

NATIONAL MASTERS NEWS

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

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Perez, Marshall First Masters in Los Angeles Marathon

by JERRY WOJCIK

Mexico's Manuel Garcia Perez, 41, took the masters title with a 2:25:35, finishing 27th of over 19,400 runners, in the VII City of Los Angeles Marathon on March 1. Last year, New Zealand's John Campbell, then 42, ran a fourth-place 2:14:33 for the masters first.

Perez's closest competition came from Fred Schaffstein, 43, Mt. Vernon, Ind., who finished in 2:33:37. Winner of the M45 race, Jussi Hamalainen, of Agoura Hills, Calif., was third in 2:34:59.

No masters woman broke three hours. Sandra Marshall, 44, San Diego, Calif., came the closest with a 3:02:47, followed by C. Dodge, 42, Encino, Calif., 3:03:08. In the 1991 W40-and-up race, Priscilla Welch, then 46, won in an 11th-place 2:40:20. Gloria McCoy, 46, took the W45 race, 3:28:45.

A prediction of rain for race day proved false, and mid-80s temperatures three days before had cooled somewhat by Sunday, to the relief of the race's promoters, as well as the participants.

But, the day was marred when police shot and killed a 30-year-old man, who reportedly "attacked a police officer and grabbed for an officer's gun." the gunfire erupted near a "family reunion area" where hundreds were waiting for friends and relatives competing in the race, just as the leaders were finishing. The race has been run for seven years through Los Angeles' diverse neighborhoods without previous incident.

The number of finishers was up from 14,729 in 1991. Runners and spectators injected some of the essence of Los Angeles' uniqueness into the event. Peter Elkin and Lorin Johnson, who met while running in the 1990 marathon, ran 13 miles to be married by a minister in jogging shoes. Mariachi bands and Chinese dragons greeted the runners. A team of five Elvis impersonators, resplendent in white, gold-trimmed suits with bell-bottomed trousers, jogged the race at the back of the pack.

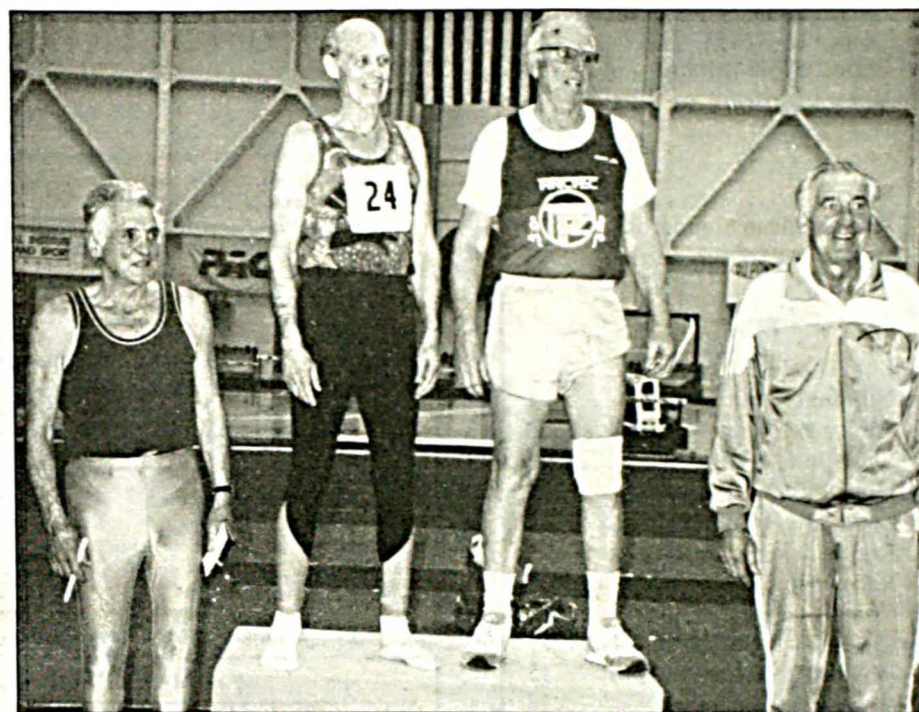
Open winners were John Treacy, 34, of Ireland, in 2:12:29, and Medina Biktagirova, 27, of the Commonwealth of Independent States, in 2:26:23, a course record. □



Dan Conway, 53, Chetek, Wisc., breaks the world indoor mile record for men over age 50 with a 4:41.31, Sunkist Invitational Meet, Los Angeles, February 15.

Victor Sailer Agency Shot

National Pentathlon Draws Entrants From 20 States



The 70-74 and 75-79 age group winners in the TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis, IN, February 15. L to R: Armando Ricciardi (72, NV) 2nd; Boo Morcom (70, NH) 1st; Ham Morningstar (75, MI) 1st; Mel Buschman (70, MI) 3rd. Photo by Gary Black

by SUZANNE HOPKINS

The TAC/USA National Masters Indoor Pentathlon Championships were held February 15 at the National Institute For Fitness and Sport in Indianapolis. Forty male and five female athletes representing 20 different states, plus the province of Quebec, filled the field. Patricia Peterson, 65, of Albany, N.Y., ran the 60mH in a handheld time of 14.8, establishing a world record for that age group.

As always in multi-event competition, scoring was based on the WAVA five-year age factors and the 1985 IAAF scoring tables. The top female point-getter was Atlanta's Phil Raschker, 44, with 3278 points, repeating as the W40 champion.

Peterson won the W65 title with 2434, followed by Lucy Anne Brobst (58, NC) who won the W55 gold with 2289 points. Cathy Primmer (48, IN) edged Mary Lou Platis (46, IN) for the W45 crown, 1929 to 1921, with the competition coming down to the last event.

In the men's action, Boo Morcom (70, NH) topped all scorers with 4009 points to take the M70 division. Buck Bradberry (65, AL) edged Denver Smith (66, OH) in the M65 bracket, 4005 to 3931.

Ham Morningstar (75, MI) was the only competitor in M75 with 2821

points. Dave Douglass (60, CA) won the M60 gold with 3264, while Phil Mulkey (59, GA) repeated as M55 champion with 3517 points.

Dale Lance (54, OK) led the M50 field of four with 3759, his second straight win, with Sammy White (54, GA) second at 3605. Rex Harvey (45, OH) took M45 honors with 3535.

The M40 group was the largest and most competitive division with 10 entrants. Only 561 points separated first from eighth place as Pat Crandall (41, MD) scored 3283 points to best Ed Baskauskas (41, CA, 3079) and Mike Davis (42, IL, 3043).

Jeff Watry (36, WI) led the four M35 entrants with 3597, while David Caldwell (34, MO) garnered M30 laurels at 2992.

Had the scoring been done by single-

Continued on page 7

1991 Track & Field Rankings Book Now Available

The 1991 U.S. Masters Track and Field Rankings book is now available.

The 56-page book features men's and women's 1991 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 is \$5.00 and is available from NMN. See form on page _____.

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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

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Sliding Past the Amityville Horror

by MAURY DEAN

Amityville's no horror for the frozen February stampede. The Ides of February bring to Amityville, Long Island, the No. 1 race in Ralph and Steph Epifanio's "Dreaded Winter Series," a run-romp-slide skate among the icy avenues of sub-arctic southern New York. Overall crowds were down from the usual five hundred due to a snowy 24° at 2 p.m., and a whooshing northwest wind of 24 mph or so. Undaunted, the L.I. masters contingent stormed the Slide with the Seal Run, and swift Dan Brach, 41, nearly wrested the overall gold from Harry Penn (13:02) over the odd-distance 2.67 mile course.

Brach ran 13:34, third overall. Equally astounding, he had run 16 miles earlier that morning. Sixty-four-year-old Bert Jablon won the entire 50+

field over a nice effort by Clydesdale seniors (190#) Rich Hollman and Rob Lawrence (200#) who ran 20:16 and 24:17. Speedy Sandra Ruppolo (23:58) celebrated her 60th by garnering top 60+ honors, with the silver going to Doris Pritchard (31:27).

Cheryl Skrivanek won the masters (18:52) from Mary Madeiros (20:17), while husband George Skrivanek (15:36) served notice to the other masters that he and pal Dave Oakley (14:54) will find their homes laden with hardware this year. Submaster Mary Von-Bevern (16:38) skated the last block to the overall distaff gold.

All runners were treated to a hardly-slippery, slightly-icy promenade through a town famous for an eerie haunted house and its ghostly denizens. Based on a true murder mystery, the movie house appears alone and desolate in the ghoulish haunted stormy woodlands.

In the real world, our Amityville race was highlighted by Victorian turret-tower-topped mansions, arts & crafts cottages bedecked by formal gardens frosted by light snow, and wide swift flat avenues of cozy-home prosperity. The post-race party at Crawdaddy's Pub sizzled the icicles off of Frigid February and its whistling winds. By the time the Epifanio Express chugged out of Amityville, the Winter Olympics were on TV, and we all felt a little bit Olympian in aspiration and arctic achievement. □



Gene Abdenour, from "back East", was a welcomed guest competitor, 1991 SCA/TAC Masters Championships, Occidental College, Los Angeles. This year's meet will be held at the same site, June 20. Photo by Jerry Wojcik



Top finishers in the M60-64 division, USRA Masters Circuit 8K Championships, Orlando, Fla., February 1: (l to r) Bill Fortune (31:09), Jim Blount (30:37), Hal Hidgon (31:01), and Dick Wilson (31:07). Photo by Joan Wilson

Snowflakes Flee, Fast Feet Fly

by MAURY DEAN

The Long Beach Snowflake Four-Miler kicked off the Long Island running this season (or capped the snowshoe season), and over a thousand boardwalk stompers raced to glory and/or sore feet, on February 22. Each year, the incumbent fear the overwhelming surge of birthday boys and girls who fly up to a new division. Fledgling 1992 saw the emergence of Steve Kaiser (outright winner of the Long Island Half about seven years ago in a 5000-strong field) as a master. Steve's 22:08, however, only glommed the silver due to the semi-welcome arrival of New York City's latest 40-year-old, Hari Rohl (21:46). Nancy Grever's fine 26:06 copped masters gold by 3½ minutes (while daughter Chris won the 19-&-under by seven minutes, for third overall).

The thousand-plus stampede stomped the south-beach boardwalk for the first

mile, caromed down the mini-ramp to Broadway Avenue to dodge potholes for two miles, and finally scampered back onto the bouncy decking under a simmering hint-of-spring sky to the faraway finish line. The usual senior superstars abounded: Colin Harris to an M60-69 26:05 gold; pert Chickie O'Toole to 35:13, which not only won the 60+ crew, but would have placed second in the fifties.

Though a race this big (complete with a Republican senator doling out trophies) should have five-year age groups, those of us at the far end of some decade were victoriously vindicated; two 55-year-olds won the 50-59 categories, Michael Goldman (24:22) over Jose "Faster-Each-Year" Mendez of the Bohemia Track Club, and Nancy Fraser (31:31). No flakes this 42° day—just fast feet flying alongside the cool Coney Island surf. □

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DRUGGED MASTERS

I must comment on the recent article by Carl Wallin (Speaker's Corner, Feb. NMN). The essence seems to be: I'm a damn good field man. I threw in college against some of the best. Now I see some nobodies with phenomenal performances in their older years. They must be taking drugs, because otherwise their performances would fall off just like mine did.

While I admit that they could be taking performance enhancing drugs, there is a simple alternative view. A good friend of mine never played on any team except his college fraternity team in intramural sports. About ten years ago he discovered what a phenomenal sprinter he is through Corporate Cup competition. He has dominated the 100 and 200 50+ competition in New Mexico, and he won the 200 at Eugene in 1989. His is a case of slow maturation. Along with slow maturation goes slower aging. Unfortunately, this is a largely ignored relationship.

It is becoming evident that the best athletic years in many sports can come much later in life than previously thought. While many athletes peak in their early to mid-twenties, others may not until they are thirty or older. Even in old age some people can develop latent talents that weren't previously tapped. That is why many masters athletes are so pleased with the belated discovery of their athletic prowess. It is the fulfillment of a dream from their youth. Their time has finally come.

We should forsake an accusatory attitude unless there is clear evidence of wrong-doing. Rather, we should rejoice with those late-comers who join our ranks and encourage them to discover just how great they really are!

*Ronald C. Kirkpatrick
Los Alamos, New Mexico*

ATHLETE OF THE YEAR

What method is used to determine who wins TAC Athlete-of-the-Year honors? Marcia Hulse received the W35 award for track this year, and, although she is a great sprinter and a good friend of mine, it seems her selection was based solely on her performance at the Outdoor Nationals.

I ran the 200 in 26.5 at the Eastern Regionals, and a 12.99 100 and 61-second leg of the 4x400 in Turku. I also hold the American Record for the indoor 60 and 400. Yet, I only received "honorable" mention.

Am I — and others — being penalized because we did not attend the Outdoor Nationals?

If so, the TAC Masters Committee should re-think some of its policies. If attending the Outdoor Nationals is a prerequisite for consideration, then my next question is: why?

*Irene Thompson
New York*

HURDLE COMPLAINT

It seems the L.A. Patriots Track Meet on March 14 chose to ignore male hurdlers 60+ and women hurdlers 50+. If other meets did the same

thing, premier hurdlers like TAC Athlete-of-the-Year Jack Greenwood wouldn't even be allowed to compete.

They also charge \$2.00 for each person to get into the stadium. We all know how few spectators show up at masters meets; most onlookers are wives, friends or grandchildren. Why should they have to pay to root for their loved ones?

Come on, let's give the older athlete a break.

*Alfred V. Guidet
California City, California*

RACE AWARDS

All studies on the effects of aging on performance indicate little difference between ages 20 and 34, but significant differences in 5-year increments above and below this range.

Thus, age-group subdivisions for ages 20-34 should be eliminated in road races and the assets reallocated to provide more open awards.

Depending on the size of the race, I recommend three-to-25 awards for open runners, and one-to-five awards for all other five-year age groups from 35-39 to 70+. I also suggest one-to-five awards for the 19-and-under group.

Any special masters awards should be based on age-graded performances so that all masters can compete equitably.

*Herb Chisholm
Alexandria, Virginia*

THANK YOU

I'd like to publicly acknowledge Rex Harvey's contribution to the Southeastern Indoor Championships. He helped me tremendously in individual events, multi-events, and in meet administration.

His support and effort was greatly appreciated by all the athletes.

*Randall Brady
Nashville, Tennessee*



Sister Madonna Buder, 61, Spokane, Wash., Grandmasters (W60+) winner in 3:53:39, St. Louis Marathon.

Photo by Hank Kiesel

KUDOS

I just wanted to let you know how much I appreciate NMN. While other publications just print the times of elite athletes, you include those of us who are good or average.

I really appreciate having my efforts recognized.

*Maybelle Russell
Las Vegas, Nevada*

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Steve Hendley, 42, Paducah, Ky., masters first in 2:44:58, 1991 St. Louis Marathon.
Photo by Hank Kiesel



Walter Diggs, 55, St. Louis, winner of four field events, 1991 St. Louis Senior Olympics.
Photo by Hank Kiesel

Oshier Best Master in Houston Marathon

Nancy Oshier, 43, posted the best masters age-standard percent in the Houston Tenneco Marathon held on January 26. Oshier, one of seven masters women who qualified for the Women's Olympic Marathon Trials held along with the race, finished with a 2:44:22 for a 90.1%.

Carol Virga, 41, last year's masters winner here in 2:47:56, clocked a 2:45:17 for 88.4%. Laurie Binder, 44, the masters favorite, dropped out at mile 23. Eighty-nine women started the Trials, with 65 crossing the finish.

Francie Larrieu-Smith, Dallas, Texas, at age 39 qualified for her fifth

Olympics with a 2:30:39 (95.6%).

In the men's masters marathon, Don Paul, 41, was first in 2:26:56 and top performer with an 89.1%. Richard Umberg, 41, was second in the race (2:28:01) and in performance (88.4%).

Robert Perez, 43, who was first overall in the TAC/USA National 100K Championships in Dallas, January 18, the week before, ran a 2:41:37 (82.1%).

Top performers from the age 50-to-59 runners were Allen McDaniel, 52, with a 2:53:03, and George Hirsch, 57, with a 3:01:02, both 81.8% performances. Anthony Castagna, 60,

recorded the best percent among the 60-year-olds, with a 3:09:24 (80.5%).

Among the non-Trials masters women, Joyce Gaskin, 54, in 3:19:44 (81.3%), and Yvette LaVigne, 51, in 3:16:56 (80.2%), were in the national class performance range.

Total finishers in this 12-year-old event have risen from 1539 in 1981 to 3788 this year. In 1981, 416 (27%) of the finishers were masters runners; this year 1503 (40%) were masters. Projections indicate that by 1995, 44% of the finishers might be 40-and-over, and by the year 2000, 50% could be masters. □

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15th Annual - Memorial Day, May 25, 1992
Presented by United Service Association for Health Care

TIME:

8 AM: 2.5 Mile
8:05 AM: 1st Wave 10K/Sub 45 min
8:10 AM: 2nd Wave 10K/Over 45 min

PLACE:

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c/o Total Race Systems
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San Rafael, CA 94903-2028

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Pacific Sun Paper: 415/383-4500
TRS: 415/472-RACE

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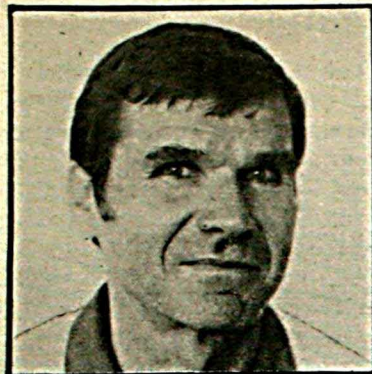
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ALL ENTRANTS MUST SIGN WAIVER. (Parent/Guardian if under 18)

Date



Third Wind

by Mike Tymn

A Senior Citizen at 55?

As a Senior Citizen 55 years or older, you'll also receive your choice of a case of saimin, a 10-lb bag of Hinode rice, a 12-can pack of Pepsi or a nylon waist pouch.
— from an advertisement by a Hawaii savings & loan association offering higher interest rates to people 55 or older.

My birthday this month is an especially big one for me. To begin with, I enter a new competitive age group and qualify for the Senior Olympics. On top of that, I become eligible for early retirement from my job. What's more, Uncle Sam will give me a tax break on my capital gains if I sell my home.

But the thing I'm looking forward to most of all is qualifying for a Senior Citizen's discount card at the Sizzler's restaurant down the road from me. Similar discounts will be available at various hotels, restaurants, and other commercial establishments around the country.

I'd long thought that senior citizenry begins at 65, at least 60, but if some agencies and firms want to make me a Senior Citizen at 55, I'm not going to complain about it.

Of course, one can qualify for certain "senior" discounts at age 50 by becoming a member of the American

Association of Retired Persons (AARP), and you don't even have to be retired. I've taken advantage of a few of those discounts over the past five years.

While by some standards I have qualified as a Senior Citizen, by that of Hippocrates I have not yet entered old age. The patron saint of physicians theorized that we begin old age at 56.

It's as if I'm caught in a time warp of some kind — old, yet young; young, yet old.

- I feel old when I realize how old my daughters are (30 and 28). I tend to think of them as still in their teens. On

the other hand, I feel as young as a teenager when visiting my father. He still gives me instructions on how to drive a car and introduces me to his friends in his senior citizens bowling league as "my kid." Come to think of it, I now qualify for that bowling league.

- I feel old when I note that most of this year's presidential candidates are younger than I am. I wonder how it is possible for guys in their late 40s and early 50s to have the wisdom to run a country. But when I'm around people their age or my own age, I tend to think of myself as 10-15 years their junior. Maybe it's because I've managed to keep most of my hair and hardly any of it has turned gray. Also, I've managed to avoid the sagging chin associated with so many people over 50.

- I feel old when talking baseball with some of my fellow workers. I'll mention watching the Dodgers and Giants play at Ebbets Field and the Polo Grounds, then realize that they weren't even born when those teams played in New York. But I feel young when I take the softball field during the company picnic and start running the bases with my fellow workers.

- I feel old whenever I try jumping, up or down. There was a time when I could high jump 5½ feet, broad jump 20 feet and fly over a military obstacle course. Now, however, there are no springs or shock absorbers left in the legs, and I've injured myself by jumping just a few feet off the back of a flatbed truck. But I feel young whenever I'm pumping iron. I can bench press as much or more poundage than I could 30 years ago.

- I feel old when emptying my bladder. What was once an intense stream is now a babbling brook. But I feel young when my heart and lungs are putting out much more intensely than others around me on the stationary bike or treadmill at the fitness center.

- I feel old when I struggle to put in 30 miles a week of running and remember that I could once handle 90-100 a week. But I feel young when comparing what I do with what most people my age do.

- I feel old when I get into a race and see runners 15 years my junior who



Marion Sanchez, winning the M55 400H (67.38), 1991 TAC National Masters T&F Championships, Naperville, Ill. This year's championships will be held in Spokane, Wash., August 13-16. Photo by Jerry Wojcik

used to finish a 10K three minutes behind me, now three minutes ahead of me; and they're not any faster than they once were. But I feel young when I'm just out for a workout on my own and with no stopwatch to tell me how fast or slow I'm going.

I guess it's because of the last feeling that entering a new age class doesn't seem all that important to me. I couldn't wait to turn 40....45....and 50. But 55 is no big deal this time. I'm not sure I'll ever race again, but I'll continue to run as long as the body permits.

Frankly, I can't afford early retirement, and I'm not ready to sell my home to realize the capital gains tax advantage.

But to be considered a Senior Citizen does make this birthday something special. □

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The 50-54 age-group winners, TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis, IN, February 15. L to R: Sammy White - 2nd (54, GA); Dale Lance - 1st (54, OK); John Ewing - 3rd (53, WI). Photo by Gary Black



MASTERS RACEWALKING

by ELAINE WARD

Racewalking in Japan

Masako Nagate, W50, started racewalking after a serious bicycle accident after which she was told she would never be able to enter competitive sports again. Six weeks after the accident, she walked to the swimming pool on crutches with steel pins holding her thigh bone in alignment. After the pins were removed, she began walking. A friend passed by and shouted, "Why don't you start training for the racewalk?" She had never considered competitive walking but thought, "Why not!"

For the last three years, she has won the 3000 meter walk in her age group in the Japan Masters Athletic Meet. This year, the annual meet was held in Miyazaki, the site of the 1993 World Veterans Games. She set a W50 record of 17:47:42 in the 3000 meter walk. The following is taken from her recent letters.

Unlike the United States or the European countries, there aren't many racewalking events in Japan. It is almost impossible for women masters to take part in competitions. Women's racewalking isn't even included in the annual National Sport Meeting. Only men's events are.

Japan has always been a society for men in spite of the economic development, but I can feel everything changing little by little. Three years ago, the

all-Japan Masters Athletic Meet opened its door to women's racewalking. Racewalking events are not welcomed everywhere. We don't have masters

Ten Years Ago

- National Masters Indoor Championships Draw 170 Competitors to Liberty, Mo.
- Sister Marion Irvine Sets W50 AR With a 1:03:23 in California 10-Miler; Sal Vasquez Posts New M40 AR in 50:34
- Vicki Bigelow, 45, Tops Bonnie Bell 10K in 37:15

racewalking championships or racewalking foundations and the like at all, yet.

The traditional walking race has been held around the Meiji Shrine in Tokyo on January 1 for forty years. Serious young racewalkers, even Olympians, compete in this event to obtain good luck in the New Year.

It will be my pleasure to report any news about the World Veterans Games when it is available. The weather in Miyazaki, which is on Kyushu Island at the southern part of Japan, is mild to warm, but not humid. Following are the present Japanese masters men and women's 3000 racewalk records:

Age	Men	Women
35	14:02.7	23:54.47
40	14:18.4	21:43.3
45	14:30.1	18:46.2
50	14:54.6	17:47.42
55	15:26.5	21:01.3
60	14:44.98	21:54.66
65	16:41.1	
75	20:37.1	



Masako Nagate



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Racewalking Pros and Cons

Letters keep coming in for and against adding a competitive walk for non racewalkers in masters meets and championships. It is the policy of the Racewalking Section of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program. The Pros and Cons space in the May issue of NMN will be devoted to readership letters on this subject, and will include an editorial summary.

TWO WALKS IN R.I. SENIOR OLYMPICS

The Rhode Island Senior Olympic Track & Field Meet for masters athletes will celebrate its 15th year when we host the games at Brown University on June 28, 1992. For the past 14 years, we have featured a 1500 meter walk.

We have always disregarded requests for the racewalk because the Olympic Committee felt there wouldn't be enough racewalkers to warrant a "Special Walk," and as you mentioned, the question of the knee-lock has always been a concern, considering the upper age groups we are serving.

This year we have decided to include the racewalk as one event, and we are

having a Fitness Walk as another event. I intend to make large signs explaining the difference in the two walks, knowing all too well there will be some athletes who may not be familiar with the term racewalk.

*Dolores Casey Bergeron
State Games Coordinator*

(I wrote Ms. Bergeron and asked if she would report on the two walks - E.W.)

THE TIME IS RIPE

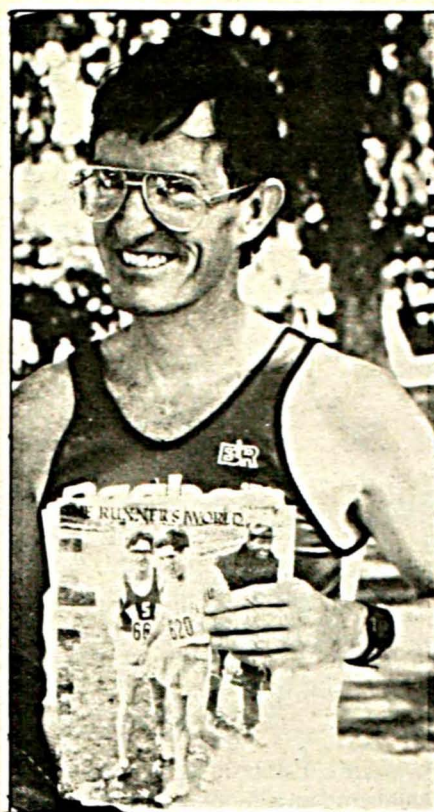
As a 61-year-old walker for the past five years, I do think the time is ripe for a "Speed Walk" division for competitive walkers.

1. It would accommodate racers that are unable to meet current racewalk requirements.

2. In our area, competent racewalk judging is almost impossible. Judges would be easier to find to monitor this kind of race.

3. Competitive walkers, here, usually compete in a running-dominated road race. Speed walking would be more compatible to meet directors and organizers.

*Ken Chomo
Montana*



Gerry Lindgren, winner of the M45 division in 35:00, Faerber Flyers' Men's 10K, March 8 in Hawaii.
Photo by Tesh Teshima

RUNNING A PROBLEM

I was in St. George, Utah, for the World Senior Games. They had a 5K "Speed Walk" only. No racewalk. No judges. I led for 11 laps then some jackass "ran" past me for the last lap and beat me by several seconds. I had people come out of the grand stands and tell me I should have won, as I was the only one racewalking and "looked good."

When we were standing on the award platform for pictures and awards, the joker who beat me (by running) said that I really won the race and should get first place as he reached for the first place award for himself. I took second place and said nothing because it was a non-judged walk. I didn't think much of the race and have vowed never to enter another race like it.

*Mel Granttham
So. California*

Send opinion letters to Elaine Ward, North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312.

Racewalking Records

There are differences of opinion regarding the importance of keeping single age "best times" and other unofficial, non-TAC certified records, such as the Masters Age Records compiled by Pete Mundle with data from Alan Wood and Don Henry. Some competitors think that only TAC certified 5-year age group records should be kept, and that only TACSTATS record forms and procedures should be used and acknowledged. Others believe single-age records are interesting and motivating.

Why does this have to be an either/or issue? Each walker who makes a single age "best time," or a TAC certifiable, 5-year age group record has a choice to submit his/her time or not. A walker who does not feel that single age record keeping is worthwhile need only apply for TAC certified 5-year age group records. However, such a personal choice should not be forced on others who enjoy going for unofficial, single age best times. Because there are dedicated people willing to keep both official and unofficial records, freedom of choice accommodates more athletes.

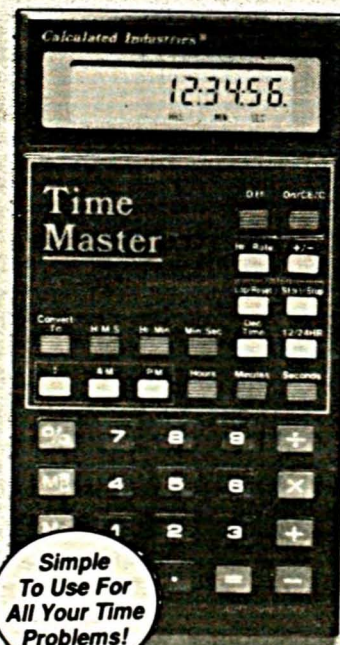
Those who walk fast enough to want to apply for records should learn to distinguish between the official, TAC age group record application form and the very much simplified, unofficial, single age form of Don Henry. To assist these athletes, clubs and meet directors can keep both types of record application forms on hand. (TACSTATS age group record forms and single age "best times" are available from Don Henry, 24 Fairview Ave., Brick, NJ 08724. (201) 899-1550) □



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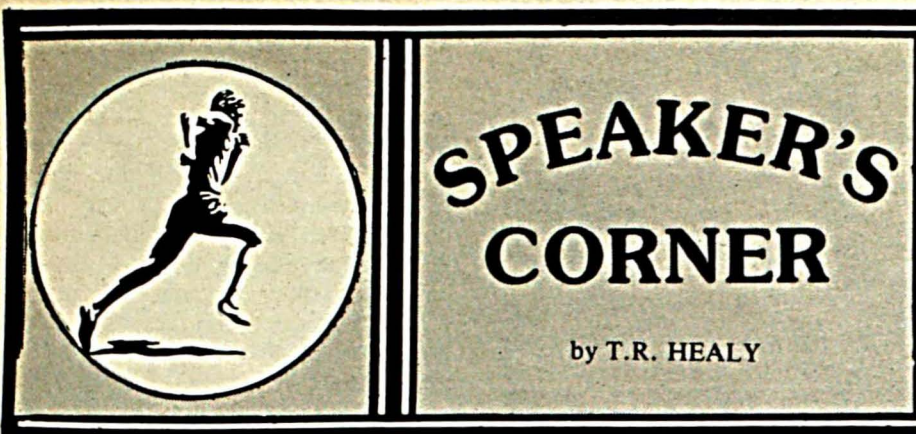
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W40 racewalkers at the start of the 5K at the WAVA World Veterans Championships last year in Turku, Finland. Colorado's Viisha Sedlak (far left) successfully defended her championship in a world masters record 24:17.2.



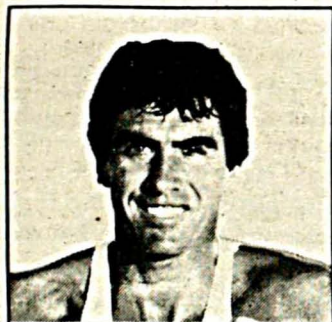
Thumbs Up

I have been running for so long that it is hard to remember by first race, but I believe it was at a school picnic when I was eight or nine years old. It was, of all things, an egg race. Anxiously I lined up with other participants, each of us holding in our hands an egg in a spoon, which seemed as wobbly as our nerves. With the gleaming white eggs held out in front of our chests, we took off in a ragged herd, trying to see who could cross the finish line first without dropping his egg.

I didn't win the race, but somehow my egg stayed in my spoon, which was cause for some satisfaction. Others left broken shells and yolk stains in their path, but mine was clear. I learned that afternoon there are other things to be achieved in racing than seeing who crosses the line first, even trivial gains like keeping an egg on a spoon can seem worthy of a trophy at times.

In a sense, I still run as I did then, as if balancing an egg in each hand. My thumbs are poised on my index fingers, flat and straight as ice cream spoons, with my hands gently clenched and in line with my forearms. Always I try to maintain an even pace, running smoothly and carefully, not wanting to break these imaginary eggs and spoil my path.

A recent letter from Barry Brown, America's most respected Masters runner, to the Vice-President of STIM-O-STAM:



In brief, I began using Stim-O-Stam in 1968 at the High Altitude Olympic Training Camp in Lake Tahoe, California. It was recommended to me by Tommy Farrell (the eventual Bronze medalist in the 800 meters in Mexico City). I have used Stim-O-Stam ever since, and I honestly believe it has enabled me to remain competitive for the past 23 years. With the high mileage training that I do, it is essential to keep my body in balance and my legs feeling fresh. Stim-O-Stam and its related products have definitely made a difference in how I recover and feel during hard training. I'm hooked on it!

Sincerely,

Barry J. Brown

Barry J. Brown

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Scott Hamilton (60, 45:48) finished second in his age division, Faerber Flyers' Men's 10K, March 8, in Hawaii. He's flanked by Barbara Zamparelli (l) and Joan Flynn. Photo by Tesh Teshima

"All running starts with the thumbs," one of my high school coaches used to say, quoting the legendary Australian coach Percy Cerutti. So, early on, I became quite self-conscious about my thumbs, convinced they had to be firm and erect if I was to run well. "Keep your thumbs up," I caution myself, sternly, whenever my grip relaxes and my hands start to drop.

Besides my own, I sometimes watch the thumbs of other runners, evaluating how they are doing by the way they carry their thumbs. I sympathize with those whose thumbs are down, knowing they are struggling, as are those who appear to be seeking divine intervention by piously steeping their thumbs beneath their chins. I am amused by others whose thumbs form a circle with their middle fingers, as if to indicate they are feeling better than they look.

And I envy the windmill runners whose thumbs are all over the place as they strain to pick up the pace, figuring they are likely to run a personal best or collapse in the attempt. They may not be able to carry an egg for more than a couple strides, but unlike me they have the speed and tenacity to win races.

"Thumbs up" is like a mantra, something I whisper to myself when I am out running, hoping it will help me keep my balance. It is a reminder of the eggs I am pretending to hold in my hands.

Sometimes in a race, despite myself, my hands drop and I let my thumbs down. I am so tired I am sure the only way I'll raise them is to hitch a ride home. Then someone along the way, a spectator, another runner, flashes me the "thumbs up" sign and suddenly I am revived and watch my own thumbs rise again.

It is a blunt, simple, ordinary sign. Unlike the V-for-victory sign, which is restricted to runners who win races, it is a gesture anyone can employ however far back in the pack he is likely to finish a race. It isn't boastful or elitist and is as democratic as a handshake. It is a sign of encouragement

not conquest, affirming all that is shared and good and cordial in running.

I may have run in only one egg race but every time I go out to run I feel as if I'm back in that curious race, trying not to let my eggs drop as so many others did that afternoon. Sometimes it seems I am balancing not just eggs but everything that is important to me on my thumbs, as if I were crouched inside the eggshells. It is then I remember an outstanding young runner I knew as a boy who once won everything there was to win in racing then started to come undone, quitting running, quitting everything, until he found himself locked in a strange room somewhere. And I realize how even the strongest people, seemingly, can let go of themselves and drop to the ground and crack like an uncooked egg.

"Thumbs up," I continue to mutter to myself, knowing I must not let what I am holding drop. □

T.R. Healy resides, and does most of his running, in Portland, Oregon.



Joe Guthrie, 40, DeLand, Fla., fourth M40 (1:25:14). TAC National Masters Half-Marathon Championships, DeLeon Springs, Fla., January 12. Photo by John Boyle



Women's Corner

by BECKY SISLEY

Increasing Women's Participation In Masters Track & Field

Why are there so few women in masters track & field? Approximately one in five participants at last year's TAC National Championships in Naperville were women (22% in all running events and 20% in all field events). Most women 40 years of age and older did not have the opportunity to participate in sports during their youth because it was not fashionable at the time; "not lady-like." But times have changed!

Create an Attitude of Success

I believe there are a lot of women who would participate in masters track & field if they were introduced to the sport with support and encouragement. Clearly there are risks involved as these women reach beyond their comfort zone. Women may be intimidated by track competition and scared to death to put their body on display on the track.

There is that concept that track people are really good. To dispel this fear, we need to provide a safe and friendly environment for novice athletes to experience the joy of participation. Women need support from friends, pleasurable success and positive feedback. We're just the sort of people to provide it.

Make It a Club Goal

What specific action can be taken to increase the percentage of women's participation? I believe concerted efforts must be made at the grass roots level. This means in our local track clubs. One NMN reader wrote: "the local level is the base that isn't here for our women." This base can be there if our clubs place an emphasis on it. Club members need to encourage spouses and women friends to participate and then support them.

Provide Club Coaching

Clubs should have available some kind of a coaching or mentor program. I define coaching sessions as more for-

malized than the mentor system where an inexperienced athlete would team up with a club member for one-on-one instruction in a casual setting. The critical factors are to make the experience fun, provide an environment to learn, and foster a sense of enjoyment.

Women who take the risk to try new skills may have fear of failure and may lack the courage to put themselves on display. Coaches and mentors play a key role in engendering a supportive and fun environment, an environment which will encourage women to continue to participate. They need to offer skill instruction that is appropriate to each woman's ability.

Women interested in running events will need to learn about technique, injury prevention, pacing, adapting to running on a track, etc. Those who want to try shorter races will need an introduction to, and practice with, starting blocks. Training for field events will require appropriate equipment and facilities, and fundamental skill development in the techniques.

The Oregon Track Club Masters, for example, maintain a videotape library for such use by its members. These resources can be very beneficial for basic instruction, drills and technical analysis.

Conduct Mini-meets

Clubs should make it their goal to increase the participation of women in their mini and all-comer meets. These are the low-key meets which provide an avenue for competition, and also the atmosphere to introduce first-time performers to the protocols of a meet.

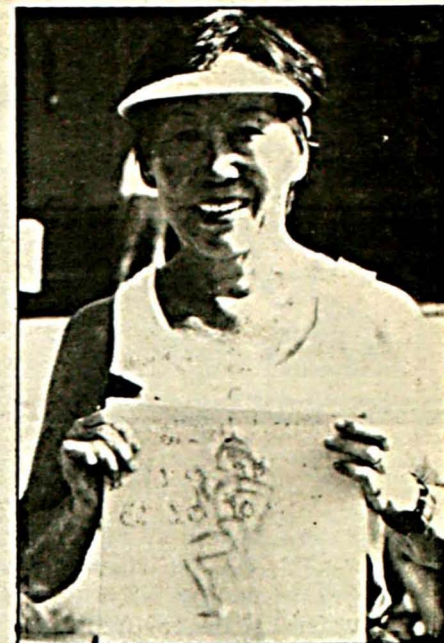
Prior to the mini-meets, there needs to be opportunities for women to have basic instruction on the rules governing competition. Ideally, mentors or club coaches would be with the women at these meets to assist the new athletes.

Officials Must Be Supportive

In addition to coaches and mentors, track meet officials can positively influence women novice track & field



Priscilla Welch, 47, won the female masters title in 53:45, Gasparilla 15K, February 15.
Victor Sailer/Agence Shot



Margaret Lee set a 70-74 state record with a 63:04, Straub Hawaii Women's 10K, March 1.
Photo by Tesh Teshima

athletes to continue their participation. These are the people at the mini-meets who can help the novice performers of both genders to better understand the rules associated with the events.

The manner in which procedures are explained is crucial. People new to the sport need to be treated gently and in a kindly manner. Help them determine

where their take-off board needs to be placed for the long jump. Watch their take-off foot and provide feedback. Allow them the opportunity to take some practice high jumps with the bar at the height appropriate for them. Make sure they know how to leave the ring for the shot put or discus without fouling. Be positive and helpful! □



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DATE.....May 23, 1992

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 post-marked by May 18; \$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 each 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 3 places in each age group & open category.

SPECIAL AWARDS.....To be announced.

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 meter 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, Magic City Tri-shop, Red Mountain Inn, agents, or representatives, arising out of my participation in the BTC Classic. The Releasor further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasor further agrees to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE _____ DATE _____

EVENTS ENTERED BEST RECENT MARK

1 _____
2 _____
3 _____
4 _____


ENTRY FEES: 1st event \$5.00
additional events x \$3.00
relays x \$10.00

TOTAL FEE ENCLOSED _____

MAIL TO: BIRMINGHAM TRACK CLUB
c/o Gordon Seifert
1514 Ridge Road
Birmingham, Alabama 35209

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 2372, Van Nuys, CA 91404.*



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

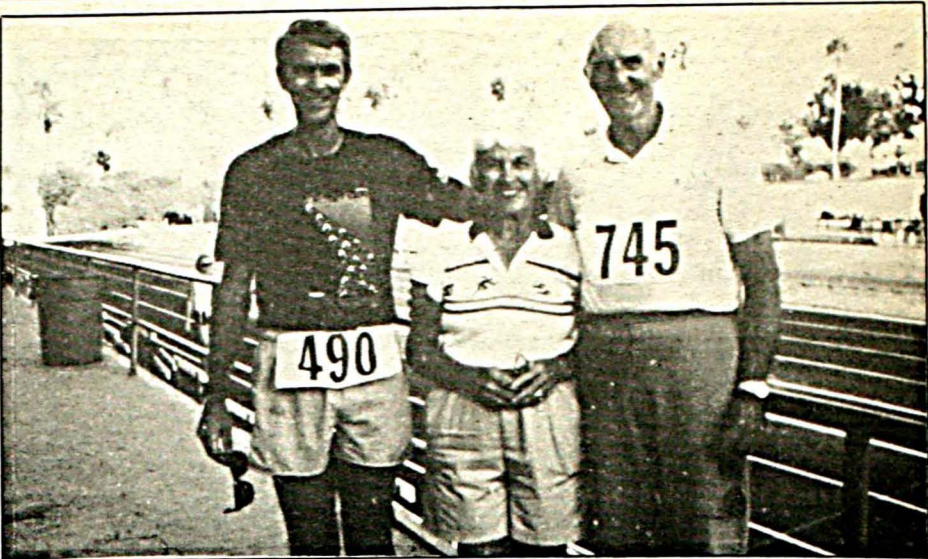
Rigid Cavus Foot

Q. I'm a 64-year-old woman runner. In the past few months I've broken both second metatarsals — each after running a marathon. My bone density measurements do not indicate the presence of osteoporosis, but my doctor tells me that my feet are not of the best construction for running. He says I have a "rigid cavus foot" and "almost" hammertoes. I don't intend to give up running, so is there anything I can do to protect my foot so the metatarsal breakage doesn't recur?

A. The high arch rigid cavus foot would not be my first choice in a running foot, yet there are many long distance runners who do just fine with that type of foot construction.

It is more common to develop stress fractures in a cavus foot than in a more conventional foot. The rigidity of such a foot does not absorb shock well. As a result, the weight-bearing metatarsals undergo excessive stress and sometimes fracture.

Hammertoes are very common with this type of foot. As the toes become more deformed, they also place excessive pressure on the metatarsal heads. Cavus feet also suffer from tight Achilles' tendons. Stretching the



Three members of the Joslin family, who competed in the 1991 Club West Meet, Santa Barbara, Calif.: Tim Joslin, 50, his mother, Betty, 76, and father, Leon, 79, of Seattle. Photo by Lloyd Albright

Achilles' tendon on a daily basis is highly recommended.

I'd also suggest changing to a shoe with more cushioning, and perhaps adding an over-the-counter insole for even more protection. Using a crest pad on the toes will help to prevent a backward force on the metatarsal area.

Consult with your foot specialist about taping your feet for added shock absorption. With a little care and protection, you should be able to maintain your running without experiencing too many problems. □

Five Years Ago

- Bill Sevald (40, 48:13) and Joni Pendleton (40, 58:32) Win National Masters 15K in San Diego
- Gabriele Andersen (41, 35:22) and Larry Olson (40, 30:25) Are Top Masters in Red Lobster 10K
- Lew Faxon, 47, Finishes First Master (1:14:17) in Colonial Half-Marathon

18th Colgate Women's Games

by MARILYN J. MITCHELL
The 18th Annual Colgate Women's Games finals took place February 16th on the Madison Square Garden boards, the same track as the famed Millrose Games (11 laps/mile banked track).

Top New York area middle-distance runner Alicia Moss led the 30+ 1500 meter field from the gun and quickly opened up a 30-meter lead to break her own games record, posting a 4:22.14 victory. Runner-up Gillian Beschloss, 33, overtook Warren Street teammate Sarah Sauvayre, 31, in the 10th lap to maintain her over-all second place position. Both Moss and Beschloss had impressive performances in the Tokyo half-marathon in January (Moss, 5th


place in 1:14.42; Beschloss, 9th place in 1:16.28).

The 30+ 200 meter division, run in two sections against time, was won by Marilyn Gilliard, 30, a 2:05 half-miler, who took second place overall. A fall in the fifth week semifinals caused her to lose her overall first-place position. Renee Sterrett, 30, second in the finals event, was the eventual overall winner of the series. The 200-meter record for this age group (25.43) was posted by Carmen Brown in 1982 at age 39.

This year Bill Cosby, a long-time track aficionado and supporter of masters track, demonstrated his support for the meet by spending more than three hours providing general hilarity and presenting awards. □



Colgate Games competitors, left to right: Glen Marie David (200), Marcia Fredericks (200), Louise Clark (200), Rennee Sterrett (1500). Photo by Richard Alcorn



SOUTHERN CALIFORNIA
STRIDERS
Masters TRACK and FIELD CLUB

7th Annual MEET OF CHAMPIONS
CALIFORNIA STATE UNIVERSITY AT LONG BEACH
Sunday, May 3, 1992

Entry Fees: First event \$10 - additional events \$5 - relay teams \$8 - late entries \$12 first event - \$6 per additional event (NO REFUNDS)

Deadline: April 27, 1992

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

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

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

Note: 1992 TAC registration required (available at meet for \$12)

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

Schedule of Events

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

Entry Form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 5-3-92 _____ Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 1992 TAC No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

Mail to: John Cosgrove, 7411 Earlford Avenue, Playa del Rey, CA 90293-8058. Please call between 7 and 8 p.m. (310) 823-9448

WAIVER—IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTENDING TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH, THE SOUTHERN CALIFORNIA STRIDERS TRACK AND FIELD CLUB, TAC ASSOCIATION, THE MEET DIRECTOR AND ALL SPONSORS OF THE TRACK & FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE "MEET OF CHAMPIONS" HELD MAY 3, 1992 AT THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE _____ DATE _____

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Stride, Grayson Tops in Carolina 10K

by JERRY WOJCIK

Canadian Bryan Stride, M40, won the men's masters race with a 31:58 in the smaller portion of the Carolina Marathon/10K in Columbia, S.C., February 8. Earl Owens of Georgia finished second in 32:15. South Carolinian Gordon English, a new M40-division entrant, took third with a 32:22.

Floridians Dick Ruzicka and Jim Larson battled for the M55 win, with Ruzicka prevailing by ten seconds with a 37:00.

Nancy Grayson, W40, of Columbia won the women's masters title with a seventh-place 36:00. Catherine Lempesis, also of Columbia, made locals doubly proud with a W40+ second in 37:43. Third masters was 51-year-old Lis Villadsen of Virginia in 40:28.

In the marathon M40-44 race, Fred Waybright (2:38:19) took the masters first from South Carolina's Bob Schlau (2:41:51). Janet Hancock, W40, was first masters woman (3:50:18).

Fields in both races totaled over 1100. □

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2373, Van Nuys, CA 91404.

SPORT QUILTS: Personalized quilts made from your favorite T-Shirts. For brochure, send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

BOOKS FOR RUNNERS — Free catalog. 250 titles. Special MASTERS section. Barbara, The Cavu Company, 330 E. Enos Dr., Ste 188-NM, Santa Maria, CA 93454, 805-928-6216.

1993 MACCABIAH — Masters Track & Distance Athletes. Applications available for representing U.S. at 1993 World Maccabiah in Israel. **ELIGIBILITY:** Male/Female Jewish 40+. Contact: U.S.C.S.F.I. 1926 Arch St. - 3rd Floor. Philadelphia Pa. 19103.

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 American Heart Association

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 35 and up, as of Oct. 31, 1990. 48 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00

Masters Track & Field Rankings

Men's and women's 1991 U.S. outdoor track & field. 5-year age-group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00

Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. \$5.95.

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

Competition Rules for Athletics (1991)

U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.

IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$11.95.

Time Master Calculator. Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. \$45.00.

Guide to Prize Money Races and Elite Athletes 1992

Published by Road Race Management the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.

TAC/USA Patches. Embroidered, 4" x 3". \$2.50

U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50

U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1 1/2" x 5/8" bar pin with safety catch. \$5.00.



The Masters Running Guide by Hal Higdon

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

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.

Back Issues of National Masters News

Issues: _____ \$2.25.

Postage and handling

Overseas Air Mail (add \$5.00 per book)

TOTAL

Send to: National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

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Address _____

City _____ State _____ Zip _____

PROFILE

Ray Piva

by MIKE TYMN

Ray Piva, 65, ranks in his age-class as one of the best ultra-distance runners in the world. Last April, Piva, a retired San Francisco sausage maker, broke the M60-64 American Record for 100K (62.2 miles) by some 33 minutes as he clocked 8 hours, 58 minutes, four seconds, while circling San Francisco's Lake Merced 13 times in the Ruth Anderson 100K. A month later, he recorded a speedy 6:58:29 in the West Coast University 50 miler in Fountain Valley, Calif. In that event, he placed 11th overall among 73 competitors.

Then in August, after graduating to a new age-group, Piva covered 74 miles, 1432 yards in 12 hours while circling the track at California State College at Hayward. Not only did Piva break the world record for the 12-hour run but he bettered the record for 50 miles and 100K enroute.

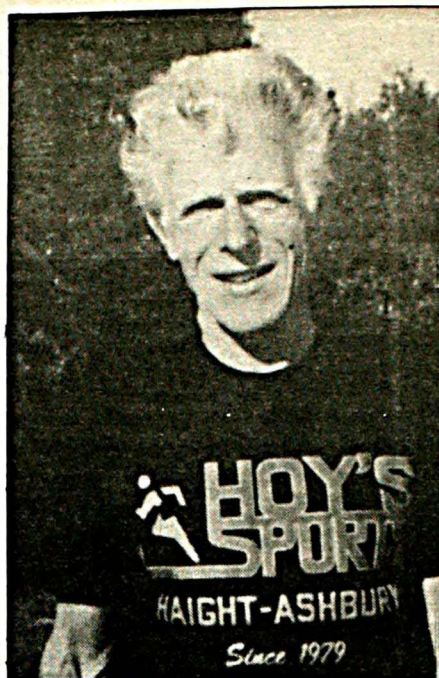
"I just wanted to do something different," Piva told a reporter following his victory in the Ruth Anderson race. "I guess I've gotta be nuts. That's what my wife tells me."

Piva took up running at age 55. "My son made some comments about the size of my stomach and advised that I

start an exercise program," explains Piva, who now carries 130 pounds on his 5-6 frame, 26 pounds less than when his son goaded him into exercising.

Until then, Piva had never participated in sports, not even at Galileo High School in San Francisco. "We had to work after school in those days," he says. "Those were pretty hard times, you know."

Piva's exercise program began with a stretching class. Part of that class called for the participants to go out of the gym and run around the track. Piva recalled that he barely made it around



Ray Piva

the track once, then just walked off. But, inspired by Bob Luhati, his fitness instructor, Piva rapidly progressed and placed second in his age division in his first race, just four months after his one lap around the track.

"That experience spurred me to become a competitive racer," Piva says.

By age 59, Piva was down to 36:50 for 10K and 2:55 in the marathon, his PRs. However, his most memorable

race came at age 63 when he ran the Boston Marathon in 3:00:50.

Even though Piva can still be very competitive in the 10K to marathon range, he now prefers the ultras. "I don't feel I'm fast enough for short distances," he says. "I've been able to get my name into the record books in the longer races and it's more of a mental thing than physical. You have to be mentally prepared to go the distance."

A typical week of training for Piva looks like this: Monday — 15 min. warmup, 40 min. tempo run, 15 min. cool down; Tuesday — 15 miles, easy; Wed. — 5 x 1320, 2 x 440 on the track; Thursday — 12 miles of hill running; Friday — rest; Saturday — 30-mile long run every other week alternating with a 13-mile long run; Sunday — 10 miles, easy.

"I have no problem getting out of bed at 5 in the morning," he said. "And, I've disciplined myself to get out there and train in any weather. At my age every day is a new experience; I feel lucky to be able to run."

Piva's short-range goals include running the Western States 100 miler this year, while his long-range objective is to get his name in the record books in the M70-74 age group.

"So far," Piva concluded, "age has not been a barrier to strenuous activity and has not prevented me from accomplishing my goals." □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL, 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JANE FREDERICK (S. BARBARA, CA)	4-7-52	40-44
MARY HOLBERT (KIRKWOOD, MO)	4-16-22	70-74
SUE HUTCHISON (PALOS VERDES, CA)	4-13-37	55-59
ANNETTE JOHNSON (CLEVELAND, OH)	4-12-37	55-59
MARJORIE LARNEY (OAKLAND, CA)	4-1-37	55-59
MAVIS LINDGREN (ORLEANS, CA)	4-2-7	85-89
JOYCE MAGEE (BARDONIA, NY)	4-11-47	45-49
BILLIE MURPHY (TACOMA, WA)	4-4-27	65-69
MILDRED O'BRIEN (BELMONT, CT)	4-24-27	65-69
EVE PELL (MILL VALLEY, US)	4-9-37	55-59
MARY ANN PETERSON (PORTLAND, OR)	4-26-47	45-49
ALITA ROSENFELD (NICASIO, CA)	4-19-42	50-54
NANCY STOKES (US)	4-3-27	65-69
CHARLOTTE SWANSON (SPOKANE, WA)	4-18-42	50-54
CATHY TRIGVEIRO (EUGENE, OR)	4-20-47	45-49
SHIRLEY WEAVER (GREAT FALLS, MT)	4-8-42	50-54
JOAN YOUNGS (TOLAND, CT)	4-7-37	55-59
ELIANA GAETE (TRI)	4-14-32	60-64
JAROSLAVA KRITKOVA (CZE)	4-23-27	65-69
BARBARA LEHMANN (WG)	4-2-42	50-54
STANKA PREZELJ (YUG)	4-26-52	40-44
ELS RAAP (HOL)	4-28-47	45-49
LIA RAICA (ROM)	4-25-32	60-64
JENNY SENIOR (NZ)	4-28-47	45-49
MARY VIKKERS (AUS)	4-28-22	70-74
JOSE WALLER (GB)	4-16-22	70-74
BARRY ADAMS (CAN)	4-16-42	50-54
LARRY ALMBERG (ELLENBURG, WA)	4-24-47	45-49
MICKEY BLAKESLEY (LA JOLLA, CA)	4-28-12	80-84
JAMES CARNEY (NORFOLK, VA)	4-2-7	85-89
TOM CHILTON (KNOXVILLE, TN)	4-20-37	55-59
NOEL CLOUGH (AUS)	4-25-37	55-59
ANTHONY COVIELLO (NY)	4-19-22	70-74
ANTHONY ELGIE (GB)	4-17-37	55-59
DAVE ELLIS (CANADA)	4-25-37	55-59
ARTHUR FROSCH (WG)	4-27-7	85-89
HELMUTH GEHM (WG)	4-21-12	80-84
CLEM GREEN (NZ)	4-4-17	75-79
CHARLES GUSTAFSON (US)	4-13-37	55-59
HARRY HARDER (REEDLEY, CA)	4-13-17	75-79
WILLIAM HARTFREE (GB)	4-9-22	70-74
BEN HIRSH (SAN FRANCISCO, CA)	4-7-2	90-94
FRANCES KELLEY (OAKTON, VA)	4-1-22	70-74
VEIKKO KUJALA (FIN)	4-21-32	60-64
KEN NAPIER (RENO, NV)	4-17-32	60-64
CARLOS NIETRO (PERU)	4-27-27	65-69
BILLY OGAN (HONOLULU, HI)	4-26-27	65-69
MURRAY OGUS (FAR ROCKWAY, NY)	4-15-17	75-79
WENDELL PALMER (STEPHENVILLE, TX)	4-22-32	60-64
DEL PICKARTS (VENTURA, CA)	4-14-27	65-69
RED RABURN (US)	4-16-32	60-64
PAUL REESE (SACRAMENTO, CA)	4-17-17	75-79
BILL ROBERTS (GB)	4-5-12	80-84
LEWIS ROBERTS (SAN BERNARDINO, CA)	4-27-27	65-69
JACK RYAN (AUS)	4-30-22	70-74
JIM SMITH (OKLAHOMA CITY, OK)	4-21-22	70-74
GOSTA STEEBERG (SWE)	4-20-22	70-74
NORMAN TAMANAHA (KANEEOHE, HI)	4-11-7	85-89
MICHAEL TYMN (HONOLULU, HI)	4-2-37	55-59
RONALD WILSON (GB)	4-21-7	85-89
BRUCE WRIGHT (AUS)	4-30-37	55-59

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.
-
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
 - Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
 - Shows how to conduct an age-graded track & field meet, road race or race walk.
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- 66 pages. Easy to use.
 - Detailed explanations, sample competitions, personal performance examples and charts.
 - Compiled by the World Association of Veteran Athletes and the National Masters News.
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Send \$5.95 plus \$1.00 postage and handling (\$5.00 foreign) to:

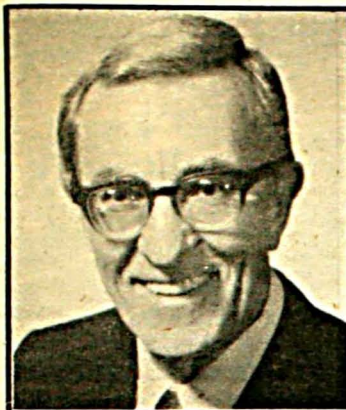
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International Scene

by AL SHEAHEN, WAVA Treasurer

Report from the Treasurer

In this issue is the final financial statement for the World Association of Veteran Athletes for the two-year period 1990-91, along with a comparison to 1988-89. Total revenues in 1990-91 were \$92,498.54 down 8% from 1988-89. Total expenses were \$101,737.26, up 78% from 1988-89. Thus, the deficit for 1990-91 was \$9,238.72, compared to a surplus of \$43,049.92 two years ago.

Cash in the bank on December 31, 1991 is \$81,067.64, compared to \$90,306.36 on December 31, 1989.

Expenses were higher due to increased correspondence costs with new affiliates and the IAAF, higher travel costs to Turku, and additional financial assistance to help develop WAVA's regional programs.

It is always discouraging to have to report a deficit. However, it is my goal and the goal of the Council to never incur a deficit again. We do not want to dip any further into our modest cash reserve.

In January, I submitted a balanced budget for 1992-93 to the Council for its approval. But shortly thereafter, President Cesare Beccalli announced the IAAF would give WAVA a \$15,000 yearly subsidy, and establish a special veterans budget of an additional \$25,000 per year. As a result, the Council has decided to wait until it meets in Miyazaki, Japan, on May 21-25, 1992, before approving a final budget for 1992-93. I will publish the budget when it is approved.

In a separate box is an analysis of some of the revenues and expenses for 1990-91.

Voting Delegates

Also in this issue is a new list by nation of WAVA affiliate fees, competitors and delegates.

The list includes a total of 84 nations which have been represented in the last three WAVA World Veterans Athletics Championships. Of those 84 nations,

70 are paid-up WAVA affiliates through 1991. That's an increase of 49 percent from the 47 affiliates at the end of 1989.

1) The first column shows the amount of fees paid by each affiliate for the 1990-91 period. (Affiliates are listed alphabetically by region.)

2) The second column shows the number of delegates each affiliate was entitled to in Turku, based on the formula used to determine delegates, as stated in the WAVA Constitution, Section 4 (B):

"At the General Assembly, each affiliate shall be entitled to one delegate and also one additional delegate for each 100 of its competitors in the last three World Veterans Athletics Championships (excluding the current Championships), but no affiliate shall be entitled to more than five delegates."

3) The third column shows the number of delegates who actually showed up in Turku and voted. Of the 114 eligible delegates, 94 were there. (Along with 14 voting Council members, the maximum votes cast on any ballot measure or Council election was 108.)

4) The next four columns show the number of competitors from each nation at each of the last three World Championships, and the combined total. (In Turku, 5066 athletes signed up, but 264 didn't pay, leaving a net total of 4802.)

5) The next column shows the number of delegates each affiliate is

Continued on page 18



Start of the W45 1500 at the 1991 WAVA World Veterans Championships in Turku, Finland.

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD



TREASURER'S REPORT —

JANUARY 1, 1990 TO DECEMBER 31, 1991

REVENUES:

Affiliate fees	\$11,150.00
Entry fees - Turku (4802 x \$14)	67,228.00
Sanction fee - Turku	6,000.00
Bank interest	8,120.54

TOTAL REVENUES

\$ 92,498.54

EXPENSES:

1. Office Expense (postage, phone, fax, etc.)	
President (Beccalli)	\$6,722.00
Executive V-P (Fine)	2,330.79
V-P Stadia (Taylor)	546.28
V-P Non-Stadia (Serruys)	1,099.09
Secretary (Lynn)	10,295.46
Treasurer (Sheahen)	1,305.77
Women's Rep (Cushen)	230.30
Past President (Farquharson)	25.00
Consultant (Kousky)	23.89
	22,578.58
2. Financial Charges	54.42
3. Communications and Statistics:	
Records	1,000.00
National Masters News	8,400.00
WAVA Handbook	3,347.09
Regional assistance	9,500.00
Meet Director's book	189.86
Questionnaire in Eugene	1,500.00
	23,936.95
4. Turku, 1990 - Council Expenses	
Air fare	7,505.67
Hotel	4,507.44
Daily cash expenses (\$35/day)	2,275.00
Gifts	81.08
	14,369.19
5. Turku, 1991	
Air fare for Council	14,117.78
Hotel for Council	3,693.02
Daily cash expenses (\$35/day)	7,245.00
General Assembly (155 people)	2,631.04
Women's meeting (122 people)	786.30
Lunch for organizers	1,219.40
Presentations to organizers	1,130.80
Printing (ballots, etc.)	510.73
Copies	258.43
Council meetings	119.87
Relay fee	500.00
Bank charges and miscellaneous	58.76
	32,271.13
6. President's Travel	
(Budapest, Barcelona, Turku, Moscow, London, Oslo)	4,865.00
7. Other Travel	
Secretary (Milano)	2,838.10
V-P Non-Stadia (Paris, Birmingham)	783.89
	3,621.99
8. Miscellaneous	40.00

TOTAL EXPENSES

\$101,737.26

SURPLUS (DEFICIT)

(\$9,238.72)

SUMMARY:

Beginning balance 1/1/90	\$ 90,306.36
Revenues	92,498.54
	\$182,804.90
Expenses	101,737.26
Ending balance 12/31/91	\$ 81,067.64

ASSETS:

U.S. Checking Account	\$ 6,756.33
U.S. Money-Market Fund	72,239.05
Canadian Checking Acct.	72.26
Swedish Checking Acct.	2,000.00
	\$81,067.64
LIABILITIES	.00
NET WORTH	\$81,067.64

Prepared by Al Sheahen, Treasurer



M50 and M55 cross-country runners battle an uphill stretch of the course at the 1991 WAVA World Veterans Championships in Turku, Finland.

18 Months To Go

**Countdown
to
Miyazaki**

**October Dates Chosen
For World Championships**

The dates of the X WAVA World Veterans Athletics Championships are now firm. The event will be held on October 7-17, 1993, in Miyazaki, Japan. More than 5000 veteran athletes from over 60 nations are expected to attend.

The original dates proposed by the Miyazaki organizers and approved by the WAVA General Assembly in Turku, Finland last summer were late August. The Japanese later requested that the dates be changed to October 7-17 because of 1) possible adverse weather conditions in August, and 2) the fact that they will construct a new secondary track which they would have difficulty completing by August 1993.

All WAVA affiliates were polled to see if they preferred August or October.

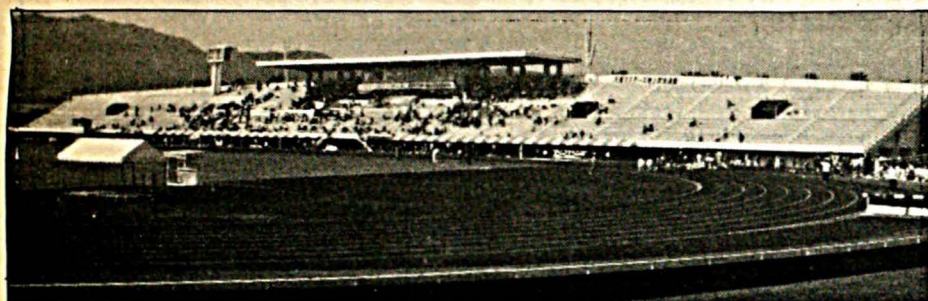
Sixteen affiliates representing 39 delegates favored October; seven affiliates representing 16 delegates

selected August. The other affiliates either did not respond or said they would go along with any decision made by the Council.

Based on that poll and on the request of the Japanese, the WAVA Council voted 10-0 (with five abstentions) to approve the October dates.

The 1993 Championships promise to be the most elaborate and successful ever staged. The Japanese will build the new second track close to the main track in the beautiful Miyazaki Prefectural Sports Park — about a 15-minute drive from downtown Miyazaki.

Miyazaki is a city of 290,000 on the southwest island of Kyushu, one of



Miyazaki Stadium, site of the 1993 WAVA World Veterans Athletics Championships.
Photo by Bob Watanabe



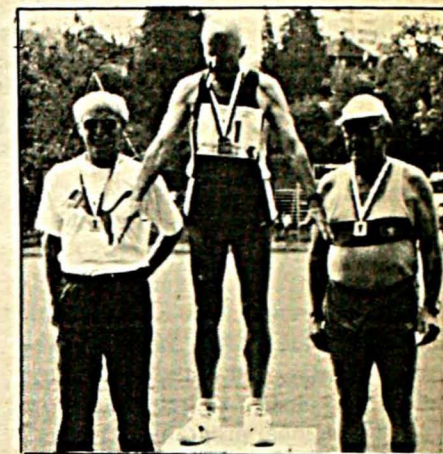
Finals of the M55 200 at the 1991 WAVA Championships in Finland. From left: California's Nick Newton (4th, 24.97), Colorado's Hugo Hartensten (1st, 24.25); Australia's Hal Thomas (2nd, 24.55); Germany's Hand-Jurgen Gasper (3rd, 24.82); Britain's David Burton and Australia's Hugh Coogan.



Ralph Romain of Trinidad & Tobago accepts the gold medal for winning the M55 400 in 53.41 at the 1991 WAVA World Veterans Championships in Turku, Finland.

four islands which comprise Japan. The weather in October should be ideal; the average high temperature is 75° F (24° C); the average low is 57° F (14° C).

Air fares from the USA's west coast are currently running about \$1100; the Miyazaki hotel prices are among the lowest in Japan. Masters travel agents



On the victory stand at the 1991 Veterans Meet in Baden, Switzerland are M70 100 meter runners: 1st: Bill Weinacht, USA, 2nd: Heinz Krenzer, Germany, (left); 3rd: Hans Kaelin, Switzerland (right).

will attempt to put together low-cost package tours, as usual.

The proximity of the two tracks should guarantee a convenient, friendly type of atmosphere similar to Melbourne in 1987. Unlike Turku, which used three widely-separated tracks, participants in Miyazaki will be able to see almost all the action. A warm-up track and throwing field are next to the main stadium.

The Japanese have established a budget for the event of a stunning \$23 million. That compares to \$1 million for Eugene in 1989 and about the same for Turku last year. The Governor of Miyazaki Prefecture (state) is solidly behind the event. The Japanese culture has great respect for older people. The Miyazaki community will be heavily involved. The meet will be covered on local and national television.

The schedule of events and more details will be announced shortly after the WAVA Council meets with the Miyazaki organizers next month in Miyazaki. □



Bob Knuckey of Canada finishing the marathon in Turku.

WAVA

**NORTH AMERICAN
REGIONAL CHAMPIONSHIPS**

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August 19-24, 1992

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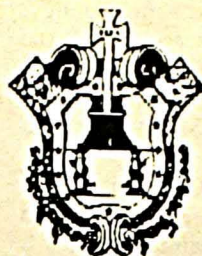


1992 WAVA North American Regional Track & Field Championships

AUGUST 19-23, 1992 JALAPA VERACRUZ MEXICO



COMISION NACIONAL
DEL DEPORTE



ELIGIBILITY: Competition is open to all men age 40 or over, and to all women age 35 and over, as of August 19, 1992. Competition will be held in 5-year age groups.

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: WAVA Regional Championships medals will awarded to the top three North American finishers in each event in each age bracket. Duplicate awards to non-region participants.

DEADLINE: Entries must be received by July 1. Confirmation of entry will be sent no later than July 31. No entry will be complete unless accompanied by payment of fees in full.

RELAYS: Relay entries will be taken at on-site registration only. Relays will be held in 10-year age-groups by nation.

ACCOMMODATIONS: All competitors are responsible for making their own accommodation and travel arrangements. Two U.S. masters travel agents -- Helen Pain and Barbara Kousky -- recently went to Jalapa to examine the facilities. Both are putting together low-cost group tours. For details, please contact them or Diana Schneider, who is also planning a tour.

Helen Pain Barbara Kousky
Sports Travel Northwest Event Mngmt.
619-225-9555 503-687-1989

Diana Schneider
212-391-5611

COMPETITION ENTRY FORM

FAMILY NAME FIRST NAME
 ADDRESS TELEPHONE
 ADDRESS
 CITY STATE
 COUNTRY ZIP CODE
 NATIONALITY
 MALE/FEMALE (M/F) ☐ DATE OF BIRTH DAY YEAR AGE AS OF AUGUST 19 1992

1. WAVA fee U.S.D. 10⁰⁰
 2. 1st event entered U.S.D. 25⁰⁰
 3. Additional Events Number of events U.S.D.(10) U.S.D.
 4. Banquet tickets: Number ordered U.S.D.(30) U.S.D.
 TOTAL: U.S.D.

Send this entry form and payment by check or money order to:

Comite Organizador
 Ramon Lopez Velarde N° 28
 Col. Sta. Maria la Rivera
 06400 Mexico D.F.
 Tel. 011 52 5 5478129/011 52 5 5471964
 Fax 011 52 5 5414110
 PAYMENT:

TENTATIVE SCHEDULE OF EVENTS

NOTE ALL EVENTS ALL AGE GROUPS OLDEST TO YOUNGEST WOMEN BEFORE MEN

WEDNESDAY 19-8-92
 A.M. 8:30 10KM. CROSS COUNTRY WOMEN
 9:30 10KM. CROSS COUNTRY MEN
 P.M. 14:00 REGIONAL CONGRESS WAVA NORTH AMERICAN
 18:00 PENTATHLON MEN PENTATHLON WOMEN
 LONG JUMP 100 M. HURDLES
 JAVELIN THROW HIGH JUMP
 200 M SHOT PUT
 DISCUS THROW LONG JUMP
 1600 M 800 M
 18:15 800 M. TRIALS WOMEN
 19:00 800 M. TRIALS MEN

THURSDAY 20-8-92
 A.M. 7:30 8000 M. FINALS WOMEN
 9:45 8000 M. FINALS MEN
 P.M. 14:00 DISCUS THROW FINALS WOMEN
 16:00 100M. TRIALS WOMEN
 17:00 DISCUS THROW FINALS MEN
 17:00 100 M. TRIALS MEN
 18:00 400 M. TRIALS WOMEN
 19:00 400 M. TRIALS MEN
 20:00 OPENING CEREMONY
 21:00 STEEPLECHASE FINALS
 2000 & 3000 M. MEN

FRIDAY 21-8-92
 A.M. 7:00 SHOT PUT FINALS WOMEN
 7:00 8000 M. RECEWALK ALL FINALS WOMEN
 8:00 TRIPLE JUMP FINALS MEN
 9:00 8000 M. RECEWALK ALL FINALS MEN
 10:00 SHOT PUT FINALS MEN
 11:00 HIGH JUMP FINALS WOMEN
 11:00 80-100M. HURDLES TRIALS FINALS WOMEN
 11:40 80-100-110M. HURDLES TRIALS-FINALS MEN
 13:00 80-100M. HURDLES FINALS WOMEN
 13:20 80-100-110M. HURDLES FINALS MEN
 14:00 HIGH JUMP FINALS MEN
 18:00 100M. FINALS WOMEN
 18:30 100M. FINALS MEN
 19:15 1500M. TRIALS WOMEN
 20:15 1500M. TRIALS MEN
 20:45 400M. FINALS WOMEN
 21:15 400M. FINALS MEN

SATURDAY 22-8-92
 A.M. 7:00 LONG JUMP FINALS WOMEN
 8:00 300 - 400M. HURDLES FINALS WOMEN
 8:30 300 - 400M. HURDLES FINALS MEN
 8:45 POLE VAULT 45 PLUS FINALS MEN
 9:30 200M. TRIALS WOMEN
 10:00 LONG JUMP FINALS MEN
 10:00 HAMMER THROW MEN
 10:50 200M. TRIALS MEN
 18:00 POLE VAULT 30-44 MEN
 P.M. 18:00 800M. FINALS WOMEN
 18:45 800M. FINALS MEN
 19:30 200M. FINALS WOMEN
 20:00 200M. FINALS MEN

SUNDAY 23-8-92
 A.M. 7:00 10KM & 20KM ROAD WALK
 ALL FINALS WOMEN & MEN
 7:30 HALF MARATHON WOMEN
 8:00 HALF MARATHON MEN
 8:00 JAVELIN FINALS WOMEN
 8:00 1500M. FINALS WOMEN
 8:00 1500M. FINALS MEN
 8:30 JAVELIN FINALS MEN
 10:20 4x 100M. RELAY FINALS WOMEN
 10:20 4x 100M. RELAY FINALS MEN
 10:50 4x 400M. RELAY FINALS WOMEN
 10:50 4x 400M. RELAY FINALS MEN
 P.M. SPECIAL EVENTS
 12:10 AGE GRADED 100 M. WOMEN
 12:15 AGE GRADED 100 M. MEN
 12:20 AGE GRADED MILE MEN
 12:30 CLAUSEME
 14:00 BANQUET

100 & 400M. TRIALS 8 OR LESS PER AGE GROUP
 WILL ADVANCE TO FINALS
 800 M. TRIALS 12 OR LESS PER AGE GROUP
 WILL ADVANCE TO FINALS
 1500 M. TRIALS 16 OR LESS PER AGE GROUP
 WILL ADVANCE TO FINALS

CONSULT FINAL SCHEDULE FOR PRECISE
 START TIMES FOR EACH AGE GROUP



MARK EVENT HERE WITH AN "X"

Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1991 - 1992
1	100 METER DASH	ALL Age Groups	All Age Group	
2	200 METER DASH	ALL Age Groups	All Age Group	
4	400 METER DASH	ALL Age Groups	All Age Group	
8	800 METER DASH	ALL Age Groups	All Age Group	
15	1,500 METER RUN	ALL Age Groups	All Age Group	
25	2,000 METER STEEPLECHASE	All age groups	M60 and Older	
35	3,000 METER STEEPLECHASE		M40 Through M55	
5	5,000 METER RUN	All Age Groups	All Age Groups	
8H	80 METER HURDLES	W40 and Older	M70 and Older	
OH	100 METER HURDLES	W 35 Only	M50 Through M65	
1H	110 METER HURDLES		M40 Through M45	
3H	300 METER HURDLES	W50 and Older	M60 and Older	
4H	400 METER HURDLES	W35 through W45	M40 through M55	
1W	10 KM WALK	All Age Groups		
2W	20KM WALK		All Age Groups	
5W	5KM WALK	All Age Groups	All Age Groups	
CC	10KM CROSS COUNTRY	All Age Groups	All Age Groups	
HM	HALF MARATHON	All Age Groups	All Age Groups	
HJ	HIGH JUMP	All Age Groups	All Age Groups	
PV	POLE VAULT	All age groups	All Age Groups	
LJ	LONG JUMP	All Age Groups	All Age Groups	
TJ	TRIPLE JUMP	All age groups	All Age Groups	
SP	SHOT PUT	All Age Groups	All Age Groups	
DT	DISCUS THROW	All Age Groups	All Age Groups	
PH	PENTATHLON	All Age Groups	All Age Groups	
JT	JAVELIN THROW	All Age Groups	All Age Groups	
HT	HAMMER THROW	All age groups	All Age Groups	

To verify your requests, please write out NAME OF EACH EVENT ENTERED:
 Para verificar tu inscripción, por favor escribe el nombre de las pruebas inscritas.

1 _____ 2 _____ 3 _____
 4 _____ 5 _____ 6 _____
 7 _____

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the 1992 WAVA North American Regional Track & Field Championships, the sponsoring non-profit organizations and the corporate sponsors 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) 1992 Wava North American Regional Track and Field.

(Signature, Firma)

(Date, Fecha)

AUGUST 19 - 23 1992

**1992 WAVA NORTH AMERICAN
REGIONAL TRACK & FIELD CHAMPIONS SHIPS**

**JALAPA
VERACRUZ
MEXICO**



Report from Britain

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

Pat McNab, 49, who pioneered women's hammer throwing in Great Britain, has turned her attention to the pole vault. She cleared 2.40 at Crystal Palace on February 29.

Paula Fudge was first W40 (56:18) for 10 miles at Woking in Surrey, March 1. Banking official Anne Roden took the W45 division with a PR of 56:36, fine tuning her performance in preparation for entering the Boston Marathon this month. Mike Hurd, 46,

topped the male masters in 51:55.

Elsewhere, Steve Sear turned in a 68:52 to win the vets section of the Essex Half-Marathon, February 23, while Tony Simmons, 44, added another Hillingdon 5 Mile title with a 24:47.

Meanwhile, 1984 Olympic 10,000 silver medalist Mike McLeod, who won his first two masters races as a 40-year-old, has again been sidelined with a foot injury. □



Start of the W50 1500 in Turku. Germany's Walburga Klockers (2nd from left) won in 5:04.99.

		FINAL		RESULT	
W 75	1500m	GER	7.06.13		
F 75	1500m				
1.	J. Luther	USA	7.48.84		
2.	A. Williams	USA	8.30.04		
3.	Mary Haines	USA	8.37.49		
4.	Pearl Mehl	CAN	9.00.80		
5.	Ivy Granstrom	DNS			
	Dorothy Stotsenberg				

Electronic Scoreboard gives results of W75 1500 final at 1991 World Championships in Turku.

Report from the Treasurer

Continued from page 15

entitled to in 1993 in Miyazaki, based on the above formula. The total is 115.

Thus, Canada, for example, with a total of 367 competitors in the last three Championships, gets four delegates. Norway, with a total of 261, gets three delegates. India, with 149, gets two. And so on.

6) The last column shows what each affiliate's 1992-93 fees would normally have been. However, last year the Council voted, 10-2: "In the event the IAAF awards a subsidy to WAVA of not less than US \$15,000 per year, the

WAVA affiliation fee for the NGBs will be waived."

Last month, President Beccalli announced that the IAAF will, indeed, provide such a subsidy. So when the Council meets in Miyazaki on May 21-25, 1992, it is expected to ratify its 1991 decision and waive all affiliate fees.

If you have any questions or comments on WAVA financial matters, please contact me, your national delegates or your WAVA regional representative and let your views be known. □

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD

LIST BY NATION AND REGION OF AFFILIATE FEES, COMPETITORS AND DELEGATES

	1990-91 No. of Delegates			Number of Competitors				No. of Delegates											
	Fees Paid	in Turku	Eligible/Voting	Melb. Eugene	Turku	1991	Total	Eligible in Miyazaki	1992-93 Fees (Waived)										
EUROPE:																			
1 Austria	100	1	1	30	13	34	77	1	100										
2 Belgium	100	1	1	19	25	41	85	1	100										
3 Bulgaria	100	1	0	0	2	2	4	1	100										
Cyprus	0	0	0	0	1	0	1	0											
4 Czechoslovakia	100	1	1	7	15	51	73	1	100										
5 Denmark	200	2	2	21	24	54	99	1	100										
6 Finland	400	4	4	114	116	1115	1345	5	500										
7 France	300	3	3	43	79	128	250	3	300										
8 Germany	500	5	5	265	341	646	1252	5	500										
9 Great Britain	500	5	5	161	256	214	631	5	500										
10 Greece	100	1	1	19	11	26	56	1	100										
11 Hungary	200	2	2	36	27	35	98	1	100										
12 Iceland	100	1	1	1	2	5	8	1	100										
13 Ireland	100	1	1	26	32	28	86	1	100										
14 Italy	500	5	5	59	73	183	315	4	400										
15 Netherlands	100	1	0	11	14	53	78	1	100										
16 Norway	300	3	3	73	80	108	261	3	300										
17 Poland	100	1	0	1	7	40	48	1	100										
18 Portugal	100	1	1	9	19	27	55	1	100										
19 Romania	100	1	1	2	0	11	13	1	100										
20 San Marino	50	1	1	0	0	0	0	1	100										
21 Spain	200	2	2	9	19	71	99	1	100										
22 Sweden	400	4	4	142	95	339	576	5	500										
23 Switzerland	200	2	2	51	56	85	192	2	200										
24 Turkey	50	1	1	0	5	12	17	1	100										
25 USSR	100	1	1	0	6	466	472	5	500										
Yugoslavia	0	0	0	11	10	7	28	0											
Totals - Europe	5000	51	48	1110	1328	3781	6219	53	5300										
AFRICA:																			
Algeria	0	0	0	0	1	0	1	0											
1 Angola	50	1	1	0	0	2	2	1	100										
Botswana	0	0	0	0	2	0	2	0											
2 Cameroon	100	1	0	0	0	0	0	1	100										
3 Congo	50	1	1	0	0	1	1	1	100										
4 Ethiopia	100	1	0	0	0	0	0	1	100										
Ghana	0	0	0	0	1	0	1	0											
Kenya	0	0	0	0	3	1	4	0											
5 Namibia	100	1	1	0	0	3	3	1	100										
Nigeria	0	0	0	0	0	1	1	0											
6 Chad	100	1	0	0	0	0	0	1	100										
7 Zaire	100	1	0	0	0	0	0	1	100										
8 Zambia	50	1	0	1	4	0	5	1	100										
Totals - Africa	650	8	3	1	11	8	20	8	800										
NORTH AMERICA:																			
1 Canada	400	4	4	61	206	100	367	4	400										
2 Costa Rica	100	1	0	0	0	0	0	1	100										
Cuba	0	0	0	0	0	0	1	0											
3 Dominican Republic	100	1	0	0	0	1	1	1	100										
Jamaica	0	0	0	1	1	1	3	0											
4 Mexico	100	1	1	21	45	28	94	1	100										
5 Puerto Rico	100	1	1	1	12	1	14	1	100										
6 St. Vincent	100	1	0	0	0	0	0	1	100										
7 Trinidad & Tobago	100	1	1	13	9	6	28	1	100										
8 United States	500	5	5	398	2310	474	3182	5	500										
9 Virgin Islands	100	1	0	0	0	0	0	1	100										
Totals - N. America	1600	16	12	496	2583	611	3690	16	1600										
SOUTH AMERICA:																			
1 Argentina	100	1	1	2	3	4	9	1	100										
2 Aruba	100	1	1	0	0	0	0	1	100										
3 Bolivia	100	1	1	0	0	0	0	1	100										
4 Brazil	100	1	1	13	26	9	48	1	100										
5 Chile	100	1	1	3	21	16	40	1	100										
6 Colombia	100	1	1	14	37	7	58	1	100										
7 Guyana	100	1	1	0	1	2	3	1	100										
8 Paraguay	100	1	1	0	0	0	0	1	100										
9 Peru	100	1	1	2	10	3	15	1	100										
10 Surinam	100	1	0	0	0	0	0	1	100										
11 Uruguay	100	1	1	4	2	3	9	1	100										
12 Venezuela	100	1	1	3	2	2	7	1	100										
Totals - S. America	1200	12	11	41	102	46	189	12	1200										
ASIA:																			
China	0	0	0	1	0	0	1	0											
1 Hong Kong	100	1	1	0	0	1	1	1	100										
2 India	200	2	2	72	32	45	149	2	200										
3 Indonesia	100	1	1	20	11	7	38	1	100										
Israel	0	0	0	3	2	2	7	0											
4 Japan	200	2	2	54	74	42	170	2	200										
5 Korea	100	1	0	7	4	0	11	1	100										
Lebanon	0	0	0	0	1	0	1	0											
6 Malaysia	100	1	1	8	6	7	21	1	100										
7 Philippines	100	1	0	1	35	0	36	1	100										
8 Singapore	100	1	1	15	9	9	33	1	100										
Sri Lanka	0	0	0	35	21	0	56	0											
9 Taiwan	200	2	1	25	32	28	85	1	100										
10 Thailand	100	1	0	0	0	0	0	1	100										
Totals - Asia	1300	13	9	241	227	141	609	12	1200										
OCEANIA:																			
1 Australia	500	5	5	2470	370	151	2991	5	500										
2 Cook Islands	100	1	0	0	0	0	0	1	100										
3 Fiji	100	1	1	8	0	0	8	1	100										
4 New Zealand	500	5	5	449	133	63	645	5	500										
Nieu	0	0	0	1	0	0	1	0											
5 Papua New Guinea	100	1	0	0	0	0	0	1	100										
6 Tonga	100	1	0	0	0	1	1	1	100										
Totals - Oceania	1400	14	11	2928	503	215	3646	14	1400										
70 GRAND TOTALS	11150	114	94	4817	4754	4802	14370	115	11500										

Prepared by Al Sheahan, WAVA Treasurer

PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy

EXECUTIVE**VICE PRESIDENT:**

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Delray Beach, FL 33445
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VICE-PRESIDENT**(Stadia):**

Bill Taylor
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Oxford, OX7-6LX
Great Britain

VICE PRESIDENT**(Non-Stadia):**

Jacques Serruys
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B8000, Brugge, Belgium

SECRETARY:

Torsten Carlus
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M1C 2x3 Canada

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Bridget Cushen
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West Croydon,
Surrey, England

IAAF Delegate:

Cesar Moreno Bravo
Cerro S. Andres 136-3
04200 Coyoacan DF-Mexican

**DELEGATE OF:
NORTH AMERICA**

Brian Oxley
66 Felicity Dr.
Scarborough, Ontario
M1H 1E3 Canada

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo Uruguay

ASIA:

Hari Chandra
#24-12 Block 44,
Marine Crescent, Singapore

EUROPE:

Hans Axmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:

Jim Blair
43 Emslie Road
Pinhaven, Upper Hutt
New Zealand

AFRICA:

Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo



M70 sprinters at the 1991 WAVA World Veterans Championships in Turku, Finland. Australia's Bernie Hogan (70077) won the 100 (13.93) and 200 (28.61).

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD

**ANALYSIS OF REVENUES AND EXPENSES FOR 1990-91****Revenues**

The largest source of revenue in 1990-91 was \$67,228 in athletes' entry fees in Turku. That represents 4802 paid entrants at \$14 each. The organizers had originally announced 5066 entries, but that included many who traditionally pay at the meet, if they can get there. The final paid count was 4802.

The sanction fee which the Turku OC paid to WAVA was only \$6000, compared to \$12,000 in Eugene. For Miyazaki, the sanction fee has been raised to \$15,000.

Because the number of affiliates increased from 47 to 70, this source of revenue jumped 90% from \$5883 to \$11,150.

Expenses

Office expenses (postage, fax, phone, etc.) were up 157% in 1990-91 compared to 1988-89 -- to \$22,578 from \$8774. That reflected the increased costs of communication with new affiliates, contact with the IAAF, and coordination of ballot proposals for the General Assembly.

Communication expenses rose 152% -- to \$23,936 from \$9509. Assistance to the regions jumped to \$9500 from \$2765. Aid to the National Masters News rose to \$8400 to help cover the extra costs of publishing year-long election coverage.

The even-year Council-meeting expenses rose 91% -- to \$14,369 from \$7511 -- mainly due to higher air fares and higher costs in Turku compared to the modest expenses in Eugene.

The costs of the 1993 Championships in Turku were 54% higher -- \$32,271 in Turku vs. \$20,947 in Eugene. Some of the Turku expenses were too high, in my judgment, such as the \$2631 to feed 155 people rolls and coffee at the General Assembly. The Council is establishing even tighter cost controls and we hopefully can avoid excessive expenditures in the future.

Summary

Total revenues were \$92,498.54. Total expenses were \$101,737.26. Thus, the 1990-91 deficit was \$9238.72. Cash on hand on December 31, 1991 is \$81,067.64.

Al Sheahan, Treasurer

Note: all figures are in U.S. dollars

COMPARISON OF WAVA REVENUES AND EXPENSES FOR 1990-91 AND 1988-89

	1990-91	1988-89	Increase (Decrease)
REVENUES:			
Affiliate fees	\$ 11,150.00	\$ 5,883.00	90%
Entry fees	67,228.00	66,556.00	1%
Sanction fee	6,000.00	12,000.00	(50%)
Bank interest	8,120.54	6,721.77	21%
Entry fees - Melbourne	--	4,910.00	--
Profit from Melbourne	--	3,000.00	--
Miscellaneous	--	1,247.66	--
TOTAL REVENUES	\$ 92,498.54	\$100,318.43	(8%)
EXPENSES:			
1. Office Expense (postage, phone, fax, etc.)			
President	\$ 6,722.00	\$ 3,113.00	116%
Executive V-P	2,330.79	.00	--
V-P Stadia	546.28	218.22	150%
V-P Non-Stadia	1,099.09	472.24	133%
Secretary	10,295.46	4,084.82	152%
Treasurer	1,305.77	759.51	72%
Women's Rep	230.30	58.71	292%
Past President	25.00	67.62	(62%)
Consultant	23.89	.00	--
	22,578.58	8,774.12	157%
2. Financial Charges	54.42	126.97	(57%)
3. Communications and Statistics:			
Records	1,000.00	500.00	100%
National Masters News	8,400.00	3,000.00	180%
WAVA Handbook	3,347.09	2,384.04	40%
Regional assistance	9,500.00	2,765.00	244%
Meet director's book	189.86	.00	--
Questionnaire in Eugene	1,500.00	.00	--
Age-graded tables	.00	670.31	(100%)
Clipping service	.00	190.00	(100%)
	23,936.95	9,509.35	152%
4. Even-year Council Meetings:			
Air fare	7,505.67	2,908.00	158%
Hotel	4,507.44	2,158.63	109%
Daily cash expenses (\$35/day)	2,775.00	1,680.00	65%
Gifts	81.08	.00	--
Lunches/dinners	.00	764.73	(100%)
	14,369.19	7,511.36	91%
5. World Championships:			
Air fare for Council	14,117.78	10,015.38	41%
Hotel for Council	3,693.02	.00	--
Daily cash expenses (\$35/day)	7,245.00	5,915.00	22%
General Assembly	2,631.04	2,583.25	2%
Women's meeting	786.30	.00	--
Lunch for organizers	1,219.40	505.45	141%
Presentations to organizers	1,130.80	656.00	100%
Printing (ballots, copies, etc.)	769.16	344.28	123%
Council meetings/lunches	119.87	928.00	(87%)
Relay fee	500.00	.00	--
Bank charges and miscellaneous	58.76	.00	--
	32,271.13	20,947.36	54%
6. President's Travel	4,865.00	4,005.00	22%
7. Other Travel	3,631.99	4,894.34	(26%)
8. Miscellaneous	40.00	1,500.00	--
TOTAL EXPENSES	\$101,737.26	\$57,268.51	78%
SURPLUS (DEFICIT)	(\$9,238.72)	\$43,049.92	--

Prepared by Al Sheahan, Treasurer

Masters Health and Fitness

Life Span May Be Extended

Normal human life spans may be extended beyond the currently accepted norm of about 70 years, according to findings presented at the American Assn. for the Advancement of Science.

Scientists reported they have been able to prolong the life spans of the roundworm and fruit flies by manipulation of the "Methuselah" gene. That gene is the blueprint for an enzyme which destroys "free radicals," which are thought to speed aging by accelerating the breakdown of normal cells. The new study suggests that the life span of humans can soon be altered by drugs or genetic engineering.

"Aging is something we can manipulate and analyze," said Michael Rose, a biologist at the U. of California at Irvine. "Aging can be changed."

Rose has doubled the life span of flies, giving them the equivalent of a

human life span of 150 years.

- Loss of a night's sleep doesn't hurt performance, according to results of studies by David Hill, Ph.D. at the U. of North Texas in Denton. Women and men were tested on a bicycle ergometer on different days. They performed the same amount of anaerobic work regardless of whether they slept normally or lost a night's sleep.

- VAX-D is a new therapy for people suffering from severe low back pain, says Dr. Allan Dyer of Mississauga, Canada. The patient lies face down on a patented VAX-D therapeutic table, which is fully automated by computer logic.

"Under the guidance of a trained

technician, the patient is treated with a series of precisely-controlled adjustments along the natural anatomical lines of the spinal column, decompressing the vertebral column of the low back," said Dyer. For more details, contact Mike Donia at 416-695-3293.

- A cholesterol-reducing drug used by hundreds of thousands of people can not only slow the progress of coronary artery disease but it can also reverse it, according to findings by researchers at the U. of Southern California. The drug lovastatin — also known as Mevacor — is used to fend off the fatty deposits that can clog coronary arteries. The USC study was led by Dr. David Blankenhorn, Professor of medicine at the USC School of Medicine. His team tracked the progression or regression of coronary artery disease in 270 men and women over a two-year period.

- Lower your mileage when you don a new pair of running shoes. Your body needs time to adjust to the new shoes, cautions Angus McBryde, M.D. of the U. of Alabama in Mobile. "Wear the new shoes for shorter runs at first and slowly increase the distance," he says. □



Larry Patterson, 75, St. James, Mo., set four meet records in the 1991 St. Louis Senior Olympics. Photo by Hank Kiesel

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

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Steeplechase Spike--size 11.....\$29.00
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sizes 3/6, 7, 8, 10, 10.5.....\$29.00
High Jump--sizes 2/4, 4.5, 8, 9.....\$29.00
Shot Put--sizes 2/4, 5, 3/5, 2/5.5.....\$29.00

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Zoom Ultra 11 (distance spike) sizes 8, 8.5, 9, 9.5, 11.5.....\$51.00
Shot & Discus sizes 8, 3/9, 5/9.5.....\$39.00
Zoom Sprint sizes 2/6, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11.5, 12.....\$49.00
Zoom Light (sprint spike) sizes 2/8, 2/9, 2/9.5, 3/10, 12, 12.5.....\$39.00

CURRENT NIKE MODELS

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Long Jump--nylon & synthetic suede, EVA midsole with negative taper, solid rubber outsole and forefoot, nylon, 7-spike plate. white/navy blue-red sizes 6-13.....\$65.00 \$54.00
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Zoom V--(replaces internationalist) upper poly-x & synthetic suede trim full-length EVA insole provides cushioning through entire foot strike. white/white-black. sizes 3-16.....\$61.00 \$49.00

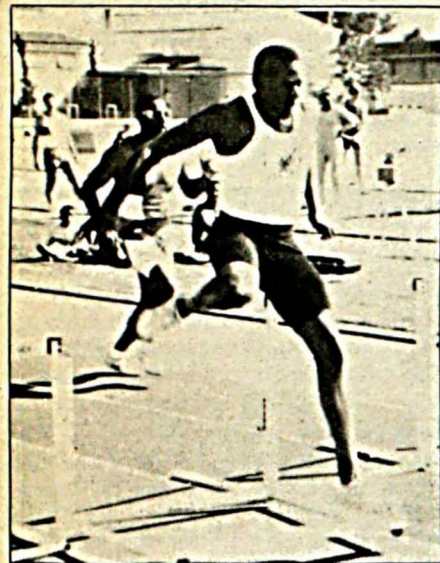
Master Card & VISA are accepted. COD's are \$4.00 extra and are cash only. Shipping is \$4.00 for 1 pair of shoes and \$1.00 for each additional pair (Continental US). Foreign orders are 30% for airmail shipping and 20% for surface mail. Allow three weeks for personal checks to clear.

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Airlines Antitrust Litigation

by MARILYN J. MITCHELL

There are pending airlines antitrust litigation and settlements with a number of airlines, including American, Continental, Delta, Midway, Northwest, Pan Am, TWA,



Mike Williams, first in the M30 long hurdles, Southern California Association TAC Championships, Los Angeles. Photo by Jerry Wojcik

United and USAir involving flights going through hubs in Pittsburgh, Baltimore, Dayton, Charlotte, Minneapolis/St. Paul, Memphis, Detroit, Houston (IAH), Newark, Atlanta, Cincinnati, Salt Lake City, Chicago (O'Hare), Denver, Dallas/Ft. Worth, Nashville, Raleigh/Durham, St. Louis, Philadelphia, Cleveland, San Jose, Syracuse and Washington/Dulles during the period January 1, 1988 to August 7, 1991.

One should retain all flight records, including any records indicating how much was paid for the tickets purchased during that period, and register with:

Airlines Antitrust Litigation
P.O. Box 209
Philadelphia, PA 19107-9711

For those masters athletes who are very active, this could include some sort of settlement for flights to as many as eight national championships (four indoor and four outdoor championships during the period) and three national conventions, as well as any other flights taken during the period falling within the parameters outlined above.

□

Chisholm's Laws of Running

by HERB CHISHOLM

1. All hilly courses are certified.
2. No matter how many port-a-johns are available for a race, there's never enough.
3. Any damn fool can run down hill (maxim of Tony Plansky, Cross-Country coach, Williams College, 1935-1965).
4. A "challenging course" will be mostly mountainous.
5. A "scenic course" will be hilly.
6. If temperature at race start is 39°F, the chances of being underdressed/overdressed are 90%.
7. The more turns in a course, the greater the chances for an off-course maneuver.
8. If top age group is not specified in race flyer, it will be at least 10 years lower than your current age.
9. Course is guaranteed to be short if TAC course certification number is not listed in race flyer.
10. If nature of awards are not described in race flyer, it's definitely medals or trophies.
11. If depth of awards within each age group are not specified in race flyer, cutoff will be one above your finish position.
12. A race is a "non-event" if results are not sent to TACSTATS/USA.



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MASTERS SCENE

NATIONAL

• The life of Johnny Kelley, 84, the only athlete to have competed 60 times (winning in 1935 and '45) in the Boston Marathon and three-time Olympian, is told in his biography *Young at Heart*, by Frederick Lewis and Dick Johnson. Kelley is still in active competition. The book, with 224 pages plus 32 pages of photographs, is published by WRS Publishers, P.O. Box 21207, Waco, TX 76780-1207. 817/776-6461. The ISBN is 0-941539-87-3.

EAST

• Hugh Sweeney, 47, floated to the masters title in NYRRR Snowflake 4 Mile, Central Park, February 2, with a 21:45. In the M60 race, Sid Howard, 52, shaded Victor Cruz, 51, for the win, both finishing in 23:20. Cheryl Ralya, 45, took the W40+ laurels in 25:58. Sweeney returned to Central Park on February 8 to freeze the masters first in the NYRRR Chill Chaser 5 Mile with a seventh-place 27:24 of 581m. Kathleen Morton, 43, was eighth of 305w in 33:10, with Betsy Harshberger, 46, ninth (33:23). Muriel Merl, 66, won the W60-69 race in 41:26.

• Daniel Brach, 41, and Ann Davies, 45, iced masters victories in the NYRRR Frostbite 10 Miler, Central Park, February 16. Brach finished seventh of 810m with a 55:14, and Davies

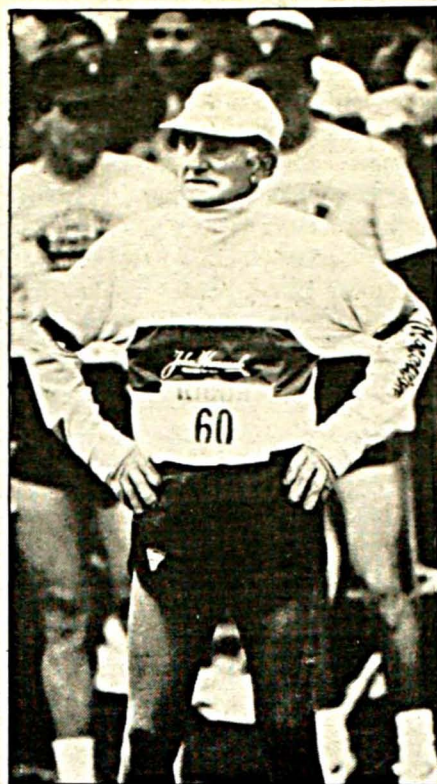
made it a no-contest with a 66:08, seventh of 292w. Lisa Preskins, 57, won the W55 race in 73:32.

• Nancy Grayson, 41, of Columbia, SC, headed north to scorch a fourth-place 36:08 of 811w in the NYRRR Bagel Run 10K, Central Park, February 23. Next W40+ was Cheryl Ralya, 45, in 39:54. Toshiko d'Elia, 62, won the W60-69 race in 46:23. Bob Giambalvo, 42, steamed to a masters win in 32:46. George Thompson (66, 42:41), Bill Coyne (70, 46:21), and Vince Carnevale (75, 51:08) won their races handily.

SOUTHEAST

• Indiana's Gary Romesser, 41, took masters honors and \$1000 with a 47:18 in the Jacksonville, FL River Run 15K on March 7. Colorado's Doug Bell, 41, won \$500 for 2nd 40+ (47:50). Mexico's Mario Cuevas, 43, was 3rd (\$250, 48:00), with Colorado's Benji Durden, 40, 4th (50:27). England's Allan Rushmer, 45, clocked 52:42. Top female masters were England/Colorado's Priscilla Welch (47, 54:35, \$1000), Texas' Carol McLatchie (40, 55:22, \$500), South Carolina's Nancy Grayson (41, 55:28, \$200), and Pennsylvania's Barbara Filutze (45, 56:04). Welch's time was a 94.3% age-graded effort; Romesser's was a 93.2%.

• Lowry Foster, 40, of Florida, won the masters race and \$400 with a 15:21 in the Edison



Johnny Kelley, 84, winner of the Boston Marathon in 1935 and 1945.

Festival of Light 5K; Fort Myers, FL, February 15. Nancy Grayson, 41, won the same amount for her seventh-place 17:16.

• Tom McDermott, 73, Bradenton, FL, broke the U.S. single-age record for the 16-lb. hammer with a 93-9 at a Manasota TC meet in Sarasota, February 22. Jim York of California held the old mark at 70-4.

• New Zealand's John Campbell, 43, set a masters course record of 29:45 to win \$600 and finish fourth overall in the Heart of Florida Citrus Classic 10K in Winter Haven, FL., March 14. Florida's Jim Pearson, who set the 40+ record last year (32:15), was 2nd master (14th overall) in 31:48. Colorado's Frank Shorter was 3rd (33:15); Britain's Allan Rushmer was 4th (33:38). Colorado's Priscilla Welch, 47, led the 40+ women (34:55, \$300) as 6th female overall.

MIDWEST

• Wesley Ward, 82, high jumped to an M80-84 indoor WR of 4-0 in a TAC meet at West Lafayette, IN, February 15.

WEST

• Stew Thomson, 58, Atascadero, CA, topped the field with an age-factored 4207 in the Citrack Weight Pentathlon, Glendora, CA, January 18. His score was bolstered by a single-age AR of 48-8 with the 35-lb. weight. Mike Deller, 43, was second with a 3316. On February 22, in the Foothill College Meet, Los Altos, CA, Thomson heaved the 56-lb. weight (an event at the Indoor Nationals in Columbus) 40-8 3/4.

NORTHWEST

• Olympic hammer thrower in '72, Tom Gage, 48, Billings, MT, erased the single-age WR for the 35-lb. weight with a 59-10 in an all-comers at Montana St. U., Bozeman, January 24. Hal Connolly set the old mark of 55-9 1/2 in 1980.

• Becky Sisley, meet director for the 1992 Hayward Classic in Eugene, OR — which will also serve as the first-ever Oregon TAC Masters T&F Championships — says masters athletes will be able to use the locker room facilities in the new William J. Bowerman Hall on the U. of Oregon Campus. Bowerman Hall is scheduled to open April 1. The 15,000 square-foot building houses memorabilia of Oregon track greats and provides track-side office space for coaches. Oregon Heritage Hall on the second floor offers meeting space or an administrative space for major meets. The facility meets two needs: locker and office space, and it shields Hayward Field from north winds that have invalidated potential record-setting sprints and jumps. This year's 12th annual Hayward Classic is set for June 20-21.

INTERNATIONAL

• Kevin Jury, 40, was 1st vet in 2:28:12 in an Australian Gold Coast marathon. □

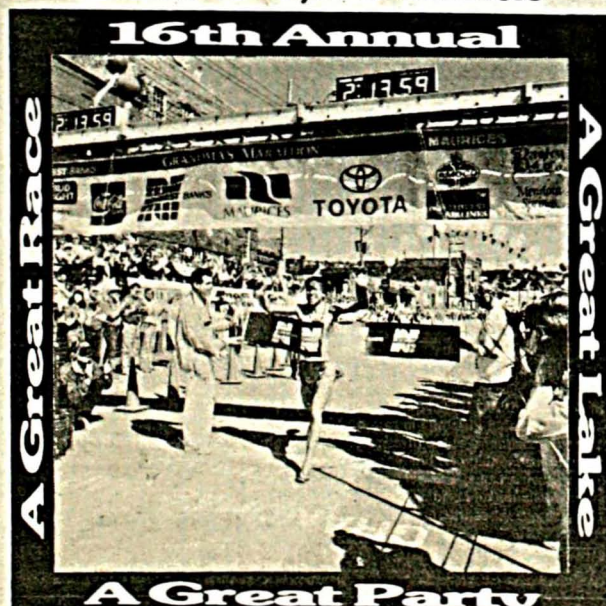
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These six New York Pioneers won (3:42:60) the Millrose Masters Mile Relay, New York, February 7, and broke the M50-59 U.S. indoor record at West Point, February 15. The Millrose quartet was composed of (l to r): Don Hodge, 41, Rob Jackson, 42, Bill Burrell, 50, and Ed Small, 53. The 50-59 team added Glen Shane, 52 (hat); and Rich Rizzo, 54.

Photo by Ed Small

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

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

July 25-26. TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/533-3644; Fax: 509/533-4128.

October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

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

April 24-25. Penn Relays, Philadelphia. M40+ mile, contact Tim Baker, Penn Relays Director, Weightman Hall, Philadelphia, PA 19104-6322, 215/898-6145. 4x100/4x400 (M40+ & M50+), 100m (M75+), contact Pete Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144, 215/842-3807.

May 31. N.J. TAC Masters Championships, Monmouth College, Long Branch. Nancy Ammermuller, 508 13th Ave., Belmar, NJ 07719. 908/280-9050(h); 974-1151(w).

June 14. New York Masters Spring Meet, U.S. Merchant Marine Academy, Kings Point, Long Island. 10 am-3 pm. SASE to: Eric Weissbrodt, 7 Drury Ln., Great Neck, Long Island, NY 11023.

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

July 5. Garden State AC International Masters Championships, Randolph, N.J. M. Hahn, 19 Bedminster Rd., Randolph, NJ 07869, 201/625-1764(d); 361-3282, or Ken Brinker, 8 Covair Ct., Flanders, NJ 07836.

July 12. Boston Masters NEAC Championships, Northeastern U. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 25-26. Buffalo Belles & Brawn International Meet, Kenmore, N.Y. 25th-W/26th-M. E. Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

August 29 (tentative). Don Harris

Memorial Meet, Ardmore, Pa. Pete Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144 215/842-3807.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

April 4. Naples-On-The-Gulf Masters Meet, Collier H.S., Naples, Fla. Open to m & w over age 19. Florida Circuit Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 29-May 2. Lowcountry Senior Sports Classic. 55+, Pamela Olivier, City of Charleston D.O.R., Hampton Park, Charleston, SC 29403. 803/724-7336.

May 1-3. Southeastern Masters International Championships, North Carolina State U., Raleigh. Weight & regular pentathlons, 5K & 20K walks, 10K run. Ray Fulghum/Dale Smith, Box 5684, Raleigh, NC 27650. 919/831-6640 (9-5 EST).

May 9. Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. Florida Circuit Meet. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 16. Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 23. Birmingham Track Classic, Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 25. Florida Circuit Meet, Clearwater. 5-yr. age groups from 19 to 80+. SASE to: Ed Wells Jr., 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 29-30. Tennessee Masters Championships, U. of Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(h).

June 6. Atlanta TC Masters Meet, Emory U. John Curtin (Emory)/Julia Emmons (ATC), 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

June 13-14. 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 27. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(e).

July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

July 11. Nashville TC Open & Masters Meet, Vanderbilt U. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

September 12. Florida Track Circuit Meet. DeLand. 5-yr. age groups from 19 to 80+. SASE to: John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

September 26. Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80+. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.

MIDWEST

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

April 26. North Coast Relays, Mayfield, Ohio. Over The Hill TC, Geoff Packer, 2845 N. Park Blvd., Cleveland Hts., OH 44118. 216/371-2822.

June 6. 9th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 13. Indy Senior Classic, Indiana U.-Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 20. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

August 1. Midwest Masters Championships, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

MID-AMERICA

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

June 6-7. Duke City Masters, Submasters, & Open Meet. Neil Silver, 728 Loma Vista Dr., NE, Albuquerque, NM 87106. 505/265-8234.

June 28. TAC Mid-America Regional Masters Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55423. 612/574-9661.

July 24-26. Show Me State Games, Rockbridge H.S., Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 314/434-0851.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. David Simmons, 1550 Baseline, Boulder, CO 80302. 303/443-4919.

September 20. Fall Classic Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 5. Houston Senior Olympics, Butler Stadium. 55+. Terri Riha, Coordinator, 5601 S. Braeswood, Houston, TX 77096. 713/551-7250.

April 25. Dallas Senior Games, Jesse Owens Field, Fair Park, 55+. Jose Evans, Dept. of Parks and Rec., City Hall, Dallas, TX 75201. 214/670-6266, or Susan Lynch, 670-6255.

June 6. TAC Southwest Regional Masters Championships, SMU, Dallas, Texas. John L. Pritchett, 2206 So. Harwood St., Dallas, TX 75215. 214/298-2041.

July 25. Texas Masters Championships, U. of Texas-Arlington. Tom Garzillo, 1130 E. Parker Rd., S-203, Plano, TX 75074. 214/422-2273.

WEST

Arizona, California, Hawaii, Nevada

April 18. Foothill College Throws Meet, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Ct., Santa Cruz, CA 95062. 408/479-0202(h).

April 25. Ken Carnine Classic, California St. U.-Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/967-9003.

ON TAP FOR APRIL

TRACK AND FIELD

The Athletics Congress/USA National Masters Indoor Championships in Columbus, Ohio, on the 3rd-5th, wrap up the indoor season.

Outdoor action is available in Naples, Fla., on the 4th, and in Sacramento, Cleveland, and the Penn Relays (invitation only) on the 25th.

Overseas, the Australian Vets championships commence in Tasmania on the 17th.

LONG DISTANCE RUNNING

No championships this month, but April brings a shower of big races for masters, starting on the 4th with the Cooper River Bridge 10K in South Carolina, and the Cherry Blossom 10 Mile in D.C.; Austin Capitol 10K in Texas; and the Vivicitta 12K in NYC.

On the 11th, masters qualifiers vie with open runners for Olympic spots in the Columbus Marathon, and Medford, Ore., hosts the Pear Blossom 10 Mile. The list on the 12th includes the Sallie Mae 10K in D.C.; Redbud 10K, Oklahoma City; and the MDA-Boston Milk Run 10K.

Easter weekend holds the Crescent City 10K, New Orleans, and the Longest Day Marathon in South Dakota on the 18th, topped by the Boston Marathon on the 20th.

The next weekend's skein shows at least 30 major events, including the Trevira Twosome, NYC; Derby Festival Half-Marathon, Louisville; Vintage 5 Mile, Pittsburgh, Pa.; and the Memphis 10K on the 25th, followed by the Natural Gas 8K, Portland, Ore.; George Washington 15K in Virginia; half-marathons in La Jolla and Redlands, Calif.; and marathons at Big Sur, Yonkers, and Toledo on the 26th.

RACEWALKING

The focus is on the Empire State, with a 10K on Long Island and two races in the NYC area.

May 3. Striders Meet of Champions, Cal-State Long Beach. John Cosgrove, 7411 Earldom Ave., Playa del Rey, CA 90293. 310/823-9448.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. David Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 23. Foothill College Throws Meet, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Ct., Santa Cruz, CA 95062. 408/479-0202(h).

May 25. San Diego Senior Sports Festival, Balboa Stadium. 55+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

May 30. Bruce Jenner Meet, San Jose City College. 100m for M60+, M70+, women. 200m M50+. 1500m M40+. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030. 408/354-2005.

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June 13. TAC/Pacific Masters Championships, Los Gatos H.S., Los Gatos, Calif. Joy Margeram or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5660.

June 20. SCATAC District Championships, Occidental College, Los Angeles. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 12. Trojan Masters Meet, USC, Los Angeles, Calif. Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

July 25-26. TAC West Regional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

September 20. Sri Chinmoy Masters Meet, CSU-Long Beach, Calif. 40+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/838-4746.

NORTHWEST

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

May 23. Inland Empire Masters Classic, Washington St. U., Pullman. Jeff Schaller, SW 435 State St., Pullman, WA 99163. 509/332-3148.

June 6. Senior Sports Festival, West Seattle Stadium. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951.

June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

June 13. Volcano Classic, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 19-20. Montana Senior Olympics, Billings. 55+. Don Tavalacci, 465 Freedom Ave., Billings, MT 59105.

June 20-21. Hayward Classic, Eugene, Ore. Becky Sisley, 310 E. 48th, Eugene, OR 97405. 503/342-3113(h). Oregon TAC

Masters Championships.

June 27-28. Oregon Association TAC Masters Decathlon/Heptathlon Championships, Phoenix. Don Gray, P.O. Box 119, Phoenix, OR 97535. 503/535-2400.

July 11. Helena Masters & Senior Championships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-19. Washington State Games, Sammamish H.S., Seattle. Tim Davidson, 1001 4th Ave. Plaza, Ste. 3135, Seattle, WA 98154. 206/682-4263.

July 24-25. TAC Northwest Regional Masters Championships, Lewis & Clark College, Portland, Oregon. Jim Puckett, Mt. Hood CC, 26000 SE Stark, Gresham, OR. 503/667-7354.

July 31-August 1. Montana Masters Meet, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132.

CANADA

July 18-25. Canadian Masters Summer Sport Festival, Regina, Saskatchewan. CMSSF, 206-1911 Park St., Regina, Saskatchewan, Canada S4N 2G5.

INTERNATIONAL

April 17-20. Australian Veterans Championships, Hobart, Tasmania. VAAT, GPO Box 890, Hobart, Tasmania, 7001.

May 8-9. 17th South African Masters Athletics Championships, Krugerdorp (near Johannesburg). Also a major meet on May 13 in Durban. Overseas veterans welcome. Hannes Booysen, 5180 Delmenville 1403, Germiston, South Africa. Phone: 827-7590.

June 6-7. British Veterans Southern Area Championships, W. Thomas, 97A Waterside, Kings Langley, Hertsfordshire.

June 26-July 4. WAVA European Championships, Kristiansand, Norway. Europeans only.

July 11-12. Russian National Championships, Moscow, M/W30+. Vadim Marshhev, Fax: 095-572-6293 or 095-572-6952. Or Sports Travel International, Phone: 619/225-9555; Fax: 619/225-9562.

July 17-19. Mexican National Masters Championships, Monterrey Nuevo Leon. Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

July 18-19. British Veterans Athletic Federation Championships, Hendon, London, Barbara Dunsford, 71 Hillside Crescent, South Harrow HA20QU.

July 25-August 9. XXV Olympics, Barcelona, Spain.

August 19-23. WAVA North American Regional Championships, Jalapa, Vera Cruz, Mexico.

September 11-13. 13th All-Japan Masters Championships, Tottori Prefecture. July 10 deadline. Kinki Nippon Tourist, Tottori Branch, 706 Sakaemachi, Tottori City 680 Japan. Tel. 0857-23-1161.

October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 0 11 56 2 669 5006.

November 30-December 6. VI WAVA Regional Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M40+, W35+. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

**LONG DISTANCE
RUNNING
NATIONAL**

May 17. TAC/USA National Masters 10K Championship, Kansas City, MO. Jerry Morrison, 5617 N. Adrian Ave., Kansas City, MO 64151-2751. 816/741-2314.

May 28-31. RRCA National Convention, Milwaukee, Wisc. Sid Baskin, 414/962-3340 or Bonnie Clarey, 414/453-6527.

August 22. TAC/USA National Masters 10 Mile Championships, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

September 7. TAC/USA National Masters 20K Championships, New Haven, Conn. John Bysiewicz, P.O. Box 1893, New Haven, CT 06508. 203/397-0214.

October 4. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortensen, 15301 Highland Pl., Minnetonka, MN 55345.

November 8. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 14. TAC/USA National 25K Championships, San Diego, Calif. Joni Shirley, 8565 LK Murray Blvd., No. 223, San Diego, CA 92119. 619/465-1049.

December 6. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

EAST

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

April 5. Cherry Blossom 10 Mile, Washington, D.C. Cherry Blossom, Box 884, Middletown, MD 21769. 301/371-5583.

April 5. NYRRV Vicicitta 12K, Prospect Park, Brooklyn, NYRRV, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 12. MDA-Boston Milk Run, Boston, Mass. 617/396-3001.

April 12. Amish Country Half-Marathon, Lancaster, Pa. Bill Smith, 509 Big Bend Rd., Lancaster, PA 17603. 717/394-7812.

April 12. Sallie Mae 10K, Washington, D.C. Jane Sisco, Sallie Mae, 1050 Thomas Jefferson St., NW, Washington, DC 20007.

202/298-2642; or American Red Cross, 202/728-6456.

April 20. 96th Boston Marathon, Boston, Mass. Entry deadline March 9. Qualifying times: M40 3:20; M45 3:25; M50 3:30; M55 3:35; M60 3:40; M65 3:45; M70+ 3:50; W40 3:50; W45 3:55; W50 4:00; W55 4:05; W60 4:10; W65 4:15; W70+ 4:20. SASE TO BAA Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. 508/435-6905.

April 25. Vintage Run 5 Mile. 50+. Beverly A. Beisgen, race director, 401 N. Highland Ave., Pittsburgh, PA 15206. 412/361-5003.

April 25. Long Island Cross-Country Championships (4.25 miles), Sag Harbor, N.Y. Islandwide Runner, Box 857, Middle Island, NY 11953. 516/696-4355.

April 25. NYRRV Trevira Twosome 10 Mile, Central Park. NYRRV, 9 E. 89th St., NY, NY 10128. 212/860-2280.

April 26. Yonkers Marathon. Augie Cambria, Yonkers Parks & Rec., 285 Nepperham Ave., Yonkers, NY 10701. 914/964-3501.

April 26. George Washington Parkway 15K, Nancy LaValle, United Way, 300 N. Washington St., Alexandria, VA 22314. 703/549-4447.

May 2. Alamo Alumni Run 5 Mile, Central Park, NYC. 212/860-4455.

May 3. Newsday Long Island Marathon/Half-Marathon. Patti Kemler, Sports Unit/Nassau County Rec. & Parks, Eisenhower Park, East Meadow, NY 11554. 516/542-4439.

May 3. City of Pittsburgh Marathon/10K, 1001 Law & Finance Bldg., 4th Ave., Pittsburgh, PA 15219. 412/765-3773.

May 3. Buffalo Marathon. Marathon, Box RUN, 800 Delaware Ave., Buffalo, NY 14209. 716/837-7223.

May 3. Central Massachusetts Health Classic 10 Mile/5K. Nick Kanaracus, 821 Pleasant St., Worcester, MA 01602. 508/754-8304.

May 3. Broad Street 10 Mile. Dept. of Rec., CASE Bldg., Belmont & So. Concourse Dr., Philadelphia, PA 19131. 215/685-0150.

May 9. Hagerstown Suns 10K. Masters money. Hagerstown Suns, POB 230, Hagerstown, MD 21741. 301/791-6266.

May 9. Hoboken 5 Mile. Ed Dunphy, Hoboken Run, St. Joseph School, 73 Jackson St., Huboken, NJ 07030. 210/792-1590.

May 10. Nike Women's 8K, Washington, D.C. SASE to: Nike Women's Race, Box 20090, Alexandria, VA 22320. 703/780-3037. Deadline May 4, or 4000 entrants.

May 16. NYRRV You Gotta Have Park 5K, Central Park. NYRRV, 9 E. 89th St., NY, NY 10128. 212/860-9754.

May 25. Ridgewood 10K/5K/Masters Mile. SASE to: North Jersey Masters, POB 56, Ridgewood, NJ 07450.

May 30. NYRRV ADVIL Mini Marathon 10K, Central Park. NYRRV, 9 E. 89th St., NY, NY 10128. 212/860-9754.

June 13. Shelter Island 10K. Cristine Clarke, P.O. Box 266, Shelter Island, NY 11964. 516/749-7867.

SOUTHEAST

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

April 4. Cooper River Bridge 10K, Charleston, S.C. 40+m&w-1st \$1000, 2nd \$500, 3rd \$300. Cooper River Bridge 10K, MUSC Wellness Center, 45 Courtenay Dr., Charleston, SC 29401. 803/792-0345.

April 18. Drachen Fire 5K Run for Arthritis (RRCA State Championships), Williamsburg, Va., Rick Platt, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 804/229-7375.

April 25. Memphis In May River Run 10K. Masters money. River Run, 245 Wagner

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Place, Ste. 220, Memphis, TN 38103. 901/525-4611.

May 2. Elizabeth River 10K (RRCA National Championships). David Harrison, Tidewater Striders, 1349 Pamlico Blvd., Chesapeake, VA 23320. 804/482-5932.

May 2. Fiesta 10K/5K. Fiesta of Five Flags, P.O. Box 1943, Pensacola, FL 32589-1943. 904/433-6512.

May 2. Mug Run 5K, Palatka, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/325-8139.

May 2. Apple Blossom 10K, Kathy Smart, Downtown AC, 304 S. Loudoun St., Winchester, VA 22601. 703/667-0904.

May 9. City of Knoxville 10K, Knoxville, Tenn. 615/673-8020.

May 25. Cotton Row 10K, John Dennison, 14019 Coy's Dr., Huntsville, AL 35803. 205/881-5807.

MIDWEST

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

April 11. Columbus Marathon, Columbus, Ohio. Men's Olympic Trials. Douglas Thurston, Race Director, 6660 Doubletree Ave., No. 8, Columbus, OH 43229. 614/433-0395.

April 12. 25th Annual Athens, Ohio Marathon/Second Annual Half-Marathon. 12 noon. Mark Graham, P.O. Box 2282, Athens, OH 45701 or Tony Mele, 614/593-6120.

April 25. Derby Festival Half-Marathon, Louisville. 1-800-928-FEST.

April 25. Columbia Classic Half-Marathon, Strongsville, Ohio. Cleveland West RR, Box 334871, North Royalton, OH 44133. 216/228-6031.

April 26. West Bloomfield Half-Marathon. Mariam A. Kaptur, 3325 Middlebelt Rd., West Bloomfield, MI 48323. 313/334-5660.

April 26. Lake County Marathon/10K, Gretchen Wiesenberg-Bercaw, director, P.O. Box 349, Deerfield, IL 60015-0349. 708/317-1060.

April 26. Glass City Marathon. Pam Graver, Toledo Roadrunners, P.O. Box 5656, Toledo, OH 43613. 419/691-6064.

April 26. WRTV 6 Do Run 10K, Kristin Staskowski, WRTV 6, 1330 N. Meridian St., Indianapolis, IN 46202. 307/635-9788.

May 3. May 5 Mile, Sharon Kesney, Central Ohio Lung Assn., 4627 Executive Dr., Columbus, OH 43320. 614/457-4570 or 800/592-8563 (Ohio only).

May 9. Old Kent River Run 25K. Stuart Gillette, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.

May 9. Arts Fest River Run 12K, Henderson, Ky. Patrick Shoulders, Box 916, Evansville, IN 47706. 812/424-7575.

May 17. Revco-Cleveland Marathon & 10K, Chris Tatreau, 1925 Enterprise Pkwy., Twinsburg, OH 44087. 216/425-9811.

MID-AMERICA

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

April 4. YMCA Midwest Masters X Annual 8K, Omaha, Nebr. 35+. John Flint, 4919 Farnam St., Apt. 1B, Omaha, NE 68132. 402/551-7331.

April 11. Tishomingo Whirlwind 5K, Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371.

April 18. Longest Day Marathon, Brookings, S. Dak. SASE to Prairie Striders, Box 267, Brookings, SD 57006. 605/692-2414.

April 25. Get in Gear 10K, Minnehaha Falls, Minn. 5701 Normandale Blvd., Ste. 338, Edina, MN 55424. 612/927-0983.

April 26. Cherry Creek Sneak 5 Mile. Attn: Barbara Schirkofsky, Bank of Cherry Creek, 3033 E. 1st Ave., Denver, CO 80206.

May 3. Lincoln Marathon, Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.

May 10. Rotary Run 5K. Patrick McAnany, Johnson County Rotary Club, 15320 Midland Dr., Shawnee, KS 66217. 913/631-5440.

May 25. Bolder Boulder 10K. Bill Reef, Bolder Boulder, 3285 30th St., Suite 105, Boulder, CO 80301. 303/444-7223.

June 20. Grandma's Marathon, 6000 limit. SASE to: Grandma's Marathon, P.O. Box 16234, Duluth, MN 55816-0234. 218/727-0947.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 5. Austin American-Statesman Capitol 10,000, Austin, Texas. Renet Presas, Box 670, Austin, TX 78767. 512/445-3596.

April 11. Tyler Azalea Trail 10K. Mike Hines, Mother Francis Hospital, 800 E. Dawson St., Tyler, TX 75701. 903/531-4331.

April 12. Redbud 10K. Jane Politte, 6488 Avondale Dr., Ste. 184, Oklahoma City, OK 73116. 405/272-6382.

April 18. Times-Picayune/Crescent City 10K, New Orleans. Bill Burke, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504/861-8686.

May 9. Gumtree 10K. Masters money. Application: Bank of Mississippi, Gumtree Run, P.O. Drawer 789, Tupelo, MS 38802. Information: Johnny Dye, 1007 Chester Ave., Topelo, MS 38801. 601/842-6859(d); 842-2038(n).

WEST

Arizona, California, Hawaii, Nevada

April 25. Lake Powell Marathon/10K, P.O. Box 3148, Page, AZ 86040. 1-800-835-4671.

April 26. Run Through Redlands Half-Marathon, Box 1702, Redlands, CA 92373.

April 26. La Jolla Half-Marathon. Box 1664, La Jolla, CA 92038. 609/454-1262.

April 26. Big Sur International Marathon, Big Sur Marathon, P.O. Box 222620, Carmel, CA 93922.

May 3. Avenue Of The Giants Marathon, Weott, Calif. Gay Gilchrist, Six Rivers RC, P.O. Box 214, Arcata, CA 95521. 707/443-1226.

May 16. Burbank Run For The Hungry 5K. Mickey Depalo, Burbank Park & Rec., Box 5459, Burbank, CA 91510. 818/953-9506.

May 17. Examiner Bay To Breakers 12K, Bay To Breakers, Box 7260, San Francisco, CA 94120. 415/777-7773.

May 25. 15th Annual Pacific Sun 10K & 2.5 Mile, College of Marin, Kentfield, Calif. PA/TAC Open & Masters Championships. Pacific Sun, c/o Total Race Systems, 80 Mitchell Blvd., San Rafael, CA 94903-2028. 415/472-RACE.

NORTHWEST

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

April 11. Pear Blossom 10 Mile, Medford, Ore. Pear Blossom Run, Box 146, Medford, OR 97501. 503/535-1205.

April 26. Ice Breaker 5 Mile. \$150 40+ m/w winners. Parks & Rec. Office, P.O. Box 5021, Great Falls, MT 59403. 406/727-5881, x400.

April 26. Northwest Natural Gas 8K, Spring Classic, P.O. Box 2641, Portland, OR 97208. 503/220-2575.

May 3. Lilac Bloomsday 12K, Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

April 11. Ontario Masters 8K Championships, Toronto. 35+. 5-yr. age groups. 1st of 6 Masters Series races. Runner's Choice, Box 150, 777 Bay St., Toronto, Ont. M5G 2C8. 416/597-0023.

INTERNATIONAL

April 5. British Veterans Athletic Federation 5K Championships, Bob Belmore, Tel 0428, 654749.

April 12. London Marathon, London, England. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

April 18. Two Oceans Marathon (56K), Cape Town, South Africa. Annemarie Sainsbury, P.O. Box 2276, Clareinch 7740, South Africa. 021-619407.

May 17. BVA Half-Marathon Championships, Sutton Park, Birmingham. John Walker, 111 Cooks Ln., Kingshurst, Birmingham B37 6NU.

June 14. Mizuno Masters 10K, Battersea Park, London. Large SASE to: Mizuno 10K, Alexandra Gate Lodge, Hyde Park, London SW7 1QH.

June 14-21. Run Ireland Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360. 219/879-0133.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. M40+, W35+. 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ 0QU England, Phone: 011-44-81-422-7157.

RACE WALKING

April 11. Bethpage 10K, Bethpage, N.Y. Plainview-Old Bethpage RC, c/o Michael Polansky, 62 Sylvia Ln., Plainview, NY

11803, or Stella Cashman, 212/628-1317.

April 26. NY Walkers Club 5K/10K Relay Carnival, Central Park. NYWC, c/o Howard Jacobson, Box 210, Commack, NY 11725, or Stella Cashman, 212/628-1317.

April 26. Alley Pond 5K, Queens, N.Y. Alley Pond Striders, 80-28 222 St., Queens Village, NY 11427, or Stella Cashman, 212/628-1317.

May 1-3. Martin Rudow Invitational, seminar and 3000m racewalk, City of Plantation, Fla. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/935-6063.

May 3. South Regional 20K Championships. Ray Fulghum, SE Masters, Box 5684, Raleigh, NC 27650. 919/831-6640.

May 10. Empire State Games Qualifier, Central Park. M-20K, W-10K. NYWC, c/o Howard Jacobson, Box 210, Commack, NY 11725, or Stella Cashman, 212/628-1317.

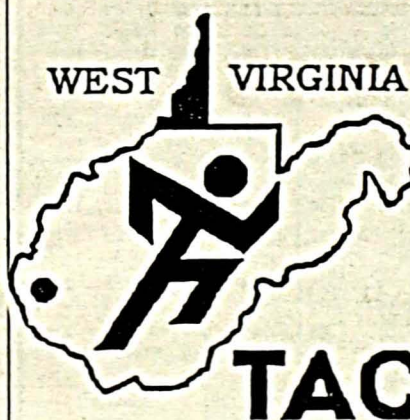
May 21-25. Annual Racewalk Training Camp, Boulder, Colo. American Racewalk Assoc., P.O. Box 18323, Boulder, CO 80305-8323.

July 11. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 706/875-6361.

August 13-16. TAC/USA National Masters Championships, Spokane, Wash. 5K track. 20K & 10K road. See T&F National.

September 13. TAC/USA National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 201/222-9213.

October 18. TAC/USA National Masters 1-Hour & 2-Hour Championships, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

MASTERS MIDWEST
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CHAMPIONSHIP

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Saturday, August 1st

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Track events: 100m 200m 400m 800m 1500m 3000m 5000m 1000m RW HH 180m 100m 110m IH (300m 400m)

Fee (\$7.00 for 1st event, \$5.00 for each additional event) \$ _____ Total amount \$ _____

Mail entry & fees by July 18, 1992 to: _____

David Stooke, 119 Cheyenne Trail., Ona, WV 25545

RELEASE: For myself, my heirs, and executors, I waive, release, and forever discharge any and all claims against the Masters Athletics Committee, the WVA, TAC Officials, other meet sponsors, and Marshall University for any damages or injuries which may be suffered by me in competition or in attendance at the meet.

Signature: _____ Date _____

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

M30-34
Peter Collins Hammer 156' 0" 11-14-91

M40-44
Jerry Feldhausen 800 2:06.32 7-6-91

M45-49
Thomas O'Hara, Jr. 400 55.46 8-17-91

M50-54
Gordon Bobeck Hammer 42.20 6-16-91
Larry Price Shot Put 15.61 4-11-91
Discus 48.62 4-11-91

M55-59
Stu Summerhayes 3000 RW 15:38.7 9-7-91
Dick Glasgow 100 12.94 10-19-91
55 7.19 10-19-91
200 26.5 10-19-91

M75-79
Phil Lawrence 5K RW 32:49.59 6-22-91

Correction:
M55-59
C. Sobkowski Shot Put 26.10 9-21-91
Discus 76.09 9-21-91



HEART DISEASE

We're Making a Difference.

American Heart
Association

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

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	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
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
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54

10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
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
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12

10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	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	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

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

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
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/4	6-3 3/4	5-9 1/4	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	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 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
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 1/4	41-6	39-1 1/4	36-7	34-1 1/4	31-8	29-7 1/4	26-11	24-7 1/4	22-4	20-1 1/4	18-1 1/4
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 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	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 1/4	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	52.60	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	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS 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
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 1/4	3-4 1/4	3-2 1/4	3-0 1/4	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 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
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 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	29:50	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 1/4	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; 50+: 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.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

1992 TAC/USA NATIONAL MASTERS INDOOR PENTATHLON CHAMPIONSHIPS

National Institute for Fitness and Sport
Indianapolis, Indiana, February 15

Age Factored Results by Five Year Age Groups
(1985 IAAF Scoring Table & 1989 WAVA Five Year Age Factors)

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	34	DAVID CALDWELL	9.02	755	5.84	578	10.21	505	1.78 636 3:18.26 518 2992
		FT-IN	19- 1 3/4	33- 5 3/4	5-10				
2	32	STEPHEN MILLS	9.59	635	5.24	451	10.55	526	1.81 661 3:11.09 582 2855
		FT-IN	17- 2 1/4	34- 7 1/4	5-11 1/4				
3	32	KEITH KINNAIRD	9.41	673	5.67	540	8.30	389	1.72 585 3:32.60 401 2588
		FT-IN	18- 7	27- 2 3/4	5- 7 1/2				
4	32	MARTY ROGIER	11.78	267	5.54	512	9.98	491	1.69 560 3: 6.29 626 2456
		FT-IN	18- 2	32- 8 3/4	5- 6 1/2				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	36	JEFFREY WATRY	9.17	766	5.95	668	10.44	553	1.87 794 2:52.17 816 3597
		FT-IN	19- 6 1/4	34- 3	6- 1 1/2				
2	37	ROBERT ZAHN	8.76	858	5.18	492	10.46	555	1.63 569 3:18.91 561 3035
		FT-IN	16-11 3/4	34- 3 3/4	5- 4				
3	37	TED TIERNON	9.72	650	5.22	500	9.95	522	1.66 593 3: 5.86 680 2945
		FT-IN	17- 1 1/2	32- 7 1/2	5- 5 1/4				
4	36	DON SELLERS	11.14	395	5.50	563	11.05	592	1.48 441 0: 0.00 0 1991
		FT-IN	18- 0 1/2	36- 3	4-10 1/4				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	41	PAT CRANDALL	9.29	804	5.41	613	9.80	547	1.69 696 3:18.01 623 3283
		FT-IN	17- 8 3/4	32- 1 3/4	5- 6 1/2				
2	41	ED BASKAUSKAS	9.59	741	4.93	498	9.18	505	1.72 723 3:19.29 612 3079
		FT-IN	16- 2	30- 1 1/4	5- 7 1/2				
3	42	MIKE DAVIS	10.21	619	5.36	600	9.79	546	1.63 636 3:15.92 642 3043
		FT-IN	17- 7	32- 1 1/4	5- 4				
4	43	JAMES SAUERS	10.04	652	5.07	529	11.35	653	1.75 758 3:39.46 446 3038
		FT-IN	16- 7 1/2	37- 2 3/4	5- 8 3/4				
5	43	BOB GREEN	10.61	545	5.10	537	11.82	685	1.48 504 3:14.51 654 2925
		FT-IN	16- 8 3/4	38- 9 1/4	4-10 1/4				
6	40	GENE HOFFMAN	9.44	772	4.81	469	9.51	527	1.48 504 3:31.75 507 2779
		FT-IN	15- 9 1/4	31- 2 1/4	4-10 1/4				
7	43	BILL SCHOOLER	10.84	504	4.66	435	9.56	531	1.60 610 3:14.26 657 2737
		FT-IN	15- 3 1/4	31- 4 1/4	5- 2 3/4				
8	44	WILLIAM DEHORN	10.44	576	5.13	544	9.75	543	1.57 585 3:35.86 474 2722
		FT-IN	16- 9 3/4	31-11 3/4	5- 1 3/4				
9	44	NEAL SCHUSTER	12.16	302	3.99	292	5.60	266	1.30 352 3:27.31 543 1755
		FT-IN	13- 1	18- 4 1/4	4- 3				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	45	REX HARVEY	9.72	802	5.67	767	11.75	727	1.66 749 3:41.02 490 3535
		FT-IN	18- 7	38- 6 1/2	5- 5 1/4				
2	48	HENRY HOPKINS	10.12	720	5.18	635	10.56	640	1.60 687 3:11.61 739 3421
		FT-IN	16-11 3/4	34- 7 1/2	5- 2 3/4				
3	46	RAY STARNES	10.29	687	5.89	830	9.75	582	1.45 536 3: 7.31 779 3414
		FT-IN	19- 3 3/4	31-11 3/4	4- 9				
4	48	TOM THORNE	10.76	601	4.66	500	9.44	560	1.54 627 4: 7.39 307 2595
		FT-IN	15- 3 1/4	30-11 1/2	5- 0 1/2				
5	46	BILL CHERRY	13.56	201	3.97	337	7.71	436	1.15 276 0: 0.00 0 1250
		FT-IN	13- 0 1/4	25- 3 1/2	3- 9 1/4				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	54	DALE LANCE	9.051017	5.49	818	9.84	562	1.63	813 3:41.25 549 3759
		FT-IN	18- 0	32- 3 1/4	5- 4				
2	54	SAMMY WHITE	9.71	877	5.40	790	9.46	536	1.60 776 3:31.64 626 3605
		FT-IN	17- 8 1/2	31- 0 1/4	5- 2 3/4				
3	52	JOHN EWING	9.89	839	5.19	727	8.99	503	1.45 619 4: 3.42 389 3077
		FT-IN	17- 0 1/4	29- 5 3/4	4- 9				
4	50	REX HANE	12.75	357	3.97	396	8.66	480	1.09 276 4:18.09 297 1806
		FT-IN	13- 0 1/4	28- 4 3/4	3- 6 3/4				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	59	PHIL MULKEY	9.91	959	4.66	668	12.01	768	1.48 740 4:14.94 382 3517
		FT-IN	15- 3 1/4	39- 4 3/4	4-10 1/4				
2	57	JIM PETERSON	11.65	637	4.36	578	9.54	584	1.36 602 4:21.39 342 2743
		FT-IN	14- 3 1/2	31- 3 1/2	4- 5 1/2				
3	57	JAMES WARE	11.65	637	3.31	294	7.77	454	1.39 636 3:49.49 559 2580
		FT-IN	10-10 1/4	25- 5 3/4	4- 6 1/2				
4	55	ROBERT MOORE	11.72	625	4.11	504	9.98	617	0.00 0 4:14.87 383 2129
		FT-IN	13- 5 3/4	32- 8 3/4	0- 0				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	60	DAVE DOUGLASS	11.35	770	4.21	621	10.00	628	1.39 731 4: 7.29 514 3264
		FT-IN	13- 9 1/2	32- 9 1/2	4- 6 1/2				
2	61	GEORGE TAYLOR	13.01	506	3.56	423	8.30	501	1.12 419 4:46.94 274 2123
		FT-IN	11- 8	27- 2 3/4	3- 8				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	65	BUCK BRADBERRY	10.261098	4.71	913	10.06	709	1.36	794 4:24.36 491 4005
		FT-IN	15- 5 1/4	33- 0	4- 5 1/2				
2	66	DENVER SMITH	10.241101	4.33	769	10.42	739	1.36	794 4:18.69 528 3931
		FT-IN	14- 2 1/4	34- 2	4- 5 1/2				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	70	BOO MORCOM	11.011043	4.19	835	9.70	684	1.27	776 4:12.58 671 4009
		FT-IN	13- 8 3/4	31- 9 3/4	4- 1 3/4				
2	72	ARMANDO RICCIARDI	12.34	816	3.67	632	9.47	665	1.18 653 5:33.41 218 2984
		FT-IN	12- 0 1/4	31- 0 3/4	3-10 1/4				
3	70	MEL BUSCHMAN	12.79	744	3.66	630	9.84	697	1.21 696 5:35.58 209 2976
		FT-IN	12- 0	32- 3 1/4	3-11 1/2				

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
1	75	HAM MORNINGSTAR	15.68	477	3.13	525	10.37	856	1.21 803 6:10.67 160 2821
		FT-IN	10- 3	34- 0 1/4	3-11 1/2				

PL	AGE	NAME	60M	HH	HJ	SP	LJ	800M	TOTAL
1	44	PHIL RASCHKER	10.59	767	1.45	806	7.34	435	4.77 688 2:52.80 582 3278
		FT-IN	4- 9	24- 0 3/4	15- 7 3/4				

PL	AGE	NAME	60M	HH	HJ	SP	LJ	800M	TOTAL
1	48	CATHY PRIMMER	21.08	0	1.22	599	6.57	421	3.26 303 2:56.90 606 1929
		FT-IN	4- 0	21- 6 1/2	10- 8 1/4				
2	46	MARY LOU PLATIS	14.12	340	1.10	439	6.20	391	3.20 285 3:11.15 466 1921
		FT-IN	3- 7 1/4	20- 4	10- 5 3/4				

PL	AGE	NAME	60M	HH	HJ	SP	LJ	800M	TOTAL
1	58	LUCY ANN BROBST	13.4	553	0.89	331	6.65	467	3.58 565 3:40.06 373 2289
		FT-IN	2-11	21- 9 3/4	11- 8 3/4				

PL	AGE	NAME	60M	HH	HJ	SP	LJ	800M	TOTAL
1	65	PATRICIA PETERSON	14.8	570	1.07	842	4.82	405	2.52 333 4:20.85 284 2434
		FT-IN	3- 6	15- 9 3/4	8- 3				

EAST

Philadelphia Masters Development Meet Philadelphia, PA February 15

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
M35		Ken Bauersfeld	7.3						
		Sonny Thornton	9.0						
M40		William Corsey	7.1						
		Joe Bailiff	7.2						
M45		Duke Thorson	8.1						
M55		Earl Mege	8.2						
		Larry Goldenberg	8.7						
M60		Tom Delany	8.0						
		Jack Lance	8.1						
		Bill Bergen	8.3						
M65		Oscar Harris	8.2						
		Walker Pierson	8.6						
M70		Ed Matthews	8.4						
M75		Car Schoener	9.4						

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
M35		Jim Fazio	38.6						
		Sonny Thornton	46.1						
M40		Greg Florant	38.2						
M60		Jack Lance	47.4						
		Bill Bergen	47.8						
M65		Oscar Harris	50.0						
M70		Ed Matthews	46.9						
M35		Maureen Fazio	47.3						

PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL
M30		Kevin Goldstein	1:35.0						
M35		Sonny Thornton	1:50.5						
M40		Greg Florant	1:37.0						
M55		Earl Mege	2:10.7						
M65		Oscar Harris	2:03.9						
M35		Maureen Fazio	1:49.0						

<u>1-mile run</u>		
M30	Tom Yunker	5:31.8
M35	Jack Mroz	5:21.8
	Greg Hanson	5:37.0
M40	Ric Baxter	4:50.8
	Phil Yoder	4:53.1
	Larry Hart	5:15.3
	Art Bagelman	5:49.1
	Kyle Hecklenborg	6:12.6
M45	Carl Grossman	5:29.4
	George Sanders	5:32.2
	Gregg Altzert	5:37.9
	Rich Howett	5:40.4
	Marcy McGehean	5:44.1
	Phil Frey	5:48.8
	Sam Miller	6:40.1
M50	Sam Huckel	5:01.3
M55	George Jackson	5:52.3
M60	Paul Gorka	6:27.1

Continued from previous page

M45	P. Felton	39.92
M45	R. McDonald	39.92
M45	D. Ihne	40.82
M45	I. Black	41.97
M45	B. Burke	42.72
M45	B. Bertak	44.63
M45	L. Miller	55.18
M45	M. Heideberg	40.08
M45	M. Billman	42.84
M45	B. O'Brien	44.27
M45	G. Chivellini	51.93
M400	F. Feaster	53.42
M400	V. Rogers	54.06
M400	L. Morrissey	70.93
M400	J. Easter	53.75
M400	A. Sterrett	54.05
M400	K. Hummel	57.54
M400	B. Blake	63.86
M400	D. Ihne	56.15
M400	Florant	57.37
M400	Dickens	57.65
M400	P. Hogan	65.52
M400	G. Robinson	56.53
M400	P. Henry	57.43
M400	M. Billman	60.21
M400	V. Broushet	60.76
M400	K. Smith	62.22
M400	W. Burrell	56.22
M400	G. Shane	58.07
M400	B. O'Brien	61.17
M400	R. Rizzo	57.83
M400	C. Pauling	59.85
M400	I. Bernstein	64.36
M400	J. McDonald	67.46
M400	L. Clark	63.81
M400	V. Rogers	1:18.54
M400	R. Feaster	1:19.00
M400	L. Jefferson	1:23.76
M400	B. Blake	1:27.24
M400	B. Burke	1:24.43
M400	I. Black	1:25.33
M400	M. Heideberg	1:20.88
M400	M. Billman	1:30.75
M400	B. Broushet	1:31.16
M400	E. Small	1:23.50
M400	C. Pauling	1:27.32
M400	B. Fortune	1:37.92
M400	J. McManus	1:51.23
M400	J. Minno	1:51.52
M400	R. Hankins	2:13.23
M400	R. Walker	2:04.27
M400	V. Galka	2:07.36
M400	B. Bertak	2:14.14
M400	W. Keyes	2:16.27
M400	B. Burke	2:16.72
M400	P. Reinhart	2:17.07
M400	J. Kuhl	2:13.11
M400	B. Index	2:29.08
M400	R. Hurst	2:38.88
M400	S. Howard	2:11.17
M400	S. Edelson	2:41.35
M400	K. Baker	2:11.84
M400	O. Tischler	3:17.57
M400	M. McGinley	4:45.72
M400	J. Rodriguez	5:33.00
M400	L. Morrissey	5:43.20
M400	S. O'Brien	5:50.93
M400	P. Polcaro	5:52.34
M400	P. Reinhart	5:00.69
M400	V. Medina	5:20.45
M400	T. Plaster	5:33.73
M400	R. Rapp	6:04.29
M400	R. Geisel	5:40.80
M400	K. Smith	4:58.81
M400	B. Index	5:22.03
M400	Bloom	5:42.86
M400	J. Mogena	5:57.46
M400	S. Howard	4:50.43
M400	S. Edelson	5:21.42
M400	J. Conner	5:26.24
M400	B. Fortune	5:24.93
M400	J. McManus	6:02.99
M400	O. Tischler	7:08.28
M400	M. McGinley	5:57.46
M400	E. Riordan	5:52.34
M400	M. McGinley	9:35.79
M400	J. Rodriguez	11:04.47
M400	R. Gutzwiller	9:34.65
M400	J. Gelsomini	9:27.51
M400	V. Gainer	10:04.66
M400	P. Hogan	11:41.30
M400	D. Brown	10:29.54
M400	F. Galuppe	10:33.66
M400	J. Nyham	12:39.60
M400	B. Johnson	8.43
M400	C. Pittman	8.69
M400	I. Black	9.58
M400	M. Milove	9.33
M400	M. DeJesus	10.57
M400	M. Augeri	11.51
M400	D. Connolly	10.49
M400	L. Trout	9.48
M400	S. Clark	10.74
M400	F. Vallejo	7:58.60
M400	R. Rapp	9:03.33
M400	J. Mogena	8:04.70
M400	L. Rivera	9:40.96
M400	R. Spillman	8:58.50
M400	D. Sullivan	11:24.61
M400	T. Koss	8:59.24
M400	K. Davis	10:26.49
M400	I. Simpatica	10:27.78
M400	D. Nelson	10:33.27
M400	H. Ellis	10:26.58
M400	E. Richardson	9:00.71
M400	M. Spats	11:06.62
M400	S. Rowland	10:09.6
M400	R. Funkhauser	12:35.00
M400	G. Null	13:31.28
M400	S. Telank	15:21.64
M400	B. Johnson	5.63
M400	R. Ryan	4.61
M400	R. Moore	5.63
M400	R. Biagioni	5.40
M400	R. Hudson	5.01
M400	I. Black	5.27
M400	B. Burke	5.06
M400	M. Milove	5.24
M400	M. Billman	4.45
M400	B. O'Brien	4.79
M400	D. Connolly	3.70
M400	E. Kent	4.34
M400	O. Biagioni	4.02
M400	G. Ciavellini	3.90
M400	P. Soraparo	3.81
M400	L. Tucker	4.17

M30	B. Johnson	12.01
M30	R. Ryan	9.08
M40	W. Davenport	11.84
M40	I. Black	10.46
M40	M. Milove	10.01
M40	M. Billman	9.19
M40	E. Kent	8.98
M40	C. Stevenson	8.20
M40	V. Soraparo	8.16
M30	B. Johnson	5'10"
M30	E. Mose	5'11 3/4"
M40	I. Black	5'11 3/4"
M40	M. DeJesus	5'11 3/4"
M40	J. Singh	4'0"
M40	D. Connolly	4'2"
M40	S. Clark	4'2"
M30	J. Fazio	12'0"
M40	R. Holmes	12'0"
M40	G. Conihnan	12'0"
M40	W. Scholowski	9'10"
M40	C. Stevenson	9'
M30	B. Wolverson	14.30
M40	J. Roehr	12.69
M40	R. Dunphy	11.82
M40	E. Fox	10.13
M40	F. Monroe	9.41
M40	J. Singh	8.38
M40	P. Morroni	13.52
M40	P. Decker	12.23
M40	P. Carstensen	12.10
M40	P. Soraparo	10.41
M40	P. Biagioni	10.12
M40	G. Chivellini	9.16
M40	L. Tucker	9.47
M40	R. Katz	6.33
M40	A. Cirulnick	9.60
M40	J. Roehr	11.74
M40	I. Black	4.97
M40	F. Monroe	10.91
M40	E. Fox	8.62
M40	P. Carstensen	10.36
M40	P. Carstensen	13.31
M40	R. Katz	7.86
M40	A. Cirulnick	9.09

Finger Lakes RC Indoor Meet Ithaca, NY; February 23

M30	Horace Hudson	39 7.1
M30	Irene Thompson	37 7.3
M30	Paul Stelmazyk	49 7.4
M30	Ray Panek Sr	41 7.4
M30	Kathy Pierce	44 8.2
M30	Cathy McKeever	43 8.3
M30	Nadine Lowenstein	46 8.5
M30	Howard MacMillan	45 8.6
M30	Horace Hudson	39 24.8
M30	Paul Stelmazyk	49 25.9
M30	Ray Panek Sr	41 26.5
M30	Casey Calstrom	33 26.6
M30	Jim Cremer	31 27.6
M30	Kay Freund	31 28.8
M30	Howard MacMillan	65 29.8
M30	Bob Histed	40 30.0
M30	Nadine Lowenstein	46 30.8
M30	Cathy McKeever	43 31.1
M30	Ines Nieves-Evans	43 34.4
M30	Tim Otis	37 4:36.3
M30	Joe Daley	41 4:50.3
M30	Ken Florence	38 4:50.8
M30	Micks Purnell	42 4:52.8
M30	Jim Bilik	42 4:53.3
M30	Jerry Bergenstock	49 4:58.6
M30	Wayde Herneisey	32 5:06.3
M30	Bob Histed	40 5:06.5
M30	Paul Ancoino	46 5:08.0
M30	Jeff Knutson	39 5:11.7
M30	Rick Kearns	42 5:27.1
M30	David Weiss	43 5:29.0
M30	Ron Breon	54 5:31.3
M30	Tony Kasenga	44 5:35.5
M30	Tony Farrand	56 5:55.8
M30	Tom Dyckman	59 6:00.8
M30	Dan Mittler	51 6:25.1
M30	Casey Carlstrom	33 9:18.5
M30	Jim Cremer	31 9:34.6
M30	Tim Otis	37 9:40.4
M30	Rick Cleary	35 9:49.2
M30	Ken Florence	38 10:09.8
M30	Jim Bilik	42 10:15.4
M30	Micks Purnell	42 10:18.6
M30	Stan Seltzer	41 10:28.5
M30	Dick Rishe	43 10:32.3
M30	Bob Congdon	46 10:49.7
M30	Paul Aucoin	46 10:51.4
M30	Jim Zollweg	31 10:53.0
M30	Jeff Knutson	39 10:59.8
M30	Joe Daley	41 11:06.6
M30	Barb Blaszk	42 11:07.2
M30	Rich Bernstein	40 11:15.0
M30	Bob Histed	40 11:27.0
M30	Ron Breon	54 11:30.0
M30	Wayde Herneisey	32 11:31.0
M30	Tony Kasenga	44 12:01.0
M30	David Weiss	43 12:10
M30	John Hurley	54 12:20
M30	Tony Farrand	56 12:59
M30	Dan Mittler	51 13:04
M30	Tom Dyckman	59 13:31
M30	Ines Nieves-Evans	43 14:37
M30	MaryAnn Thompson	47 17:40

SOUTHEAST

Manasota TC Series Sarasota, FL

--December 21--

M30	John Kaelberer	14.92
M30	John Kaelberer	nta
M30	John Kaelberer	70.5
M30	Evelyn Alland	77.1
M30	Sam Boyd	61.2
M30	Sam Boyd	2:16
M30	Bob Zieminski	2:17
M30	John Kaelberer	2:43
M30	Evelyn Alland	2:41
M30	Sam Boyd	5:19.8
M30	Scott Pittman	5:42.3
M30	Rich Quevillon	5:20.9
M30	Bob Zieminski	5:36.0
M30	Dick Neu	6:44.2
M30	Evelyn Alland	5:58.3
M30	Sam Boyd	10:35
M30	Scott Pittman	12:31
M30	Rich Quevillon	10:37
M30	Dick Neu	14:03
M30	Scott Pittman	5-1
M30	Scott Pittman	17-0
M30	Chas Hirshey	6-6
M30	Chas Hirshey	14-6
M30	Chas Hirshey	8.09m
M30	Chas Hirshey	22.10
M30	Chas Hirshey	20.45
M30	Ben McAnally	15.5
M30	John Kaelberer	14.9
M30	Nat Heard	16.3
M30	Diane Leach	17.7
M30	John Mott	38.0
M30	Ben McAnally	34.37
M30	Nat Heard	35.25
M30	Diane Leach	41.9
M30	J C Shenk	60.48
M30	Ben McAnally	82.88
M30	Diane Leach	99.3
M30	Melanie Paschal	1:41.77
M30	J C Shenk	2:25.2
M30	John Mott	2:45.7
M30	Ben McAnally	2:57.3
M30	Ed Watson	3:22.1
M30	Diane Leach	3:32.2
M30	J P Marchand	6:28.1
M30	Bob Zieminski	5:14.0
M30	Rich Quevillon	5:15.4
M30	John Mott	6:06.0
M30	Ben McAnally	6:44
M30	Ed Watson	7:00
M30	Diane Leach	7:15
M30	Melanie Paschal	7:59
M30	J P Marchand	13:35
M30	Rich Quevillon	11:09
M30	John Mott	12:36
M30	Ben McAnally	13:04
M30	Lee Guilfoyle	13:30
M30	Dick Neu	14:11
M30	Diane Leach	14:21
M30	Ed Watson	9:44
M30	Bill Close	12.79
M30	Bruce Byrne	16.05
M30	Bob Barton	16.16
M30	Nat Heard	15.93
M30	Bob Hans	16.47
M30	Ken Palmer	28.13
M30	Bill Close	26.35
M30	Bob Barton	33.97
M30	Nat Heard	33.55
M30	Bob Hans	34.78
M30	Mike Eatman	76.93
M30	J C Shenk	59.14
M30	Bob Barton	76.48
M30	Delmer Adams	79.15
M30	John Kaelberer	70.29
M30	Ed Wildermuth	2:20.9
M30	Dave Burke	2:38.1
M30	Mike Eatman	2:55.4
M30	J C Shenk	2:22.0
M30	Ed Watson	3:15.5
M30	Maynard Mickelson	3:19.9
M30	Ed Wildermuth	5:25.4
M30	Diane Leach	3:28.3
M30	Dave Burke	5:52.8
M30	Mike Eatman	6:12.5
M30	Ed Watson	6:54.8
M30	Delmer Adams	6:42.2
M30	Maynard Mickelson	7:13.1
M30	Diane Leach	7:04.0

M40	Mike Eatman	13:01.6
M40	Rich Quevillon	10:52
M40	Delmer Adams	14:29.7
M40	John Kaelberer	13:16.1
M40	Diane Leach	14:41
M30	Ken Palmer	13-11
M30	Bill Close	17-2
M40	J C Shenk	12-0
M40	Nat Heard	9-2
M40	Tom McDermott	16# 93-6
M40	Maynard Mickelson	9:49
M40	Betty Hans	14:00

Tampa Bay All-Comers Meet February 22

60m		
M35	R. Guynn	7.73
M60	W. Doscher	8.76
	H. Colen	9.49
100m		
M30	C. Manitis	12.06
	C. Roberts	12.68
M35	R. Guynn	12.01
M45	A. Brent	14.
	R. Hamten	13.86
M60	W. Doscher	14.11
	B. Gentry	15.24
	H. Colen	15.61
200m		
M35	R. Guynn	25.13
M60	W. Doscher	29.32
800m		
M30	S. Mousha	3.21
M50	J. Beers	2.55
1500m RW		
W70	M. Bowman	12.48
500m		
M30	A. Lucas	19.19
M35	D. Forbes	19.29
	M. Nickerson	20.16
M40	P. Mirones	18.14
	B. Smith	18.35
M45	P. Byrne	22.04
M60	J. Gough	19.34
M70	H. Newman	25.00
Short Hurdles		
M40	N. Robinson	14.89
M60	B. Gentry	21.13
	H. Colen	23.11
High Jump		
M60	B. Gentry	2'6"
M75	C. Hirshey	4'9"
Long Jump		
M45	A. Brent	14'2"
W70	H. Fage	5'7½"
M75	C. Hirshey	4'3¾"
Triple Jump		
M75	C. Hirshey	10'6"
Shot Put		
M30	D. Lofton	33'4"
M60	L. Siegel	33'6½"
	B. Gentry	24'11"
M75	C. Hirshey	26'9½"
W70	H. Fage	14'10"
Discus		
M30	J. Mercer	128'1½"
	D. Lofton	95'4"
M60 (1.5k)		
	L. Siegel	89'11"
M60	L. Siegel	92'2½"
	B. Gentry	86'2½"

Continued from previous page

M70 Earl Cole	4:04.69
M75 Warren Wiggins	4:17.19
W30 Mary Claeys-Otto	2:40.6
W40 Cindy Kowalski	2:52.6
W40 Karyl Colarusso	3:01.5
Julie Russell	3:21.6
W55 Donna Gulley	3:16.3

M500 M	
M30 Doug Foster	4:19.14
M35 John Dickey	4:53.01
Don Guier	5:09.03
Jeff Martin	6:17.53

M40 Don Fish	4:37.87
Mike Tometich	5:05.95
Rick Sundin	5:06.00
Ron Winkler	5:10.58
Roger George	5:44.03
M45 George Atkinson	5:28.03

M50 John Robinson	5:19.48
Dick Fislar	5:43.08
John Schwartz	5:43.23
M55 Dick Kowalski	5:43.27
Fran Riley	5:46.15
Don Bawman	6:08.59
Bob Feller	7:06.60

M60 Leonard Hoffman	5:51.32
M70 Earl Cole	8:04.21
M75 Warren Wiggins	8:35.14
W30 Cindy Kowalski	5:48.17
Joann Hallett	6:17.2
W35 Jean Roeder	5:15.15

W40 Claudia Scott	5:27.38
Karyl Colarusso	5:54.04
Julie Russell	6:39.90
Alice Winkler	7:08.80
W50 Eileen Wosoba	6:32.98
W55 Donna Gulley	6:33.00
Marian Kowalski	6:34.17

3000M

M30 Doug Foster	9:33.5
M35 Dan Lawson	9:07.7
Dan Burns	10:06.2
John Dickey	10:38.9
M40 Mike Tometich	11:04.2
Rich Sundin	13:02.6
Roger George	14:33.5

M50 Dennis Werling	10:52.6
John Schwartz	12:18.7
John Robinson	12:49.7
Dick Gudeman	13:28.5
M55 Don Bawman	12:12.5
Dick Kowalski	12:43.3
Bob Feller	15:06.1
Fran Riley	NT

M60 Leonard Hoffman	12:30.3
M30 Cindy Kowalski	12:13.8
W35 Jean Roeder	11:29.4
W40 Claudia Scott	11:43.7
W55 Judy Gulley	13:52.7
W55 Marian Kowalski	13:53.1

50M HURDLES

M35 Charlie Barnard	7.8
M40 Mike Davis	9.0
M50 Dave Eidahl	8.2
Bruce Mills	8.5
George LaBelle	9.8
M60 Clarence Trinkner	6.3

4x100 RELAY

M35 E. Lewis	
H. Newell	
D. Dothard	
N. Althritton	1:14.60
M50 P. Stopoulos	
L. Stopoulos	
H. Warren	
H. Brown	1:24.80
J. Robinson	
D. Hihhl	
F. Riley	
L. Hoffman	1:38.05

MICH JUMP

M10 Jeff Smith	4' 6"
M15 Dan Dothard	5' 4"
Jim Stoffer	5' 4"
Enyo Dewith	5' 2"
Dennis Smith	4' 10"
M10 Ron Cooper	5' 8"
Nike Davis	5' 2"
M50 Dave Eidahl	4' 8"
George LaBelle	4' 2"

MICH JUMP

M55 Floyd Smith	5' 0"
M60 Clarence Trinkner	4' 8"
Curt Trevor	4' 0"
M70 Mel Buschman	4' 3"
Geo Rajcevic	3' 9"
Earl Cole	3' 0"
M75 Wib Ragland	3' 8"
Milo Lightfoot	3' 8"

POLE VAULT

M35 Charles Barnard	11' 0"
M40 Mike Davis	12' 9"
David Hill	10' 0"
M50 Joe Griffin	8' 6"
M70 Earl Cole	5' 0"
M75 Milo Lightfoot	5' 0"

LONG JUMP

M30 Mike Campbell	17' 8 1/2"
M35 Tim LaBeau	19' 4 1/2"
Dan Dothard	18' 4 1/2"
Enyo Dewith	17' 4 1/2"
Charles Barnard	16' 1"
M40 Ken Cooper	17' 9"
Mike Davis	16' 3 1/2"
Dave Hill	15' 10"
Walter Ewing	15' 1"

MICH JUMP

M50 Dave Eidahl	17' 1 1/2"
Lee Stopoulos	16' 3"
Joe Griffin	10' 9 1/2"
M55 Pete Stopoulos	16' 0"
Bob Bradley	13' 8"
M60 Clarence Trinkner	16' 4 1/2"
Curt Trevor	13' 6"
M65 Mel Larsen	15' 2 1/2"
M70 Mel Buschman	12' 3"
Earl Cole	8' 3"
M75 Mel Flachs	9' 7"

MICH JUMP

M45 Penny Danielson	13' 4"
M70 Florence Berry	9' 10"

TRIPLE JUMP

M30 Mike Campbell	33' 6 1/2"
Jeff Smith	24' 0"
M35 Tim LaBeau	37' 5"
M40 Mike Davis	35' 3"
Walt Ewing	30' 9 1/2"
M50 Dave Eidahl	34' 6 1/2"
George LaBelle	27' 4"
M55 Floyd Smith	26' 8 1/2"
M60 Curt Trevor	30' 4"
M70 George Rajcevic	25' 5"
Mel Buschman	22' 11"
Earl Cole	20' 2"

SHOT PUT

M30 Jeff Smith	30' 10 1/2"
M40 Jerry Sinters	42' 0"
Dave Gustafson	36' 1 1/2"
M45 John Hess	38' 7"
M50 Bob Warren	36' 2"
George LaBelle	35' 1 1/2"
Carl Klehm	32' 7"
M55 Floyd Smith	30' 10 1/2"
M60 Clarence Trinkner	35' 9 1/2"
Leonard Hoffman	23' 5 1/2"
W70 Florence Berry	19' 2"

1500M RACEWALK

M35 Pete Williams	7:08.1
Bill Youngberg	8:28.0
M40 Dean Easterlund	7:19.5
Dave Gustafson	8:50.9
M45 Frank Weibel	8:14.2
Arden Zentic	8:38.7
M50 Paul Johnson	7:28.6
M55 Ray Truemmer	11:47.7
M30 Chris Sakelaris	7:28.4
Kathy Irvin	9:07.4
M40 Laurie Youngberg	10:25.3
M50 Carol Brittain	10:26.6

3000M RACEWALK

M35 Pete Williams	15:01.22
Bill Youngberg	20:48.38
M40 Glenn Herold	13:35.23
Dean Easterlund	15:21.94
M45 Arden Zentic	17:18.87
Frank Weibel	17:41.19
M50 Paul Johnson	15:33.17
M30 Chris Sakelaris	15:16.90
Kathy Irvin	18:54.50
M40 Laurie Youngberg	22:12.38
Rachel Norton	19:11.50
M50 Carol Brittain	22:06.41

WEST

Citrac Weight Pentathlon
Citrus College, Glendora, CA; January 18

HT/SP/DT/JT/WT

mark=actual distance; total is age-factored

1 Stew Thomson 58	4207
6kg-48.82/6kg-12.61/1.5kg-46.08/800gr-27.92/35#-13.93	
2 Mike Deller 43	3316
16#-45.63/16#-12.44/2kg-41.74/800gr-43.48/35#-13.12	
3 Jim Hart 55	3122
6kg-37.28/6kg-12.88/1.5kg-37.98/800gr-29.38/35#-9.62	
4 Bill Bangert 68	3060
4kg-32.81/4kg-10.62/1kg-34.96/600gr-18.92/25#-12.26	
5 Dave Douglass 60	2387
5kg-29.16/5kg-9.73/1kg-31.52/600gr-29.27/25#-8.83	
6 Mike Woodward 49	2301
16#-24.12/16#-9.31/2kg-34.45/800gr-34.58/35#-5.61	
7 John White 53	2266
6kg-32.87/6kg-10.67/1.5kg-30.03/800gr-27.38/35#-9.50	
8 Art Vesco 80	2264
4kg-22.44/5kg-6.76/1kg-19.34/600gr-15.09/20#-5.30	
9 Bruce Vlink 44	1993
16#-25.11/16#-10.25/2kg-30.71/800gr-22.49/25#-9.58	
Ed Arcaro 43 16#HT 152-2; Lee Schwartz 47 16#SP	
29-11, 2kgDT 109-9; Luigi Schiavo 49 800grJT 74-6	

Foothill College Throws Meet
Los Altos, CA;
February 22

Shot Put 16#

M30 E Hodgdon	40-3 1/2
M40 Gary Kelmenson	35-10
M70 Bob Stone	27-11

Discus 2kg

M40 G Kelmenson	109-8
M70 Bob Stone	88-7 1/2

Hammer

M30 Eric Hodgdon	110-6
M40 G Kelmenson	134-1
M55 Stew Thomson 6kg	154-1
M70 Bob Stone 4kg	94-7

Javelin

M35 Tony Grant	214-8
M40 G Kelmenson	107-6
M70 Bob Stone	67-2

Weight Throw

M30 E Hodgdon	32-6 1/2
M40 G Kelmenson	38-4 1/2
M55 Stew Thomson	45-5
M70 Bob Stone	26-5 1/2

56# Weight

M30 E Hodgdon	25-3 1/2
M40 G Kelmenson	23-9
M55 S Thomson	30-8 3/4
M70 B Stone	11-3/4

NORTHWEST

World Senior Games 5K
(corrected results)
St. George, UT
October 23

M50 Byron Hutchings	19:44.2
Il Van Blaricum	20:05.0
Dick Johnson	21:22.1
M55 Derald Evans	21:48.1
Chris Noble	22:01.3
Art Christean	23:35.0
M60 John Miller	21:02.6
Ralph Carlson	21:05.8
George Gaine	21:28.1
M65 Sid Smith	24:01.5
Marv Woodbury	24:15.5
Jack Green	24:25.2
M70 Ed Morgan Sr	26:08.9
Harold Mulder	27:09.4
Ben Heath	28:40.5
M75 Herb Wright	25:27.9
M80 LaGrand Nielsen	32:09.0
W85 Willard Benton	33:29.5
W50 Jenne Morano	25:15.5
Nancy Green	29:16.6
Elis Stearns	45:41.5
W55 Inga Nielson	45:48.7
W60 Velma Earl	27:23.0
Elaine Stuart	28:50.0
Ruth Payne	32:09.0

W65 Annie Barker	28:39.3
Taylor Lewis	36:56.7
W70 sis Warnke	35:10.7
Margaret Kegley	35:33.2
W80+Ivy Granstrom	35:59.9

World Senior Games 10K
(corrected results)
St. George, UT
October 25

M50 Brent Palmer	40:03.8
Byron Hutchings	40:19.1
Doug Wells	40:53.0
M55 Chris Noble Jr	43:58.3
M60 Ralph Carlson	43:49.5
John Miller	44:08.5
Charles Payne	51:07.9
M65 Sid Smith	49:54.2
Marv Woodbury	50:20.3
Dean Belnap	60:14.6
M70 Ed Morgan Sr	53:19.3
Harold Mulder	55:18.2
Rich Kegley	63:24.0
M75 Herb Wright	53:42.8
M80 LaGrand Nielsen	66:12.3
M85+Willard Benton	68:19.0
W50 Jenne Morano	51:19.2
W60 Velma Earl	56:30.4
Elaine Stuart	59:31.8
Ruth Payne	67:07.6
W65 Annie Barker	59:42.8
W70 sis Warnke	72:32.0
Margaret Kegley	75:35.2
W80+Ivy Granstrom	84:02.3

LONG
DISTANCE
RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Brian's Run 10K
West Chester, PA;
December 8

Overall	
B Taylor 25	29:19
E Van Blunk 27	33:01
M40 K Osnes	31:55
P Kircher	32:17
M45 D McAlee	36:31
M Mangan	37:01
M50 R Boyer	36:26
A Kurylowicz	37:22
M55 R Melendez	40:01
W Kriebel	41:15
M60+H Johnson 60	39:54
P Nutt 61	43:08
H Morgan 69	43:27
W40 L Jones	39:52
C Lurger	40:36
W45 E Michener	40:39
J Hampton	41:59
W50 S Folzer	44:00
A Diaz	44:41
W55 S Patton	47:32
J Olcese	52:34
W60+S Sloan 63	56:40
B Yencharis 72	64:48

Great Stew Chase 15K
Lynn, MA;
February 1

Overall	
Dave Dunham 27	46:53
Alice Callahan 30	56:57
M40 Thomas Carroll 42	51:10
Monserate Burgos 47	53:52
Jack Norton 44	53:55
Peter Dane 44	55:08
M50 Chuck Keating 50	55:18
Bob Reagan 53	56:34
Charlie Pratt 50	57:21
M60 Ron Ross 61	63:43
Jack Curtin 60	68:26
John Nottle 65	68:52
W40 Kathy Beebe 46	62:43
Ann Kucharski 40	64:26
Stephane Shelley 42	65:48
W50 Barbara Robinson 58	71:41
Ellen Clark 54	84:47
W60 Betsy Page 61	95:16
W70+Louise Rosetti 70	148:30

NYRRC Snowflake 4 Mile
Central Park, NYC
February 2

Overall	
Khalid Kairouani 25	19:13
Alicia Mari Moss 30	22:30
M40 Art Hall	22:03
Hector Vargas	22:24
Hans-Josef Thiele	22:55
M45 Hugh Sweeny	21:45
Frank Handelman	23:40
Mike Wilson	23:46
M50 Sidney Howard	23:20
Victor Cruz	23:20
Luis-Antonio Flores 23	54
M55 Alan Fairbrother	24:51
Gene Carbine	26:44
M60 Erik Kaymin	26:26
Joe Burns	27:03
M65 John McManus	27:26
Art Bowen	29:31
M70 Bill Coyne	30:06
Al Goldstein	31:49
M75+Vince Carnevale 75	32:19
Wilfredo Rios 75	37:08
Max Popper 85	52:26
W40 Katherine McIntyre 26	30
Shelley Keeling	27:31
Johanna Carter	29:18
W45 Cheryl Ralya	25:58
Marilyn Greeley	27:55
Laurie Baker	28:04
W50 Anna Thornhill	26:35
PattyLee Parmalee	28:33
C G Garino	29:14
W55 May Chou	31:18
Lynn Sherman	32:00
W60 Muriel Merl 66	32:40
Thelma Wilson 60	34:26
Daisy Klein 66	38:20
W70+Althea Jureidini 73	46:09
Mayme Bdera 76	59:08
Finishers: 954m/524w	
Weather: 27°/h42%/wchill 5°	

NYRRC Chill Chaser 5 Mile
Central Park, NYC
February 8

<u>Overall</u>	
Wayne Beam 29	25:51
Gillian Horowitz 36	29:21
M40 Gary Adkins	28:07
Duke Hutchinson	29:45
Paul Kozik	30:15
M45 Hugh Sweeny	27:24
Hal Stern	29:02
Julio Lugo	30:07
M50 Victor Cruz	29:23
Ramon Ruiz	30:54
Francis Byrne	31:11
M55 Alan Fairbrother	30:59
Eric Seiff	33:16
Dan Jacobs	34:23
M60 Bill Fortune	31:02
Joe Burns	33:33
Albert Puma	36:48
M65 John McManus	34:28
Stan Edelman	39:42
M70 Bill Coyne	37:20
Al Goldstein	38:44
M75+Vince Carnevale	40:57
Chas Feldman	43:51
Wilfredo Rios	45:27
W40 Kathleen Horton	33:10
Diane O'Donnell	34:02
Jean Perry-Wolf	34:33
W45 Betsy Harshberger	33:23
Ann Makoske	33:27
Roberta Brill	37:12
W50 PattyLee Parmalee	35:33
Edith Jones	37:48
Margaret Hoey	43:50
W55 Melva Murray	48:22
Judith Davis	49:44
Elaine Schott	51:04
W60 Muriel Merl 66	41:26
Janine Maltas 65	41:49
Thelma Walton 60	42:58
W70+Mayme Bdera 76	76:35
Finishers: 581m/305w	
Weather: 35°/882°/wNE12mph	

SOUTHEAST

Jacksonville Marathon Jacksonville, FL; January 3

Overall	
Jerry Larson	2:14:33
Rushton Haskell	2:56:15
M40 Sadot Mendez	2:30:10
M45 Jim McGee	2:52:22
M50 John Benkert	2:55:07
M55 Charles Desrosier	3:18:32
M60 Frank Lorey	3:34:30
M65+Rene Beteille	3:48:06
Harold Cook	4:02:06
W40 Adrian Lilburn	2:58:42
W45 Joyce Ploeger	3:24:42
W50 Dorothy Friedland	3:45:17
W55 Pat Tribbey	4:04:19
W60 Audrey Jacobson	6:11:42

Carolina Marathon/10K Columbia, SC; February 8

--10K--	
Overall	
Steve Taylor	29:09
Kerry Robinson	34:51
Masters Men:	
Bryan Stride	31:58
Earl Owens	32:15
Gordon English Jr	32:22
M40 Alex Walmsley	33:21
Lee Fidler	33:51
M45 Ted Anderson	35:28
Chad Robinson	35:44
M50 Jim Adams	36:15
John Boyle	36:54
M55 Dick Ruzicka	37:00
Jim Larson	37:10
M60+James Parks	40:15
David Seiler	41:51
Masters Women:	
Nancy Grayson	36:00
Catherine Lempesis	37:43
W40 Wanda Brooks	46:43
Loucinda Allgood	48:02
W45 Lauren Sadler	44:21
June Hartley	46:11
W50 Lis Villadsen	40:28
Susie Kluttz	42:46
W55 Eileen Hallman	55:36
Dorothy Sides	60:03
W60+Marilyn Griffith	56:33
Margaret Hagerty	67:47
--Marathon--	
Overall	
Brian Walter	2:20:07
MaryEllen Derocher	2:57:20
M40 Fred Wylbright	2:38:19
Bob Schlau	2:41:51
M45 Lansing Brewer	2:52:33
M50 Allen Montgomery	3:07:59
Tony Heerbrandt	3:22:49
M60+Dick Griffith	3:57:56
Clyde Weaver	4:55:30
W40 Janet Hancock	3:50:18
W50+Hildegard Langford	4:21:30

Gasparilla 15K Tampa, FL; February 15

Overall	
Valdenor Dos Santos	23 43:10
Wilma Van Onna	26 49:11
M40 Nick Rose	44:28
Manuel Vera	44:29
Rodolfo Gomez	47:42
Jim Pearson	49:00
Bruce Kritzer	50:04
Hector Chavez	50:20
Stephen Hall	51:25
Bruce Robinson	52:30
Jim Keppeler	52:54
Terry Hayden	52:55
Louis Villalosa	52:56
Coswell DePeiza	53:11
Vince Hernandez	53:48
Mike DuBois	54:04
Hollis Fennell	55:03
Rolando Cabrera	55:16
Bob Bocchetti	55:47
Bruce Henke	55:57
Gary Landry	56:06
Alan Johnson	56:08

M45 Rich Davis	52:17
David Bowden	53:12
Bill Calvin	53:40
Phil Benson	54:43
Joseph Cote	55:26
Jim Clarke	57:22
Bill Harrison	57:44
Jim Bledsoe	58:04
Ruben Camacho	58:33
Robert Reeves	59:04
John Toole	59:22
Otis Fesler	59:24
Bob Yee	59:26
Il Rodriguez	59:28
John Lashbrook	59:48
Mike Barber	59:50
Larry Rose	60:04
Bob Hannah	60:18
Larry Dimmitt	60:23
Jim Ferrigina	60:42

M50 Mario Gonzale	51:54
Bill Scally	51:55
Joe Burgasser	54:00
Ron Thomas	54:39
Bill Springer	55:21
Dennis Featherstone	55:45
Don Ardell	56:44
Ron Hough	57:07
Peter Scott	57:18
Ben Matthews	57:59
Bill Adams	58:11
Art Scheinholz	60:09
Terry Trexler	60:27
Paul Reback	61:08
Dennis Trosky	61:58
Phil Taylor	62:23
Pat Zier	62:38
Alfred Howell	63:10
Peter Crelin	63:15
Luis Varga	63:20

M55 Dick Ruzicka	57:58
Bill Riley	59:19
Jim Hastings	59:59
Frank Robinson	61:19
Sam Turnbull	61:27
John McGowan	62:16
Jack Taylor	63:29
Rob Smith	64:09
Perry Silverman	64:11
Don Clark	65:22

M60 Jack Gough	59:12
Bob Gavreau	62:06
Bob Shaw	65:35
Mike Goldman	65:43
George McConnell	66:19
Tom Depenbrock	67:21
Franklin VanAken	67:43
Vince Flores	70:32
Herbert Waters	72:06

M65 Alex Ratelle	61:53
Pat Gallagher	66:32
Emery Sewell	68:04
Santee Tallia	71:41
Ed Peters	72:12
Jim Smith	72:34

M70 Charles Williams	72:57
Gordon Johnson	72:59
Nathaniel White	73:14
Bill Bernard	73:42
Millard Shumate	77:38

M75+Dudley Healy	77 78:17
Paul Cunniff	75 85:45
Ray Grills	77 93:51
John Kelley	84 99:09

W40 Nancy Grayson	54:08
Carol Virga	55:41
Catherine Lempesis	56:56
Adnan Lilburn	59:22
Denise Jones	63:33
Patti Kadis	64:26
Peg Miller	64:39
Susan Doel	65:27
Beth Walker	65:56
Judy Buckley	66:06

W45 Priscilla Welch	53:45
Sharon Beal	62:31
Vickey Imes	66:51
Janet Ross	69:12
Susan Isbell	69:12
Kristine Gallagher	69:44
Lynn Hayes	69:48
Leah McElroy	69:54
Judy Powell	71:19
Kitty Cornell	71:29

W50 Elizabeth Scarry	70:11
Diane Leach	71:52
Pam Bohanan	72:01
Glenda Walker	73:30
Jan Parke	73:41
Donna Hiatt	74:46

W55 Wen-Shi Yu	70:22
Doris Aronson	73:55
Lupe Parsons	74:38
Andrea Gerbstadt	80:22

W60 Erma Hickey	82:37
Marilyn Walters	86:09
Sally Schuckman	88:28

W65 Dottie Gray	85:09
W70 Martha Pembroke	1:43:28
Helen Reiter	2:03:57

MIDWEST

Columbus Roadrunners Winter Run 3 Miler Pickerington, OH February 18

Overall	
Steven O'Connell	33 1:22:48
Teri Lemke	31 1:42:34
Male Masters	
Michael Barr	41 1:27:22
Tom Wolf	42 1:33:53
Female Masters	
Jeannie Rice	43 1:46:15
Sue McLain	48 1:55:53
M40 Ken Hedrick	1:34:14
Larry Kline	1:35:18
Bob Kneisel	1:36:28
M45 Ralph Bottiglier	1:39:16
Tom Brygider	1:39:43
Steve Robinson	1:41:49

M50 Wayne Wheeler	1:43:41
Fred Gillman	1:47:01
Richard Janusz	1:49:38
Bruce Miller	1:55:57
M55 Donald Williams	2:02:13
Pete Reigel	2:03:28
M60 Walter Blair	1:51:35
David Staley	1:54:07
Robert Ault	2:01:11
M65 Tom McGann	2:25:21
M70 Jack McClain	2:22:51
W40 Donna Hutchinson	1:56:15
Vicki Hughes	1:58:11
J. Hockensmith	2:06:28
W45 Barb Scrogam	2:05:39
Kathie Hammond	2:13:24
Pauline Hosenfeld	2:16:00
W50 Barb Jernan	2:09:27
W55 Peggy Drauglis	2:18:13
Elaine Clapp	2:44:34

Columbus Roadrunners Winter Run 15 Miler Pickerington, OH February 18

Overall	
Todd Martin	21 15:27
Mary Noel Moore	24 18:28
Male Masters	
Joe Lalonde	44 17:07
Michael Marci	40 17:18
Female Masters	
Linda Ray	41 20:25
Kathi Hanley	41 23:10
M40 A. J. Tarquino	18:58
Jim Slack	19:00
Ron Whitehall	19:14
M45 Ron Lemerich	18:25
Dave McAdams	18:27
Ken Williams	18:37
M50 Richard Smith	20:05
Dennis Read	20:42
Daryl Siedentop	20:44
M55 Jack Tapee	18:39
Thomas Mallory	21:04
Kermit Deem	23:12
M60 Corky Cusick	22:32
Thad Davis	25:10
M65 Kenneth Alpetter	23:30
Corrol Starner	25:34
Carl Strout	30:09
W40 Margo Haren	23:15
Rody Woischke	28:11
Janice Taylor	28:21
W45 Velma Matuszewski	24:06
Linda Harter	24:47
Sue Lashbrook	24:55
W50 Marlene Welsh	23:23
Barbara Scarbro	26:23
Maria Ferguson	27:35
W55 Mim Brierly	23:51
Joan Reigel	46:35
Pris Loper	46:35
W60 Norma Phillips	31:00
W65 Ann Budea	35:24

MID AMERICA

Groundhog 10K Kansas City, MO; February 2

Overall	
Trey Harrison	30:43
Shari Woewood	36:58
M40 Greg Hartman	36:14
M45 Ken Belvel	38:17
M50 Eugene Wren	38:54
M55 John Madden	44:51
M60 Gerald Witten	44:44
M65 Paul Gionfriddo	49:15
M70 Ed Burnham	57:31
M80+Howard Calkin	86:20
W40 Sherry Ayers	45:03
W45 Diane Cairns	51:34
W50 Sue Johnson	56:27
W60 Mabel Velge	67:35

SOUTH WEST

Jackson Day 8K New Orleans, January 5

Overall	
Shannon Lemora	27:43
Carole Smith	32:10
Masters Men:	
Junius Nixon	30:13
Grandmasters Men:	
Ron Tocci	33:03
M40 Mark Marley	31:28
Ron Brinkman	34:04
M45 Juan Perez	31:30
Bill Vislay	32:50
M50 Mike Witkin	33:59
Larry Shiver	34:20
M55 Larry Fuselier	36:23
Sam Rice	40:29
M60 Joe Fuselier	40:02
Mario Calonje	42:17
M65 Bill Sweet	49:58
Art Cassen	50:37
W70+Al Marcinkowski	50:05
Masters Women:	
Yvonne Lee	38:41
Grandmasters Women:	
Frances Ard	39:21
W40 Leslie Magbee	39:43
Carol Chaloux	41:53

Houston Tenneco Marathon (Women's Olympic Trials) January 26 Age-Graded Masters Leaders

AGE GRADED PLACE	OVERALL** CLOCKED PLACE	NAME	AGE	CLOCK TIME	AGE STANDARD PERCENT
1.	28	Don Paul	41	2:26:56	89.14
2.	30	Richard Umberg	41	2:28:01	88.42
3.	50	Bruce Mortenson	48	2:39:48	85.86
4.	56	*Robert Perez	43	2:41:37	82.05
5.	Tie 72	Dennis Williams	46	2:45:25	81.79
5.	Tie 110	Allen McDaniel	52	2:53:03	81.79
5.	Tie 205	George Hirsch	57	3:01:02	81.79
6.	62	John Cossick	43	2:42:31	81.59
7.	77	Bill Koehler	47	2:47:05	81.54
8.	53	Michael Krywanski	41	2:41:00	81.29
9.	334	Anthony Castagna	60	3:09:24	80.54
10.	303	Robert Fletcher	59	3:08:04	80.30
11.	118	Charlie Viers	50	2:54:00	80.05
12.	109	Michael Carnes	49	2:52:45	80.01

Above scores include all masters men scoring a National Class 80%+.

MASTERS WOMEN

AGE GRADED PLACE	OVERALL** CLOCKED PLACE	NAME	AGE	CLOCK TIME	AGE STANDARD PERCENT
1.	591	Joyce Gaskin	54	3:19:44	81.30
2.	521	Yvette La Vigne	51	3:16:56	80.16
3.	371	Nancy Prejean	46	3:11:07	79.27
4.	437	Cynthia Street	40	3:13:45	74.85
5.	466	Connie Lawrence	40	3:14:57	74.39
6.	2285	Jan Richards	64	4:05:28	74.02
7.	1035	Marylyn McNaughton	47	3:34:48	71.07
8.	1002	Carrel Briley	45	3:33:32	70:43
9.	757	Linda Musil	40	3:26:01	70:39
10.	1017	Yolanda Zepeda	45	3:34:06	70:25
11.	1098	Sandra Coleman	46	3:36:18	70.04

Above scores include all masters women scoring a Regional Class 70%-80%, and all National Class 80% - 90%.

MASTERS FINISHERS IN WOMEN'S OLYMPIC TRIALS

AGE GRADED PLACE	TRIALS CLOCKED PLACE	NAME	AGE	CLOCK TIME	AGE STANDARD PERCENT
1.	3	*Francie Larrieu-Smith	39*	2:30:39	95.59%
2.	32	Nancy Oshier	43	2:44:22	90.14%
3.	38	*Carol Virga	41	2:45:17	88.35%
4.	56	Mary Wood	46	2:53:01	87.56%
5.	46	Carol McLatchie	40	2:49:58	85.32%
6.	55	Debra Wagner	40	2:52:39	83.99%

* Francie Larrieu-Smith at age 39 is a Sub-Master or Open Class runner, but was included to illustrate an outstanding age-graded performance. The 2:30:39 converts to an Open Class Equivalent (age-graded) 2:24:20. Smith's PR in the marathon was set in 1991 at age 38. It was a 2:27:35, AG 96.91%, which converts to an Open Class Equivalent of 2:22:24.

Age-graded scoring was done using the National Masters News-World Association of Veteran Athletes (WAVA) 1989 Tables.

W45 Susan Provo	39:13
Sue Sharp	40:01
W50 Ann Leyens	44:38
Erva Guenther	49:00
W55 Pat Johnson	59:31
W60+Amelia Gassen	nta

Mardi Gras Marathon New Orleans January 18

Overall	
John Viitanen	26 2:38:12
Susan Foster	35 2:59:44
M40 Howard Culp	43 2:57:11
Tommy Dykes	46 2:58:35
Boom Belkhouche	413:00:48
M50 Andrew Kotukski	1523:17:22
Al Dehon	50 3:19:48
Frank Fradella	513:23:28
R Hockensmith	63 5:03:51
W40 Marisa Quinones	423:55:55
Barb Scrogam	45 4:00:39
Gail Brown	46 4:03:59
Finishers:	167m/27w
Weather:	35-40°/rain

Elmwood Classic 10K Metairie, LA February 2

Overall	
Todd Wells	30:48
Lisa Presedo	34:36
Masters Overall	
Junius Nixon	34:08
Yvonne Lee	41:43
M40 Mike Diorka	35:00
Boom Belkhouche	36:38
J R Brown	37:36
M45 Don Wright	34:12
Chas LaGarde	38:55
Brendan Minihan	39:12
M50 Mike Witkin	37:27
Jack McCallum	39:08
Joe McCaffrey	40:16
M55 G R Charron	45:40
Erwin Caswell	45:41
Paul Hebert	45:43
M60+Bill Reeves	47:47
Sam McNeeley	76 48:36

WEST

SCATAC 30K Championships Ventura, CA February 2

M40 Barry Malony	1:47:48
Art Jimenez	1:56:08
Rich Salzman	2:08:23
M45 Don Gillman	1:59:29
Richard Hillestad	2:01:43
Richard Holly	2:02:41
M50 Richard Velez	2:13:58
Doug Melain	2:17:09
Dave Arntson	2:23:29
M55 Dave Wheeler	2:10:08</

Continued from previous page

11 Richard Webb	DE 2:57:27
12 Dave Faherty	NJ 2:57:43
13 Terry Cammack	CA 2:58:09
14 Richard Holly	CA 2:58:17
15 Rich Hillestad	CA 2:58:56
16 Simon Rubin	CA 2:58:59
17 T Ramirez	MEX 2:59:02
18 Mike Stark	CA 2:59:14
19 Joe Porter III	CA 2:59:17
20 Al Freeze	CA 2:59:18
21 Wayne Mitchell	CA 2:59:44
22 Sam Skinner	NY 3:00:15
23 Dennis Trafecanty	CA 3:00:23
24 Horacio Sanchez	CA 3:02:00
25 Mickey DePallo	CA 3:02:03
26 David King	GBR 3:05:48
27 Jose Cabanas	MEX 3:07:17
28 Jesse Rascon	CA 3:07:23
29 Ted Oliver	CA 3:07:48
30 Darryl Ferguson	NY 3:08:15
31 Echo Edmondson	CA 3:08:37
32 Nigel Casey	CAN 3:08:56
33 Louis Marjon	NM 3:09:15
34 Jim Leffler	CA 3:09:18
35 Chris Vernon	GBR 3:09:27
36 Roger Patrick	CA 3:09:29
37 Alex Kavetsky	CA 3:09:31
38 Ken White	MA 3:09:50
39 Bob Lohiaji	CA 3:10:02
40 Gunnar Thowsen	CA 3:10:23
M50	
1 A Lara-Escudero	CA 2:44:19
2 David Whitten	NY 2:49:19
3 Al Sproul	MA 2:57:12
4 Rudi Huke	GER 2:57:21
5 Joe Oliver	CA 3:00:00
6 Ron Navarrette	CA 3:00:37
7 Karl Waegeli	SWI 3:01:02
8 Jesse Cook	CA 3:05:25
9 Dick Hessler	MO 3:05:26
10 Francisco Ramirez	MEX 3:06:54
11 Freddie Perez	CA 3:08:27
12 James Davis	CA 3:08:29
13 Jose Luis Cordero	MEX 3:08:37
14 Rafael Alvarez	MEX 3:09:21
15 H Landa	CA 3:10:27
16 Jorge Gutierrez	CA 3:10:28
17 Mauro Rodriguez	CA 3:10:35
18 Jim McIntosh	CA 3:10:41
19 Alfred Zinn Sr	CA 3:12:24
20 Steven Waltnr	CA 3:12:59
21 J R Short	CA 3:13:37
22 Robert Tafelski	CA 3:17:58
23 Cecil Smith	CA 3:18:26
24 David Rusher	CA 3:18:59
25 Barry Erbsen	CA 3:19:26
26 Jerry Wothe	CA 3:20:39
27 Ralph Hirt	CA 3:21:34
28 Ray Maranda	CA 3:21:37
29 Joe Fox	CA 3:22:00
30 Rick Brush	CA 3:23:18
M55	
1 Andre Tocco	CA 3:05:57
2 Francisco Garza	MEX 3:07:33
3 Pete Brennan	GBR 3:09:36
4 Walt Clarke III	CA 3:12:16
5 Chas Constantin	CA 3:13:27
6 G Loeffler	GER 3:17:37
7 John Murphy	CA 3:19:03
8 Ben Bernal	CA 3:20:23
9 Leo Sentis	GER 3:20:41
10 Gaston Brain	FRA 3:20:48
11 John Rudberg	CA 3:22:12
12 Rich Rose	CA 3:22:37
13 Tommy Upton	CA 3:23:53
14 Ian Anderson	CA 3:23:55
15 Clarence Hunter	CA 3:24:45
16 Norb Hoffman	OK 3:24:54
17 Ron Kobrine	CA 3:24:57
18 Frank Genco	CA 3:25:59
19 Frank Ferrone	CA 3:27:16
20 Frank Vasquez	CA 3:28:31
M60	
1 Pat Devine	CA 3:10:50
2 Othon Dominguez	MEX 3:12:13
3 Ed Doucette	CA 3:26:50
4 A Gonzalez	CA 3:32:28
5 Jack Horne	CA 3:36:55
6 Norberto Montiel	MEX 3:38:13
7 Stephen Pinkney	CA 3:41:53
8 Rich Roodberg	CA 3:42:02
9 Jack Resh	CA 3:46:31
10 Rex May	CA 3:48:47
11 Rao Paladugu	CA 3:51:34
12 Efrain Sanchez	CA 3:52:09
13 Emilio Chavez	CA 3:54:21
14 Don Lucero	CA 3:54:56
15 Ray Wright	CA 3:55:19
M65	
1 Don Thomson	CAN 3:40:34
2 Ray Penkert	CA 3:49:03
3 R Thatthongluang	THA 3:54:21
4 Milton Bassett	CA 3:55:45
5 Murray Cohen	CA 4:04:05
6 Parker Tshako	CA 4:05:35
7 Dave Lindley	CA 4:24:23
8 Gil Cisneros	CA 4:25:00
9 Leonard Silver	NY 4:27:15
10 James Hart	CA 4:30:07
M70	
1 Antonio Vergara	MEX 3:47:37
2 Isaac Acosta	CA 4:09:19
3 William Morris	CA 4:18:48
4 Harold Daughters	CA 4:29:16
5 Jack Saul	CA 4:29:33
M75	
1 Dutch Benedetti	CA 4:28:29
2 Fraser MacMinn	CA 4:56:38
3 Jerry Ross	CA 5:32:28

M80+

1 Moriyoshi Yagi	80JAP 5:12:37
W40	
1 Sandra Marshall	CA 3:02:47
2 C Dodge	CA 3:03:08
3 Odette Osantowski	CA 3:12:41
4 Candelaria Clark	CA 3:12:53
5 Darlene Hess	TX 3:13:59
6 Vicki Aguilar	CA 3:19:28
7 Marygail Brauner	CA 3:19:32
8 Lena Cotez	CA 3:26:17
9 Kathy Slinger	ID 3:26:59
10 Peggy Sullivan	CA 3:31:08
11 Merle Heimberg	CA 3:31:14
12 Christy St Clair	MD 3:32:45
13 Rita Corbin	CA 3:34:23
14 Mary Applegate	CO 3:35:17
15 Cathy Caballero	CA 3:35:47
16 Gretchen Light	CA 3:35:50
17 Bev Grimm	OH 3:37:04
18 Linda Bagley	CA 3:38:50
19 Thelma Riehle	CA 3:43:35
20 Denise Pilnak	CA 3:44:00
21 Sandra Tripp	CA 3:44:04
22 Yoko Eichel	CA 3:44:09
23 Nela Zundell	CA 3:45:12
24 Maria Sawchek	CA 3:45:46
25 Sue Lien	CA 3:46:30
W45	
1 Gloria McCoy	CA 3:28:45
2 Kathy Schmitt	MN 3:30:29
3 Peggy Samano	FL 3:33:20
4 Sue Cooper	CA 3:34:23
5 Valerie Henning	CA 3:37:29
6 Karin Handsaker	CA 3:37:53
7 Susan Vernon	GBR 3:40:51
8 Dede Kelly	CA 3:40:59
9 Mary Wise	CA 3:41:16
10 Cathy Kaspersky	CA 3:42:49
11 Pauline Stevens	CA 3:44:53
12 Francoise Durant	CA 3:45:02
13 Diane Eastman	CA 3:47:46
14 Irma Hutton	CA 3:48:42
15 Celeste Callahan	CO 3:52:35
16 Ria Rugg	CA 3:53:06
17 Maria Rodriguez	CA 3:53:20
18 Marg Butterworth	CA 3:54:41
19 Carol Edwards	CA 3:54:45
20 Barbara Brady	CA 3:56:36
W50	
1 Mae Palm	CAN 3:37:43
2 Pat Brumalow	CA 3:39:23
3 Alnita Dunn	CA 3:40:36
4 Miwako Shinohara	CA 3:41:36
5 Patt McCurdy	CA 3:42:21
6 Gaby McQuitty	CA 3:43:15
7 Nancy Mustard	CA 3:43:18
8 Ruth Hedegaard	DEN 3:54:52
9 Marilyn Clark	CA 3:58:16
10 Margret Gow	CA 4:01:20
11 Mardi Briggs	CA 4:04:23
12 Ida Hendrick	CA 4:06:44
13 Pam Christensen	CA 4:09:00
14 Elaine Murphy	CA 4:09:09
15 Karin Grossman	MN 4:11:01
W55	
1 Wen-Shi Yu	NY 3:33:43
2 Shirley Blush	CA 3:42:44
3 Carrie Napier	CA 3:54:58
4 Laura Pinkney	CA 3:58:43
5 Mary Dugan	CA 4:04:44
6 Leona Nenow	CA 4:07:12
7 Mickie Perry	CA 4:25:39
8 Simone Cho	CA 4:33:45
9 Loretta Lozano	MEX 4:34:08
10 Marlies Parenti	MI 4:38:45
W60	
1 Thelma Wilson	NY 4:07:16
2 Nessie Hollicky	CAN 4:15:13
3 Colleen Gregory	OR 4:16:09
4 Anna Hollenberg	CA 4:24:44
5 V Lavefer	CA 4:51:48
W65	
1 Vostile Goodrich	CA 4:09:01
2 Lillian Miller	CA 4:56:29
3 Marybelle Russell	IN 5:24:25
W70	
1 Mareva Fulcher	CA 5:45:27
2 Lois Lieberman	CA 6:11:52
3 Grace Davidson	CA 6:38:32
W75	
1 Lucille Adney	CA 8:04:11
W80+	
1 Mavis Lindgren	CA 6:14:23

NORTHWEST

Trail's End Marathon
Seaside, OR;
February 22

M40	
1 Jim Sapp	2:42:53
Kirk Stickels	2:52:01
Jim Pollard	2:52:35
Louis Hatch	2:56:45
Marc Wiitala	2:59:05
Michael O'Connor	3:01:32
Jeff Barrie	3:05:22
Jim Thatcher	3:07:52
M45	
John Bradley	2:57:45
C Berthiaume	2:58:45
Chris Coppin	3:04:22
Ted Walden	3:05:00
Michael Ebeling	3:05:55
Chuck Cammack	3:07:18
M50	
Chas Ferguson	3:01:09
Wm Scarborough	3:07:29
Marv Rexius	3:08:52
Gary Zimmerman	3:08:56
M55	
Larry Webster	3:02:14
Mal Preedy	3:11:56

Russ Akers	3:25:47
Mal Bohlman	3:27:26
M60	
Max Jones	3:11:57
Bob Dolphin	3:15:39
Rob Volkenand	3:48:35
M65	
Tom Walsh	5:30:05
Laurie Stadig	5:47:30
M70+	
Elijah Gallaway	7:14:08:23
Harry Copeland	7:14:09:04
Z F Danes	7:14:34:19
Alvin Grahn	7:14:40:11
W40	
Sandy Bradley	3:28:27
Denise Doney	3:42:47
Jodi Betzing	3:44:58
W45	
Nancy Cole	3:42:46
C Schottman	3:53:02
Sharon Frantz	3:55:53
W50	
Barbara Scot	4:11:50
Sharon Johnston	4:18:29
Bonnie Codling	4:27:13
W55	
Ann Whiting	4:11:53
Shirley Millman	4:38:51
Millie Hnidey	4:49:44
W60	
Jean Burnham	5:40:55

RACE WALKING

World Senior Games 5K RW
(corrected results)
St. George, UT
October 24, 1991

M50	
Harlan VanBlaricum	31:25
M55	
Art Christean	36:00
M60	
Ken Rybus	32:45
Floyd Ormsby	36:38
M65	
Dean Belnap	31:31
Mel Grantham	31:49
James Wray	33:19
M70	
Tom Bishop	31:47
Ben Heath	33:09
M75	
Frank Herreklo	40:48
W50	
Elis Stearns	44:25
W55	
Clara Snell	38:11
Johanna Smit	42:58
Inga Nielson	43:00
W60	
Daisy Morgan	40:27
Elen Belnap	44:28
W65	
Annie Barker	37:25
Helen Leech	40:27
G M Sawjaj	41:58
W70	
Alline Witten	42:16
W80+	
Ivy Granstrom	48:08

MAC Indoor Meet RW
Manhattan College, NYC
December 29

1500mRW	
1 Gary Null	M40 6:32.00
2 Eliz Galasso	1W30 6:46.30
4 Frank Vallee	2M40 7:27.70
8 Luis Canepa	3M40 8:24.00
10 L Dougherty	2W30 9:45.00
11 Q Thompson	1W60 10:54.80
12 Minna Charles	2W60 11:18.20
13 Jay Charles	1M60 11:40.00

Route 66 5K State Race
Walk Championships
Albuquerque, NM
February 22

Masters Division: MEN	
40-44	
Andrew Smith	42 25:57
Steve Petrakis	42 28:09
Pat Tyrell	40 31:42
45-49	
Peter Armstrong	46 28:05
Joe Sutton	45 30:03
Greg Salazar	46 46:09
50-54	
Winston Crandall	51 28:52
Larry Rotterdam	51 31:56
55-59	
Arnold Levick	56 30:01
Chuck Cooper	56 35:42
Paul Gaffan	57 39:24
60-64	
Ken Nichols	60 36:36
65-69	
Maurice Sheehan	67 31:40
70-74	
Manuel C de Baca	70 38:44
Frank Best	71 42:38

Masters Division: WOMEN	
40-44	
Kathy Jo Lovell	42 30:15
Lynn Ketchum	44 39:27
Sandra Ward	42 40:07
Pam Martin	43 40:15
Pat Davis	40 46:14
Alice Brown	42 48:05
Carol Anderson	43 49:05
Barbara Nye	40 49:41
45-49	
Shirley Scott	48 39:08
Jan Deboard	46 42:37
50-54	
Susan Johnson	51 32:07
55-59	
Karen Cooper	56 38:33
Rose Chavez	55 38:41
Sally Tower	58 40:44
Anne Johnson	55 41:46
Bev Shippers	55 41:53
Barbara Hewson	55 49:41
60-64	
Ina Stewart	60 39:48
Marcella Samuelson	63 41:52
Teresa Paul	60 42:15
Pat Van Ingen	66 43:49
Jan Deboard	46 42:37
65-69	
Pat Van Ingen	66 43:49

MAC Indoor Championships
Princeton U.; NJ
February 23

Mile RW	
M40	
Franklin Vallejo	7:58.60
Robert Rapp	9:03.33
M45	
Jacinto Mogena	8:04.70
M55	
Leo Rivera	9:40.96
M60	
Bob Spillman	8:58.50
M65	
Dan Sullivan	11:24.61
W30	
Tomira Koss	8:59.24
W35	
Kathryn Davis	10:26.49
W40	
Phyllis Hamsen	8:25.92
Helen Ellis	10:26.58
Ileana Simpatico	10:27.78
Deborah Nelson	10:33.27
W50	
Elton Richardson	9:00.71
W55	
Marian Spatz	11:06.62
W65	
Joan Rowland	10:09.79
3000 RW	
M40	
Ray Funkhouser	12:35.00
Leland Sandifur	15:21.64
M45	
Gary Null	13:31.28

Southern Calif. Walkers
Winterfest Track 5K
Monterey Park, CA
February 23

Overall	
Allen James	20:29
Francene Bustos	23:48
M40	
Keith Ward	22:44
Tod Scully	22:51
Enrique Camarena	24:36
M45	
Larry Walker	22:01
Wm Penner	25:18
Steve Leitner	27:45
M50	
Wayne Wurzbuerer	26:39
Jim Coots	27:06
Ron McMullin	32:54
M55	
Jack Bray	26:00
Carl Acosta	28:00
Richard Oliver	28:29
M60	
R T Greiner	30:56
John Gallagher	34:00
Ralph Hannibal	34:52

M65	
Mel Granttham	32:20
Dick Underwood	32:33
Oliver Chingren	39:35
M70	
Jorge Newbury	34:01
W40	
Kathy Blackmer	27:34
Barbara Kowalski	31:39
Helen Hoover	31:43
W45	
Donna Cunningham	27:22
Vangi Campos	31:37
Karen Helms	31:40
W50	
Jaye Hanley	27:35
Helen Palomo	31:45
Nancy Alexander	33:59
W55	
Shirley Capps	33:10
Pat Willis	37:39
W60	
Joann Beers	34:25
Jean Cotner	36:32
Jody Barsaleau	37:05
W70	
Rose Kash	37:25
(judged; 4 DQs)	



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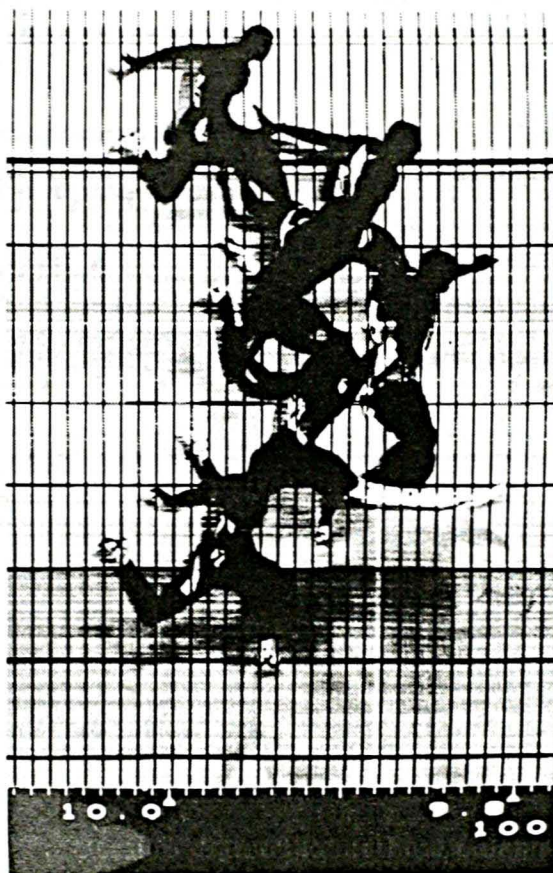
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