

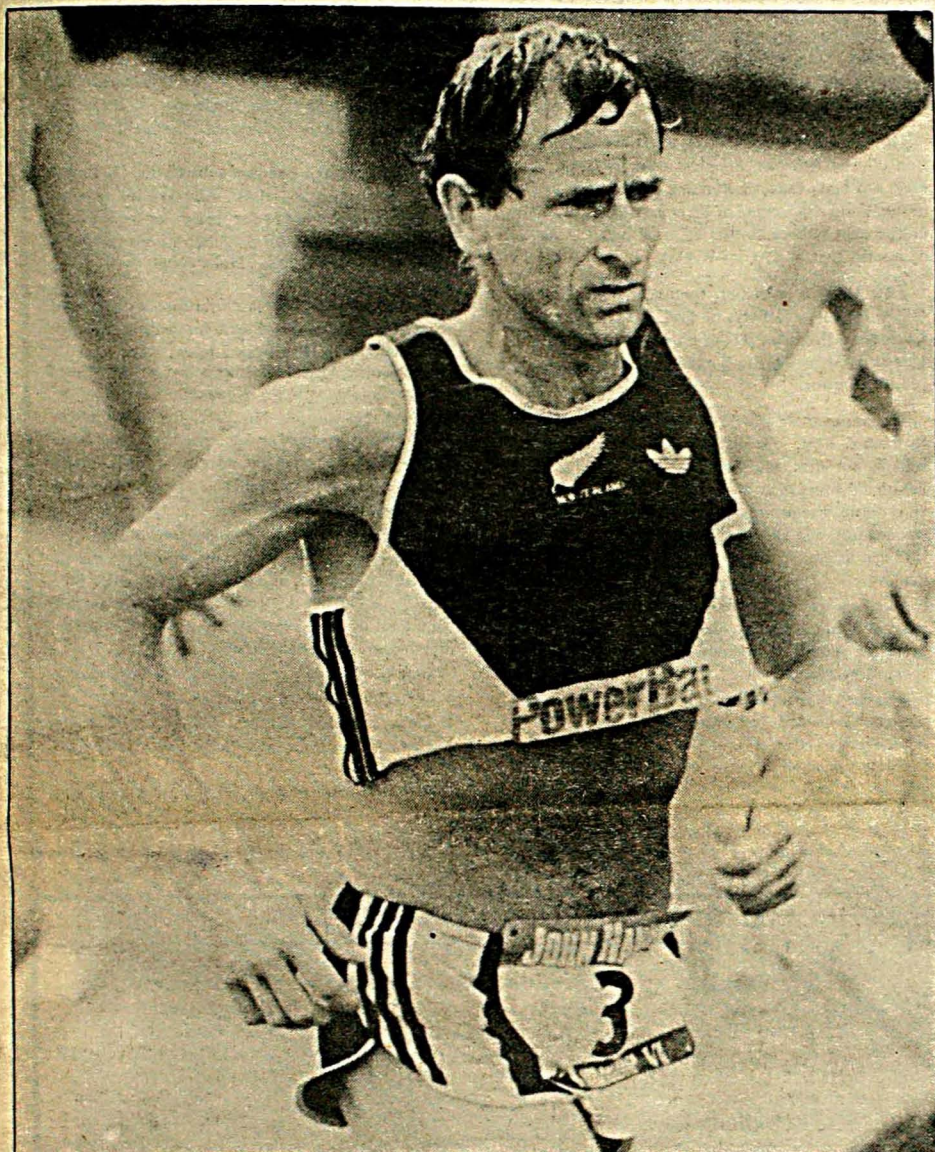
NATIONAL MASTERS NEWS

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

152nd Issue

April, 1991

\$2.25



John Campbell, 42, en route to his third straight masters title in the Los Angeles Marathon, March 3.
Victah Sailer/Agence Shot

Campbell, Welch Win in Los Angeles Marathon

New Zealand's John Campbell, 42, won his third straight masters title in the Los Angeles Marathon on March 3 with a fourth-place overall finish in 2:14:33.

Campbell's amazing time was nearly six minutes faster than his 1990 effort of 2:20:15. It was only three minutes slower than his world-masters-marathon best of 2:11:04, set in last year's Boston Marathon.

The Los Angeles course is considered reasonably difficult, with several hills and undulations along the 26.2-mile distance through the heart of the City of the Angels.

England's Priscilla Welch, 46, was the first female master and 11th woman overall in 2:40:20, well short of her women's masters world best of 2:26:51, set in the 1987 London Marathon.

On the masters age-graded scale, Campbell's 2:14:33 equated to an open-class time of 2:06:31 — better than Belaynah Dinsamo's world record of 2:06:50.

Welch's age-graded time was 2:26:03.

Mexico's Artemio Navarro, 41, was the second over-40 and 11th overall in

a fast 2:17:46. He and Campbell ran with the leading group of 10 for several miles before dropping back. Campbell, as is his custom, came on strong toward the finish, escaping the eye of the television cameras but insuring himself a share of the substantial prize money.

The overall men's winner was South African native, Mark Plaatjes, who broke from the pack at the 6-mile mark to win in 2:10:29. Plaatjes now lives in Boulder, Colo., and will become a U.S. citizen in 1993. New Hampshire's Cathy O'Brien was the overall female winner in 2:29:38.

No other masters times or finishing places were available at NMN press time. Race officials also didn't know the official number of entrants, but they said 14,729 — up 3% from last year's 14,298 — finished the race.

Race organizers estimated that more than one million spectators lined the course during the cloudy but warm (65°) morning.

Continued on page 5

Utes Breaks M70 Record

Campbell Sets World Best at Edison 5K

by JERRY WOJCIK

John Campbell, 42, of New Zealand, shattered Wilson Waigwa's masters world best of 14:18 for the 5K with a fifth-place 13:55 in the Edison Festival of Light 5K Classic at Fort Myers, Fla., on February 16. On a 4:27 pace, Campbell stayed with the leaders until the last moment, when Brendon Mathias, 21, pulled away from the pack to win in 13:46, which broke the course record of 14:07.

"At the first mile, I couldn't believe we were going that fast," said Campbell. "I didn't think anybody expected a time like that. Not even me." Campbell's time equates to 12:57 on the age-graded scale, or a phenomenal 100% performance level.

Claudia Ciavarella, 41, of Johnson

City, Tenn., took the women's masters title with an 11-second win in 18:15 over Linda Cash, 41, of Broomfield, Colo.

Warren Utes, 70, of Park Forest, Ill., won the men's Grandmasters (runners age 60-and-over) title with a U.S. M70-74 record 18:13, almost three minutes below Don Bradley's 21:10 in 1986. At age 69, Utes ran an 18:20.6 5K in Illinois.

Women's Grandmaster titlist was also an older runner, Dottie Gray, 65, of Kirkwood, Mo., who took the victory by four seconds with a 25:06 from Jane Arnold, 60, of Springfield, Tenn.

Ninety-year-old Warren Daniell of Sanibel, Fla., was the last of 1278 finishers, in 55:34. He was given a 10-minute head start on the rest of the

Continued on page 15

Pauling Stars in MAC Meet

by HAIG BOHIGIAN

The MAC Indoor Masters T&F Championships were held at West Point, N.Y. on February 17, in conjunction with the MAC Open Championships. The meet was the fifth and final Grand Prix event of the masters 1990-91 indoor season and saw 156 athletes compete in 17 events for a total of 265 event entries.

Outstanding sprint victories were turned in by John Brooks, 36, in the 55 (6.68) and 200 (23.58); and by Joe Johnson, 46, in 7.02 and 25.25 in the same events. Ed Small, 52, turned in a sparkling double win in the 200 (25.72) and 400 (56.91).

Based on age-graded tables, the outstanding performer of the meet was Cliff Pauling, 56, who won four events: 55 (7.96), 200 (26.92), 400 (58.92), and 600y (85.64). Salih Talib,

45, and Vern Mattson, 70, also each won four events. Continued on page 11

1990 Track & Field Rankings Book Available

The 1990 U.S. Masters Track and Field Rankings book is now available.

The 60-page book features men's and women's 1990 5-year outdoor rankings for all track & field events — over 100-deep in some events. The book also includes racewalking rankings for the 1500, mile, 3000 and 5000.

The price has been reduced from \$5.95 to \$5.00, and is available through NMN. See form on page 22. □

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NATIONAL MASTERS NEWS

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



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The National Masters News (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$22.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director; Alvin Chriss, Special Asst. to the Executive Director.

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

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

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

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

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

Subscriptions: A one-year subscription (12 issues) is \$22.00 (mailed 2nd class). Add \$12 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-9083.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

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Tibaduiza, Wood Hit Jackpots In Las Vegas

by JERRY WOJCIK

Domingo Tibaduiza, M40, of Reno, Nev., running in his home state, collected \$3000 for the masters first in 2:21:38 in the 25th annual Las Vegas Marathon in Las Vegas on February 2. Mary Wood, W45, of Colorado was the W40+ titlist with a 2:44:30, worth \$2000, plus \$500 for third woman overall.

In a show of appreciation of masters runners, the meet directors gave the

top four masters men the same amounts as the open runners (\$3000, \$2000, \$1000, \$500). The first three masters women also got the same prizes (\$2000, \$1000, \$500) as the open women.

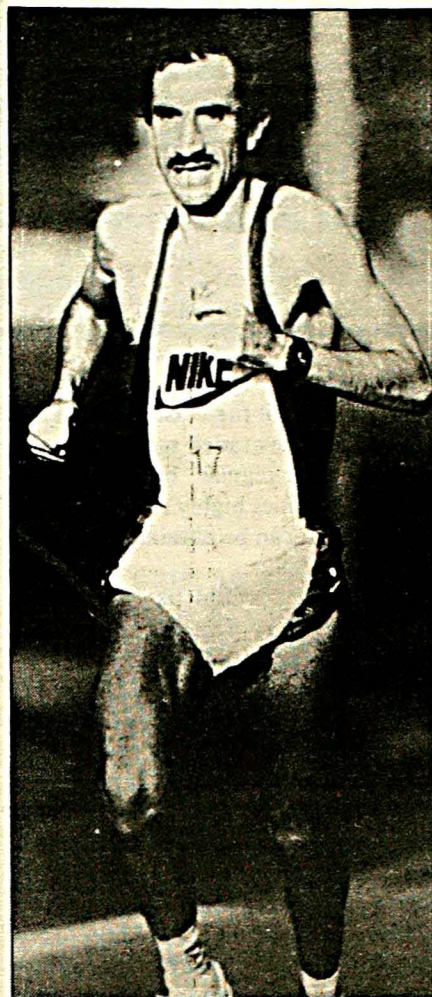
Second and third masters Rick Reiner (2:29:56) and Fred Ortega (2:30:08) won the \$2000 and \$1000. Marcia Stromsmoe (2:59:08) collected the \$1000 second award, and Merle Heimberg (3:03:45) pocketed the third-place \$500 for W40-and-over.

The top placers in each age division also received substantial cash prizes.

Thirty-eight-year-old Doug Kurtis ran his 57th sub-2:20 with a second-place 2:16:57 and is closing on the world-record holder of sub-2:20s, Kjell Eric Stahl.

The total of 1630 finishers was an increase of 68% over last year's and broke the 1000-finisher barrier for the first time. Additionally, 59 five-person relay teams participated.

Open winners were Kenya's Sammy Rotich (38, 2:16:03) and Nadia Prasad (22, 2:39:10) of France. Al Boka was the meet director.



Domingo Tibaduiza, shown here in the 1990 Crim 10-Mile Run, won \$3000 for the masters first in the Las Vegas Marathon on February 2 in 2:21:38. Victah Sailer / Agence Shot

42 Meet Records Fall At Brown U. Indoor

by JERRY WOJCIK

Forty-two meet records were broken or tied by the 175 submasters and masters men and women in the Brown University Indoor Invitational Meet in Providence, R.I., on January 13.

Mel Larsen, M65, accounted for three records with outstanding performances in the 55m (7.5), 200 (27.8), and long jump (17-5¼), the last just ½ inch under his indoor world record.

Another record holder, Roger Pierce, M45, had masters bests in the 55m (6.8), 200 (24.0), and 400 with a meet record 53.9. Meet director Neil Steinberg won the M35 200 in a meet's best 23.9.

Al Swenson won the M40 800 (2:05.8) and mile (4:29.9) from large fields. Anne Schmidt garnered W40 meet records in the 800 (2:35.3) and mile (5:36.2). Salih Talib, M45, posted a record and M40+ best 9:53.9 in the 3000.

Libby Hageman was the star in the field events with meet records in the W70 LJ (9-0), TJ (16-5), SP (22-2½), and WT (20-1).

Five Years Ago

April, 1986

- National Masters Indoor T&F Championships Draw 450 to Baton Rouge
- Lew Faxon, M45, First Master in Colonial Masters Half-Marathon in 1:13:14
- Priscilla Welch Garners W40+ Wins in Orange Bowl 10K (33:08) and Gasparilla Distance Classic 15K (50:24)
- Six U.S. Cities File Bids for 1989 World Games

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AGE-GRADED SCORING

Age-graded scoring has certainly added a new dimension to road racing. The packet that WAVA has made available with the factors and standards has been invaluable in scoring runners where a large range of ages are involved and where the sexes are mixed.

Before these tables came along it was always a big problem on how to score such things as team competition, masters prize money, masters where a small field was entered, Clydesdales and so on.

It has certainly caught on here in Oklahoma. The Tulsa Run, which is the biggest race in the state, awarded prize money to masters based on the age-graded system. The race also scored the corporate teams in the same manner. There are two 5K races with Clydesdale scoring that simply puts everyone in a particular weight group and then age grades each time. As pointed out by Tim Murphy (Mar. NMN), it works on relays and any type of team scoring. The relay scoring can also be done by age/sex grading each time and adding them together. In some relay events individual times are not recorded and the explanation by Murphy is the best alternative.

I would like to point out that Run-Time software, the most popular road race computer scoring system, has the age/sex graded factors built-in. It will show a runner's actual time and the

age/sex graded time in the next column. It does all the masters, team and Clydesdale age-graded scoring in addition to the regular open and age groups. It comes highly recommended. Information can be obtained by calling (607) 754-2339.

One thing I would like to suggest. Whenever you print an age-graded time always print the actual time along with it. It should also be pointed out that an age-graded time is what a person would probably have run in their open years and that a sex-graded time is the male equivalent. This explanation makes it easier to understand. Also, it is better to list times rather than percentages, whenever possible.

Here in Oklahoma, on races using the RunTime software, we always show the top age-graded runners as a matter of information.

Joe McDaniel
Tulsa, Oklahoma

1990 LDR AWARDS

The controversy over the M70 LDR award at the TAC Convention highlights several deficiencies in the current procedures:

1) There is generally a 2-4 month delay in submitting race results to TACSTATS. This means that committees cannot rely solely on TACSTATS for identifying potential candidates for consideration since only half of the results would be in TACSTATS data base.

2) The early-December date for making the awards means that outstanding performances late in the year can easily be overlooked. Thus, the awards are not truly representative for the entire calendar year. The awards should be divorced from the convention and dealt with by the respective committees at a later date when the entire year's results would be available from TACSTATS to guide their decisions!

3) In general, if there is a close contest between two candidates, then I would be inclined to give the nod to the runner with several National Championships but only if the contest is truly close. Until such time as our national championships receive sufficient financial support to insure that leading nationally ranked runners in each age group can be brought together without incurring financial hardship, then relying primarily on National Championships will "taint" the awards ("buying" in). In the meantime, let's make use of the TACSTATS data base as the primary source of input for the committees!

Herb Chisholm
Alexandria, Virginia

INDOOR PENTATHLON

We have just returned from the 1991 TAC/USA National Masters Indoor Pentathlon Meet which was held at the National Institute For Fitness and Sport in Indianapolis. The Institute was impressive and the smoothness of the running of the pentathlon was apparent with the outstanding staff of officials under the direction of Gene Edmonds. Suzanne Hopkins is to be commended for her time and effort which she put into the organization of a meet of this caliber. Thank you again.

Mr. and Mrs. George W. Taylor
Mr. and Mrs. D.L. Smith

Thank you, Suzanne Hopkins, for a well organized indoor Pentathlon Championships in Indianapolis.

The fantastic facility was only surpassed by the friendly officials and helpers and the hospitality in your own home. Athletes occupied every sofa and bed plus the floor.

Again, Suzanne and Henry, it was great.

And on the womens horizon, a 100% upgrade in participation. The newcomers Colleen Lahr, Cathy Primer and Mary Lou Platis, joining the multi event "regulars" Phil Raschker, Christel Miller and Betty Vosbough.

Christel Miller
Glendale, California

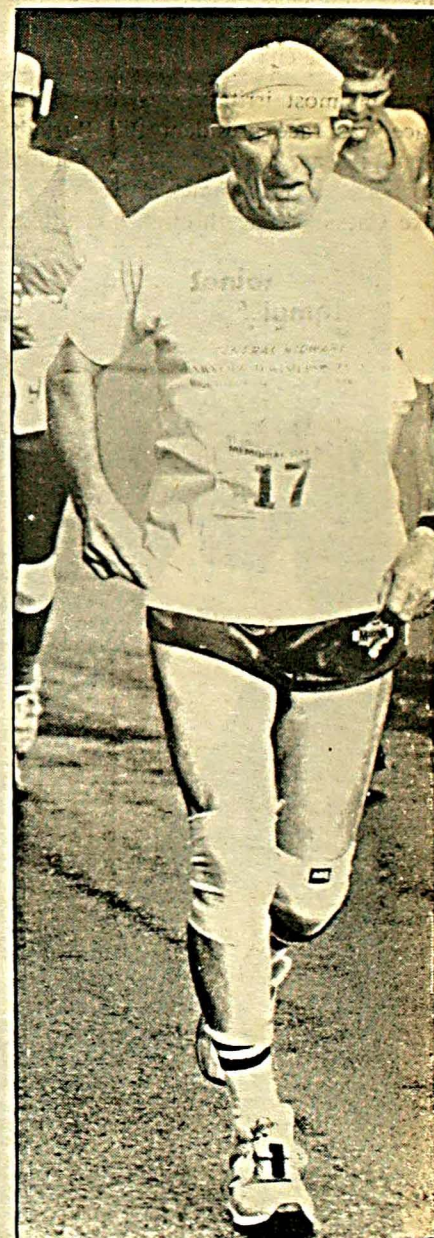
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Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month goes to:

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



Herb Cavin, M70-74, finished the 10K in 60:14. St. Louis Senior Olympics.
Photo by Gary Brady

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CZZMN

Campbell, Welch Win in Los Angeles Marathon

Continued from page 1

Despite Larry Rawson's knowledgeable commentary, the live TV broadcast on a local station left much to be desired.

Outside of Campbell and Navarro, no masters runners were ever shown. After the first two runners finished the race, the TV cameras left the finish line to focus on interviews. Except for the first two men and first woman, no final times were ever given in the five-hour program. Except for the winners, the broadcasters focused upon the freakish or communal aspects of the event. Age-group competition was never mentioned.

Interviewer Florence Griffith-Joyner jogged with the slower runners, asking about 60 of them the same questions: "What's your name? Where are you from? Is this your first marathon?" Regardless of the answers, Griffith-Joyner always concluded with the lame: "awright."

Mile splits weren't given until the late stages of the race. Viewers never knew who some of the runners in the leading group were, and never were told the names of any of the runners in the second pack. Most annoying was that the commentary rarely mentioned where in the city the runners were.

"The most irritating aspect of the race was race president Bill Burke's omnipresence," wrote Larry Stewart in the Los Angeles Times. "He looked like Caesar riding through his empire

as he stood in a bright red convertible that followed the leader. He waved to the crowd as if he were the show. Not once did he sit down."

Not surprisingly, TV ratings for the marathon were down 26% from last year — from 10.4 to 7.7. Audience share dropped 31% from 29 to 20. Two years ago, the ratings were 12.0/34.0.

One technical aspect of the broadcast which did work well was the projected times of leaders Plaatjes and O'Brien.

Burke was given much praise for building the event into a major Los Angeles happening. But a pre-race article in the Los Angeles Times raised ethical questions about the race.

Reporter Julie Cart wrote: "According to the city's auditors, the marathon was uncooperative with their attempts to check the books as agreed upon in the city contract.

"The marathon's books show that the race made a \$142,000 payment in 1986 to a company that Burke owned.

"The marathon benefited from a 1989 contract change, curiously made retroactive, whereby the race didn't have to pay anything to the city for 1988.

"The marathon has been delinquent on fees owed the city."

Burke replied to Cart that he "pays my bills when I think they're due."

Despite the millions generated from sponsors and licenses, Burke told Cart the race has shown a loss in each of its five years.

"I have never taken a salary," he said. "The race is my full-time hobby."

The L.A. City Council voted to extend Burke's contract through the year 2000 without competitive bidding. The race, they say, has been "an outstanding success." □ — Al Sheehen

COMING NEXT MONTH

- Results of Indoor Nationals
- Details of Soviet Union Tour
- Women's Corner
- Training Advice
- And more

1991 Southwest Sectional Masters AND OPEN Track & Field Championship

Saturday, May 25, 1991

Tulane University - New Orleans

MEET SITE: TULANE UNIVERSITY, NEW ORLEANS, LOUISIANA. NEWLY CONSTRUCTED, EIGHT LANE RUBBERIZED TRACK, JUMPING AND JAVELIN AREAS. THE FACILITY IS LOCATED OFF S. CLAIBORNE AVE. ON THE TULANE CAMPUS. 1/4" SPIKES OR LESS REQUIRED AND ENFORCED.

AWARDS: CUSTOM AWARDS WILL BE PRESENTED TO THE FIRST THREE ATHLETES IN EACH AGE GROUP.

AGE GROUPS: FIVE YEAR AGE GROUPING BEGINNING AT AGE 30 FOR MEN AND WOMEN, AN OPEN DIVISION FOR ATHLETES 29 AND YOUNGER.

MEET PACKETS: PACKETS CAN BE PICKED UP AT THE TRACK BEGINNING ONE HOUR BEFORE THE FIRST EVENT.

ENTRY FEES: \$10 FOR THE FIRST EVENT (INCLUDES CUSTOM MEET T-SHIRT), \$5 FOR EACH ADDITIONAL EVENT. \$15 FOR RELAY TEAMS (DOES NOT INCLUDE T-SHIRT IF ONLY EVENT ENTERED).

ENTRY DEADLINE: ALL ENTRIES MUST BE POST MARKED BY MAY 11TH. LATE ENTRIES WILL BE CHARGED \$2 PER EVENT LATE FEE AND ALLOWED ENTRY UNTIL THE START OF THE EVENT ON A SPACE AVAILABLE BASIS.

NOTE: AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES AND SOME FINALS MAY BE BASED ON TIMES. EVENTS WILL BE RUN WOMEN THEN MEN AND OLDEST TO YOUNGEST.

SCHEDULE OF EVENTS

12:30PM 5000 M RACE WALK, LONG JUMP, POLE VAULT, SHOT PUT, JAVELIN
1:30PM REMAINING FIELD EVENTS REPORT: HJ, DISCUS, TRIPLE JUMP
2:00PM 100 M PRELIMS
2:30PM 200 M PRELIMS
3:00PM 55 M DASH (HEATS AGAINST TIME, NOT A CHAMPIONSHIP EVENT)
3:30PM 1600 M RACE WALK
4:00PM 4 X 100 M RELAY
4:15PM 1500 M RUN
4:30PM HIGH HURDLES (WAVA SPECS)
5:00PM 400 M DASH
5:30PM 100 M DASH FINALS
6:00PM 800 M RUN
6:20PM INTERMEDIATE HURDLES (WAVA SPECS)
6:40PM 200 M DASH FINALS
7:00PM 5000 M RUN
7:45PM 4 X 400 M RELAY

NAME _____ PHONE() _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE ON 5/25/91 _____ SEX _____ '91 TAC # _____ T-SHIRT SIZE _____

EVENT _____ BEST _____ EVENT _____ BEST _____

EVENT _____ BEST _____ EVENT _____ BEST _____

EVENT _____ BEST _____ EVENT _____ BEST _____

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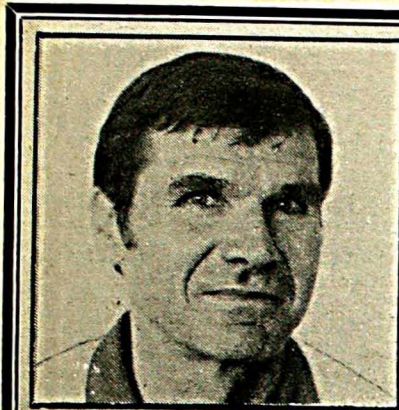
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At the 10-mile point of the Los Angeles Marathon, John Campbell (#3) leads Artemio Navarro (on Campbell's left shoulder).

Photo by Richard Lee Slotkin



Third Wind

by Mike Tymn

In Search Of The First Female Masters Runner

Was Nancy Dreyer the first over-40 female distance runner? In his book, *The Dipsea Race*, Mark Reese reports that 59 men and one woman finished the 1950 Dipsea, a 6.8-mile handicap race over a rugged, narrow, unpaved, mountainous, twisting course in Marin County, across the Golden Gate Bridge from San Francisco.

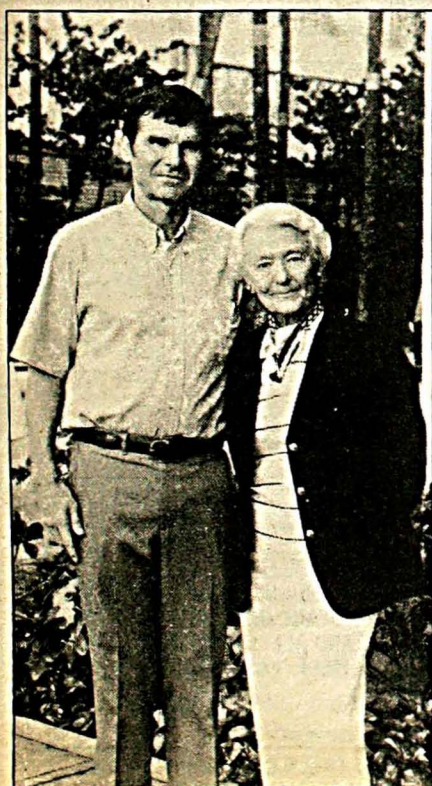
"The lone woman was Nancy Dreyer, age 44, wife of Willie Dreyer," Reese wrote. "She started 25 minutes ahead of Mill Valley police chief James McGowan's 10 a.m. whistle and ran the course in 96:36."

Reese goes on to say that Dreyer's training consisted of climbing the six flights of stairs at a Berkeley hospital where she was a nurse.

Willie Dreyer, who had won the 1941 race after moving to Berkeley from Chicago and getting an eight-minute handicap, finished 34th in 1950. It is further mentioned that Willie met Nancy after the 1941 race where she was a finish-line spectator.

"She was really in bad shape when she came in," recalls Joe King, a veteran Dipsea competitor who watched her cross the finish line that September day in 1950.

"I really didn't see her run, though. I think she kinda got talked into it by her husband. My wife picked up that the gal really didn't want to do it, but did it in self-defense. Maybe that's being unkind. It might have been just speculation on my wife's part."



Olympic gold medalist, Aileen Riggan Soule, 84, with columnist Mike Tymn.

King, who ran in many Northern California races during the '40s and '50s, adds that to the best of his recollection, Dreyer was the first woman he saw in a race, and does not recall seeing another woman until the late '60s.

Reese goes on to record that in 1951 Dreyer again ran, clocking 90:55 while finishing last. He also notes that about two months later Dreyer placed eighth in a women's 2500-meter run (apparently on the track) in a time of 10:07.

Dreyer ran in the next three Dipseas. In 1954, her last Dipsea, the 48-year-old mother of two, got a 30-minute head start and was the first to finish. Among those finishing behind her was a wiry young harrier from the University of Chicago named Hal Higdon. However, Dreyer was not considered an "official" entrant and was not recognized as the handicap winner. Moreover, her time was not recorded. The following year, race officials barred women from competing at all.

Elaine Pedersen

While 29-year-old Elaine Pedersen began running the race in 1966, women were not allowed to officially enter the race until 1971. Reese also records that a Women's Dipsea "hike" was started in 1918 but discontinued in 1923 due "to the combined pressures of churches worried about the morality of the hiking costumes and San Francisco physicians worried about the stress on women's bodies."

Although the event was called a "hike," some of the 177 women in the 1918 event actually ran parts of the course. Edith Hickman (no age given) won the first event in 1:18:48. The following year, Marion Mehl (no age given) covered the course in 1:13:54, and her husband boasted: "I knew the old woman would deliver."

The newspaper reports referred to the participants as "young women" or "girls." Therefore, it doesn't appear

that any women over the age of 40 participated. A report in *The Bulletin* read: "Many of them suffered blistered feet, others found the long grind hard on their 'running machines' — we are bashful about mentioning young ladies' limbs — and the finish was a welcome relief for these girls."

Anne McKenzie

If Dreyer was the first female masters runner, the first real competitive woman runner over the age of 40 may have been Anne McKenzie of South Africa. Profiled by Gretchen Snyder in the November 1987 issue of NMN, McKenzie ran her lifetime best (800, 2:06.5) in the 1967 British Championships at age 41. The time was a South African open record as well as a W40-44 WR record which still stands today. Her 4:57.2 mile that same year stood as a W40-44 WR record until broken by Doris Heritage in 1983 with a 4:54.69.

McKenzie is listed in the current record book as having nine single-year age records at 800 meters on up to age 59, when she recorded a 2:51.3.

Mavis Hutchison

My search for other early firsts among women masters led to some 1967 results showing one Mavis Hutchison as finishing 220th out of 387 starters in the Comrades Marathon (54.5 miles) in 10 hours, 7 minutes. Although her age is not given, it was noted that she had six children, the oldest of which was 23. Thus, it appears very likely that Hutchison was over 40.

Mary Lucille Boitano and Marcie Trent are listed in a 1971 *Runner's World* publication as both having taken up running in 1968. Boitano was 44 and Trent 50. Trent may have been the first over-50 competitor.

I decided to expand my research to include over-40 women in any sport prior to 1970. The oldest "athletic" achievement of any kind by a woman over 40 that I could come up with was that of a Cherokee Indian woman around 1750. In his memoirs, Lt. Henry Timberlake tells of knowing an old woman, whose youngest son was about 50, who used to carry a load of wood weighing "two hundred weights" on her back daily for a couple of miles. Her name was not given.

Of course, there was little in the way of organized sport for women until this century. What there was seems to have been available only to young women. In an article titled "Menopause, Old Age, and Exercise for Nineteenth Century Women," which appeared in the Summer 1989 issue of *Journal of Sport History*, Patricia Vertinsky observed: "Women who survived beyond 40 often believed that menopause marked the beginning of a period of depression, of heightened incidence and of early death . . . There simply were no great expectations for women whose



Anne McKenzie

vitality was viewed as having already largely ebbed away with the menses, and repeated pregnancies and childbirths. . ."

Aileen Riggan Soule

Aileen Riggan Soule, who helped usher in the Golden Age of Sport as a gold medal winner (springboard diving) for the United States in the 1920 Olympics recalls that there was great concern among doctors of that day about even young women taking part in any type of endurance event. "There was concern about women swimming over 300 yards then," Soule, now an 84-year-old resident of Honolulu and the holder of a number of records in 80-84 swimming competition, offers. "They said it was too strenuous, that we'd develop heart problems and wouldn't be able to bear children."

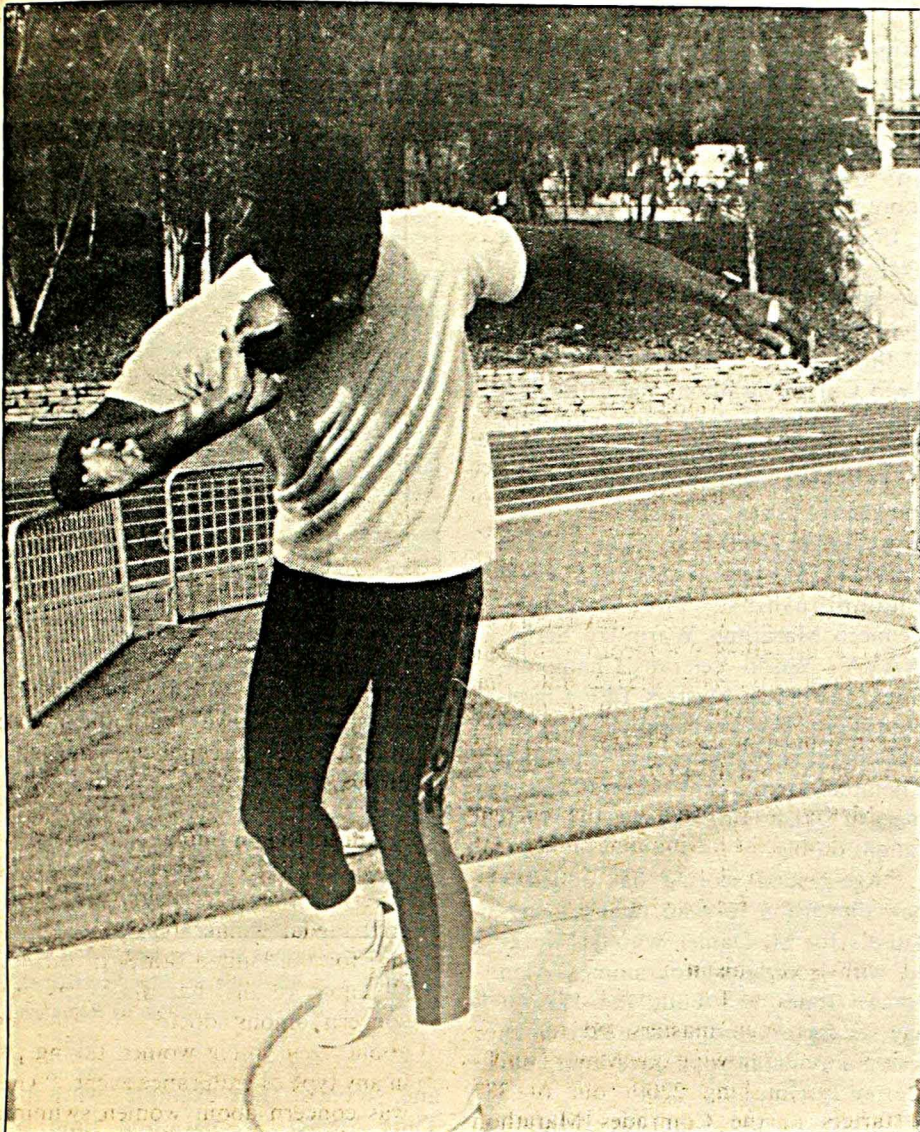
Soule, who went on to win silver (diving) and bronze medals (100 backstroke) in the 1924 Olympics, became a columnist for the *New York Evening Post*. In a 1926 edition of that paper, she wrote: "Sport has broken down the barriers between youth and middle age. They meet on a common basis. The age of neither acts as a handicap; the youth of one is offset by the experience of the other." However, Soule, who has a sharp memory for the names of that era, could recall only one female athlete competing over the age of 40. That was May Sutton Bundy, a tennis player.

May Sutton Bundy

In 1929, Bundy, the first American to win at Wimbledon (1905), reached the quarter finals at Wimbledon at the age of 41. She continued to play recreational tennis until age 85.

Further research in the annals of tennis reveals that Dorothea Douglass Lambert Chambers, a seven-time Wimbledon winner, reached the challenge round at Wimbledon in 1919 at age 41. At 46, she was a quarter-finalist in the U.S. Championship and the following year played on the British Wightman team. Mary Kendall Browne qualified for medal play in the

Continued on page 7



Frank Reilly, M40 first in the shot (14.73), SCA/TAC Championships, Los Angeles.

Photo by Jerry Wojcik

Third Wind Continued from page 6

U.S. women's amateur championship five times from 1932 to 1939. She would have been 47 in 1939. And, Margaret Osborne duPont was a member of the winning doubles team at Wimbledon in 1962, at age 44.

Eleonora Sears

If Nancy Dreyer was not the first female masters runner, perhaps Eleonora Sears qualifies. In fact Sears, a member of the Tennis Hall of Fame, may qualify as the first great female "masters" athlete. According to her biography, she won the first U.S. women's tennis championship, in 1928, when she was 47. At 55, she still played well enough to reach the quarter finals in the nationals of the Women's Squash Racquets Association.

Sears' biographer states that in the early 1990s, she scandalized her community by wearing breeches and riding astride instead of side saddle. In 1912, she shocked an audience at a polo match by riding astride onto a polo field and attempting to play with the men. In 1926, at age 44, Sears gained widespread publicity by establishing a record time for walking from Boston to Providence, R.I. She covered the 47 miles in 9 hours, 53 minutes. That figures out to pretty close to five miles per hour, a little faster than a "walk."



Elaine Geyer, 69, Daytona Beach, Fla., first W65 in 31:04, TAC National Masters 5K Championships, February 3. Photo by John Boyle



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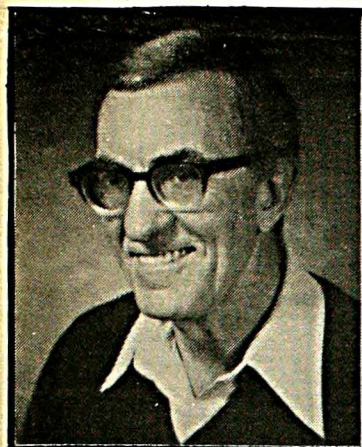
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FROM THE Editor

by AL SHEAHEN

Use of Age-Graded Scoring Grows

Two years ago, the World Association of Veteran Athletes completed a comprehensive, three-year study of the rate at which athletic performance declines with age.

The result was a 66-page book titled "Masters Age-Graded Tables," which lists factors and standards for each age from 18 through 90 for each event in track & field, long distance running, and racewalking.

The purposes of the tables are to enable athletes to keep track of their progress over the years; to compare their own performances in a given event and in different events; to compare performances of older and younger individuals in the same or different events; to select the best performance in an event among all age groups; to select outstanding athletes;

to make the competition more interesting and exciting; and to score multi-events.

The tables can be used to figure age-graded times or age-graded percentages. An age-graded time is what a person would probably have run in their open years. A percentage figure indicates how close to 100% (the potential world record for that age/event) the athlete has performed, with 90% being world-class level, 80% national class, 70% regional class, and 60% local class.

As Joe Henderson wrote: "Age-grading can relieve two problems in

masters running: the inevitable and often depressing slowdown with age; and the confusion with age-group awards. These tables give runners a way to improve indefinitely, and they give races a way to award fewer but more meaningful prizes."

In the past two years, the use of the age-graded tables in meets and races has grown slowly but steadily. Among the events which have used age-grading in their awards' presentations are the Twin Cities Marathon, the Tulsa 15K Run, the First Colony Championships (Sugarland, Texas), the Sorbothane/USRA Masters Circuit, the Birmingham Track Classic, the Mt. Washington (NH) 7.6 miler, TAC's National Masters Track and Field Championships, The Houston-Tenneco Marathon Warm-Up Series, WAVA's World Veterans Championships, the Texas Masters T&F Championships, TAC's National Masters Decathlon, Heptathlon, and Pentathlon Championships, and several other races in Oklahoma, where the idea has caught on big.

"Age-graded scoring has added a new dimension to road racing," says Tulsa's Joe McDaniel, who has worked with computer-programmer Alan Jones. Jones has built the WAVA age/sex factors into his RunTime Software, a popular road race computer scoring system.

"I recommend RunTime highly," McDaniel says. "Anyone interested can call 607-754-2339."

Howard and Gwen Kunz of Bellaire, Texas have developed a Lotus 1-2-3 template for computer handling of age grading.

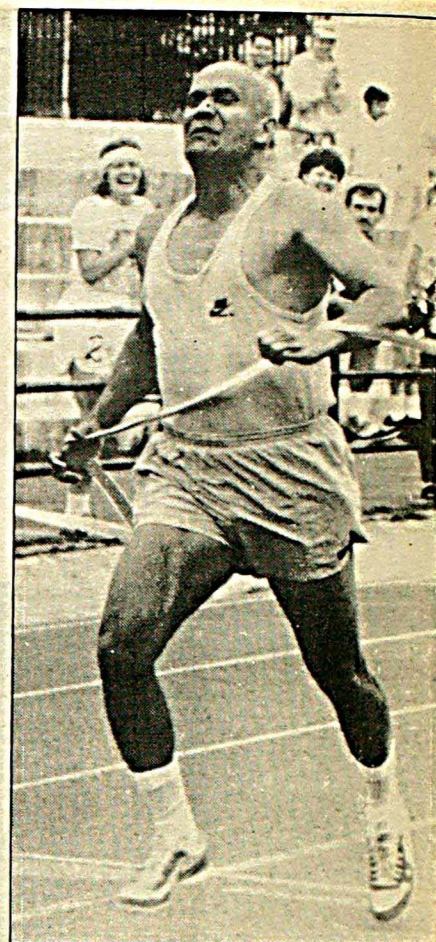
"We succeeded with our age-graded project in the Marathon Warm-up Series, which consists of the 5th largest U.S. 20K, 3rd largest 25K, and largest 30K," Howard Kunz said. "I have yet to hear other than favorable comments on age-grading."

In this month's *Speaker's Corner* column, Avery Sharp of Detroit outlines how race awards can be made fairer by use of age-graded scoring. On page 9, Phil Mulkey has calculated the top age-graded marks at last year's TAC National Masters T&F Championships. In her monthly *Masters Racewalking* column, Elaine Ward explains how racewalkers can benefit from age-grading.

Up to now, one drawback to using the tables has been that, without a computer program, they require use of a calculator. Not everyone is comfortable with that.

Worse, time calculations must be made in seconds. For road runs, minutes must first be converted to seconds by multiplying by 60 before the age-graded time or age-graded percentage can be determined. This takes time and turns some people off.

But there's good news. NMN has learned of a new calculator — called "Time Master" — which converts between all time formats: hours, minutes,



Sri Chinmoy finishes a strong first in the M55 100 with a 15.40 in the Sri Chinmoy Games, Forest Park, N.Y. Photo by Ramaniya

and seconds. (For example, with the Time Master, a marathon time of 2:45:51 by a 46-year-old man can be multiplied by the M46 marathon factor of .9190 to get an age-graded time of 2:32:25 directly. With a normal calculator, the 2:45:51 must first be converted to 9951 seconds; then multiplied by .9190 to get 9145 seconds, then converted back to get 2:32:25.) The Time Master is easy to use and saves a lot of time.

In addition, the Time Master works with points-in-time values (8:25 a.m.) and has a built-in stopwatch-timer function. It also works as a regular math calculator.

The original retail price of the Time Master was \$59.95, but NMN has made arrangements with Calculated Industries to offer them through our Order Department for \$45.00. (See order form on page 13 or Time Master ad on this page.)

The 1990 edition of the Masters Age-Graded Tables Book is still available for \$5.95. For both the Time Master and the Tables, send \$49.00.

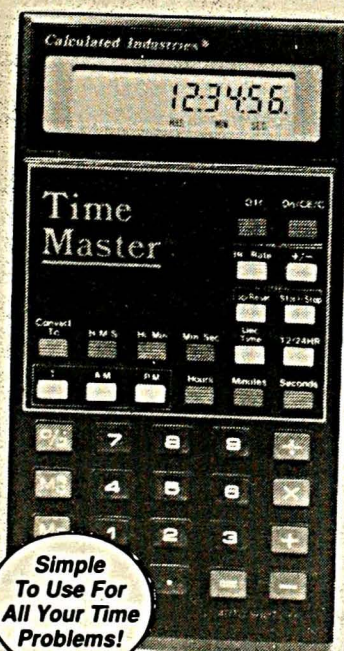
The WAVA Committee which created the tables agreed to give them a two-year try before making any adjustments. The tables will be reviewed following the WAVA World Veterans Championships this July in Turku, Finland. If necessary, slight revisions may be made. Plans are afoot to include ages under 18.

In sum, the age-graded tables have added fun and excitement to masters competition. Their use is expected to grow in the future as athletes and event directors become more comfortable with their operation.

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TOP EIGHT AGE-GRADED MEN'S MARKS IN EACH EVENT IN THE 1990 NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

100 Champion
Stan Whitley
M-40 :10.39=94.8%
M-35 :10.41
M-45 :10.47
M-55 :10.47
M-55 :10.54
M-60 :10.57
M-45 :10.57
M-50 :10.59=93.0%

200 Champion
Stan Whitley
M-40 :20.67=94.9%
M-40 :21.09
M-35 :21.10
M-50 :21.12
M-55 :21.16
M-55 :21.20
M-60 :21.25
M-45 :21.31=92.0%

400 Champion
Jim Mathis
M-55 :45.29=95.5%
M-50 :45.55
M-45 :45.62
M-50 :45.62
M-60 :45.78
M-60 :45.80
M-40 :45.95
M-60 :46.18=93.7%

800 Champion
Ken Sparks
M-45 :1:46.84=95.2%
M-45 :1:47.39
M-40 :1:47.60
M-45 :1:47.82
M-60 :1:47.96
M-40 :1:48.55
M-55 :1:49.04
M-40 :1:49.45=92.9%

1500 Champion
Larry Almberg
M-40 :3:42.04=94.3%
M-40 :3:44.20
M-55 :3:45.90
M-55 :3:46.13
M-50 :3:46.38
M-50 :3:46.83
M-55 :3:46.96
M-60 :3:48.49=91.6%

5000 Champion
Gary Romesser
M-35 :14:12.38=91.1%
M-50 :14:27.31
M-60 :14:27.35
M-45 :14:34.44
M-40 :14:34.95
M-40 :14:39.33
M-45 :14:39.55
M-45 :14:44.03=88.2%

TEAM CHAMPIONSHIP

Champion	M-40	141
Runner-up	M-55	130
Bronze	M-45	128
Fourth	M-60	96
Fifth	M-35	88
Sixth	M-70	78
Seventh	M-50	63
Eighth	M-65	50
Ninth	M-30	42
Tenth	M-75	21
Eleventh	M-80	4

10,000 Champion
Norm Green
M-55 :29:02.64=92.6%
M-45 :29:56.37
M-60 :29:58.39
M-55 :30:12.28
M-80 :30:16.42
M-55 :30:38.42
M-50 :30:50.33
M-40 :30:53.06=87.1%

Steeplechase Champ
Eugene Keller
M-75 :9:04.40=89.0%
M-30 :9:29.79
M-40 :9:30.37
M-30 :9:30.51
M-60 :9:33.68
M-40 :9:40.60
M-45 :9:42.41
M-40 :9:45.71=82.8%

High Hurdle Champion
Jack Greenwood
M-60 :13.52=95.4%
M-60 :13.87
M-40 :14.04
M-30 :14.20
M-50 :14.22
M-30 :14.32
M-70 :14.45
M-60 :14.58=88.4%

Intermediate Hurdle Champ
Rudy Valentine
M-65 :50.39=93.3%
M-40 :50.63
M-60 :51.08
M-50 :51.72
M-70 :52.42
M-40 :52.81
M-45 :53.01
M-60 :53.29=88.2%

High Jump Champ
Dwight Stones
7'5 1/2"

M-35 :2:27=93.8%
M-30 :2.25
M-55 :2.21
M-35 :2.18
M-70 :2.16
M-40 :2.15
M-40 :2.15
M-35 :2.14=88.4%

Pole Vault Champ
Jerry Donley
17'8 1/2"

M-60 :5.39=89.3%
M-45 :5.13
M-40 :5.01
M-40 :5.01
M-45 :4.95
M-35 :4.91
M-35 :4.91
M-50 :4.89=81.0%

(Scoring: 15, 10, 7, 5, 4,
3, 2, 1 = All Finalists)

Long Jump Champ
Darrell Horn
26'2 1/2"
M-50 :7.99=90.8%
M-70 :7.92
M-65 :7.88
M-30 :7.50
M-30 :7.48
M-55 :7.45
M-65 :7.44
M-55 :7.42=84.4%

Triple Jump Champ
Ed Lukens
52'4"
M-65 :15.95=88.7%
M-60 :15.42
M-70 :15.25
M-55 :15.23
M-40 :15.06
M-60 :14.90
M-70 :14.65
M-70 :14.65=81.5%

Shot Champion
Don Cumley
59'2 1/2"
M-70 :18.05=88.4%
M-70 :17.67
M-35 :17.56
M-45 :17.27
M-35 :16.85
M-35 :16.82
M-75 :16.72
M-70 :16.71=82.8%

Discus Champion
Lloyd Higgins
195'2"
M-45 :59.49=85.5%
M-70 :57.67
M-55 :57.48
M-55 :56.52
M-75 :53.84
M-50 :52.35
M-70 :52.19
M-55 :51.55=74.1%

Hammer Champion
Tom Gage
223'8"
M-45 :68.18=88.7%
M-35 :63.89
M-70 :62.87
M-55 :62.83
M-35 :62.23
M-70 :56.06
M-55 :54.65
M-60 :51.76=67.3%

Javelin Champion
Bill Duckworth
274'0"
M-55 :83.52=92.3%
M-55 :81.21
M-45 :78.18
M-45 :77.74
M-60 :77.06
M-40 :73.44
M-35 :73.33
M-55 :70.22=77.6%

*Most Gold Medals: 3 each M40, M45, M55

*Most Medalists: 10 M40, 9 M45, 9 M55

*Most Finalists: 24 M40, 23 M55, 20 M45

*Most Finalists Single Event: 3 in 3 events M55 (1500, Discus, Javelin)
(Others with 3: M45 (800, 5,000), M60 (400, HH), M70 (Shot, Trip))

*Most Points Single Event: 30 M45 800, 26 each M55, M60, M70

*Toughest Event to Win:

400	95.5%
HH	95.4
800	95.2
200	94.9
100	94.8
1500	94.3
HJ	93.8
IH	93.3
10,000	92.6
Javelin	92.3
5,000	91.1
LJ	90.8
Pole V	89.3
Steeple	89.0
Triple	88.7
Hammer	88.7
Shot	88.4
Discus	85.5

*Toughest Event to make Finals:

400	93.7%
100	93.0
800	92.9
200	92.0
1500	91.6
High Jump	88.4
Hurdles	88.4
I Hurdles	88.2
5,000	88.2
10,000	87.1
Long Jump	84.4
Steeple	82.8
Shot Put	82.8
Triple	81.5
Vault	81.0
Javelin	77.6
Discus	74.1
Hammer	67.3

compiled by
Phil Mulkey

*Note: The winning performance in the Discus would not have made the Finals in 9 of the other 17 events.

*Note: The last qualifying Finalist performance in the 400 would have been good enough to win 11 of the other 17 events.

*Widest Spread in Finalists in an Event: HT=21.4%, JT=14.7%, DT=11.4%
(Widest Spread for Running Event: 10,000=10.3% Jumping: PV=8.3%)

*Closest Spread in Finalists in an Event: 400=1.8%, 100=1.8%

Age-Graded Marks at Nationals Are Revealing

by PHIL MULKEY

On this page are the top eight age-graded marks of each men's five-year age group in each event at the 1990 TAC/USA National Masters Track and Field Championships.

For example, Stan Whitley won the M40 100 in 11.02. The WAVA factor for age 40 is .9435. By multiplying that by Whitley's time, we get an age-graded time of 10.39, his equivalent open-class mark.

Bill Collins, the M35 100 winner, had an age-graded time of 10.41. And so on. Whitley's age-graded time (10.39) divided into the open-class 100m standard (9.85) is 94.8%, an outstanding performance.

The eighth-best 100m age-graded mark was the M50 winner in 10.59, which equates to a 93.0%, also world class.

You may draw your own conclusions as to these statistics. It appears that masters athletes seem to be holding better in the sprints, followed by the middle distances, jumps and throws.

If we score the eight age-graded finalists in each event by age division, we find the M40s dominate with 141 points (15,10,7,5,4,3,2,1) with the M55s next with 130.

The best single performance was Jim Mathis's M55 400 win in an age-graded 45.29 (95.5%). It took a 93.7% effort just to make the 400 finals.

As a meet, the competition was unbelievably close in each event — closer, even, than in the final eight performers in the events in the open 1990 TAC Nationals.

However, when the age-graded marks are compared with the marks in the Open Nationals, the masters fare only moderately well. For example, the age-graded times of Whitley and Collins would have placed them only 7th and 8th against open competition. The only masters "winner" in such a mythical competition was Bill Duckworth, M55, whose 92.3% javelin effort (83.52m) was better than any open competitor.

It was an exciting "meet" to put together. My apologies to the decathletes, walkers and women for their obvious exclusion. I could only do so much. □



Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

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- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
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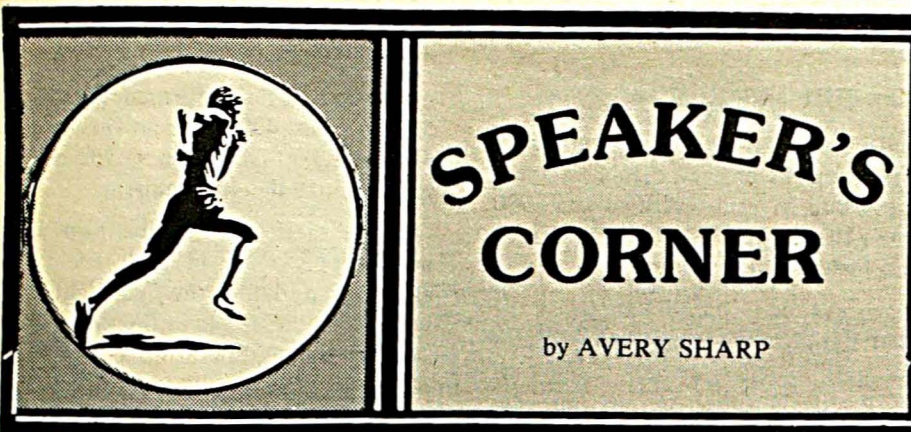
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It's Time to Streamline Race Awards

The most misunderstood, misused and abused feature of road racing is the determination of awards. How can a race director give proper recognition and prize money to open, age-group and masters performances?

There are currently four big injustices in the sport:

1) Giving Awards to Open Runners, but Excluding These Runners from Age-Group Awards

This practice is ridiculous: a 40-year-old man who places among the top 10 open runners doesn't get the 40-44 award; that award goes to the second-best M40 runner. It becomes a totally meaningless award. It's a lie.

2) Giving Awards in Straight Five-Year Age Groups

Some race directors don't give any open awards; only 5-year awards. So what happens when, say, six of the top 10 finishers are in the 35-39 division? Assuming three awards per age group are given, three of those six don't get

anything. Yet, the first 25-29 year-old who finishes, say, 15th, gets a first-place award. It's nonsense. The top runners, regardless of age, should get the open awards.

3) Giving A Runner More Than One Award

At a recent race, the open runners received awards along with 5-year age-group winners. In addition, there was an award for the first master across the finish line. And there was prize money for open and masters runners.

Here's what happened: The first five open runners were called up and given their awards. A bit later, these same five were called back again and given their age-group awards. Fifteen minutes later, three of them were called

back and given their open prize money. Later, one of the top three — who was also the first master — was called to the stage and given the overall masters award.

It still wasn't over. After all the crowd, except for a few family members, had left the awards ceremony, this same embarrassed runner was called up again and given the masters money. Too bad he wasn't a Clydesdale; he could have been called back another time.

This particular ceremony lasted one hour and 58 minutes. The vast majority of the crowd was gone in 30 minutes.

4) Giving Money or Merchandise to the First Master Regardless of Age

Many events give prize money or merchandise to masters. Most of these races lump every master into one "masters" category without any consideration of a person's age. Yet there is a much wider ability gap between two runners aged 50 and 54 than between two aged 21 and 34.

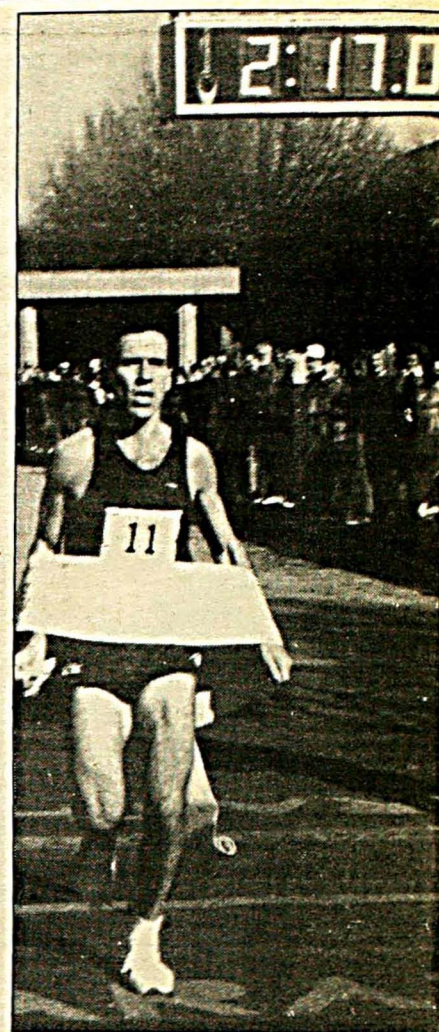
When giving money to runners over age 40, it's essential that a person's age be considered. What is fair about one 50-year age bracket (40-90)? Still, this happens more often than not. Invariably, the young 40-year-old runners will take the money even though an older runner might set an age-group world best. In one recent 5K race with prize money, the first master was age 41 and posted a relatively slow time of 17:41. The second master was 58 and ran a fast 17:44. Who got the money? The 41-year-old. Who had the best performance? Unquestionably, the 58-year-old.

Simple Solutions

Even if it's necessary to have an awards ceremony at a later date, it's better than keeping runners around in wet clothing for a long drawn-out ceremony — especially if a bunch of bogus awards are handed out. With a little planning and coordination, it can all be done equitably and quickly.

First, it is not necessary to have a plate attached to an award designating an age-group place. It's not necessary to give trophies and plaques. Most regular winners are sick of these awards. Give something unique of useful value; it can be generic, such as hardware, mugs, fruit baskets, etc. If you want to give a memento for a trophy case, give each award winner a ribbon with the name and date of the race.

Have your generic awards and money-letters ready. Most award winners are read from a board or from a computer printout. Call up the open winners and also announce their age-bracket, if other than open. If there is money to be given, present it at this time. (It's not necessary to have age groups for 20-34 year-olds; they should compete in the open division.)



Kenneth Judson, 40, Pittsburgh, Pa., takes first overall with a U.S. masters record of 2:17:01. 14th Rocket City Marathon, Huntsville, Ala. Photo by Jim Oaks

Masters Awards

A most important part of an awards ceremony is the recognition of masters "best performances." But it should not be based on time alone. WAVA age-grading should be used.

This system is a result of an exhaustive and conclusive study by the World Association of Veteran Athletes which scores a runner on actual time which is converted to an open time — or what a runner would have run in his/her prime. This system will determine an equitable basis for overall performance among all ages over 40 and it can be done on the spot.

Call up the masters with the best performances exactly as you did with the open runners. If one of these masters placed in the open division and has already been recognized, simply state that this has been done.

After that, give the remaining age-group awards.

Awards should be based on equity, consistency and uniformity — not on what's easiest or what has been done in the past. TAC should assign top priority to establishing a nationwide policy on awards.

This procedure will speed up your ceremony considerably. It will eliminate phony awards and will give special recognition to masters and juniors. If you decide to give generic awards, it will also save money. □

(Avery Sharp lives in Detroit. His article was excerpted from the TAC/Oklahoma Newsletter.)

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

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Runner Jailed For Cheating

LOS ANGELES, April 1 — Harvey Sanders, 62, was sentenced by a Los Angeles Municipal Court Judge to 90 days in County jail for cheating in a local road race.

The historic judgment was handed down by Judge John J. Schwartzkopf, often called "Hanging John" by local attorneys.

"I've had it with the immorality that seems to be taking over our country," Judge Schwartzkopf said at the sentencing. "Cheating is cheating, whether it's shoplifting, car theft, savings and loan scandals, or cheating in a road race. It's time to set an example for the youth of America that crime, even small crime, doesn't pay."

Sanders, a small-business owner, was disqualified from the 4500-entrant Century City 10K after "winning" the M60-64 division in 39:47 and claiming the first-place prize of \$100. A review later showed Sanders failed to appear at the mid-race checkpoint.

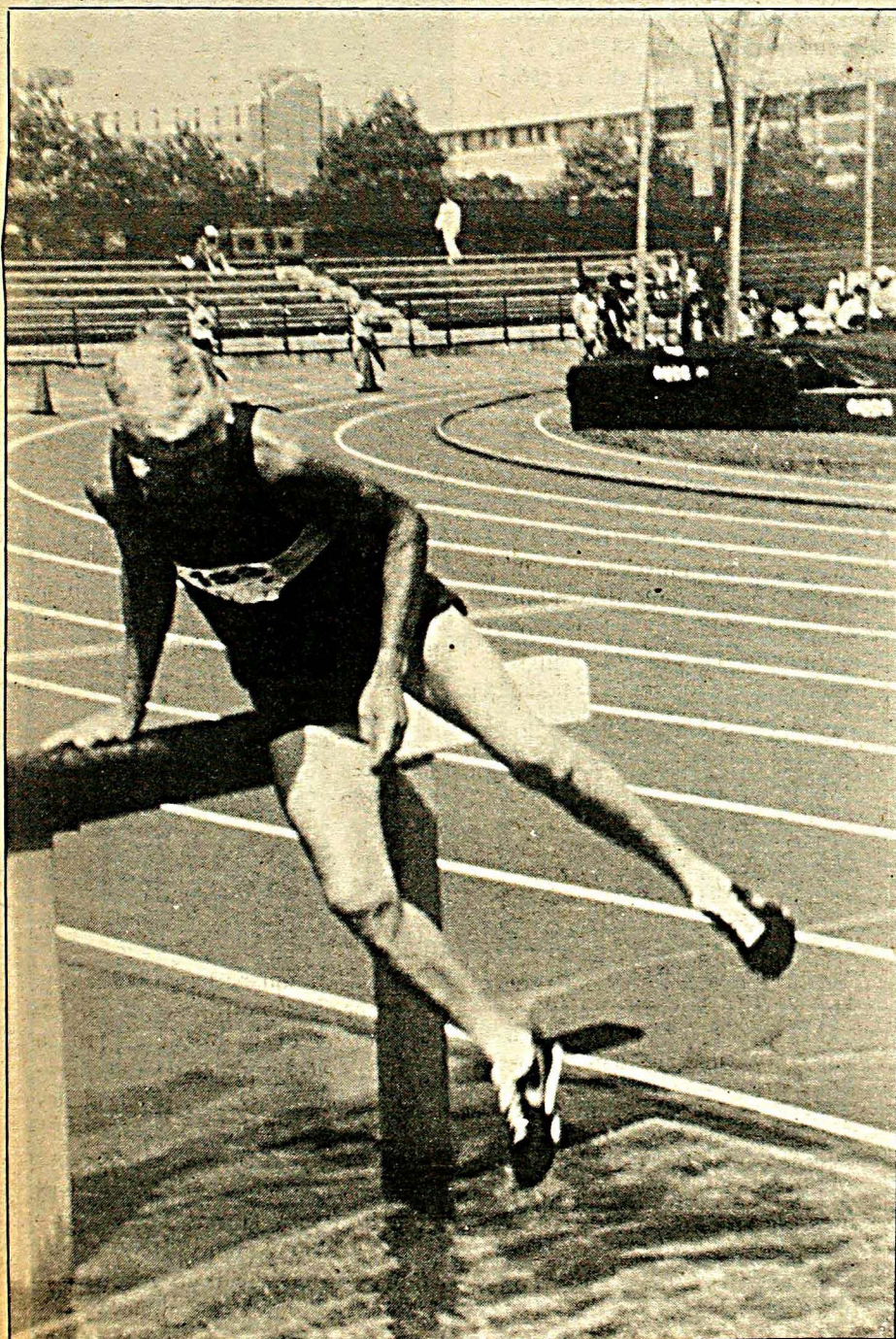
"Nobody had ever heard of this guy before," said a race official. "And here he comes in with a sub-40 time; we were skeptical."

Sanders was asked by race officials to return the first-place award, but refused, saying "I ran the whole race; I took my jersey off and that's why they didn't see my number at the checkpoint."

Judge Schwartzkopf was not impressed with Sanders' story, citing several examples of road-race cheaters who had gone unpunished in recent years.

Sanders' wife, Marlene, said she was stunned by the stiff sentence but not surprised by her husband's actions.

"If he cheated in the race, I'll bet he's been cheating on me for years," she said. "Maybe some time in the slammer will do him some good." □



Roland Anspach, M60 second (8:45.61) 2000 steeple-chase, hits the drink, TAC National Masters T&F Championships, Indianapolis. Photo by Hank Kiesel

Pauling Stars in MAC Meet

Continued from page 1

The most exciting race of the day was the 4 x 800 relay. Despite its being the last event, two teams made a valiant run at the oldest masters indoor mark on the books — the 8:30.0 time set by the New York Pioneer Club (Connelly, Krebs, Genovese and Zipper) on March 13, 1977 at 880 yards. The New York Pioneers, with Nelson Keyes (2:10.92), Talib (2:08.47), Rob Jackson (2:08.39), and Don Hodge (2:07.83), won in 8:35.62.

Other good efforts came from Gary Null (46, 3000W, 13:20.57), Bill Fortune (62, 3000, 10:34.42), and Glen Shane (53, 600y, 1:25.53).

The Grand Prix points were doubled

for this meet. Pauling's 40 points pulled him from fourth place to within two points of Null, the eventual winner, who totalled 86 points. Fortune was third with 77 points. Small finished fourth with 73 points, even though he had the highest age-graded average for the five meets at 90.6%.

In the non-championship competition, Al Swenson, 44, won a smashing triple: 800 (2:05.38), mile (4:34.04), 3000 (9:47.43). Chuck Sochor, 60, won four: 55 (8.09), 200 (28.52), 400 (66.84), and 600y (1:34.20). Harold Nolan, 44, raced a sparkling 9:10.15 in the 3000. □



THE SIXTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP FOURTH OF JULY NATIONAL TRACK MEET — FAIR & FIREWORKS (SANCTIONED BY N.J. TAC) TO BE HELD SUNDAY JUNE 30TH, 1991 ALL NEW TRACK & FIELD FACILITIES RUBBERIZED TRACK

<u>RUNNING EVENTS</u>				
5000 Meters	10:00 AM	1500 Meter Dash	2:00 PM	
100 Meter High Hurdle	11:00 AM	400 Meter Dash	2:15 PM	
1500 Meter	11:45 AM	800 Meters	3:00 PM	
100 Meter Dash	1:00 PM	200 Meter Dash	3:30 PM	
<u>FIELD EVENTS</u>				
	<u>30-39 MEN</u>	<u>40-49 MEN</u>	<u>MEN 50+59</u>	<u>MEN & WOMEN 60+</u>
Pole Vault	10:00 AM	10:00 AM	10:00 AM	10:00 AM
Shot Put	10:00 AM	10:45 AM	11:30 AM	12:30 PM
High Jump	10:30 AM	10:30 AM	10:30 AM	10:30 AM
Long Jump	10:00 AM	11:00 AM	12:00 PM	1:00 PM
Javelin	11:15 AM	12:15 PM	1:30PM	10:00 AM
Discus	12:30 PM	1:30 PM	10:00 AM	11:15 AM
Triple Jump	2:00 PM	2:00 PM	3:00 PM	3:00 PM
<u>YOUTH RACES</u>				
1500 Meters	Ages 9-10, 11-12, 13-14		11:30 AM	Boys & Girls
100 Meters	Ages 9-10, 11-12, 13-14		12:45 PM	Boys & Girls

TAC REGISTRATION REQUIRED AND AVAILABLE AT MEET

SHORT SPIKES ALLOWED

Hurdle heights & implements will be according to TAC Masters Rules. We will attempt to adhere to the above schedule. It is the athletes sole responsibility to be aware of any changes. "WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE." If you miss a call or check in you have forfeited that attempt or that race. The One-false-start rule will apply.

All Throwers, Long Jumpers & Triple Jumpers Please Note, that groups will start immediately after preceding group. Listen for announcement.

ELIGIBILITY

Any TAC Sub Masters or Masters Athlete with TAC Card. Men or Women 30-90 years of age. Any Randolph resident who falls within the above age groups. The fee is \$5.00 per event, post entry \$10.00 per first event, \$5.00 every other (payable to Garden State Athletic Club), no charge for Randolph residents. There are no limits on the amount of events you may enter.

PRIZES

Medals will be awarded to the top three in each 5 year age group, in each event for both men and women. Large trophies for top male and female athlete in Masters Meet.

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For travel arrangements and hotels call Beryl Hahn at "TRAVEL MASTERS" (201-361-3220). There are many major hotels in the nearby area.

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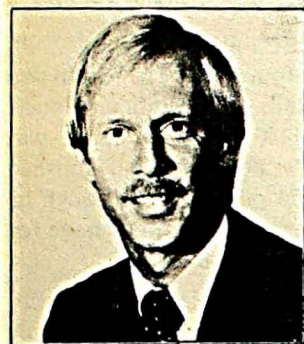
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ALL CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB
I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet.

SIGNATURE

ADDITIONAL INFORMATION
Call Meet Directors

Ren Salvio-----Days 201-446-4959
Merton Hahn-----Days 201-625-1764



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Burning Feet

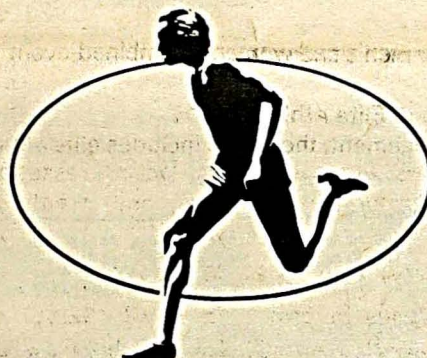
Q. I am 63 and have been competing in masters races since 1982. I have been relatively injury-free until recently. While training, something "snapped" on the bottom of my foot. I have been unable to run for the last six months, and, after ten minutes of walking my foot begins to burn. Can you help me get back on the road to recovery?

A. It is difficult to diagnose your injury from your description. Usually, a "burning" sensation is the result of some type of nerve damage. However, in the area you describe, it could also be a fracture of one of the small bones of the foot (the 5th metatarsal) or it might result from injury to the tendons that run along the outside of your foot.

I'd definitely recommend an x-ray to rule out the possibility of a stress fracture or even a complete fracture. If, after a thorough biomechanical examination, you are found to have a tendon pull or tear, you may need additional treatment such as physical therapy or perhaps a cast to immobilize the injury and facilitate the healing process.

I usually advocate hot water physical therapy and direct ultrasound in combination with a "low dye" strapping. In extremely painful cases, a short-acting steroid mixed with a local anesthetic is helpful. If there is a mechanical problem, the use of an orthotic insert (preferably with a padded heel) often gives quick relief. □

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



Bill Adams #1, 50, Plantation, Fla., second M50 (30:39), and Jim Larson, 54, Clearwater, Fla., first M50 (30:19), Sorobothane/USRA Masters Circuit Championships, Naples, Fla., January 12.

Welch Top Runner in Gasparilla 15K; Cuevas Repeats Masters First

by JERRY WOJCIK

Priscilla Welch, 46, of Boulder, Colo., raced to the best age-graded overall performance of 97.2% with a 52:34 in the 14th Gasparilla 15K Run in Tampa, Fla., on February 9, finishing 14th woman.

Mario Cuevas, 41, formerly of Mexico, now a Tampa resident, defended his masters title in 46:19, 14 seconds below his 1990 finish, when runners were hampered by high heat and humidity. Cuevas' was the second-best masters age-graded performer with a 95.1%. Norm Green Jr., 58, of Wayne, Pa., another repeat winner, with a 53:14, had the third-best masters performance with a 94.6%.

Second M40-44, Ken Hamilton, 40, of Canada, 47:18, and Laurie Binder, 43, W40-44 winner, of Oakland, Calif., 53:57, tied for next-best performance with 92.6%.

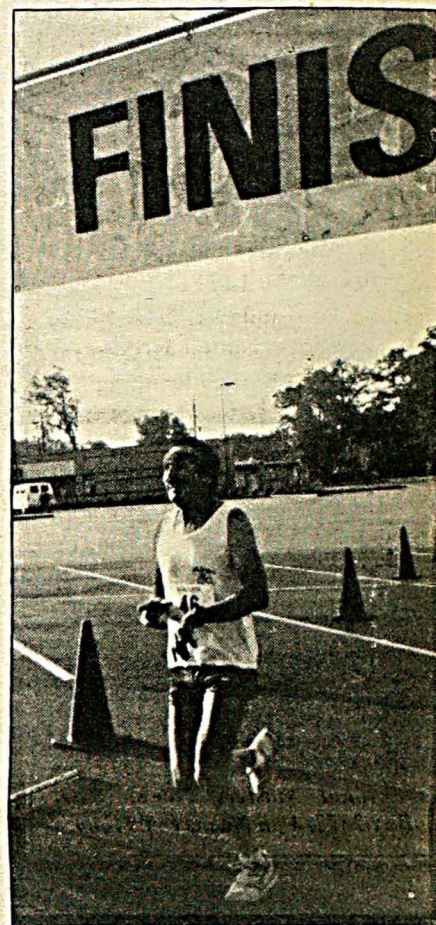
Other repeat division winners were Joe Burgasser (52, 53:24, 88.8%), St. Petersburg, Fla., and Wen-shi Yu (56, 66:08, 83.6%), Kew Gardens, N.Y.

The oldest finishers were John Kelley (83, 1:40:12), East Dennis, Mass., and, for the women, Algene Williams (75, 1:34:51), Park Forest, Ill.

Jim Pearson (42, 49:39), fourth M40, from Lakeland, Fla., and Carol Vosburgh (45, 62:05), third W45, of Seminole, Fla., were winners of the W101 Masters Cup, which awarded trips to a 1991 masters road race cham-

pionship to the best local masters runners.

Open winners were John Halvorsen (24, 43:14, 95.5%) of Canada, and Jill Hunter (24, 49:00, 93.5%) of England. □



Dick Perrin, 50, Bunnell, Fla., first M50 in 17:12, TAC National Masters 5K Championships, DeLand, Fla., February 3.

Photo by John Boyle

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

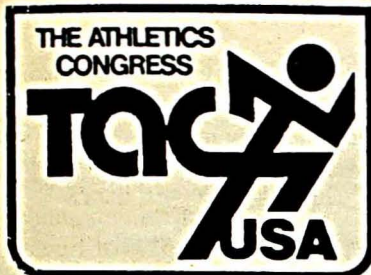
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
FLORENCE BERRY (MERRY, IL)	4-11-21	70-74
JOYCE BOWERMAN (WABASH, IN)	4-8-41	50-54
DOROTHY HASSLER (KIRKWOOD, MO)	4-5-26	65-69
VANESSA HILLIARD (ST. PETERSBURG, FL)	4-18-41	50-54
PAT HURST (FRESNO, CA)	4-27-31	60-64
JUDY LEYDIG (SAN MATEO, CA)	4-1-51	40-44
JUDY MARTIN (MISSION VIEJO, CA)	4-19-36	55-59
PATRICIA PETERSON (ALBANY, NY)	4-14-26	65-69
SUSAN REDFIELD (MARBLEHEAD, MA)	4-1-36	55-59
GEORGEAN RUSKIN (BLACKLICK, OH)	4-21-21	70-74
STELLA WALSH (LOS ANGELES, CA)	4-11-11	80-84
JOANNE WICHARY (SAN DIEGO, CA)	4-28-36	55-59
LILLIAN WOODWARD (CA)	4-7-36	55-59
ILSE BELLIN (WG)	4-28-21	70-74
LEONORA KOCH (WG)	4-7-36	55-59
RIMMA LARIONOVA (URS)	4-1-36	55-59
UNA LUND (AUS)	4-18-41	50-54
LUCIA NUVOLO (ITA)	4-7-41	50-54
INGRID SOGSTAD (NOR)	4-2-26	65-69
ADA MARIA UDINI (URU)	4-20-46	45-49
ROLAND ANSPACH (SPRINGBORO, OHIO)	4-26-26	65-69
ORVILLE ATKINS (LOS ANGELES, CALIF)	4-27-36	55-59
ANATOLY BADRANKOV (URS)	4-2-41	50-54
JAMES BRADLEY (SPRINGFIELD, VA)	4-25-36	55-59
FRANK COVELLI (CA)	4-2-36	55-59
BUD DEACON (HONOLULU, HAW)	4-28-11	80-84
PETER FETTER (REDONDO BEACH, CALIF)	4-11-21	70-74
PETER FIELD (GB)	4-17-31	60-64
DENNIS KASISCHKE (CA)	4-1-46	45-49
GEORGE KNOX (GAHANNA, OHIO)	4-16-11	80-84
RONALD MARCELINA (HOL)	4-18-46	45-49
BOGDAN MARKOWSKI (EUR)	4-14-46	45-49
JOSEPH MARTIN (LEXINGTON, VA)	4-14-21	70-74
JAMES MATHEWS (US)	4-4-6	85-89
RONALDO MERCELINA (HOL)	4-18-46	45-49
HERB MILLER (ORANGE, CA)	4-27-16	75-79
URBAN MILLER (WG)	4-12-11	80-84
ROLLAND NICHOLS (BISHOP, CALIF)	4-6-11	80-84
GUENTER ORTMANN (WG)	4-2-36	55-59
HOWARD PAYNE (GB)	4-17-31	60-64
JORME RINNE (FIN)	4-20-36	55-59
JOE ROGERS (MUNCIE, IND)	4-30-26	65-69
LEE SCHRODER (KLAMATH FALLS, ORE)	4-23-31	60-64
DARROLD SKARTVEDT (SEATTLE, WA)	4-9-31	60-64
GUDMUND SKRIVERVIK (NOR)	4-18-21	70-74
ALFONS SONNECK (WG)	4-30-21	70-74
JULIUS STUETZLIE (FRG)	4-2-21	70-74
RALPH SUTTON (ROCKLIN, CA)	4-8-31	60-64
LARRY WRAY (FOUNTAIN VALLEY, CAL)	4-24-36	55-59

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MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Cobb, Thorne Appointed Sectional Heads

National Volunteer Week will be held April 14 to 20. During this week millions of volunteers from throughout the United States will be recognized for their contributions to their respective organizations.

It is an appropriate time, therefore, for us to acknowledge and thank those who devote countless hours and their expertise to our sport. We owe them a great deal.

The timing of this national recognition coincides with the resignation of one of our program's long-standing and outstanding volunteers — Gary Miller. Gary, who will continue to be an active participant, has served as the Western Sectional Coordinator since his appointment by former Committee Chair, Jim Weed. He has contributed significantly to our sport in many capa-

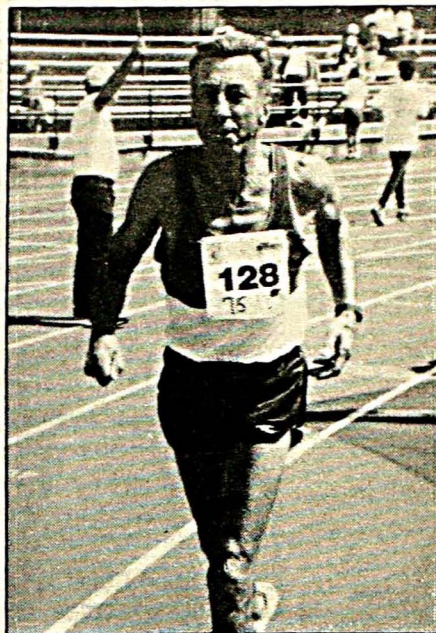
cities — as an athlete, committee member, and as an administrator. His talent and dedication have been appreciated by many and we will continue to seek his input. Thank you Gary for your immense contribution and for a job well done.

Hugh Cobb, a member of the Southern California Striders, has been appointed as the new coordinator. I want to also welcome Tom Thorne as the new Mid-America Coordinator and to thank Tom Wesselowski and Bill Butterworth for their work this past year in this section. □

140 Catch Athlete's Foot Meet

by JERRY WOJCIK

The eighth annual Athlete's Foot Indoor Meet drew 140 men and women submasters and masters to Augustana College in Rock Island, Ill., on January 19.



Eugene Keller, M75 1500, TAC National Masters T&F Championships, Indianapolis, August 1990. Photo by Jerry Wojcik

In the sprints, Charles Stallworth, M40, topped all 60y runners with a 6.7 and won the 220y in 27.9. Mel Larsen, M65 world-record holder in the long jump, won the 220y with a 28.9.

George Rajcevic included the 880y (3:21.4) and mile (6:51.4) in his M70 victories.

Johnnie Meisner, M45, was best masters in the 60yH (8.9), HJ (5-6), and TJ (37-11½).

Phil Brusca, M60, was the class of the shot putters with a meet's best 42-4.

Frank Brown, M55, walked the two mile in 19:34.2.

Muriel Naumann, W35, ran meet's bests in the 880y (2:40.3), mile (5:37.9), and two mile (12:05.0). □

Help Wanted

Barbara Kousky, Masters Track & Field Chairperson & Charles DesJardins, Masters Long Distance Chairperson, have assigned to me the job of composing a handbook for meet directors of masters' events.

The purpose of the booklet is to highlight the special needs of masters competitors in administering an event, directed to those meet directors who are not familiar with our program. It will also include suggestions for the development of local masters' programs.

Suggested meet schedules for one, two, and three day track meets will be presented, for national, regional association and local meets. Information about the overall structure of the program, information about record applications, and special technical rules for masters will be included.

I would appreciate the input of those who have served as masters' meet directors on all levels, plus suggestions and concerns of those who have participated in masters' events.

The booklet will not serve as general instructional material for putting on an event. It will only highlight the needs of the masters.

I need and welcome all comments, suggestions and articles. Please send them as soon as possible. I have a fax machine. I must be present to receive the fax. The best time to fax any material to me is between 9 to 10:30 a.m. and 4 to 6:30 p.m., my time.

Bob Fine, 4223 Palm Forest Drive North, DelRay Beach, Florida, 33445. Home phone & fax number: 407-499-3370. □

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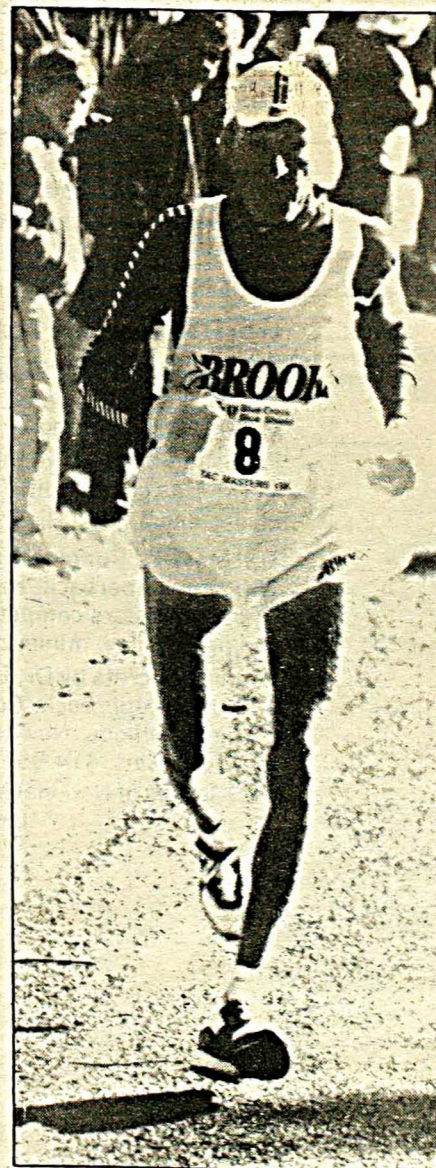
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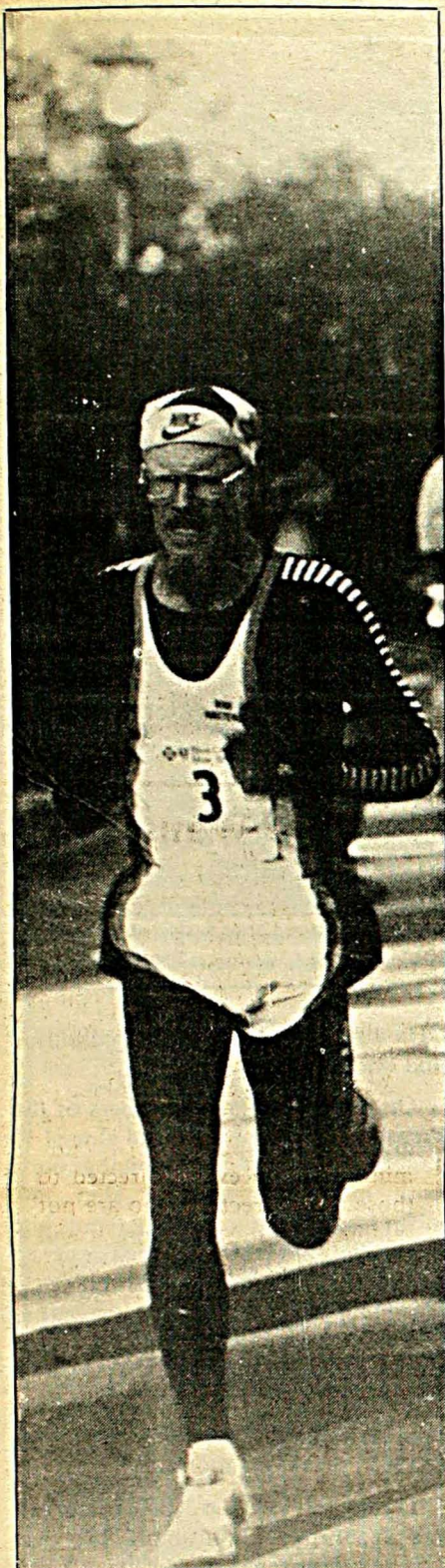
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Ed Benham, 83, Ocean City, Md., knocked more than 25 minutes off the U.S. age-83 record with a 1:12:43, TAC/USA National Masters 15K Championships, Edina, Minn.

Photo by Dennis Hahn



Norm Green Jr., 58, Wayne, Pa., dropped the U.S. single-age record by nearly a minute with a 52:33, TAC/USA National Masters 15K Championships, Edina, Minn. Photo by Dennis Hahn

Ten Years Ago

April, 1981

- 200 Compete in National Indoor Championships in Ann Arbor
- Joanne Grissom, 42, Sets Women's W40 HJ AR (4-8) in Midwest Regionals
- Eastern Regionals Lure 200 to Bethlehem, Pa.

Campbell Sets World Best at Edison 5K

Continued from page 1

field and began the race to a rousing ovation from the other runners.

Women's open winner was Judi St. Hilaire, 21, with a 15:25. □

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CUMULATIVE PRIZE MONEY EARNINGS MASTERS 1990

PRIZE MONEY EARNINGS 1990 MASTERS MEN

RNK	NAME	ST/NAT	1990 \$	1989 \$	CHANGE
1	Campbell, John	NZL	\$75,350	\$84,700	(\$10,350)
2	Tiboduiza, Domingo	COL/NU	\$17,406	\$0	\$17,406
3	Hamilton, Ken	CAN	\$15,300	\$0	\$15,300
4	Marczak, Ryszard	POL	\$13,850	\$7,840	\$6,010
5	Schlau, Bob	SC	\$11,500	\$16,575	(\$5,075)
6	Waigwa, Wilson	KEN/TX	\$9,925	\$8,200	\$1,725
7	Cuevas, Mario	MEX	\$9,556	\$11,500	(\$1,944)
8	Rodgers, Bill	HA	\$9,100	\$9,960	(\$860)
9	Navarro, Artemio	MEX	\$6,500	\$0	\$6,500
10	Stahl, Kjell-Erik	SWE	\$4,200	\$1,850	\$2,350
11	Judson, Ken	PA	\$3,500	\$0	\$3,500
12	Custy, John	CO	\$3,075	\$3,475	(\$400)
13	Sparks, Ken	OH	\$2,950	\$1,850	\$1,100
14	Almberg, Larry	WA	\$2,900	\$1,600	\$1,300
15	Owens, Earl	GA	\$2,700	\$3,875	(\$1,175)
16	Beligne, Atlaw	NY	\$2,175	\$0	\$2,175
17	Umberg, Richard	SUI	\$2,000	\$0	\$2,000
18	Olson, Larry	HA	\$1,950	\$1,550	\$400
19	Dyce, Byron	JAM/FL	\$1,800	\$500	\$1,300
20	Hughson, Richard	CAN	\$1,700	\$0	\$1,700
21	Nicholson, Carl	AL	\$1,650	\$2,650	(\$1,000)
22	Ingram, Larry	CO	\$1,500	\$0	\$1,500
23	Pearson, Jim	FL	\$1,450	\$5,050	(\$3,600)
24	Stewart, Dave	CAN	\$1,400	\$4,225	(\$2,825)
25	Lopez, Luis	CRC	\$1,375	\$1,000	\$375
26	McConus, Tony	NZL	\$1,350	\$0	\$1,350
27	Doyle, Bobby	RI	\$1,300	\$1,000	\$300
28	Brown, Barry	FL	\$1,250	\$0	\$1,250
29	Neri, J. Socorro	MEX	\$1,200	\$1,000	\$200
30	Knuckey, Bob	CAN	\$1,150	\$0	\$1,150
31	Jimenez, Ignatio	MEX/TN	\$1,100	\$650	\$450
32	Carroll, Tom	HA	\$1,050	\$0	\$1,050
33	Negishi, Akio	JPN	\$1,000	N/A	\$1,000
33	Grimon, Julian	GBR	\$1,000	\$0	\$1,000
33	Faul, Don	CA	\$1,000	\$0	\$1,000
33	Monzanar, Bob	N/A	\$1,000	N/A	\$1,000
33	Stern, Peter	CA	\$1,000	\$0	\$1,000
33	Wolfe, Bob	TX	\$1,000	\$0	\$1,000
39	Keenan, Dale	NY	\$900	\$0	\$900
39	Tracy, James	CA	\$900	\$0	\$900
39	Shorter, Frank	CO	\$900	\$550	\$350
39	Baird, Peter	TX	\$900	\$500	\$400
43	Wessely, Wes	GA	\$875	\$1,875	(\$1,000)
44	Bradley, Fay	DC	\$830	\$325	\$505
45	Thompson, Charles	CA	\$800	\$0	\$800
46	Reimer, Rich	N/A	\$750	\$1,500	(\$750)
46	Frederick, Larry	NC	\$750	\$700	\$50
46	Bednarski, John	NM	\$750	\$1,350	(\$600)
46	Wilborn, Gary	OR	\$750	\$0	\$750
46	Gagnon, Jacques	CAN	\$750	\$0	\$750
51	Ruckert, Steve	MD	\$725	\$150	\$575
52	Sipes, Stephen	AR	\$700	N/A	\$700
53	Grier, Anthony	MD	\$650	\$0	\$650
53	Ornan, Alan	NY	\$650	\$0	\$650
53	Mora, Victor	COL	\$650	\$9,626	(\$8,976)
56	Davidson, Leslie	CAN	\$625	\$0	\$625
56	Hackenberg, Jim	MI	\$625	\$0	\$625
58	McCluskey, Terry	PA	\$600	\$0	\$600
59	Hall, Bob	NH	\$575	\$0	\$575
60	Coffman, Don	KY	\$550	\$500	\$50
60	Green, Norm	PA	\$550	\$0	\$550
62	Martinez, Carlos	MEX	\$500	\$0	\$500
62	Merrucci, Nick	CAN	\$500	\$0	\$500
62	Thompson, Paul	N/A	\$500	\$0	\$500
62	Faucher, Dave	NH	\$500	\$250	\$250
62	Nelson, Robert	UT	\$500	\$0	\$500
62	Baldwin, Paul	AR	\$500	\$0	\$500
62	Spataru, David	N/A	\$500	\$0	\$500
62	Heffernan, Mike	OR	\$500	\$0	\$500
62	Tattersall, Graham	NZL	\$500	\$3,575	(\$3,075)
62	Hlinka, Jeff	N/A	\$500	\$0	\$500
62	Ferris, Norman	CAN	\$500	\$0	\$500
62	Lee, Junior	TX	\$500	\$600	(\$100)
62	Ronkewo, Fred	SD	\$500	\$0	\$500

PRIZE MONEY EARNINGS 1990 MASTERS WOMEN

RNK	NAME	ST/NAT	1990 \$	1989 \$	CHANGE
1	Binder, Laurie	CA	\$16,350	\$21,300	(\$4,950)
2	Anderson, Gabriele	SUI/ID	\$15,455	\$15,500	(\$45)
3	Oshier, Nancy	NY	\$14,600	\$4,125	\$10,475
4	Filutze, Barbara	PA	\$12,275	\$5,350	\$6,925
5	Welch, Priscilla	GBR/CO	\$11,747	\$29,580	(\$17,833)
6	Striuli, Groziella	ITA	\$11,000	\$23,000	(\$12,000)
7	Roden, Anne	GBR	\$8,500	\$3,975	\$4,525
8	Grayson, Nancy	SC	\$8,400	\$2,125	\$6,275
9	Hutchison, Jane	MD	\$7,025	\$10,750	N/A (\$3,725)
10	Pala, Evi	SWE	\$6,000	\$6,000	\$0
11	Ciavarella, Claudia	TN	\$5,600	\$2,500	\$3,100
12	Greer, Judy	FL	\$5,100	\$6,200	(\$1,100)
13	Lynn, Laura	CAN	\$4,100	\$0	\$4,100
14	MacHarg, Karen	FL	\$4,000	\$4,950	(\$950)
15	Mendonca, Elenora	MA	\$2,850	\$0	\$2,850
16	Vahlensieck, Christa	FRG	\$2,700	\$5,450	(\$2,750)
17	Taroni, Cesarina	ITA	\$2,500	\$0	\$2,500
18	Havens, Susan	WA	\$2,300	\$900	\$1,400
19	Gumerova, Nadezhda	URS	\$2,000	\$2,500	(\$500)
19	Ilands, Magda	BEL	\$2,000	\$0	\$2,000
21	Yu, Wen-Shi	NY	\$1,850	\$2,100	(\$250)
22	Banning, Linda	N/A	\$1,650	\$150	\$1,500
23	Stromsma, Marcia	CAN	\$1,500	\$0	\$1,500
23	Lilburn, Adrian	FL	\$1,500	\$900	\$600
23	Mysuda, Chel	JAP	\$1,500	\$0	\$1,500
26	Wood, Mary	CO	\$1,350	\$5,918	(\$4,568)
26	Ladage Scott, Gail	CO	\$1,350	\$1,383	(\$33)
28	Pease, Andrea	GA	\$1,325	\$0	\$1,325
29	Cash, Linda	CO	\$1,275	\$825	\$450
30	Osantowski, Odette	CA	\$1,250	\$0	\$1,250
31	Kozak, Erna	CAN	\$1,200	\$100	\$1,100
32	Faust, Gina	CA	\$1,100	\$1,250	(\$150)
32	Murphy, Eileen	TN	\$1,100	\$800	\$300
34	Smith, Jenny	NZL	\$1,000	\$0	\$1,000
34	Hiins, Justin	N/A	\$1,000	\$0	\$1,000
34	Cornes, Sue	N/A	\$1,000	\$0	\$1,000
34	Visalli, Jody	N/A	\$1,000	N/A	\$1,000
34	Lindsay, Shirlee	TX	\$1,000	\$500	\$500
39	Hills, Patricia	PA	\$950	\$175	\$775
40	Rice, Jeannie	OH	\$850	\$0	\$850
40	Lynn, Laura	CAN	\$850	\$0	\$850
42	Langston, Diane	MD	\$750	\$190	\$560
42	Kreuz, Janice	OH	\$750	\$2,500	(\$1,750)
42	Walters, Harolene	CA	\$750	\$1,750	(\$1,000)
42	Bovio, Nina	MI	\$750	\$625	\$125
42	Mahr, Terry	OH	\$750	\$1,890	(\$1,140)
42	Fegley, Vicki	N/A	\$750	\$510	\$240
48	Prejean, Nancy	TX	\$695	\$0	\$695
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50	McIntyre, Kathy	NY	\$600	\$0	\$600
51	Mansfield, Anne	NC	\$550	\$450	\$100
52	Edwards, Sally	CA	\$525	\$0	\$525
52	Harshbarger, Betsy	MA	\$525	\$400	\$125
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54	Hewett, Sandra	N/A	\$500	\$0	\$500
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54	Matthews, Heather	NZL	\$500	\$3,100	(\$2,600)
60	McKeown, Jan	CT	\$450	\$250	\$200
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61	Airaldi, Kathy	CT	\$400	\$150	\$250
61	Miesczak, Nancy	NY	\$400	\$4,650	(\$4,250)
61	Lutz, Margaretta	PA	\$400	\$300	\$100
71	Martin, Elizabeth	NY	\$350	\$0	\$350
72	Williams, Mary Ellen	MD	\$350	\$500	(\$150)
73	Jones, Laurene	MD	\$350	\$250	\$100
74	Stockdale, Christine	MD	\$350	N/A	\$350

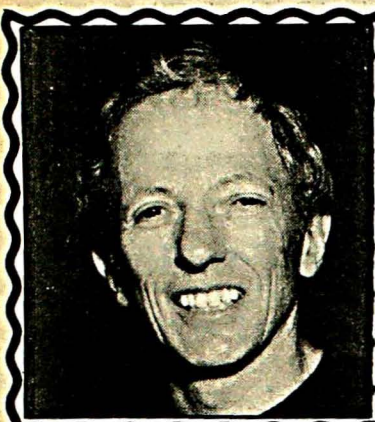
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On The Run

by Hal Higdon

3000 Mile Checkup

Climbing uphill, I could stare out the window onto a bucolic scene: a manicured lawn, ducks floating on a pond, joggers padding around it. The hill being climbed was actually a treadmill next to the office of Kenneth H. Cooper, M.D., the most famous proponent of preventative medicine in America. Dr. Cooper stood nearby cheering me onward — but also ready to catch me should I falter in my stride.

I was visiting Dr. Cooper at his Aerobics Center in Dallas for my biannual physical checkup. Once every 3000 miles, I bring my van into the dealer to have the oil and filters changed. Once every two years, I visit Dr. Cooper to undergo a stress test among other examinations.

If my van breaks down, I walk into my dealer and buy a new one. If my body breaks down, alas, there's no warranty.

Dr. Cooper was an Air Force physician stationed in Texas in the mid 60s. His assignment was to determine a way to get the astronauts in shape before going into space and keep them fit in the weightless state. Dr. Cooper devised a points system for measuring fitness. Jog, cycle or swim a certain distance and you score so many points a day. Accumulate 32 points a week and you significantly improve health and fitness.



Masters Wes Wessely, Lawrence Hillis, Nancy Grayson and Barry Brown prior to start of 1990 WZYP Cotton Row Run. Photo by Jim Oaks

That was the basis for "Aerobics," published in 1968. The book sold eight million copies and launched the fitness boom. Whether coincidental or not, deaths from heart attacks in the U.S. in 1968 took their first turn downward since the start of the century. They have been going downward ever since.

Discharged, Dr. Cooper founded the Aerobics Center, a health club that was the first of its kind. The Center currently has 2650 members with a waiting list for entry. The adjoining Cooper Clinic has nine full-time physicians giving physicals. The Institute for Aerobics Research explores the link between exercise and good health. One recent finding: regular exercise not only can drastically reduce your chance of heart attack, but it also can reduce certain kinds of cancer.

Jim Fixx, author of "The Complete Book of Running," visited the Aerobics Center in the fall of 1983, but declined an invitation for an exercise stress test. Seven months later, Fixx was dead of a heart attack that Dr. Cooper believes probably was preventable with proper medical intervention.

George Sheehan, M.D., Medical Editor for *Runner's World*, did not decline a similar invitation even though he hadn't had a physical exam in 25 years. Dr. Cooper diagnosed prostate cancer. Three years later, Dr. Sheehan is still with us.

Dr. Cooper concedes he still doesn't know all the answers. Just before my visit, a patient, age 51, returned home after a physical and two days later died of a heart attack jogging.

"Previously he had a cholesterol count of 300, which we had managed down to 200," Dr. Cooper told me.

"He also had a history of alcoholism and once had been a smoker."

On the other hand, members of the Aerobics Center have logged almost 10 million miles jogging around that pond with minimal problems. They also swim laps, pump iron, play tennis and engage in numerous activities designed to keep them active and healthy. Overwhelming evidence exists to prove that exercise can extend lifespan. A recent study at the Institute for Aerobics Fitness suggests that as little as a half hour walking three days a week can result in decreased mortality!

During my visit, Dr. Cooper showed me a series of X-rays proving that arteriosclerosis was reversible. "Until recently, nobody thought that was possible," said Dr. Cooper, "but preventative medicine finally has come of age."

Soon after returning home, I received a report on my physical from the Cooper Clinic and a letter from Ken complimenting me on my physical condition. My performance on the treadmill placed me in the top one percentile. My coronary risk profile based on cholesterol level (181), blood pressure (150/80), body fat percentage (12.4) and other factors, including smoking habits (none), was "Very Low."

For those of us who enter the competitive arena, health sometimes is less important than accomplishment. But you can't succeed in one area without the other. It was good to learn that I had been cleared for another 3000 miles.

Hal Higdon is the author of "The Masters Running Guide," available from NMN. See ad on page 22. □

1990 AGE GRADED WINNERS: 100m Donald Lamb TN; 200m Jim Mathis TN; 400m Jim Law

BIRMINGHAM TRACK CLUB CLASSIC

DATE.....May 25, 1991
 SITE.....Samford University in Birmingham, Alabama
 FACILITIES.....Six lane Chevron track, Chevron high, long jump, and pole vault runways (1/4"spikes maximum), concrete throwing rings, and grass javelin runway.
 AGE DIVISIONS.....Masters (age 30 and over) men and women will compete in 5 year age groups. Open division for all entrants under 30.
 ENTRY FEES.....Entries postmarked by May 20: \$5.00 first event, \$3.00 each additional event. \$10.00 each team each relay race. Late registration (including day of meet, one hour prior to event) \$10.00 first event, \$6.00 each additional event, \$15.00 for relay.
 LODGING.....Red Mountain Inn 1-800-347-2031 (special rates plus transportation to and from Samford track and Birmingham Airport).
 AWARDS.....Medals to first three places in each age group plus open category.
 SPECIAL AWARDS.....To each Masters Age-Graded individual event winner. 1989 Edition of Masters Age-Graded Tables will be used. Send SASE to meet director for tables; specify event. One award per individual.
 CO-DIRECTORS.....Gordon Seifert (205)879-8031, Wallace McRoy (205)871-3579

SCHEDULE OF EVENTS

1:00	high jump women & men 60+	4:00	400 meter dash
	pole vault men 59&under, shot,	4:20	200 meter dash
	discus, javelin, long jump	4:40	800 meter run
2:30	80/100/110 hurdles	5:00	300/400 hurdles
2:45	4 x 100 relay	5:15	4 x 400 relay
3:00	1500 meter run, triple jump	5:30	5000 meter run
3:30	100 meter dash		

NAME _____ BIRTH DATE _____ AGE _____ SEX _____

ADDRESS _____ street _____ city _____ state _____ zip _____ telephone _____

PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. My heirs, devisees, executors, administrators and assigns hereby waive, release, and discharge any and all claims against the Birmingham Track Club, Samford University, agents, or representatives, arising out of my participation in the BTC Classic. The Releasee further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasee further agrees to release and hold harmless the Birmingham Track Club from any injuries and damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE _____ DATE _____

MAIL TO: Birmingham Track Club
 c/o Gordon Seifert
 1514 Ridge Road
 Birmingham, Alabama 35209

EVENTS ENTERED _____ BEST RECENT MARK _____

ENTRY FEES: 1st event \$5.00
 additional # events _____ X \$3.00
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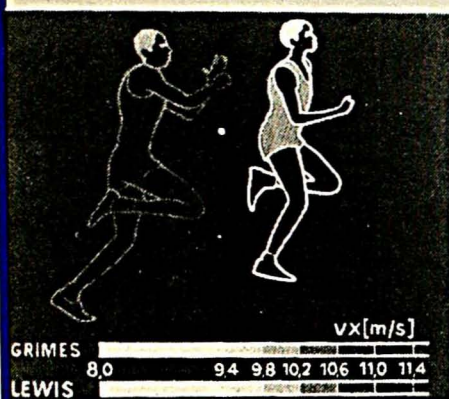
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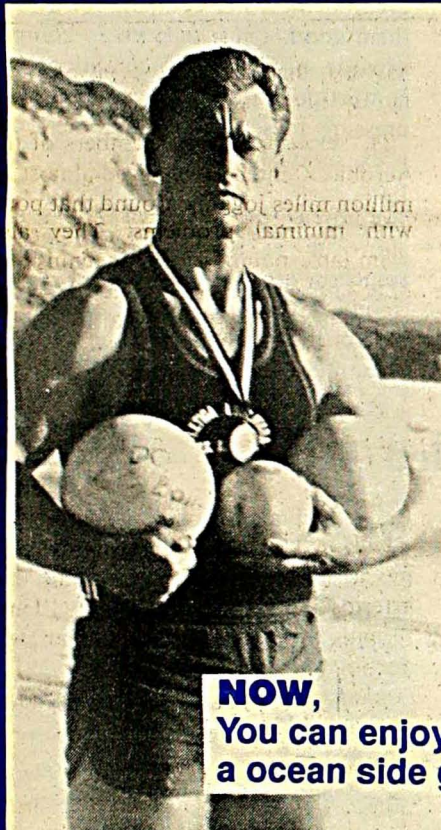
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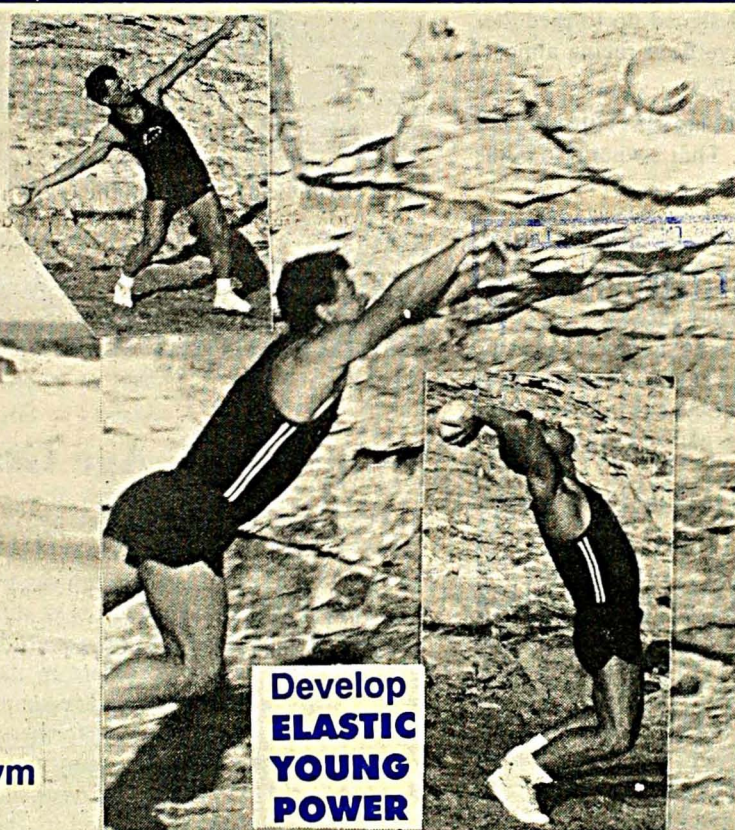
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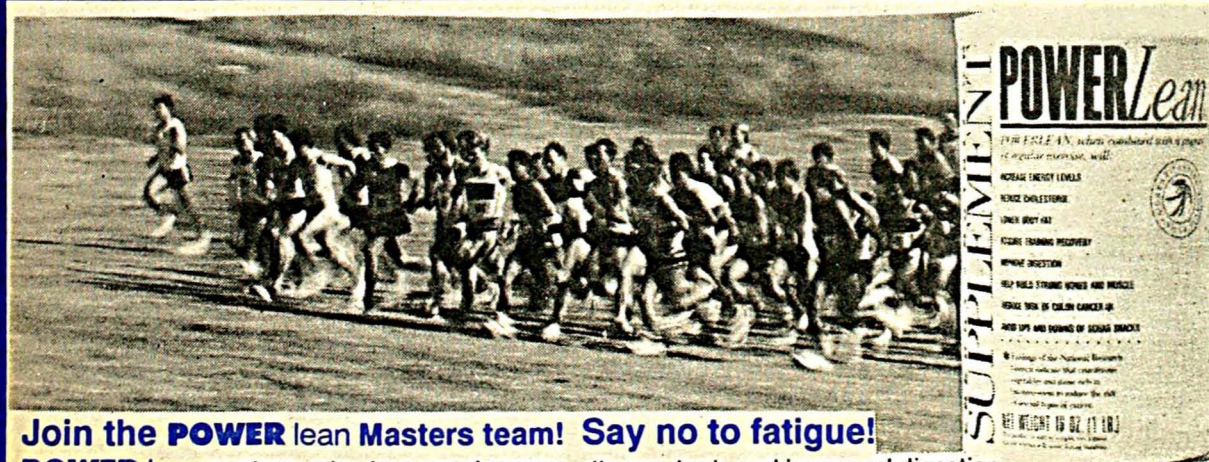
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MASTERS RACEWALKING

by ELAINE WARD

Turku Interview - Joan Rowland

Joan started racewalking at age 60 and holds the 10K American Age Group Record (60-64) at 1:04:55 (63). She holds Single Age Bests for 1500m (64) at 9:14.62 road, and 9:20 track; for 1-mile (64) at 10:08.18; for 3000m (63) at 18:46.09; for 10K (64) at 1:05:20; for 20K (63) at 2:19:54; for the 1-Hour Postal (63) at 9091 meters and (64) at 9049 meters. In addition, Joan has received recognition awards from her own Metropolitan Athletics Association and from TAC. She lives in New York City.

Joan, what motivated you to take up competitive racewalking at 60?

Shortly after my 60th birthday, I suffered an angina attack and found myself in a cardiologist's office. On his recommendation, I joined a health club and started using a treadmill three times a week for about 45 minutes. I found that I felt worse after using the treadmill, and determined that the problem was the foul, recirculated, indoor air.

When ambling through Central Park a year or so earlier, I had been given a leaflet by a group of people who were doing something rather strange with their bodies. I had filed the leaflet under "Peculiar Things," and on pulling it out, read that free racewalking clinics were held every Saturday morning at 9:00 a.m. at 90th Street and 5th

Avenue. So I showed up and took a beginning clinic.

Racewalking felt right the minute I did it. I had never been an athlete, but somehow I got into this figure "8" motion where everything just worked. It felt marvelous. I signed up to race the next day and have been racing almost every weekend since.

You are very competitive then?

I'm really not. That's what's so odd. I'm not competing with other people, but with myself. I don't see, feel, or hear what anyone else does during a race. I simply put blinders on and go.

Do you plan your races?

When it comes to a race, I'm not very scientific. In my professional life as a musician and educator, I am very purposeful and organized, but when it

comes to racing, I am not very cerebral about it. I try to be purely physical and as relaxed as possible.

If I psyche myself into listening to the birds or looking at the trees or just feeling my environment, it is more effective than planning on how much time it is going to take me to do a lap or



Joan Rowland

mile. I am sure I would be a lot faster if I planned, but this seems to work for me.

What are your goals for 1991?

I am going to Turku in July. I don't think very many American racewalkers can stand against the Europeans. I met several in Eugene, and though I was the first American to finish the 10K in my age group, I saw Australians, Brits, and Germans who were spectacular.

Do you work on improving your technique?

I have changed my form as I have been doing some coaching with a video instant replay camera. You can only improve your technique if you really pay attention to the way your body reacts to new programming. You have to find out what's right because every time you make a major change in your technique, there is a regrowth process. It's like cutting all the hair off at the roots. The hair grows slowly at the beginning.

What would you say to a 60-year-old woman just starting to racewalk?

First of all, she should consider racewalking as health walking. Not everyone needs to compete for it to do them good. I just decided to compete because of my heart condition, and competition is the only way that I will pressure myself to get out there and walk seriously. If I don't have short term goals, I find ten million excuses for not getting out. But if I have to show up at a race every week, I somehow get myself in gear.

I never thought I would get past my 60th birthday. Now, I'm going to make it until 90. I have a way to do it. □

Age Graded Tables

Age-graded tables, published by *National Masters News*, are a series of age factors and age standards which can be used to compare performances at difference ages. In a race, using age graded tables, all walkers compete in the same "division." Medals and recognition go to the best performers, regardless of age. First place may go to a 45-year-old woman or 75-year-old man. The tables were compiled by the *National Masters News* and by the World Association of Veteran Athletes (WAVA), the international governing body for masters track & field, long distance running and racewalking.

Age Factors

Age Factors can be used by walkers of all ages to compare their performances at a given distance to what they did — or might have done — in their prime. The factor expresses the rate of decline based on age, and converts a performance to the equivalent performance of an open athlete.

The factors require only one calculation to determine a competitor's finish place in an event. Multiplying the factor for a person's age/event by his/her actual time gives an "age-graded time"

or "equivalent open-class performance." The person with the best age-graded time is the winner. Men and women compete in separate divisions.

Example: (Based on NMN Age-Factor Tables)

1. Viisha Sedlak sets a new American 10K record age age 42 with a time of 49:15.

2. Her Age Factor is .9386.

3. Convert 49:15 minutes into seconds ($49 \times 60 + 15 = 2955$ seconds).

4. Multiply .9386 x 2955 seconds = 2773.563.

5. Convert 2773.563 to minutes (2773.563 divided by 60 = 46.23 minutes).

6. Convert .23 minutes to seconds (.23 x 60 = 14 seconds).

7. 46:14 is her age graded time, equivalent to an open class time. (Editor's note: See "From the Editor" on Page 8 to learn how to simplify these calculations by using the "Time Master.")

Age Graded Tables: National Masters News, P.O. Box 2372, Van Nuys, CA 91404, \$5.95. □

— Elaine Ward

Masters Age Records 1990

Compiled by WAVA and TAC Masters & F Records Chairman Pete Mundle with Don Henry, Shirley DeLoach, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events age 35 and up, as of Oct. 31, 1989.
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1989.
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The International Scene

Singh, Alzamora Enter Race

S. Santokh Singh of India has become the fourth candidate to enter the race for president of the World Association of Veteran Athletes. He'll challenge Italy's Cesare Beccalli, Spain's Owen Flaherty, and Canada's Alastair Lynn in the election to be held on July 24 in Turku, Finland.



S. Santokh Singh

Jorge Alzamora of Chile will challenge Bob Fine of the USA for the position of Executive Vice-President.

Singh is the President of WAVA's Indian affiliate, the Indian Veteran Athletes Federation. He was a member of the Indian parliament who worked with India's first prime minister, Pandit Jawaharlal Nehru.

"He has been a source of inspiration to the Indian Veterans," said V. Suryanarayana, IAAF Secretary. "He takes part, himself, as a participant in all national-level competitions. He has wide contacts in India and abroad."

Alzamora is Secretary of ASU-DAVE, the WAVA South American Regional Association. He ran for "Vice-President, Stadia Committee" at the WAVA General Assembly in Eugene in 1989, losing by only two votes to England's Bill Taylor.

Nominations for WAVA offices will close on April 25.

Great Britain has decided to bid for the 1997 WAVA World Veterans Championships. Proposals are being discussed within the U.K. for the bid to be submitted by Birmingham's Alexander Stadium or Gatehead's North-east Track. Bids for the 1993 and 1995 Championships will be heard in Turku. Bids for 1997 will be presented at the

Bio-Data of S. Santokh Singh

Date of Birth:

7 October 1922

Educational Qualifications: M.Sc. (Hons) in Chemistry

Details of work done in Public Life.

- 1962-68 Convener of the consultative Committee of the Ministry of Atomic Energy with late Shri Jawahar Lal Nehru, Shri Lal Bahadur Shastri and Smt. Indira Gandhi, Prime Ministers as the Chairmen.
- 1969-1977 President, New Delhi Congress Committee (I)
- 1968-to date Member, All India Congress Committee (I)
- 1962-1968 Member, Rajya Sabha
- 1972 Vice-President, NDMC
- 1972 Director, Bharat Earth Movers Ltd., Bangalore
- 1948-1981 Chairman & Managing Director, National Chemical Industries Limited, New Delhi
- 1971-1973 Member, New Delhi Municipal Committee
- 1969-1973 Member-Director, Industrial Finance Corp.
- 1968-1970 Member-Director, Life Insurance Corporation
- 1958-1962 Member, Municipal Corporation of Delhi
- 1951-1958 Member, Municipal Committee, Delhi
- 1986 President, Indian Veteran Athletes Federation. National Champion in Hammer Throw 65+ Group
- 1989 Won a trophy as All Rounder Thrower in Hammer, Javelin, Discus and Shotput 1989 in Bhopal in the National Championship.
- 1989 Participated in the VIIIth World Veterans Championships July 27-August 6, 1989 in Eugene, U.S.A. as Chief De-Mission.
- 1990 Won a gold medal in the Hammer Throw Men (65-69) in the Asian Veterans Athletic Championships 1990 at Kuala Lumpur.

1993 WAVA General Assembly.

WAVA President Cesare Beccalli reports he has not yet received a reply from the IAAF regarding his letter of 1 February, proposing any drug testing in Turku be done on an experimental basis only.

Candidates for WAVA Council positions may contact WAVA Secretary Alastair Lynn if they wish to have a list of names and addresses of WAVA af-

filiates.

Bridget Cushen, WAVA Women's Representative, reports: "I have been corresponding with the meet director in Turku to change the time of the hammer, 100 heats and hurdles to ensure that the heptathlon finishes on July 19 in time for the Women's meeting. He has assured me that everything possible is being done to avoid events clashing, but the final timetable depends on the total entry." □

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Contact President



3 Months To Go

Countdown to Turku

Entry Deadline is April 15

The entry deadline for the IX WAVA World Veterans Athletics Championships is April 15. The entry form was published in the March issue of NMN. Entry forms are also available from several U.S. masters travel agents.

The biennial event will be held in Turku, Finland, from July 18 to 28. More than 5000 entrants from over 60 nations are expected to attend.



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

Pirkko Martin, Executive Secretary of the event, says the Championships will have its own postmark. On this page is the new Championships mascot.

"It's an elf from the Turku Castle, which is over 700 years old," Martin said.

There will be a special medal (not an award) for the Championships which

visitors can purchase.

Martin reminds participants to attach a proof of birthdate with the entry form.

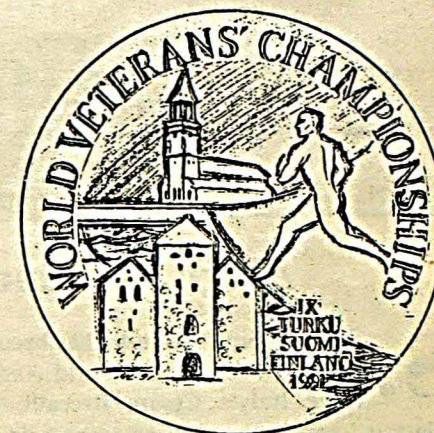
"The best way for competitors to make the payments is with VISA or MasterCard," Martin said. "Bank charges for checks and bank drafts are much more than for credit cards."

On July 29, there will be a World Veterans Weight Throw Pentathlon in Naantali, 13 kilometers from Turku. The pentathlon has five events: shot put, javelin, discus, hammer, and weight throw. The last day to sign up is May 15. The entry fee is 100FM. (See schedule for details.)

The U.S. dollar has risen by over five per cent against European currencies in the past 30 days. Thus, a dinner

in Turku which cost \$20 last month only costs \$19 this month.

The post-meet tour to the Soviet Union is still on, but details have yet to be finalized. □



P. Martin / J. Martin



Report from Britain

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

Tony Ross, 42, finished 5th in the Hertfordshire Championships, good enough to be named to the Inter-County Championship team. On February 2 at Ruislip, Ross placed sixth (37:45) out of 186 finishers in the North of Thames 7 Mile Cross-Country Championships. His time was barely a minute behind the 28-year-old winner, Nicky Trainer.

Two-time national veterans cross-country champ, Alun Roper, was the outright winner in the West Glamorgan Cross-Country League race on January 27 at Margam Park. His Swansea team placed third. Keith Penny was first veteran (50:26) in the Canterbury 10 Miler held January 29. Steve Birkin, 47, turned in an impressive 53:35 in the race, as did Alan Rich of Walthamstow (53:36). Forty-year-old Glynis Penny of Cambridge took the women's honors with a 56:25.

IAAF official Jon Wigley put on his running shoes and swept to victory with a creditable 34:02 in the Kent Veterans Cross-Country Championships at Hayes on January 5. Wigley,

who once ran a 28:35 10K, was followed by Ken Pike (36:00).

Alan Whitfield, third runner in the National Veteran's Cross-Country Championships, was the easy winner at the North Eastern Cross-Country Championships with a 34:01; Harry Mathews placed second in the January 19 event.

Paula Fudge, 38, turned in a 55:37 10 Mile at Woking in Surrey on March 3. She finished just ahead of Glynis Penny, 40 (57:44), and Anne Roden, 42 (59:47). Top three finishers in the men's division were Keith Penny (50:45), Dave Hill (51:06), and first M45 Mike Hurd (52:34).

Elsewhere, Tony Ross, 42, narrowly defeated IAAF representative Jon Wigley, 40, in the English Senior Cross-Country Championships on February 23. Earlier in the week Sally Young was first veteran in the women's division with Joyce Smith, 53, sixth master overall. Next month a full report on the BVA UK Veterans Cross-Country Championships will appear in this column. □

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IAAF Proposes Policy for Veterans Athletics

At the request of WAVA President Cesare Beccalli, NMN is publishing the following letter of 5 February from Hans Skaset, Chairman of the IAAF Veterans Committee, to the General Secretaries of all IAAF Member Federations. "This basic statement," said Beccalli, "shall be the starting point for proposed amendments to the WAVA Constitution." Some of the proposals in this letter will be subject to approval or rejection by the WAVA General Assembly in Turku, Finland, on July 24.

To all IAAF Member Federations:
Dear General Secretary:

In July, the WAVA World Veteran Championships and the WAVA General Assembly will take place in Turku, Finland. The IAAF Veteran's Committee will also meet in Turku at this time, and this will afford the IAAF an excellent opportunity to exchange ideas and to promote the spirit of collaboration between the IAAF and WAVA.

1991 will be an important year for WAVA and for veteran athletics, and it will be an equally important year in defining the structure of future IAAF/WAVA relations. The shape and form of IAAF/WAVA collabora-

tion will be discussed by the WAVA General Assembly, and I feel that it would be timely and helpful to those IAAF Member Federations whose "veteran" representatives will be attending the General Assembly if I clarified the IAAF's position in respect of IAAF/WAVA cooperation:

1. The purpose of present IAAF/WAVA co-operation is to achieve a full level of integration and cooperation between the IAAF and WAVA by 1995. This integration will respect the following broad principles:

- WAVA will maintain its identity within the IAAF. This will effectively mean that WAVA will continue to hold its General Assembly and also organize the World Veteran Championships within the structure of the IAAF.

- WAVA will maintain its own technical and financial administration.

- IAAF/WAVA integration will ideally mean full integration at national level between the IAAF Member Federation and the National Veteran Organization. We realize that there may be certain cases where full integration may not be immediately possible. However, if both national bodies establish a level of co-operation between themselves, this is acceptable to

the IAAF, provided that veteran athletics is being effectively organized, and not neglected.

2. In the case of an unresolvable conflict between an IAAF Member Federation and the National Veteran Organization as to which body should be recognized to organize veteran athletics, the IAAF Council will give the final decision. However, it should also be confirmed that:

- WAVA will have the right of first intervention to settle any conflict.

- Before any final IAAF decision is taken, any recommendation from WAVA will be taken into consideration.

- Any final IAAF decision will take into consideration any established veteran activity existing in the country in question.

- Any final IAAF decision will respect the principles of the IAAF/WAVA general agreement.

3. As part of the envisaged future structure of IAAF/WAVA co-operation, it will be the integrated veteran section or association of each IAAF Member Federation that will affiliate to WAVA.

4. It is proposed that the IAAF should give an annual grant to WAVA. This grant could be used to replace WAVA affiliation fees, and this is a matter for WAVA to decide.

I hope that the above will have helped to clarify the IAAF's position. We aim to see many more IAAF Members actively encouraging and cooperating with a National Veteran's Association/Section and we will be happy to assist you in your deliberations over the future of veteran athletics in your country.

Best wishes,
Hans Skaset
Chairman, IAAF Veteran's Committee

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7 1/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49					
50-59					
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
60-69	100m	.840m 33"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"
70 plus	80m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
30-49	400m	.914m 36"			
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"

IMPLEMENTS

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

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



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

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

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

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

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

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

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

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

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

Roy Earl, 40

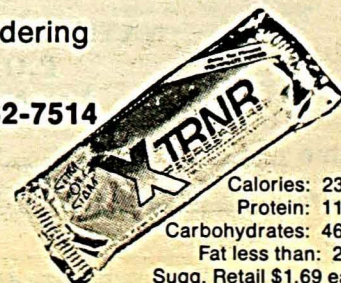
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Calories: 230
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MASTERS SCENE

NATIONAL

• The 1991 Tulsa 15K Run has changed from a tentative masters championship to a definite one after endorsement by the Oklahoma TAC Association. According to National Masters LDR Committee Chairman **Chuck DesJardins**, Race Director **Stan Austin** indicates that the November 2 event should bring a strong masters field. Deserving elite masters desiring airfare and rooming support should contact Austin at Tulsa Run Inc., 1 Williams Center, Box 2400, Tulsa, OK 74102. 918/299-3429.

EAST

• **Ted Haiman**, 48, blew away the competition in the NYRR North Wind 10K, Central Park, NYC, February 3, with an M40+ first 33:36. **Ann Davies**, 44, stormed to the W40+ win with a 40:10. On February 17, Haiman floated to the M40+ title in the NYRR Snowflake 4 Miler, Central Park, with an 18th-place 22:03 of 787 m/finishers. **Kathy McIntyre**, 41, was seventh of 432 women with a 24:44. **Gertraud Fendler**, 47, was first walker overall with a sprightly 34:58. Haiman and McIntyre took masters victories again in the Bagel 10K Run, Central Park, February 24, in 33:19 and 38:29. **Bill Fortune** (38:28) beat **Ken Jones** (39:56) for the M60 win. **Gary Null**, 46, was first overall RWer in 48:24. 1569 men and 825 women finished the race.

• **Carl Wallin**, Dartmouth t&f coach, broke both the indoor and outdoor age-49 AR for the 16-lb. SP with a 49-10 $\frac{3}{4}$, Hanover, NH, December 22.

• **Jim Greene**, (44, 12:00) finished seventh of 97 men in the NYRR Empire State Building Run-Up, February 14. **Sharon Svensson** (40, 14:36) took 10th of 32 women. **Alan Fairbrother** (54, 12:57) repeated his last year's second-place M40+ finish, and **Judy Gray** (49, 14:49) stepped to the W40+ second. Rising to great heights quickly, **Geoff Case** (32, 10:13) and **Corliss Spencer** (30, 11:32) took overall firsts.

• **Mike Pionkowski**, 40, Adelphi, MD, with a 2:53:22, and **Hiroko Smith**, 41, Vienna, VA, with a first woman overall 3:30:07, captured 40+ firsts in the 30th annual Washington's Birthday Marathon, Greenbelt, MD, February 17. Of the 118 men and 14 women finishers, 49 men and

6 women qualified for the 1991 Boston Marathon.

SOUTHEAST

• The 26th annual Bud Light Mardi Gras Marathon/15K/5K races drew over 1300 participants to New Orleans, January 19, where **Mel Williams**, M50, Virginia Beach, VA, with a fourth-place 2:49:02, and **Jeanne Kruger**, W40, Norfolk, VA, second woman in 3:17:44 were 40+ firsts in the marathon. In the 15K, **Mike Diorka** (53:44) and **Lynn Hayes** (64:22) were the masters titlists. **Dr. Pat Hambrick**, 41, won the 5K overall in 15:23, while **Royce Mills** took the W40+ in 22:24. Hambrick was first overall in 15:33 in the Flyaway 5K, New Orleans, February 17, and Mills, 44, was second woman with a 21:03. Two weeks earlier, Hambrick had led the field for 5 $\frac{1}{2}$ miles in the Elmwood 10K, New Orleans, before being overtaken by **Pablo Presedo**, 24, who beat Hambrick by four seconds with a 31:56. **Marisa Quinones**, 41, was first W40+ in 41:45. In the companion 5K, **Wim Burgers** (M40, 18:35) and **Susan Walsh** (W40, 24:50) took the masters titles.

• **Thom Suddeth** (42, 1:10:55), Richmond, VA, and **Joyce Ploeger** (47, 1:27:26), Norfolk, VA, collected \$100 each for masters firsts in the Pomoco Group Hampton Coliseum Half-Marathon (RRCA Eastern Regional Championships). Prize money for open and masters totaled \$3450, divided equally between men and women. 602 runners finished the half-marathon, and 339 completed the adjunct 5K.

MID AMERICA

• **James Pelarske** (M40, 1:12:28) and **Janice Pearson** (W40, 1:33:53) iced masters firsts in the Saint Paul Winter Carnival Half-Marathon, St. Paul, MN, February 2. Besides the race, the Carnival, which ran from January 9 through February 3, featured dozens of events, including ice-carving competition, performing arts programs, and a softball-on-ice tournament. The half-marathon and a 5K drew 1495 runners.

• Move over, **Ron Hill** and **Mark Covert**. **Dixon Farmer**, 50, former NCAA 400mH champion, has a daily running streak of 15 years going. Farmer averages six miles a day, with a "streak-minimum" three miles a day. "I've been fortunate in not having a serious injury in that

time," Dixon said from his home in Minneapolis. "Maybe that's because I don't compete." The streak would have been 20 years, but Farmer was sidelined for five days in 1976 with an appendectomy. Farmer, who directed the outdoor National Masters T&F meet in 1989 in San Diego, moved to Minnesota and helped direct the 1991 national indoor meet last month.

WEST

• **Jack McDowell** (43, 1:16:31) and **Neva Higgins** (41, 1:31:38) were first 40+ in McDonald's Lakewood Half-Marathon, Lakewood, CA, February 3. **Eddie Lewin**, 74, won the M70+ race in 1:42:35, and **Mary Storey**, 66, took the W65 division with a 1:52:05.

• TAC Masters Outdoor Meet Coordinator and sprinter, **Bruce Springbett**, M55, of Los Gatos, CA, probably won't be competing this year at any level except for a possible relay leg or two because of a planter fascitis problem, which started last December. "It looks like a long lay-off and a slow recovery. However, I will be attending both '91 National Championships to participate in the meetings," he says.

• **Shirley Matson**, 50, of Moraga, CA, lowered her U.S. W50-54 record of 60:24 for 10 miles with a PR 59:08 in the Mission 10, San Juan Batista, CA, February 16.

• **Bill Van Fleet**, 75, of Eureka, CA, who holds the M70 record for the Humboldt Redwoods Half Marathon (1:45:18) and won a gold medal for the 10K in the 1989 World Championships in Eugene, Oreg., set another "first" recently when he staged a four-generation run. Using the same Humboldt Redwoods venue, Bill ran

alongside his son, Peter, and his grandson, Matt, while pushing his great-grandson, Schuyler, in a stroller. Bill, who didn't start running until he was 60, led the Van Fleet clan to a respectable 2:14:12 finish. Stricken with prostate cancer, he used the occasion to raise more than \$1500 for the American Cancer Society.

• The Trojan Masters Meet, scheduled for June 30 in L.A., has been cancelled because USC is renovating its facilities.

NORTHWEST

• The correct masters honorees in the Pacific Northwest Association Awards for 1990 were **Larry Alberg**, 43, and **Kate O'Neill**, 43, for running; **Harvey Williams**, 66, and **Marti Thielman**, 51, for field events; and **Judy Groombridge**, 50, for most inspirational.

INTERNATIONAL

• The decision last month by South Africa's black and white rugby federations to merge was hailed as a "step in the right direction" by IOC President **Juan Antonio Samaranch**, who said the country's admission to the Olympic movement is "very close." He has appointed a panel to visit South Africa and report to the IOC at its June session.

• WAVA Secretary and Presidential candidate **Alastair Lynn** celebrated his return to track after a three-year absence by taking the silver medal in the M60 1500 in the Ontario Masters Indoor Championships on March 9th. Due to a series of injuries, he had been competing only in road and cross-country since mid 1987.

Here's What Readers Say About THE MASTERS RUNNING GUIDE

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

—**Joyce Rankin, Reston (VA) Runners**

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

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

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

—**Mike Davis, Indianapolis News**

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

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

Yes! I want to order _____ copies of Hal Higdon's new work, THE MASTERS RUNNING GUIDE. Please send to:

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NOW AVAILABLE

1990 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1990 U.S. 5-year track & field age-group rankings.
- 60 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, 1600 walk, 5000 walk.
- Deeper rankings in most events than published in NMN.

Send \$5.00 plus \$1.00 postage and handling to:

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schedule

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



TRACK & FIELD NATIONAL

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

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

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

EAST

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

April 26-27. Penn Relays, Philadelphia. 4x100, 4x400 relays, masters long jump (age-graded elite only). Runner's World masters mile (M40+, elite only), 100m for M75+. For masters mile, contact Marc Bloom, 201/780-6308. Other events, Peter Taylor, 3120 School House Ln. (J-A9) Philadelphia, PA 19144. 215/842-3807.

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

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

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

June 23. Niagara TAC Open & Masters Championships, Crosby Field, Kenmore, N.Y. Eugene Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

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

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

August 3-4. Buffalo Belles and Brawn International Age-Group Classic, Kenmore, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

August 4. Summer Track Festival 10K, 3000 X-C, 100, 800, and 1 mile. South Orange, N.J. SASE to Summer Track Festival, Essex County Dept. of Parks, 115 Clifton Ave., Newark, NJ 07104.

August 11. Keystone State Games, Allentown, Pa. Pa. residents only. Trey Jackson,

21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

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

SOUTHEAST

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

July 28-30. Atlanta TC Championships,

Emory U., Atlanta. 404/364-0708.

October 12. Last Chance Mini-Meet, Vanderbilt U., Nashville, Tenn. R. Brady, 2709 Linmar Ave. #5, Nashville, TN 37215.

MIDWEST

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

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

May 10-11. Southwestern Illinois Regional Senior Olympics, So. Illinois U.-Edwardsville. 55+. Reba J. Klenke, Box 1084, SIU-E, Edwardsville, IL 62025. 618/692-3210.

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

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

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

June 15. Wallingford Coffee Cincinnati Midwest Track Classic, Fairfield HS, Ohio. John Blakely, 2137 Yorktown Ct., Fairfield, OH 45014. 513/829-3565.

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

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

MID-AMERICA

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

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

Continued on page 24



5th ANNUAL DUKE CITY MASTERS, SUB-MASTERS AND OPEN GAMES ALBUQUERQUE, NEW MEXICO JUNE 8-9, 1991 HOSTED BY NM TAC AND LOS VIEJOS TRACK CLUB

FACILITY: University of New Mexico 8-lane Polyurethane Versaturf track includes shot, discus rings, javelin approaches and jumping aprons.

TIMING: Accutrack, Chronomix and hand-held.

SANCTION: New Mexico Association of The Athletic's Congress.

ELIGIBILITY: Must be current TAC card holder, men and women 19 years and older. *5-year age groups in masters, open 19-29, sub-masters 20-39. (Except relays,*10-year age groups.)

AWARDS: Ribbons 1st - 3rd in all age groups, masters in 5-year increments.

THE TOWN: Center of New Mexico, 55 miles from Santa Fe, 400,000 metro population. 5,000 ft. at base of 10,700 ft. Sandia Mt., reached by USA's longest tram and famous La Luz Trail. Indian pueblos and museums in and around area. Great Mexican food.

HOTEL: Holiday Inn, 3 miles from track. \$45 a room for up to 4 persons. 2020 Menaul NE, 505-884-2511 or 800-545-0599. Mention Duke City Masters. Hospitality room sponsored by NM TAC after meet on Saturday, June 8.

IMPLEMENTS: Shots, discs available. Poles, javelins, throwing weights, hammers, the responsibility of the competitor.

FEES: \$7.00 first event, \$4.00 each additional event, \$15.00 unlimited events not to include the pentathlons. Relays \$10.00 per team. Make checks payable to NM TAC.

ENTRY: See below or forms available in National Masters News in April. Early entry deadline, June 3. Entries will be accepted after June 3 but will include a \$3.00 late charge. Entrants will receive a souvenir; t-shirts available for sale.

ORDER OF EVENTS

Saturday, June 8
11:00 Weight Pentathlon (Shot, Discus, Javelin, Hammer, Weight)
11:30 Triple Jump
12:30 Pentathlon (Long Jump, Javelin, 200M, Discus, 1500M)

Sunday, June 9
8:30 2-mile Racewalk, Discus
9:00 300 & 400 IH, Pole Vault
9:30 100M (Timed finals)
10:00 High Jump, 800M, Shot
10:15 HH
11:00 Javelin
11:15 400M
11:30 Long Jump
12:30 200M (Timed finals), Hammer
1:00 1500M
1:30 4x100M
1:45 4x400M

CONTACT: Neil Silver (505) 265-8234
728 Loma Vista NE, Albuquerque, NM 87106

ENTRY FORM

NAME _____ PHONE NO. _____
ADDRESS _____ STATE _____ ZIP _____
AGE _____ SEX _____ DATE OF BIRTH _____ TAC# _____

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against NM TAC, Duke City Games, the University of New Mexico, all other meet sponsors, officials or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

SIGNATURE _____ DATE _____

CHECK EVENTS

<input type="checkbox"/> 100M	<input type="checkbox"/> HH	<input type="checkbox"/> HJ	<input type="checkbox"/> Jav
<input type="checkbox"/> 200M	<input type="checkbox"/> 300H	<input type="checkbox"/> PV	<input type="checkbox"/> Hammer
<input type="checkbox"/> 400M	<input type="checkbox"/> 400H	<input type="checkbox"/> LJ	<input type="checkbox"/> Pentathlon
<input type="checkbox"/> 800M	<input type="checkbox"/> 2-mile	<input type="checkbox"/> TJ	<input type="checkbox"/> Wt. Pentathlon
<input type="checkbox"/> 1500M	<input type="checkbox"/> Racewalk	<input type="checkbox"/> SP	<input type="checkbox"/> 4x100 Relay
		<input type="checkbox"/> Dis	<input type="checkbox"/> 4x400 Relay

Continued from page 23

May 16-18. Mid-South Senior Olympics, Poplar Bluff, Mo. 55+. Sam Giambelluca, P.O. Box 1407, Poplar Bluff, MD 63901. 314/785-6760.

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

July 19-20. Show Me State Games, Rockbridge HS, Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 434-0851. Missouri residents only.

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

October 19. Kansas Big Buys Classic IV, U. of Kansas, Lawrence. Gary England, Rm. 143, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST

Louisiana, Mississippi, Texas.

May 3-4. Louisiana Senior Olympic Games, Baton Rouge. 55+. Jennifer Taylor, P.O. Box 14748, Baton Rouge, LA 70898-4748. 504/925-1748.

May 18. Louisiana Lightning Southwestern/TAC Masters Weight Pentathlon Championships, East Ascension HS, Gonzales, La. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930 (6-10 pm).

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

May 25. Southwest Sectional Masters Track & Field Championships, Tulane Univ., New Orleans. LLTC Masters, 1459 Varna St., New Orleans, LA 70119.

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

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

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

WEST

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

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

April 27. Ken Carnine Relays, California State U. — Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/967-9003.

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

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

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

June 8-9. Duke City Masters, Sub-Masters and Open Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

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

June 15. Northern Calif. Senior Track Club Classic, Univ. of Calif.—Berkeley. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.

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

September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 45+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

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

October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

NORTHWEST

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

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

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

June 8-9. So. Oregon Decathlon/Hep-tathlon, Ashland. Monty Cartwright, Track Coach, SOS, Ashland, OR 97520.

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

June 17-23. Oregon T&F Camp For Masters, Hayward Field, Eugene. Oregon T&F Camp, Box 10825, Eugene, OR 97440. 503/687-1989. See ad in March issue.

June 22-23. TAC Northwest Sectional Masters Championships (Hayward Masters Championships), Eugene, Ore. Les Castle, 720 East 20th Ave., Eugene, OR 97405. 503/344-9809(h); 484-9809(w).

July 20. Northwest TAC Masters Championships, Spokane Falls Comm. College, Wash. Duane Hartman, N. 1810 Greene St., Spokane, WA 99207. 509/536-7225.

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

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

CANADA

June 29-30. Canadian Masters Athletic Association Championships, Ottawa, Ontario. M&W35+. Andy McInnis, P.O. Box 3424, Stn. D, Ottawa, Ontario K1P 6L4. 613/564-1095.

INTERNATIONAL

July 6-7. British Athletic Veterans Association Championships, Alexander Stadium, Birmingham. Freda & Jack Cross, 36 Manor Rd., Atherstone, Warwickshire, CV9 1QJ. Tele: 0827-715813.

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

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

July 29 (Monday). WAVA World Veterans Weight Pentathlon Championships, Naantali, Finland. Naantali Loyly, Rauno Leonsaari, Ruunitie 24, SF-21100 Naantali.

Phone: 358 21 852 511. Fax: 358 21 852 534.
August 2-3. Soviet Union Veterans Championships, Moscow, Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.
August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

LONG DISTANCE RUNNING NATIONAL

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

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

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

September 28-29. TAC/USA National Masters 24-Hour Championships, Portland, Ore. Phil Edmunds, P.O. Box 591, Wilsonville, OR 97070. 503/682-1315.

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

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

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

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Stan Austin, Tulsa Run Inc., 1 Williams Center, Box 2400, Tulsa, OK 74102. 918/299-3429.

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

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

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

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

EAST

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

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

April 6. Fool's Run 5K/10 Mile, Kutztown, Pa. Masters money both races. SASE to Fool's Run, P.O. Box B, Kutztown, PA 19530. 215/683-8860.

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

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

April 13. Hagerstown Suns 5K, Hagerstown, Md. M40+ \$200-100-50;

ON TAP FOR APRIL

TRACK AND FIELD

After a three-week layoff to retool following the Indoor Championships in March, tracksters return to outdoor action on the 13th in the Striders Meet in Long Beach, Calif., followed by a Florida Circuit meet in Lake Worth on the 20th. The two-day Penn Relays, featuring special events for elite masters, open on the 26th. Another Florida meet is scheduled on the 27th in Naples, with other meets in Mayfield, Ohio, and Sacramento, Calif. The month closes on the 28th with the Lincoln TC meet in Nebraska.

LONG DISTANCE RUNNING

The National Masters 50 Mile Championships will be decided in Columbus, Ohio, on the 7th.

Runners are deluged with a shower of races, some with buckets of masters money. The 6th offers the Cooper River Bridge 10K, Charleston, S.C.; the Crescent City 10K, New Orleans; the Midwest Masters 8K, Omaha; the Kutztown Fool's Run in Pennsylvania; and the Fontana Half-Marathon in California. The 7th includes the Cherry Blossom 10 Mile, Washington, D.C.; the MDA-Boston Milk Run 10K; and the Austin 10,000 in Texas.

The Hagerstown 5K in Maryland; the Longest Day Marathon in Brookings, S.D.; the Chico Masters 4 Mile in California; and the huge Pear Blossom 10 Mile in Oregon go off on the 13th. Two Cherry Blossom 10Ks come into flower on the 14th in New Jersey and Washington, D.C., along with the fast-course Carlsbad 5000 in California. The 95th Boston Marathon on the 15th tops the weekend.

The NYRRC Trevira Twosome in NYC on the 20th; the Ice Breaker 5 Mile in Montana on the 21st; and the Fastest Masters 10K in San Diego on the 27th wrap up a busy month. Overseas, the big event is the London Marathon on the 21st with Big Ben serving as the starting gong.

RACEWALKING

Ohio hosts the Mideast TAC Regional 40K & 10K Championships in Columbus. □

W40+ \$100-50. Wayne Vaughn, Tri-State TC, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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

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201/482-6400.

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

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

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

April 21. Penn Relays Distance Classic/Mid-Atlantic TAC 20K Championships, Philadelphia. SASE to Penn Relays, Weightman Hall, 235 So. 33rd St., Philadelphia, PA 19104-6322.

April 21. Amish Country Half-Marathon, Lancaster, Pa. 29¢ stamp to Amish Country Half-Marathon, 509 Big Bend Rd., Lancaster, PA 17603. 717/397-3744(e); 394-7812(d).

April 21. Fritzbe's 10K Runfest, Rockville, Md. Jim Farley, Great American Restaurants, 3110 Fairview Park Dr., #410, Falls Church, VA 22042. 703/560-6100.

April 27. Swain's 5K, Allentown, Pa. M&W40+ 1-\$200, 2-\$100, 3-\$50. Swain's 5K Registration Chairperson, 1100 S. 24th St., Allentown, PA 18103. 215/433-4542.

April 28. Roosevelt Island Spring 10K, Roosevelt Island NYC. NYRRC, 9 East 89th St., NY, NY 10128. 212/860-4455.

April 28. George Washington Parkway Classic 15K, Alexandria, Va. SASE to: GW Parkway 15K, 300 N. Washington St., #100, Alexandria, VA 22314. 703/548-1548.

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

May 4. Alamo Alumni Run, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-2280.

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

May 5. Nissan Buffalo Marathon, Buffalo, N.Y. Tom Palmer, 877 Delaware Ave., Buffalo, NY 14209. 716/837-RACE.

May 5. Pittsburgh Marathon, Pittsburgh, Pa. SASE to Pittsburgh Dept. of Parks & Rec., Attn: Leonard Duncan, 1 English Lane, Pittsburgh, PA 15217. 412/422-6535.

May 5. Broad Street 10 Mile, Philadelphia. Dept. of Recreation, CASE Bldg., Belmont and Parkside, Philadelphia, PA 19131. 215/685-0150.

May 12. Nike Women's 8K, Washington, D.C. SASE to: Nike 8K, Box 134, Mt. Ver-

non, VA 22121. 703/780-3037. Limit 4000 on May 3.

May 12. NYRRC Women's 5K, Central Park, NYC. NYRRC, 9 East 89th St., NY, NY 10128. 215/860-4455.

SOUTHEAST

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

April 6. Cooper River Bridge 10K, Charleston, S.C. M&W 40+ 1-\$1000, 2-\$500, 3-\$300, 4-\$200. Cooper RB 10K, M.U.S.C. Wellness Center, 45 Courtenay Dr., Charleston, SC 29401. 803/792-7080.

April 6. Crescent City 10K, New Orleans, La. Mac DeVaughn or Bill Burke, 8200 Hampson St., New Orleans, LA 70124. 504/861-8686.

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

April 27. Kentucky Derby Festival Mini-Marathon, Louisville. John Reisert, 137 W. Muhammad Ali Blvd., Louisville, KY 40202. 502/584-6383.

May 4. Corinth Coca-Cola 10K, Corinth, Miss. Tina West or Kenneth Williams, P.O. Box 240, Corinth, MS 38834. 601/286-6051; 286-8326.

May 4. Cellular One Fiesta 10K, Pensacola, Fla. Ray McLean, 4141 Stringfield Rd., Pensacola, FL 32503. 904/438-9526.

May 11. Knoxville Expo 10,000, Knoxville, Tenn. Allan Morgan, 3530 Talahi Dr., Knoxville, TN 37919. 615/673-8020.

May 27. Cotton Row 10K, Huntsville, Ala. Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 206/881-9077.

MIDWEST

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

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

April 21. West Bloomfield Half-Marathon, West Bloomfield, Mich. Judith Share-Vine 3325 Middlebelt, W. Bloomfield, MI 48323. 313/334-5660.

April 21. Toledo Glass City Marathon, Toledo, Ohio. Pam Graver, 1103 Schmidlin, Oregon, OH 43616. 419/691-6064.

April 28. 11th Annual Lake County Marathon/Half-Marathon/10K, Deerfield, Ill. Gretchen Wiesenberger, executive director, 708/317-1060.

May 19. Revco-Cleveland Marathon, Cleveland, Ohio. Revco-Cleveland, Box 550, Twinsburg, OH 44087. 216/425-9811.

May 25. Big Boy Classic 20K, Wheeling, W. Va. SASE to Hugh Stobbs, Chairman, Big Boy 20K, P.O. Box 1046, Wheeling, WV 26003. 614/633-5000.

MID-AMERICA

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

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

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

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

April 21. Redbud 10K, Oklahoma City, Okla. Jane Polite, 6488 Avondale Dr., #184, Oklahoma City, OK 73118. 405/272-6382.

April 27. Drake Relays Marathon/10K, Des Moines, Iowa. Mary Ellen Kimball, Banker's Trust, 665 Locust St., Des Moines, IA 50309. 515/245-2424.

April 28. Cherry Creek Sneak 5 Mile, Denver, Colo. CCS, Bank of Cherry Creek, 3033 E. 1st, Denver, CO 80206. 303/394-5130.

April 28. Get In Gear 10K, Minneapolis. Get In Gear, 5701 Normandale Blvd., #313, Edina, MN 55424. 612/927-0983.

May 5. Lincoln Marathon/Half-Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd, Lincoln, NE 68516. 402/423-4519.

May 27. Boulder Boulder 10K, Boulder, Colo. Bill Reef, BB 10K, 3285 30th St., Ste. 106, Boulder, CO 80301. 303/444-RACE.

SOUTHWEST

Louisiana, Mississippi, Texas.

April 6. Crescent City Classic 10K, New Orleans. \$3500 masters money. Mac DeVaughn or Bill Burke, 8200 Hampson St., New Orleans, LA 70124. 504/861-8686.

April 7. Austin American-Statesman Capitol 10,000, Austin, Texas. Renet Presas, P.O. Box 670, Austin, TX 78767. 512/455-3596.

April 20. Gulf Coast 10K, Biloxi, Miss. Lindo Sullivan, P.O. Box 3504, Gulfport, MS 39505. 601/832-6071.

May 11. Gum Tree 10K, Tupelo, Miss. Johnny Dye, GT 10K, 1007 Chester, Tupelo, MS 38801. 601/842-2039.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

April. Legg Lake Runs, South El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

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

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

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

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

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

April 21. La Jolla Half-Marathon, Del Mar, Calif. Toni Deal, LJHM, Box 1664, La Jolla, CA 92038. 619/272-8316.

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

April 28. Big Sur International Marathon, Big Sur, Calif. BSIM, Box 222620, Carmel, CA 93922. 408/625-6226.

May 5. Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 5. Avenue of the Giants Marathon, Weott, Calif. Richard Gilchrist, 281 Hidden Valley, Bayside, CA 95524. 707/443-1226.

May 19. Examiner Bay To Breakers 12K, San Francisco. Linda Luchetti, Examiner BTB, P.O. Box 7260, San Francisco, CA 94120. 415/777-7770.

NORTHWEST

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

April 13. Pear Blossom 10 Mile, Medford, Ore. Jerry & Zellah Swartsley, PB Run, P.O. Box 146, Medford, OR 97501. 503/535-1205.

April 21. Ice Breaker 5 Mile, Great Falls, Mont. Masters money. Tom Tullivan, Great Falls Park & Rec. Dept., P.O. Box 5021, Great Falls, MT 59403. 406/727-5881.

April 28. Northwest Natural Gas 8K Spring

Classic, Portland, Ore. Craig Parker, P.O. Box 2641, Portland, OR 97208. 503/220-2575.

May 5. Bloomsday 12K, Spokane, Wash. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

May 12. Toshiba National Capital Marathon, Ottawa, Ont. TNCM, Box 426, Stn. A, Ottawa, Ontario K1N8V5, Canada. 613/234-2221.

INTERNATIONAL

April 21. ADT London Marathon, London, England, Marathon Tours, Inc., 108 Main St., Boston, MA 02129. 800/783-0024. In Mass., 617/242-7845.

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

October 11-27. Adventures: India. Multi-day Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions Ltd., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

RACE WALKING

April 14. Mideast TAC Regional Championships, Jack Mortland M40K/W10K. Whetstone Park, Columbus, Ohio, John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

May 4. Howard Wood Dakota Relays 5K, Sioux Falls, S.D. Glen Peterson, 1906 So. Hawthorne Ave., Sioux Falls, SD 57105.

May 5. TAC/USA National Masters Women's 20K Championships, Raleigh, N.C. Alvia Gaskill, 5221-1 Penrith Dr., Durham, N.C. 27713. 919/544-1669.

May 12. TAC/USA National Masters 15K Championships, Portland, Ore. Jim Bean, 4658 Fuhrer St. NE, Salem OR 93705. 503/393-1972.

May 19. MAC 20K Racewalk Championship, Men and Women. Stella Cashman, Park Walkers Club, 320 E. 83rd St., Box 18, New York, N.Y. 10028. 212/628-1317.

May 23-27. Racewalk Training Camp, Boulder, Co. American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. 800/336-7588; 303/447-0156.

June 15. Freedom Days 5K, Rock Valley, Iowa. Randy Van Zee, RR 2, Box 33, Rock Valley, IA 51247.

July 5. TAC/USA National Masters 5000 Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. TAC/USA National Masters Men's 20K Championships & Women's 10K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 13. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

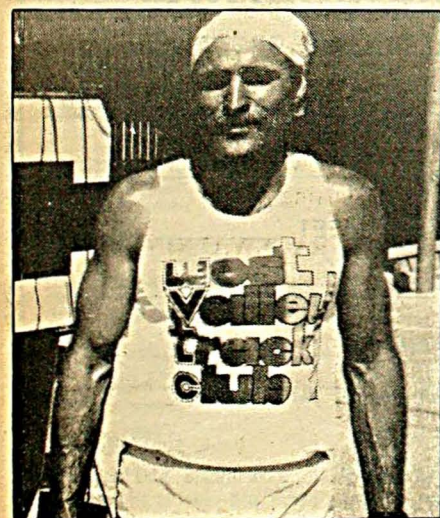
September 15. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

September 21. TAC/USA National Masters 5K Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.

September 28-29. Casimiro Alongi Invitational Racewalk, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

October 20. TAC/USA National Masters Men's & Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.



Steve Hardison of Fresno, Calif., after M40-44 AR of 16-6 in the pole vault on his 40th birthday, Trojan Invitational, Los Angeles.

Photo by Jerry Wojcik

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

M30-34
Robert Stanley 110H 14.44 8-2-90

M40-44
Gene L. Bard Pole Vault 13-6 2-15-91
Joel Estrin 1 Mile RW 7:35 7-12-90
Allen G. Ray Pentathlon 2778 5-29-88
Herman Brame Triple Jump 41-4 7-10-88
Larry Purtell 800 2:07.2 3-25-90
Cleveland Smith 100 11.0 5-19-90
200 23.40 5-19-90
Long Jump 6.12 5-19-90
James Sauers High Jump 6-2 8-3-90
Joe Farber 800 2:07.1 12-22-90

M50-54
Dwayne Horton High Jump 5-5 10-24-90

M55-59
Jerry Stanners Pole Vault 10-8 1-21-90
Pole Vault 10-7 2-9-90
High Jump 4-11 7-17-90
Joe Hemler 100 12.48 10-5-90
200 26.25 10-6-90
400 60.32 10-6-90
200 26.5 1-4-91
400 60.0 1-19-91

M70-74
William Benson 1 Mile 6:37.3 7-14-90

M90-94
Buell Crane 100 20.69 7-27-90
100y 19.6 6-23-90
200 45.75 6-23-90
High Jump 3-5 7-28-90
Long Jump 8-4 4-21-90
Triple Jump 18-1 7-28-90
Shot Put 22-10 7-13-90
Discus 67-6 7-13-90
Hammer 55-8 4-21-90
Javelin 57-2 3/4 7-28-90

W30-34
Terri Combs 5K 19:23 12-8-90
Mary Beth Steffen 5000 19:28.5 1-4-91

W40-44
A. Iglehart 10K 37:46 1-19-91
L. Struppeck Discus 91-4 8-3-90
Javelin 115-10 5-26-90
Shot Put 33-11 8-4-90

W60-64
Pat Nesley 10K RW 67:57 7-7-90
5K RW 33:04 3-18-90
100 16.76 6-10-90
200 35.28 6-10-90



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

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	90-94
1 Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2 Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
1 Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2 Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:46
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
1 Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	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	6-3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	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	73-10	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						
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	2600	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).

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

TRACK & FIELD RESULTS

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

MAC Developmental Meets Fairleigh Dickinson U. December 2

55m	
M35 Louis Miller	8.1
M40 Marvin Russo	7.5
M55 Giorgio Chiavelli	8.4
W40 Antonia Coleman	9.8
300m	
M35 Louis Miller	51.8
M40 Ed Howard	42.3
Mike Billman	42.6
Vito DiCaselli	44.9
W40 Lorraine Tucker	49.4
500m	
M40 Mike Billman	81.7
Ed Howard	84.3
M55 Cliff Pauling	80.3
M70 Jim Manno	100.2
W40 Antonia Coleman	104.2
1000m	
M40 Duane Green	2:46.0
Mike Wilson	2:49.6
Joe Farber	2:49.9
M45 Victor Broushet	3:11.5
Fred Curry	3:21.5
George Blank	3:25.8
M55 Cliff Pauling	3:17.3
1 Mile	
M40 Mike Wilson	4:52.2
M45 Kevin Smith	5:07.4
Dennis Pennenga	5:07.8
Victor Broushet	5:32.6
M60 George Martin	6:08.7
Joe Kernan	6:30.0
3000m	
M40 Mike Wilson	9:44.5
M45 Salih Talib	9:21.5
1500m RW	
M65 George Heller	8:59.4
M65 Q Thompson	11:01.4

Fairleigh Dickinson U. December 9

55m	
M40 Marvin Russo	7.0
M45 Joe Johnson	6.9
Gene Ballard	7.3
M40 Dave Connolly	7.7
George Coleman	7.8
M55 Giorgio Chiavelli	8.3
200m	
M35 Louis Miller	31.4
M40 Ed Howard	26.6
Jim Wilkerson	26.6
Mike Billman	27.4
M45 Joe Johnson	25.9
Gene Ballard	27.1
M50 Dave Connolly	28.5
George Coleman	30.0
M55 G Chiavelli	31.4
400m	
M40 Mike Billman	61.9
M50 Frank Byrne	66.9
M70 Jim Manno	73.7
800m	
M40 David Alexis	2:05.7
Joe Farber	2:09.7
Mike Blake	2:13.9
Bob Pertak	2:15.6
M45 Vic Broushet	2:29.4
M50 Frank Byrne	2:30.2
M70 Jim Manno	3:00.5
W40 A Coleman	3:01.5
1500m	
M40 Nelson Keyes	4:58.0
M45 Kevin Smith	4:44.9
Vic Broushet	5:10.0
M50 Ed Coplon	5:03.0
W40 Pat Broushet	6:50.2
Two Mile	
M45 Salih Talib	9:56.3
Ed Schultz	11:26.0
Vic Broushet	12:37.6
M60 Joe Kernan	13:58.6
W40 A Coleman	14:58
P Broushet	16:05.7
1500m RW	
M65 George Heller	8:49.0

Fairleigh Dickinson U. December 19

55m	
M40 Marvin Russo	7.2
M45 Gene Ballard	7.4
M50 Dave Connolly	7.6
M55 Alan Felix	7.5
Giorgio Chiavelli	8.3
W40 Lorraine Tucker	7.6
200m	
M35 Louis Miller	32.0
M40 Mike Blake	26.6
Jim Wilkerson	26.0
Marvin Russo	26.8
Les Wright	26.6
Gene Ballard	26.8
Richard Arandia	28.9

M50 Ed Small	25.8
Dave Connolly	28.6
M55 G Chiavelli	31.9
400m	
M40 Mike Blake	57.9
M50 Ed Small	57.3
Dave Connolly	69.9
M55 Cliff Pauling	59.9
G Chiavelli	81.0
W40 Lorraine Tucker	78.9
800m	
M40 Nelson Keyes	2:11.0
M45 Dennis Pennenga	2:18.5
1 Mile RW	
M45 Paul Butkovich	8:34.3
W45 Elis Butkovich	10:40.9

West Point December 22

55m	
M40 Ron McDonald	7.35
Marvin Russo	7.53
Ed Howard	7.65
M45 Joe Johnson	7.06
W40 Lorraine Tucker	8.25
200m	
M40 Ron McDonald	25.56
Jim Wilkerson	26.23
Bob Burke	26.89
Mike Billman	27.41
M45 Joe Johnson	25.08
M50 Ed Small	25.94
Frank Byrne	30.8
M55 Cliff Pauling	27.29
M70 Jim Manno	32.19
M80 Manny d'Elia	38.58
W70 Marjorie Smith	47.95
800m	
M40 Joe Farber	2:07.13
Nelson Keyes	2:12.60
Mike Wilson	2:14.47
John Kohl	2:15.57
M45 Kevin Smith	2:19.46
M50 Gene Carbine	2:24.37
M55 Cliff Pauling	2:20.06
1500m	
M40 Mike Wilson	4:33.52
W40 Miriam Gomez	5:08.03
Two Mile	
M40 Mike Wilson	10:28.28
M45 Salih Talib	10:00.78
M50 Gene Garlap	11:59.37
M60 Bill Fortune	11:13.19
High Jump	
M40 Bob Burke	1.62
Mike DeJesus	1.47
Ron Salvio	1.47
M50 Jerry Sullivan	1.29
Pole Vault	
M40 Ron Salvio	9-0
M50 Norman Cyprus	10-0
Long Jump	
M40 Mike DeJesus	16-2 1/2
Bob Burke	15-11 1/2
M45 Mike Milove	16-8 1/2
Triple Jump	
M40 Mike Billman	31-7 1/2
Ron Salvio	31-0
M45 Mike Milove	34-8
Shot Put	
M50 Jerry Sullivan	9-10
35# Weight	
M40 Ron Salvio	8.78
M50 Norm Cyprus	12.69
Martin Engle	11.65
55mH	
M40 Mike DeJesus	9.66
M45 Mike Milove	9.09
1 Mile RW	
M45 Gary Null	6:51.21
Franco Pantoni	7:32.54
W60 Joan Rowland	10:25.08
M65 Q Thompson	11:28.65
4x800m Relay	
Millrose AC	9:09.7

West Point December 29

M35 Roberto Vives	8.60
M45 Mike Milove	9.26
55m	
M40 Marvin Russo	7.64
Frank Giaro	8.12
M45 Joe Johnson	7.05
M50 Dave Connolly	7.92
M55 Cliff Pauling	7.77
W35 Debbie Troy	8.44
W40 Lorraine Tucker	8.13
300m	
M35 Louis Miller	50.75
M40 Ron McDonald	39.71
Pat Caldon	39.71
Jim Wilkerson	42.19
M45 Joe Johnson	41.46
Kevin Smith	44.29
M50 Ed Small	40.13
Ed Coplon	48.72
M55 Cliff Pauling	42.77
W40 L Tucker	50.91

W45 Robin Villa	54.18
W70 Marjorie Smith	80.86
400m	
M40 Patrick Caldon	56.85
Ron McDonald	56.86
Jim Wilkerson	57.68
M45 Kevin Smith	61.12
M50 Ed Small	57.51
M55 Cliff Pauling	58.71
800m	
M40 Rod Wiltshire	2:06.36
Nelson Keyes	2:11.04
Mike Wilson	2:11.23
Bob Pertak	2:14.16
M45 Sam Skinner	2:23.82
M50 Bob Colton	2:25.47
M55 Cliff Pauling	2:22.18
M65 John McManus	2:42.04
W40 Judy Anker	2:57.49
1500m	
M35 Jose Martinez	4:43.28
Duane Green	4:18.99
Chip Burton	4:29.56
Mike Wilson	4:31.22
M45 Frank Myers	4:42.29
M50 Gary Muhrcake	4:44.11
M60 Bill Fortune	4:56.81
Joe Kernan	5:45.95
M65 John McManus	5:28.04
W40 Miriam Gomez	5:39.19

3000m	
M40 Mike Wilson	9:30.70
M45 Salih Talib	9:12.69
Sam Skinner	9:45.92
M50 Gene Garlap	10:56.59
Gene Carbine	11:05.16
M60 Bill Siderowicz	14:00.49
W40 Jan Vermilye	10:35.31
High Jump	
M40 Ron Salvio	1.47
M50 Jerry Sullivan	1.37
Pole Vault	
M40 Ron Salvio	2.59
M50 Norm Cyprus	3.20
M65 Jack Doorlay	2.13
Long Jump	
M45 M Milove	5.14
M65 J Doorlay	3.84
Triple Jump	
M45 Mike Milove	10.42
M50 Haig Bohigian	9.26
M65 Jack Doorlay	7.73
Shot Put	
M50 Jerry Sullivan	9.23
M65 Al Jankola	8.81
Weight	
M50 Norm Cyprus	13.00
1 Mile RW	
M45 Gerry Ilavasy	9:35.2
3000m RW	
M45 Gary Null	13:20.43
Franco Pantoni	14:31.64
M50 Herbert Zydek	18:01.82
W35 Lucy Alvarez	17:21.15

Fordham U. January 6

60y	
M30 Don McNeill	6.7
Fred Feaster	6.8
Rick Jeffers	6.8
David Paul	7.0
M35 John Brooks	6.8
Louis Miller	8.4
M40 Marvin Russo	7.4
Noah Perlis	7.6
Joseph Trachman	8.2
M45 Joe Johnson	6.9
Eddie Watson	7.3
Fred Lynch	7.5
Gene Ballard	7.7
Vito DiCesare	8.0
M50 Roosevelt Weaver	7.4
Dave Connolly	7.8
Haig Bohigian	7.9
M55 John Darrell	8.0
Giorgio Chiavelli	8.7
M60 Manny Herscher	8.5
W40 Lorraine Tucker	8.0
220y	
M30 Fred Feaster	24.2
R Jeffers	24.5
Don McNeill	24.7
M35 Eric Federer	30.3
Louis Miller	32.3
M40 Chris Neuhoff	25.6
Mike Blake	27.0
Mike Billman	27.3
Bob Burke	27.2
Noah Perlis	27.4
Joe Trachman	30.8
M45 Joe Johnson	25.0
Thad Morris	26.4
Fred Lynch	28.2
M50 Dave Connolly	28.5
Haig Bohigian	29.2
M55 John Darrell	28.5
W40 L Tucker	30.0
W45 Robin Villa	34.7

440y	
M30 F Feaster	53.6
Vance Rogers	54.5
Ballinger	58.2
M40 Chris Neuhoff	55.9
Chip Robinson	58.9
Bob Burke	58.4
M45 Kevin Smith	62.9
R Velez	64.1
M50 Ed Small	58.6
Dave Connolly	64.7
Gene Carbine	67.1
Ed Coplon	67.3
M55 Cliff Pauling	61.2
D Lewis	64.3
John Darrell	64.5
Giorgio Chiavelli	75.5
M70 Jim Manno	73.7
W45 Robin Villa	73.9
880y	
M35 Steve Schallenkamp	2:09.6
Bob Lupo	2:17.4
M40 Jack LaSouska	2:29.1
M45 Salih Talib	2:08.7
Stan Daniels	2:41.1
M50 Glen Shane	2:20.5
Ed Coplon	2:30.7
M55 Cliff Pauling	2:21.1
John Darrell	2:50.2
W45 Robin Villa	2:53.8
1 Mile	
M30 Mauritz	5:11.9
M35 S Schallenkamp	4:34.3
Bob Lupo	5:06.3
M40 J LaSouska	5:21.5
Russell Croce	5:43.8
M60 Bill Fortune	5:23.4
Joe Kernan	6:12.9
Long Jump	
M40 Bob Burke	5.31
M50 Haig Bohigian	4.39
Dave Connolly	3.72
M55 Giorgio Chiavelli	3.51
Shot Put	
M30 Joe Lafferty	9.08
M40 Rich Dunphy	11.92
M50 John Bermann	10.96
Haig Bohigian	9.95
Jerry Sullivan	8.95
M55 G Chiavelli	9.06
1 Mile RW	
M45 Gary Null	7:11.7
W30 Glenda Heffer	9:23.9
W35 Lucy Alvarez	9:07.9
4x220y Relay	
M30 Feaster	1:37.4
M40 Central Park	1:46.2
(Burke, Perlis, Neuhoff, Blake)	
Unattached	1:50.1
(Lynch, DiCesare, Billman, Wilkerson)	

Manhattan College January 20

55m	
M30 Don McNeill	6.6
Rick Jeffers	6.9
M35 John Brooks	6.6
M40 Wm Overby	6.9
John Morrison	7.3
Mike Augeri	7.3
Frank Claro	7.7
M45 Joe Johnson	6.8
Tom Toscano	7.1
Ed Watson	7.2
Mike Milove	7.4
Fred Lynch	7.4
Vito DiCesare	7.7
200m	
M30 D McNeill	23.9
R Jeffers	24.0
M35 John Brooks	23.6
Ted Daher	27.1
Lou Miller	32.1
M40 Wm Overby	25.6
Pat Caldon	25.9
Mike Augeri	26.6
John Morrison	26.7
Willie Caldon	26.9
M45 Joe Johnson	24.7
Thad Morris	25.9
Jim Wilkerson	26.1
Robert Trigo	26.3
Mike Milove	26.4
Fred Lynch	27.4
M50 Haig Bohigian	28.3
Dave Connolly	28.4
John O'Neill	28.8
M55 Cliff Pauling	27.2
John Darrell	27.9
Giorgio Chiavelli	31.3
W40 Sharon Osborne	29.7
400m	
M30 S Ballinger	58.6
M40 Rob Jackson	56.2
Pat Caldon	56.9
Willie Caldon	60.5
M45 Robert Trigo	56.4
Tom Toscano	57.3
Jim Wilkerson	57.6
Kevin Smith	60.9
Mike DeJesus	61.6
M50 Ed Small	56.7
Glen Shane	60.0
Bob O'Brien	62.0
Dave Connolly	64.0
M55 Cliff Pauling	60.2
John Darrell	63.5
M65 John McManus	71.7
M70 Jim Manno	71.1
W45 Robin Villa	72.6

800m	
M30 Dan Reilly	2:01.1
Rafael Castro	2:11.3
George Mirabal	2:15.6
M35 Robert Wynn	2:18.8
M40 Nelson Keyes	2:12.2
J Krauthamer	2:24.6
Mike Billman	2:27.8
M45 Kevin Smith	2:19.5
Joe Cote	2:21.1
Vic Broushet	2:30.7
M55 Bill Fortune	2:26.6
Joe Kernan	2:48.0
M65 John McManus	2:43.6
W40 Cathy Mauritz	3:03.0
W45 Robin Villa	2:50.5
W65 Queenie Thompson	nta
1500m	
M40 Tony Kenanino	4:43.5
Bill Inde	5:02.9</

Continued from previous page

Long Jump	
M30 Kevin Mulcahey	18-4 3/4
M35 Ed Mose	18-2
Ken Castro	15-10 3/4
M40 Peter Riggins	17-2 1/2
M45 Mike Milove	17-1
Charles Varnet	15-7 1/2
Bill Masuck	15-7
M50 Dave Connolly	13-7
M55 F LaPointe	13-8 1/2
M60 Bill Townsend	14-5
Jack Lance	12-5 1/2
Tony Vivieros	11-5
M65 Mel Larsen	17-5 1/2
Ed Lukens	15-1
Boo Morcom	14-7 1/2
M70 Vern Mattson	14-2 1/2
A U Ricciardi	12-3
Sparks Sorlien	11-9 1/2
M75 Ian Hume	13-7 1/2*
M60 V O'Connor	5-6 1/2
M65 Ann McGowan	8-6 1/2*
M70 Libby Hagemann	9-0*
Triple Jump	
M30 Kevin Mulcahey	39-6
M35 W Davenport	39-9 1/2*
M40 Peter Riggins	32-11
M45 Mike Milove	34-11 1/2*
Bill Masuck	32-2 1/2
M50 Fran LaPointe	28-2 1/2
M60 Bill Townsend	28-8
M65 Ed Lukens	28-11 3/4
M70 Vern Mattson	28-1
Sparks Sorlien	26-7 1/2
M75 Ian Hume	26-3 1/2*
M60 Virg O'Connor	12-3 1/2*
M65 Ann McGowan	16-4 3/4*
M70 Libby Hagemann	16-5*
Shot Put	
M30 Karl Swanke	43-10
M40 Harold Krause	38-3 1/2
Frank Monroe	30-3 1/2
M45 Bob Harvey	39-4 1/2
Bill Bushy	31-9
M50 Jeff Wenig	40-10 1/2
M55 Bill McWilliams	40-7 1/2
Fran LaPointe	28-10
Bud Atwood	27-9
M60 Cliff Blair	45-6
Tony Vivieros	31-1 1/2
M65 Dick Chester	31-1
Greg Buttlick	31-1
Boo Morcom	29-2
M70 A U Ricciardi	32-1 1/2
Jack Hagemann	29-8
M75 Ian Hume	30-11
M60 Virginia O'Connor	20-3 1/2
M70 Libby Hagemann	22-2 1/2*
Weight	
M30 Karl Swanke	37-6 1/2
M40 Mike Grisko	45-4
Harold Krause	41-9 1/2
J L Casamassima	38-3
Frank Monroe	35-8 1/2
M55 Bill McWilliams	43-3*
Martin Engel	39-5
M60 Cliff Blair	53-4
M65 Greg Battick	32-6 1/2
M70 A U Ricciardi	29-10 1/2
M75 Ian Hume	23-8 1/2
M60 Virginia O'Connor	17-10*
M70 Libby Hagemann	20-1*
*meet record	

Western Pennsylvania Indoor Championships Slippery Rock U.; January 20

60y	
M30 Frank Makozzy	8.7
M40 Wayne Jacobs	11.1
M50 Barry Kline	8.8
Grover Coates	9.5
M60 Clark Sparger	16.4
50y	
M30 Frank Makozzy	5.9
Rod Wilson	6.0
Larry Finley	6.4
M40 Charles Allie	5.9
Andy McNeill	6.2
Dwayne Cooper	6.2
M50 Paul Williams	6.0
Paul Dorsey	6.0
Grover Coates	6.3
M60 Ray Bower	7.0
Sam Media	7.0
Tom Morris	7.4
M30 Pat Finley	7.2
M50 Essie Kay	7.8
M60 Mary Patterson	7.9
220y	
M30 Pat Finley	31.9
M50 Essie Kay	34.0
M60 Mary Patterson	35.7
300y	
M30 Dave Kirk	35.7
Rod Wilson	35.8
Larry Finley	36.0
M40 Charles Allie	35.0
Bill Tompkins	39.7
Andy McNeill	42.2
M50 Paul Dorsey	38.7
Grover Coates	39.9
Paul Williams	40.5
M60 Ray Bower	44.6
Tom Morris	45.5
Sam Media	46.4
440y	
M60 Mary Patterson	86.2

600y	
M30 Bob Thomas	1:22.2
John Malicky	1:30.6
Joe Mascari	1:36.7
M40 Wayne Jacobs	1:31.6
Bill Tompkins	1:32.0
Jeff Gerson	1:33.2
M50 G Coats	1:35.4
Barry Kline	1:41.6
Ted Breault	1:41.8

880y

M40 Nancy Schuchert	3:35.5
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1000y

M30 John Metz	2:31.3
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Brian Jones	2:53.2
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Larry Ryan	3:34.9
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M40 Joe Silverio	2:53.0
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Ray Sanchas	2:55.7
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Jeff Gerson	3:04.5
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M50 R Katterson	3:12.0
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1 Mile

M30 John Metz	4:44.0
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Dave Kirk	5:10.0
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Rich Coreno	5:12.0
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M40 Roland Ford	5:11.0
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Ray Sanchas	5:20.0
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Larry Dremer	5:32.0
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M50 Rick Katterson	5:57.0
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M60 Fran Albaugh	6:44.0
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2 Mile

M40 Nancy Schuchert	16:35.8
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3 Mile

M30 Rich Coreno	16:54.0
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John Malicky	20:09.0
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Larry Ryan	22:25.0
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M40 Bob Kuebler	16:55.0
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Bob Wolfe	20:57.0
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M60 Fran Albaugh	23:04.0
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4x400y Relay

M40 West Penn TC	4:35.9
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(Kline, Silverio, Breault, Sanchas)

High Jump

M40 Bill Hanson	5-3 1/2
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Eric Bray	5-0
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Joe Silverio	4-10
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M50 Paul Dorsey	5-6 1/2
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Barry Kline	5-0
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Grover Coates	4-8
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M60 Vaughn Irwin	4-2
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M50 Essie Kay	4-2
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Pole Vault

M40 Bill Hanson	11-6
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M60 Vaughn Irwin	7-1 1/2
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Long Jump

M30 Frank Makozzy	16-4
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Steve Bence	12-8
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M40 Bill Hanson	17-7 1/2
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Joe Silverio	16-9 1/2
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M50 Grover Coates	16-8 1/2
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Barry Kline	15-8
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C Bartholomeu	13-6 1/2
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Shot Put

M40 John Roehr	35-4
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M50 Barry Kline	31-4
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Bob Kennedy	22-4
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M60 C Johnson	27-0
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M50 Essie Kay	24-10
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M60 Bernice Holland	29-8 1/2
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35# Weight

M30 Mark Heckel	50-4 1/2
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John Gibson	33-5
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Steve Bence	20-9 1/2
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M40 Jim Pauli	41-6 1/2
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John Roehr	38-5 1/2
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M60 B Holland	16-1 1/2
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Team Scores

M30 Over The Hill TC	42
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Valhalla TC	10
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South Park RR	6
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M40 West Penn TC	40
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4 Winds	26
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Over The Hill	15
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M50 West Penn	25
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Over The Hill	24
---------------	----

M60 West Penn	43
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Cleveland Masters	5
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Greater Rochester TC Meet Rochester, NY; February 10

45m	
M30 Michael Walker	5.69
T Seidougard	6.37
J Petobelli	6.56
M40 Jeff Rainge	6.0
S Lyon	6.2
R White	6.43
M50 Dortha Swanson	8.77
800m	
M30 Roger Messenger	2:13.2
K Rasmussen	2:18.5
K Switnicki	2:20
M40 Lloyd Smith	2:20.7
J Palmeri	2:22.7
T Broker	2:23.4
J Hopf	2:25.2
M30 Anne Forbes	2:29.4
3000m	
M30 Mike Hoban	9:04
K Switnicki	10:26
T Mathews	12:07
M40 Joe Abernathy	10:16
L Smith	10:47
High Jump	
M30 Roger Messenger	5-2
M40 Skip Leon	5-6

Long Jump	
M50 Dortha Swanson	9-1 1/2
Shot Put	
M30 Pete VanPeursen	38-7 1/2
M40 Roger Taylor	40-9 1/2
F Morocco	33-11 1/2
M50 Dortha Swanson	21-0



Philadelphia Masters Meet Philadelphia, PA; February 9

60 yd hurdles	
Pat Crandall	40 8.6
Frank Makozzy	31 8.7
Tom Delany	63 10.0
Doug Mason	31 10.7

60 yd dash

Ross Donolow	35 6.8
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Joe Johnson	46 6.8
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Paul Ohama	35 6.9
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Frank Makozzy	31 7.1
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Doug Mason	31 7.3
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Cliff Marlowe	31 7.4
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Joe Hemler	56 7.6
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Tim Dickens	43 7.7
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Tom Delany	63 7.8
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Earl Mege	56 7.9
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Bryce Kranzthor	41 8.0
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Bob Fuhrman	49 8.0
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Doug Alberts	55 8.2
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Oscar Harris	66 8.4
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Jack Nyhan	59 8.8
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Fred Wimmer	56 8.9
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Moose DeMalto	63 9.4
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Gar Schoener	75 9.4
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300 yd dash

Frank Makozzy	31 36.6
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Joe Johnson	46 38.1
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Tim Dickens	43 38.4
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Ken Bauersfeld	36 38.7
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Greg Florant	39 39.3
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Joe Hemler	56 40.0
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Bob Fuhrman	49 41.9
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Jim Hodge	51 42.3
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Doug Alberts	55 45.4
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Earl Mege	56 46.4
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Jack Nyhan	59 49.2
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Moose DeMalto	63 49.9
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Fred Wimmer	56 55.9
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600 yd run

Tim Dickens	43 1:30.8
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Greg Florant	39 1:31.7
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Jack Wagner	49 1:32.2
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Bob Fuhrman	49 1:34.1
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Sonny Thornton	37 1:46.6
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Moose DeMalto	63 1:56.8
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Oscar Harris	66 1:59.3
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880 yd run

Fred Dedrick	42 2:21.1
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Bill Kehner	38 2:22.5
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Jerry McFadden	50 2:24.0
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Mary Ellem Malloy	W33 2:29.6
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John Burke	33 2:32.6
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1 mile run

Fred Dedrick	42 4:56.6
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John Krajek	35 5:00.5
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Bill Kehner	38 5:01.7
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Continued from previous page

M40 Dave Gustafson	72.2	M55 Clarence Trinkner	4-8
Dale Keppy	66.6	Floyd Smith	4-6
M45 Ed Lillis	61.5	M60 Jim Dexter	4-2
M50 John Goodwin	73.1	M65 Mel Buschman	4-2
John Robinson	74.4	M70 Web Ragland	3-10
Don Lathrop	77.9	Earl Cole	3-3
M55 Clarence Trinkner	68.9	Pole Vault	
Fran Riley	79.9	M30 Doyle Geyer	11-0
M60 Ed Meadows	94.9	M35 Chas Barnard	12-0
M65 Joe Berghold	78.2	Gary Silbaugh	11-6
M70 Earl Cole	1:50.0	M40 Mike Davis	12-0
M75 Madeleo Blake	93.8	Dave Hill	10-6
W30 Sue Breiby	65.5	M45 Merle Norberg	10-6
Mary Claves-Otto	72.3	M55 Frank Brown	9-0
W40 Bobbi Lindabury	75.1	M70 George Rajcevic	6-6
Karyl Collarussio	81.1	Long Jump	
W55 Eleanor Wallace	1:42.8	M30 Mike Campbell	17-7½
880y		Dwight Swartz	15-8
M35 Joe Lambert	2:19.2	M35 Dan Duthard	19-4½
Archie Abatie	2:32.5	John Valiska	14-6
Jeff Martin	3:43.5	M40 Waverly Waller	18-1½
M40 Don Fish	2:19.6	Mike Davis	17-2½
M45 Frank Davis	2:19.4	M45 Dave Eidahl	18-0
Johnie Meisner	2:32.9	Johnie Meisner	17-1
Dennis Phillips	2:40.8	Pete Stopoulos	16-9
M50 John Robinson	2:46.0	M55 Clarence Trinkner	16-4½
John Goodwin	2:46.2	Floyd Smith	12-10½
Dick Fislar	2:46.7	M60 Curt Trevor	15-2
Don Baumann	2:54.2	Jim Dexter	14-11½
M55 Rich Kowalski	2:54.4	Harry Brown	14-8
Fran Riley	3:00.2	Phil Brusca	12-0
M60 Ed Meadows	3:29.8	M65 Mel Larson	15-5
M70 George Rajcevic	3:21.4	Mel Buschman	12-1
M75 Warren Wiggins	4:29.3	M70 Geo Rajcevic	11-7½
W30 Cindi Sparkman	2:41.8	Earl Cole	8-11½
Mary Claves-Otto	2:49.5	W45 Penny Danielson	12-4
Cindi Kowalski	3:03.7	Triple Jump	
Becky Buikema	3:11.5	M30 Mike Campbell	32-10
W35 Muriel Naumann	2:40.3	M35 Ron Standley	34-5
W40 Bobbi Lindabury	2:57.6	Ken Rowe	34-1
Karyl Collarussio	3:04.8	M40 Walter Ewing	31-6
W45 Ruth Wilwerding	3:25.7	M45 Johnie Meisner	37-11½
W50 Jan Gustafson	3:31.6	Dave Eidahl	34-7½
W55 Donna Gulley	3:27.6	M50 P Stopoulos	31-6½
Eleanor Wallace	3:41.3	M55 Frank Brown	30-½
One Mile		M60 Curt Trevor	31-10
M30 Dan Siefken	5:48.0	Jim Dexter	28-9½
M35 Joe Lambert	5:09.9	M65 Mel Buschman	22-10½
Doug Potter	5:18.0	M70 Earl Cole	19-9
John Dickey	5:23.0	Shot Put	
Jeff Martin	7:09.1	M30 Bob Hartmann	38-11½
M40 Don Fish	4:53.1	Dwight Swartz	31-3½
Dale Keppy	5:12.2	M35 Larry Readman	34-½
Jerry Sumpter	6:02.4	M40 Jerry Senter	39-11½
M45 Frank Davis	4:53.3	Dave Gustafson	36-11
Dennis Phillips	5:52.5	Jim Neppi	36-7
George Atkinson	6:05.3	John Hess	32-½
M50 John Robinson	5:44.9	Carl Klehm	37-1
Dan Littleton	5:49.6	Bob Warren	36-8
Dick Fislar	6:07.9	Lee Slick	30-8
M55 Fran Riley	6:18.1	M55 Jack Twet	32-9½
Rich Kowalski	8:22.1	Clarence Trinkner	31-11
M60 Ed Meadows	7:03.1	Bud Smith	30-2
M70 Geo Rajcevic	6:51.4	M60 Phil Brusca	42-4
M75 Madeleo Blake	7:35.6	M65 Mel Larson 4kg	36-2
Warren Wiggins	8:51.8	Mel Buschman 4kg	35-11
W30 Cindy Kowalski	6:23.0	M70 Geo Rajcevic	29-6
Becky Buikema	7:03.1	Earl Cole	21-½
W35 Muriel Naumann	5:37.9	M75 Wiggins 8#	18-9
Claudia Scott	6:08.1	W35 Marcia Hartmann	17-6
Caroline Sloane	6:43.4	One Mile RW	
W40 Karyl Collarussio	6:29.9	M40 Dean Easterlund	8:12.0
W45 Judy Gulley	7:05.2	Dave Gustafson	9:48.1
Ruth Wilwerding	7:06.4	M45 Frank Weibel	8:57.2
W50 Marion Kowalski	7:15.0	M75 Warren Wiggins	13:25.0
Jan Gustafson	7:40.3	Two Mile RW	
W55 Donna Gulley	7:23.6	M35 Jeff Martin	25:45.0
Eleanor Wallace	7:38.2	M40 Dean Easterlund	17:10.1
W60 Mabel Velge	8:41.4	M45 Frank Weibel	18:49.1
		M50 Bill Klavon	20:45.8
		M55 Frank Brown	19:34.2
		M75 Madeleo Blake	22:55.8

MID-AMERICA

Lincoln TC Masters Indoor
Pentathlon Championships
Lincoln, NE; January 5

(60HH/SP/LJ/HJ/600)	
M35 James Knip	2547
(9.1/26-10/19-½/5-4/1:44.3)	
Mike Maryott	2605
(8.8/31-4½/18-6/5-1/1:41.1)	
M45 Rex Harvey	3019
(8.2/38-11/17-10/5-4/1:30.3)	
M45 Rex Sears	1727
(10.6/28-8/14-8/4-4/1:46.0)	
M50+Al Maxey	1537
(10.8/41-5/12-11/4-9/1:59.9)	

WEST

UCLA Outdoor Meet
Los Angeles; February 16

100m	
M30 Denny Scott	11.4
M40 Glenn Johnson	11.7
Eugene Driver	11.7
Juan Bustamante	12.5
M50 Kenny Dennis	11.8
Roger Tsuda	12.9
Andre Heches	12.8
M55 Sam Flori	13.5
M60 Bob Watanabe	12.6

200m	
M40 Eugene Driver	23.3
400m	
M55 Nick Newton	58.6
M60 Bob Watanabe	66.3
M35 M Dallas	55.1
800m	
M50 Mel Sachs	2:23
110mH	
M45 Theo Viltz	15.3
High Jump	
W40 A Steekelenburg	5-0

INTERNATIONAL

South American Veterans
Championships
Montevideo, Uruguay
November 24-27

M35	
110mH	
Juan Suarez	URU 16.8
100m	
Jose Zogaib	BRA 11.4
200m	
Jose Zogaib	BRA 23.5
400mH	
Juan Suarez	URU 60.0
400m	
Manuel Dos Santos	BRA 51.4
800m	
Omar Andematten	ARG 1:57.9
1500m	
O Andematten	ARG 4:08.2
3000mSC	
Juan Brulo	ARG 10:04.2
5000m	
D Ibarguengotia	ARG 15:42.7
5000m RW	
J Jaime Cori	BOL 25:13.8
10,000m	
D Ibarguengotia	ARG 32:28.0
10,000mRW	
Zapata Melendez	CHI 53:34.0
Half-Marathon	
Ibarguengotia	ARG 1:14:27

JT	
L Pelech Dubyck	CHI 51.82
SP	
L Pelech Dubyck	CHI 11.95
DT	
L Pelech Dubyck	CHI 38.82
HT	
Fernando Gallardo	CHI 47.86
LJ	
J C Elizondo	ARG 5.87
HJ	
J C Elizondo	ARG 1.80
TJ	
J Saldivar Romero	PAR 12.92
PV	
J C Suarez	URU 12.35
M40	
110mH	
F Rojas Soto	PAR 16.3
100m	
Raul Faath	ARG 11.6
200m	
Raul Faath	ARG 23.8
400mH	
F Rojas Soto	PAR 64.0
400m	
A C Gagliano	ARG 52.1
800m	
E Tiagio DaSilva	BRA 2:02.1
1500m	
J Ugarie Farias	CHI 4:15.9
3000mSC	
Hector Cordoba	ARG 10:01.6
5000m	
P Vilson Alves	BRA 15:06.2
5000mRW	
L Fuentes	CHI 27:09.2
10,000m	
J O Ribeiro	BRA 31:53.3
10,000m RW	
J Munoz Urtubia	CHI 54:16
Half-Marathon	
J O Ribeiro	BRA 1:10:27
JT	
Roberto Chagras	ARG 45.58
SP	
A R Megnini	ARG 11.81
DT	
Horacio Imberti	ARG 36.48
HT	
William Jorcin	URU 35.54
LJ	
F Oliveira Neto	BRA 6.78
HJ	
R Abarracin	ARG 1.63
TJ	
A C Gagliano	ARG 13.28
PV	
F Oliveira Neto	BRA 13.23
G DelPapa	ARG 3.00

M45	
110mH	
Pedro Avalos	CHI 17.6
100m	
Paulo Burity	BRA 11.8
J Aleman Tapia	PER 11.8
200m	
J Aleman Tapia	PER 24.1
400mH	
P Burity	BRA 24.7
400m	
A DeOliveira	BRA 73.5

400m	
J Aleman Tapia	PER 54.0
800m	
Jose Souza	BRA 2:03.9
1500m	
Jose Souza	BRA 4:15.2
3000mSC	
D BragaTexeira	BRA 10:32.7
5000m	
J BarrosDeBasto	BRA 15:37.7
5000mRW	
E Quelalluancolo	BOL 24:17.3
10,000m	
J BarrosDeBasto	BRA 32:21.1
10,000mRW	
E Quelalluancolo	BOL 50:30.0
Half-Marathon	
J BarrosDeBasto	BRA 70:04
JT	
G Frasson	BRA 54.60
SP	
Juan Farcilli	URU 12.17
DT	
S Soares Silva	BRA 30.90
HT	
Alberto Agapito	ARG 33.86
LJ	
C PardoCardenas	PER 5.43
HJ	
Pedro Avalos	CHI 1.63
TJ	
G RiquelBrupbac	CHI 11.06
PV	
G RiquelBrunbac	CHI 2.70

M50	
LJ	
Mario Gomez	BRA 5.32
HJ	
Artur Palma	BRA 1.50
TJ	
Mario Gomez	BRA 11.48
PV	
Rodolfo Diaz	URU 3.60
100mH	
Artur Palma	BRA 16.0
100m	
Zildo Bueno	BRA 12.4
200m	
Zildo Bueno	BRA 25.3
400mH	
N GomesDaSilva	BRA 63.1
400m	
Zildo Bueno	BRA 54.9
800m	
N GomesDaSilva	BRA 2:06.4
1500m	
N GomesDaSilva	BRA 4:24.7
3000mSC	
J MartinsSantos	BRA 11:43.5
5000m	
A FernanFilho	BRA 16:50.0
5000mRW	
Santiago Araujo	ARG 26:42.5
10,000m	
A FernanFilho	BRA 35:22
10,000mRW	
Antonio Moraga	CHI 58.8
Half-Marathon	
A FernanFilho	BRA 1:14:42
JT	
M Iglesias	URU 43.44
SP	
Joao Dos Reis	BRA 13.10
DT	
Joao Dos Reis	BRA 41.26
HT	
P Weitz	CHI 38.40

M55	
100mH	
Tamotu Nisida	BRA 18.2
100m	
T FiguerErnesto	CHI 13.1
200m	
T FiguerErnesto	CHI 26.2
400mH	
N FerreraLeau	BRA 71.7
400m	
S SoaresAguiar	BRA 61.0
800m	
C Odriozzola	URU 2:25.6
1500m	
Alberto Rios	ARG 4:38.8
3000mSC	
Alberto Rios	ARG 16:31.5
5000mRW	
Luis Chavez	COL 28:01.5
10,000m	
J P Morales	ARG 38:02.6
10,000mRW	
Luis Chavez	COL 58:20.0
Half-Marathon	
J P Morales	ARG 1:18:54
JT	
Hugo Mancebo	URU 33.64
SP	
M PereiraSanto	BRA 11.79
DT	
M PereiraSanto	BRA 38.78
HT	
Lido Valdez	CHI 41.24
LJ	
Tamotu Nisida	BRA 5.01
HJ	
Nilson Leao	BRA 1.40
TJ	
Jorge Castildo	ARG 10.60
PV	
Tirso Ernesto	CHI 3.30

M60	
100mH	
Ariel Levis	CHI 16.1
100m	
E Rodriguez	CHI 13.3
200m	
Y Shimizu	BRA 26.7
300mH	
Joao Bidin	BRA 50.6
Half-Marathon	
Andres Celiz	PER 1:36:18
JT	
W Leighton	CHI 36.42
SP	
Wm Rivarola	PAR 10.49
DT	
Wm Rivarola	PAR 39.56
HT	
Wm Rivarola	PAR 27.26
LJ	
Ariel Levis	CHI 5.31
HJ	
T Shimizu	BRA 1.25
TJ	
Ariel Levis	CHI 10.50
PV	
Luis Barja	ARG 1.80

M65	
100mH	
Jose Figueras	URU 18.7
100m	
E Soares	BRA 13.1
200m	
E Soares	BRA 26.9
300mH	
J Figueras	URU 51.8
400m	
Manuel Garcia	CHI 67.4
800m	
B DePaula	BRA 2:32.3
1500m	
B DePaula	BRA 5:07.2
2000mSC	
Miguel Saez	CHI 9:57.5
5000m	
Mario Guliano	ARG 20:50.6
5000mRW	
Urbano Gomez	CHI 33:40.5
10,000m	
R Pariasca	PER 44:24.8
Half-Marathon	
Mario Guliano	ARG 1:35:19
JT	
Suehiko Mori	BRA 30.28
SP	
Jose Cox	ARG 9.86
DT	
Federico Lazo	PER 34.02
HT	
Walter Kupper	BRA 39.80
LJ	
E Calderon	PER 4.56
HJ	
Emilio Bustos	ARG 1.45
TJ	
Pedro Gregorio	BRA 9.79
PV	
Suehiko Mori	BRA 2.30

M70	
80mHl	
Frederico Fischer	BRA 16.2
100m	
F Fischer	BRA 14.5
200m	
F Fischer	BRA 30.1
300mHl	
F Fischer	BRA 65.0
400m	
Juan Althabe	ARG 76.8
800m	
Ricardo Fusse	ARG 3:04.30
1500m	
Lionet Yaggi	ARG 6:26.3
5000m	
Lionet Yaggi	ARG 24:35.8
5000mRW	
A Rodriguez	ARG 32:21.2
10,000m	
Jose Mejuto	ARG 48:33.2
10,000mRW	
A Rodriguez	ARG 1:07:10
Half-Marathon	
J Etchemendi	URU 1:52:34
JT	
F G Hochstatter	BRA 25.92
SP	
E Gundlach	CHI 9:56.0
DT	
F G Hochstatter	BRA 26.80
HT	
E Gundlach	CHI 26.62
LJ	
Shoichi Ishio	BRA 3.88
HJ	
Juan Denpey	ARG 1.20
TJ	
Shoichi Ishio	BRA 8.86
PV	
F Hochstatter	BRA 2.00
M75	
100m	
Moises Zamorano	CHI 15.9
200m	
M Zamorano	CHI 33.9
400m	
A Fonseca	BRA 74.3
800m	
R Dos Santos	BRA 4:59
1500m	
A Fonseca	BRA 6:33.0

Continued from previous page

LJ	Silvia Pereira	BRA 5.20
HJ	Ana DeDyrzka	ARG 1.42
TJ	Emne Melo	CHI 8.90
W45		
80mH	Shirlei Batista	BRA 14.2
100m	S Batista	BRA 14.1
200m	V Silva	BRA 29.1
400m	V Silva	BRA 66.1
800	V Silva	BRA 2:35.2
1500m	M Cruz	BRA 5:22.8
3000m	R Bravo	CHI 12:27.6
5000m	M Cruz	BRA 19:56.2
5000mRW	B Vasquez	CHI 35:49.2
10,000mRW	Nilda Franco	ARG 1:01:21
Half-Marathon	K Barroso	BRA 1:37:40
JT	Maria Ramos	BRA 24.22
SP	E Garcia	ARG 8.92
DT	E Garcia	ARG 31.76
HT	E Garcia	ARG 31.84
LJ	E Rostagnol	URU 4.28
HJ	A Nitzke	BRA 1.30
TJ	I Menezes	BRA 9.24
W50		
80mH	L Cavalli	BRA 18.4
100m	G Espindola	ARG 14.8
200m	A Menezes	BRA 30.0
400m	G Espindola	ARG 70.1
800m	L Regupe	BRA 3:00.5
1500m	L Regupe	BRA 6:18.3
3000m	S Fukuda	BRA 13:07.3
5000m	L Regupe	BRA 23:14.9
5000mRW	C Diaz	CHI 35:15.2
10,000mRW	S Ahumada	CHI 1:17:43
JT	A Menezes	BRA 26:36
SP	Dora Bercat	ARG 9.51
DT	Dora Bercat	ARG 28.74
HT	A Zepeda	CHI 30.50
LJ	D Roelsgard	URU 3.79
HJ	A Menezes	BRA 1.30
TJ	S Gonzalez	CHI 7.41
W55		
80mH	Wanda Sakata	BRA 14.3
100m	S Calderon	CHI 16.1
200m	M Kanegawa	BRA 32.4
300m	Wanda Sakata	BRA 59.8
400m	N DeMartin	BRA 82.5
800m	Celia Kisser	ARG 3:07.3

1500m	Ana Tevez	ARG 6:29.1
3000m	Celia Kisser	ARG 13:08.8
5000m	E De Abreu	BRA 22:45.2
5000mRW	I Kohler	BRA 37:08.7
10,000mRW	I Kohler	BRA 1:17:30
Half-Marathon	E De Abreu	BRA 1:45:52
JT	O Domingos	BRA 30.64
SP	O Domingos	BRA 11.58
DT	O Domingos	BRA 38.46
HT	R Cornejo	CHI 30.44
LJ	W Sakata	BRA 4.05
HJ	Maria Arias	ARG 1.15
TJ	M Kanegawa	BRA 8.40
W60		
100	P DeAbondano	COL 16.5
200m	M Dos Santos	BRA 34.0
400m	P DeAbondano	COL 80.2
800m	Maria Porero	COL 3:29.9
1500m	Josefa Vocos	ARG 6:44.0
3000m	J Vocos	ARG 14:01.9
5000m	M Forero	COL 27:13.7
5000mRW	R DeMinoldi	ARG 37:15.4
10,000mRW	I De Barroso	ARG 1:14:37
Half-Marathon	A Coelho	BRA 1:49:51
JT	A Fischer	BRA 28.30
DT	A Fischer	BRA 9.23
HT	A Fischer	BRA 22.60
SP	M Aravena	CHI 24.02
LJ	M Valderrama	CHI 3.17
HJ	M Dos Santos	BRA 1.05
TJ	K Fugivara	BRA 7.01
W70		
100m	I Carter	URU 23.3
200m	Tatiana Reyes	CHI 46:07.5
400m	L MacLeod	CHI 12.04
800m	M Fleckner	CHI 5.46
1500m	M Fleckner	CHI 13.30
3000m	M Fleckner	CHI 15.02
5000m	L MacLeod	CHI 2.11
10000mRW	Judith DeGaona	COL 59.9
2000m	J DeGaona	COL 2:36
4000m	J DeGaona	COL 9:41.3
6000m	L Klenner	CHI 8.24
8000m	L Klenner	CHI 4.31
10000m	L Klenner	CHI 9.12
12000m	L Klenner	CHI 10.64

LONG
DISTANCE
RESULTS

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

EAST

Great Stew Chase 15K
Lynn, MA; February 2

Overall		
Dave Dunham	26	48:31
Julie Peterson	31	55:02
M40 Larry Olsen		50:12
Peter Dane		53:13
Tom Dederian		53:55
M50 Con Doherty		55:07
Bob Reagan		57:32
Al Sproul		57:54
M60 Mike Sullivan		57:50
Don Ross		62:08
John Nottle		67:19
W40 Stephanie Shelley		67:01
Janice Smaga		72:27
Linda Usher		73:22
W50 Barbara Robinson		71:48
Margie Berkovitch		1:52:55
W60 Betsy Page		1:35:47
W70 Marie Lunt		2:08:00

NYRR North Wind 10K
Central Park, NYC;
February 3

Overall		
Martin Ludwowski	33	31:37
Gordon Bloch	29	35:40
M40 Bob Moritz		35:23
Mike Wilson		35:54
Mike Galasso		37:31
M45 Ted Haiman		33:36
Sam Skinner		35:24
Julio Lugo		36:58
M50 Bill Kaye		36:02
Dan Hamner MD		36:20
Victor Cruz		37:21
M55 Cliff Gerez		39:29
George Hirsch		42:16
Anthony Viera		44:43
M60 Bill Fortune		38:25
Joe Burns		42:13
Frank Lorey		44:03
M65 George Thompson		41:56
John Corrigan		42:14
Stan Edelman		46:26
M70 Andrew Neidig		46:55
Vince Carnevale		48:45
Chas Feldman		51:25
W40 Ann Davies		40:10
Judy Harrigan		40:45
Deborah Adams		40:54
W45 Marilyn Greeley		41:20
Laurie Baker		44:48
Sophia Oakes		45:13
W50 J T Westerling		47:23
Joan Bondell		51:28
Norma Signore		54:50
W55 May Chou		48:10
Rosa Nales		49:52
Thelma Wilson		49:58
W60 Muriel Merl		51:18
Cassie Bazar		52:01
Barbara Beck		63:49
W70 Althea Jureidini		75:01
Racewalkers-Men		
1 Thomas Lapp	34	46:10
2 Alan Jacobson	36	51:22
Racewalkers-Women:		
1 Elton Richardson	52	62:33
3 Gayle Rooney	35	63:11
Finishers:	1062m/452w	
Weather:	Sun/46°/h47%/w12mph	

Pomoco Group Hampton
Coliseum Half-Marathon/
5K
Hampton, VA; February 10

Half-Marathon		
Overall		
Brian Ferrari	30	1:04:33
Cindi Girard	29	1:16:24
M40 Thom Suddeth		1:10:55
Bill Hart		1:12:01
J Sherlock III		1:14:59
M45 D LaMountain		1:16:41
Don Rich		1:19:29
Sam Going		1:22:32
M50 Robert Wright		1:21:10
Johan Jaunsen		1:24:01
Joe Caruso		1:25:56
M55 Robert Monteith		1:30:20
Richard May		1:34:23
Allan Martin		1:35:58
M60 Neil Wilson		1:32:29
Robert White		1:37:46
Herb Chisolm		1:39:03
W40 Jeanne Kruger		1:32:36
Jeanne Bowers		1:32:41
Suzanne Puryear		1:36:29

W45 Joyce Ploeger	1:27:26
Marion Jones	2:04:46
Victoria Arness	2:11:05
W50 M MacFarlane	1:49:22
Janet Aldous	2:20:21
Evelyn Boyle	2:27:32

Overall		
C Magill	18	15:19
Susan Haynie	24	18:52
M40 Bob Lunsford		15:55
M45 Cecil Davis		17:34
M50 Frank Wagner		17:17
M55 Charles Flynn		18:57
M60 Patrick Flynn		18:57
W40 Bev Callaway		22:00
W45 D De Echeandia		22:03
W50 Patricia Joslyn		24:07

NYRR Empire State
Building Run-Up
Manhattan, NYC; February 14

Men		
1 Geoff Case	32	10:13
7 Jim Greene	44	12:00
18 Alan Fairbrother	54	12:57
19 Alan Resnick	40	13:03
20 Robert Vigorito	42	13:18
24 Arthur Berger	46	13:30
29 Ralph Perry	58	13:50
37 Martin Bentz	41	14:19
39 Jack Lutz	49	14:23
40 Daniel Jacobs	54	14:25
41 David Jacobs	45	14:26
46 Al Prawda	43	14:39
47 Nahum Nave	48	14:40
93 Donald Nash	60	18:54
Women		
1 Corliss Spencer	30	11:32
10 Sharon Svensson	40	14:36
11 Judy Gray	49	14:49
17 Susan Hale	43	16:00
18 Ruth Greher	48	16:51
20 Margaret Lucey	43	17:11
21 Sandra Andrews	43	17:25
22 Susan Cannon	47	17:35
23 K Knight-Perry	55	17:38
Finishers:	97m/32w	

NYRR Snowflake 4 Miles
Central Park, NYC;
February 17

Overall		
B Ludwowski	33	20:20
Gordon Bloch	30	22:47
M40 Luis Guachichula		23:27
Fred Barnett		23:34
Doug Fairbanks		23:51
M45 Ted Haiman		22:03
David Jacobs		24:44
Sherman Warner		24:56
M50 Vic Cruz		24:45
Bob Colton		25:19
Francis Byrne		25:32
M55 Mike Frankfurt		28:13
Ross Grasso		28:26
Stuart Witt		29:16
M60 Joe Burns		27:46
Pat McElroy		28:14
Hector Pacheco		28:58
M65 George Thompson		27:02
Stan Edelman		30:03
M70 Vince Carnevale		30:51
Al Goldstein		31:00
M75 Chas Feldman		34:22
Jim Keeney		36:40
Racewalkers		
1 Franklin Vallejo	40	37:19
3 Bruno Galeotti	55	43:59
W40 K McIntyre		24:44
Sylvie Kimche		25:20
Mary Rosado		26:45
W45 Harriet Oster		27:34
Janell McDyer		29:31
Melanie Benvenue		29:53
30 Edith Jones		29:01
C G Carino		31:08
J T Westerling		31:12
W55 May Chou		33:19
Kate Perry		33:32
Esther Marcus		35:02
W60 Ethel Autorino		35:58
Aslaug Tomas		36:22
W65 Elaine Hauser		43:48
Jozi Neulinger		44:16
Racewalkers		
1 Gertraud Fendler	47	34:58
Finishers:	787m/445w	
Weather:	26°/h81%/w10mph SW	

30th Washington's Birthday
Marathon
Greenbelt, MD; February 17

Men		
1 J Ausherman	35	2:39:34
9 M Pionkowski	40	2:53:22
12 Tim Sponseller	42	2:54:59
14 J Porterfield	43	2:59:31
23 Bud Bettler	47	3:03:57
27 Dave Beale	48	3:07:54
35 Julian Ives	55	3:12:00
37 A Kotulski	51	3:14:12
40 Don Siefers	54	3:14:34
82 Dick Good	61	3:37:54
93 Robert Park	60	3:43:23
117 Don McNelly	70	4:47:26
Women		
1 Hiroko Smith	41	3:30:07
4 J Flannery	51	3:37:23
9 Barbara Fitz	46	3:59:52
14 Eileen Kay	52	4:11:21

Bagel Run 10K
Central Park, NYC
February 24

Overall		
Idris Mohamed	29	31:05
G Beschloss	32	34:47
M40 Hector Vargas		34:01
Wm Hart		34:53
L Guachichula		35:44
M45 Ted Haiman		33:19
Sam Skinner		35:31
Jim Hudick		36:54
M50 Gabriel Bernal		35:15
Dan Hamner MD		37:21
Rob Vieyra		38:10
M55 Martin Winter		41:13
Chas Clark		42:21
Mike Frankfurt		42:49
M60 Bill Fortune		38:28
Ken Jones		39:56
Joe Burns		42:13
M65 George Thompson		41:10
John Mannis		43:10
Stan Edelman		46:43
M70 Vince Carnevale		47:27
Al Goldstein		49:00
Wilfredo Rios		54:39
Racewalkers		
1 Gary Null	46	48:24
2 Franco Patoni	45	50:48
3 Gilberto Alvez	42	51:44
W40 Kathy McIntyre		38:29
Kathy Horton		38:55
Sylvie Kimche		39:14
W45 Marilyn Greeley		40:13
Harriet Oster		42:28
Carole Lelli		43:34
W50 Zofia Turosz		41:10
Lucinda Clark		43:57
Imme Dyson		45:08
W55 Linda Praskins		44:00
May Chou		47:39
Rosa Nales		49:21
W60 Bunny Franco		51:08
Margaret Johns		52:08
Aslaug Tomas		52:56
W70 Althea Wetherbee		60:56
Finishers:	1569/825w	
Weather:	30°/h70%/w10mph	

SOUTHEAST

Gasparilla Distance Classic
15K
Tampa, FL; February 9

Overall		
John Halvorsen	24	43:14
Jill Hunter	24	49:00
M40		
1 Mario Cuevas	FL	46:19
2 Ken Hamilton	CAN	47:18
3 Doug Bell	CO	48:03
4 Jim Pearson	FL	49:39
5 Grant Ritter	CT	51:30
6 Stephen Hall	FL	51:41
7 Kaare Osnes	NOR	52:20
8 Kent Oglesby	CA	52:23
9 Rich Davis	OH	52:40
10 Don Kardong	WA	53:12
11 Karl Stevens	FL	53:48
12 Rochard Bohrer	FL	54:04
13 Boots Baesler	FL	54:08
14 Fernando Escobar	FL	54:32
15 Alan Johnson	FL	54:32
16 Ken Brashear	FL	54:45
17 Glenn Cable	FL	54:52
18 Hollis Fennell	FL	55:26
19 Bob Wetzel	FL	55:32
20 Lynn Bryan	FL	55:34
M45		
1 Bill Calvin	FL	54:11
2 John Lashbrook	IL	55:01
3 Ron Hough	FL	55:40
4 David Bowden	FL	56:2

Continued from previous page
Edison Festival Of Light 5K
Fort Myers, FL;
February 16

Overall	
Brendon Mathias 21	13:46
Judi St. Hilaire 31	15:25
Men Masters Overall	
John Campbell NZ	13:55
(Masters World Best)	
Mike Ruckert MD	14:58
Byron Dyce FL	15:03
Earl Owens GA	15:12
Kaare Osnes FL	15:14
M40 J Ignacio Jr TN	15:27
Norman Ferris SC	15:36
Dale Parfitt FL	15:36
Carl Nicholson AL	15:40
Stephen Hall FL	15:41
M45 Ed Frisillo NY	17:04
John Boyle FL	17:14
Morris Williams GA	17:24
Robert Stevens IL	17:46
Paul Wilson FL	17:51
M50 John Benkert GA	16:25
Joe Burgess FL	16:38
Jerry McGath MS	17:06
M55 Jim Larson FL	17:42
Mike Goldman IN	18:05
Rene Armengol FL	18:13
Men Grandmasters	
Warren Utes 70 IL	18:13
M60 Bob Bowman FL	18:23
Jim Blount FL	18:38
Al Treichel FL	18:51
M65 Pat Gallagher FL	19:31
Newlie Hewson DC	22:21
Duke Stewart FL	22:46
M70 Paul Amadio OH	21:49
Edmund Vuolo CT	22:23
Howard Henry FL	24:13
M75 Sam Monastero FL	29:30
Stan Steiert OH	33:38
Frank Clark FL	36:22
M90 Warren Daniell FL	55:34
Women Masters Overall	
C Ciavarella TN	18:15
Linda Cash CO	18:26
Judy Greer FL	18:41
C J Vosburgh 45 FL	18:59
Sharon Beal FL	19:17
M40 Patti Kadis FL	19:50
Peg Miller FL	19:55
Pat Dye FL	20:02
Judy Davis FL	20:06
Ellen Murphy TN	20:11
M45 Nancy Frisillo NY	19:31
Tina Braam CAN	21:41
Bonnie Theall FL	21:42
Janet Ross FL	22:35
Suzanne Daniels FL	22:38
M50 Susie Kluttz NC	19:55
Sally Snyder FL	20:20
Patricia Larson MN	20:48
M55 Joanne Barney IL	23:09
Ellen Sheppard FL	25:58
Women Grandmasters	
Dottie Gray 65 MO	25:06
M60 Jane Arnold TN	25:10
M Treichel FL	26:47
M65 Pat Wolfskeil FL	34:01
Jean Correa FL	35:35
M70 Faye Wilder FL	36:41

MID-AMERICA

Saint Paul Winter Carnival
Half-Marathon
St. Paul, MN; February 2

Overall	
Dan Carlson	1:10:28
Kristi Norling	1:20:14
M40 James Pelarske	1:12:28
Don Mathieu	1:18:47
Fred Clayton	1:18:49
M50 Erv Tolkinen	1:26:21
Gary DeFrance	1:26:37
James Aust	1:28:08
M60+Bill Galbrecht	1:33:07
Ray Hardman	1:41:31
Ray Hardman	1:41:31
Chas McJilton	1:49:49
M40 Janice Pearson	1:33:53
Faye Berger	1:36:33
Barbara Spannaul	38:07
M50 Phyllis Kahn	1:54:49
Lynne Gehrke	1:55:53
A Schroeder	1:56:15
M60+MaryLou Carlson	2:01:29
Carol Sankey	2:20:46

SOUTH WEST

Mardi Gras Marathon/15K/5K
New Orleans; January 19

---Marathon---	
Overall	
P Waggenpack	2:37:41
Lori Ann King	3:13:34
Top Masters	
Mel Williams	2:49:02
Jeanne Kruger	3:17:44
M40 Mark Marley	2:58:41
M45 Eugene Jones	3:04:14
M50 Frank Fradella	3:19:32
M55 Mike McAdams	3:28:18
M60 Charlie Lehmann	3:41:25

W40 Mary Wilson	3:46:30
W45 Jeannie Cox	3:51:18
W50+Mary Watson	4:27:22
---15K---	
Overall	
Eric Laywell	49:12
Kelly Reedy	60:16
Top Masters	
Mike Diorka	53:44
Lynn Hayes	64:22
M40 Tom Bogue	57:32
M45 Brendan Minihan	55:40
M50 Ron Tocci	56:19
M55 Walt McDaniel	61:32
M60+Jim Drinkwine	69:57
W40 MaryAnn Basore	67:31
W45 Jean Grabowski	77:11
W50+Mary Drinkwine	84:24
---5K---	
Overall	
Dr. Pat Hambrick	15:23
Rachel Barbee	18:38
Top Masters	
Naif Shahady	18:13
Royce Mills	22:24
M40 Junior Anderson	19:41
M45 Lou Moyer	21:12
M50 Jim Peller	18:55
M55 Doyle Coffelt	23:39
M60+Bob Allen	21:44
W40 Lua Hebert	27:23
W40 Barbara Kennedy	26:34
W50 Sue Peller	33:15
M55 Betty Ketchum	42:42

Elmwood Classic 10K/5K
New Orleans; February 3

---10K---	
Overall	
Pablo Presedo 24	31:56
Denise Billiot 27	37:19
M40 Pat Hambrick 2nd	32:00
M45 Joey Provenzano	35:55
M50 Mike Witkin	36:13
M55 Mike McAdam	41:34
M60+Henry Gaudet	44:54
W40 Marisa Quinones	41:45
W45 Yvonne Lee	48:35
W50+E VanBattum	51:25
---5K---	
Overall	
Wayne Chenet	16:03
Cheryl Aucoin	19:35
M40 Wim Burgers	18:35
M50 Lawrence Shiver	18:42
M60+Joe Hartdegen	22:12
W40 Susan Walsh	24:50
M50 Erva Guenther	26:29

FLYAWAY 5K
New Orleans; February 17

Overall	
Dr. Pat Hambrick 41	15:33
Rachel Barbee 39	18:37
M40 Pat Casey	19:13
Dave Lagasse	19:28
M45 Eugene Jones	18:40
Pat Casey	19:13
M50 Jim Peller	19:07
Vince Drago	21:20
M55 Gabe Abene	22:49
Fausto Gonzalez	23:06
M60 Henry Gaudet	22:02
Bob Allen	22:05
M65+Art Gassen	26:16
Al Masakowski	28:12
M40 Royce Mills	21:03
Carol Soniat	23:30
M45 Helen Siroka	27:44
Marlene Glazer	28:20
M50 Gwen Lund	28:08
M Lastrades	36:26
M55 Betty Pallotto	41:33
Joyce Stall	43:44
M60+Connie Butler	34:36
Amelia Gassen	34:55

River City 10 Miler
Austin, TX; February 17

M40 Ed Swiatocha	52:48
Junior Lee	56:24
Pete Vandermeij	57:16
M45 Bill Koehler	59:51
Gregg Evans	59:56
Doug Hamm	62:30
M50 Bob Mohler	57:06
David Senochalle	62:15
Bill Purcell	65:53
M55 David Greene	71:21
Orlando Laaniz	73:55
Jack Jennings	73:58
M60+C Redepening	70:33
Jack Caldwell	73:34
Jim Southard 68	76:00
M40 Andrea Ray-Smith	66:52
Kathleen Stegall	70:36
Alice Spoons	74:42
M45 Sandra Baran	76:19
Nancy Zimmerman	1:21:44
Jeanette Girard	1:25:40
M50 Diane Pepin	1:24:33
Judith Fowler	1:26:40
M55 Jane Hamlyn	1:35:35
M60+Mimi Malis	1:33:36

WEST

Las Vegas Marathon
Las Vegas, NV; February 2

Overall	
Sammy Rotich 33	2:16:03
Nadia Prasad 22	2:39:10
Top Masters Men	
(1-\$3000, 2-\$2000, 3-\$1000, 4-\$500)	
Domingo Tibaduiza	2:21:38
Rick Reimer	2:29:56
Fred Ortega	2:30:08
Ewar Gordillo	2:30:11
M40	
John Ivory	\$300 2:31:55
Evan Cook	\$200 2:34:37
Wm Strachan	\$100 2:35:37
Athol Barton	2:36:19
Gary Silva	2:37:07
M45	
Peter Stern	\$300 2:35:35
Larry Ingram	\$200 2:38:43
Mike Mahler	\$100 2:38:52
William Cortes	2:40:28
Nicholas Papas	2:45:49
M50	
B Radzelovage	\$300 2:51:13
Dick Young	\$200 2:53:40
Vic Bell	\$100 2:55:28
R Leutzingier	2:56:29
Bill Purcell	2:58:38
M55	
Jim Smedema	\$300 3:00:01
Doug Rowlett	\$200 3:04:23
J Schleisman	\$100 3:07:17
Robert Fletcher	3:09:52
George Flier	3:18:34
M60	
Jack Horne	\$150 3:07:04
Ruben Vigil	\$100 3:17:59
Edwin Mighell	3:26:35
M65+	
Don Thomson	\$150 3:23:15
Alex Ratelle	\$100 3:25:37
Logan McGuiness	3:27:00
Top Masters Women	
(1-\$2000, 2-\$1000, 3-\$500)	
Mary Wood	2:44:30
Marcia Stromsmoe	2:59:08
Merle Heimberg	3:03:45
M40	
Judy Watson	\$250 3:04:07
S O'Connor	\$100 3:05:58
Charlene Groet	3:15:02
M45	
Margie Lindsay	\$250 3:12:17
Wendy Watson	\$100 3:21:07
Sue McLain	3:31:20
M50	
Y La Vigne	\$100 3:22:29
G McQuitty	3:29:25
Lorraine Hashey	3:40:50
M55	
Genie Salerno	\$100 4:18:07
Hazel Phillips	4:25:42
M60+	
Jane Corso	\$100 4:34:18
Marie Boles	4:51:13



McDonald's Lakewood Half-Marathon
Lakewood, CA; February 3

Overall	
Greg Houlgate 23	1:08:40
Julia McKinney 34	1:25:24
M40 Jack McDowell	1:16:31
Dan Kelly	1:16:58
Mark Hemphill	1:17:38
M45 Pablo Drobny	1:16:46
Richard Lewis	1:23:21
Don Gillman	1:23:33
M50 Jim Chenweth	1:17:45
G Chavez	1:23:20
Ron Navarette	1:25:07
M55 Bob Rice	1:27:02
John Shini	1:27:26
Frank Greene	1:33:20
M60 Hugh McHugh	1:29:59
Bob Kohler	1:31:06
George Bornett	1:39:33
M65 Larry Banuelos	1:37:25
Robert Kay	1:44:39
David Gorenbein	1:45:32
M70+Eddie Lewin	1:42:35
M40 Neva Higgins	1:31:38
Chris Purkiss	1:32:14
Glynis Greening	1:41:04
M45 Nancy Buchanan	1:41:55
Margaret Hourgan	1:43:58
Sue Cooper	1:43:59
M50 J Boltra	1:37:25
Margaret Speer	1:46:56
Hvaja Andrade	1:47:55
M55 Irene Olberz	1:38:14
L Seidmeyer	1:47:00
M60 Antoinette Hill	1:58:51
Pinkie Fisher	1:59:17
M65 Mary Storey	1:52:05

Great American Adventure
Cross-Country Runs
Huntington Beach, CA
February 16

---2.8 Mile---	
M40 Ozzie Osgood	16:35
Robert Bohl	18:30
Russell Smith	18:41
M45 John Gonzales	17:15
Ben Jackson	17:29
T m Densham	18:24
M50 Hall Seely	18:54
Bill Kroche	19:02
Doc Murdock	19:41
M55 Doug Rowlett	18:18
Phil Campbell	19:44
M60+Jack Green	21:50
Sal Chadez	22:13
M40 Loi Coker	18:22
Sue Reinhart	19:37
Ruth Rutte	19:48
M45 Lise Squillace	20:39
Nancy Green	25:26
M50 Dolores Vega	26:20
M55 Audrey Hauth	23:19
M60+Shirley Blackman	34:59
---4.8 Mile---	
M40 O Osgood	28:35
Mike Cockrell	29:59
M45 Sylvester Chumley	31:17
John Teuelein	32:04
M50 Don Mabay	34:26
Bob Blum	36:18
M55 Doug Rowlett	32:44
Carlos Vega	34:29
M60+Chufi Gaffo	37:32
Jim Heyes	39:35
M40 Loi Coker	32:51
Ruth Rutte	34:48
M45 Lisa Squillace	36:30
M55 Audrey Hauth	41:45

INTERNATIONAL

Canterbury 10 Mile
Kent, England; January 7

Overall	
Russell Foley	48:30
Glynis Penny 35	56:25
M40 Keith Penny 41	50:16
Steve Sear 40	50:26
Alan Rick 41	53:36
M45 Steve Birkin 46	53:32
M50 Peter Mellor 50	55:27
M40 Sue Coxshall	60:45

Fareham 10 Mile
Portsmouth, England
January 27

Overall	
Jon Richard 26	48:17
Karen McLeod 32	54:38
M40 Peter Marsh 40	51:56
Martyn Fisher 43	52:25
Abbie Pellett 41	52:49
M45 Martin Duff 46	54:09
M50 Tecwyn Davies 52	54:19
M55 Richard Goulding	50:58:48
M60 Bill Davies 61	66:19
M35 Celia Duncan 37	58:59
W40 Zina Marchant 40	58:13
W45 Pat Card 45	67:41

RACE WALKING

Park Walkers Club
Grand Prix 5K
Central Park, NYC

---November 25---	
Overall	
Nick Bdera 42	23:34
Kaisa Ajaye 27	27:13
M40 P Butkovich	29:08
M50 Bob Thaler	28:33
M60 Wallace Cutler 67	30:17
W40 Gerri Maslanska	34:58
M50 Linda Roesner	30:32
M60 Q Thompson	39:11



--December 1--	
<u>Overall</u>	
Nick Bdera 42	23:57
Kaisa Ajaye 27	31:16
M40 Tim Ferguson	26:03
M50 Ferdi Scharf 55	32:16
M60 Frank LaMorte 69	30:13
W40 Eliz Butkovich 49	34:14
W50 Jan Wagner	35:36

TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

NORTH CENTRAL COLLEGE • NAPERVILLE, IL • JULY 4, 5, 6 & 7

GENERAL INFORMATION

MEET DIRECTOR: DICK GREEN (815) 332-4743

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on July 4, 1991 will determine a competitor's age group. Individual competition will be held in age groups of 5 year increments starting at age 30. Relays will be held in age groups of 10 year increments.

Proof of registration with The Athletics Congress will be required from all U.S. nationals at on-site registration. Foreign competitors will compete as guests and no TAC registration will be required.

Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport, or birth certificate will be acceptable documentation.

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards to foreign athletes. All competitors will receive a Certificate of Participation.

ENTRY FEES AND PROCEDURES: Entry fee is \$20.00 for the first event, \$15.00 for the second event, and \$10.00 for each subsequent event. The entry fee includes a T-shirt to be received at on-site registration.

All entries **MUST BE RECEIVED BY JUNE 4, 1991.** Confirmation of entry will be sent within 7 days, or no later than June 11, 1991. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason.

RELAYS: Relay entries will be taken at on-site registration only. Please have one club representative enter all relay teams for their club. This club relay representative should be prepared to pay the relay entry fee for each team entered (\$40.00 per relay team) as well as submit the following documentation for each individual entered in a relay: 1) TAC registration number, 2) proof of date of birth (photocopy of a birth certificate, passport, or driver's license). All relays must be entered by noon on Friday, July 5, 1991.

SPECIAL EVENTS: Information will be included in your packet.

ON-SITE REGISTRATION AND PACKET PICK-UP: at Meet Headquarters Hotel, Sheraton Naperville, 1801 North Naper Blvd., Naperville, IL. July 3, 1991, 6:00 p.m. - 10:00 p.m.; Field House at track, July 4, 1991 through July 7, 1991, 9:00 a.m. - 6:00 p.m. We will verify that all fees have been paid and required documentation is in order. Athletes may then pick up their packets and make their declarations.

Declarations must be made at the time of on-site registration and no later than two hours before the scheduled time of the first event of participation. Events starting before 10 a.m. must be declared before 9 p.m. the day before competition. It will be the athlete's responsibility to declare. Prepare for a long line.

ACCOMMODATIONS: All competitors will be responsible for making their own overnight arrangements. The following hotel properties are holding room blocks at a discounted rate for this event. Please identify yourself with this event when making your reservations.

Sheraton Naperville, Hyatt Lisle, Holiday Inn Lisle, Excel Inn Naperville, Travel Lodge Naperville, Hampton Inn Naperville. All rates \$62.00 flat. Shuttle bus is provided free by meet organizers. For all motel reservations call (708) 505-4900 and refer to National Masters Track & Field Meet.

Dorm rooms on campus are available; air conditioned; double occupancy; four days and includes breakfast. Price per person \$98.50; single occupancy \$138.50. Call (708) 420-3466.

DISCOUNTED AIR FARE: through the courtesy of American Airlines. For reservations call: 1-800-433-1790 and refer to Starfile #S027178.

TENTATIVE SCHEDULE OF EVENTS

FINAL SCHEDULE WILL BE INCLUDED IN SCHEDULE OF EVENTS BOOKLET
TO BE INCLUDED IN PACKET HANDOUT 7-3-91

THURSDAY - 7/4/91

5000M RUN ALL FINALS

AM 7:30 50+ WOMEN
8:15 30-49 WOMEN
9:00 60+ MEN
9:45 50-59 MEN
10:30 40-49 MEN
11:00 30-39 MEN

800M TRIALS

PM 1:00 OLDEST TO YOUNGEST
WOMEN BEFORE MEN
12 OR LESS PER AGE GROUP
WILL ADVANCE TO FINALS

400M TRIALS

2:30 OLDEST TO YOUNGEST
WOMEN BEFORE MEN
8 OR LESS PER AGE GROUP
WILL ADVANCE TO FINALS

FRIDAY - 7/5/91

5000M RACEWALK ALL FINALS

AM 7:00 50+ WOMEN
8:00 30-49 WOMEN
9:00 50+ MEN
10:00 30-49 MEN

80/100/110 HURDLES TRIALS & FINALS

11:00 70+ WOMEN
11:10 60-69 WOMEN
11:20 50-59 WOMEN
10:30 40-49 WOMEN
11:40 70+ MEN
12:00 30-39 WOMEN
12:10 60-69 MEN
12:20 50-59 MEN
12:40 40-49 MEN
12:50 30-39 MEN

PM 1:00 WOMEN'S FINALS

1:20 MEN'S FINALS

400M FINALS

1:40 70+ WOMEN
1:44 60-64 WOMEN
1:48 55-59 WOMEN
1:52 50-54 WOMEN
1:56 45-49 WOMEN
2:00 40-44 WOMEN
2:04 35-39 WOMEN
2:08 30-34 WOMEN
2:12 70+ MEN
2:14 65-69 MEN
2:18 60-64 MEN
2:22 55-59 MEN
2:26 50-54 MEN
2:30 45-49 MEN
2:34 40-44 MEN
2:38 35-39 MEN
2:42 30-34 MEN

1500M TRIALS

2:45 OLDEST TO YOUNGEST
15 OR LESS PER AGE GROUP
WILL ADVANCE TO FINALS

100M TRIALS & FINALS

3:45 70+ WOMEN
3:50 60-69 WOMEN
3:55 50-59 WOMEN
4:00 40-49 WOMEN
4:05 30-39 WOMEN
4:10 70+ MEN
4:15 65-69 MEN
4:20 60-65 MEN
4:25 55-59 MEN
4:30 50-54 MEN
4:35 45-49 MEN
4:40 40-44 MEN
4:45 35-39 MEN
4:50 30-34 MEN
5:00 ALL FINALS
OLDEST TO YOUNGEST
WOMEN BEFORE MEN

STEEPLECHASE

5:20 ALL FINALS
OLDEST TO YOUNGEST

SATURDAY - 7-6-91

10,000M RUN ALL FINALS

AM 6:00 50+ WOMEN
7:15 30-49 WOMEN
8:30 60+ MEN
9:45 50-59 MEN
10:45 40-49 MEN
11:35 30-39 MEN

DISCUS THROW

AM 7:00 ALL AGE GROUPS
OLDEST TO YOUNGEST
WOMEN BEFORE MEN
LONG JUMP
7:00 ALL AGE GROUPS
OLDEST TO YOUNGEST

AM 7:00 PENTATHLON-MEN

LONG JUMP
JAVELIN THROW
200M
DISCUS THROW
1500M

PENTATHLON-WOMEN

100M HURDLES
HIGH JUMP
SHOT PUT
LONG JUMP
800M RUN

PM 2:00 HAMMER THROW TRIALS & FINALS

OLDEST TO YOUNGEST
WOMEN BEFORE MEN

AM 7:00 SHOT

OLDEST TO YOUNGEST
WOMEN BEFORE MEN

8:00 TRIPLE JUMP

OLDEST TO YOUNGEST
WOMEN BEFORE MEN

11:00 HIGH JUMP

OLDEST TO YOUNGEST
WOMEN BEFORE MEN

3000M-4000M HURDLES ALL FINALS

PM 1:00 50+ WOMEN
1:20 65-69 MEN
1:30 60-64 MEN
1:40 50-59 MEN
1:50 40-49 WOMEN
2:00 30-39 WOMEN
2:10 45-49 MEN
2:20 40-49 MEN
2:30 35-39 MEN
2:40 30-34 MEN

800M FINALS

3:00 70+ WOMEN
3:05 65-69 WOMEN
3:10 60-64 WOMEN
3:15 55-59 WOMEN
3:25 45-49 WOMEN
3:30 40-44 WOMEN
3:35 35-39 WOMEN
3:40 30-34 WOMEN
3:45 70+ MEN
3:50 65-69 MEN
3:55 60-64 MEN
4:00 55-59 MEN
4:05 50-54 MEN
4:10 45-49 MEN
4:15 44-49 MEN
4:20 40-44 MEN
4:25 35-39 MEN
4:30 30-34 MEN

200M TRIALS & FINALS

8 OR LESS PER AGE GROUP WILL RUN FINALS

4:40 70+ WOMEN
4:43 65-69 WOMEN
4:45 60-64 WOMEN
4:48 55-59 WOMEN
4:51 50-54 WOMEN
4:53 45-49 WOMEN
4:56 40-44 WOMEN
4:59 35-39 WOMEN
5:02 30-34 WOMEN
5:05 70+ MEN
5:08 65-69 MEN
5:11 60-64 MEN
5:14 55-59 MEN
5:17 50-54 MEN
5:20 45-49 MEN
5:23 40-44 MEN
5:25 35-39 MEN
5:28 30-34 MEN
5:31 ALL FINALS OLDEST TO YOUNGEST

4X100M RELAY

10:20 70+
10:25 60-69
10:30 50-59
10:35 40-49
10:40 30-39

4X400M RELAY

10:50 70+
11:00 60-69
11:10 50-59
11:20 40-49
11:30 30-39

4X800M RELAY

11:40 70+
11:50 60-69
12:00 50-59
12:10 40-49
12:20 30-39
12:40 AGE GRADED 100M

4X1000M RELAY

12:30 70+
12:40 60-69
12:50 50-59
13:00 40-49
13:10 30-39

4X1500M RELAY

13:20 70+
13:30 60-69
13:40 50-59
13:50 40-49
14:00 30-39

4X2000M RELAY

14:10 70+
14:20 60-69
14:30 50-59
14:40 40-49
14:50 30-39

4X2500M RELAY

15:00 70+
15:10 60-69
15:20 50-59
15:30 40-49
15:40 30-39

4X3000M RELAY

15:50 70+
16:00 60-69
16:10 50-59
16:20 40-49
16:30 30-39

4X3500M RELAY

16:40 70+
16:50 60-69
17:00 50-59
17:10 40-49
17:20 30-39

4X4000M RELAY

17:30 70+
17:40 60-69
17:50 50-59
18:00 40-49
18:10 30-39

4X4500M RELAY

18:20 70+
18:30 60-69
18:40 50-59
18:50 40-49
19:00 30-39

4X5000M RELAY

19:10 70+
19:20 60-69
19:30 50-59
19:40 40-49
19:50 30-39

4X5500M RELAY

20:00 70+
20:10 60-69
20:20 50-59
20:30 40-49
20:40 30-39

4X6000M RELAY

20:50 70+
21:00 60-69
21:10 50-59
21:20 40-49
21:30 30-39

4X6500M RELAY

21:40 70+
21:50 60-69
22:00 50-59
22:10 40-49
22:20 30-39

4X7000M RELAY

22:30 70+
22:40 60-69
22:50 50-59
23:00 40-49
23:10 30-39

4X7500M RELAY

23:20 70+
23:30 60-69
23:40 50-59
23:50 40-49
24:00 30-39

4X8000M RELAY

24:10 70+
24:20 60-69
24:30 50-59
24:40 40-49
24:50 30-39

4X8500M RELAY

25:00 70+
25:10 60-69
25:20 50-59
25:30 40-49
25:40 30-39

4X9000M RELAY

25:50 70+
26:00 60-69
26:10 50-59
26:20 40-49
26:30 30-39

4X9500M RELAY

26:40 70+
26:50 60-69
27:00 50-59
27:10 40-49
27:20 30-39

4X10000M RELAY

27:30 70+
27:40 60-69
27:50 50-59
28:00 40-49
28:10 30-39

4X10500M RELAY

28:20 70+
28:30 60-69
28:40 50-59
28:50 40-49
29:00 30-39

4X11000M RELAY

29:10 70+
29:20 60-69
29:30 50-59
29:40 40-49
29:50 30-39

4X11500M RELAY

30:00 70+
30:10 60-69
30:20 50-59
30:30 40-49
30:40 30-39

4X12000M RELAY

30:50 70+
31:00 60-69
31:10 50-59
31:20 40-49
31:30 30-39

4X12500M RELAY

31:40 70+
31:50 60-69
32:00 50-59
32:10 40-49
32:20 30-39

4X13000M RELAY

32:30 70+
32:40 60-69
32:50 50-59
33:00 40-49
33:10 30-39

4X13500M RELAY

33:20 70+
33:30 60-69
33:40 50-59
33:50 40-49
34:00 30-39

4X14000M RELAY

34:10 70+
34:20 60-69
34:30 50-59
34:40 40-49
34:50 30-39

4X14500M RELAY

35:00 70+
35:10 60-69
35:20 50-59
35:30 40-49
35:40 30-39

4X15000M RELAY

35:50 70+
36:00 60-69
36:10 50-59
36:20 40-49
36:30 30-39

4X15500M RELAY

36:40 70+
36:50 60-69
37:00 50-59
37:10 40-49
37:20 30-39

4X16000M RELAY

37:30 70+
37:40 60-69
37:50 50-59
38:00 40-49
38:10 30-39

4X16500M RELAY

38:20 70+
38:30 60-69
38:40 50-59
38:50 40-49
39:00 30-39

4X17000M RELAY

39:10 70+
39:20 60-69
39:30 50-59
39:40 40-49
39:50 30-39

4X17500M RELAY

40:00 70+
40:10 60-69
40:20 50-59
40:30 40-49
40:40 30-39

4X18000M RELAY

40:50 70+
41:00 60-69
41:10 50-59
41:20 40-49
41:30 30-39

4X18500M RELAY

41:40 70+
41:50 60-69
42:00 50-59
42:10 40-49
42:20 30-39

4X19000M RELAY

42:30 70+
42:40 60-69
42:50 50-59
43:00 40-49
43:10 30-39

4X19500M RELAY

43:20 70+
43:30 60-69
43:40 50-59
43:50 40-49
44:00 30-39

ENTRY FORM: 1991 TAC NATIONAL MASTERS T & F CHAMPIONSHIPS

NAME _____ BIRTHDATE _____ AGE ON 7/4/91 _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ 1991 TAC # _____ CLUB _____

EVENTS ENTERED _____

BEST MARKS 90-91 _____

MALE _____ FEMALE _____

ENTRY FEES: 1st event entry fee _____ US \$20.00

2nd event entry fee _____ US \$15.00

additional events = _____ x US \$10.00 _____

Pentathlon _____ US \$20.00

TOTAL AMOUNT DUE _____

T-SHIRT SIZE S _____ M _____ L _____ XL _____ XXL _____

METHOD OF PAYMENT
BANK DRAFT OR CHECK IN US DOLLARS
PAYABLE TO
TAC MASTERS CHAMPIONSHIP.
MAIL TO:
DICK GREEN
P.O. BOX 6147, ROCKFORD, IL 61125

WAIVER: I hereby declare I am in good health and am properly conditioned for the competition and of the stated age. I absolutely relieve the National Masters Track and Field Championships Organizing Committee TAC/USA the sponsoring organizations, North Central College and all officials conducting the meet of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1991 TAC National Masters Track & Field Championships.

SIGNATURE _____

DATE _____