

Las Vegas Marathon Draws 6000

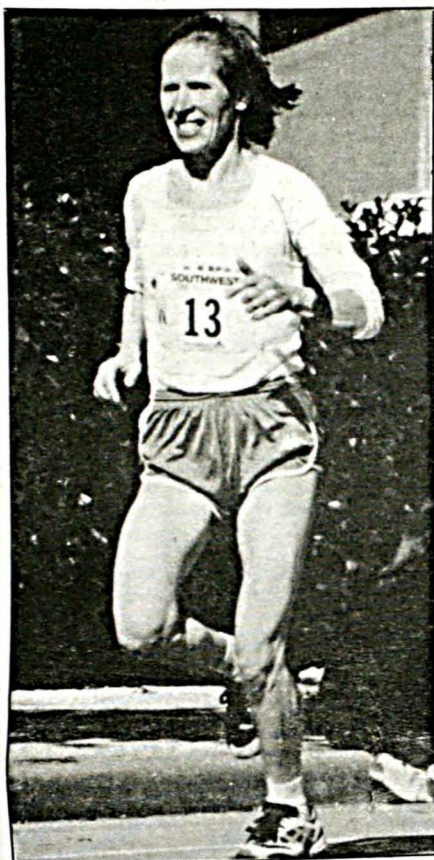
Costa Rica's Luis Lopez (2:25:39) and Russia's Irina Bondarchouck (2:46:45) were the overall masters winners in the 29th Las Vegas International Marathon, Feb. 4.

A record 6029 runners came from all 50 states and 30 foreign countries to compete in the marathon, marathon relay, half-marathon, 10K, and 2-mile fun run.

All events finished at the Vacation Village Hotel/Casino on the Las Vegas strip. Presented by Las Vegas Events, the marathon is the largest running festival held annually in the state of Nevada.

More than \$55,000 in prize money was passed out, including \$2000 each to Lopez and Bondarchouck. Vladimir Krivoy, of Halifax, Mass., was second 40+ in 2:27:31, winning \$1000. San Francisco's Lloyd Stephenson (2:28:18, \$600), Michigan's Doug Kurtis (2:29:54, \$400), and Russia's Leonid Moceev (2:30:00, \$300) rounded out the top five men's masters finishers.

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Russia's Irina Bondarchouck, 42, first age 40+ woman (2:48:15) in the Houston-Tenneco Marathon, Jan. 15, and also first W40+ (2:46:45) in the Las Vegas International Marathon, Feb. 4. Photo by J. Smith

Sparks Sets Three World M50 Indoor Records in One Night

by HUGH SWEENEY

Ken Sparks, 50, of Chagrin Falls, Ohio, ignited a spectacular M50 middle-distance explosion when he obliterated three world indoor M50 records in the space of an hour and a half at the Greater Boston Track Club Invitational, Feb. 12, in Allston, Mass.

Sparks, who turned 50 on Jan. 25, made his much anticipated M50 debut a successful one on Harvard's lightning fast, banked, 220-yard Gordon indoor track as he streaked to a runaway 4:32.84 mile (passing 1500m en route in 4:13.85), and returned later to post a 2:03.5 in a hard-fought masters 800.

The occasion was the second event of the Etonic/Bermuda International Seniors middle-distance series held this winter on the quick Harvard oval.

Wally Herrala, 50, of Ann Arbor, Mich. had established a short-lived, world indoor M50 mile best of 4:39.95 at the First Etonic/Bermuda Seniors Mile, Jan. 21 in the Commonwealth Invitational at the same venue.

The previous M50 1500 record was 4:17.85 by Victor Smith of Great Britain on Mar. 20, 1994. The old M50

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Ohio's Ken Sparks, 50, after setting three world indoor records for men over age 50, Feb. 12, in Allston, Mass. Photo by Larry Sillen

Philippe Wins Millrose Mile

by MARILYN MITCHELL

Marcel Philippe, of Irvington, N.Y., won his first Millrose Masters Mile in 4:26.24 at the Chemical Bank Millrose Games, Madison Square Garden, New York City, Feb. 3. Paul Mascali (NY, 4:28.42) was second with Harry Nolan (NJ, 4:32.40) third.

Don Speranza, 35, the open rabbit, led the race through the half in 2:12 and dropped out on the bell lap as Philippe took over.

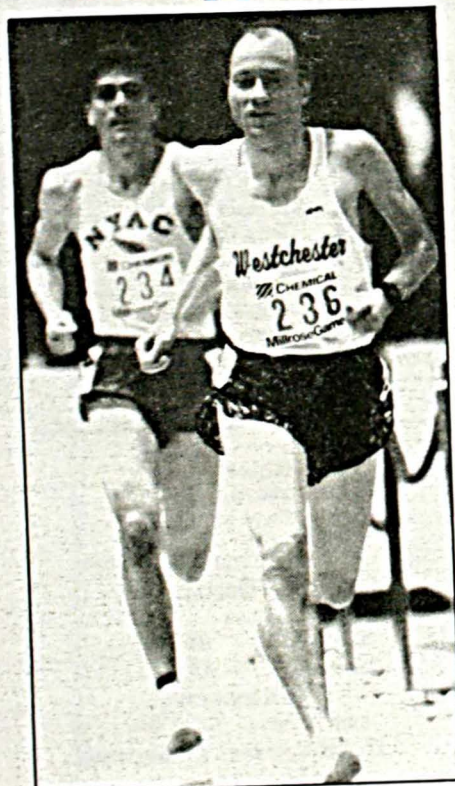
Without Eamonn Coghlan this year, the event was moved to an earlier 6:55 p.m. start, but still enjoyed a sizeable, enthusiastic crowd, as the meet drew a near-capacity audience of 16,789.

The new running magazine, *American Runner*, stepped in to sponsor the race, when no other sponsors could be found. Editor/publisher Jim O'Brien is a friend of Coghlan's and no one, including meet director Howard Schmertz, wanted to see the masters mile left off the program.

Coghlan, current indoor open and masters mile recordholder, was an honorary referee and starter.

"One of my last regrets is that I

Continued on page 19



Marcel Philippe wins the Millrose Masters Mile in 4:26.24. Paul Mascali was second in 4:28.42. Victah/Photo Run

Schlau, Warnock Win in Charlotte

Bob Schlau, 47, Charleston, S.C., was the first master in the NationsBank 10K in Charlotte, N.C., On Jan. 7,

with a 12th-place 32:32. David Wight, 47, Concord, N.C., was second in 35:13. Tom Dooley, 50, Toccoa, Ga., took third with a 35:37.

Schlau's time equaled an age-graded, world-class 90.2%. Charlie Rose, 61, Mooresville, N.C., well under the 40-minute barrier with an

Continued on page 5



Ruth Warnock, 41, Simpsonville, S.C., was first over-40 woman (3:23.37) in the Charlotte Observer Marathon, Jan. 7. She was third overall of the 213 female finishers.

1994 T&F Rankings

by JERRY WOJCIK, *Masters T&F Rankings Coordinator*

The U.S. Masters Track & Field Rankings Book for 1994 is now available. It contains 60 pages and, for the first time, an index, a metric conversion table, and more photographs than previous issues.

After having overseen the compilation of the rankings into production of the book for six years, I think several things are apparent to anyone who compares the lists in all of the books.

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Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

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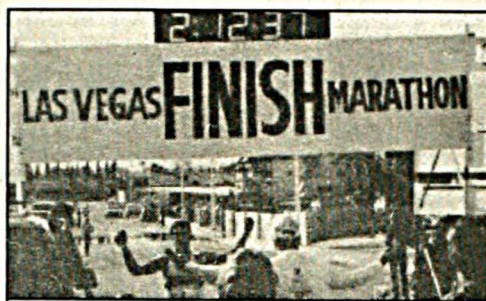
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NATIONAL 15K RECORD

I would like to add an important note to Paul Murray's account of the USATF National Masters 15K Championships, held as part of the Schenectady Gazette Stockade-athon, Nov. 13 (Jan. NMN).

Margaret Betz, 58, of Conklin, N.Y., finished in the remarkable time of 62:05, bettering the U.S. W55-59 record of 63:28, set by Margaret Miller 10 years ago.

Because of a glitch in our computer program, we overlooked the fact that her stellar performance placed her second overall in the event's age-gender graded cash award structure, winning her \$350.

Margaret's age-gender graded time was 45:50, second only to Norm Green's age-graded 45:12. Her performance may also be represented as a 90.5 percent, or world class, achievement on the age-graded scale.

Christopher Rush
Race Director
Schenectady, New York

ELECTRONIC TIMES FOR WRs

I wish to strongly protest the WAVA ruling that only electronically-timed results for races of 400 meters or less are eligible for world age-group records.

This ruling is discriminatory against those countries who do not have the finances that the U.S. and other big nations have to afford such a luxury.

In Australia, we are all volunteers

and, in most cases, athletes as well. We do not have the money or the facilities for electronic timing, except in big events such as championships and world masters games.

This effectively excludes all these countries from claiming world records and, therefore, the world record lists are not a true indication of the best results in veteran athletics.

While we follow IAAF Rules in most cases, "Veteran Events can be modified by the Constitution and By-Laws of WAVA."

This ruling is unfair and discriminatory, and should be changed, and is not in the spirit of veteran athletics.

Heather Doherty
President and Statistician
Queensland Veterans Athletic Club
Australia

RACEWALKING

Here's a thought for those age 85+ racewalkers who want to compete in the WAVA meet in Buffalo but are worried about straightening their knees according to racewalk rules. Consider entering the 5000 run and relax. The speed of well-trained, fit, age 85+ racewalkers approaches that of many age 85+ runners.

In the last three WAVA Championships, there was a total of ten M85+ entrants (and one W85) in the 5000, with times ranging from 28:46 to 54:09. There were never more than two in an age division. Racewalkers could have completed this event competitively.

This should not be an option for the casually trained fitness walker, nor is it meant to scare anyone. There are many older racewalkers with excellent technique. Rather, I hope to avoid some of the disappointment of DQs.

Bev LaVeck
Seattle, Washington

VIDEOS OF NATIONALS

I wish to express my appreciation for the very fine videotape of the 100m and 200m events of the National Masters Championships last year in Eugene.

It was my first outdoor national event, and the video was an excellent way to recall a memorable experience and to share with friends who might be intrigued enough to attend in the future.

It's also a kind of training tape for me to watch some really excellent performances.

I highly recommend that you promote the continuation of this method of remembering, i.e., the videotaping.

Kay Lyons
Monterey, California
(Four videos are available: 1) 100s, 200s, AG100s, 4x100s; 2) 400s, 4x400s, 400H; 3) 800s, 4x800s; 4) 1500s, for \$20 each from Paul Dungan, 4016 NE Hazelfern Place, Portland OR 97232.)

GO, SUBMASTERS

A word to submasters — keep it up. Spread the word. Remember, we're the masters of the future. It's important to keep our sport alive. We hear many negative statements about the state of track & field in the U.S., but at the National Masters Championships in Eugene, I saw a lot of great athletes of all ages having fun and sharing in the competitive spirit of the sport.

So, let's recruit our old schoolmates or new fitness friends to continue the success of masters track, and thank you, masters athletes, for being such good examples for us submasters. I wanna be like you guys when I grow up.

Joy Upshaw-Margerum
Kamuela, Hawaii

1994 LDR AWARDS

I've been receiving NMN for the past 15 years, but, much to my disappointment and dismay, when I read your Jan. issue, I found I was not selected as top 1994 runner for my M75-79 age group by the Masters LDR Committee.

I keep track of the stats in my age group and I believe my times were not surpassed by anyone in 1994 (5K in 22:56; 10K in 48:01).

I feel a correction or a reasonable explanation is in order as this has deeply hurt and affected me. Your investigation and reply will be greatly appreciated.

Cokey Daman
Virginia Beach, Virginia
(Your 48:01 was outstanding and you had my vote, but there were about 30 committee members voting. Others may have been swayed by the number of national masters championships the winner had run. Your 22:56 was not considered because it was a track race; we just do roads. — John Boyle, Masters LDR Awards Chairman.)

JIM HARTSHORNE

I knew Jim Hartshorne for many years. The masters program started on the West Coast. Jim put on a masters mile race at Cornell University every winter. For many years it was the premier masters event for eastern masters milers. The organization was impeccable and the awards outstanding (silver plates to all participants).

Jim was a premier masters miler until injuries forced his retirement. Yet, he still contributed to the sport.

I last saw him this past summer in Eugene at the National Championships, where his son was competing. Jim nonchalantly mentioned that he had terminal cancer. I was, naturally,

Continued on page 23

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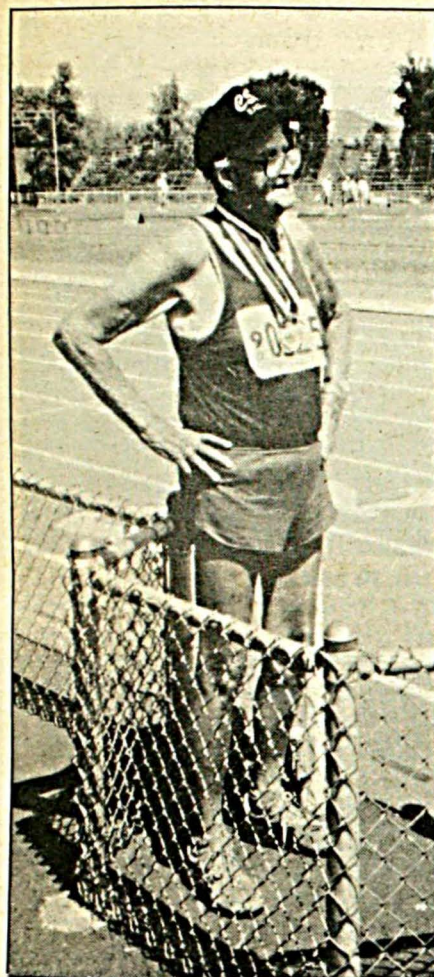
Eleven Join NMN Sustainers

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 go to:

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Brugge, Belgium



Buell Crane, 94, oldest participant in last year's National Masters T&F Championships in Eugene, died on Feb. 10, one month before his 95th birthday at his home in Twin Falls, Idaho. (See story on p. 24.)

Photo by Suzy Hess

Charlotte 10K

Continued from page 1

M60 win in 38:03, was in the national-class range with an age-graded 86.9%.

In the women's masters race, Alendia Vestal, 43, Brevard, N.C., won with a sixth-place 38:47, an age-graded 82.5%. Carolyn Mather, 46, Morgantown, Ga., was second in 41:24.

Finishers totaled 2061 men and 788 women.

In the Charlotte Observer Marathon, which served as the USATF Senior Men's Championships (won by Keith Brantly, 32, of Florida, in 2:14:27), Jerry Clark, 40, and Ruth Warnock, 41, were the masters winners.

Clark, of Charlotte, took the title by 10 seconds from George Towle, Portland, Me., with a 2:48:42. Victor Rosado, Salisbury, N.C., was third in 2:54:34.

Roger Roark, Statesville, N.C., won the M45 race with a 2:58:59. Don Lein, Pittboro, N.C., was the winner in the M60 contest with a 3:10:25.

Warnock, Simpsonville, S.C., was third overall of the 213 female finishers with a 3:23:37. Second master and fifth-overall was Diane Vandesbroek, 53, Chapel Hill, N.C., in 3:25:35.

Male finishers numbered 935. The weather was breezy and overcast with the temperature at 42°. Don King was the event director. □



Ross Carter, M80, Eugene, Ore., (left) pictured here with Don Cumley, M70 shot putter, at the 1994 Hayward Meet, Eugene, where Carter broke the M80-84 world record in the shot put with a 12.27/40-3/4, and the U.S. record in the discus with a 37.08/121.8.

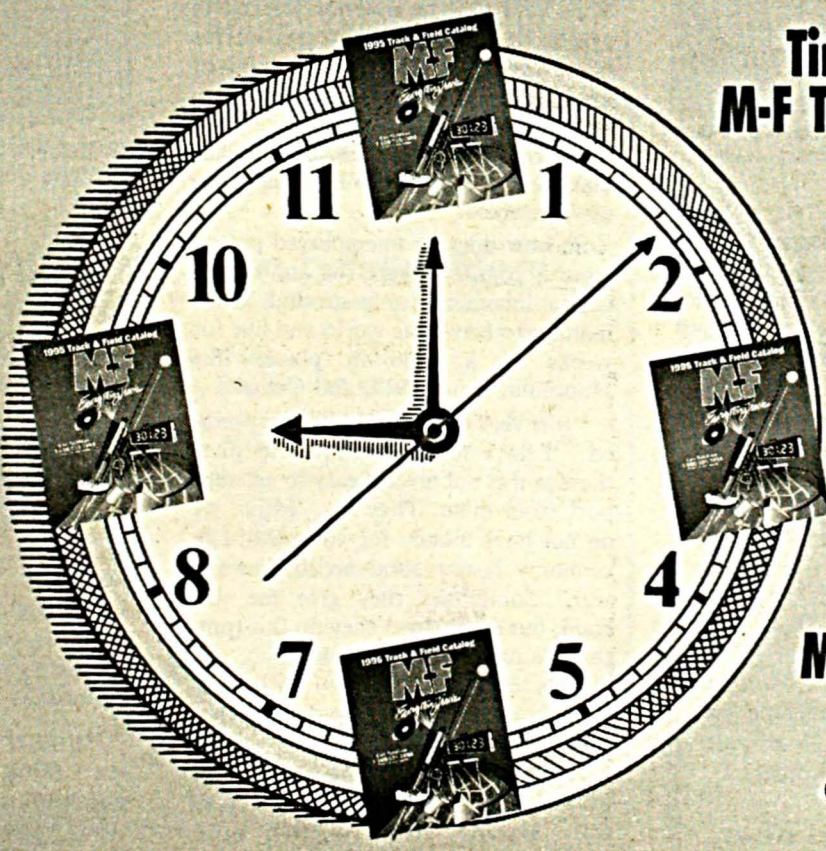
Photo by Jerry Silsdorf

COMING NEXT MONTH

- Results, photos and story of National Masters Indoor Championships
- Updated List of Masters Clubs
- Countdown to Buffalo
- Training Advice
- And Much More

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405



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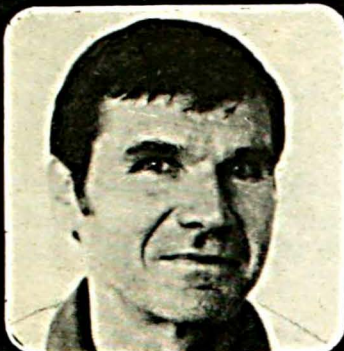
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Third Wind

by MIKE TYMN

An Athletic Vagabond

Although swimming is not one of the sports covered by NMN, many readers will no doubt be able to identify with Vojislav Mijic and his "passion" for the athletic life.

Vojislav Mijic introduced himself as a Serbian from Yugoslavia. "But don't worry. I am not a fighter," he quickly added. "I am a swimmer."

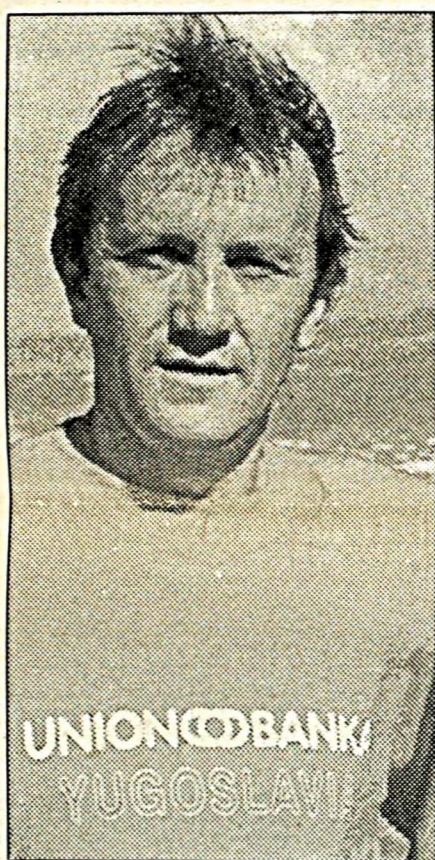
Mijic was in Hawaii over the Christmas holidays to compete in the Christmas Biathlon and the Hawaiian Christmas Invitational Looong Distance Roughwater Swim, a seven-kilometer ocean event off Waikiki. He stayed on into January to take advantage of the warm weather and prepare for a race in Brazil on January 28 and two more in Argentina during February.

"The conditions in my country are not so good for training now," he explained, referring to the civil war in what was Yugoslavia, and the cold weather there.

Mijic is taking part in the marathon swimming World Cup, eleven events held around the world, beginning in Canada last July 23 and ending in Canada on July 22, 1995. He has hopes of scoring enough points to finish among the top 10 in the series.

"I am 43 and not so fast now," he said, following his 17th place finish in the Waikiki swim. "I ask myself why I am doing this thing. Who will give me money for it? Nobody. But I am rich in my heart. It is my love."

Mijic admits that in his more than 20 years of marathon swimming he has never won an international event. He considers his third-place finish in the 1986 Capri to Napoli 33-kilometer (20 miles) swim, which served as the world championship that year, as his best competitive performance ever. He has, however, won his share of races in competition below the international level.



Vojislav Mijic

Photo by Mike Tymn

Challenge in Going Longer

As he has lost some speed to the years, Mijic now finds challenge in going longer and longer. Over the past three years, he has been taking on challenges that he says have put him in the Guinness Book of Records — at least the European edition. In 1992, he



Vojislav Mijic being interviewed after his record swim down the Danube.

swam 138 kilometers (86 miles) down the Sava River to Belgrade in 36½ hours. Last year, he covered 165 kilometers (102 miles) down the Danube to Belgrade, and this past July he said that he broke the Guinness river record by covering 170 kilometers (105 miles) down the Danube in 27 hours, 58 minutes.

"Everybody knows me in my city," Mijic said. "I will walk from my house to the coffee shop, maybe one mile, and many people will stop me and say, 'Mijic, I want to shake your hand.' It makes me feel good."

However, Mijic's wife, Jasmina, doesn't share in the appreciation of her husband. "She does not understand... how do you say... passion, yes, my passion for this sport. She asks me how much longer I will keep this up, and I say I continue as long as I can move my arms and legs."

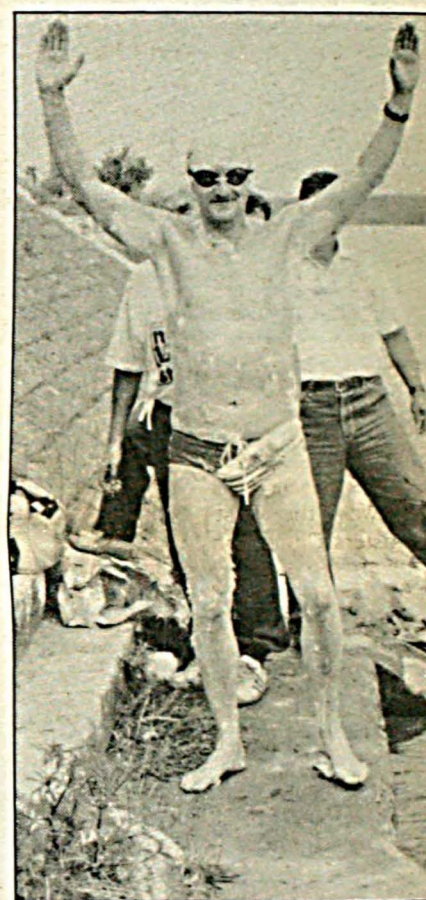
Unemployed Due to War

A chemical engineer by profession, Mijic said that he has not worked in nearly four years as the war in his home country has shut down most of his employer's operation and there are no other job opportunities available to him. His wife, an accountant, has managed to hold on to her job in the private sector.

So how does an unemployed person from a country where the annual per capita income is only around \$3000 manage to travel the world and live for weeks at a time in places like Honolulu, Rome, Rio, and Cairo?

"It is very difficult," Mijic responded. "I have some sponsors, but since the war it is not always easy to get support from them. They say, 'Mijic, we do not have money for you now. The economy is not good because of the war.' Sometimes they give me just food, but other times they do this (putting his hand under a park table), and say not to tell anyone. They say I represent Yugoslavia to the world and they want me to continue."

His main sponsor is the Union Bank of Belgrade, which provides his air fare. Usually, he stays with other swimmers in the host country. "I do not need much," he said. "Just a little food and a place to swim."



Vojislav Mijic raises his arms in victory after swimming 86 miles to set a Guinness river record.

He said he swims two hours a day and also runs twice a week, while lifting weights every other day.

Mijic is asked to make some sense out of the war in his country. "It is difficult to explain," he said. "It is of historical heritage. It is political. It is a war of business interest. It is very confusing. Always we Serbians get blamed for making trouble, but that is not the case. Our people have always been strong fighters, and if someone (attacks) us, we fight back and because we are stronger we win. But then we are blamed. It does not make sense."

"I think it will end in 1995. I hope so. I think I must retire also in 1995 and begin to teach others in my country to swim."

"I want to swim forever, but it is now time to stop."

"Then, my wife will be happy." □

FIFTEEN YEARS AGO March, 1980

- Herb Lorenz, 40, and Sandra Kiddy, 44, Win National Masters Marathon
- Penn Mutual Proposes \$350,000 for Masters Sports
- Tom Cathcart, 41, Wins Masters Mile at San Francisco Examiner Games

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Southeastern Masters Meet Will Celebrate 25th Anniversary

by PAUL HRONJAK

This year will mark the 25th anniversary of the longest continuously-held age-group track and field meet in the country — the Southeastern Masters Meet to be held in Raleigh, N.C., May 5-7.

In 1968, Bob Boal read about a masters T&F meet in California. The concept was unknown in the eastern U.S. Boal checked around and competed in 1969 in a San Diego meet, which had about 200 participants in 10-year age groups.

Back in Raleigh, Bob conferred with officials at North Carolina State U. about what would be involved in putting on such a meet. Paul Derr, Mike Shea, and Al Buehler developed a budget for the meet and backed their way into what the entry fees would have to be in order to break even.

The first meet was held in 1971 at NCSU, where it has been held for all but two of its 24 years. There were 80 entrants. The meet was well run, but lost money.

Participation grew in the next few years, due in part to the development of a U.S. masters team which toured Europe, and to the first World Veterans Championships in Toronto in 1975.

The Southeastern meet peaked in 1976 with over 600 competitors, when it was the first North American Masters Championships.

Participation has declined since then, perhaps due to higher travel costs and the proliferation of masters meets throughout the country.

Recently, the new nine-lane Martin 2000 track at NCSU and the addition of jump, throw and other clinics put on by coaches have caused a reversal of the downward trend. Boal hopes for a much larger turnout for this year's

25th anniversary meet, which has been designated the Southeast Regional Masters T&F Championships by USATF.

One of the most memorable meets was when a 40-year-old discus thrower named Al Oerter just showed up at registration and proceeded to throw the discus over the fence and into the woods. While the throw was remarkable, the fact that the four-time Olympic champion just showed up without fanfare or special treatment, just for the love of competing, is what is most remembered by those who were there at the time.

Remaining viable for 25 consecutive years is quite a feat, especially when no sponsor has been available. It takes a tremendous amount of dedication and work by an all-volunteer Board which works year-round to make the meet a success. □



Jerry Cash, breaking the M45 world record with a 15-1, Eugene Indoor Meet, Feb. 5.

Photo by Suzy Hess

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The Southeastern U.S. Masters, Inc. Proudly Presents
Our 25th Annual Masters Track and Field Meet
May 5, 6 & 7, 1995

NORTH CAROLINA STATE UNIVERSITY
(State of the Art - 400 Meter Martin 2000 Track)

RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring pentathlons, weight pentathlon, 5K & 20K walks, team relays and all regular track and field events at the NCSU Campus. A "Jumps" clinic and a "Throws" clinic will be held on Friday at 6:30 pm and at 7 pm respectively on the NCSU Track. In case of inclement weather the clinics will move indoors to the Brownstone Hotel at 7 pm.

OPERATED BY:

Southeastern United States Masters, Inc., Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.

AGE DIVISIONS:

Based upon age on the first day of competition: all events will have a 20 to 29 age group and 5 year age groups for 30 and older individual athletes.

ENTRY FEE:

\$11.00 includes first event in track, field or road event, final results booklet, 25th anniversary pin, and SEUSATF Championship surcharge. \$6.00 for each additional event. Relay entries are \$16.00 per team. (Enter on captain's to Southeastern Masters. In addition, NO REFUNDS AFTER APRIL 28th.

SANCTION & USATF REGISTRATION:

This meet is sanctioned and certified by USATF, and USATF registration is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have USATF cards which will be available at the meet for \$10 to N.C. residents and \$12 if you are an out-of-state resident.

AWARDS:

New, distinctive, large medallions to first 3 places and ribbons for the next 3 places in each event for each age division. Team scoring will be done and team awards will be presented. Several special individual awards will be made.

LATE ENTRIES:

Additional \$1.00 late fee required for each event if postmarked after April 21, or if received after April 28, 1995. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Tuesday, May 2, 1995. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.

RUNNING SURFACE:

Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20 K race walk.

PACKET PICKUP:

All participants must pick up their packets prior to reporting to the first event.

FRIDAY 11:30 am to 9:00 pm at track

SATURDAY 7:00 am to 4:00 pm at track

SUNDAY 6:00 am to 6:30 am starting line

5:30 pm to 6:30 pm Brownstone Hotel

Numbers must be worn on front (and on back in all events 3,000 m or longer).

EVENTS FOR WOMEN:

All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

SCHEDULE OF EVENTS

(Refer to Packet for Final Time Schedule)

FRIDAY, MAY 5:

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Event (Notes 1 & 2)	Start Times
01	WOMEN'S PENTATHLON (100 FH, 1H, Shot, U, 800 m)	(note e) 1:00 pm
02	MEN'S PENTATHLON (1H, Javelin, 200 m, Discus & 1500 m)	(note e) 1:00 pm
03	3000 m (Sections will start at 30 minute intervals)	4:30 pm
04	ALEX ALMASY 5K WALK (Disqualification discussion: 30 min. following completion of final section)	6:30 pm
	"JUMPS" CLINIC — at track	6:30 pm
	"THROWS" CLINIC — at track	7:00 pm

SATURDAY, MAY 6:

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Track Events (Notes 1 & 2)	Approx. Time	Event #	Field Events (Notes 1 & 2)	Approx. Time
05	5000 M RUN	8:00 am	15	THROWS	8:00 am
06	STRAIGHT HURDLES (Note 3)	9:30 am	16	SHOTPUT	8:00 am
07	1500 m RUN	10:30 am	17	HAMMER (Note 5)	9:00 am
08	CURVED HURDLES	11:30 am	18	DISCUS	10:00 am
09	TEAM RELAYS (Note 4)	11:50 am	19	JAVELIN (Note 6)	11:00 am
	A 4x100 OPEN		20	WEIGHT LOSS	NICCN
	B 4x400 OPEN		21	HEAVYWEIGHT (Note 7)	approx. 2:00 pm
	C 4x400 (Min. total age 1600)			JUMPS	
10	100 m DASH (Note 3)	1:00 pm	22	POLE VAULT (Note 8)	8:00 am
11	400 m RUN	2:10 pm	23	LONG JUMP	10:00 am
12	STEEPLECHASE	3:10 pm	24	HIGH JUMP (Note 9)	10:30 am
13	800 m RUN	3:40 pm	25	TRIPLE JUMP	2:00 pm
14	200 m DASH	4:10 pm			

SUNDAY, MAY 7:

RALEIGH CITY STREETS (See Map in Packet)

Event #	Event (Note 2)	Start Times
26	ALEX ALMASY 20K Race Walk (Note 10)	7:00 am
	Southeastern Regional Masters and Southern Regional Open 20K Race Walking Championships (Note 11)	

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602

(Photo Copy If Needed)

Name: Last First Init. Sex Age Birth Date
Mo. Day Yr.

Street City State Zip Code

Tac Registration No. Daytime Telephone
Area Code

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #	Event Title	Meet Event #	Event Title	Meet Event #	Event Title

Number of dinner tickets (@ \$15.00 each)
(include payment with Total)

Total Amount Enclosed

Number of T-shirts @ \$8.00
Mens sizes: S, M, L, XL List sizes ordered:

Make check or M.O. for US dollars payable to: Southeastern Masters, Inc.

Where did you hear about our meet?

Where did you get your entry form?

ATHLETIC RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 5, 6 & 7, 1995, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date

Athlete's Signature



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Plantar Fascitis Revisited

Q. I'm a 50-year-old former world record holder (1990) for the indoor 200. Since 1992, I've had increasing soreness of both heels, particularly the right. My symptoms are heel pain on waking, but never any arch pain. Pressure on the outside of each heel bottom is very painful, especially on the right.

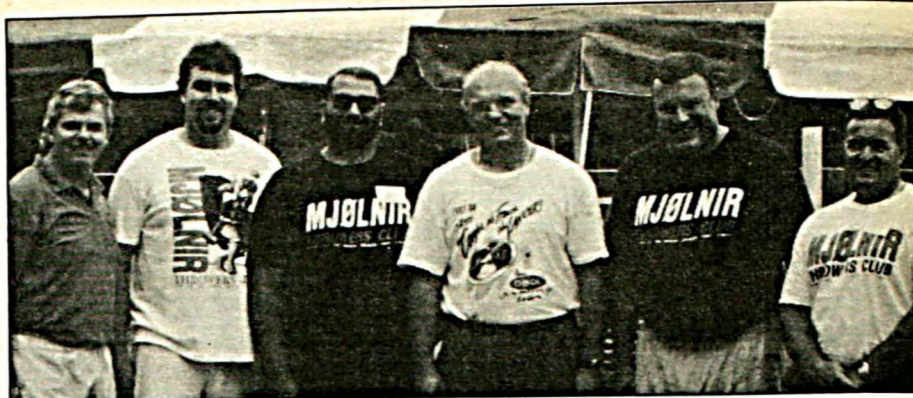
I'm able to train with just a moderate amount of pain from the right heel, but when I finish it hurts badly, and the next few days are very painful. Spurs have been ruled out and I've received a heel MRI, cortisone, and orthotics for a diagnosis of plantar fascitis. One orthopedist has said the only option is to cut the plantar fascia to release it. I can't believe there's no other treatment. Is it possible there's a hairline fracture?

A. Your injury certainly sounds like plantar fascitis, the most common injury in track and running athletes. Basically, it is a partial tear of the plantar fascia, at its insertion into the medial calcaneal tubercle. This usually forms a deposit of scar tissue which irritates the nerve, causing pain which is usually worse in the morning (rest pain).

Some think the condition is caused exclusively by the over-pronated foot which causes excessive stress on the plantar fascia. Others think it is an overuse syndrome caused by all the ac-

tivity. It is probably a combination of the two.

The use of injection and orthoses was the right choice. In some cases, I know mine in particular, it can take



Founders of the Mjolnir Throwers Club with Yuriy Syedikh, current world holder in the hammer, at a clinic held at the University of North Carolina-Wilmington, from left: Peter Farmer, Mike Sergeant, David Vandergriff, Syedikh, Ken Jansson, and Bob Gunn. Photo from David Vandergriff

several injections and a year-and-a-half to clear up the problem.

I am not impressed by an MRI of the heel. This may miss the problem. However, I think you may have answered your own question. Fracture. This is of some concern with those diagnosed with plantar fascitis. However, an x-ray will not show up a crack in the bone. You will probably need a bone scan, which will be specific for the fracture.

If there is a hairline fracture, you may want to go into a below-the-knee cast for six weeks. After the cast is removed, you will need several weeks of physical therapy.

Going back to your original problem, if this is a plantar fascitis, ultrasound would be very helpful. This,

along with orthoses and injection therapy, would respond most favorably.

A surgical correction, such as a plantar fascia release, is something we prefer not to do unless we have tried all other options. However, a properly performed plantar fascia release would only keep you from running for 3-6 weeks. This can be performed on an outpatient basis and should only take about 10 minutes. Again, surgery only if all else has failed. □

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

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MARCH 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HUGH ADAMS (REEDLEY, CA)	3-1-40	55-59
FRITZ BAUMANN (WG)	3-8-20	75-79
FRIEDERICH BENDER (WG)	3-13-0	95+
EDMUND BURG (WG)	3-31-35	60-64
ED BURKE (CA)	3-4-40	55-59
HARRY CARPENTER (PASCAGOULA, MS)	3-31-35	60-64
DON CHEEK (CLAREMONT, CA)	3-24-30	65-69
DAVID COLTON (STATE COLLEGE, PA)	3-29-30	65-69
BRAD COSSEL (KOKOMO, IN)	3-18-5	90-94
BUELL CRANE (TWIN FALLS, IDAHO)	3-18-0	95+
WILLIAM DUCKWORTH (JONESBORO, GA)	3-22-35	60-64
PAUL EBERHARDINGER (US)	3-9-20	75-79
LAWRENCE FULLINGTON (SAN DIEGO, CA)	3-17-30	65-69
DON GROSH (LA CRESCENTA, CA)	3-23-25	70-74
PENTTI HAKKINEN (FIN)	3-14-30	65-69
TOM HILL (NJ)	3-2-30	65-69
BARRY KLINE (WASHINGTON, PA)	3-26-40	55-59
WILLIAM KOSKI (CAN)	3-14-10	85-89
GERALD LEROY (GB)	3-13-35	60-64
ED MATHEWS (US)	3-28-20	75-79
WINFIELD MCFADDEN (SAN DIEGO, CA)	3-12-5	90-94
RUFUS MORRIS (CA)	3-29-45	50-54
DANY NESTORET (FRA)	3-20-40	55-59
MIKIO ODA (JAP)	3-30-5	90-94
MILFORD PARKER (TEANECK, NY)	3-5-25	70-74
STIG PETERSSON (SWE)	3-26-35	60-64
VEIKKO POHJONEN (FIN)	3-27-20	75-79
J. RAZZETTO (SAN DIEGO, CA)	3-15-30	65-69
JOZEF SCHMIDT (POLAND)	3-28-35	60-64
TRACY SMITH (BISHOP, CA)	3-15-45	50-54
TEODOR SOLHEIM (NOR)	3-17-15	80-84
RICHARD STOLPE (LOS ALAMOS, NM)	3-3-25	70-74
HARRY TOLLIVER (CINCINNATI, OH)	3-18-40	55-59
FRED WRIGHTSON (AUS)	3-19-5	90-94
GABRIELLE ANDERSON (SUN VALLEY, ID)	3-20-45	50-54
EDNA BERG (BOZEMAN, MT)	3-17-15	80-84
CARLA CONVERY (ALEXANDRIA, VA)	3-7-20	75-79
KATHY KUSNER (W. HOLLYWOOD, CA)	3-21-40	55-59
MARCIA MCCHESENEY (EUGENE, OR)	3-7-30	65-69
MARY MCGRAW (US)	3-6-45	50-54
PAT MUELLER (LOS ALTOS, CA)	3-16-30	65-69
RUTH OSIEL (HONOLULU)	3-21-20	75-79
PATTY LEE PARMALEE (NEW YORK, NY)	3-18-40	55-59
KIM RUPERT (HILLSBOROUGH, CA)	3-1-55	40-44
PAT WHITTINGSLOW (OAKLAND, CA)	3-7-40	55-59
SYLVIA WIEGAND (LINCOLN, NB)	3-8-45	50-54
MARY WOOD (MONTROSE, CO)	3-13-45	50-54
BARBARA BLURTON (GB)	3-19-50	45-49
URSULA DINNEBIER (WG)	3-18-20	75-79
KATHLEEN HOLLAND (AUS)	3-21-40	55-59
KIRSTEN HVEEM (NOR)	3-26-25	70-74
DAISY IRWIN (AUS)	3-12-45	50-54
LIUDMILA KHMELEVSKAYA (URS)	3-30-40	55-59
THELMA MANLEY (AUS)	3-3-35	60-64
HILDEGARD MOHNEN (WG)	3-11-40	55-59
RIET PIJP (HOL)	3-25-25	70-74
LUISANNA PINNA (ITA)	3-14-45	50-54
TATYANA POZDNYAKOVA (URS)	3-4-55	40-44
DOROTHY TYLER (GB)	3-14-20	75-79
AVERIL WILLIAMS (GB)	3-14-35	60-64
JUDY WILMOTT (CAN)	3-24-40	55-59
CHUCK YOST	3-17-35	60-64



MASTERS the LEGENDS



From Left To Right- Bill Rodgers, Ron Hill, John Campbell, Henry Romo

It's Where The Masters Gather On
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28th Annual Hartshorne Masters Mile: A Final Tribute to Its Founder

by KEN ZESERSON

ITHACA, N.Y. — The Hartshorne Masters Mile, the first event of its kind, was run for the 28th consecutive year, Jan. 21, in Barton Hall, a dusty eighth-mile oval, in the heart of Cornell University.

There was one heartfelt moment prior to the event when race director Rick Hoebeke requested silence to commemorate the recent death of the man who lent the event his name and his class. Jim Hartshorne, the founder of the Finger Lakes Runners' Club, passed away last December. Hartshorne, whom Hoebeke credited with

pioneering the running community in this part of upstate New York, was remembered fondly by race participants and onlookers as the man who had initiated or reinvigorated their love of running.

For a few moments, the huge hall was silent as the runners and onlookers thought about Hartshorne and why we all pound those roads and tracks, day in and day out, as long as our legs and hearts can endure. Then it was time to race.

Several mile runs were held. First, Ed Stabler, 65, dug down deep in the

veterans race to nip Gordon Walker in 5:40.64. Tony Napoli, 74, ran a good 6:26.20.

The Section II heat went to this writer, 47, in 5:10.35, squeaking by a hard-charging Derck Frechette, 50.

Tom Homeyer, 46, took the Section I contest in 4:55.82, followed by Terry Habecker (47, 4:59.05) and Reinhold Wotuwa (45, 4:59.76).

The women's race featured a mix of 30+ runners. Beth DeCiantis (32, 5:09.65) was first, but perhaps the best result belonged to Margaret Betz (58, 5:53.27).

The Elite Mile was won by Tim McMullen, going away in 4:26.92, followed by Swag Hartel (4:29.91) and last year's victor, brother Charlie McMullen (4:32.28).

In what seemed a fitting tribute to his father and the event, itself, Tom Hartshorne took the lead behind "rabbit" Dennis Culinane in the early going, eventually finishing in a strong 4:34.35.

A total of 45 men and 12 women competed in the event sponsored by Zeserson & Associates, and Northwestern Mutual Life Insurance. □



Ty Schmalz, 47, Houston, Texas, third M45 (2:46:45), Houston-Tenneco Marathon, Jan. 15.
Photo by J. Smith

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Senior
HIGHLIGHTS



Crown Valley Senior Games

Track & Field - Sunday, April 23, 1995

Occidental College

1600 Campus Road, Los Angeles, CA. - Patterson Field

Meet Director: Christel Miller

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Director: Jim Hanley

A Qualifier for the 1996 California State Senior Games Championships, Sacramento

Schedule of Events

Track

11 a.m.	400M Walk
11:15 a.m.	50M Dash
11:50 a.m.	1,500M Run
12:30 p.m.	400M Dash
1 p.m.	100M Dash
1:45 p.m.	1,500M Race Walk
2:15 p.m.	800M Run
2:40 p.m.	200M Dash
3:20 p.m.	5,000M Run
4 p.m.	5,000M Race Walk

Field

11 a.m.	Pole Vault
11 a.m.	Javelin
11:30 a.m.	Long Jump
12:15 p.m.	Shot Put
1 p.m.	High Jump
1:30 p.m.	Discus
2:00 p.m.	Softball Throw

Entry Fees:

\$12.00 Registration Fee and \$5.00 per event

Divisions:

5 year age divisions, for men and women, age 50 and above

Entry deadline is April 12, 1995

Miscellaneous:

Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height)

Surface:

All-weather track. 9mm elements for Track, LJ, PV, HJ; 12mm for JT

For more information, please call:

Cynthia Vaughan

Crown Valley Senior Games - Pasadena Senior Center

85 East Holly Street, Pasadena, CA. 91103 (818) 397-4062

TEN YEARS AGO March, 1985

- Barry Brown (30:18) Edges Pat Murphy (30:22) in TAC National Masters 10K
- First TAC Indoor Masters Pentathlon Held in Pennsylvania
- Elementary School Named After Sing Lum, M80 Sprinter

Entry Form (please print)

Last Name _____ First Name _____ Sex: M ___ F ___
 Address _____
 Phone _____ Age as of 5/6/95 _____ DOB _____ T-Shirt: M ___ L ___ XL ___ XXL ___
 Events: 50M ___ 100M ___ 200M ___ 400M ___ 800M ___ 1,500M ___ 5,000M ___ PV ___ JT ___ LJ ___ SP ___
 HJ ___ DT ___ ST ___ 400M Walk ___ 1,500M RW ___ 5,000M RW ___
Make checks payable & mail to: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA. 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of Crown Valley Senior Games, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held April 23, 1995 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature _____

Date _____



Masters Racewalking

by ELAINE WARD

Sally Richards — Champion Skier, Runner and Racewalker

Sally Richards (Kerr), W40, has won the following 1994 USATF Masters Championships: 5K (24:25.51 AR), 10K (50:38), 5K road (25:38); second in WAVA 20K (1:52:07 AR); best 10K (49:17 AR), and US Olympic Festival 10K (50:54.8). — EW.

Skier

SR: I have always been athletically oriented. I grew up in an athletic family and, living in Colorado, took up skiing early. I raced in Vail where they had an excellent junior program. I made the U.S. development team and, like many, had Olympic aspirations. Unfortunately, when I was 15, I had a bad skiing accident. My leg was very badly broken and never healed properly. Though I continued to race, it was a real hindrance. I found out about a ski racing circuit in Europe, called the F.I.S. University circuit. Even though

the kids in the circuit were attending school, they raced at a pretty high level. It was fun and allowed me to travel around to 12 different countries and meet people.

EW: Did you do this on your own or were you affiliated in some way?

SR: At the time, I had decided to attend the University of Grenoble in France to study French. The French ski team took me under their wing and I travelled with them, as there was no US team participating in this circuit. The ski teams had a reciprocal arrangement that led to a wonderful camaraderie.

More on Rule Changes

With reference to Professor Moreno's report on the IAAF Racewalking Working Group's proposed changes to the Racewalking Rules, Mr. Bowman, IAAF Racewalking Chair, states in the Feb. issue of *National Masters News*, "Elaine Ward's report (Dec. NMN) on proposed rule changes by the IAAF Racewalking Working Group is erroneous." On two other occasions he states, "Contrary to Ward's report" in introducing his analysis.

The report given in *my column* was written by Prof. Moreno exclusively. It was Prof. Moreno's interpretation of the IAAF Racewalking Working Group's proposals and of interest, as he was the Chair of the Group and his report presented his view of the three ideas being debated.

On this same subject, following is reprinted a letter to me from William Patterson, 80, of North Carolina. — EW.

"You did a great job covering a difficult subject, in your Masters Racewalking column in the December *National Masters News*.

"In 1984, after more than 50 years of smoking and drinking, I quit and set out to become a champion at something. In my seventies, I have won eleven national championships, one in the pole vault, two in marathons and eight in racewalking.

"In 1989, I decided to learn to be a real racewalker. As I couldn't find any books on the subject, I taught myself with what I learned from two paragraphs in an encyclopedia. In my third year, I found a videotape and a book to help me. I soon became competitive and won the 5K and 20K at Indianapolis in 1990. To make sure I never got a DQ, I had my knee straight whenever my leading heel struck the ground and kept it that way until my body passed over it.

"In my first five years of using that technique, I noticed that I seemed to be about the only one who was doing it that way. Then I read Martin Rudow on how to use what he calls the soft-knee approach. I had been trying that for a year when I came to Eugene last August. It seemed to make me take shorter steps and more of them per minute, but I didn't get any faster or slower, just felt like I had 'joined the club' as far as technique was concerned.

"Now, thanks to your article, I have gone back to my old technique which happens to be in exact conformance with the new rules, which I hope will be enforced fully. (The new rule is still only a proposal. — EW.) I have already entered the 20K and 5K walks in Buffalo and will probably be the youngest 80-year-old on the block." □

For example, when the French team went to Austria to compete, our expenses were paid by the Austrians, and when they came to France to compete, their expenses were paid by the French.

Runner

I lived in France for seven years and married a French medical student. When he finished getting his degree, we came back to this country so he could practice medicine here. We had two small babies, 13 months apart. I was going nuts. I felt that I had never reached my athletic potential in skiing and felt frustrated. I took up running out of a need for sanity, as most of us do. I started running marathons which had always been a big dream. I really enjoyed running and did fairly well from 1978 to 1992. However, I remarried in 1986, had two more children, and felt I couldn't reach my potential as a runner either.

Racewalker

By 1992, I was feeling burned out from running. I was living in Colorado and still enjoyed trail running, but I was very tired and athletically frustrated. I was at the point of thinking that I might hang it all up, and settle down to being a mother of four. Yet, always, there was this deep burning inside me that I had never really gotten a chance to show my stuff.

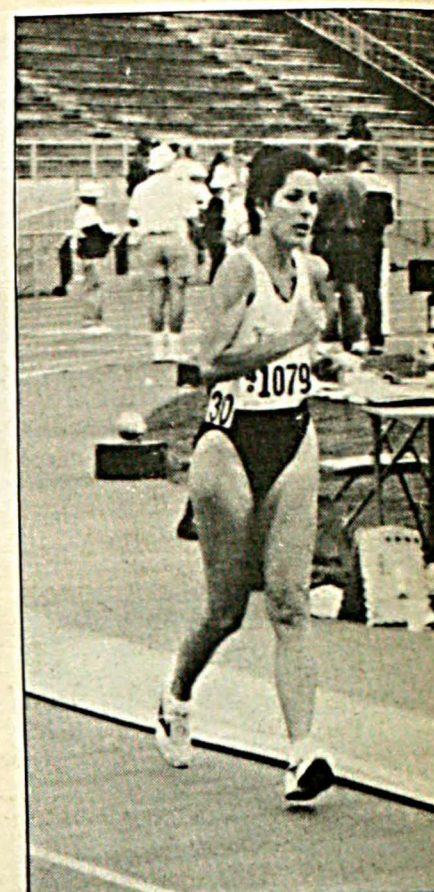
I am a Christian and definitely believe in God's will and messages. I was walking in the woods one day, and out of the blue came this big word, RACEWALKING. I said, What? You have to be kidding. The thought of racewalking kept happening to me, and I got real curious about it. However, I was too hesitant to even try it in my neighborhood. So I went down to a local race where I thought no one would know me, and jumped into a 5K with the racewalkers. Within 20 yards, I had the newest respect for the sport. I couldn't believe it. I considered myself a fit person and I was dying. I realized there was a lot more to the sport than meets the eye. Gathering my resources together, I got into the race and ended up winning it.

EW: Had you ever been exposed to the technique?

SR: No. I didn't know what I was doing. I had this mental image of racewalkers in an Alka Seltzer commercial that I saw in the 1960s. I hadn't seen the sport done live and knew nothing about the rules. I was coming in at ground zero. What I recognized was the sport's tremendous potential for fitness and competition. I thought racewalking was fabulous and was hooked.

I decided to take a couple of lessons. I also got hold of some videos and basically tried to learn on my own. I discovered for some odd reason, which is still a mystery to me, that the racewalking technique was very compatible with my physical attributes.

All through the years, my broken leg had remained weaker than the other. I had tried to strengthen it, but never really succeeded. In fact, running accentuated the imbalance in my legs as I relied almost entirely on my legs. In



Sally Richards-Kerr.

Photo by Jerry Wojcik

racewalking, you use your whole body. You have to be symmetrical in order to perform. The technique helped me strengthen my weak leg. Also, I found I could rely somewhat on my upper body strengths to compensate. This worked well as my torso was very strong.

EW: The fact that racewalking has less impact than running must have helped with your leg, too.

SR: That, too. I shouldn't fail to mention that. I didn't have to be sore every day after a workout and agonize when I had to bend over to pick up something the kids left on the floor.

There was another thing I found very refreshing about racewalking. I had been involved in a variety of sports. Some sports are very elitist. In others, the athletes are genuinely in it for the sport. I have a little thing about that. I really feel that sport should be enjoyable. It should be an activity where those who excel pass on information to those coming up. It should be well supported by the community and club systems. The way racewalking is in this country, you are not in it for the ego. You are in it for a genuine interest in the sport. I really like this, and I really like a lot of the people I meet. They are genuine. I found this experience was only enhanced when I got into the masters.

Masters racewalk not only to compete, but also because of the camaraderie. There is the competition and there is the social aspect. Everyone feels a sense of community — that we're in it together. In some sports, athletes are competitive not just during, but after competition as well. In these sports, athletes feel they are enemies. To me that's not the spirit that promotes a sport. (Next month on competition and training.) □

Sparks, 3 Records

Continued from page 1

800 best was 2:09.8 by New Jersey's Ken Baker on Jan. 17, 1988.

Many-time national masters champion Kirk Randall, sidelined with a career-threatening hip injury, served as race announcer and warmed up the crowd of 1200 by introducing the all-star 50-year-old field:

- Paul Perry, 50, of Chicago, the 1966 IC4A 3-mile champion whose hot pace on Jan. 21 helped Herrala set his record;

- Ramsay Thomas, 51, of Lafayette, Calif., second in the 1994 M50 outdoor national 1500 in 4:25;

- Jim Gibbons, 50, Thomas' West Valley TC club mate, third in the 1994 M50 1500 in 4:27;

- Dr. Tom Sullivan, 52, of Chicago, 4th in the 1994 M50 1500 and a U.S. national record-holding 4:03 high school miler in 1961;

- Sumner Brown, 50, Belmont, Mass., the 1994 M50 8K X-C champion who had run 4:51.5 on Jan. 21;

- Race coordinator Hugh Sweeney, 50, Jersey City, N.J. (4:50.4 in the 1994 Fifth Avenue Mile);

- Richard Hamner, 50, Of New York (4:51.8 in the same race);

- Sparks.

Sparks had run 4:22 outdoors at the Penn Relays last year, had run two marathons in 2:33, and one in 2:35 last autumn, and is expected to re-write the USA and world M50 record book this year. He passed up the Millrose Games Masters Mile to peak for this race. Randall announced Sparks' record intentions, and the crowd was primed.

Sparks flew from the gun, and his too-hot start probably preserved the all-time outdoor M50 mile mark of 4:30.06 by Australia's Tom Roberts in 1987. An anonymous member of the local Boston Running Club provided splits he guarantees as accurate: 31.2, 33.8 (65.0), 33.6 (1:38.6), 34.3 (2:12.9), 34.6 (2:47.5), 35.3 (3:22.8), 35.7

(3:58.5), 34.4 (4:32.84). Sparks covered the last 440 in 70.1 and the last half in 2:19.9, slower than Herrala's unofficial 2:19.0 on Jan. 21.

Randall's announcements of the record pace kept the crowd noisy, assisting Sparks and the closely bunched group lagging far behind. Perry, recovered from his nightmare 88-second last 440, Jan. 21, ran a more conservative 2:22.5 first half to lead the trailing pack all the way. Only about 20 yards separated Perry's second place 4:47.38 from Hamner's 8th place 4:51.0.

It seems likely Sparks could have finished faster with an easier opening 220. A 33.64 pace per 220, 2½ seconds slower than his initial furlong, results in 4:29.12. Sparks and Sweeney had discussed the possibility of using a rabbit, but decided to play it straight. Sparks will have other chances to race younger runners.

As the world M50 indoor record holder, Sparks joins Herrala as a winner representing the USA in the International Senior Games, Bermuda, April 13-27, 1996.

M55+ Mile

A second mile race was held for runners over age 55 and slower M50s. Sid Howard (55, NJ), a 13-time national masters champion, led in 76.5, 2:35.1, 3:55 before sprinting the last 220 in 32.3 to win easily in 5:06.2.

He was followed by Gabe Bernal (55, MA, 5:10.6), John Connor (59, NY, 5:13.8), Jim Laurent (52, MA, 5:17.6), Jim Sutton (63, PA, 5:20.6), and Oscar Moore (57, NJ, 5:41), who represented the USA in the 1968 Mexico City Olympics in the 5000.

Sutton woke up following a lazy 1320 in 4:05 to finish in 75 for a 5:20.6, just short of Archie Messenger's U.S. M60 indoor record of 5:19.9. Connor ran 5:13.9 and was looking forward to turning 60 on Feb. 24.

Continued on page 19



Etonic/Bermuda Seniors Mile finishers, from left: Tom Sullivan, 7th; Hugh Sweeney, 6th; Richard Hamner, 8th; Jim Gibbons, 5th; Summer Brown, 4th; Ramsay Thomas, 3rd; Paul Perry, 2nd. Photo by Larry Sillen

Sweeney's Brainchild

The Etonic/Bermuda Seniors 50+ middle-distance series is the brainchild of Hugh Sweeney, who made "a thousand phone calls" to organize the event.

Etonic, producer of running shoes for older runners, paid for the calls and Sweeney's motel and photography expenses, but 50-year-old miling is the last outpost of amateur running, and everyone paid their own way to try Harvard's track.

Larry Sillen, a photographer/running buff from Brooklyn, N.Y., supplied the runners with photo albums and video tapes. Etonic tossed in shoes (Sumner Brown ran his 4:48.9 in flats supplied by Etonic — an improvement of nearly three seconds over the

previous race in which he wore "brand X").

Meet directors Bill Clark of the Commonwealth Invitational and Jim O'Brien of the GBTC Invitational should be thanked for taking a chance on the M50 milers. Both were pleased with the crowd response and the level of competition, and promise to include similar M50 distance events next year. Interested participants can call Sweeney at 201-798-4480.

Sweeney's next project may be an M50 mile at the Penn Relays, or an attempt to convince road race directors to feature good M50 runners in their competitions. Anyone who would like to help can call. □

Ken Sparks — A New Age Challenger

Ken Sparks turned 50 on January 25, and seems ready to do major damage to M50 records.

A 49.1 quarter-miler at Mount Comfort, Indiana High School in 1963, Sparks ran the 800 in 1:51 and the mile in 4:16 for Ball State (IN) U.

Running for Ted Haydon's Track Club in the early 1970s, Sparks participated in four world two-mile relay records. The highlight UCTC effort was a 7:10.4 at the King Freedom Games, in Durham, N.C., May 12, 1973. (For the record, Tom Bach led off in 1:50.5, Sparks hit 1:47.1, Lowell Paul 1:48.0, and 1976 Olympic bronze medalist Rick Wholhuter matched the fastest split ever to that point, 1:44.8.)

The same four lowered the world indoor mark to 7:20.8 on Feb. 9, 1974, a time still #4 on the all-time 4x800/4x880 list.

Sparks ran 4:03 during his

UCTC days, appeared on the U.S. 880 list as late as 1975 with 1:48.7, and participated briefly in the ITA professional circuit in the mid-70s.

During his 30s, he was a non-competitive jogger, and resumed serious training about 10 years ago when the "Runner's World Masters Mile" circuit began. He ran 4:17.14 at age 45 (the world M45 best is 4:16.75) and a 4:00.52 U.S. M45 1500 record.

He ran 4:22 at the Penn Relays last year, and posted marathons of 2:33 at Detroit and Columbus, plus a 2:35 at Huntsville last fall.

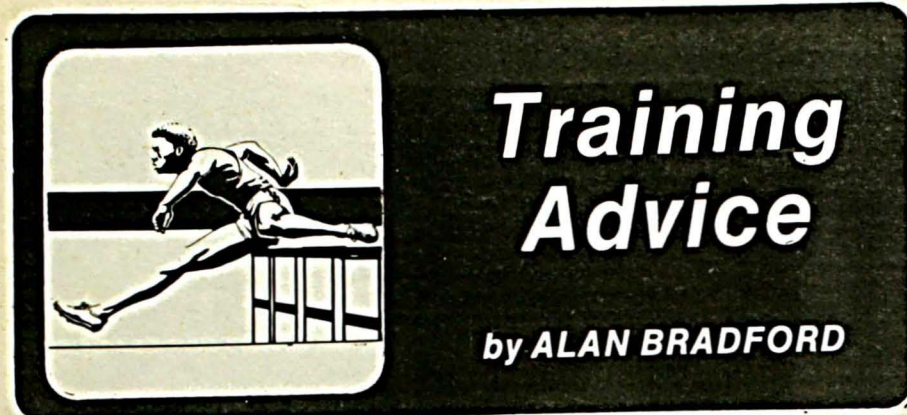
Sparks works as an exercise physiologist at Cleveland State University and does almost all his training on a self-constructed 16 mph treadmill located in his garage. He did not race between the Huntsville Marathon and the GBTC Invitational, and had not run a mile since April, 1994. □

— Hugh Sweeney



Competitors in the Etonic/Bermuda International Senior Games Miles and 880s at Harvard U., Feb. 12. From left: Sumner Brown, Jim Gibbons, Tom Sullivan, Neil MacDonald, Ken Sparks, Hugh Sweeney, Sid Howard, Richard Hamner, John Connor, Paul Perry, Marcel Philippe, Oscar Moore, Ramsay Thomas.

Photo by Larry Sillen



Peaking With a 26-Week Program

I noted with interest the requests for training programs in the October 1994 issue, and I am responding. I don't think it matters what system is adopted by an athlete, so long as the correct balance is maintained, and the athlete is willing to participate honestly and conscientiously. The best method in the world will not make up for a lackadaisical approach. The rewards are proportional to the input.

Conversely, not all methods suit all people. It may require experimenting to click onto what works best. Athletes with compartment syndrome cannot handle endurance work and have to opt more for interval work. My daughter fell into this category but still became a national junior 800 champion.

My own training is based on Arthur Lydiard's middle-distance program, and I have found this to be ideal, allowing me to race over distances from 400m to a half-marathon quite successfully. The program is based on

26 weeks, leading up to a major championship, i.e., the nationals or world. This 26-week period is then broken up into 12 weeks of endurance, 4 weeks of strength (hills), 4 weeks of reps, and 6 weeks of intense anaerobic and speed work. The second half of the program cannot be performed with any degree of success without the solid groundwork of the first half.

Some typical workouts are:

Endurance Week:

- 2 days fartlek
- 3 days long hilly runs
- 2 days time trials (5K & 10K)

Reps Week:

- 2 days reps 400s and 200s
- 1 day drills and speed
- 1 day fartlek
- 1 day leg speed work
- 1 day time trial
- 1 day long hilly runs
- (Reps are 20 of each with 60 second recoveries)

Anaerobic Week:

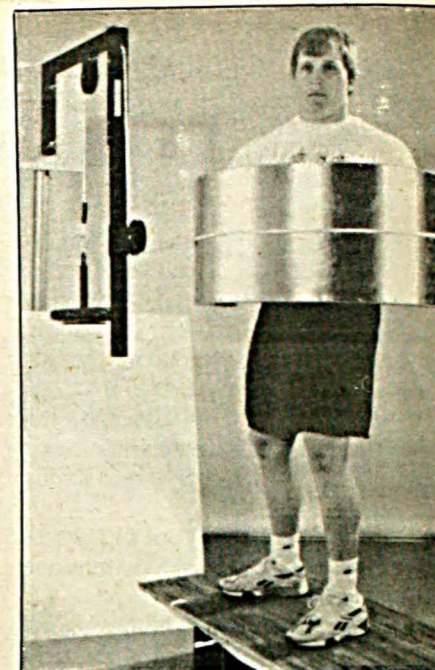
- 2 days speed
- 2 days intervals
- 1 day trial
- 1 day race simulation
- 1 day long run

I race during this period in whatever competition comes up but do not let racing interfere with the long-term goal. It is easy to substitute a race for a time trial, which are both usually on the weekend anyway.

This mixture has allowed me to achieve success over 1500m at three world championships in the M40, M45, and M50, as well as considerable other success, including several world records. From this program last year I, as an M55, have been able to produce the following times: 400, 57.2; 800, 2:08; 1500, 4:26; 3000, 9:28; 5000, 16:04; 10,000, 33:41; 3000 SC, 10:14; and half-marathon, 75:23. All of the above are from meets where I multi-evented (as much as 7 events in 2 days) or without tapering my training. Hence, not only do I achieve speed and endurance but also a solid base for quick recovery to perform again and again at maximum effort.

Body Needs Recovery

I do not believe that after completing the full phase one can cut back into the program and prepare for another championship in a reduced time span of say 10 weeks or so. The body does not respond to continual anaerobic pressure and needs a period of



One of the feature items in the '95 M-F Track and Field Catalog is the new Turn Machine, equally as beneficial in an athletic training room, or in a rehabilitation situation. It makes the body do the work correctly, forcing the athlete to use his/her hips, lower back and thighs instead of relying only on arm strength. After a short period of training with the Turn Machine, the user learns how to generate explosive power. Comes with instructional video. For more information on this item or for a copy of the '95 Track and Field Catalog, call toll-free 1-800-956-7465 or Fax 1-800-682-6950, or write M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

recovery. The length of this period increases with age, as in our case, and I feel that one major meet per year is sufficient, with general fitness training and road racing, etc. (no pressure) for the remainder of the year.

I hold no secret formulas for success, only hard work, determination and a very strong belief in my own ability. I am sure all athletes reading this article can relate to "feeling good" after an honest training session and "feeling guilty" when having shirked the gut work of a tough session.

The above program does not have set or specific times, only distances and number laps, etc., and these are variable, i.e., 16-20 x 400m. If you can manage 20 repeats, well and good, but if only 16, so be it. If 400s are too far, reduce to 300s; it can be flexible. Remember that conditions are not always going to be suitable. There's not much sense trying to struggle around the track in the face of gale force winds, endeavoring to do a session of reps because this is the session set down for the day. Substitute.

As is indicated, this particular program is not suitable for racing all year round. An athlete wishing to do so will have to look elsewhere for a general all-around fitness program that is not as specific with its tunnel-vision goal.

For whatever you are striving, to all fellow athletes, I wish you well in your quest. □

(Alan Bradford still holds the world M50 800 record of 2:00.4, set in the World Championships in Eugene in 1989. He lives in Australia.)

THE 2ND ANNUAL BOB WATANABE MEMORIAL T&F MEET UCLA DRAKE STADIUM SATURDAY APRIL 15, 1995



ENTRY FEE: ONE ENTRY FEE OF \$25 FOR ONE TO A MAXIMUM OF FIVE EVENTS PLUS THE RELAY. (THERE IS NO CHARGE FOR RELAY TEAMS) REFUNDS WILL ONLY BE MADE PRIOR TO UCLA BEING PAID.....

DEADLINE: APRIL 10, 1995

DIVISIONS: MEN & WOMEN AGE 30 PLUS

AWARDS: MEDALS FOR FIRST THREE PLACES IN EACH AGE DIVISION

FACILITIES: SYNTHETIC ALL WEATHER TRACK. (ONE OF FINEST IN USA)

NOTE: 1995 USA T&F REGISTRATION REQUIRED. (AVAILABLE AT MEET FOR \$12)

DIRECTIONS: EXIT 405 FWY. (SAN DIEGO) AT SUNSET BLVD. & THEN EAST TO UCLA ENTRANCE AT WESTWOOD BL. & TURN IN AT GUARD SHACK TO PICK UP A PARKING PASS FOR LOT 4 (CLOSEST TO STADIUM) CAMPUS PARKING \$5

SCHEDULE OF EVENTS

TRACK EVENTS

9:00 AM 3,000M RUN	1:00 PM 400M SPRINT
9:45 AM 800M RUN	1:45 PM 1500M RUN
10:30 AM 800M/100M/110M HURDLES	2:30 PM 200M SPRINT
11:15 AM 100M SPRINT	3:15 PM 300M/400M HURDLES
(25 MINUTE LUNCH BREAK FOR OFFICIALS)	3:45 PM 4X200 OR 4X100 METER RELAY
	(DEPENDENT ON TEAM ENTRIES)

FIELD EVENTS

9:00 AM LONG JUMP/DISCUS/POLE VAULT	(25 MINUTE LUNCH BREAK FOR OFFICIALS)
11:30 AM TRIPLE JUMP/SHOT PUT	2:00 PM HIGH JUMP/JAVELIN

ENTRY FORMS (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____

AGE ON 4/15/95 _____ DATE OF BIRTH _____ SEX: M _____ F _____

CLUB AFFILIATION _____ 1995 USA T&F NO. _____

EVENTS (1) _____ (2) _____ (3) _____ (4) _____ (5) _____

\$25 ENTRY FEE ENCLOSED PLEASE MAKE CHECKS PAYABLE TO: W.E. ADLER & MAIL TO P.O. BOX 832 THOUSAND PALMS, CA. 92276 BY APRIL 10TH

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA), THE MEET DIRECTOR AND ANY SPONSORS OF THE TRACK AND FIELD MEET, USA T&F, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE BOB WATANABE MEMORIAL TRACK & FIELD MEET HELD ON APRIL 15, 1995 AT UCLA DRAKE STADIUM. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS TRACK & FIELD MEET.

SIGNATURE _____ DATE _____



Eugene "EEK" Keeler, Cincinnati, Ohio, first M80 (53:34), and Dudley Healy, Chatham, N.J., second M80, USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4.

Photo by Hank Kiesel

The Master Board

To post your ad on
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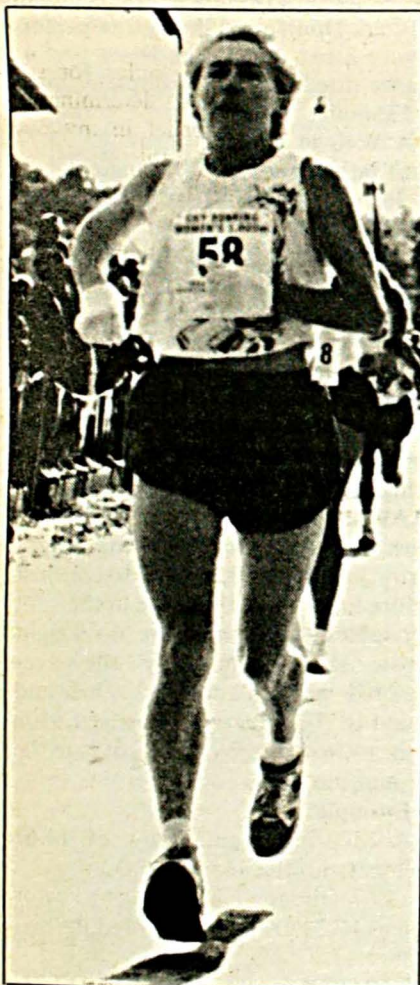
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Call: Karen Jennings (610) 967-8758; FAX (610) 967-7793.



Margaret Betz, 58, of Conklin, N.Y. takes the 1994 National Masters 5K W55 title (19:47) in Syracuse, N.Y. She was voted the top W55 runner of 1994 by USA Track & Field.

Photo by Bill Theobald

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

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Masters Track & Field Rankings

Men's and women's 1994 U.S. outdoor track & field 5-year age group rankings. 60 pages. Over 100-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

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Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

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Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$29.95

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Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

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Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40 +, W35 +) as of December 31, 1994. 3 pages. \$1.00.

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Competition Rules for Athletics (1995 Edition Available Soon)

U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.

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IAAF Scoring Tables

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

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WAVA Handbook (1994-95)

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.

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160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

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The Weight Room

by JERRY WOJCIK

How To Conduct a Weight Pentathlon

(The weight pentathlon was approved for competition by WAVA in 1994; however, a few differences in the approved format from the one used in the U.S. for many years created some problems. This year the kinks should be worked out, and the event will be included in the 1995 rankings. To assure that all weight pentathlon directors understand procedures, I've asked Rex Harvey, USATF Multi-Event Coordinator, to write an article explaining the process of putting on the event.)

The Weight Pentathlon is an official WAVA event. Here is a quick overview of how to conduct a Weight Pentathlon correctly so that the results will be recognized by USATF for annual rankings and awards and by WAVA for record purposes. The savvy athlete will insist that meet administrators follow these procedures.

Event Order: First of all, the events must be contested **only** in the correct order. This is a combined event, and conducting the events in any order other than specified, invalidates the results. The weight pentathlon has more gender equality than any other combined event as both the events and the order are identical for men and women. The order of events is ham-

mer, shot put, discus, javelin, and weight. The sizes of the implements thrown must meet the WAVA Specifications (they are in the WAVA Handbook, 1994-95 edition, and published in NMN every month).

Number of Throws: Remember, WAVA allows a maximum of **only three attempts** at each throw, just like any other recognized combined event.



Erika Messner, W55 winner in the weight throw (30-11), Chuck Klehm Memorial Weight Pentathlon, Delray Beach, Fla., Dec. 27.

Photo by Bill Burkle

Results from any competition that allows more than three throws will be invalid. If you want more throws than three, it's simple, take a few extra warm-ups. Remember the weight pentathlon is not simply a collection of individual throws, but an event of its own, stressing the **combination** of the throws in a very particular manner.

Time Between Events: It is recommended that at least 30 minutes be allowed between any person finishing one event and officially starting another, but that is at the meet director's discretion. Warm-up for the next event uses up a lot of that 30 minutes anyway.

Scoring: With one exception, the Weight Pentathlon is scored exactly like any other WAVA combined event. And WAVA scoring is exactly like IAAF scoring of open-class athletes, with the addition of age factoring.

The first step is to multiply the actual performance by the appropriate age factor. The approved WAVA weight pentathlon age factors are in a table on page 15 (they are also in the WAVA Handbook 1994-95 edition, available from NMN).

The factors apply to five year age groups, or, in other words, everybody in an age group is head-to-head because they have the same age factors applied. The age factored performance thus obtained is the theoretical distance that this athlete would have thrown in his/her prime. The factor automatically corrects for the lighter implements and gives an age factored performance as it would have been with the open-class implement.

The age factored performances for the shot put and the weight throw are rounded down to the shorter centimeter. Don't forget that the hammer, discus, and javelin (the long throws) must be recorded to the lesser, **even**

centimeter by IAAF directive. So there is no such thing as 36.77 meter hammer throw, it must be recorded as 36.76 (now, you know more than a lot of officials). Likewise, after multiplying by the age factor, hammer, discus, and javelin age-graded performances must be rounded down again to the shorter, **even**, centimeter. If this is not carefully done, the resulting scoring will not be correct.

Scoring Tables: The age-graded performance is then looked up in the IAAF Combined Events Scoring Tables (or can be calculated by computer with the correct formula). Most throwing event scores are contained in the 1985 (or later) editions of the IAAF publication "Scoring Tables for Men's and Women's Combined Events Competitions," which is available from NMN for \$12. Most of these editions do not contain all of the tables needed to score both men's and women's throws, as the hammer and the women's discus are usually not included.

For missing tables (or if you are interested in computer scoring) contact Rex Harvey, WAVA Multi-Event Subcommittee Chair (160 Chatham Way, Mayfield Heights, OH 44124 216-446-0559). Hopefully soon, NMN will sell a German scoring book "Internationale Leichtathletik-Mehrkampferwertung" that does contain all of the throws in a single small volume.

There is one other thing to remember for correct scoring. If the performance you are trying to look up is not listed in the scoring tables, you must fall back to the lesser scoring performance that is listed. Don't go to the nearest performance listed, but to the lesser performance listed (see last example below).

Example:

A W40-44 hammer throw of 36.77 must be recorded as 36.76 meters.

36.76 times 1.1140 age factor equals 40.95064.

40.95064 is rounded down to 40.94 (shorter even centimeter).

40.94 is looked up in the scoring tables to be worth 732 points.

Weight Throw:

All the other events, with the exception of the weight throw, are scored in a similar manner. The weight throw, being a relatively new event, **has no IAAF scoring table**, so an extra step must be performed. Treat the weight throw just like the shot put except, just before looking up the score in the shot put tables (since there are no weight throw tables), multiply the age-factored performance by .9308 and round to the shorter centimeter (.9308 is the ratio of the World Records in the SP and the WT).

Example:

A M70-74 weight throw of 14.67 meters (with the 16# Weight).

14.67 times 1.2088 Age Factor equals 17.733096 Age-Factored Performance.

17.733096 is rounded down to 17.73.

17.73 is multiplied by .9308 correction factor to get 16.503084.

16.503084 is rounded down to 16.50 and looked up in Men's SP tables.

Continued on next page

1995 Southern California Association Masters Track and Field District Championships

Occidental College
1600 Campus Road, Los Angeles, CA - Patterson Field

Saturday, April 8, 1995

Divisions: 5 year divs. for men and women, age 30 and above.
Entry Fee: \$10.00 per event. Sorry, No Refunds.
Entry Deadlines: All entries must be postmarked by April 1, 1995. Late entry is \$15.00 per event on space available basis only. Please enter early!

Order of Events: Competition order - oldest to youngest, women first, (except HJ & PV which start at lowest height).

Awards: USAT&F District Championship Medals to top 3 residents. There will also be medals for non-residents who finish in the top three places.

Surface: 9 mm elements required for track, LJ, TJ, PV, HJ. 12 mm required for JT.

Miscellaneous: USAT&F Registration Required. Registration forms available at the meet. Membership fee - \$12.00. (Separate payment, please.)

Send check and entry form to:
Christel Miller, 1740 Grandview, Glendale, CA 91201
Telephone: (818) 843-2139 (until 9 p.m.)
Please make check payable to: Christel Miller
Co-Sponsor: Corona del Mar Track Club

Schedule of Events

Field Events:
11:00 pm IIT, PV, JT
11:30 pm LJ
12:30 pm SP
1:30 pm HJ, TJ
2:00 pm DT

Track Events:
12:00 pm IIII
12:30 pm 5000m walk
1:15 pm 300/400m III
1:45 pm 100m
2:40 pm 800m
3:15 pm 200m
4:00 pm 1500m
4:30 pm 400m
5:00 pm 5000m

Southern California Association Masters Track and Field Championships

Name: _____ Birthdate: _____
Address: _____ Male _____ Female _____ Age: _____
Phone: _____ USAT&F # _____

EVENTS	BEST '94/'95 MARK	ENTRY FEE
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Club Affiliation: _____
Total Fee: _____

I waive all rights that I or my heirs or assigns may have against Occidental College, USA Track & Field, and the sponsors of this event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in sufficiently good health to participate in this event.

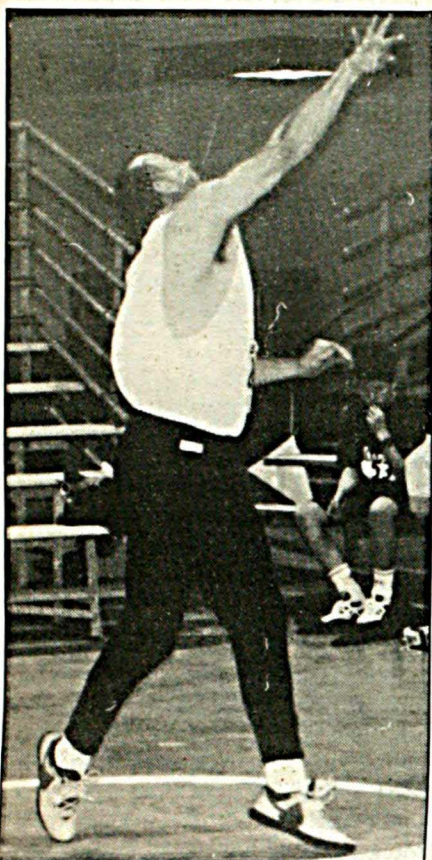
Signed: _____ Date: _____

The Weight Room

Continued from previous page

There is no 16.50 so 16.49 is used to award 882 points.

Results Reporting: All that is left to



Walt Badorek, first M60 (41-5) shot put, Eugene Indoor Meet, Feb. 5 Photo by Jerry Wojcik

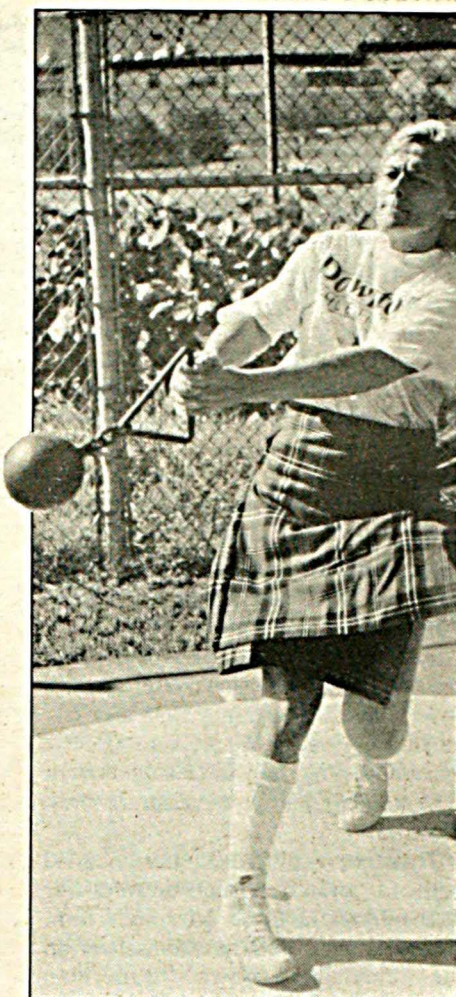
do is add up the total scores to see who won in each age group and to send in your results to NMN (see address inside front cover). Remember a bare total score is not nearly enough for verification, so a bare score will not get you into the annual rankings, etc.

As a minimum, report the name and date of the meet, the athlete's one-year age (i.e., M37, W43, etc.), all the actual performances, in order, and the implements used. Simply state "WAVA implements used" if that is true.

Records Applications: WAVA records applications (which also serve as American Records Applications) are available in the WAVA Handbook, 1994-95 edition, or from Pete Mundle USATF and WAVA Records Chair (see address inside front cover of NMN). They also are occasionally published by NMN.

Computer Software: Remember there are computer programs available that do all of the above, more or less automatically; all you have to do is put in the names, ages, and actual performances and it does the rest. Hy-Tek "MEET MANAGER" software (which WAVA has standardized worldwide) is one example, but be sure to purchase the basic package, multi-event option, and the age-grading option to be able to score WAVA weight pentathlons as well as any other multi-event or to run regular track and field meets.

Have fun throwing and scoring. □



Cynthia Morrison, first W35 in the weight throw (21-10 1/4), Chuck Klehm Memorial Pentathlon, Delray Beach, Fla., Dec. 27. Photo by Bill Burkile

Horner, Tracy Win in Paramount 10K

Gregg Horner, 40, Santa Barbara, Calif., won the Paramount Special World Masters 10K, Paramount, Calif., Jan. 14. Horner, 1994 national masters M40 champion (32:48) in Eugene, finished sixth overall with a 32:51, leaving second place to Harold Ketting, 40, also of Santa Barbara, who ran 33:03.

Jim O'Neil caught a hard-running Pat Devine before the six-mile mark to win the M65 race by eight seconds with a 41:59.

Diana Tracy, W40, not only won the masters race but finished first female overall with a 36:47. Sandy Robbins, W40, was second in 39:03.

Mary Story broke the W70 course record by three seconds with a 55:22.

Entrants in the World Masters 10K had to meet qualifying standards.

In the regular 10K, Ed Avol, M40, with a 35:03, and Elaine Triplett, W40, with a 39:26, were the 40+ winners.

Luis Gorodo took the M55 contest in 39:29. Chris Freeman won the W55 race easily in 50:46.

About 500 runners finished the course in perfect weather. The event was sponsored primarily by the City of Paramount and directed by Finish Line International. □

1994 WAVA Men's Weight Pentathlon Age Factors										
	HT 7.26K (16#)	HT 6K	HT 5K	HT 4K	SP 7.26K (16#)	SP 6K	SP 5K	SP 4K		
M30-34	1.0000				1.0000				M30-34	
M35-39	1.0000				1.0000				M35-39	
M40-44	1.1092				1.0600				M40-44	
M45-49	1.2310				1.1811				M45-49	
M50-54		1.2421				1.1963			M50-54	
M55-59		1.3788				1.3330			M55-59	
M60-64			1.3967				1.3568		M60-64	
M65-69			1.5502				1.6106		M65-69	
M70-74				1.5389				1.5054	M70-74	
M75-79				1.7080				1.6774	M75-79	
M80-84				1.8956				1.8689	M80-84	
M85-89				2.2262				2.2085	M85-89	
M90-94				2.8642				2.8705	M90-94	
M95-99				4.0743				4.1451	M95-99	
M100+				6.4800				6.7332	M100+	
	DT 2.0K	DT 1.5K	DT 1.0K	JT 800G	JT 600G	WT 16.88K (35#)	WT 11.34K (25#)	WT 9.08K (20#)	WT 7.26K (16#)	WT 5.45K (12#)
M30-34	1.0000			1.0000		1.0000				M30-34
M35-39	1.0000			1.0765		1.0391				M35-39
M40-44	1.0000			1.1829		1.1228				M40-44
M45-49	1.0949			1.2999		1.2133				M45-49
M50-54		1.0787		1.4285			1.1081			M50-54
M55-59		1.2025		1.5698			1.1974			M55-59
M60-64			1.1174		1.5893			1.1674		M60-64
M65-69			1.2457		1.7465			1.2507		M65-69
M70-74			1.3887		1.9192				1.2088	M70-74
M75-79			1.5482		2.1090				1.3083	M75-79
M80-84			1.7260		2.3176				1.2224	M80-84
M85-89			2.0414		2.6793				1.3766	M85-89
M90-94			2.6572		3.3596				1.6541	M90-94
M95-99			3.8454		4.6022				2.1310	M95-99
M100+			6.2855		6.9407				2.9587	M100+

1994 WAVA Women's Weight Pentathlon Age Factors										
	HT 4K	HT 3K	SP 4K	SP 3K	DT 1.0K	JT 600G	JT 400G	WT 9.08K (20#)	WT 7.26K (16#)	WT 5.45K (12#)
W30-34	1.0000		1.0000		1.0000	1.0256		1.2105		W30-34
W35-39	1.0084		1.0000		1.0000	1.1655		1.3036		W35-39
W40-44	1.1140		1.0688		1.0597	1.3244		1.4038		W40-44
W45-49	1.2307		1.2258		1.1974	1.6050		1.5117		W45-49
W50-54		1.1774		1.2176	1.3530		1.4548		1.3001	W50-54
W55-59		1.3008		1.3964	1.5288		1.6530		1.4001	W55-59
W60-64		1.4370		1.6016	1.7275		1.8784			W60-64
W65-69		1.5875		1.8369	1.9520		2.1345			W65-69
W70-74		1.7537		2.1068	2.2056		2.4256			W70-74
W75-79		1.9374		2.4163	2.4922		2.7564			W75-79
W80-84		2.1403		2.7713	2.8161		3.1322			W80-84
W85-89		2.4951		3.2997	3.2889		3.6850			W85-89
W90-94		3.1716		4.2531	4.1175		4.6645			W90-94
W95-99		4.4321		5.9754	5.5548		6.3897			W95-99
W100+		6.8768		9.2252	8.1240		9.5369			W100+

ARIZONA MASTERS INVITATIONAL TRACK AND FIELD

McClintock High School; 1830 East Del Rio Drive; Tempe, AZ -- Saturday -- May 6, 1995

Sponsored by Arizona Association USA Track and Field

Age Division: 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 80 and over

Facilities: Eight lane all weather track

Entry Fee: \$12 for the first three events chosen. Each additional event \$3. Relays \$15.

Awards: Medals to first three in each age division

Deadline for Entries: May 1, 1995

Entries: Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257; (Area code 602) 949-1991.

NIGHT TRACK MEET SCHEDULE OF EVENTS

Track Events				Field Events	
6:00	3000M - W	7:35	100M - W	5:00	Shotput
6:20	5000M - M	7:45	100M - M	5:30	Long Jump
6:35	4 x 100 W	7:55	800M - W	6:00	Javelin
6:40	4 x 100 M	8:05	800M - M	6:30	High Jump
6:45	100 Hurdles W	8:15	300 IHW	7:15	Pole Vault
6:50	110 Hurdles M	8:25	300 IHM	7:30	Discus
6:55	100H M	8:35	200M - W	8:30	Triple Jump
7:10	1500M - W	8:45	200M - M		
7:15	150M - M	9:00	4 x 400 Relay W		
7:20	400M - W	9:10	4 x 400 Relay M		
7:30	400M - M				

ENTRY FORM

Name (Last) _____ (First) _____ Age _____ Sex _____
 Date of Birth _____ USA # _____ Telephone _____
 Address _____ City _____ State _____ Zip _____
 Please enter me:
 1. _____ 4. _____
 2. _____ 5. _____
 3. _____ 6. _____

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Tempe, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's Signature _____ Date _____

PROFILE

Twins Win Sudafed Training Grant

by MARILYN J. MITCHELL

The Women's Sports Foundation announced that 47-year old identical twins Michael Hill and Johnnie Hill-Hudgins have been selected as winners of a 1994 Sudafed Travel & Training Fund Grant in the amount of \$1500 each.

During this fall grant period, \$24,250 was awarded to 21 individuals and 6 teams. As far as we and the Foundation can ascertain, this is the first time that masters in the USATF running program have been awarded grants.

Michael and Johnnie live in Princeton, N.J. and, though they had previously competed in high school track, they only recently resumed competition with masters track and field in the spring of 1992.

Identical, the twins have different interests in track and field. Johnnie, who will tell you that *she* is your favorite twin, took three medals in the 1994 nationals at Eugene, Ore. (hammer/gold, shot put/silver, high jump/bronze) and Michael, who is equally convinced that *she* is your favorite twin, took four golds in Eugene (100, triple jump, long jump, hurdles). Both placed in the top ten in the WAVA World Veterans Championships in 1993 in Miyazaki, Japan.

They also participate in racquetball, where they are ranked 19th and 20th in the world in their age-group and where they were 1994 state and eastern champions of all age groups. In non-age-group competitions there is a system which ranks skills as novice/C/B/A/Open with open being the highest level; Michael is a champion in the "C" category while Johnnie is a champion in the "B" category. Both expect to move up one skill level in 1995 and they deliberately compete at different skill levels to avoid head-to-head competition against each other.

Graduates of New Jersey's Rider College, Johnnie is married and Michael is still single. Johnnie was

named for an uncle who died in the military, and Michael's name was chosen so that the twins would have "comparable" male-type names. Both are pursuing show business careers, and so identical are they that they frequently use one SAG/AGVA/AFTRA resume, listing height (5'8"), weight (135 pounds), hair and eye colors (both brown).

Their physical fitness has enabled both to serve as stunt doubles for Grace Jones in Eddie Murphy's film, "Boomerang" and as themselves on the television show, "American Gladiators." Their show business careers, which include singing/dancing, theater, modeling, film, television work and commercials, have taken them around the United States and to Asia, Europe and the Caribbean.

Show-business-and-track-buddie Julie Wiedis rounds out the group and they are so frequently together that they are jokingly referred to as the "Hill Triplets." Julie also has recently been awarded a Sudafed Training Grant.

The Women's Sports Foundation, founded in 1974 by Billie Jean King, is a non-profit education organization dedicated to promoting and enhancing the sports and fitness experience for all girls and women and has a number of educational programs and publications. Current president is former Olympic gold medalist in swimming, Nancy Hogshead. Foundation



Left to right: Johnnie Hill-Hudgins and Michael Hill. Or is it Michael & Johnnie?

Photo from Marilyn Mitchell

members include anyone with an interest in women's sports and \$25 donors automatically become voting members. The Sudafed Travel & Training Fund was established in 1984 to provide direct financial assistance to aspiring female athletes with potential, in order to allow athletes to achieve that potential by alleviating financial worries and allowing the athletes to concentrate solely upon competition.

USATF President, Larry Ellis, was delighted that the twins were successful in obtaining the grants and said, "The story of their compelling success is one that needs to be told in an attempt to highlight the achievement of women in sports and at the same time serve as a motivation for other women and young girls to forge ahead in pursuing excellence in athletics, particularly on the masters level." □

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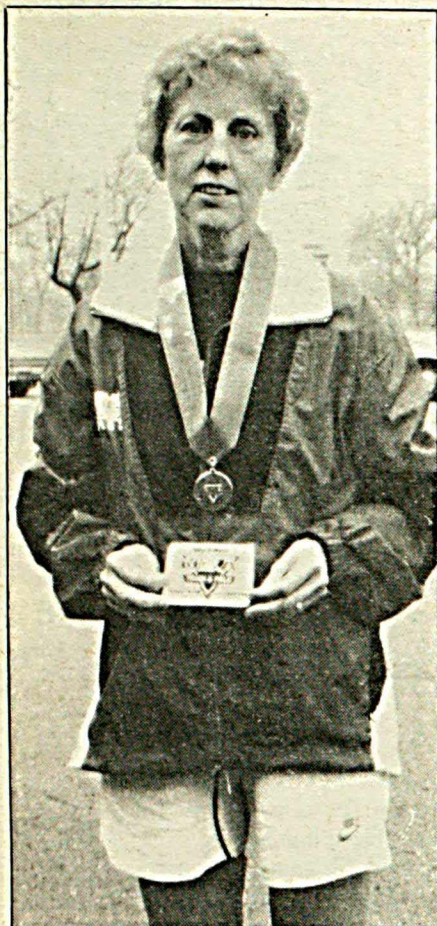
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RUNNER'S
WORLD



Michael Hill and Johnnie Hill-Hudgins, W47, with Australian twins Shirley and Joan van Vugt, W55, of Melbourne at the Brisbane World Masters Games in 1994.



Margaret Davis, Overland Park, Kansas, first W50 (49:21), USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4.

Photo by Hank Kiesel

1994 T&F Rankings

Continued from page 1

For one, the steeplechase has not grown as much as other areas in masters t&f. I suspect that the reason for the short list stems more from a lack of opportunity, rather than lack of interest, because many venues don't have a steeplechase set-up. The steeplechase at the Nationals in Eugene drew 48 participants, including four women and five foreigners. About 70 steeplechasers are listed in the rankings; very few were omitted because of disproportionately poor marks; otherwise, the list would have been even shorter. The numbers of participants in the event in 1995 should pick up somewhat, as they did in 1989 for the WAVA Games in Eugene, because of interest in and preparation for the WAVA Games in Buffalo.

The mile, not on the list of events proscribed for a USATF event, was not popular outdoors, especially for runners age 50-and-over. Meanwhile, the indoor mile is growing with added opportunities this season for the 50+ age groups.

The most noticeable change in the rankings in the six years is the huge explosion in the age 55+ lists as a result of the increase in the number of Senior

Games (Senior "Olympics") events throughout the country. The increase is particularly apparent in some of the field events, especially in the women's throws, which is why, in some cases, the W60+ groups are larger than the younger ones. Many of the listed individuals 55-and-over are one-timers, who compete in a local seniors meet but do not venture beyond that to USATF association or regional championships.

The book is available for \$6, plus \$1.25 for postage/handling from the National Masters News, P.O. Box 50098, Eugene, OR 97405.

The 1995 indoor event compilers are listed below. If your best marks in those events have not appeared by the May issue, forward them to the compilers not later than the end of May.

• **55m/200/400** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

• **800** William Benson, 6 Eton St., Valley Stream, NY 11581

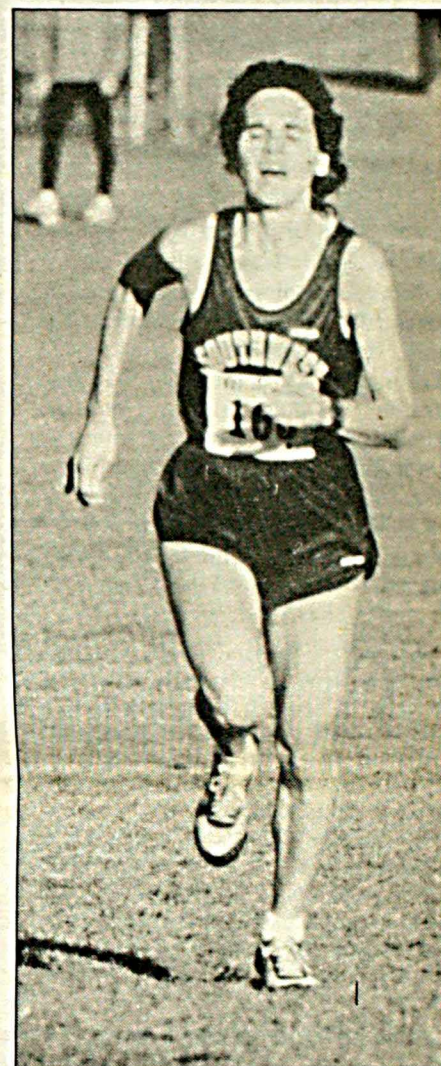
• **3000** John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

• **HJ**, TJ Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250

• **LJ** Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

• **SP** Sally Polk, P.O. Box 71, Sandia Park, NM 87047

• **1500, mile, 55mH, PV, 3000 RW, WT** Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. □



Catherine Dowling, San Marcos, Texas, W40 winner (30:28), USATF National Masters 8K Cross-Country Championships, Boston, Nov. 19.

Photo by Steve Schmitt BRC

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

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.

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.

FIVE YEARS AGO March 1990

• Dave Stewart, 41, Lowers Masters Mile Record to 4:15.47 at Millrose Games

• Randy Taylor, 42, Bests Norm Green, 57, in National Masters 5K

• Jane Hutchison, 44, First Age-Graded Runner in Tulsa 8K

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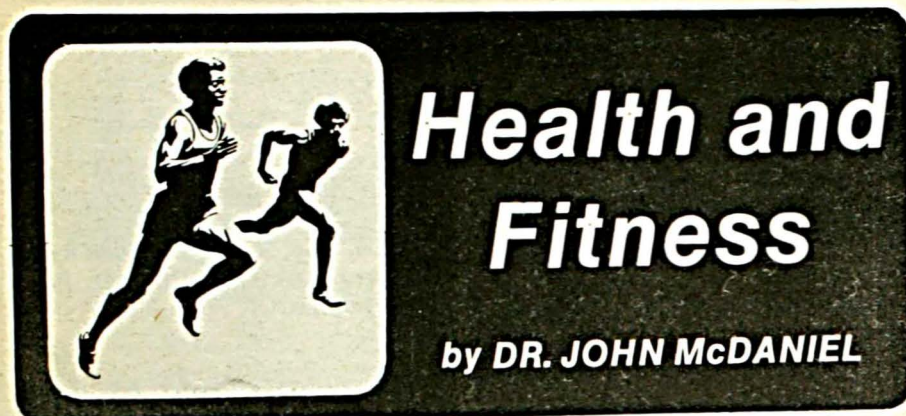
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Health and Fitness

by DR. JOHN McDANIEL

Slipped Disc

Sometimes back pain is referred to as a slipped disc. You have probably heard someone say, "I once had a slipped disc." One way to slip a disc is to develop a disc protrusion. A disc is like a jelly doughnut — tough outside with a soft center. Such discs help you move and are found between each vertebra in your spine. A solid spine would be like a broom handle, hardly useful for movement.

Sometimes, discs get torn around the edges. When this happens the soft center can press toward the outside, creating a bulge in the side of the disc. Usually, the bulge is toward the back part of the disc where the spinal nerves are located. When a disc bulges, it can press on the nerve causing pain in the back, buttocks, and down the leg. This injury is called a herniated nucleus pulposus or herniated disc.

Years ago, anyone with a herniated disc was sent immediately to an orthopedic surgeon. Since surgeons do surgery, most of these patients had a back operation. Today, most literature supports a more conservative approach. Ninety percent or more of back injury patients will get well without surgery. A conservative plan would comprise chiropractic adjustments, massage, mild medications, and mostly stomach and low back

strengthening exercises. This program can be quite successful.

Most important, is to avoid re-injuring the back. Back schools can teach people proper lifting and carrying techniques to use at work and home to avoid re-injury. Healing of a disc injury takes a long time as there is ample opportunity to again hurt a partially healed disc. Proper technique will avoid further damage.

If your back hurts, avoid surgery, get more exercise, and try a chiropractor. If it works, you have saved yourself the problems associated with surgery. If your back still hurts, avoid surgery and try acupuncture. If it still hurts, avoid surgery and try *anything* else. □

(John McDaniels, D.C., C.C.S.P., is a chiropractor at the Spinal and Sports Care Center in Mountain View, Calif.)

Masters Age Records

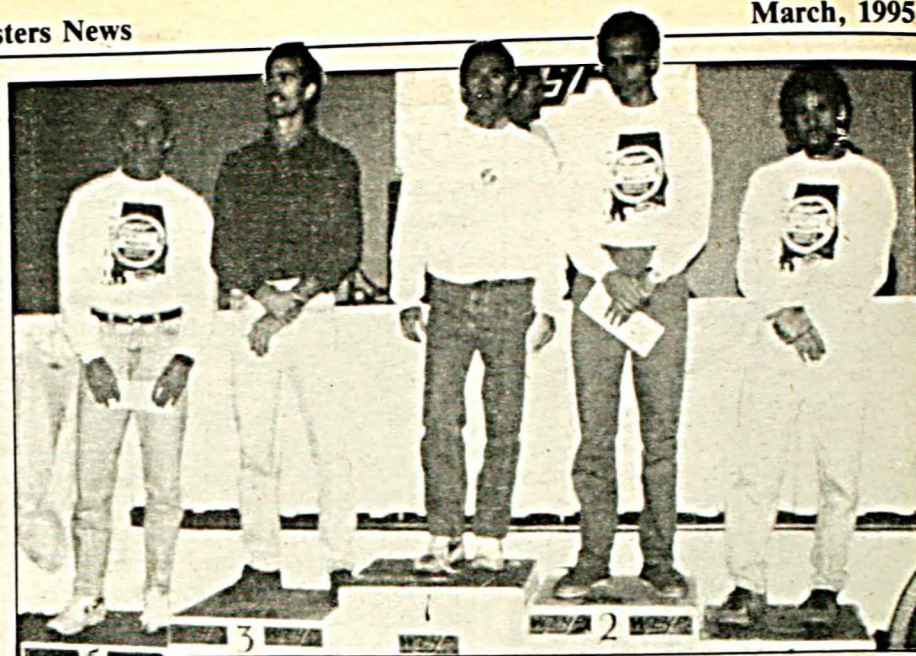
Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

Name _____
Address _____
City _____ State _____ Zip _____



Male master prize money winners at 1994 WZYP Rocket City Marathon are L to R, Ken Sparks, Terry Permar, Bob Schlau, Reno Stirrat, and Allen Choma. Photo by Linda Senkbeil

At 61, Malcolm Gillis Wins 50K Overall

by RUTH ANDERSON

On Jan. 21, the Jackson Five-0 (50K/50M) was held in Dallas, Tex. The most astonishing result was that of the 50K overall winner, Malcolm Gillis, 61, who finished in 3:35:51, almost eight minutes ahead of second-place finisher Jack Weiss, 49. First-place masters female was Marylyn Patrick (50, 4:53:26), who just outdistanced Marsha O'Laughlan (49,

4:55:30).

The 50-mile men's masters title went to Robert Perez, 46. His winning time of 5:40:05 set a new American record and placed him second overall. Bonnie Allison, 52, captured the women's division in 8:10:36.

The races took place at lovely Bachman Lake (3 + mile circuit) where good weather contributed to many fine performances. □

Book Review: Running Injury Free

by BARBARA T. ERSKINE

Most of us avoid visiting a doctor at all costs. We'll try to run through that nagging pain or sore muscle, ignoring the warning signs flashing from the wear on our shoes or radiating from feet, knees or legs. Joe Ellis, D.P.M., in his book, *Running Injury Free* (Rodale Press, 1994, \$14.95, with Joe Henderson) will sell you on two ideas. One, there *are* doctors out there who want you to continue to run, who won't prescribe a month's rest and two aspirin a day. Two, an early visit to a sports practitioner will prolong, not shorten, your running life.

By nature, we don't broadcast our failures. Dr. Joe is no exception. Instead, in case study after study, using patients with real complaints, he shows how thorough examination and proper treatment brought relief and the ability to run without pain. His words are all the more convincing because he is a runner, with his own share of injuries.

The portrait of Beverly is typical. Her regular doctor had diagnosed repeated stress fractures. Each time she would have to stop running for three months. Her pain was always in the same place but there was neither a bone callus nor break observable on her X-rays. Through gait and flexibility analysis, Dr. Ellis determined her overpronation to be causing the tendon to pull away from the bone. His cure was flexibility exercises, a motion-control shoe and orthotics. She was free of pain within a month and has had no recurrence of "stress fractures." The doctor muses, "Beverly's story illustrates how we must treat the body as

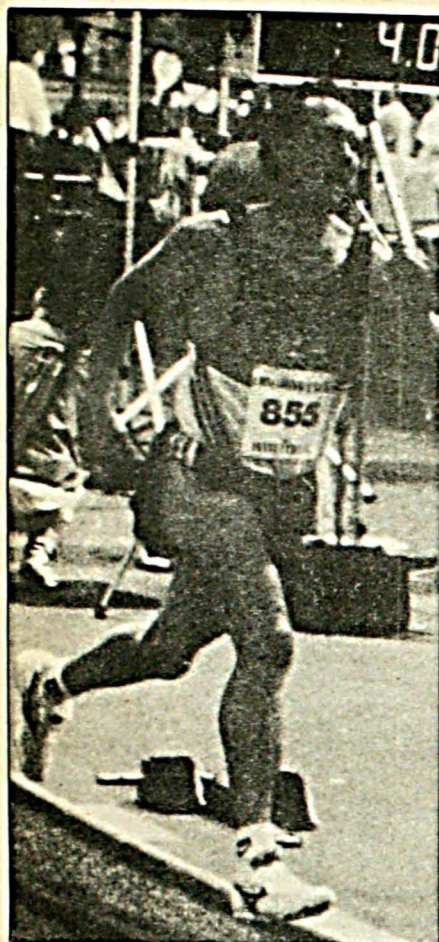
a whole, rather than just the specific areas of pain. Without knowing her biomechanics, flexibility and mechanisms of gait, I would have never been able to solve her chronic problem."

Ellis and Henderson transform scientific knowledge into a user's handbook. They explain the symptoms of all common running injuries, possible treatments and prevention techniques. Their discussion of picking the right shoe is excellent. A 7-step plan for staying healthy includes stretching, common sense and advice.

Complementing the medical information are tips the doctor has garnered from his years of practice. Ever get black toenails? You'll find a unique way to lace your shoes which allows more room in the toe box. Looking for a specific stretch to avoid plantar fasciitis? Turn to that chapter for diagrams of several. Wonder what surface is best to run on? Grass, tracks, trails and roads are rated from 1-10.

Seventy-five per cent of men and 80% of women who run regularly will suffer at least one injury severe enough to halt their running. If you race, your chances increase by 10%. More than 50% are injured once every 12 months. Unless you feel you can beat those odds, this book is a valuable edition to your library. By being more knowledgeable and aware, at best you may save yourself from injury and at least you can exercise more control over your recovery. □

(Barbara T. Erskine, *Books For Runners*, 412 N. Davison St., Traverse City, MI 49684.)



Wally Herrala, with less than one lap remaining in the Commonwealth Invitation Etonic Seniors 50+ Mile, Jan. 21, in Cambridge, Mass. Herrala lowered the world M50 indoor mile mark to 4:39.95.

Photo by Larry Sillen

Sparks, 3 Records

Continued from page 11

Masters 800

Sparks almost did not complete the double. An hour after the mile, he warmed up for the masters 800, open to runners over age 40, but complained of a headache. Ten minutes before the event, he had not checked in. Only after it was suggested that "as long as he was here, he should give it a shot," did Sparks head for the starting line.

The entries included:

- Marcel Philippe, 43, a 1976 French Olympian with a 1:45.8 PR who had won the Millrose Masters Mile, Feb. 4, in 4:26; and had run 4:28 earlier in the open mile;

- Tom Hartshorne, 41, son of the late Jim Hartshorne, fourth at Millrose and boasting a 2:01.45 in the Nationals last year in Eugene;

- Neil MacDonald, 51, of Bendigo, Australia, who had seen the notice of the race series in the *National Masters News* and arranged a business trip to correspond with the event. He had run 2:04.99 and 4:17.90 for a pair of M50 second places in the World Veterans Championships in Miyazaki in 1993. Years ago, he had trained with Percy Cerutti, ran a 4:11 mile, raced professionally, was banned, later reinstated, and has been racing again for five years. He was in fine shape, in the middle of a down-under summer.

The 800m lead group passed 440 in close to 60 seconds with Philippe and Hartshorne in front. Sparks was three

yards behind with 110 to go. MacDonald was a close fourth.

Hartshorne dived at the tape to pass Philippe on the outside, with both timed in 2:02.7. Sparks outkicked MacDonald, 2:03.5 to 2:03.9.

MacDonald joins the club of hard-luck runners who bettered an existing world record in a losing effort. Examples include:

- Said Aouita (3:29.71 1500 behind Steve Cram's 3:29.67 in Nice, 1985, lowering Steve Ovett's 3:30.77);

- Merv Lincoln (3:55.9 mile behind Herb Elliot's 3:54.5 in Dublin, 1958, lowering Derek Ibbotson's 3:57.2);

- Glen Cunningham (3:48.9 1500 behind Bill Bonthron's 3:48.8 in Milwaukee, 1934, lowering Luigi Becalli's 3:49.0).

A pair of Etonic running shoes to each NMN subscriber who cites other examples of losers surpassing existing non-masters world records. Call Sweeney at 201/798-4480. □



With one lap to go at the Etonic/Bermuda Seniors 50+ Mile, Jan. 21, in Cambridge, Mass., from left: Tom Sullivan (5th, 4:56.34), Hugh Sweeney (4th, 4:55.81), Monserrate Burgos (2nd, 4:50.01), Sumner Brown (3rd, 4:51.81), Paul Perry (faded to 6th, 5:00.92).

Photo by Larry Sillen

Las Vegas Marathon

Continued from page 1

Runners-up in the women's masters field were California's Sharlet Gilbert (2:50:00, \$1000), Canada's Diane LeGare (2:55:09, \$600), Missouri's Jane Hutchison (2:55:48, \$400), and

Colorado's Ann Daxberger (2:57:18, \$300).

In the half-marathon, Colorado's Doug Bell (1:05:44, \$1000) and California's Honor Featherston (1:13:54, \$1300) took masters honors.

□

Millrose Mile

Continued from page 1

didn't do the sub-four mile at Millrose — I had to go up to Harvard to get my masters degree," he joked.

Coghlan said he has no desire to run at the Garden in the open Wanamaker mile.

"I put on 14 pounds and my New Year's resolution is to lose a stone (14 pounds)."

Coghlan will do the New York City Marathon again because "Not running . . . I was bored to tears."

In his only previous marathon start, he finished 41st with a 2:25+ in the 1991 New York City race.

In the other masters event of the evening on the 11-lap-to-the-mile banked wooden track, D.C. Masters beat Central Park Track Club in a controversial men's 4x400 relay. Central Park was in the lead at the first exchange but was overtaken on the second leg by D.C. Masters' Ralph Penn. By the time powerhouse Fred Sowerby ran the anchor leg for D.C., he had a commanding lead and Central Park's Ed Gonera's valiant effort was not enough to close the distance.


East Texas TC was disqualified for impeding the progress of another team's runner.

This year there were more teams who wanted to run the Millrose relay than there were lanes, so teams were admitted on the basis of their best qualifying times in other indoor meets. The coordinator of the relay was Ed Small of the NY Pioneer Club. □



Kathy Barton, 41, Houston, Texas, second W40+ (2:48:52), Houston-Tenneco Marathon, Jan. 15.

Photo by J. Smith



USATF Midwest Masters Regional Indoor Track and Field Championships

Saturday, March 25, 1995

Host: Midwest Masters Track & Field Club

Sanction: USATF Illinois #95-008

Meet Site: Glenbrook South High School
4000 W. Lake Ave. (at Pfingsten Rd.)
Glenview, IL

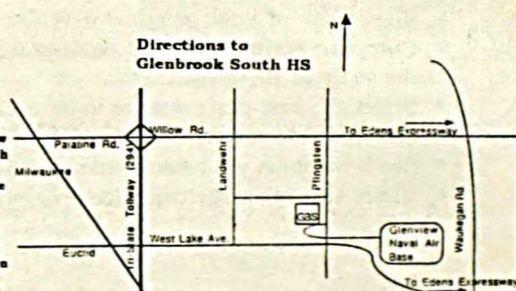
Directions:

A. Take I294 (going north or south) to Willow Road exit. Go East on Willow 2 miles to Pfingsten Road. Go South on Pfingsten 1 mile to the school. Park in lot immediately North of the school by the tennis courts.

or

B. Take Edens Hwy. (194) North to the Lake Avenue exit. Go West about 5 miles to Pfingsten Rd. Turn right on Pfingsten and left into the parking lot immediately North of the school by the tennis courts.

Directions to Glenbrook South HS



Facilities: New building with new 6-lane, 160m track. Absolutely NO spikes are allowed. Lockers and showers are available. Bring your own towel and lock. Food may NOT be brought into the track area. Eat in adjacent lobby.

Eligibility: Meet is open to all men and women age 30 or over. No qualifying standards. Competition is in 5 year age groups. All-Comers/29-under may compete but awards are separate.

Rules: Meet will be run per USATF Competition rules. No false starts. Women run first, oldest to youngest. Race walk judges will be present.

USATF Membership: \$12 required for Masters Competition but not for All-Comers. List '95 USATF membership number on entry form or enclose separate check for \$12.00 to "USATF Illinois". USATF membership also available on site.

Entry Fee: \$15.00 for entries received by March 20. \$20.00 if received after March 20 or on meet day. Meet day registration from 9:00am to 11:00am. No refunds.

Awards: Medals to first 3 places. Awards limited to 3. Additional earned medals are \$3.00 each and may be purchased at the end of the meet.

Order of Events:

Field Events	11:00	LJ, TJ, SP, HJ, PV, WT (12+ years, men and women)
Running Events	12:00	3000m RW 2:30 800m
		35m H 200m
	1:00	50m 1500m
		3000m 3:45 4x1-lap Relay
	2:00	400m 4x400m Relay

Approximate times only

Send Entry Forms and USATF checks to: Clarence Trinkner, 633 Sunset Dr., Janesville, WI 53545 (608/756-5260)

Make entry fee checks payable to: "Midwest Masters Track & Field Club"

Entry Form

Name _____ Sex M ___ F ___ Age on 3-25-95 _____ Date of Birth ____/____/____

Address _____ City _____ State _____ Zip _____

Telephone (____) _____ USATF # _____ Club _____

Events Entered _____

Best Mark 1995 _____

I understand that competing in a track/field meet can be potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effect of weather, including high heat and / or humidity, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release USATF Illinois, Glenbrook South District, Midwest Masters Track Club, and all sponsors and officials from all claims of any kind arising out of my participation in the USATF Midwest Region Championship. I grant full permission to use photos / records of these events.

Signature _____

Date _____



Two Views of Age-Grading

Age-grading is defined as an attempt to mathematically equalize age-group runners and to compare times with open runners and other masters runners. Almost every sport has endured various experiments for some sort of equalization. The pitfalls of age-grading are:

- It is a false assumption that a 35:00 10K open time is comparable to a 39:00 10K masters time.
- Though masters have advantages such as experience and technique, the physiological advantage of youth is an overwhelming factor with several notable exceptions.
- Age-grading provides for less competition when compared with age division groupings. There is evidence runners are not enthusiastically embracing age-grading and herein lies its greatest liability.
- Age-division scoring is superior to age-grading.
- Age-division scoring creates more interest; as a result, more runners are inclined to register.
- It provides for more competition in narrower age divisions.
- It tends to neutralize physiological differences but also encourages masters runners to compete with open runners.
- Masters runners are providing new historical elements to road racing. Many credit masters runners with providing the incentive for Americans to be physically fit. To maintain one's fitness is what life is all about.
- Progressive race directors realize masters runners add a significant dimension to road racing. They encourage masters runners to compete. It becomes evident that age-grading is un-

proven, less popular, and has failed to stir competition. As a result, age-grading will die of its own accord in road racing.

—Jeff Hlinka
Brecksville, Ohio

The WAVA age-graded system is far more equitable than the age-division system. Most runners don't know there's a big gap in racing ability within age divisions. In the 40-44 division, few will ever run as fast at age 44 as they did at age 40.

The problem gets worse as this gap widens going up the scale. A 49-year-old runner is much slower, proportionately, than a 45-year-old runner and so on, until you get to the 65-69 and over, where there is a tremendous difference in ability at the top and bottom of the age division.

So why do we have age divisions? Maybe because it's always been this way.

You cannot give equal money or awards to the winners in each age division because you may have two or three great performances in one age division and the winner of another division may have a very poor time. This results in disproportionate and unfair awards.

Do these 40-year-olds griping about the WAVA system really believe that super performances by the older masters should be overlooked? Never mind Roger Robinson's 49:35 in the Tulsa, 15K at age 50 or Marion Irvine's 39:40 10K at age 52.

How should team events be scored where each team has various ages and both sexes, such as the corporate teams in the Tulsa Run? Three 65-year-olds on one team and three 40-year-olds on another running heads-up?



Elizabeth Van Battum, 70, of the New Orleans TC, bettered two U.S. W70-74 records in 1994, with a 24:19 5K and a 1:20:24 15K.

Photo by Al Rieke

Should there be one Clydesdale division, the same as one masters? In other words, a 70-year-old 260 lb. runner goes heads-up against a 25-year-old 200 lb. runner with no consideration of age or weight? Age-grading is the only logical way. No one is saying let's drop the open and age divisions. The WAVA system is to determine the best performances among the masters, Clydesdales and teams.

You want road racing in its absolute purest form? Then let's drop everything . . . no age divisions, no sex divisions, no teams, no Clydesdales, no masters; just the first runners across the finish, like the Olympics. While we're at it, we should put the women in a separate race since they can't run with the fast men. This is NOT the Olympics. Everyone of every age participates and, consequently, there must be an adequate comparison system. The WAVA system does not handicap slow runners. If you're a fast 40-year-old, then more than likely you'll be a fast 50-year-old. The most intriguing thing about road racing is being able to compare performances and categories — even with a system that is subjective and less than definitive.

Is it not strange that a few people can take a quick look at the WAVA system with no knowledge of how it came about and then decide it just doesn't work? Somehow I have more confidence in the people of WAVA, with their vast experience and extensive research, than I do any person who has not had time to examine the system.

And by the way, how many of us know exactly who we have to beat in any given race with any size field? They're all phantom runners if you can't see them. Everyone should key on one or two individuals but most importantly we should try to beat the clock.

It'll be interesting to see how these 40-year-old runners feel about the system ten years from now.

Avery Sharp and Joe McDaniel
Tulsa, Oklahoma

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Joe Johnson broke the M50 meet record for the 300m with a 42.5, Eugene Indoor Meet, Feb. 5.
Photo by Jerry Wojcik



The Masters Wizard

Masters Glossary of Terms

To help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Wizard, c/o NMN, Box 50098, Eugene, OR 97405.

Age Grading: A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

Age Groups: Masters competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

Age Records: Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

All-American Standards: A program sponsored by the USATF Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by bettering the AA standard for their event. (See standards in this issue.)

All-Comer Meets: Open to all, young or old. Generally, low key, fun meets.

AR: American Record.

Athletics: The sports of track & field, long distance running and racewalking.

Certified: Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

Eligibility: There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF

masters competition for a period of two years.

Hurdles: To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "WAVA/USATF Specifications" in this issue.)

IAAF: International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

Implements: Lighter-weight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WAVA/USATF Specifications" in this issue.

LDR: Long Distance Running.

Masters: Men and women age 40 or over.

Masters Clubs: Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the *National Masters News*.

Masters Competition: Every event from the 100-meter dash to the pole vault to the marathon is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Meet/Race Director: The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, pre-race preparation, meet/race management, and post-meet/race requirements such as reporting results to the official record-keepers. A few meet directors may make money on staging meets and races, but many do it strictly for the love of the sport; to provide a service to the track and running community. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

National Team: Used mostly in open competition. National teams are selected by USATF for overseas competitions. There are no masters national teams.

NGB: National Governing Body.

NMN: *National Masters News* is the bible of the masters athletics program. An official publication of both WAVA and USATF, it is published monthly. It delivers

28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information that affect the world masters athletics community. NMN welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$24 (2nd class), \$39 (1st class) or \$43 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

Non-Stadia: Refers to events held outside a stadium (road race, etc.)

Postal Event: Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

PR: Personal Record.

PW: Personal Worst.

Rankings: An annual book of masters T&F rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

RRCA: Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

RRIC: The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and some world "bests." RRIC receives race results for road races throughout the USA, and publishes the monthly newsletter *On The Roads*.

Rules: USATF publishes an annual "Competition Rules Book," which includes special rules for masters competition. WAVA produces a biennial "WAVA Handbook" with international rules. Both are available through the form on page 13.

RW: Racewalking.

Sanction: Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a meet or race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental" to the sport.

Seniors: A word of many meanings: 1) A USATF competitor age 20 or over; 2) Unofficially used in some road events to denote runners age 60 and up; 3) Athletes 55+ (or 50+ in some cases) who compete in Senior Games throughout the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Stadia: Refers to events held within a stadium (100-meter dash, etc.).

Sub-Masters: Men and women age 30-39.

T&F: Track and Field.

Uniforms: Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 2).

USATF: USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national gover-

ning body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "association" offices throughout the nation. Two of its seven sports committees are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive committees meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters.

USATF Membership: It is advantageous for a participant to become a member of USATF (\$12 to \$15 per year, depending on the area). A person is automatically insured against injury while competing in, or travelling to, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

USATF Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schedule for a state-by-state breakdown.) There are 15 regions in USATF open and youth competitions.

USNSO: U.S. National Senior Sports Organization, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 55-and-up. USNSO helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments, some of which allow 50+ entrants. Qualification for the nationals is generally required by competing in state meets.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some USA road races to define runners age 50-59.)

Volunteers: There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, officiating, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

WAVA: World Association of Veteran Athletes, the official world veterans governing body for athletics, recognized by the IAAF as the official organization to oversee veterans activities. WAVA stages a World Veterans Championships each odd-numbered year for men 40+ and women 35+. It holds a World Veterans Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WAVA Regions: There are six worldwide regions: Europe, Africa, North America, South America, Asia, and Oceania. WAVA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

WR: World Record.

4 Months To Go

B • U • F • F • A • L • O



XI WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

Countdown to Buffalo

University of Buffalo Primed to Host World Vets

Only four months remain before the start of the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y., USA, July 13-23. More than 5000 athletes (men age 40+, women age 35+) from more than 70 nations are expected for the biennial event. There are no qualifying standards, except to be at least the minimum age.

The entry and accommodation forms were printed in the February issue of NMN. The entry deadline is May 15. Entry and accommodation forms are also available from the WVC, Box 150, Niagara Square Station, Buffalo NY 14201.

Two stadiums at the University of Buffalo will be the primary sites for the competition. The 16,500-seat main stadium — built at a cost of \$23 million for the 1993 World University Games — will be the location for the majority of the action and all track & field finals, while a supplemental stadium, 1000 meters away, will handle the remainder.

The main stadium is an eight-lane, 400-meter track encircling a natural grass infield, 186-foot free-standing light towers to illuminate nighttime action, state-of-the-art training facilities, physical conditioning equipment, two large locker rooms for up to 800 athletes, luxury suites, and a 100-seat press box.

The second stadium, built to accommodate the 1985 and 1986 Empire State Games, features a synthetic Omniture field surface surrounded by an eight-lane, 400-meter Royal Athletic Track surface running track, an electronic scoreboard and message board, and seating for 4000 spectators.

"Masters athletes will be surprised at the offerings at the University of Buffalo," said Nelson Townsend, director of UB's Division of Athletics. "They'll see everything is outstanding and that you can't pick a better climate to participate in anywhere in the world than in Western New York."

It used to be that when one thought of Buffalo, chicken wings and the Buffalo Bills were the first things to come to mind.

That perception is quickly changing, especially in amateur athletic circles. With the success of the World University Games and this summer's WAVA Championships, Buffalo is quickly becoming known as one of the world's leading venues for amateur sporting events.

"We know the World Veterans Championships are a community-sponsored project, but we feel we are

the host of this event," said Townsend. "We believe we are an integral part of the program and we are putting our best foot forward to ensure this is one of the best events ever sponsored by the World Association of Veteran Athletes."

What works to UB's advantage as an attraction for major amateur athletic events is the growing reputation of its athletic staff.

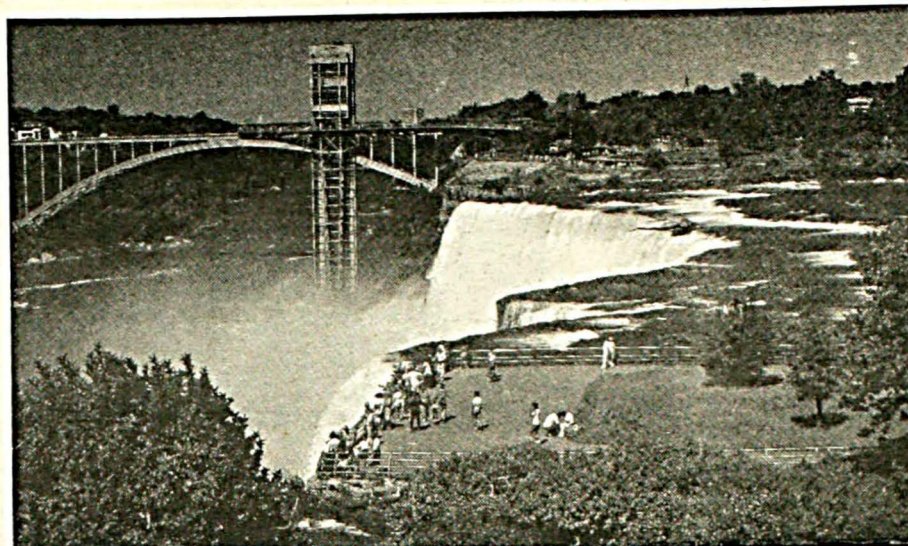
"Ours is a battle-tested staff," said Bill Breene, assistant athletic director for UB. "We gained a tremendous amount of experience with the World University Games two years ago, and we know what we're doing. We feel we could run the Olympics with the talent we've recruited and developed here."

Breene said the attraction of events like the WAVA Championships enhances the university.

"It helps to rally everyone behind a common goal," Breene said. "The administration, faculty, campus police, food service, student associations, as well as the athletic department are all focused on working hard to cast a favorable light on UB nationally and internationally." □ — Bob Chase



The art deco style of Buffalo's City Hall. © Greater Buffalo Convention and Visitors Bureau.



Niagara Falls

High-Tech Results in Buffalo

by TOM TAYLOR

As we reported in the January issue of *National Masters News*, Hy-Tek's MEET MANAGER is the software of choice to run the 1995 World Championships in Buffalo. Hy-Tek has some very special automation plans to help make our meet run smoothly and also provide timely results to our athletes and spectators.

Hy-Tek has developed a very extensive registration system just for our meet. As meet entry forms are processed, information about each competitor is entered into Hy-Tek's MEET MANAGER database. Confirmation letters are automatically generated by MEET MANAGER and are sent to each athlete detailing the events they have entered, any additional administrative fees required, and forms that were not completed.

Not only will Hy-Tek's MEET MANAGER do the seeding, print the meet program, and provide meet results, it will also provide real-time communication with the FinishLynx automated photo finish system so that race results will be communicated quickly and accurately. MEET MANAGER will also be displaying information about the current race in progress as well as race results, directly onto the alpha-numeric scoreboard at the University of Buffalo. Competitors' names, country, and results

will be displayed for all to see.

It sounds like this year's world championships are going to be the most automated yet. See you there! □

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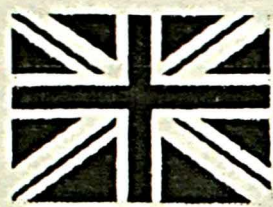
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Report from Britain

by MARTIN DUFF &
BRIDGET CUSHEN

Browne Sets World 800 Record

Peter Browne, M40 world indoor record holder for the 800 (1:55.6) and outdoor (1:51.25), broke Ken Sparks M45 world indoor mark of 1:57.81, running in an international meet in Budapest, Jan. 29, with a sparkling 1:57.32.

Judy Oakes, 36, former Commonwealth Games shot put champion, set a British indoor record in Birmingham, Feb. 4, reaching 18.81.

Julian Goates impressed greatly when posting an excellent eighth spot in the Southern Counties Senior Cross-Country Championships over nine sticky miles of Hampstead Heath. With a backdrop of panoramic views of London, Goates, 41, a former winner of the British National Senior Title in 1981 over the same hills, saw off the challenge of the other masters early in

the race.

Goates completed the course on Jan. 28 in 48:43, exactly two minutes below the overall winner. Phil Pape, 77th in 52:13, was next best. In the women's race, just over four miles, Theresa Tuohy was first W35 in 22:01 for 16th overall.

There were no veterans prizes in either this race or the Midland event in Corby on the same day, where new M40 Dave Ellis beat Mike Hager by one place (21st to 22nd) and just three seconds in 42:20 for the 12K course. In the women's section, Sue Weatherbran was best W35 in 16th place over 6K (26:08).

In the Northern race, Mike Higginbotham, the 10,000 BVAF track champion, was first M40 in 60th place in Manchester, with 43:34 over 12K. □

Write On!

Continued from page 4

taken aback. In fact, it seemed that I was more upset than he was. Jim handled his impending demise with the same class that he exhibited throughout his life.

If anything makes the involvement in the masters program worthwhile, it is having the opportunity of meeting and getting to know people like Jim. He'll certainly be missed.

Bob Fine
Delray Beach, Florida

TYPO IN WORLD GAMES ENTRY FORM

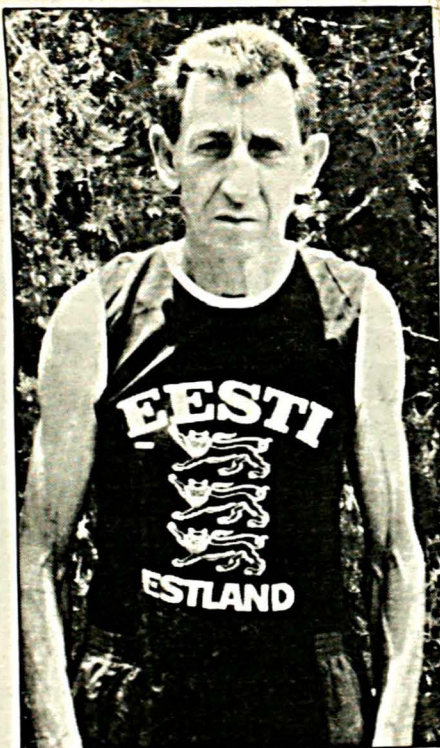
In looking over the competition schedule in the entry booklet for the World Championships in Buffalo, I notice all the M200 finals are on Wed. July 19, except for two groups — M70 and M80 — which are scheduled for Sat. July 22.

Is this a misprint? The 400 finals are on Sat. July 22, which would make it difficult to run both the 200 and 400 finals the same day. Please clarify.

Tim Murphy
Irving, Texas
(Yes, it's a misprint. The dates for all M200 finals should read Wed. July 19. Thanks for noticing and bringing it to our attention. — Ed.)

WORLD CHAMPIONSHIPS

Re the letter (Dec. NMN) about Estonia's participation in the 1991 WAVA Championships in Finland, I



Hugh Coogan, Brisbane, Australia, wearing an Estonian singlet, which he swapped for an Australian one, at the World Games in Turku, Finland, 1991.

have enclosed a photo of myself wearing an Estonian singlet which I received in a swap for my Australian shirt.

Estonia definitely did have a competitor there, again proof that these Games really do link the world in friendly and competitive ways. Good luck, Estonia, perhaps we will meet at the next Games in Buffalo.

Hugh Coogan
Brisbane, Australia

Mihailov, 41, and Keston, 70, Run 1-2 in First Age-Graded Marathon in Spain

The First Worldwide Age-Handicap Marathon was held in Valencia, Spain, Feb. 5, with the first three places going to a 41-year-old, a 70-year-old, and a 35-year-old.

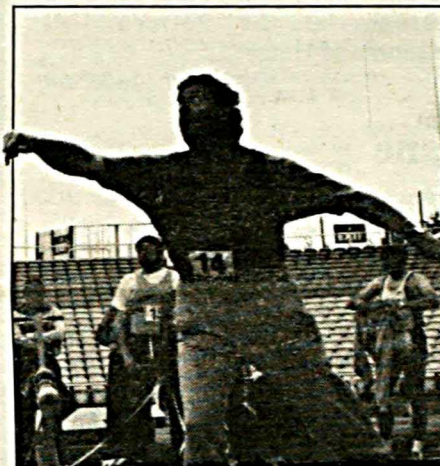
"Exhausted but happy, we can now say that our idea of organizing an age/sex-compensated marathon was a good one," said Francisco (Paco) Borao, Press Information Officer of the event.

Using age standards prepared by the World Association of Veteran Athletes (WAVA), the race featured different starting times for each runner based on age and sex.

The first runner to cross the finish line in an age-graded time of 2:14:55 was Yuri Mihailov, 41, of Russia, whose actual running time was 2:20:38.

Next to cross was Oregon's John Keston, 70, with an AG time of 2:16:40 (actual time 3:02:50).

All the 60+ women started first, followed by the 70+ men 2:45 later,



Mike Corden, 46, most outstanding performer at the 1994 British Veterans Decathlon Championships, Sheffield, England, hurling the shot.

the W55s shortly after that, and so on until the youngest runner took off 48:55 after the 60+ women.

"To say the least, it was exciting," Borao said. "We are already planning next year's marathon."

Sponsors of the race included Coca-Cola, Reebok, and Canon. Any race director interested in staging a similar event may contact Borao at Pinto Peiro, 10-7a-46010, Valencia, Spain, or race director Toni Lastra, fax: 96/362 68 23. □

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Republic of Congo

Walt Stack

Walter Stack (1908-1995) of Potrero Hills, Calif. died Jan. 18 at age 86 in a nursing home after a long illness. Stack took up running when he was 58 to improve his swimming stamina.

As chronicled in a *Sports Illustrated* article, Dec. 15, 1975, Stack started his daily routine at 3 a.m. with a five-mile bike ride to the Dolphin Swimming and Boating Club, where he would don his running gear for a 17-miler over the Golden Gate Bridge to Sausalito and back, take a chilly 45-minute swim in the Bay, followed by a 20-minute stay in the sauna to thaw out and the bike ride back home. Then, he would bike to work by 7 a.m. as a hod carrier with loads of 100 lbs. for eight hours.

His training routine alone would be hard to match, but his ability to promote and encourage others outstripped his athletic prowess. He organized the Dolphin South End RC in 1966, promoting scenic runs through San Francisco every Sunday and encouraging family participation, particularly women, who he felt had been left out of athletic opportunities. The DSE club T-shirts carried the club's motto: "Start Slowly and Taper Off."

Born in Detroit of Polish parents on Sept. 28, 1908, Stack led a colorful life. He joined the army in 1922 as a 15-year-old but soon deserted only to re-enlist at 18 under an alias. The rigors of army life as a medic in the Philippines persuaded him to confess the desertion, which earned him 14 months detention, five of which were spent at Alcatraz.

He sailed for 26 years as a marine fireman until he lost his Coast Guard papers in 1951 during the Cold War hysteria. After other jobs, such as garbage collector and slaughter house worker, he became a hod carrier.

His athletic accomplishments include finishing the JFK 50 Miler, the Western States 100 Mile, and nearly 100 marathons.

Stack was in demand as a speaker at gerontological conferences, senior citizen clubs, and on the radio and television.

Memorial gatherings were held in January at the Dolphin Club in San Francisco's Aquatic Park, and in February at the Potrero Hill Neighborhood House. □

— Ruth Anderson

Buell Crane

Buell Crane (1900-1995) passed away in his sleep from heart failure at his home in Twin Falls, Idaho, in the early evening of Feb. 10, one month short of his 95th birthday. He was sitting in his easy chair in front of his medal display with his dog, Pepe, on his lap.

Crane held many U.S. and world records in the sprints, jumps, and throws. In 1993, he suffered a heart attack but rallied for his last major competition, the 1994 USATF National Masters Championships in Eugene, Ore., where he won seven first places, received acclamation from the crowd, and was featured in a special segment on national television.

Born in St. John, Wash., in 1900, he was raised on a wheat ranch and attended Washington State University, where he hurdled and high-jumped. He joined the Student Army Corps (now ROTC) during World War I, and later graduated with a degree in agronomy. He worked as a wheat rancher and an agronomist for the U.S. Department of Agriculture, and was a consultant for the Steve Reagen Co. of Salt Lake City, retiring in 1979.

He married Mabel Griffith in 1930 and had one daughter. After divorcing, he married Cecile Hughes of Twin Falls in 1950. She passed away in 1986.

He is survived by his daughter, Carolyn O'Connor, of Corvallis, Ore., four grandchildren, and three great-grandchildren.

Competing in meets all over the U.S., as well as in Australia and Finland, Buell was a hardy supporter of the athletes and the sport that sustained him for the past 25 years. His many friends will miss his spirit, his stories, and his talent. He had hoped to compete in the World Games in Buffalo.

The family will establish a scholarship in his name at the College of Southern Idaho, where he worked out and had many friends. Donations can be made to Buell Ross Crane Memorial Scholarship Fund, c/o CSI Foundation, P.O. Box 1238, Twin Falls ID 83301.

A memorial service will be held at the college on the track in the last week of March. □

— Jim Hitchman

Valden Sadul

Friends of Valden Sadul (1924-1995) will be saddened to hear of his death while running in a time trial in a Toronto indoor 1500. Valden was a strong, determined and well-liked 70-year-old competitor at middle distance, hurdles, and steeplechase events and will be sorely missed.

Winner of numerous Canadian and U.S.A. events, his finest achievements were at the WAVA Championships in Eugene, Oregon, 1989, when he won the M65 steeplechase in dramatic

fashion and followed up with a second gold in the 300 hurdles.

Onlookers in Toronto were shocked when Valden, always a very fit athlete, suddenly pitched forward and died instantly after the third 200 lap of the 1500. Moments earlier he had appeared at ease. Dr. Bob Moore, who was on hand, applied instant resuscitation endeavors without success. Our deepest condolences to Valden's family. We know not the hour...

—Don Farquharson

Dick Lacey

Dick Lacey, often called "the guru of running" in the Clearwater, Fla., area, died Jan. 26, at age 84.

His wife, Isabel, said he had been hospitalized since Nov. 30, suffering from tuberculosis, pneumonia, and other ailments.

Lacey was a four-year letterman in the sprints and hurdles at Colgate U. from 1929-32, holding the Colgate record in the 100-yard dash.

He was a track coach at Pelham, N.Y., high school for 25 years while posting 106 victories in 125 meets, including 12 undefeated seasons.

He held world masters records in the 200, 400, 110 hurdles, 400 hurdles, and high jump. He was a double gold-medal winner in the 1975 (Toronto) and 1977 (Goteborg) World Veterans Championships. In 1985 in Rome, he won the high jump. He competed in 1993 in Miyazaki and had planned to be in Buffalo, N.Y., this year.

Last year, he competed at the 100th running of the Penn Relays, 66 years after he first competed in the meet in 1928.

Born in England, he moved to the USA in 1926. His career in education included work as an English teacher, guidance counselor, director of personnel and coach at the high school level, and as a college administrator.

He never stopped coaching,

volunteering his time in Clearwater almost from the day he arrived from New York in 1979 to help coach the Clearwater High School girls' track team and to coach adult distance runners.

"Dick always had a kind word to say about everybody," said Vicky Renner, one of his runners. "He never complained about anything, even in the hospital."

Lacey developed a pentathlon running meet, encouraging road racers to transfer their abilities to the track.

"Dick was extremely devoted to everyone he met," said Charles Espy, a friend and also an English teacher. "He was constantly searching in people for latent talent. He'd see it, and he was an excellent writer, too."

Lacey was a regular contributor to Making Tracks, the newsletter of the West Florida Y Runners Club. His articles were published in national magazines, including *Reader's Digest*. His club regularly called on him to be their dinner speaker.

He is survived by his wife of 62 years, whom he met on a blind date, and a son, Bob. Donations may be sent to the Dick Lacey Scholarship Fund, West Florida Y Runners Club, 1005 Highland Ave. S., Clearwater, FL 34616.

— Bob Henderson and Charles Espy

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RECORDS SET AT INDOOR EAST REGIONAL TRACK & FIELD CHAMPIONSHIPS THRU 1994

Prepared by Haig Bohigian

Men			4x800m Relay			W35 1982			Shot Put			Weight Throw			3000m RW		
M30 1988	6.50	John Brooks	30-39 1982	9.13.22	Touch of Class	W40 1983	7.40	Carmen Brown	W30 1982	12.35	Irene Thompson	W30 1990	8.43	Virginia Boyml	W30 1994	16.50.00	Sharon Lyons
M30 1992	6.50	Remo Biagioni	(L Jefferson/G Prince/S Okrend/A Sterrett)			W45 1992	7.60	Lorraine Tucker	W35 1990	11.30	Joan Stratton	W35 1990	11.81	Joan Stratton	W35 1993	16.04.00	Ellen Marshall
M35 1992	6.30	Ben James	40-49 1994	8.45.92	Team United	W50 1990	8.60	Marilyn Fitzgerald	W40 1988	10.61	Kathy Pierce	W40 1992	5.55	Kathy Pierce	W40 1990	15.34.50	Julie Ratner
M40 1986	6.55	Stan Whitley	(P Zink/M Morgan/R Wiltshire/A Logie)			W55 1991	8.60	Marilyn Fitzgerald	W45 1993	9.50	Lorraine Tucker	W45 1991	7.05	Roslyn Katz	W45 1992	17.04.90	Dorothy Sholcon
M45 1982	6.50	Lloyd Riddick	50-59 1990	9.51.4	Central Park TC	W60 1988	9.10	Patricia Peterson	W50 1988	9.54	Joan Dash	W50 1992	9.89	Roslyn Katz	W50 1990	18.40.40	Elton Richardson
M50 80.81.83	6.90	Bert Lancaster	(C Pauling/E Coplin/N Goluskin/S Howard)			W65 1992	9.20	Patricia Peterson	W55 1993	9.20	Ann Cirulnick	W55 1992	9.17	Ann Cirulnick	W55 1994	17.48.60	Marie Henry
M55 1983	7.20	Rudy Valentine				W70 1986	11.20	Vivian Nelson	W60 1988	7.70	Velta Tomsons	W60 1990	5.82	Libby Hagemann	W60 1987	20.39.70	Marie Henry
M60 1982	7.34	David Lawver				W75 1993	13.75	Marjorie Smith	W65 1990	6.76	Libby Hagemann	W70 1993	8.42	Libby Hagemann	W65 1991	22.14.60	Marie Henry
M65 1985	7.93	David Lawver							W75 1987	5.04	Theresa Bucacci	W75 1991	3.68	Lenka Seda	W70 1994	22.22.90	Queenie Thompson
M70 1991	7.93	Ed Cox															
M75 1983	8.70	Byron Fike															
M80 1983	9.10	Everett Hasack															
M85 1991	12.30	Everett Hasack															
60m			4x400m Relay			60m			200m			400m			800m		
M30 1994	7.15	Matt Godbolt	30-39 1984	8.30.40	Gr. Rochester TC	W30 1992	26.10	Stephanie Vega	W30 1992	26.10	Stephanie Vega	W30 1992	57.70	Stephanie Vega	W30 1994	2.12.02	Marge Demarrias
M35 1994	7.31	John Brooks	(Contrario/Pettinella/Williams/Vanacker)			W35 1992	27.20	Irene Thompson	W35 1992	27.20	Irene Thompson	W35 1992	1.03.60	Lynne Diezi	W35 1992	2.26.64	Mimi Dipietro
M40 1994	7.32	Thomas Jones	40-49 1976	8.38.10	NY Pioneers	W40 1989	27.57	Jennifer Pinto	W40 1989	27.57	Jennifer Pinto	W40 1989	1.03.90	Betty Clair-Searcy	W40 1989	2.28.41	P Dickson-Taylor
M45 1994	7.77	Shakshat Flowers	50-59 1993	9.20.85	NY Pioneers	W45 1989	29.02	Marilyn Mitchell	W45 1989	29.02	Marilyn Mitchell	W45 1989	1.12.20	Sylvie Kimche	W45 1989	2.31.30	Barbara Pike
M50 1994	7.77	Robert Williams	(G Shane/B Burrell/R Rizzo/E Small)			W55 1991	31.40	Marilyn Mitchell	W50 1994	14.84	Marjorie Smith	W50 1990	1.12.90	Marilyn Fitzgerald	W50 1990	1.13.30	Marilyn Fitzgerald
M55 1994	8.08	Roosevelt Weaver	60-69 1985	13.06.46	Syracuse Chargers	W60 1989	35.28	Patricia Peterson	W55 1991	1.13.30	Marilyn Fitzgerald	W55 1991	1.13.30	Marilyn Fitzgerald	W55 1991	1.13.30	Marilyn Fitzgerald
M60 1994	8.39	Oscar Taylor				W65 1992	35.40	Patricia Peterson	W60 1989	1.31.00	Patricia Peterson	W60 1989	1.31.00	Patricia Peterson	W60 1989	1.31.00	Patricia Peterson
M65 1994	8.60	Ed Cox				W70 1990	46.40	Marjorie Smith	W65 1992	1.30.70	Patricia Peterson	W65 1992	1.30.70	Patricia Peterson	W65 1992	1.30.70	Patricia Peterson
M70 1994	9.71	Lester Wright, Sr				W75 1993	53.02	Marjorie Smith	W70 1990	1.52.00	Marjorie Smith	W70 1990	1.52.00	Marjorie Smith	W70 1990	1.52.00	Marjorie Smith
M75 1994	11.42	Jerry Wible															
200m			High Jump			400m			800m			1500m			3000m		
M30 1991	22.90	Eugene Vickers	M30 1989	2.05	Jerry Crockett	W30 1992	57.70	Stephanie Vega	W30 1994	2.12.02	Marge Demarrias	W30 1994	2.12.02	Marge Demarrias	W30 1994	2.12.02	Marge Demarrias
M35 1992	22.90	Ben James	M35 1993	1.98	Mark Williamson	W35 1992	1.03.60	Lynne Diezi	W35 1994	2.26.64	Mimi Dipietro	W35 1994	2.26.64	Mimi Dipietro	W35 1994	2.26.64	Mimi Dipietro
M40 1994	23.80	Thomas Jones	M40 1993	1.88	Steve Harkins	W40 1989	1.03.90	Betty Clair-Searcy	W40 1989	2.28.41	P Dickson-Taylor	W40 1989	2.28.41	P Dickson-Taylor	W40 1989	2.28.41	P Dickson-Taylor
M45 1990	24.30	Roger Pierce	M45 1977	1.72	Walt Hutchins	W45 1989	1.12.20	Sylvie Kimche	W45 1989	2.31.30	Barbara Pike	W45 1989	2.31.30	Barbara Pike	W45 1989	2.31.30	Barbara Pike
M50 1989	24.28	Larry Colbert	M45 1988	1.72	Gerald Counihan	W50 1994	14.84	Marjorie Smith	W50 1990	1.12.90	Marilyn Fitzgerald	W50 1990	1.13.30	Marilyn Fitzgerald	W50 1990	1.13.30	Marilyn Fitzgerald
M55 1993	25.75	Larry Colbert	M50 1974	1.62	Boo Morcom	W55 1991	1.13.30	Marilyn Fitzgerald	W55 1991	1.13.30	Marilyn Fitzgerald	W55 1991	1.13.30	Marilyn Fitzgerald	W55 1991	1.13.30	Marilyn Fitzgerald
M60 1994	27.69	James Stookley	M55 1977	1.52	Boo Morcom	W60 1989	1.31.00	Patricia Peterson	W60 1989	1.31.00	Patricia Peterson	W60 1989	1.31.00	Patricia Peterson	W60 1989	1.31.00	Patricia Peterson
M65 1992	29.20	Robert Naylor	M60 1983	1.47	Boo Morcom	W65 1992	1.30.70	Patricia Peterson	W65 1992	1.30.70	Patricia Peterson	W65 1992	1.30.70	Patricia Peterson	W65 1992	1.30.70	Patricia Peterson
M70 1992	29.60	Ed Matthews	M65 1985	1.47	Denver Smith	W70 1990	1.52.00	Marjorie Smith	W70 1990	1.52.00	Marjorie Smith	W70 1990	1.52.00	Marjorie Smith	W70 1990	1.52.00	Marjorie Smith
M75 1992	35.30	Sparks Sorlein	M65 1983	1.42	Ian Hume												
M80 1991	32.90	Barry Ivers	M65 1985	1.42	Ian Hume												
400m			M70 1985	1.42	Ian Hume												
M30 1991	52.20	Eugene Vickers	M75 1988	1.17	Claude Hills												
M35 1989	51.90	Horace Hudson	M75 1990	1.17	George Braceland												
M40 1992	52.40	Ralph Penn Jr	M80 1993	1.06	Claude Hills												
M45 1990	53.50	Roger Pierce															
M50 1989	54.00	Larry Colbert															
M55 1993	57.54	Larry Colbert															
M60 1994	60.80	Fritz Schlereth															
M65 1992	66.30	Robert Naylor															
M70 1992	69.10	Ed Matthews															
M75 1991	65.30	Jerry Wible															
800m																	
M30 1992	1:58.80	Rick Smith															
M35 1986	1:56.20	Walter Hawkins															
M40 1987	2:01.40	Albin Swenson															
M45 1987	2:04.40	David Farley															
M50 1992	2:08.90	Ken Baker															
M55 1994	2:10.72	Sid Howard															
M60 1993	2:23.87	Jim Sutton															
M65 1989	2:27.10	Archie Messenger															
M70 1986	2:41.94	Austin Newman															
M75 1990	3:26.40	Jerry Wible															

Masters Scene

NATIONAL

• The final televised event in the five-meet Mobil Open Indoor T&F series is slated for Sat. March 4, live, from 2-4 p.m. EST: the USA Mobil Open Indoor Championships.

• Steve Scott, 38, who has run more sub-four-minute miles than anyone, turns 40 in May, 1996. His goal is to better Eamonn Coghlan's world indoor masters mile record of 3:58.15 — outdoors — in June, 1996, and then compete in the U.S. Olympic Trials. He took six months off to recover from testicular cancer, but is now up to 70 miles a week, albeit "slowly."

• *American Runner*, the new track & field publication edited and published in New Rochelle, NY by Jim O'Brien, will include masters running coverage.

• Need a sports psychologist speaker for your clinic, race, or expo? Contact JoAnn Dahlkoetter, Ph.D. at 415-367-6869. A past winner of the San Francisco Marathon and 2nd placer in the 1982 Hawaii Ironman Triathlon, Dahlkoetter has appeared on ABC's Wide World of Sports and has been a regular sports commentator in San Francisco. She trained at Stanford U. Medical Center and has been on the faculty at the U. of California at Berkeley. She has conducted programs and seminars nationwide.

• A review of the official photo of the W65-69 finish in the 1500 at the USATF National Masters Championships, Eugene, showed the correct order of finish for the first three U.S. medalists was Nancy Smalley, CO, 7:04.71, followed by Sumi Onodera-Leonard, CA, 7:04.87, and Margie Withrow, CA, 7:40.93. Canada's Hazel Cameron finished second overall in the W70-74 race in the corrected time

of 7:04.73; Louise Adams, CO, was first in 7:03.00. Tom Jordan and Barbara Kousky apologize for the error to all concerned.

EAST

• Keith Brown (41, 56:06) and Kathy Gribbon (41, 67:04) iced 40+ wins in the NYRRC Frostbite 10 Miler, Central Park, NYC, Jan. 15. Robert Briglio (45, 58:55) and Ethel Autorino (65, 92:33) blew to division wins in springlike weather with temps in the low 50s.

• Chris Stockdale, 50, cinched the W40+ win with a first female 1:19:42 in the Greenbelt 10 Mile, Greenbelt, MD, Dec. 17. Kevin Baugh, 40, won the M40+ race with a 63:25. Paul Petersen (40, 1:59:34) and Carole Rivera (40, 2:50:59) took masters titles in the main event 20 miler.

• Sean Doyle (40, 33:40) and Jude Tallichet (44, 41:49) blasted off to 40+ firsts in the NYRRC North Wind 10K, Central Park, Jan. 22. Richard Murphy (60, 39:50), Bill Fortune (66, 41:35), and Rosa Nales (61, 50:51) stormed to division wins.

• Nick Caswell (44, 17:01) and Kathy Gribbon (41, 19:07) scored masters wins in the NYRRC Super Bowl Sunday 5K, Central Park, NYC, Jan. 29. Hugh Sweeney, 50, was runner-up by one second with a 17:28 over Maury Dean, 52.

• The Fred Lebow Classic 8K, Central Park, NYC, drew 1975 runners on Jan. 7. Top age-graded masters were Bill Fortune (66, 32:54, 83.7%), Cheryl Ralya (48, 32:13, 82.2%), and Nicholas Caswell (44, 27:44, 81.9%). Edith Farias, 70, ran a good 45:56 (73.4%).

SOUTHEAST

• Dean Reinke, director of the ICI Masters Road Running Series five years ago, filed for bankruptcy in U.S. Bankruptcy Court in Orlando, FL, on Dec. 28, 1994. "It appears there are no assets from which any distribution can be paid to creditors," a court document stated. Creditors may contact trustee Gene Chambers, PO Box 533987, Orlando FL 32853. The case number is 94-06619-6B7.

MIDWEST

• Hal Carlson (42, 35:21) and Susan Koch (43, 41:02) glided to overall victories on a snow-covered, slippery course in the Samson Group 10K, Milwaukee, Jan. 22.

MID AMERICA

• Charlie Gray (M40, 30:57, 90.0%) and Janis Gislser (W40, 40:01, 78.0%) were the top age-graded masters in the Groundhog Run 10K, Feb. 5, in Kansas City, MO. There were 92 finishing teams, all scored on an age-graded basis. Jerry Morrison directed, with volunteers from the Mid-America Running Association.

SOUTH WEST

• Ricky Calais (40, 2:50:03) and Lesley Marley (40, 3:29:45) ran to masters wins in the Mardi Gras Marathon, New Orleans, Jan. 21.

• Shot putter Margaret Palmer-White, 100, was the focus of TV coverage at the Sooner State Indoor Games, Oklahoma City, Jan. 29. Palmer-White, who will be 101 on June 15, is the first centenarian to hold a WR. She is the mother of M60 WR-setter in the discus Wendell Palmer, Pampa, TX.

• John Stuckey (41, 16:48) and Trudy Calloway (47, 20:25), took overall titles in the Pro Tees Run Short 5K, Tulsa, Jan. 21. Masters winners in the 25K were John Maness (41, 1:31:08) and Val Oliver (41, 2:02:11).



Members of the winning M50-59 team championships, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 6, from left: Jim Forshee (pictured but not a member of the team), John Ragucki, Don Sleeman, Carroll Deweese, Doug Goodhue, Jim Fitch, Richard Ferguson, and Wally Herrala. Picture from Don Sleeman

• John Stuckey (16:46) and Coneil Lafarlette (28:05) led the masters in the 10th Spaulding 5K in Glenpool, OK, Feb. 4. Jim McFadden, 55, led all 40+ 3000 walkers in 15:07.

WEST

• Runners in the five Trackathon Races (10K, 20K, 30K, marathon, 50K), at American River College in Sacramento, Jan. 22, endured a constant rain and nasty winds, which slowed times and caused 25% no-shows. Eighty percent of the finishers were age 42 or over, with the average age at 46.3. Masters runners won overall three of the races: Tom Ferrino, 48, in the 10K with a 50:09, Gary Towle, 48, 20K, 2:10:37, and 30K, Dave Pfister, 46, 2:27:47.

• Butch Alexander, 42, flew to an overall first with a 15:31 in the Exertec Turkey Trot 5K, Napa, CA, Nov. 13. Karl Gripenburg, 56, captured a first M40+ with a 28:50 in the companion 8K.

• First masters Tom Cushman (41, 1:15:41) won \$250, and Sherry Mann (45, 1:38:01) \$200 in the Record Searchlight Half-Marathon, Redding, CA, Jan. 21.

• The Orange County, CA, Half-Marathon drew 1820 runners for a cool, wet race, Jan. 24. Top 40+ finishers were Nicholas Hernandez (1:14:41) and J. Rabinowitch (1:30:19). Margaret Neville won the W50 title in 1:36:16.

• Vaughan Kastor welcomes all athletes in the Southern California area for consultation and training. He has worked with masters-level competitors with a well-structured training regimen both on the track and in the weight room. An exercise physiologist, Kastor frequently tests his athletes to chart their progress. "I suggest combining weight training, plyometrics, sprint drills, as well as medicine ball workouts," Kastor said. "I have a quality staff of athletes, coaches, and trainers to meet your athletic and fitness goals." For more info, call 1-818-596-4750 or write to 6336 Canoga Ave., Woodland Hills CA 91367.

• California taxpayers can support Olympic activities in California by making a voluntary contribution on their 1994 Personal Income Tax Form (line 10). All funds raised through the tax check-off will support the new California Olympic Training Center in San Diego and California Olympic athletes. For more info, call 619-291-8802.

NORTHWEST

• The pole vault in the Eugene Indoor Meet, Feb. 5, drew more entrants than any other event and produced two WRs. Steve Smith, M40, of Eugene, bettered the 15-3 of Richard Christoph in 1992, with a 15-6½. Jerry Cash, M45, improved on an earlier 15-0 at the USATF PV Summit, Reno, NV, with a 15-1 to up his M45 indoor record of 14-7 in 1994.

INTERNATIONAL

• Eamonn Coghlan (41, Ireland) and Yekaterina Podkopayeva (42, Russia) were named the world masters male and female athletes of 1994 by *Runner's World*. Coghlan became the first over-age-40 runner to run a sub-four-minute mile with his historic 3:58.15 in Allston, MA, Feb. 20, 1994. Podkopayeva's times are so remarkable that they were "thrown out" in compiling the masters age-graded standards; such as her 3:59.78 1500 and 1:59.25 800.

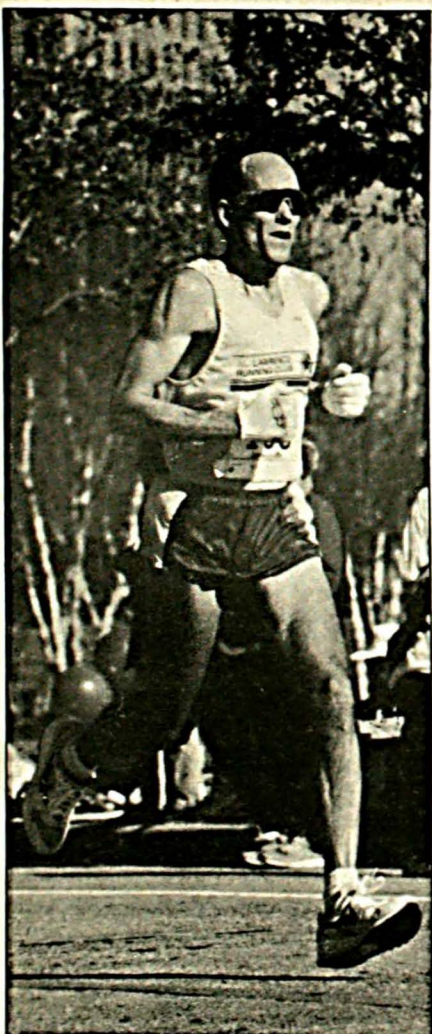
• Martin Mondragon (MEX) and Suzanne Ray (AK) were named outstanding world masters road racers for 1994 by *Runner's World*. Runners-up were, men: Nick Rose (GBR), Doug Kurtis (MI), Joe Nzau (KEN), Pierre Levisse (FRA), Wilson Waigwa (KEN), Manuel Vera (MEX), Bill Rodgers (MA), and Artemio Navarro (MEX); women: Rebecca Stockdale-Woolley (CT), Barbara Filutze (PA), Emma Scaunich (ITA), Judith Hine (NZL), Diane LeGore (GBR), Nancy Grayson (MI), Diana Tracy (CA), and Sharlet Gilbert (CA).

• The Veterans Championships in Montevideo, Uruguay, Nov. 19-20, drew 267 participants. Nelson Zamora, M35, of Uruguay, doubled in the 5000 (14:29.2) and 10,000 (30:23.6). Luis Caetano Flores, M60, of Brazil, hurled the discus 38.62. Ingeborg Pfuller, W60, of Argentina, set a South American W60 discus record of 30.10. Antonio Fonseca, M80, of Brazil, set an M80 South American mark of 35:51.4 in the 5000 racewalk.

• Erling Svennevik, 76, Norway, scored 4869 points in the weight pentathlon, Lyngdal, Norway, Oct. 16, with these marks: SP 12.60/HT 37.62/DT 35.30/JT 27.58/WT 16.52.

• Doug Kurtis, 42, Northville, MI, who was profiled in Mike Tymn's column in the February issue of NMN, could finish only fourth in the San Miguel Hanoi Marathon in Vietnam, Jan. 15. Winner of the past two Vietnam Marathons, Kurtis had some tougher opposition this year but also had an off day, which saw him run a time of 2:37:00. Hugh Jones (UK), 39, led for all but the last 300m when a much younger Kenyan, Phillip Keiyo, stormed past as if he had just joined the race to win in 2:22:22. Jones finished in 2:22:33 and looks set to win a few masters titles when he turns 40 later this year. The first masters woman was Susanne Parry (SIN), 37, in 3:44:54, ninth overall.

• The IAAF ratified the first-ever women's open world pole vault record: China's Sun Caiyun's 13-3½ (4.05m), at age 18, on May 21, 1994, at Nanjing. That's a 91.0% performance, according to the WAVA age-graded standards, which projects the eventual WR at 4.45. The best women's age-graded pole vault ever recorded is a 99.1% by Philippa Raschker, who vaulted 3.38 last year (11-1) at age 47. On Feb. 10, in Berlin, Sun-Caiyun raised her WR to 4.12 (13-6¼).



Chuck Coger, 44, Houston, Texas, finished the Houston-Tenneco Marathon, Jan. 15, in 2:43:32. Photo by J. Smith

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 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

May 17-24. U.S. National Senior Sports Classic V, San Antonio, Texas. USNSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

June 17-18. USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

July 5-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

August 26. USATF National Masters Weight Pentathlon Championships, site TBA. Richard Hotchkiss, director.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

March 3. MAC Masters Indoor Championships, 168th St. Armory, Manhattan. 6 pm. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233, 8-10 pm.

March 4. Philadelphia Masters Indoor Games, Haverford College. M&W20+ in 5-yr. age-groups. 3000 RW. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584 (before 8:30 pm); Bill Krieger, 215/656-7617, X245.

March 5, 19. Greater Rochester TC Meets, U. of Rochester Fieldhouse. 1 pm. Rick Guido, 716/872-6652.

March 19. USATF East Regional Masters Indoor Championships, U. of Delaware, Newark. Jim Fischer, U. of Delaware, Fieldhouse, Newark, DE 19716. 302/831-8846.

March 19. Finger Lakes RC Indoor Meet, Barton Hall, Cornell U. 1 pm. Scott Roberts, 255-0676.

April 27-29. Penn Relays, Philadelphia. 27th: age-graded PV (40+); 28th: 4x100 (M40+, M50+, and other)/100 (M40, M50, M60), 4x400 (M50+ and other); 29th: 4x400 (M40+), 100 (M75+). Peter Taylor, 4014 Hallman St., Fairfax, VA 22030. 703/385-4392.

May 21. New York Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I. SASE to Eric Weissbrodt, 7 Drury Ln., Great Neck, NY 11023.

June 4. 10th Annual Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

June 24. USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385.

SOUTHEAST

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

March 4. Virginia Masters Indoor Championships, VMI Fieldhouse, Lexington. Out-of-state athletes welcome. Mile RW.

SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 703/463-8667; fax 703/463-8669.

March 19. USATF Southeast Regional Masters Indoor Championships, UNC-Chapel Hill. Dennis Craddock, UNC Athletic Dept., PO Box 2126, Carmichael Auditorium, Chapel Hill, NC. 27515. 919/962-5411.

April 8. Fifth Annual Naples-on-the-Gulf Masters Meet, Naples, Fla. Rudy Vlaardingerbroek, 813/597-6870.

April 9. Tar Heel Masters & Senior Invitational T&F Meet, UNC-Chapel Hill. Dennis Craddock, PO Box 2126, Chapel Hill, NC 27515. Coach Kendra Mackey 919/962-5195.

May 5-7. USATF Southeast Regional Masters Championships, North Carolina State U., Raleigh. Regional Team Championships/Regional Masters and Southern Regional Open 20K Racewalk Championships. 25th Anniversary Meet. Paul Hronjak, 104 Copperstone Ln., Cary, NC 27511-8906. 919/387-7160.

May 19. Nashville TC Meet. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

June 9. Tennessee Sportsfest, Vanderbilt U. Nashville TC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

June 17. Nashville TC Open & Masters Meet, Vanderbilt U. See June 9.

June 23-24. Tennessee Sportsfest Finals, U. of Tennessee-Knoxville. See June 9.

June 24. Southeastern Masters Track Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

MIDWEST

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

March 4. USATF/Illinois Open & Masters Indoor Meet, Proviso West HS, Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708/953-2052.

March 11. Midwest Masters Indoor Meet, Lincolnway HS, New Lenox, Ill. Mike Davis, 241 3rd Ave., New Lenox, IL 60451. 815/485-2879.

March 25. USATF Midwest Regional Masters Indoor Championships, Glenbrook HS, Glenview, Ill. Clarence Trinkner, 633 Sunset Dr., Janesville, WI 53545. 608/756-5260.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

May 12-13. Western Slope Senior Games. 55+. Open to out-of-state. Norwest Bank Montrose, PO Box 730, Montrose, CO 81402. Evelyn Lawson 303/249-2000 or 1-800-873-0244.

May 16. Lincoln TC Runners Pentathlon, Nebraska Wesleyan U. 6 pm. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 10-11. Lincoln TC Decathlon/Hep-athlon, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln,

NE 68521. 402/435-7061.

June 17. Leading Edge/Lincoln TC Open & Masters Meet, Nebraska Wesleyan U. See above.

September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson, 303/341-7992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 8. El Paso Senior Games. 50+. Ray Cox, 1800 Byron, El Paso, TX 79930. 915/652-4268.

June 17. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915/347-5620.

WEST

Arizona, California, Hawaii, Nevada

February 25 to April 1. Discus Clinic, Orange Coast College, Costa Mesa, CA. Each Saturday at 10 a.m. Janet Wilson, 714/646-3176.

March 4-10. Sierra Vista Golden Olympics, Sierra Vista, Ariz. 50+. Maggie Dembowski, 3020 E. Tacoma St., Sierra Vista AZ 85635. 602/458-7922.

March 4-25. Green Valley Senior Olympics, Green Valley, Ariz. 50+. David Fleck, Green Valley Recreation, PO Box 586, Green Valley AZ 85622. 602/625-3440.

March 11. Orange Spring Games/John Ward Masters Meet, Rancho Santiago College, Santa Ana, Calif. Al Siddons, 714/564-6936.

March 11-12. Decathlon/Heptathlon, Occidental College, Los Angeles. Gary Miller, 818/843-2139 (until 9 p.m. PST).

March 18. Easter Relays, Santa Barbara, Calif. Some masters events. Russ Smelley, 805/565-6010.

March 25. KELfield Throws Meet #37, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 8. USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry Form in March issue.

April 15. 2nd Annual Bob Watanabe Memorial Meet, UCLA. Bill Adler, Box 832, 1000 Palms, CA 90076. 619/433-0773.

April 23. Crown Valley Senior Games, Occidental College, Los Angeles. 50+. Cynthia Vaughn, 818/397-4064.

April 23. Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942 (eve).

May 6. Arizona Masters Invitational Meet, McClintock HS, Tempe. USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602/949-1991.

May 14. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 619/436-7696.

May 20. Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 27. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

May 27. Bruce Jenner Classic, San Jose, Calif. 400, 1500 (M40+); 200 (M50+); 100 (M60+, M70+, Women). Bruce Springbett, PO Box 2002, Los Gatos, CA 95031. 408/354-2005.

May 28. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

June 10. Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

June 24. USATF West Regional Masters Championships, Los Gatos HS. Monica

ON TAP FOR MARCH

TRACK AND FIELD

Several quality meets are still available after the Indoor Nationals, with the East and Southeast Indoor Regional Championships on the 19th and the Midwest Regionals on the 25th, plus indoor meets earlier in the month in NYC, Philadelphia, Virginia, and Illinois. The L.A. area offers a decathlon/heptathlon at Occidental College on the 11th-12th, and the John Ward Meet in Santa Ana on the 11th.

LONG DISTANCE RUNNING

The USATF National Masters 8K Championships are scheduled for the 19th in Chicago. The Austin and L.A. Marathons take place on the 5th. The River Run 15K hits the Sunshine State on the 11th. Marathons prevail on the 18th in California, Tennessee, and Virginia. San Jose hosts the Mercury News 10K on the 19th. The Azalea Trail 10K, Mobile, Ala., is slated for the 25th. The first-ever Disneyland Marathon and the long-time Capitol 10,000 in Austin are booked for the 26th.

RACEWALKING

The USATF National 20K/10K/3K walks will be held in Washington, D.C., on the 25th.

Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

NORTHWEST

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

April 13-14. Oregon Invitational Decathlon/Heptathlon, Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 503/342-3113.

May 27. Helena Spring Throws & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

May 27. Senior Olympics, Silverton HS, Ore. 40+. Amy Castle, Box 783, Silverton, OR 97381. 503/873-8577; 873-2818.

June 24-25. Hayward Masters Classic, Eugene, Ore. Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

June 24-25. Hayward Masters Classic, Eugene, Ore.

June 30-July 1. USATF Northwest Regional Masters Championships, Mt. Hood Community College, Portland area. Jim Puckett, director.

CANADA

March 4. Ontario Masters Indoor Championships, York University, Toronto. Men & Women 35+. Brian Keaveney, 426 Valermo Drive, Etobicoke, Ont. M8W 2L9. 416/252-7047.

June 24-25. Canadian National Masters Championships, McMaster U., Hamilton, Ont. M40+, W35+ (non-championships: M35, W30). Valan Sarjeant, 130 Memorial St., Hamilton, Ontario, L8G 4C7. 905/664-3852.

Continued on next page

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INTERNATIONAL

April 21-22. South Africa Masters Championships, Bellville, Capetown. Basil Carnie, FAX: 021-925924.

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+, WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

**LONG DISTANCE
RUNNING
NATIONAL**

March 19. USATF National Masters 8K Championships, Chicago. David Patt, CARA, 59 E. Van Buren, #1716, Chicago, IL 60605. 312/666-9836.

April 2. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 15. USATF National Masters 10K Cross-Country Championships, Canan-



Top three M60 finishers in the National Masters 10K Championships, St. Louis, Dec. 4. From left: Jim Hilton (3rd, WA, 40:19), Dick Wilson (2nd, KS, 39:17), Norm Green (1st, PA, 37:01). On an age-graded basis, Green placed first overall in 29:08.4; Wilson was 5th (30:55); Hilton was 10th (32:24). Photo by Joan Wilson daigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

March 26. Tappan Zee Sports 10K. TZSBC, Box 249, Orangeburg, NY 10962. 914/359-5425.

April 1. Alexandria Run Vs. Row 10K/Walk, SASE to RVR, 611 S. Fairfax

St., Alexandria, VA 22314. 703/549-2480(h).

April 9. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. 5600 limit. Cherry Blossom 10 Mile, PO Box 884, Mid-dletown, MD 21769. 301/371-5583.

April 17. B.A.A. Boston Marathon. Qualifying times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.

April 30. Sally Mae 10K, Washington, D.C. Improved masters prizes. Scott Maker, Sally Mae 10K, 1050 Thomas Jefferson St. NW, Washington, DC 20007. 202/298-2838.

May 20. Armed Forces Day 10K, Willow Grove, Pa. 10K Run, MWR Dept., Bldg. 2, ITT Office, Naval Air Station, Willow Grove PA 19090-5010. 215/443-6082/6094.

SOUTHEAST

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

March 11. River Run 15K, Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 18. Shamrock Marathon 8K. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 18. Spring Fever Chase 10K, Fairhope, Ala. (Course Record: John Campbell, 30:01, 1989) SPC, c/o SouthTrust Bank, PO Box 2070, Daphne, AL 36526. Sherry Sullivan, 800/645-6757.

March 18. Music City Marathon. Greater Nashville AC, PO Box 150867, Nashville, TN 37215. 615/298-3435.

March 25. Azalea Trail 10K. Masters money. Azalea 10K, PO Box 6427, Mobile, AL 36660. 205-473-RACE.

March 25. Rocket Run 10 Mile (USATF Alabama Championship)/5K, Huntsville. Huntsville TC, Malcolm Gillis, 1001 Opp Reynolds Rd., Toney, AL 37773-9311. 205/828-6207.

April 1. Cooper River Bridge 10K. Julian Smith, c/o MUSC Wellness Ctr., 45 Courtenay Dr., Charleston, SC 29401. 803/792-2533.

May 6. Apple Blossom 10K, Winchester, Va. Tom Scully, Jr., race director, 135 North Cameron St., Winchester, VA 22601-4727. 703/662-3863.

MIDWEST

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

March 26. Cincinnati Heart 15K. American Heart Association, 2936 Vernon Pl., Cincinnati, OH 45219. 513/281-4048.

April 30. 15th Annual Lake County Races, Zion, Ill. Marathon/half-marathon/10K/marathon relays/walk. Train transportation to starting line. For application or to volunteer, call 708/266-RACE or SASE to Lake County Races, 454 Central Ave., #201, Highland Park, IL 60035.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

April 1. YMCA Midwest Masters Classic XIII annual (35+) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

April 22. 26th annual Longest Day Marathon, Half Marathon, 10K, 5K, and 5K Racewalk, Brookings, S.D. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-2334. Bob Bartling, 605/692-2414.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 5. Austin Marathon/Relays. Marathon, PO Box 6584456, Austin, TX 78768. Run-Tex, 512/472-3272.

March 18. Bookin' Down the Avenue 5K, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

March 26. Capitol 10,000. Austin American Statesman, PO Box 670, Austin, TX 78767. 512/445-3596.

April 8. Whirlwind 5K & 5K Racewalk, Tishomingo, Okla. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371, x207.

WEST

Arizona, California, Hawaii, Nevada

March 5. Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310/444-5544.

March 5. Sutter Home Napa Valley Marathon. PO Box 4307, Napa, CA 94558-0430. 707/255-2609, or James Raia, 2301 J Street, Suite #205, Sacramento, CA 95816. 916/448-5122.

March 12. Mobil St. Patrick's Day 10K, Torrance, Calif. Vistas for Blind Children, PO Box 7000-251, Redondo Beach, CA 90277. 310/543-2257.

March 18. Big Basin Redwoods Marathon, Redwoods State Park. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415/868-1829.

March 19. Mercury News 10K/5K. Sarah Clish, 750 Ridder Park Dr., San Jose, CA 95190. 408/920-5755.

March 26. Disneyland Marathon. Marathon, PO Box 3232, 92803. 800/524-9200.

April 1. L.A. Philharmonic 5K/10K Runs & 5K Walk, Griffith Park. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

April 2. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619/450-6510.

April 2. Fifty Plus 8K, Stanford, Calif. USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

April 30. Big Sur International Marathon, Calif. Masters money. Big Sur Marathon, PO Box 222620, Carmel, CA 93922-2620. 408/625-6226.

NORTHWEST

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

March 4. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503/646-7867.

April 8. Pear Blossom 10 Mile, Medford, Ore. Feb. 28 deadline. Legal size SASE to Pear Blossom, PO Box 146, Medford, OR 97501. Jerry & Zellah Swartsley, 503/535-1205(eve).

April 30. Pacific Northwest 15K Championships, Seattle. Carole Langenbach, 206/433-8868.

INTERNATIONAL

June 25. 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25.

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+, WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

RACE WALKING

March 25. National Invitational 20K/10K/3K, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 202/219-1913(w); 703/243-1290(h).

April 30. Northwest Regional 10K Championships, Seattle. Bev LaVeck, 206/524-4721.

Naval Air Station Joint Reserve Base
Willow Grove Navy & Community

Armed Forces Day

10-K Run

2 Mile Fun Run

◆ **Saturday May 20, 1995** ◆

◆ **9:00 a.m.** ◆

(215) 443-6082/6094

REGISTRATION

The 10-K & Fun Run at the Naval Air Station is open to all persons, military and civilian, male and female, of all ages. Make out check or money order to:

MWRF

Mail To; Attention: 10-K Run
MWR Department, Building 2
ITT Office, Naval Air Station
Willow Grove, PA 19090-5010

Include Social Security Number and Driver's License Number on all checks. Advance registration (prior to 15 April) is \$10.00 per person. Entries received after 15 April and race day registration will be \$12.00 per person. T-Shirts are guaranteed to pre-registered runners. For day-of registrants, T-Shirts available while supplies last.

MASTER'S AWARDS

Trophies will be awarded to the top two finishers in the divisions:
Men & Women 40-49 and 50 and over

COURSE

10-K is USA Track & Field Certified.

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

M30-34					
Mitchell Lovett	100M	11.0	8-20-94		
	200M	21.9	8-20-94		
	400M	50.0	8-20-94		
Tom D. Lowe	400M	50.9	6-19-94		
Greg Wright	110H	15.3	7-16-94		
	High Jump	2.02	6-05-93		

M35-39					
Peter Collins	Hammer	149-9	6-18-94		
Tomas Silva	Javelin	204-5	4-16-94		
David Vandergriff	Hammer	168-11	7-16-94		
	Wt. Pent.	3113 Pts.	7-16-94		
	35# Weight	52-1	7-02-94		
	56# Weight	34-6	7-02-94		

M40-44					
Frederick Murrell	Long Jump	5.91	3-25-94		
Dale Wilcoxson	Discus	136-5	7-17-94		

M45-49					
Billy Gale, Sr.	800M	2:13	12-17-94		
	1500M	4:32	12-17-94		

M50-54					
Bob Brewer	3K RW	14:58.90	7-29-94		
Maury Dean	5K	16:52.7	5-27-93		
	10K	35:13	11-12-94		
George LaBelle	56# Weight	6.40	1-09-93		
	56# Weight	6.52	4-17-93		
	100H	18.6	6-04-94		
	100H	18.3	6-18-94		

Grant Lamothe	Decathlon	5294 Pts.	7-16-94		
Robert Pike	800M	2:18	8-05-94		
	1500M	4:45	8-05-94		
	3K SC	12:18	8-05-94		

M55-59					
Roger Dean	Pentathlon	3029 Pts.	8-11-94		
James Hart	Shot Put	42-9 1/2	3-25-94		
	Discus	140-2	8-14-94		
	35# Weight	33-4 1/2	3-19-94		
	56# Weight	19-8 1/4	3-25-94		

Paul R. Johnson	1500M RW	7:08	6-10-93		
	1500M RW	7:19	6-15-93		

1 Mile RW	7:33	7-17-93			
1 Mile RW	7:16	10-23-93			
3K RW	15:58 AR	3-19-93			
3K RW	15:33	6-10-93			
5K RW	26:14	6-14-93			
5K RW	25:19	7-17-93			
5K RW	26:53	8-12-93			
5K RW	25:34 AR	9-18-93			
5K RW	26:56	9-24-93			
5K RW	24:29 AR	10-16-93			
10K RW	55:51	7-10-93			
20K RW	1:57:03	10-11-93			
25K RW	2:30:03 AR	10-31-93			

M65-69					
Mel Grantham	1500M RW	8:23.78	10-21-94		
Floyd Jack	Discus	143-10	10-19-94		
	Shot Put	38-0	10-19-94		
Harold Willis	2K SC	9:41.72	8-11-94		

M70-74					
Jack F. Hipple	100M	14.76	7-30-94		
	200M	31:57	3-25-94		
	400M	68:79	7-30-94		
	800M	3:02.56	3-25-94		

M75-79					
Herb Appell	1500M RW	9:41.5	9-26-94		
	5K RW	33:54	9-26-94		

M80-84					
J. Kenneth Elliott	Shot Put	29-2 1/2	11-12-94		
	Discus	79-0	11-12-94		
	Javelin	72-9	11-12-94		
Ray C. Grills	5K	28:05	1-21-95		

M85-89					
Margo Braud	800M	2:33	5-07-94		

M90-94					
Imogene Watkins	5K RW	35:09	11-12-94		

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	10:10
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
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	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
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	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	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
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
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
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
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	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	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-0	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2500	2600	2600	2600	2500	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

- notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-59: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

	1.5K	3k	5k	8k	10k	15k	20k	25K	30k	40k	50k	
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:56:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:56	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:36	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:26	7:39:46
F70	10:26	11:16	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:56:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36	52:14	1:26:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:06	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:67	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:13	13:09	25:58	44:45	73:52	1:32:08	2:21:62	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Syracuse Chargers Indoor Meet Manley Field House, Dec. 11

55m Hurdles	
M40 Tom Crowley	9.6
M50 Paul Stelmazyk	9.9
M65 Bill Townsend	10.8
M70 Ed Lukens	10.1
W35 Cathy McKeever	11.6
55m	
M35 Frank St Dennis	7.5
M40 Tom Crowley	7.8
M45 Bob Micho	7.5
Doug Mayer	8.0
M55 Tom Fondy	7.7
M65 Howard MacMillan	8.3
M70 Ed Lukens	8.6
W35 Cathy McKeever	8.6
200m	
M35 Dan Howe	37.1
M40 Bob Tanner	30.6
M45 Bob Micho	26.4
Doug Mayer	29.1
Jim Lawton	29.1
M50 Tim Collins	28.5
M55 Tom Fondy	27.4
M65 H MacMillan	32.4
1 Mile	
M30 Gary Griffin	4:44.8
M35 Frank St Dennis	5:11.0
Kevin Hanlon	5:14.7
M40 Al Roberts	5:17.5
M45 Doug Mayer	5:50.8
M75 Nate White	7:09.3
W30 Noreen Verdoliva	5:36.3
W40 Linda Oja	6:46.7
800m	
M30 Gary Griffin	2:15
M35 Ron Nelson	2:09.6
Gary Burak	2:23.6
M40 Mike Hasenover	2:22.9
Tom Crowley	2:24.6
M45 Jim Lawton	2:26.5
M50 Paul Stelmazyk	2:18.0
M55 Tom Fondy	2:28.0
W30 N Verdoliva	2:38.7
Pole Vault	
M40 Peter McGinnis	13-0
M45 James Trott	10-0
Long Jump	
M40 Tom Crowley	16-8
M45 Rick Lysik	14-6 1/2
M65 Bill Townsend	6713-4
M70 Ed Lukens	14-5 1/2
Shot Put	
M45 Jim Alexander	8.72
M50 Paul Stelmazyk	9.74
M55 Chuck Yost	10.63
W35 Cathy McKeever	8.72

Finger Lakes RC Indoor Meet Cornell U., Ithaca, NY; Dec. 11

55m	
Jeffrey Juran	18
Bill De Forest	32
200m	
Jeffrey Juran	38
Bob Congdon	49
Bill De Forest	32
Reinhold Wotawa	45
Rick Marshall	44
Tony Kesenga	46
Joseph Reynolds	50
Verne Rockcastle	74
Ralph Jones	65
1500m	
Casey Carlstrom	35
Earl Steinbracher	30
Sean Curley	32
Reinhold Wotawa	45
Dick Croteau	52
Ken Florence	40
Herb Engman	49
Tom Homeyer	46
Bob Congdon	49
Rich Bernstein	42
Jim Bilik	45
Sandy Gregorich	W32
Joseph Reynolds	50
Greg Garnham	41
John McCurry	52
Ken Wright	48
John Hurley	57
Tony Kasenga	46
Ron Slocum	51
Deb Stokes	42
Ralph Jones	65

3000m	
Casey Carlstrom	35
Reinhold Wotawa	45
Tom Homeyer	46
Jim Bisogni	49
Ken Florence	40
Jim Bilik	45
Mark Harrison	30
Don Farley	61
Greg Farnham	41
Ken Wright	48
John McMurry	52
John Hurley	57
Tony Kasenga	46
Ron Slocum	51
Deb Stokes	42

MAC "Reebok Season Opener" 168th St. Armory, NYC; Dec. 16

55m	
M35 Don McNeill	7.20
M40 Ed Gonera	6.98
Jesse Norman	7.28
M45 Eddie Watson	7.54
Ken Kienzle	7.71
M50 Thad Morris	7.38
M60 Cliff Pauling	8.27
W30 Denise Jones	8.30
Betty Whitaker	8.53
W35 Louise Clark	7.76
200m	
M30 W R Vaughn	25.32
M40 Ed Gonera	24.52
Alex Constantinou	26.68
M45 Ron Johnson	24.60
M60 Cliff Pauling	33.14
W30 Denise Jones	30.52
W35 Denise Sullivan	34.83
400m	
M30 W R Vaughn	55.52
M40 Errol Lee	55.63
A Constantinou	57.81
M50 Jim Aneshansley	70.89
M60 Cliff Pauling	62.90
W30 Betty Whitaker	66.97
Denise Jones	69.45
W35 Louise Clark	64.95
W40 Sharon Warren	66.78
800m	
M35 Audre Titus	2:39.85
M40 Walter Brown	2:11.25
1500m	
M30 Lewis Jefferson	4:34.10
Grover Prince	4:57.20
M35 Anthony Watson	4:22.66
M40 Bob Jackson	4:41.55
55m Hurdles	
M45 Ivan Black	8.72
High Jump	
M45 Ivan Black	5-0
Pole Vault	
M35 Rob Doran	9-0
Long Jump	
M45 Ivan Black	16-7 1/2
Ken Kienzle	14-1
Shot Put	
M35 Rob Doran	8.85
M45 Rich Dunphy	11.34
Ivan Black	6.84
W30 Harriet Carter	9.00
W35 Sarah Boslaugh	11.11
Denise Sullivan	6.56
W50 Roslyn Katz	7.59
Weight Throw	
W30 Harriet Carter	7.23
W35 Sarah Boslaugh	10.76
W50 Roslyn Katz	10.03
1500m Racewalk	
M60 Bob Barrett	8:7--
M70 Jay Charles	12:18.69
W70 Queenie Thompson	12:17.83
Minna Charles	12:18.17
from Roslyn Katz	

Philadelphia Masters Meet Haverford, PA; Dec. 19	
55m	
M30 Bob Murphy	7.6
M35 Phil Conzentino	7.0
Terry O'Connell	7.1
M40 Mark Gershon	7.4
M50 Paul Henry	7.2
M60 Alex Johnson	7.5
M65 Tom Delany	8.1
M70 Oscar Harris	8.5
200m	
M30 Bob Murphy	27.8
M35 Terry O'Connell	25.1
Ken Abney	25.8
M40 Karl Castor	25.9
M45 Tim Dickens	27.8

M50 Paul Henry	26.1
M60 Alex Johnson	28.6
M70 Oscar Harris	33.1
400m	
M35 Terry O'Connell	57.4
M40 Bill Krieger	54.4
Tony Natale	55.9
M45 Tim Dickens	61.3
M50 Paul Henry	58.0
M70 Oscar Harris	78.2
M75 George Blyn	91.3
1 Mile	
M35 Marc Gilman	5:11.5
Greg Stephens	5:19.0
M40 Gary Tompkins	4:52.2
Bob Crossin	5:04.2
M45 Fred Dedrick	5:06.0
John Weber	5:22.8
M50 Gregg Atzert	5:38.0
M70 George Blyn	7:40.0
W40 Diane McManus	6:45.1
800m	
M35 Mike Howard	2:28.1
M40 Gary Tompkins	2:14.3
Bill Krieger	2:16.0
M45 George Sanders	2:31.4
M50 Gregg Atzert	2:32.4
M60 Jim Sutton	2:28.7
3000m	
M35 Tom Yunker	11:22.0
M40 Bob Crossin	10:38.7
Bill Kehner	10:17.2
M45 Fred Dedrick	10:11.4
Mike Owens	10:28.8
M50 Gregg Atzert	11:22.5

55m Hurdles	
M30 Will Reid	8.1
M40 John Jones	8.7
M55 Nate Byrd	11.3
M65 Tom Delany	11.1
M70 Oscar Harris	12.4
High Jump	
M40 Mark Gershon	5-2
M45 Ron Salvio	4-7
Long Jump	
M30 Bob Murphy	4.63
M40 Mark Gershon	5.46
M55 Nate Byrd	3.84
M60 Bill Forde	3.75
M65 Tom Delany	4.28
M80 Claude Hills	2.09
Triple Jump	
M40 Mark Gershon	10.97
M65 Jack Doorlay	7.23
Shot Put	
M40 Rich McMullin	11.55
M45 Ron Salvio	8.14
M50 Gus Givskos	11.40
M55 Bill Murphy	6.27
M80 Bob Detweiler	8#
3000m Racewalk	
M45 Ron Salvio	17:49.4
M65 Ed Gawinski	18:09.6

MAC "Chemical Bank Christmas Classic"

168th St. Armory, NYC; Dec. 23	
55m	
W35 Louise Clark	7.77
Denise Sullivan	9.10
300m	
M30 Lewis Jefferson	40.14
M35 David Cherry	37.8
M40 Don Hodge	38.76
Errol Lee	39.59
M45 Ron Johnson	39.04
P G Felton	41.23
M50 Les Wright Jr	42.33
M60 Cliff Pauling	45.47
W30 Kelly Etheridge	48.02
W35 Louise Clark	45.03
W40 Sharon Warren	45.75
600m	
M40 Walter Brown	1:32.15
Alex Constantino	1:35.81
M60 Cliff Pauling	1:44.72
W30 Tina Cooper	1:56.91
1000m	
M30 Doug Miller	2:44.36
Grover Prince	2:59.51
M35 Anthony Watson	2:47.44
M40 Vincent Shaw	2:47.50
Rob Jackson	2:49.50
M50 Les Wright Jr	3:20.28
M60 Cliff Pauling	3:03.44
1500m	
M30 L A Glazer	4:29.36
M40 John Roselli	5:27.75
M45 Salih Talib	4:29.36
55m Hurdles	
M45 Ivan Black	10.02
High Jump	
M35 Jim Henderson	5-4
Rob Doran	4-10

M45 Ivan Black	4-10
Pole Vault	
M30 Duncan Littlefield	14-0
M35 Rob Doran	9-0
Long Jump	
M30 Robert Abdullah	6.74m
M35 Rob Doran	4.43
M45 Ivan Black	4.71
W45 Lorraine Tucker	4.25
Triple Jump	
M40 Ivan Black	10.82
Ken Kienzle	9.16
Shot Put	
M45 Rich Dunphy	38-3
Ivan Black	21-11
W35 Sarah Boslaugh	35-4
Denise Sullivan	22-1 1/2
W45 Lorraine Tucker	30-2
W50 Roslyn Katz	25-7 1/2
Weight Throw	
W35 Sarah Boslaugh	11.29
W50 Roslyn Katz	9.43
1 Mile Racewalk	
M30 Robert Gottlieb	7:13.03
M60 Bob Barrett	8:16.79
W30 H Carter-Range	10:26.92
W35 Kathryn Davis	11:09.93
Denise Sullivan	11:40.68
W55 Elsa Archbold	11:40.98
from Roslyn Katz	

MAC "6th Annual Foot Locker N.Y. Indoor Games"

168th St. Armory, NYC; Dec. 30	
55m	
M30 Shawn Carson	6.95
Sam Caldwell	7.16
M35 Val Barmwell	6.83
Fred Feaster	6.96
David Cherry	7.04
C D Cook	7.83
M40 Ron Johnson	7.14
Ken Kienzle	7.64
M60 Cliff Pauling	8.16
M65 Manny Herscher	9.39
M70 L E Wright Sr	8.85
W35 Louise Clark	7.64
200m	
M30 David Glen-Marie	27.44
W30 Kelly Etheridge	29.22
W35 Louise Clark	27.67
400m	
M30 W R Vaughn Jr	56.54
Doug Miller	58.37
M40 Ed Gonera	55.21
Anthony Jones	59.53
Ron Hodge	57.09
M45 P G Felton	56.80
M50 L E Wright Jr	60.01
M60 Cliff Pauling	62.61
W30 Kelly Etheridge	65.72
800m	
M30 Adrian Brewster	2:02.30
Mark Powell	2:03.71
Doug Miller	2:07.80
L I Jefferson	2:08.75
M40 Richard Evans	2:22.25
Jeff Gittens	2:47.03
M45 Kevin Smith	2:30.07
M55 John Hurley	2:55.17
M60 Cliff Pauling	2:31.09
1 Mile	
M30 Grover Prince	5:19.47
M35 Robert Brush	5:01.86
M40 Tony Plaster	5:25.84
M60 Hans Hunziker	6:06.35
M75 Bill Benson	7:35.96
W40 Janet Piez	6:09.88
3000m	
M50 Hugh Sweeney	9:57.25
M55 Sid Howard	10:18.47
John Hurley	12:44.40
55m Hurdles	
M35 Roberto Vives	9.32
M45 Ivan Black	9.89
High Jump	
M30 David Olson	6-4 1/2
M35 Roberto Vives	4-10
M45 Larry Isler	6-0
Ivan Black	4-10
Pole Vault	
M35 Jim Henderson	12-0
Rob Doran	9-0
Long Jump	
M30 Robert Abdullah	6.65
M45 Ivan Black	4.69
Ken Kienzle	4.49
M65 Manny Herscher	3.19
Shot Put	
M35 Rob Doran	9.44
M40 Bob Feeney	10.71
M45 Rich Dunphy	11.48
Ivan Black	6.88
W30 Nicole Phillips	9.19
Virginia Lee Palmer	8.25
W35 Sarah Boslaugh	10.66
W50 Roslyn Katz	7.72
W60 Ann Cirulnick	8.12
Weight Throw	
W30 Virginia L Palmer	10.10
Harriet Carter	6.79
W35 Sarah Boslaugh	10.88
W50 Roslyn Katz	9.62
W60 Ann Cirulnick	7.48
1500m Racewalk	
M30 Alan Sangrap	6:49.07
M45 Gary Null	6:48.04
M60 Bob Barrett	7:40.44
W30 H Carter-Range	9:49.06
W35 Kathryn Davis	9:54.21

W50 Elsa Archbold	11:41.29
W70 Queenie Thompson	11:14.87
3000m Racewalk	
M30 Robert Gottlieb	14:05.95
from Roslyn Katz	

Dartmouth Relays Cornell U., Ithaca, NY; Jan. 6

55m	
M30 Steve Gorriaran	6.71
Andre Garon	7.55
M35 Bob Parizo	6.93
Chris King II	7.00
Kevin Cranford	7.03
M40 Pershing Reid	7.28
Nate Robinson	7.30
Michael Parker	7.49
M45 Dennis Newton	7.22
Michael Augeri	7.50
Richard Sealey	7.54
M50 Roger Pierce	7.20
Paul Gansle	7.70
James Brady	8.22
M55 Horace Andrews	8.32
Edward Mezzapella	9.46
Bob Smullens	9.74
M60 Joe Hemler	7.60
Bill Wright	7.89
Robert Cloutier	8.34
M65 Ed Cox	7.99
Harold Miller	8.71
William Bergen	8.74
M70 Vern Mattson	9.02
George Steinmeyer	9.40
George Hornor	9.63
M75 Angelo Oliver	10.37
Robert Mulliken	11.81
W35 Cheryl Alston	8.06
Agathe Courteau	8.92
W40 Irene Thompson	7.72
Dara Lehans-Scott	8.61
W45 Lorraine Tucker	8.34
Kathy Nary	10.17
W50 Marlene Sachs	8.74
W55 Carolyn Cappetta	8.90
Nancy Merrill	10.72

200m	
M30 Steve Gorriaran	23.32
Andre Garon	26.04
M35 Bob Parizo	24.68
Toney Mulhollar	25.27
David Dodson	27.42
M40 Neil Steinberg	23.88
Michael Parker	26.58
George Frost	27.20
M45 Dana Harrell	28.48
Larry Johnson	29.31
M50 Roger Pierce	25.37
Jeffrey Spoor	29.98
Mike Caccuitto	30.46
M55 Horace Andrews	30.64
M60 Joe Hemler	26.48
Robert Cloutier	30.96
Davelanover	32.29
M65 Ed Cox	29.05
William Bergen	31.13
Harold Miller	32.07
M70 Vern Mattson	33.16
George Steinmeyer	34.72
George Horner	35.52
M75 Angelo Oliver	NT
W30 Wendie Moore	31.00
Sandy Callahan	37.99
W35 Mary Nagel	37.29
Margie Ramunno	38.15
W45 Lorraine Tucker	30.25
W50 Marlene Sachs	32.52
Susan Caccuitto	42.64
W55 Nancy Merrill	44.39

Continued from previous page

W45 Boston RC	2:07.95
Boston RC "B"	2:26.40
W50 Sugarloaf AC	2:39.42
High Jump	
M30 Joseph Patrone	1.93
M35 Manuel Toppins	1.93
Ambrose Courteau	1.68
M40 Larry Isler	1.47
M45 Ron Salvio	1.42
John Hoogasian	1.27
M50 Paul Gansle	1.52
James Brady	1.47
Carl Wallin	1.42
M55 Gerald Counihan	1.57
M65 Frank Brako	1.17
M74 George Steinmeyer	1.12
W30 Denise Houseman	.91
W50 Marlene Sachs	1.32
Long Jump	
M35 Kevin Cranford	6.22
Manuel Toppins	5.94
M40 Douglas Fredericks	5.12
Jim Sciuto	5.11
John Oleski	4.11
M45 John Hoogasian	4.39
M50 James Brady	4.13
M55 Gerald Counihan	4.91
Dillon Maier	4.06
Edward Mezzapelle	3.38
M60 Joe Hamler	4.43
M65 Frank Brako	3.95
M70 Vern Mattson	3.82
W30 Wendie Moore	4.31
W35 Edna Crawley	4.10
W40 Nancy Klepack	4.66
W45 Lorraine Tucker	4.15
W50 Marlene Sachs	3.87
W60 Claire Reynolds	ND
Triple Jump	
M35 Kevin Cranford	13.85
M40 Douglas Fredericks	10.33
Larry Isler	9.80
M45 John Hoogasian	9.04
M50 Paul Gansle	9.86
M55 Bob Smullens	6.54
M65 Frank Brako	7.89
M70 Vern Mattson	7.56
W30 Wendie Moore	8.49
Shot Put	
M35 Manuel Toppins	10.49
M40 Bob Gunn	13.43
Kim Salazar	12.02
Donald Filkins	11.94
M45 Mike Grisko	10.83
Peter Mitchell	10.58
John Hoogasian	9.68
M50 Robert Mead	14.87
Carl Wallin	14.66
Robert Harvey	12.47
M55 Morn Myrus	11.46
Michael Hoffer	8.85
M60 Leonard Rosen	11.30
Pete Barker	10.71
Andy Larabee	9.73
M65 Cliff Blair	11.33
Ned Curran	9.04
M70 Boo Morcom	9.60
George Horner	8.67
M75 Angelo Oliver	8.71
Robert Sparks	7.78
W30 Denise Houseman	10.96
W40 Dara Lehans-Scott	8.73
Irene Thompson	8.38
Kim Salzer	ND
W50 Marlene Sachs	9.60
Nancy Merrill	ND
Weight Throw	
M35 Ken Jansson	18.72
M40 Donald Filkins	12.57
Carl Richard	12.56
Wayne Willis	12.37
M45 Mike Grisko	12.13
Ron Salvio	8.23
M50 Robert Mead	12.13
Al Neville	10.43
William Burkle	9.00
M55 Norm Cyprus	11.62
M60 Don Levesque	11.20
Pete Barker	10.74
M65 Cliff Blair	14.05
Ned Curran	6.91
M70 A J Crawford	11.98
W30 Denise Houseman	12.88
W40 Dara Lehans-Scott	9.36

DC Metro Masters Mile George Mason U., VA; Jan. 7

1 Chuck Moeser 43	4:38.62
2 Paul Peterson 40	4:44:03
3 Paul Zink 47	4:44.68
4 Mike McHale 44	4:46.14
5 Larry Washington 43	4:50.8
6 Scott Winston 41	4:53.1
7 Pat Sullivan 45	4:54.53

8 Abdul Elmehdaoui 45	4:55.2
9 Dan Eddy 44	4:56.9
10 Bob Weiner 47	4:57.6
11 Spider Rossiter 43	5:11.9
12 Gary Guenther 45	5:13.7
13 Jay Wind 44	5:17.5
14 Robert Trost 51	5:17.8
15 Joe Stirt 42	5:43.0

MAC "US Air" Invitational Fairleigh Dickinson U., NJ, Jan. 8

55m	
M30 Kevin Ellis	6.8
M35 Don McNeill	7.0
M40 Jesse Norman	7.3
Steve Schlanger	7.5
C D Cook	7.7
M50 G Ballard	7.6
Dave Connolly	7.8
M55 Vince Ruffin	8.1
M60 Giorgio Chiavelli	8.1
Tom Talbott	10.1
M70 L E Wright Sr	8.8
300m	
M30 Martin McEhiney	41.1
Manuel Chinchilla	41.6
M35 Don McNeill	41.3
M40 Jesse Norman	40.2
C D Cook	48.0
Louis Miller	55.6
M50 Dave Connolly	47.7
M60 Cliff Pauling	45.3
Tom Talbott	57.2

500m	
M40 Tom Allen	1:32.7
M45 Bill Inde	1:29.5
M50 Vic Broulet	1:27.1
M60 Cliff Pauling	1:25.7
Tom Talbott	2:07.1
800m	
M30 Doug Miller	2:13.5
M40 Vincent Shaw	2:09.5
Tom Plaster	2:25.4
Jeff Gittens	2:44.0
M45 Bill Inde	2:32.8
M60 Irwin Bernstein	2:36.4
Hans Hunziker	2:44.3

1500m	
M30 Doug Miller	4:22.0
M35 Tony Watson	4:24.0
Rick Angiture	4:30.6
M40 Nick Caswell	4:27.3
Tom Plaster	4:55.0
Mark Benjamin	5:10.2
Tom Allen	5:12.8
M45 Vic Medina	5:05.9
M55 Jim Aneshansley	5:16.0
M60 Hans Hunziker	5:36.8
Long Jump	
M40 Gan Gioa	5.41
M50 Dave Connolly	3.02
M55 Vince Ruffin	4.61
M60 Hans Hunziker	3.53
from Roz Katz	

Philadelphia Masters Track Association Meet Swarthmore College, PA; Jan. 8

55m	
M35 Phil Conzentino	6.7
Steve Galetta	6.8
Terry O'Connell	7.1
M40 Dave NiCastro	7.0
Karl Castor	7.1
Mark Gershon	7.1
M45 Phil Felton	7.1
Tom Gorman	8.2
M50 Paul Henry	7.1
Irv Heath	7.2
Rab Hagin	7.5
M55 Nate Byrd	7.8
Manny Herscher	8.9
M70 Oscar Harris	8.3
M75 Champion Goldy	9.1
Gar Schooner	9.7
Dave Hall	9.9
M80 Claude Hills	11.2
200m	
M70 Oscar Harris	32.9
M75 Champion Goldy	35.9
Gar Schooner	37.7
300m	
M35 Terry O'Connell	39.6
Tom Yunker	44.2
M40 Bill Krieger	38.5
Tony Natale	38.9
Ken Kring	39.3
Karl Castor	40.3
M45 Phil Felton	40.2
Tim Dickens	42.8
Rab Hagin	43.2
M50 Irv Heath	42.8
Joel Dubow	46.7
M55 Larry Harvey	44.0
M60 Bill Forde	54.2
M65 Manny Herscher	54.7
W30 Leah Campagna	62.3
W35 Barb Clarke	68.0

400m	
M35 Kevin Goldstein	59.3
Warren Fisher	61.7
M40 Ken Kring	55.3
Karl Castor	56.2
M45 Phil Felton	55.6
Tim Dickens	59.6
M50 Paul Henry	58.5
Rab Hagin	61.1
Bob Fuhrman	64.9

M70 Oscar Harris	78.7
M75 George Blyn	94.6
W30 Leah Campagna	88.6
W35 Denise O'Brien	86.7
Barb Clarke	94.4

500m	
M40 Bill Krieger	71.2
Tony Natale	73.3
M55 Larry Harvey	84.4

800m	
M30 Craig Lowthert	2:09.9
Steve Bond	2:10.3
Mike Dizal	2:21.6
M35 Kevin Goldstein	2:32.7

M40 Gary Fanelli	2:08.9
Gary Tompkins	2:12.5
Joel Hoffsmith	2:14.7
Bob Crossin	2:14.7

M45 George Sanders	2:31.0
M50 Gregg Atzert	2:31.7
Bob Fuhrman	2:37.1
Roger Sheftel	2:54.9

M55 Larry Harvey	2:26.6
M60 Jim Sutton	2:24.5
W30 Kathy Harte	3:00.5
Maureen Doherty	3:24.7

W35 Mary Ellen Malloy	2:26.5
Connie Fanelli	2:39.7
Denise O'Brien	3:05.1
W40 Diane McManus	3:07.8

W50 C'lyn DiG'mbatista	3:26.7
Mile	
M30 Craig Lowthert	4:50.1

Richard Pointer	4:57.9
Mike Biral	5:11.3
M35 Tom Yunker	5:24.3

M40 Gary Fanelli	4:40.9
Gary Tompkins	4:51.5
Phil Yoder	5:02.8

Bob Crossin	5:02.9
Gary Papazian	5:14.6
M45 Fred Dedrick	5:10.9

Craig Conover	5:14.0
Stu Madres	5:14.3
Tony DeSabato	5:32.8

M50 Joel Dubrow	5:38.8
Gregg Atzert	5:40.9
Roger Sheftel	6:23.8

M75 George Blyn	7:28.9
W30 Leah Campagna	6:45.7
Maureen Doherty	7:10.9

W35 Denise O'Brien	6:39.4
Barbara Clarke	7:35.0
W50 C'lyn DiG'mbatista	7:08.3

3000m	
M30 Rich Pointer	9:55.1
M40 Phil Yoder	9:45.8

Joel Hoffsmith	9:49.5
Gary Papazian	10:27.2
M45 Stu Madres	10:02.5

Fred Dedrick	10:12.0
Craig Conover	10:19.9
Tony DeSabato	11:18.5

M50 Gregg Atzert	11:27.3
Lou Coppens	11:32.0
Joel Dubow	13:12.4

M75 George Blyn	14:52.6
W35 Connie Fanelli	11:33.5
Maureen Doherty	14:43.5

W40 Diane McManus	13:49.2
W50 C'lyn DiG'mbatista	14:11.9
55m Hurdles	

M35 Frank Britt	10.01
M50 John Bateman	10.34
M55 Nate Byrd	10.63

M60 George Taylor	14.34
M65 Tom Delany	10.62
High Jump	

M35 Frank Britt	5-2
M40 Mark Gershon	5-3
Ed Laurelli	5-0

M60 George Taylor	3-4
M80 Claude Hills	3-4
Bob Detweiler	2-7

Pole Vault	
M45 Tom Randolph	3.7m
Rick Holmes	3.4

Long Jump	
M35 Frank Britt	4.02
M40 Mark Gershon	5.52

M50 John Bateman	4.97
Nate Byrd	3.96
M60 Bill Forde	3.43

George Taylor	3.17
M65 Tom Delany	4.08
M80 Claude Hills	3.41

Triple Jump	
M40 Dave NiCastro	11.79
Mark Gershon	11.17

M50 John Bateman	9.77
M60 George Taylor	5.93
M65 Tom Delany	8.43

Shot Put	
M35 Frank Britt	11.94
M45 Ron Salvio	7.15

M60 Ray Feick	11.93
Tom Henderson	10.88
George Taylor	8.02

M80 Bob Detweiler	4.75
Mile Racewalk	

M55 Ed Gawinski	8:26.5
W40 Donna Kilgore	10:19.4
from Bill Krieger	

MAC "Crown Trophy" Invitational Manhattan College, NYC; Jan. 15	
55m	
M40 John Brooks	6.7

Mark Benjamin	7.2
Steve Schlanger	7.5
M50 -- Buschel	8.1
Hush Sweeny	8.7

M60 Giorgio Chiavelli	8.4
Tom Talbott	9.2
M65 Joe Kernan	11.6
200m	

M30 Manuel Chinchilla	25.1
Bill Vaughn	25.2
Martin McElheney	25.7

M40 John Brooks	23.8
Mark Benjamin	26.1
Don Hodge	26.7

M45 Mike Billman	28.2
M60 Cliff Pauling	28.3
G Chiavelli	31.7
Tom Talbott	32.9

400m	
M30 Bill Vaughn Jr	56.4
Joe Roggi	59.8
M40 Don Hodge	57.6

M45 Mike Billman	62.3
Kevin Smith	67.3
M50 Dick Hamner	60.0

M55 Bob O'Brien	64.1
M60 Cliff Pauling	64.3
Tom Talbott	79.8

800m	
M40 Tony Plaster	2:26.7
Candido Barroso	2:28.9

M45 Vic Medina	2:27.6
Bill Inde	2:30.3
M50 Dick Hamner	2:20.3

M75 Bill Benson	3:36.3
1500m	
M30 Larry Glazer	4:32.7

Grover Prince	4:48.9
M35 Tony Watson	4:24.0
M40 Tony Plaster	4:53.6

Juanito Hernandez	4:55.7
M45 Vic Medina	5:03.5
Bill Inde	5:09.6

M55 Jim Aneshansley	5:15.1
M60 Cliff Pauling	5:25.1
Elton Robinson	5:45.6

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Continued from previous page

J. Kent	6:14.94
J. Nyhan	6:34.58
M65 K. Folsom	7:20.27
M70 A. Messenger	6:20.63
S. Toabe	6:30.18
J. Bourdieu	10:10.42
M75 B. Matteson	7:41.60
P. Campbell	8:16.56
W30 J. Donahue	5:48.52
W35 A. Riccardelli	5:36.64
K. Lein	5:59.97
W45 A. Schmitt	5:44.73
W55 C. Parisi	6:03.58

Mile Race Walk

M35 D. Ruben	11:37.60
M40 B. Savilonis	7:10.19
S. Sognowski	9:05.97
M50 C. Mansbach	9:08.51
M55 M. Hoffer	9:34.81
M60 L. Free	9:28.84
M65 L. Candido	9:19.26
M70 J. Gray	10:01.04
S. Corning	11:42.09
W40 S. Danahey	11:11.49
W45 M. Ferguson	8:53.34
W55 C. Orr	10:30.06
W60 L. Ruben	12:23.49
W65 F. Dagata	13:41.76

3000 Meters

M30 K. O'Brien	9:28.91
J. Molvar	9:34.92
W. Neuhar	9:49.00
M40 G. Daniels	9:07.03
J. Hird	10:34.22
M45 L. Olsen	9:10.98
J. Fultz	9:32.11
J. Burleson	12:22.72
M60 D. Ross	11:55.04
J. Kent	12:39.48
M65 D. Alden	13:44.97
M70 S. Toabe	12:51.87
M75 B. Matteson	15:01.53
P. Campbell	15:41.36
L. Waterman	13:04.40
W30 K. Lein	12:22.15
W40 D. Judge	11:36.14
W45 J. Higgins	13:32.15

Long Jump

M30 J. Wardle	20-8 3/4
M35 K. Cranford	20-11 3/4
D. Ruben	9-4
M40 D. Fredericks	16-8
J. Sciutto	16-4 1/2
J. Oleski	14-8 1/2
M45 M. Milove	15-9 1/2
H. Varnet	15-2 1/2
J. Hoogasian	14-9 1/2
M50 C. Varnet	14-3 1/2
M55 E. Knet	14-4 1/2
E. Mezzapelle	10-10 3/4
M60 J. Stookey	16-3 1/2
J. Lance	13-6 1/2
H. Perry	13-1 1/4
F. Lapointe	13-0
P. Soraparu	12-5 1/2
D. Hudson	12-3 1/2
M65 F. Brako	13-5
B. Townsend	12-5
T. Viveiros	10-6 3/4
M70 E. Lukens	13-7 3/4
V. Mattson	12-8
R. Rodriguez	11-3 1/2
G. Horner	10-8 3/4
M75 A. Ricciardi	10-10 1/2
S. Sorlien	10-5 1/2
W35 A. Dupuis	9-7 3/4
W60 A. Hicks	8-6 3/4
I. Ruben	6-5 1/2
J. Finley	2-11
A. McGowan	8-1/2
J. Berlepsch	5-1/2

Triple Jump

M30 J. Wardle	42-11 3/4
M35 K. Cranford	45-1 3/4
M40 D. Fredericks	34-5 3/4
M45 I. Black	35-8
M. Milove	32-4 1/2
M55 E. Kent	31-0
M. Hong	28-2 1/4
M60 J. Stookey	33-3 1/4
F. Lapointe	28-8
J. Lance	25-8
P. Soraparu	24-9 3/4
M65 F. Brako	25-7 3/4
M70 E. Lukens	30-10 1/2
V. Mattson	23-3 1/4
S. Hutchinson	19-4
M75 S. Sorlien	22-10 1/4
W70 A. McGowan	13-6 1/2

High Jump

M30 J. Wardle	6-2
M40 E. Clark	4-6
M45 I. Black	5-0
M50 B. Harvey	4-10
C. Varnet	4-4
M60 J. Stookey	4-8
H. Perry	4-6

M65 P. Kranberg	4-4
F. Brako	3-8
A. Viveiros	3-4
M70 E. Lukens	4-4
B. Morcom	4-2
R. Rodriguez	3-10
M75 A. Ricciardi	3-6
W30 A. Dupuis	3-4
W70 A. McGowan	2-10

Pole Vault

M45 J. Hoogasian	12-0
M70 B. Morcom	9-0

Weight Throw

M40 W. Willis	43-5 1/2
C. Reichard	41-7
E. Daniels	38-4
M45 M. Griko	42-4
P. Germanowski	42-1
M50 B. Burke	27-11
M60 P. Soraparu	31-5
M65 W. Garrahan	39-2
M75 A. Ricciardi	30-10
W30 D. Houseman	44-3
D. Tower	38-2
W60 A. Hicks	22-10
J. Finley	15-10
W70 J. Berlepsch	13-0

Shot Put

M35 K. Swanko	46-11 1/2
M40 E. Clark	39-5 1/2
C. Reichard	38-1
E. Daniels	33-6
M45 P. Mitchell	34-10
E. Root	30-4
J. Hoogasian	29-7
M50 B. Harvey	42-11
P. Fusco	36-7
B. Burke	33-7
M55 P. Choquette	39-4
G. Cormey	32-9
M60 L. Rosen	36-6
P. Soraparu	34-4
F. Lapointe	28-11
M65 W. Garrahan	35-9
A. Viveiros	27-10
B. Morcom	30-8
G. Horner	26-2
M75 A. Ricciardi	28-4
A. Oliver	26-9
M80+ F. Gliberty	18-3
W30 D. Houseman	36-7 1/2
D. Tower	28-5 1/2
W45 K. Wells	19-4
W55 M. Roman	25-3 1/2
A. Dupuis	17-2
W60 A. Hicks	20-0
L. Ruben	14-9
J. Finley	13-0
W65 V. O'Connor	12-1 1/2
W70 J. Berlepsch	15-2
A. McGowan	13-7

Add:

III M75 A. Ricciardi	12.72
WT M50 P. Fusco	23-11

MAC "USAIR Championships"

168th St. Armory, NYC; Jan. 20

55m	
M40 Louis Miller	8.99
M45 Ken Kienzie	7.68
Lee Tyler	7.91
M50 Rich Jones	7.37
Ed Kent	8.14
M55 Richard Rizzo	7.96
W30 Denise Jones	8.37
Betty Whitaker	8.39

300m

M30 Wyndell Dickerson	35.97
John Banks	37.17
Willy Wood	37.63
M35 David Cherry	37.59
M40 Erroll Lee	38.63
Don Hodge	41.08
Fred Denworth	41.84
Paul Mascali	42.24
M45 P. G. Felton	39.06
Bill Overby	40.18
Salih Talib	40.92
M50 Rich Jones	41.97
M55 Ed Small	42.04
M60 Cliff Pauling	44.25
W30 Betty Whitaker	46.52

600m

M30 Doug Miller	1:21.20
Steve Schellenkam	1:29.48
Dave Hart	1:53.01
M40 Walt Brown	1:22.19
M45 Kevin Smith	1:35.80
M50 Dick Hammer	1:25.73
Hy Zamft	1:38.43
M55 Ed Small	1:25.03
Jim Aneshansley	1:37.94
M60 Cliff Pauling	1:31.36
Irwin Bernstein	1:36.55
W30 Denise Jones	1:43.80

1000m

M30 Larry Glazer	2:47.56
Allen Sangeap	2:58.69
M55 Sid Howard	2:58.46
Jim Aneshansley	3:25.20

M65 Don Preven	4:19.06
3000m	
M30 Arnold Core	12:26.44
Dave Hart	12:32.23
M35 Tony Watson	9:30.56
Bill Gaston	10:09.33
M40 Paul Mascali	9:03.33
Tony Wardo	10:18.03
Juanito Hernandez	10:31.27
M45 Vic Medina	10:55.20
M55 Don Bozzone	12:02.10

High Jump

M30 David Olson	6-4
M45 Ivan Black	4-8

Pole Vault

M35 Rob Doran	8-0
Long Jump	
M45 Ivan Black	4.85m
Mike Myrick	4.10
M50 Dick Hammer	4.77
Ed Kent	4.01

Triple Jump

M35 Leroy Carver	42-0
M45 Ivan Black	34-0
Ken Kienzie	30-8 1/2
M50 John Bateman	32-2 1/2
Ed Kent	28-10 1/2
W35 Sarah Boslaugh	27-3

Shot Put

M35 Rob Doran	9.56
M45 Rich Dunphy	11.17
M65 Tom Brooks	9.04
W30 Virginia Palmer	9.36
H. Carter	9.10
W35 Sarah Boslaugh	10.60
Denise Sullivan	6.58
W50 Roslyn Katz	7.83

Weight Throw

W30 Virginia Palmer	9.67
W35 Sarah Boslaugh	11.64
Denise Sullivan	6.84
W50 Roslyn Katz	9.56

1500m Racewalk

M45 Gary Null	6:46.00
M60 Bob Barrett	7:52.92
M65 Cervin Robinson	8:33.38
W30 H. Carter	8:48.88
W35 Kathryn Davis	11:08.53
W70 Queenie Thompson	12:44.85

3000m Racewalk

M30 Robert Gottlieb	13:58.29
W30 M. Torrellas	15:38.51
from Roz Katz	

Hartshorne Memorial

Masters Mile

Cornell U., Ithaca, NY; Jan. 21

M40 Tim McMullen	4:26.92
Swag Hartel	4:29.91
Charlie McMullen	4:32.28
Gary Fanelli	4:33.61
Tom Hartshorne	4:34.35
Tim Otis	4:39.72
Joe Ontario	4:41.68
Terry McConnell	5:00.25
Bill McMullen	5:04.45
Caleb Rossiter	5:08.95
M45 Harry Nolan	4:35.05
Tom Ilomeyer	4:55.82
Terry Ilabecker	4:59.05
Rick Ilabecker	4:59.44
Reinhold Wotawa	4:59.76
Tom Carr	5:07.82
Ken Zeserson	5:10.35
Jim Boyle	5:21.14
Jim Bilik	5:21.50
M50 Dick Croteau	5:08.29
Derck Frechette	5:11.30
Joe Reynolds	5:30.31
Dave Sanders	5:41.18
M55 Cal Loomis	5:16.66
Bob Milner	5:17.48
Vince Colgan	5:28.91
M60 Gordon Walker	5:41.86
Jack Garrity	6:25.23
Ted Sullivan	7:08.06
M65 Ed Stabler	5:40.60
Dick Sullivan	6:48.89
Jack O'Sullivan	7:11.33
Bill Pow	7:19.10
Ralph Jones	7:38.78
M70 Anthony Napoli	6:26.20
M75 Nate White	7:01.59
W30 Beth Deciantis	5:09.65
Sandy Gregorich	5:33.41
Leatha Damron	5:35.62
Shelley Reynolds	5:55.30
W35 Joan Sterrett	5:30.94
C. Comiso-Fanelli	5:40.00
Patti Ford	5:52.35
W40 Barb Blaszk	5:45.63
P. Dickson-Taylor	5:58.22
Deb Stokes	6:44.13
Diane McGuire	6:53.82
W55 Margaret Betz	5:53.27

50 YARD DASH

M40 Frank Britt	7.8
John P. Jones	7.8
M45 Tim Dickens	7.5
M55 Nate Byrd	7.9
Ron Bilski	9.5
M60 Oscar Taylor	7.8
M65 Paul Barndt	8.5
M70 Oscar Harris	8.5

220 YARDS

M35 Ron Manion	24.9
M45 Phil Felton	25.8
Tim Dickens	27.5
Rab Hagin	27.2
M55 Larry Harvey	28.2
Nate Byrd	29.2
Ron Bilski	34.5
M60 Oscar Taylor	29.2
M65 Paul Barndt	32.8
M70 Jim Nanno	32.1
Oscar Harris	32.6

440 YARDS

M35 Ron Manion	56.0
M45 Phil Felton	56.3
Tim Dickens	60.0
Rab Hagin	61.0
M55 Larry Harvey	61.8
M70 Jim Manno	1:15.3
Oscar Harris	1:17.4
Connie Fanelli	1:12.2

880 YARDS

M35 Tom Yunker	2:32.3
M40 Phil Yoder	2:22.0
Gary Papazian	2:34.4
M50 Gregg Atzert	2:35.1
Rich Howett	2:37.8
M60 Jim Sutton	2:24.8
M65 Bob Naylor	3:29.4
W35 Connie Fanelli	2:40.2

TOM ROBINSON MILE RUN

M35 Phil Matraxia	5:09.8
Tom Yunker	5:17.8
M40 Phil Yoder	4:59.9
Gary Papazian	5:18.6
Gary Rieger	5:26.4
Rich Howett	5:26.4
Lou Coppens	5:29.9
Gregg Atzert	5:30.3
W35 Mary Ellen Malloy	5:28.6

2 MILE RUN

M35 Tom Yunker	12:08.0
M40 Gary Papazian	11:31.0
M50 Lou Coppens	12:30.8
Gregg Atzert	12:44.6
W35 Connie Fanelli	12:19.4

DCRR Indoor Meet

Arlington, VA; Jan. 22

Men's Masters Mile

James Pryde 41	4:44
Larry Washington 43	4:52
Tom Weber 41	4:52
Pat Sullivan 45	4:57
Steve Ruckert 45	4:59
Paul Ryan 44	4:59
Bill Gale 45	4:59
Ken Paul 45	4:59
Richard Adams 43	5:03
Dan Eddy 43	5:08
Mike Cotner 44	5:09

3000m Racewalk

1 Richard Jirousek 51	16:53
2 Jim Goldstein 46	16:54
4 Vic Litwinski 51	18:51
5 Stephen Arbutnot 46	18:58
6 Bill O'Reilly 69	20:29
8 E R Preno 59	22:51
9 Terry Hamilton 66	24:38
10 Cathy Short 40	24:52
11 Mil Wood 79	26:41
12 Brenda Ambrose 37	27:09

DCRR Indoor Meet

Arlington, VA; Jan. 29

Men's Masters Mile

Paul Ryan 44	4:53
Steve Ruckert 45	4:54
Bill Gale 45	4:55
Bob Weiner 47	4:56
James Moreland 42	4:59
Spider Rossiter 43	5:04
Mike Cotner 45	5:05
Gary Guenther 44	5:10
J J Wind 44	5:15
Tim Holtz 40	5:42

Continued from previous page

H35-39 S. WINKEL	57.8
H40-44 G. KRANIK	55.4
R. COOK	1:10.7
B. BREEDLOVE	1:20.0
H50-54 F. WEIBEL	1:16.1
D. HURD	1:19.1
H55-59 B. DAVIS	1:07.6
C. FOWLER	1:13.3
J. ROBINSON	1:15.0
H60-64 H. BROWN	1:06.0
J. HADDEN	1:08.2
H65-69 C. SOCHOR	1:05.3
H75-79 B. KAPLAN	2:04.0
E. COLE	2:13.4
H80-84 H. LIGHTFOOT	1:32.4
V. SCHAEFER	1:35.2
H. FLACHS	2:05.2
800M	
F35-39 H. LUTZ	2:52.8
F40-44 P. ARNS	3:22.9
H30-34 K. LANCASTER	2:19.8
H35-39 R. STACH	2:24.7
S. WINKEL	2:30.1
H40-44 C. LUTZ	2:14.6
R. COOK	2:51.7
H50-54 F. WEIBEL	3:01.0
H55-59 B. DAVIS	2:37.3
C. FOWLER	2:51.9
J. ROBINSON	2:52.6
H60-64 F. BROWN	2:47.5
H65-69 C. SOCHOR	3:02.9
H75-79 B. KAPLAN	4:24.1
1500M	
F30-34 A. FISCHER	4:47.3
F30-39 H. NAUMAN	5:21.8
F40-44 J. ROEDER	5:46.1
P. ARNS	6:46.6
F45-49 J. DAKER	5:49.6
F50-54 J. TEEPLE	6:23.2
J. GULLEY	7:09.5
F55-59 R. LARSEN	7:17.2
K. SCHLEUSENER	6:39.4
F60-64 F. RILEY	6:13.7
H35-39 J. LOPEZ	4:27.6
S. GARG	4:39.5
R. STACH	4:45.6
B. THOMPSON	4:52.1
H40-44 C. LUTZ	4:31.6
H. THETICH	5:13.7
T. KERR	6:44.4
H50-54 F. WEIBEL	5:49.2
J. DELZELL	6:07.5
D. HURD	6:09.4
H55-59 J. ROBINSON	5:34.4
C. FOWLER	5:35.6
3000M	
F35-39 H. LUTZ	12:35.7
F45-49 J. DAKER	12:36.4
F55-59 K. SCHLEUSENER	14:05.2
H35-39 R. STACH	11:37.0
H40-44 A. HARTHUT	10:45.6
R. WINKLER	11:54.7
H50-54 J. DELZELL	12:56.5
H55-59 B. DAVIS	11:50.4
C. FOWLER	13:38.3
4K	
H70-74 H. LARSEN	36' 2 1/2
H. BUSCHMAN	32' 8"
H. DEWELL	31' 2"
G. RAJCEVICH	30' 10"
A. ADAMS	24' 9"
H75-79 E. COLE	23' 9"
H80-84 H. LIGHTFOOT	22' 2"
5K	
H60-64 J. NAHER	36' 1"
C. TRINKNER	31' 1 1/2
B. PARK	29' 2"
D. SIBIGTROTH	27' 3"
H65-69 E. FAILOR	25' 3"
6K	
H50-54 B. SCOTT	47' 6"
J. HESS	37' 5 1/2
H55-59 E. SCHMIDT	38' 1"
B. WARREN	32' 3"
D. AHERY	32' 2 1/2
G. LABELLE	32' 0"
J. HILLS	30' 2 1/2
50M HURDLES 30"	
H70-74 H. BUSCHMAN	11.2
H. DEWELL	14.8
50M HURDLES 33"	
H60-64 F. BROWN	11.1
H65-69 C. SOCHOR	10.6
50M HURDLES 36"	
H50-54 C. DOW	8.8
H55-59 B. HILLS	9.0
G. LABELLE	9.5
50M HURDLES 39"	
H30-34 S. THOMS	7.5
H35-39 J. WATRY	8.0
H45-49 J. MEISNER	10.4
HIGH JUMP	
F55-59 J. HILLS	4' 4"
H30-34 B. THOMS	5' 2"
H35-39 J. WATRY	5' 0"
J. VALISKA	5' 0"
J. NAHER	5' 0"
H45-49 J. HEISENER	5' 4"
K. HALL	4' 6"
H. OLIVER	4' 0"
H50-54 C. DOW	4' 0"
H55-59 B. HILLS	4' 6"
J. HILLS	4' 4"
G. LABELLE	4' 2"
P. STOPOULOS	4' 2"
H60-64 J. ROBINSON	4' 8"
C. TRINKNER	4' 6"
F. BROWN	4' 0"
J. NAHER	4' 0"
D. SIBIGTROTH	3' 8"
B. PARK	3' 6"
H65-69 C. SOCHOR	4' 0"
H70-74 H. BUSCHMAN	3' 10"
G. RAJCEVICH	3' 6"
H. DEWELL	3' 6"
A. ADAMS	3' 4"
H75-79 W. RAGLAND	3' 6"
E. COLE	3' 0"
H80-84 H. LIGHTFOOT	3' 8"

POLE VAULT

H30-34 K. PAVLONIS	13' 6"
H35-39 J. NAHER	10' 6"
J. WATRY	10' 6"
H45-49 H. DAVIS	12' 0"
K. HALL	11' 0"
D. HILL	10' 0"
D. GUSTAFSON	8' 0"
H60-64 F. BROWN	6' 6"
H65-69 C. SOCHOR	6' 0"
H70-74 H. DEWELL	5' 6"
H75-79 E. COLE	3' 0"
H80-84 H. LIGHTFOOT	5' 6"
LONG JUMP	
F50-54 P. DANIELSON	12' 8 1/2
F55-59 D. ROBINSON	6' 9 1/2
J. AHERY	6' 6"
H35-39 B. FELLER	18' 10 1/4
J. WATRY	18' 7"
S. WINKEL	17' 1"
R. STACH	13' 4 1/2
H40-44 H. SKOFLANC	19' 4 1/4
H45-49 H. DAVIS	16' 9 3/4
D. HILL	15' 8 1/4
H. WING	13' 11"
H50-54 C. DOW	14' 9 1/2
H55-59 J. HILLS	14' 11 1/2
P. STOPOULOS	14' 8"
G. LABELLE	13' 1 3/4
H60-64 H. ROBINSON	15' 6"
C. TRINKNER	14' 8 1/2
B. PARK	11' 11 1/4
D. SIBIGTROTH	11' 2 3/4
H65-69 C. SOCHOR	13' 9 1/2
E. FAILOR	12' 10"
H70-74 H. LARSEN	16' 1 1/2
H. BUSCHMAN	11' 3"
G. RAJCEVICH	10' 2"
A. ADAMS	8' 10 1/2
H. DEWELL	8' 8"
H75-79 E. COLE	7' 7 1/2
H80-84 H. FLACHS	7' 11 3/4
TRIPLE JUMP	
H40-44 H. SKOFLANC	37' 8"
H45-49 J. HEISENER	34' 0"
H. WING	29' 5"
H55-59 P. STOPOULOS	29' 10"
G. LABELLE	27' 10"
J. HILLS	27' 1"
H60-64 D. SIBIGTROTH	24' 3"
H65-69 E. FAILOR	26' 6"
H70-74 G. RAJCEVICH	23' 1"
H. BUSCHMAN	22' 1"
H. DEWELL	20' 5"
H75-79 E. COLE	17' 7"
STANDING LONG JUMP	
F55-59 R. LARSEN	5' 9 1/2
D. ROBINSON	5' 3"
J. HILLS	4' 10 1/4
H35-39 J. VALISKA	8' 11 1/2
H40-44 H. SKOFLANC	9' 2 1/2
J. KRANIK	8' 2 3/4
H45-49 D. HILL	8' 1 1/4
D. GUSTAFSON	8' 1"
H. OLIVER	6' 10"
H55-59 J. HILLS	8' 10"
P. STOPOULOS	7' 11"
G. LABELLE	7' 9 1/2
J. NAHER	7' 7 1/2
D. AHERY	7' 5 1/2
H60-64 H. ROBINSON	7' 9 3/4
B. PARK	7' 6 1/2
D. SIBIGTROTH	6' 9 3/4
H65-69 E. FAILOR	7' 4 1/2
H70-74 H. BUSCHMAN	6' 7"
H. DEWELL	6' 4"
A. ADAMS	6' 1"
H75-79 E. COLE	4' 7"
SHOT PUT	
F55-59 J. HILLS	22' 2"
J. AHERY	15' 6"
F70-74 F. BERRY	15' 9"
16L	
H35-39 J. WATRY	37' 5 1/2
K. STRACHNER	35' 2"
J. NAHER	33' 5"
S. WINKEL	30' 7 1/2
H40-44 K. HCHURCH	37' 10"
R. JOHNSON	34' 10"
L. READMAN	34' 1"
H45-49 H. DAVIS	31' 1 1/2
D. GUSTAFSON	28' 5 1/2
H. OLIVER	23' 3"
WEIGHT THROWS 35L	
H40-44 L. READMAN	37' 3"
H45-49 D. GUSTAFSON	32' 8"
H55-59 D. AHERY	28' 2"
G. LABELLE	27' 10"
H70-74 H. BUSCHMAN	18' 11"
H. DEWELL	17' 5"
1500 METER RACE WALK	
F40-44 A. WINKLER	9:19.0
K. KLEPACK	DQ
H40-44 R. WINKLER	7:54.1
H45-49 D. GUSTAFSON	8:48.8
H50-54 F. WEIBEL	8:31.2
H60-64 F. BROWN	8:34.1
D. SIBIGTROTH	10:01.3
H75-79 T. KIRLEY	9:40.5

Kent State Indoor Meet
Kent, OH; Jan. 29

55m	
M40 Tom Allcorn	7.4
M45 Rex Harvey	7.2
Jeff Gerson	8.8
M55 Jack Brunner	8.7
John Sloan	8.8
W30 Debbie Yurth	7.9
W35 Pat Finley	9.1
200m	
M35 Lawrence Finley	25.8
M40 Tom Allcorn	26.3
M45 Norm Thomas	28.3
M55 John Sloan	32.7
M65 Denver Smith	30.4
W30 Debbie Yurth	28.9

400m

M35 Lawrence Finley	56.0
Bob Thomas	56.3
M45 Norm Thomas	61.3
M50 Bill Angus	61.3
M55 Jack Brunner	71.2
W30 Debbie Yurth	65.0
800m	
M35 Bob Thomas	2:09.4
Willie Speight	2:13.6
M45 Glenn Andrews	2:12.6
Jim Joseph	2:26.5
1 Mile	
M45 Glenn Andrews	4:51.1
Jim Joseph	5:12.6
Jeff Gerson	5:40.0
High Jump	
M45 Rex Harvey	5-4
M55 John Sloan	4-0
M65 Denver Smith	4-6
W30 Debbie Yurth	4-4
Pole Vault	
M45 Rex Harvey	12-0
M55 John Sloan	8-6
M65 Denver Smith	9-0
Long Jump	
W30 Debbie Yurth	13-6
Shot Put	
M45 Rex Harvey	40-0
M65 Denver Smith	36-7
W30 Debbie Yurth	24-6
W35 Pat Finley	26-7 1/2

MID AMERICA

Smith/Kline Beecham Indoor
Championships
Lincoln, NE; Jan. 8

55m	
M40 Neal Combs	7.0
M45 Tom Bassett	7.2
M50 Roger Williams	7.8
M55 Thornton Shelton	7.4
M60 Richard Wieland	8.5
M65 Byron Winter	10.0
M75 Clarence Osborn	16.4
W45 Sandy Maryott	9.5
200m	
M30 Dean Wolt	26.9
M40 Neal Combs	25.2
M45 Tom Bassett	25.3
M50 Joe Struempf	30.3
M55 Thornton Shelton	27.4
M65 Al Weaver	34.1
M75 Clarence Osborn	58.4
400m	
M35 Marty Berge	57.9
M50 Joe Struempf	68.0
M55 Ross Greathouse	68.0
M65 Al Weaver	82.0
M75 Clarence Osborn	2:11.8
800m	
M35 Steve Hoyer	2:23.2
M40 Lou Soukup	2:42.2
M55 Wally Brawner	2:29.5
M65 Al Weaver	3:15.4
M75 Clarence Osborn	5:18.7
W35 Teri Kohl	3:04.5
1 Mile	
M35 Dale Nielsen	5:02.4
M40 Lou Soukup	5:49.6
M45 Rico Kotrows	5:40.9
M50 Joe Struempf	5:28.7
M55 Jim Culver	6:09.2
3000m	
M35 Steve Holger	10:07.1
M40 Lou Soukup	10:31.6
M50 Paul Durbin	13:03.0
M55 Wally Brawner	11:00.4
55m	
M40 Milton Scurlock	8.9
M45 Ross Jensen	9.7
M50 Roger Williams	10.9
M55 George LaBelle	9.6
High Jump	
M30 Dean Wolt	5-6
M45 Bob Everoski	4-4
M50 Roger Williams	4-6
M55 George LaBelle	5-2
M65 Jerald Matz	nta
Long Jump	
M40 Neal Combs	17-10 1/2
M45 Bob Rutledge	15-4 1/2
M50 Roger Williams	15-3
M55 George LaBelle	15-8
M60 Richard Wieland	12-7 1/2
M65 Ed Failor	12-4
W45 Sandy Maryott	11-8
Triple Jump	
M45 Bob Everoski	26-2 1/2
M50 Ken Winters	36-6 1/2
M55 George LaBelle	27-6 1/2
M65 Ed Failor	25-7
Shot Put	
M50 LaVane Johnson	39-4
M55 George LaBelle	35-8
M60 Tom Wessowski	42-5
M65 Ed Failor	25-6 1/2
M70 Scott Herrmann	38-8 1/2
W45 Mary Maryott	23-4 3/4
Pentathlon (55H/LJ/SP/HJ/1000)	
M40 Alan Russell	2290
M50 Ken Winters	1990
M55 George LaBelle	1633
M65 Robert Thomas	709

Early Morning "R" Indoor Meet
Twin Cities, MN; Feb. 5

55m	
M40 Jim Dolezel	6.88
Donald Tarasewicz	6.89
M45 Michael Sharratt	7.08
M50 Jim Lee	7.00
M55 James Wagner	7.58
M60 Lloyd Kempf	8.00
M65 Harvey De Vries	8.70
M75 Ben Bjergo	36.19
W30 Rhonda Dean	8.17
W55 Audrey Kempf	12.17
W60 Rachel Lyga	9.27
200m	
M40 Jim Dolezel	26.09
M50 Jim Lee	27.34
M55 Fred Biederman	30.20
James Wagner	30.40
M60 Lloyd Kempf	32.00
W60 Rachel Lyga	39.56
400m	
M40 Randy Bensen	56.09
Donald Tarasewicz	56.91
M45 George Rux	1:07.66
W30 Rhonda Dean	1:27.09
W60 Rachel Lyga	1:54.16
800m	
M45 George Rux	2:40.72
M34 George Rux	6:00.06
55m Hurdles	
M55 George LaBelle	9.92
M60 Jim Peterson	9.65
W60 Rachel Lyga	12.37
High Jump	
M45 Dan LaBelle	4-10
M55 Tom Langenfeld	5
M60 Lloyd Kempf	4-5
M60 Jim Peterson	4-5
M65 Ed Failor	3-9
W60 Rachel Lyga	3-8
Long Jump	
M40 Jim Dolezel	17-6
M45 Michael Sharratt	15-10
M55 James Wagner	14-1
M60 Jim Peterson	15-1
M65 Ed Failor	12-3
W40 Deb Vestel	9-1
W60 Rachel Lyga	11-9
W60 Barb Thorgimson	6-9
Triple Jump	
M40 Jim Dolezel	33-7
M55 George LaBelle	26-10
M60 Jim Peterson	30-2
M65 Ed Failor	25-7
W40 Deb Vestel	18-8
W60 Rachel Lyga	24-7
Shot Put	
M40 Jim Fuehrer	30
M45 Dan LaBelle	34-11
M55 George LaBelle	31-3
M60 Jim Peterson	34-1
M65 Harvey DeVries	32
M75 Ben Bjergo	15-11
W55 Audrey Kempf	22-7
W60 Barb Thorgimson	24-9
Weight Throw	
M45 Dan LaBelle (35#)	23-4
M55 George LaBelle (35#)	22-1
M65 Harvey DeVries (25#)	28
M75 Ben Bjergo (16#)	12-3
W55 Audrey Kempf (16#)	21-1
W55 Mavis Vitums (16#)	13-11
W60 Rachel Lyga (16#)	19

WEST

KELfield Throws Series No. 35
Santa Cruz, CA; Jan. 21

Shot Put	
M30 Shawn Gleeson	41-8 1/2
M40 Gary Kelmenson	36-1
M50 Mike Parker	38-8
Discus	
M40 G Kelmenson	110-5
M50 Mike Parker	117-5
Hammer	
M30 Shawn Gleeson	122-10

Continued from previous page

M45 R Martinez	URU	2:19.5
R Cifuentes	ARG	2:23.0
M50 F dos Santos	URU	2:28.7
E Elizalde	ARG	2:30.4
M55 J Lemos	ARG	2:20.4
M60 C Sachi	ARG	2:32.1
R Sanchez	URU	2:32.3
M65 E Verdi	ARG	2:43.1
S Guargna	BRA	3:05.2
M70 R Panoel	ARG	4:08.2
M80 A Antunez	BRA	3:30.4
W30 C Camus	CHI	2:24.7
W35 N Oses	ARG	2:35.1
W40 R Pussetto	ARG	2:38.5
W45 P Leiva	ARG	2:43.7
W50 A Ottado	ARG	3:17.0
W60 A Tebes	ARG	3:19.2

1500m		
M35 E Martins	BRA	4:38.5
J Losada	ARG	4:40.4
M40 V Queranza	BRA	4:12.4
H Espindola	ARG	4:29.8
M45 O Dutra	BRA	4:28.9
E de Laudo	URU	4:34.3
M50 J Benitez	URU	5:08.9
M55 J Lemos	ARG	4:50.5
M60 O Almada	URU	5:32.9
J Dominguez	URU	5:48.3
M65 S Guaranga	BRA	6:11.3
J Mino	ARG	6:20.8
M70 S Ojeda	CHI	6:24.4
M75 R Panoel	ARG	9:02.7
W30 C Camus	CHI	4:58.1
W35 N Oses	ARG	5:21.2
W40 R Gomez	BRA	5:26.3
M Giamfrancisco	ARG	5:36.8

W45 P Leiva	ARG	5:40.2
W50 M Guerreiro	BRA	7:42.2
W55 S Peuckert	BRA	7:35.6
W60 A Tebes	ARG	5:44.0

3000m

W30 C Camus	CHI	11:06.0
W35 N Oses	ARG	11:21.9
W40 M Giamfrancisco	ARG	11:56.3
L Villalba	URU	12:58.6
W45 P Leiva	ARG	11:53.4
W55 S Peuckert	BRA	16:35.2

5000m

M35 N Zamora	URU	14:29.2
J Losada	ARG	17:53.9
M40 V Zueranza	BRA	15:12.4
H Espindola	BRA	16:20.9
M45 O Dutra	BRA	16:28.3
P da Rosa	BRA	16:54.6
M50 F dos Santos	URU	18:18.2
J Benitez	URU	18:49.8
M55 A Silva	BRA	18:54.2
M Diaz	ARG	20:10.1
M60 O Almada	URU	20:01.9
J Pinilla	ARG	20:22.1
M65 S Guaranga	BRA	22:42.0
M70 J Sazatornil	ARG	24:05.8

10,000m

M35 N Zamora	URU	30:23.6
J Ocampos	PAR	39:12.4
M40 V Zueranza	BRA	32:25.6
H Recouzo	ARG	34:48.0
M45 E de Laudo	ARG	35:23.9
M50 F dos Santos	URU	37:32.7
M55 R Antunez	URU	42:04.6
M Diaz	ARG	42:25.9
M60 L Rodriguez	ARG	42:42.8
L Fernandez	URU	43:11.3
M65 D Mielicki	BRA	52:58.6
M70 J Sazatornil	ARG	51:50.2

Short Hurdles

M35 A Guimaraes	BRA	23.7
M40 H Maldonado	URU	19.0
M45 R Rossi	ARG	19.3
M50 F Petrys	BRA	19.1
M55 C Cabrera	ARG	19.1

4x100m Relay

M40 BRAZIL (Fagundes/ Branco/Cassonatti/ da Silva)		48.6
M50 URUGUAY (Pena/ Martinez/Flores/Juri)		52.3
M60 BRAZIL (Soarez/ Santos/Nakajima/Owada)		54.6
W35 URUGUAY (Hann/ Rostagnol/Gogliuska/Bonora)		58.5

W45 BRAZIL (Castro/ Nistzke/Ramos/Petnis)		1:06.0
W55 ARGENTINA (Molina/Coman/Lopez/Alvez)		1:10.1
4x400 Relay		
M40 ARGENTINA (Rodriguez/Fernandez/ Canavero/Mosqueira)		3:59.1
M50 BRAZIL (Rolim/ Melleu/Oliveira/Riveiro)		4:23.6
M60 ARGENTINA (Luna/ Verdi/Corani/Sachi)		4:42.6
W35 ARGENTINA Pussetto/Oses/Chausovsky/ Leiva)		4:56.5

W45 BRAZIL (Regina/ Gloria/Peukert/Iridola)		6:09.4
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High Jump

M45 R Rossi	ARG	1.55
M50 L Salvarrey	URU	1.45
M55 R Diaz	URU	1.46
C Anon	URU	1.45
M60 J Meineck	BRA	1.45
W30 L Aguerro	PAR	1.45
W45 T Batista	URU	1.20
W50 A Nitzke	BRA	1.30
W60 M Arias	ARG	1.15

Pole Vault

M40 G del Papa	ARG	2.80
M50 H Garcia	ARG	3.40
M55 R Diaz	URU	3.00

Long Jump

M35 O Parra	URU	4.86
M40 J Bielli	ARG	5.44
M45 R Rossi	ARG	5.30
M50 N Revello	URU	4.14
M55 M Gomez	BRA	5.06
M60 H Nakagima	BRA	4.53
M65 E Luna	ARG	4.21
M75 A Gonzalez	URU	3.18
W30 L Aguerro	PAR	4.35
W40 S Hahn	URU	4.00
A Goguska	URU	3.97
W45 T Batista	URU	3.41
W50 E Rogstanol	URU	3.90
A Nitzke	BRA	3.54
W60 I Pfuller	ARG	3.38

Triple Jump

M40 L Caracciolo	ARG	11.67
J Bielli	ARG	10.87
M45 C Rosales	URU	10.02
M50 N Revello	URU	9.61
M55 M Gomez	BRA	11.12
H Hernandez	URU	9.66
M60 H Nakagima	BRA	9.12
M65 O Lopez	ARG	8.02
W60 M Arias	ARG	7.09

Shot Put

M35 C Gonzalez	URU	10.97
M40 A Peralta	ARG	12.46
M45 E Suarez	ARG	10.14
J Rossi	ARG	10.11
M50 E Figueredo	URU	10.43
L Salvarrey	URU	10.38
M55 G Piccone	URU	10.74
W Morandi	URU	9.42
M60 L Flores	BRA	12.21
R Barrera	URU	10.49
M65 O Wada	BRA	9.33
M70 W Kupper	BRA	8.89

Discus

M75 E Gundlach	CHI	8.20
M80 A Antunez	BRA	7.48
M85 L Jauje	URU	4.89
W30 L Aguerro	PAR	9.63
W35 L Rocca	ARG	7.14
W40 S del Pup	URU	7.93
G Rech	BRA	7.53
W45 M Ribeiro	BRA	7.77
M Berbouet	URU	6.62
W50 N Flores	URU	7.00
W55 M Molina	ARG	7.70
V Ozuna	PAR	7.48
W60 I Pfuller	ARG	8.42
G Espinosa	URU	7.51
W65 L San Martin	URU	6.55
S Rosello	URU	6.29
W75 M Fleckner	CHI	5.49

Discus

M35 C Gonzalez	URU	24.64
M40 A Peralta	ARG	37.94
A de Zuani	ARG	32.48
M45 E Suarez	ARG	34.42
J Rossi	ARG	29.50
M50 E Figueredo	URU	36.12
E Eiselle	BRA	36.02
M55 W Morandi	URU	35.88
G Piccone	URU	35.78
M60 L Flores	BRA	38.62

Discus

M65 O Lopez	ARG	29.56
L Alvarez	URU	29.24
M70 W Kupper	BRA	27.32
M75 E Gundlach	CHI	23.98
W30 G Bonora	URU	22.66

W35 M Simoni	ARG	24.80
W40 G Rech	BRA	22.22
W45 M Simoni	ARG	19.38
E Ilincz	ARG	17.14
W50 M Vega	URU	16.36
W55 V Ozuna	PAR	18.96
W60 I Pfuller	ARG	30.10
D Cabrera	BRA	18.66
W65 L San Martin	URU	19.24
S Rosello	URU	15.20
W75 M Fleckner	CHI	10.96

Hammer

M35 C Gonzalez	URU	27.76
M40 A de Zuani	ARG	37.44
M45 W Jorgim	URU	35.10
E Suarez	ARG	26.62
M50 B Szabo	IIUN	37.60
E Figueredo	URU	37.30
M55 D Beatricci	BRA	31.80
J de Almeida	BRA	30.20
M60 J Alzamora	CHI	33.60
M65 O Lopez	ARG	29.54
L Alvarez	URU	19.60
M70 W Cupper	BRA	36.56
M75 F Actis	ARG	25.00
W35 L Rocca	ARG	27.34
W40 E Martiarena	URU	14.24
W45 I Romero	URU	12.62
W50 A Ottado	ARG	22.50
W55 D Santiago	BRA	19.72
W60 G Espinosa	URU	20.40
W65 L San Martin	URU	23.36
W75 M Fleckner	CHI	14.56

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

S Rosello	URU	12.22
W75 M Fleckner	CHI	10.98

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

5000m Racewalk

M40 C Mansilla	ARG	26.37
M45 O Ramos	BRA	34.37
M50 J Rolim	BRA	24.38
M55 O Montanher	BRA	31.28
M80 A Fonseca	BRA	35.51
W45 O Buitrago	ARG	29.17
W50 M Guerreiro	BRA	36.09

M35 C Gonzalez	URU	54.12
M40 V Giovannella	BRA	39.74
A Portillo	ARG	34.36
M45 H Balzani	URU	42.34
M50 A Kraefl	ARG	40.94
E Figueredo	URU	38.94
M55 M Iglesias	URU	40.26
M60 J Meineck	BRA	33.36
M65 W Flores	URU	26.96
M70 C Dalegrave	BRA	20.92
M75 E Gundlach	CHI	18.96
M90 A Capo	URU	9.04
W30 L Aguerro	PAR	38.72
G Bonora	URU	28.70
W40 G Rech	BRA	31.82
W45 E Hincnz	ARG	13.16
I Romero	URU	12.24
W50 N Flores	URU	17.82
M Vega	URU	16.62
W55 V Ozuna	PAR	18.86
W60 G Couto	URU	18.50
W65 L San Martin	URU	14.06

NYRR North Wind 10K

Continued from previous page

Frank Hannah	42:24
M65 Lee Swoford	44:03
Gled Stroombeck	47:56
Charles Evans	50:39
Thomas Dey	53:36
M70 Charles Dotson	48:50
Shannon Allen	53:53
Rex Willard	58:12
M75 George Cunningham	1:06:37
Herb Keller	1:09:28
W40 Alendia Vestal	38:38
Mary Ann Carbott	42:53
Molly Geike	43:26
Judy Osborn	46:23
Wanda Brooks	46:24
W45 Carolyn Mather	41:24
Patricia Tavares	42:48
Libby Shipp	43:33
Peggy Schug	44:02
W50 Pauline Nield	45:45
Deborah Bramlage	49:54
Mary Thompson	49:59
W55 Susie Klutz	44:53
Margaret Fornes	1:10:49
W70 Margaret Ilagerty	1:13:35
W75+Laverna Soiset 81	1:28:17

MID AMERICA

Groundhog Run 10K
Kansas City, MO; Feb. 5

M30 Dave Harris	31:57
Jack Kammerer	32:19
Bill Block	32:48
M35 James Bates	31:59
Gary Lile	34:16
Jeff Morgan	35:39
M40 Charlie Gray	30:57
Dimitri Voldman	33:17
Roger Whalen	33:29
M45 B Buhrmester, Jr	34:47
Greg Hartman	36:15
Larry Davison	36:29
M50 Larry Hawk	36:15
Ted Glenn	36:41
Joe Lechner	38:17
M55 Oleg Morozov	36:16
Bob Kincaid	36:27
Dick Wooten	37:58
M60 Lou Joline	39:25
Paul Heitzman	39:47
Don Lovell	39:53
M65 Gerald Witten	46:53
Floyd Twenter	51:51
Frank Creason	52:34
M70 Paul Gionfriddo	54:57
M75 Ed Burnham	1:00:15
M80 Howard Calkin	1:36:35
W30 Rachel Blythe	38:12
L Arzate-Roguet	40:58
Janet Muse	41:14
W35 Marla Rhoden	36:06
Rochelle Schleicher	37:09
J Tomp.-Lundgren	38:54
W40 Janis Giesler	40:01
Carol Lampe	40:56
Debbie Johnson	42:15
W45 Diana Taylor	47:12
Linda Verstraete	49:07
Terry Whittington	49:17
W50 Suzie Turner	45:19
Mary Fields	51:31
Pat Hockett	54:40
W55 Kathy Moffitt	50:34
Diana Jamieson	54:41
Aileen McComas	1:01:38
W60 Janelle Twillman	52:57
Helga McClane	59:09

SOUTHWEST

Houston Tenneco Marathon
Houston, TX; Jan. 15

Overall	
Peter Fonseca 28	2:11:52
Tatiana Pozdiokova 392	2:29:57
M40 Leonid Moseev	2:27:48
Vladimir Krivoy	2:30:23
Michael Krakower	2:34:50
Clent Mericle	2:37:12
Craig Moore	2:40:58
Mark Roman	2:41:14
John DiCarlo	2:43:02
Chuck Cofer	2:43:32
Tim Loftus	2:45:44
Mike Krywanski	2:46:31
Dick Pennington	2:49:30
Rudy Alvarez	2:50:05
Jack Jones	2:50:49
Wes Monteith	2:51:05
Bob Carter	2:51:46
Geoff Schroeder	2:51:56
Carl Jakob	2:53:11
Joe Wayne	2:53:22
Jim Cocozella	2:54:41
Rick Fontan	2:54:52
M45 Bob Schlau	2:26:43
Fred Schaffstein	2:40:42
Ty Schmalz	2:46:45
Tom Sharp	2:47:18
Roger Boak	2:47:40
Jack Heeling	2:51:27
Alex Troshkin	2:53:02
Milburn Breazeale	2:53:35
Doug Parker	2:54:10

Brian Hardy	2:54:53
Mick Midkiff	2:55:10
J M DeDeshuerta	2:55:20
Dennis Williams	2:57:17
David Block	2:57:31
Mike Hutcheson	2:58:11
M50 Lloyd Sampson	2:50:50
Jim Van Dam	2:52:35
Larry Owens	2:57:33
Gonzalo Martinez	2:57:54
Don Bennett	2:58:55
Jim Jones	2:59:08
L Mutchelknaus	3:00:22
Larry Ullman	3:00:55
Gunnar Sanden	3:03:09
Ted Anderson	3:03:24
M55 Sammy Morris	3:13:22
Bill Nolan	3:13:35
Bill Toy	3:16:20
Carlos Saucedo Sr	3:17:07
Francis Leik	3:17:16
C P Gutierrez	3:25:23
Stan Kelley	3:26:19
Ralph Craig	3:26:21
M60 Dale Urbain	3:01:50
Verne Carlson	3:11:37
Orville Kremmer	3:15:51
Joe McReynolds	3:18:31
Bruce Katter	3:20:23
Fred Wright	3:22:12
Russ Connors	3:27:50
Bill Duer	3:32:17
M65 Al Becken	3:22:19
Zeno Boehmer	3:47:28
Fred Haemisegger	3:55:13
David Dallas	3:55:58
Dan Allensworth	3:57:02
Perry Tennison	3:57:44
M70 John Keston	3:14:25
Walt Washburn	3:47:38
George Bashen	4:13:13
W40 Irina Bondarchouk	2:48:15
Kathy Barton	2:48:52
Debbie Hanson	2:57:13
Debbie Peebles	3:03:22
Jo Stonecipher	3:20:45
Patty Leary	3:24:50
Joan Potterfield	3:25:39
Wanda Kennedy	3:27:57
Maria Yeung	3:29:13
Camille Yarbrough	3:32:38
M45 Doris Wehr	3:29:42
Alice Spoons	3:33:53
Maria D Aguilar	3:37:38
Maureen Kromis	3:42:42
Jenine Ebersohl	3:44:31
Geri Wood	3:45:10
Sandy Boytim	3:51:19
Margaret Keith	3:54:04
W50 Jos Marchetti	3:06:18
Andrea Hatch	3:36:07
Susan Wilson	3:43:16
Garalyn Tout	3:45:28
Marylyn Patrick	3:50:42
Julie Lange	3:56:10
P Mitchell	3:56:12
Mary Thompson	3:56:29
W55 Mary Beaton	3:56:10
Joann Lucio	4:13:04
Judy Pirtle	4:18:47
Gonul Youngblood	4:51:12
W60 Thelma Wilson	3:39:46
Phyllis Cross	4:10:17
Gertrud Scholl	4:18:19
Sadie Greenman	4:55:51
from Kathleen Pope	

Mardi Gras Marathon
New Orleans, LA; Jan. 21

Overall	
Denise Billiot	2:58:18
John Viitanen	2:23:57
M35 David Yon	2:54:30
M40 Ricky Calais	2:50:03
M45 Sheldon Skirten	3:05:06
M50 Bob Ford	3:09:25
M55 Joe McCaffrey	3:22:15
M60 Louis Joline	3:16:25
M70+Jim Brewer	5:05:38
W35 Mary Jean Yon	3:27:49
W40 Lesley Marley	3:29:45
W45 Joyce Lance	4:15:01
W50 Geraldine Weber	4:02:52

WEST

Run To The Farside 5K
San Francisco; Nov. 27

Overall	
Marc Oleson	14:30
Ceci St Geme	16:02
M40 Ed Casey 40	17:01
David Kornek 45	17:23
Bob Little 49	17:40
M50+Jim Gibbons 50	17:20
Karl Grienpenburg	56:17:22
W40 H Featherstone	40:17:30
DeeDee Grafius 49	
L Livingston 45	19:50
W50+Barbara Miller	50:19:59
Jutta McCormick	49:21:03

16th Annual Paramount 10K
Paramount, CA; Jan. 14

Overall	
Mike Latham 27	32:00
Diana Tracy 41	36:47
--Special Masters Division--	
M40 Gregg Horner	32:51
Harold Ketting	33:03

Perry Linn	33:38
Bruce Minard	33:50
M45 Bob Reid	35:48
Chuck Foote	35:54
M50 Donald Gillman	36:43
M55 Bill Crum	39:09
M65 Jim O'Neill	41:59
Pat Devine	42:07
Gunnar Linde	43:11
Curtis Brownfield	44:26
M70 Larry Banuelos	46:00
M75 Don Dilworth	54:14
M80 Chick Dahlsten	56:42
George Feinstein	60:05
Ernest VanLeeuwen	63:09
W40 Diana Tracy	36:47
Sandy Robbins	39:03
W70 Mary Story	55:22
Gerry Davidson	58:28
--Regular Division--	
M40 Ed Avol	35:03
David Edgar	38:15
Jose Becerra	38:20
M45 V Paoazl	35:40
M Creey	37:17
Ray Parker	37:49
M50 Lee Baca	38:09
Jack Bianchi	39:56
Dan Ashimine	40:16
M55 Luis Gorodo	39:29
Byron McIntosh	40:25
Oscar Rosales	41:50
M60 Ben Bernal	42:26
Ted Oviatt	44:40
Robert Perry	46:34
M65 Milo Sather	48:02
Bob Vitale	48:14
Lane Blank	51:01
M70+John Mooshagian	62:46
W40 Elaine Triplett	39:26
Mellie Gillman	44:48
Sheila Daniel	44:55
W45 Becky Parker	45:03
Barbie Spatz	48:32
Eiko Petty	48:48
W50 Judy Stevens	53:13
W55 Chris Freeman	50:46
Dolores Vega	60:58
W60 Reiko Nakazawa	65:07
W65 Miyoko O'Hara	61:47

Orange County Half-Marathon
Irvine, CA; Jan. 14

Overall	
Hector Lopez 27	1:08:14
Teresa Barrios 28	1:20:09
M40 Nicolas Hernandez	1:14:41
Takashi Yagisawa	1:18:44
Scott McKenzie	1:22:24
M45 Don Ocana	1:21:31
Gregg Evans	1:22:29
Bob Asada	1:25:16
M50 Wayne Mitchell	1:27:44
Terry Swets	1:29:09
Cary Howard	1:29:45
M55 Ron Pattinson	1:27:26
Harry Wilson	1:31:03
Dennis Fergusson	1:32:47
M60 William Wall	1:36:05
Franco Diladio	1:50:24
Rafael Guerrero	1:51:08
M65 Bob Koch	1:40:51
Alan Arlisle	1:49:49
Sam Emer	1:59:02
M70 Stanley Neufeld	2:09:56
W40 J Rabinowitch	1:30:19
Thea Fox	1:32:57
Carol Richardson	1:36:11
W45 Julie Lister	1:38:40
Debbie Jamieson	1:39:47
Isadora Johnson	1:40:49
W50 Margaret Neville	1:37:16
Linda King	1:45:57
Ann Tack	1:56:27
W55 Helene Bernbaum	1:51:20
Suzanne Murphy	2:11:33
Mary Dudan	2:14:50
W70 Lois Edds	2:11:34

Record Searchlight
Half-Marathon
Redding, CA; Jan. 21

Overall	
Danny Aldridge 38	1:09:39
Luanne Park 34	1:23:32
M40 Tom Cushman 41	1:15:41
M50 Bob Cowdrey 50	1:26:52
M60 Mel Sullens 66	1:44:10
M70+Grant Eldridge	73:27:25
W40 Sherry Mann 45	1:38:01
W50 Marge Dunlap 55	1:44:18
W60+Joan Sullens 61	2:23:57
Finishers: 63	
from Race Results Weekly	

Shoreline 5K/10K/
Half-Marathon
Huntington Beach, CA;
Jan. 29

5K	
Overall	
Tyus Deminter 31	14:47
Traci Goodrich 24	17:31
M40 Mike Casey	20:27

M45 Don Irvine	17:16
M50 Gerald Smith	19:19
M55 Al Shook	19:44
M60 Robert Culling	19:42
M65 Jerry Withers	23:13
M70 Robert Katz	25:57
W40 Loi Coker	19:08
W45 Debby Jamieson	19:47
W50 Anna Phipps	24:30
W55 Winnie Rich	27:05
W60 June Mac Arthur	37:05
10K	
Overall	
Bob Adams 23	32:59
Denise Hertsch 29	38:46
M40 Fernan Lozano	38:13
M45 John Hunter	37:11
M50 George Wright	38:20
M55 Dave Hurlburt	41:46
M60 John Alstatt	58:36
M65 Bob Koch	45:21
M70 Larry Banuelos	47:24
W40 June Gessner	45:06
W45 Isadora Johnson	45:46
W50 Sally Adam	42:44
W55 Marnie O'Brien	51:29
W60 Audrey Hauth	54:58
W65 Antoinette Hill	54:50
Half-Marathon	
Overall	
Jorge Marquez 28	1:11:33
Marni Ryt 27	1:26:31
M40 Rob McNair	1:13:44
M45 Bob Asada	1:24:16
M50 Wayne Mitchell	1:21:20

M55 Harry Wilson	1:30:56
M60 Rex May	1:40:17
M65 Lane Blank	1:50:39
W40 Candy Clark	1:30:43
W45 Racynne Niwa	1:26:49
W50 Penny Tyree	1:44:23

Las Vegas International
Marathon; Feb. 4

M40	
Luis Lopez	COS 2:25:39
Vladimir Krivoy	MA 2:27:31
Lloyd Stephenson	CA 2:28:18
Doug Kurtis	MI 2:29:54
Leonid Moseev	RUS 2:30:00
W40	
Irina Bondarchouk	2:46:45
Shariet Gilbert	CA 2:50:00
Diane LeGare	CAN 2:55:09
Jane Hutchison	MO 2:55:48
Ann Daxberger	CO 2:57:18
Half-Marathon	
M40	
Doug Bell	CO 1:05:44

Valencia Marathon
Valencia, Spain; Feb. 5

Top Masters Overall

(Real Time follows Compensated Time)	
1 Yuri Mihailov 41	2:14:55/2:20:38
2 John Keston 70	2:16:40/3:02:50
4 Manuel Rosales 59	2:21:43/2:42:32
6 Jose Rodriguez 41	2:22:54/2:28:37
8 Angel Gonzalez 47	2:26:07/2:36:11
13 Joaquin Navarro 46	2:29:47/2:39:51
15 Francisco Caro 47	2:30:20/2:40:24
18 Eloy Corres 40	2:30:53/2:36:36
19 Evaristo Garcia 40	2:31:15/2:36:58
22 Manuel Garcia 44	2:31:38/2:37:21

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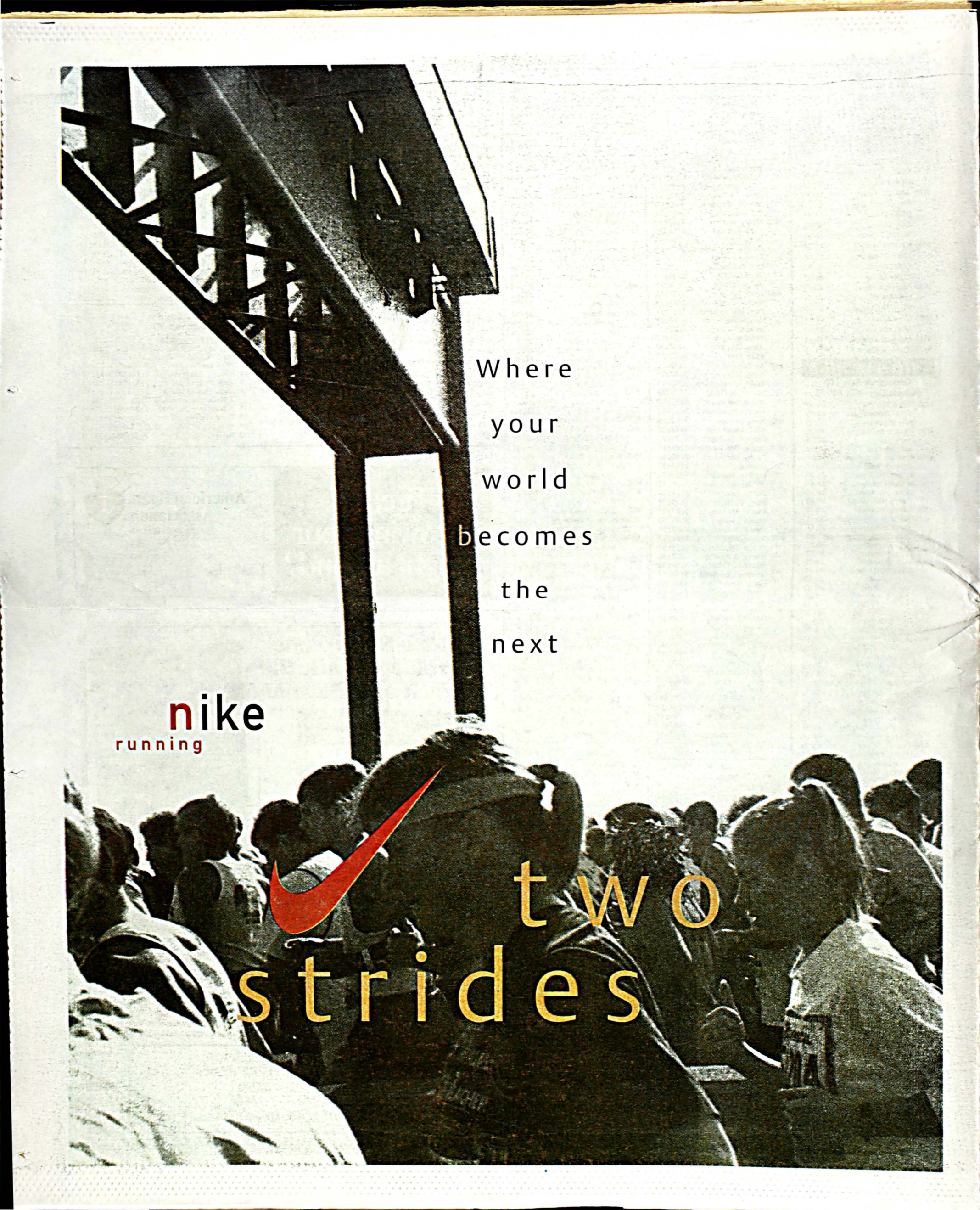
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