

NATIONAL MASTERS NEWS

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

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Coghlan Lowers World Mile Record to 4:01.39

Closes in on Sub-Four Mile with Amazing Effort in New York City

by MARILYN J. MITCHELL

Eamonn Coghlan set his third indoor world masters mile record this season with a time of 4:01.39 at the USA/Mobil Indoor Nationals in Madison Square Garden, New York City, on February 26.

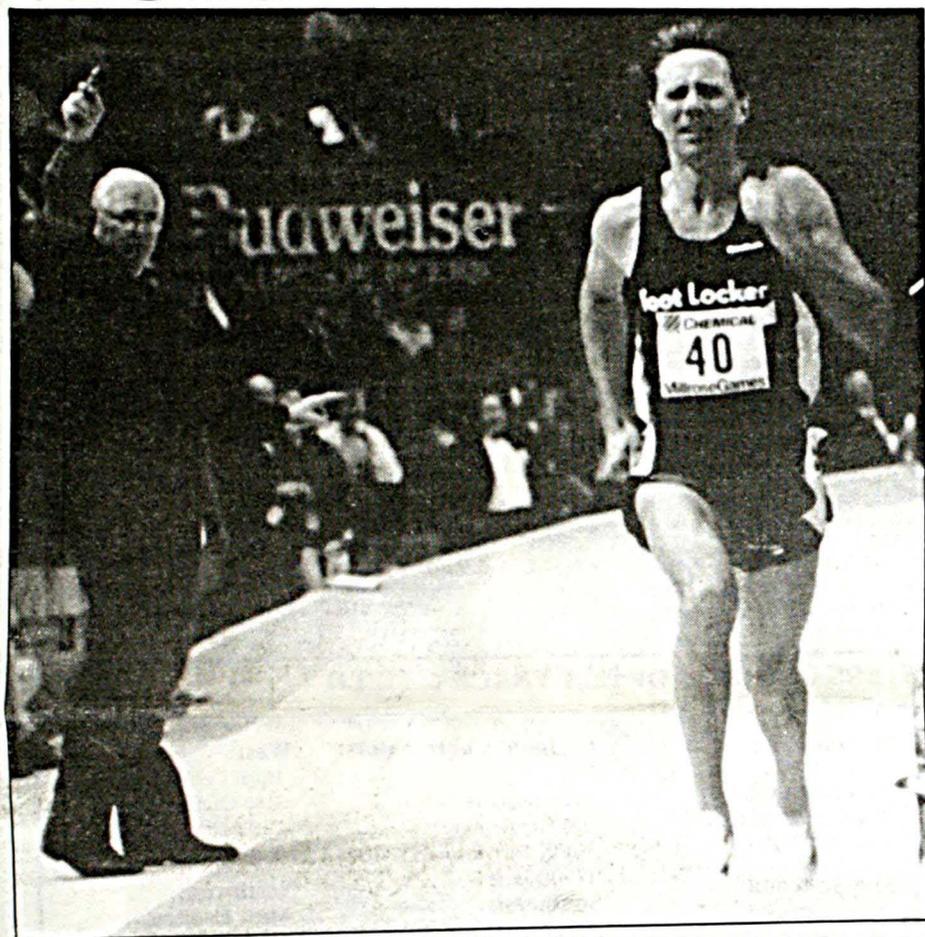
In an unprecedented move, USA Track and Field and Mobil Corporation allowed a special invitational event and allowed a non-title sponsor, Runner's World, to support the masters mile, in order to give Coghlan the opportunity to break the four-minute barrier. Coghlan previously lowered the world masters indoor mark to 4:08.49 in Gainesville, Fla., on January 31 and again to 4:05.95 in New York on February 5.

His original game plan was to set a new world indoor record in Gainesville and to break the 4-minute barrier at the Millrose Games February 5. As a result of a scar-tissue injury, he was only able to do five track sessions over a two-week period. But the results were so good that he felt sure that the sub-four mile was a reality. However, the hype, promotion and pressure of making arrangements for the many Irish countrymen who flew in from all over the world to see the attempt took its toll on

his race-day fitness. Millrose meet organizers announced a crowd of 18,000-plus spectators, reportedly the largest indoor crowd for a U.S. track meet in a decade. And it was estimated that more than half of them were Eamonn supporters who came primarily to see him run. It was clearly the highlight of the evening.

Having missed the four-minute mark in Millrose, Coghlan came back in the Nationals, healthy and confident. It did not hurt that it was almost the anniversary of his 3:49.78 world indoor open mile record, set on the New Jersey Meadowlands track 10 years ago, a record which still stands. The Meadowlands track was designed by Coghlan and built to his specifications. It's one of the fastest indoor tracks in the U.S. The Madison Square Garden track is used only three times a year. It's not permanent and is considerably slower than the Meadowlands. The

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Eamonn Coghlan, shown here on his last-lap at the Millrose Games, lowered his world masters mile record to 4:01.39 on February 26.

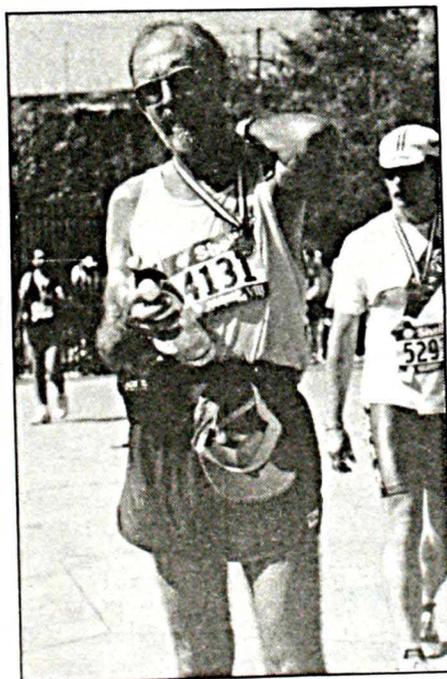
Photo by David Zinman

19,073 Run In Hot Los Angeles Marathon

A total of 19,073 runners braved temperatures of 87° in the shade and 110° in the sun to survive the eighth annual Los Angeles Marathon, March 7.

Winding through many of the city's ethnic neighborhoods, the race seemed

Continued on page 11



Mark McGuire, M50, tries to cool off after running 3:50 in a hot Los Angeles Marathon, March 7.

Photo by Gretchen Snyder

National Indoor Pentathlon Held In Tennessee

The 1993 USATF National Masters Indoor Pentathlon Championships were held at Middle Tennessee State U. in Murfreesboro, February 19, with 31 men and six women.

The competition may have been slightly fewer in number than last year (40 men and five women), but the performances suggested that multi-event competition is on the rise.

Phil Mulkey, 60, of Georgia led the way with a new world masters best of 4329 points in winning the M60 division. Mulkey, a 1960 Olympic decathlete, topped the previous mark of 4292 points, achieved by New Hampshire's Boo Morcom in 1987.

Mulkey set a new world M60 record of 9.29 in the 60-meter hurdles, displacing Jack Greenwood's 1989 mark of 9.36.

Dale Lance, 55, of Oklahoma was

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Mollie Chang is first W60-64 (50:53) in the Straub-Hawaii Women's 10K, March 7.

Photo by Tesh Teshima

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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 USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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Raschker Sets Four World Records in Southeast Regionals

by PHIL MULKEY

About 140 participants turned up for the second annual USATF Southeast Regional Masters Indoor T&F Championships in Murfreesboro, Tenn., February 20.

After smashing her former world women's pentathlon record the previous day, Phil Raschker, 46, of Marietta, Ga., returned to the same facility to win five events and set four W45 indoor world records.

First, she pole vaulted 9-1½, a half-inch over her own WR. Then she sped 60 meters in 8.14, lowering her own mark of 8.35. Next she scissor-stepped the 60 hurdles in 9.38 to break the standard of 9.51, set by Britain's Judy Vernon in 1991. Finally, she long-jumped 18-2 to break her own mark of 17-7¼. Her fifth gold was a 33-7¼ triple jump, only three inches shy of her current WR.

Dale Lance edged Chuck Miller, 9.15 to 9.16, in the M55 60H. Both times were under the old WR, but Lance had beaten Miller in the previous day's pentathlon, 9.10 to 9.20.

The very firm running surface of the Murphy Center proved to be helpful for the sprinters. Sammy White, M55, won the 60 in 7.71 and the 400 in 57.6. Jim Law took the M65 60 (8.63), 200

(27.4) and 400 (63.6).

Swag Hartel took the M40 800 in 2:01.6, while Vicki Crisp captured the W40 3000 (10:58.5).

Leonore McDaniels equalled her own W60WR with a 4-1 high jump. Jim Stookey, M60, leaped to golds in the LJ (17-4¼) and TJ (32-10).

In the throws, Phil Mulkey, 60, took the shot at 45-11½, while Geraldine Young won the W60 shot at 17-5½.

Raschker, Crisp, Young, White, Hartel, Stookey and Mulkey were awarded engraved wooden plaques as outstanding performers.

The Nashville Track Club, with president Randall Brady acting as meet director, hosted the meet.

After a very long day officiating the previous day's Pentathlon, Randall and his officials all showed up for this meet. While 98 percent of the athletes were very pleased with the meet, the other two percent failed to remember that the officials are volunteering their time so that athletes can compete.

One athlete suggested an official should retire from the meet, which he did at that exact moment. Without these volunteer officials, there would be no meet at all. A little foresight and consideration in the future, please. □

National Indoor Pentathlon

Continued from page 1

next with 4110 points, hurdling to a new world M55 record of 9.10 in the 60H, lowering Larry Pratt's standard of 9.21. Runner-up Chuck Miller was

also under the former WR in 9.20.

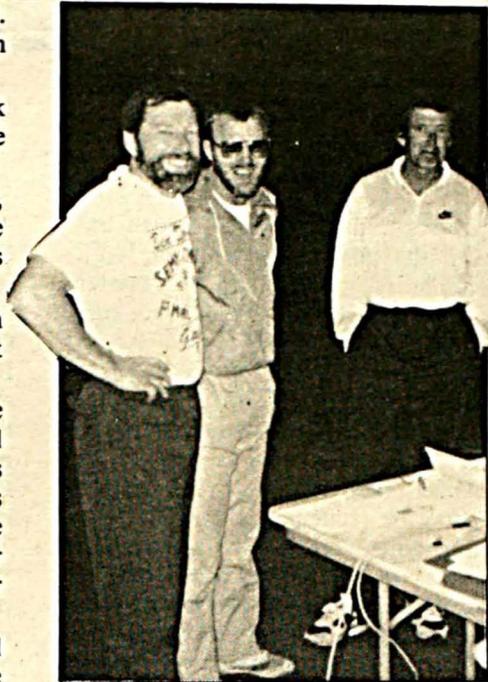
Denver Smith, 67, of Ohio was the third-highest point-getter with 4017 points.

Philippa Raschker, 46, of Georgia topped the women with an amazing 4309 points, obliterating her own masters pentathlon record of 3889 points.

Leonore McDaniels, 64, was second-best female with 2990 points, followed by New York's Patricia Peterson, 66, with 2659.

The meet was directed by Randall Brady, and preceded the Southeast Indoor Regional Masters T&F Championships, held the next day (see separate story).

— from Phil Mulkey



From left: Henry Hopkins, 3rd in M45 pentathlon; Joe Johnson, M45 sprinter; Charles Polhamus, 1st in M45 pole vault; Murfreesboro, TN, February 20. Photo from Randall Brady

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MASTERS MILE

Regarding the Runner's World Masters Mile, I don't know what Bill Stewart's beef with me is (March letters), nor why I'm someone that people need to "stand up to." I also don't know what "accurate and truthful accounting" he is searching for, or what "hype" and "bullcrap" Bill appears to be so bitter about. I have never even had any contact with Bill Stewart, other than in '87 when I believe I invited him to participate in our inaugural event.

I created the RW Masters Mile in '87 and have lovingly expanded and nurtured it since, purely to serve the masters community. I hoped to provide opportunities to masters athletes, bring recognition to the masters movement and showcase many of the all-time greats from the past generation. By all accounts, the events (now numbering 4 or 5 per year) have achieved that and more.

It has been my privilege to have worked with such outstanding people as Wilson Waigwa, Harry Nolan, Ken Sparks, Albin Swenson, Ken Popejoy, Larry Almborg, Byron Dyce, Dave Stewart and so many others over the years. It has also been a thrill to have had the likes of Kip Keino, Jim Ryun, Peter Snell, Frank Shorter, Rod Dixon, Lasse Viren and other Olympic greats/world recordholders participate.

Every aspect of this program has

been handled with the utmost care and integrity. I'm sure the meet directors and the athletes themselves would attest to that.

This season, Eamonn Coghlan has taken the program to another level, and the first sub-4:00 mile by a master is imminent. Rabbits were used only because of Eamonn; there is no masters runner other than Eamonn himself who could run the pace necessary to make the sub-4:00 possible, and so the rabbits had to be younger than 40. As your stories report, the excitement this winter was tremendous. Hopefully, milers like Steve Scott and Sydney Maree will be encouraged to compete as masters when they turn 40 in a few years.

At the outset in '87, there was some confusion over the validity of certain performances like Stewart's 4:11 from '83. I was told by masters statisticians that it was not on the books for one reason or another. So I've never carried it in my own stats or press handouts.

As a journalist for 25 years, I have been as close to our sport as anyone. Never have I witnessed as much warmth and camaraderie as I find among the masters milers, and I would like to publicly thank them for the enriching experience they have given me.

By the way, if anyone would like to stand up to me, it shouldn't be too difficult. I'm 5'9", 150 pounds and with

no discernible muscle above my waist.

Marc Bloom
Marlboro, New Jersey

I witnessed both of Eamonn Coghlan's masters indoor mile world record performances at Madison Square Garden during the Millrose Games and USATF/Mobil National Indoor Championships, and I had exactly the same thought as Bill Stewart: that women's records set in mixed road races are not allowed, therefore, Coghlan's use of non-master rabbits is, if not illegal, at least unfair.

In your reply to Stewart you wrote, "Women's records set in mixed road races are allowed," and cited a statement from the 1992 TAC convention. Yet I distinctly remember a very heated debate in these pages a few years ago over the fact that women's records set in such races definitely were not allowed.

My question: Were any women's ARs or WRs disallowed because of what appears (to some people at least), to have been an inconsistent or misunderstood policy? If so, they ought to be ratified now. Perhaps readers who participated in the previous debate will share their knowledge in the "Write On" forum.

Keep up the good work with National Masters News.

Richard Smith
Rocky Hill, New Jersey

(Women's records set in mixed road races have always been allowed, according to the Road Running Information Center, the official research arm of



Edie Leiby, 70, finishes with a smile in the Straub Hawaii Women's 10K, March 7.

Photo by Tesh Teshima

USA Track & Field. There was a debate over women being "paced" by men, which was declared illegal. The policy may be misunderstood, but it is consistent. — Ed.)

PREVENTION MAY BE THE ANSWER

The answer to the Achilles' Tendinitis question ("The Foot Beat" — March) ignored the patient's basic, excellent main question. The achilles are sore only in the warm weather, and he asks, "I wonder if I am losing something... in sweat..."

Traditional doctors usually have little training in nutrition, but that is often the answer. In this case, a multi-mineral supplement taken during warm

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Write On

Continued from page 4

weather might solve the problem. A professional who is knowledgeable in the whole body as well as nutrition, such as a chiropractor, might have an even better idea here. A question like this can often be handled by phone. Look in the yellow pages under "Chiropractors."

Alan Wood (not a chiropractor)
Pompton Plains, NJ

SHARE THE PRIZE MONEY

Your report on the Pittsburgh Great Race 10K prompted me to submit this to try to help a "great" race evolve into an "outstanding" one for all masters runners.

The Pittsburgh 10K treats masters better than many other major races in that masters prize money is not restricted to the 40-44 "youngsters," but made available to other age groups as well.

However, the current allocation is still skewed in favor of the 40s (\$2300 for 40-49; \$900 for 50-59; \$600 for 60-69; and zilch for 70+).

My recommendations for their 1993 race:

1) Provide \$4700 for masters prize money. That's equal to 1992's \$3800

cash and \$900 for awards for eight age groups.

2) Allocate the money as follows: best age-graded performances: \$500 (1st, \$250; 2nd \$150; 3rd \$100); each 5-year age-group, 40 to 69: \$3000 (1st, \$250; 2nd, \$150; 3rd, \$100); each 5-year group, 70 to 80+: \$1200 (1st, \$250; 2nd, \$150).

Adoption of this system would attract outstanding national competition in all masters five-year age groups.

Herb Chisholm
Alexandria, Virginia

CONTROVERSY AT SOUTHEAST REGIONALS

The Southeast Regional Masters Indoor T&F Championships in Murfreesboro, Tenn., February 20, was a great meet with many outstanding performances.

Even though it was a positive experience, the meet, and the previous day's National Masters Indoor Pentathlon, were not without controversy.

Some officials felt insulted by some of the athletes. I was told some of the "boys" were trying to cheat in some events.

Is it any wonder we have a hard time finding dedicated officials to put in 6-8



Top 3 Female Masters before start of 1992 WZYP Cotton Row Run, L to R: Champion Nancy Grayson 35:34; Barbara Filutze, 2nd 37:24 and Jane Hutchison, 3rd 37:55. This year's race will be held in Huntsville, AL on May 31.

Photo by Jim Oaks

hours of hard work for us? It's disturbing when a performer says he jumped one height/distance, but the official says another.

As a certified official who has worked the Olympic Trials, as well as a

serious athlete, I try to see both sides. But when push comes to shove, I'll side with the officials first. We're all human and we make mistakes but where would we, as athletes, be

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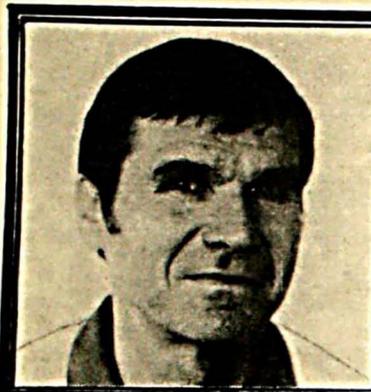
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by Mike Tynn

Mysteries of Sport

Have you ever stopped to think about how many things in life seem to turn out the opposite of what you had expected? Even in the most mundane aspects of life we encounter contradictions, paradoxes, enigmas, and ironies.

For example, did you know that the death rate in Canada, Colombia, and Israel always goes down during a doctor's strike? Or that the two most visited graves in Hawaii's Punchbowl military cemetery belong to non-combatants (reporter Ernie Pyle and astronaut Ellison Onizuka)? Or that there is a positive correlation between creativity and manic depression?

It's that way in sport, too. Two articles in the February issue of *Track & Field News* got me thinking about this recently. Both had to do with speed.

In the sport of track & field, success is usually measured in terms of speed. The greater the speed, the greater the chance of success, right?

Faster May Mean Slower

Wrong! Olympic hurdler Tony Dees tells Jon Hendershott of T&FN that he'd be faster if he wasn't so fast.

Run that by me again, you say.

Dees' problem, as he explains it, is that the hurdles are too close together for him; thus, he has to shorten his stride or chop his steps. "If the hurdles were, say, 11 yards apart (instead of 10), there's not a hurdler alive who would outrun me," Dees tells Hendershott.

Every track & field man knows that great speed is essential if one is to be a great long jumper. But in that same issue of T&FN, German sprinter/long jumper Heike Drechsler tells Hendershott that she didn't jump her best in

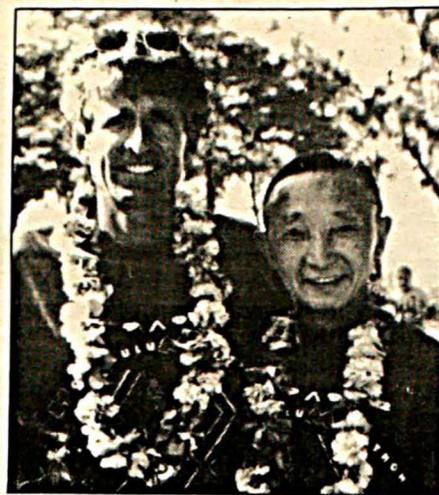
the '88 Olympics because she was too fast. "I had too much speed to combine it with the jump," she explained.

Florence Griffith Joyner was too fast for her own good when she won the 100 and 200 at the Seoul Olympics. Because she won both races by such a wide margin, there are many people who believe that her performances must have been drug-aided.

You can be too fast for your own good in other ways. Consider Carl Lewis, probably the greatest sprinter and long jumper of all time. Following his four gold medals in the '84 Los Angeles Olympics, Lewis was shunned by commercial advertisers. "His refusal to push himself in the long jump, to risk himself, made his victory seem too easy," wrote Dick Schaap in *Parade Magazine*. "This was Lewis' second blunder. He made all his victories seem too easy. He not only didn't taste defeat, he didn't even get a whiff of it. His extraordinary excellence, paradoxically, made his extraordinary efforts seem commonplace."

Vulnerability Enhances Greatness

That reminds me of a comment made by Mike Tyson before he took on James "Bonecrusher" Smith for the heavyweight championship back in 1987. A great champion, Tyson offered, has to prove that he can take a punch. The only way he could prove that was to go down and then get off the canvas to win. In other words, he



Frank Shorter (l) and Boston Marathon winner Keizo Yamada of Japan. Shorter ran 2:43 and Yamada won the M65 division (3:15) in the Honolulu Marathon, Dec. 13.

Photo by Tesh Teshima

had to prove himself vulnerable to show that he was great.

It's like DC Comics having to kill off Superman recently (and resurrect him later) because they felt he might be in a stronger position if he was shown to be more vulnerable.

On the subject of boxers, did you know that the great heavyweight champion Rocky Marciano, known for his knockout punch, couldn't make it as a baseball player because of his "weak" right arm?

You'd think that champion boxers succeed because of their athletic talent, but that wasn't necessarily the case with former heavyweight champion Michael Spinks. Much of his success was said to be the result of his awkwardness. He was so awkward that other fighters had a hard time hitting him.

You'd also think that boxers are more aggressive than other athletes. Not according to Dr. Max Novich, the medical director of the World Boxing Hall of Fame and director of the National Boxing Safety Center. Dr. Novich claims that boxers are aggressive in the ring, but much less aggressive than other athletes outside the ring.

On the subject of athletes, why is it that the most idolized athlete of all time, Babe Ruth, was the antithesis of physical fitness?

And isn't it ironical that Lou Gehrig, who set baseball's longevity record of 2,130 consecutive games, died so prematurely, at age 37?

Back to hurdling and sprinting, we all know that a good tailwind makes for faster times. Renaldo Nehemiah, the former world record holder in the 110m high hurdles, doesn't agree.

Five Years Ago

- Bob Schlau (40, 2:19:27) Bests Bill Rodgers in Los Angeles Marathon
- 12-City Masters Running Circuit Organized by Dean Reinke
- Larry Stuart Sets M50 Javelin World Record (210-0)

"There's nothing I fear more than a tailwind," he once said. "It can make you overstride in between hurdles so that you get too close to them. I have to run with more caution."

Speed Can Be Detrimental

Many people consider baseball too slow a game, but what happens when you have players with blazing speed in the game? It gets slower! When the speedy players get on base, the game is slowed down because the pitcher must then be concerned with holding the runner on the bag.

Speed can also be detrimental in football. It's often assumed that the best pass receivers are the fastest runners. Not so. Some world-class sprinters have never made it as football players because they're moving too fast to adjust their patterns. "Maybe because most sprinters are long-legged, their feet aren't as quick," Steve Largent, one of the great pro receivers of all time, once explained.

Thus, being *fast* does not necessarily mean being *quick*.

You might assume that the guy who catches the most passes is the best on the field. Not necessarily. The best receiver might be double covered, thereby giving another, less talented, receiver more chances.

If you're a football fan, you probably know that it is harder to score the closer you get to the goal line (because there is less room in which to execute).

Plodders More Likely to Finish

Slow is easier than fast, right? Then why is it so much harder and more uncomfortable for some of us to run a 9-minute mile pace than a 6-minute mile pace? And why is it that the greatest percentage of non-finishers in a marathon is found among the elite rather than the plodders?

It stands to reason that we are at our best when we are feeling well. But long-time golf champion George Bayer had this to say a few years ago: "When you feel bad, you usually play well, but when you feel real good you usually try to hit the hell out of it. That's when you get in trouble." Likewise, in our sports of track & field and road racing, we often fail because we're feeling so good, and that makes us try too hard. In so doing, we lose the rhythm that is best for us and fail.

There's another analogy that one can draw between running and golf. Often, when a golfer gets in a sand trap, he will hit out in the opposite direction of the hole. A runner who suffers an injury can employ this strategy by backing off his training instead of attempting to run through the injury.

It's often been said that the best players make the worst managers. I think it's that way in running too; the best runners make the worst coaches.

Some of the most anatomically imperfect runners have been among the greatest. Bullet Bob Hayes and Jackie Robinson were pigeon-toed. O.J. Simpson was bowlegged. Said Aouita has flat feet.

It's a strange world. □

KIEL
FIELD
Opening Fall 1993
ON THE CENTRAL CALIFORNIA COAST

Write On

Continued from page 5
without officials.

It's the 90s, and it's time for some masters athletes to forget what they did in the 50s, 60s, 70s and 80s and accept reality: performances do decline and we do have bad days in competition.

I'd like to thank the following for their unselfishness in the meet: my wife Nancy Vye, Susan Hopkins, Rex Harvey, Phil Raschker, Jeff Watry, Liz McBlain, the Nashville Track Club and all officials.

*Randall Brady
Nashville, Tennessee*

50-METER DASH

I'd like to see the 50-meter dash — once an Olympic event — put back on the schedule. It will enable us of smaller stature to compete. Any distance over 50m gives an advantage to the taller runners.

*Ted Yenari
Metairie, Louisiana*

HOW TO DIRECT A TRACK MEET

Becky Sisley's piece about conducting a track meet (Feb.) was excellent and should be sent to the Senior Olympics people at once.

In 1991, I attended the National Senior Olympics meet in Syracuse, N.Y. I paid big bucks for an entry fee. But at the track were homemade signs, written poorly. All times were by hand. There was no overhead clock. When the results book was mailed, only the top six in each event were listed.

I've been competing for 30 years and I think it was the lousiest preparation I'd ever seen. I wrote to their national office, but they never replied.

I hope she can get a copy of her article to them before June, when they hold their national meet in Baton Rouge.

I have nothing on paper to show that I even participated in their 1991 meet, so I won't be a part of the fiasco this year.

*Vin Fandetti
Glastonbury, Connecticut*

DICK LACEY

Mike Tymn's article on Dick Lacey (March) was excellent. I was on the World Veterans Championships tour to Finland with him and his wife Isabel. Their return to Helsinki 39 years after the 1952 Olympics was a high point for them.

Dick's knowledge of and perspective about track and field are extensive. The article amply showed that.

*Harry Brown
Wauconda, Illinois*

"PITCH" RETIRES

I've learned that Arling E. Pitcher, M90, has retired from active Track & Field due to declining health. He has been a sterling example of competition in the upper, upper age groups. His last meet was the TAC National Outdoor Championships in Spokane last year

where he entered 8 events, won 7, and set one world record.

Most of you know what a hard worker "Pitch" is. I remember a friend saying that he worried about Arling running the 1500m in the 1986 TAC National Decathlon/Heptathlon Championships on a hot day in Des Moines, Iowa. I informed my friend that it was I he needed to worry about, not Arling, because he worked out about every day and I most certainly didn't.

Just 2 or 3 years ago, Arling was running the 400m, finishing the first day of the Thomasville, NC Decathlon when he stepped on the curb on the first curve and fell down. Well, he got right back up and finished the race anyway. But in a few minutes, he was asking the meet director if he could run another 400 because he "had trouble on the last one." So while the rest of us sat around exhausted from our 400m, Pitch ran another, and better, one. He is that kind of a guy.

He certainly would like to hear from his friends and fellow Track & Field Athletes. He is in the Indiana Masonic Home, 690 State Street, Franklin, IN 46131. We need to stay in touch.

*Rex Harvey
Cleveland Heights, Ohio*

BYRON FIKE

After fighting cancer for 1½ years, Byron Fike died last November, two weeks short of reaching 85, and a month before he was installed in the Summit County Sports Hall of Fame, Akron, Ohio.

Byron was a "man's man" yet gentle and soft-spoken, who loved his fellow competitors and all he met. Born in West Virginia, he was not a worldly person, more comfortable in a "homey" atmosphere, but beneath the surface, there was a mountain of wisdom gleaned from his varied experiences as a butcher, food business owner, and a car salesman.

A semi-pro baseball player, he turned to t&f in his 60s and amassed about 1400 medals and trophies, winning almost every event he entered. He was a crowd pleaser, who loved to come from behind to win.

Afraid of flying, he took his first flight to the National Championships in Orlando, but this wide-eyed enthusiast so captivated the crew that he wound up in the cockpit with the captain. At the World Games in Eugene in 1989, he set out to obtain 100 autographs but instead ended up with 1000, translated into new friends. Deeply religious, Byron was an officer in his church, said grace at every meal, and was a model Christian.

Along with his many friends, I'll miss this great man, and am not ashamed to say I lost my voice and wept when his family notified me.

So long, Byron. You ran the "good race of life" as a winner.

*Bill Weinacht
Rocky River, Ohio*



Members of the Snohomish TC, M40-49 team winners, USATF National 5K Cross-Country Championships, Sandy, Ore., Feb. 6, from left: Mike Allison, Henry Nash, Herman Atkins (winner in 16:00), Philip Welch, Don Frame, and James McGill.
Photo from Carole Langenbach

**THE EIGHTH ANNUAL
GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP T & F CHAMPIONSHIPS
(SANCTIONED BY USATF)
SUNDAY, JUNE 27, 1993**

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups

RUNNING EVENTS			
500 METERS	10:00 AM	1500 METER RACE WALK	1:30 PM
110 METER HURD	11:00 AM	400 METER DASH	2:15 PM
MILE RUN	12:00 PM	800 METERS	2:30 PM
100 METER	1:00 PM	200 METER DASH	3:00 PM
		4X400 RELAY	3:45 PM
FIELD EVENTS			
	30-39 MEN	40-49 MEN	MEN 50-59
POLE VAULT	10:00 AM	10:00 AM	10:00 AM
SHOT PUT	10:00 AM	10:45 AM	11:30 AM
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM
LONG JUMP	10:30 AM	11:00 AM	12:00 PM
JAVELIN	11:15 AM	12:15 PM	1:30 PM
DISCUS	12:30 PM	1:30 PM	10:00 AM
TRIPLE JUMP	2:00 PM	2:00 PM	3:00 PM
	MEN 60+ / WOMEN		
		10:00 AM	
		12:30 PM	
		1:00 PM	
		10:30 AM	
		1:00 PM	
		10:00 AM	
		11:15 AM	
		3:00 PM	

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS

MILE RUN	AGES 9-10, 11-12, 13-14, 15-29	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-29	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-29	2:00 PM	MALE & FEMALE
4x400 METER RELAY		3:30 PM	MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited.

FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.
All races will be run as finals. If necessary, sections will be run for sprints.

RULES

SPIKES ALLOWED - 1/4" or less
HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.
ELIGIBILITY - USATF (TAC) membership required. Available at meet.
FALSE START - One false start rule will apply.

FEES - Free to Randolph residents.

Pre-registered - (Received on or before June 15.) \$5 per event.
Received after June 15 - \$5 late fee added to first event.
Relay Teams - \$15 per team.

ADDITIONAL INFORMATION

Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282
Ken Brinker days 201-540-3860 evenings 201-584-3678

AWARDS - Medals for first, second, and third place in each age group.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE
SITE - Randolph High School, Millbrook Road, Randolph, New Jersey

DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN,
19 BEDMINSTER ROAD, RANDOLPH, NJ 07869

NAME _____ (first name) _____ (last name) _____ MALE _____ FEMALE _____ AGE AS OF 6/27 _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
CLUB _____ TAC NO. _____

EVENTS ENTERED _____

MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB

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

I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE _____





Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Neuroma Pain

Q. I am a 55-year-old long distance runner. I have been diagnosed as having a neuroma on the bottom of my left foot. As I run, the pain becomes very sharp and I have to stop, remove my shoe and massage my foot. Then I can run for a few miles. What should I do? Should I have surgery? How long will I be off my foot?

A. Neuromas occur at a less common frequency than plantar fasciitis or shin splints, but they are quite bothersome to long distance runners.

In runners, a neuroma is a thickening and fibrosis of the nerve that runs between the third and fourth metatarsals. In this area it is known as a Morton's neuroma, or traumatic neuroma. It was first described by Dr. Thomas Morton back in 1876.

This nerve thickening is usually caused by repetitive trauma, such as running, but can also be caused by wearing high heeled shoes.

The pain is usually described as sharp in nature and extends up into the foot. The most common area is between the third and fourth metatarsal

bones but it occasionally occurs in the other intermetatarsal areas. In severe cases, the third and fourth toes become numb. Squeezing the foot aggravates the neuroma and increases the pain sensation (positive Mulder's sign).

I would start out by using conservative treatment such as a shoe with a wide toe box. This will allow the metatarsal to spread out and this reduces pressure on the nerve. The use of anti-inflammatory medication may be of limited use but you may wish to try a trial run of two weeks.

I have found that steroid injection

into the intermetatarsal area is quite effective. This breaks up any adhesions and speeds up the healing time. Although it will not reverse the condition, it will certainly reduce the pain and discomfort and allow you to train.

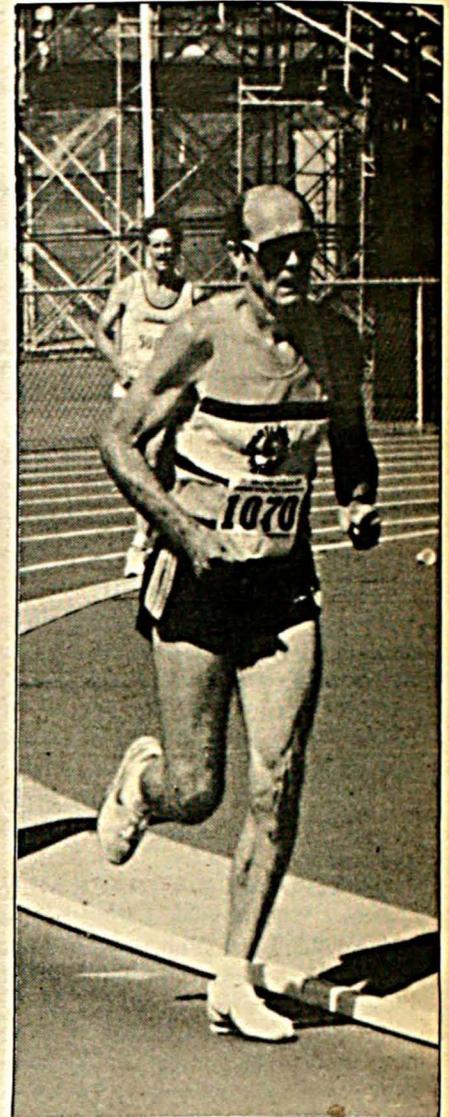
If you have a biomechanical abnormality, you may wish to try a foot orthosis or metatarsal padding to reduce the stress and trauma to the forefoot. Foot strapping is also effective.

If conservative treatment fails, you may wish to undergo a surgical removal of the offending neuroma and adhesions. The incision for this procedure is made on the top of the foot, not the bottom. This avoids excessive scar tissue on the bottom of the foot. The nerve tissue and adhesions are removed. In some cases, there may be some numbness in the toes following the surgery.

You will probably not be able to run for 3-6 weeks. Although it is a 'minor' procedure, it is still surgery and it is in the foot. In most cases, two days at home then limited weight-bearing for two weeks. After the two week period, you could certainly swim or use the stationary bike and lift weights.

This is considered an out-patient procedure and could be performed under local anesthesia. □

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



Ken Ogden won the M55 10,000 (39:58), 1992 Hayward Masters Classic. This year's meet, July 17-18, will be the USATF Northwest Regional Championships.

NMN/Jerry Wojcik

Fekner, Trapp First Masters in National 100K

In sub-freezing temperatures, which forced 43 of 123 starters to drop out, Stefan Fekner, 40, of Canada, and Sue Ellen Trapp, 46, of Florida, prevailed for masters firsts in the USATF National Masters 100K Championships, which was conducted along with the open championships, in New York's Central Park on Feb. 27.

Fekner covered the four-mile loops of rolling hills in a second-place 6:51:52. Herb Tanzer, 41, of California, was the first U.S. citizen, with a sixth-place 7:33:22, followed by Dan Landry, 40, of Florida, seventh in 7:34:43.

Trapp, 20th overall, ran an 8:31:44 to take the W40-and-over race from Randi Bromka, 40, of Montana, who closed in 9:29:33. Bromka was the first master overall in the 1992 24-Hour Championships at Sacramento in December.

Perhaps the most notable performance was that of 71-year-old Carlton Mendell of Maine, who ran 11:27:10 to lower the U.S. M70-74 record by nearly four hours. □

1993 VISALIA CLASSIC MASTERS ENTRY FORM

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ TAC#: _____

AGE: _____ DATE OF BIRTH: / / SEX: M F CLUB: _____

(as of May 22nd) (entry will not be processed without the number) (circle one)

EVENT	BEST MARKS TO DATE	EVENT	BEST MARKS TO DATE
1. _____	_____	4. _____	_____
2. _____	_____	5. _____	_____
3. _____	_____	6. _____	_____

Please send a brief paragraph of your track &/or field accomplishments.

Registration: \$12 For First Event Only! (fee includes T-Shirt) \$12
5k race walk 9:00AM

All Additional Individual Events are \$6 each. \$6 X = \$ _____
Relays are \$12 per team. \$12 X = \$ _____

NO REFUNDS

TOTAL INCLOSED
\$ _____

Mail checks, Payable to:
VISALIA CLASSIC MASTERS
c/o Bob Higginbotham
1026 W. Princeton
Visalia, CA 93277 (209) 732-8030

ENTRY DEADLINE: MAY 17TH

- WAIVER - (NOTE: THIS MUST BE SIGNED FOR A VALID ENTRY FORM)

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 THAT MAY ACCRUE AGAINST THE CITY OF VISALIA, VISALIA UNIFIED SCHOOL DISTRICT, UNITED STATES TRACK ASSOCIATION 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 VISALIA MASTERS TRACK & FIELD MEET, HELD MAY 22, 1993 AT THE SUNKIST STADIUM. I CERTIFY THAT I AM CURRENTLY REGISTERED AS A MEMBER OF THE ATHLETICS CONGRESS (T.A.C.) AND THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE _____ DATE _____

VISALIA CLASSIC MASTERS TRACK & FIELD MEET SATURDAY, MAY 22, 1993

ENTRY FEE:
\$12 includes T-Shirt for 1st event;
\$6 for each additional event
Late Entries - \$5 additional (based on available space)
Deadline: Pre-Registration **MUST** be received by May 17th
NO REFUNDS

DIVISIONS: Men & Women - Age 30+ in 5 year age groups

FACILITIES: New 9 Lane Chevron track and runways (1/4" spikes only)

TAC REGULATIONS:
The Visalia Classic Meet is sanctioned by the TAC.
No registration will be processed without a valid TAC#.
TAC registration is available at the meet for \$12.

RULES: WAVA/USATF

AWARDS: Classic Medals will be awarded to the top 3 places in all events.
Relays (10 year age group), winning team only.

TENTATIVE SCHEDULE			
TIME	RUNNING EVENTS	TIME	FIELD EVENTS
9:00 AM	5 K Race-Walk	9:00 AM	Javelin
9:45 AM	1500M	10:00 AM	Pole Vault
10:30 AM	80mH	10:00 AM	Discus
10:45 AM	100mH	(Shot Put will follow the Discus)	
11:00 AM	110mHH	10:00 AM	Long Jump
11:15 AM	100m		
11:45 AM	400m		
12:30 PM	300IH	1:00 PM	High Jump
12:45 PM	400IH	1:00 PM	Triple Jump
1:15 PM	800m		
1:45 PM	200m		
2:15 PM	3000m		
3:00 PM	4X100		

* Order of competition will be women first, the oldest to the youngest.
* Field events will be broken into sections if enough athletes are entered.
* Age groups may be combined because of insufficient entries.



MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK
Masters T&F Rankings Coordinator

Rankings Report

The U.S. Masters T&F Rankings Book for 1992 is now available from the National Masters News. In addition to the usual events, the 1992 edition includes: the multi-events ranked by age-grading rather than by age-groups; the 56-lb. weight; and the 10K and 20K racewalks which in the past were published in the NMN.

The 1992 mile and 3000 walks on the track were not included in the book but are published in this issue at the end of the racewalk-results section.

For 1992, the 5000 walk rankings were separated by track and road times. However, the difficulty of distinguishing one from the other in the results, particularly from sources other than the NMN, has persuaded the walk compilers to combine the two events for 1993, as was done in the past and which brought no objections.

The rankers for the 1993 indoor season are listed below. Marks sent to me rather than the appropriate compiler will not be forwarded.

This issue also contains the rankings by age-grading of the indoor pentathlon compiled by Rex Harvey, who did the outdoor multi-event rankings.

Submasters and masters athletes whose best marks for the 1993 indoor season have not appeared in the NMN by the May issue should send them and any changes or corrections to the event compilers, with some verification, before May 15, to assure inclusion in

this season's lists. Indoor season 35-lb. weight marks will be combined with the outdoor marks and published in the rankings book for 1993.

Athletes whose best marks were made in a 10-year age-group meet or mixed-age event, such as "Masters Mile," and for whom a single-age was not given in the NMN results, should inform the compilers of their correct age group.

55m/60y dash, 200, 400:

Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

800:

William Benson, 6 Eton St., Valley Stream, NY 11581

3000:

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

HJ, TJ:

Charles Mercurio, 4927 W. 123 Place, Hawthorne, CA 90250

PV:

Tomlinson Rauscher, 85 Sunset Blvd., Pittsford, NY 14534

LJ:

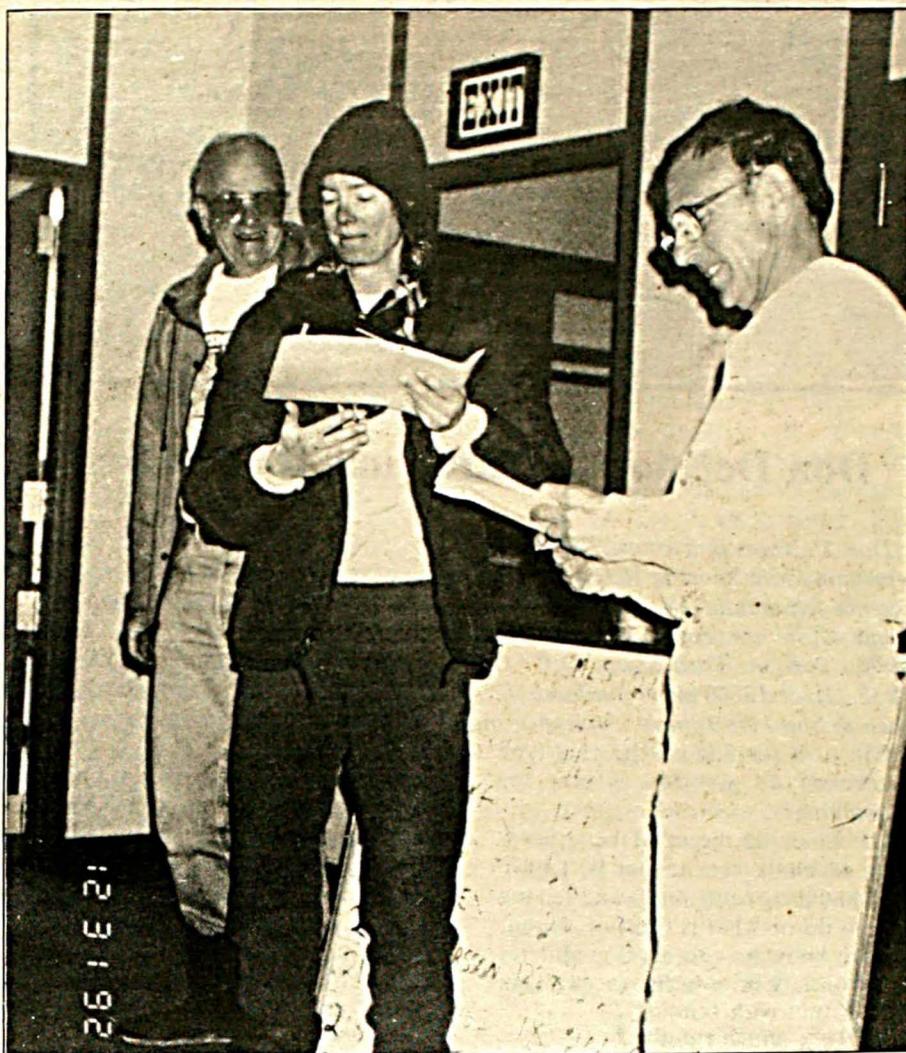
Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

1500, Mile, 55m/60yH, weight, mile racewalk, and 3000 racewalk:

Jerry Wojcik, 774 Blueridge Dr., Santa Maria, CA 93455

SP:

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



Jan Levet, 41, second masters woman, National Masters 24-Hour Championships, Sacramento, Calif., Dec. 30-31, receives her award from Race Director Norm Klein (r). John Moise observes the ceremony.

Photo by Ruth Anderson



SecureHorizons
Founding Sponsor

**USA Track & Field Sanctioned Meet
Pasadena Senior Olympics
Track and Field - Sunday, June 6, 1993
Occidental College**

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

Track		Field	
12 p.m.	400m Walk	11 a.m.	PV, JT, LJ
12:20 p.m.	100m	12:15	SP
1:00 p.m.	800m	1 p.m.	HJ
1:45 p.m.	200m	1:30 p.m.	DT
2:30 p.m.	1,500m RW		ST
3:15 p.m.	1,500m		
3:45 p.m.	400m		
4:15 p.m.	5000m		
5:00 p.m.	5000m RW		

Divisions: 5 year divisions, for men and women, age 50 and above
Entry Fees: \$10.00 registration and \$5.00 per event.
 Entry deadline is **May 15, 1993.**
Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height).
Surface: All-weather track. 9 mm elements for track, LJ, PV, HJ; 12 mm for JT

Meet Director: Christel Miller
Track & Field Coordinator: Pete Clentzos
Race Walk and Assistant Director: Jim Hanley
Assistant Director: Gerald Reedy
 For more information or application call:
 Cynthia Vaughan
 Pasadena Senior Olympics, Pasadena Senior Center
 85 East Holly St., Pasadena, CA. 91103
 (818) 397-4062

NOW AVAILABLE

1992 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1992 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T & F events, including 3000, 10,000, weight, relays, racewalks

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MASTERS RACEWALKING

by ELAINE WARD

Don DeNoon — Part-Time Racewalker

(Don DeNoon is a runner who happens to be an extraordinary racewalker. Returning to the sport in 1992 after an absence of many years, Don is making his presence felt among the masters walkers as he did with the Olympians of the past. At age 49, he has set four unofficial records: MM 10K Championship in Niagara (45:00), 20K in Washington, D.C. (1:36:09), 3000 meter indoors on 2/20/93 (12:38.71), and 3000 meter outdoors (12:47). Don is presently the women's running coach at Southern Illinois University and very willing to coach racewalking.)

EW: As a running coach, what type of training do you feel is best for racewalking?

DD: First, let me say I have never had a racewalk coach; that is, I have never had anyone sit down and tell me what to do or what is right or wrong. But I do know how to develop athletes and I honestly believe that racewalkers need to train with running.

EW: How much running?

DD: You need to do all of your base work running, or the majority of it

running; and you need to do most of your form training walking, but at much higher accelerations than you do when competing. My typical week is to train seven days a week. I will run five and walk two days doing high speed, intense intervals on the track.

EW: That is all the walking you do?

DD: That's right. This past year I put in between 50 and 65 training miles a week both running and walking. The only disadvantage I found to that



Don DeNoon

schedule is that my walking muscles didn't adapt totally.

EW: Another elite athlete who runs is Larry Walker. However, when he goes into the competitive racewalking season, he switches to doing more walking than running.

DD: I used to use a 60/40 ratio, 60% running and 40% walking when I was training in my early days. When I really got into the heavy season, I would go 60% racewalking and 40% running; but 100% of my racewalking was on the track doing intervals.

EW: It is my observation that running is okay if you have no tendency toward a knee problem.

DD: I have never had a form problem. If I have ever received warnings, it was because I was off the ground and going too fast. People who saw me walk last year, Alongi for one, commented that my form is compatible with what is being taught today. Yet, my form has always been the same.

I guess I was ahead of the times because when everyone was walking straight up and pulling with their heels, I knew I needed to lean forward and push with my toes. The only thing I would like to experiment with today is walking with short spikes in short, fast races. I think the spikes would give me a bit of an advantage and it would stabilize my foot because I push off so hard that sometimes I get some slippage.

EW: What mental preparation do you do before a race?

Racewalk Records

Last month, we announced that Bev LaVeck is now responsible for men's and women's U.S. racewalking records for 5-year age groups and single-age bests. That's 75 percent correct. Alan Wood continues to be in charge of men's single-age bests. Write to LaVeck at 6633 N.E. Windemere Rd., Seattle WA 98115; or Wood at Regency House, Pompton Plains NJ 07444.

DD: I am an extremely focused athlete. I don't think I have ever met anyone who was more focused in competition than myself except for Mary Decker. When I am on the line getting ready to race, I don't think anything else goes through my mind except driving toward the finish line.

EW: How would you compare racewalking in the 1960's with today?

DD: In the 60's, people were intimidated by others exercising. Many times people in their cars would swerve into you and throw beer cans, coke cans or water. Today, exercise is more accepted by the people who don't exercise. In the 60's, there were so few people who trained, it just wasn't an acceptable thing to do.

Also people are more curious today. If I am out on the track doing interval sessions, they want to know what I'm doing and will come up to talk. In the 1960's, they would look at you as a leper. You were considered a strange person and someone to avoid.

At the same time, in the 60's we had a lot of crowd appeal as a novelty in the indoor circuit. People would be laughing their heads off up until race start, and then they would get into the race. When I broke the world mile record in 1966, the crowd was screaming and yelling.

Today, acceptance by the general public is good. Walkers are flocking to local runs and walks. We had a local race a couple of weeks ago which I judged, and there must have been 60 or 70 walkers with double that number of runners. I gave a little five-minute clinic right before the walk and people really listened.

EW: What do you teach in five minutes?

DD: Racewalking is easy to teach if you know how to teach. I give instructions about the rules and then explain how to abide by the rules. I tell people that they need to think as a jogger and how to go from a jog to racewalking. Then, I get them jogging and guiding themselves by their mental image, I have them change from jogging to racewalking. A person must straighten their legs and use their hips to racewalk. It is very easy for people to learn to racewalk from jogging rather than trying to teach them how to racewalk from a street walk. It's much easier for them to get the mental concept of how to drive and how to push.

Continued on page 11

American Racewalk Association
5th Annual
RACEWALK TRAINING CAMP



Boulder, Colorado
May 27 - 31, 1993

Beginners as well as future Olympians are encouraged to attend this camp. Join us for two-a-day workouts, seminars, video coaching, individual attention and beautiful locale! Daily seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction, racing strategy and more! You receive a workbook which you use to continue your training at home. Massages will be available.

On Memorial Day you can walk the Bolder Boulder 10k if you so choose. This festive race has over 30,000 participants, many of them racewalkers or health walkers.

Your primary coach will be **Vilisha Sedlak**, #1 World-Banked Masters Racewalker and six-time Gold Medalist in the World Veterans Games, World Record holder, and overall winner in the European Veterans Championships in Switzerland (1991). ARWA certified coaches and supporting staff teach this comprehensive RACEWALK Camp for all levels of racewalkers. Staff includes weight trainers, nutritionist, chiropractors and other health professionals.

For travel and hotel information contact - The Golden Buff Motel 1-800-999-2833 or call Rose Yee at Travel Bonus 1-800-345-5764. Make motel reservations EARLY. Lodging accommodations fill up fast during the Bolder Boulder week.

Registration fee covers all handout materials including workbooks, video sessions, seminars, workouts and coaching tips. Bring a blank cassette for videotaping (former camp attendees should bring their old cassette log to add onto).

(303) 447-0156

TO REGISTER: Send \$485 per person to:
AMERICAN RACEWALK ASSOCIATION
PO Box 18323
Boulder, CO 80308-1323

ARWA

ARWA "Eagles" (previous camp attendees) pay only \$465. \$525 after April 15, 1993. Send \$150.00 deposit to hold your space. Deposit is NON-REFUNDABLE after April 15th 1993.

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I attended the ARWA _____ camp in _____ (year)

Mail to: AMERICAN RACEWALK ASSOCIATION, PO Box 18323, Boulder CO 80308-1323

Masters Racewalking

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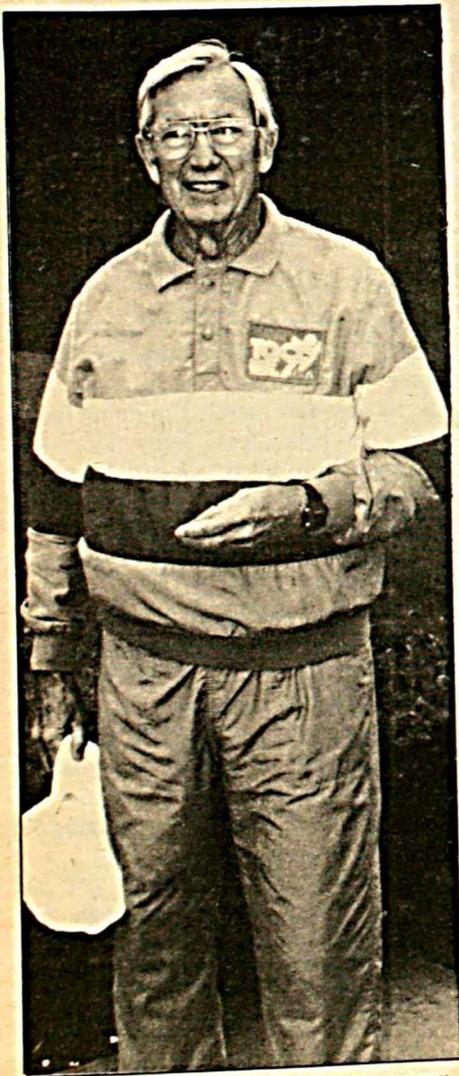
EW: As a coach, you must have definite ideas about eating.

DD: Recently I was persuaded to try a drink called "GO" by a friend of mine. Maybe it is psychological, but after five days of drinking the stuff I had more energy than I ever imagined having. When I stopped the drink for a week, I could barely put one foot in front of the other. It took me about three weeks to figure out what had happened. When I ordered another case, I picked right up again.

EW: What is "GO"?

DD: It is an amino acid drink invented by the man who came out with Gatorade. It has all the essential amino acids and is easy to digest.

I have been in tune with my body almost from the day I started running at 13. I know how my body reacts to high stress and how it functions in different conditions. I am recovering more quickly from my workouts. I am racing strong. I have an abundance of energy. And I am doing it with less calorie intake because I take GO in place of my usual breakfast of fruit and cereal. I don't get hungry until after lunch time as the drink makes me feel real full. It has milk and egg by-products. Because of the high protein content in GO, its calories assimilate throughout the body longer than carbohydrates because it takes proteins a longer period of time to break down.



J.C. Byers, third (12:16), M75 1500 racewalk, St. Louis Senior Olympics, holds M75 meet record (10:38).

Therefore, you get the benefits of protein calories over a longer period than you get from carbohydrates. Other than GO, I eat a good ol' American diet. I love meat. I love milk and drink nearly a quart a day.

EW: How do you feel about masters racewalking?

DD: Probably one of the most ego-deflating things that has happened to me is to be awarded the national 10K masters championship in Niagara because I admitted that I was "old." I beat all the "old" people. Up to then, I had been competing against the kids and was one of the kids. It was a reality shock for me to all of a sudden compete against those my own age or people who are younger than me who are still masters.

I think that masters racewalking is great because it provides an opportunity for people to reach goals in athletic pursuit. Goals are what makes life go. My goal last year was to try to make the Olympic Trials and it kept me going. Other people have the goal of winning the masters division in a particular race, or beating a master's record. That is something they can grab hold of at a new age in their lives to make them feel alive and get the physical benefits out of training.

EW: What is your present goal?

DD: I am nine pounds lighter than I was in June. I need races right now to see what I really can do. Instead of being a 45:00 10K walker, I think I could be a 42:00 10K walker if I can keep up the training intensity. I finished sixth in the New York open championships. Maybe, I am fantasizing, but I see myself as being able to win a national championship in the open division. □

McLatchie, Gaskin Break 30K Records

by JERRY WOJCIK

Carol McLatchie, 41, and Joyce Gaskin, 55, chalked up U.S. age-group records in the First Colony 30K in Sugar Land, Texas, on Dec. 12.

First woman overall, McLatchie ran a 1:53:59 to break the W40-44 record of 1:56:37, held jointly by Barbara Filutze and Gabriele Andersen and set in 1986 in Minneapolis. McLatchie's time was equal to an age-graded 90.3%.

Gaskin's 16th-place 2:17:30, an age-graded 84.1%, eliminated Helen Dick's W55-59 unvalidated time of 2:19:00 made in Pasadena in 1980.

First masters man was Gene Timberlake, 14th overall in 1:51:43. Michael Carnes won the M50 race with a 1:55:40.

The race, with 1515 registrants, the largest 30K in the U.S., was directed by Andy Stewart of Finish Line Sports, with the Fiesta Supermarket the primary sponsor. □

19,073 Run in Hot Los Angeles

Continued from page 1

to unite, if only for a day, a nervous city still remembering the riots of last spring.

Although the heat forced many exhausted runners to drop out early and kept times slow, organizers said the race was perhaps the best L.A. Marathon yet. Race president Bill Burke said the event drew hundreds of thousands of spectators along its 26.2-mile route.

Surprisingly, there were no reported serious injuries. More than 15,000 cups of water were available at each mile station. A few stations actually ran out. Many runners also opted for frequent water sprays in their efforts to keep hydrated.

The heat and lack of prize money kept many top masters at home. The first over-40 runner across the finish line was listed as Dennis Bock, 45, in 2:36:32. Candy Dodge (3:03:10) was the first 40+ female finisher. Patrick Devine won the M60 division in a good 3:15:52.

Brazil's Joseildo Rocha (27, 2:14:29) and Ukraine's Lubov Klochko (33, 2:39:49) were the overall winners. Each

won a Mercedes-Benz car, but, with prize money available only for fast performances, Rocha earned only \$2500 while Klochko won no cash at all.

Burke and others said the race was a vindication of their resistance to suggestions that the race be rerouted away from neighborhoods hard-hit by the riots.

"There were many winners," said Mayor Tom Bradley. "It's always an event that pulls the city together. Some idiotic people wanted to change the route, but people know better. This is still a city of harmony."

The high point of the start was the appearance of Muhammad Ali, whose presence has become a tradition.

The route took runners through downtown, Skid Row, Little Tokyo, Chinatown, Koreatown, the Latino Community, Hollywood, upscale Hancock Park, Wilshire Boulevard, and the African-American community.

Along the way, singers and musicians of nearly every musical persuasion entertained the runners and spectators.

"It was one big, beautiful block party," an observer said. □

BIRMINGHAM TRACK CLUB		CLASSIC		BIRMINGHAM TRACK CLUB	
DATE.....	May 29, 1993				
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; \$7.00 first event, \$4.00 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, \$5.00 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				
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, 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 \$7.00 _____				additional # events _____ x \$4.00 _____	
				# relays _____ x \$10.00 _____	
				TOTAL FEE ENCLOSED _____	
MAIL TO: BIRMINGHAM TRACK CLUB c/o Gordon Seifert 1514 Ridge Road Birmingham, Alabama 35209					



Repeat and Interval Workouts

by ROSS DUNTON

To improve your race time, whether you are a masters middle-distance track runner or a long-distance road racer, you have to do race-specific repeat and/or interval workouts.

Although many masters runners and coaches use the words "interval" and "repeat" interchangeably, there is a vast difference between them. The repeat workout is designed to improve the body's aerobic capacity, while the interval workout is anaerobic. While running a hard 800-meter race, the body is in oxygen debt and accumulating lactic acid for about 60 percent of the race. While running a 10K, this percentage drops to 10 percent or less. Therefore, if training for the longer race, the concentration should be on the repeats, while the shorter races require more interval work.

What's the difference? Basically, it's the recovery time. In an interval workout, the recovery time should be

equal to or less than the running time.

Interval Workouts

A beginning interval workout for a masters 800-meter runner would be 5x200 at race pace or slightly faster with a 100-meter jog between. The time of the jog should be no longer than the time of the 200. This kind of workout will cause the body to increase its ability to handle a build up of lactic acid.

As you progress, take a five-minute recovery and add a set of 4x200s at the same pace with the same 100-meter jog between. When you can handle that, then add a set of 3x200s.

Admittedly, three sets of intervals is a very hard workout for a masters athlete. But many top competitors in their 60s and 70s are able to do the



Bill Schmitt, 69, Godfrey, Ill., second in the 5000 (22:53) and 10,000 (46:46), St. Louis Senior Olympics.

Photo by Hank Kiesel

the point at which the body can no longer carry away all the lactic acid which is being produced. This point can be determined through blood testing or through pulse-rate testing. Many of us know where that point is through trial and error.

A good repeat workout for a masters 10K runner would be 12x400 at a speed slightly faster than race pace, with a 300 walk between each 400. The walk allows for recovery between repeats so the body doesn't have a large accumulation of lactic acid.

Frequency

When you can handle it, repeat/intervals should be done three times a week. A typical schedule looks like this:

Monday: intervals; Tuesday: intervals; Wednesday: 3 miles easy; Thursday: repeats; Friday: rest; Saturday: race or time trial; Sunday: 6 miles easy.

Summary

It is very difficult to run faster races if the body never does any work at those speeds. To run faster, you must train the body to do just that.

By running fast intervals, the body develops the ability to run for a sustained period in the anaerobic range. Running fast repeats develops the ability to run for a sustained period in the upper end of the aerobic range.

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif. At age 59, he ranked 11th in the 1992 M55-59 800 rankings with a time of 2:23.9, which he hopes to improve upon this year, using the hard interval training he describes above. He recently completed four days of coach-training classes put on by the Amateur Athletic Federation in Los Angeles, which qualified him to be certified as a level-1 coach through USATF.

work without breaking down. Begin gradually, see how your body responds, and build up to it.

Repeat Workouts

In the repeat workout, you are trying to improve aerobic capacity. Therefore, the work is done at slightly below the "deflection point." That's

Coghlan Lowers World Mile Record

Continued from page 1

boards were loose and shaking during the masters mile. Contributing to its slowness is the fact that it is assembled and disassembled for the flat sprints/hurdles and usually the time allotted for the re-assembly does not allow for a tight-fitting track.

The pacesetter was Brad Schlapak, New York Athletic Club, who dropped out with two laps to go. The announced splits were 58.3 at the quarter, 1:59.8 at the half, and 3:01.3 at the three-quarter mark. With Coghlan close on Schlapak's tail and using his usual negative split for the last part of the race, he felt confident that he could — and had — run a sub-four minute race. Unfortunately, he fell just short of the mark.

Wilson Waigwa, Kenya and the U.S., was second in 4:11.15 and John Birmingham, Australia and Canada, was third in 4:11.58.

"Obviously, I am very, very disappointed," said Coghlan. "At the same time, to run one-point-four on this

track and set a world record is somewhat satisfying. One of these days in the next few meets, I'm going to do it. The pace was fantastic... the quarters were even... I lost it in the fourth quarter when I ran on my own. I have mixed emotions."

Coghlan said he was not overconfident.

"I wanted to be confident but not 'cocky'-confident... I ran hard all the way... with every bit of energy... the crowd was electrifying. I used the crowd and officials and everybody to my advantage and I hoped that it would lift me up."

He said he felt like he was running 58 second quarters.

"I even remember coming off the last turn and running through the finish line to make sure I did it. I was surprised and disappointed all in one. I didn't watch the clock at all."

Coghlan said he received tremendous support from his fellow competitors in the race.

Continued on page 15

MIDWEST MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

WEST VIRGINIA ASSOCIATION

USA TRACK & FIELD

Marshall University
Saturday, July 31
1993
Huntington, West Virginia

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Name _____ Telephone _____

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Circle the events you are entering: Field Events: PV HJ SP D Ham Wis Lj Tj Jav

Track Events: 100m 200m 400m 800m 1500m 3000m 5000m Run 5000m RW

SH (80m 100m 110m) LH (300m 400m)

FEE: \$10.00 for 1st. event and \$7.00 for each additional event - Fees are double after July 17, 1993.

RELEASE: For myself, my heirs, and executors, I waive, release and forever discharge any and all claims against the Masters Athletics Committee, the USA TRACK AND FIELD OFFICIALS, WEST VIRGINIA ASSOCIATION, USA TRACK AND FIELD, meet sponsors and Marshall University for any damage or injuries which may be suffered by me in competition or in attendance at the meet.

SIGNATURE _____ DATE _____

MAIL Entry & Fees by 17 July 93 to:
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T-Shirt Size (One Free With Entry)
S M L XL XXL
Extra T-Shirts Available at \$8.00 Ea.

\$ 10.00 1st. Event
\$ _____ Other Events _____ x \$7.00
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\$ _____ Extra T-Shirt _____ x \$8.00
\$ _____ Total Enclosed

Masters Health and Fitness

Coffee, Anyone?

Can a cup of coffee boost your performance? Results from caffeine studies are mixed. Some report a positive effect; others don't. Those who usually avoid coffee have the most to gain from a cup or two before competition. The research also suggests you can improve your performance with a pre-race meal of whole grain toast or cereal, fruits or juices, or by drinking a glass of high-concentration glucose polymer drink two or three hours before your competition. (M.D. Becque, H.J. Engels, and F.A. Kulling, at meeting of the American College of Sports Medicine, Dallas.)

Weight Training Helps

Muscle strength can be improved by weight training in people even older than age 85, according to Maria Fiatarone, M.D., of the USDA Human Nutrition Research Center on Aging at Tufts U. in Boston. Muscle strength can be lost in older people due, mainly, claims Fiatarone, to "atrophy of disuse." Contrary to the prevailing notion that low resistance-high repetition exercise is preferred to high resistance work, she says: "We find the potential

for gains in muscle strength in old patients with even a single repetition using a high load."

Relieve Depression

Running relieves the symptoms of depression in older people. One study reports runners have much less anxiety and depression compared to non-exercisers. Running can improve sleep, appetite, concentration, academic performance, and cardiovascular fitness. (The Physician and Sports Medicine, Vol. 14, No. 9).

Improve Your Love Life

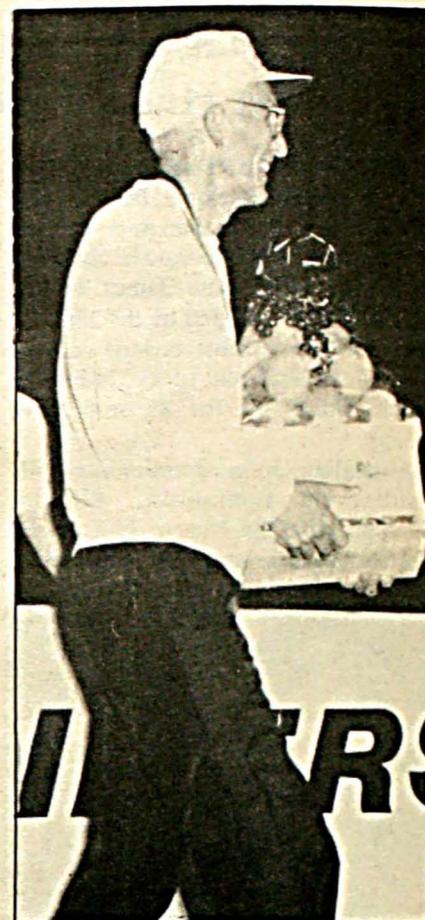
Regular exercise can dramatically improve your love life, whether you're 40, 60, or older. But too much exercise diminishes sexual appetite, according to the same study of masters swimmers. It found exercising about three days a week, 45 minutes a day peaked sexual desire. More than that diminished it. (Phillip Whitten, Harvard U. sociologist.)

Take a Nap

A new study shows napping may be good for your health. The U. of Athens Medical School found Greek men who nap at least 30 minutes a day are 30 percent less likely to have heart problems than those who don't nap. "Nature intended that older adults should nap in the middle of the day," said William Dement, director of the Sleep Disorders Clinic at Stanford U.

A Little vs. A Lot

The latest research indicates that a little exercise — three 10-minute sessions weekly — may have almost as much benefit as long workouts. The study by Robert DeBusk of Stanford Univ. School of Medicine showed that the biggest improvement in life expectancy and health occurred between least fit people and the next level of fitness. Less benefits were derived as the length and duration of exercise increase. □



Carlton Mendell, 70, Portland, Me., M70+ winner (1:42:47), Applefest Half-Marathon, Hollis, N.H., carts off one of his awards.

Photo from Bill Gray

MARATHON

The Ultimate Training and Racing Guide

by HAL HIGDON

On sale April 19 from Rodale Press at \$14.95. Special pre-pub offer: \$12.50, direct from author. Also: **Falconara: A Family Odyssey** by Rose Musacchio Higdon and Hal Higdon, tracing the legend of seven families that fled Albania to Italy. Pre-pub at \$15. Both books, \$25, autographed by the authors.

Marathon (pre-publication price only)	\$12.50	_____
Falconara (pre-publication price only)	\$15.00	_____
Run Fast (training for the 10-K)	\$15.00	_____
Masters Running Guide (the over-40 set)	\$10.00	_____
Two-book offer (Marathon + Falconara)	\$25.00	_____
Four-book special offer (everything above)	\$40.00	_____
Total		_____

Hal Higdon, Box 1034, Michigan City, IN 46360

Name _____
 Address _____

Top 20 Masters Road Runners in 1992

Men

Name	CITY	Hometown or Country	Total Prize	Races w/Pts	Total Races	Total Point
1 PIERRE LEVISSE	FRA	Paris, France	\$ 35954	16	18	11730
2 NICK ROSE	GBR	Bristol, England	\$ 10388	13	13	7917
3 JOSEPH NZAU	KEN	Nairobi, Kenya	\$ 22450	8	8	4402
4 ARTEMIO NAVARRO	MEX	Mexico City	\$ 18850	8	9	3544
5 MANUEL VERA	MEX	Mexico City	\$ 2700	5	6	2733
6 DOUG KURTIS	USA	Detroit, MI	\$ 36650	7	21	1816
7 DOMINGO TIBADUIZA	COL	Reno, NV	\$ 6700	5	17	1413
8 JOHN CAMPBELL	NZL	Auckland, NZ	\$ 2100	4	10	1069
9 JEAN CHARBONNEL	FRA	Antony, France	\$ 5495	3	6	913
10 MIKE MCFEOD	GBR	Great Britain	\$ 0	1	1	880
11 GARY ROMESSER	USA	Indianapolis	\$ 4175	5	20	627
12 DOUG BELL	USA	Greeley, CO	\$ 4650	4	15	622
13 JOHN WHEWAY	GBR	Great Britain	\$ 3000	1	1	513
14 KJELL-ERIK STAILL	SWE	Ahus, Sweden	\$ 4000	2	2	453
15 MIKE FROMANT	GBR	Great Britain	\$ 1250	2	3	362
16 BILL RODGERS	USA	Sherborn, MA	\$ 1200	1	13	216
17 RODOLFO GOMEZ	MEX	Mexico	\$ 700	1	3	168
18 LUIS LOPEZ	CRC	San Jose, C.Rica	\$ 2100	1	5	152
19 WILSON WAIGWA	KEN	El Paso, TX	\$ 5250	2	6	133
20 KURT HUERT	SUI	Bern, Switzerland	\$ 400	1	3	63

Women

1 CARLA BEURSKENS	NOL	Venlo, Holland	\$ 10000	5	5	2856
2 PRISCILLA WELCH	GBR	Boulder, CO	\$ 9700	12	12	2042
3 ANNE RODEN	GBR	Great Britain	\$ 10500	4	4	1722
4 SHARLEY GILBERT	USA	Richmond, CA	\$ 31600	4	16	1635
5 NANCY GRAYSON	USA	Northville, MI	\$ 15151	11	24	1601
6 SONJA LAXTON	RSA	South Africa	\$ 532	4	7	1132
7 CAROL MCLATCHIE	USA	Houston, TX	\$ 10800	8	18	900
8 LAURIE BINDER	USA	Oakland, CA	\$ 1550	3	8	751
9 SUZANNE RAY	USA	Anchorage, AK	\$ 6200	3	9	722
10 BERNARDINE PORTENSKI	NZL	New Zealand	\$ 9500	2	2	606
11 CAROL VIRGA	USA	Boca Raton, FL	\$ 1750	3	13	393
12 JUTTA PEDERSEN	SWE	Sweden	\$ 0	1	1	392
13 SANDRA MEWETT	GBR	Bermuda	\$ 500	1	1	270
14 ANNE FORD	GBR	Great Britain	\$ 0	1	1	228
15 NANCY OSHIER	USA	Rush, NY	\$ 1000	1	4	150
16 KAREN BLACKFORD	USA	Ann Arbor, MI	\$ 5950	2	9	125
17 EVY PALM	SWE	Sweden	\$ 0	1	2	120
18 BARBARA FILUTZE	USA	Erie, PA	\$ 8600	2	24	101
19 RAISA SMEKHNOVA	CIS	Russia	\$ 2500	1	2	45
20 DEBBIE WAGNER	USA	Perrysburg, OH	\$ 0	1	3	35

Note: the above rankings were compiled by the Road Running Information Center, the official LDR records and research arm of USA Track & Field, the National Governing Body for Athletics in the USA.

Sorbothane®
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**MASTERS
ATHLETE
OF THE
MONTH**

Eamonn Coghlan

Usually, trying to pick the Sorbothane Masters Athlete-of-the-Month is an exacting task. Poring through dozens of outstanding performances in the past 60 days in track & field, long distance running, and race walking to try to find a "best" performance can be frustrating. Without the masters age-graded tables, it would be impossible. With the tables, it is merely difficult.

But this month was easy. No one came close to the amazing string of performances turned in by Ireland's Eamonn Coghlan.

In the space of 30 days, he smashed the world mile record for men over age 40 three times. On January 30 in Gainesville, Fla., he lowered Wilson Waigwa's world 40+ mark of 4:13.05 to 4:08.49. On February 5 at the Millrose Games in New York City, he again dropped the standard to 4:05.95.

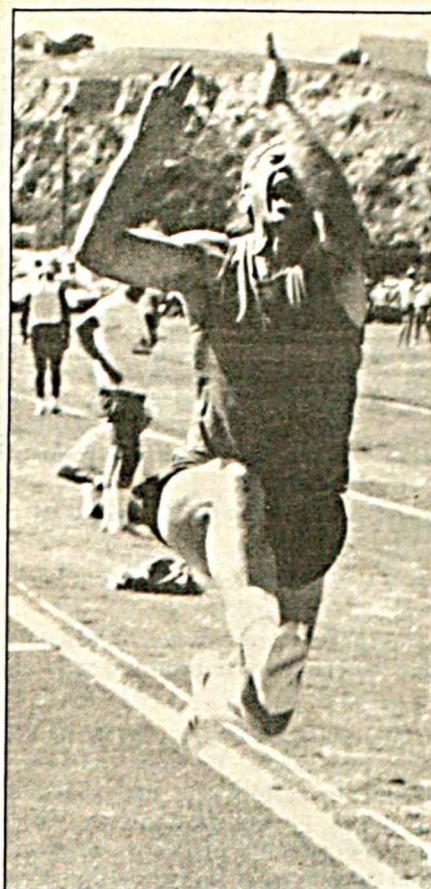
Then, on February 26, again in New York, he brought the record down to 4:01.39, an astonishing 100.4% on the age-graded scale.

As reported elsewhere in these pages, Coghlan will likely make another attempt to be the first over-age-40 athlete

to run a sub-four-minute mile, at the Penn Relays in Philadelphia on April 22.

Sorbothane produces lightweight, shock-absorbing, air-infused insoles which can be found at most sporting goods stores. The company sponsors the athlete-of-the-month award every other month in NMN.

For his efforts, Coghlan will receive \$100 from Sorbothane. □



Mark Richards, M60, of Virginia, won the best-athlete trophy for scoring the most points in the Club West Meet, Santa Barbara.

NMN/Jerry Wojcik

Coghlan Lowers World Mile Record

Continued from page 12

"They were proud to be in the same race with me and to be given a chance to make history. They hugged me and kissed me and said, 'Don't be disappointed.' The camaraderie in masters' runners is phenomenal."

He further praised Schlapak, the pacesetter. He did a great job. The pace was good. He made me run and yet kept me in contact. I thought I was running faster than I did. Even though the crowd kept me going and I made a gallant effort, it was still only my third race of the year."

Coghlan noted that David Morcroft of England will be 40 in April.

"He'll probably be delighted that I didn't make it," he said.

Finally, he said, "I had a conversation with Noredine Morceli tonight and I said to him, 'One of us is going to break a world record tonight.' He said it would probably be me."

Coghlan returned to Dublin the day following the race, but plans to be at the Penn Relays on April 22 and at the New York Games in May for the outdoor attempts. He does not feel that he is racing against the calendar, but nonetheless is not necessarily planning upon doing the circuit next year. The latest New York attempt proved to him that a sub-four was attainable.

Currently doing fund-raising for a children's hospital in Dublin, he also has a consultancy business. Both Millrose and USA/Mobil meet management shared an insurance premium with Runners World in order to pay \$50,000 prize money for a sub-four minute result. Undoubtedly, en-

dorsements would have increased the value of a successful attempt. There were rumors of amounts well into the six figures, but no one — including Eamonn himself — can quite figure out where those numbers came from. There is a possibility that a women's event will be considered with Francie Larrieu, now 40, and Grete Waitz, turning 40 soon, but this would depend

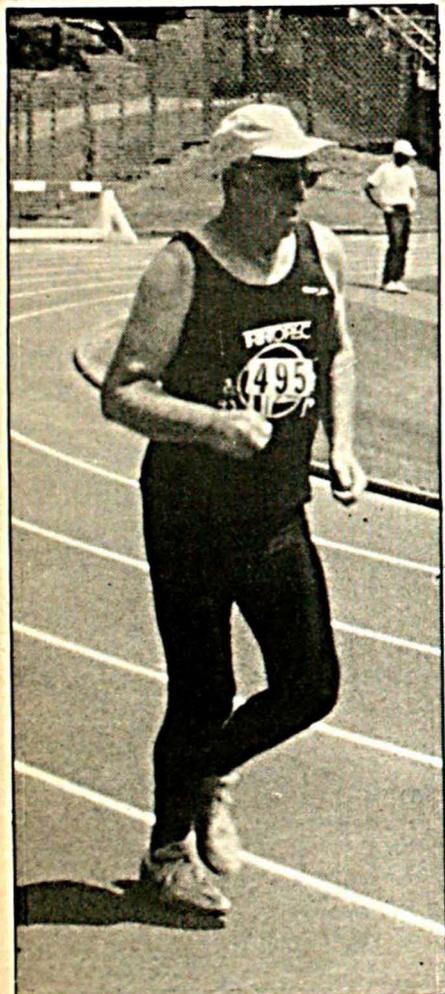
Ten Years Ago

- Mike Holbrook (4:35.1) and Barbara Pike (5:22) Win San Francisco Masters Mile
- Dale Sutton (43, 51:53) is First Master in Indio Date Festival 10K Walk
- Marion Irvine, 53, is First Master (39:55) in Hawaii All-Women's 10K

upon additional sponsorship and is only in the "talking" stage.

Discussions with Dr. Andres Rodriguez, Drug Testing Site Coordinator, revealed that Eamonn was tested for drugs both at the Millrose Games and at the USA/Mobil meet, because he established a new world record and it was felt that this was required by the IAAF guidelines.

A promising newcomer this season was John Bermingham, formerly of Melbourne, Australia and currently living in Edmonton, Canada, who finished second at Millrose (4:10.93) and third in the USA/Mobil meet (4:11.58). He started running at the end of high school and has posted a marathon best of 2:17 (1973) and a 5K best of 13:35 (1976) and made the Olympic qualifying time but had a bad race in the selection trials and missed making the Australian Olympic team. He retired in 1978, tired of the discipline of running — he wanted to travel without having to do "doubles" every day. However, he resumed racing in 1991 after moving to Edmonton and looks to be a promising competitor for Waigwa, Popejoy and the others. In the near future he plans on concentrating upon road races. □



Ham Morningstar, M75 silver medalist, 1992 National Masters Decathlon Championships, Des Moines, Iowa, finishing in the 1500m.

Photo by Jim Crossman

Masters Age Records 1991

(1992 Edition)

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

- Men's and Women's World and U.S. records for all Track & Field Events, age 35 and up, as of 12/31, 1991.
- U.S. Age-graded records for men for all race-walking events, age 35 and up, as of 12/31, 1991.
- Men's and Women's U.S. Masters Track & Field Championship Records.
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6 Months to Go
**Countdown
 to
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An Opportunity To Explore A New Culture

Only six months remain until the 10th WAVA World Veterans Athletics Championships get under way in Miyazaki, Japan, October 7. More than 5000 participants from over 60 nations are expected to take part in the 11-day biennial event. It's the first time the Games have been staged in an Asian country.

The event is open to men age 40+ and women age 35+. Competition will be held in five-year age-groups in all track & field events, two race walks, a marathon, cross-country and weight pentathlon.

The Japanese organizers have promised to roll out the red carpet for all athletes in Miyazaki. Hundreds of volunteers are being recruited from all over the city. More than 500 interpreters from throughout Japan will be on hand. The Championships will be one of the biggest civic events in Miyazaki's history.

Miyazaki is a city of 290,000 on the southern tip of Kyushu, the southernmost of the four islands which comprise Japan. Several masters travel agencies are organizing tours at moderate rates. See the ads in this section. The prices in Miyazaki are about 20 percent less than in Tokyo or Osaka, the big industrial cities in Japan.

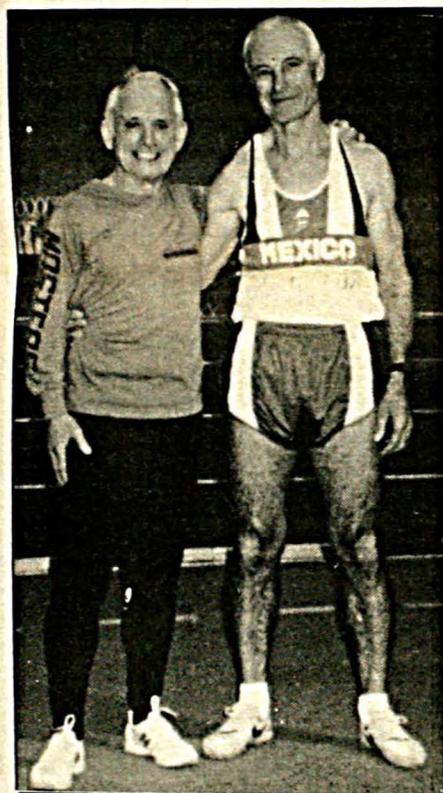
Entry forms may be obtained from any of the agencies or from Barbara Kousky or Marilyn Mitchell for \$2.50 to cover postage (see addresses on page 2).

The entry form will be printed in the June issue of NMN.

The trip will be a rare opportunity to become exposed to a much different culture than our own.

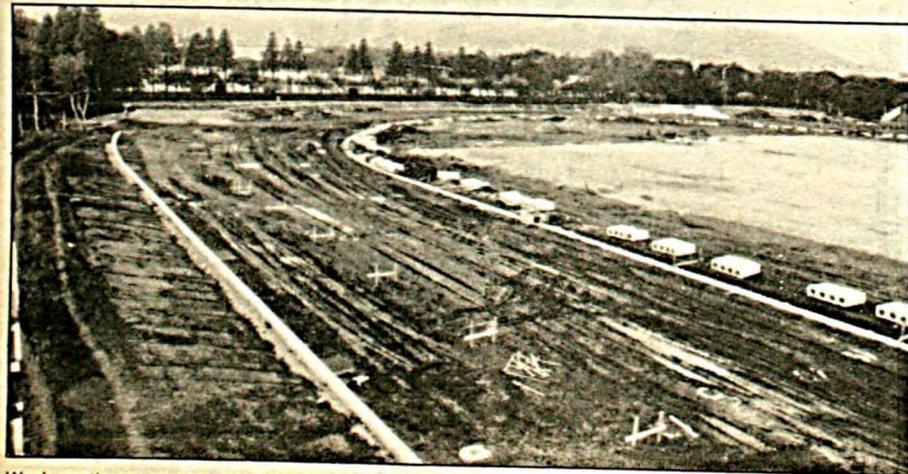
"We are anticipating warm exchanges of friendships with overseas visitors," said Suketaka Matsukata, Governor of Miyazaki Prefecture

(state) and a strong supporter of the Championships. "We hope you have a chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan." □



John Oneile of Canada and Chuck Sochor of Michigan at the Ontario Masters Indoor T&F Championships in Toronto, March 6. Oneile won the M65 60m gold in 8.57, while Sochor took the M65 200 (28.4) and 400 (62.3).

Photo by Miss Oneile



Work continues on the building of a new track at the Miyazaki Sports Park, site of the 10th WAVA World Veterans Athletics Championships, October 7-17



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Norfolk Island Hosts Oceania Championships

by MIKE HALL

Dubbed "the jewel of the Pacific," beautiful Norfolk Island played host to more than 500 veteran athletes at the VI Oceania Track and Field Championships, November 30-December 6. Nullifying any doubts that such an isolated, tiny community is capable of hosting a major event, the games — spearheaded by President Ian Anderson of the Norfolk Island Association of Veteran Athletes — were indeed an unqualified success.

Three years of meticulous planning and preparation, which included the mammoth task of developing an international-standard grass track, ensured the seven days of furious but friendly competition ran smoothly and efficiently, despite the occasional inclement weather.

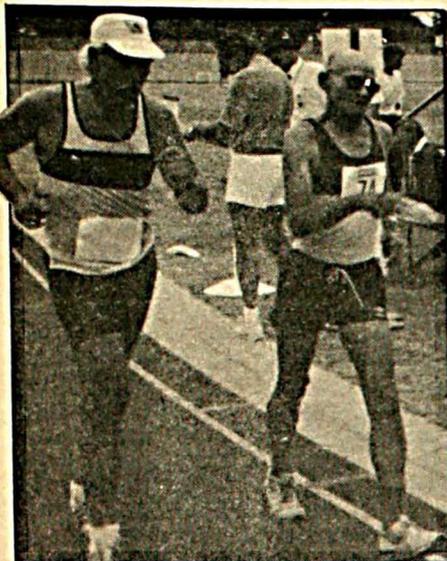
Athletes from ten countries participated in a spectacular opening ceremony watched by almost the entire population of the island. The usual infectious camaraderie among athletes, officials, and spectators alike was clearly evident from the onset, as was the traditional friendly rivalry between the expected strong contingents of New Zealanders and Australians.

Star of the meet was undoubtedly Australia's world-record holder Alan Bradford. Displaying his renowned tenacity, the 53-year-old engineer

systematically swept aside his opposition on his way to an undefeated haul of seven gold medals in every event from the 400 to the final 16K road race — the latter an amazing outright winner against all ages.

The memorable Oceania Champion-

ships will long be regarded as the most informal and friendly by all who took part. Congratulations to Anderson, Norm Coop, their great team of organizers, and, of course, the people of Norfolk Island for their wonderful hospitality. □



Willie Ward (L), M45 first, and Okkie Van Sensie, M60 first, both finished in 28:29.3, 5000m walk, Eastern Province Masters Championships, Port Elizabeth, South Africa, Dec. 5, 1992.

WAVA Handbook Available

The 1992-93 Handbook of the World Association of Veteran Athletes (WAVA) is now available.

The attractive, 170-page book contains the WAVA Constitution and By-Laws in English, French, German, Italian, and Spanish. The book features a history of veterans athletics, hurdle and implement specifications, world-record application forms, and the world records for each event and age-group as of April 15, 1992.

For a copy, send \$5.00 plus \$1.25 postage (USA) or \$5.00 postage (foreign) to the National Masters News, P.O. Box 2372, Van Nuys, CA 91404, USA.



Johan Diener, M40, first in the South African Masters Marathon Championships in 2:51:29, Cape Town, Dec. 19. Photo by Leo Benning

Final Schedule for WAVA World Veterans Athletics Championships Miyazaki, Japan — Oct. 7-17, 1993

Thu Oct 7	Decathlon/Heptathlon 10,000 finals
Fri Oct 8	Decathlon/Heptathlon 10,000 finals
Sat Oct 9	200 heats (women) 800 heats LJ, JT Opening ceremony
Sun Oct 10	200 finals (women) 200 heats/semis (men) 800 finals (women) 800 semis (men) HH (semis/finals) HJ (men) PV (women) SP, XC
Mon Oct 11	200 finals (men) 800 finals (men) 300/400H semis 5000 finals 10K/20K Road Walk PV (men) HJ (women) DT
Tue Oct 12	No competition Meetings: Stadia, Non-stadia, Women, Regions
Wed Oct 13	100 heats/semis Steeplechase finals 300/400H finals TJ, HT
Thu Oct 14	No competition General Assembly
Fri Oct 15	100 finals 400 heats/semis 1500 semis
Sat Oct 16	400 finals 1500 finals 5000RW finals Weight Pentathlon* Social Function
Sun Oct 17	Marathon 4x100 Relay 4x400 Relay Closing ceremony *Unofficial event

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MASTERS SCENE

EAST

• **Jim Gillcrist**, Boca Raton, FL, broke the WR for the indoor M65-69 HJ (Burl Gist, US, 5-0, 1985) with a 5-4, Brown U. Invitational, Providence, RI, Jan. 16.

• **Richard Shaver** (40, 22:47) and **Ann Makoske** (47, 27:02) blew to masters firsts in snow, wind, and 18° in the NYRRRC Snowflake 4 Mile, Central Park, Feb. 6. **Roger Robinson**, 53, of Virginia, won the M50 race in 23:23. In other NYRRRC activity, **Dan Brach** (42, 56:25) and **Janet Piez** (40, 71:07) iced 40+ firsts in the Frostbite 10 Miler, Central Park, Feb. 14. **Wallace Cutler** (70, 83:45) and **Gudrun Philips** (56, 74:39) had impressive division wins. On Feb. 16, **Alan Resnick** (42, 13:59), NYC, 28th of 96m, and **Barbara Anderson** (41, 14:37), NY, fifth of 26w, were first masters in the Empire State Bldg. Run-Up. **Chico Scimone** (81, 24:09), DC, and **Joanne Keaton** (60, 22:25), IN, were oldest 40+s. Winners were **Geoff Case** (34, 10:18) and **Sue Case** (29, 12:42) of Australia. **Lawrence Torella** (43, 33:07) and **Anna Thornhill** (52, 41:13) scampered to 40+ firsts in the Sheraton New York/NYRRRC Bagel 10K, Central Park, Feb. 21. **Luis Flores** (50, 36:05) took the M50 race. **Zofia Turosz** (54, 41:51) was second W40+.

• **Peter Blomquist** (40, 52:04), Worcester, MA, and **Paula Holm** (40, 61:54), Newburyport, MA,

took third-places overall in the Great Stew Chase 15K, run in 8° weather, Lynn, MA, Feb. 6.

• **Ric Banning**, 40, Alexandria, VA, and **Claudia Ciavarella**, 44, Arlington, VA, were firsts overall in the DCRRC Washington's Birthday Marathon, Greenbelt, MD, Feb. 14. **Banning** won with a 2:46:56, and **Ciavarella** with a W40+ course record 3:13:17.

• **Lari Dunlap** (M40, 1:08:15) and **Susan Weisbrod** (W45, 1:29:56) collected masters winners' checks of \$300 each in the USATF/NJ Masters 20K Championships, Newark, March 7. **Lois Filreis** took the W60 race in 1:57:26.

SOUTHEAST

• **Linda Stein**, 45, was second overall (27:15) and **Bob Fine**, 61, third (28:13), in the Dani Colby 5K RW, Coconut Creek, FL, Jan. 31. **Max Gould**, 75, finished eighth (32:17) among the 75 finishers.

• **June Provost**, 59, was first female in the Tusharilla 8K RW, Winter Springs, FL, Feb. 20. **Jim Malone**, M40-49 winner, took the M40+ title (44:10).

• Canadian college coach **Michael Creery**, 45, Victoria, BC, captured M40+ first (15:39) and best age-graded male honors (14:16), Great Gainesville 5K, FL, Feb. 6. **Carol Virga**, 43, Boca Raton, FL, won the W40+ contest

(17:52). **Ellen McCoy**, 72, St. Paul, MN, posted a fast 26:47 to win the W70+ gold.

• **Earl Owens**, 43, Dunwoody, GA, broke the U.S. M40-44 10-mile track record with a 51:48, en route to another of 11.54 miles (18,586m) for the one-hour run, Decatur, GA, Feb. 6. On the 13th, Owens broke the U.S. age record (15:13) for the 5K with a 14:56, Grand Bahamas 5000 Freeport. His time equaled an age-graded 13:49.

• First M40+ in the Alamo Heart 5K, Miami, Feb. 6, was **David Compton**, 51, Boynton Beach, FL, with an 18:10, and first W40+ in the larger, companion 10K was **Nancy Frisillo**, 50, New Hartford, NY, in 41:03. Masters firsts in the 5K RW were **Stanford Blake** (44, 28:19), Miami, and **Linda Stein** (45, 27:57), Sunrise, FL.

• **Tom McDermott**, 74, Bradenton, FL, broke **Nolan Fowler's** single-age U.S. record of 35.90 for the 4kg HT with a 39.05 in Sarasota, FL, Feb. 13.

• **Jay Sponseller**, Naples, FL, who turned 75 on Christmas Day in 1992, won the 800m in the 1992 National Indoors in Columbus for the fifth time in a row, probably making him the only masters runner to win an event for all five years in an age group.

• **Pierre Levisse** (41, FRA, 45:29, \$1000) and **Carol McLatchie** (41, TX, 53:48, \$1000) led the 40+ contingent in the annual Gasparilla 15K in Tampa, FL, February 27. **Manuel Vera** (41, MEX., 45:58, \$500) and **Joseph Nzau** (40, KEN, 48:59, \$250) were men's runners-up, while **Nancy Grayson** (42, MI, 54:34, \$500) was second W40+.

• The date of the Tennessee Masters T&F Championships has been changed from May 29 to May 22 to avoid a conflict with the Birmingham Classic in Alabama on the 29th. Meet director **Dean Waters** said: "I'm sorry the change had to be made at such a late date, and I hope the athletes who have been planning to join us in Knoxville will be able to rearrange their plans."

• **Bob Fine** is working on establishing a track circuit in South Florida (Dade, Broward & Palm Beach Counties, which include Miami to West Palm Beach). These events would take place in May, June and July. Nothing has been set as yet. Anyone interested can contact Fine at 407/499-3370.

found his arteries were 90% clogged. He's now resting at home and doing well. **Springbett's** father died of a heart attack at age 70. His diet is reportedly good, but his wife Pat says he's going to give up eating meat in the future.

• **Stephen Robbins**, Del Mar, CA, who turned 50 on Jan. 31, broke the indoor M50-54 200 WR (Taylor, GB, 23.8, 1986) with a 23.30 in the Arizona Indoor Classic, Flagstaff, Feb. 28.

• **Bill McDermott** (41, 2:44:20) and **Lai-Chu Ng** (40, 2:47:41) were top masters in the 3500-runner Long Beach, CA Marathon, February 7.

• **Domingo Tibaduiza** was 1st 40+ (30:46) in the Mercury-News 10K, March 6, in San Jose, CA. Best M50 was **Tim Rostege** (35:14). **Joan Ottaway** (37:21) upset **Laurie Binder** (38:35) for the W40 title, while **Shirley Matson** (37:50) took W50 honors. The annual event drew 10,000 runners.

NORTHWEST

• **Tom Gage**, 49, Billings, MT, upped the world age record for the 35-lb. weight (58-8, **Bob Backus**, U.S., 1976) with a 60-1 1/2 toss in an all-comers indoor meet in February at Montana St. U., the site of this year's National Masters Indoor Championships. It was Gage's first throw over 60 feet since his college days. He also put the 16-lb. shot 49-8 3/4. Gage turns 50 in May.

• **Stephen Lester**, 50, M45 LDR record holder, is back after a three-year absence. Lester, of Magna, UT, was fourth M40+ overall with an M60 win in 1:10:47, Las Vegas Half-Marathon, Feb. 6.

CANADA

• **Jean Horne**, W60, and **Earl Fee**, M60, broke indoor WRs for the 800 in the Ontario Masters Championships, Toronto, March 6. Horne lowered **Joyce Hals'** 2:56.75 to 2:52.4, and Fee erased **Jim Sutton's** 2:17.09 with a 2:16.3. Their marks were hand timed but adding the necessary .24 seconds still produces WR times. Over 200 competitors were in attendance at the meet, directed by **Brian Keaveney**.

INTERNATIONAL

• **Clive Truter**, 52, a popular, top South African athlete, who was 1992 M50 100mH champion with a 14.75, died unexpectedly of a heart attack while on a training run near his home in Rondebosch. His family and friends are dumbfounded at his untimely death because there is no history of heart problems in his family, and he always kept fit.



This is the 1993 M-F "Everything Track" catalog which has recently been issued and that now offers over 60 pages of track products including hard-to-find items required and requested by track coaches in high school and college. Catalogued are vaulting poles, javelins, pits, hurdles, stopwatches, shoes, discus and other throwing implements as well as a number of specialty items such as cages, sophisticated timing systems and speed building programs. Available at no cost upon request by calling Toll-Free 1-800-556-7464 from the United States or Canada. Or, write to M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL 1993

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DAVE ALLBRITTON (OH)	4-13-13	80-84
DON COLEMAN (LA MESA, CA)	4-26-28	65-69
CLIFF CORDY (MOUNTAIN VIEW, CA)	4- 8-38	55-59
WILLIAM EPEL (NYC, NY)	4-30-13	80-84
ROBIN FICKER (US)	4- 5-43	50-54
BILL FOULK (BOZEMAN, MT)	4-24-33	60-64
LEON FRANKAMP (BURBANK, CA)	4-17-33	60-64
CHARLES GIBSON (CHATTANOOGA, TN)	4- 6-23	70-74
MAX GOLDSMITH (LEWISVILLE, TX)	4-12-23	70-74
JOHN HEAD (UNIVERSAL CITY, CA)	4-26-38	55-59
OVIDIO DE JESUS (PUR)	4- 0-33	60-64
HAROLD KEITH (NORMAN, OKLA)	4- 8- 3	90-94
RAY KIMBLE (US)	4-19-53	40-44
BOB MACCONNAGHY (REDONDO BEACH, CA)	4-20- 8	85-89
BILL MCCHESENEY (EUGENE, OR)	4-27-28	65-69
DELANO MERIWETHER (US)	4-23-43	50-54
WALTER MOESSEL (WG)	4-30-43	50-54
RICHARD PACKARD (BRIGHTON, MASS)	4-21-28	65-69
DON PARKER (PASADENA, CA)	4-31-43	50-54
ASKO PESONEN (FIN)	4-15-43	50-54
CHARLIE RADER (MORENO VALLEY, CA)	4-10-48	45-49
ROBERT RECKWARDT (WG)	4- 1-13	80-84
DENNIS REECE (TRINIDAD)	4- 4-28	65-69
LOUIS VAN RENSBURG (RSA)	4-21-98	95+
JAMES RYAN (US)	4- 8-28	65-69
ERICH SCHMIDT (WG)	4- 7- 3	90-94
FELIX SCHMITZ (WG)	4-10-38	55-59
JOAQUIM SILVA (POR)	4- 1-28	65-69
FLOYD SIMMONS (CHARLOTTE, NC)	4-10-23	70-74
DENNIS STEMPER (CHICO, CA)	4- 4-43	50-54
ROBERT THOMAS (NY)	4-16-33	60-64
THEO VILTZ (LOS ANGELES, CA)	4-20-43	60-64
MARY AMES (N. HOLLYWOOD, CA)	4-14- 3	50-54
MARIE BARRIE (GLENOLDEN, PA)	4-16-33	60-64
JOAN DASH (BROOKLYN, NY)	4-25-33	60-64
NANCY DAVIS (HILLSBORO, OR)	4-22-38	55-59
SHIRLEY DOYLE (BAY VILLAGE, OHIO)	4-26-33	60-64
LYNN EDWARDS (SYLVANIA, OH)	4- 1-23	70-74
CAROL FRIDLEY (ELIZABETHTOWN, PA)	4-17-48	45-49
KENNY GORING (SANTE FE, NM)	4-26-33	60-64
JOSEPHINE HESS (SELAH, WA)	4-10-18	75-79
GAIL HRUSKA (AUSTIN, TX)	4-20-43	50-54
VICKI JOHNSON (US)	4-10-43	50-54
KATHRYN MAHER (OTTOWA, KANS)	4- 8-43	50-54
PATTI MERICLE (TUCSON, AZ)	4-28-48	45-49
NANCY NOONAN (CLEVELAND, OH)	4-13-48	45-49
JENNIFER PINTO (BROOKLYN, NY)	4-10-48	45-49
STELLA SHARP (SEPULVEDA, CA)	4- 0-28	65-69
ANN STEEKELENBURG (HOL-MALIBU, CA)	4-12-48	45-49
FRANCINA BLANKERS-KOEN (HOL)	4-26-18	75-79
LYNN CARTER (AUS)	4- 8-48	45-49
JUDY CHANDLER (NZ)	4-30-38	55-59
VERA FRANEK (AUS)	4-29-43	50-54
MARGARETA JACOBSSON (SWE)	4- 3-38	55-59
ARSA JUSSILA (FIN)	4-29-53	40-44
INGER KULSTAD (NOR)	4-11-48	45-49
TUULA LAAKSALO (FIN)	4-21-53	40-44
TUULA LAAKSALO (FIN)	4-21-53	40-44
ILSE LUTZ (WG)	4-19-28	65-69
CHRISTINE ANNE MCARDLE (AUS)	4-27-53	40-44
JUNE MEYER (CAN)	4- 4-38	55-59
ALENA PLISCHKE (AUT)	4-29-48	45-49
JOSELYN ROSS (GB)	4-18-28	65-69
RUTH SVEDBERG (SWE)	4-14- 3	90-94
MARGARET TAYLOR (AUS)	4- 6-48	45-49
NORA WEDEMO (SWE)	4-19-13	80-84
SOPHIE WISMAN (HOL)	4-25-28	65-69
EILEEN WOODS (AUS)	4-14-23	70-74

SOUTH WEST

• **Kassa Balcha**, 42, of Ethiopia, was 11th in the River City 10 Miler, Austin, TX, with a 49:26 worth \$600. **Joseph Nzau**, 44, of Kenya, was second M40+ (49:29), with **Doug Bell**, 42, of Colorado, third in 50:33. **Carol McLatchie**, 41, Houston, TX, also won \$600 for first W40+ in 59:06.

• **Max Goldsmith**, TX, the Site-Selection Chairman of the Masters T&F Committee, had a pace-maker installed in late February and is "doing great," according to **Tim Murphy**, who, himself, had a hernia repaired by adding a marlex mesh.

WEST

• **Bruce Springbett**, M60 sprinter and USATF National Masters Outdoor Coordinator, suffered a heart attack on March 10 at a Lions Club meeting in Los Gatos, Calif. He had returned from a long vacation on Christmas Island. He had an angioplasty operation after doctors

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.*

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 17. USATF National Masters 56-lb. Weight Throw Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

June 12-18. U.S. National Senior Sports Classic Senior Olympics, New Orleans. 55+. USNSSO, So. Outer Forty Dr., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia, Mo.

August 11-14, 1994. USATF National Masters Championships, Eugene, Ore.

EAST

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

April-August. Potomac Valley TC Meets, Williams HS, Alexandria. Sundays, bi-weekly, starting April 18. 8 a.m. Sal Corallo, 703/243-1291.

April 22-24. Penn Relays, Philadelphia. Pole vault (age-graded, elite only), Runner's World Masters Mile (M40+, elite), 4x100, 4x400, 100m for M75+. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807. Deadline March 26.

May 2. MAC "New York Relays" Meet, Downing Stadium, Randall's Island, NYC. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 781/358-6233.

May 16. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516/487-1417 (7-9:30 p.m.).

June 4-5. Connecticut Senior Olympics, 55+. U. of Bridgeport. Jack Boitano, 105 Castle Dr., Stratford, CN 06497. 203/377-2917.

June 6. New Jersey USATF Championships, Monmouth College, West Long Branch. SASE to Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 27. Garden State AC International Meet, Randolph HS, N.J. Morton Hahn,

GSAC, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

July 3. Niagara USATF Association Senior/Masters Championships. Dave Reinhardt, 101 E. 4th St., Jamestown, NY 14701. 716/488-2203.

July 25. USATF East Regional Masters Championships, Syracuse, N.Y. Pre-registration only. Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066.

August 22. Don Harris Memorial Meet, Wynnewood, PA. SASE Harris Meet, P.O. Box 5, Spring House, PA 19477.

SOUTHEAST

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

April 17. Florida AC Meet, Naples, Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 24. Florida AC Meet, Palm Beach Gardens. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

April 30, May 1-2. Southeastern Masters International Championships, North Carolina St. U. Pentathlon/wt pentathlon/5K and 20K walks. Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. Ray Fulghum/Dale Smith, 919/831-6640, M thru F, 9 to 5, EST.

May 8. Jacksonville Meet. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 22. Florida USATF Masters Championships, Showalter Field, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 22. Tennessee Masters Championships, U. of Tenn. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(ve).

May 29. Birmingham TC Classic. Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

June 12. Atlanta TC Meet, Emory U. Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

June 12. Miami Northwest Express Meet. Jesse Holt, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

July 10. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(ve).

July 17. Nashville TC Meet. Vanderbilt U. Open/masters. Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

May 30. Wolfpack Pentathlon Track Meet, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

June 5. Indy Senior Olympics. 55+. Robert Meier, 1502 W. 16th St., Indianapolis, IN 46202. 317/267-0535.

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

June 12. USATF Ohio Association Open & Masters Championships, U. of Cincinnati.

John Blakely, 2137 Yorktown Court, Fairfield, OH 45014. 513/829-3565.

June 19. Cleveland Track Classic, site TBA. Jeff Gerson, 4173 Wilmington, South Euclid, OH 44121. 216/382-2656.

July 10. Dayton Masters Classic, Open & Masters. Bob Jones, 513/837-2754.

July 31. Midwest Masters Championships, Marshall U., Huntington, W.Va. (Not the regional championships.) 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

April 25. Leading Edge/Lincoln TC Open & Masters Meet, Woody Greeno Track, 12 p.m. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

June 6. Blue River Valley Jolly Jogathon Meet. 10 yr. divisions. Cleve Walstrom, 209 No. 8th, Marysville, KS 66508. 913/562-3050.

June 12-13. Lincoln TC Decathlon/Heptathlon, Ed Weir Track. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 26. USATF Mid-America Regional Masters Championships, Lincoln, Neb. See June 12-13.

August 1. Masters/Senior Olympic EM "R" Meet, Twin Cities. SASE to Rachel Lyga, 122 63 1/2 NE, Minneapolis, Minn. 612/574-9661.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

July 23-24. USATF Southwest Regional Masters Championships, Gonzales, La. Also weight pentathlon & 56-lb. weight. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

WEST

Arizona, California, Hawaii, Nevada

April 24. Ken Carnine Classic, CSU-Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608.

April 24. Stanford U. Throws Series #14, Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 24. 17th Annual John Ward Masters Meet, Santa Ana, Calif., 25+. Al Siddons, Rancho Santiago College, 17th at Bristol, Santa Ana, CA 92706. 714/564-6963.

May 8. River City Invitational. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

May 15. Southern Calif. Striders Meet, CSU-Long Beach. Open/Submasters/Masters. Jon Lomax, 213/666-0379.

May 22. Stanford U. Throws Series #15, Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

May 22. Visalia Masters Classic, Sunkist Bowl, Visalia, Calif. New 9-lane Chevron track. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 30. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Matt McCormick, 714/586-9942(h).

June 6. Pasadena Senior Games, Occidental College, Los Angeles. 50+. Christel Miller, director. Cynthia, 818/795-4331.

June 12. USATF/Pacific Open and Masters Championships, Los Gatos HS. Willie Harmatz, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365; 354-5660.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

ON TAP FOR APRIL

TRACK AND FIELD

The USATF National Masters 56-lb. Weight Throw Championships are set for the 17th in Illinois.

Naples, Fla., also hosts a meet on the 17th, followed by the Florida AC Championships on the 24th in Palm Beach Gardens. Also, on the 24th, Sacramento is the locale for the Ken Carnine Meet, as is Santa Ana, Calif., for the rescheduled (from Feb. 20) John Ward Meet. The Penn Relays on the 23rd and 24th highlight a few masters events.

On the 25th, the Lincoln, Nebr., TC stages a meet.

The three-day Southeastern Masters Meet opens on the 30th in Raleigh, N.C., and includes two pentathlons and two racewalks.

The Australian Veterans Championships start on the 9th in Adelaide.

LONG DISTANCE RUNNING

On the 20th, the USATF National Masters 5K Championships take place in Anchorage, Alaska.

The first weekend's activity includes the Midwest Masters 8K in Omaha on the 3rd, and the Athens Marathon in Ohio and the Cherry Blossom 10 Mile in D.C. on the 4th.

The Pear Blossom 10 Mile takes shape in Medford, Ore., on the 10th.

The 24th annual Longest Day Marathon goes off in Brookings, S. Dak., on the 17th, followed by the Sallie Mae 10K in D.C. and Bonnie Bell 10K in San Francisco on the 18th, and the venerable Boston Marathon on the 19th.

The NYRRC Trevira Twosome will be run through Central Park on the 24th. The Northwest Natural Gas 8K, Portland, Ore., and Big Sur Marathon along California's scenic Central Coast are scheduled for the 25th.

RACEWALKING

The Ron Zinn 10 Mile, Asbury Park, N.J., and New England USATF 10K Championships, Boston, stride off on the 4th, as does the MAC 15K Championships on the 17th in NYC.

June 26. SCA/USATF Championships, UC Irvine, Calif. Marvin Thompson, 213/662-1062.

July 3. River City Independence Invitational. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

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July 31-August 1. USATF West Regional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, LAPOC, 2301 Hyperion Ave., Ste P, Los Angeles, CA 90027-4711. 213/662-1062.

September 12. Northern California Seniors T&F Classic, U.C., Berkeley. 30+. Mark Grubi, Dir., P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

NORTHWEST

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

April 30. Masters Hammer Clinic, Monmouth, Ore. Free. (Compete May 1.) Video analysis. Coaches: Matt Lydum; John McArdle, six collegiate All-Americans. Matt Lydum, 503/838-8420.

May 29. Oregon Senior Olympics, Silverton Union HS. 40+. 5 Mile Road Run at 8:30 a.m. Amy B. Castle, 6350 Cascade Hwy., N.E., Silverton, OR 97381. 503/873-8577.

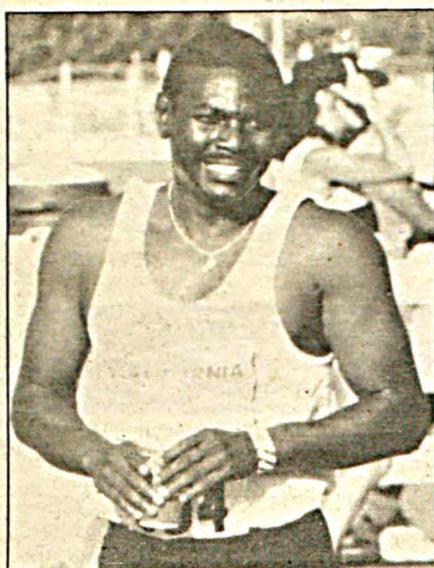
June 5. Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109.

June 6. USATF Oregon Open & Masters Championships, Portland, Ore. Dr. David Fix, Lewis & Clark College, 0615 S.W. Palatine Hill Rd., Portland, OR 97219. 503/768-7068.

June 12. Volcano Classic. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 26. Inland Northwest Masters Classic. Stan Johnson, City of Richland, 650 George Washington Way, Richland, WA 99352. 509/943-2689.

July 10. Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604.



James Perry, Jr., of Beaumont, Texas, was second M35 in the 100 (11.34) and third in the 200 (22.38), National Masters Championships, Spokane. An outstanding sprinter (100y in 9.7) at Alexandria H.S., Louisiana, Perry decided to accept a band scholarship to Northwestern State University. He is presently an accountant for Gulf States Utilities in Beaumont.

Photo by Walden Curry

406/227-5020.

July 17-18. USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

July 30-31. 15th Montana Masters Meet, MSU, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

July 10-11. Ontario Masters Championships, Laurentian U., Sudbury. M&W35+. 5-yr. age groups. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

INTERNATIONAL

April 9-12. Australian Veterans Athletic Championships, Adelaide. February 22 deadline. Dot Browne (Hon. Sec. AAVAC), Victory St., Mitcham 3132 Victoria.

May 28-30. All Japan Masters Athletic Championships, Kobe. Kobe Branch, Kintetsu International, 6F Kobe Kotsu Center Bldg., 10-1 I-chrome, Sannomiya-cho, Chuo-ku, Kobe-shi, 650 Japan. 078/391-4891; FAX 078/391-4559.

July 17-18. British Veterans Athletic Federation Championships, Monkton Stadium, Jarrow. John Charlton, 31 Lyndhurst Rd., North Seaton, Ashington, Northumberland NE63 9SS.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

October 7-17. 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

July, 1994. WAVA Oceania Regional Championships, Fiji.

August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.



Margaret Lee won the W70-74 race (5:49), Honolulu Marathon, December 1992.

Photo by Tesh Teshima

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

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

April 3. Fools' Run 5K/10 Mile, Kutztown, Pa. Masters money. L&M Computerized Sports, 7 Westwood Dr., Mantua, NJ 08051. 215/683-8860.

April 4. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, P.O. Box 884, Middletown, MD 21769. 301/371-5583.

April 18. Sallie Mae 10K. Mike Miller, Sallie Mae 10K, 1050 Thomas Jefferson St., N.W., Washington, DC, 20007-3871. 202/728-6456.

April 19. 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/435-6905.

April 24. NYRRC Trevira Twosome 10 Mile/2 Mile, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

May 1. NYRRC. Alamo Alumni 5 Mile, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

May 2. Pittsburgh Marathon. Leonard Duncan, 429 Fourth Ave. Ste. 1001, Pittsburgh, PA 15219. 412/765-3773.

May 2. Buffalo Marathon. Tom Palmer, 800 Delaware Ave., Buffalo, NY 14209. 716/837-7223.

May 2. Newsday Long Island Half-Marathon, East Meadow, N.Y. Patti Kemmler, Eisenhower Park, East Meadow, NY 11554. 516/542-4437.

May 9. NYRRC Advil Mini Marathon 5K Tune-Up, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

May 15. Vintage Run 5 Mile. M&W50+. Vintage, 401 N. Highland Ave., Pittsburgh, PA 15206. Beverly A. Beisgen, race director, 412/361-5003.

May 15. Riedman Insurance Lilac 10K, Rochester, N.Y. Lori Frank, 45 East Avenue, Rochester, NY 14604. 716/232-4424.

Continued on next page



SOUTHERN CALIFORNIA STRIDERS
Masters TRACK & FIELD CLUB

8th Annual MEET OF CHAMPIONS
CALIFORNIA STATE UNIVERSITY AT LONG BEACH

Saturday, May 15, 1993

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

Deadline: May 10, 1993

Divisions: Men and women; open, submasters and masters

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

Facilities: 8-lane artificial surface track, concrete rings

Note: 1993 USA-T&F 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		Field events	
11:00 a.m.	5000 meter race-walk	1:45 p.m.	400 meter sprint
11:45 a.m.	2K/3K steeplechase	2:15 p.m.	300/400 meter hurdles
12:00 noon	1500 meter run	2:45 p.m.	800 meter run
12:30 p.m.	80/100/110 meter hurdles	3:15 p.m.	200 meter sprint
1:00 p.m.	100 meter sprint	3:45 p.m.	3000 meter run
1:30 p.m.	sprint medley relay (400,200,200,800)	4:15 p.m.	4x100 meter relay
11:00 a.m.	hammer throw and pole vault	2:00 p.m.	shot put, triple jump, high jump
12:30 p.m.	discus throw and long jump	3:30 p.m.	javelin throw

Entry form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 5-15-93 _____ Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 1993 USA-T&F No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

Mail to: Jon Lomax, 1483 Westerly Terrace, Los Angeles, CA 90026 (213) 666-0379

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, USA-T&F, 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 15, 1993, 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.

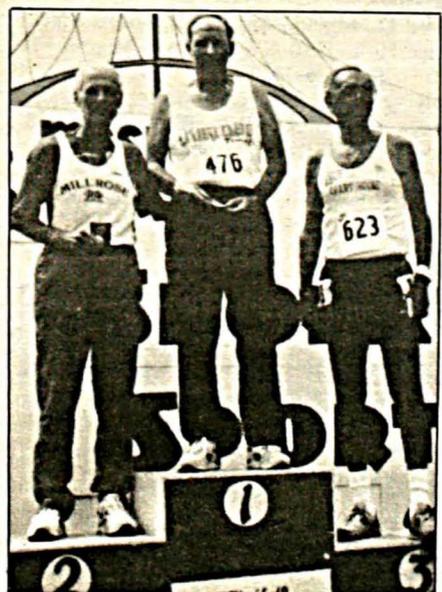
SIGNATURE _____ DATE _____

LONG DISTANCE RUNNING NATIONAL

April 24. USATF National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Park Dr., Anchorage, AK 99517. 907/277-7279.

June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.



M65-69 5000m medalists, 1992 National Masters T&F Championships, Spokane, Wash., Joe King (19:12.68); John McManus; and Jim O'Neil.

Photo from John McManus

Continued from previous page

May 16. Western Heights Middle School 5K. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076; Western Heights, 791-4351 (day).

May 30. Vermont City Marathon, Burlington, Vt. Director, P.O. Box 152, Burlington, VT 05401-0152. 800-642-5154, x236.

June 5. Frehofer's 5K for Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518/273-0267.

SOUTHEAST

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

April 3. Cooper River Bridge 10K, Charleston, S.C. M&W40+ \$1500/\$1000/\$500. CRB 10K, M.U.S.C. Wellness Center, 45 Courtenay Dr., Charleston, SC 29401-1117. 803/792-0345.

April 17. Drachen Fire 5K Run For Arthritis, Williamsburg, Va. Arthritis Foundation, Va. Chapter, 110 Maycox Ave., Ste. 3, Norfolk, VA 23505. 1-800-456-4687.

May 1. Mug Race 5000, Palatka, Fla. Florida USATF/RRCA Masters RR Series. John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

May 8. Knoxville Expo 10,000. Allan Morgan, 3530 Talahi Dr., Knoxville, TN 37919. 615/673-8020.

May 9. Mothers' Day 5K. John Boyle, Alta Vista, Box 1824, DeLand, FL 32731. 904/736-0002.

May 15. Run For The Turtles 5K, Siesta Key, Sarasota, Fla. Jerris Foote, Mote Marine Lab., 1600 Thompson Parkway, Sarasota, FL 34236. 813/388-4441.

MIDWEST

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

April 3. YMCA Midwest Masters Classic 8K, Omaha. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

April 4. Athens Marathon/Half-Marathon. SASE to Mark Graham, P.O. Box 2282, Athens, OH 45701. 614/594-8669.

April 17. Susan G. Komen Race For The Cure 5K, Detroit. Motor City Striders, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

April 18. Toledo Glass City Marathon. Pat Wagner, Toledo RR, P.O. Box 5656, Toledo, OH 43613. 419/385-1072.

April 18. West Bloomfield Half-Marathon/5K. Miriam Kaptur, 3325 Middlebelt Rd., West Bloomfield, MI 313/334-5660.

April 24. Kentucky Derby Festival Half-Marathon. KDF, 137 W. Muhammad Ali Blvd., Louisville, KY 40202. 800/928-FEST.

April 25. Lake County Races. P.O. Box 349, Deerfield, IL 60015-0349. Gretchen Bercau, 708/317-1060; Ann Marie Arzt, 708/272-5111, x206.

May 8. Old Kent River Bank 25K. Stuart Gillette, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.

May 16. Cleveland Marathon/10K. Marathon, 1925 Enterprise Pkwy., Twinsburgh, OH 44087. 216/487-9811.

May 29. Big Boy 20K Classic. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 614/633-5000.

May 29. Dexter-Ann Arbor Half-Marathon/10K/5K. Dexter-Ann Arbor Runs, 241 Sunset, An Arbor, MI 48103. 313/663-9740.

May 31. Great Race Half-Marathon/10K. Ron Schmanske, 421 So. 2nd St., Elkhart, IN 46515. 219/294-1661.

MID-AMERICA

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

April 17. 24th annual Longest Day Marathon/10K/5K/5K RW, Brookings, S.



Arthur Lockwood, second in the M45 400H (70.2). Club West Meet, Santa Barbara. NMN/Jerry Wojcik

Dak. Charles S. Roberts, Jr., M.D., 1345 First St., Brookings, SC 57006. 605/692-2334.

April 25. Cherry Creek Sneak 5 Mile, Denver. Meet Director, 3033 E. First Ave., Denver, CO 80206. 303/394-5170.

May 2. Lincoln Marathon/Half-Marathon. Nancy Sutton, LTC, 5309 South 62nd St., Lincoln, NE 68516. 402/423-4519.

May 15. Catch em if you can 10K, Brookings, S. Dak. Chuck Tiltum, Rt. 1, Box 230, Aurora, SD 57002. 605/693-3400.

May 31. Boulder Boulder 10K. \$10,000 masters. Meet Director. P.O. Box 9125, Boulder, CO 80301. 303/444-7223.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 10. Tishomingo Whirlwind 5K. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2528.

April 17-18. Red Bud Classic 10K. Redbud 10K, 6488 Avondale Dr., Suite 184, Oklahoma City, OK 73116. 405/231-3737.

WEST

Arizona, California, Hawaii, Nevada

April 17. Lake Powell Marathon/10K, Page, Ariz. Marathon, P.O. Box 3148, Page, AZ 86040. 1-800-835-4671.

April 18. Bonne Bell Women's 10K. Rhody Co. Productions, 3929 California St., San Francisco, CA 94118. 415/387-2178.

April 24. YMCA Road Runner Classic 5K/10K. San Marino, Calif. Bob Warnock, race director, 818/799-9119.

April 25. Big Sur International Marathon. William Burleigh, P.O. Box 222620, Carmel, CA 93922-2620. 408/625-6226.

May 2. Avenue of the Giants Marathon, Weott, Calif. Gaye Gilchrist, 6 Rivers TC, 281 Hidden Valley Rd., Bayside, CA 95524. 707/443-1226.

May 8. Southern California Hillsea 7.57 Mile, Huntington Beach, Calif. Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

May 16. S.F. Examiner Bay To Breakers 12K. Masters money. Athletes Coordinator, P.O. Box 7260, San Francisco, CA 94120. 415/777-8743.

May 29. Mt. Wilson Trail Race (approximately 8.6 miles). Donna Harriman, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. 818/355-7135.

NORTHWEST

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

April 10. Pear Blossom 10 Mile. 4000 entries, close March 15. Long SASE: Pear Blossom, P.O. Box 146, Medford, OR 97501. Jerry & Zella Swartsley, 503/535-1205(e).

April 25. Northwest Natural Gas 8K (RRCA National Championships). Dave Green, 700 NE Multnomah, #950, Portland, OR 97232. 503/294-9333.

May 2. Lilac Bloomsday 12K. \$6000 masters. SASE to Lilac Bloomsday Assn., P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 16. Capitol City Marathon. Russ Chadwick, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.

May 30. Rocky Mountain 50 Mile, Laramie, Wyo. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 306/635-3316.

CANADA

April 10. Ontario Masters 8K Championships, Toronto. M&W35+, 5 yr. div. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

INTERNATIONAL

June 20. 20th Annual Brugge Veterans Grand Prix 10K/25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, B-8000, Brugge, Belgium.

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.

July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

RACE WALKING

April-May. Potomac Valley TC Spring Racewalk Clinics, Washington, D.C. area. Saturdays & Tuesdays. Valerie Meyer, 703/671-3655.

April 1-4. Walking Club Conference, Big Sur Lodge, Calif. Walking Magazine, 9-11 Harcourt St., Boston, MA 02116. 617/266-3322.

April 3. RW Technique & Training Clinic, Kalamazoo, Mich. ARWA, 303/447-0156.

April 3-4. Jack Mortland Racewalks and Clinic, Columbus, Ohio. M20K, W10K. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

April 4-10. Ron Laird Racewalking Camp, Healing Springs Ranch, Tioga, Texas. Ron Laird, 4706 Diane Dr., Ashtabula, OH 44044. 216/998-1371.

April 4. Capt. Ron Zinn Memorial 10 Mile, Asbury Park, NJ. Shore Athletic Club, Elliott Denman, 28 N. Locust Ave., West

Long Branch, NJ 07764.

April 4. New England USATF 20K RW Championships, Boston. NEUSATF, P.O. Box 1905, Brookline, MA 02146. 617/566-7600.

April 17. MAC 15K Championships, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

April 18. Mt. SAC Relays 10K/5K Racewalks, Walnut, Calif. Check payable to SCA/USATF. Georgiana Droll, P.O. Box 624, South Pasadena, CA 91031. 213/256-6267. April 12 deadline.

May 1. Howard Wood Dakota Relays 5K Racewalk. 8 a.m. Dr. Glen Peterson, 1906 S. Hawthorne Ave., Sioux Falls, SD 57105. 605/336-6715.

May 16. USATF National Masters 50K Championships, Monmouth College, West Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.

May 27-31. ARWA RW Training Camp, Boulder, Colo. ARWA, 303/447-0156.

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

August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.

August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).

September 12. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.

September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.

September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385. 552/376-8019; 372-6908.

October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

Birmingham, Blaszak Claim Victories

Continued from page 13

Gloria Brown, 61, of Grand Island, N.Y., set a national indoor mile age group record for women age 60-64. Her time of 6:27.32 sliced 16 seconds from her 1992 American record-setting performance.

The Hartshorne Masters Mile, held in conjunction with the Cornell University Invitational Indoor Track & Field Meet, was sponsored by the High

Noon Athletic Club and the Finger Lakes Runners Club; and directed by Richard Hoebeke. □

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

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

W30-34 Jennifer Heaton 1500M 5:07.3 2-07-93
W40-44 Jelene Campbell High Jump 4-6 6-27-92 High Jump 4-4 7-19-92
W55-59 Sami A. Dailey 3000 RW 17:17.5 5-30-92 5000 RW 30:28.3 8-13-92
W60-64 Barbara Thompson 10K 55.18 11-21-92
M35-39 David E. Ortman 400 H 58.71 8-15-92
M40-44 Ivan G. Black Pentathlon 3041 pts. 2-09-92 Alan Russell 800M 2:03.40 4-24-92

M45-49 Bob Sager Shot Put 12.01 2-05-93
M50-54 William T. Wade Shot Put 40-10 3-07-92 Bob Warren Wt. Throw 22-0 1/4 3-14-92
M55-59 Neil Saling Discus 41.66 6-20-92 Shot Put 11.46 6-20-92 Jim Young Discus 128-7 10-11-92
M60-64 Bill Brazelton Javelin 143-10 8-07-92 Michael Devlin Pentathlon 2976 pts. 1-23-93 Wt. Throw 36-7 1-23-93 Wayne B. Nicoll 3000 RW 16:29.2 2-07-93 Loren Swanson Decathlon 5672 pts. 7-25-92 100H 18.85 7-25-92

M65-69 Edward Gawinski 1500 RW 8:01.98 10-10-92 3000 RW 16:37.7 6-27-92 2 Mile RW 18:09.2 8-30-92 10K RW 62:51 7-11-92 20K RW 2:07.51 9-06-92 Edward Holmes Discus 36.11 6-06-92 Long Jump 14-6 1/2 7-11-92
M70-74 Charles McGarvey Javelin 102-1 10-10-92



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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
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	48:38	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	1:02:12	1:08:48
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	2:00	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 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 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	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 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
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	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3/4	5-9/4	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7/4	12-9/4	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1/2	18-1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.20	6.50	5.80
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	33-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2

Continued from previous page

Hartshorne Masters Mile Ithaca, NY; January 30

Elite Men's Mile John Birmingham 4:17.84 Charlie McMullen 4:21.67 Tom Carter 4:21.90 Al Swenson 4:25.80 Tim McMullen 4:31.03 Harry Nolan 4:32.56 Ray Tucker DNF

Section I+II Men's Mile

M40-49 Ben Brockwell 4:49.46 Bill McMullen 4:49.97 Derck Frechette 4:55.23 Herb Engman 4:57.71 Dave Block 4:59.19

M50-59

Dennis Featherstone 4:55.86 Bob Milner 5:14.75 Don Farley 5:21.06 Bill Cooper 5:29.58 John McMurry 5:30.22

M60-69

Jack Garrity 6:14.19 Dick Sullivan 6:25.05 Roger Whalley 6:34.46 Tom Dyckman 6:44.44 Sandy Bueme 6:45.31

M70+

Nate White 6:54.96

Women's Mile

M35-39 Patti Ford 5:16.18 NancyLee Scott 6:02.20 Diane McGuire 6:43.41

M40-49

Barb Blaszak 5:43.40 MaryBeth Hasenauer 5:48.39 Chris Rossiter 5:49.26 Sue Sandstrom 5:57.47

M60-69

Gloria Brown 6:27.32 Helen Bueme 6:53.95

GBTC Invitational Indoor Harvard U.; January 31

Masters 400m Markus Heidelberg 54.2 Miles Coverdale 56.9 Sean Iller 57.1

Masters 800m

Duane Green 2:03.60 Gideon Terer 2:03.76 Markus Heidelberg 2:11.68

M40+ Mile

Brad Hurst 4:39.11 Henry Finch 4:43.63 J Coady 4:46.31

M40+ Mile

Barbara Pike 5:50.1 Elizabeth Riordan 5:51.0 Carol Hogan 5:52.0

Tri-State TC Indoor Hagerstown JC, MD; February 7

55m M35 Glen Evelyn 38 7.17 M40 H A Johnson 41 7.1 M45 Charles Crewsaw 7.37 M60 James Stookey 63 7.68 W35 Mary Malley 35 8.4

200m

M60 James Stookey 63 28.1 Bill Bergen 64 31.22 W35 Mary Malloy 35 30.32

400m

M45 Grady Dale 45 63.86 W35 Mary Malloy 35 66.81

800m

M30 Tim O'Keefe 39 2:16.83 M45 Larry Green 3:22.18 M55 William Price 58 3:40.7 W40 Susan Livesay 40 3:58.25

High Jump

M45 Palmer Sweet 94 4-0 M60 Mark Richards 62 4-0 Bill Bergen 64 3-10

Pole Vault

M40 Sam Prentice 41 12-6

Shot Put

M30 Glen Evelyn 38 33-8 1/2 M40 Bob Feeny 40 33-7 1/2 M45 Palmer Sweet 49 33-3 M60 Ned Curran 64 34-9 David Vachon 62 30-8 1/2

NYRR Valentines Day Indoor Fordham U.; February 14

55m M40 Joe Johnson 6.9 Dana Harrell 7.4 M60 Robert Gerlough 8.0 John Darrell 8.5 W40 Lorraine Tucker 7.9 Jennifer Pinto 8.2

220y

M30 David Cherry 24.7 Ted Daher 26.7

M40 Ron Johnson 24.6 LJ 24.9 Joe Johnson 25.2 M50 John Orr 41.1 M60 John Darrell 30.2 Tom Talbott 36.7 M70 Jay Charles 49.3 W30 L Clark 27.6 W40 Jennifer Pinto 29.6 Debbie Troy 31.1

440y M30 Vance Rogers 54.9 Louis Jefferson 56.0

M40 Ron Johnson 56.5 Dana Harrell 60.0 M50 Errol Lee 56.7 Jim Joule 67.8 M60 John Darrell 67.8 Tom Talbott 79.7 W30 Rene Sterrett 60.4 L Clark 65.4

880y M40 Tom Mahon 2:20.7 Dan Gonzalez 2:24.6 M50 Irwin Bernstein 2:32.2 John Orr 3:17.3 M60 Tom Talbott 3:04.3 M70 George Jaffe 4:09.1

Mile M30 Alex Cuzzo 4:48.6 Seth Okrend 4:57.6 M40 Dan Gonzalez 4:59.8 Tom Mahon 5:02.1 M50 Jack Brenna 5:29.1 M60 Joe Kernan 6:37.9 M70 George Jaffe 8:43.6 W40 Mary Rosado 5:57.2

Long Jump

M30 Vance Rogers 17-8 1/2 M40 Dana Harrell 16-5 1/4 M60 John Darrell 13-1 3/4

Shot Put M40 Rich Dunphy 11.83 Ed Fox 10.96 W40 Lorraine Tucker 9.30 W50 Anne Cirulnick 9.53 Roslyn Katz 7.89

Greater Rochester TC Meet U. of Rochester, NY; February 21

45m M30 Barry Grimes 5.58 M40 Skip Lyon 6.5

600m M30 Joe Contario 1:39.2 M40 Horace Hudson 1:34.7 M50 Jim Palmeri 1:53.1

3000m M30 David O'Leary 9:52 J Contario 9:54 R Messenger 9:57 P Snarsh 9:58 M40 Bill McMullen 9:35 J Boyle 9:57 M50 Jim Palmeri 11:30 W30 Jane O'Donnell 12:00

High Jump M30 Andy Ernst 5-4 R Watson 5-4 M40 Skip Lyon 5-4

Long Jump M30 Andy Ernst 17-10 1/2 M40 Skip Lyon 15-11 1/2 Ray Panek 14-11

Shot Put M30 Russ Watson 31-10 1/2

Finger Lakes RC Indoor Meet Ithaca, NY; February 21

55m Greg Grund 41 7.4

200m Adam Keehn 34 26.6 Greg Grund 41 27.4 Bob Congdon 47 28.9 Tony Kasenga 45 30.4 Joe Reynolds 48 31.3 Verne Rockcastle 73 34.5 Daniel Howe 35 35.9

400m Tom Carter 40 4:03.2 Pete Glavin 30 4:09.7 Joe Daley 42 4:33.5 Ron Hulslander 36 4:33.7 Donn McBride 36 4:40.9 Tom Homeyer 44 4:47.2 Reinhold Wotawa 43 4:49.9 Mimi Dipietro W35 4:55.9 Ben Cardamone 30 4:56.7 Gerry Bergenstock 50 4:58.7 Adam Keehn 34 5:26.0 Marybeth Hasenauer 40 5:28.3 Harvey Chernosky 47 6:02.2 Diane SherrerW41 6:11.6 Tony Kasenga 45 6:15.1 Dan Mittler 52 6:32.0 Liz QuainW37 6:34.2 Dave Talcott 32 6:47.3 Ralph Jones 63 6:58.8 James Miner 44 7:48.6

800m Tom Carter 40 4:03.2 Pete Glavin 30 4:09.7 Joe Daley 42 4:33.5 Ron Hulslander 36 4:33.7 Donn McBride 36 4:40.9 Tom Homeyer 44 4:47.2 Reinhold Wotawa 43 4:49.9 Mimi Dipietro W35 4:55.9 Ben Cardamone 30 4:56.7 Gerry Bergenstock 50 4:58.7 Adam Keehn 34 5:26.0 Marybeth Hasenauer 40 5:28.3 Harvey Chernosky 47 6:02.2 Diane SherrerW41 6:11.6 Tony Kasenga 45 6:15.1 Dan Mittler 52 6:32.0 Liz QuainW37 6:34.2 Dave Talcott 32 6:47.3 Ralph Jones 63 6:58.8 James Miner 44 7:48.6

1500m Tom Carter 40 4:03.2 Pete Glavin 30 4:09.7 Joe Daley 42 4:33.5 Ron Hulslander 36 4:33.7 Donn McBride 36 4:40.9 Tom Homeyer 44 4:47.2 Reinhold Wotawa 43 4:49.9 Mimi Dipietro W35 4:55.9 Ben Cardamone 30 4:56.7 Gerry Bergenstock 50 4:58.7 Adam Keehn 34 5:26.0 Marybeth Hasenauer 40 5:28.3 Harvey Chernosky 47 6:02.2 Diane SherrerW41 6:11.6 Tony Kasenga 45 6:15.1 Dan Mittler 52 6:32.0 Liz QuainW37 6:34.2 Dave Talcott 32 6:47.3 Ralph Jones 63 6:58.8 James Miner 44 7:48.6

3000m Ben Cardamone 30 9:29.1 Ron Hulslander 36 9:49.1 Tom Homeyer 44 9:54.1 Beth DeclantisW30 10:04.9 Reinhold Wotawa 43 10:20.3 Don Farley 59 10:22.8 Jim Zollweg 32 10:46.6

5000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

10000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

20000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

30000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

40000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

50000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

60000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

70000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

80000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

90000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

100000m M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

Joe Reynolds 48 10:50.6 Bob Congdon 47 11:27.5 Rich Bernstein 41 11:46.2 George Devlin 43 11:55.4 Harvey Chernosky 47 12:30.0 Diane SherrerW41 12:40.1 Tony Kasenga 45 12:42.6 Tom Dyckman 60 13:11.0 Dan Mittler 52 13:12.8 Dave Talcott 32 14:12.7 James Miner 44 15:12.9 Ralph Jones 63 15:13.6

Runner's World Masters Mile New York City February 26

1 Famonn Coghlan IRE 4:01.39WR 2 Wilson Waigwa KEN 4:11.15 3 John BirminghamAUS 4:11.58 4 Chas McMullen NY 4:21.66 5 Al Swenson CT 4:21.90 6 Swag Hartel KY 4:24.95 7 Byron Dyce FL 4:28.17 8 Paul Mascali NY DNF 9 Harry Nolan NJ DNF

SOUTHEAST

Manasota TC Meet #3 Sarasota, FL; February 13

100m M30 John Purdon 15.23 M40 Nate Robinson 11.80 M45 R Vlaardingerbroek 14.23 M55 Matt Brown 13.54 M60 Ted Sjogren 13.09 W35 Carolyn Coddington 16.73 W60 Betty Sjogren 20.23

200y W30 Folkert Barts 29.75 M55 Matt Brown 27.90 M60 Ted Sjogren 29.49 M65 Pat Gallagher 40.00 M75 Earl Wentz 37.00 Nat Heard 38.86 W45 Rita Kramer 38.53 W60 Betty Sjogren 45.34

440y M30 John Purdon 75.51 M45 Tom Bedford 72.37 M50 J C Shenk 59.45 M55 Lee Guilfoyle 85.78 M60 Ted Sjogren 70.96 M65 Pat Gallagher 92.19 M75 Nat Heard 1:27.93 Earl Wentz 1:45:02 W45 Rita Kramer 1:28.33 W60 Betty Sjogren 1:51.73 W70 Melanie Paschal 1:49.93

880y M30 Folkert Barts 2:48.0 M45 Paul Wilson 2:23.5 M50 J C Shenk 2:23.9 M55 Lee Guilfoyle 3:06.0 M60 Ted Sjogren 2:45.0 David Rider 2:49.0 M65 Pat Gallagher 3:08.0

Mile M30 Folkert Barts 6:55.7 M35 Phillip Rowan 4:46.7 M45 Paul Wilson 5:36.0 Tom Bedford 5:53.9 M50 Richard Quevillon 5:27.4 M55 Lee Guilfoyle 6:35.7 M60 Dick Neu 6:58.4 M65 Pat Gallagher 6:42.7 W70 Melanie Paschal 8:24.4

Two Mile M35 Phillip Rowan 9:43.7 M45 Tom Bedford 12:08.0 M50 Richard Quevillon 11:28.7 M55 Lee Guilfoyle 13:10.3 M60 Dick Neu 14:41.4 M65 Pat Gallagher 13:26.9 W75 Mary Haines 17:18.9

High Jump M60 David Rider 3-11

Long Jump M60 David Rider 12-2 Ted Sjogren 11-11 1/2 M65 Pat Gallagher 7-11

Shot Put M45 R Vlaardingerbroek 12.23 M50 Larry Morrell 10.46 M60 Ed Roy 11.06 Jim Brady 9.80 M70 Bob Ettig 9.18 M80 Ernest Dennison 9.05

Discus M35 Roy True 35.19 M45 R Vlaardingerbroek 35.23 M50 Larry Morrell 27.29 M60 Bob Barton 36.80 M65 Tom Coughlin 23.25 M70 Tom McDermott 31.60 Robert Ettig 29.17 M80 Ernest Dennison 24.80

Hammer M45 George Matthews 44.26 M70 Tom McDermott 4kg 39.05 (US single-age record)

Javelin M50 Larry Morrell 29.20 M65 Tom Coughlin 30.31

Weight Throw M45 George Matthews 13.13 M60 Jim Brady 6.92 M70 Tom McDermott 7.66 M80 Ernest Dennison 4.65

USATF Southeast Regional Indoor Championships Murfreesboro, TN February 20

60m M30 Glyn Agnew 7.32 Lorenzo Payne 7.41 Jay Mathis 7.64 John Hunter 7.65 M35 Bill Cheadle 7.89 Mike Mall 8.30 James Stewart 8.57

M40 Dave Craig 7.2 Richard Finnie 7.6 Greg Marshall 7.7 Hodge Kirby 8.0 M45 Thaddeus Bell 7.4 Tom Brewer 7.6 Ceasar Austin 7.8 Mance Cooper 7.9 M50 Avital Schurr 8.08 Dave Denham 8.10 Dave Ellis 8.76 M55 Sammy White 7.71 Ralph Summerlin 7.79 Jim Mathis 7.81 Pat Meagher 8.38 M60 James Stookey 8.73 Ed Redditt 8.79 Russ McDaniels 10.06 M65 Jim Law 8.63 Frank Hayes 8.71 Jay Sponseller 8.71 Tom Kennell 9.11 W40 Donna Settles 8.94 W45 Phil Raschker 8.14WR W60 Leonore McDaniels 10.30 Geraldine Young 14.00 W65 Pat Peterson 10.14

200 M30 Jay Mathis 23.7 Frank McKozy 25.2 M35 Bill Cheadle 24.5 M40 Dave Craig 24.2 Greg Marshall 25.1 Jim Woosley 26.8 M45 Thaddeus Bell 24.5 Ceasar Austin 25.9 Alvin Seale 26.0 M50 Avital Schurr 26.1 M55 Charlie Miller 25.4 Sammy White 25.5 Pat Meagher 27.2 M60 James Stookey 26.9 Ed Redditt 28.8 Russ McDaniels 34.2 M65 Jim Law 27.4 Frank Hayes 29.0 M75 Jay Sponseller 33.2 W40 Donna Settles 28.7 W60 Leonore McDaniels 37.4 W65 Pat Peterson 35.3

300 M30 Jim Eckenrode 33.4 Scott King 33.9 Mark Carver 35.1 M35 James Stewart 39.3 M40 Taylor Weatherbee 39.6 Mike Walker 41.0 M50 Ed Clack 38.7 Dave Ellis 43.5 M55 Jim Mathis 36.4 Pat Meagher 38.8 Ralph Summerlin 39.8 Barry Bertram 42.5

400 M30 Jay Mathis 52.9 M35 Bill Cheadle 53.2 M45 Ceasar Austin 57.7 Jim Montmarquet 58.2 Alvin Seale 57.6 M55 Sammy White 57.8 Jim Mathis 57.8 M60 Fred Lovelace 75.9 M65 Jim Law 63.6 M75 Jay Sponseller 75.5 W30 Angela Nealy 70.0 W40 Donna Settles 63.9 W65 Pat Peterson 91.4

800 M30 Mark Carter 2:08.0 Paul Mattson 2:10.2 M35 Chuck Crowley 2:08.6 Norman Dodson 2:13.9 Mark Jidov 2:15.4 M40 Swag Hartel 2:01.6 M45 David Bailey 2:23.4 Randy Taylor 2:24.1 M50 James Huffman 2:38.4

Mile M30 Scott King 4:27.2 Tim Stewart 5:34.0 M35 Chuck Crowley 4:40.9 Norman Dodson 4:59.3 M40 Ron Merville NT M45 Randy Taylor 5:06.7 Larry Kirk 6:31.4 M50 Tom Bowden 4:59.1 Bud Joyner 6:27.3 M55 Jim Hite 6:15.7 M60 Fred Lovelace 7:24.1 W55 Joyce Hodges-Hite 7:10.5

3000 M30 Scott King 9:41.6 M45 Larry Kirk 13:09.5 M55 Jim Hite 12:54.9 M60 Larry Hall 12:42.6 W40 Vicki Crisp 10:58.5 W55 Joyce Hodges Hite 14:00.6

60mH M30 Mark Monti 8.77 M35 Bill Cheadle 9.15 M40 Richard Finnie 8.9 Barry Faust 11.5 M50 Dave Ellis 10.1 M55 Dale Lance 9.15 Charlie Miller 9.16 M60 Phil Mulkey 10.40 W45 Phil Raschker 9.38WR W65 Pat Peterson 15.60

High Jump M30 Jeff Helton 5-10 1/2 M35 Jeff Watry 5-10 1/2 M40 Jim Accordie 4-10 M45 Tom Brewer 4-10 M60 Phil Mulkey 4-9 1/2 M65 Frank Hayes 4-2 1/2 M75 Wib Ragland 3-10 W30 Angela Nealy 4-4 1/2 W60 Leonore McDaniels 4-1

Pole Vault M35 Tom Krebs 9-1 1/2 M40 Jerry Hock 12-6 John Dye 12-0 M45 Charles Polhamus 12-0 John Ewing 11-0 M55 Bill Murphy 7-6 Plato Toulitos 6-6 M60 Walter Diggs 7-6 M65 Fred Hirsimaki 7-0 M75 Ham Morningstar 5-5 1/2 W45 Phil Raschker 9-1 1/2WR W60 Leonore McDaniels 5-5 1/2

Long Jump M30 Jim Eckenrode 22-8 Glyn Agnew 21-11 1/2 John Hunter 19-8 1/2 M40 Taylor Weatherbee 17-9 1/2 Barry Faust 14-8 1/2 M45 Tom Brewer 19-5 1/2 M50 Avital Schurr 16-6 1/2 Dave Denham 16-5 1/2 M55 Bill Murphy 11-10 M60 James Stookey 17-4 1/2 Phil Mulkey 13-9 1/2 M65 Frank Hayes 14-6 1/2 W45 Phil Raschker 18-2WR W60 Leonore McDaniels 11-6 1/2

Triple Jump M30 Jim Eckenrode 44-3 1/2 M40 Taylor Weatherbee 36-4 1/2 M45 John Fwing 31-3 1/2 M50 Avital Schurr 30-7 1/2 M60 James Stookey 32-10 M65 Fred Hirsimaki 26-11 1/2 M70 Tom Kennell 28-0 W45 Phil Raschker 33-7 1/2 Liz McBlain 27-10 1/2 W50 Ann Carter 21-9 W65 Leonore McDaniels 24-5 1/2

Shot Put M30 Tom Flinn 41-7 1/2 M40 Jim Accardie 39-3 1/2 Russ Baker 36-3 M45 Larry Kirk 25-11 M50 Glenn Johnson 39-7 1/2 Steve Rogers 37-1 1/2 Mike Valle 36-7 1/2 M55 Lou Vodopya 33-5 1/2 Bill Murphy 32-3 1/2 M60 Phil Mulkey 40-11 1/2 M70 Boo Morcom 31-7 1/2 M75 Ham Morningstar 25-2 1/2 W60 Geraldine Young 17-5 1/2

56-lb Wt. M40 Russ Baker 30-0 M50 Mike Valle 20-11 1/2

35-lb Wt. M40 Russ Baker 44-0 M50 Mike Valle 33-0 M65 Dick Bergenbacic 28-5 1/2

25-lb Wt. M50 Mike Valle 40-10 1/2 Steve Rogers 36-6 1/2 M60 Phil Mulkey 39-7 1/2 M65 Dick Bergenback 36-5 1/2 M75 Ham Morningstar 27-11 1/2

1 Mile Racewalk M55 Bill Murphy 10:10.9 W40 Liz Longton 8:11.1

M70 M Buschman 8.66 G Rajceovich 8.71 A Holland 8.85 M75 M Flachs 8.95 W55 J Amery 11.4 W65 M Holland 7.6

200m M30 C Johnson 24.44 M Wyckoff 25.50 H VonWedeistaedt 29.20 M35 T Rewolinski 24.45 F Hervert 24.60 M40 P Malone 29.90 J Miller 31.40 M50 L Gunn 27.56 M55 J Weaver 27.09 J Weaver 27.09 D Amery 29.40 R Richardson 32.51 J Griffin 36.30 M60 H Brown 28.44 M65 Chuck Sochor 28.50 M Larsen 29.30 M70 G Rajceovich 34.72 M Buschman 35.60 A Holland 38.70 M75 M Lightfoot 36.03 M Flachs 38.90 W30 L Waltemate 33.50 W35 L L Rewolinski 32.80 W70 C Peebles 44.80

400m M30 C Johnson 55.86 M40 S Druckrey 58.10 M45 S Kaufman 1:35.30 M50 L Gunn 1:02.41 M65 C Sochor 1:04.30 M70 A Holland 1:53.90 M75 M Lightfoot 1:28.99 M Flachs 1:33.45 W70 C Peebles 1:49.00

800m M30 M Wyckoff 2:04.92 M Whittmore 2:12.60 H VonWedeistaedt 2:26.27 M35 F Hervert 2:12.33 D Rinaldi 2:14.10 R Terhune 2:17.20 M40 P Malone 2:32.84 M45 D Jackson 2:18.66 A Posner 2:18.74 S Kaufman 3:31.30 M50 P Hansen 2:52.60 M55 R Kowalski 3:00.10 L Ruber 3:04.45 M60 A White 3:34.00 M65 C Sochor 2:57.70 W35 L Rewolinski 2:54.40 W70 C Peebles 4:24.00

1500m M35 D Engelke 4:22 R Terhune 4:49 D Rinaldi 5:03 M40 J Miller 5:15 R Winkler 5:33 M45 K Clarke 5:26 S Kaufman 7:21 M50 V Heckler 4:23 P Hansen 6:10 M55 L Ruber 5:59 R Kowalski 6:08 M60 A White 6:46 W30 L Waltemate 6:13

3000m M35 D Engelke 9:36 M40 J Miller 10:54 M45 S Kaufman 15:15 M50 L Schiavo 13:55 M55 R Kowalski 12:11 L Ruber 12:19 M60 A White 14:12 M70 M Rolak 15:24 W50 M More

Continued from previous page

Standing Long Jump
M35 B Zahn 9-4
M40 P Malone 8-7 1/2
M50 G La Belle 7-11
M55 B Warren 8-6
M65 M Larsen 7-8
K Yahiro tie 7-8
M70 M Buschman 7-4
W45 M Platis 4-5 1/2
W55 J Emery 4-8
W60 M Bobowski 6-6 1/2
W65 M Holland 5-11
Long Jump
M35 J Valiska 13-6
M40 P Malone 16-6
M45 N Schuster 15-1 1/2
G Halverson 12-5
M50 G La Belle 13-6
M55 R Richardson 15-0
D Amery 14-5 1/2
J Griffin 12-10 1/2
M65 M Larson 15-9
C Sochor 14-11
K Yahiro 14-6
E Failor 12-2
E Hess 12-1
M70 M Buschman 13-0
G Rajceovich 11-8 1/2
A Holland 11-6 1/2
M75 M Flachs 11-1
W30 L Waltemate 12-8
M45 M Platis 10-0
W65 M Holland 7-9 1/2
Triple Jump
M65 E Failor 24-1
M70 G Rajceovich 24-1 1/2
M Buschman 23-4
A Holland 21-6 1/2
W60 M Bobowski 21-4 1/2
Shot Put
M40 J Senters 41-7 1/2
M45 J Hess 33-8
N Schuster 23-7 1/2
M50 S Berry 42-1 1/2
G La Belle 34-3 1/2
L Schiavo 25-1 1/2
M55 B Warren 37-8 1/2

B Kemp 35-10
W Czarny 35-3
D Amery 34-11
J Barton 30-11
R Richardson 29-3 1/2
M65 E Failor 4kg 35-0
M70 M Buschman 32-10 1/2
A Holland 31-1
G Rajceovich 28-1 1/2
M75 M Lightfoot 26-7
W45 M Platis 20-8
W50 K Huff 30-4 1/2
W55 J Emery 12-10
W60 M Bobowski 23-11
W65 M Holland 18-7
Weight Throw
M50 G La Belle 30-0
L Schiavo 22-3
M55 B Warren 31-9
D Amery 29-7
J Barton 21-8
W50 K Huff 24-6 1/2
56# Weight
M50 G La Belle 18-4
L Schiavo 17-2
M55 B Warren 21-5
D Amery 21-0
J Barton 11-1
98# Weight
M50 G La Belle 9-2
M55 D Amery 9-7
J Barton 7-0
200# Weight
M50 G La Belle 5-0
M55 D Amery 3-6
J Barton 2-0
3000m Racewalk
M60 V Genzlinger 17:13
M70 T Kirley 19:20
M Rolak 20:07
A Holland 23:06
W40 A Winkler 20:52
W45 J Bocci 16:39
W65 M Rolak 21:50
M Holland 24:19
W50 R Weatherford 19:49

SOUTHWEST

Oklahoma USATF Indoor Meet
Norman; February 14

55m
M35 David Hunt 7.53
M40 Robert Hahn 7.08
Jim Dolezel 7.44
M45 Mike Steinmetz 7.23
M50 Gary Oliphant 7.20
M55 Dale Lance 7.36
Bob Santine 7.89
M60 Stan Giles 7.73
Bill Wright 8.01
M70 Doc Bennett 8.51
200m
M30 Mike Houston 22.94
M35 Brooks Wright 27.73
M40 Tom Thompson 23.58
M45 Mike Steinmetz 27.06
M50 TOLLIE BIBB 29.74
M60 Stan Giles 29.76
M70 Doc Bennett 39.54
400m
M30 Mike Houston 53.59
M35 Rick Easley 54.07
M40 Tom Thompson 54.04
Steve Caloney 54.33
M50 Larry Toothaker 65.97
M55 Jim Kennedy 66.42
800m
M30 Freddie Wilson 2:03.17
Randy Weaver 2:08.21
M35 Rick Easley 2:01.38
Norman Roper 2:04.71
M40 Steve Caloney 2:24.67
M50 Larry Toothaker 2:24.67
M55 Jim Kennedy 2:43.62
1500m
M30 Randy Weaver 4:22.32
Martin Maag 4:23.44
M40 Steve Caloney 5:28.93
M35 Norman Roper 4:20.70
M55 Jim Kennedy 6:03.96

3000m
M30 Randy Weaver 9:04.60
Martin Maag 9:05.67
M40 Paul Ankenman 13:33.68
M55 Roy Delly Sr 17:24.04
55mH
M35 Ken Ellis 7.76
M40 Colin Williams 7.35
Robert Hahn 8.64
M50 TOLLIE BIBB 11.85
High Jump
M35 Ken Ellis 6-0
M40 Jim Dolezel 5-0
M45 Tim McGough 4-5
M50 Sam Pfenning 4-5
Mike Wilhite 3-11
M60 Bill Butterworth 4-2
M70 Scott Herman 3-11
Doc Bennett 3-9
Pole Vault
M35 Ken Ellis 13-3
M40 Jim Dolezel 10-0
M50 Mike Wilhite 6-6
Long Jump
M35 Allen Blaylock 18-7
M40 Colin Williams 19-9 1/2
M45 Tim McGough 12-7 1/2
M50 Gary Oliphant 16-4 1/2
Sam Pfenning 14-4 1/2
M60 Bill Butterworth 13-8 1/2
Stan Giles 13-8 1/2
Bill Wright 13-5
Triple Jump
M35 Allen Blaylock 40-7
M40 Jim Dolezel 35-0
M50 Mike Wilhite 26-0
M60 Bill Butterworth 27-11
M70 Doc Bennett 23-3
Shot Put
M35 Ken Ellis 39-3
Russ Hinson 31-9 1/2
M45 Tim McGough 31-1
M50 Sheppard Miers 42-11
Dan Dewelt 36-4
M55 Tom Wesselowski 42-8 1/2
M60 Engel Grow 42-11 1/2
M70 Scott Herman 42-3 1/2

Southern Association Meet
Gonzales, LA; March 6

55m
M55 Jerry Lyons 7.92
M60 Sid Montecino 8.16
100m
M55 Jerry Lyons 14.22
M60 Sid Montecino 15.01
200m
M60 Sid Montecino 33.26
100mH
M55 Jerry Lyons 19.33
Long Jump
M55 Jerry Lyons 15-3
Triple Jump
M55 Jerry Lyons 30-10
Shot Put
M35 Jeff Baty 36-3 1/2
M55 Howard Taylor 27-4 1/2
M60 Paul Adams 36-9 1/2
Discus
M35 Jeff Baty 110-6
M55 Howard Taylor 102-4
M60 Paul Adams 101-10
Javelin
M35 Jeff Baty 128-7
M55 Jerry Lyons 101-5
WEST
Stanford Throws Series #11
Stanford U.; Calif;
January 1
Shot
M30 Ron McKee 54-6 1/2
M35 Eric Hodgdon 41-1 1/2
M40 Gary Kelmenson 33-9 1/2
M50 Mike Parker 39-9 1/2
M55 Don Hughes 27-3
Discus
M30 Robert Weir 166-4
M40 Gary Kelmenson 103-1
M50 Michael Parker 110-10
Hammer
M35 Eric Hodgdon 127-0
M40 Gary Kelmenson 128-2

M50 Michael Parker 82-1
M55 Don Hughes 89-10
Javelin
M35 Eric Hodgdon 112-5
M40 Gary Kelmenson 107-1
M50 Michael Parker 90-0
M55 Ruth Hallanger 37-11
35# Weight
M30 Dave Swan 57-3 1/2
M35 Eric Hodgdon 37-11
M40 Gary Kelmenson 36-10
M55 Don Hughes 28-1 1/2

Stanford Throws Series #12
Stanford U. CA;
February 13

Shot Put
M35 Eric Hodgdon 41-9
M40 Gary Kelmenson 35-1 1/2
M50 Mike Parker 40-8
M55 Don Hughes 28-11 1/2
Discus
M40 Gary Kelmenson 106-9
M50 Mike Parker 107-10
M55 Gary Dawson 90-9
Hammer
M30 T Gustafson 18# 220-1
M35 Eric Hodgdon 118-3
M40 Gary Kelmenson 126-11
M50 Mike Parker 87-6
M55 Steve Thomson 152-6
Gary Dawson 109-3
M70 Bob Stone 76-11
Javelin
M35 Eric Hodgdon 121-6
M40 Gary Kelmenson 117-0
M50 Mike Parker 400gr 110-9
M55 Gary Dawson 400gr 97-5
Don Hughes 400gr 76-5
Weight Throw
M30 Torre Gustafson 71-8 1/2
M35 Eric Hodgdon 38-8 1/2
M40 Gary Kelmenson 39-10 1/2
M55 Steve Thomson 43-8
Don Hughes 27-8 1/2
M70 Bob Stone 24-9

VI WAVA Oceania Regional
Championships
Norfolk Island
November 30-December 6

100m
M35 P Ireland AUS 11.4
M40 D Pease AUS 11.3
M45 D Sheehan AUS 12.2
M50 G Clemens AUS 12.0
M55 H Coogan AUS 12.0
B McPhail NZL 12.0
M60 J Liascos AUS 13.5
M65 F O'Connor AUS 13.3
M70 B Hogan AUS 13.7
M75 J Stevens AUS 17.9
M85 R Frith AUS 22.5
W35 S Randall NFK 15.0
W40 E Hindle AUS 13.5
W45 A Hathaway NZL 13.7
W50 L Wana NZL 15.1
W55 A Horsnell AUS 14.7
W60 C Blair NZL 16.2
M Petley NZL 16.3
W65 A Acott NZL 16.8
W70 A Hogan AUS 16.7
W75 R Sole NZL 18.9
200m
M35 P Ireland AUS 24.2
M40 D Pease AUS 24.5
M45 A Tamaniwif FJI 27.0
M50 G Clemens AUS 25.8
M55 B McPhail NZL 25.2
H Coogan UAS 26.0
M60 F Daniels AUS 28.2
M65 T Hishon AUS 29.4
F O'Connor AUS 29.6
M70 B Hogan AUS 29.7
M75 J Stevens AUS 36.6
W30 M Perrott AUS 28.0
W35 S Randall NFK 32.9
W40 E Hindle AUS 29.2
W45 A Hathaway NZL 29.5
W50 B Windeatt NZL 32.8
W55 A Horsnell AUS 32.7
W60 A Cooper AUS 32.2
W65 A Acott NZL 37.5
W70 A Hogan AUS 37.6
W75 R Sole NZL 44.3
400m
M35 W Doney NZL 53.1
M40 M Weddell NZL 55.7
M45 D Sheehan AUS 56.2
M50 A Bradford AUS 57.2
M55 B McPhail NZL 57.8
H Coogan AUS 58.0
M60 F Daniels AUS 63.3
M65 T Hishon AUS 70.5
M70 A McIntosh NZL 84.8
M75 J Stevens AUS 100.2
W30 Y Mullins AUS 66.0
W35 H Roebuck NZL 72.7
W40 N Bowmar NZL 69.1
W45 A Hathaway NZL 64.5
W50 J Chandler NZL 72.1
W55 M Duguid AUS 76.7
W60 A Cooper AUS 75.1
W65 A Acott NZL 86.7
W75 R Sole NZL 115.6

800m
M35 W Doney NZL 2:08.3
M40 B Meder NZL 2:16.0
M45 M Clarkson NZL 2:11.5
M50 A Bradford AUS 2:19.0
M55 P Kors NZL 2:31.2
M60 G Pearce NZL 2:39.4
M65 F Bettella NZL 2:56.2
M70 G McPherson NZL 3:20.5
M75 J Stevens AUS 3:25.6
M80 F Cox NZL 4:39.3
W30 Y Mullins AUS 3:02.6
W35 S Ross NZL 2:42.4
W40 B Allen NZL 3:11.1
W45 L Reed NZL 2:48.8
W50 M Orman NZL 2:53.9
J Chandler NZL 2:59.6
W55 P Hewitt NZL 3:00.1
W60 P Fletcher NZL 3:15.4
W65 S Brasher AUS 3:29.1
1500m
M35 W Doney NZL 4:23.0
M40 B Meder NZL 4:19.0
M45 M Clarkson NZL 4:25.5
M50 A Bradford AUS 4:38.8
M55 J Seymon AUS 4:54.1
M60 G Pearce NZL 5:24.4
M65 J Eccles NZL 5:44.9
M70 G McPherson NZL 7:10.7
M75 J Stevens AUS 6:59.3
M80 F Cox NZL 8:06.0
W35 V Adams NZL 5:04.7
W40 S Payne NZL 5:25.2
W45 L Reed NZL 5:30.5
W50 M Orman NZL 5:14.0
J Chandler NZL 5:50.3
W55 P Hewitt NZL 5:50.5
W60 P Fletcher NZL 6:13.2
W65 S Brasher AUS 6:43.2
5000m
M35 I Martin NZL 17:15
M40 D Litt NZL 16:39
M45 E Greaves AUS 17:08
M50 A Bradford AUS 16:44
M55 J Seymond AUS 17:36
M60 G Pearce NZL 19:26
M65 J Eccles NZL 20:03
M70 M McRae NZL 26:09
M75 C Green NZL 27:52
M80 F Cox NZL 30:57
W35 V Adams NZL 18:30
W40 S Payne NZL 20:04
W45 L Reed NZL 20:21
W50 M Orman NZL 19:19
W55 P Hewitt NZL 21:21
W60 P Fletcher NZL 22:20
W65 S Brasher AUS 24:24
Short Hurdles
M35 P Ireland AUS 17.1
M40 M Lafferty AUS 20.7
M45 I Lewanavanua FJI 21.2
M50 B Phelan AUS 20.5
M55 S Foster NZL 19.5
M60 B Moulton AUS 18.8
J McGrath AUS 18.8
M65 F O'Connor AUS 21.5
W30 P Martin AUS 23.5
W35 J Adams NZL 21.7

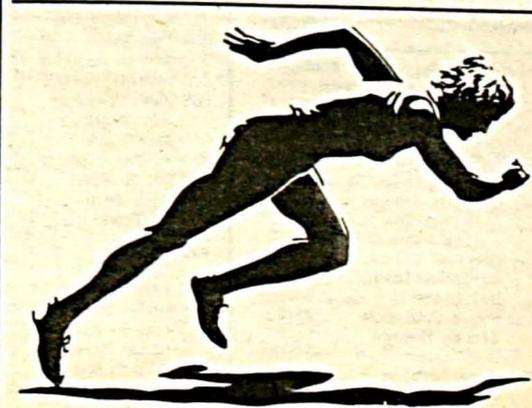
INTERNATIONAL

W40 E Hindle AUS 13.1
W45 L Anderson NZL 21.7
W55 B Parkinson AUS 14.6
W60 C Blair NZL 18.0
400H
M35 W Doney NZL 67.8
M40 M Lafferty AUS 80.4
M45 I Lewanavanua FJI 66.8
W30 Y Mullins AUS 81.3
W35 J Adams NZL 101.4
300H
M50 M Hall AUS 46.8
M55 S Foster NZL 46.3
M60 B Moulton AUS 51.7
M65 F O'Connor AUS 57.3
M70 K Hopkins AUS 60.6
3000SC
M35 W Doney NZL 10:42
M40 B Meder NZL 9:59
M45 E Greaves AUS 11:04
M50 A Bradford AUS 10:44
M55 J Seymon AUS 11:53
2000SC
M60 R Johnson NZL 8:53
M65 J Eccles NZL 8:29
M70 K Hopkins AUS 11:23
M75 C Green NZL 13:41
W30 P Martin AUS 9:50
W35 V Adams NZL 7:48
W45 E Mercer AUS 9:14
W50 M Orman WR NZL 8:17
4x100 Relay
M40 Fiji 51.5
M50 Australia 49.6
W35 New Zealand 58.4
W45 New Zealand 57.7
High Jump
M40 A Stringer NZL 1.66
M45 P McWilliams AUS 1.32
M50 L Smith NZL 1.46
M55 B McPhail NZL 1.42
M60 G Courlay AUS 1.42
M65 C Rann AUS 1.28
M70 K Hopkins AUS 1.16
M75 V Adamson NZL 0.90
W40 N Bowmar NZL 1.26
W45 L Anderson NZL 1.24
W50 G Dick NZL 1.10
W55 G Seymon AUS 1.14
W60 J Jacobs NZL 0.96
Long Jump
M35 W Doney NZL 5.76
M40 D Pease AUS 5.59
M45 A Tamaniwif FJI 4.77
M50 G Clemens AUS 5.57
M55 B McPhail NZL 5.41
M60 J McGrath AUS 4.76
M65 F O'Connor AUS 4.76
M70 K Hopkins AUS 3.73
M75 V Adamson NZL 2.47
M80 F Cox NZL 2.00
M85 R Frith AUS 1.78
W30 M Perrott AUS 4.97
W35 S Ross NZL 4.59
W40 E Hindle AUS 4.77
W45 J Senior NZL 4.43

M55 L Devlin NZL 42.88
M60 G Lawless NZL 34.62
M65 C Rann AUS 35.60
M70 S Johnson NZL 42.48
M85 R Frith AUS 13.32
W30 A Tulitau NCL 35.76
W35 D Strange NZL 28.84
W40 H Steer NZL 29.88
W45 B Savage NZL 38.66
W50 H Searle AUS 38.32
W55 M Stanley NZL 31.28
W60 M Petley NZL 19.84
W65 A Williams NZL 17.79
W70 M Vickers AUS 10.92
W80 R Frith AUS 17.80
Javelin
M35 S Naivalu FJI 45.62
M40 E Nukutabu FJI 41.72
M45 D Poppe NCL 38.68
M50 G Clemens AUS 40.78
M55 A Ropelin AUS 32.44
M60 B Moulton AUS 31.60
M65 R Hochreiter " 37.78
M70 K Hopkins AUS 32.80
M85 R Frith AUS 10.22
W30 A Tulitau NCL 43.46
W35 D Strange NZL 24.90
W40 W Loi PNG 28.88
W45 M Thomas AUS 33.86
W50 M Orman NZL 25.64
W55 G Seymon AUS 25.60
W60 N Pepene NZL 25.48
W65 A Williams NZL 18.98
W70 M Vickers AUS 10.20
W75 M Stevens AUS 7.24
Pentathlon
M35 W Doney NZL 2978
M40 B Witty AUS 2284
M45 D Sheehan AUS 2932
M50 G Blair NZL 2751
M55 B McPhail NZL 3130
M60 B Moulton AUS 2670
J McGrath AUS 2667
M65 F Bettella TON 2607
Pentathlon - Women
(LJ/JT/100/SP/800)
W30 Y Mullins AUS 2034
W35 S Graham NZL 1697
W40 E Hindle AUS 2916
W45 A Hathaway NZL 2993
W50 M Orman NZL 3198
W60 N Pepene NZL 2557
W65 D Bottrill NFK 1969
1500m Racewalk
M35 C Riddoch AUS 7:17
M40 M Lafferty AUS 11:38
M45 G White AUS 6:44
M50 R Hall AUS 7:59
M55 M Hinton NZL 7:06
M60 D Fotheringham GBR 7:56
M65 F Bettella TON 8:31
M80 T Daintry AUS 9:58
W40 B Lambert NZL 7:44
W45 P Newnham AUS 7:54
W50 P Hall AUS 8:33
W55 T Leb AUS 9:14
W60 P Lindstrom NZL 10:52

W65 M Colthup AUS 9:58
W80 N Jeffreys AUS 13:29
5000m Racewalk
M35 C Riddoch AUS 26:53
M45 G White AUS 23:59
M50 R Hall AUS 27:29
M55 M Hinton NZL 26:49
M60 K Walters AUS 27:44
M65 F Bettella TON 30:29
M80 T Daintry AUS 33:57
W40 B Lambert NZL 28:30
W45 P Newnham AUS 29:28
W50 L Foster NZL 30:25
W55 T Leb AUS 32:09
W60 P Lindstrom NZL 36:48
W65 M Colthup AUS 34:07
W80 N Jeffreys AUS 46:06
10K Roadwalk
M45 G White AUS 49:27
M50 R Hall AUS 58:51
M55 M Hinton NZL 54:11
M60 K Walters AUS 57:42
M65 D Withers GBR 61:23
M80 T Daintry AUS 69:01
W40 B Lambert NZL 58:24
W45 P Newnham AUS 61:48
W50 P Hall AUS 64:32
W55 T Leb AUS 67:19
W60 P Lindstrom NZL 83:20
W65 M Colthup AUS 69:14
W80 N Jeffreys AUS 94:34
9K Cross-Country
M35 I Martin NZL 34:31
M40 D Litt NZL 33:19
M45 P Bagley NZL 34:27
M50 A Bradford AUS 33:22
M55 J Seymon AUS 36:13
M60 B Kane NZL 40:17
M65 J Eccles NZL 41:45
M70 R Oughton AUS 53:34
M75 C Green NZL 59:36
M80 F Cox ZL 69:23
W30 P Martin AUS 29:24
W35 V Adams NZL 24:04
W40 S Payne NZL 26:45
W45 L Reed NZL 25:24
W50 M Orman NZL 25:14

W55 P Hewitt NZL 28:16
W60 P Fletcher NZL 29:18
W65 S Brasher AUS 32:48
16K Road Race
M35 I Martin NZ 59:14
M40 D Litt NZ 57:42
M45 M Clarkson NZ 58:19
M50 A Bradford AUS 57:42
M55 J Seymon AUS 1:01:53
M60 G Pearce NZ 1:06:21
M65 J Eccles NZ 1:14:33
M70 M McRae NZ 1:35:31
M75 C Green NZ 1:41:00
M80 F Cox NZ 1:51:00
W30 P Martin NZ 1:22:58
W35 V Adams NZ 1:07:39
W40 S Payne NZ 1:11:42
W45 R Marshall NZ 1:10:33
W50 T Woodham NZ 1:17:10
W55 P Hewitt NZ 1:15:06
W60 P Fletcher NZ 1:18:18
W65 S Brasher AUS 1:32:29
Weight Pentathlon
M35 C Riddoch AUS 2133
M40 F Cassier NCL 3769
M45 D Poppe NCL 3056
M50 L Waitawa FJI 2870
M55 L Devlin NZL 3412
M60 G Lawless NZL 3753
M65 C Rann AUS 4284
M70 S Johnson NZL 4356
W30 A Toutau NCL 3320
W35 D Strange NZL 2864
W40 H Steer NZL 3060
W45 B Savage NZL 3541
W50 H Searle AUS 3916
W55 M Stanley NZL 3278
W60 W Pepene NZL 2858
W65 A Williams NZL 2844
W70 M Vickers AUS 1957
AUS-Australia; NZL-New Zealand; TON-Tonga; GBR-Great Britain; PNG-Papua New Guinea; NCL-New Caledonia; MNP-Malay Peninsula; WSM-Western Samoa; NFK-Norfolk Islands
Continued on next page



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.

NATIONAL

USATF National Masters 100K Championships Central Park, NYC; February 27

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Valmir Nunes 28 BRA 6:45:38 and Marta Vass 30 HUN 8:13:54.

EAST

NYRRC Season Opener 8K Central Park, NYC; January 10

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Don DiDonato 35 25:02 and Gillian Beschloss 34 28:39.

NYRRC Snowflake 4 Mile Central Park, NYC; February 6

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Khalid Kairouani 26 20:07 and Gillian Beschloss 34 23:43.

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like M60 Hans Hunziker 27:39 and Joseph Burns 28:06.

Great Stew Chase 15K Lynn, MA; February 6

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Dan Verrington 30 49:22 and Cathy Lifschultz 29 58:52.

DCRRRC Washington's Birthday Marathon Greenbelt, MD; February 14

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Ric Banning 40 2:46:56 and Claudia Ciavarella 44 3:13:17.

NYRRC Frostbite 10 Miler Central Park, NYC February 14

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like John Tolbert 32 53:24 and Ellen Gluf 27 63:09.

NYRRC Snowflake 4 Mile Central Park, NYC; February 6

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Khalid Kairouani 26 20:07 and Gillian Beschloss 34 23:43.

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like W55 Gudrun Philips 74:39 and Lynn Sherman 82:50.

NYRRC Bagel Run 10K Central Park, NYC; February 21

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Glen Devison 28 30:41 and Jeanne Peterson 23 35:37.

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like W40 Diane Ditchfield 42:03 and Diane Hawkins 44:35.

New Jersey/USATF Masters 20K Championships Newark; March 7

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Joe LeMay 1:02:44 and Anne Marie Letko 1:10:30.

SOUTHEAST Charlotte Observer Marathon/10K Charlotte, NC; January 9

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Jim Nicholson 27 2:21:58 and Amy Kattwinkel 25 2:45:16.

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like 1 Wilson Waigwa 43 30:47 and Charles McMullen 41 31:54.

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Kristy Johnston 27 33:25 and Francielarrue-Smith 40:34:55.

Metro-Dade Marathon/Half-Marathon/5K Miami; January 17

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Victor Miranda 32 2:35:41 and Janet Salazarohst 25 3:01:02.

--Half-Marathon-- Overall

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Randy Haas 30 1:06:43 and Lynda Kohl 23 1:22:34.

--5K-- Overall

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Ricardo Darnaud 27 16:40 and Kim Harding 25 19:14.

Alamo Heart 5K/10K Miami, FL; February 6

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Matt Fontaine 25 15:24 and Sharon Chiong 29 18:17.

Racewalk: Overall

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Eric Schmook 27 23:47 and Tamar Shendell 27 27:40.

--10K-- Overall

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Ronnie Holassie 21 31:13 and Mary Level-Menton 29 34:56.

Great Gainesville 5K Gainesville, FL; February 6

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Gavin Gaynor 27 14:18 and Monica O'Reilly 30 16:01.

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Ken Sloan 18:03 and Harry Shoff 19:01.

Gasparilla 15K Tampa, FL; February 27

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Valdenor d'Santos BRA 42:41 and Carmen d'Oliveira BRA 49:03.

MIDWEST Clifton TC Winter 7 Mile Cincinnati, OH; January 17

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Steve Taylor 36:46 and Susan Hickey 44:32.

MID AMERICA Groundhog Run 10K Kansas City, MO; February 7

Table with columns for Overall, Name, Age, Sex, and Time. Includes entries like Manuel Abascal 29 31:06 and Bridget Collins 37:00.

Continued on next page

Continued from previous page

M65 Jean Wasser 84:19
from Jerry Morrison

SOUTHWEST

**First Colony 30K
Sugar Land, TX; December 12**

Overall

Jon Warren 27	1:36:52
Carol McLatchie 41	*1:53:59
M40 Roger Boak	1:53:44
Ted Bidwell	1:56:57
Ross Mills	1:58:27
M45 Gene Timberlake	1:51:43
David Chester	1:58:29
A Dominguez	1:58:43
M50 Michael Carnes	1:55:40
Ino Beach	2:01:47
M55 Ino Cantu	2:00:39
W40 C McLatchie	1:53:59
Debbie Wernet	2:09:28
Doris Wehr	2:13:26
W45 Nancy Prejan	2:08:45
Marilyn McNaughton	2:21:02
W55 Joyce Gaskin 55	*2:17:30

WEST

**Great Impasta Half-Marathon
Tucson, AZ; December 13**

Overall

Greg Wenneborg 25	1:09:54
Katie Williams 23	1:20:09
M40 David Hunter	1:16:38
M45 Earl Evans	1:25:50
M50 Larry Ettinger	1:27:13
M55 Harold Hawkes	1:32:43
M60 Donald Graving	1:39:03
M70 Bob Martin 72	1:56:08
W40 Valeria Koch	1:37:26
W45 Shirley Hester	1:47:52
W50 Sandra Heater	1:49:14
W55 Lucy Sandoval	2:15:28

**San Diego AC 5 Miler
San Diego, CA; January 7**

Overall

Joao N'tyamba	24:12
Jeanne Lasee-Johnson	28:23
M40 Marty King	27:50
M45 Gordon Lutes	29:39
M50 Dan McCaskill	30:00
M55 Richard Ramirez	33:18
M60 John Terrell	33:47
M65 Jim O'Neil	32:56
M70+ Jim McCown	33:50
W40 Robin Paine	32:36
W45 Ann Walker	34:29
W50 Eileen Pue	34:51
W55 Dixie Madsen	38:13
W60 Dorothy Stock	39:09
W65 Mary Storey	41:33

**Las Vegas International
Marathon/Half-Marathon
Las Vegas, NV; February 6**

--Marathon--

Overall

Doug Kurtis 40	MI 2:18:55
Kathy Smith 26	CA 2:41:19

Top M40+

Doug Kurtis	MI 2:18:55
Luis Lopez	CRC 2:19:38
Domingo Tibaduiza	NV 2:19:57
Tom Birmie	NZL 2:20:44
Artelio Navarro	MEX 2:22:00
Jose Rubio	MEX 2:23:00

M40-44

Manuel Pino	AZ 2:26:50
Ron Gee	CA 2:29:24
Terry McCluskey	OH 2:34:21
Nick Caswell	NY 2:47:16
Gilles Olry	FRA 2:50:37
Bob Hermersch	NY 2:51:10

M45-49

Bob Schlaw	SC 2:39:36
Don Mathieu	MN 2:45:05
Ronald Gehl	CAN 2:45:30
Hayden Smith	AZ 2:47:26
Steve Shopoff	TX 2:49:58
George Bakay	CAN 2:50:46
Robert Stevens	IL 2:57:46

M50-54

Simon Rubin	CA 2:53:56
Jared Mondry	MN 2:58:06
Ron Rohrer	OH 2:58:48
Don Kinney	CO 2:59:25
Paul Peacock	UT 2:59:33
Jim Fitch	MI 3:00:07

M55-59

Darrell Natter	UT 2:47:32
Jim Way	WY 2:56:32
David Whitten	NY 2:58:36
Phillip Mann	CO 3:00:20
Brian Delaney	CAN 3:00:53
Roy Svaningen	CAN 3:01:12

M60-64

Jim Smedema	IA 3:10:30
Walt Grosski	NY 3:16:00
Albert Nobuto	CA 3:23:09
Perry Silverman	FL 3:26:47

M65-69

Edouard Salvi	FRA 3:11:11
Jerry Johncock	MI 3:16:31
Don Butler	WA 3:39:59

M70+

Bill Wallace	CA 4:15:42
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Anthony Azzaro	IL 5:33:39
Thomas Park	OH 5:35:22

Top W40+

Karen Blackford	MI 2:49:36
Candy Dodge	CA 2:53:28
Sherril Hall	CA 2:54:08
Jane Hutchison	MO 2:55:09
Marina Jones	CA 2:57:58
Patricia Fanelli	CA 2:58:16

W40-44

Sue Francis	CA 3:13:45
Merle Heimberg	LA 3:23:10
Ifeoma Adams	CA 3:26:48
Marian Fuller	CO 3:29:30

W45-49

Laurie Murray	CAN 3:03:52
Joyce Taylor	AR 3:23:01
Linda Tortora	IN 3:35:17
Loretta Bronk	CA 3:38:04

W50-54

Christel Shea	KS 4:03:47
Tomiko Ishihara	JPN 4:16:38
Carol Knight	IL 4:23:04

W55-59

Dixie Madsen	CA 3:44:15
Joyce Hodges Hite	GA 3:58:54
Ann Fleck	OH 4:37:05

W60-64

Jane Corso	CA 4:58:04
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W65-69

Margie Withrow	CA 4:58:37
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**Los Angeles Marathon
March 7**

Overall

Bo Reed	AZ 1:02:18
Lisa Weidenbach	WA 1:11:44

Top M40+

Chuck Smead	CO 1:07:37
Rick Reimer	CO 1:10:29
Bob Becker	CA 1:10:41
Stephen Lester 50	UT 1:10:47
Larry Ingram	CO 1:11:49

M40-44

Wes Wessely	GA 1:12:26
Barry Schaefer	CA 1:12:43
Joe Alvarado	CA 1:12:52

M45-49

Ron Jensen	CA 1:13:49
David Oropeza	AZ 1:15:53
Tony Gerardi	NV 1:16:03

M50-54

Tom Curry	NV 1:14:10
Jim Chenoweth	CA 1:14:53
James Williams	CA 1:15:40

M55-59

Roger Davies	CAN 1:20:16
Bob Barber	CA 1:21:03
Kent Topham	UT 1:23:20

M60-64

Battista Locatelli	IN 1:31:36
Chas Redepinning	TX 1:34:57
Leonard Hoffman	IA 1:35:55

M65-69

Ruben Vigil	NM 1:25:13
Harold Hubbard	MN 1:36:35

M70+

John Manning	ID 2:01:54
John Coles	CA 2:02:26

Top W40+

Carol McLatchie	TX 1:14:49
Suzanne Ray	AK 1:15:57
Loi Coker	CA 1:25:17
Yvette La Vigne	CA 1:30:15
Marcy Gilles	MN 1:30:18

W40-44

Linda Hartman	PA 1:31:56
Linda Bennett	NV 1:35:28

W45-49

Connie Bouchard	TX 1:30:33
Gloria Jansen	MN 1:30:35
Paula Emmons	MI 1:31:35

W50-54

Audrey Schroeder	MN 1:35:11
Marlin Schnobrich	MN 1:37:33

W55-59

Simone King	CA 1:49:44
Rose Nichols	OR 1:50:02

W60-64

Marcia McChesney	OR 2:02:49
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W65-69

Helen Dick	CA 1:46:32
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M70+

Marybelle Russell	NV 2:09:04
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**Long Beach Marathon
Long Beach, CA; February 7**

Overall

Brad Hawthorne	37 2:18:34
Linda Somers	31 2:38:42

M40+

Bill McDermott	41 2:44:20
Rae Clark	41 2:44:47
Hayashi Masatoshi	45 2:45:30
Fred Pichay	42 2:52:08
Daniel Kelly	45 2:54:00
Harold Sainz	42 2:54:08
Glen Stilo	42 2:54:53
Ken Lawlor	47 2:56:55
Joe Rizza	45 2:57:22
Carmelo San Paolo	41 2:57:59

W40+

La-Chu Ng	40 2:47:41
June Gessner	40 3:15:54
Diane Eastman	50 3:16:41
Margaret Neville	48 3:23:09
Pat Brumbalow	51 3:26:44
Neddie Legg	42 3:27:54
Sally Rogers	43 3:30:50
Cindy Van Stralen	45 3:34:14
Nancy Samples	40 3:34:45
Heidi Schutt	42 3:35:58

**Long Beach Marathon
Long Beach, CA; February 7**

Overall

Eric Schmook 27	23:29
Linda Stein 45	27:15
M45 David Stein	35:05
M50 Jay Calpen	34:12
M55 Bob Cella	29:16
M60 Bob Fine	28:13
Jerry Comes	28:39
M65 Sumner Shafmaster	33:57
Jerry Kauffman	34:11
M70 Paul Geyer	33:44
M75 Max Gould	32:17
W40 Bonnie Laso	36:41

**San Jose Mercury-News 10K
San Jose, CA; March 7**

Overall

Brian Abshire 29	29:17
Janet Bowie 23	34:27

M40

Domingo Tibaduiza	30:46
Bill Shawhan	34:29
Bernie Lahde	34:45
Jim Roberts	34:46

M50

Tim Rostege	35:14
Jim Turner	38:00
Jerry Lalonde	38:08
Rolf Nebelung	38:12

M60

Hank Fragoza	41:17
George Olivias	42:16
Adrian Rios	42:53
Marcel Lasseale	44:10

W40

John Ottaway	37:21
Laurie Binder	38:35
Patricia Fanelli	38:38
Melinda Villar	39:01

W50

Shirley Watson	37:50
Janice Walton	53:09
Luise Muller	53:38
Priscilla Higgins	53:43

W60

Joy Johnson	52:25
Jean LaFever	61:21
Carmen Hegarty	61:35
Relma Siirila	65:11

**Los Angeles Marathon
March 7**

Overall

Joseildo Rocha 28	2:14:29
Lubov Klochko 33	2:39:49

M40

Ismael Martinez	MEX2:45:45
Jesus Figueroa	CA 2:49:46
Manuel Diaz	CA 2:49:58
Garth Parker	CAN2:52:12
Laddie Shaw	AK 2:53:00
Carlos Ruiz	CA 2:54:06
Dale Magnin	NV 2:54:26
Takashi Chida	JAP2:54:45
Fernando Montes	MEX2:56:03
Fred Pichay	CA 2:56:45

M45

Dennis Bock	CA 2:36:32
Dick Hershman	CA 2:44:17
Jussi Hemelainen	CA 2:50:56
Helmut Reitmeier	GER2:52:42
Adolfo Nolasco	MEX2:54:12
Joe Theron	CA 2:55:57
Rafael Castolo	CA 2:57:31
Antoine Deschamps	FRA2:58:47
Ricardo Bustamante	CA 2:59:01

M50

Angel Lara	CA 2:42:10
Julien Barrera	SAL2:46:11
Benny Medina	CA 2:51:43
J J Gutierrez	CA 2:54:19
Sal Delgado	MEX2:58:35
Thomas Duket	CA 3:07:15
J R Short	CA 3:07:36

M55

Paul Redoble	CA 2:58:08
John Correla	CA 2:59:31
Imre Michura	TX 3:02:38
Carlos Valle	CA 3:04:56
James Kim	CA 3:12:50
Hugo Badgett	CA 3:12:51

M60

Patrick Devine	CA 3:15:52
Jack Cagot	OH 3:20:13
Russell Connors	ME 3:22:04
Richard Roodberg	CA 3:22:25

M65

Ruven Vigil	NM 3:49:37
Reinhold Ulrich	CA 3:53:57
Robert McKeague	IL 3:56:46

M70

Milton Bassett	CA 4:09:56
Eddie Lewin	CA 4:58:13
Bill Kuester	CA 8:05:12

W40

Candy Dodge	CA 3:03:10
W45 Kathy Singer	ID 3:38:11
W50 Diane Eastman	CA 3:17:34
W55 Wen-Shi Yu	NY 3:48:26
W60 Norma Sumon	CA 4:20:03
W65 Inez Phillip	CA 5:58:07
W70 Luci Byers	CA 5:04:09
W75 Toni Vrba	CA 7:47:39

**Los Angeles Marathon
March 7**

Overall

Eric Schmook 27	23:29
Linda Stein 45	27:15
M45 David Stein	35:05
M50 Jay Calpen	34:12
M55 Bob Cella	29:16
M60 Bob Fine	28:13
Jerry Comes	28:39
M65 Sumner Shafmaster	33:57
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M70 Paul Geyer	33:44
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W65 Inez Phillip	CA 5:58:07
W70 Luci Byers	CA 5:04:09
W75 Toni Vrba	CA 7:47:39

RACE WALKING

**Dani Colby 5K RW
Coconut Creek, FL;
January 31**

Overall

Eric Schmook 27	23:29
Linda Stein 45	27:15
M45 David Stein	35:05
M50 Jay Calpen	34:12
M55 Bob Cella	29:16
M60 Bob Fine	28:13
Jerry Comes	28:39
M65 Sumner Shafmaster	33:57
Jerry Kauffman	34:11
M70 Paul Geyer	33:44
M75 Max Gould	32:17
W40 Bonnie Laso	36:41

W45 Linda Stein	27:15
W50 Kay Cella	33:44
W55 June Marie Provost	29:44
W60 Marcie Shafmaster	34:15
W65 Vivian Jeffers	35:55
W70 Trudy Byer	47:58

**MAC Indoor RW
Brooklyn, NY; February 14**

Overall

Robert Barrett M55	8:29.5
Debra Scott	7:34.3
M55 Barrett	8:29.5
M70 Jay Charles	11:58.6
W50 Elton Richardson	8:56.6
W60 Minna Charles	11:58.6

**Connecticut Post Mall 3K RW
Milford; February 14**

M40 Joe Light	14:56

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 American Heart Association

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26	1/2 Page	300	5"	13"	
			10"	6 1/2"	
			7 1/2"	8 1/2"	
13	1/4 Page	180	5"	6 1/2"	
			10"	3 1/4"	
7	1/8 Page	120	5"	3 1/4"	
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3 1/2	1/16 Page	72	2 1/4"	3 1/4"	
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Net 10 days from billing date.

6. CLASSIFIED RATES

75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.

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c. Negative ok. No mats, cuts or plates.
d. 2-colors add \$50
e. Screen: 85 lines per inch.

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