposes whatsoever, including, but not limited to, pre-race and post-race publicity. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.



Third Wind

by Mike Tymn

Update: The Oldest Achievers In Sports

It's been more than four years since I compiled a list of the oldest achievers in various sports. That list appeared in the October 1986 issue of NMN. Since there have been some additions since then, I figured it was time for an update.

Here it is:

Age 31 — Peter O'Connor (Ireland), oldest jumper to win an Olympic gold medal (triple jump, 1906).

32 — Arthur Wint (Jamaica), oldest sprinter to win an Olympic gold medal (400M relay, 1952); **Babe Ruth (N.Y. Yankees)**, oldest major leaguer to hit 60 home runs (60, 1927).

34 — Willie Mays (S.F. Giants), oldest to hit 50 home runs (52, 1965).

36 — Lia Manoliu (Romania), oldest woman Olympic track & field gold medalist (discus, 1968); **Marina Stepanova (USSR)**, oldest woman to break a world track & field record (400M hurdles, 1986); **Victor Bolshov**

(USSR), oldest to clear 7 feet in high jump (7-0 3/4, 1975).

37 — Carlos Lopes (Portugal), oldest runner to win an Olympic gold medal (marathon, 1984); **John Walker (New Zealand)**, oldest to run sub-8 minutes for 3000 meters (7:45.64, 1989).

38 — Jersey Joe Walcott (USA), oldest to win a heavyweight boxing title fight (1952); **Carlos Lopes (Portugal)**, oldest to break a world record in a running event (marathon, 1985); **Mike Bolt (Kenya)**, oldest to run a sub-4 minute mile (3:55.69, 1987); **Bill Larned**, oldest to win U.S. Open tennis championships (1911) the event was called the U.S. National Championship until it became the U.S. Open in 1968.

39 — Hank Aaron (Atlanta Braves) — oldest major leaguer to hit 40 home runs (40, 1974).

40 — Ted Williams (Boston Red Sox) — oldest major leaguer to win a batting title (.328, 1958); **Gaylord Perry (S.D. Padres)** — oldest pitcher to win Cy Young Award as best pitcher (21-6, 1978); **Sam Rice (Washington Senators)**, oldest major leaguer to get 200 or more hits in a season (207, .349BA, 1930); **Davey Lopes (Chicago Cubs)** oldest major leaguer to steal 40 or more bases (47, 1985); **Brian Oldfield (USA)**, oldest to put the shot 70 feet or more (70-3, 1985); **Mamo Wolde (Ethiopia)**, oldest Olympic medalist in a running event (marathon, bronze, 1972); **Kareem Abdul-Jabbar (L.A. Lakers)**, oldest National Basketball Assoc. All-Star (1988); **Darrell Evans (Detroit Tigers)**, oldest major leaguer to hit 30 home runs (34, 1987); **Lucien Rault (France)**, oldest to run sub-14 for 5000 meters (13:45.6, 1976).

41 — John Flanagan (USA), oldest to break a world record in track & field (hammer throw, 1909); **Frank Kramer (USA)**, oldest to set a world record in a major sport (cycled 1/6 of a mile on Newark Veladrome in 15.4 sec. to tie world record, 1922); **Jan Stenerud (Minn. Vikings)**, oldest National Football League All-Star (placekicker, 1985); **Clarence DeMar (USA)**, oldest Boston Marathon winner (1930); **Arthur Gore (Great Britain)**, oldest win-

ner of a major world tennis singles championship (Wimbledon, 1909).

42 — Patrick McDonald (USA), oldest Olympic track & field gold medal winner (56-pound weight throw, 1920); **Kareem Abdul-Jabbar (L.A. Lakers)**, oldest to play an NBA game, oldest to score (1989) [*See Nat Hickey at age 46]; **Warren Spahn (Milwaukee Braves)**, oldest major league pitcher to win 20 or more games (23-7, 1963); **Ted Williams (Boston Red Sox)**, oldest major leaguer to hit 20 or more home runs (29, 1960); **Tony Perez (Cincinnati Reds)** oldest major leaguer to hit a grand-slam home run (1985); **Leroy Satchel Paige (Cleveland Indians)**, oldest pitcher to throw back-to-back shutouts (1948); **Nolan Ryan (Texas Rangers)**, oldest to strike out 300 or more (301, 1989); **Jim Marshall (Minn. Vikings)**, oldest NFL lineman to play (1979); **Thane Baker (USA)**, oldest to run sub-10 seconds for 100-yd. dash (9.8, 1974).

43 — Nolan Ryan (Texas Rangers), oldest major leaguer to pitch a no-hitter, oldest to lead league in strikeouts (232, 1990). **Pete Rose (Cincinnati Reds)**, oldest (since 1900) to get 100 hits (107, 1985); **Thaddeus Bell (USA)**, oldest to run sub-11 seconds (non wind assisted) for 100 meters (10.8, 1987); **Alain Mimoun (France)**, oldest to run sub-30 for 10,000 meters on the track (29:57.4, 1964).

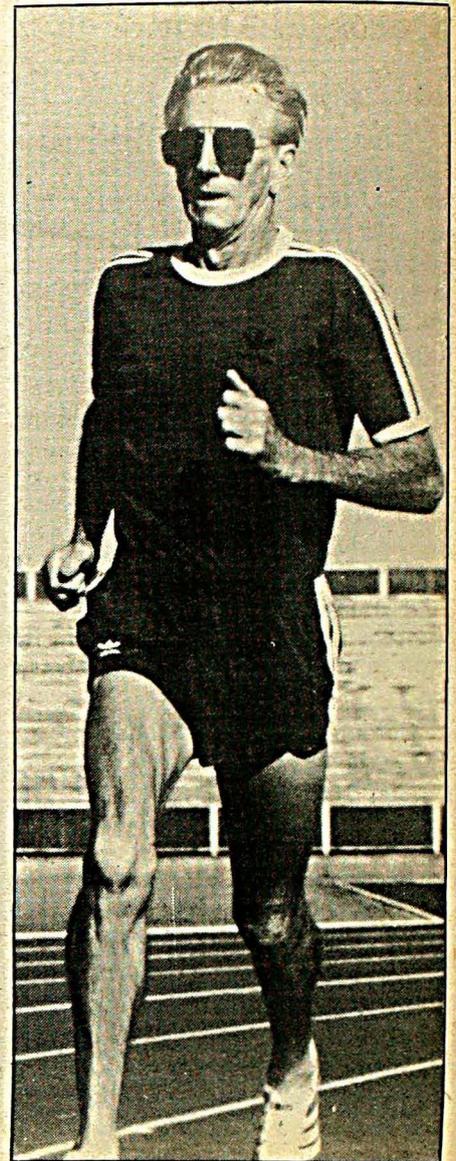
44 — Carl Yastrzemski (Boston Red Sox), oldest major leaguer to hit 10 home runs (40, 1983); **Margaret du Pont (USA)**, oldest winner of a major world tennis championship (mixed doubles, Wimbledon, 1962); **Hagues Roger (France)**, oldest to break 50 seconds for 400 meters (48.7, 1985); **Bill Stewart (USA)**, oldest to run sub-4 for 1500 meters (3:54.9, 1987).

45 — Jack Quinn (Philadelphia A's) oldest major leaguer to hit a home run (1930); **Hale Irwin (USA)**, oldest golfer to win the U.S. Open (1990); **Lis Linsenhoff (West Germany)**, oldest woman Olympic gold medalist (Equestrian, 1972).

46 — Nat Hickey (Providence Steamrollers), oldest to play a major league basketball game (played in the Basketball Association of America in 1948; the BAA became the NBA in 1949); **Phil Niekro (N.Y. Yankees)**, oldest major leaguer to pitch a shutout (1985); **Jack Nicklaus (USA)**, oldest golfer to win The Masters (1986).

47 — George Blanda (Oakland Raiders), oldest NFL player to throw a touchdown pass (1974); **Leroy Satchel Paige (S.L. Browns)**, oldest major league baseball All-Star (1953); **Bobby Unser (USA)**, oldest winner of the Indy 500 (1981).

48 — George Blanda (Oakland Raiders), oldest to play in a NFL game, oldest to score (44 xp, 13 fg), oldest to complete a pass (1975); **Archie Moore (USA)**, oldest to hold a world boxing title (light-heavyweight champion, 1962), oldest to score a first-round



Australia's John Gilmour, oldest person (61) to run a sub-5-minute mile (4:56.1 in 1980).

knockout (1962), oldest to fight for heavyweight title (lost to Cassius Clay, 1962); **Tebbs Lloyd Wright (Great Britain)**, oldest Olympic track & field medalist (bronze 50K walk, 1948); **Jack Quinn (Brooklyn Dodgers)**, oldest major league pitcher to win a game; **Julius Boros (USA)**, oldest golfer to win the PGA championship (1968); **Ivan Ivancic (Yugoslavia)**, oldest to put 16-pound shot 60-feet or more (61-6 1/4, 1986); **Dan Conway (USA)**, oldest to run sub-10 for two miles (9:58.54, 1987); **Antonio Villanueva (Mexico)**, oldest to run sub-15 for three miles (14:44.18, 1989).

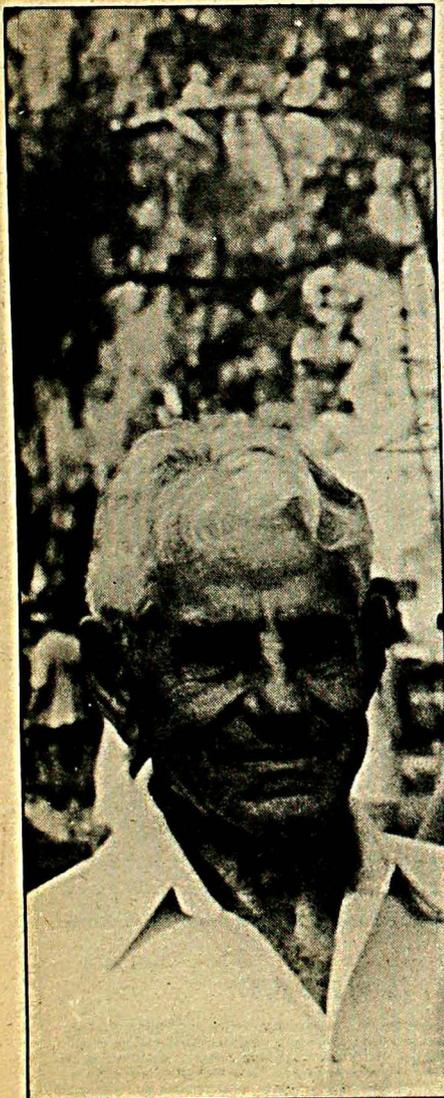
49 — Al Oerter (USA), oldest to throw discus 200 feet or more (204-9, 1986); **Bill Fitzgerald (USA)**, oldest to run sub-2 for 800 meters (1:59.5, 1974).

50 — Arlie Latham (N.Y. Giants), oldest major leaguer to steal a base (1909).

51 — Gordie Howe (Hartford Whalers), oldest National Hockey League All-Star (1980).

52 — Gordie Howe (Hartford Whalers), oldest National Hockey League player, oldest to score, (1980); **Sam Snead (USA)**, oldest PGA tournament winner (Greensboro Open, 1965); **Jim O'Rourke (N.Y. Giants)**, oldest major leaguer to play a complete game (catcher, 1904); **Luciano Aquarone (Italy)**, oldest to run 11 miles or more in one hour (11-410, 1983).

Continued on page 15



Honolulu's Harold Chapson, oldest person (74) to run a sub-5-minute mile (5:58.8 in 1977).

Photo by Mike Tymn

Bell Best Master in Paramount 10K

by JERRY WOJCIK

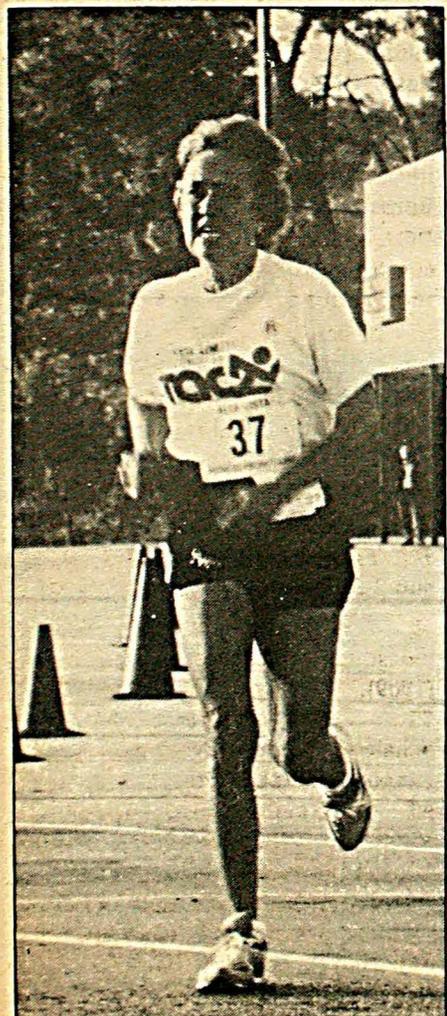
Doug Bell, the first masters finisher in 31:02 in the 12th annual Paramount 10K in Paramount, Calif., January 19, was also the top age-graded runner with a 92.0% performance. Next were last year's winner, Stephen Keyes (M40, 31:59, 89.3%); Jim O'Neil (M65, 39:23, 88.9%); John Brennan (M55, 35:54, 88.8%); and Peter Stern (45, 33:37, 87.8%).

First W40+ Alfreda Iglehart, was top woman with a 37:46 for 84.4%, with Lori Coker, W40, second at 38:22, 83.1%.

Each year, Bud Light sponsors a Special World Masters Division in this race. To qualify, a runner must have bettered a qualifying time (e.g. an M40 runner must have run a 10K under 34:00 prior to the race). The first three finishers in each age group won prize money of \$100/50/25. Bell and Iglehart also collected \$300 each for overall firsts. The race is one of the oldest races in the U.S. to guarantee money for older age-group athletes.

In the open race, German Alonzo (M40, 33:42) and Wendy Watson (W45, 41:32) were first masters. Second W40+ was Joan Jeter (W50, 42:08).

The event was again directed by Oscar Rosales of The Finish Line International. □



Pepper Davis, 64, Orlando, Fla., first W60 (24:14) and best age-graded female (18:07), TAC National Masters 5K Championships, DeLand, Fla., February 3. Photo by John Boyle

Five Years Ago

March, 1986

- Bruce Mortenson Top Master in Houston-Tenneco Marathon With 2:23:40
- Tracy Smith's M40 31:24 and Harolene Walters' W40 37:09 Win Paramount 10K
- John Poppell's \$25,000 Pledge Helps World Veterans Games Edge Closer to Goal



Start of the National Masters 5K Championships. DeLand, Fla., February 3. Photo by John Boyle



Oregon Track & Field Camp for Masters

June 17-23, 1991

Hayward Field, Eugene, Oregon

Site of the VIII World Veterans' Championships

Join a world-renowned track & field staff headed by famous athlete and coach **Bill Dellinger** for a week of training and technique tailored expressly for the Masters athlete.

The 1990 Oregon Track & Field Camp for Masters was rated "Outstanding" or "Excellent" by 89.5% of respondents. Here are just some of their comments:

"The most fun I've had in years."

"I felt the staff did an outstanding job and went all out to make it an enjoyable experience."

"I don't see how you can provide such a program for what you charged."

"The almost one-on-one relationship with the coaches was very beneficial."

"My only criticism is that the well-prepared and tasty food was too plentiful and too accessible."

"Excellent instructors, great fellowship, good facilities."

"I have already started to plan for the Camp in 1991!"

A staff of experts in the sprints, jumps, and throws will assist Coach Dellinger, who will handle the distance events, in providing the very best instruction in each area. For multi-event athletes, a special format will be utilized so that all of the disciplines can be covered.

Housing will be in the dormitories directly across the street from Hayward Field, and the cost of the Camp will include three of the famous dorm meals per day.

At the end of the week's instruction, participation in the nationally known Hayward Masters Classic on June 22-23 will be available to all Campers who wish to put their newly acquired skills to the test.

Cost of the Camp is \$449 per person, and includes all instruction, guest lecturers, dormitory housing, three meals per day, group excursion, and other amenities. Accommodation in a hotel or motel is available at an additional cost.

The Camp is open to both men and women of any age, although instruction will be geared to the Masters/Sub-Masters athlete with some competitive experience.

If you would like more information concerning the Oregon Track & Field Camp for Masters, write for our brochure at Box 10825, Eugene, OR 97440. If you wish to reserve your place now in the Oregon Camp, send \$50 deposit per person to Oregon Track & Field Camp for Masters at the same address. If you have questions, call 503/687-1989 during business hours.

Offered by Bill Dellinger and Northwest Event Management, Inc. (Barbara Kousky and Tom Jordan, Directors)



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

It's Lighten-up Time

I'll be honest with you, I got so worked up a couple of issues back I almost cancelled my free subscription. In order to avoid a full scale scandal, "Write On" did reprint a letter by Phil Mulkey, one of my favorite men about town. (It was Phil you see, who calmly pointed out to me one warm night in Georgia that I wasn't a pervert at all, just your ordinary lecher).

I think it is still rather obvious we don't have the unabridged story of Debbie Anderson. The mere fact that Phil is involved means there's much more to the tale. I do know for a fact, the Indiana crowd has never fully recovered from the time Debbie showed up in a body suit that was in reality a see-through coat of paint. After a couple of turns on the track and some heart stopping stretching exercises you won't believe what happened next — she took it off!

They say the color came back to Bob Boal's hair and Higdon turned humble right there in front of everyone! The Hoosier officials say Debbie had an interesting influence on the participants; they all pretended to be younger,

thereby reversing one of the time-honored ironies of master competition — people claiming to be older than they really are. Okay, so it works once in awhile at masters meets, I sure wouldn't recommend its use in singles bars.

Let me just say this, when it comes to national treasures like Debbie, I'm for the unexpurgated version, no cover-ups. A special word of thanks to Phil for always keeping an eye out for what my wife's doctor calls "a little bit of heaven."

Incidentally, I never have quite gotten it straight. In this *new* event introduced at the championships in Indianapolis - do you throw the guy into the tent or does the guy throw you out

of the tent? Don't get me wrong; conceptually, it sounds good.

Now, most everyone agrees Dave Pain is a stand-up guy. He's going to tell it like it is and let the chips fall. But Dave, you can't tie up the entire newsletter over who did or did not go to Trinidad or, worse yet, who did or did not get on the bus. Relax man, Trinidad's no big deal and if more people walked instead of riding the bus, blah, blah, blah.

I remember a story Dave's daughter told me years ago: she had a question relating to her school work which she directed at her mother. Mother said, "that's more in your father's area dear, why don't you ask him?" Daughter replied: "C'mon mom, I don't need to know *that* much about it."

I get these wind-bag letters all the time from people who are mad as hell — and they're not all racewalkers, either. They have a lot of ideas — all bad. Most have a consistent theme: I am the greatest and you and yours are dopes.

Here's a sample:

Dear McDonald: The results in last months NMN showed Marvin Plugeman finishing ahead of me in the Kankakee 10K. Marvin, the jerk, is a fine runner and a good friend of mine but, he did not, I repeat did not, finish ahead of me in that race. Those moron race officials, I wasn't even there! I gave my number to Fred Knitney and anyone who knows anything knows that Freddie can't run worth a shit. At that, Marvin only beat him by a minute. People who were there said it was actually my kind of course and had I been able to run, there is little doubt about what I would have done to Marvin Plugeman's rear end. I don't want to get into why I didn't run, let's just leave it at "male problems."

Comment: Try Preparation H.

Dear Mouth: Did you see what those idiots at the Bakersfield Relays did to my time? They had my 100 meters at 19.854! Everyone there agreed I was definitely faster than that. Emil Kush, the jerk, was given a 19.852 and no one can remember our being separated by more than .001. Don't get me wrong, Emil is a fine runner and a good friend of mine but, everyone knows he dyes his hair and is the biggest trophy hound in the country. Furthermore, I think the fine people in Utah should know he was born in Poland and is Catholic. I'm not necessarily blaming Emil, and of course I don't give a hoot about the time, let alone the trophy. I do want it to be right for others. Heaven knows, I've had my glory, what with my 19.8132 at Modesto in 1984, 19.8133 in Yuma in 1985 and the race no one seems to be able to forget, the 19.8012 I ran in 1986. Because it was hand-held, small, malicious people denied me the recognition I deserved. Not for myself, mind you, but for all the little people who will never be stars like me. (Comment: Hand held alright, by his

wife in front of the house). I'll tell you one thing for sure. I'll never run in another race put on by those red-necks in Bakersfield. They got all picky when I dug holes in the track for my start. Like I said to the guy, check out "Chariots of Fire" Pal.

Comment: At times like this, Ben Johnson doesn't seem like too bad a guy.

Speaking of Rednecks, you are one if you answer yes to any two of the following three statements.

1. Your mother got into a fist fight at a high school game.
2. Thanksgiving dinner was ruined when you ran out of catsup.
3. Three or more dogs died when your front porch collapsed.

Dear Miller: I don't care what religion you are, your articles don't have anything to do with masters competition and furthermore, you're probably one of those do-gooders who's trying to let the South Africans back in. I've got nothing personal against these people and I know they've got their problems, what with the Irish and all, but what the hell, live and let live I always say. At my last meet I got a 22-8¼ throw. People said it looked a lot longer than that and someone else heard Chuck Klehm say it was "one helluva heave." This is probably my last chance at an Olympic berth and I'll be damned if I want you creeps costing me my eligibility. Without bragging, I am 67-years-old, I have 1918 blue ribbons and I want and deserve a chance at making our Olympic team.

Comment: Just do it, Harvey.

Finally, I'm serving notice right now that if Cesare Beccalli, Alastair Lynn, Sylvester Stein and all that gang don't stop calling one another jerks and other poo-poo nasties, let's start a campaign to bring back Don Farquharson. □

HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

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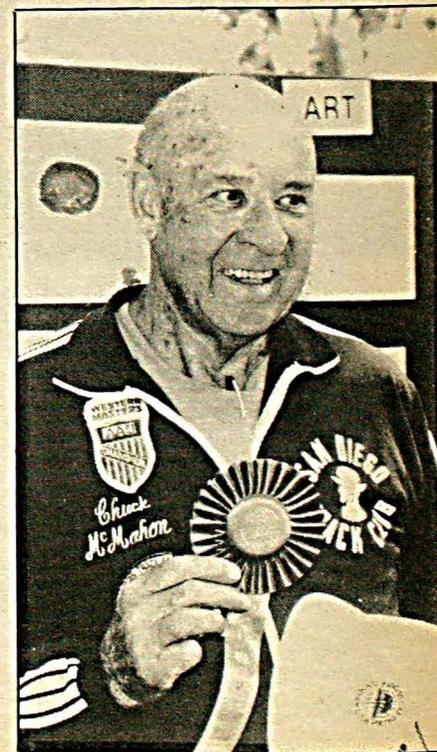
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Tom Henderson, *The Detroit News*

"*Running Research News* is the most worthwhile running publication I have seen during my 35 years of coaching."
Jack Warner, Cornell University Cross Country Coach

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"The recent article on 10K training contained more useful info. than any 60 running books." Sam Graceffo, M.D.

Running Research News provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.



Chuck McMahon, 75, of San Diego, after attaining All-American status, Sri Chinmoy Meet, Irvine, Calif. Photo by Bigalita Egger

Read The Reviews

Here's What Readers Say About THE MASTERS RUNNING GUIDE

— Hal Higdon has written a concise, readable running fitness book for people over 40. He combines his experiences with the latest sports medicine research on over 40 athletes. The book accomplishes exactly what Mr. Higdon set out to do — to explain how to get in shape and perform for what he says are the best years of your life.

— *Kathy Jagers, Charleston (SC) Running Club*

— This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

— *Joyce Rankin, Reston (VA) Runners*

— I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

— *Gordon Pitz, River to River (IL) Runners*

— The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

— *Mike Davis, Indianapolis News*

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

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

Buying this book may be the best move you make during the 1991 season

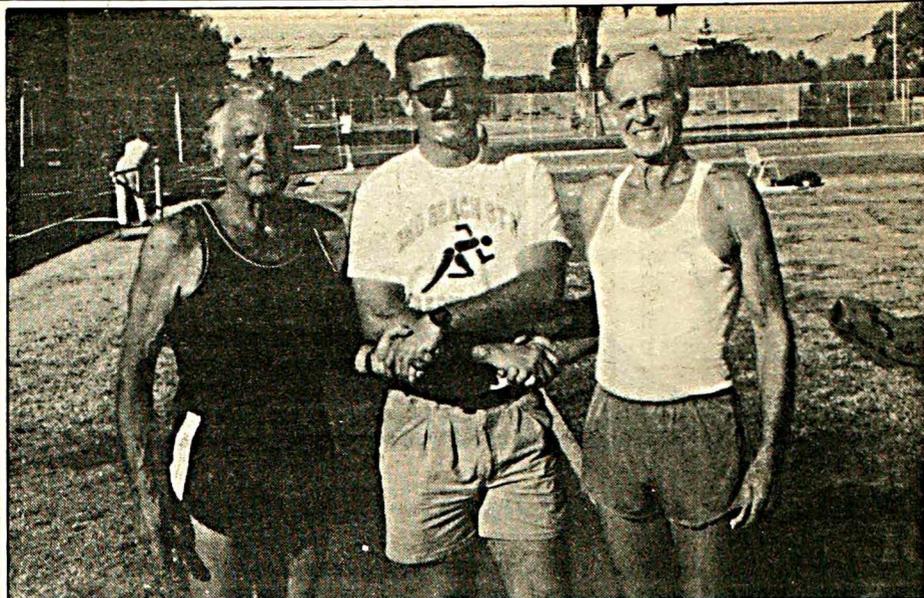
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A. U. Ricciardi (l) of Nevada, first M70; Andy Sythe, head track coach at Long Beach State and meet director; and Boo Morcom of New Hampshire, first M65, Winter Decathlon, Long Beach, Calif., December 8-9. Photo from A. U. Ricciardi

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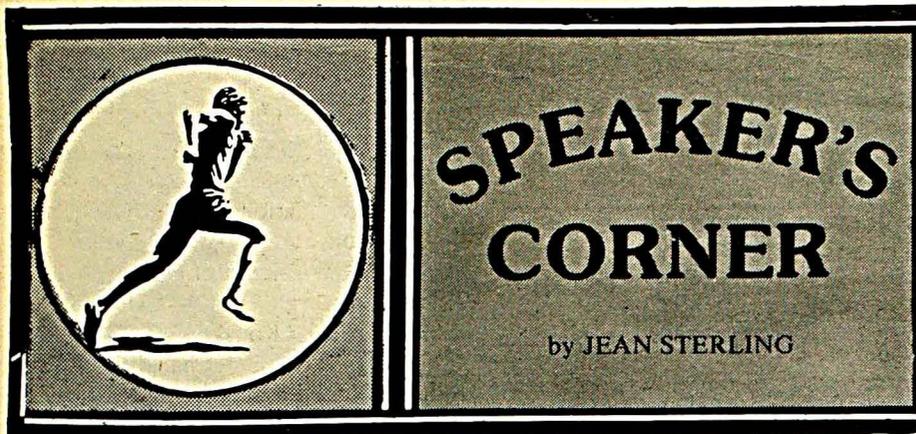
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I'm Not Getting Older — I'm Aging Up!

“Boy, this mail from the AARP (American Association of Retired Persons) sure is depressing,” my husband said. “It’s bad enough that I’ll be 50 in a few months without these people reminding me all the time,” he continued as he dumped the latest AARP missive into the circular file.

As the dreaded birthday drew nearer, however, he actually read some of the literature, and he joined when he realized that membership would give him some pretty good discounts and a

subscription to “Modern Maturity.”

“You mean that magazine I’ve seen at the retirement center where Mrs. Wyatt lives?” I asked. “I hope they mail it in a plain brown wrapper.”



100 Tablets \$ 9.95
250 Tablets \$17.95
500 Tablets \$27.95

These
masters chose **STIM-O-STAM**
for enhanced performance.

“With regular use of **STIM-O-STAM** supplements I notice increased endurance in workouts and races. Also, I recover faster and have less muscle soreness.”

Don Wright, 45
Mobile, AL
8K: 26:10
10K: 32:25
Half Mar: 1:11:18

“Discovering **STIM-O-STAM** has changed my training radically. I no longer fear muscle soreness after a strenuous workout. I have more energy and am looking forward to setting PR’s in all distances I run. I have regained my enthusiasm at 64. Everything promised for this product has proven more than true.”

Margie Withrow, 64
U.S. Masters, 1989
Outdoor 1500
7th: 7:03:07

“I have personally used this product and find it essential to my effective training. I began supplying **STIM-O-STAM** to my athletes this spring and have some very positive results.”

Danny Thiel, 41
100M: 11.1
200M: 22.2
400M: 50.9

“**STIM-O-STAM** allows me to run further, faster, more often with less pain, in spite of increased mileage. No other product I encountered can make that claim. What more can be said?”

Roy Earl, 40

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The dreaded birthday came, and we celebrated with a birthday pie, (pie having less cholesterol than cake) but it wasn’t really a joyous occasion. Turning 50 and joining the AARP reminded him that he was getting on in years; he could find no redeeming feature in the whole affair.

The following year it was my turn, but in my case turning 50 was a reason to rejoice and be glad because I’m a runner and a triathlete. For me, turning 50 didn’t just mean growing older, it also meant *aging up*. No longer would I have to compete against all those youngsters who were still in their 40s. Oh boy, I told myself, I’m going to win a lot of stuff. And, indeed, it came to pass. Competition was easier in my new age group, and I managed to come home with a considerable number of trophies and medals.

Shortly after I passed the big five-oh, I found myself talking to a younger runner after a road race. “I don’t think I’ll hang around for the awards,” he told me. “This was a pretty big race, and I’m sure I didn’t get anything. Do you think you might get something?”

“Probably. If you live long enough, you start to win stuff,” I said, and we both laughed.

But winning hardware isn’t what really counts. Much more important is what running has done for me. I feel terrific and no longer look like a matron.

When I was in my middle 40s, I looked middle-aged, acted middle-aged, and worst of all, felt middle-aged. I vaguely wanted to start an exercise program and get into shape. It was always “I’ll start tomorrow” but somehow tomorrow never came. There was always an excuse. It was too hot or too cold, or it was raining, or I didn’t feel like it. And I didn’t feel like it. I felt dumpy and blah. I was a blob.

It was a series of rather disheartening incidents that finally got me off my quite-ample backside and liberated the athlete that was trapped in a middle-age body.

There was the trip to a department store where I was chagrined to learn that I could no longer jam myself into a size 16. I refused to go to the euphemistically named queen-size department (we all know it means fat) for a size 18. Instead, I bought a girdle so I could squeeze into a pair of size 16 slacks. My plump thighs with their saddle-bags were like sausages crammed into too-tight casings. Although I felt like I was being cut in two, I stubbornly refused to admit that I needed a size 18.

Then, there was the doctor appointment. I knew that I had “put on a few pounds” but having scrupulously avoided scales for several years — they’re not accurate anyway — had deluded myself into believing that I hadn’t gained all that much weight. Before getting on the doctor’s scale, I did a moderate striptease, removing

shoes, sweater, and necklace. The scale balanced at 161.

And then there was the elderly neighbor who made coy remarks about how wonderful it was, at my age and all, and what did the boys — my sons — think, and were they hoping for a little sister?

That did it! I started a running program that was almost walking at the beginning. I was old and overweight and felt ridiculous as I gasped and struggled down the road. Regular running shorts didn’t fit over my bulky hips, so I had to wear department store shorts. I couldn’t run fifty yards before being forced to walk.

Milestones achieved during the first year were modest. Running a mile without stopping and buying a pair of real running shorts were the highlights of year one.

Sometime during the second year I realized that I was no longer fat. I can remember waking up one morning and thinking “Wow! I’m thin!” My size 16 pants hung on my hips. In department stores I was directed to size 12. During year two I reached an important milestone. Running became fun instead of drudgery, and I began to think of myself as a runner.

Becoming a runner has done a lot for me. I like hearing the doctor tell me that I have the pulse and blood pressure of a trained athlete. I like weighing a trim 134. I enjoy hearing sales clerks in stores say, “You’re about a size 10, aren’t you?” I like feeling good and looking good.

Recently, however, some of those swift youngsters have begun to age up into my age group, and once again it’s getting harder for me to place in the top three. But bringing home hardware isn’t what’s important. Besides, in another couple of years, I’ll age up! □



Since turning 50 last November, Shirley Matson (180) of Moraga, Calif., has set four 50-54 age-group records: 30K (2:00:41); 5K (17:59); 10 miles (60:24); 8K (29:03). She was first W40+ in all the races, and first woman overall in the 10 mile, pictured here, the Cal 10, Stockton, Calif.

Pierce Stars at Dartmouth

by JERRY WOJCIK

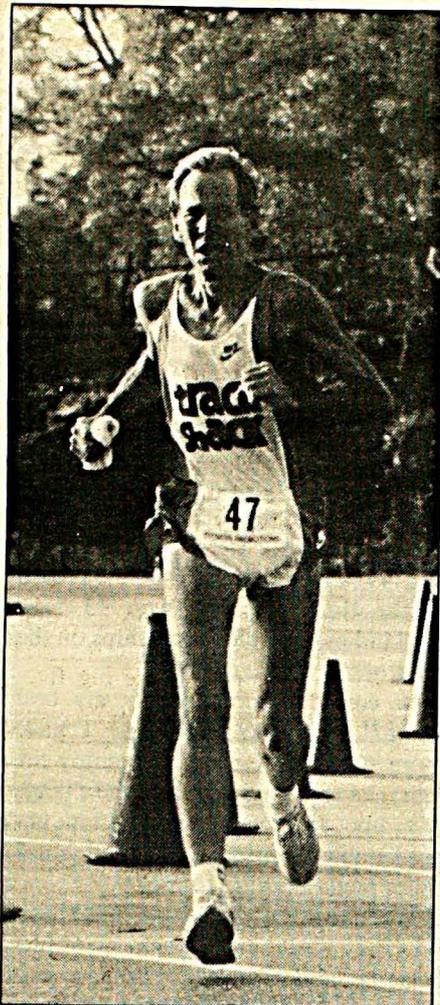
Roger Pierce of Massachusetts, who set an indoor world record for the M45-49 200 (23.4) at this meet last year, was again the masters sprint star at the 22nd Dartmouth Relays in Hanover, N.H., January 4-5. Pierce posted the fastest times for all age 30-and-over entrants with wins in the 55m (6.84), 200 (23.6), and 400 (53.6).

In the 1500, Dan Frye won the M40 race in a large field with a 4:09.7. Tim Simpson won the M50 5000 in 17:41.0.

Tyrone Carlis, M45, topped all sub-masters and masters long jumpers with a 19-7½, as did Cliff Blair, M60, with a 49-8½ among the shotputters, beating out meet director Carl Wallin, M45 winner, by six inches.

Joan Stratton, W35 U.S. record holder in the indoor shot put, won that event with a 37-1½ and threw the 20-lb. weight 38-9.

Although masters participants considered it a good meet in general, some runners objected to the random selection, rather than by age-divisions or best times, of competitors in their races. □



Jim Blount, 61, Orlando, Fla., first M60 in 19:14, TAC National Masters 5K Championships, DeLand, Fla., February 3.

Photo by John Boyle

600 To Compete in Indoor Nationals

Continued from page 1

February issue of NMN.

Last year's contest drew 565 entrants to Madison, Wisconsin.

Meet organizers have lined up low-cost hotel rates at the Budgetel, Days and Holiday Inns in Brooklyn Center. Housing is also available at the National Sports Center dormitory for \$25 per day, including three meals daily — four athletes per room.

Free transportation will be provided from the above three hotels and the Sports Center. Round-trip transportation from the airport to the Center or the three hotels is available for \$14. Call 800-747-8687 before you arrive and you'll be met at the airport and your hotel. (Friday arrivals and Sunday departures only).

The short sprint will be the official TAC distance of 60m, not 55m as mistakenly listed on the entry form.

Because of popular demand, the weight throw has been moved indoors — on Sunday from 12 noon to 4 p.m. That may extend the Sunday program from 4:45 p.m. to 6 p.m., according to Dixon Farmer, meet coordinator.

There will be a general meeting of TAC's Masters Track & Field Committee at the National Sports Center on

Friday, March 22 at 5:00 p.m. A site will be selected for the 1992 TAC/USA Outdoor National Masters T&F Championships. Three cities — Spokane, Wash., Salt Lake City, Utah, and Pittsburgh, Pa. — will present bids. Barbara Kousky, TAC National Masters T&F Chairman, will hold discussion on a number of other items important to the masters program. Everyone is invited to attend. □



Ten Years Ago

March, 1981

- St. Louis TC Wins Nike/Penn Mutual Grand Prix
- Boo Morcom, 59, Vaults 13-2½ To Set New World Single-Age Record
- George Braceland Takes Nine Events in Philadelphia Masters meet.

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CALIFORNIA STATE UNIVERSITY AT LONG BEACH

April 13, 1991

Entry Fees: First event \$10 - additional events \$5 - relay teams \$20 - late entries \$12 first event - \$6 per additional event

Deadline: April 5, 1991

Divisions: Men and women age 30 and above in 5-year age groups

Awards: 2" medal with red, white, and blue ribbon for 1st, 2nd, and 3rd

Facilities: New 8-lane artificial surface track, concrete rings

Note: 1991 TAC registration required (available at meet for \$10)

Directions to

CSULB: Exit 405 (San Diego) freeway at Bellflower Blvd., south to Alherton, left (east) to signal, right into CSULB parking lot; track is ahead to the left



Schedule of Events

Track events			
11:00 a.m.	5000 meters race-walk	2:15 p.m.	300/400 meters hurdles
12:00 noon	1500 meters run	2:45 p.m.	800 meters run
12:30 p.m.	80/100/110 meters hurdles	3:15 p.m.	200 meters sprint
1:00 p.m.	100 meters sprint	3:45 p.m.	3000 meters run
1:30 p.m.	distance medley relay	4:15 p.m.	4x100 meters relay
1:45 p.m.	400 meters sprint		
Field events			
11:00 a.m.	hammer throw and pole vault	2:00 p.m.	shot put
12:30 p.m.	discus throw and long jump	3:30 p.m.	high jump and javelin throw

Entry Form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 4-13-91 _____ Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 1991 TAC No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

Mail to: Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. Please call between 7 and 8 p.m. (619) 436-7696.

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SIGNATURE _____ DATE _____

PROFILE

Roland Cormier: The Casual Competitor

Every now and then you come across a masters runner who doesn't seem very serious about running but somehow manages to do exceptionally well in spite of a "casual" approach. Roland Cormier is such a guy.

Cormier, a 51-year-old resident of Springfield, Mass., says he doesn't like running — never has. Yet, he is a standout masters competitor. A 27:23 for a 5-miler after his 50th birthday last year gives some indication of his ability.

"I'm just sort of a health-fitness kinda guy," explains Cormier. "I like all kinds of sports — basketball, golf, cross-country skiing. They're fun, but not running. It hurts and you don't get paid for it. It's almost un-American. But there's nothing like running to keep you in shape. It's the only sport in which you can walk out of your house and, with nothing more than a pair of sneakers, get in a good workout. I love being in shape, and running seems to be the simplest and easiest way to achieve that."

Cormier, who's employed by the Springfield public schools system as a counselor working with problem kids, has been running since his high school days. He recalls a 5:12 mile in high school: "Back in those days, we didn't train. We just went out and ran. It was the guy with the most natural ability who won. Conditioning wasn't a factor back then."

While in the Army between 1957 and 1960, Cormier was attracted to the triathlon — the run, swim, shoot one. He won the 4th U.S. Army triathlon championship two years in a row and

was offered the opportunity to be assigned to Fort Sam Houston in Texas to train with the U.S. Modern Pentathlon team. "But I would have had to stay in an extra two years," he recalls, laughing. "No way was I going to do that."

At Springfield College, Cormier went out for wrestling and golf. But he ran cross-country to get his weight down for wrestling. "We always took a team approach to cross-country," he says. "We'd try to cross the finish line together. I won some races that way, but there was only one cross-country meet I won all by myself, and who do you think was second? Bill Rodgers! People never believe me when I tell them that, but I've got films to prove it."

"Everybody knew I was slow, but I ran the first mile in that race in 4:40 and opened up a big lead. I'm one of those people who, when they go out, want to put pain on everybody's face. So if they beat me, at least they know I was there. I know Rodgers could have beaten me if he'd started after me earlier. I guess I surprised him by not

coming back any more than I did."

While still in college, he also gave track a try, recording bests of 9:38 for two miles and 14:47 for three.

After graduating with a B.S. in Physical Education and a Masters in Educational Guidance, Cormier continued to run for fitness. "I was a YMCA kind of person, you know," he explains. "I'd play basketball and lift weights all day and then do a little running after that. I just always believed in staying in shape."

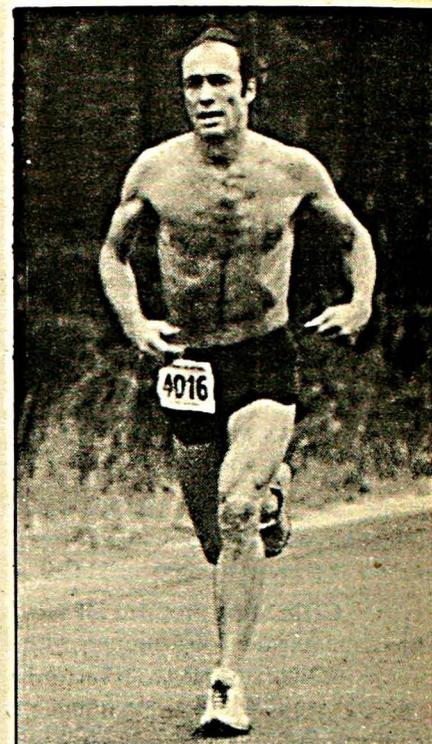
After joining the masters ranks in 1980, Cormier won six national championships (2 RRCA and 4 TAC) at distances from 8K to 25K. In 1983, he ran the Clarence DeMar Marathon in 2:35:49, a New Hampshire state record at the time. He also won 13 New England masters championships on the road or at cross-country.

"I consider cross-country my best event," he offers, "because I have more strength than speed. I enjoy the hills, the rough terrain, and the change of tempo. It's each man against an unpredictable course. Road and track times mean nothing to me."

When asked about his personal bests on the road and track, Cormier hesitates and responds: "All my best times were on uncertified courses. Back then you never knew if the courses were measured correctly or not. I think I had a couple of 10Ks in the 32's during the early '80s. I remember a 25:56 for five miles in 1984 and a 1:45:28 for 30K in 1985."

You'd think with impressive times like that, Cormier has found the right blend of quality and quantity in his training. Not so. He reacts to the term "speed work" as if he'd never heard of it.

"Basic running for me is 12 miles a day at an eight-minute (per mile) pace," he notes. "I did that year after year after year. Eighty to 90 miles a



Roland Cormier, 50, has won six national championships (2 RRCA, 4 TAC) at distances from 8 to 25K.

week was pretty standard for me until about the time I turned 50. I never thought I'd slowed an inch until then. I never had any injuries before then, never. Now I've got sore knees, sore hamstrings, arches, ankles, nagging things here and there. So what happens is that when I go out to run 12 miles I get sore at nine or 10 and that's all I go. So I'm closer to 70 miles a week these days."

Cormier won't go out of his way to compete in big masters races. "My family comes first," he says, referring to wife Diane, daughter Kimberly, 15, and son Michael, 13. "The kids always have something going on the weekends, and that takes priority over running. I'm satisfied to stay healthy and to continue to race at a national level in my own backyard." □ —Mike Tymn

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Report from the East

by HAIG BOHIGIAN, TAC Eastern Sectional Masters T & F Chairman

NEW YORK, February 11 — There have been seven developmental meets in the Metropolitan area. The first three in Fairleigh Dickinson University drew an average of 34 entries, the next two at West Point drew an average of 66 entries, while the next at Fordham drew 101. The last at Manhattan drew 121 entries.

The last four meets were also the first four meets of a Grand Prix series of five meets to determine the outstanding masters athlete of the indoor season who will receive a free round trip ticket to anyplace in the USA that US Air flies to.

The final Grand Prix meet will be the MAC Championships to be held at West Point on February 17. Points accumulated at this meet will be doubled so that the title is up for grabs. After four meets the leaders are Bill Fortune with 57 points, followed by Gary Null

with 56, then Ed Small with 49, Joe Johnson and Cliff Pauling with 44 points and Salih Talib, who missed one meet, with 28 points.

Salih Talib, 45, set a U.S. M45 indoor record of 9:12.69 in the 3000 on December 29. Bill Fortune, 62, set a U.S. M60 indoor mark of 11:13.19 in the two mile on December 22. Gary Null, 45, may have set two racewalk records but lack of existing marks make verification difficult. On December 22, he did 6:51.21 for the one mile and on January 20, he did 6:21.8 for the 1500.

Ed Small, 52, continues his dominance of the sprints with 25.94 in the 200, 56.7 in the 400, and 40.13 at 300. Joe Johnson, 45, has been unbeatable at the shorts sprints with a clocking of 7.05 at 55m. Cliff Pauling, 56, continues to dominate the middle distances

Continued on page 13

Tompkins Wins Tom Robinson Memorial Mile

by PETER TAYLOR

HAVERFORD, Pa., January 6 — Gary Tompkins, M40, breezed to an easy victory in the Second Annual Tom Robinson Memorial Mile with a 4:38.5. Taking the M45 division was Sam Huckel, 49, in 4:47.2.

Other creditable performances were turned in by Ben Brockwell, 43 (4:44.1), George Lokken, 42 (4:45.5) and Rich Myers, 45 (4:47.7). Mary Tomwich, 35, had the best time among the women runners at 5:32.2.

The race, which is run on the 225-meter indoor surface at Haverford College, is a tribute to the popular Tom Robinson who passed away in 1988 after being struck by a car (he was not running at the time). Robinson, a noted cardiac researcher, was an outstanding middle distance runner (one mile to 5K) who also taught the sport through the Arthur Lydiard Running Camps. □



Report from the East

Continued from page 12

with clockings of 27.29 at 200, 58.71 for 400, and 2:21.1 for 800. Outstanding sprinters have been John Brooks, 36, Don McNeil, 33, and Fred Feaster, 31. Other outstanding performances were Dan Reilly, 31, with a 2:01.1 800 and Talib's 2:08.7 800. □

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Turku Interviews - Giulio de Petra

You are a successful competitor all over the world. How would you compare the masters racewalking program here to that in Europe?

I think their program started after ours. When I was in Europe, a masters program didn't exist. Now, they hold the same masters races we do.

You just turned 80. Do you still train everyday?

If I don't do it one day, I feel guilty. My body doesn't feel good. So every morning I am out as soon as it is light and this sets me up for the rest of the day. It's a very healthy sport. I enjoy it because of what it does for my life.

You have an advantage over many of us as a leader in age and ability. What are your goals?

It all depends on my health. I would like to racewalk until the day before I die.

Do you set time goals?

No. As time goes, my times go. It is

something that bothers me because I feel young. I don't feel the years.

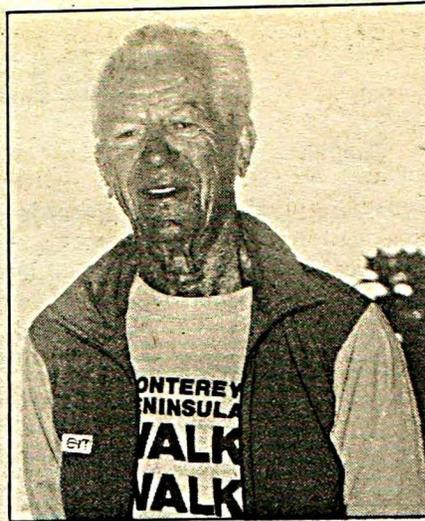
You feel the same inside as you did when you were 50, don't you?

And so I say, "Why do I go so slow?" I used to walk a 5K in 23-plus minutes or a 10K in 47-plus minutes, now it takes me 1:07 to 1:08 to do a 10K.

But you don't feel like you are going slower, do you?

I feel that I am best among my peers.

I am making a point of this because when I coach older walkers I tell them that speed is relative. I believe nature is kind in this regard. An older walker



Giulio de Petra

can feel that he/she is going very fast even if the clock says differently, and can enjoy it as much as the younger walker.

That is for sure. I am enjoying myself, otherwise, I would have stopped racewalking a long time ago.

Are you planning to continue the European circuit?

Not only the European circuit, but the world circuit. I am going to Turku. I hope that this time I will finally win a gold medal. I have been winning silver medals. I had two silver medals in Puerto Rico, two silver medals in Rome, two bronze medals in Melbourne, and 2 silvers in Eugene. Now, it's time for a gold.

Who is your competition?

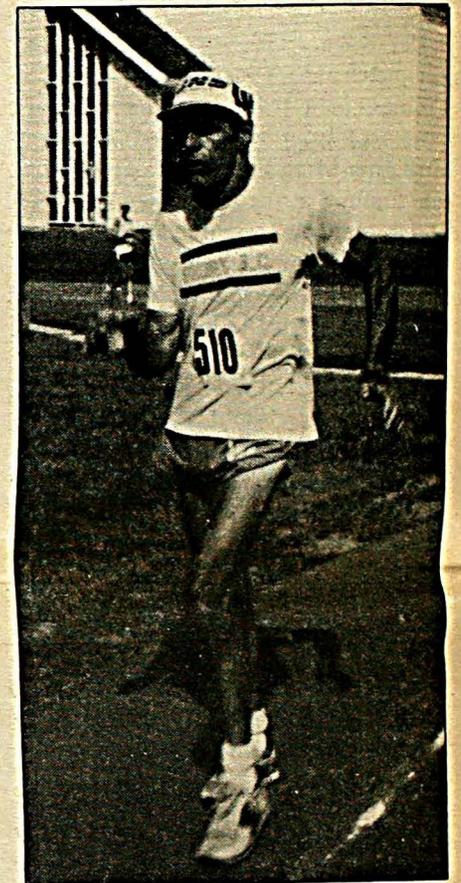
I don't know if the Australian, Tom Daintry, is coming to Turku. He's really good. I don't mind being beaten by someone who is walking legally. And there is another Englishman who beat us both in the 20K by the name of Grimwade. He is also very good.

An Italian, Scimone, beat me in Puerto Rico in 1983, but I beat him in the 5K and 20K at the World Games in Rome. I finished behind him in the 5K in the Masters Outdoor Championship in San Diego in 1989, and ahead of him in the 20K when he was DQed for a

bent knee. He didn't come to Eugene, but Daintry did and he won the race.

That kind of close rivalry will keep you out there competing.

I will never retire from racewalking as long as I feel like doing it. You heard that Gus Theobald died recently in Melbourne after being hit by a car while crossing the street. It was a stupid accident. He was 93. He won two races at the World Masters Games in Eugene: the 5K in 39:49 and the 20K in 2:41:43. He was from Australia and was still winning championships until his tragic death. What a marvelous walker he was, with perfect style! I will never forget him. So I expect to compete when I am 90 and 95. I will be there. □



Bob Mimm, M65 first in 4:40:53, National Masters 40K RW Championships, New Jersey. Photo by Elliott Denman

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I am a current member _____ ARWA annual fee enclosed _____ I am an EAGLE _____
I attended the ARWA _____ camp in _____ (year).

Racewalking Awards

by BEV LaVECK (RW Rep to the Masters T&F Committee)

Sometimes people want to know how the racewalking annual awards are decided. A few years ago, I came up with a point system for assigning awards. I didn't find it completely satisfactory, however. I felt even with a point system, especially if you are going to use any kind of weighting, you have to make subjective judgments such as how many points to award to a national championship versus a 5-year age group record versus a single-age best.

Then I found that some people didn't want awards necessarily to go to the fastest person, and felt that there were other criteria that made a racewalker outstanding. Others simply wanted a very objective standard based on times alone. With the differences in opinion, I decided to switch over to a

vote method which is what we are using today.

I contacted 18 racewalkers in different parts of the country who went to a lot of meets or were involved with many masters racewalkers. I asked them to form an advisory panel and, among other things, to vote annually for the outstanding male and female walker in each age division as well as for the overall outstanding male and female racewalker. I am presently expanding the panel to include previous award winners with the objective of having approximately 40 members.

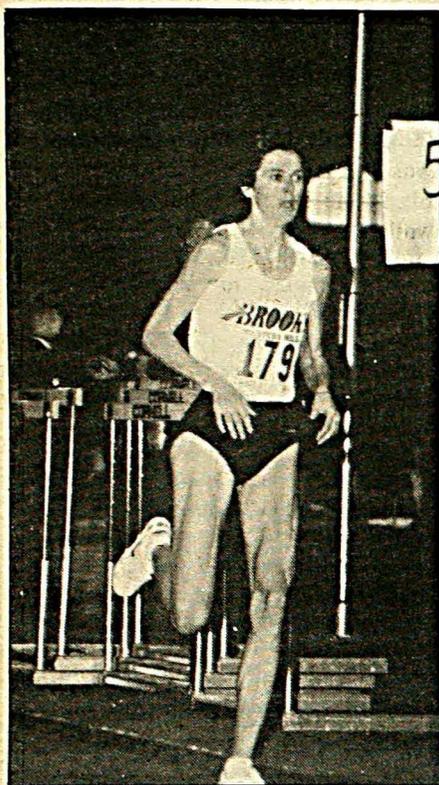
Every year, I supply the data the panel uses for voting. I strongly encourage masters to send me their race results from championship events or when they break age-group or single-age records.

My address is: 6633 N.E. Windermere Rd., Seattle, WA 98115. □

Stewart, Oshier Smash Meet Records at Hartshorne Mile

by DAVID OJA

ITHACA, N.Y. — The 24th running of the Hartshorne Masters Mile on January 12 was a recordbreaker, as both the men's and women's meet



Nancy Oshier, 42, Rush, N.Y., en route to setting a new meet record of 5:15.7 in the 24th annual Hartshorne Masters Mile, January 12, Ithaca, N.Y. Photo by Peter Rath

records were lowered by sizeable margins.

Dave Stewart, 42, of Ottawa, Canada, cruised to victory in 4:23.3, breaking John Serrao's record of 4:30.0, set a year ago. On the women's side, Nancy Oshier, 42, of Rush, N.Y., ran



Canada's Dave Stewart, 42, sets a new meet record of 4:23.3 in winning the 24th annual Hartshorne Masters Mile, January 12, Ithaca, N.Y. Photo by Peter Rath

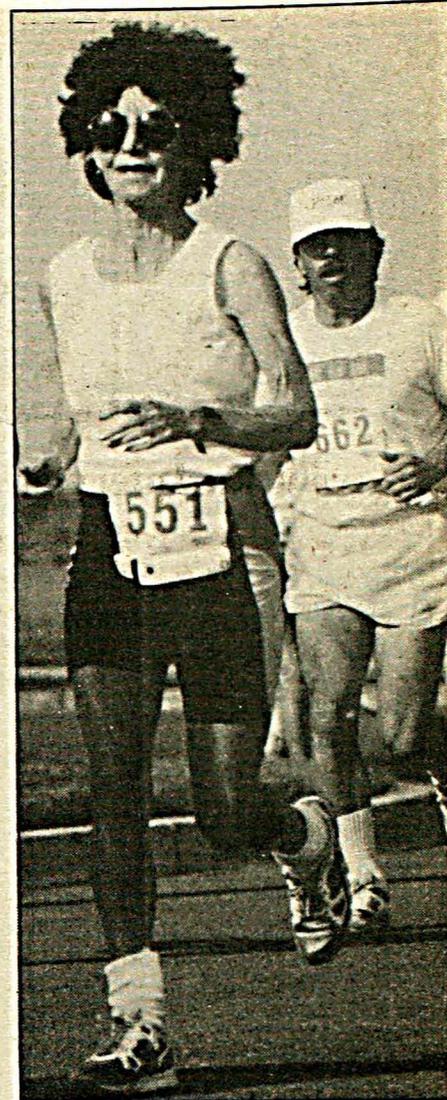
virtually uncontested to a record of 5:15.7, a whopping 17.7 seconds faster than the old mark, set by Mary Leivers in 1988.

Race Director Rick Hoebeke, 41, placed second in 4:40.8.

Bob Milner, Bouckville, N.Y., turned in a scintillating 5:00.6 to win the M55 age group, and Rochester's Derck Frechette (4:45.5) was similarly impressive in capturing the M45 age group.

Oshier was clearly the class of the women's race. Along the way to her 31-second victory, she lapped everyone in the field except the eventual second-place finisher, Kathy Brown (5:46.7), Fairport, N.Y.

New meet records are becoming the norm in this event, which has experienced something of a revival during the past several editions of its 24-year history. Sponsored by the Finger Lakes RC and the High Noon AC, the Hartshorne Mile is beginning to attract the attention of some of the top masters from the U.S. and Canada. Hoebeke is looking forward to a continued increase in the quality of both the men's and women's fields, hoping that this adjunct to the Cornell Open track and field meet can develop into a popular tune-up for the nation's elite masters mile races that come up in February. □



Margaret Miller, 64, runs a 48:03 10K in Oxford, Calif. Photo by Marvel

Third Wind Continued from page 6

53 — Orestes "Minnie" Minoso (Chicago White Sox), oldest major leaguer to get a hit (1976).

54 — Bill Shoemaker (USA), oldest jockey to win the Kentucky Derby (1986); **Herm Wyatt** (USA), oldest to clear 6 feet or more in high jump (6-0, 1986).

55 — Dick Bass (USA), oldest to climb Mount Everest (1985).

56 — Patrick McDonald, oldest to win an American TAC/AU national track & field championship (56-pound wt. throw, 1933).

59 — Leroy Satchel Paige (Kansas City A's), oldest major leaguer to appear in a game, oldest to strike out a batter (1965); **Tom Patsalis** (USA) oldest to long jump 20 feet or more (20-0 1/4, 1981).

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

60 — John Y. Smith (USA), oldest to win an open-class weightlifting championship (Strongest Man in New England Contest, 1926).

61 — John Gilmour (Australia), oldest to run a sub 5-minute mile (4:57.1, 1980).

64 — Oscar Swahn (Sweden), oldest Olympic gold medal winner, running deer team shooting, 1912).

66 — John Curd Edmunds (USA), oldest to set a world record in a strength contest (117 chin ups, 1969).

67 — Jack Stevens (Australia), oldest to break five minutes for 1500 meters (4:56.8, 1984).

68 — Clifford Batt (Australia), oldest to swim English Channel (1987).

72 — Oscar Swahn (Sweden), oldest Olympic medalist (silver, shooting, 1920).

73 — Paul Reese (USA), oldest to run across continental United States (1990).

74 — Harold Chapson (USA), oldest to run a sub 6-minute mile (5:58.8, 1977).

80 — Leo Sites (USA), oldest to bowl a perfect (300) game (1985).

95 — Erna Ross (USA), oldest woman to shoot a hole in one (112-yd., 17th hole, Palm Beach, Fla., 1986).

99 — Otto Bucher (Switz.), oldest to shoot a hole in one (130 yd. 12th hole, La Manga GC, Spain, 1985). □

New Training Techniques

Each month for nearly a year, NMN readers have seen an advertisement by Training Management Systems, Inc., offering instructional videos, nutritional products and "powerballs."

The man behind these products is Dr. Ladislav Pataki, 43, who won the shot put (46-1 1/2) and placed second in the discus (144-0) at the 1990 TAC/USA National Masters Track & Field Championships in Indianapolis.

Pataki is the highest-ranking sports scientist to ever defect (in 1985) from the Soviet bloc to the United States. His book *Winning Secrets* outlines secrets of Soviet training methods.

A top athlete in his native Czechoslovakia, Pataki said: "The secret of my successful return is my unique power program; visualizing the perfect form using videos, building my power by powerballs and eating the wonderful Powerlean supplement. I'll be ready for a world record this year."

We asked him what PowerLean and PowerBalls are and if they can help masters athletes achieve better performances.

"PowerBalls are special medicine balls of from 2 to 25-lbs.," he said. "Your stretch-reflex mechanism is improved by throwing and catching the balls."

Pataki said his powerballs program produced many gold-medal Soviet-bloc athletes. "It's designed to develop

strong connective tissue of the vertebrae skeletal muscle and neuromuscular reflexes essential for quick, powerful movements."

His PowerLean nutritional supplement has drawn raves from some top masters athletes.

"With two months use of PowerLean, I find I'm leaner, weigh less and my strength has increased," said Bruce Springbett, a World Championship 100m medalist. "I'm also a firm believer in the product for its digestive benefits."

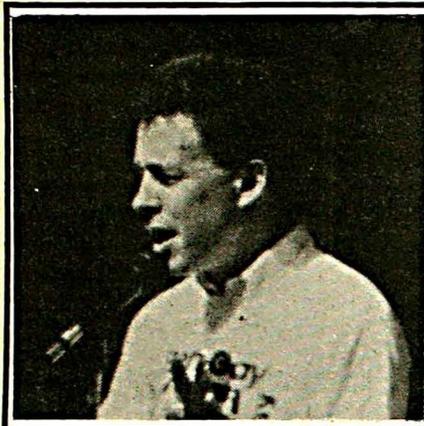
Ed Burke, 1984 Olympic hammer thrower at age 43, said: "I discovered... that PowerLean is a natural way to build lean muscle and performance."

Pataki's training videos were created by a 70-member Soviet-bloc team of film makers.

"Thousands of computer-analyzed keys of champion motion are illustrated," Pataki said. "It's truly amazing how it speeds the learning process."

Pataki says he has received far more response from his ads in the National Masters News than from any other publication.

"I feel it means that masters athletes understand the value of these products and are seeing positive results from using them," Pataki said. □



The Director's Corner

by DEAN REINKE

'91 Circuit Set to Begin

The 1991 Sorbothane/USRA Masters Circuit will begin its 4th year on March 16th at the Nissan Shamrock 8K in Virginia Beach. The Shamrock will launch a 25-city tour that will feature competition in 14, 5-year age divisions and include the popular Sorbothane Cup age-graded rankings program.

We are very pleased to welcome Sorbothane back as a sponsor. Sorbothane, quality maker of athletic insoles and an industry leader, will be joined by our new presenting sponsor Power Bar. The major elements of the circuit will remain the same with total circuit plans and the schedule to be released in the April issue of NMN.

We are enthusiastic about Power Bar's sponsorship addition to the circuit. Company founder Brian Maxwell is no stranger to the running scene. He consistently ranked among the nation's elite marathoners in the 70's. Now a master himself, his company has experienced impressive growth and recognition, and we feel their sponsorship is an excellent fit with the circuit. As an added bonus all participants in circuit events (both Open and masters) will receive a product sample from Power Bar. We appreciate both Sorbothane's and Power Bar's sponsorship and we ask that the masters running community show them enthusiastic support and acknowledgement.

While the circuit schedule is being finalized at press time, here is a quick overview of the first three events where runners can earn valuable grand prix points:

Nissan Shamrock (March 16th) - In its 3rd year as a circuit member, the Nissan Shamrock 5K consistently attracts some of the sport's top masters. The top three will receive \$400, \$200 and \$100 respectively.

Myrtle Beach Classic (March 23rd) - The Myrtle Beach Classic has been on the Sorbothane/USRA Masters Circuit each of its 4 years of existence. It is one of America's few events that has a separate masters race from the Open. Bob Schlau of nearby Charleston, the circuit's first grand prix winner in 1989, will be back to defend his crown on the fast layout starting and finishing at Beach Cove Resort.

Northwest Natural Gas 8K Spring Classic, Portland, OR (April 28th) - A first-timer on the circuit, this popular race attracting over 2500 runners provides masters prize money of \$500, \$300 and \$200 to 1st through 3rd place winners. This is our first trip to

Portland and with the circuit's return to Seattle for the Half Marathon in November, this gives us an added presence in the Northwest region.

As of press time, nine cities are definite on the 1991 Sorbothane/USRA Masters Circuit. In addition to the above three events, other events include: May 27th - Cotton Row Run, Huntsville; August 10th - Asbury Park 10K, New Jersey; October 13th - Dayton-Corridor Classic Half Marathon; November 24th - Seattle Half Marathon; December 7th - Rocket City Marathon, Huntsville; January 11th - Sorbothane/USRA Masters Circuit National Championship, Naples, Fla.

Leading contenders for other circuit sites include events in San Rafael, Palos Verdes, San Diego and San Clemente (Ca.), Denver, Knoxville, Baltimore, Pittsburgh, Oklahoma City, Tulsa, New York, San Antonio, Dallas, Albuquerque, Des Moines, Kingsport (Tenn.), and Canada.

While we certainly can't argue with the hospitality and popularity of the Naples site for the circuit Championships, there have been several cities interested in hosting the circuit finale. We are currently talking to sponsors in Orlando, Phoenix and other cities that have expressed interest in hosting the Championship. The circuit is also considering the possibility of bidding for the World WAVA Road Race Championships that will be launched in 1992.

The circuit is also interested in bringing back the Legend's Mile concept so successfully promoted with the 1988 TAC National Masters T&F Championships. We have had discussions with a variety of sponsors about underwriting the World Record bonus for the first master sub-four-minute mile. We are hoping to involve TAC again in the process. Your support will be beneficial.

CIRCUIT HAPPENINGS

Houston-Tenneco Marthon now with a modest prize purse dedicated to masters was held in mid-January with masters wins by Richard Umberg and Carol Virga... The Great Gainesville Road Race in its second

year was another success under the direction of Hal Rothman. Masters winners included Kare Osnes from Norway and Adrian Lilburn... The Bahamas 5000 continues to grow in popularity as a part of the Florida Citrus Circuit. California's Steve Ferraz led the masters men in 15:34 and Laurie Binder sped 17:03 to capture the women's division.

A cold snap brought unseasonably cool temperatures to the popular Gasparilla Distance Run 15K as Mario Cuevas (46:19) and Priscilla Welch (52:34) won the men's and women's masters races respectively. Out of its \$55,100 prize purse only \$3500 is dedicated to masters. Hopefully we will see that increase over the next few years... New Zealand's John Campbell will be in the U.S. for 2½ months before going to London to run the marathon in April. He started his tour with an excellent 29:53 at the Charlotte Hornets' Fastbreak 10K on February 9th.

Race Director Russ Pate of the Carolina Marathon was one of the country's top marathoners in the 70's. He is now a world-famous exercise physiologist and Race Director of the Carolina Marathon/10K in Columbia, S.C. Bill Rodgers (30:35) and Nancy Grayson (36:20) won the masters 10K races... Coming up on the roads March 2nd in Greenville, S.C., is the popular Reedy River Run 10K. Race Director Adrian Craven (803-233-0333), an excellent Grand Masters runner himself, reports there'll be over 1400 vying for a \$4500 prize purse with \$125 to the top masters male and female... The March 2nd Red Lobster 10K Classic (407-352-9131) boasts \$74,900 prize money. Traditionally featuring one of the best masters fields of the year, \$2000 will go to the top male and female master with \$1500 for second.

Carnival Miami 8K Run March 9th offers a \$15,000 prize purse with an impressive \$6900 going to masters runners (305-384-7521)... The Alamo Heart Run in Ft. Lauderdale had only a modest field despite a \$30,000 prize purse. Bill Rodgers finished third overall (and top master) with a time of 30:09. The Jacksonville River Run 15K is traditionally the final stop on the Florida Citrus Circuit on March 9th. \$42,500 is distributed in prize money with \$1000, \$500 and \$200 going to the top three, respectively, in the men's and women's masters divisions (904-739-1917)... Promoters are putting together what they hope will be a major event in Naples, Fla., on May 12th with the first annual Tropicool-Fest 5K. Part of the market's largest festival, it will run through the popular Olde Naples section (407-647-2918).

Despite a drop in prize money, the popular New Bedford Half Marathon in Massachusetts will continue on March 17th (508-999-5005)... One of Delaware's best is the annual Cesar Rodney Half Marathon on March 17th. \$700 of the \$6000 prize purse goes to masters (302-368-5684)... Things could get a bit confusing on March 23rd with the Azalea Trail 10K in Tyler, Texas and Mobile, Alabama. In Texas they offer \$10,000 in prize money with \$1800 going to masters. The Mobile Azalea Trail Run will offer \$30,000 with a \$1000 first-place prize to masters runners. George Sheehan will be at the Mobile event... Despite no sponsors, the Cooper River Bridge Run, the south's largest 10K outside of Peachtree, will be held on April 6th in Charleston. A \$20,000 prize purse will be offered with \$4000 offered to masters... On April 6th the Kutztown Fool's Run 10 Miler will try it agin. Last year you may recall

they awarded Bill Rodgers a brand new car based on the world record-setting performance. It was learned after the race that the course was significantly short. Bill still drove away with the car, however. This year a certified course is promised and a \$10,000 world best bonus is available for a U.S. runner (215-683-8860).

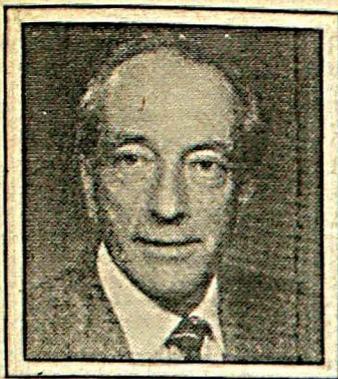
One of the sport's largest post-race parties featuring an intimate group of 120,000 will take place at the Crescent City Classic 10K in New Orleans on April 6th. \$3500 of the \$45,000 prize purse will go to masters. (504-861-8686)... \$22,000 is at stake at the April 7th Boston Milk Run 10K with \$1700 dedicated to masters (617-336-3001)... The Sallie Mae Cherry Blossom Chaser 10K on April 14th has \$15,000 up for grabs with \$2300 committed to masters finishers (202-298-2642).

In our continuing efforts to encourage races to increase prize money for masters athletes, we urge runners to call events and express your opinions as to prize money breakdown. In this regard, we encourage you to call or write the Bankers Trust-Drake Relays 10K in Des Moines on April 27th which features a \$23,150 prize purse with "0" money distributed to masters. Contact Don Zile, 3219 Kingman, Des Moines, IA 50311, 515-274-9127... See you on the roads! □



Bob Henning, 65, Middle Grove, N.Y., first M65 in 20:33, TAC National Masters 5K Championships, DeLand, Fla., February 3.

Photo by John Boyle



The International Scene



Drug Testing in Turku Proposed on an Experimental Basis Only

by ALASTAIR LYNN, WAVA Secretary

WAVA Affiliates are confused concerning drug testing at the Turku Championships. In June, 1990, the WAVA Council met at Turku and discussed the introduction of drug testing at the WAVA World Veterans' Championships. As such an issue is so sensitive and fundamental it was decided that only the WAVA General Assembly could authorize drug testing. It was therefore agreed that a bylaw — detailed in the following letter — would be presented to the General Assembly in 1991 for approval or rejection. The WAVA Affiliates were informed of this decision.

In July, 1990, the IAAF Veterans' Committee (not part of WAVA) met and decided that there would be drug testing at Turku, although they knew the WAVA Council's decision. I quote from the minutes of the IAAF Veterans Committee Meeting:

"He (Hans Skaset, Committee Chairperson) felt that the IAAF had an inherent right to test any athlete affiliated to an IAAF member. He understood that not all Veteran bodies were affiliated to IAAF federations and these athletes did not necessarily have to submit to an IAAF doping test. However, they could be asked by means of a letter to voluntarily submit to a test. This would then transfer the onus to the athlete."

So we potentially have the strange situation where some athletes, can be tested but some cannot.

I was concerned about this situation and in December wrote to the IAAF Secretary (making it absolutely clear that at this stage it was a personal suggestion) suggesting the "experimental" approach stated in my subsequent letter to Cesare Beccalli, printed below. In these unprecedented circumstances I also asked the WAVA Council to vote on my suggestion. The result of the vote is given in the following letter (I had a lawyer confirm the voting). The clear support of the majority of the Council enabled me to write to the WAVA President and urge him to raise this sensible compromise with the IAAF.

I will be accused by a few people of taking this step because of my campaign to become the WAVA President. Not so! I have taken this action because, as WAVA Secretary, I view the WAVA General Assembly as being the ultimate authority on such matters — and as an athlete I welcome such a discussion.

Here is the proposal I made in my letter to Cesare:

To: Cesare Beccalli,
President, WAVA,
cc: The WAVA Council
From: WAVA Secretary,
13th January, 1991

Dear Cesare,

I circulated the WAVA Council on 13th December with a letter which presented a possible resolution to the impasse of drug testing at the WAVA World Veterans' Championships this July at Turku: a voting sheet was included so that the Council members could freely express their views.

Before listing the result of this vote let me review why there is a problem. At the WAVA Council meetings last June in Turku the following resolution was agreed by 10 votes to 1:

"That the WAVA Council submit to the WAVA General Assembly in Turku that WAVA introduces a bylaw authorizing drug testing at WAVA World Veterans Championships."

The WAVA Council overwhelmingly considered that so fundamental a change to our bylaws must have the approval of the General Assembly.

However, at the meeting of the IAAF Veterans' Committee (which is not part of WAVA) it was stated that doping controls would be in place for the WAVA Championships in Turku. This despite the fact that it was admit-

Continued on page 26

by CESARE BECCALLI, WAVA President

On February 1, I sent the following letter to the IAAF Secretariat:
To: Mr. John Holt and Mr. Mark Horley
Re: Drug Testing at the 1991 World Veterans Championships

At Turku, Finland, in June, 1990, the WAVA Council passed a resolution stating that drug testing will not be implemented at Turku in 1991. My proposal to discuss the matter with the IAAF prior to any decision was defeated.

At Turku, the Council also voted to recommend to the next General Assembly a by-law authorizing drug testing. If accepted by the General Assembly, drug testing would be implemented for the first time at the WAVA Championships in 1993.

I reported these decisions to the IAAF Veterans Committee in Budapest in July, 1990. The position taken by the Chairman and also unanimously by the members, was that any athletic championships, whatsoever, cannot be recognized by the IAAF unless drug testing is accepted.

I stressed the question of medication regarding older athletes. The point was also discussed in Budapest, and later in London, with Dr. Bryan Wotton. The Chairman also explained that if WAVA refuses drug testing, the IAAF could find itself obligated to not recognize the Championships. He said the IAAF will keep the right to test any competitor belonging to those WAVA affiliates who also are members of the IAAF.

I reported the above situation in a speech at the European Veterans General Assembly. All but one delegate agreed that WAVA must accept the international rule for drug testing and that a condition in which some athletes cannot be tested while others could be tested, is quite unacceptable.

Five members of the Council were present at that Assembly and they all agreed. In addition, the Executive Vice-President of WAVA (Bob Fine, U.S.A.) stated in many documents his opinion that we have to accept drug testing.

On 13 December 1990, the WAVA Secretary wrote you "a purely personal suggestion" and took the personal initiative to call a vote from the Council. On 13 January, 1991, he wrote me, with a copy to all Council members, the result of the vote was the following:

-in favor of the Secretary's proposal - 8
-against - 1
-spoiled ballot - 1
-no reply - 3

The WAVA by-laws, under point 1, Competitions, state that WAVA competitions will be conducted in accordance with the IAAF rules, except as modified by the WAVA Constitution or by-laws. There has been no exception enacted by WAVA regarding drug testing. This means that, in Constitutional terms, resolutions to not implement drug testing or requiring exceptions to the IAAF rules can only be taken by the next General Assembly for the 1993 Championships.

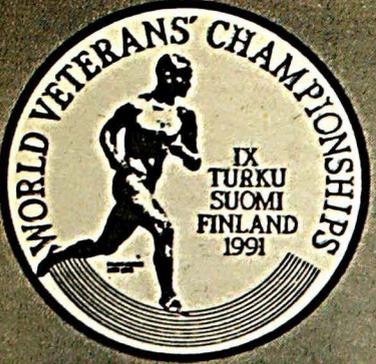
Nevertheless, I would like to clarify to the IAAF and to the WAVA Council members, to whom a copy of this letter is addressed, that while I was opposed to making a decision prior to fair consultations between the IAAF and WAVA, I share the worry regarding medications which could be used by older competitors.

I respectfully suggest the IAAF attentively consider any possibility given by its rules to accept — at least for this time — the conducting of drug testing on an experimental basis.

If this is impossible, procedures and/or policies regarding those veterans who legitimately need medications (not to enhance their performance but simply to enable them to perform) should be decided in cooperation, as already discussed with Dr. Wotton.

Continued on page 23

NOTE: On December 13, WAVA Secretary Alastair Lynn wrote a personal letter to the IAAF suggesting that any drug tests conducted by the IAAF at the 1991 WAVA World Veterans Championships be done on an experimental basis only. A follow-up poll found that at least eight of 13 WAVA Council members agreed with Lynn's suggestion. On January 13, Lynn wrote to WAVA President Cesare Beccalli, urging him to formally ask the IAAF to adopt this approach. On February 1, Beccalli did so. As of February 20, no reply has yet been received from the IAAF. The texts of the letters are printed here. □



4 Months To Go

Countdown to Turku

Entry Form In This Issue

The entry form and competition schedule for the IX WAVA World Veterans Athletics Championships are printed in this issue. The deadline for entries is April 15.

More than 5000 athletes from over 60 nations are expected to participate in the biennial event in Turku, Finland, from July 18-28.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

All the traditional track & field events will be held, as well as a 10K cross-country run, a marathon, and two race walks. All events are open to men and women alike.

Pirkko Martin, Executive Secretary of the Turku Organizing Committee, reports that preparations are going well.

"The cross-country, road walk and marathon routes are ready," she said. "The competitor's handbook is almost finished."

Martin said there hasn't been any cancellations of room reservations because of the world tensions.

"Finland is located so far from the crisis territory that life in Turku is quite peaceful and safe," she said.

NMN contacted five of the seven U.S. masters travel agents conducting tours to the Championships. Only one of the five has received any cancellations — and that from athletes who are in the reserves and may be called to active duty. But many people are still on the fence, undecided as to whether to go or not.

"Travel to Europe is safe," said

James Turner, a clinical psychologist speaking on ABC's Nightline. "Sure, terrorism is always a threat, but you're more likely to be injured crossing the street than from a terrorist attack."

Despite a 50% dropoff in travel to Europe (London newspapers are calling Americans "wimps"), there are no U.S. State Department "cautions" on any Western European nation.

Details of the post-meet trip to the Soviet Union, however, are not yet complete. The tentative plan is to take the train from Turku to Leningrad for two nights and then train to Moscow for the Soviet Veterans Athletics Championships on August 2-4. We'll publish details when available.

Many athletes will head west after the Games to Baden, Switzerland for an August 2-3 Veterans meet in the popular resort town near Zurich. Switzerland is celebrating its 700th anniversary this year.

One week prior to the World Championships, a Pre-Games meet will be held in Kuusankoski, Finland.

The WAVA World Veterans Weight Pentathlon Championships will be held in the city of Naantali (about 25 minutes from Turku by car) on Monday, July 29. (See schedule for details of all meets or consult a masters travel rep).

Special masters tours are being ar-



Officials for the WAVA World Veterans Championships meet in Turku, Finland, last month.

ranged to various parts of Finland, including Rauma, Tampere, Naantali, and Lapland. Cruises will go to Leningrad, the Mariehamn/Åland islands, and Stockholm, Sweden. The scheduled cruise to Tallinn, Estonia has been cancelled.

Martin says different kinds of events will be staged during the Games, such as:

- 1) A major jazz festival in the city of Pori (about 150km from Turku) between July 16-21.
- 2) An art exhibition from Juan Miro (100m from the main track).
- 3) Daily city tours and a special city tour for children.

At the opening ceremony, gymnastics, music and other entertainment will follow the parade-in of athletes.

Hundreds of Soviet athletes are expected, despite the troubles in the Soviet Union. Some are coming by train, some by ship.

Martin reports there are still a few rooms available in hotels. Athletes may reserve accommodations directly from Kaleva Travel Agency, Mikonkatu 6 C, SF-00100, Helsinki, Finland; Phone: 358-0-61 811; Fax: 358-0 629 019.

However, U.S. travelers may find it easier to book their accommodations through any one of the seven U.S. masters travel agents:

- Sports Travel International, 619-225-9555.
- Turku '91 Tour, 503-687-1989.
- Snug Harbour Tours, 212-391-5611.
- Masters Athletic Group Tour, 213-557-2422.
- Ski & Travel International, P.O. Box 630096, Miami, FL 33163.
- Travel Masters, 201-361-3220.
- All-Star Travel, 800-669-7052.

As a courtesy, some of the masters travel reps will send entries to Turku, thus saving athletes the conversion fees. For those who send their entry individually to Turku, Martin reminds them to add 40 FIM (finmarks) as printed in the entry form.

Since the finmark has jumped 12%

against the dollar from US\$.250 to US\$.280 in the past year, it means that 40 finmarks equals US\$11.20. One U.S. dollar equals 3.57 finmarks.

Will Finland be expensive? The cost of living is higher than in the U.S., but a careful tourist can survive. Some sample prices:

- airfare and accommodations: \$1625 and up.
- hamburger at a McDonald's-style restaurant: \$4; pie: \$2.
- spaghetti at a low-cost restaurant: \$9.
- dinner at a low-cost restaurant: \$15.
- dinner at a moderate restaurant: \$21.
- beer in a bar: \$4.75.
- beer/soft drink in a shop: \$.80.

The above dinner prices include tips. The breakfasts at the hotels and dorms are free.

Will there be drug testing in Turku? For an update, please see the "International Scene" column on page 17.

The ambiance in Turku will likely be similar to Eugene, where the successful 1989 Championships were held. Turku (160,000 pop.) is about the same-size city and the locals are excited about having the vets in town.

As we've said before, the main purpose of most participants in any World Veterans Championships is to have fun. One doesn't have to be a potential medalist to compete. Most of the athletes in Eugene and Melbourne (1987) said the best part of the Games was the friendship and camaraderie they felt in meeting new people from all over the world. The competition was the icing on the cake.

On page 23 are the last-place marks in Eugene. If you can better the mark in your event in your age group, you wouldn't have finished last in Eugene.

Sten-Olof Hansen, President of the Turku Organizing Committee, says: "We will do our best to help you achieve a great event. You will have many memories and experiences to take home with you. We welcome you to Turku." □

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IX WORLD VETERANS' CHAMPIONSHIPS JULY 18—28, 1991



Dear Veteran Athletes around the world,

As a traditional sports city since Paavo Nurmi's days and far beyond that Turku with its surroundings warmly welcomes you to the beautiful Scandinavian summer and to the IX WAVA World Veterans' Championships summer 1991.

It is my pleasure to inform you that since finns are known as great fighters we have learned to appreciate sports and the good health as a result of training. Therefore we have also done lots of efforts to get suitable facilities for all kind of sports.

A year ago the Sports Park of Turku was completely renewed and got a new, large stand. The quality and the quantity of services will be of the first class and support you to give your best in the game.

The name "Turku" means marketplace and according to its name the town is full of different kind of shopping centers. And on the other hand an old city as Turku is, almost 800 years old, it has a lot of historically significant places for you to visit.

Dear athletes, here in the exotic northern town called Turku, we will all do our best to help you achieve a great event and you will for sure have lots of great memories and experiences to bring home with you after the games.

Welcome to Turku in July 1991!

Sten-Olof Hansén
President of the Organizing
Committee of Turku 1991

**TURKU
FINLAND**



**OFFICIAL ENTRY BOOKLET
BROCHURE d'INSCRIPTION OFFICIELLE
OFFIZIELLES MELDEVERZEICHNIS
CUADERNILLO OFICIAL de ENTRADA**

SILJA LINE

TOP φ
Turun Seudun Osuuspankki

PREGAMES TO THE IX WORLD VETERANS' CHAMPIONSHIPS

The Pregames to the IX World Veterans' Championships will be held in Kuusankoski, Finland on July 12-14, 1991 one week prior to the World Championships. Entries in by April 15th, please. For further information FAX +358-51-44 496 or address: Harri Ihalainen, PL 101, SF-45701 KUUSANKOSKI, FINLAND.

TRANSPORTATION

Turku has an excellent and well organized bus system and the Organizing Committee has arranged connections between the venues. Timetables are available in the hotels and included in your information packet. Competitors have the possibility to buy a discount ticket for the public transport bus. Between airport and Turku City goes public transport bus no 25 and the trip takes only about 15 minutes.

NEW EVENTS

HEPTATHLON/DECATHLON

At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 18-19, on the first two days of the Championships. There will be no pentathlon held as a World Championships event.

SPECIAL EVENT

On the day of the relays, a Women's 100 m and a Men's 100 m will be run, where the invited competitors will be the 100 m gold medal winners from each age-group, competing on a handicap basis. This is a non-championship event.

BANQUET

Enjoy the Finnish summernight at the Championships Banquet to be held on Wednesday July 24th at 7.30 pm, a non-competition day. I.e. Finnish summernight buffet, music and dancing are included in the FIM 120 per person charge. We recommend that you sign up early for this popular function. (See Entry Form).



World Association of Veteran Athletes

IX WORLD VETERANS' CHAMPIONSHIPS CALENDAR OF EVENTS

July 16	WAVA Council Meeting
July 17	WAVA Council Meeting
July 18	Heptathlon and Decathlon Hammer Throw
July 19	Heptathlon and Decathlon Hammer Throw Women's General Meeting Opening Ceremony
July 20	Start of Track & Field Competition
July 22	Non-Competition Day Regional Meetings Stadia and Non-Stadia Committee Meetings International Paavo Nurmi Games
July 24	Non-Competition Day WAVA General Assembly Competition Banquet
July 28	Marathon Relays Closing Ceremony

PRELIMINARY COMPETITION SCHEDULE-MEN

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M90+
100 h	1SAT/AM											
100 sf	1SAT/AM											
100 f	1SUN/AM											
200 h	TUE/AM											
200 qtrf	2THUR/AM	2THUR/AM										
200 sf	2THUR/PM	2THUR/PM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM				
200 f	2FRI/PM											
400 h	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM						
400 qtrf	2FRI/PM											
400 sf	2SAT/AM											
400 f	2SAT/PM											
800 h	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM							
800 sf	1SUN/AM											
800 f	TUE/PM											
1500 sf	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM					
1500 f	2SAT/PM											
2K Steeple f					2SAT/AM	2SAT/AM						
3K Steeple f	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM								
5000 sf	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/AM	TUE/AM						
5000 f	2THUR/PM											
10000 f	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/AM						
80H sf							1SAT/AM	1SAT/AM				
80H f							1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
100H sf					1SAT/AM	1SAT/AM						
100H f					1SUN/PM	1SUN/PM						
100HH sf			1SAT/AM	1SAT/AM								
100HH f			1SUN/PM	1SUN/PM								
110HH sf	1SAT/AM	1SAT/AM										
110HH f	1SUN/PM	1SUN/PM										
300H sf					TUE/PM	TUE/PM	TUE/PM					
300H f					2THUR/PM							
400H sf	TUE/PM	THUE/PM	TUE/PM	TUE/PM								
400H f	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM								
20K RW	2THUR/AM											
5000 WALK f	1SUN/PM											
10K CC	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/AM							
MARATHON	2SUN/AM											
HIGH JUMP f	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	TUE/AM						
POLE VAULT f	1SUN/AM	1SUN/AM	1SAT/AM									
LONG JUMP f	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	2THUR/PM						
TRIPLE JUMP f	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2SAT/AM						
SHOT PUT q&f	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
DISCUS q&f	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	TUE/AM						
DECATHLON	1THUR/AM											
DECATHLON	1FRI/AM											
JAVELIN f	1SUN/AM	1SUN/AM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
HAMMER f	1THUR/AM											
400 m RELAYS	2SUN/AM											
1600 m RELAYS	2SUN/PM											

SUBJECT TO CHANGE UPON NUMBER OF ENTRIES DEFINITIVE SCHEDULE IN COMPETITORS HANDBOOK IN PACKET UPON ARRIVAL

PRELIMINARY COMPETITION SCHEDULE-WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
100 sf	1SAT/PM											
100 f	1SUN/PM											
200 sf	2THUR/AM											
200 f	2THUR/PM											
400 sf	2FRI/PM											
400 f	2SAT/PM											
800 sf	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM						
800 f	1SUN/AM											
1500 sf	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM						
1500 f	2SAT/PM											
2K Steeple f	2SAT/AM											
5000 sf	TUE/PM	TUE/PM	TUE/PM	TUE/PM								
5000 f	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/AM							
10000 f	1SUN/AM											
80H sf		1SAT/AM	1SAT/AM	1SAT/AM								
80H f		1SUN/PM										
100H f	1SUN/AM											
300H sf												
300H f				2THUR/PM								
400H sf	TUE/PM	TUE/PM	TUE/PM									
400H f	2THUR/PM	2THUR/PM	2THUR/PM									
10K RW	2THUR/AM											
5000 WALK f	1SUN/AM											
10K CC	2FRI/AM											
MARATHON	2SUN/AM											
HIGH JUMP f	TUE/PM											
POLE VAULT f	1SAT/AM											
LONG JUMP f	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
TRIPLE JUMP f	2SAT/PM											
SHOT PUT q&f	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
DISCUS q&f	2FRI/AM											
HEPTATHLON	1THUR/AM											
HEPTATHLON	1FRI/AM											
JAVELIN f	1SAT/AM											
HAMMER f	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM
400 m RELAYS	2SUN/AM											
1600 m RELAYS	2SUN/PM											

SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES DEFINITIVE SCHEDULE IN COMPETITORS' HANDBOOK UPON ARRIVAL

COMPETITION ENTRY REQUIREMENTS

ALL ENTRIES MUST BE RECEIVED BY APRIL 15, 1991. Official entry forms or photocopies must be submitted to the Organizing Committee by FAX +358-21-503 106. Confirmation of entry will be sent within 30 days of receipt. If confirmation is not received by May 31, 1991, the Organizing Committee will forward all competition entries from their country to the Organizing Committee. The Federation/Association will forward all competition entries from their country to the Organizing Committee: Argentina, Arabia, Belgium, Bolivia, Brazil, Canada, Chile, Colombia, Czechoslovakia, Denmark, Dominican Republic, Federal Republic of Germany, Finland, France, Great Britain, Holland, Hungary, Iceland, India, Indonesia, Ireland, Italy, Japan, Malaysia, Mexico, New Zealand, Norway, Paraguay, Peru, Philippines, Portugal, Singapore, South Korea, Sri Lanka, Sweden, Switzerland, St. Vincent & The Grenadines, Taiwan, Thailand, Trinidad & Tobago, Uruguay, U.S.S.R., U.S. Virgin Islands, Venezuela.

The above list of countries is applicable at the time of printing: competitors must check with their National Federation's Organization/Federation before sending their entry. Entries are sent to:
IX World Veterans' Championships
Sports Park
SI-20810 TURKU
FINLAND

AGE REQUIREMENTS

The IX World Veterans' Championships are open to all men born on or before 18 July 1951, and all women on or before 18 July 1956, who are physically fit for competition. Proof of date of birth must be submitted with entry form. Copies of birth certificate or passport will be accepted.

BLIND COMPETITORS

Blind competitors requiring guides are not to receive any advantage over other competitors by the assistance of a guide. A guide may only be in position behind or at the side of the competitor. A tether may be used but to pull the competitor ahead. In races run in lanes the outside lane must be used.

REGULATIONS AND QUALIFICATIONS

Competition is conducted under the IAAF/WAVA rules subject to any special rules laid down in this invitation. Entry signifies that each competitor will follow the rules of the Organizing and Technical Committees.

TIMETABLE

In track events, slower competitors will be required to move to the outer lanes to complete the event if this becomes necessary to allow the next event to start on time. The appointed officials have the right to disqualify and remove competitors whose performance is considered dangerous to themselves or any other competitor, or whose performance is such as to hinder the progress of the programme.

AWARDS - INDIVIDUAL EVENTS

Medals will be awarded to the first three places for all age-groups in all events. Certificates of participation will be provided for all entrants.

AWARDS - TEAM EVENTS

In team scoring and relay events, an athlete may move down an age-group subject to declaration before the start. Any athlete that moves down an age-group for team scoring can still participate as an individual in his/her own age-group. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd or 3rd in their team event. Teams will be formed by country. Marathon, road walks and cross country will be scored on aggregate times by teams of the first three of each country to finish in each 5 year age-group. All team events - 4 x 100 m relay, 4 x 400 m relay, marathon, road walks and cross country are in 5 year age-groups. A country may only enter one team in each division. Entries for team events must be made 12 hours before the event.

IMPLEMENTS

With the exception of vaulting poles, all implements for field events will be provided by the Organizers. Competitors may use their own throwing implements provided these implements conform to the rules and are certified by the Equipment Official at least 90 minutes before the event. Any other competitor in the competition has the right to use that equipment if he/she so wishes. Spikes. Only spikes of 6mm length permitted on stadium tracks.

QUALIFYING REQUIREMENTS - TRACK

In all lane track events requiring heats and/or semi finals, the following qualifying conditions will apply. In non-lane events, these conditions may be varied. 8-lane track - Winners and at least next 4 fastest will advance, lanes will be allocated in accordance with World Records. Probable limits: 800 meters, 12 per heat, 8 to final; 1500 meters, 16 per heat, 12 to final; Steeplechase, 12 per heat, 8 to final; 5000 meters, 24 per heat, 20 to final. If there are insufficient starters to warrant a scheduled heat, then the semi final will be conducted at the scheduled starting time. The final will always be held at the scheduled starting time.

STEEPLECHASE

The barriers must be hurdled or vaulted; competitors climbing the barriers will be disqualified.

HURDLES

At each hurdle both feet must be off the ground for at least an instant.

QUALIFYING REQUIREMENTS - FIELD

Long Jump, Triple Jump and throwing events. The best 8 performers (including those sharing 8th position) in each event will qualify for the final 3 efforts. High Jump and Pole Vault. Competitors may nominate one height below standard set by Organizers. Progression: High Jump - 3 cm; Pole Vault - 5

MEDAL STANDARDS

When there are less than four competitors the awarding of WAVA Championship medals is subject to achieving a specified performance standard. If there are only three competitors in an event the third-placed competitor must achieve or better the published medal standard before being awarded the third place medal; if only two competitors, the second must achieve or better the published medal standard before being awarded the second place medal; if only one competitor he must achieve or better the published standard before being awarded the first place medal.

The medal standards are listed in the appendix. There are NO medal standards for the 90+ events or for the Women's steeplechase, Women's hammer, Women's pole vault and Women's triple jump. THE MEDAL STANDARDS ARE NOT ENTRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS REQUIRED FOR ENTRY INTO THE WAVA CHAMPIONSHIPS.

	100	200	400	800	1500	5KM	10KM	Hurdles	3H/4H	St	Walk
M40	12.0	26.0	58.0	2:05	4:35	17:20	38:40	18.5	64.0	11:00	24:30
M45	12.5	26.8	60.5	2:13	4:45	18:00	40:00	19.5	67.0	12:00	25:40
M50	13.0	27.8	63.0	2:21	5:00	18:45	41:40	20.5	71.0	13:00	26:50
M55	13.8	29.9	66.0	2:30	5:15	19:30	43:30	22.0	76.0	14:30	28:10
M60	14.8	31.3	70.0	2:42	5:35	20:30	45:30	20.5	58.0	9:20	30:00
M65	15.9	33.0	74.5	2:55	6:20	22:00	48:00	23.0	63.0	10:30	32:30
M70	17.0	35.0	81.0	3:15	7:20	25:00	55:30	18.5	68.0	11:40	35:00
M75	18.2	38.5	88.0	3:35	8:00	28:00	62:00	23.0	74.0	13:30	40:00
M80	20.0	42.5	1:48.0	4:00	8:40	31:00	68:00	26.0	80.0	15:30	45:00
M85	22.0	47.0	2:00.0	4:40	9:40	36:00	78:00	30.0	92.0	17:30	51:00
W35	13.6	28.0	63.0	2:30	5:10	19:00	40:00	16.0	73.0		30:30
W40	14.5	30.0	68.0	2:35	5:25	20:00	42:00	17.0	79.0		31:30
W45	15.4	32.0	73.0	2:40	5:40	21:00	45:00	18.0	85.0		33:00
W50	16.4	34.0	80.0	2:50	6:00	22:30	49:00	19.0	61.0		35:00
W55	17.4	36.0	88.0	3:10	6:20	24:00	52:30	21.0	66.0		37:00
W60	18.5	38.0	1:38.0	3:30	6:50	25:30	56:00	23.0	71.5		39:30
W65	19.8	40.0	1:49.0	3:55	7:30	29:00	63:00	26.0	77.0		43:00
W70	20.8	43.0	2:00.0	4:20	8:45	33:00	72:00	30.0	83.0		47:30
W75	22.0	46.0	2:15.0	4:55	10:00	37:00	80:00	37.0	91.0		52:00
W80	24.0	50.0	2:32.0	5:30	11:15	42:00	88:00	44.0	1:40.0		56:00
W85	27.0	55.0	2:55.0	6:30	13:20	49:00	1:40:00	51.0	1:51.0		60:00

	High Jump	Long Jump	Shot Put	Triple Jump	Discus Throw	Javelin Throw	Pole Vault	Hammer Throw
M40	1.6	5.5	10.5	10.5	34.0	44.0	3.4	40.0
M45	1.5	5.25	10.0	10.0	33.0	40.0	3.2	37.0
M50	1.4	4.95	9.5	9.5	32.0	44.0	3.0	38.0
M55	1.3	4.65	9.0	9.0	28.0	40.0	2.8	33.0
M60	1.20	4.30	8.5	8.5	34.0	40.0	2.6	34.0
M65	1.10	3.9	8.0	8.0	28.0	32.0	2.4	30.0
M70	1.00	3.5	7.5	7.0	25.0	30.0	2.2	25.0
M75	.95	3.0	7.0	6.0	21.0	28.0	2.1	19.0
M80	.90	2.6	6.50	5.0	18.0	16.0	2.0	12.0
M85	.87	2.4	6.0	4.0	13.0	13.0	1.9	10.0
W35	1.3	4.8	9.0		26.0	28.0		
W40	1.2	4.4	8.5		24.0	25.0		
W45	1.1	4.0	8.0		23.0	23.0		
W50	1.05	3.6	9.0		22.0	23.0		
W55	1.00	3.2	7.0		20.0	20.0		
W60	.95	2.8	8.0		18.0	19.0		
W65	.90	2.5	6.25		15.0	15.0		
W70	.85	2.2	6.0		13.0	13.0		
W75	.80	2.0	5.5		9.0	10.0		
W80	.75	1.8	5.25		8.8	9.8		
W85	.73	1.7	5.0		8.6	9.6		

NOTE - THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

DAY TOURS FOR VISITORS

An opportunity to sign up for these tours will be included in your housing confirmation. The registration forms for tours and excursions available at: KALEVA TRAVEL AGENCY LTD, Congress service, Mikonkatu 6 C, SF-00100 HELSINKI, FINLAND, tel: +358-0-61 811/Mrs. Ojanen, fax: +358-0-629 019. KALEVA TRAVEL AGENCY LTD is the responsible tour operator for all tours and excursions. All tours will be in luxury coaches with multi-lingual guides.

The prices are based on a MINIMUM NUMBER OF 30 PARTICIPANTS.

1) TURKU CITY SIGHTSEEING TOUR (3 hours)

During this tour you get acquainted with Turku, the former capital of Finland until 1812. You will visit the Lutheran Cathedral, a visit is also paid to Sibelius Museum with an extensive collection of instruments from many countries and items related to life and work of the Finnish composer Jean Sibelius. At Luostarinmäki handicraft museum, which houses the only group of wooden buildings to survive intact the fire of Turku in 1827. It introduces the visitor to the ways of life and trades of past times. Altogether about 30 different trades are represented. The tour also includes other sites of interest and beauty in the home town of the Games.

FIM 80,- per person

2) CRUISE BY AN OLD STEAMER S/S UKKO-PEKKA TO NAANTALI (5 hours)

Make this romantic cruise through the beautiful archipelago to Naantali, a charming small town worth visiting in summer. Although the UKKO-PEKKA has been renovated, it still retains the nostalgic atmosphere of former days. A delicious lunch is served in the saloon of the steamer. Return to Turku by coach.

FIM 250,- per person including lunch

3) MINI CRUISE BY M/S ROYAL PRINCE (4 hours)

This cruise takes you on a 2-hours cruise in the beautiful archipelago in front of Turku. The cruise begins from Parainen, transfers by coach included. Lunch not included but the waterbus has a cafeteria.

FIM 170,- per person

4) DAY TOUR TO THE LACE TOWN OF RAUMA (6 hours)

During this bus tour to Rauma (90 km north of Turku on the Gulf of Bothnia) you will visit various handicraft workshops, follow bobbin-lace-making, do shopping in a pottery or at a silversmiths workshop. Rauma has a very well preserved old town with wooden houses at narrow gobble-stone lanes. Lunch included.

FIM 280,- per person including lunch

5) DAY TOUR TO TAMPERE (8 hours)

This tour takes you to Tampere, a lively industrial town 155 kms north-east of Turku. En route you visit Nuutajarvi glass factory and have a unique opportunity to make shopping of famous Finnish glass in the factory shop. You may also be able to follow the glass-blowers in their work and even blow your own piece of art. In Tampere you get acquainted with the towns modern architecture and visit the Nasinneula revolving view tower with a magnificent view over the surrounding lake scenery. Lunch included.

FIM 350,- per person including lunch

6) TOUR OF THE CHURCHES AND LOUHISAARI MANOR (4 hours)

This tour in the province of Varsinais-Suomi shows you a selection of small Finnish communities, which have old grey stone churches, built at times that Finland was part of Sweden in the middleages. These churches have special architecture and they still today remind of the beginning of the national Finnish culture, which started in this area. During this historical tour you also visit Louhisaari Manor in Askainen. This manor is known above all as the birthplace of Marshal C.G.E. Mannerheim.

FIM 150,- per person

CRUISES TO MARIEHAMN/ALAND ISLANDS AND TO STOCKHOLM/SWEDEN WILL BE ARRANGED DURING THE CHAMPIONSHIPS WITH DAILY DEPARTURES ONBOARD THE LUXURY BOATS OF SILJA LINE.

Prices: FIM 400-1.000

PRE- AND POST TOURS:

LAPLAND, LAND OF THE MIDNIGHT SUN

SHOOTING THE RAPIDS IN EAST FINLAND

CRUISES TO THE IMPERIAL LENINGRAD, CITY OF THE CZARS

For more information, please contact:
KALEVA TRAVEL AGENCY LTD
Congress service
Mikonkatu 6 C
SF-00100 HELSINKI, FINLAND
tel: +358-0-61 811/Mrs. Riitta Ojanen, fax: +358-0-629 019

ACCOMMODATION

Explanation of room categories is as follows:

DELUXE ACCOMMODATION

Rooms with private bathrooms, color TV, minibar, cocktail lounge, pool facilities, sauna, entertainment, various restaurants.

FIRST CLASS ACCOMMODATION

Rooms with private bathrooms, color TV, some have minibars, all but one have dining facilities, some have sauna departments, various types of restaurants.

TOURIST ACCOMMODATION

Rooms with private bathrooms, color TV, some have minibars, dining facilities, some with sauna departments.

BUDGET ACCOMMODATION

Rooms in different training centres, clean rooms, most with dining facilities and outdoor activities.

UNIVERSITY INNS

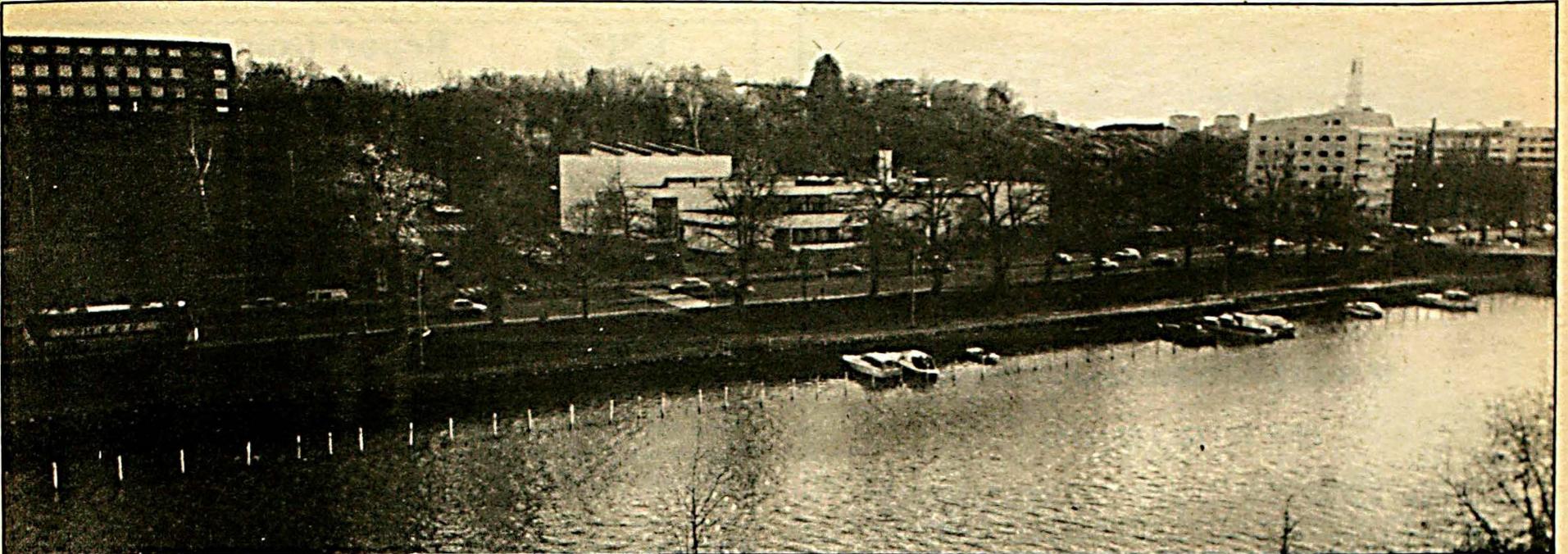
Student houses in the University campus, 3 kms from the city centre, rooms with private bathrooms, no radio, no TV, no meal service, parts of houses with daily cleaning, part with beds made upon arrival, daily towel service. Meals at hotel Ikituuri next to the student houses.

CAMPING/COTTAGES

Cottages situated at camping sites. Rooms for 2-6 persons, part have private saunas, all have private bathrooms. All camping sites outside Turku (10-20 km).



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The Aura River flows through downtown Turku, Finland, site of this year's WAVA World Veterans Championships.

Photo from Olavi Niemi

**Drug Testing:
Cesare Beccalli**

Continued from page 17

I realize we are now asking for cooperation after having presented unilateral decisions, but you know the divergence of opinion regarding WAVA's relationships with the IAAF will be resolved in Turku on July 24.

Until that time, your flexibility can only greatly help those in the WAVA leadership who feel strongly that the goals of the IAAF and WAVA are the same and that close relationships between our organizations will enure to the benefit of all.

I thank you in advance for your reply, and am ready to give you any further information or detail you may need to finalize the IAAF decision. □

—Cesare Beccalli, WAVA President

New Zealand, Singapore, and Colombia to Bid for '95

Auckland, New Zealand; Cali, Colombia; and Singapore will each bid for the 1995 WAVA World Veterans Athletics Championships.

It's the first time in history that more

than two cities have bid for the event.

Each will make a 30-minute presentation at the WAVA General Assembly on July 24 in Turku, Finland.

Miyazaki, Japan is the only bidder

to date for the 1993 Championships. Deadline for bids is April 25. WAVA delegates in Turku will likely select Championship sites for both 1993 and 1995. □

Last Place Marks in VIII WAVA World Veterans Games in Eugene — July 28-Aug. 6, 1989

(If you can better the mark in your event in your age group, you wouldn't have finished last in Eugene)

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
100m	15.99	16.74	17.79	16.15	17.94	19.93	19.48	20.38	25.44	23.40	28.41	
200m	30.87	43.41	43.72	37.42	36.27	37.88	33.92	46.41	52.43	49.05	52.33	
400m	1:06.45	1:08.67	1:16.91	1:16.56	1:31.93	1:23.24	2:03.59	1:41.30	1:44.30	1:49.96	2:30.02	
800m	2:35.59	3:08.77	2:49.58	2:58.07	3:05.99	3:13.62	3:10.83	3:50.87	4:05.42	4:49.28	4:48.89	
1500m	5:35.07	5:22.32	7:00.96	6:19.19	7:38.87	7:06.57	8:54.94	7:36.63	7:57.28	8:50.11	9:30.76	
5000m	22:51.06	24:29.90	27:38.31	30:09.78	24:58.58	31:11.65	28:08.30	29:00.29	37:20.53	29:45.38	37:39.38	
10000m	48:06.74	51:20.54	47:52.65	59:32.83	52:50.63	64:30.08	53:41.30	58:04.03	72:11.98	64:27.65	71:40.78	
80mH							19.93	19.58	17.29			
100mH			19.84	29.14	21.05	22.78						
110mH	21.33	19.15										
300mH			57.49	55.72	58.33	1:00.06	1:05.06	1:07.03	1:10.86			
400mH	1:19.30	1:07.08										
2000m SC					10:54.10	9:53.62	8:59.97	11:19.10				
3000m SC	16:31.77	12:28.49	13:41.04	14:28.62								
10K	1:27:04	58:21	1:05:07	1:31:12	1:17:13	1:14:22	1:27:03	1:52:51	59:19	1:00:01	1:17:35	
10K CC	52:43	59:27	1:13:44	1:07:42	1:36:01	1:20:01	1:10:42	1:17:03	1:37:28		1:36:12	
5000m W	36:16	36:45	30:53	36:40	37:31	39:08	42:33	40:31	39:25		43:51	
20K W	5:01:58	2:14:31	2:11:53	2:38:18	2:41:38	2:39:54	3:08:16	2:35:02	2:53:23		2:41:43	
marathon	4:53:36	5:32:42	5:29:56	6:13:55	6:02:47	5:35:40	4:56:53	6:06:55	6:58:29			
HJ	1.50	1.43	1.42	1.29	1.16	1.15	1.22	.92	1.21	1.02		
PV	3.50	2.70	2.90	2.40	2.10	2.10	2.00	1.80	2.20	1.30		
LJ	4.99	3.22	3.76	3.82	3.19	3.19	2.82	2.21	2.60	1.80		
TJ	10.80	8.27	7.80	8.13	6.91	7.64	6.95	4.94	4.42	3.62	3.56	
SP	8.26	9.27	6.17	6.97	7.11	7.29	7.37	4.88	6.59	5.42	4.15	
DT	12.40	21.66	25.84	24.30	20.42	19.96	23.40	19.40	8.88	8.30	8.80	10.64
HT	25.58	35.06	25.96	30.30	20.02	19.80	24.39	20.54	9.98	9.74		
JT	34.72	28.12	18.62	27.96	22.06	20.06	18.52	18.58	9.32	13.56	7.90	
Decath	3793	3180	3775	4223	3204	3093	5375	4497				

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
100m	16.54	18.04	18.01	18.25	26.56	22.62	22.26	24.96	24.98	22.75
200m	29.93	37.22	34.45	37.80	39.61	39.90	48.21	40.33	53.10	73.28
400m	1:15.54	1:22.35	1:29.09	1:31.85	1:39.06	1:29.31	2:03.22	1:48.53	2:00.46	3:09.13
800m	3:01.90	3:10.36	3:31.95	3:25.40	3:42.06	3:57.48	4:28.78	3:51.91	4:39.49	6:55.25
1500m	5:35.45	6:59.82	7:15.12	6:11.96	7:27.38	7:47.55	9:22.43	9:19.98	10:27.65	14:03.65
5000m	22:35.93	26:55.92	27:49.04	28:56.11	35:57.52	30:57.53	29:23.64	34:55.48	34:46.93	38:41.48
10000m	46:40.17	53:06.68	55:43.16	50:48.40	55:00.02	65:46.88	67:19.03	66:19.58	53:20.50	
80mH		15.99	18.26	18.12	19.01	22.78		24.64		
100mH	21.31									
300mH				1:06.11	59.46	1:08.01				
400mH	1:36.59	1:25.26	1:36.93							
2000m SC	11:23.52	10:20.96	8:51.24		10:42.60					
10K	57:05	1:17:54	1:04:21	1:10:55	1:32:37	1:09:43	1:37:17	1:09:26	1:31:10	
10K CC	1:00:05	1:03:50	1:04:13	1:04:43	57:19	1:27:16	1:44:18	1:13:48	1:11:45	
5000m W	37:56	35:37	38:38	46:43	42:07	45:51	46:35	42:38	41:39	44:27
10K W	1:08:15	1:12:39	1:18:52	1:31:03	1:18:55	1:17:50	1:17:18	1:35:11	1:23:34	1:31:03
marathon	5:03:39	5:19:23	5:30:38	5:53:50	3:45:18	4:30:27	4:41:58			
HJ	1.20	1.27	1.14	1.13	1.08	1.11	.98	.88	.88	
PV		2.46	1.60	1.40						
LJ	4.66	2.27	3.36	2.91	2.86	1.91	1.81	1.88	1.26	2.00
TJ	7.45	7.53	5.39	8.03	6.73	6.02	6.51	4.81	3.92	
SP	5.37	7.76	6.21	4.97	5.80	6.27	5.49	4.29	3.80	6.66
DT	17.86	17.68	17.82	12.34	12.34	12.72	13.46	8.76	7.70	11.34
HT	14.32	22.68	15.22	18.84	21.86	18.94	16.86	12.14	5.44	16.30
JT	14.60	24.59	9.38	15.48	11.00	12.84	9.40	7.74	11.48	
Hept	3586	3804	2852	1703	3870	2958	4499			

compiled by Christine Guy

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<u>FROM CHICAGO</u>	
A. Deluxe Hotel: Hamburger Bors	\$1,830.00
B. 1st Class: Scandic Turku	\$1,688.00
<u>FROM NEWARK</u>	
A. Deluxe Hotel: Hamburger Bors	\$1,798.00
B. 1st Class: Scandic Turku	\$1,655.00

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The airline is SAS considered one of the finest and safest. The hotels are the Hamburger Bors, a deluxe 5 star hotel and the Scandic Turku, a 3 star first class hotel. Both located within easy access of all competition.

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(R.T: Bus transportation Helsinki to Turku - \$45.00/person)

Hotel Only (12 Nights)

B. Hamburger Bors:	\$865.00/ person
Scandic Turku:	\$725.00/ person

(Above rates are per person based on double occupancy.)

Unlike our tour to Australia in 1987, the Scandinavian countries represent more of a challenge in putting a group tour together because of the short tourist season that falls in the summer during the World Veterans Games. We have a limited number of rooms blocked at each hotel (25) and airline seats (100) and if you are interested, we must obtain a deposit from you to hold space as soon as possible.

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Report from Britain

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

On December 1, Pete Finch, the Veteran Athletic club 5 mile road champion last summer, was first 40+ in the Insurance Championships over 5.2 miles at Hainault. Two-time national veterans cross-country champion Alun Roper, running for Swansea, won the West Glamorgan cross-country league race in 30:12, competing against seniors and juniors, December 2.

Keith Penny, 41, the blond Cambridge Harrier, is having a good winter on the roads. In the *Athletics Today*

Hog's Back 9.125 mile at Guildford, December 9, he was first veteran and third overall in 47:36. Peter Standing, also a first-year veteran, was fourth in 47:44. Penny was on the winning Cambridge Harriers in the Rochester Veterans Road Relay, December 22, with a 12:19.

An even faster run at Rochester was by Jon Wigley, a member of the International Amateur Athletic Federation board, who ran in the open race and anchored his Invicta team to a win in

Continued on page 31

Write On Continued from page 4

past ten years and have subscribed to the National Masters News for five years. I have repeatedly watched the names of my colleagues appear in the section designated for athletes entering a new age bracket. It is quite rewarding when you see so many senior age athletes continuing to compete.

I was looking forward, with great anticipation, to seeing my name in the January issue. No such luck. Why not! I was 65-years-old on January 4. I know that documentation to substantiate this fact is on file with TAC. Will you please let me know how my name managed to fall through the cracks?

The next chance I have will be at age 70. No one can promise that will be possible. To say that I am thoroughly disappointed is putting it mildly. It's disgusting.

Alfonzo Wilson
Cleveland, Ohio

(TAC does not provide NMN with the birthdays. We receive the names from Pete Mundle, WAVA and TAC Masters Records Chairman. The list is

incomplete, because it only includes those who, at one time or another, have squirreled their way into Mundle's computer by setting an age record. We're sorry the omission of-fended you, but the main purpose of the list is to let readers know of others who are entering a new age group. — Ed.)

SUBSCRIBE NOW

I have been a subscriber to NMN for many years. It has grown into a very reputable paper.

But the circulation should be much greater. Everyone interested in masters affairs should be a subscriber.

I would like to suggest that all current subscribers try and get just one more subscriber. In fact, I am sticking my neck out and am going to try to get five new subscriptions from this area. Keep up the good work!

Buell R. Crane
Twin Falls, Idaho

(Great idea. — Ed.)

Continued on page 25

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Contact President

Write On Continued from page 24

BECCALI REPLIES

I reply with pleasure to the request of information by Al Guidet (Feb. NMN).

I was involved in open athletics from 1971 to 1976, in the 200, 400 and 800 meters. I trained daily and competed not less than twice a week.

In that period, I was age 37-42, and directly experienced the problem of being compelled to run against younger people. That's why, at my initiative and expense, I took a plane and went to Toronto in 1975 where I took part in the 1st World Masters Athletics Championships.

I was the only Italian competitor in Toronto. After this experience, I founded from nothing the Italian Veterans program (which is now integrated into the National Federation). In 1978, I founded from nothing the European Veterans Athletic Association which represents, today, a very large part of the whole WAVA movement.

I continued to compete as a veteran in international meetings (Manchester, 1976, 6th National Championships, 400 meters; two times in Zagreb, 200/400/relays; Goteborg 1977 World

Championships, 200/4 x 100 relay; Christchurch 1981 World Championships, 200 heats and semifinals) as well as in hundreds of local and National meetings.

I was never a top level performer, but certainly a good, enthusiastic participant until a hard injury to a knee prevented me from going on.

So it is not accurate to define me as only a bureaucrat, having nothing to do with athletics or WAVA development and not participating in the Veterans program.

The curious thing is that in the same issue of NMN, the former Secretary of WAVA, Owen Flaherty, is presenting his candidacy for President based upon a program of integration with the IAAF.

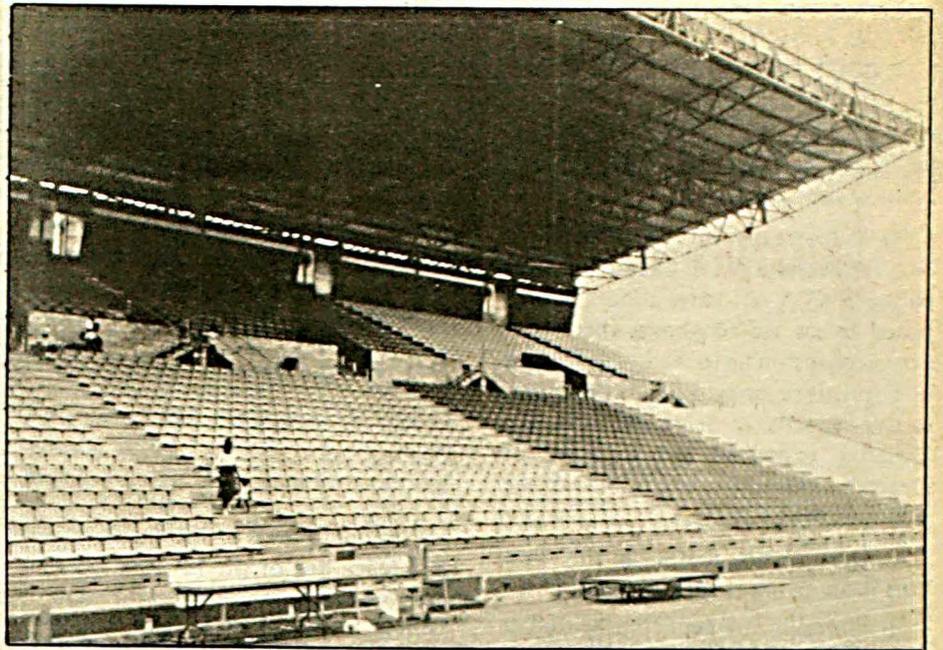
Owen Flaherty was defeated for Vice-President in Melbourne in 1987. He lost again in Eugene in 1989 where he ran for President against me.

On the contrary, I was elected in Melbourne with a majority of 50% plus two votes only, but confirmed in Eugene with a two-thirds majority, upon presentation of that program of relationships with the IAAF which is now the point of divisiveness and dissension.

In other words, it seems that Flaherty is inventing, today, more or less the same program against which he presented his candidacy in 1989 and which I have agreed in the meantime with Hans Skaset, Chairman of the IAAF Veterans Committee.

No doubt the IAAF Secretariat could only informally tell Flaherty that such a program is acceptable to the IAAF. It is very similar to that which Skaset successfully presented at the IAAF Congress in Barcelona in 1989. Part of it, like the official invitation to National boards to join WAVA, has already been realized with good results. Another part is underway, but cannot be realized before the final approval of the next WAVA Assembly. It is just what I am warmly asking for.

Some WAVA Council members and Veteran athletes like Al Guidet have the right to continue to think that it



The covered grandstand in Turku, Finland, site of the IX WAVA World Veterans Athletics Championships, July 18-28.

would be better for WAVA to be kept far from the IAAF. I respect their opinion, but I do not appreciate being personally described in a false way.

Let our next Assembly decide by a clear, democratic vote and also consequently renew the Council. You'll see that divisiveness and dissension will disappear like the touch of a magic wand.

Cesare Beccalli
WAVA President
Italy

DRUG TESTING

I have not previously thought of drugs as likely to be a real problem, but I may be wrong. I realize that in certain parts of the world there is easy and cheap access.

Even among those old enough to know better — in an atmosphere of friendly competition with little opportunity for financial gain — some may be motivated to cheat.

Continued on page 26



Taiwan's Ching Chang Wang (90004) and Finland's Mikko Salonen (90001) wave to the crowd following their dramatic M90 100-meter dash at the 1989 World Championships in Eugene. Look for a rematch in Turku.

Photo by Gretchen Snyder

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69					
70 plus					
MEN					
30-39			13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

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

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

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Drug Testing: Alastair Lynn Continued from page 17

ted that not all ailments which might affect Veteran athletes could be treated by drugs not on the IAAF list of banned substances.

As I (correctly in my capacity as WAVA Secretary) had already informed the WAVA Affiliates about the proposed bylaw stated above, there now exists confusion as to what will happen at Turku as regards testing. I therefore, in my capacity as Secretary, took the initiative expressed in my letter of December 13th. Let me now reiterate that proposal:

- Drug testing starts on Day 1 at Turku on an experimental basis.
- All results are kept confidential in terms of individuals.
- No one is banned as a result of failing the test.
- A statistical analysis is published after the Championships with broad correlations on sex, age, type of event, whether doctor's certificate provided and so on.
- The General Assembly votes on the Council's recommendation: if accepted, drug testing and penalties introduced at the 1993 Championships.
- If the General Assembly does not accept then we have to seek other solutions.

This proposal is sensible in that it enables the IAAF to conduct the testing in the pursuit of knowledge so that we may all be better informed after Turku; most important, it acknowledges the absolute right of the WAVA General Assembly to make the decisions affecting Veterans.

Now to the vote:

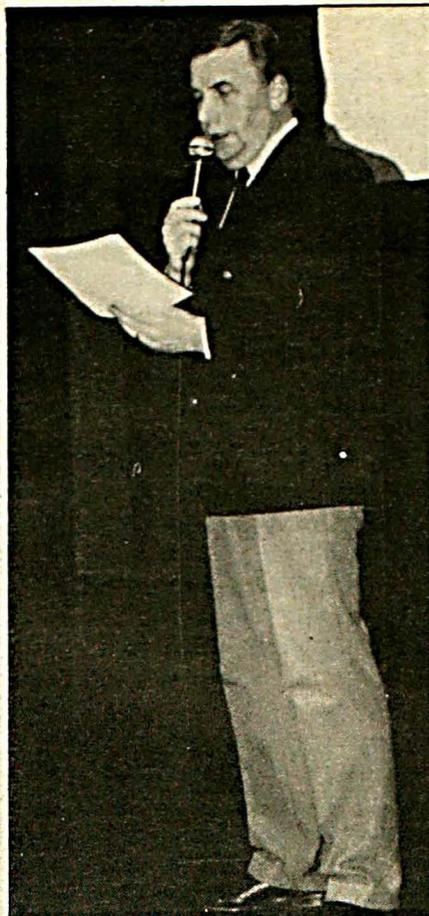
In agreement with the Secretary's proposal: 8 votes
Not in agreement 1 vote

Plus one spoiled ballot, three no reply. Hence out of the thirteen Council members eligible to vote eight were in favour - obviously a clear majority (see enclosed legal confirmation of the vote).

In the interest of the integrity of WAVA I urge you to communicate these results to the IAAF with a request to adopt this approach.

If you do so, you will show your recognition of the fundamental role of the WAVA General Assembly: if you do not, you will, in fact, be saying that you view the IAAF Veterans' Committee as being above WAVA — surely an extraordinary position for the President of WAVA to adopt!

Also, by writing to the IAAF, you



Pekka Paakkanen, Competition Director for the WAVA Veterans Championships in Turku, Finland, July 18-28, speaks at a meeting of officials last month.

will give them the opportunity to show that they understand that the Veterans' movement is different to open athletics by accepting this experimental approach.

You have never stated this but I assume that the drug testing at Turku would be totally at the expense of the IAAF as we have no budget for this procedure. In the proposed contract for the 1993 WAVA Championships you have inserted a clause which commits WAVA to share with the IAAF the cost of the medical team, including transportation and accommodation, and the Organizers the logistical services. What is the cost of this — I assume before making such a statement you have made some calculations?

Yours sincerely,
Alastair Lynn, Secretary WAVA

Write On Continued from page 25

WAVA must strike a balance between failing to have tests, which could conceivably let in cheats, and throwing innocent takers of medication into turmoil because of incomplete dissemination of information and lack of complete understanding.

Perhaps more consideration of the problem was needed before we were virtually required to make a snap decision at the WAVA Council meeting last year in Turku. At the time, the Council was nearly unanimous on wanting to introduce a by-law to authorize testing after the '91 Championships.

I feel we should be aware of a potential problem; to have no objection to testing in principle (in fact, to welcome it as soon as practical), but to have adequate time to sort out the problems of athletes legitimately on medication.

Perhaps this is irrelevant following the IAAF Veterans Committee decision in Budapest to arrange for testing at the 1990 European Veterans Championships in Hungary. Perhaps, too, if we knew exactly where we stood with the IAAF, and if Hans Skaset, IAAF Veterans Committee Chairman, had been with us for a few hours in Turku, we could have better understood, and seen not to be in any sense obstructing testing.

Now we must go with the IAAF or risk open disagreement, I suppose, unless it accepts Alastair Lynn's suggestion (see International Scene) that drug testing should be on an experimental basis; that if positive tests are revealed, those concerned would not be punished on this first occasion.

Bill Taylor
WAVA Vice-President,
Stadia Committee
Oxford, England

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

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IX WORLD VETERANS CHAMPIONSHIPS IX WORLD VETERANS CHAMPIONSHIPS TURKU, FINLAND — JULY 18-28, 1991 TRAVEL TOGETHER AND SAVE!!!

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SKI & TRAVEL INTERNATIONAL, INC.
P.O. Box 630096, Miami, FL 33163

World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of February, 1991

MEN'S WORLD INDOOR RECORDS AS OF FEBRUARY 1, 1991

60 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 6.97	Eddie Hart(US)	40	3-24-90
M45 7.33	George Horton(CAN)	45	2-2-80
M50 7.3	Scott Tyler(CAN)	47	3-7-87
M55 7.3	Brian Green(GB)	47	3-26-89
M60 7.3	Ian Foster(GB)	45	3-26-89
M65 p7.33	Erik Gustafsson(FIN)	45	3-3-90
M70 7.4	Ron Taylor(GB)	52	3-15-86
M75 7.4	F. Taylor(GB)	52	3-25-88
M80 7.53h	Hugo Hartenstein(US)	55	3-24-90
M85 7.57	Hugo Hartenstein(US)	55	3-24-90
M90 7.6	Ron Taylor(GB)	56	3-31-90
M40 7.7	Payton Jordan(US)	60	1-7-78
M45 7.8	Cecil Paul(CAN)	66	3-8-86
M50 8.46	Payton Jordan(US)	72	4-1-89
M55 9.27	Vittorio Colo(ITA)	75	3-28-87
M60 9.83	Ahti Pajunen(FIN)	80	3-3-90
M65 11.92	Konrad Boas(US)	85	4-1-89
M70 p15.52	Mikko Salonen(FIN)	90	-87

200 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 22.6	Hanno Rheinbeck(WG)	42	3-10-85
M45 23.4	Roger Pierce(US)	45	1-5-90
M50 23.8	Ron Taylor(GB)	52	3-15-86
M55 24.7	Ron Taylor(GB)	56	3-31-90
M60 26.37	Jack Greenwood(US)	62	4-2-89
M65 27.87	Melvin Larson(US)	65	3-25-90
M70 28.00	Payton Jordan(US)	72	4-2-89
M75 32.5	Ahti Pajunen(FIN)	76	-86
M80 35.62	Manfred D'Elia(US)	80	4-2-89
M85 42.51	Konrad Boas(US)	86	3-25-90
M90 p68.6	Mikko Salonen(FIN)	90	-87

400 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 50.64	James King(US)	40	2-9-90
M45 51.75	Don Parker(US)	45	4-1-89
M50 54.0	Larry Colbert(US)	52	3-18-89
M55 56.56	James Mathis(US)	55	3-24-90
M60 59.82	Earl Fee(CAN)	60	4-1-89
M65 65.58	Pietro Piccoli(ITA)	65	3-9-85
M70 p65.1	Toivo Vikmann(FIN)	65	-88
M75 66.03	John Alexander(US)	70	3-24-90
M80 74.38	Giovanni Diguardo(ITA)	75	3-2-90
M85 79.1	Len Watson(GB)	75	3-31-90
M90 p74.9	Alex Ernesake(CAN)	75	3-11-89
M40 86.79	Byron Fike(US)	81	4-1-89
M45 1:56.20	Konrad Boas(US)	86	3-24-90
M90 p2:47.3	Mikko Salonen(FIN)	90	-87

800 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 1:55.63	Pete Browne(GB)	41	2-16-90
M45 1:57.81	Ken Sparks(US)	45	3-25-90
M50 2:05.8	Ken Baker(USA)	50	1-17-88
M55 2:10.62	John Connor(US)	55	3-25-90
M60 2:17.84	Earl Fee(CAN)	60	4-2-89
M65 2:26.3	Archie Messenger(US)	65	1-6-89
M70 2:42.0	Austin Newman(US)	70	3-23-86
M75 2:53.1	David Morrison(GB)	75	3-26-89
M80 4:40.0	Ronald White(GB)	80	-
M85 p3:44.6	Henry Zachman(USA)	80	1-14-90
M90 p3:50.0	Henry Zachman(USA)	80	3-17-90
M85 6:18.0	Herb Kirk(US)	87	2-5-83

1500 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 3:58.2	Alan Roper(GB)	42	3-25-88
M45 4:03.69h	John Potts(GB)	45	3-9-90
M50 4:19.21	Benjamin Johns(CAN)	50	1-31-87
M55 4:28.9	James Sutton(US)	55	1-4-87
M60 4:56.6	Harry Tempan(GB)	61	3-28-87
M65 p4:49.5	Will Marshall(GB)	60	3-26-89
M70 p4:53.8	Bob Peart(GB)	60	3-25-88
M75 5:05.0	Archie Messenger(US)	65	3-18-89
M80 5:27.4	Austin Newman(US)	70	3-23-86
M85 6:33.4	Eugene Keller(US)	75	2-18-90
M90 p6:21.84	Tauno Raskibon(FIN)	75	-89
M80 7:04.2	Paul Spangler(US)	80	3-18-79
M90 14:28.4	Mikko Salonen(FIN)	90	-88

3000 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 8:24.8	Chris McCubbins(CAN)	40	1-18-86
M45 8:46.80	Renato De Palmas(ITA)	45	3-9-85
M50 8:58.8	Les Presland(GB)	50	3-31-90
M55 9:44.6	Luciano Acquarone(ITA)	55	-
M60 10:18.8	Rino Lavelli(ITA)	61	3-2-90
M65 p10:11.4	Konrad Kernalind(SWE)	60	-86
M70 p10:13.0	Giovanni Bravo(ITA)	60	3-4-90
M75 p10:18.6	Will Marshall(GB)	60	3-26-89
M80 11:04.2	John Fraser(GB)	67	3-31-90
M85 11:27.4	Scotty Carter(US)	70	3-15-87
M90 13:08.2	Gordon Porteous(SCO)	75	3-26-89
M80 18:20.6y	Byron Fike(US)	80	3-20-88
M90 p16:53.4	A. Petrone(ITA)	80	2-25-89

60 Meter Hurdles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 8.15	Stan Druckrey(US)	40	4-1-89
M45 8.76	Willie Davenport(US)	45	4-1-89
M50 8.98	Dale Lance(US)	51	4-1-89
M55 9.21	Charles Miller(US)	52	3-25-90
M60 9.36	Lawrence Pratt(US)	55	4-1-89
M65 10.14	Jack Greenwood(US)	62	4-1-89
M70 11.3	Edwin Lukens(US)	67	4-1-89
M75 12.06	Ian Hume(CAN)	70	3-11-85
M80 12.06	Vittorio Colo(ITA)	75	3-29-87
M85 p12.02	Heikki Simola(FIN)	75	-87
M90 13.37	Ahti Pajunen(FIN)	80	3-3-90

High Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 6-7	2.00 John Hartfield(US)	41	2-23-86
M45 6-3 1/2	1.92 Mark Chelnov(URS)	46	3-18-90
M50 5-10	1.78 John C. Brown(US)	51	2-15-81
M55 5-10	1.78 Milton Newton(US)	51	3-30-85
M60 5-10	1.78 Richard Richardson(US)	53	3-15-87
M65 5-7 1/4	1.71 John C. Brown(US)	56	1-11-86
M70 5-5	1.65 Jim Gilchrist(US)	62	3-24-90
M75 5-0	1.52 Burl Giat(US)	65	3-30-85
M80 4-9	1.45 Esko Kolhonen(FIN)	71	-86
M85 4-5 1/4	1.35 Esko Kolhonen(FIN)	76	3-3-90
M90 p4-7 1/4	1.40 Esko Kolhonen(FIN)	75	-89
M40 6-7	1.37 Ian Hume(CAN)	75	3-24-90
M45 6-3 1/2	1.16 A. E. Pitcher(US)	82	3-24-84
M50 5-10	1.00 A. E. Pitcher(US)	88	2-18-90
M55 5-7 1/4	0.45 Mikko Salonen(FIN)	90	-87

Pole Vault			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 15-0	4.57 W. Sokolowski(POL)	40	3-28-81
M45 p16-5	5.00 Kjell Isaksson(SWE)	40	-88
M50 14-6	4.42 Roger Ruth(CAN)	45	2-18-73
M55 13-6	4.11 Boo Morcom(US)	54	3-14-76
M60 13-2 1/2	4.02 Boo Morcom(US)	59	-81
M65 12-4 3/4	3.78 Jerry Donley(US)	60	2-25-90
M70 11-1 1/2	3.39 Boo Morcom(US)	67	1-6-89
M75 9-9 1/4	2.98 Carol Johnston(US)	73	3-30-85
M80 9-3	2.82 Carol Johnston(US)	76	3-19-88
M85 7-4 1/2	2.25 Ahti Pajunen(FIN)	80	3-4-90
M90 5-6	1.67 A. E. Pitcher(US)	86	3-19-88

Long Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 23-1	7.03 Stan Whitley(US)	40	2-22-86
M45 p23-11 3/4	7.31 Tapani Taavitsainen(FIN)	40	-84
M50 22-7 3/4	6.90 Tapani Taavitsainen(FIN)	45	2-3-90
M55 21-2 3/4	6.47 Stig Backlund(FIN)	50	3-3-90
M60 19-3 1/4	5.87 Boo Morcom(US)	55	3-13-77
M65 17-6 1/2	5.34 Boo Morcom(US)	60	3-14-82
M70 p17-6 1/4	5.34 Matti Jarvinen(FIN)	60	-86
M75 17-5 3/4	5.33 Melvin Larson(US)	66	1-13-91
M80 15-8	4.77 Gilberto Gonzalez(PUR)	70	2-26-84
M85 13-0 3/4	3.98 Esko Kolhonen(FIN)	76	3-3-90
M90 p13-1	3.99 Ahti Pajunen(FIN)	75	-84
M40 11-6 1/2	3.52 Ahti Pajunen(FIN)	80	3-3-90
M45 8-3	2.51 Everett Hosack(US)	86	3-19-88
M50 p4-11	1.50 Mikko Salonen(FIN)	90	-87

Triple Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 46-5	14.15 Sean Power(GB)	40	-
M45 45-1 1/4	13.75 Stig Backlund(FIN)	48	-88
M50 45-0 1/4	13.72 Stig Backlund(FIN)	50	3-4-90
M55 40-0 1/4	12.20 Olavi Neimi(FIN)	58	3-18-90
M60 39-9 1/2	12.13 Amelio Compri(ITA)	60	3-9-85
M65 35-10	10.92 Amelio Compri(ITA)	65	3-3-90
M70 32-5 1/2	9.89 Heikki Simola(FIN)	72	-84
M75 28-1 3/4	8.58 Vittorio Colo(ITA)	76	3-13-88
M80 p30-10	9.40 Heikki Simola(FIN)	75	-87
M85 23-3 1/4	7.09 Karl Trei(CAN)	80	3-31-89
M90 15-10 1/4	4.83 Konrad Boas(US)	85	3-31-89
M90 p12-6 1/2	3.82 Mikko Salonen(FIN)	90	-87

Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 65-10 1/4	20.07 Brian Oldfield(US)	40	1-17-86
M45 51-9 1/2	15.78 Ed Hill(US)	45	3-19-88
M50 p56-11 1/2	17.36 Matti Joupila(FIN)	45	3-3-90
M55 48-11	14.91 R. Mercandelli(ITA)	54	3-14-82
M60 p54-10 1/2	16.72 Diva Lahtinen(FIN)	50	-83
M65 48-0 1/2	14.64 Raino Leino(FIN)	55	3-3-90
M70 p48-4	14.73 Veikko Kojala(FIN)	55	-87
M75 55-2 1/2	16.83 Reino Nokelainen(FIN)	60	-81
M80 50-1 1/2	15.28 Voitto Elo(FIN)	65	-82
M85 43-5	13.23 Ross Carter(US)	71	3-30-85
M90 p47-1	14.35 Voitto Elo(FIN)	70	-85
M40 42-3	12.88 Voitto Elo(FIN)	75	3-3-90
M45 28-9 3/4	8.78 Lamberto Cicconi(ITA)	83	3-13-88
M50 p28-10	8.79 Paavo Patinen(FIN)	80	3-3-90
M55 20-9 1/2	6.34 Everett Hosack(US)	86	3-19-88
M60 p14-3	4.34 Mikko Salonen(FIN)	90	-87

3000 Meter Walk			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 13:08.0	Robert Care(GB)	42	3-31-90
M45 p12:41.0	Matti Katila(FIN)	40	-88
M50 p12:55.8	Heikki Lahtinen(FIN)	40	3-3-90
M55 12:58.0	Jan Roos(CAN)	47	1-28-84
M60 13:59.2	Jan Roos(CAN)	51	4-1-89
M65 p13:12.6	Aaro Nokela(FIN)	50	-86
M70 14:27.6	Mario Sciarreta(ITA)	55	3-2-90
M75 16:03.8	Max Gould(CAN)	64	1-30-82
M80 p14:46.4	Boris Olenov(URS)	60	3-19-89
M85 16:03.0	Max Gould(CAN)	66	1-28-84
M90 17:31.6	Pauli Mäkinen(FIN)	70	3-9-90
M40 18:35.8	Chico Scimone(ITA)	75	2-14-87
M45 20:35.0	Ake Strang(FIN)	82	3-4-90
M50 p20:07.0	Ake Strang(FIN)	81	-89

WOMEN'S WORLD INDOOR RECORDS AS OF FEBRUARY 1, 1991

60 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 8.05	Beatrice Waldnis(SUI)	39	3-9-85
W40 8.14	Phil Raschker(USA)	43	3-24-90
W45 8.4	Una Gore(GB)	48	3-28-87
W50 8.7	Una Gore(GB)	52	11-17-90
W55 9.1	Asta Larsson(SWE)	55	-87
W60 9.4	Joan Ogden(GB)	60	3-25-88
W65 10.1	Mary Wixey(GB)	67	3-25-88
W70 10.36	Mary Bowermaster(US)	71	4-1-89
W75 11.75	Millie Crews(US)	75	3-24-90

200 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 26.07	Beatrice Waldnis(SUI)	39	3-9-85
W40 27.30	Phil Raschker(USA)	43	3-25-90
W45 27.1	Marjorie Hocknell(GB)	45	1-21-89
W50 29.6	Una Gore(GB)	50	3-26-89
W55 31.05	Asta Larsson(SWE)	56	-88
W60 31.6	Joan Ogden(GB)	61	3-26-89
W65 36.1	Mary Wixey(GB)	65	3-15-86
W70 37.85	Mary Bowermaster(US)	71	4-2-89
W75 45.73	Millie Crews(US)	75	3-25-90

400 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 59.0	Caroline Marler(GB)	37	3-25-88
W40 61.9	Anne McDonald(GB)	41	3-31-90
W45 62.3	Marjorie Hocknell(GB)	46	12-2-89
W50 68.2	Jean Halls(GB)	51	3-31-90
W55 75.8	Christine McLennan(GB)	55	3-27-87
W60 81.6	Joan Ogden(GB)	60	3-25-88
W65 1:43.96	Carol Peebles(US)	67	4-1-89
W70 1:56.0	Peggy Taylor(GB)	70	3-31-90
W75 1:45.59	Pearl Mehl(US)	75	4-1-89

800 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 2:03.2	Ileana Silai(ROM)	36	2-7-78
W40 2:13.69	Erna Kozak(CAN)	40	2-23-86
W45 2:27.3	Pirkko Martin(FIN)	48	-86
W50 2:34.76	Pirkko Martin(FIN)	50	-88
W55 2:49.8	Molly Turner(CAN)	56	2-24-90
W60 3:11.1	Else Laine(FIN)	61	-87
W65 4:04.0y	Carol Peebles(US)	67	1-8-89
W70 p3:30.3	Ella Hogvist(FIN)	65	-86
W75 3:47.8	Pearl Mehl(US)	70	1-19-85
W80 p3:17.5	Britta Tibbling(SWE)	70	-88
W85 4:03.77	Pearl Mehl(US)	76	3-25-90

1500 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 4:05.4			

Continued from previous page

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
Shot Put (35-49: 4Kg; 50+: 3Kg)				
W35	44-1 1/2	13.45 Bronwin Carter(GB)	35	3-27-87
	p54-11 3/4	16.76 Svetlana Melnikova(URS)	35	3-19-89
W40	45-1 1/4	13.75 Janis Kerr(GB)	42	- -89
W45	31-4	9.55 Pat McNab(GB)	46	- -89
	p39-10 1/4	12.15 Ljudmila Hmelerkaja(URS)	45	3-19-89
W50	41-6 1/2	12.66 Joanne Grisson(US)	51	3-25-90
W55	41-2	12.55 Antonia Ivanova(URS)	56	3-19-89
W60	33-1 1/4	10.09 Beatrice Holland(US)	63	3-25-90
W65	27-0 1/2	8.24 Helgi Pedel(CAN)	65	3-11-89
W70	25-5 1/2	7.76 Mary Bowermaster(US)	71	4- 2-89
W75	23-2	7.06 Irja Sarnana(FIN)	77	- -83
W80	20-10 1/2	6.36 Margareta Sarvana(FIN)	81	3- 4-90
	p21-5	6.53 Margareta Sarvana(FIN)	80	- -88

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
3000 Meter Walk				
W35	16:25.4	Cath Reader(GB)	35	3-31-90
	p14:13.0	Suzanne Griessbach(FRA)	35	- -84
W40	15:11.15	Julie Ratner(US)	43	3-24-90
	p13:26.6	Suzanne Griessbach(FRA)	40	- -87
W45	16:12.53	Jocelyn Richard(CAN)	45	2- 7-87
	p14:35.8	Vieni Heikkila(FIN)	45	- -85
W50	15:35.7	Giuseppina Migliasso(ITA)	52	3- 3-90
	p15:13.2	Vieni Heikkila(FIN)	50	- -88
W55	18:27.8	Pam Horvill(GB)	55	3-31-90
W60	18:19.0	Ruth Leff(US)	61	12-17-88
W65	17:32.0	Britta Tibbling(SWE)	68	- -87
W70	20:56.8	Ernestine Yeomans(CAN)	70	4- 2-89
	p17:38.2	Britta Tibbling(SWE)	70	- -88

W75	22:17.08	Millie Crews(US)	75	3-24-90
	p21:12.2	Alda De Grandis(ITA)	75	3- 2-90
	p21:21	Nora Vedemo(SWE)	75	- -88
W80	27:33.0	Margareta Sarvana(FIN)	81	3- 4-90
	p27:11.0	Margareta Sarvana(FIN)	80	- -88



American Track & Field Indoor Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the TAC
Masters T&F Committee through performances verified as of February, 1991

MEN'S AMERICAN INDOOR RECORDS AS OF FEBRUARY 1, 1991

60 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6.97	Eddie Hart(CA)	40	3-24-90
M45	7.40	Roger Pierce(MA)	45	3-24-90
M50	7.61	Roy Turner(TX)	50	3-24-90
	7.65	Gilbert Latorre(CA)	51	4- 1-89
M55	7.53h	Hugo Hartenstein(CO)	55	3-24-90
	7.57	Hugo Hartenstein(CO)	55	3-24-90
M60	7.7	Payton Jordan(CA)	60	1- 7-78
M65	8.29	Melvin Larson(FL)	65	3-24-90
M70	8.46	Payton Jordan(CA)	72	4- 1-89
M75	9.5	Barry Ivers(ME)	77	2-21-88
M80	10.26	Byron Fike(OH)	81	4- 1-89
M85	11.92	Konrad Boas(NY)	85	4- 1-89

200 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	23.11	Stan Druckrey(WI)	41	3-25-90
M45	23.4	Roger Pierce(MA)	45	1- 5-90
M50	24.20	Roy Turner(TX)	50	3-25-90
M55	24.94h	Hugo Hartenstein(CO)	55	3-25-90
M60	26.37	Jack Greenwood(KS)	62	4- 2-89
M65	27.87	Melvin Larson(FL)	65	3-25-90
M70	28.00	Payton Jordan(CA)	72	4- 2-89
M75	32.8	Barry Ivers(ME)	79	1-14-90
M80	35.62	Manfred D'Elia(NJ)	80	4- 2-89
M85	42.51	Konrad Boas(NY)	86	3-25-90
M90	76.4	Herb Kirk(MT)	91	1-11-87

400 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	50.64	James King(CA)	40	2- 9-90
M45	51.75	Don Parker(CA)	45	4- 1-89
M50	54.0	Larry Colbert(MD)	52	3-18-89
M55	56.56	James Mathis(TN)	55	3-24-90
M60	60.62	Harry Brown(IL)	60	3-24-90
	p60.1	Harry Brown(IL)	60	3-11-90
M65	66.55	Edward Goddin(KY)	66	3-24-90
M70	66.03	John Alexander(TX)	70	3-24-90
M75	80.7	Byron Fike(OH)	75	1- 5-85
M80	86.79	Byron Fike(OH)	81	4- 1-89
M85	1:56.20	Konrad Boas(NY)	86	3-24-90
M90	2:54.0	Herb Kirk(MT)	91	1-11-87

800 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	1:58.1	Russ Schmeichel(ND)	40	4-28-87
M45	1:57.81	Ken Sparks(OH)	45	3-25-90
M50	2:05.8	Ken Baker(NJ)	51	1-17-88
M55	2:10.62	John Conner(NY)	55	3-25-90
M60	2:18.3	Kelsey Brown(NJ)	60	1- 8-88
M65	2:26.3	Archie Messenger(NY)	65	1- 6-89
M70	2:42.0	Austin Newman(NJ)	70	3-23-86
M75	3:09.8	Rudolf Wilson(PA)	77	4- 2-89
M80	p3:44.6	Henry Zachman(NJ)	80	1-14-90
	p3:50.0	Henry Zachman(NJ)	80	3-17-90
M85	6:18.0	Herb Kirk(MT)	87	2- 5-83

1500 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4:02.5	Ernest Billups(IL)	42	1- 5-80
M45	4:04.80	Ken Sparks(OH)	45	3-24-90
M50	4:24.50	Dan Conway(MN)	51	3-24-90
M55	4:28.9	James Sutton(PA)	55	1- 4-87
M60	4:56.92	Bill Fortune(NY)	61	3-24-90
M65	5:05.5	Archie Messenger(NY)	65	3-18-89
M70	5:27.4	Austin Newman(NJ)	70	3-23-86
M75	6:33.4	Eugene Keller(OH)	75	2-18-90
M80	7:04.2y	Paul Spangler(CA)	80	3-18-79
M90	14:34.2	Herb Kirk(MT)	91	1-11-87

One Mile				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4:16.39	Byron Dyce(FL)	40	2-10-89
M45	4:29.3	Ernest Billups(IL)	45	3-26-83
M50	4:44.22	Bill Foulk(MT)	51	1- 6-85
M55	4:53.3	John Conner(NY)	55	2-25-90
M60	5:19.9	Archie Messenger(NY)	60	3-18-84
M65	5:30.0	Archie Messenger(NY)	65	1-15-89
M70	5:32.4	Scotty Carter(MA)	70	3-15-87
M75	6:54.8	Byron Fike(OH)	75	3-20-83
M80	7:04.2	Paul Spangler(CA)	80	3-18-79

3000 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:44.0	Peter Hallop(MI)	40	1-15-88
M45	9:12.4	Salih Talib(NY)	45	12-29-90
M50	9:16.13	Dan Conway(MN)	51	3-25-90
M55	9:51.8	Howard Rubin(NY)	55	3-10-84
M60	10:33.6	Bill Fortune(NY)	61	1- 6-90
M65	11:39.79	John McManus(NY)	66	3-25-90
M70	11:27.6	Scotty Carter(MA)	70	3-15-87
M75	13:51.0	William Brobston(NY)	76	4- 2-89
M80	p15:12.4y	Paul Spangler(CA)	80	- -
M85	26:12	Herb Kirk(MT)	87	2- 5-83

Two Miles				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	9:22.2	Peter Hallop(MI)	40	1-15-88
M45	9:45.2	Ernest Billups(IL)	45	3-27-83
M50	10:09.2	Lloyd Slocum(NH)	50	3-27-83
M55	10:58.82	Jim Sutton(PA)	56	3-20-88
M60	11:14.8	Bill Fortune(NY)	61	12-30-89
M65	12:19.34	John Boots(LA)	66	2-23-86
M70	12:40.8	Austin Newman(NJ)	72	2-28-88
M75	14:17.2	Byron Fike(OH)	76	3-25-84
M80	18:20.6	Byron Fike(OH)	80	3-20-88
M90	32:38.4	Herb Kirk(MT)	91	1-11-87

60 Meter Hurdles				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8.15	Stan Druckrey(WI)	40	4- 1-89
M45	8.76	Willie Davenport(US)	45	4- 1-89
M50	8.92	Charles Miller(TX)	52	3-25-90
	8.98	Dale Lance(OK)	51	4- 1-89
M55	9.21	Lawrence Pratt(US)	57	4- 1-89
M60	9.36	Jack Greenwood(KS)	62	4- 1-89
M65	10.14	Edwin Lukens(NY)	67	4- 1-89
M70	12.22	Armando Ricciardi(NV)	70	3-25-90
M75	12.73	Claude Hills(PA)	76	4- 1-89

High Jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6-7	2.00 John Hartfield(TX)	41	2-23-86
M45	6-1	1.85 Herm Wyatt(CA)	49	2-22-81
M50	5-10	1.78 Milton Newton(CA)	51	3-30-85
	5-10	1.78 John C. Brown(MO)	51	2-15-81
	5-10	1.78 Richard Richardson(IL)	53	3-15-87
M55	5-7 1/4	1.71 John C. Brown(MO)	56	1-11-86
M60	5-5	1.65 Jim Gilchrist(FL)	62	3-24-90
M65	5-0	1.52 Burl Gist(CA)	65	3-30-85
M70	4-5 1/4	1.35 Ham Morningstar(MI)	73	3-24-90
M75	4-0 1/4	1.22 Claude Hills(PA)	75	3-19-88
	4-0 1/4	1.22 Virgil McIntyre(AZ)	78	3-31-89
M80	3-9 3/4	1.16 A. E. Pitcher(IN)	82	3-24-84
M85	3-3 1/4	1.00 A. E. Pitcher(IN)	88	2-18-90

Pole Vault				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	15-1 1/2	4.61 Charles Polhamus(GA)	42	- -86
M45	14-6	4.42 Roger Ruth(US)	45	2-18-73
M50	13-6	4.11 Boo Morcom(PA)	54	3-14-76
M55	13-2 1/2	4.02 Boo Morcom(PA)	59	- -81
M60	12-4 3/4	3.78 Jerry Donley(CO)	60	2-25-90
M65	11-1 1/2	3.39 Boo Morcom(PA)	67	1- 6-89
M70	9-9 1/4	2.98 Carol Johnston(CA)	73	3-30-85
M75	9-3	2.82 Carol Johnston(CA)	76	3-19-88
M80	6-5	1.95 A. E. Pitcher(IN)	83	1- 5-85
M85	5-6	1.67 A. E. Pitcher(IN)	86	3-19-88

Long Jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	23-1	7.03 Stan Whitley(CA)	40	2-22-86
M45	20-10 3/4	6.37 Alvin Henry(CA)	45	3-26-83
M50	20-8 1/2	6.31 Shirley Davison(CA)	50	3-29-80
M55	19-3 1/4	5.87 Boo Morcom(PA)	55	3-13-77
M60	17-6 1/2	5.34 Boo Morcom(PA)	60	3-14-82
M65	17-5 1/4	5.31 Melvin Larsen(IL)	66	1-31-91
M70	15-6 1/4	4.73 John Alexander(TX)	70	3-24-90
M75	12-8	3.86 Russell Meyers(FL)	76	3-29-80
M80	10-4	3.15 Russell Meyers(FL)	80	3-24-84
M85	8-3	2.51 Everett Hosack(OH)	86	3-19-88

Triple Jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	45-4 3/4	13.83 John Hartfield(CA)	40	3-30-85
M45	44-11 1/2	13.70 Ira Davis(PA)	46	3-27-83
M50	40-7 1/2	12.38 Dave Jackson(CA)	51	3-27-83
M55	36-4	11.07 Phil Mulkey(GA)	55	3-20-88
M60	36-3 1/2	11.06 Ed Lukens(NY)	63	3-24-85
M65	35-7 3/4	10.86 Tom Patsalis(CA)	66	3-29-87
M70	30-10	9.40 John Alexander(TX)	70	3-24-90
M75	25-2 1/4	7.68 Fred White(TX)	75	3-20-88
M80	22-10 3/4	6.98 Benjamin Fox(AZ)	81	3-29-87
M85	15-10 1/4	4.83 Konrad Boas(NY)	85	3-31-89

Continued from previous page

3000 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:24.13y Carol Urish-McLatchie(TX)	35	3-29-87
W40	10:19.8 Barbara Filutze(PA)	43	2-11-90
W45	11:22.8 Linda Upton(MA)	45	1-15-89
W50	11:41.86 Sandra Knott(OH)	52	3-25-90
W55	12:23.6 Gloria Brown(NY)	56	3-27-88
W60	12:57.2 Ruth Droege(US)	60	3-11-89
W65	16:34.97 Queenie Thompson(NY)	66	3-25-90
W70	15:30.0y Pearl Mehl(CO)	73	3-29-87
W75	15:53.5 Pearl Mehl(CO)	75	4-2-89

Two Miles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:24.13 Carol Urish-McLatchie(TX)	35	3-29-87
W40	11:09.0 Barbara Pike(MA)	40	3-28-82
W45	12:44.0 Mary Czarapata(WISC)	46	1-9-82
W50	11:57.4 Mila Kania(NY)	50	3-14-82
W55	13:06.0 Gladys Lehman(CA)	58	2-25-81
W60	p18:21.0 Ernestine Yeomans(CAN)	64	1-8-84
W65	16:37.2 Pearl Mehl(CO)	69	2-19-84
W70	15:30.0 Pearl Mehl(CO)	73	3-29-87

60 Meter Hurdles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10.08 Sherice Duchamp(MI)	35	3-25-90
W40	9.65 Phil Raschker(GA)	43	3-25-90
W45	12.02 Barbara Stewart(NY)	47	4-1-89
W50	11.52 Christel Miller(CA)	54	4-1-89
W55	11.47 Christel Miller(CA)	55	3-25-90
W60	14.19 Shirley Kinsey(CA)	60	3-25-90

High Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-4 1.62 Skipper Clark(NY)	36	3-24-84
W40	5-0 1/4 1.53 Phil Raschker(GA)	42	4-2-89
W45	4-2 1.27 Christel Miller(CA)	45	3-29-80
W50	4-2 1.27 Essie Kea(OH)	46	3-24-84
W55	4-2 3/4 1.29 Christel Miller(CA)	54	4-2-89
W60	3-6 1/2 1.25 Christel Miller(CA)	55	3-25-90
W65	3-9 1.08 Shirley Kinsey(CA)	60	3-25-90
W70	3-7 1.14 Mary Bowermaster(OH)	67	3-30-85
W75	3-0 0.91 Vivian Nelson(PA)	75	3-5-88

Long Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2 6.16 Willye White(US)	36	3-3-75
W40	18-5 5.61 Phil Raschker(GA)	40	3-28-87
W45	14-4 1/2 4.38 Christel Miller(CA)	48	3-26-83
W50	13-7 4.14 Christel Miller(CA)	50	3-30-85
W55	12-2 1/2 3.72 Christel Miller(CA)	55	3-24-90
W60	11-0 3.35 Bernice Holland(OH)	60	3-29-87
W65	11-1 3.38 Mary Bowermaster(OH)	66	2-26-84
W70	10-10 1/4 3.31 Mary Bowermaster(OH)	70	3-19-88
W75	7-6 1/4 2.29 Vivian Nelson(PA)	75	3-5-88

Triple Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4 10.69 Phil Raschker(GA)	37	-84
W40	35-4 1/2 10.78 Phil Raschker(GA)	41	3-20-88
W45	27-10 1/2 8.49 Christel Miller(CA)	47	3-28-82
W50	27-5 1/2 8.37 Christel Miller(CA)	53	3-19-88
W55	25-2 1/4 7.98 Christel Miller(CA)	55	3-24-90
W60	20-11 1/2 6.39 Jean Udell(IL)	63	3-31-89
W65	20-8 6.30 Josephine Sullivan(SC)	65	3-24-90
W70	p16-4 4.98 Ernestine Yeomans(CAN)	70	3-31-89

Shot Put (35-49: 4Kg; 50+: 3kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	40-6 1/4 12.35 Joan Stratton(CA)	37	4-2-89
W40	38-10 1/2 11.85 Joanne Grissom(IN)	41	1-25-80
W45	29-0 9.84 Vanessa Hilliard(FL)	48	3-24-90
W50	41-6 1/2 12.66 Joanne Grissom(IN)	51	3-25-90
W55	32-4 1/4 9.86 Bernice Holland(OH)	58	2-22-86
W60	33-1 1/4 10.09 Bernice Holland(OH)	63	3-25-90
W65	p22-2 1/4 6.76 Libby Hagemann(MA)	69	3-17-90
W70	25-5 1/2 7.76 Mary Bowermaster(OH)	71	4-2-89

3000 Meter Walk			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	16:50.66 Cindy Paffumi(CA)	35	3-24-90
W40	15:11.15 Julie Ratner(NY)	43	3-24-90
W45	16:37.66 Virginia Scales(CA)	47	3-24-90
W50	19:04.74 Betty Young-Grady(IN)	53	3-24-90
W55	19:58.47 Joyce Decker(FL)	56	3-24-90
W60	18:19 Ruth Leff(WI)	61	12-17-88
W65	20:53.91 Queenie Thompson(NY)	66	3-24-90
p20:13	Ernestine Yeomans(CAN)	67	2-22-87
W70	p20:59 Ernestine Yeomans(CAN)	70	4-2-89
W75	22:17.08 Millie Crews(WI)	75	3-24-90



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ALL-TIME MASTERS MARATHON LIST

WORLD MEN

John Campbell (41,NZL)	02/06/49	2:11:04	Boston	04/16/90
Jack Foster (41,NZL)	10/26/37	2:11:19	Christchurch	01/31/74
Kjell-Erik Stahl (40,SWE)	02/17/46	2:12:33	Stockholm	06/07/86
Antonio Villanueva (42,MEX)	07/23/40	2:13:41	Eugene	09/12/82
Keld Johnsen (40,DEN)	11/01/46	2:14:32	West Berlin	10/04/87
Gerald Dravitzki (40,NZL)	12/03/43	2:14:50	New Plymouth	03/03/84
Barry Brown (40,USA)	07/26/44	2:15:15	St. Paul	09/30/84
Ron Hill (40,GBR)	09/25/38	2:15:46	Metairie	02/18/79
Ryszard Marczak (42,POL)	11/25/45	2:15:54	New York	11/06/88
Reinhold Leibold (40,FRG)	05/21/42	2:16:10	Munich	05/07/83
questionable birthdate:				
Mamo Wolde (ETH)	06/12/32?	2:15:09	Munich	09/10/72

AMERICAN MEN

Barry Brown (40,NY)	07/26/44	2:15:15	St. Paul	09/30/84
Ken Judson (40,PA)	10/12/50	2:17:01	Huntsville	12/08/90
Mike Manley (40,OR)	02/14/42	2:17:10	Houston	01/16/83
Bill Rodgers (40,MA)	12/23/47	2:18:17	Boston	04/18/88
Bob Schiau (40,SC)	09/20/47	2:19:27	Los Angeles	03/06/88
Bill Hall (40,NC)	08/02/40	2:21:20	Boston	04/20/81
Jim Bowers (45,CA)	11/06/38	2:21:32	Duluth	06/16/84
Bruce Mortenson (41,MN)	12/31/43	2:22:24	St. Paul	10/06/85
Steve Lester (43,UT)	12/29/42	2:22:52	St. George	10/04/86
Dan Conway (45,WI)	01/28/39	2:23:07	St. Paul	09/30/84

WORLD WOMEN

Priscilla Welch (42,GBR)	11/22/44	2:26:51	London	05/10/87
Joyce Smith (44,GBR)	10/26/37	2:29:43	London	05/09/82
Evy Palm (47,SWE)	01/31/42	2:31:05	London	04/23/89
Charlotte Teske (40,FRG)	11/23/49	2:33:19	Munich	05/06/90
Grasiella Striuli (40,ITA)	03/08/49	2:36:42	Pittsburgh	05/01/89
Doris Schlosser (41,FRG)	09/29/44	2:37:08	Hamburg	05/25/86
Gail LaDage Scott (41,USA)	05/18/46	2:37:12	St. George	10/03/87
Ilona Szilak (43,HUN)	05/13/42	2:37:44	Budapest	10/27/85
Nyaira Drake (40,NZL)	05/11/49	2:37:50	Nagoya	03/04/90
Anne Roden (42,GBR)	10/09/46	2:38:24	West Berlin	10/09/88

AMERICAN WOMEN

Gail Scott (41,CO)	05/18/46	2:37:12	St. George	10/03/87
Miki Gorman (41,CA)	08/09/35	2:39:11	New York	10/24/76
Laurie Binder (41,CA)	08/10/47	2:39:21	Boston	04/17/89
Gabriele Anderson (41,ID)	03/20/45	2:40:08	St. Paul	10/12/86
Nancy Oshier (42,NY)	06/17/48	2:41:46	St. Paul	10/14/90
Barbara Filutze (40,PA)	06/21/46	2:42:38	St. Paul	10/12/86
Cindy Dalrymple (40,NY)	03/05/42	2:43:36	Chicago	09/26/82
Bobbi Rothman (40,FL)	09/19/45	2:43:36	Boston	04/21/86
Bette Poppers (43,CO)	12/17/42	2:44:48	St. George	10/04/86
Jane Hutchison (43,MO)	12/16/45	2:46:03	St. Paul	10/14/90

Compiled by Marty Post

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Waigwa Lowers Stewart's Mark to 4:13.05 Continued from page 1

ing Byron Dyce's 1989 mark of 4:16.39.

Five days later, on February 8, Ken Popejoy of Wheaton, Ill., clocked 4:16.33 to win the Vitalis Meadowlands Masters Invitational Mile across the Hudson River in East Rutherford, N.J. *Runner's World* will sponsor two more elite masters miles — at the Penn Relays in April and at the New York City Games in July.

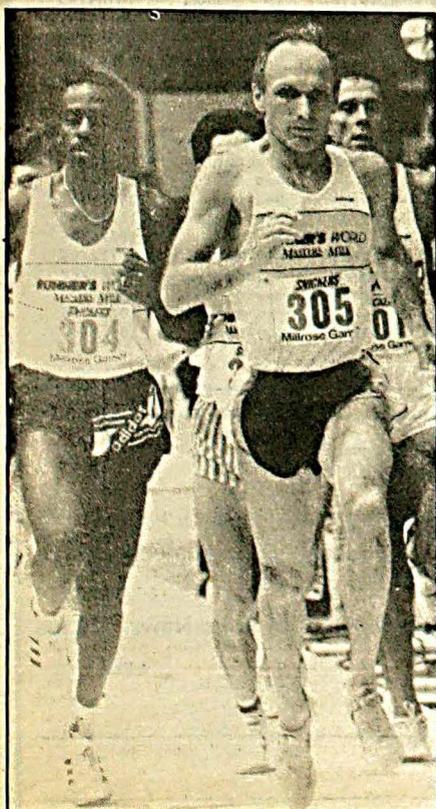
In getting the world indoor mark, Waigwa ran his usual off-the-pace race. He stayed back in the 8-man field as Ken Sparks passed the quarter in 64. Popejoy took over and moved through the half in 2:10.

Dixon was in the middle of the pack and having problems getting accustomed to the 11-lap Garden track and its tightly banked turns. "It was really strange," said Dixon. "It took the first four laps just to get used to it. I was running up behind the guy in front of me."

Popejoy, 40, a former NCAA champ who had run a 4:18 mile on the west coast the week before, cruised by the three-quarter post in 3:14. Dixon settled in behind him and Waigwa moved up to third.

The crowd started applauding in anticipation of a blanket finish. With less than two laps to go, Waigwa bolted to the lead. He took the turn in high gear and came off it with daylight between him and the rest of the field.

Dixon, taken by surprise, moved out to pass Popejoy. But he did not react quickly enough. "With two laps to go, if you hesitate you're lost," said Dixon. "I was riding up the back of Popejoy. Then Wilson was by me. I tried to accelerate into the turn. But when I came into the back straight, Waigwa



Ken Sparks (305) sets the early pace at Millrose Games Masters Mile. Byron Dyce (304) is on his shoulder. Photo by David Zinman

had five or six meters. Very rarely can you run a guy down who is moving as well as he was."

Dixon made a dogged effort. With the Garden echoing with the roar of the crowd of 15,750, he closed to within a stride of Waigwa on the short home stretch. But he ran out of running room and Waigwa broke the tape. Attendance at the Millrose meet, which usually sells out the 18,000-seat Garden, was the smallest in memory. However, Howard Schmertz, the meet director, said he was satisfied because track attendance is down nationally and some meets have closed.

Dixon, a versatile runner who has won at distances from a quarter-mile to a marathon, said he lost momentum going around Popejoy. "You've got to come into the turn high if you want to sling-shot back. You don't start climbing in the turn. Also, Waigwa did the most perfect tactical move by staying behind me and watching me. He capitalized on my hesitation and got the valuable yards."

In the Mobil One race, Almborg, 43, who won three of the five races on the *Runner's World* circuit last year, led from wire-to-wire. He clocked 65 at the quarter, 2:07 at the half, and 3:13 at the three-quarter mark. Waigwa was second in 4:20.10 about 25 yards back. Popejoy was third in 4:21.17, and Dave Stewart of Canada, fourth, in 4:23.13.

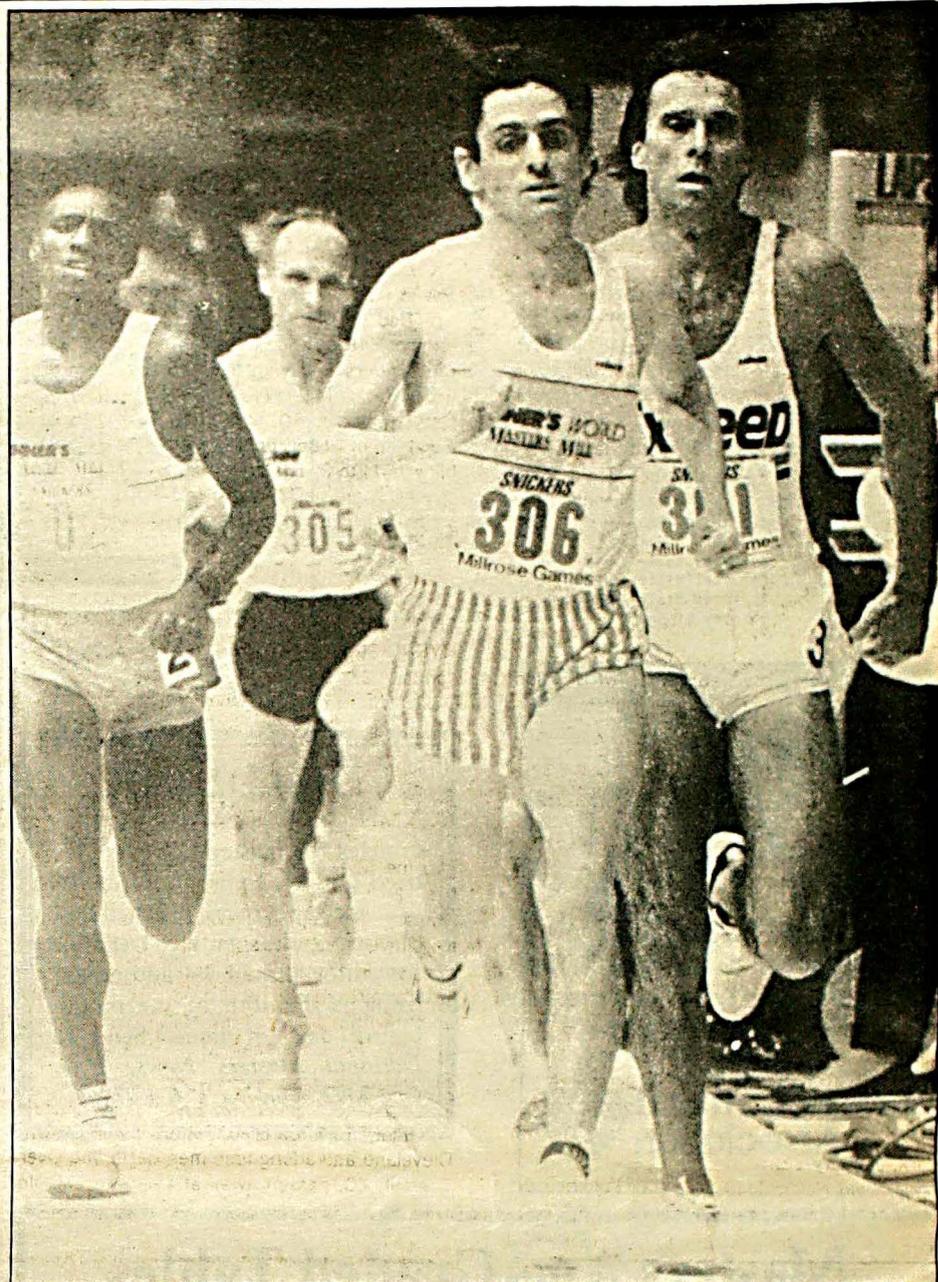
Waigwa, although coming back with less than 48 hours rest, did not use that as an excuse. Instead, he said he made an error in strategy. He said he laid back too long and let Almborg build up an unsurmountable lead.

Dixon was eighth in 4:39.95 and nearly did not run. Minutes before the race, Dixon said he suffered a hamstring injury while warming up on the grass outside the arena. He started the race, but could not go all out.

Both Dixon and Waigwa, who complained of an ankle injury two days after the Fairfax run, missed the Meadowlands race. The cancellation of the two strongest runners served as a lesson to Marc Bloom, who coordinates the races.

"It showed me that masters runners need more recovery time," said Bloom. "Next year, I'll have to think about not letting some of the key runners double on that first weekend to be sure they will be ready for Vitalis (one week after the Millrose)."

Nevertheless, Popejoy ran all three races and did his best time at Vitalis. In fact, he made a run at the indoor record until he ran out of gas. The Illinois attorney, who coaches miler Jim Spivey, passed the quarters in 62, 2:04, and 3:08. Three officials clocked him at 3:56.9 at 1500 meters — ahead of Waigwa's 3:57.8 time at 1500 meters at the Millrose. But Popejoy was running all alone. With no one to push him, he faded in the last 100 yards.



Ken Popejoy (306) cruises past the three-quarter post in 3:14 in the Millrose Masters Mile, just seconds ahead of Rod Dixon (r) and Wilson Waigwa (l). Photo by David Zinman

Stewart finished second in 4:19.03, Dyce was third in 4:20.22, and Nolan Smith was fourth in 4:25.25.

Bloom said Dixon, Waigwa, and Popejoy will probably hook up again in the Penn Relays. After his Millrose race, Dixon said he was optimistic

about a sub-four minute mile this summer.

If so, he may have fast company. John Walker, who last year ran several 1500-meter races in 3:37 (which translates to a 3:54 mile), will turn 40 on June 12, 1992. □

King Wins Indoor 400; Whitley Sets M45 WR

by HAIG BOHIGIAN

San Diego's James King, 42, successfully defended his title in the Meadowlands Masters 400-meter run in East Rutherford, N.J., February 8.

King, who set the world masters indoor record of 50.64 in this meet last year, clocked a fast 50.79 to edge arch-rival Stan Whitley, 45, of Pasadena, Calif.

Whitley's time of 51.49 is a new world M45 indoor record, bettering the old mark of 51.75, set by California's Don Parker in 1989.

Starting on the pole, King was quickly passed on the first turn by Whitley in the second lane. They maintained this position through 200 in 23.8 with Fred Sowerby of Murray, Ky., close behind. With about two-thirds of a lap to go, King made his move, passing Whitley on the back stretch to go on to a six-yard victory.

Sowerby was third in 52.41, followed by New Jersey's Ken Brinker (53.00) and New York's Rodney Wiltshire (54.56).

King was disappointed that he didn't break his world mark.

"There was no way I could have held off Stan's speed on that first turn," King said, conceding that losing the lead to Whitley affected his attempt at a record. "But my mind is still set on running 49 seconds indoors."

It was Whitley's first race on the boards.

"It was a learning experience," he said. "I hit a soft spot on the track at one point and thought I might go down. I'm looking forward to another shot at Jim."

In the M40-49 4 x 400 relay, the New York Pioneer Club won in 3:41.92 based on Rob Jackson's come-from-

Continued on page 34

MASTERS SCENE

NATIONAL

• On February 8, **Charles DesJardins**, Chairman of MLDR and **Kirk Randall**, Championship Coordinator, announced the awarding of the 1991 Half-Marathon Championship to Fairfield, Connecticut on June 23. The race will have prize money evenly divided between men & women. The amount of prize money will be based on sponsorship level. A separate starting area will be provided for masters. The race is held in conjunction with a town picnic on the beach. The course is along scenic shoreline roads, well shaded, with a keyhole loop. The highest elevation is 85 feet. Contact is: **Mick Midkiff**, 1747 Summer St., Suite 200, Stamford, Ct., phone (w) (203) 324-9822 and (h) (203) 637-1223.

• Omitted from the February New Division section was **Robert Mulliken** of Kingston, MA, who hit 75 on February 16.

EAST

• **Alan Oman**, 41, mastered the NYRRC Season Opener 5 Mile, Central Park, NYC, January 6, with a 14th-place (1196 m/finishers) 26:37. **Ted Haiman**, 47, continued his span of excellent races with a second M40+ 26:52. **John McManus**, 67, won the M65 race in a fast 32:17. **Cheryl Ralya**, 44, with a 31:41, was eighth woman of 510 finishers, with **Judy Harrigan**, 41, ninth in 31:56, and **Anna Thornhill**, 50, 11th in 32:24.

• **Haiman** (1:11:57) and **Thornhill** (1:25:27) came back to finish in the top ten (289m/104w) with masters firsts in the NYRRC 20K, Central Park, January 12.

• **Harold Nolan**, M40, and **Ray Funkhouser**,

M40, were first overall in the Polar Bear Races, Asbury Park, NJ, December 30. **Nolan** took the 5K in 26:36, and **Funkhouser** won the 10 mile RW in 1:24:32.

• **Bob Moritz**, 41, 16th-overall, edged **Sam Skinner**, 48, 17th-overall, by four seconds for the masters first with a 57:45 in the NYRRC Frostbite 10 Miler, Central Park, January 20. **Gary Muhrcke**, 50, was third M40+ (58:21) and 18th of 813m/finishers in 1:05:52. **Thornhill** was 12th in 1:07:19.

• **Al Swenson**, M40, broke his masters mile meet record of 4:26.20 set last year, with a 4:25.65 in the Greater Boston TC meet, Cambridge, MA, January 27.

• **Haiman** intercepted the masters title with a 16:21 12th-overall of 911m finishers in the NYRRC Super Bowl Sunday 5K, Central Park, January 27. **Bill Fortune**, 62, scored with an 18:21 win in the M60 division. **Sylvie Kimche**, 44, kicked to a 19:07 W40+ first and fifth overall of 533w.

SOUTHEAST

• **Yvonne Rodgers**, 48, Seminole, FL, outlegged the 40+ field with a sixth-place 20:09 in the Lady Track Shack 5K, Winter Park, FL, January 12. **Pepper Davis**, 64, Orlando, FL, took the 60+ easily in 24:24.

• **Tom McDermott**, 72, broke Australian Roy Foley's age record of 12.56 for the 25-lb. weight with a 12.61 at the Manasota TC Meet, Sarasota, FL, December 22.

MIDWEST

• **Hilary Taylor**, a prep track star in his native Cleveland and a long-time member of the Over The Hill TC, passed away at age 72 in Maple

Heights, OH, in December. Taylor worked in the metals industry for 40 years after attending the Cleveland College of Engineering. He was ordained a minister in 1969 in the A.M.E. Church and served as the assistant minister at the A.M.E. Church in Maple Heights.

MID AMERICA

• **Doug Bell**, 40, Greeley, CO, shattered the Oklahoma state masters record by 57 seconds with a sixth-place 14:56 in the Jingle Bell 5K, Tulsa, December 1. **Jane Hutchison**, 44, Webb City, MO, took the W40+ race with an eighth-place 17:37.

• **Tom Thorne** is the new TAC Mid-America, Masters T&F Sectional Chairman. He was appointed by TAC National Masters T&F Chairman **Barbara Kousky**. Thorne replaces co-chairman **Tom Wesselowski** and **Bill Butterworth**.

SOUTH WEST

• The East Texas T&F Club of Tyler kicked off the '91 indoor season at the Mississippi Indoor Classic in Jackson with victories by club members **Tom Thompson**, M35, of Tyler, 60y (6.6) and 440y (56.1), and **Marvin Raney**, M30, of Arkadelphia, AR, in the 60y (7.0), 440y (58.0), and 880 (2:09).

• The Run Tex Half-Marathon, Austin, January 6, was billed as a match-up between masters **Bill Rodgers** and **Frank Shorter**. Shorter, suffering from a chest cold, was never a factor, finishing 22nd and third master (1:14:40). **Rodgers** was first master (1:04:53) and second overall to **Henry Rono** (38, 1:05:07) who is attempting a comeback after years of illness and injury. **Rono**, at various times, held WRs in the SC, 3000, 5000, and 10,000. **Andrea Ray-Smith** won the W40+ race in 1:25:51.

WEST

• **Carl Howard Jr.** (44, 2:49:52), **Moody**, AL, and **Shirley Hester** (48, 3:38:02), Tucson, AZ, were first 40+ in the Blue Cross/Blue Shield

Tucson Marathon, January 30. **Verne Carlsen**, 58, Boulder, CO, won the M55 race with a 3:20:24.

• **Shirley Matson** of Moraga, CA, shattered the U.S. W50-54 10K record with a first-woman-overall 36:11 in the Davis Stampede 10K, Davis, CA, February 3. The old record was held by **Sister Marion Irvine** at 37:43.

NORTHWEST

• The June 22 Hayward Classic masters meet in Eugene will be the Northwest Sectional Championships.

• Twenty-four Oregon TC Masters from Portland and Eugene have already signed up for the IX World Veterans Championships in Turku, Finland, July 18-28. The Oregon TC Masters will bid for the '93 TAC Master Outdoor Nationals.

• The Pacific Northwest Athletics Congress Association held its award dinner in Seattle, February 1, and awarded its Masters Runner/Walker of the Year honor to **Larry Alberg**, 43; **Harvey Williams**, 66, top-ranked in the M65 discus for the last two years, captured the Masters Field Event Award; and **Doris Brown Heritage**, WR holder for the W40 mile (4:54.69, '83) and T&F Hall of Famer in '90, received the Inspiration Award.

• **Becky Sisley**, 51, of Eugene, Oregon broke the W50 indoor high jump U.S. record of 4-2 3/4 with a leap of 4-3 on February 2 at a masters meet in Eugene.

INTERNATIONAL

• The Australian Association of Veteran Athletic Clubs has instructed its delegates to the WAVA General Assembly to vote to retain the women's starting age at 35.

• Australian **Jan Hynes** set a new W45 world record for 200 meters with a time of 26.00 on January 26. The old mark was 26.20, held by her countryman **Wendy Ey** since 1984. **Hynes** also extended her own W45 WRs to 5.49 (LJ) and 10.34 (TJ).

Report from Britain

Continued from page 24

11:54. **Wigley**, a recent 40, has yet to compete in pure veteran competition. "I have to travel a lot for the IAAF and will compete in vets races if they just happen to fit in with other plans," he remarked.

On December 15, **Bob Gevers**, M45, was the second runner (43:17) for the winning South London Harriers team in the 7.5 mile Mob Matach at Richmond. **Ken Pike**, 43, was first veteran and 16th of 597 finishers in 33:40 in the Centresport 10K at Crystal Palace, December 29.

There were two good 10-mile races in the south of England on January 27. Both were point scorers in the Star Rank system, and both produced some good veterans runs. At Canterbury in Kent, **Penny** and **Steve Sear**, 40, placed first and second in 50:16 and 50:26 respectively, while **Penny's** wife, **Glynis**, 40, won the women's section overall the following day with a 56:25.

Down at Fareham near Portsmouth, Hampshire. Star Rank point leaders **Peter Marsh**, 40, won in 51:56 from **Martyn Fisher**, 43, 52:25. **Tecwyn Davies** took the M50 race in 54:19. **Zina Marchant**, 40, suffering from "housemaid's knee" was held back to 58:13 in winning the W40 race. □

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JEAN CAMPBELL (ALEXANDRIA, VA)	3-25-26	65-69
JACLYN CASELLI (SAN JOSE, CA)	3-28-21	70-74
GERRY DAVIDSON (FALLBROOK, CA)	3-12-21	70-74
DODIE FILLER (ROLLING HILLS, CA)	3-0-31	60-64
SHARLET GILBERT (RICHMOND, CA)	3-2-51	40-44
SUSAN HAMMEN (US)	3-15-36	55-59
BETTY HITE (NORTH WEBSTER, IN)	3-25-46	45-49
PENNY KAISER (US)	3-29-41	50-54
MARILYN OSGOOD KNIGHT (EUGENE, OR)	3-25-41	50-54
MAGDALENA KUEHNE (TAJUNGA, CA)	3-20-31	60-64
MARJORIE SMITH (BROOKLYN, NY)	3-3-16	75-79
RITA TOMASSINI (AVONDALE EST., GA)	3-16-21	70-74
JEAN UDELL (MARCO IS., FL)	3-25-26	65-69
JOYCE VARNEY (HONOLULU, HI)	3-21-26	65-69
LYDIA BACKES (WG)	3-27-26	65-69
JANE KINSEY (AUS)	3-14-41	50-54
ROSEMARIE KREISKOTT (WG)	3-14-31	60-64
RENATE MEDER (WG)	3-15-41	50-54
ELGA MERI (CAN)	3-18-21	70-74
JOYCELIN PARKER (NZ)	3-1-36	55-59
KARIN SCHALLAU (WG)	3-11-41	50-54
PAT SMITH (HOL)	3-1-36	55-59
CHRISTA STOLZE (WG)	3-1-31	60-64
ANNE VAN DER VLEUTEN (CAN)	3-29-36	55-59
VACLAV BARTL (SWE)	3-5-26	65-69
CLIFTON BERTRAND (TRINIDAD-BRONX, NY)	3-2-36	55-59
JACOB BISHIN (LOS ANGELES, CA)	3-19-1	90-94
JEFF BLOOMFIELD (WACO, TX)	3-31-16	75-79
CLIFF BOULD (AUSTRALIA)	3-12-16	75-79
MELVIN BUSHMAN (E. LANSING, MICH)	3-9-21	70-74
WALT BUTLER (ALTADENA, CA)	3-21-41	50-54
RAYMOND COLE (SAN DIEGO)	3-24-31	60-64
JOHN CULL (VENICE, CA)	3-23-31	60-64
JIM DAVIS (OR)	3-2-36	55-59
PAUL EDENS (SILVERTON, OR)	3-8-41	50-54
OTTO ESSIG (WESTFIELD, MASS)	3-8-6	85-89
PAUL EVANS (CANOGA PARK, CA)	3-7-26	65-69
JIM FORSHEE (ANN ARBOR, MICH)	3-31-26	65-69
NORMAN HANSEN (SEATTLE, WASH)	3-27-21	70-74
TED HATLEN (S. BARBARA, CA)	3-16-11	80-84
RANDALL HOFFMAN (KALAMAZOO, MI)	3-4-41	50-54
BOB HUMPHREYS (VAN NUYS, CALIF)	3-30-36	55-59
GUY HUSSON (FRA)	3-2-31	60-64
KAUKO JOUPPIA (FINLAND)	3-3-21	70-74
HELMUT KLAFKJ (WG)	3-15-26	65-69
DON LONGENECKER (SILVER CITY, NM)	3-25-16	75-79
KLAUS MAINKA (WG)	3-12-36	55-59
PHILIP PARTRIDGE (NYC, NY)	3-29-11	80-84
DON PIEROTTI (CA)	3-21-11	80-84
LUCIEN RAULT (FRANCE)	3-30-36	55-59
REG ROLLASON (CAN)	3-20-16	75-79
NENAD STEKIC (YUG)	3-7-51	40-44
HERMANN STRAUSS (WG)	3-6-31	60-64
ED WHITLOCK (CAN)	3-6-31	60-64

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schedule

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



TRACK & FIELD NATIONAL

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

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

June 28-July 3. U.S. National Senior Sports Classic Senior Olympics, Syracuse, N.Y. USNSSO, So. Outer Forty Rd., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

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

EAST

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

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

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

April 26-27. Penn Relays, Philadelphia. 4x100, 4x400 relays, masters long jump (age-graded elite only). Runner's World masters mile (M40+, elite only), 100m for M75+. For masters mile, contact Marc Bloom, 201/780-6308. Other events, Peter Taylor, 3120 School House Ln. (JA-9) Philadelphia, PA 19144. 215/842-3807.

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

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

June 21-22. Adirondack/TAC Meet, New York State U., Albany. Roberts Vives, 57 Brenden Ct., Clifton Park, NY 12065. 518/442-3064.

June 30. Garden State AC Masters Championships, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

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

August 11. Keystone State Games, Allentown, Pa. residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042.

717/273-3511.

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

SOUTHEAST

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

March 9. Nashville TC Open & Masters Indoor Meet, Tennessee State U. Gentry Center Complex, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

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

March 16. Masters-High School Meet, Gulfport High, Gulfport, Miss. Jim Rose, 601/864-3278; 863-1904.

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

May 3-5. Southeastern U.S. Masters Meet, 20K RW, & 10K, Raleigh, N.C. Ray Fulghum or Dale Smith, c/o Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. 919/831-6640.

May 4. Florida Circuit Meet, Jacksonville. SASE to Lamar Strother, Jacksonville TC, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

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

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

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

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

June 1. TAC Southeastern Sectional Masters Championships, U. of Tenn., Knoxville. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743.

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

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

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

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

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

June 22. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 18-22. Georgia State Games, Georgia Tech, Atlanta. Nick Gailey, 404/853-0250.

MIDWEST

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

March 10. TAC Midwest Sectional Masters Indoor Championships, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

April 27. North Coast Relays, Mayfield, Ohio. Jim Barret, 3802 Shannon Rd., Cleveland Heights, OH 44188. 216/932-0049.

May 26. Ohio TAC Pentathlon/Triathlon Championships, Wolfpack Pentathlon Meet, Upper Arlington H.S., Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

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

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

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

June 22. Wallingford Coffee Cincinnati Midwest Track Classic, Fairfield HS, Ohio. John Blakely, 2137 Yorktown Ct., Fairfield, OH 45014. 513/829-3565.

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

MID-AMERICA

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

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

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

August 31-September 1. Rocky Mountain Masters Games, U. of Colorado, Boulder. Nancy Manson, 518 Quentin St., Aurora, CO 80011. 303/341-7992, or Dave Simmons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919.

SOUTHWEST

Louisiana, Mississippi, Texas.

March 2. 2nd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Sub-masters/masters walking/running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/702-7430.

March 24. Texas Senior Olympics, Butler Stadium, Houston. 55+. Terri Riha, 5601 S. Braeswood, Houston, TX 77096. 713/551-7211.

May 25. TAC Southern Association Championships, Tulane U., New Orleans. SASE to Danny Thiel, 1459 Varna St., New Orleans, LA 70119. 504/865-5501.

June 1. Southwestern/TAC Championships, SMU, Dallas, Texas. John Pritchett. Mountain View College, 4849 W. Illinois, Dallas, TX 75211.

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

June 22. 11th Annual Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4703 W. Lovers Ln., Dallas, TX 75209. 214/347-5613(o); 363-1419(r).

WEST

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

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

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

April 27. Ken Carnine Relays, California State U. — Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/966-8987.

May 18. River City Spring Relays, Sacramento St. U., Sacramento, Calif. SASE to River City TC, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (8-9 pm).

May 25. Dan Aldrich Memorial/Anteaters Masters Meet, U. of Calif.—Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 90625. 714/673-2025.

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

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

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

June 30. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026. 213/666-4964 (h); 977-7482(w).

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

October 5. Club West Masters Meet, Santa Barbara Community College, Calif. Club West, P.O. Box 1059, Goleta, CA 93117. Lloyd Albright, 805/682-9540.

October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1624 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

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

June 2. The Juniors Masters Classic (formerly Scholastic/Masters Meet), Portland, Oregon. Mike Monahan, P.O. Box 842, Gresham, OR 97080. 503/667-1145.

June 15. Pacific Northwest Classic, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way, WA 98023. 206/874-3226.

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

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

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

INTERNATIONAL

March 7-9. Indoor Veterans Games, Budapest, Hungary. Extertours, 1086 Budapest, Ulloi ut 14, Budapest, Hungary. Fax: (36-1) 133-0325. Phone: (36-1) 133-114.

March 17. British Veterans Indoor Cham-

Continued on page 33

Continued from page 32

pionships, Cosford.

March 23-24. Soviet Union Indoor Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

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

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

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

July 29 (Monday). WAVA World Veterans Weight Pentathlon Championships, Naantali, Finland. Naantalin Loyly, Rauno Leonsaari, Ruunitie 24, SF-21100 Naantali. Phone: 358 21 852 511. Fax: 358 21 852 534.

August 2-3. Soviet Union Veterans Championships, Moscow, Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

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

LONG DISTANCE RUNNING NATIONAL

April 7. TAC/USA National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

May 29-June 2. RRCA Annual Convention, Kansas City, Mo. Mike Berry, Executive Director, 6512 Platte Hills Rd., Parkville, MO 64152. 816/741-7551; 746-1414.

June 23. TAC/USA National Masters-Marathon Championships, Fairfield, Conn. Prize money. Mick Midkiff, 1747 Summer St., Suite 200, Stamford, CT 06905. 203/324-9822(w); 203/637-1223(h).

September 28-29. TAC/USA National Masters 24-Hour Championships,

Portland, Ore. Phil Edmunds, P.O. Box 591, Wilsonville, OR 97070. 503/682-1315.

October 6. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruch Mortenson, 15301 Highland Place, Minnetonka, MN 55345.

October 26. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ulrich, P.O. Box 6667, Louisville, KY 40206. 502-459-6820.

October 26. TAC/USA National Masters 100K Championships, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 612/593-9809.

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Contact TBA. Awarded conditionally pending approval of Oklahoma TAC Association.

November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 17. TAC/USA National Masters 25K Championships, San Diego, Calif. Contact TBA. Awarded conditionally pending approval of San Diego-Imperial TAC Association.

November 30. TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston, Mass. Kirk Randall, 71 Bromfield St., Newburyport, MA 01950. 508/465-9677.

December 8. TAC/USA National Masters 5K Championships, New Orleans, La. Contact TBA.

EAST

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

March 2. Alamo Alumni Run, Washington, D.C. RRCA, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.

March 3. Bethesda Chase 20K. Bethesda, Md. Bethesda Chase, Montgomery County Dept. of Recr., 12210 Bushey Dr., Silver Spring, MD 20902, 301/460-2700.

March 10. Brooklyn Half-Marathon, Prospect Park, NYC. NYRR, 9 East 89th St., NY, NY 10128. 212/860-4455.

March 16. 8th Annual Prevention Magazine Half-Marathon, Allentown, Pa. Lehigh Valley AA, P.O. Box 592, Allentown, PA 18105.

March 17. New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. El Talbot/Jim Ryun, 1657 Acushnet Ave., New Bedford, MA 02740. 506/999-5005.

March 23. 32nd Annual Mike Hannon Memorial 20 Mile & 4 Mile, Central Park, NYC. NYRR, 9 East 89th St., NY, NY 10128. 212/860-4455.

March 24. Baltimore Ladies' 10K, Baltimore, Md. Willard Freeman, Baltimore RRC, P.O. Box 9825, Baltimore, MD 21284. 301/566-7862.

April 1. New York Health & Racquet Club Backwards Mile, Battery Park, NYC. NYRR, 9 East 89th St., NY, NY 10128. 212/860-4455.

April 7. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. Entry limited to 5500 by lottery conducted December 1-31. Cherry Blossom, P.O. Box 884, Middletown, MD 21769, 301/371-5583.

April 7. MDA-Boston Milk Run 10K, Boston, Mass. DMSE, 430 C Salem St., Medford, MA 02155. 617/396-3001.

April 13. Hagerstown Suns 5K, Hagerstown, Md. M40+ \$200-100-50; W40+ \$100-50. Wayne Vaughn, Tri-State TC, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

April 14. Cherry Blossom 10K, Newark, N.J. Coleen D'Alessandro, 22 Fairview Ave., Cedar Grove, NJ 07009. 201/482-6400.

April 14. Sallie Mae Cherry Blossom Chaser 10K, Washington, D.C. Sallie Mae, 1050 Thomas Jefferson St. NW, Washington, DC 20007, or call American Red Cross at 202/728-6456.

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

April 20. Trevira Twosome 10 Mile/2 Mile, Central Park, NYC. NYRR, 9 East 89th St., NY, NY 10128. 212/860-4455.

May 4. Freihofer's 5K/10K For Women, Albany, N.Y. Freihofer's Run, 233 4th St., Troy, NY 12180. 518/273-0267.

May 5. Newsday Long Island Marathon/Half-Marathon, East Meadow, N.Y. SASE to Newsday L.I. Marathon, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 12. Nike Women's 8K, Washington, D.C. SASE to: Nike 8K, Box 134, Mt. Vernon, VA 22121. 703/780-3037. Limit 4000 on May 3.

SOUTHEAST

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

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

March 2. Viking Classic 5K/10K, Rome, Ga. Jim Dugger, c/o Viking Classic, 575 Berry College, Mt. Berry, GA 30149-0575. 404/232-5374, x2260.

March 2. Reedy River 5K/10K, Greenville, S.C. Reedy River Run, South Carolina National Bank, P.O. Box 969, Greenville, SC 29602. Adrian Craven, race director, 803/233-0333 (after 6 pm).

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

March 9. Carnival Miami At Bayfront 8K, Miami, Fla. Rafael Licea, Kiwanis Club of Little Havana, 1312 SW 27th Ave., Miami, FL 33145. 305/644-8888.

March 10. Happy Valley Half-Marathon, Chattanooga, Tenn. 2:00 p.m. start. Frank Machuga, 520 Lookout St., Chattanooga, TN 37403. 605/756-3480.

March 16. Nissan Shamrock Marathon,

ON TAP FOR MARCH

TRACK AND FIELD

The indoor season comes to a climax on the 23rd-24th in TAC's National Masters Championships at the National Sports Center in Blaine, Minn., near Minneapolis.

The Midwest Sectional Indoor Championships will be held in Sterling, Ill., on the 10th, and the Eastern Sectionals at the U. of Delaware, Newark, on the 17th.

Overseas, the Indoor Veterans Games are set for the 7th-9th in Budapest, Hungary; The British Veterans Championships, 17th, at Cosford; the Soviet Union Indoor Veterans Championships, 23rd-24th, in Moscow; and the Australian Veterans Championships, March 29-April 1, in Canberra.

LONG DISTANCE RUNNING

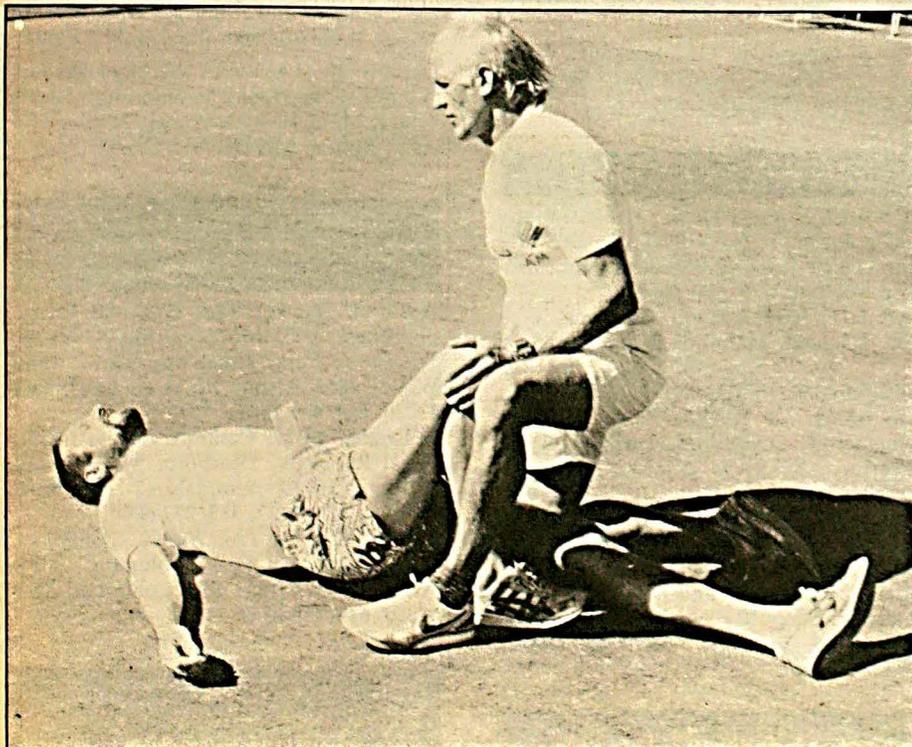
The month opens with the Red Lobster 10K, Orlando, Fla., on the 2nd, and the Los Angeles Marathon on the 3rd. The Jacksonville River 15K, Florida's largest single race, on the 9th, dominates the next weekend. The Nissan Shamrock Marathon/Masters 8K, the year's first USRA Masters event, Virginia Beach, Va., and the Prevention Magazine Half-Marathon, Allentown, Pa., take up the 16th.

The second USRA Masters race, the Myrtle Beach 10K, S.C., and two Azalea Trail 10Ks, one in Mobile, Ala., and the other in Tyler, Texas, share the 23rd. The 8th annual 50+ 8K is set for Stanford, Calif., on the 24th.

The British Veterans Cross-Country Championships go off on the 10th at Ampthill.

RACEWALKING

The National Masters 50K Championships are scheduled for Long Beach, Calif., on the 17th. The indoor 3000 championships will be decided at the Indoor Championships in Blaine. □



PINNED FOR THE COUNT? No, this is not wrestling. That's former Olympic great Lasse Viren of Finland on the ground, being assisted in his stretching routine by Los Angeles sculptor and former countryman Eino. The shot was taken in Honolulu recently as Viren led a tour group there for the Honolulu Marathon.

Photo by Mike Tymn

Virginia Beach, Va. Also Masters 8K & money. Jerry Bocric, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 17. St. Patrick's Day 10K/5K, Tampa, Fla. Brandon R.A., P.O. Box 1564, Brandon, FL 33509-1564. Jack Stanley, 813/684-0385.

March 23. Azalea Trail 10K, Mobile, Ala. Gerald Tomlinson, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE.

March 23. Myrtle Beach Classic 10K, Myrtle Beach, S.C. Separate masters race. Myrtle Beach 10K, Rt. 1, Box 1042G, Marion, SC 29571. 803/423-6790; 407/647-2918.

March 23. Heart Trek 5K/10K, Atlanta, Ga. Heart Trek '91, P.O. Box 13589, 2581 Piedmont Rd., N.E., Atlanta, GA 30324. 404/233-8174.

April 6. Cooper River Bridge 10K, Charleston, S.C. M&W 40+ 1-\$1000,

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2-\$500, 3-\$300, 4-\$200. Cooper RB 10K, M.U.S.C. Wellness Center, 45 Courtenay Dr., Charleston, SC 29401. 803/792-7080.
April 6. Crescent City 10K, New Orleans, La. Mac DeVaugh or Bill Burke, 8200 Hampson St., New Orleans, LA 70124. 504/861-8686.

April 7. Alamo Alumni Run, Miami. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 800/940-4RUN.

MIDWEST

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

April 7. 24th Annual Athens Marathon/Half-Marathon, Athens, Ohio. Masters money. Tom Antle, 11933 St. Rt. 550, Athens, OH 45701.

MID-AMERICA

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

April 6. Midwest Masters Classic IX 8K, Omaha, Nebr. 35+. Richard Beam, YM-CA, 430 S. 20th St., Omaha, NE 68102. 402/341-1600.

April 13. 22nd Annual Longest Day Marathon 10K/5K/5K RW, Brookings, S. Dak. Charles S. Roberts, Jr., MD 1345 First Street, Brookings, SD 57006. 605-2334 or 692-6235.

April 14. Kansas City Ekiden, Overland Park, Kans. Bill Buchanan, 8575 W. 110th, Ste. 100, Overland Park, KS 66210. 913/451-8094.

SOUTHWEST

Louisiana, Mississippi, Texas.

March 23. Azalea Trail 10K, Tyler, Texas. Mike Hines, Mother Frances Hosp., 800 E. Dawson St., Tyler, TX 75701. 213/531-4331.

April 7. Austin American-Statesman

Capitol 10,000, Austin, Texas. Renet Presas, P.O. Box 670, Austin, TX 78767. 512/455-3596.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

March 2, 3, 9, 10, 16, 17, 23, 24, 30, 31. Legg Lake Runs, South El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

March 2. Sue Krenn 15K/San Diego-Imperial TAC Championships, San Diego, Calif. Hal & Sharon Goforth, 2419 Boyington Pl., El Cajon, CA 92020. 619/460-3110.

March 2. Bidwell Classic Half-Marathon, Chico, Calif. David Welch, 258 Centennial Ave., Chico, CA 95928. 916/342-9214.

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

March 10. Napa Valley Marathon, Calistoga, Calif. Steve Zanetell, 1325 Imola Ave. West, Napa, CA 94559. 707/255-2609.

March 16. Lake Powell Marathon/10K, Page, Ariz. P.O. Box 3148, Page, AZ 86040. 602/645-5770.

March 17. Mobil Tom Sullivan 10K, Torrance, Calif. Louise Davis, 8 Dobbin Ln., Rolling Hills Estates, CA 90274. 213/377-1166.

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

March 24. Houlihan's To Houlihan's 12K, San Francisco, Calif. Rhodyco, 3929 California St., San Francisco, CA 94118. 415/668-2248.

March 30. Pride 13 Half-Marathon/10K/5K, Glendora, Calif. Jerry Heinrich, Pride 13, Box 221, Glendora, CA 91740. 818/963-8511.

April 6. Fontana Days Half-Marathon, Fontana, Calif. Barbara Smith, 9460 Sierra Ave., Fontana, CA 92335. 714/350-7635.

King Wins Indoor 400; Whitley Sets M45 WR

Continued from page 30

behind anchor leg of 53.12, following legs by Don Hodge (57.3), Salih Talib (54.1) and Chipper Robinson (57.4). The Shore AC was second (3:43.98), followed by the New York Masters (3:47.13), Central Park TC (3:54.11), Potomac Valley TC (3:56.31), and the Garden State TC (4:12.31).

In the M50-59 4 x 400 relay, the Potomac Valley Seniors TC repeated with a 3:58.54 victory. World M50 record-holder (54.0) Larry Colbert led off with a blistering 55.9, followed by Ken Baker (58.1), Jim Demma (59.7)

and Jim Bradley (64.84). The Central Park TC was second (4:05.61). Next were the New York Pioneers, New York Masters (4:21.26), Garden State TC (4:22.84), Philadelphia Masters (4:22.88), and the Morris County Striders (4:59.40).

At the Millrose Games, the New York Pioneers overtook the Boston AA on a driving anchor leg by Wiltshire to win in a fast 3:37.89 to Boston's 3:37.95. The Shore AC was third in 3:40.50 and Central Park TC (3:43.53) was fourth. □

April 6. ABCO 10K, Scottsdale, Ariz. Rob Wallace, 6505 N. 16th, Phoenix, AZ 85016. 602/277-4333.

April 13. Chico Masters 4 Mile, Chico, Calif. 40+. Deb Powers, Enloe Hospital Stress & Health Center, 5th Ave. & Esplanada, Chico, CA 95926. 916/891-7411.

April 14. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena, Ste. 2H, San Diego, CA 92110. 619/275-5440.

April 14. Run Through Redlands Half-Marathon/10K/5K, Redlands, Calif. RTR Committee, Box 1702, Redlands, CA 92373. 714/798-6181.

April 27. Fastest Masters 10K, San Diego, Calif. 40+. Bob Brown, 3363 Riviera Dr., San Diego, CA 92109. 619/452-SDTC.

Elaine Ward, 1000 San Pasqual No. 35, Pasadena, CA 91106. 818/577-2264.

March 23. TAC/USA National Masters 3000 Indoor Championships, Blaine, Minn. Dixon Farmer, P.O. Box 34444, Blaine MN 55434. 612/785-5600.

May 5. TAC/USA National Masters Women's 20K Championships, Raleigh, N.C. Alvia Gaskill, 5221-1 Penrith Dr., Durham, N.C. 27713. 919/544-1669.

May 12. TAC/USA National Masters 15K Championships, Portland, Ore. Jim Bean, 4658 Fuhrer St. NE, Salem OR 93705. 503/393-1972.

May 23-27. Racewalk Training Camp, Boulder, Co. American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. 800/336-7588; 303/447-0156.

July 5. TAC/USA National Masters 5000 Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. TAC/USA National Masters 20K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61126. 815/332-4743.

July 13. TAC/USA National Masters 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

September 15. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

September 21. TAC/USA National Masters 5K Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.

October 20. TAC/USA National Masters Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

March 24. Mercer Island Half-Marathon, Mercer Island, Wash. John Nelson, 6753 80th Ave. SE, Mercer Island, WA 98040. 206/232-3518.

April 13. Pear Blossom 10 Mile, Medford, Ore. Jerry & Zella Swartsley, PB Run, P.O. Box 146, Medford, OR 97501. 503/535-1205.

April 21. Ice Breaker 5 Mile, Great Falls, Mont. Masters money. Tom Tullivan, Great Falls Park & Recr. Dept., P.O. Box 5021, Great Falls, MT 59403. 406/727-5881.

May 5. Bloomsday 12K, Spokane, Wash. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

INTERNATIONAL

March 10. British Veterans Cross-Country Championships, Amptill Park, Bedfordshire. David Rose, 42 Woodstock Rd., Bedford MK40 4JY. (0234) 56570.

April 21. ADT London Marathon, London, England, Marathon Tours, Inc., 108 Main St., Boston, MA 02129. 800/783-0024. In Mass., 617/242-7845.

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

October 11-27. Adventures: India. Multi-day Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions Ltd., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

MIDWEST

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

April 14. Mideast TAC Regional Championships, Jack Mortland M40K/W10K, Whetstone Park, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

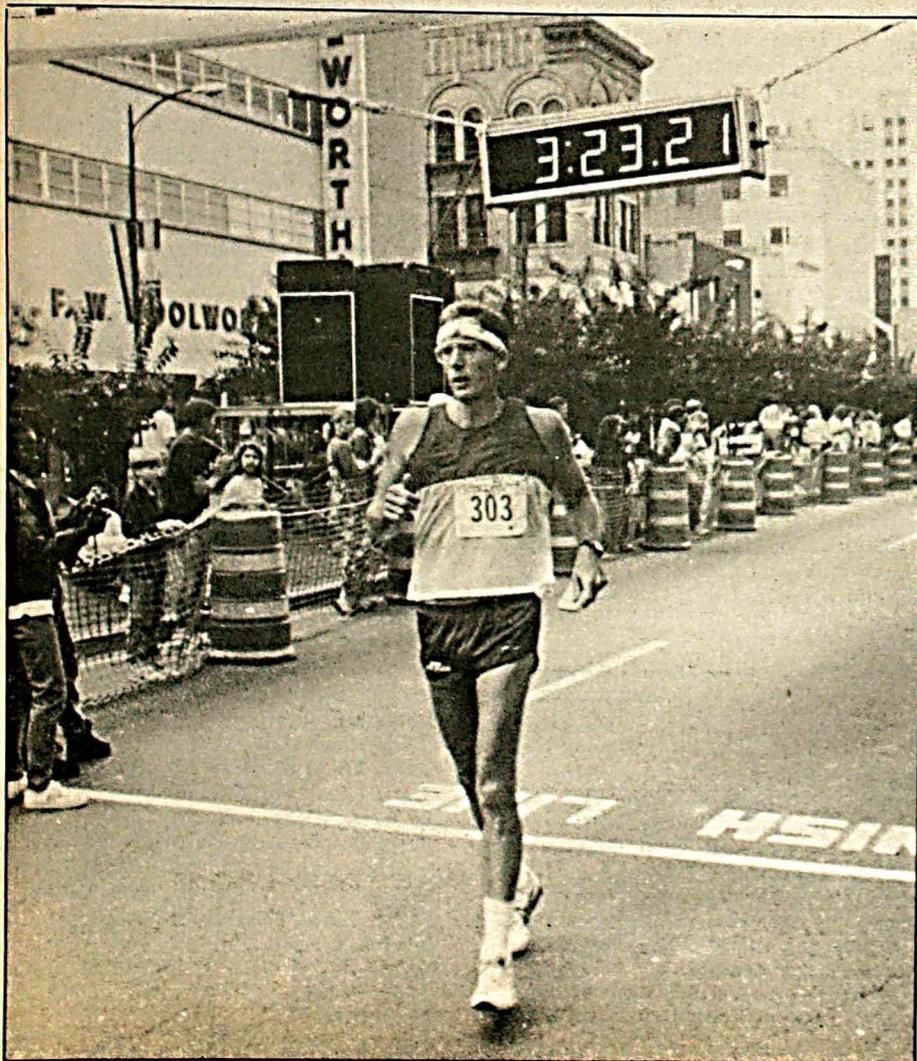
September 28-29. Casimiro Alongi Invitational Racewalk, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

March 16. Western Regional 20K Championships, California State-Long Beach. Jim Coats, race director, 213/429-5739(h); 593-9888(w).



Doug Young, 42, finishing 72nd of 540 runners in the Richmond Newspapers Marathon, Richmond, Va., October 21. Richmond Newspapers, Inc. staff photo

RACE WALKING**NATIONAL**

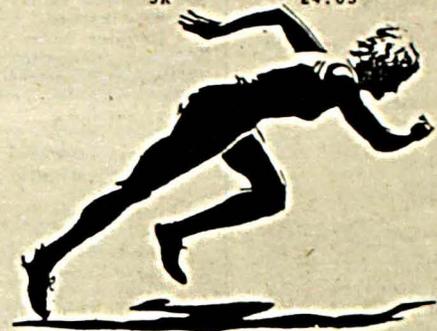
March 17. TAC/USA National Masters 50K Championships, Long Beach, Calif.

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

M30-34			
Warren Taylor	Discus	158-7	7-1-90
	Discus	156-7	8-18-90
	Shot Put	15.21	7-26-90
	Shot Put	49-10½	7-26-90
M40-44			
Rick Lapp	400	51.8	8-4-90
Larry Purtell	800	2:07.2	8-2-90
Rick Lapp	200	22.8	7-24-90
M45-49			
Allen McDaniels	800	2:10.13	6-9-90
E. Papantoniadis	200	2:08	8-3-89
Carl Mooney	Discus	128-10	7-18-90
M50-54			
Gordon Bobell	Hammer	41.64	9-1-90
Carl Klehm	35# Weight	12.20	1-28-90
	56# Weight	7.65	1-28-90
	35# Weight	11.98	1-20-90
	Wt. Pent.	3017 pts.	9-8-90
	56# Weight	7.22	2-25-90
	56# Weight	7.42	1-20-90
Neil Saling	Discus	135-11	7-27-90

M55-59			
Raymond Fitzhugh	Decathlon	5572 pts.	7-14-90
Dick Glasgow	100	12.8	7-21-90
	200	26.0	7-21-90
G. Studzinski	10K	37:30	8-1-90
M60-64			
Donald G. Ross	1 Mile	5:40.5	1-27-91
	5000	17:55	1-27-90
M65-69			
Al Jankola	25# Weight	10.12	9-23-90
	56# Weight	4.09	9-23-90
Joe Bergthold	100	13.9	7-22-90
	200	28.73	7-22-90
	400	1:08.9	7-22-90
M70-74			
Roy McCoy	Discus	114-8½	11-24-90
M80-84			
Donald Ernst	100	17.65	7-22-90

M35-39			
Barbara Baltzell	5000	19:32.69	8-2-90
	10K	40:31	4-28-90
M45-49			
Dorothy Sholeen	5K RW	27:57	8-2-90
M60-64			
Sumiye Leonard	100	16.52	10-27-90
	5K	24:05	4-15-89



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

Event	MEN												
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1 Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2 Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
WOMEN													
1 Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2 Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:41	1:11:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
1 Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3/4	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41									

TRACK & FIELD RESULTS

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

EAST

Dartmouth Relays Hanover, NH; January 4-5

55m	
M30 Pat McDonough	7.20
M35 Dom St. Jean	6.96
M40 Dennis Newton	7.18
Angel Nieves	7.23
Frank Musiek	7.44
Tom Cunningham	7.60
M45 Roger Pierce	6.84
Tyrone Carlis	7.03
Paul Gansle	7.67
Jim Brady	7.95
M50 Ed Brady	8.79
M55	
Bill Wright	7.52
Joe Hemley	7.54
Cliff Pauling	7.61
M60 Howard MacMillan	8.48
M70 Vernon Mattson	8.29
Ed Matthews	8.41
W40 Lorraine Tucker	8.26
M50 Jutte Riegel	8.88
200m	
M30 Bob Homme	25.4
Pat McDonough	26.0
Bob Saul	26.7
M35 Dom St. Jean	24.3
M40 Angel Nieves	25.8
Alan Taylor	26.0
David Larson	26.0
Michael Augeri	26.3
Tom Cunningham	26.7
M45 Roger Pierce	23.6
Tyrone Carlis	24.5
Robert Trigo	25.3
Jim Brady	27.1
M50 M Ricard	33.4
M55 Cliff Pauling	26.4
Joe Hemley	26.5
Phil Surette	29.4
M60 H MacMillan	31.1
M70 Vern Mattson	29.3
Ed Matthews	30.4
W40 Eliz Riordan	30.8
Sandy Miller	34.3
Susan Reynolds	35.4
W55 Carolyn Cappetta	32.5
400m	
M30 Al Felenchak	57.2
Bob Saul	58.0
M40 Ralph Moschella	56.1
Alan Taylor	58.0
David Larson	59.5
David Abusamra	60.2
Mike Augeri	63.3
M45 Roger Pierce	53.6
Robert Trigo	57.7
Bob Chingillo	61.8
Peter Feldman	62.1

M55 Cliff Pauling	57.8
Phil Surette	64.4
Larry Patz	72.0
M60 Bill McCaffery	67.6
Howard McMillan	70.7
Arnold Meardon	71.4
W40 Stephanie Shelly	70.2
Kate McKenna	71.1
Lorraine Tucker	78.2
W55 Carolyn Cappetta	69.1
W65 Margot McCaffrey	1:43.0
800m	
M30 Al Felenchak	2:11.9
Jon Berit	2:16.5
M35 George Frost	2:05.3
Michael Sargent	2:05.6
Ken Blair	2:18.0
M40 Duane Greene	2:03.7
Bill Bridge	2:05.1
Bob Pertak	2:13.6
Steve Viegas	2:14.6
Clint Merrill	2:15.0
M45 Robert Chingillo	2:37.1
M55 Cliff Pauling	2:27.7
M60 Bill McCaffery	2:33.9
M65 Archie Messenger	2:34.9
M70 Dan Geer	3:20.1
W35 Cheryl Roddy	3:00.1
W40 Anne Schmitt	2:33.1
Stephanie Shelly	2:41.5
Elizabeth Riordan	2:42.7
1500m	
M30 Bob Levoy	4:24.6
Mark Filippi	4:27.7
John Mercer	4:39.8
M35 Brad Hurst	4:26.1
Dana Waterman	4:29.9
Randy Waterman	4:29.9
Bill Halas	4:34.8
M40 Dan Frye	4:09.7
Wayne Stewart	4:11.0
Bill Bridge	4:13.5
Gary Wallace	4:15.1
Duane Green	4:20.0
Bob Pertak	4:30.2
M45 Frank Myers	4:36.3
Norm Gautreau	4:40.0
Ray Currier	4:51.8
M50 Tim Simpson	4:43.8
Eric White	4:48.3
M55 Peter Doherty	4:48.1
B Almond	4:54.5
M60 Don Ross	5:35.3
Arnold Meardon	5:49.4
M70 Don Geer	6:43.9
W30 Debbie Tirrito	4:49.7
Cheryl Toddy	6:42.4
W40 Anne Schmitt	5:09.4
3000m	
M30 Dominic Parrotta	9:40.7
Mike Edelstein	10:13.0
Francois St Jean	10:42.9

M35 Chip Button	9:09.0
Bob Colantuono	9:09.6
John Goodwin	9:22.8
M40 John Goegel	10:06.4
Fran Maineri	10:26.1
Jeff Morin	10:31.0
M45 John Cederholm	10:08.7
Bob Miller	10:51.8
Michael Shields	11:49.0
M50 Harold Hatch	10:07.9
Eric White	10:30.3
M60 Don Ross	11:43.2
M70 Dan Geer	14:22.1
W30 J Merrill-Morin	9:52.7
W40 Dawn Werrick	11:52.1
W45 Andrea Hatch	11:58.1
5000m	
M30 John Dowling	15:47.9
-- Croff	16:19.2
-- Moegen	17:46.8
M40 Dan Logan	16:57.9
Ken Houle	17:00.3
M45 John Cederholm	18:13.4
Jack Vaughan	19:28.5
Bill MacDonald	20:11.6
M50 Tim Simpson	17:41.0
Harold Hatch	18:18.6
W30 MaryBeth Steffen	18:37.5
W35 Diane Hawkins	nt
880 Relay Men	
Club NE Masters	1:47.8
BAA Masters 1	1:48.1
BAA Masters 2	1:53.0
IATC Masters	1:53.2
880 Relay Women	
BAA Masters	2:10.3
Liberty AC Masters	2:13.0
55mH	
M30 Pat McDonough	8.26
Glenn White	8.31
M40 Angel Nieves	9.76
William DeHorn	10.46
John Buckley	10.53
M45 Paul Gansle	10.17
M65 Boo Morcom	10.65
High Jump	
M35 Dan St Hillaire	5-2
M40 Wm Dellorn	5-6
Alan Taylor	5-0
Taylor Tunstall	5-0
Angel Nieves	4-10
M45 Paul Gansle	5-0
Jim Brady	4-10
Jim Decker	4-10
M55 Jerry Sullivan	4-10
Phil Surette	4-8
M65 Boo Morcom	4-0
Pole Vault	
M30 Ambrose Courteau	14-1
M40 Tom Rauscher	13-0
John Hoogesian	12-6
Wm Dellorn	11-4

John Buckley	10-1
Angel Nieves	10-0
M45 Jan Docker	10-6
Keith VanWinkle	9-0
M50 Norm Cyprus	10-6
M65 Boo Morcom	10-0
W45 Barbara Stewart	4-10
Long Jump	
M30 Glen White	18-9 1/2
Bob Saul	15-6 1/2
M40 William DeHorn	17-1
Angel Nieves	17-1
Fran Maineri	14-11 1/2
John Buckley	13-8
M45 Tyrone Carlis	19-7 1/2
Jan Decker	15-6
M70 Ed Matthews	13-6 1/2
Vernon Mattson	12-3 1/2
W45 Barbara Stewart	11-9 1/2
50 Jutta Riegel	12-1
Triple Jump	
M30 Glen White	39-1 1/2
M40 G Tunstall	36-4 1/2
William DeHorn	33-10
Angel Nieves	29-10 1/2
M45 Paul Gansle	33-2 1/2
Jan Decker	31-11
M55 Jerry Sullivan	24-5
M70 Vernon Mattson	24-9 1/2
W45 Barbara Stewart	23-4
Shot Put TAC-WAVA Weights	
M35 Ed Daniels	35-1/2
Keith Ploof	32-4 1/2
M40 Angel Nieves	37-2
Peter Mitchell	33-11
John Buckley	32-4 1/2
Wm DeHorn	32-2 1/2
M45 Carl Wallin	49-2 1/2
Robert Mead	46-11 1/2
Bob Harvey	39-1 1/2
George Brophy	32-1/2
M50 Russ Forreger	40-0
Bill Burkle	34-2 1/2
M55 Andy Larabee	38-0
M60 Cliff Blair	49-8 1/2
Ned Curran	34-9
M70 Bill Crocker	29-10
M75 Ken Withee	28-1 1/2
George Ratcliff	28-1/2
W30 Virginia Bogni	27-5
W35 Joan Stratton	37-1 1/2
W45 Barbara Stewart	21-3
Weight	
M30-59 16#; M60+ 25#	
W30+ 20#	
M30 David Swan	51-5
Chip Huckins	49-11 1/2
Larry Tenner	44-4 1/2
Mike Stomski	39-7
M35 Ed Daniels	36-6 1/2
Mike Sherrill	36-6
M40 Pat Lynn	43-3 1/2
Mike Grisko	42-11 1/2
Al Casamassima	36-10
M45 Robert Mead	48-2 1/2
Carl Wallin	47-1/2
M50 Norm Cyprus	41-11
Bill Burkle	24-11
M60 Cliff Blair	50-11 1/2
Ned Curran	25-9 1/2
W30 Virginia Bogni	29-9
W35 Joan Stratton	38-9
W45 Barbara Stewart	18-9 1/2

55m hurdles	
M30 Doug Mason (31)	8.7
M40 Pat Crandall (40)	9.0
M55 Dave Martin (55)	9.7
M60 Tom Delany (62)	9.7
George Taylor (60)	12.2
M70 Dave Hall (73)	13.5
55m dash	
M30 Sterl Simmons (34)	7.3
M35 Mark Gershon (37)	7.5
M40 William Corsey (42)	6.9
Phil Felton (42)	6.9
Tim Dickens (43)	7.2
Jim Shea (42)	7.7
M45 Rab Hagin (46)	7.1
Jeff Blatt (45)	7.3
Jim Rippon (49)	7.5
M50 Dhamiri Abayomi (50)	7.3
Dawson Pratt (54)	7.3
M55 Dave Martin (55)	7.8
Earl Mege (56)	8.0
M60 Tom Delany (62)	7.5
Moose DeMalto (63)	8.8
M70 Dave Hall (73)	9.2
M75 Claude Hills (78)	9.8
200m dash	
M30 Jim Hyatt (33)	25.8
Sterl Simmons (34)	29.3
M35 Karl Castor (39)	25.6
Ken Bauersfeld (36)	25.9
Mark Gershon (34)	27.3
M40 Phil Felton (42)	25.6
Tim Dickens (43)	25.8
Jim Shea (42)	28.8
M45 Rab Hagin (46)	27.1
Jim Rippon (49)	30.5
M50 Dawson Pratt (54)	26.1
M55 Dave Martin (55)	29.2
Bruce Gilbert (55)	32.4
M60 Moose DeMalto (63)	32.9
M65 Ray McKeeman (65)	35.6
W45 Karen Haber (48)	37.2
400m dash	
M35 Ken Bauersfeld (36)	57.8
M40 Phil Felton (42)	58.1
Gary Tompkins (40)	59.5
M45 Larry Simmons (48)	1:03.3
M50 Dawson Pratt (54)	1:01.0
M55 Bruce Gilbert (55)	1:11.8
M60 Moose DeMalto (63)	1:16.2
George Taylor (60)	1:27.7
Gerry Nolan (63)	1:28.7
800m run	
M35 Russell Floyd (39)	2:15.0
Greg Hanson (37)	2:22.0
K. Mecklenborg (39)	2:46.2
M40 Dennis Mellish (40)	2:20.6
George Sanders (44)	2:24.0
Eric Gyaki (42)	2:24.0
Larry Hart (40)	2:25.2
Bob Weiner (43)	2:37.0
M45 Brian Salzberg (48)	2:31.1
M55 Bruce Gilbert (55)	2:42.0
W35 Mary Tomich (35)	2:40.0
1-mile racewalk	
M40 Phil Kane (43)	9:10
Greg McCoy (40)	10:41
M45 Larry Simmons (48)	7:32.0
M50 T. Zdrojewski (50)	8:05
Joe Stefanowicz (52)	9:17
M55 Ellis Lesack (57)	9:48
M60 Ed Gawinski (63)	9:37
M65 Ray McKeeman (65)	10:23
W30 Maggie Castor (34)	12:06
W40 Ceane Rabada (40)	10:44
W45 Susan Levy (49)	12:38
3000-meter run	
M35 Russ Patton (35)	10:14.1
D. Wisniewski (38)	10:21.0
Larry Balick (36)	11:06.1
K. Mecklenborg (39)	11:33.7
C. McNeight (39)	12:52.4
M40 Gary Tompkins (40)	4:38.5
Ben Brockwell (43)	4:44.1
George Lokken (42)	4:45.5
Denny Mellish (40)	4:49.8
Robert Weiner (43)	4:52.4
Fred Dedrick (42)	4:55.5
Bob Richey (41)	5:07.2
Eric Gyaki (41)	5:11.3
Tony DeSabato (42)	5:15.6
George Sanders (44)	5:16.7
Larry Hart (40)	5:19.3
Tim Dickens (43)	5:25.0
M45 Sam Huckel (49)	4:47.2
Rich Myers (45)	4:47.7
J. McPadden (49)	5:13.8
Brian Salzberg (48)	5:20.5
Frank Feingold (45)	5:48.0
M50 Martin Harms (53)	5:53.3
M55 Bruce Gilbert (55)	5:51.0
M60 Dan Ross (60)	6:46.5
Gerry Nolan (63)	6:57.0
M65 J. McCarthy (69)	7:15.2
Marvin Levy (67)	9:27.8
W30 M. E. Malloy (33)	5:41.3
W35 Mary Tomich (35)	5:32.2
W40 L. McCarthy (41)	6:01.0
W45 Susan Levy (49)	7:32.0
Nancy Rose (49)	8:05.2
W55 Jan Woods (55)	8:08.3
long jump (in meters)	
M30 Jim Craig (33)	4.76
M35 Mark Gershon (37)	4.52
M40 William Corsey (42)	5.90
Pat Crandall (40)	5.59
Jim Shea (42)	4.33
M55 Earl Mege (56)	4.45
Tom Adams (55)	3.44
M60 Tom Delany (62)	4.77
George Taylor (60)	3.51
M70 Dave Hall (73)	3.40
M75 Claude Hills (78)	3.40
triple jump (in meters)	
M35 Mark Gershon (37)	10.22
M40 Pat Crandall (40)	11.09
Jim Shea (42)	8.60
M55 Dave Martin (55)	9.65
M60 George Taylor (60)	6.68

high jump (feet/inches)	
M40 Pat Crandall (40)	5-2
William Corsey (42)	5-0
Ed Laurelli (40)	4-10
Rob Schaible (40)	4-10
M45 Jeff Blatt (45)	4-8
M50 Jerry Sullivan (50)	4-10
M55 Earl Mege (57)	4-4
M60 Tom Delany (62)	4-6
M75 Claude Hills (78)	3-9
shotput (meters) (TAC weights)	
M45 Paul Morrone (48)	11.96
M50 John Bronstein (51)	9.87
M55 Tom Henderson (59)	11.83
M60 George Taylor (60)	9.67
M65 Al Jankola (66)	8.74
pole vault (feet/inches)	
M40 Ron-Salvio (42)	9-2
M45 Jeff Blatt (45)	10-1
M55 Dave Martin (55)	9-6
M60 George Taylor (60)	6-0
M75 Claude Hills (78)	5-1

Philadelphia Masters Meet Haverford, PA; January 15

55m hurdles	
Doug Mason 31	8.3
John Paul Jones 40	8.3
Tom Delany 62	9.3
Dave Martin 55	9.3
George Taylor 60	11.4
Bob Fuhrman 49	11.6
Dave Hall 73	11.8
Claude Hills 78	12.2
55m dash	
Phil Conzentino 35	7.0
Karl Castor 39	7.2
John Borden 41	7.2
Tim Dickens 43	7.3
Jeff Blatt 45	7.3
Jim Hyatt 33	7.4
Tom Delany 62	7.6
Dawson Pratt 54	7.6
Cliff Marlowe 31	7.6
Jim Shea 42	7.7
Jim Rippon 49	7.8
Oscar Harris 66	8.4
B.H. Wright 72	8.8
Dave Hall 73	9.1
George Taylor 60	9.1
Claude Hills 78	9.3
200m dash	
Angelo Booker 31	24.7
Karl Castor 39	25.2
Jim Hyatt 33	25.4
Dawson Pratt 54	25.6
Phil Felton 42	25.7
Tim Dickens 43	25.7
Bill Krieger 39	25.8
Doug Mason 31	26.3
John Paul Jones 40	27.2
John Borden 41	28.3
Bob Fuhrman 49	28.6
Tom Hartman 45-49	28.9
Jim Rippon 49	30.3
Oscar Harris 66	32.3
Marilyn Fitzgerald W55	32.4
Bruce Gilbert 55	33.5
George Taylor 60	35.8
Karen Haber W48	36.0
Karen Guy W40+	37.5
400m dash	
Karl Castor 39	55.2
Tim Dickens 43	55.8
Bill Krieger 39	57.2
Dawson Pratt 54	59.1
Larry Simmons 48	1:01.0
Jim Hodge 51	1:02.8
Bob Fuhrman 49	1:04.1
Tom Hartman 45-49	1:04.1
Bruce Gilbert 55	1:11.9
Oscar Harris 66	1:14.6
Marilyn Fitzgerald W55	1:14.9
Boo Morcom 69	1:15.3
800m run	
Dave Patterson 39	2:08.5
Phil Carstairs 30	2:12.6
Russell Floyd 39	2:13.7
Sam Huckel 49	2:13.8</

Continued from previous page

Table with 2 columns: Name and Time. Includes athletes like Tony DeSabato, George Sanders, Jon Church, etc.

1-mile racewalk table with 2 columns: Name and Time. Includes Tom Zdrojewski, Ed Gawlinski, etc.

3000-m run table with 2 columns: Name and Time. Includes Mike Patterson, George Lokken, etc.

(field results next issue)

Tri-State TC Indoor Meet Hagerstown, MD; January 19

55m table with 2 columns: Name and Time. Includes Bob Bowen, Rob Ealdon, etc.

200m table with 2 columns: Name and Time. Includes Neil Steinberg, Roger Pierce, etc.

400m table with 2 columns: Name and Time. Includes Roger Pierce, Ralph Moschella, etc.

800m table with 2 columns: Name and Time. Includes Taylor Oliver, Ray Kitchen, etc.

1500m table with 2 columns: Name and Time. Includes Jack Harbaugh, Enos Yeager, etc.

3000m table with 2 columns: Name and Time. Includes Jack Harbaugh, Craig Unger, etc.

50m table with 2 columns: Name and Time. Includes Mark Bayliss, M40 Palmer, etc.

Shot Put table with 2 columns: Name and Time. Includes M30 Scott Bull, Peter Collins, etc.

400m table with 2 columns: Name and Time. Includes M30 Roger Messenger, T Greis, etc.

1000m table with 2 columns: Name and Time. Includes M30 Roger Messenger, T Mathews, etc.

3000m table with 2 columns: Name and Time. Includes M30 Ray Stemmer, T Greig, etc.

High Jump table with 2 columns: Name and Time. Includes M30 Julie Shaver, W30 Julie Shaver, etc.

Shot Put table with 2 columns: Name and Time. Includes M40 Frank Morrecco, B Szawransky, etc.

Finger Lakes RC Meet Ithaca, NY; January 27

55m table with 2 columns: Name and Time. Includes Howard McMillan, Cal Loomis, etc.

1000m table with 2 columns: Name and Time. Includes Dale Ladd, Ray Kneer, etc.

1500m table with 2 columns: Name and Time. Includes Tom Homeyer, Richard Cleary, etc.

3000m table with 2 columns: Name and Time. Includes Ray Kneer, Richard Cleary, etc.

55m dash table with 2 columns: Name and Time. Includes Rick Jeffers, Joe Johnson, etc.

55m hurdles table with 2 columns: Name and Time. Includes Jim Fazio, Dave Martin, etc.

200m dash table with 2 columns: Name and Time. Includes Rick Jeffers, Joe Johnson, etc.

400m dash table with 2 columns: Name and Time. Includes Roger Pierce, Ralph Moschella, etc.

800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

1600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

3200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

6400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

12800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

25600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

51200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

102400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

204800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

409600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

819200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

1638400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

3276800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

6553600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

13107200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

Kutztown University Masters Meet Kutztown, PA; February 3

Middle-Distance Triathlon (mile-400-800) table with 2 columns: Name and Time. Includes Sam Huckel, Geo. Lokken, etc.

55m hurdles table with 2 columns: Name and Time. Includes Jim Fazio, Dave Martin, etc.

Shotput (in meters) table with 2 columns: Name and Time. Includes Paul Morrone, John Roehr, etc.

Long jump (meters) table with 2 columns: Name and Time. Includes Jim Fazio, Joe Johnson, etc.

Triple jump (meters) table with 2 columns: Name and Time. Includes Ed Laurelli, Dave Martin, etc.

200m dash table with 2 columns: Name and Time. Includes Rick Jeffers, Joe Johnson, etc.

400m dash table with 2 columns: Name and Time. Includes Roger Pierce, Ralph Moschella, etc.

800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

1600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

3200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

6400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

12800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

25600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

51200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

102400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

204800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

409600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

819200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

1638400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

3276800m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

6553600m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

13107200m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

26214400m dash table with 2 columns: Name and Time. Includes Sally Sundborg, Mary Ryczek, etc.

Midwest Indoor T&F Grand Prix Series Sterling, IL; January 13

55m dash table with 2 columns: Name and Time. Includes M75-79 M. Blake, M70-74 Rajcevic, etc.

200m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

400m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

800m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

1600m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

3200m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

6400m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

12800m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

25600m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

51200m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

102400m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

204800m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

409600m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

819200m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

1638400m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

3276800m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

6553600m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

13107200m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

26214400m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

52428800m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

104857600m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

209715200m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

419430400m dash table with 2 columns: Name and Time. Includes M75-79 M. Flachs, M70-74 Rajcevic, etc.

2 mile run table with 2 columns: Name and Time. Includes M75-79 M. Blake, M70-74 E. Cole, etc.

2 mile race walk table with 2 columns: Name and Time. Includes M80-84 N. Bartels, M75-79 Blake, etc.

long jump table with 2 columns: Name and Time. Includes M70-74 E. Cole, M65-69 Platis, etc.

triple jump table with 2 columns: Name and Time. Includes M70-74 E. Cole, M65-69 Platis, etc.

pole vault table with 2 columns: Name and Time. Includes M70-74 Rajcevic, M55-59 Kemp, etc.

high jump table with 2 columns: Name and Time. Includes M55-59 F. Smith, M45-49 Heisner, etc.

shot put table with 2 columns: Name and Time. Includes M70-74 Rajcevic, Cole, etc.

weight throw table with 2 columns: Name and Time. Includes M45-49 Jim Hess, M55-59 Kemp, etc.

800m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

1600m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

3200m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

6400m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

12800m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

25600m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

51200m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

102400m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

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819200m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

1638400m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

3276800m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

6553600m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

13107200m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.

26214400m run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Urdiales, etc.



Meadowlands Invitational East Rutherford, NJ February 8

Masters 400 table with 2 columns: Name and Time. Includes James King, Stan Whitley, etc.

Masters Mile table with 2 columns: Name and Time. Includes Ken Popejoy, Dave Stewart, etc.

1-mile racewalk table with 2 columns: Name and Time. Includes Holly Myers, Jerry Dowdy, etc.

High jump table with 2 columns: Name and Time. Includes Ed Laurelli, Earl Mege, etc.

SOUTHEAST Manasota TC Winter Series Sarasota, FL; December 22

60y table with 2 columns: Name and Time. Includes M55 Geoff Conley, M70 Nat Heard, etc.

110m table with 2 columns: Name and Time. Includes M30 Bart Weiss, M35 Sam Boyd, etc.

220y table with 2 columns: Name and Time. Includes M30 Bart Weiss, M35 Sam Boyd, etc.

440y table with 2 columns: Name and Time. Includes M30 Bart Weiss, M35 Sam Boyd, etc.

880y table with 2 columns: Name and Time. Includes M30 Bart Weiss, M35 Sam Boyd, etc.

1 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

2 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

4 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

8 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

16 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

32 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

64 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.

128 mile run table with 2 columns: Name and Time. Includes M60-64 H. Brown, M55-59 Kovalski, etc.



Need Back Issues? Most back issues of the National Masters News are available for \$2.25 each, plus \$1.00 postage and handling for each order. Send to: National Masters News P.O. Box 2372 Van Nuys, CA 91404

Continued on next page

LONG DISTANCE RESULTS

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

NATIONAL

TAC National Masters 5K Championships
DeLand, FL; February 3

MALE AGE GROUP: 40 - 44

1	1 MES MESSELY 42 LILBURN GA	0:16:19	5:15	0:15:11
2	9 PHILIP RIPOSO 41 CAMILLUS NY	0:18:02	5:49	0:16:53
3	10 LINDSEY BODDEN 43 ORLANDO FL	0:18:07	5:51	0:16:47
4	12 STEVE HOWELL 41 DELAND FL	0:19:07	6:09	0:17:54
5	15 JOHN KEEFE 44 ORLANDO FL	0:19:58	6:26	0:18:20
6	31 NATHAN UPDIKE 42 DELTONA FL	0:25:36	8:14	0:23:50

MALE AGE GROUP: 45 - 49

1	2 VIC HECKLER 49 CHICAGO IL	0:16:46	5:24	0:14:59
2	5 DICK CRUTEAU 48 FRANKTOWN CO	0:17:32	5:37	0:15:40
3	8 DAVID COMPTON 49 WEST PALM BCH FL	0:18:01	5:48	0:15:59
4	11 PHIL LITTLE 48 ORLANDO FL	0:18:27	5:56	0:16:29
5	16 ERROL JAMES 45 WINTER PARK FL	0:20:25	6:34	0:18:37

MALE AGE GROUP: 50 - 54

1	4 DICK PERRIN 50 RURRELL FL	0:17:12	5:32	0:15:08
2	7 DICK JACKSON 50 LAKE CITY FL	0:17:54	5:46	0:15:45
3	19 BILL ERNAL 50 LONGWOOD FL	0:22:13	7:07	0:19:33
4	32 DAVE DREIFUERST 50 GENEVA FL	0:25:44	8:17	0:22:39

MALE AGE GROUP: 55 - 59

1	3 NORM GREEN 58 WAYNE PA	0:17:07	5:31	0:14:03
2	6 BOB MILNER 55 ROCKVILLE NY	0:17:51	5:45	0:15:04
3	23 ALEX WHITE 58 DES PLAINES IL	0:22:42	7:18	0:18:36
4	25 WOODY SWART 56 DAYTON OH	0:23:07	7:27	0:19:21

MALE AGE GROUP: 60 - 64

1	13 JIM BLOUNT 61 ORLANDO FL	0:17:14	6:11	0:15:18
2	14 JERRY CROCKETT 62 STILLWATER OK	0:19:41	6:20	0:15:29
3	27 WILLIAM KEENEY 63 JAX FL	0:23:33	7:35	0:18:20

MALE AGE GROUP: 65 - 69

1	17 BOB HEINIG 65 MIDDLE GROVE NY	0:20:33	6:37	0:15:37
2	18 BART ROSS 68 CASSELLERRY FL	0:20:37	6:38	0:15:11

MALE AGE GROUP: 70 - 74

1	20 GORDON JOHNSON 72 DURDEE FL	0:22:15	7:10	0:15:37
2	21 MAX QUACKENBOS 73 STUART FL	0:22:22	7:12	0:15:30
3	22 HATE WHITE 71 FAYETTEVILLE NY	0:22:30	7:15	0:15:59
4	33 JOE THORNBURG 74 TROY MI	0:25:45	8:17	0:17:37
5	35 DICK FORTIER 74 FT. ORANGE FL	0:27:10	8:45	0:18:35

MALE AGE GROUP: 75 - 79

1	28 DUDLEY HEALY 76 GAITHER NJ	0:24:05	7:45	0:16:03
2	38 CHARLES JORGENSEN 75 SYRACUSE NY	0:29:05	9:22	0:19:39

MALE AGE GROUP: 80 - 84

1	45 CHARLES ESPY 80 DUNEDIN FL	0:41:20	13:18	0:26:06
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FEMALE AGE GROUP: 40 - 44

1	24 STEPHANIE HOLT 40 ORANGE PARK FL	0:22:57	7:23	0:21:3
2	26 CAROLYN FLOYD 42 WINTER SPRINGS FL	0:23:15	7:27	0:21:2
3	30 MARCIA PEDDICORD 41 BARTERVILLE FL	0:25:21	8:10	0:23:2
4	34 SANDRA FUTCH 43 NASHVILLE GA	0:26:16	8:27	0:24:0
5	36 JUDY GEISLER 44 DAYTONA BCH FL	0:27:39	8:54	0:25:1

FEMALE AGE GROUP: 45 - 49

1	39 JANE KELLEY 49 ALTAMONTE SPRNG FL	0:27:41	9:33	0:25:3
2	41 ROSE CHERRY 49 DELAND FL	0:29:58	9:39	0:26:1

FEMALE AGE GROUP: 50 - 54

1	42 GARDIA PARKER 51 ROCKVILLE NY	0:30:45	9:54	0:26:3
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FEMALE AGE GROUP: 55 - 59

1	40 EVELYN WHITE 57 FAYETTEVILLE NY	0:29:44	9:34	0:24:1
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FEMALE AGE GROUP: 60 - 64

1	29 PEPPER DAVIS 64 ORLANDO FL	0:24:14	7:48	0:18:1
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FEMALE AGE GROUP: 65 - 69

1	43 ELAINE GEYER 69 DAYTONA BCH SHRS FL	0:31:04	10:00	0:21:3
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FEMALE AGE GROUP: 70 - 74

1	37 ELLEN MC COY 70 ST. PAUL MN	0:27:46	8:56	0:19:3
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FEMALE AGE GROUP: 75 - 79

1	44 EMILY PECORARO 76 ALTAMONTE SPRNG FL	0:33:50	10:53	0:21:3
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MALE OVERALL - AGE GRADED

1	1 NORM GREEN 58 WAYNE PA	0:14:03
2	2 VIC HECKLER 49 CHICAGO IL	0:14:59
3	3 BOB MILNER 55 ROCKVILLE NY	0:15:04
4	4 DICK PERRIN 50 RURRELL FL	0:15:08
5	5 MES MESSELY 42 LILBURN GA	0:15:11
6	6 BART ROSS 68 CASSELLERRY FL	0:15:11
7	7 JIM BLOUNT 61 ORLANDO FL	0:15:18
8	8 JERRY CROCKETT 62 STILLWATER OK	0:15:27
9	9 MAX QUACKENBOS 73 STUART FL	0:15:30
10	10 GORDON JOHNSON 72 DURDEE FL	0:15:37

FEMALE OVERALL - AGE GRADED

1	22 PEPPER DAVIS 64 ORLANDO FL	0:18:07
2	28 ELLEN MC COY 70 ST. PAUL MN	0:19:11
3	32 EMILY PECORARO 76 ALTAMONTE SPRNG FL	0:21:26
4	33 CAROLYN FLOYD 42 WINTER SPRINGS FL	0:21:27
5	34 STEPHANIE HOLT 40 ORANGE PARK FL	0:21:30
6	35 ELAINE GEYER 69 DAYTONA BCH SHRS FL	0:21:45
7	37 MARCIA PEDDICORD 41 BARTERVILLE FL	0:23:35
8	39 SANDRA FUTCH 43 NASHVILLE GA	0:24:05
9	40 EVELYN WHITE 57 FAYETTEVILLE NY	0:24:06
10	41 JUDY GEISLER 44 DAYTONA BCH FL	0:25:10

EAST

D.C. Road Runners
Braden Field 10 Miler
and 20 Miler
Greenbelt, MD; December 29

10 Miler

1	Joel Menges 32	1:00:19
16	Bobby Bauer 43	1:07:15
17	Mark Langendorf 42	1:07:54
20	Tim Willging 50	1:09:42
23	Bernie Greene 46	1:12:19
28	Art Morey 53	1:14:50
33	Peter Monahan 56	1:17:39
46	Sid Conger 61	1:24:40
48	Walt Washburn 68	1:25:25
54	Bud Averitt 70	2:14:48
55	Alvin Guttig 72	2:17:38

20 Miler

1	D Elliot-Moore 30	1:03:40
4	Edie Tress 40	1:17:18
5	Anna Berdahl 51	1:22:33
7	Susan Jones 40	1:27:01

(12 finishers)

10 Miler

1	John McGrail 35	1:59:09
2	Bennett Beach 41	2:01:11
3	Jim Porterfield 43	2:06:15
4	Bill Wooden 46	2:06:24
12	Gerry Ives 51	2:15:27
15	B Gallagher 50	2:17:00
18	Julian Ives 55	2:18:34
33	Dick Good 61	2:37:34

(52 finishers)

1	J McGrail 35	2:35:54
2	Judy Flannery 51	2:42:52
3	Hiroko Smith 41	2:42:53
4	Laura Pitts 52	3:00:28

(4 finishers)

Polar Bear Races
Asbury Park, NJ;
December 30

5 Mile

M40	Harold Nolan 1st	26:36
	Bob Bocchetti	29:55
M50	Frank Dockery	31:35
M60	Hal Smith	34:38
M70+	Fred Ely	38:34
M40	Elizabeth Ireland	40:01
M50	Helen Cangialosi	52:31
M60+	Cassie Bazar	42:44

10 Mile Racewalk

M40	R Funkhouser 1st	1:24:32
M50	Manny Eisner	1:43:52
M70+	Don Johnson	1:52:28
M40	Isabel Stuper	2:04:40

NYRRC Season Opener 5 Mile
Central Park, NYC
January 6

Overall

Mohamed Idris 29	24:32
Gillian Beschloss 32	27:47
M40 Alan Oman	26:37
Bob Hermesch	27:58
John Ferrero	28:21
M45 Ted Haiman	28:21
Hugh Sweeny	27:35
Sam Skinner	28:31
M50 Gary Muhrcke	28:25
Victor Cruz	29:10
Alan Fairbrother	30:20
M55 Joe Floriti	33:47
Jose Rodriguez	34:20
Ross Grasso	34:44
M60 Joe Burns	33:27
Hector Pacheco	34:06
Frank Lorey	34:29
M65 John McManus	32:17
George Thompson	33:02
Art Bowen	36:33
M70 Mel Freidel	45:22
Alfred Bode	54:34
John Scully	55:39

NYRRC Frostbite 10 Miler
Central Park, NYC;
January 20

Overall

B Ludwikowski 33	52:48
Kathleen Amato 27	60:52
M40 Bob Moritz	57:45
John Hermesch	58:50
Susanna Beltrandi	60:06
M45 Sam Skinner	57:49
Julio Lugo	61:41
Tom Moore	62:25
M50 Gary Muhrcke	58:21
Ramon Ruiz	60:38
Bill Loughran	64:36
M55 Cliff Gerenz	65:09
Richard Murphy	65:11
Ross Grasso	75:01
M60 Joe Burns	69:10
Hector Pacheco	71:21
Pat McElroy	75:31
M65 George Thompson	71:36
Art Bowen	75:51
Stan Edelman	78:12
M70+ Vince Carnevale	83:42
Charles Feldman	84:06
Mel Freidel	97:49

Racewalkers--Men

1 Gary Null 46	38:12
2 Nick Bdera 42	39:46
3 Franco Pantoni 45	40:01

Racewalkers--Women

1 Lucy Alvarez 37	50:05
2 Galey Rooney 35	50:28

Finishers: 1196m; 510w
Weather: 40°/67%h/w5mph

NYRRC 20K
Central Park, NYC;
January 12

Overall

Tom Bowmaster 31	1:06:16
G M-Beschloss 32	1:13:46
M40 Wm Hart	1:14:14
Charlie Hanley	1:18:03
Douglas Broder	1:20:04
M45 Ted Haiman	1:55:57
Hector Rivera	1:20:41
Alek Iljin	1:24:06
M50 Gabriel Bernal	1:14:42
Gary Muhrcke	1:15:35
R Denison	1:35:20
M55 Mike Frankfurt	1:33:42
Hubert Dyasi	1:41:11
Joe Porter	1:55:15
M60 Pat McElroy	1:31:29
Frank Lorey	1:35:41
Hector Pacheco	1:41:20
M65 John Corrigan	1:30:50
George Thompson	1:32:18
Sab Koide	1:49:50
M70+ Frank Brownstein	2:49:38
M40 Ann Davies	1:26:14
Jean Perry-Wolf	1:35:36
D A Fuscaldo	1:38:58
M45 M Benvenne	1:38:47
Yvon Cariou	1:40:09
Yvonne Franck	1:40:27
M50 Anna Thornhill	1:25:27
Edith Jones	1:40:11
K N Nitschelm	1:41:16
M55 Naomi Vogel	2:15:07
M60 Aslaug Tomas	1:57:03
Janine Maltas	1:59:42

Finishers: 289m/104w
Weather: 32°/90%h/w7mph NE

24th Hartshorne Masters Mile
Cornell U; Ithaca, NY
January 12

Top Three Men

Dave Stewart	42 4:23.3
Rick Hoebeke	41 4:40.8
Terry Habecker	43 4:44.7
M40 Rick Cleary	40 4:57.0
Ron Krebs	42 5:09.6
Phil Riposo	41 5:10.0
H Bigelow	44 5:10.1
Dave Rossiter	41 5:10.6
Ed McLaughlin	42 5:18.8
Mike Reif	42 5:22.4

M45 Derck Frechett	46 4:45.5
Herb Engman	45 4:59.3
John McMurry	48 5:37.0
Paul Aucoin	45 5:37.2
Paul Dunham	48 5:37.4
J Bergenstock	48 5:38.3
Dave Dunham	48 5:39.7
M50 Vince Colgan	51 5:15.4
M55 Bob Milner	56 5:00.6
Gordon Walker	56 5:23.5
Chuck Collins	57 5:40.1
Albert Dormann	57 6:18.5
M60+ John Garrity	60 5:59.4
Roger Whalley	61 5:59.6
Dick Sullivan	62 6:20.0
George Cavras	64 6:23.2
J O'Sullivan	62 6:30.8
Len Bagley	63 6:49.1

Top Three Women

Nancy Oshler	42 5:15.7
Kathy Brown	43 5:46.7
Colbert-Haubousin	44 5:59.1

M55 Diane Sherrer 39 5:59.5
Nancy Lee Scot 36 6:08.8
M55 Gloria Brown 59 6:26.5
Lois Bell 59 6:57.0

NYRRC Frostbite 10 Miler
Central Park, NYC;
January 20

Overall

1 Alan Jacobson 35	1:23:29
2 Franco Pantoni 45	1:26:02
3 Gary Null 46	1:27:40

Racewalkers

1 Alan Jacobson 35	1:23:29
2 Franco Pantoni 45	1:26:02
3 Gary Null 46	1:27:40

Freehold 10K
Freehold Township, NJ
January 20

M40 Dave McGuigan	36:52
Bob Bochetti	37:31
M50 George Kelly	39:17
Bob Stoveken	40:23
M60+ Hal Smith	43:17
Dan Dougherty	44:30

Finishers: 813m; 266w
Weather: 46°; h46%; w6mph

Shore AC 10K
Long Branch, NJ; January 26

M40 Tom Mahon	35:53
M50 Dick Hill	45:11
M60 Hal Smith	43:17
M70+ Pat Kilpatrick	60:37
M40 Maureen Ramsey	60:07
M60 Cassie Bazar	52:50

Ocean RC 5 Mile
Lakewood, NJ; January 27

M40 Bob Bochetti	28:33
M50 Frank Mari	30:24
M60+ Hal Smith	33:47</

Continued from previous page

--Half-Marathon--

Overall Paul Marmaro 26 1:08:47 Jan Yerkes 33 1:19:03 M40 Ken Grange 1:19:45 Dan Healy 1:20:00 Bob Marren 1:21:50 M45 David Bowden 1:22:20 A Echeverria 1:22:37 Anson Clappcott 1:23:21 M50 Ben Matthews 1:22:09 Larry Hefer 1:32:23 M55 D L Rowlett 1:26:28 Joe Staniewicz 1:35:43 M60 Wesley Reuter 1:40:50 Jose Mata 1:51:10 M65 Ellis Rubin 2:26:21 M70+Dan Biele 1:51:55 W40 Beth Thomas 1:32:41 Cindy Jacobson 1:47:09 W45 Alicia Kelley 1:41:26 Linda Sparrow 1:43:22 W50 Elizabeth Scarry 1:42:53 Nila Withee 1:57:00 W55 Lupe Parsons 1:57:46 W60 Sylvia Weiner 1:44:57 W70+Ruth Usatorres 2:45:06 Racewalk Men 1 Lee Duffner 54 2:07:01 2 Gary Canner 49 2:15:19 3 Max Gould 73 2:16:54 Racewalk Women 1 Sondra Vladem 36 2:12:01 2 Louise Tolson 40 2:20:18 3 Susan Weissberg 40 2:24:33

MID-AMERICA

Jingle Bell 5K Tulsa, OK; December 1

Overall Noel Berkeley 26 14:26 Teena Colebrook 33 16:36 M40 Doug Bell 14:56 M45 Ray Lattanzia 17:59 M50 Karlton Naylor 17:56 M55 Tom Lucas 20:49 M60 Calvin Ellis 20:37 M65 Fisher Lewis 23:36 M70+Leo Wade 25:22 W40 Jane Hutchison 17:37 W45 Jan Cosgrove 22:30 W50 Kathy Moffitt 24:18 W55 Sue Neil 25:41 W60 Opal Alexander 29:42 W65+Jimmie Haggard 35:27 Wanda Lemons 72 42:38

--10K--

Overall Matt Guirk 26 30:12 Chris Luckin 30 36:41 M40 David Stancliffe 32:38 Steve Ferraz 33:24 Jim Price 33:42 M45 Ewar Gordillo 33:10 Ron Schultz 38:43 Barney Hope 44:02 M50 Jerry Swartsley 42:07 Glenn Reed 43:42 Louie Quiggle 45:45 M55 Everett Riggle 40:54 Larry Dier 48:27 Gary Keppen 50:26 M60+Bob Malain 41:54 Mel Sullens 46:16 R Messinger 46:53 Jim Sullivan 67 52:57 W40 Stephanie Posson 46:05 Leslie Axelrod 47:52 Pris Brutlag 48:44 W45 Jessie Stratton 43:31 Marijke Valencia 47:14 Lee Macey 49:17 W50 Johanna Rowland 53:32 Marie Rouse 59:09 W55 Ruth Jessen 62:06 Joan Sullens 74:18 W60+Gerry Sullivan 71:18 Elizabeth Vainerman 72:54

Mohawk 12K/2 Mile Tulsa, OK; December 8

--12K-- Overall Wes Brown 29 39:23 Donna Spencer 39 48:59 M40 Richard Sinner 43:09 Dick Eggerman 46:51 Ron Painton 48:20 M45 Steve Haigh 44:54 Dan Vasicek 46:24 Bob Lehev 46:32 M50 Jim McFadden 44:36 Fred Dice 46:06 Joe Haeggquist 46:54 M55 Tom Lucas 52:23 Richard Davis 58:58 Win Spears 58:59 M60 Calvin Ellis 50:33 Richard Mitchell 59:39 M65+Bob Lake 62:28 Vern Whiteside 71 63:31 W40 Vicky Fogaly 49:20 Brenda Nowlin 64:41 W45 Linda Brown 53:50 Claire Vasicek 64:53 W50 Shirley Wilkinson 61:12 W60+Opal Alexander 74:38 Jo Campbell 86:45

--2 Mile--

Overall John Carey 22 10:05 Tammy Wildcat 18 12:59 M40 Bob Gage 11:27 M45 Lewis Chandler 11:11 M50 Don Antle 11:35 M55 Oscar Villareal 13:32 M60+Rich Thompson 13:36 W40 Linda Morris 14:56 W45 Donna Barrett 20:16 W50 Fran Dice 18:17 W55 Marilyn Thompson 15:33 W60+Jimmie Haggard 19:15

WEST

San Diego Marathon/ Half-Marathon Oceanside/Carlsbad; CA December 9

--Marathon-- M40 Gary Madison 2:35:22 M50 Joe Fodor 2:41:52 M60+Ray Penkert 3:33:47 W40 Andrea Hatch 3:32:40 W50 Betty Frankum 4:04:21 W60+Gerry Davidson 6:12:58 --Half-Marathon-- M40 Fred Ortega 1:12:23 M50 Carl Petersen 1:23:56 M60 Bob Rice 1:29:09 M70+Don Bradley 2:02:32 W40 Meeri Bodelid 1:25:25 W50 Caroline Murray 1:38:03 W60 Mary Storey 66 1:46:22

Orange County Half-Marathon Irvine, CA; January 12

Overall Paul Williams 34 64:59 Mary Button 31 82:30 M40 Robert Langan 1:20:37 Bob Goodson 46 1:22:49 Wayne Mitchell 46 1:23:06 M50 Carlos Valle 55 1:18:03 Dave Arntson 1:23:49 Hans Dieben 1:24:21 M60 Ruben Vigil 1:31:41 Bob Kohler 1:33:05 Sal Chaidex 1:50:20 M70+John Rodriguez 2:27:21 Racewalkers 1 Ed Bouldin 43 2:03:33 2 Richard Nester 41 2:11:00 W40 Pat Sher 1:31:17 Elizabeth Blair 1:31:26 Sally Adam 48 1:33:56 W50 Yvette Lavigne 1:34:33 Bobbi Gold 1:48:08 Carolyn Hickey 1:49:54 W60 Nyla Cook 69 3:04:56

Paramount 10K Paramount, CA; January 19

Special World Masters Race M40 1 Doug Bell \$100*31:02 2 Stephen Keyes 75 31:59 3 Joe Alvarado 50 33:30 4 Jim Arquilla 33:54 5 Bill Sumner 34:00 M45 1 Peter Stern \$100 33:37 2 Mike Mahler 50 33:49 3 Robert Beach 25 33:52 4 Mike Scott 34:19 5 Don McCarthy 34:25 6 Mike Persall 34:34 7 Phillip Ryan 34:34 8 Mike Eck 35:19 M50 1 Chas McClung \$75 36:06 2 Jim Temples 25 37:41 M55 1 John Brennan \$100 35:54 2 Bill Crum 75 36:57 3 Andre Tocco 25 37:23 4 Paul Saucedo 39:22 M60 1 Pat Devine \$100 39:05 2 Hugh McHugh 75 40:30 3 C Brownfield 25 41:05 4 A Camacho 41:07 M65 1 Jim O'Neil \$100 39:23 2 Larry Banuelos 75 42:21 3 Ray Gil 25 42:30 4 Bob Hennig 42:34 M70 1 Don Dilworth \$75 44:52 2 Eddie Lewin 25 44:57 M75 1 Dutch Benedetti \$100 49:47 2 E Stotsenberg 75 52:49 3 George Feinstein 25 54:05 4 Fred Shanley 55:31 5 Fraser McMinn 56:12 6 Walt Kuetzing 56:27

M80 1 Chick Dahlsten \$75 51:54 2 Mel Shine 25 53:25 M85 1 W Benton \$25 67:39 M90+ 1 Paul Spangler \$25 75:20 W40 1 A Iglehart \$100*37:46 2 Loi Coker 75 38:22 3 Merle Heimberg 25 39:46 M45 1 Molly Thayer \$25 39:22 W55 1 Irene Olberz \$25 45:51 M65 1 Helen Dick \$75 48:45 2 G Davidson 25 54:05 W75 1 Lucy Adney \$25 89:50 *Plus \$250 for overall lats

Open Race Overall Benny Cruz 29:36 Carrie Booth 34:51 M40 German Alonzo 33:42 Jack McDowell 34:15 Mark Hemphill 34:52 Terry Martin 34:58 Barry Witier 35:17 M45 Pablo Drobny 35:27 Lee Baca 36:14 Ken Desmet 36:22 Wayne Mitchell 36:32 M50 Jim Chenoweth 35:49 Dave Arntson 37:30 Gamma Chavez 37:56 M55 Leroy Kim 39:22 Don Boyd 40:22 Wm O'Donnell 40:34 M60 Alberto Noboto 41:34 Marcel Piralson 43:16 Glen Stout 46:23 M65 Jack Green 46:44 Ed Hornung 47:32 Ray Thorne 48:19 M70+Dean Scofield 69:33 Jacob Bishin 1:45:36 W40 Claudia Moralez 43:34 Barbara Spatz 43:35 Terri Goodreau 43:47 W45 Wendy Watson 41:32 Linda King 42:52 Cherie Gruenfeld 43:36 W50 Joan Jeter 42:08 Joann Goltra 42:59 Cecily Parke 43:09 M55 Helen Holt 83:41 W60 Pinkie Fisher 53:54 G Castaneda 61:47 Lynn Roberts 65:39

Record Searchlight Half-Marathon/10K Redding, CA; January 19

--Half-Marathon-- Overall Ivan Huff 31 1:04:08 Terry Schmidt 34 1:15:33 M40 D Tibaduza 1:08:10 Adam Ferreira 1:11:34 Stephen Freitas 1:18:29 M45 Bill Gardner 1:23:03 Frank Krebs 1:24:47 Rod Cooper 1:27:31 M50 Larry Warren 1:25:19 Tom Burnham 1:31:55 M55 Michael McGie 1:29:12 Scott Hepburn 1:45:36 M60+Harry Daniell 1:40:36 Alfred Acord 66 1:45:48 Ira Stanley 1:53:48 W40 Tonya Prescott 1:43:52 Sherry Mann 1:47:10 W45 Sharron Hudson 1:58:23 Donna Dalton 2:08:11 W50 Marge Dunlap 1:41:02 Heidi Sknad 1:46:20 W55 Betty Best 2:04:22 W60+Liz Demonte 1:57:39

Blue Cross/Blue Shield Tucson Marathon Tucson, AZ; January 20

Overall Rick Fenno 33 2:27:50 J Tompkins-Lundgren 33 3:07:02 M40 Carl Howard Jr 2:49:52 John Norris 2:51:08 Spencer Smith 2:52:34 M45 Tony Cabeza 2:52:14 Michael Welborn 3:03:53 E Vimmerstedt 3:13:15 M50 Larry Losey 3:19:10 Bill Macy 3:28:12 M55 Verne Carlson 3:02:24 Tom Jordan 3:38:31 M60 Beacham Toler 4:11:17 Phil Wood 4:13:09 M65 Jack Pennington 3:43:41 W40 Dixie Collins 3:51:18 J Hill-Smith 4:12:49 W45 Shirley Hester 3:38:02 Jennifer Hesketh 3:56:14

SOUTH WEST

1991 Houston Tenneco Marathon January 30 Age-Graded Masters Winners

MEN AGE GRADED PLACE MASTERS CLOCKED PLACE NAME AGE CLOCK TIME AGE STAND. % OPEN CLASS EQUIV. 1. 1. Luis Lopez 41 2:18:59 94.17 2:12:02 2. 2. Richard Umberg 40 2:23:15 90.79 2:16:57 3. 4. Bruce Mortenson 47 2:33:50 88.56 2:20:24 4. 5. Robert Wolfe 44 2:34:45 86.26 2:24:08 5. 6. Jeff Galloway 45 2:37:14 85.48 2:25:27 6. 3. Don Paul 40 2:33:04 84.96 2:26:20 7. 21. Imre Michura 54 2:52:32 83.45 2:28:59 8. 7. Dennis Manske 44 2:39:59 83.44 2:29:10 9. 68. Robert Ellis 60 3:04:52 82.52 2:30:40 10. 20. Allen McDaniel 51 2:51:37 81.80 2:31:59 11. 9. Tony Keller 46 2:45:49 81.60 12. 108. William Conrad 63 3:13:35 81.31 13. 51. Takis Skoulis 55 3:02:03 79.80 14. 10. Jack Healing 43 2:46:36 79.59 15. 17. G. Warren Jackson 46 2:50:58 79.14 2:37:07 16. 11. Jose Alvarado 43 2:47:49 79.01 17. 8. Ben Medellin 40 2:45:28 78.60 18. 14. Bill Roach 43 2:48:52 78.52 19. 12. Carlos El Torro 42 2:48:00 78.41 20. 31. Cecil Smith 49 2:56:38 78.25 2:38:53 21. 13. Roger Boak 42 2:48:44 78.07 22. 17. John Cummings 43 2:50:01 77.99 23. 110. Anthony Castagna 59 3:13:58 77.86 24. 101. Orville Kreamer 58 3:12:40 77.60 25. 22. David Chester 45 2:53:21 77.53 2:40:22

Above statistics are thought to be accurate, but are unofficial. This report was prepared by Howard Kunz on January 28, 1991.

World Class = 90% National Class = 80% Regional Class = 70%

WOMEN AGE GRADED PLACE MASTERS CLOCKED PLACE NAME AGE CLOCK TIME AGE STAND. % OPEN CLASS EQUIV. 1. 1. Carol Virga 40 2:47:56 86.35 2:39:48 2. 6. Joyce Gaslin 53 3:22:34 79.39 2:53:21 3. 2. Kathryn Miller 46 3:16:21 77.16 2:58:51 4. 4. Yvonne Lee 47 3:18:21 76.97 2:59:17 5. 3. Cynthia Kendrick 42 3:16:59 74.67 3:04:49 6. 5. Alice Fuentes 41 3:22:16 72.20 3:11:09 7. 14. Monique Christensen 50 3:39:46 71.20 3:13:49 8. 10. Sue Sharp 46 3:15:07 70.73 3:15:07 9. 7. Cheryl Hansen 40 3:25:05 70.71 3:15:09 10. 9. Patricia Case 43 3:32:00 69.89 3:17:27 11. 8. Nancy Sullivan 41 3:31:19 69.11 3:19:42

30th Annual Rose Bowl 10 Mile Handicap Racewalk Pasadena, CA; January 20

(Staggered starts with fastest leaving last. Clock time refers to race from start to finish, and Actual time is the racer's time on the course.)

NAME AGE CLOCK TIME ACTUAL TIME 1. Cheryl Kincaid 41 2:06:03 1:56:03 2. Walter Heppner 69 2:06:08 2:06:08 3. Wayne Atkinson 55 2:12:21 1:48:21 4. Richard Ashton 27 2:14:31 1:28:01 5. Charles DeHeck 61 2:15:35 2:05:35 6. Chris Rael 31 2:17:22 1:31:22 7. Brenda MacIsaac 34 2:17:34 1:39:54 8. Jolene Steigerwalt 47 2:17:42 1:40:22 9. Richard Ohara 62 2:17:43 1:52:43 10. Jaye Horowitz 50 2:17:48 1:33:48 11. Helen Palomo 50 2:17:59 1:50:59 12. Mel Lees 68 2:18:20 1:58:20 13. Tom Sullivan 49 2:19:13 1:47:13 14. Ronald McMullin 52 2:19:17 1:51:17 15. Ray Nocella 49 2:19:35 1:43:15 16. Craig Droz 34 2:19:50 1:38:50 17. Carl Acosta 56 2:20:19 1:34:49 18. Cathy Mish 36 2:20:25 1:37:25 19. Allen James* 27 2:20:39 1:12:39 20. Fran Bustos* 26 2:20:41 1:30:41 21. Lorraine Miller 42 2:20:49 1:44:49 22. Ralph Hannibal 62 2:20:56 1:54:56 23. Gigi Lewandowski 50 2:21:19 1:52:19 24. Helen Hoover 39 2:21:22 1:48:22 25. Dee Anderson 39 2:21:24 1:56:24 26. Margaret Govea 28 2:21:36 1:33:06 27. Ken Yoshihara 52 2:22:40 1:40:40 28. Allison Ashton 27 2:22:53 1:37:53 29. Wayne Wurzbarger 49 2:22:55 1:33:55 30. Ron Baers 48 2:23:06 1:43:06 31. Richard Nester 41 2:23:24 1:35:54 32. Dave Snyder 47 2:23:29 1:35:29 33. Kathy Blackmer 39 2:24:08 1:47:08 34. Shirley Capps 55 2:24:18 1:46:18 35. Veda Roubideaux 44 2:24:26 1:50:26 36. Stuart Ray 48 2:24:52 1:46:32 37. Enrique Camarena 40 2:25:21 1:29:21 38. Joe Weston 61 2:25:23 1:46:43 39. Karen Helms 41 2:25:54 1:54:54 40. Lucia Moskal 51 2:26:12 2:08:12 41. Mel Gratham 65 2:28:07 1:52:07 42. Steve Leitner 44 2:28:22 1:44:02 43. Buddy Matlock 60 2:28:57 2:05:57 44. Mary Hannibal 58 2:29:36 2:12:36 45. Richard Horton 49 2:29:36 2:19:36 46. Jorge Newberry 70 2:30:03 2:00:03 47. Bob Kleppe 53 2:31:27 1:46:47 48. Ria Marsh 58 2:31:30 1:56:30 49. Wilson Crone 31 2:32:39 1:48:59



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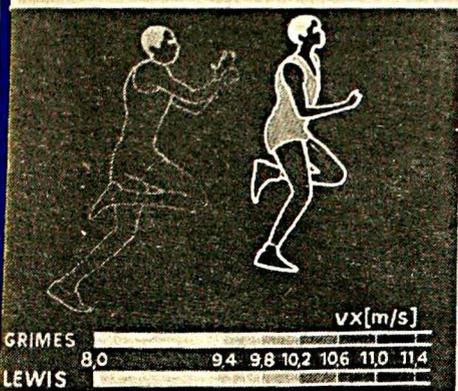
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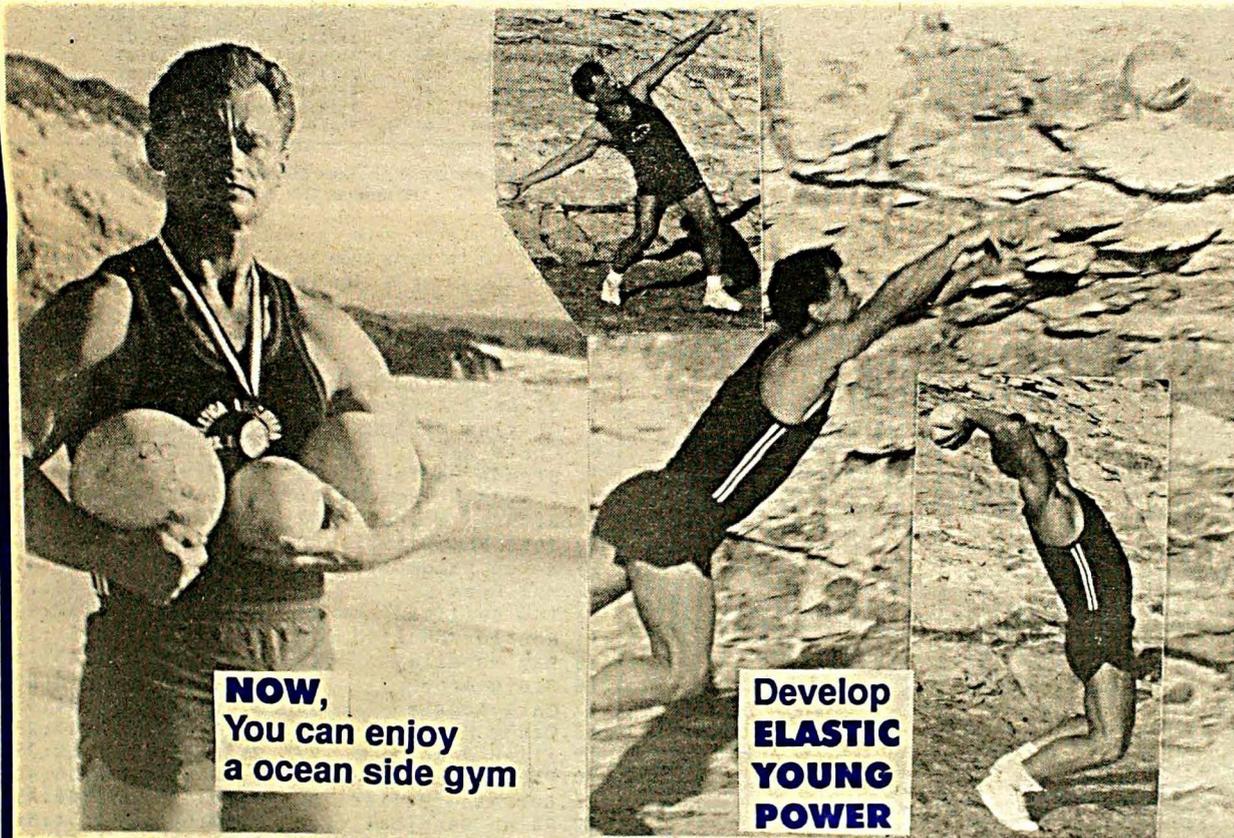
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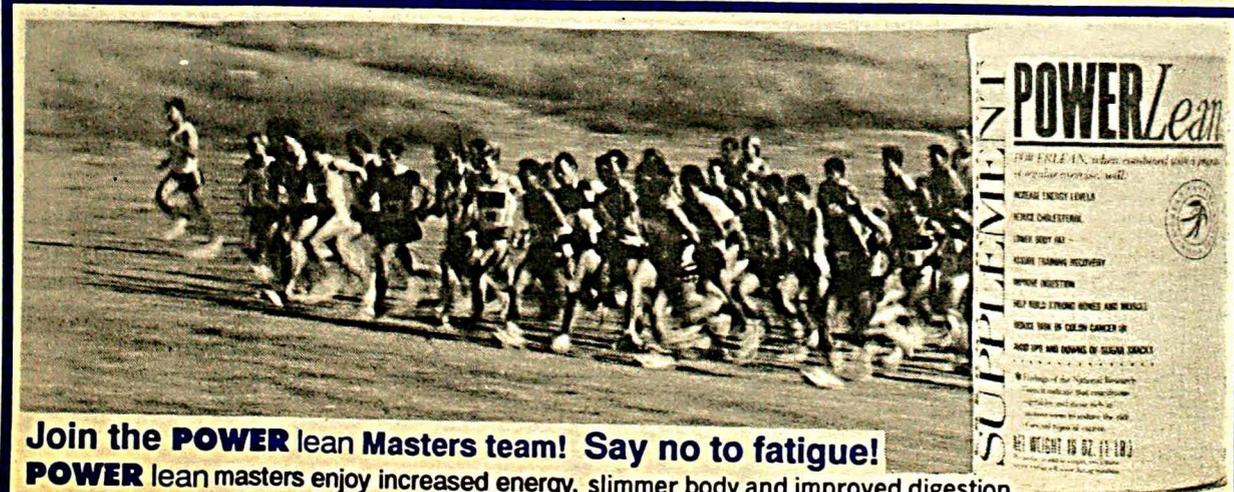
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