

NATIONAL MASTERS NEWS

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

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Texas Hosts National 12K

by JANNA WALKUP

Clear skies, low humidity, cool temperatures, and a slight breeze greeted runners at the Tomball Country Classic 12K in Tomball, Texas, on Feb. 22. The race served as the third event in the 1997 USATF National Masters Championships series of races.

With just seconds separating many of the competitors, it was tough to pick the race of the day. Jesse Sturgeon, 42, cruised the course in 41:28 for a relatively easy masters victory. He was followed by John Gonzales (44; 42:48), and Ken Yanowski (41; 43:01). Sturgeon placed fourth overall in the race.

Donna Sterns, 43, used the same tactic to win the women's crown — leave the competition in the dust. Sterns' 47:56 was more than two minutes faster than the second and third place finishers, Patty Leary (42; 50:10) and Debby Reyna (44; 50:20) and good for fifth place in the overall women's competition.

Yet, despite Sturgeon's and Sterns' victory, runners and spectators agreed that the grittiest race of the day came in the M60-64 division between the local hero, 63-year-old Ino Cantu, and 64-year-old Pennsylvanian sensation

Continued on page 7



Joyce Gaskin, 60, set a U.S. W60 record of 53:52 at the National Masters 12K Championships in Tomball, Texas, Feb. 22.

Photo by Cox Sports Photos

European Indoor Meet Draws 1310; Raschker, Hosack Smash Records

by JERRY WOJCIK

Phil Raschker and Everett Hosack, competing as guest athletes in the inaugural European Veterans Indoor Championships in Birmingham, England, Feb. 28-March 2, contributed a dozen world age-group records of the 65 or more that fell in the meet.

Some 15 European veteran indoor records were also broken or established, as 1310 athletes from 33 nations participated in five-year age groups, starting at age 40 for the men and 35 for the women.

Raschker, of Marietta, Ga., who joined the W50-54 ranks in February, accounted for a stunning seven W50 records: 60m (8.05), 200 (26.52), 60H (9.60), high jump (4-11), pole vault (10-0), long jump (16-4 $\frac{1}{4}$) and triple jump (33-3 $\frac{1}{4}$).

On Friday, in the meet's marquee match-up in the 60H, Raschker edged Helgi Lamp (6.83), of Estonia, in an Accutrack photo finish. Raschker, on Sunday, broke the triple jump and pole vault records by alternating her jumps from one runway across the sprint lanes to the other runway.

Hosack, Chagrin Falls, Ohio, with an admitted advantage (when he became 95 on the 28th, the first day of the meet) over time and opponents, if

Continued on page 17



Ohio's Everett Hosack sets a world age-95 long jump record (6-6 $\frac{1}{4}$) at the European Championships. Photo from Bridget Cushen

200 Compete in Silver State Classic

by JERRY WOJCIK

The second annual Silver State Masters Classic drew over 200 men and women athletes age 30-and-above to compete on Feb. 16 on the Bill Cosby Track in the Reno Livestock Events Center, the site of the 1995 Masters Indoor Championships.

Racewalkers and throwers turned out in good numbers. Eleven of the 22 entrants in the 3000 racewalk were women. Three world records were set, pending approval, in the racewalk: Jack Bray, M60, 15:47.07; Charlotte Walker, W65, 24:08.63; and Dorothy Roberts, W85, 27:41.76.

Shot put entrants numbered 25, with around the same number competing in the weight throw. James York broke the U.S. M80 record for the indoor 25-lb. weight with a 24- $\frac{3}{4}$ throw. The M60 shot putters staged the closest throws competition of the meet, Stew Thomson winning at 41-

9 $\frac{3}{4}$, with Jim Hart at 41-7, Dick Lee at 41- $\frac{1}{2}$, and Walt Badorek at 40-10 $\frac{1}{2}$.

Good weather (68 degrees, sunny) prompted the meet directors to hold the weight and superweight outdoors, although an indoor facility was available.

In the sprints, Stan Whitley, 51, was in the age-graded 92+% range with wins in the 60m (7.62), 200 (24.16), and 400 (54.02). Jim Stookey, the USATF Outstanding M40+ Athlete for 1996, won the M65 60m in 8.47, an age-graded 95.7%. He was one of three entrants from Maryland; other athletes came from Kansas, Florida, South Carolina, and Montana.

The meet organizers have been approached on the possibility of making this meet — the largest masters indoor in the West and Northwest — also the USATF West Regional Masters Indoor Championships for 1997. □



Almost the entire field of weight throwers at the Silver State Masters Classic, Reno, Nev., Feb. 16. Among the world and U.S. record holders and top-ranked throwers were M35 Ken Jansson (white-striped collar, top right) and James York (T-shirt, first row), who broke the U.S. M80 record for the 25# weight with a 24- $\frac{3}{4}$ throw. Photo by Suzy Hess



The Masters Wizard

Masters Glossary of Terms

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

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

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

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

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

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

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

AR: American Record.

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

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

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

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

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

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

LDR: Long Distance Running.

Masters: Men and women age 40 or over.

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

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

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

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

NGB: National Governing Body.

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

28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information that affect the world masters athletics community. NMN welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$26 (2nd class), \$42 (1st class) or \$45 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

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

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

PR: Personal Record.

PW: Personal Worst.

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

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

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

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

RW: Racewalking.

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

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

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

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

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

T&F: Track and Field.

Uniforms: Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 3).

USATF: USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the

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

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

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

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

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

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

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

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

WR: World Record.

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 cles, training tips, and all the inside scoops and
 information that affect the world of masters athletics
 competition.

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

Generally, anyone age 30 or over may come to a
 masters event and participate. Some events are lim-
 ited to age 40 +, 50 + or 55 + (please check the
 schedule for details). Some events require advance
 registration. Some require a current USATF card
 (\$12 to \$15 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 stan-
 dards for most masters athletics events.

NMN welcomes contributions — results, schedule
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Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

COMPETITION SCHEDULES

Because many of us masters have multiple events to schedule and plan, it would be very helpful if big meet entry forms or at least detailed competition schedules (events, days, times) were available much earlier.

I have a tight schedule for August 1997, and I can't find out when my events in the M60-64 shot and discus are to be held at the Nationals in San Jose.

Len Rosen
Salem, New Hampshire

NIKE MASTERS GAMES

The next World Masters Games – now with Nike as the main sponsor – will be held in August 1998 in and around the city of Portland, Ore., USA. The Track and Field events will be staged in Eugene – the site of the WAVA World Veterans Championships in 1989 – on August 10-22.

For various reasons, WAVA had earlier not recognized the World Masters Games, but we have now opened discussions on how to cooperate. Since we have assurances that WAVA rules

will be observed in 1998 and henceforth, we are glad to recommend the 1998 Nike World Masters Games to all veteran athletes.

Torsten Carlius
WAVA Secretary,
Helsingborg, Sweden

CASH PRIZES FOR MASTERS

Why do only masters long distance runners receive prize money? Why can't those who compete at the shorter distances get paid?

USATF Masters T&F Chair Ken Weinbel told me USATF was not formed to provide prize money to athletes but to provide opportunities for wholesome activity and competition.

I agree, but it costs me about \$150 to \$250 every time I compete, not to mention lost wages when it's a mid-week competition. Why can't arrangements be made to bring those who compete in different regions together and put up prize money for the top three finishers? That way, when you hold a national championship, the champion will truly be the champion.

Hal Tolson
San Diego, California

L.A. MARATHON

Nadezhda Ilyina, the first woman finisher in this year's Los Angeles Marathon, was disqualified for cutting a corner. This may have saved her a few seconds. Certain age-division finishers in the same race have had a much greater advantage than Ilyina.

The announced women's 65-69 winner is 31 years old, and the men's 65-69 winner is about the same age. The men's 60-64 winner finished in 2:42:11, which is under the existing U.S. M60 record. However, the fact that he was disqualified as age-group winner in the 1990 New York City Marathon as well as the 1991 Boston Marathon does raise some suspicion. He was never spotted at key check-

points in these marathons. Another runner in the men's 65-69 division finished in 3:14:05. This time would probably place him second behind the 30-year-old winner of this division. This age 65+ runner has two official Los Angeles Marathon disqualifications to his (dis)credit. In 1988, he ran a "world age-record" 2:34:53, and in 1990, he ran about 2:47. In both races he failed to appear at key checkpoints.

This information has been forwarded to marathon officials by both letter and phone. During the phone conversation, the marathon official expressed confidence in the abilities of the 3:14:05 finisher, despite his previous disqualifications.

Patrick Devine
Rancho Palos Verdes, California
(NMN received unofficial results from the L.A. Marathon, but is withholding publication until the above problems have been resolved and official results have been announced by race organizers. – Ed.)

EUROPEAN INDOOR CHAMPIONSHIPS

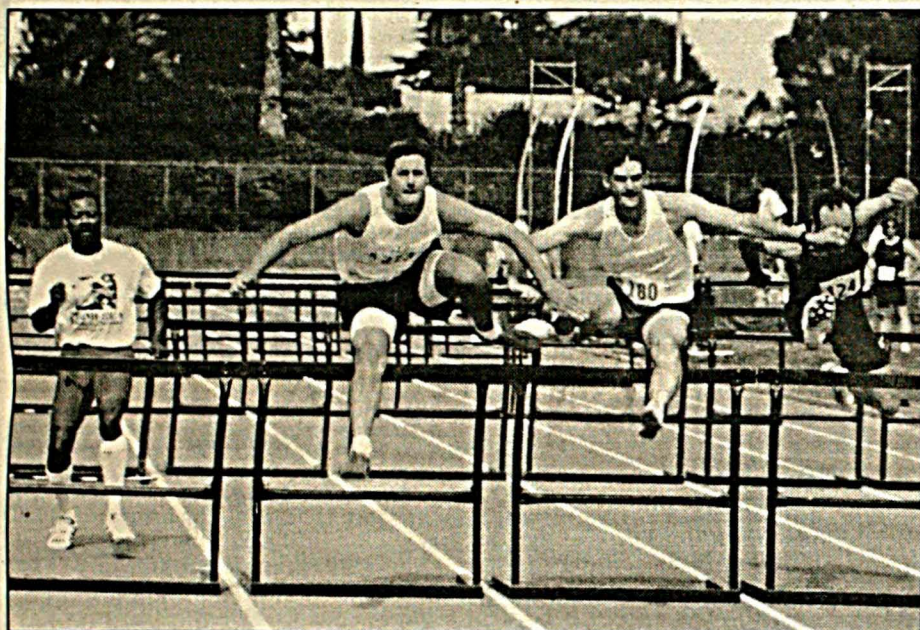
Anyone who passed up the European Indoor Championships last month in Birmingham, England, will feel disappointed when they hear the stories from the 28 U.S. athletes who participated.

What a great facility and organization. Imagine this: a week after the meet, we received the results book, all the way from England. With 1300 competitors, there was some question about events backing up because the meet was scheduled for only 2½ days. The running events went off on time. The field events, with only one pit each in the high jump, triple/long jump, and pole vault, at times got off schedule but nothing really to complain about.

There was a plethora of well-organized, extremely courteous officials, helpful with whatever one's needs might be.

How exciting it would be to make this a world championships. We hope that all officials who can vote at the next WAVA Assembly in Durban will discuss the possibility with their athletes to get their opinions.

Phil Raschker
Marietta Georgia



Mixed age-group action in the hurdles, 1996 Visalia Classic, Visalia, Calif., from left: David Murphy, M40; Peter Hanlon, M30; Roger Drummond, M30; and Ed Baskauskas, M45. The 1997 meet will be held on May 3. Photo by Glen Williams

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

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Jan Condon, W55 high jumper, in between attempts, Silver State Masters Classic, Reno, Nev., Feb. 16. Photo by Jerry Wojcik



Stan Whitley, M50 winner in the 60m (7.62), Silver State Masters Classic, Reno, Nev., Feb. 16. Photo by Suzy Hess

Age-Graded 100 Set for Mt. Sac Relays

Perhaps the most outstanding field of female masters sprinters ever assembled will compete in the invitational masters age-graded 100-meter dash at the annual Mt. Sac relays in Walnut, Calif., April 20.

Confirmed entries at NMN press time were:

- Mary Libal, 47, of Corvallis, Ore., the USATF female masters athlete of the year in 1996, who holds the W45 world record of 56.82 for 400 meters and won the W45 100, 200, 400, and age graded 100 at last year's Nationals in Spokane.

- Denise Foreman, 40, of Seattle, who won the W40 400 at last year's nationals, has run a 57+ 400 this year, and placed second in the 100 in the 1996 Nationals.

- Kathy Bergen, 56, winner of the W55 100 at the Nationals and runner-up to Libal in the age-graded 100.

- Deby Swezey, 44, a member of Mt. Sac Hall of Fame and national W40 100 champion in 1994, when she defeated Libal.

- Sumi Onodera-Leonard, 69, winner of the W65 100 and 200 in Spokane and fifth placer in the age-graded 100.

- Phil Raschker, 50, of Marietta, Ga., the eight-time USATF female masters track and field athlete of the

year who just set seven world W50 indoor records at the European Veterans Championships in England.

- Kemisole Solwazi, 57, runner-up to Bergen in the National W55 100 last year and victor over Bergen in the meet's 200.

- Joy Upshaw-Margerum, 36, of Hawaii, winner of the W35 100 and 200 at the Nationals.

The first alternate is Johnnye Valien, 72, named the outstanding 1996 USATF female multi-event masters athlete.

Irene Obera, 63, world record-holder par excellence, bowed out of the race because she felt her training was not going well enough to compete with this strong a field.

All runners will be given a handicapped start, based on age. Upshaw-Margerum, the youngest, will run the farthest; Onodera-Leonard, the oldest, will run the shortest distance. The first one to the finish line wins.

John Cosgrove, masters T&F vice-chairman of USATF's Southern California Association, put the field together in concert with Scott Davis, director of the four-day Mt. Sac meet, one of the largest (9000+) track and field meets in the world.

Results will appear in the May issue of NMN. □

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Third Wind

by MIKE TYMN

The Gun Lap

"...Lay aside every weight, and the sin which clings so closely, and let us run with perseverance THE RACE that is set before us..." — Hebrews 12:1,2

If the mile run is a microcosmic life experience, I'm beginning my final quarter. It's the gun lap. The *real* effort should now begin.

As I've observed here in the past, the first 20 years of life are much like the first quarter of a mile. It is like spring and youth. The runner is spirited, fresh, impulsive, possibly even reckless. If the proper restraints aren't applied during this period, the ordeal ahead can be very difficult. On the other hand, if there is too much restraint, there can be problems of a different kind.

The next 20 years of life are like the second quarter of a mile. It is summer and young adulthood. We have settled into a tempo that best suits us.

The third 20 years, from ages 40-59 are like the third quarter. It is autumn and mid-life. The body begins to feel the strain, but it makes adjustments. It is the calm before the storm. This period passes all too quickly.

Then, from 60 to 80, the gun lap, the one I begin on April 2. It's winter and old age. The oxygen has seeped from the body and tightness attacks the joints. The muscles are not nearly as supple. We begin to rely more on willpower than humanpower.

I looked forward to turning 40, because it meant entering a whole new arena in running. I could still win races overall on the local scene and then travel to the Mainland and be competitive among the best masters. Turning 50 was not quite as exciting as turning 40, but I looked forward to the transition. Not only did I enter a new age group but I became eligible for AARP and some "senior citizen" discounts.

"Forty is the old age of youth and 50 the youth of old age," said Socrates. It was sort of a win-win situation. Even turning 55 was something to look forward to. Not only did I enter still another new age group, but I got a break on my property taxes and a few more senior discounts.

No New Discounts

Since I no longer compete, turning 60 is not such a big deal. Moreover, I'm not aware of one extra discount I can get now. All the rest seem to come at 62 or 65. Oh, I do qualify for early retirement without a penalty and that would be something if I could afford to retire to Hawaii, my adopted state, with its high cost of living.

About the only thing I get out of

turning 60 is the little ego trip that comes with people learning of my age and then observing that I still have only one chin and most of my hair, none of which is gray. They'll say something like, "Wow, you're 60, I don't believe it!" I usually tell them that the near-full head of hair comes from 40 years of taking vitamin E supplements, but I suspect it is more a matter of all that running over the years having curbed the excessive male hormones that supposedly cause baldness. The lack of gray hair is genetic, although I can grow a gray beard. The tighter than average skin may be a result of running and other fitness pursuits.

I certainly don't feel like what I used to think 60 was supposed to feel like. I can recall my maternal grandfather at 60 and he seemed much older than I now do. I remember thinking Harry Truman at 60 or just beyond as a pretty old guy. Although both my grandfather and Mr. Truman were walkers, I just can't picture either of them with running gear on and matching strides with me. Lyndon Johnson was only 55 when he assumed the presidency. I can't believe I'm five years older than he was then.

What Old Guy?

If I had never timed myself while running, at least beyond age 45, I might now think that I'm as fast as ever. There are times now when I sprint to beat a red light and I feel as limber and fast as I did 40 years ago. Sometimes I'll wonder if the people watching me make that mad dash across the street realize how old I am. Surely, they would be in utter awe if they did.

But then when I think of guys like Norm Green, Sonny Monioz, and John Keston, all older and much faster, the bubble bursts. I begin to think of myself as just another plodder.

Generally, when I meet people my age or a few years younger, I think of them as being 10-15 years older. Most are gray and are working on their third chin while supporting a paunch. On the other hand, when I think of the celebrities who are turning 60 this year along with me, I don't see people who are all that old. I'm referring to Jane Fonda, Robert Redford, Warren Beatty, Bill Cosby, Dustin Hoffman, Jack Nicholson, and Chad Everett. Then again, who knows what they look like without their stage make-up and with-



Faye Potter, Aileen Riggan Soule, and Ruth Heidrick pose after the Straub Women's 10K Run in Honolulu on March 2. Potter, left, was, at 81, the oldest of some 1600 participants, finishing in 1:45. Heidrick, right, won the 60-64 division with a 53:29. Soule, 90, the only surviving Olympic champion from 1920 or earlier (gold in springboard diving in 1920) and a multiple world recordholder in masters swimming, was on hand to help present the awards. Mike Tymn Photo

out cosmetic surgery?

Others turning 60 this year include Colin Powell, Sadam Hussein, Donald Duck, and the Golden Gate Bridge.

I'm Not So Old

I'm probably deceiving myself thinking I'm not so old. I'm sure most of my subordinates at work think I'm a pretty old guy. But I don't know if it's because I look that way or because I talk about my boyhood sports heroes being Jackie Robinson, Duke Snider, Johnny Lujack, Emil Sitko, Kid Gavilan, (Chuck Davey, please don't hold it against me) and Citation. That's comparable to someone telling me at age 30 that he saw Cap Anson, Ty Cobb, Jim Thorpe, Red Grange, Jack Dempsey and Man o' War in action. Those were ancient times to me 30 years ago.

Heck, I still think of the 60s and 70s as very recent times. It seems like it was just a few years ago that Mays and Mantle retired and that Secretariat blazed around the Belmont track. But to my young associates at work, those names are identified with the *distant*

past. As a youth, I recall thinking that Ruth and Gehrig were from prehistoric times, but they had been out of the game only 10-15 years when I thought that. Time seems to expand as we grow older.

Picking Up the Pace

If life is like a mile run, and if breaking four minutes is the goal, I haven't paced myself very well. If time is judged on how one has served his fellow man and how he has otherwise lived up to his potential, I ran my first quarter in about 70 seconds. I picked up the pace and hit the half in about 2:10 and I'll hear about 3:10 as I get the gun. That means I've got to turn in a 49.9 final lap, not an easy feat, but a challenge I'm looking forward to.

I want to be able to reach the finish line at age 80 knowing that I've given it my all, having held nothing in reserve.

For the benefit of my friend Paul Reese, who turns 80 on April 17, I want to suggest that while the race may be over, there is still the victory lap to be run. Enjoy it, Paul. □

Podkopayeva Edges Slaney in World 1500

Mary Slaney, 38, of Eugene, Ore., placed second in the 1500 at the IAAF World Indoor Track and Field Championships in Paris, March 9, with a time of 4:05.22, narrowly losing to Russia's Yekaterina Podkopayeva, who ran, incredibly at age 44, a 4:05.19, under her own W40 WR of 4:09.29.

A week earlier, at the U.S. Open Championships, Slaney set a world W35-39 indoor record of 4:03.08 in winning the 1500 over Suzy Hamilton. In the Millrose Mile, Slaney had set a world W35 mile mark of 4:26.57.

Podkopayeva, who, like Slaney, has to meet the demands of being a mother and training for world-class competition, will be 45 on June 11, 1997.

There is talk about Slaney competing for the U.S. in the 2000 Olympics in Sydney at age 42.

Slaney's departure for Paris, scheduled for March 4 out of Washington's Dulles Airport, was delayed first by

cancellation and, later, engine problems, so that she and her husband, Richard, didn't arrive in Paris until Friday morning. This was followed by a further series of setbacks, including room availability at their hotel and getting her asthma medication vaporizer to work properly, until the start of the final on Sunday. On Saturday, Slaney qualified for the finals, coasting to a second-place 4:10.27 in her heat.

After her loss on Sunday, Slaney made no excuses, although she said she felt sluggish and not as good as she did in Atlanta. She went out fast with splits of 1:04.08, 2:09.81, and 3:17.04, losing in the last few strides and blaming herself for letting up too soon.

Podkopayeva's victory didn't remove any luster from Slaney's accomplishments this season; instead, it focused the track world's attention on two world-class athletes who happen to be a generation older than the runners who finished behind them. □



Ino Cantu (63, 47:32) kicks past Norm Green (64, 47:34) to win the M60 National Masters 12K title in Tomball, Texas, Feb. 22.
Photo by Cox Sports Photos

National 12K

Continued from page 1

Norm Green, one of the nation's most decorated age-group competitors and the only male masters long distance runner to be inducted into the Masters Hall of Fame. It was Green's first race since his successful surgery last summer to remove some cancerous tissue.

Green and Cantu ran virtually shoulder-to-shoulder throughout most of the Tomball race. With just 100 yards to go, Cantu, a shorter-distance specialist, used his kick to surge ahead and defeat Green by just two seconds in 47:32 to win the M60 title.

While Cantu was accomplishing this feat, Joyce Gaskin of Beaumont, Texas, was turning in her own spectacular performance. Gaskin, who celebrated her 60th birthday five days prior to the race, sped to a U.S. W60-64 record of 53:52, crushing New Yorker Gloria Brown's previous record of 55:09, set in 1994.

The top five age-graded performances, in order, were turned in by Green, Cantu, Gaskin, Bob Wolfe (50; 43:20), and David Chester (51; 44:22). The race featured a unique distribution of the \$5000 masters purse, with \$100 in prize money awarded to each of the top 50 age-graded performances.

Despite the near perfect race-day conditions, the previous night's rain-fall had event organizers scrambling to adjust the course on race morning. Floodwaters from nearby Spring Creek had flooded a section of the course on Friday night. At least a foot of water on the roadway made it necessary for race officials to detour run-

ners around the water with the detour making the course short by approximately six meters from what was originally measured. After the event, the regional course certifier remeasured the new course. The early word was that the new course was approved with 7-17 meters to spare.

Race director Mick Midkiff wasn't surprised by the day's outstanding competition and record-breaking performances. "I knew that it was a fast course, and the weather cooperated by being absolutely sparkling that day," Midkiff said.

It was the fourth edition of the race, which started and finished on the campus of Tomball Community College. The race was administered by the Bayou City Road Runners. □

FIVE YEARS AGO April, 1992

- Manuel Perez (41, 2:25:35) and Sandra Marshall (44, 3:02:47) Top Masters in L.A. Marathon
- Indianapolis Draws Pentathletes From 20 States
- Phil Raschker Sets Four W45 Indoor WRs in Tennessee

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Post-Immobilization Muscle Dysfunction

Those who have had their foot, ankle or leg immobilized by a cast, after an injury, may have a new problem once the cast is removed. Even if a limb is immobilized for a few weeks, an entity known as muscle dysfunction may occur. In recent studies, it was shown that a limb that was immobilized for only 5 weeks showed a 25% loss of strength. Additional resistance training when the cast was removed, caused an additional 18% loss of strength.

These studies concluded that immobilization, followed by reloading of the muscle, caused it to lose 43% of its pre-injury strength.

For those runners and jumpers who feel that they must get back to strengthening immediately after cast removal, this could be a major setback.

But there was some disagreement as to what actually causes the muscle atrophy, whether it's the cast immobilization or the reloading of the muscles after cast removal. Either way, there

was proven muscle damage.

Therefore, some are suggesting that if the patient plans to do high load exercise after cast removal, high load exercises should be done with the cast on to prevent the initial muscle atrophy. This can prove quite difficult to accomplish.

If continuous loading exercises cannot be done with the cast, then rehabilitation should take place very gradually and should utilize low-intensity exercise regimens after cast removal.



Sprinters who took part in an age-graded 55m at the Fort Worth Coaches Association Indoor Meet in February, from left: Wally Willson, 42, 7.22; Cindy Steenbergen, 43, 6.81; Wayne Bennett, 60, 6.84; Jim Weaver, 60, 6.91; Bill Pardue, 66, 7.30; and winner Tim Murphy, 75, 6.43. Photo from Tim Murphy

It should be noted that during the rehabilitation process, the patient may be walking around with a functional leg defect, some 43% weaker than pre-injury days. This predisposes the patient to other injuries.

I suggest the use of crutches for two weeks after cast removal. There has been significant success with deep water training and exercise to help

strengthen the leg prior to heavy resistance exercise. □

(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 50098, Eugene, OR 97405.)



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SCHEDULE

Track Events	
11:30 am 4X100 meters relay	2:15 pm 400 meters
11:45 am 1500 meters	2:40 pm 800 meters
12:15 pm 80/100/110 meters hurdles	3:10 pm 200 meters
12:40 pm 2K/3K steeplechase	3:30 pm 3000 meters
1:00 pm 100 meters	4:10 pm 300/400 meters hurdles
1:45 pm 5000 meters (open men & women)	4:30 pm sprint medley relay (400, 200, 800)
Field Events	
10:30 am javelin (open) & hammer	1:00 pm pole vault (men: open to age 49) & shot put
11:00 am pole vault (men 50+ & women)	1:30 pm long jump
11:30 am high jump (open) & discus	3:10 pm javelin (masters) & triple jump
12:30 pm high jump (masters)	

Entry form (please print)

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Stookey Top Scorer in Indoor Pentathlon

by REX HARVEY, USATF Multi-Event Coordinator

The 1997 edition of the USATF National Masters Indoor Pentathlon Championships was held in Chapel Hill, N.C., on March 1. James Stookey, 67, the USATF Outstanding M40+ Athlete in 1996, is starting out strong again this year with the highest age-factored score of the meet, 4077. Denver Smith, 71, was not far behind at 3838.

Twenty-eight people started and 27 finished. Unfortunately, there were no women entered, so those national championship spots will go unclaimed this year.

The M35 group furnished the most drama of the meet with their competition coming down to the final event for all three of the top places.

This may be one of the last "stand-alone" indoor pentathlons. The championships are scheduled to become part of the Indoor Championships in 1999 and after. The 1998 Indoor Championships site, Boston, is considering including it also that year.

Following the lead of open track and field, the heptathlon will become the premier indoor multi-event championships. This is the inaugural year for the indoor heptathlon in the masters ranks. It will be held April 4-5 in Chicago and consist of the 60m, LJ,

SP, and HJ on the first day, and 60mH, PV, and 1000 on the second. The women's indoor heptathlon does not officially exist, but it was decided at the annual convention that the women will do the same events in the same order with the substitution of the 800 for the 1000, consistent with the unwritten masters policy of equal events for both sexes.

A few of the hardy stretched their pentathlons into heptathlons. To keep all of the events in proper order, they ran a 60m after the 60m pentathlon hurdles and then ran the hurdles again to begin the second day. They also had to run a 1000 to finish the second day, in addition to the 1000 that they ran to finish the pentathlon on the first day. After nine events in two days, they registered legal pentathlon and heptathlon results.

Beginners, both male and female, should note that multi-event people are very helpful to newcomers and very understanding of beginning performances. Come on out and try it, you will not be disappointed or embarrassed. Also, you do not have to attempt every event in any masters multi-event competition to score points.

A special thanks to Jeff Watry and Bill Busby, who assisted meet director Linda Lipson. □

Records Fall in New Jersey Championships

Two hundred and sixty-nine submasters and masters athletes competed in the USATF New Jersey Championships, Hackensack, on Feb. 9, breaking one U.S. indoor record and 37 meet records, some of which dated back to 1981. Attendance was up once again, with many road racers making the cross-over to indoor track for the competition as well as for a high-intensity workout.

Toshiko d'Elia, W65, bettered Dottie Gray's U.S. record of 7:06.0 in 1992 in the 1500 with a 6:29.0. Jim Manno, M75, broke three meet records in the 55m (8.6), 200 (32.2), and 400 (75.7).

In the club competition, the North Jersey Masters captured their ninth consecutive team trophy in the men's division. AUI, the women's submas-

ters and masters champions, had strong performances from Cheryl Alston, W40 (five golds and two meet records) and Paula Dickson-Taylor, W40, who ran a strong double of 5:15 in the 1500 and 2:29.9 in the 800, one day after running a 5:15 1500 in the Colgate Games.

Triathletics won the submasters men's division. Submasters roadrunners Tom Metz, Guy Gordon, Dan Murphy (master), and Randy Miller broke their own M30-39 meet record in the 4x800 relay by ten seconds with an 8:59.1.

The most impressive race of the meet was the combined M50-59 1500, won by Sid Howard, M55, in 4:45.9, Hugh Sweeney, M50, second, 4:47.6; Doug Brown, M50, third, 4:48.1; and Mike Wilson, M50, fourth, 4:49.0. □



Toshiko d'Elia, after breaking the U.S. W65 1500 record with a 6:29.0, New Jersey Indoor Championships, with, from left: Jim Stookey, M65; Fred d'Elia, M85; Jim Manno, M75; and Tim Dyas, M75.
Photo by Juliette Levy

Hale, Mims Outstanding Athletes in Midwest USATF Regional Masters Indoors

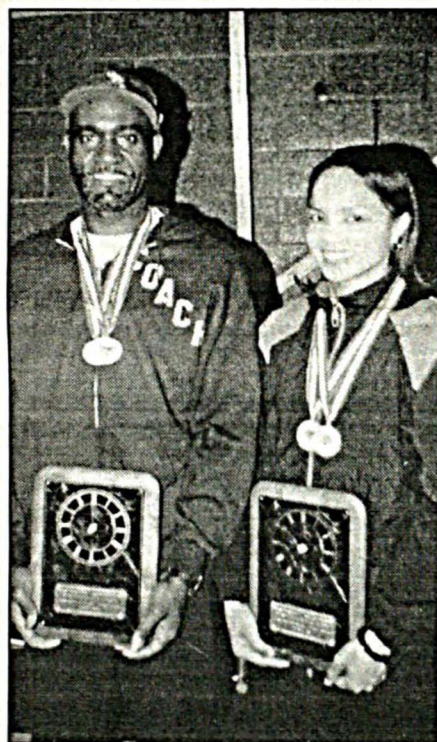
by MARILYN MOREHEAD

Approximately 100 submasters and masters athletes participated in the USATF Midwest Regional Masters Indoor Championships at Macomb Community College, March 1, in the Detroit metropolitan area. Since the meet was contested on a 220y track, there were no records, but that didn't stop the athletes from turning in some sterling performances.

The highest age-graded performance was by Les Hale, M45, of the Motor City Striders, with a 94.2% 6.89 in the 60y, earning him the Outstanding Male Athlete Award, presented by Midwest Regional Chairperson, Mel Larsen. Janet Mims, W30, also a sprinter, won the Outstanding Female Athlete Award for her 8.11 in the 60y, age graded at 85.3%.

Other top performances were turned in by Robert Lloyd, M50, 220y (26.00) and 440y (57.75); Gary Steiner, M40, 60y (8.01); and Jim Forshee, M70, mile (6:02.11) and two mile (13:09.34).

The W30 and M40 teams of the Motor City Striders were victorious in the mile relay. □



Les Hale, M45, and Janet Mims, W30, the Outstanding Athletes of the Meet, USATF Midwest Masters Regional Indoor Championships, Warren, Mich., March 1.

Photo by Carroll DeWeese

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Host to 3 Olympic Trials, the 1984, 1987 & 1994 U.S. National Masters Track & Field Championships and the 1989 VII World Veterans' Championships

ELIGIBILITY: All participants must hold USATF membership.
ENTRY FEES: \$12 first event (no T-shirt); \$6 second event; \$3 each additional event; 7 event limit; relays free if registered.

ENTRY DEADLINE: Postmarked by Tuesday, June 17, 1997.
LATE ENTRY: \$10 late fee past June 17, 1997. No late entries will be accepted past 9:00 p.m., Friday, June 27, 1997.

CONCESSIONS: Concession stand will be available at Hayward Field.

DIVISIONS: 5-year age divisions for M and W, age 30 & over.

RELAYS: Will be in 10-year age groups; must wear distinguishable tops. Will be team scoring event.

AWARDS: Hayward Classic medals awarded for 1st, 2nd and 3rd; ribbons for 4th, 5th and 6th.

TEAM COMPETITION: This meet will feature invitational team scoring. First Place Traveling Trophies for men's, women's and combined scoring. Team affiliation must be on entry form.

FACILITY: All weather track & runways (max. 1/4" spikes allowed).

LOCKER ROOMS: Available in Bowerman Bldg. Bring towel.

MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd., Eugene. Call 1-800-344-0131 for reservations by June 13th. Indicate Hayward Classic to get group rates.

PACKETS: Available at Phoenix Inn 6-9 p.m., Friday, June 27 and at Hayward Field after 7:30 a.m. Saturday.

RECEPTION: Sponsored by OTCM. Saturday, 6-7:30 p.m. at Phoenix Inn. Refreshments provided.

SCHEDULE OF EVENTS

All times listed are tentative and approximate
Saturday, June 28

Track	Time	Field
5K Racewalk	9:00 am	Long Jump (2 pits) E. pit, M 60+ & all W; W. pit, M 30-59 Javelin, M 60+ & all W
10,000m M&W	9:45	Weight Throw All
Mile Run (Age graded)	10:00	Javelin, M 30-59
2K Steeplechase	11:30	Pole Vault (2 pits)
3K Steeplechase	11:50	Shot Put (2 rings)
80 Meter Hurdles	12:30	S. ring, All W & M 65+
100 Meter Hurdle	12:45	W. ring, M 30-64
110 Meter Hurdle	12:55	
100 Meters	1:05	
400 Meters	1:15	
1500 Meters	2:15	

Sunday, June 29

5000 meters	8:30	Discus, All W & M 60+
300 Meter Hurdles	9:00	High Jump, M 30-59
400 Meters	10:15	High Jump, All W & M 60+
800 Meter	10:30	Hammer All W & M 60+
1 Mile Racewalk	11:00	Discus M 30-59
200 Meter	11:15	
300 Meter	11:25	Triple Jump, All M & W
4 x 100 Relay	12:30	Hammer M 30-59
4 x 400 Relay	12:45	
4 x 800 Relay	1:15	

ALL EVENTS OPEN TO BOTH MEN AND WOMEN

IN GENERAL, WOMEN COMPETE BEFORE MEN, OLDER BEFORE YOUNGER.
ENTRANTS MUST CHECK IN AT LEAST 60 MIN. BEFORE EVENT SCHEDULED TO START.
ALL IMPLEMENTS MUST MEET NCAA METRIC STANDARDS AND MUST BE CHECKED IN AT LEAST 30 MIN. BEFORE THE EVENT.



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Hayward Classic Masters T&F Meet — ALL COMPETITORS MUST BE USA T&F MEMBERS

Name _____ Birth date: ____/____/____

Address _____ Age (as of 6/28/97): ____

Phone (____) _____ Club Affiliation _____ MALE _____ FEMALE _____

USA T&F # _____

EVENTS _____ Best '96 / '97 mark _____ T-SHIRT — \$10.00 (check size)

1. _____ ☐ small ☐ med ☐ XXL

2. _____ ☐ large ☐ x-large (\$11.00)

3. _____

4. _____

5. _____

6. _____

7. _____

NOTE: Late entries will be accepted up to 9:00 p.m., Friday, June 27th.

*Please use metric for distances, if possible.
Event changes will not be permitted after registration.

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____

SEND ENTRY WITH CHECK TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 860 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675 (H)

RECEPTION: Plan to attend?
Yes ☐ No ☐ Number _____

ENTRY FEE:
1 EVENT \$12 4 EVENTS \$24
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3 EVENTS \$21 ETC.

ENTRY TOTAL \$ _____

T-SHIRT TOTAL \$ _____

TOTAL \$ _____

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Masters Racewalking

by ELAINE WARD

A Challenge to All Ages An Interview with Jackie Williams

Jackie Williams, W65, lives in Evergreen, Colorado, a beautiful mountain community 25 miles from Denver. There are open space mountain parks in this area, and when she works out here, she runs as the trails are not good for racewalking. She racewalks on the highway, streets or high school track. She placed second nationally and first in her region (west) with a 5K time of 31:26 in the 1996 national/regional competition. Jackie has a unique workout schedule which clearly challenges the conventional wisdom surrounding "aging."

JW: I have never had a health problem and I think it's because I have exercised all my life. However, I did not get into any sport activity until I was 59 years old. I have always exercised regularly, but had never done any running, racewalking or anything else. When I was 59, I thought it might be fun to enter a local running race. Then, I heard about racewalking and got some books on the sport. After a while, I entered the racewalk division in a running race and won. That success really got me interested and I got serious about taking lessons locally.

Indoor Workouts

EW: Living in the mountains, how do you train during the inclement winter months?

JW: I work out every morning six days a week for approximately two hours in what I call my exercise room.

I use a treadmill, stationary bike, stepper, rower and free weights. The treadmill I use is a Precor. It has an electronic set-up on top which tells you distance, time spent, speed and calories used. It also has an incline setting that can be set anywhere from 1-10 percent.

I spend fifty minutes on the treadmill. The rest of the two hours, I am on some other piece of equipment, lifting weights or doing a lot of stretching exercises.

When I lift weights, I use free weights anywhere from 5 to 10 pounds. I work all the muscles I can. I also wear weights on my ankles and on my wrists when doing regular exercises, but never when I'm working on the treadmill or doing any type of running.

EW: When you say regular exercises, what do you mean?

JW: I purchased a video called *The FIRM Aerobic Workout with Weights* which gives the basic exercises using weights. I am also a great believer in yoga. Years ago, I purchased a book called *Bikram's Beginning Yoga Class* by Bikram Choudhury. I use many of the stretches in that book every day. Though I have never worked out with TV programs or other videos, I have learned various movements from them and, of course, magazines carry a lot of information. When I add new movements, I may drop old ones.

EW: You mentioned that you use a stepper. What kind?

JW: I use a Turturi stepper which is good for the hamstrings. It has two steps, one for each foot and you just go up and down. It's not like stairs. As one foot goes down, the other goes up and back and forth. I enjoy it.

When I first started racewalking in 1988, I walked a half-marathon and ended up with a very bad hamstring injury. It took nearly two years to heal completely. I went to every regular doctor, every sports doctor and everyone else. However, in truth, though I let up some, I didn't stop exercising. I think this prolonged the recovery process.

When I went back to the Senior Olympics in Syracuse, New York in '91, I was still fighting the injury. I got

my hamstrings well enough that they didn't bother me during the 1500 meter and 5 kilometer races. I took two silver medals and was really thrilled. I went there just hoping that I wouldn't come in last. Ever since, I have tried to keep the hamstrings as strong as I can. The Turturi stepper works the hamstrings gently but firmly.

EW: What happens when the spring weather comes and outdoor workouts become attractive?

JW: I always exercise inside for one hour before I go out. When I leave the house, I am completely warmed up and my muscles are ready for racewalking.

Pacing

EW: Do you ever race the longer distances such as a 10K?

JW: I have never been interested in the longer races. I probably should be, but I never have been. I am comfortable in the 5K walks.

EW: With the daily conditioning that you do, I don't think you would find the 10K taxing.

JW: I probably wouldn't, but I am worried that I'm not bright enough to pace myself for a 10K. That is what I worry about. I know I could probably do it easily, but I am afraid I will go out thinking I am doing a 5K and I won't make it. If I knew how to pace myself, maybe I would.

EW: One good way you can learn to pace yourself is to time yourself for a measured distance at different paces. For example, figure out your mile time for a 31:26 5K which would be about a 10-minute mile. Then set a mile time that is approximately an 11-minute per mile pace. See what that feels like for six miles. If this pace is comfortable, try a 10:55 or 10:50 pace. If it is not comfortable, try an 11:05 or 11:10 pace.

A track is a good place to do pacing workouts as you can use lap times. For instance, a 31:26 5K is approximately a 2:30 lap. Your pacing workouts for a 10K can start with a 2:50 or 2:45 lap pace so you can get a feel for those speeds. You can adjust the lap times up or down.

For example, try doing 5 x 2K at 2:50 with a short rest between. If that goes easily, try holding a 2:45 lap pace for the same workout. See how you feel. After a while, give yourself assignments at a specific pace. The same concept applies to road miles. You want to train yourself to feel the effort different speeds require. There are many combinations you can use. Ladder workouts are effective where you do 2K at 2:50, 2:45, 2:40, 2:45, and 2:50.

If you are tired, go easy and do only three 2K repeats at a given pace. If your body feels fresh, go harder. You might want to do 6 x 2K occasionally. Increase your pace incrementally to increase your endurance at a faster speed. If you do pacing workouts once or twice a week, when it comes to racing a 10K you will *know* that you can control your pacing, as you have done it in your workouts.

JW: I may try it.

EW: A couple of years ago, some seventy-year-old women asked me to develop qualifying standards for their



Kaye Duncan, W55 first (35:22), 5000m racewalk, 1996 Hayward Classic, Eugene, Ore.
Photo by Suzy Hess

age group in the national/regional ladder competition. Initially, W70, W75, W80 and W85 were open to anyone who walked the specified distance. These women didn't want to be in an open division. What I learned from them is that the competitive spirit is ageless. If you keep doing what you are doing now, you will be setting records when you are 80 in the 5K and 10K.

JW: I sure will if I can.

Six-day Indoor Winter Workout

Routine #1. (Do Routines #1 and #2 on alternate days.)

- Precor Treadmill - 50 minutes. Start out w/10 min. warm-up at 2% incline. Increase to 6% incline at same speed for another 10 minutes. Return to 2% incline and increase to faster speed for 20 minutes. Increase speed again for 15 minutes and faster yet for 5 minutes.
- Yoga stretching for 15 minutes. Again, use basic yoga stretches. People are amazed at my agility and flexibility and I know it is because of my years of doing yoga stretching exercises.
- Turturi Stepper - 20 minutes.
- "Step" routine using a plastic step 8 1/2" high with 5-pound weights in each hand - 10 minutes.

My two hours are usually up by then because, after the treadmill routine, I am gulping water and wiping my brow, which takes time.

Routine #2

- Weight training - 45 minutes. Use hand weights from 5 to 10 pounds around wrists and ankles. *Standing* - Do all the lifts that use the muscles in the arms, back, shoulders, etc. Do squats and lunges.

Continued on page 13



Fred Belt, M55 first in the 3000 racewalk (17:44), Silver State Masters Classic, Reno, Nev., Feb. 16.
Photo by Jerry Wojcik



Speaker's Corner

Nike Masters Games Update

Less than 500 days remain until the opening on August 9, 1998, of the World Masters Games, held for the first time in the United States in Portland, Oregon and surrounding communities. The Games are the largest participatory multi-sport event in the world, bringing together 25,000 athletes from over 100 countries, for two weeks of age-group competition in 25 sports.

The athletics portion (track & field, cross-country, & road events) of the Games will be held in Eugene from August 10-21. The city's reputation as the "Track Capital of the United States" and its history of organizing successful large-scale competitions, including the 1989 World Veterans Athletics Championships and three National Masters Track and Field Championships, were major factors in the decision to hold the athletics in Eugene.

World Masters Games competition will be held in five-year age groups, beginning at age 30 for both men and women. In addition to the standard track & field disciplines, events include the men's and women's pentathlon, weight pentathlon, 8K cross-country, 10K road walk, 20K road race and 10K road race.

NIKE, known to athletes the world over and a name synonymous with athletic excellence, is the official title sponsor of the 1998 Games. All events will be conducted according to the WAVA Rules of Competition. The athletics time schedule has been formatted to enable participants to compete in

multiple events, if they so desire. (Also, in an effort to accommodate those athletes planning to participate in the USA National Masters Championships in 1998, discussions have been initiated with the Maine organizers to see if a larger time span can be created between the two events.)

While the competition will naturally occupy center stage, the Nike World Masters Games will be much more than just a track meet. With its theme, "The Global Celebration of Sport for Life", the two-week festival will feature a welcome ceremony in Portland (with transportation provided to the Eugene athletes), a barbecue in Eugene, a special athletes' village close to Hayward Field, and many arts and cultural events, enabling the athletes to enjoy much more than the sport competition.

The \$200 registration fee for the World Masters Games was approved by the International Masters Games Association (IMGA) Board of Directors, a group that includes 14 representatives of International Federations of Sport. This entry fee allows

Masters Coaching Update

The response to the article last month: "Masters Coaches - Where Are They?" has been positive. Listed below are four more areas throughout the country where caring NMN readers have informed us that masters coaching and group training are available.

We've also had requests for training sites in southern Nevada and eastern

California.

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, PO Box 50098, Eugene OR 97405. □

MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9am-11am	S, TH, F	C
Ft. Steilacoom RC	Tacoma, Wash. Thu 5pm Steilacoom HS	LD, MD, S	L-Ron Dimmerman 206-582-8188
Club West	Santa Barbara CC Santa Barbara, Cal.	MD, LD	C-Drew Sutcliffe 805-687-7863
St. Louis Masters	Parkway South HS	S, MD, LD	L-Gordon Reiter 314-230-9120

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; F=field events.



Paul Peterson, 42, Bethesda, Md., first overall (2:43:33), Washington's Birthday Marathon, Greenbelt, Md. Photo by George Banker

the Games Organizing Committee to conduct the finest competition in the world. The fee paid by the 25,000 athletes represents approximately 25% of the actual cost of staging the Games.

The goal is to provide the participants and accompanying persons an unforgettable competitive and social experience. All masters athletes are cordially invited to join us in 1998 for the Nike World Masters Games. For more information, call 1-800-98-GAMES (1-800-984-2637), or write to the Games Organizing Committee at 55 SW Yamhill, Portland, Oregon 97204.

- NIKE World Masters Games Organizing Committee



LATE FLASH!

The date of the 1998 USATF National Masters Outdoor Track and Field Championships in Orono, Maine have been moved up one week to avoid a schedule conflict with the Nike Masters Games. The new dates are July 30-August 2, 1998.

TEN YEARS AGO

April, 1987

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

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On The Run

by HAL HIGDON

Masters 5000 Record Nearly 25 Years Old

That the time remains in the record books is both a source of pride and embarrassment to me. The event is the American men's 40-44 record for 5000 meters, established August 25, 1972 at a track meet at the Crystal Palace in London, England. The time: 14:59.6.

Unless some faster master rushes to the track soon with intent to erase that record, it will celebrate a 25th anniversary this summer. Only one other American masters record is older, but barely so: Jack Greenwood's 45-49 400 hurdle record of 55.7, set in the same track meet one day earlier.

I'm proud of the time, proud that the record has lasted nearly a quarter century, but also embarrassed that nobody has gotten around to improving the record. Certainly, more talented runners than I might have claimed the mark. Bill Rodgers, Barry Brown and Doug Bell come to mind. Steve Scott or Steve Plasencia, among

today's younger masters, seemingly could break the record effortlessly.

Most Popular Distance

Oddly, the record exists at America's most popular racing distance. Five thousand meters (or the 5K, just over three miles) has moved past the 10K as the event raced most often on the roads, according to the USATF Road Running Information Center. But that's road racing. A separate set of records is kept for track & field; otherwise, Doug Bell already would have removed my name from the books. The record book lists Bell as holding the 5K record of 14:36 for 40-44 males. Plasencia, recently turned 40, ran 14:25 at the USATF 5K



Hal Higdon, left, running alongside England's Ron Franklin in the Veterans 5000 in Crystal Palace Stadium in London, Aug. 25, 1972. Higdon, then 41, finished fourth in 14:59.6, which still stands as the U.S. M40 5000 track record. Note the author's long hair, bare feet, and shades, apropos of U.S. style in 1972.

Championships in Palm Desert, California in December, but if Steve wants to erase my record, he'll need to move from the road to the track. A relatively small percentage of road runners in this country do so.

At least two American masters actually did run faster track times. In 1982, Mike Manley ran 14:27.0 in Eugene, Oregon, but never got credit. That's because he ran unplaced in a meet featuring younger runners. Only a single official caught his time on a stopwatch, thus the mark could not be accepted. With today's automatic timing, that would not have been a problem. Tom Laris ran 14:40.2 in 1981, also inadequately timed. Both Manley and Laris were Olympians and superior runners in their prime, but they picked the wrong races for record purposes.

That I set the record in 1972 was partly by accident. I had trained hard that spring to qualify for the Olympic Trials in the marathon. The qualifying standard was 2:30, a mark I figured I could better easily. Averaging more than 80 miles a week, I was in superb condition when I arrived in Rapid City, South Dakota for the Longest Day Marathon on June 18, one day after my 41st birthday.

A Hit And A Miss

Alas, the day proved to be hot and humid with winds of 15-25 mph. I was on pace through 24 miles, then had to turn back into the wind. The last two miles were more walk than run. I won by more than a mile, but missed the Trials' qualifying standard.

Here's where the accident occurred. I was in South Dakota to accompany my two sons on a Boy Scout adventure trip. Two days after the marathon, I got flipped off a horse and landed on my back. That forced me to spend nearly two weeks without running. Hindsight now tells me that it was this long enforced rest as much as the hard work preceding it that solidified my training base and permitted me to run fast on the track several months later.

That summer, David H.R. Pain, the

San Diego attorney who founded the masters movement, was leading a tour to the Olympic Games in Munich, Germany. En route, Pain's group would run a track meet in London for masters, or "veterans," as the British describe their older athletes.

WAVA Groundwork

Several hundred went on the tour, not all of them fast runners. Wanting to insure a high level of competition, Pain offered expense-free trips to several athletes, including myself. Pain also had urged athletes from Canada, Australia and New Zealand to attend en route to the Olympics. Several days before the meet, leaders from the various delegations got together for dinner at a London pub, where they laid the groundwork for establishment of the World Association of Veteran Athletes (WAVA) and the first World Veterans Championships, planned for Toronto, Canada three years later.

I attended that pub dinner as much to "have a jar" as to watch veterans' history being made. My main purpose in London was competition, particularly the 3000 meter steeplechase, my best event. Although challenged by Australian Ron Young for the first mile, I won handily in 9:36.2, bettering my own world-best time set in the spring.

I ran the 5000 the next evening almost as an afterthought. I had my medal; I could run relaxed. I often trained barefoot on grass or on the beach, so I decided to run without shoes on the Crystal Palace's rubberized track. Englishman Laurie O'Hara immediately established his superiority, moving to an early lead. I fell in with a trail pack of mostly Brits and have little memory of the race up to the three-mile mark, passed in 14:29. Hearing that time, I suddenly realized that a bit of a sprint would permit me to break 15:00. So I sprinted, outkicking several in the trail pack to finish fourth behind O'Hara, who won in 14:38.4.

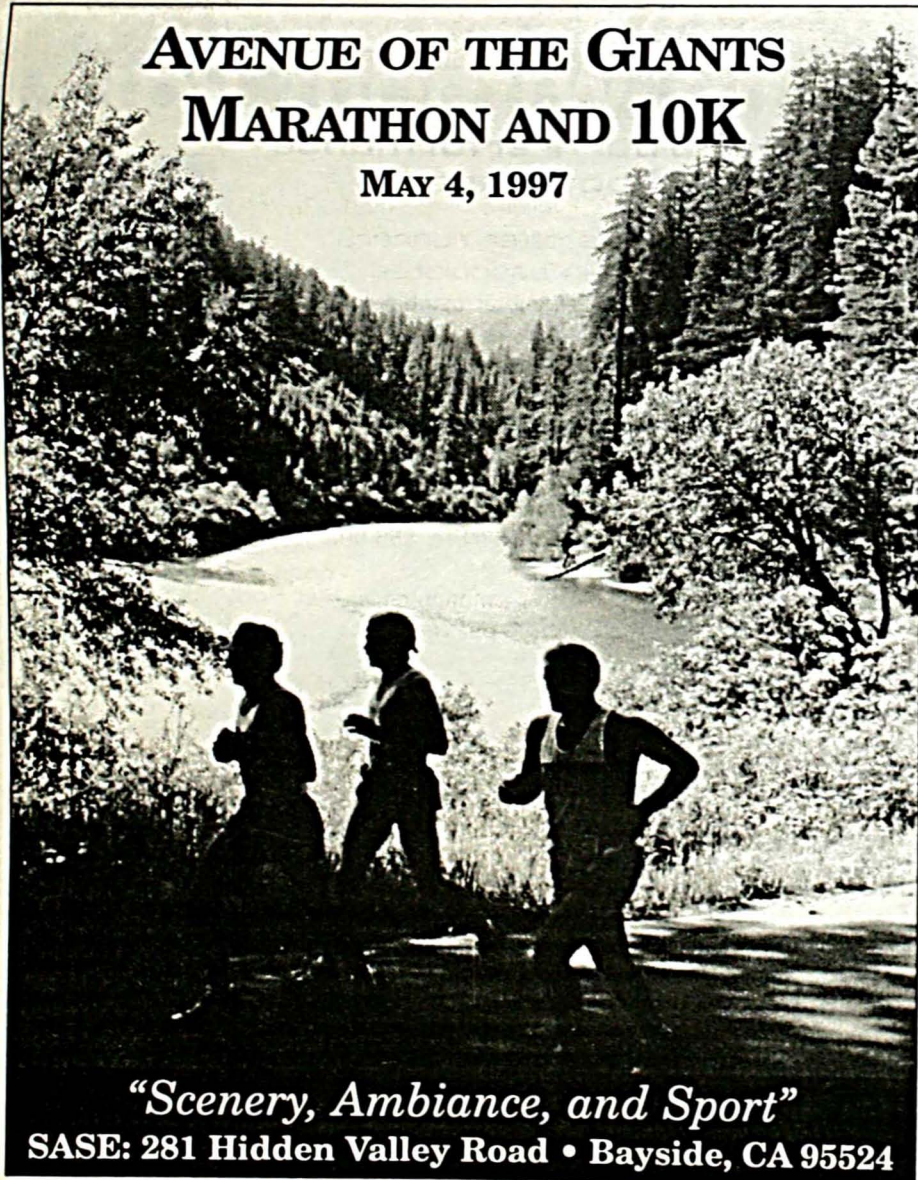
Record Remains

Two days later, I ran 31:18.6 in a

Continued on page 13

AVENUE OF THE GIANTS MARATHON AND 10K

MAY 4, 1997



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On The Run

Continued from page 12

tightly contested 10,000 meter race in Helsinki, Finland, a superior performance both competitively and time-wise. I remember that race vividly, because after I crossed the finish line first and turned to congratulate the second-place runner, he introduced himself as Paavo Pystonen. Pystonen had placed fourth in the 1964 Boston Marathon, one place ahead of me. I had spent the last six miles at Boston staring at Pystonen's singlet. Finally I had caught him after eight years. My 10,000 time has long vanished from the record books, yet the 5000 meter record remains to challenge those who have come after me.

Let me throw down the gauntlet: that mark doesn't deserve to last until its 25th anniversary this summer. Get out on the track, you roadies. Show up at the World Vets in South Africa in July. Head to the USATF Championships in San Jose, California in August. If you can't make either, find a local track meet where you can find more than one timer to hold a watch.

Nothing would give me greater pleasure than to see the record fall. ☐

(Hal Higdon is a Senior Writer for *Runner's World*. He also still holds the American M40 and M45 records in the 3000 meter steeplechase.)

Racewalking

Continued from page 10

Lying on Floor – Do all the standard lifting exercises.

Sit-Up Bench – Do sit-ups and leg lifts, without weights. Use hand weights when lying on your back on the bench and lifting arms up and down.

Push-ups and Sit-ups and various abdominal exercises without hand weights.

- Rower – 20 minutes.
- Turturi Stepper – 20 minutes.
- Bicycle – 15 minutes (moderate tension).
- Step aerobics w/hand weights – 10 minutes.
- Yoga stretching – 20 minutes. ☐

FIFTEEN YEARS AGO April, 1982

• National Masters Indoor Championships Draw 170 Competitors to Liberty, Mo.

• Sister Marion Irvine Sets W50 AR With a 1:03:23 in California 10-Miler; Sal Vasquez Posts New M40 AR in 50:34

• Vicki Bigelow, 45, Tops Bonnie Bell 10K in 37:15

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Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1995. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

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Masters Track & Field Rankings

Men's and women's 1996 U.S. outdoor track & field 5-year age group rankings. 56 pages. 150-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$6.00.

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Masters Track & Field Indoor Rankings (1996)

Same as above, except indoor rankings for 1996. 4 pages. \$1.50.

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Masters Age-Graded Tables

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

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Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 1, 1996; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

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

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The Weight Room

by JERRY WOJCIK

Time on Our Hands (and Feet)

After a half-hour of exhaustive research, I can't find any valid scientific or sociological reason for masters meet schedules to indicate that field events will be run "Women to Men, Older to Younger."

I can understand the reasoning behind it though. When this all started years ago, meet directors were concerned that athletes in their 60s and above might drop dead of age-related causes, thereby delaying the meet until the coroner showed up. So, the sooner they were off the premises, the better. Women had to compete first so that they could hurry home to finish their housework or make lunch for their

mates, who were engaged in watching football or baseball on the weekends.

Nothing sours a meet for younger throwers more (and jumpers too, I would imagine) than having to show up, especially early in the morning, and then stand around for hours while the "older to younger" routine takes place. Warming up for the event becomes erratic. Sometimes, the younger athletes find themselves with



The women competitors in the 1996 USATF National Masters Weight Pentathlon, Bozeman, Mont., from left: Mary Norckauer, 71, Deb Ecklund, 36, Betty Jarvis, 81, Pauline Thomas, 47, Paula Maloy, 67, and Roslyn Katz, 54.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APRIL 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
BARRY ADAMS (CAN)	4-16-42	55-59
LARRY ALMBERG (ELLENBURG, WA)	4-24-47	50-54
MICKEY BLAKESLEY (LA JOLLA, CA)	4-28-12	85-89
JAMES CARNEY (NORFOLK, VA)	4-2-7	90-94
TOM CHILTON (KNOXVILLE, TN)	4-20-37	60-64
NOEL CLOUGH (AUS)	4-25-37	60-64
ANTHONY COVIELLO (NY)	4-19-22	75-79
ANTHONY ELGIE (GB)	4-17-37	60-64
DAVE ELLIS (CANADA)	4-25-37	60-64
ARTHUR FROSCH (WG)	4-27-7	90-94
HELMUTH GEHM (WG)	4-21-12	85-89
CLEM GREEN (NZ)	4-4-17	80-84
CHARLES GUSTAFSON (US)	4-13-37	60-64
HARRY HARDER (REEDLEY, CA)	4-13-17	80-84
WILLIAM HARTFREE (GB)	4-9-22	75-79
FRANCES KELLEY (OAKTON, VA)	4-1-22	75-79
VEIKKO KUJALA (FIN)	4-21-32	65-69
KEN NAPIER (RENO, NV)	4-17-32	65-69
CARLOS NIETRO (PER)	4-27-27	70-74
BILLY OGAN (HONOLULU, HI)	4-26-27	70-74
MURRAY OGUS (FAR ROCKWAY, NY)	4-15-17	80-84
WENDELL PALMER (STEPHENVILLE, TX)	4-22-32	65-69
DEL PICKARTS (VENTURA, CA)	4-14-27	70-74
RED RABURN (US)	4-16-32	65-69
PAUL REESE (SACRAMENTO, CA)	4-17-17	80-84
BILL ROBERTS (GB)	4-5-12	85-89
LEWIS ROBERTS (SAN BERNARDINO, CA)	4-27-27	70-74
JACK RYAN (AUS)	4-30-22	75-79
JIM SMITH (OKLAHOMA CITY, OK)	4-21-22	75-79
GOSTA STEEBERG (SWE)	4-20-22	75-79
NORMAN TAMANAH (KANEHOE, HI)	4-11-7	90-94
MICHAEL TYMN (HONOLULU, HI)	4-2-37	60-64
RONALD WILSON (GB)	4-21-7	90-94
BRUCE WRIGHT (AUS)	4-30-37	60-64
EVELYN ASHFORD (US)	4-15-57	40-44
JOSEPHINE BURLESON (EUGENE, OR)	4-16-17	80-84
JANE FREDERICK (S. BARBARA, CA)	4-7-52	45-49
JOYCE HODGES (MILLEN, GA)	4-14-37	60-64
MARY HOLBERT (KIRKWOOD, MO)	4-16-22	75-79
SUE HUTCHISON (PALOS VERDES, CA)	4-13-37	60-64
ANNETTE JOHNSON (CLEVELAND, OH)	4-12-37	60-64
MARJORIE LARNEY (OAKLAND, CA)	4-1-37	60-64
RUTH LEFF (MILWAUKEE, WI)	4-1-27	70-74
MAVIS LINDGREN (ORLEANS, CA)	4-2-7	90-94
JOYCE MAGEE (BARDONIA, NY)	4-11-47	50-54
BILLIE MURPHY (TACOMA, WA)	4-4-27	70-74
MILDRED O'BRIEN (BELMONT, CT)	4-24-27	70-74
EVE PELL (MILL VALLEY, US)	4-9-37	60-64
MARY ANN PETERSON (PORTLAND, OR)	4-26-47	50-54
JANE ROBINSON (SEATTLE, WA)	4-13-47	50-54
ALITA ROSENFELD (NICASIO, CA)	4-19-42	55-59
NANCY STOKES (US)	4-3-27	70-74
CHARLOTTE SWANSON (SPOKANE, WA)	4-18-42	55-59
CATHY TRIGVEIRO (EUGENE, OR)	4-20-47	50-54
SHIRLEY WEAVER (GREAT FALLS, MT)	4-8-42	55-59
JOAN YOUNGS (TOLAND, CT)	4-7-37	60-64
ELIANA GAETE (TRI)	4-14-32	65-69
MIDDE HAMRIN (SWE)	4-19-57	40-44
LONE HEDEMAM (DEN)	4-11-52	45-49
ANN JERMAN (SLO)	4-24-52	45-49
JUDITH ANN KNIGHT (AUS)	4-14-27	70-74
JAROSLAVA KRITKOVA (CZE)	4-23-27	70-74
ERLINDA LAVANDIA (PHL)	4-9-52	45-49
BARBARA LEHMANN (WG)	4-2-42	55-59
INGRID MEIER (GER)	4-1-47	50-54
MARIE-PIERRE OCAMICA (FRA)	4-6-52	45-49
STANKA PREZELJ (YUG)	4-26-52	45-49
ELS RAAP (HOL)	4-28-47	50-54
LIA RAICA (ROM)	4-25-32	65-69
JUANA RASPALDO (PUR)	4-29-27	70-74
TUULA RAUTANEN (FIN)	4-8-42	55-59
NAOMI RYAN (USA)	4-1-32	65-69
JENNY SENIOR (NZ)	4-28-47	50-54
MARY VIKKERS (AUS)	4-28-22	75-79
JOSE WALLER (GB)	4-16-22	75-79

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

tired, overworked officials, who bring the whole affair to a finish by combining the remaining age groups into one huge flight of 15 or more.

I'm surprised at the number of established meets that still adhere to the "older to younger" system, probably because meet directors are afraid to set up more exact time schedules until they know how many entrants they'll have, or they're adhering to a procedure that's more traditional than common sense and might have worked 25 years ago but doesn't any more.

I've tried to beat the "wtm,oty" sys-

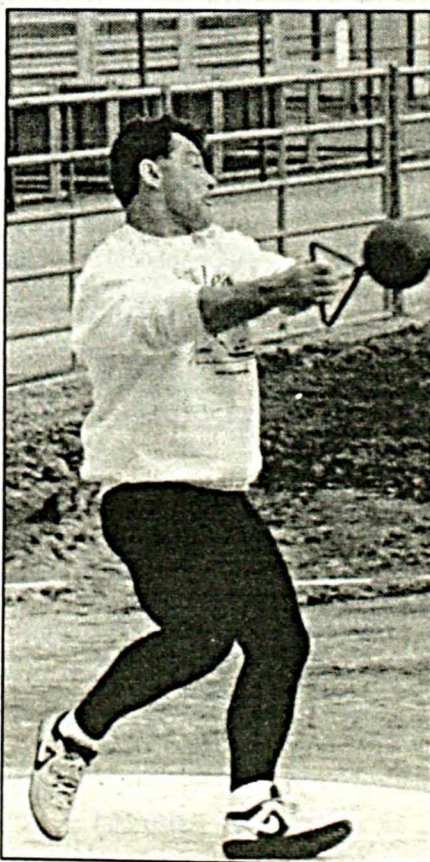
tem by estimating when I might be competing, based on the number of entrants, and it's a gamble, which, if I'm lucky, may work out. Usually, I end up going to the venue too early anyway to avoid missing out on warm-up time or the event completely.

Suppose that a meet director gives the starting time for the shot at 9 a.m., with whatever group he wants or one that fits in with the other throws to avoid conflicts. The next group he schedules for 10 a.m. or 10:30 a.m., let's say. What if the first group finishes a half-hour later than those times? At least throwers in the next group will have hung around for a half-hour, not for an hour-and-a-half before competing. What if the first group wraps it up sooner? Perhaps the second bunch can get in a few more warm-up throws before their event, or, if all of the are present and agree, their event might start early.

I realize that scheduling exact competition times for field events to avoid conflicts is not easy, especially in a one-day meet. But, if event times can't be broken down into precise segments, they can, at least, be divided into two parts.

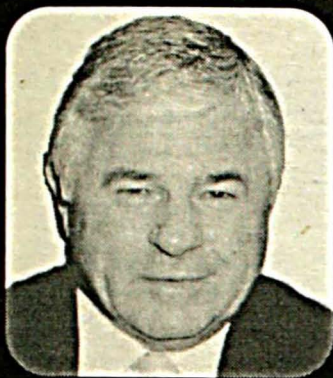
A little experimentation might pay off and reduce a three- or four-hour wait to an hour or less and eliminate the misfortune of younger throwers having to leave before their events to catch a flight because they've guessed their time frames incorrectly. What a drag to invite friends and family to watch you compete and then have them wait half the day before you come on.

If the single block schedule is written in stone for some meet directors, they can at least insert an occasional "men to women, younger to older" in the schedule to spread the inconvenience around a bit. □



Lad Pataki, M50 weight throw, Silver State Masters Classic, Reno, Nev., Feb. 16.

Photo by Suzy Hess



Track & Field Report

by KEN WEINBEL

Report From the Chairman

Since my election to the Masters T&F Chair of USATF I have been receiving many phone calls, faxes and letters. Happily, most have been of a positive nature and most encouraging for a constructive tenure of office.

However, there have been what one might refer to as "the usual disgruntled." Generally, these are one-dimensional and can be reconciled with brief explanation and/or direction. Every now and then concerns arise that are not easily solved by a single dictate or opinion. For such situations, I offer that we have built into our Masters Committee an infrastructure of responsibility. It is in place to serve the membership. I encourage athletes to contact the Committee member most directly associated with your concerns, for assistance. The various chairmen and coordinators have been appointed for their experience and expertise and are all more than willing to answer your questions and needs.

I have been receiving reports and news letters from Regional Coordinators who are hard at work

putting together programs and events for their regions. I am an advocate of building strong regional activity. The Regionals are the life blood of the masters program. I have had the opportunity to visit with some Regional Coordinators and athletes and all agree that masters track and field will grow in stature from a strong regional foundation.

I encourage all masters athletes to get involved and support your Regional events. Take pride that yours is the best region in the masters program. If we all do this, good things will happen. □

USATF Masters Track & Field Committee Budgets - 1997

	1997	Revised 1997
Chair	5700	4970
Vice-Chair	900	470
Meet Coordinator	2700	1470
Administration	500	00
Awards	1000	500
Board of Directors	500	170
Data Base-Membership	500	00
Indoor Games	500	00
Outdoor Games	500	00
Hall of Fame	350	00
Market Research	00	00
Meet Manual	300	00
Multi-Events	2100	1370
Racewalking	900	320
Rankings	2000	1270
Records	2000	1270
Regionals:		
East	1300	850
Southeast	1300	850
Midwest	1300	850
Mid-America	1300	850
Southwest	1300	850
West	1300	850
Northwest	1300	850
Secretary	2000	1470
Substance Abuse	50	00
Team Manager	2700	2180
Treasurer	1450	970
Weights	500	320
	\$36,000	\$22,700

Submitted by Madeline Bost,
Treasurer

COMING NEXT MONTH

- Results of Indoor Nationals
- 5-Year Age-Group World and USATF Records
- List of Masters Clubs
- Results from Boston
- Indy Life Circuit



Jim Aneshansley #20, USA, on his way to a gold medal (2:24.04) in the M60 800, NCCWAVA Championships, Eugene, Ore., with Charles Kirkby, USA, following. Photo by James Fields

The 68-page 1997 M-F Everything Track Catalog is now available for distribution. Its contents include the complete range of basics that meet college and high school rule updates such as poles and javelins, discus, hammers and shots, pits, hurdles, standards and starting blocks. In addition, there are a number of specialty items included, meaningful to the coach and trainer in planning and executing a total program. Catalog available at no charge by calling toll-free 1-800-556-7464 or by writing to M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

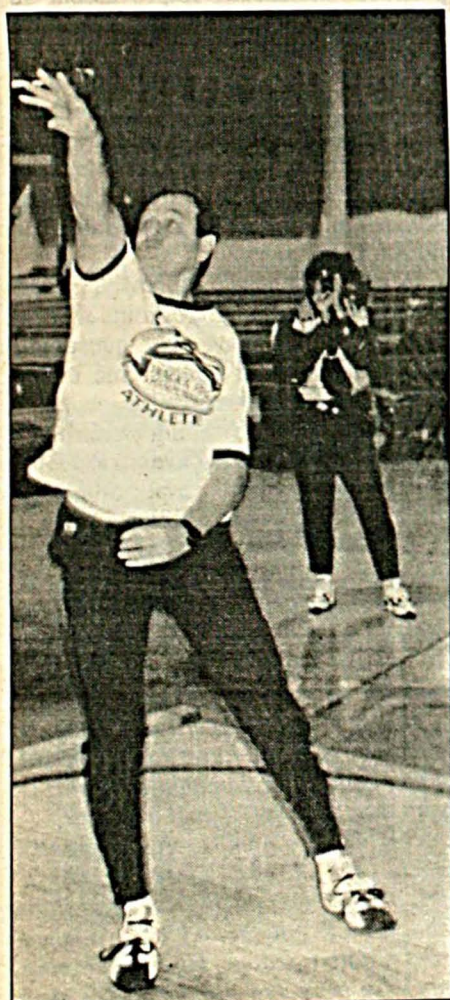
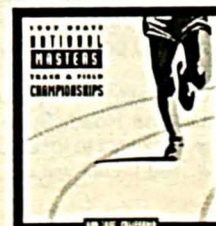


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Geoff Hughes, M50-54, finished with a 30-10 in the shot put, Eugene Indoor Meet, Eugene, Ore., Feb. 2. Photo by Jerry Wojcik



Training Advice

by ROSS DUNTON

Speed Development

Would you be willing to change your training program in order to improve your time by .5 seconds in the 100, by 2.5 seconds in the 400, or by 10 seconds when running a 1500?

To achieve these improvements all that has to be accomplished is to decrease the time that your foot is on the ground and to decrease the time that the foot is in the air by .01 second! Even though, as a masters runner, you may be slowing down each year, you can still realize these improvements, but it will require a major shift in both your thinking and your training program.

I now know that much of what I learned in high school and college about proper running mechanics was not the best information. It was the best available at that time, but much has been learned about track and field training and mechanics since then.

Stretching

• **DYNAMIC:** "of or pertaining to energy, force or motion in relation to force."

• **STATIC:** "having no motion, at rest."

The first step is to change your current method of stretching. All training and racing sessions should start with "dynamic" stretching and end with "static" stretching.

You do not feel the wrist watch on your arm or the hat on your head, because they are static in motion and

your body's receptors turn off in anywhere from seven to ten seconds. For quickness, the receptors must be turned on.

• **RECEPTOR:** "a nerve ending specialized to sense or receive stimuli."

When you warm up, instead of jogging the slow two, three or four laps conducive only to producing a slow runner, try a dynamic flexibility warm-up with a speed component. The warm-up should be broken into approximate 30-meter segments. Jog three or four of these segments with "quick-legs" thrown in. You will also want to swing and rotate the arms for maximum flexibility while doing these segments.

• **QUICK-LEGS:** as quickly as possible, bring the foot up and through with the toes dorsiflexed (toes pulled up toward the shin). Emphasis is placed on getting the foot off the ground, up to the butt, through at knee level and back on the ground in a hurry. As the name implies, you want that leg to go through quickly. When the foot hits the ground, it should be traveling in a slightly rearward motion. It should be as if you were trying to "paw" the ground.

Explosive Force

Also do power skipping in three or



Luciano Campagnolo, #364, won the M35 10,000 with a 36:53. Chuck Cammack was first in the M50 race in 39:17, USATF Northwest Regional Masters Championships, Tacoma, Wash.



Photo by Suzy Hess

four of the segments. When skipping, emphasis is placed on getting off the ground with a quick, explosive force. In other segments, throw in some "straight leg bounding." In this, keep the knee locked straight, and bound on the toes. Like the skipping, this is a plyometric drill. You may do these in any order or sequence. Near the end of the warm-up, stop and do some full leg swings. These should be front to back and side to side. Work for maximum hip joint flexibility.

When running, you must "stand tall." Like many other masters runners, I was taught to lean slightly forward when running. We now know that to be bad advice. The body should be erect with the shoulders in line above the hips. Any forward leaning causes the body's center of mass to move forward. In turn, the foot has to land farther forward to keep us from stumbling or falling over. This causes a slight braking action as the foot contacts the track surface. Next time you hear a runner's foot hitting rather loudly, take a look at his or her posture. Most likely, they will be leaning forward, and that noise is caused by the braking action.

Receptors On

At the start of a race, especially in the shorter races, it is important to have all your receptors turned on. Usually, when we are trying to exert maximum force, such as when trying to unscrew a lid on a jar, we hold our breath. This puts the body into "fight or flight" mode and turns all the receptors on. When you are in the blocks and hear the set command, you should hold your breath. At the same time, you should exert maximum backward force on the blocks. This will enhance your ability to powerfully drive out of the blocks.

Study after study has shown that the body and nervous system can be retrained and that it does have memory. Studies also show that the quick-twitch muscle ratio can be increased. Performing the quick-leg drill at every workout and before every race, coupled with proper body posture, can produce significant improvement in your time, whether you are a sprinter or a marathoner.

During your cool down, and it is important that this take place immediately after your race or hard training session, throw in some quick-legs as you jog. This will help to relax the leg muscles and maintain a full range of motion in the legs.

In the next issue of NMN, speed development training workouts will be covered. If you have any questions, please feel free to contact me either through NMN or directly. □

(Ross Dunton (714) 524-9966/voice; (714) 524-9992/fax; COACHR@PAC BELL, NET/e-mail. 512 Somerset Drive, Placentia, CA 92870.)

(Last month, NMN reported Dunton coached in Placentia, Calif. That was incorrect. While Dunton lives in Placentia, he coaches in both Yorba Linda and Anaheim. He is available virtually anywhere in Orange County. Dunton is USATF Level I and Level II coaching certified. Level I is a general coaching certification, while Level II is event specific. His Level II certification is in the jumps. He currently coaches the shot and discus at a local high school. He has been a head high school T&F coach and has coached cross-country teams. His own racing specialty is in the 400 and 800. Any T&F athlete who feels Dunton may be of help should feel free to contact him. He does not charge masters athletes for coaching assistance. — Ed.)

LOSE 20 POUNDS IN TWO WEEKS!

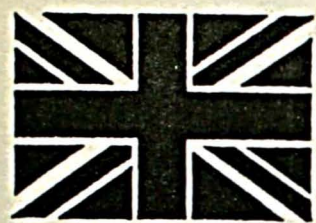
Famous U.S. Women's Alpine Ski Team Diet

During the non-snow off season the U.S. Women's Alpine Ski Team members used the "Ski Team" diet to lose 20 pounds in two weeks. That's right - 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the U.S. Ski Team. Normal energy is maintained (very important!) while reducing. You keep "full" - no starvation - because the diet is designed that way. It's a diet that is easy to follow whether you work, travel or stay at home. (For men, too!)

This is, honestly, a fantastically successful diet. If it weren't, the U.S. Women's Alpine Ski Team wouldn't be permitted to use it! Right? So, give yourself the same break the U.S. Ski Team gets. Lose weight the scientific, proven way. Even if you've tried all the other diets, you owe it to yourself to try the U.S. Women's Alpine Ski Team Diet. That is, if you really do want to lose 20 pounds in two weeks. Order today! Tear this out as a reminder.

Send only \$8.95 (\$9.60 in Calif.)-add .50 cents RUSH service to: American Institute, 630 Quintana Road, Suite #136, Morro Bay, CA 93442. Don't order unless you expect to lose 20 pounds in two weeks! Because that's what the Ski Team Diet will do.

©1995



Report from Britain

by MARTIN DUFF

600 Compete in 10K X-C

With the European Indoor Championships taking place in Birmingham, a distance running feast took place less than 100 miles away over the same weekend when 600 cross-country fans took part in the Southern area championships on March 1 in Luton.

Nigel Gates led the way with a run-away victory over 10K in 33:43, just a week after his 5-mile victory in 24:03 in North London. Brian O'Neill won (36:19) in the M50 field from two-time winner Steve Birkin, as leading M55. Les Presland was first M55 in

38:45. Keith Spacie was a comfortable M60 winner in 41:54 from John Steed, who had to stop during the race to calm an excessive heart beat.

Alison Fletcher, W35, took the women's 7K event in 27:18 from W40 winner Anne Jeeves. There was a good battle for the W45 gold, narrowly won by Gill Dean (28:06) from Josie Heffernan (28:38). Pauline Rich, third the previous night in the 3000 indoors in Birmingham, won the W50 in 33:03. □

European Indoor

Continued from page 1

any, established records in his five events: 60m (16.96), 400 (2:57.28) high jump (0.86m), long jump (6-6¼), and shot put (13-4¼). At the long jump, he was surrounded by a pack of cameramen.

"I've outlived them all. Record books are my competition now. Yet, I still get nervous," he said at the long jump pit. At the opening ceremony, Hosack was presented with a birthday cake, a bottle of vintage champagne, and a bag of "goodies." He delighted an appreciative crowd when he ran down 80-year-old Hpsanthos Biliousis, of Greece, beating him by 1/100 of a second in the 400.

Tim Murphy, Irving, Texas, who underwent a bypass operation several

years ago and thought his running career was finished, broke the M75 record for the 60m with an 8.95.

While most records were broken by just a few seconds or centimeters, others, including Raschker's were obliterated by huge margins. The most striking record was by Thomas Zacharias, 50, of Germany, who high jumped 2.00m (6-6¼), to erase the present M50-54 record of 1.78m (5-10). The mark is also ¾ inches over the M45-49 world record.

Shot putter Natalia Zoubekhina, W45, of Russia, broke the record of 38-10¼ with a 42-8¼. Great Britain's Rosemary Chrimes, W60, increased the shot record by over five feet, from 33-1¼ to 38-3¼.

In the high jump, the first three places went to Polish athletes, led by 1976 Montreal Olympic gold medalist and 1980 silver medalist in Moscow, Jacek Wszola, who did 6-7 in Birmingham for a European record, after coming in at 5-7 and failing on his first two attempts. Afterwards, Wszola said he had not trained for some time but, on reaching 40, he realized that his taste for a drink and an occasional cigarette might lead to problems.

Seven records fell in the triple jump, six by women. Six 3000 racewalk records were broken. Seven pending records for the 4x200 relay were established.

The meet drew 28 guest athletes from the U.S., most of whom flew directly into Birmingham from New York or Chicago. Many stayed in downtown Birmingham, the second largest city in England with a metropolitan population of over 3 million, and had a walk of about ten minutes in



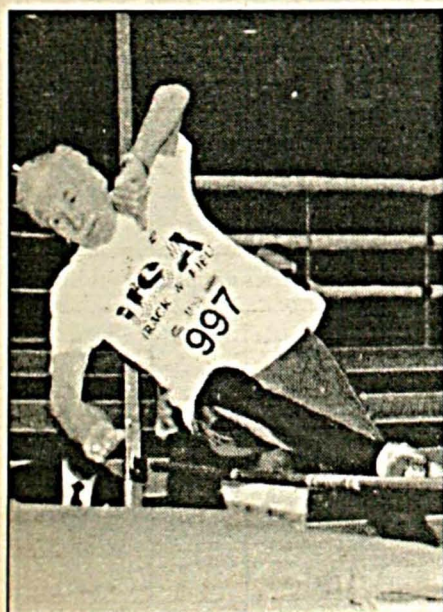
An all-British finish in the M45 800, Peter Browne (277) winning in 2:04.60; with Stewart Halton, behind Browne, second; Brian McKay (319); and Bob Minting (321), fourth. Photo from Bridget Cushen

mild weather to the indoor stadium, a six-lane 200m oval with an eight-lane 60m.

Other countries represented by sizable contingents were Germany, Italy, France, Greece, Belgium, and

Sweden. □

(William DaPrano, USA, who placed in the 60m and triple jump as a guest athlete in Birmingham, and Bridget Cushen, of Great Britain, contributed to this article.)



Ohio's Everett Hosack, M95, sets a world high jump record, European Veterans Indoor Championships. Photo from Bridget Cushen

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3 Months to Go



Countdown to Durban

Last Chance to Sign Up

Excitement continues to build for the 12th WAVA World Veterans Athletics Championships. The biennial event will be held in Durban, South Africa, July 17-27. Meet organizers now predict more than 6000 athletes (men age 40+, women age 35+) from as many as 80 nations will participate in the world's most prestigious event for masters track and field, long distance running and racewalking enthusiasts.

"There has been a tremendous response from South African road runners to participating in the marathon event," said Linda Barron, Chief Executive Officer of the Championships.

USA masters tours are filling up. Travel agents advise that anyone still wondering whether to make the trip should decide soon.

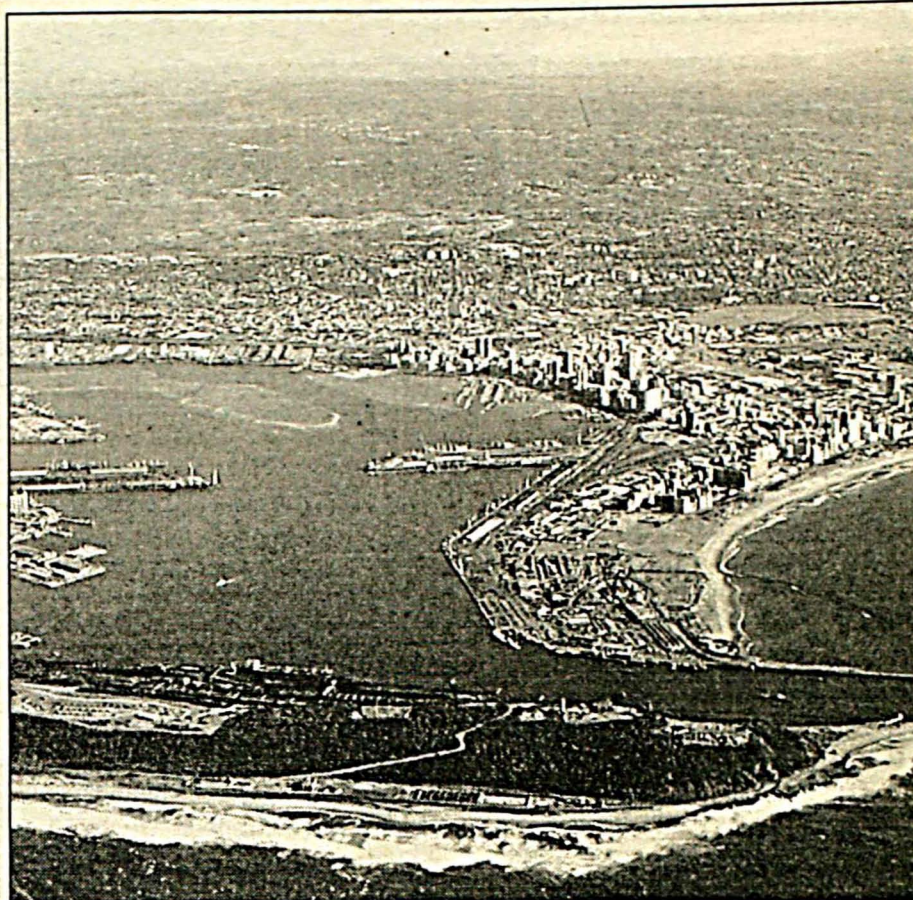
The official entry deadline is April 30, but USA athletes must send their entry to USA Track & Field for approval no later than April 10. Entry and accommodation forms are available directly from Durban (see

Schedule for fax number), from any of the masters travel agents hosting low-cost tours (see ad on this page), or from Ken Weinbel, USA Masters T&F Chairman (address on page 3).

There are no qualifying standards, except to be at least the minimum age.

One of the Best

The event is shaping up as one of the best in the 24-year history of the World Association of Veteran Athletes (WAVA). Both stadiums are less than 300 meters apart in beautiful Kings Park, which is only about a mile or two from the Golden Mile hotel area fronting the Indian Ocean.



Aerial view of Durban

A free shuttle-bus service will transport athletes from the hotel area to the park, where all the action will take place. The camaraderie should be extraordinary. It will be a rare opportunity to meet and make friends with different people from all over the globe.

Both stadiums are state-of-the-art, and the cross-country, marathon and racewalking courses are said to be outstanding.

There is much to do and see in South Africa. The meet organizers have arranged for tours to local game reserves, where one can see elephant, rhino, impala, giraffe, and possibly wildebeest, lion and hippo.

An Historic Time

South Africa, itself, is experiencing

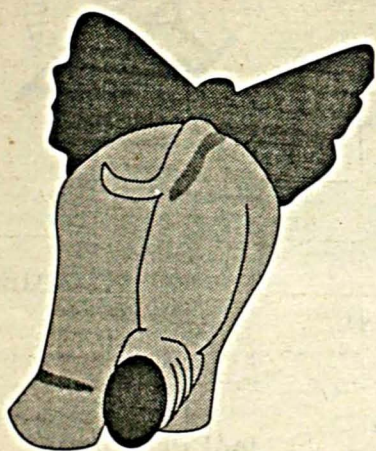
a peaceful revolution. It will be exciting to see the dramatic changes that the country has made in just a few short years. The country is undergoing a historic transformation. The world's veteran athletes and their families will be part of helping to bring South Africa into the world community.

South Africans are very friendly and anxious to get to know their visitors. The city is 100% behind the event, and is contributing substantial financial support to make sure the championships go smoothly.

"South Africa has been included in the final five cities to be considered to host the 2004 Olympic Games," Barron said. "As the decision on the

Continued on page 19

GOING TO DURBAN? BETTER HURRY!



Final date for competition entry forms is April 10th!

Call: Sports Travel International
for travel arrangements
(619) 225-9555 or 800 466-6004

COMPETITION SCHEDULE: 12TH WORLD VETERANS ATHLETIC CHAMPIONSHIPS

	JULY 1997	NON-STADIA	STADIUM 2	STADIUM 1			JUMPS	THROWS
DAY 1	Thursday 17	10 km Cross-Country		Decathlon	Heptathlon			
DAY 2	Friday 18			Decathlon	Heptathlon	Long Hurdles Prelim. (if necessary)		
DAY 3	Saturday 19		W 10,000m/ M 10,000m (M65+)	100m Prelim.	800m Prelim.	Long Hurdles Semis	Long Jump	Hammer Throw
DAY 4	Sunday 20	W 10 km/ M20 km Road Walk	M10,000m (M40-60)	100m Semis & Final	800m Semis	Long Hurdles Final		Shot-put
DAY 5	Monday 21	WOMEN'S ASSEMBLY REGIONAL & W.A.V.A. COMMITTEE MEETINGS						
DAY 6	Tuesday 22		W5000m	200m Semis	800m Final	Short Hurdles Semis	Pole Vault	Discus Throw
DAY 7	Wednesday 23		M5000m	200m Semis	200m Final	Short Hurdles Final	Triple Jump	Javelin Throw
DAY 8	Thursday 24	W.A.V.A. GENERAL ASSEMBLY				400m Prelim. (evening)		
DAY 9	Friday 25			W5000m Race Walk	1500m Semis	400m Semis		Men's Weight Pentath.
DAY 10	Saturday 26			M5000m Race Walk	1500m Final	400m Final	High Jump	Women's Weight Pentath.
DAY 11	Sunday 27	Marathon		Steeplechase	4 x 100 Relay	4 x 400 Relay		

OPENING CEREMONY • SATURDAY 19 JULY

BANQUET • WEDNESDAY 23 JULY

CLOSING CEREMONY • SUNDAY 27 JULY

Countdown to Durban

Continued from page 18

final city will be announced on September 5, 1997, it is imperative that these championships are well organized. So there is that strong incentive for us to prove we can hold a track and field event of world-class standard."

TV Coverage

There is keen interest in South Africa. "The two national television networks have scheduled 287 minutes of live and taped action," Barron said.

Among some well-known athletes who may compete in the meet are Sydney Maree, who left South Africa to take up residence in the USA during the apartheid era. Maree has now returned to South Africa. He is a stockbroker who also does TV commentary at track and field meets.

"He would very much like to compete," Barron said. "If he does, it will be the first time Sydney is seen on the track in South Africa representing his country."

USA 1996 Olympian Ruth Wysocki, 40, is a possible entrant, as is Titus Mamabolo, 56, who ran 2:42 at the South Africa Marathon Championships this year.

Another is Ewald Bonzet, 45, who ran a 28:16 10K in 1974 and 8:31 steeplechase in 1975.

Foreign officials are welcome and needed. Any interested official is invited to contact Barron at 011-27-239-821 (phone) or 011-27-31-239-874 (fax); e-mail: wava@lafira.com.

Barron reports inquiries have been made about sending field equipment ahead. "There is no problem with this," she said, "just so long as our office is informed and that the packages are clearly marked. We have a secure lock-up facility for storage within our office complex."

Barron encourages all participants, companions and volunteers to register on their e-mail base situated on their website: <http://www.wava.org.za/>.

A Night at the Shebeen

There has been a change in the

Beach Party mentioned last month. Keeping the theme of the event, "An African Adventure," the athletes, function will be "A Night at the Shebeen," Barron said.

What is a "shebeen"? "The best way to describe it is to equate it to a speakeasy of the prohibition days of America," Barron explained. "It has been the traditional gathering place of the African people in the townships where they would go to socialize, listen to some of the legends of African jazz and fusion, and drink and eat."

Barron says they will be transforming the Village Green (situated between the stadia and the beachfront) into a shebeen for the evening of Wed., July 23.

"It will be a party of note," she promised. "The menu will cater to all tastes including those who want to experience typical South African fare, as well as those who are slightly less adventurous and want to keep to the pastas, salads, and vegetarian dishes. Anyone who is not there will have missed a great opportunity for communing with Africa."

Crime in South Africa

There have been reports of crime in South Africa, but the level of violence in KwaZulu Natal (the province of which Durban is the major city) is reportedly substantially less than in the two major cities of Johannesburg and Cape Town.

"KwaZulu Natal is being handicapped by an incorrect and exaggerated perception that the province is a violent area," said Kevin Moore, vice-chairman of Marriott Merchant Bank. "Yet crime levels (per 100,000 population) are higher in the Western Cape and Gauteng (Johannesburg area) than KwaZulu Natal. The region lags well behind in most crime categories."

Like most large cities in today's world, visitors must use normal caution while traveling in Africa. Security will be high during the Games and most of the activities will take place in a relatively small, well-populated area.

Cost

Masters travel agents have attempted to provide low-cost air fares to Durban. Once in Durban, the cost of living is considerably less than in the USA.

Entry Procedure

USA entrants must send a completed entry form, together with a copy of birth certificate or passport and copy of 1997 USATF membership card, and the appropriate entry fees (no personal checks accepted) by Thur., April 10 to: Sandy Pashkin, USATF Team Manager, 301 Cathedral Parkway, #6U, New York NY 10026.

The entry will then receive the official USATF stamp and be forwarded to the Durban organizers. Confirmation of entry will be sent directly to each athlete from Durban.

It promises to be an exciting and memorable trip.

- Al Sheahen



Behind the scenes are, back row: (left to right) Dave Bunce and Mike Newlands from 1999 WAVA World Championships host city, Gateshead, England, and the Indoor Organizer, Ron Bell. Front row, Bridget Cushen, BVA Secretary; Matt Frazer, Secretary, British Athletics; Keith Whitaker, Chairman; and Sylvester Stein, President of the BVA.

Five Cities to Bid for World Championships

Three cities will bid for the right to stage the 14th WAVA World Veterans Athletics Championships in 2001.

These cities are Brisbane (Australia), Kuala Lumpur (Malaysia), and Victoria (Canada).

Two cities will bid for the WAVA World Non-Stadia Championships in

2000: Cardiff (Great Britain) and Portland (USA). The decisions will be made by delegates to the WAVA General Assembly, July 24, in Durban, South Africa.

Gateshead (England) will host the 1999 T&F Championships, while Kobe, Japan will stage the 1998 Non-Stadia event. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

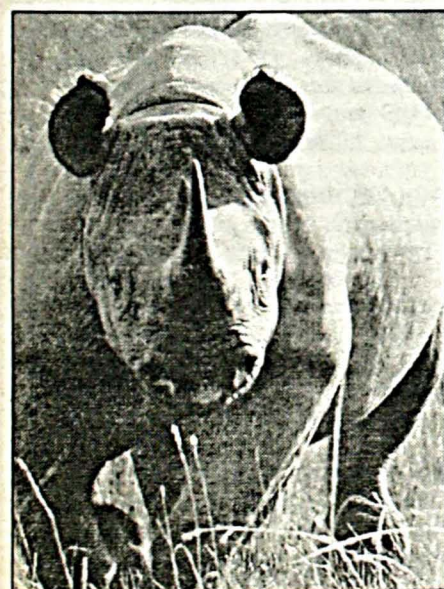
MEN

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

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70-79	4.00k	1.00k	4.00k	600 gms.	16# 25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.



Almost synonymous with the region, the Black Rhino is the chosen mascot of the 1997 World Veterans' Athletic Championships in Durban.

Masters Scene

EAST

• **John Harwick** (M65, 3000) and his son, **Barry** (M40, 1500), won their events in the Dartmouth Relays, Hanover, NH. Barry, M40 winner (15:08), XI WAVA Championships in Buffalo, coaches men's cross-country and track at Dartmouth.

• **Paul Peterson**, 42, Bethesda, MD, forged an overall first (2:43:33) in the 36th Washington's Birthday Marathon, Greenbelt, MD, Feb. 16, over a moderately hilly, three-loop course. **Betty Blank**, 43, Falls Church, VA, took the W40+ race in 3:39:13. The "Your Cheatin' Harts" masters team of **Jim Hage**, **Mike Hart**, and **Deane Burke** combined to win the relay overall with a masters record 2:27:29. The Runners GG masters trio of **Carole Schermer**, **Barbara Long**, and **Alice Page** won the W40+ contest with a 4:15:43.

• Running their hearts out at the NYRR Valentine's 5K, Central Park, NYC, Feb. 15, were masters winners **John Kenney** (40, 16:31) and **Gillian Horovitz** (41, 18:06). Age-group "baby" **Wilfredo Rios**, 80, aced his competition in 29:52.

• Some 2000 runners showed up for the New York Hilton/NYRR Bagel Run 10K in Central Park, NYC, Feb. 22. Leading the way for the masters were **Sean Doyle** (42, 33:43) and **Gillian Horovitz** (41, 37:09 - 84% AG). Another outstanding performance was turned in by **Sidney Howard** (57, 37:23 - 85.2% AG).

• The 101st Boston Marathon, to be held April 21, will award \$40,000 in prize money to

masters runners - \$20,000 each to men and women. First place is worth \$10,000; second gets \$5000; third \$2500; fourth \$1500 and fifth \$1000. A masters world best brings another \$10,000. A masters course record nets \$7500. The total race purse is \$500,000. "We are proud to continue giving incentive for the world's best marathoners to run at Boston," said Guy Morse, Race Director. "John Hancock's sponsorship of this race, and of the prize purse in particular, assures this event will maintain its status as one of the world's marquee sporting events."

SOUTHEAST

• **Cathy Ventura-Merkel**, W40, Arlington, VA, set a meet record of 5:32.20 to win the W40+ race in the Mobil Meet Masters Mile, Fairfax, VA, Feb. 21. As reported last month, **Steve Scott**, 40, Leucadia, CA, won the M40+ race in 4:14.27.

• **Roger Rouiller**, 58, flew to a second overall 17:59, an age-graded 86.5%, in a 5K at Port St. Lucie, FL, Feb. 8.

• **Roberto Castillo**, 40, 16:08, and **Carol Virga**, 46, 20:30, were top masters in the Dare Run 5K, Boca Raton, FL, Feb. 8. First racewalkers were **Bob Fine**, 65, 29:55, and **Elizabeth Nelson**, 47, 29:52.

• The star of the day at the Naples (FL) Daily News Half-Marathon, Jan. 19, was **Tatiana Pozdnyakova**, 40, second overall in the women's race in 1:13:40 - a world-class 92.5% age-graded performance. The top three men's masters, separated by split seconds, also per-

formed brilliantly: **Vladimir Anissmor** (40, 1:10:32, 86.7%), **Gary Romesser** (46, 1:10:33, 90.5%) and **Jorge Ramos** (41, 1:10:37, 87.3%). Also in the spotlight were **Nancy Grayson**, second female master, (55, 1:33:50, 83%) and **Larry Miller** (60, 1:26:40, 82.9%). **Pozdnyakova** annihilated the women's masters field at the Gasparilla Distance Classic 15K, Tampa, FL, Jan. 25, with a winning time of 51:57. **Steve Jones**, 47:30, and **Ted Joleta**, 47:48, fought it out on the men's masters side. **Hedy Marque**, W75, crossed the line in 1:26:32, an 80% AG performance.

MID-AMERICA

• **Kevin Parker**, a former pro football player, now totally blind after being shot in a drive-by shooting, ran a 7:39 55m and a 28.63 200 in the M30-34 division, USATF Colorado Indoor Championships, Feb. 23. **Stacey Price** zoomed to wins in the M40 55m (6.93) and 55mH (8.05) in better times than his 1995 marks.

WEST

• **Joy Upshaw-Margerum**, who shared the 1996 USATF Masters W35-39 Track Athlete of the Year Award with **Kim Jones**, has moved back to Northern California from Hawaii. She was also awarded the Senior Female Athlete of 1996 Award by the Honolulu Quarterback Club.

• **William Wall**, second M60-64 (41:38) in the Paramount Special Masters 10K, was incorrectly listed as **William Hall** in the March LDR results.

• **Yoshio Ishizuka** (2:36:14) was the first unofficial 40+ finisher in the annual Los Angeles Marathon, March 2. **P. Chandra** led the female masters in 3:03:10. Official results were unavailable at NMN press time, but are expected by next month.



Madeline Bost, W55, misses here but finished with a 6-10, 1996 USATF Northwest Regional Masters Championships, Tacoma, Wash.

Photo by Suzy Hess

BIRMINGHAM TRACK CLUB CLASSIC

(In conjunction with the Southeastern Police and Fire Championships).

DATE----- June 7, 1997.

SITE----- Hoover High School, Birmingham, Alabama. (Exit 10, I-459, go south on Hwy 150 to Parkway, right on Parkway to Learning Lane, to Hoover HS. Watch for signs)

FACILITIES----- Eight lane Chevron track. Chevron jump and grass runways.

AGE DIVISION---- Masters (age 30 and over) men and women will compete in five year age groups. Open and youth (18 and under)

ENTRY FEES----- Entries postmarked by June 2, \$10 first event, \$5 each additional. \$10 each relay race. Late registration (including day of meet, one hour prior to running event), \$10 each event. \$15 each relay team..

AWARDS----- Medals to the first three places in each age group.

SPECIAL AWARDS- Gift certificates from The Trak Shak.

DIRECTOR----- Gordon Seifert (205) 879-8031

SCHEDULE OF EVENTS (Women run first, followed by men, older to younger, police and firemen next.)

9 AM 5000 meter

10 AM 4 X 100 relay

10:30 50 meters

11 AM 80-100-110 H

11:30 1500 meters

Noon 100 meters

1 PM 400 meters*

2 PM 200 meters

2:50 KC 100 meters**

3 PM 800 meters

3:30 300-400H

4 PM 4 x 400 relay

FIELD EVENTS

9 AM Hammer Throw

10AM High Jump (1st flight, women & 60+ men)

Standing Long Jump

Long Jump

Pole Vault

Shot

Discus

Javelin

Triple Jump



*Jim Law Award-best age graded 400m time.

**Top eight age graded 100m times will compete in a distance handicapped 100 meter dash.

NAME _____ DOB _____ AGE _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE _____

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, Hoover High School, The Trak Shak, agents, or representatives, arising out of my participation in the BTC Classic. The Releasee further agree to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasee further agrees to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE _____
(Guardian for minor)

MAIL TO: Birmingham Track Club
C/O Gordon Seifert
1514 Ridge Road
Birmingham, AL 35209

ENTRY FEES:

1st event x \$10 = _____

events x \$5 = _____

relays x \$15 = _____

TOTAL FEE ENCLOSED _____
Make check out to BTC Classic

TRACK & FIELD NEWS



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TRACK & FIELD NEWS

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Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

April 5-6. USATF National Masters Indoor Men's & Women's Heptathlon Championships, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 630-953-2053.

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director. 408-288-2935.

August 16. USATF National Masters Weight & Superweight Championships, Seattle, Wash. George Mathews, 5701 6th Ave. South, Seattle, WA 98108. 206-764-7000(w).

September 20-21. USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

July 30-August 2, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

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

April 25-26. Penn Relays, Philadelphia. 25th: 4x100m (M40+; M50+ & W40+ run in same race), 100m (W40+, M40+, M50+, M60+), 4x400 (M50+ & W40+ run in same race). 26th: 4x400 (M40+), 100 (M75+). April 1 deadline. Karl Castor, 44 N. Penn St., Hatboro, PA 19040; 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030; 703-385-4392.

May 18. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

June 1. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrodt, 7 Drury Lane, Great Neck, NY 11023; 516-487-1417; or Roz Katz, 718-358-6233 (7-9:30 pm, NY time).

June 11 & 25. Philadelphia Masters Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Also X-C run. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

June 13-15. Massachusetts Senior Games, Springfield College. Springfield College,

263 Alden St., Springfield, MA 01109-3797. 413-788-2457.

July 12. USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.

SOUTHEAST

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

April 5. Naples On The Gulf Meet, Naples HS, Fla. Field events: 4:30 pm; track 6:00 pm. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 34109. 941-597-6870.

April 5. Naples On The Gulf Throwathlon, Barron Collier HS, Naples, Fla. All throws, plus WT & SW. 9 am. See April 5 above.

April 5-12. Sunrise Senior Classic, West Broward County, Fla. 55+. 954-746-3670.

April 12. Boca Raton Meet. Bob Fine, 561-499-3370.

April 26. Florida Masters Weight Pentathlon, Plantation HS, John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9248.

May 2-4. Southeastern T&F Meet, No. Carolina State U., Raleigh, N.C. (+ Throws Clinic and 20K RW.) Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith 919-831-6640 (M-F, 9-5 EST).

May 16-17. Tennessee Masters Championships. Masters & open age groups for all comers. Weight pentathlon/10,000/steeplechase. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 423-483-7743.

June 1. North American Invitational Weight Pentathlon, Showalter Field, Orlando, Fla. John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9248.

June 7. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031. GESEIF@aol.com. Entry form in April NMN.

MIDWEST

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

April 5-6. Masters Indoor Invitational Meet, Proviso West HS, Hillside/Chicago. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

June 7. Athlete's Foot Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

MID-AMERICA

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

May 15. Denver TC Meet, All-City Stadium. 6 pm. DTC, c/o Fleet Feet, 2760 E. 2nd Ave. Denver, CO 80206. Andre, 303-302-0750.

May 16-17. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-240-1058 or 800-873-0244.

June 8. Jolly Jogathon Meet, Marysville, Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 913-562-3050(h); 562-3021(w).

June 19. Denver TC Meet, All-City Stadium, 6 pm. DTC, c/o Fleet Feet, 2760 E. 2nd Ave. Denver, CO 80206. Andre, 303-302-0750.

August 5-10. Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 5. El Paso Senior Games, El Paso, Texas. 50+. Susanne Parsons, 915-757-2523.

April 6. Greater New Orleans Regional Senior Games, New Orleans. 50+. Jack Dunn, 4029 Metairie Ct., Metairie, LA 70002. 504-833-6876.

May 17. Waterloo Championships, Buda, Texas (south of Austin). All ages. Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759. 512-918-0497.

WEST

Arizona, California, Hawaii, Nevada

April 5-6. Phoenix Invitational Meet, Glendale CC, Glendale, Ariz. All ages. Bob Flint, 602-949-1991.

April 12. KELfield Throws Meet #60, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before meet.

April 19. Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

May 3. Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 3. USATF Arizona Masters Invitational, McClintock HS, Tempe. Evening meet, starting at 5 pm. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

May 4. Crown Valley Senior Games & Racewalk, Occidental College, Los Angeles. 50+. Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062. Christel Miller, t&f director; Jim Hanley, rw director.

May 10. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 17. KELfield Throws Meet #61, Santa Cruz. See May 24.

May 18. Bruce Jenner Classic Meet, San Jose CC. M40+ 100/400/1500; M50+ 200; M60+ 100; W40+ 100. Bruce Springbett, 408-354-7333.

ON TAP FOR APRIL

TRACK AND FIELD

The USATF National Masters Men's & Women's Indoor Heptathlon Championships in the Chicago area close out the indoor season on the 5th-6th. Florida hosts the Naples On The Gulf Meet, which includes a throwathon, on the 5th. The Orange Spring Games provide action for Southern Californians on the 19th. On the 25th-26th, some masters will compete in Philadelphia in the prestigious Penn Relays. In Florida, throwers have another go at it in a weight pentathlon on the 25th.

LONG DISTANCE RUNNING

USATF National Masters Championships provide the short and long of it on the 12th on the East Coast, with the 10K scheduled for Plainview, Long Island, N.Y., and the 100K set for Pittsburgh, Pa. The next day, the 13th, West Coasters get a whack at a championships in the 5K at Carlsbad, Calif. The Boston Marathon, limited to 15,000 this year, hits the roads on the 21st. Other races of interest to masters include the Fifty-Plus Association 5K, Stanford, Calif., on the 8th; Pear Blossom 10 Mile, Medford, Ore., the 12th; Longest Day Marathon, Brookings, S. Dak., the 19th; MSC Masters Mile (cash prizes based on age-grading), Tishomingo, Okla., and Hudson-Mohawk RRC Masters 10K, Albany, N.Y., the 26th; and the Sallie Mae 10K, Washington, D.C., the 27th.

RACEWALKING

Many meets and races offer judged, competitive racewalks. Others may include a "fun" walk for participants of all ages.

May 24. KELfield Weight Pentathlon, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. 4 throws per event/BBQ & beverages for all. No fees. Contact Kelmenson before meet.

May 25. Dan Aldrich Memorial Meet, UC Irvine, Irvine, Calif. Mac McCormick, 714-586-9942.

May 31. USATF Hawaii Open & Masters Championships, U. of Hawaii, Manoa. Derek Goudge, 808-955-1966.

June 8. USATF Southern Calif. Association Championships, Occidental College, Los Angeles. Christel Miller, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NMN.

June 14. Los Gatos Open & Masters Classic, Los Gatos HS, Calif. SC at West Valley College, Saratoga; HT, JT, weights at KELfield, Santa Cruz. Monica Townsend, 138 Johnson, Los Gatos, CA

Continued on next page

Continued from previous page

95032. 408-395-9486.

June 14-15. Hawaii Aloha State Games, Kaiser HS, Honolulu. Hawaii residents only. Jack Karbens, 808-735-6366.

June 20-22. USATF Arizona Championships/Grand Canyon State Games, Arizona St. U., Tempe. All ages. Bob Flint, PO Box 10771, Scottsdale, AZ 85271. 602-949-1991.

June 28. USATF Pacific Association Championships/Age-Graded Meet, Soquel, Calif. Open & masters compete together; places determined by age-graded scoring tables; men & women separate. Santa Cruz TC, Bill Johnson, 408-335-0460.

June 29. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 818-917-6289.

July 12. USATF West Regional Masters Championships, San Jose City College, Calif. Site of 1997 National Championships. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

October 4. Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

October 12. Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

NORTHWEST

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

May 24. Silverton Senior Games, Silverton, Ore. Amy Castle, PO Box 783, Silverton, OR 97381. 503-873-8577.

June 5. (Thurs.) Team Alaska TC Series, site TBA. 6 pm. 50m to 10,000/1 jump & 1 throw event. TATC Hotline, 566-8282.

June 7. Seattle Parks Meet, Seattle, Wash. TBA.

June 12. (Thurs.) Team Alaska TC Series, site TBA. 6 pm. 50m to 10,000/1 jump & 1 throw event. TATC Hotline, 566-8282.

June 14-15. Portland Masters Classic, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 19-21. Montana Senior Games, U. of Montana, Billings. Out-of-state welcome. June 1 deadline. MSG, 465 Freedom Ave., Billings, MT 59105. 406-252-2795.

June 19-22. Wyoming Senior Olympics, Riverton, Wyo. Wyoming Senior Citizens, Inc., PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 28-29. Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail: brem@uoneuro.uoregon.edu.

July 12-13. Oregon State Games, Portland, Mt. Hood CC. 503-520-1319.

CANADA

May 31-June 1. Ontario Masters Championships, York U., Toronto. M&W35+. 21 events. Doug Smith, 58 Newmarket Ave., Toronto, Ont., M4C 1V9. 416-699-5818.

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INTERNATIONAL

April 4-6. Russian Indoor Championships, Moscow. Vadim Marshiev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

June 28-29. British Masters Championships, Blackpool, England.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

July 11-13. Russian Championships, Moscow. Vadim Marshiev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, So. Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

**LONG DISTANCE
RUNNING****NATIONAL**

April 12. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvia Lane, Plainview, NY 11803. 516-433-0919.

April 12. USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-824-4508.

April 13. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 2 (Fri.) Indianapolis Life 500 Festival Half-Marathon, Indianapolis. Indy Life Circuit Race. 3X points. Don Carr, 4314 Matrea More Court, Indianapolis, IN 46254. 317-328-1632.

May 31. Freihofer's Women's 5K Run, Albany, N.Y. Indy Life Circuit Race. USATF Adirondack Association, 233 4th St., Troy, NY 12180. 518-273-5552.

June 5-8. RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

July 12. Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A" W. Almond, Orange, CA 92866. 714-771-1343.

July 20. Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

EAST

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

April 5. Trevira Twosome 10 Mile, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

April 12. St. Mary's Spring 5K, Denville, N.J. USATF-NJ Grand Prix Series. 11 am. 201-584-0679.

April 12. Nationwide Insurance 10K Run for ASPIRE, Matlin Middle School, Plainview, L.I. 9 am. Mike Polansky, 516-433-0919.

April 13. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. 301-340-6699.

April 21. Boston Marathon. Boston Athletic Association, Marathon Applications, PO Box 1997-A, Hopkinton, MA 01748. 15,000 limit; entries accepted until Feb. 1.

April 26. Hudson-Mohawk RRC Masters 10K, Gunderland HS, Albany, Ed Neiles, 456-2855.

April 27. Sallie Mae 10K, Washington, D.C. Scott Maker, 1050 Thomas Jefferson St., NW, Washington, DC 20007. 202-728-6456.

May 4. Pittsburgh Marathon. U.S. Open Men's Championships. Susan Manko or Frank Raczkiewicz, 412-647-3555; Fax: 412-624-3184.

May 4. Long Island Marathon, East Meadow, N.Y. SASE to LI Marathon, Sports Unit, Eisenhower Park, E. Meadow, NY 11554. 516-0248.

May 4. Broad Street 10 Mile, Philadelphia. Bob Cameron, Dept. of Recr., 16th & Arch, 5th Flr., Philadelphia, PA 19103. 215-563-6184.

May 4. St. Dominic's Classic 5K Run/Walk, Blauvelt, N.Y. Shelly Morgan, 49 Gregg St., Tappan, NY 10983. 914-359-5425.

May 4. Buffalo Marathon. Marathon, PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 8. (Thurs.). Healthy Heart 5K, Morristown, N.J. 7:30 p.m. USATF-NJ Masters 5K Championships. 800-551-4664.

May 17. Long Island Endurance 50K & 50 Mile, Roosevelt Memorial Park, Oyster Bay. 8 am. Don Butchin, 516-826-7989.

May 18. Midland 15K, Far Hills, N.J. Mark Zamek, PO Box 5026, North Branch, NJ 08876. 908-722-7903.

May 24. Weston Memorial Day Weekend 5K Weston, Conn. Pat Glass, 203-454-2839.

May 25. Vermont City Marathon, Burlington. SASE to VC Marathon, PO Box 152, Burlington, VT 05402-0152. 800-880-8149.

June 5. (Thurs.). Long Island Police Appreciation 5K, Eisenhower Park, East Meadow. 7 pm. Ira Eskow, 516-921-0004.

June 8. Orange Classic 10K, Middleton, N.Y. Jim Bott, Times Herald Record, 40 Mulberry St., Middletown, NY 10940. 914-343-2181, X1200.

June 10. (Tues.). Merry Heart 5K, Roxbury Township, N.J. 7 pm. USATF-NJ Grand Prix Series. 201-584-0679.

June 14. National Race For The Cure 5K, Washington, D.C. Race For The Cure, 1320-A Old Chain Bridge Rd., Ste. 330, McLean, VA 22101. 703-848-8884.

SOUTHEAST

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

April 5. Cooper River Bridge 10K, Charleston, S.C. CRB 10K, MUSC Wellness Center, 45 Courtney Dr., Charleston, SC 29401. 803-792-2533.

April 12. GDTRFB '97 5K Run/Walk, Fort Washington, Md. Elizabeth Maguigad, 202-364-2512.

May 26. Cotton Row 10K & 2 Mile Run/Walk, Huntsville, Ala. Masters money top five m&w. Cotton Row, 94 Scenic Dr., Huntsville, AL 35801.

July 4. Peachtree 10K, Atlanta. SASE (after March 1) to Atlanta TC, Peachtree, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

MIDWEST

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

April 6. Heart Mini 15K, Cincinnati. American Heart Association, 2936 Vernon Pl., Cincinnati, OH 45219. 513-281-4048.

April 13. Glass City Marathon, Toledo, Ohio. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-1072.

April 26. Kentucky Derby Festival Half-Marathon, Louisville. 1-800-928-FEST.

May 4. Revco-Cleveland Marathon & 10K. 1-800-GO-REVCO.

May 10. Old Kent River Run 25K, Grand Rapids, Mich. OKRR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590.

May 10. Race For The Cure 5K, Peoria, Ill. RFTC, Box 9695, Peoria, IL 61612. 309-691-6906.

May 24. Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322.

May 25. Madison Marathon. MM, 449 State St., Madison, WI 53703. 608-256-9922.

MID-AMERICA

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

April 5. YMCA Midwest Masters Classic 8K & 2 Mile Walk, Dodge Park, Omaha, Nebr. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-8645.

April 19. Longest Day Marathon & Relays, 5K, 10K, Half-Marathon, 5K RW, Brookings, South Dakota. Dr. Charles Roberts, 1345 First St., Brookings, SD 57006. 605-692-2334 or 697-5252.

April 26. Get In Gear 10K, Minneapolis. Jeff Winter, PO Box 19009, Minneapolis, MN 55419. 612-722-9004.

April 27. Cherry Creek Sneak 5 Mile, Denver. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303-394-5170.

April 27. Trolley Run 4 Mile, Kansas City, Mo. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113. 816-361-5749.

May 4. Lincoln Marathon. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.

May 25. Med-City Relays & Marathon, Rochester, Minn. SASE to Relays & Marathon, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411.

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May 26. Bolder Boulder 10K, Boulder, Colo. Bill Reef, PO Box 9125, Boulder, CO 80301. 303-444-RACE.

June 1. Hospital Hill Half-Marathon, Kansas City, Mo. Hospital Hill Run, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816-274-3196.

June 8. KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N. Cascade Ave., Suite F, Colorado Springs, CO 80903. 719-473-2625.

June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 6. Austin American Statesman-Capitol 10K. Capitol 10K, PO Box 2936, Austin, TX 78768. 512-445-3596.

April 26. Whirlwind 5K/Racewalk, Tishomingo, Okla. Masters money (age-graded). Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371; fax 405-371-9844.

April 26. MSC Masters Mile, Tishomingo, Okla. Masters money (age-graded), 40+. See above.

May 10. Gum Tree 10K, Tupelo. Masters money. Gum Tree Run, PO Box 789, Tupelo, MS 38802. Johnny Dye, director, 601-842-2039.

WEST

Arizona, California, Hawaii, Nevada

April 6. Fifty-Plus Fitness Association 8K Run & 5K Racewalk, Stanford U., Calif. 50+. 50+ Fitness, PO Box D, Stanford, CA 94309. 415-323-6160; fax 323-6119.

April 6. San Diego TC El Cajon 20K, El Cajon, Calif. 619-444-3785; 800-450-SDTC.

April 13. Laura Stegman Memorial Women's 5K Run/Walk, Lompoc, Calif. Women only. SASE to: Bill Graham, 1309 East Palmetto St., Lompoc, CA 93436. 805-736-4696.

April 20. Jimmy Stewart Relay Marathon, Griffith Park, Los Angeles. Relay, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968.

April 27. Big Sur Marathon, Carmel, Calif. Marathon, Box 222620, Carmel, CA 93922. 408-625-6226.

April 27. Laguna Beach 5K & 10K, Laguna Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 619-434-1601; fax 434-7706.

May 4. Avenue of the Giants Marathon & 10K, SASE: R.G., 281 Hidden Valley Rd., Bayside, CA 95524.

May 10. Revlon 5K Run/Walk For Women, Century City (Los Angeles), Calif. Judy Davis, Davis & Associates, 11132 Ventura Blvd., Ste. 414, Studio City, CA 91604. 818-752-4233.

May 10. Hillsea Race, Huntington Beach, Calif. Scenic 7.57 mile. Staggered start, based on sex & age. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

May 11. Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.



Deane Burke, finishing the last leg (9 1/2 miles) for the winning masters team, Your Cheatin' Harts, which broke the M40+ record with a first overall 2:27:29, Washington's Birthday Marathon Relay, Greenbelt, Md., Feb. 16.

Photo by George Banker

May 18. Examiner Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.

May 31. Fontana Days Half-Marathon & 5K. Fontana Days Run, Don Day Community Center, 14501 Live Oak Ave., Fontana, CA 92335. 909-350-6678.

June 14. Sober, Safe, & Healthy 3 Mile/Walk, Long Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

July 13. San Francisco Marathon. Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630. 1-800-722-3466 (CA only), 916-983-4622.

July 27. Wharf To Wharf 10K, Santa Cruz, Calif. SASE to WTW, PO Box 307, Capitola, CA 95010. 408-475-2196.

September 19-20. The Relay - Napa To Santa Cruz, Calif. 194 miles/12-member teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

NORTHWEST

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

April 12. Pear Blossom Run 10 Mile & 5K, Medford, Ore. Jerry or Zellah Swartsley, PO Box 146, Medford, OR 97501. 541-535-1205.

April 26. Pacific Northwest 15K Championships, Seward Park, Seattle. Open thru 90+. Carole Langenbach, 206-433-8868.

May 4. Lilac Bloomsday 12K. SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.

May 18. Capital City Marathon, Olympia, Wash. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 31. Salt Lake City 10K. Greg Reid, 1965 W. 500 South, Salt Lake City, UT

84104. 801-972-7800.

July 26-August 1. Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.

August 22-24. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

INTERNATIONAL

May 11. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, Parkers Patch, 27 Whittington Rd., Oswestry, Shrops., SY111JD. Tele: 01691 653338.

May 17. BV Road Relays Championships, Birmingham. Mike Wrenn, 108 Senneleys Park Rd., Northfield, Birmingham, B311AN. Tele: 01214 758806.

June 15. BVAF 10K Championships, Kings Lynn. Peter Duhlg, 42 Wimbotsham Rd., Downham Market, Norfolk, PE38 9PE. Tele: 01366 388188.

July 4-13. Road race series near Galway, Dublin and Cork, Ireland. Roadrunner Tours, PO Box 1034, Michigan City, IN 46360-1034. 219-879-0133, Internet: <http://www.halhigdon.com>.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

RACEWALKING

April 19. South Florida One-Hour Postal Racewalk. 954-572-4392.

April 26. Northwest 10K Racewalk/USATF Regional Masters 10K Championships, Seward Park, Seattle. Carole Langenbach, 206-433-8868.

May 18 (tent.) USATF National Masters 15K Racewalk Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493; 935-6865.

June 14. BVAF 20K Racewalk Championships, Birchfield, Birmingham.



Shelia Gallop, 35, Richmond, Va., first woman (3:27:50), Washington's Birthday Marathon, Greenbelt, Md., Feb. 16.

Photo by George Banker

Dennis Withers, 33 Barkers Rd., Sutton Coldfield, Birmingham, B74 2NZ.

June 22. USATF National Masters Women 20K & Masters Men 25K Racewalk Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Ln., Schenectady, NY 12303. 518-473-9117.

July 12. USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.

July 17-27. XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F International Schedule.

August 7-10. USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.

September 7. USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386.

September 13. USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

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

M40-49

Jim Bordoni	800	2:07.5	02-15-97
Michael Skoflanc	Triple Jump	40-0	06-29-96
	Long Jump	19-6 1/4	06-29-96

M50-54

David Golden	200	25.71	09-29-96
Dennis Mc-Craven	Shot Put	41-1 3/4	04-28-96

M55-59

Dennis Mc-Craven	Shot Put	41-0 1/4	11-16-96
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M60-64

Christopher Rush	400	64.3	06-09-96
	800	2:27.10	06-09-96

W40-44

Sue Norton	200	29.69	08-18-96
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W50-54

Jo Ann Owen	5K RW	28:49	02-16-97
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W55-59

Suzy Hess	16# Weight	7.26	02-16-97
	20# Weight	6.52	02-16-97

W60-64

Barbara Jordan	100	15.72	10-25-96
	200	35.65	10-25-96
	High Jump	3-8	10-25-96
	Long Jump	10-9 1/2	10-25-96
	Triple Jump	24-4 3/4	10-25-96
Joanne Parks	1500 RW	8:20.70	07-12-96
	Mile RW	8.58	08-11-96
	5K RW	30:16.58	08-16-96
	10K RW	63.59	08-18-96
	8K RW	50:44	10-05-96

W65-69

Patricia Osmon	Hammer	61-8	06-14-96
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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	32:30
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 1/4	6-1/4	5-9/16	5-6	5-2 1/4	4-11	4-7/16	4-4	4-1/4	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/4	41-6	39-1/4	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20-1/4	18-1/4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	75.5	78.5	83.7	90.0	96.5
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	2-11	2-9
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 1/4	7-10 1/4	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 33"; 50+: 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.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT _____ MARK _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

☐ CERTIFICATE
 ☐ PATCH
 ☐ PATCH TAG

- If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
- Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
- A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												

TRACK & FIELD RESULTS

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

NATIONAL

USATF National Masters Indoor Pentathlon Championship
University of North Carolina-Chapel Hill, NC; March 1

Name	Points	HURDLE	LJ	SP	HJ	1000
M30						
1 Birch, Roy	8.71	5.85m	10.45m	1.74m	3:14.79	
		1902.50	3403.50	508.50		
Age: 34	2968	(781)	(554)	(513)	(593)	(527)
M35						
1 Shelton, Bob	9.51	5.74m	10.90m	1.70m	3:16.29	
		1810.00	3509.25	507.00		
Age: 36	3023	(687)	(595)	(540)	(644)	(557)
2 Makoz, Frank	9.65	5.33m	9.84m	1.62m	2:57.18	
		1706.00	3203.50	503.75		
Age: 37	2946	(660)	(504)	(476)	(569)	(737)
3 Winkel, Steve	9.89	5.66m	9.15m	1.58m	2:54.86	
		1807.00	3000.25	502.25		
Age: 39	2920	(611)	(578)	(435)	(536)	(760)
4 McMahon, Tim	9.31	4.58m	7.53m	DNF	3:23.27	
		1500.50	2408.50			
Age: 37	1914	(730)	(348)	(339)	(0)	(497)
M40						
1 Watry, Jeff	9.48	5.37m	11.47m	1.78m	3:01.74	
		1707.50	3707.75	510.00		
Age: 41	3556	(779)	(595)	(616)	(813)	(753)
2 Watson, Richard	DNF	2.50m	10.98m	1.46m	3:34.20	
		802.50	3600.25	409.50		
Age: 44	1592	(0)	(45)	(584)	(496)	(467)
3 Wise, Barry	9.75	FOUL	8.82m	DNF	DNF	
		2811.25				
Age: 40	1170	(724)	(0)	(446)	(0)	(0)
M45						
1 Russell, Alan	10.52	5.55m	11.11m	1.58m	2:59.45	
		1802.50	3605.50	502.25		
Age: 46	3615	(664)	(739)	(675)	(696)	(841)
2 Green, Bob	10.42	4.67m	11.66m	1.46m	3:30.55	
		1504.00	3803.25	409.50		
Age: 48	3030	(683)	(506)	(714)	(569)	(558)
3 Kus, Stan	11.62	5.08m	9.02m	1.50m	3:39.59	
		1608.00	2907.25	411.00		
Age: 46	2709	(475)	(613)	(525)	(610)	(486)
4 Hogan, Don	13.51	4.14m	8.16m	1.34m	4:41.32	
		1307.00	2609.25	404.75		
Age: 49	1641	(222)	(378)	(463)	(457)	(121)S
M50						
1 Angus, Bill	9.62	4.86m	10.49m	1.54m	3:14.16	
		1511.50	3405.00	500.50		
Age: 54	3661	(869)	(644)	(639)	(740)	(769)
2 Carroll, Mike	10.43	4.97m	10.32m	1.50m	4:02.62	
		1603.75	3310.25	411.00		
Age: 50	3092	(709)	(675)	(627)	(696)	(385)
3 Johnston, Joe	9.82	5.18m	7.11m	1.58m	4:18.56	
		1700.00	2304.00	502.25		
Age: 53	3032	(829)	(736)	(396)	(785)	(286)
4 Walsh, Bill	11.34	4.49m	11.06m	1.42m	DNF	
		1408.75	3603.50	407.75		
Age: 51	2378	(547)	(540)	(681)	(610)	(0)
5 Hann, Kent	12.16	4.06m	9.56m	1.34m	4:06.17	
		1304.00	3104.50	404.75		
Age: 50	2307	(418)	(427)	(572)	(528)	(362)
M55						
1 Valle, Mike	11.98	4.26m	11.49m	1.34m	4:12.85	
		1311.75	3708.50	404.75		
Age: 56	2898	(543)	(559)	(809)	(602)	(385)
2 Lancaster, Walt	11.49	4.17m	8.67m	1.34m	3:55.30	
		1308.25	2805.50	404.75		
Age: 57	2840	(623)	(531)	(579)	(602)	(505)
3 Byrne, Philip	13.13	3.20m	9.74m	1.46m	4:00.34	
		1006.00	3111.50	409.50		
Age: 56	2525	(376)	(274)	(666)	(740)	(469)
4 Hane, Rex	12.25	3.82m	8.85m	1.22m	4:27.52	
		1206.50	2900.50	400.00		
Age: 59	2296	(500)	(433)	(594)	(472)	(297)

M60						
1 Jankovich, Bill	11.49	4.39m	9.29m	1.34m	3:56.82	
		1405.00	3005.75	404.75		
Age: 63	3234	(650)	(691)	(642)	(679)	(572)
2 Gilmore, Jack	12.28	3.81m	9.55m	1.38m	4:17.57	
		1206.00	3104.00	406.25		
Age: 62	2850	(522)	(504)	(664)	(731)	(429)
M65						
1 Stookey, James	10.45	4.75m	7.99m	1.50m	4:08.42	
		1507.00	2602.75	411.00		
Age: 67	4077	(967)	(932)	(610)	(992)	(576)

M70						
1 Smith, Denver	10.79	4.16m	10.66m	1.26m	4:43.06	
		1307.75	3411.75	401.50		
Age: 71	3838	(959)	(816)	(854)	(758)	(451)
M75						
1 Ricciardi, Armando	13.10	3.16m	8.39m	1.10m	DNF	
		1004.50	2706.50	307.25		
Age: 77	2616	(741)	(523)	(733)	(619)	(0)
M80						
1 Boal, Bob	16.27	2.81m	6.56m	0.94m	6:04.24	
		902.75	2106.25	301.00		
Age: 84	2357	(519)	(465)	(622)	(472)	(279)

Indoor Heptathlon University of North Carolina-Chapel Hill, NC; March 1-2

Name	Points	60	LJ	SP	HJ	Day 1	HURDLE	PV	1000
M50									
1 Johnston, Joe	8.41	5.18m	7.11m	1.58m	10.29	3.10m	3:46.75		
		1700.00	2304.00	502.25	10'02.00				
Age: 53	4499	(706)	(736)	(396)	(785)	2623	(737)	(642)	(497)
2 Busby, Bill	9.06	4.32m	9.54m	1.22m	11.06	3.20m	4:06.09		
		14'02.25	31'03.75	4'00.00	10'06.00				
Age: 52	3646	(531)	(494)	(571)	(411)	2007	(595)	(682)	(362)
M60									
1 Jankovich, Bill	8.81	4.39m	9.29m	1.34m	12.11	1.90m	3:58.44		
		14'05.00	30'05.75	4'04.75	6'02.75				
Age: 63	4204	(755)	(691)	(642)	(679)	2767	(549)	(328)	(560)
M75									
1 Ricciardi, Armando	10.75	3.16m	8.39m	1.10m	18.43	1.80m	DNF		
		10'04.50	27'06.50	3'07.25	5'10.75				
Age: 77	3074	(601)	(523)	(733)	(619)	2476	(149)	(449)	(0)

EAST

Finger Lakes Indoor Meet Ithaca, NY; Dec. 1996

55m	
M35 Tim Karski	6.9
M40 Johnnie Thomas	6.8
M50 Ken Moses	7.7
M60 Dillon Maier	8.6
200m	
M35 Tim Karski	26.9
M40 Jeff Knutson	30.5
M50 Ken Moses	29.6
M55 Joe Reynolds	34.6
M60 Bob Smullens	39.2
W30 Karen Pyle	32.2
W60 Sally Rusby	40.6
1500m	
M30 Dan Rohnke	4:25.2
M35 David Boor	4:56.6
M45 Kevin Morrisroe	5:02.1
M55 Joe Reynolds	5:33.9
W40 Phyllis Radke	6:11.0
W45 Diane Sherrer	6:31.2
3000m	
M30 Dan Rohnke	9:18.7
M35 Tim Ingall	10:26.5
M40 John Whitman	10:39.7
M45 Tom Honeyer	10:25.5
M60 Don Farley	11:51.0
W60 Sally Rusby	14:45.9

MAC/USA Indoor Meet 168th St. Armory, NYC; Jan. 18

--200m--	
M35 David Cherry	24.36
Syd Mildew	25.52
M40 Fred Denworth	26.04
Joe Gonzalez	27.80
M45 Dennis Brown	26.33
M60 Cliff Pauling	28.95
John Darrell	32.50
M70 Manny Herscher	33.95
Les Wright Sr	34.51
John McManus	34.98
W30 Best Dawn	30.67
Denise Jones	31.26
W40 Marilyn O'Connor	30.27
--400m--	
M35 Pat Mangus	62.85
M40 Ed Gonera	56.03
Don McNeil	58.97
M45 Norman Jesse	55.45
Dennis Brown	59.24
M50 Tom Byrnes	79.25
M55 Dan Hamner	65.47
M60 Cliff Pauling	65.92
Jim Aneshansley	69.60
W30 Althea Morris	61.94
Dawn Best	69.70
W40 Marilyn O'Connor	71.12
--800m--	
M35 Tom Sassi	2:09.80
-- Smith-Stuart	2:23.28
M40 John Dalzell	2:21.08
Smith Okrend	2:25.86

M45 Tony Plaster	2:19.32
J Hernandez	2:23.26
M50 Tom Byrnes	2:55.81
M60 Cliff Pauling	2:36.16
Irwin Bernstein	2:42.08
Tom Talbott	3:29.96
M65 Joe Kernan	3:32.59
M70 John McManus	2:56.84
--3000m--	
M30 Larry Glazer	9:56.46
M35 Mark Panetta	11:01.60
M40 Pat Forkins	9:43.41
M45 Vic Diaz	10:18.95
M50 Jim Hampton	9:56.59
Mike Wilson	10:18.85
--55mH--	
M45 Ivan Black	10.29
M50 Mike Milove	9.21
M70 Manny Herscher	11.71
W30 Denise Jones	12.68
--High Jump--	
M35 Rob Doran	1.52
M45 Ivan Black	1.43
M50 Bill Walsh	1.47
W30 Althea Morris	1.55
--Pole Vault--	
M30 Duncan Littlefield	4.11
M35 Mike Bizzaro	3.51
Rob Doran	2.44
--Long Jump--	
M40 Dennis Hansen	4.42
M45 Ivan Black	5.00
M50 Mike Milove	5.11
Bill Walsh	4.91
M60 Vince Ruffin	4.39
M70 Manny Herscher	3.33
--Shot Put--	
M35 Rob Doran	9.43
M40 Tony Ciccone	13.67
Dennis Hansen	12.14
M45 Dennis Chandler	11.29
Rich Dunphy	9.31
M50 Bill Walsh	10.99
Carl Levine	9.63
M60 Bill Barker	10.48
M65 Tom Brooks	9.12
M75 Eddie Coyle	7.77
W50 Roslyn Katz	7.63
W60 Ann Cirulnick	8.27
--Weight Throw--	
M45 Dennis Chandler	10.08
M50 Carl Levine	6.63
M60 Bill Barker	10.28
W50 Roslyn Katz	9.17
W60 Ann Cirulnick	7.54
--Mile Racewalk--	
M60 Robert Barrett	8:28.12
W70 Queenie Thompson	13:10.74
--3000m Racewalk--	
M40 Larry Beckerie	14:49.01

Dan Swanson	7.5
M50 Ken Moses	7.6
M55 Tom Fonfly	7.9
M70 Howard MacMillan	8.8
M75 Russ More	9.7
W30 Karen Pyle	8.3
W35 Cathy McKeever	8.6
W45 Kathy Cirina	8.6
<u>400m</u>	
M30 Tracy More 31	51.4
Mike Roni	56.1
M35 Dan Howe	98.7
M40 Dan Swanson	57.8
Horace Hudson	58.5
M45 Tracey More 45	76.3
M50 Ken Moses	76.3
M55 Tom Fonfly	65.2
M70 Howard MacMillan	77.6
M75 Russ More	92.4
W30 Karen Pyle	71.9
W35 Karen Connelly	73.3
W45 Kathy Collins	81.3
<u>1000m</u>	
M30 Jim Byrne	2:38.2
M35 Bob N	2:46.8
M45 Kevin Morrisroe	3:10.3
M75 Russ More	5:05.5
<u>3000m</u>	
M30 David McMullen	8:44.1
M35 Tim Murphy	9:44.3
Tom Walsh	10:49.9
M40 Doug Burdick	9:59.5
David Bowen	10:45.0
M45 David Delfavero	10:29.5
Kevin Morrisroe	10:52.9
M60 Sam Graceffo	11:01.0
W45 Kathy Collins	13:32.9
<u>5500m</u>	
M40 Horace Hudson	9.7
M50 Tim Collins	10.2
M75 Ed Lukens	10.6
M75 Kathy McKeever	10.7

Continued from previous page

2-Mile

M30 Ron Herreid	10:24.7
M35 Bob Nugent	9:38.8
M40 Jim Jones	10:56.2
M45 Kevin Morrisroe	11:36.3
M50 Il Chernosky	12:29.1
M60 Bob Miner	11:37.3
W35 Sue O'Malley	12:35.8
W40 Barbara Bellows	11:54.3

USATF New Jersey Masters Championships Hackensack, Feb. 9

--55m--	
M35 Matt Godbolt	6.6
Warren Washington	6.8
Sid Milden	7.0
M40 Don McNeil	7.0
Jeff Moore	7.1
Ron Jackson	7.3
M45 Stan Finney	7.1
Jesse Norman	7.1
Bill Corsey	7.2
M50 Farah Shabazz	7.2
Mike Milove	7.5
Mike Augeri	7.5
M55 R Weaver	7.7
M60 Bill Wright	7.5
Don Beck	7.9
Leon Trout	8.0
M65 Rich Baretta	7.8
Jim Stookey	7.9
Oscar Taylor	8.1
M70 John O'Neill	8.0
Bill DaPrano	8.6
Oscar Harris	8.7
M75 Jim Manno	8.6
M80 C Goldy	9.3
M85 Fred d'Elia	12.3
W30 Denise Jones	8.2
S Williams	8.4
Iris Leak	8.6
W35 Ida James	9.4
W40 Cheryl Alston	8.0
C Solomon	8.3
R DiGiacomo	9.0
W60 Audrey Lary	9.3
P Bradley	10.4
M Morris	15.1
--200m--	
M30 Rohan Elleston	24.1
M35 A LeBourne	24.9
W Hughes	24.9
S Milden	25.7
M40 Don McNeil	25.6
C Lampert	25.9
Francis Schiro	26.2
M45 Jesse Norman	25.2
Phil Felton	26.0
D Friedman	32.9
M50 Farah Shabazzi	26.8
Mike Augeri	27.6
Clifton Manuel	28.4
M60 Joe Hemler	28.0
Ken Baker	28.5
J MacDonald	29.9
M65 Jim Stookey	28.6
R Baretta	29.0
G Chiavelli	32.6
M70 Bill DaPrano	33.1
Bob Naylor	33.5
L Wright	33.5
M75 Jim Manno	32.2
M80 C Goldy	37.2
W30 S Williams	30.8
R Chandler	31.0
Iris Leak	33.8
W35 Ida James	36.1
W40 Cheryl Alston	30.0
C Solomon	30.6
R DiGiacomo	34.3
W60 Melva Murray	55.9
W80 A Salamini	72.6
--400m--	
M30 Rohan Elleston	54.1
M35 A LeBourne	53.4
W Hughes	54.7
R Duncan	61.3
M40 F Schiro	57.4
C Lampert	59.0
Don McNeil	59.4
M45 Phil Felton	57.3
Chris Monroe	61.8
Howard Cohen	67.8
M50 Rich Hamner	60.5
Bob Nelson	61.9
F Ardizzone	70.1
M55 Dan Hamner	63.7
Joe Zaniello	74.8

M60 Ken Baker	62.6
J MacDonald	65.4
Irwin Bernstein	68.4
M65 Bill Bergen	79.8
Joe LaBruno	83.7
Chas Wrixon	90.2
M70 John McManus	74.4
Ray Cherniak	77.1
M75 Jim Manno	75.7
M80 Bob Matteson	93.6
W30 Lintz Rivera	62.6
Denise Jones	77.0
W35 Alicia Johnson	66.7
Edna Crawley	71.2
W45 Erika Campbell	75.4
W80 A Salamini	3:04.6
--800m--	
M30 Glenn Kohler	2:31.7
Fred Benlein	2:42.0
M35 Guy Gordon	2:12.5
L Gupta	2:17.3
Brian Tess	2:19.1
M40 Dan Murphy	2:12.5
Pat Forkins	2:17.0
Paul Leestma	2:17.5
M45 P Reinhert	2:19.1
T Plaster	2:23.9
C Lehman	2:24.1
M50 Mike Wilson	2:20.5
Rich Myers	2:24.6
J Nowatowski	2:41.3
M55 Sid Howard	2:17.3
Joe Zaniello	2:52.6
M60 Ken Baker	2:33.2
I Bernstein	2:40.7
R Vianzow	3:18.1
M65 Walt Desind	3:09.8
M70 John McManus	3:02.4
F Luciana	3:23.7
M75 Bill Benson	3:39.3
M80 Bob Matteson	3:56.9
W30 S Graham	2:31.7
J Buccinot	2:35.8
H Ward	2:43.4
W35 M Olivieri	2:37.5
W40 P Dickson-Taylor	2:29.9
W50 Eileen Cox	3:06.3
W55 Madeline Bost	3:08.5
W60 N Dunleavy	4:08.7
P Bradley	4:23.4
W65 Toshiko d'Elia	3:22.4
--1500m--	
M30 V Vusains	4:21.6
Tom Metz	4:21.8
L A Glazer	4:25.8
M35 Dave Weller	4:17.2
M Humiston	4:18.7
Bryan Carr	4:23.8
M40 Pat Forkins	4:34.6
M Pointer	4:43.4
John Roselli	5:29.6
M45 Roger Price	4:38.9
Pete Reinhart	4:41.4
Tony Plaster	4:43.6
M50 H Sweeney	4:47.6
Doug Brown	4:48.1
Mike Wilson	4:49.0
M55 Sid Howard	4:45.9
Victor Cruz	5:04.0
D Gerridge	5:19.8
M60 Gene Chase	5:21.3
John Orr	6:47.4
M65 Joe LaBruno	6:12.4
W Desind	6:22.5
M70 F Luciana	6:43.7
M75 P Hascup	8:37.4
Bill Benson	8:37.4
W30 J Buccino	5:08.7
S Graham	5:12.7
H Ward	5:18.8
W35 M Olivieri	5:09.7
T Gordon	5:27.0
V Hoch	5:31.8
W40 P Dickson-Taylor	5:15.0
W45 E Campbell	5:34.3
W50 E Cox	6:16.7
W55 Madeline Bost	6:23.2
W60 N Dunleavy	8:16.0
W65 Toshiko d'Elia	AR6:29.0
(Gray/7.06.0/1992)	
--3000m--	
M30 B Gormley	9:30.9
Jeff Knoll	9:37.5
K Sinclair	9:41.8
M35 A Duarte	8:57.4
Dave Weller	9:19.5
H Correa	9:26.1
M40 M Pointer	10:24.6
Bill Pane	10:36.8
F Corps	10:52.9

M45 Harry Nolan	9:29.1
R Pnce	9:49.1
R Boyle	10:40.1
M50 H Sweeney	10:12.0
M Wilson	10:36.9
M55 Victor Cruz	10:51.6
Jeff Martin	11:18.2
M60 Gene Chase	11:14.6
M65 W Desind	14:18.8
M80 B Matteson	17:41.7
W30 J Buccino	11:11.6
W35 Janice Morra	10:30.6
M Olivieri	11:07.2
Tina Gordon	11:35.6
W40 Jane Parks	12:16.0
W55 Madeline Bost	13:55.0
--55mH--	
M35 Tim McMahon	8.8
M40 Tony Ciccone	8.4
Al Cestero	9.3
Mark Gershon	9.5
M45 Ivan Black	9.6
M50 Jim Dickerson	9.1
Mike Milove	9.2
Doug Brown	12.4
M60 Leon Trout	9.7
Ed Kent	12.1
M65 Jim Stookey	9.8
Jack Lance	11.5
Tom Delaney	11.5
M70 Manny Herscher	12.4
Oscar Harris	12.7
W35 Edna Crawley	11.5
--4x400m Relay--	
M30 Triathletics	4:16.0
No J Masters	4:21.6
M40 Shore AC	4:19.0
No J Masters	4:31.9
M50 No J Masters	5:24.9
W30 AUI	4:46.4
No J Masters	5:00.7
Triathletics	5:09.0
--4x800m Relay--	
M30 Triathletics	8:59.1
Mercer Bucks	9:09.9
Staten Island RC	9:57.3
W30 Triathletics	12:25.5
--High Jump--	
M35 W Stollman	5-6
J Ollerman	4-6
M40 A Cestero	5-2
M Gershon	5-0
M45 M Johnson	5-0
J Baylies	5-0
I Black	5-0
M60 Leon Trout	4-6
J MacDonald	4-3
M65 S Danese	4-0
Tom Delaney	4-0
J Cowles	4-0
W40 C Alston	4-3
W55 Madeline Bost	3-3
--Pole Vault--	
M30 D Littlefield	14-0
M35 M Bizzaro	11-0
B Doran	9-0
M45 Ron Salvio	8-0
M50 J Tindall	11-6
B Walsh	9-6
M65 T Rice	6-6
G Taylor	6-0
M70 Jack Doorlay	7-0
W55 Madeline Bost	6-6
--Long Jump--	
M35 W Washington	6.12
S Milden	5.56
J Ollerman	4.65
M40 R Jackson	5.56
M Gershon	5.38
D Hansen	4.10
M45 S Finney	5.77
A Cestero	5.50
B Corsey	5.25
M50 J Dickerson	5.19
Mike Milove	5.11
B Freeland	4.88
M55 B O'Brien	4.47
M60 Leon Trout	4.38
D Beck	4.33
V Ruffin	4.28
--Triple Jump--	
M40 M Gershon	11.52
R Jackson	10.77
A Cestero	9.86
M45 Ivan Black	10.86
J Baylies	9.93
M Johnson	9.33
M50 B Walsh	9.94
B Freeland	9.68
M60 E Mege	7.42
D Beck	5.72

M65 Jim Stookey	9.98
J Lance	8.27
Tom Delaney	8.08
M70 Bill DaPrano	7.64
Jack Doorlay	5.85
Z Strauss	5.37
M75 E Coyle	4.68
W35 E Crawley	6.86
W60 A Lary	6.99
--Shot Put--	
M35 R Palmisano	12.22
G Metcalfe	9.46
M40 T Ciccone	13.45
B Wolverson	13.32
D Hanson	12.51
M45 R McMullin	11.76
Dennis Chandler	11.35
R Dunphy	10.11
M50 J Weiner	12.56
B Walsh	11.18
F Monroe	10.43
M55 Larry Pratt	13.85
J Sullivan	8.90
M60 W Barker	10.75
M65 J Cowles	10.07
S Danese	9.68
G Chiavelli	8.64
M70 A Leishman	10.08
Z Strauss	9.08
M75 S Masin	8.59
E Coyle	8.02
M80 C Goldy	7.47
W30 L LaFronz	7.58
W35 I James	7.91
J Reed	6.50
W60 M Crooks	7.17
--Weight Throw--	
M45 R McMullen	38-3.50
Dennis Chandler	34-7.50
F Monroe	33-1.50
--1500m Racewalk--	
M45 Ron Salvio	7:48.8
M50 Leo Amari	9:55.4
M55 M Eisner	7:49.3
M60 Bob Barrett	7:55.9
F Sullivan	10:42.9
John Orr	11:00.2
M65 Joe LaBruno	9:56.8
Bill Hogan	13:51.5
M70 J Nervetti	8:59.1
Jay Charles	12:17.8
M75 Tim Dyas	9:44.1
W40 Gloria Rawls	7:42.3
W45 D Cetrulo	9:43.6
I Stuper	10:47.8

USATF New England vs. MAC Dual Meet Masters Mile Boston U., Feb. 16

1 Steve McChesney	4:04:30.39
2 Alan Muir	4:31.73
3 John Goodwin	4:39.03
4 Brad Hurst	4:39.75
5 Bob Hodge	4:40.87
6 Hugh Sweeney	4:57.19
7 Tom Derderian	5:10.19
8 Victor Diaz	5:11.08

Mobil Invitational Masters Mile Fairfax, VA; Feb. 22

Men	
1 Steve Scott	4:14.27
2 Steve Gallagher	4:18.98
3 Danny Aldridge	4:24.23
4 Steve Littleton	4:28.84
5 Bruce Hamilton	4:28.96
6 David Shafer	4:29.84
7 Steve Bolt	4:31.29
8 Peter Kirk	4:32.49
9 Chuck Moeser	4:35.41
10 Paul Ryan	4:38.93
11 Guy Gadowski	4:40.19
12 Jim Whitnah	4:41.36
13 Andy Anderson	4:45.72
14 Steve Ruckert	4:46.38
15 Joe Mulhern	4:47.63
16 Steve Giorgis	4:48.66
17 Paul Peterson	4:50.94
18 Ken Umbarger	4:56.68
Women	
1 Cathy VenturaMerkel	5:32.20
2 Linda Wack	5:36.19
3 Chris Stockdale	5:38.52
4 Joyce Adams	5:42.03

Rochester Indoor Meet U. of Rochester, NY; Feb. 24

45m	
M40 Bill Mathis	6.0
M50 Harry Luke	6.6

M70 Howard MacMillan	7.0
W30 Gloria Ralph	10.9
W40 LuAnn Van Peursem	7.4
400m	
M30 Tracy Fox	51.0
M40 Mike Hoban	64.5
M50 Harry Luke	63.7
M70 Howard MacMillan	80.3
W30 Gloria Ralph	2:07.9
W40 LuAnn Van Peursem	88.3
800m	
M40 Mike Hoban	2:28.3
M50 Jim Palmeri	2:29.5
W30 Gloria Ralph	4:29.9
W60 Willie Murphy	3:51.6
1500m	
M30 Dave O'Leary	4:29.0
M50 Larry Smith	5:31.5
3000m	
M30 David O'Leary	9:24.6
M50 Jim Palmeri	16:57.3
W30 Gloria Ralph	16:57.3
Long Jump	
M30 Russ Watson	17-0
M40 Bill Mathis	14-9

SOUTHEAST

Manasota TC Meet Sarasota, FL; Feb. 15

--100m--	
M30 Troy Holley	13.8
M35 Jim Farr	12.1
M45 Rusty Earp	14.2
M50 Bruce Byrne	13.7
M60 Matt Brown	14.2
M65 Don Marshall	20.7
M70 Pat Gallagher	19.8
M75 Bob Horsley	16.3
--200m--	
M35 Jim Farr	25.0
M45 Rusty Earp	30.2
M50 Bruce Byrne	29.9
M60 Matt Brown	30.7
M65 Don Marshall	43.5
M75 Bob Horsley	34.9
--400m--	
M30 Brett Morrow	62.2
M35 Ted Lang	73.6
M40 Steve Fortmuller	70.1
M45 Rusty Earp	75.9
M50 J C Shenk	62.3
W40 Sheri Bedford	86.5
--800m--	
M30 Brett Morrow	2:30
M35 Reggie Ross	2:25
M40 Steve Fortmuller	2:40
M50 J C Shenk	2:41
M65 Don Marshall	4:36
M70 Carl Hammen	3:13
--Mile--	
M30 Jason Means	5:44
M35 Dave Simon	6:01
M40 Steve Fortmuller	6:01
M50 Rich Quevillon	6:44
M55 Chuck Hill	7:16
M65 Don Marshall	10:51
M70 Pat Gallagher	6:45
W40 Sheri Bedford	6:55
--Two Mile--	
M35 Reggie Ross	14:39
M45 Rusty Earp	16:20
M50 Rich Quevillon	11:58
M70 Pat Gallagher	14:12
W30 Jill Snyder	18:28
W40 Sheri Bedford	14:43
--High Jump--	
M65 M Edgington	3-6
--Long Jump--	
M45 R Earp	12-11
M50 B Byrne	14-1
--Shot Put--	
M45 Bruce Hedendal	36-1
M60 -- Carlozzi	34-6
M65 Reed Quinn	35-2
Pay Carstensen	34-1
M70 -- Ettig	30-5
M75 Bob Horsley	28-9
Tom McDermott	26-2
--Discus--	
M45 Bruce Hedendal	125-1
M60 -- Carlozzi	103-6
M65 Reed Quinn	122-8
Pay Carstensen	112-1
M70 -- Ettig	85-2
M75 Bob Horsley	79-10
--Weight Throw (25#)--	
M45 Bruce Hedendal	53-9
M65 Pay Carstensen	40-0
Reed Quinn	38-2
M75 Tom McDermott	27-8

Continued from previous page

High Jump	
M40 Ken Drollinger	1.83
M50 Bill Walsh	1.42
M60 Jerry Lambert	1.32
Jim Ware	1.27
M65 Clarence Trinkner	1.37
Richard Soller	1.17
M80 Milo Lightfoot	1.12
Pole Vault	
M40 Tom Bunner	4.11
Ken Drollinger	3.66
M50 Henry Hopkins	3.20
Bill Walsh	2.90
M60 Don Zimmerman	2.59
M80 Milo Lightfoot	1.68
Long Jump	
M35 Lamont Wilson	5.87
M40 Ken Drollinger	5.37
Louis Harris	5.29
M45 Jim Dolezel	5.05
Jim Woosley	3.99
M50 Bill Walsh	4.85
Henry Hopkins	4.46
M55 Rex Hane	3.83
M65 Richard Soller	3.75
1500m Racewalk	
M40 Damon Clements	8:23.70
M45 Vince Abel	7:42.40
M50 Max Walker	7:25.60
Jim Lawrie	9:57.90
M60 Ray Everson	8:53.30
W45 Tish Roberts	8:05.00
Jeanette Smith	8:08.60
W60 Sami Bailey	9:05.10

USATF Michigan Indoor Championships

Allendale, MI; Feb. 16

55m	
M30 Scott Stone	7.41
M35 Dan Waugh	7.23
M40 Mike Lombardo	7.70
M45 Les Hale	6.67
Zeke Zlobicki	7.04
Richard Kanski	7.35
M50 Tim Butts	7.21
Frank Bonham	7.69
M65 Chuck Sochor	8.77
M70 Jack Hipple	8.95
M80 Ed Andrysiak	14.07
W70 Mary Holland	10:10
200m	
M35 Ben Thomas	25.66
Dan Waugh	25.94
M40 Mike Lombardo	28.44
M45 Les Hale	24.42
Zeke Zlobicki	25.74
Rich Sherrad	26.70
M50 Bob Lloyd	26.69
Frank Bonham	27.99
M65 Chuck Sochor	41.01
M70 Jack Hipple	33.53
M80 Ed Andrysiak	59.89
W45 Cathy Kleckner	41.91
W70 Mary Holland	49.93
400m	
M35 Dan Waugh	57.41
M40 Steve Hulst	56.78
M45 Rick Sherrad	59.98
Turran Harper	64.45
M50 Bob Lloyd	57.97
Frank Bonham	67.98
M55 Rod Smith	69.32
M70 Jack Hipple	81.56
800m	
M30 Scott Stone	2:21.68
M35 Tyrone Williams	2:09.27
Jeff Endres	2:29.12
M40 Steve Jalst	2:04.66
M45 Turran Harper	2:14.71
Bruce Clifton	2:22.91
M55 Rod Smith	2:40.63
1 Mile	
M40 Steve Izzo	4:53.92
M45 Turran Harper	6:29.52
M55 Harry Tellman	5:54.65
W35 Anne Clifton	6:29.38
3000m	
M35 John Steinberg	8:55.23
M40 Mike Martin	9:18.07
Louis Hebelstra	9:36.55
M45 Paul Dwyer	12:04.43
M55 Harry Tellman	11:10.11
Bill Parrott	11:24.73
55mH	
M45 Stan Kus	10.98
M50 Chet Dow	9.52
High Jump	
M45 Stan Kus	4-10
M50 Kent Hall	4-10
Pole Vault	
M30 Scott Stone	11-6
M40 Steve Owens	10-0
M50 Kent Hall	10-0
M75 Art Holland	5-0
Long Jump	
M35 Ben Thomas	20-10
M45 Les Hale	17-10
Stan Kus	17-5
M50 Chet Dow	14-9
Kent Hall	13-2
M70 Jack Hipple	10-8½
W70 Mary Holland	9-2

Shot Put	
M45 Gerald Bowersox	32-7
Stan Kus	30-3
M55 Bill Rykhus	32-9½
M70 Jack Hipple	25-4½
M75 Art Holland	28-7½
Weight Throw	
M45 Gerald Bowersox	35-8
3000m Racewalk	
M40 Bill Road	14:31.01
M45 Mark O'Donnel	17:52.86
M60 Phil Swartz	di
M65 Vance Genzlinger	17:28.37
W30 Sherri Samassa	17:26.29
W40 Louise Wiggin	22:50.46
W45 Cathy Kleckner	21:11.19
W55 Wendy Brockie	21:25.47
W60 Joanne Parks	18:53.28
W65 Carolyn Selby	22:35.61

USATF Midwest Regional Masters Indoor Championships

Warren, MI; Mar. 1

60y	
M30 Scott Thoms	7.16
M35 Ben Thomas	6.96
Rodney Wilson	7.31
M40 Gary Steiner	8.01
M45 Les Hale	6.89
Richard Kanski	7.55
M50 Robert Lloyd	7.42
Ralph Wallace	7.57
Jerry Bellinson	7.60
Frank Bonham	7.73
M55 Robert Burke	8.57
M65 William Simmons	8.37
Chuck Sochor	9.04
M70 Mel Larsen	8.20
Jack Hipple	9.01
M75 Tom Kennell	8.62
Mel Buschman	9.97
M80 Ken Elliott	10.49
Ed Andrysiak	13.86
Janet Mims	8.11
220y	
M35 Ben Thomas	24.88
M45 Lester Hale	24.16
Richard Kanski	27.97
M50 Robert Lloyd	26.00
Frank Bonham	27.62
Ralph Wallace	27.67
Dustin Mann	28.40
M65 Chuck Sochor	30.52
Willia Simmons	30.55
M70 Melvin Larson	30.37
Jack Hipple	33.42
M75 Tom Kennell	33.51
M80 Ken Elliott	43.98
Ed Andrysiak	48.68
W30 Janet Mims	29.60
440y	
M45 Bruce Clifton	1:01.12
John Hunyadi	1:06.91
M50 Robert Lloyd	57.75
Ralph Wallace	1:01.45
Dustin Mann	1:02.42
M55 John Sloan	1:20.67
M65 Chuck Sochor	1:18.64
M70 Jack Hipple	1:21.62
W35 Anne Clifton	1:14.53
880y	
M35 T Williams	2:12.34
Ben Gorecki	2:16.70
Jeff Endres	2:29.44
M40 Walt Barnowski	2:14.90
Gary Steiner	2:33.50
M45 Turran Harper	2:15.87
Gene Darst	2:39.40
M55 Jim Verdier	2:40.12
M60 Al Ravenscroft	2:50.92
W30 Mary Franklin	2:50.42
W45 Donna Olson	3:06.10
Maggy Zidar	3:17.07
W60 Merion Knight	3:28.00
1 Mile	
M30 David Tracy	5:11.60
M35 Jeff Endres	5:16.80
M40 Steve Izzo	4:51.44
Chuck Block	4:54.35
Wally Barnowski	4:56.00
Rick Straub	5:29.90
M45 Peter Hallop	4:50.48
Cody James	5:47.40
Gene Darst	5:48.23
M55 Jim Verdier	5:44.30
M60 Al Ravenscroft	6:01.73
Louis Johnson	6:32.01
M65 Kinsley Sears	7:19.42
M70 Jim Forshee	6:02.11
W30 Ann Boyd	5:20.37
Mary Franklin	6:05.48

W40 Carol Rice	6:38.90
W45 Maggy Zidar	6:29.64
Donna Olson	6:32.01
2-Mile	
M30 David Tracy	11:35.17
M40 Wally Barnowski	11:58.80
Larry Barnett	12:04.06
M45 Peter Hallop	10:35.41
M60 Al Ravenscroft	13:08.71
M65 Kinsley Sears	15:43.58
M70 Jim Forshee	13:09.34
W45 Maggy Zidar	13:54.04
60y Hurdles	
M30 Scott Thoms	8.14
M35 Mark Jakubowski	9.23
M50 Chet Dow	9.75
M55 Bruce Mills	10.75
John Sloan	11.52
M65 William Simmons	11.07
M70 Mel Larsen	17.96
M75 Mel Buschman	14.56
Tom Kennell	16.56
M80 Ken Elliott	14.73

4x440y Relay	
M40 Motor City Strider	4:08.25
(Izzo/Clifton/Barnowski/Harper)	
W30 Motor City Strider	6:03.19
(Knight/Olson/Franklin/Zidar)	

High Jump	
M30 Andrew Baycen	6-2
M40 Gary Steiner	5
M50 Ken Hall	4-10
M55 Jim Roth	3-10
M65 William Simmons	4-6
M75 Mel Buschman	3-6
M80 Ken Elliott	3-6

Pole Vault	
M50 Kent Hall	10-6
M55 John Sloan	9
Jim Roth	9
M60 Duane Rykhus	9

Long Jump	
M30 Andy Boyce	6.06
M35 Ben Thomas	6.55
M45 Les Hale	4.93
M50 Jerry Belinson	5.21
Chet Dow	4.37
Randy Stebbins	3.38
M55 John Sloan	3.88
M65 William Simmons	4.33
M70 Jack Hipple	2.92
M75 Tom Kennell	4.00
Mel Buschman	3.09
M80 Ken Elliott	2.78

Shot Put	
M45 Hilary George	12.20
M55 Robert Burke	10.23
John Sloan	9.72
Bill Rykhus	9.51
M70 Mel Larson	10.74
Bill Walmoth	10.27
Jack Hipple	7.14
M75 Mel Buschman	8.67
M80 Ken Elliott	7.72
W55 Audrey Gasdorf	7.82
W60 Phyllis Shunn	6.00

2-Mile RW

M30 Dan O'Brien	14:31.46
M45 John Hunyadi	15:17.11
Mark O'Donnel	19:19.10
M55 John Elwarner	15:48.30
Frank Soby	20:02.64
W30 Sherri Samassa	19:38.08
W45 Julia Pudzowski	20:46.02
W50 Valerie Stowe	20:25.97
W55 Walda Tichy	19:23.91
W60 Joanne Parks	20:11.72
Lurline Sears	26:14.80
W65 Peg Quigley	29:23.09

MID-AMERICA

USATF Colorado Indoor Championships

USAF Academy; Feb. 23

--55m--	
M30 David Barmer	6.45
Gerald Owens	6.68
Courtney Hanniford	6.73
K Kennedy-Bunce	6.93
Mike Gendreau	7.36
Kevin Parker	7.39
M35 Ken Ellis	7.30
M40 Stacey Price	6.93
Tripp Reynolds	7.26
Linford Hayes	7.96

M45 Jim Dolezel	7.25
M50 Denny Harrel	7.93
David Luplow	7.99
M55 Ron Kirkpatrick	7.85
Larry Carter	8.21
Ed Arnold	8.99
M60 Dick Camp	7.94
M65 Jerry Donley	8.67
M75 John Davison	8.57
Bob Warwick	10.09
W40 Teresa Drotar	8.36
W50 Nina Bryant	9.03
W60 Joyce Franks	11.46
W70 Willie Gatz	16.13
--200m--	
M30 David Barmer	22.13
C Hanniford	22.72
Kevin Parker	28.63
M40 Reynolds Trip	25.35
Linford Hayes	28.09
M45 Jim Dolezel	25.43
M50 Denny Harrel	27.73
David Luplow	28.62
M55 Ron Kirkpatrick	26.70
M75 John Davison	32.36
Bob Warwick	41.63
W50 Nina Bryant	35.00
Joyce Franks	43.67WE

--400m--	
M30 C Hanniford	53.34
M35 Charles Nathan	54.65
M40 Jonathan Skrpko	66.10
M50 Denny Harrel	63.50
M55 Howard Weiss	63.40
W40 Teresa Drotar	67.20
--800m--	
M30 Carl Clark	2:05.87
M40 Jonathan Skrpko	2:36.69
M45 Frank Kunkel	2:25.90

--1500m--	
M30 Troy Pickett	4:26.20
M35 Tim Smith	4:59.10
M40 Scott Schafer	4:38.00
Jonathan Skrpko	5:17.30
M45 David Salazar	4:34.30
Frank Kunkel	4:50.80
Alan Johnson	5:53.30
M55 Bob Perrier	6:41.30
--3000m--	
M35 Tim Smith	10:41.92
M40 Scott Schafer	9:54.22
M45 Frank Kunkel	10:53.61

--55mH--	
M30 K Kennedy-Bunce	7.83
M35 Ken Ellis	8.24
Dan Cook	8.77
M40 Stacey Price	8.05
--High Jump--	
M45 Jim Dolezel	1.47
M55 Larry Carter	1.42
Dennis Leczinski	1.27
M70 Bill Chivvis	1.16
M75 Bob Warwick	1.11
W70 Willie Gatz	0.83

--Pole Vault--	
M35 Ken Ellis	4.42
M45 Jim Dolezel	3.36
M65 Jerry Donley	3.05
M70 Bill Chivvis	2.29
M75 Bob Warwick	2.09
--Long Jump--	
M30 Vincent Martin	5.77
Mike Gendreau	5.51
M35 Kelley Lewis	6.10
M45 Larry Myers	3.11
M55 Dennis Leczinski	4.33
Ed Arnold	4.01
Bob Perrier	3.37
M70 Bill Chivvis	3.23
M75 John Davison	3.96
Bob Warwick	3.02

--Triple Jump--	
M45 Jim Dolezel	5.01
--Shot Put--	
M40 Mike Campman	11.01
M45 Tim Edwards	10.16
Larry Myers	7.05

M55 Dennis Leczinski	8.99
Bob Perrier	8.71
W70 Willie Gatz	4.23
--Weight Throw--	
M45 Tim Edwards	12.59
Larry Myers	6.54
--3000m Racewalk--	
M30 Curtis Fisher	13:37.00
Brad Bearheart	15:07.03
M45 Scott Richards	16:46.08
M55 Bob Perrier	18:03.09
M60 John Lyle	18:07.01
W35 Patty Mittan	23:38.06

W40 Vicki Bennington	21:11.05
W60 Betsy Lyle	26:39.08
W65 Jackie Williams	20:17.07

SOUTHWEST

Sooner State Games Sportfest

Shawnee, OK; Feb. 1

55m	
M35 Warren Washington	6.60
Ken Ellis	6.91
Clifford Shock	6.92
M40 Stacey Price	6.39
Mike Pannell	6.53
Bill Burton	6.62
M45 Jim Dolezel	7.04
Robert Hahn TX	7.17
Jimmie Jones III	7.19
Henry Kirby	7.19
M50 Dale Hodges	7.30
Paul Simmons	7.41
Charlie Barnhart	7.44
M50 Wayne Bennett	7.69
Charlie Richard	7.71
M65 L S Anderson	8.04
Jack Pritchard	8.32
Sam Taylor	9.02
M70 Bill Carter	8.52
Bob Wingo	8.95
M75 Tim Murphy	8.27
Bob Warwick Sr	9.95
Houston Brumit	9.96
W45 Phyllis Moten	9.87
W50 Nina Bryant	8.93
W60 Jean Cobb	10.57
Betty Eisenhower	11.30

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Continued from previous page

M50 Jack Crawford	10.92
Jerry Whitten	5.93
M55 Sheppard Miers	12.14
Dale Lance	10.07
Jimmy Duckett	9.28
M60 Tom Wesselowski	12.59
Wendell Palmer	12.47
Ernie Albritton	11.13
M65 John Caris	10.79
M70 A T Richeson	10.47
Alvin Williams	4.61
M75 Doc Bennett	7.05
Houston Brumit	6.61
W40 Debby Crawford	4.70
W55 Fay Richard	6.62
W60 Sue Tunnicliff	6.80
Jean Cobb	6.59
W80 Betty Jarvis	4.90
3000m Racewalk	
M40 Rusty Dawson	20:51.45
M50 Jerry Whitten	20:57.35
M55 Jim McFadden	16:00.53
Bob Skaer	19:28.00
M60 William Boggs	19:27.75
W65 Betty Eisenhouer	30:09.51

Louisiana Lightning Weight Pentathlon**Gonzales, LA; Feb. 16**

(SP/MT/DT/JT/WT) actual marks

Bengt Jarslo 31	2875
(14.25/34.52/44.84/34.64/12.38)	
Bruce Navarre 37	2646
(11.40/24.12/52.60/32.98/9.90)	
Jeff Baty 42	3193
(11.93/38.30/38.40/37.34/13.24)	
Vince Breaux 51	2465
(9.88/24.74/21.68/31.98/11.16)	
Harold Landry 54	2211
(11.28/21.62/18.70/31.98/11.26)	
Don North 59	3242
(9.95/23.88/28.48/35.14/11.37)	
Ron Hernandez 55	2598
(10.78/20.90/29.16/25.98/9.12)	
Milton Brady 63	3214
(10.10/29.06/32.32/27.90/11.97)	
R Paul Adams 64	2975
(9.84/25.80/31.34/26.98/9.64)	
Ward Landry 61	2174
(8.11/24.30/25.70/20.22/7.75)	
Robert Dew 74	1367
(6.89/6.10/12.88/8.78/6.53)	

WEST**Hawaii Masters TC Weight Pentathlon****Honolulu; Dec. 14**

(HT/SP/DT/JT/WT) actual marks

Bob DiBenedetto 40	2086
(28.06/9.04/31.48/24.38/9.37)	
Vince Costello 43	1961
(17.16/9.35/30.10/36.30/7.32)	
Derek Goudge 46	626
(--/22.02/21.82/--)	
Mark Luria 53	2492
(27.36/10.07/34.90/28.46/8.20)	
Allen Hartwell 52	2072
(21.16/9.69/38.40/31.10/--)	
Jack Karbens 55	3199
(29.48/9.50/33.04/33.96/12.48)	
Lionel Low 57	364
(9.52/11.66/11.66/11.66/11.66)	
Dick Mulken 71	2734
(24.82/8.74/31.98/19.62/7.70)	
Bob Voegel 70	2140
(18.92/7.38/23.00/18.58/7.05)	

Palm Springs Senior Games**Palm Springs, CA; Feb. 8-9**

--100m--	
M50 Dale Herring	13.20
M55 Kenny Dennis	12.54
Lee Gillespie	13.24
Fred Howard	13.58
M60 Milt Newton	12.44
Frank Hollier	12.73
Alex Johnson	13.09
M65 John Poppell	13.39
Oscar Maldonado	114.05
Paul Bambrook	114.05
Bob McGowan	14.06
M70 Ben Knaub	13.87
Rod Brown	13.98
Tracy Hunt	14.02
M75 Jack Davison	14.58
Frank Toner	15.87
Phil Dettmer	17.42
M80 Clarence Trahan	17.65
Pete Allen	19.46
Clink Yonaka	26.33
W50 Mary McMaster	23.49
W55 Barbara Littlemore	18.67
Judith Eagan	20.06
Jeanette Mahoney	25.05
W60 Ellen Brannigan	17.05
Delphine Colbert	20.07

W65 Sumi Leonard	17.01
Louise Martin	26.03
Ruth Hudgeon	31.00
W70 Eunice Miller	22.90
W75 Gerda Ader	22.27
W80 Natalie Gammey	44.07
--200m--	
M50 Dale Herring	26.62
Willie Webster	28.24
M55 Bill Knocke	25.55
Kenny Dennis	25.87
Lee Gillespie	26.94
M60 Bobby Thomas	25.43
Frank Hollier	26.11
Alex Johnson	26.54
M65 John Poppell	27.68
Oscar Maldonado	29.38
Paul Bambrook	29.77
M70 Ben Knaub	29.58
Tracy Hunt	33.98
Eugene Beimer	34.90
M75 Jack Davison	31.34
Frank Toner	33.06
John Roderiquez	36.48
M80 Clarence Trahan	37.70
Pete Allen	42.10
Pete Ganahl	43.35
W50 Barbara Littlemore	40.34
Judith Eagan	45.20
W60 Ellen Brannigan	41.50
Delphine Colbert	46.10
W65 Sumi Leonard	38.30
Ruth Hudgeon	78.80
--400m--	
M50 Leland Fitzgerald	59.10
Willie Webster	61.04
M55 Bill Knocke	59.90
Fred Hartman	65.80
Robert DiConti	67.30
M60 Bobby Thomas	61.40
Alex Johnson	65.47
Bill Anderson	68.73
M65 Jim Selby	68.44
Charles Rice	76.76
M70 Ben Knaub	65.76
Rod Brown	67.68
Eugene Beimer	83.21
M75 John Roderiquez	95.36
M80 Pete Ganahl	1:40.58
Clink Yonaka	2:14.63
W50 Mary McMaster	2:01.30
W55 Barbara Littlemore	1:35.56
W65 Sumi Leonard	1:29.35
--800m--	
M50 Steve Sheperd	2:32.62
M55 Bob McAlpine	2:23.88
Jim Bevins	2:47.00
David Sarty	2:48.10
M60 Jerry Jefferson	2:43.20
M65 Ralph Miller	2:37.60
Jim Selby	2:54.00
Charles Rice	3:02.20
M70 Ben Knaub	2:58.68
Bill Hubert	3:51.36
M75 Ed Fong	3:59.57
John Roderiquez	4:14.67
M80 Clink Yonaka	5:25.90
W50 Mary McMaster	4:36.10
W60 Eleanor Wallace	4:02.62
W65 Sumi Leonard	3:34.69
--1500m--	
M50 Leland Fitzgerald	4:55.40
M55 Jim Bevins	5:29.05
David Sarty	5:37.70
M60 Jerry Jefferson	5:26.50
Mike Christiansen	5:28.20
Robert Hanson	6:31.00
M65 Jim Selby	5:25.70
John Gregson	6:09.90
Jim Franklin	6:17.60
M70 Ben Knaub	5:24.33
Jack Oakey	7:26.08
Bob White	7:52.03
M75 Ed Fong	8:25.71
John Roderiquez	10:11.03
M80 Clink Yonaka	9:09.00
Sal Armato	15:00.15
W50 Mary McMaster	7:53.01
W60 Eleanor Wallace	7:35.38
--High Jump--	
M50 Roberto Pozzi	5-6
M55 Dave Perry	4-7
Merv Armstrong	4-0
Larry Tiffin	3-10
M60 Milt Newton	5-0
Jerry Sullivan	4-10
Jerry Chase	4-4
M65 Bob Herber	4-2
Paul Bambrook	4-2
Bob Hall	4-0
M70 Jerry Silsdorf	3-8

Lucky Humiston	3-6
M75 Phil Dettmer	3-10
Mark Henderson	3-6
M80 Pete Ganahl	3-4
W50 Jeanne Hallin	3-4
W60 Ellen Brannigan	3-4
--Long Jump--	
M50 Terry Swann	10-11
M55 O Legend	13-5.75
Merv Armstrong	13-4
Larry Tiffin	10-2.25
M60 Bob Sherman	12-11.50
Jerry Chase	12-11
Delos Eyer	11-11
M70 Denny Sullivan	11-6
Ray Crawford	10-4
Lucky Humiston	9-1.50
M75 Morgan Bartlett	10-6
Phil Dettmer	9-9.75
Mark Henderson	8-7.50
M80 Clarence Trahan	9-11
Shepard Schwartz	7-5
W50 Jeanne Hallin	7-11
Jeannie West	5-8
W60 Ellen Brannigan	9-5
W65 Magdalena Kuehne	10-6.75
Louise Martin	5-2.75
W70 Adele McCormick	4-8.50
--Shot Put--	
M50 Glenn Palmer	39-4
Bruce Russell	29-1
Joel Fey	24-10
M55 Dennis McCraven	41-4
Mike Farris	37-7
Richard Martin	30-6
M60 Doug Cronin	39-1
Jim Mayer	34-7
Bob Simpson	33-4
M65 Arnie Gaynor	38-6
Carlos Martinez	32-7
Don Herberg	31-3
M70 Bob Hewitt	35-1
John Rafto	34-1
Grover Cameron	30-11
M75 Dale Buysse	35-6
Mike Castaneda	33-5
Mark Henderson	30-4
M80 Ross Carter	36-5
Clarence Odell	29-2
Clarence Trahan	20-10
M85+Burt DeGroot	18-0
W50 Lynda Day-George	19-5
Hattie Perry	10-2
Jeanne Hallin	18-5
W55 Sharon Pipes	20-5
W60 Clare Taffris	16-7
W65 Magdalena Kuehne	22-4
W70 Adele McCormick	19-11
Viola Gower	12-9
W75 Wilma Davenport	10-6
Ailine Witten	16-8
--Discus--	
M50 Glenn Palmer	118-11
M55 Dennis McCraven	114-4
Merv Armstrong	102-7
Dick Martin	87-0
M60 Alan Rosen	120-3
Jim Mayer	109-7
Doug Cronin	106-7
M65 Don Herberg	132-10
Arnie Gaynor	131-11
Carlos Martinez	97-1
M70 Bob Hewitt	116-11
John Rafto	97-0
Al Zimmerman	80-11
M75 Mike Castaneda	102-6
Dale Buysse	102-6
Joseph Gozzo	87-2
M80 Ross Carter	109-4
Clarence Odell	78-2
Clarence Trahan	64-10
M85+Burt DeGroot	53-1
W50 Jeanne Hallin	45-3
Lynda Day-George	44-0
W55 Sharon Pipes	45-0
W60 Ellen Brannigan	54-11
W65 Magdalena Kuehne	53-2
W70 Adele McCormick	53-3
Viola Gower	32-11
W75 Jeanne Bishop	38-2
Wilma Davenport	35-7
W80 Natalie Gammey	24-2
--5000m Racewalk--	
M50 Joel Fey	40:17.08
M55 Duke Ackerman	34:11.06
Larry Tiffin	44:45.08
Fred Hartman	59:45.00
M60 Mike Dempsey	34:42.05
Alan Mensonides	36:01.03
Ron Althoff	39:37.07
M65 Lloyd McGuire	33:30.06

Franklin Wallace	38:16.04
M70 Eugene Beimer	35:59.08
Bill Zook	36:01.04
Roger Coley	42:04.04
M75 Claude Fernsten	48:42.09
M80 Egon Jonsson	38:58.03
Clink Yonaka	48:52.00
W50 Darlene Backlund	35:23.06
Jeanne Hallin	36:01.04
Judi Dempsey	38:19.02
W55 Janice Zinniker	35:51.02
Jeanette Mahoney	44:22.05
Pat Wohlwend	59:45.00
W60 Barbara Clark	43:56.09
W65 Louise Martin	41:08.02
Klara Bacher	45:43.06
Cris Roetlisberger	49:30.08
W70 Kathryn Binney	38:32.00
Barbara Beimer	40:17.08
Eunice Miller	41:08.08
W75 Aline Witten	43:51.04
W80 Esther Backlund	49:08.00
--5K Run--	
M50 Warren Young	18:50.3
Richard Brandt	19:48.0
Richard Kutzner	20:13.1
M55 Al Shook	19:41.9
Tony Gomez	21:17.2
David Sarty	21:26.3
M60 Andy Beall	22:22.0
Mike Dune	22:27.0
Bob Bussey	22:58.0
M65 Jim Selby	21:13.0
Jim Franklin	22:51.0
Ollie Harker	24:35.0
M70 Gerry Hopkins	21:20.0
Joe Fleischmann	26:42.0
Jack Grey	26:45.0
M75 Bill Hutchinson	26:33.0
M80+Semour Litt	29:04.0
W50 Martha King	27:16.0
Linda VanHorn	27:27.0
Carolyn Martin	28:20.0
W60 Mary Alvarez	38:07.0
Norma Read	43:12.0
W65 Pat Pruitt	30:56.6
Gayle Baum	37:08.0
W70 Mary Storey	26:24.8
Roberta Morgan	38:35.0
W75 Mem Howe	31:51.1
--10K Run--	
M50 Glenn Jones	43:54
Marshal Cheung	46:33
Mike Burns	57:54
M55 Andy Bailey	47:31
Gene Rotstein	48:19
David Sarty	48:42
M60 Mike Christiansen	43:52
Jerry Jefferson	45:53
M65 Jim Franklin	49:37
John Gregson	51:16
Jack Penner	52:18
M70 Gerry Hopkins	45:51
John Fry	71:05
M75 Bill Hutchinson	59:20
Ira Samuels	78:50
M80 Clink Yonaka	86:07
W70 Laila Silverberg	83:19

Hawaii Masters TC Pentathlon & Weight Pentathlon**Honolulu; Feb. 16-17****--Pentathlon--**

(LJ/JT/200/DT/1500) actual marks

Vince Costello 44	2725
(5.10/37.86/26.3/29.30/5.02.1)	
Bob DiBenedetto 40	845
(4.97/11.66/11.66/11.66/11.66)	
Derek Goudge 46	1673
(3.33/22.04/31.4/21.58/5.33.5)	
Robert Larson 51	1605
(4.14/7.50/29.8/17.42/6.18.3)	
Jack Karbens 55	2927
(4.02/34.02/28.9/31.10/5.54.3)	
Robert Molyneux 58	1321
(3.28/24.00/35.8/22.60/--)	
Robert Voegel 70	1503
(2.79/19.36/39.1/22.96/--)	
--Weight Pentathlon--	
(HT/SP/DT/JT/WT) actual marks	
Bob DiBenedetto 41	2314
(30.62/9.38/33.36/28.92/10.26)	
Jack Karbens 55	2938
(26.74/9.18/29.42/31.96/12.09)	
Lionel Low 57	1291
(8.42/6.65/17.42/17.50/5.50)	
Dick Mulken 72	2990
(24.18/8.88/32.28/23.62/9.86)	
Bob Voegel 71	2161
(17.60/7.71/25.18/17.82/6.92)	

Silver State Masters Classic**Reno, NV; Feb. 16**

60m	
M30 Roy Birch	7.30
Jon Poggi	7.35

	Charlie Knight	7.65
	Derick Wickliffe	8.01
M35	Noah Livingston	7.12
	Ben Rosales	7.49
	Gregory Font	7.67
	Sam Collins	7.67
M40	Neal McIntyre	7.30
	Hubert Evans	7.52
	Fred James	7.99
	Gary Herrlinger	8.11
M45	Riley McHugh	7.80
	Roger Parnell	7.90
	Thierry Boucquey	7.90
	James Manor	8.13
M50	Stan Whitley	7.62
	Bill Hendricks	8.73
	Bill Probst	8.87
M55	Don Dvorak	8.27
	Joe Johnson	8.58
M60	Joe Hemler	8.28
	Bob Golly	8.40
M65	Jim Stookey	8.47
	Joe Summerlin	8.72
	Dick Marlin	8.87
	Grant Twitchell	9.45
M70	Bob Higginbotham	9.49
M75	Ed Matthews	9.54
	K K Slaughter	11.83
W35	Edith Mourtos	10.22
W80	Hope Swan	17.11
<u>200m</u>		
M30	John Poggi	23.41
	Roy Birch	24.60
	Charlie Knight	25.68
M35	Noah Livingston	23.48
	Ben Rosales	23.91
M40	Hubert Evans	24.44
	Fred James	25.77
	Jeff Gallero	26.51
	Scott Shick	28.44
M45	Roger Parnell	25.31
	Riley McHugh	26.25
	Andrew Swan	30.73
M50	Stan Whitley	24.16
	Matt Pruitt	25.16
	Bill Hendricks	28.32
M55	Mel Brooks	25.66
	Joe Johnson	27.22
	Roger Pechacek	35.11
M60	Joe Hemler	26.73
M65	Joe Summerlin	29.93
	Grant Twitchell	31.01
	Mario Oberti	40.07
M70	Walt Atcheson	36.68
M75	Ed Matthews	33.86
	K K Slaughter	45.05
M85	Mel Shine	68.19
W35	Diana Rigor	29.50
	Edith Mourtos	36.93
<u>400m</u>		
M30	Noah Hinkston	53.11
	Roy Birch	55.73
	Carry Harris	58.52
	Larry Howell	62.41
M35	Sam Collins	54.12
	Nikos Mourtos	57.85
M40	Neal Bojko	58.55
	Fred James	59.72
	John Ducray	60.80
	Scott Shick	60.97
M45	Sylvester Jones	61.65
	Andrew Swan	68.00
M50	Stan Whitley	54.02
M55	Mel Brooks	58.89
	Ben Miller	63.28
M60	Bruce Susong	66.70
	Lowell Bonifield	66.71
	George Ball	73.39
M70	Walt Atcheson	86.54
M85	Mel Shine	2:50.30
W35	Diana Rigor	70.13
	Edith Mourtos	1:40.81
W80	Hope Swan	2:57.19
<u>800m</u>		
M30	Noah Hinkston	2:00.45
	Jeff Mann	2:02.42
	Larry Harris	2:14.86
	Garth Merrill	2:16.55
M35	David Lucas	2:06.72
	Dave Cook	2:14.45
	Joseph Cammer	2:18.03
M40	Miguel Tibaduiza	2:08.96
	Neal Bojko	2:19.23
	John Ducray	2:20.13
M45	Jim Jones	2:06.43
	Jim Gorman	2:15.42
M50	Herve Pasture	2:08.75
	Frank Condon	2:46.55
M55	Cliff Cordy	2:31.44
	Ben Miller	2:32.89
M60	Bruce Susong	2:36.19

Continued from previous page

M35 Greg Pont	5.98
Ben Rosales	5.56
John Kimura	5.40
M40 Fred James	5.03
Gary Herringer	5.02
M45 Angel Cachinero	5.39
Jim Manor	5.10
M55 Rich Imperiale	4.58
Terry Rowan	4.35
M60 Lowell Bonifield	4.44
Bob Golly	3.81
M65 Jim Stookey	4.79
Grant Twitchell	3.90
M70 Bob Higginbotham	4.13
Jim Johnson	3.13
M75 A U Ricciardi	3.16
Ed Matthews	3.16
Jim Johnson	3.13
Lew Luehrs	2.01
Triple Jump	
M35 Greg Font	12.06
M40 Mike Lariza	13.93
Jeff Gallero	8.93
M45 Angel Cachinero	11.20
Jim Manor	10.62
M55 Rich Imperiale	9.14
Terry Rowan	8.87
M65 Jim Stookey	10.24
M75 Ed Matthews	6.61
Shot Put	
M45 Tim Edwards	9.88
M50 Clay Larson	16.05
Lad Pataki	15.89
Tom Gage	15.65
M55 Joe Keshmiri	13.96
Dick Hotchkiss	12.45
Gene Thacker	11.74
Joe Johnson	10.81
M60 Stewart Thomson	12.74
Jim Hart	12.67
Richard Lee	12.51
Walt Badorek	12.46
John Steinman	10.49
M65 Harry Hawke	11.55
Charles Bispala	9.41
Bill Arras	9.30
Jerry Wojcik	7.95
M70 Mike Orlich	12.19
Vince Sempronio	11.66
M75 A U Ricciardi	8.57
Lew Luehrs	6.99
W45 Joan Stratton	10.23
W80 Ivy Browne	2.95
Weight Throw	
M35 Ken Jansson	19.56
M40 David Vandergriff	15.92
M45 Tim Edwards	12.45
Bob Pryor	12.03
M50 Tom Gage	16.56
George Mathews	14.44
Lad Pataki	13.20
M55 Dick Hotchkiss	13.92
Steve Biddinger	7.12
M60 Stewart Thomson	17.26
Jim Hart	13.11
Fred Shanaman	12.56
Richard Lee	12.00
M65 Ken Weinbel	12.70
Harry Hawke	11.32
Jerry Wojcik	10.65
M70 Vince Sempronio	10.27
M75 A U Ricciardi	8.49
Lew Luehrs	5.50
M80 Jim York	AR7.33
(Joslin/7.18/1992)	
W45 Joan Stratton	12.18
W55 Suzy Hess	7.22
W80 Ivy Browne	3.54
Superweight	
(M30-69 56#/M70+ 35#)	
(W30-49 35#/W50+ 25#)	
M35 Ken Jansson	11.89
M40 David Vandergriff	10.21
M45 Tim Edwards	8.91
Bob Pryor	7.58
M50 Tom Gage	10.56
George Mathews	8.84
M55 Dick Hotchkiss	8.72
Steven Biddinger	4.93
M60 Stewart Thomson	8.72
Fred Shanaman	6.25
Jim Hart	5.37
M65 Ken Weinbel	5.73
Jerry Wojcik	3.88
M70 Vince Sempronio	8.02
M75 A U Ricciardi	6.11
W45 Joan Stratton	7.20
W55 Suzy Hess	5.25
W80 Ivy Browne	3.03

3000m Racewalk

M45 Shojia Torabian	16:06.37
M50 Pete Giachetti	18:29.35
Paul Smith	24:30.26
M55 Fred Belt	17:44.42
Donn Owens	22:14.48
M60 Jack Bray	WR15:47.07
(Gould/16.03.8/1982)	
Sid Perryman	23:20.85
M70 Richard Bennett	21:40.53
M75 Joseph Perrin	21:33.55
W30 Camille Johnson	19:43.76
W35 Karen Barrett	21:01.04
Lee Harris	21:01.62
W40 L Matthews	22:04.82
W45 Ann Gerhardt	18:16.78
C Cendagorta	23:50.26
Leslie McHugh	25:17.08
W50 M J Baglin	19:18.15
Mona Dible	22:37.24
W55 Doris Cassels	20:34.08
W60 Joan Horner	27:57.22
W65 Charle Walker	WR24:08.63
W85 Dorothy Roberts	WR27:41.76

KELfield Throws Meet #58

Santa Cruz, CA; March 1

--Shot Put--	
M45 Gary Kelmenson	36-1.50
M55 Dick Hotchkiss	40-9
M60 Stew Thomson	42-6.50
--Discus--	
M45 Gary Kelmenson	114-10
M55 Dick Hotchkiss	143-0
M60 Stew Thomson	163-3
--Hammer--	
M45 Bob Pryor	143-9
Gary Kelmenson	130-7
M55 Dick Hotchkiss	146-6
M60 Stew Thomson	164-10
--Javelin--	
M45 Gary Kelmenson	95-4
--Weight Throw--	
M45 Bob Pryor	44-2.25
Gary Kelmenson	43-8.50
M55 Dick Hotchkiss	46-9.50
M60 Don Hughes	29-3
--56# Weight--	
M45 Gary Kelmenson	30-2.50
Bob Pryor	27-8.50
M55 Dick Hotchkiss	29-8.75
M60 Don Hughes	18-6

INTERNATIONAL**BVAF Indoor Championships**

Glasgow, Scotland; Feb. 22

--60m--	
M40 Eric Smart	7.29
M45 Mike Hemmings	7.64
M50 Brian Townley	7.46
M55 John Steede	7.98
M60 David Burton	8.37
M65 Alan Meddings	8.51
M70 Douglas Adair	8.70
M75 Tim Murphy USA	9.05
Ernie Plimer	10.42
M80 Colin Fahey	10.40
W35 Hazel Barker	8.35
W40 Margaret Smith	8.25
W45 Pat McKinnon	8.56
W50 Yvonne Priestman	8.85
W55 Mary Axtell	9.27
W60 Betty Steedman	10.23
W65 Brenda Green	11.19
W70 Pat Peterson USA	11.18
W75 Mary Wixey	11.59
--200m--	
M40 Stephen Peters	22.99
M45 Mike Hemmings	24.88
M50 Brian Townley	24.50
M55 John Steede	25.79
M60 David Burton	26.89
M65 Alan Meddings	28.18
M75 Tim Murphy USA	31.14
Andy Coogan	40.53
M80 Len Watson	47.19
W35 Alison Brown	27.27
W40 Margaret Smith	27.13
W45 Pat McKinnon	29.12
W50 Yvonne Priestman	29.27
W55 Mary Axtell	31.62
W60 Mary Webb	35.83
W65 Brenda Green	39.68
W70 Pat Peterson USA	40.40
W75 Mary Wixey	44.41
--400m--	
M40 Alasdair Ross	53.33
M45 Robert Minting	55.21
M50 Reg Phipps	56.98
M55 John Rae	58.75

M60 Barry Parnaby	67.48
M65 Willie Russell	71.90
W35 Alison Brown	60.06
W40 Caroline Marler	60.67
W50 Yvonne Priestman	68.71
W60 Mary Webb	95.15
W65 Brenda Green	96.02
W70 Pat Peterson USA	1:46.19
--800m--	
M40 Dave Anderson	2:00.88
M45 Brian McKay	2:05.28
M50 Reg Phipps	2:10.69
M55 Frank Hearn	2:18.52
M60 John Gormley	2:32.37
M65 Derek Howarth	2:42.50
M70 Hugh McGinlay	2:53.55
W35 Jan Thomson	2:26.81
W40 Caroline Marler	2:22.26
--1500--	
M40 Allan Muir	4:18.60
M45 Ken Bell	4:25.51
M50 John Potts	4:22.25
M60 John Gormley	5:06.32
M65 Wm McBrinn	5:34.70
M70 Hugh McGinlay	5:54.42
M85 Emmet Farrell WR	8:41.47
W35 Lynne Marr	4:52.42
W45 Felicity Garland	5:28.6h
W55 Bridget Cushen	7:07.45
W65 Betty Norrish	7:51.97
--3000m--	
M40 Archie Jenkins	8:49.42
M45 John Fiddler	9:28.07
M50 Doug Gemmell	9:27.16
M55 Dave Voyle	11:01.67
M60 John Gormley	10:53.74
M65 Wm Marshall	11:21.98
M70 Hugh McGinlay	12:19.89
W35 Lynne Marr	10:22.50
W45 Felicity Garland	11:30.87
W55 Bridget Cushen	15:07.48
W65 Betty Norrish	16:08.35
--60mH--	
M40 Phil McIlpatrick	8.86
M50 Eamon Fitzgerald	9.43
M55 Charley Miller USA	9.17
John Howe	10.05
M60 Jim Day	11.24
W35 Hazel Barker	9.76
W40 Carol Filer	9.58
--High Jump--	
M40 Geoff Ward	1.70
M45 Robert Minting	1.58
M50 Eamon Fitzgerald	1.61
M55 John Freebairn	1.50
M60 Jim Day	1.31
M70 Tim Murphy USA	1.19
M75 Ian Adams	1.16
W35 Hazel Barker	1.53
W40 Carol Filer	1.44
W70 Pat Peterson USA	0.95
W75 Mary Wixey	0.88
--Pole Vault--	
M40 Geoff Ward	3.60
M50 Eamon Fitzgerald	3.50
M55 John Howe	3.20
M60 Jim Day	2.80
M70 Judi Stafford	2.10
--Long Jump--	
M40 Steve Pegler	6.21
M45 Paul Pinnington	5.73
M50 Peter Duckers	5.49
M55 Trevor Driver	4.29
M65 Jack Cross	4.17
W35 Hazel Barker	4.61
W40 Carol Filer	5.16
W50 Sylvia Wood	4.36
W60 Betty Steedman	3.32
W75 Mary Wixey	2.48
--Triple Jump--	
M40 Steve Pegler	12.82
M45 Paul Pinnington	11.38
M50 Jack Gelder	9.78
M55 Trevor Driver	9.72
W35 Carolyn Smith	9.65
W40 Carol Filer	9.65
W45 Joyce Rammell	7.83
W50 Sylvia Wood	8.68
W60 Betty Steedman	6.88
W75 Mary Wixey	WR5.07
--Shot Put--	
M40 George Loney	11.94
M45 James Edwards	11.80
M50 Walter Weir	13.12
M55 John Scott	13.41
M60 Robin Sykes	11.11
M65 Jaroslav Hanus	9.52
M70 Tom Henderson	8.56
M75 John Dooley	7.31
W35 Claire Cameron	11.01
W45 Joyce Rammell	8.39

--3000m Racewalk--	
M40 Wm Kingston	16:59.16
M45 Robert Care	13:30.73
M50 B O'Callaghan	16:15.68
M55 John Whyte	16:08.21
M60 Colin Stapleford	16:41.86
M75 Charles Colman	18:41.59
European Veteran Indoor Championships, National Indoor Arena	
Birmingham, England	
Feb. 28-March 2	
* pending world record	
60m	
M40	
Thomas Watters	GBR 7.56
Walwyn Franklyn	GBR 7.42
Cecil Moven	GBR 7.74
M45	
Viv Oliver	GBR 7.41
Antonio Pina Florit	ESP 7.51
Robert Fraser	GBR 7.70
M50	
Brian Townley	GBR 7.47
Vlad Vyostok	SVK 7.56
Pertti Ahomaki	FIN 7.59
5 Thad Bell	USA 7.93
M55	
Imre Babos	HUN 7.78
John Steede	GBR 7.91
Roy Austin	GBR 8.08
M60	
Ron Taylor	GBR 7.91
Byron Gray	GBR 8.10
Jo Sempere	FRA 8.33
M65	
Chas Williams	GBR 8.20
Allan Meddings	GBR 8.43
Curt Carlsson	SWE 8.53
M70	
Hans Hoffman	GER 8.88
Gerhard Herbst	GER 9.02
Bill Daprano	USA 9.09
M75	
Tim Murphy	USA 8.95
Rudolf Ahrenkiel	DEN 9.33
Bruno Sobrero	ITA 9.34
M80	
Herbert Liedtke	SWE 9.81
Colin Fahey	GBR 9.98
Kurt Petzold	GER 10.90
M85	
Eskil Bergqvist	SWE 12.72
M95	
Everett Hosack	USA 16.96
W35	
Christine Muller	SUI 7.97
Jocelyn Harwood	GBR 8.06
Sonja Oost	HOL 8.28
W40	
Angela Mullinger	GBR 8.17
Margart Smith	GBR 8.33
Inge Barslev	DEN 8.45
W45	
Danielle Desmier	FRA 8.40
Pat MacKinnon	GBR 8.50
Odette DeKeyzer	BEL 8.65
H-Teddie Bell	USA 9.79
W50	
Phil Raschker	USA 8.05
Valerie Parsons	GBR 8.52
Margaret Nuttall	GBR 8.67
7 Ardienne Tucker	USA 9.36
W55	
Brunhilde Hoffman	GER 8.96
Ether Linaker	GBR 9.17
Mary Axtell	GBR 9.27
W60	
Carina Graham	GBR 9.92
Betty Steedman	GBR 10.23
Mary Webb	GBR 10.27
W65	
Asta Larsson	SWE 9.69
Brenda Green	GBR 11.06
Christi Wippersteg	GER 11.96
W70	
Pat Peterson	USA 10.60
W75	
Mary Wixey	GBR 11.72
W80	
Nora Wedemo	SWE 12.16
Mavis Williams	GBR 15.67
200m	
M40	
Stephen Peters	GBR 22.82
Kevin Atkinson	IRL 23.21
Paul Emile Chenois	BEL 23.29
5 Ed Gonera	USA 24.13
M45	
Viv Oliver	GBR 23.25
Vincenzo Felicetti	ITA 24.13

Robert Fraser	GBR 24.63
H-AlexConstantnou	USA 25.38
H-Rick Sherrod	USA 24.62
M50	
Brian Townley	GBR 24.17
Colin Ayling	GBR 24.46
Tom Bassett	USA 24.69
H-Thad Bell	USA 25.33
M55	
John Steede	GBR 25.60
Robin Woodland	GBR 26.21
Bryan Shearsmith	GBR 26.23
M60	
Ron Taylor	GBR 25.63
David Burton	GBR 26.57
Frank Taylor	GBR 26.75
M65	
Chas Williams	GBR 26.41
Allan Meddings	GBR 27.03
Curt Carlsson	SWE 28.16
M70	
Geo Bridgeman	GBR 30.65
Gerhard Herbst	GER 30.67
John Quantrell	GBR 31.08
4 Bill Daprano	USA 31.32
M75	
Tim Murphy	USA 30.38
Ugo Sansonetti	ITA 31.11
Rudolf Ahrenkiel	DEN 32.04
M80	
Herbert Liedtke	SWE 33.52
Colin Fairey	GBR 34.06
HpisanthosBiliouris	GRE 35.52
M85	
Eskil Bergqvist	SWE 49.04
W35	
Christine Muller	SUI 26.12
Veronica Bolden	GBR 26.18
Lynn Talbert	GBR 26.27
H-Shellie Banks	USA 29.8h
W40	
Inge Barslev	DEN 27.07
Angela Mullinger	GBR 27.29
Joylyn Saunders	GBR 27.47
W45	
Odette DeKeyzer	BEL 27.99
Pam Immelman	RSA 28.30
Pat MacKinnon	GBR 28.60
H-Teddie Bell	USA 34.08
W50	
Phil Raschker	USA 26.52
Yvonne Priestman	GBR 28.41
Margaret Nuttall	GBR 29.38
W55	
BrunhildeHoffman	GER 29.62
Mary Axtell	GBR 30.90
Barbel Dullman	GER 32.67
W60	
Mary Webb	GBR 34.54
Tamasne Loki	HUN 34.85
Betty Steedman	GBR 35.83
W70	
Pat Peterson	USA 37.41
W75	
Mary Wixey	GBR 41.70
400m	
M40	
Chas Wilkinson	GBR 51.93
David Anderson	GBR 52.14
Bernhard Gribner	GER 52.85
H-Ed Gonera	USA 52.44
M45	
Eddie Neyts	BEL 53.13
Douglas Lucas	GBR 53.31
Peter Browne	GBR 53.66
H-AlexConstantnou	USA 56.40
M50	
Reg Phipps	GBR 55.91
Graham Pope	GBR 56.26
Rich Barrington	GBR 57.17
M55	
Jim O'Neill	IRL 56.30
John Rae	GBR 57.91
Martin Simmonds	GBR 60.14
M60	
Frank Taylor	GBR 60.22
Francois Cornelis	BEL 61.21
John Baron	GBR 63.27
M65	
Tom Clowry	GBR 65.83
F vanHeemstedbelt	HOL 66.23
Roland Johansson	SWE 69.46
M70	
Gerhard Herbst	GER 71.57
Norman Baum	CAN 72.67
John Quantrell	GBR 73.20
M75	
Ugo Sansonetti	ITA 74.70
Emil Pauwels	BEL 79.88
M80	
Herbert Liedtke	SWE 80.58

Continued from previous page

12Don SalamoneUSA 4:21.13
H-TomHartshorneUSA 4:20.58
M45
Harald Nygard NOR 4:12.68
Franz Schmidt GER 4:18.76
Karl Vagstol NOR 4:19.15
8Kenneth Bell USA 4:26.23
M50
John Potts GBR 4:19.66
Malcolm Martin GBR 4:21.57
John Wallace GBR 4:22.68
M55
Josef Kurz GER 4:37.13
Gunnar Gaulen NOR 4:37.45
Steve James GBR 4:40.83
4 Sid Howard USA 4:43.43
M60
Ian Barnes GBR 4:50.36
Francisco VicentePOR 4:52.94
Robert Kjeldsen DEN 5:06.15
M65
Derek Howarth GBR 5:25.47
Laurie Forster GBR 5:27.09
Thomas Wyer 5:30.05
M70
Josef Cupanek TCH 6:07.46
Denis Keogh GBR 6:08.32
M75
James Todd GBR*5:42.26
Emil Paulwels BEL 6:08.06
Bruce Davidson GBR 6:25.27
M80
Ernie Warwick GBR 8:23.77
Tony Rawlinson GBR 8:49.30
W35
Jane Colebrook GBR 5:54.61
Rosemary Hann GBR 4:55.08
Joan Lasenby GBR 4:56.17
W40
Janet Holt GBR 4:37.05
Lidia Zentner GER 4:50.63
Judith Meeten GBR 4:51.52
W45
Nan Hitchmough GBR 5:07.75
Josie Heffernan GBR 5:11.10
Mary Rosado USA 5:43.55
W50
Pat Gallagher GBR 4:58.23
C Schieferdecker GER 5:48.10
Silva Pegan ITA 5:55.68
W55
Gerda vanKooten HOL 5:35.08
Barbel Berghaus GER 5:51.55
Eva Osborne GBR 6:20.04
W60
Pamela Jones GBR 6:06.90
Elis Kuhnert AUT 6:17.80
Airi Poutanen FIN 7:51.18
W65
BertihaDePreter BEL 6:54.10
Joselyn Ross GBR 6:56.20
Betty Norrish GBR 8:48.61
3000m
M40
Michael Girvan GBR 8:43.62
Keith McLellan GBR 8:44.52
Archie Jenkins GBR 8:49.01
M45
Harald Nygard NOR 9:03.19
Franz Schmidt GER 9:10.69
Fernando Costa POR 9:13.28
5 Kenneth Bell USA 9:18.11
M50
Ron Elliott GBR 9:27.77
Neil Robson GBR 9:31.85
Robert Young GBR 9:33.39
M55
Gunnar Gaulen NOR 9:45.65
Josef Kurz GER 9:45.80
Steve James GBR 9:46.98
M60
Francisco Vicente POR 10:15.00
Hans Thieme GER 10:38.06
PaschalMorris GBR 10:41.27
M65
Derek Howarth GBR 11:38.01
William Davies GBR 12:01.97
Thomas Wyer GBR 12:08.43
M70
Josef Cupanek TCH 12:56.01
Denis Keogh GBR 12:57.75
M75
James Todd GBR*12:12.72
Emiel Pauwels BEL 13:04.60
Bruce Davidson GBR 13:23.61
W35
Lynne Marr GBR 10:14.18
Alison Fletcher GBR 10:18.17
Kim Davison GBR 10:26.67

W40
Lidia Zentner GER 10:16.62
D Hoogesteger GBR 10:25.30
Judith Meeten GBR 10:26.31
W45
Jose Heffernan GBR 10:55.82
Mary Rosado USA 11:31.88
LesleyMacaskill GBR 11:56.18
W50
Pat Gallagher GBR*10:24.38
Elaine Statham GBR 11:00.80
Pauline Rich GBR 11:20.48
W55
GerdavanKootenHOL*11:42.90
Barbel BerghausGER 12:19.92
Lisette Verbeeck BEL 13:18.37
W60
Pam Jones GBR 12:48.37
ElisabthKuhnert AUT 13:52.19
Airi Poutanen FIN 16:43.90
60mH
M40
Herbert Kreiner AUT 8.45
Holger Napierala GER 8.60
Phil McIlpatrick GBR 8.63
M45
Eduard Longauer SVK 8.96
Antonio PinaFlorit ESP 8.98
Tony Wells GBR 9.04
7Robert Hahn USA 10.00
M50
Mihalis Malatidis GRE 9.03
Murat Kacar TUR 9.28
Rex Harvey USA 9.39
M55
Charley Miller USA 9.19
Barry Ferguson GBR 9.23
Martin Simmonds GBR 11.43
M60
Ioannis Bellos GRE 9.86
Colin Shatto GBR 10.13
Hikmet Kandeydi TUR 10.55
M65
Olavi Niemi FIN 10.55
Enzo Azzoni ITA 11.47
Mario Spadon HOL 11.69
M70
Hans Hoffman GER 11.55
Bill Daprano USA 12.52
Horst Albrecht GER 12.65
M75
Bruno Sobrero ITA 12.46
Axel Magnusson SWE 12.79
Ugo Sansonetti ITA 12.95
5Tim Murphy USA 13.69
M80
Tony Rawlinson GBR 16.41
W35
Jocelyn Harwood GBR 8.92
Christine Muller SUI 9.06
Anke Moritz GER 9.30
W40
Carole Filer GBR 9.66
Helen Dyble GBR 9.89
Sarah Owen GBR 9.89
W45
Danielle Desmier FRA 9.50
Jean Fail GBR 9.89
Samu Janos HUN 10.21
W50
Phil Raschker USA*9.60
Helgi Lamp EST 9.83
Marlene SimmondsGBR 11.06
W55
Hella Kuppe NAM 11.10
JacquelineCharles GBR 11.90
Nelly Tomilova RUS 13.52
W60
Carina Graham GBR 12.03
W65
Asta Larsson SWE 11.24
4x200m Relay
M40
Great Britain *1:32.60
Belgium 1:36.15
USA 1:38.41
M50
Great Britain *1:40.50
Germany 1:43.16
Holland 1:44.99
M60
Great Britain *1:51.22
Finland 1:56.64
Germany 1:58.72
M70
Germany *2:10.65
W35
Great Britain *1:45.80
Germany 1:48.60
W40
Great Britain *1:54.52

Ireland 2:14.14
USA 2:14.38
W50
Great Britain *2:00.79
Germany 2:07.58
W60
Great Britain *2:25.73
High Jump
M40
Jacek Wszola POL 2.01
Janusz Lesniewicz POL 1.85
Janusz Rybczynski POL 1.85
M45
John Hawkins CAN 1.82
Jan Huijbers HOL 1.80
Stephen Faulkner GBR 1.70
M50
Thomas Zacharias GER*2.00
Franc Vivod SLO 1.70
James Fanning IRL 1.65
Eamonn Fitzgerald GBR 1.65
M40
Olavi Niemi FIN 1.42
Arend Koet HOL 1.39
Curt Carlsson SWE 1.39
M70
NilsBertil Nevruo SWE*1.45
Geza Dobriban HUN 1.42
Ian Adams GBR 1.18
M75
Emmerich Zensch AUT*1.35
Axel Magnusson SWE 1.17
Olavi Pietila FIN 1.14
M80
Reion Taskinen FIN 1.13
Tony Rawlinson GBR 1.04
M95
Everett Hosack USA*0.86
W35
Jenny Brown GBR 1.71
Lidija Lapajnu SLO 1.68
Carol Saunders GBR 1.60
W40
Malle Pahapill EST 1.50
Helen Dyble GBR 1.50
Sarah Owen GBR 1.45
W45
Ellen Kulvand EST 1.40
Margaritha Dahler SUI 1.40
Alan Lovett GBR 1.35
W50
Phil Raschker USA*1.50
Erika Springmann GER 1.35
Joanne Smallwood GBR 1.30
W55
Hella Kuppe NAM*1.31
Iris Holder GBR 1.16
W60
Rosemary Chrimes GBR*1.30
W65
Christa Happ GER 1.10
ChristianeWipperstg GER 1.07
Rachel Hanssens BEL 1.04
W70
Pat Peterson USA 1.00
W75
Katrina Smildyina LAT*0.94
Pole Vault
M40
Peter Pazak SVK 4.50
Rolf Nucklies GER 4.30
Nikos Kapatasos GRE 3.80
M45
Hans Brunner SUI 3.90
Kostas Pavlou GRE 3.20
Bruce Hendrie GBR 2.80
Toomas Ojasoo GBR 2.80
M50
Eero Vayrynen FIN 3.60
Glyn Sutton GBR 3.60
Eamon Fitzgerald GBR 3.50
6Rex Harvey USA 3.30
M55
Godfrey Benson GBR 3.40
Tony Mackay GBR 3.30
John Howe GBR 3.20
M60
Robert Brown GBR 3.40
Nikolai Kostenko RUS 3.20
Jim Day GBR 2.80
M65
Rigas Efstadiadis GRE 2.90
Alf Woods GBR 2.80
Manfred Konopka GER 2.40
M70
Amelio Compri ITA 2.50
Gunther Lindgren SWE 1.60
M75
Emmerich Zensch AUT 2.00
M80
Tony Rawlinson GBR 1.50

W35
Steffi Franke GER 2.00
W40
Jennifer Cunnane GBR*2.60
Maria Sanguos ESP 2.40
Gill Hevingham GBR 2.40
Judi Stafford GBR 2.10
W45
Carole Eames GBR 2.10
W50
Phil Raschker USA*3.05
Diethild Nix GER 2.10
Dagmar Widmann GER 1.80
W60
Dorothy McLennan IRL*1.81
Sheila Champion IRL 1.80
Long Jump
M40
Theodor Binna AUT 7.12
Kevin Atkinson IRL 6.68
Robert Redfern GBR 6.51
M45
Bernard Lejeune FRA 6.17
Pekka Koivisto FIN 6.10
Anatoli Borov RUS 5.92
M50
Pertti Ahomaki FIN 6.42
Claus-Werner Kreft GER 5.81
Petr Gybas TCH 5.70
M55
Stig Backlund FIN*6.08
Erik Kallio FIN 5.44
Wolfgang Salberg GER 5.43
M60
Pericles Pinto POR*5.54
Tony Bateman GBR 5.35
Ioannis Bellos GRE 5.15
M65
Josef Necek TCH 4.66
Olavi Niemi FIN 4.64
Curt Carlsson SWE 4.62
M70
Geza Dobriban HUN 4.53
Hans Hoffman GER 4.32
HermannStolzel GER 4.16
M75
Rudy Ahrenkiel DEN 4.14
2Bruno Sobrero ITA 4.14
Alan Lovett GBR 4.03
M80
Reion Taskinen FIN 3.33
Kurt Petzold GER 3.28
M95
Everett Hosack USA*2.00
W35
Petra Herrmann GER 5.40
Agni Georgiou GRE 5.28
Danea Herron GBR 4.91
W40
Carole Filer GBR 5.02
Helen Dyble GBR 4.80
Sarah Owen GBR 4.75
W45
Danielle Desmier FRA 5.10
Jean Fail GBR 4.80
Margaritha Dahler SUI 4.78
W50
Phil Raschker USA*5.00
Helgi Lamp EST 4.64
Sylvia Wood GBR 4.62
8Ardienette Tucker USA 4.01
W55
Brunhilde Hoffmann GER*4.31
Hella Kuppe NAM 4.10
Iris Holder GBR 3.94
W60
Carina Graham GBR 3.68
Betty Steedman GBR 3.45
Irja Nieminen FIN 2.84
W65
Asta Larsson SWE*3.90
Christa Happ GER 3.01
ChristianeWipperstg GER 2.73
W75
Mary Wixey GBR*2.71
Katrina Smildyina LAT 2.34
Triple Jump
M40
Wolfram Walther GER 14.11
Daniel Laigre FRA 14.10
EvgueniPoudovnikovRUS 13.79
M45
Bernard Lejeune FRA 13.32
Artois Vitois LAT 13.16
David Folgate GBR 12.74
M50
Pertti Ahomaki FIN 13.17
ClausWernerKreft GER 12.78
Sean Power GBR 12.74
M55
Stig Backlund FIN*13.23

Erik Kallio FIN 11.18
Enno Akkel EST 11.09
M60
Pinto Pericles POR 11.90
JuanManuelPerez ESP 11.45
Tony Crocker GBR 10.24
M65
Olavi Niemi FIN 10.59
Harri Reidma EST 10.05
James Crehan GBR 9.46
M70
Geza Dobriban HUN 9.37
Bill Daprano USA 8.09
Horst Albrecht GER 8.04
M75
Emmerich Zensch AUT 8.31
Bruno Sobrero ITA 8.03
Olavi Pietila FIN 7.65
W35
Agni Georgiou GRE 11.97
Petra Herrmann GER 11.96
Jenny Brown GBR 11.49
W40
Gwen Cunningham GBR 9.85
Gill Hevingham GBR 9.61
Susan Dodson GBR 9.21
W45
Danielle Desmier FRA*11.02
Jean Fail GBR 9.64
Margaritha Dahler SUI 9.51
W50
Phil Raschker USA*10.14
Marlene Simmonds GBR 9.52
Erika Springmann GER 9.44
W55
Hella Kuppe NAM*9.34
Jacqueline Charles GBR 8.28
W60
Carina Graham GBR*8.35
Betty Steedman GBR 7.19
Irja Nieminen FIN 5.55
W75
Mary Wixey GBR*5.02
Shot Put
M40
MarianLeskovsky SVK 14.64
Vasilis Maganas GRE 14.50
Bernd Zankel GER 14.39
M45
Vlastimil Koca TCH 13.90
Karli Trumm EST 13.84
Neil Griffin GBR 13.60
M50
Axel Hermanns GER 14.48
David Myerscough GBR 13.79
Marjan Devetak SLO 12.83
4Rex Harvey USA 12.69
M55
John Scott GBR 13.36
John Walters GBR 11.18
Peter Fahrnholtz GER 11.04
M60
Reion Laine FIN 15.06
Peter Speckens GER 15.02
Brian Sumner GBR 10.49
M65
T vonWachenfeldt SWE 12.90
John Watson GBR 10.78
Jaroslav Hanus GBR 10.23
M70
Toivo Suomela FIN 12.63
Nils-Bertil Nevruo SWE 11.86
Hermann Stolzel GER 10.89
M75
John Dooley GBR 7.49
M80
Osmo Hiekkanen FIN 8.14
Bernard Metcalfe GBR 7.02
M95
Everett Hosack USA*4.07
W35
Lea Vahter EST 13.01
Claire Cameron GBR 11.54
Wendy Dunsford GBR 10.61
W40
Tine Schenkels HOL 13.38
Sarah Owen GBR 10.64
Jennifer Cunane GBR 10.16

W45
Natalia ZoubekhinaRUS*13.02
Bronwin Carter GBR 11.15
Vilma Thompson GBR 9.75
W50
Maija Jakobsone LAT 11.77
Barbara Terry GBR 11.46
Ardienette Tucker USA 10.05
W55
Karin Illgen GER*12.57
Evaun Williams GBR 11.24
Helvi Erikson EST 10.30
W60
Rosemary ChrimesGBR*11.66
Averil Williams GBR 8.62
Anne Martin GBR 7.90
W65
Rachel Hanssens BEL 8.70
Ruth Baumann GER 8.27
ChristianeWipperstg GER 8.10
W75
Katrina Smildyina LAT*7.10
W80
Mavis Williams GBR 4.36
3000m Racewalk
M40
Noel Carmody GBR 13:11.90
Sylv Marclay SUI 15:04.83
Paul Dyble GBR 15:44.77
M45
Robert Care GBR 13:13.07
Brian Adams GBR 13:14.82
David Henley GBR 14:18.17
M50
Peter Hannell GBR 14:37.40
Eduard Straka SVK 15:25.46
B O'Callaghan IRL 16:17.23
M55
Jaroslav Fiala TCH 14:58.85
John Whyte IRL 15:59.52
M60
Zigurds Irbe LAT*15:21.87
F GonzalezMartnESP 15:42.02
Dave Stevens GBR 16:10.80
M65
George Chaplin GBR 16:14.30
D Fotheringham GBR 16:39.60
Denis Withers GBR 17:48.80
M70
Terry Simons GBR 17:52.07
Karl Abolins GBR 18:35.43
BohumilNeumanTCH 18:45.27
M75
Charles Colman GBR 18:56.49
Arvids Gaujers LAT 21:45.55
M80
Jim Grimwade GBR*19:50.57
Toivo Laine FIN 26:10.11
W35
Sylvia Black GBR*13:52.12
Elaine Worth GBR 17:01.34
Annie Brewster GBR 17:48.16
W40
Cath Reader GBR 16:37.02
M Schwantzer AUT 17:14.88
Edith Trust GER 19:38.92
W45
Ann Lewis GBR 16:16.47
Lynne Newton GBR 16:52.09
Sheila Bull GBR 19:17.92
W50
Michele Steiner SUI 16:44.57
Jill York GBR 20:13.08
Val Mountford GBR 21:09.50
W55
Waltraud Seiler GER*15:58.47
Jill Langford GBR 18:10.47
Ritva Tuliniemi FIN 19:29.63
W60
Josette SommierFRA*17:22.44
Pam Horwill GBR 18:51.38
W65
Beryl Randle GBR 18:13.26
Mary Worth GBR 19:16.42
W80
Nora Wedemo SWE*24:28.00
H-heat/h-hand time

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters 12K
Championships/Tomball
Country Classic
Tomball, TX; Feb. 22

Overall

Joe Flores 39:37
Melissa Hurta 44:20
M40 Jesse Sturgeon 41:28
John Gonzales 42:48

Continued on next page

Continued from previous page

Ken Yanowski	43:01
M45 Mark Hunter	43:10
Roger Boak	44:03
Darrell Sterns	44:15
M50 Bob Wolfe	43:20
Dave Chester	44:22
Chris Jones	46:09
M55 Bill Harding	47:33
Thom Weddle	47:34
Edward Fras	50:07
M60 Ino Cantu	47:32
Norm Green	47:34
Don Slocumb	51:05
M65 Robert Ellis	51:02
Patrick Devine	54:06
Zeno Boehmer	56:40
M70 Bob Shannon	1:14:41
M75 Gene Askew	1:35:52
M80 Dudley Healy	1:16:44
W40 Donna Sterns	47:56
Patty Leary	50:10
Debbi Reyna	50:20
W45 Karen Bowler	52:21
Barbara Spannaus	52:36
Jo Mav	53:17
W50 Ann Erickson	53:18
Shirley Archer	53:31
Ann Ferguson	55:22
W55 Sonia Harrison	58:36
Dori McNulty	1:07:12
Judy Pirtle	1:10:11
W60 Joyce Gaskin	53:52
Phyllis Cross	1:06:52
Mary Beaton	1:09:21
W65 Rose Marie Jones	1:05:34

12K Championships Age-Graded Results

Name	Age	Time	A-G
Norman Green	64	47:34	37.44
Ino Cantu	63	47:32	38.06
Joyce Gaskin	60	53:52	38.44
Bob Wolf	50	43:20	38.59
Dave Chester	51	44:22	39.36
Robert Ellis	66	51:02	39.38
Jesse Sturgeon	42	41:28	39.38
Thom Weddle	58	47:34	39.59
Roger Boak	48	44:03	40.15
John Gonzalez	44	42:48	40.15
Bill Harding	57	47:33	40.20
Mark Hunter	45	43:10	40.22
Donna Sterns	43	47:56	40.29
Ann Erickson	54	53:18	40.46
Pat Devine	68	54:06	41.04
Chris Jones	51	46:09	41.11
Gary Johnson	42	43:06	41.12
Don Slocumb	62	51:05	41.21
Darrell Sterns	45	44:15	41.22
Ken Yanowski	41	43:01	41.25
Jack Lippincott	50	46:41	42.00
Shirley Archer	51	53:31	42.07
William Sharp	51	47:15	42.10
Debbi Reyna	44	50:20	42.10
Barbara Spannaus	49	52:36	42.11
Joe Melanson	41	43:55	42.17
Miguel Lopez	45	45:17	42.20
Ann Ferguson	54	55:22	42.21
Ted Bidwell	47	46:05	42.26
Edward Fras	57	50:07	42.31
Gary Schmidt	60	51:41	42.39
Stan Kelly	57	50:19	42.41
Orville Kremmer	64	53:51	42.42
Karen Bowler	47	52:21	42.44
Patty Leary	42	50:10	42.44
Rich Vego	50	47:31	42.45
Frank Mithon	45	45:47	42.49
Jimmie Jones	53	48:58	42.59
Roger Hunt	56	50:23	43.07
Jo May	48	53:17	43.07
George Lyon	49	47:36	43.10
Bill Butzner	42	45:10	43.10
Carole Uttech	41	50:27	43.20
John Ferguson	41	45:18	43.37
Mick Midkiff	51	48:56	43.40
Doug Beagle	46	47:07	43.43
Gail Sabanosh	41	50:58	43.46
Larry Lindeen	56	51:21	43.56
Stan Tiner	44	46:49	44.06
Jose Torres	43	46:35	44.12

EAST

New York Hilton/NYRRRC Bagel Run 10K
Central Park, NYC; Feb. 2

Overall	
Michael Slinsky	27 31:25
Alexa Babakhanian	30 36:57
M30 Hans Parrado	30 32:02
N Tsilibes	30 32:58
Joseph Straub	32 33:04
M40 Sean Doyle	33 33:43
Jaime Palacios	34 34:26
Jose Santiago	34 34:52
M45 Jack Porzio	36 36:36
Hari Rohl	36 36:41
Lawrence Smith	36 36:59
M50 Tim Hassall	36 36:47
Maury Dean	36 36:54
Julio Aguirre	38 38:07
M55 Sidney Howard	37 37:23

Jeremiah O'Connor	38 46
Philmore Brewer	41 05
M60 Alan Fairbrother	41 25
Joe Roche	43 45
Bob Robbins	45 31
M65 Joseph Burns	44 53
Joseph Labruno	45 59
Michael Daly	48 05
M70 Sah Koide	52 53
John Sweeney	54 42
Bill O'Brien	1:09:06
M75+ Bill Boyne	75 58 21
Thomas Gibbons	75 59 13
Wilfredo Rios	80 1:00:25
W30 Maria Sacano	31 40 10
Stephanie Gould	31 41 21
Brandy Smith	36 41 50
W40 Gillian Horovitz	37 09
Kathy Gribbon	40 47
Kristine O'Shea	40 55
W45 Bonny Omara	45 34
Gloria Linares	45 45
Amy Bahrt	46 35
W50 Sylvie Kimche	44 16
Flora Flores	46 57
W55 Wendy Burns	50 11
Joan Bondell	50 43
Judy Savitt	51 05
W60 Wen-Shi Yu	50 00
Margaret Carinci	54 48
Ruth Kassanga	55 20
W65 Bertha McGruder	1:08:57
Joan Fisher	1:13:09
Margaret Mackey	1:40:46
W70 Muriel Merl	58 12
Edith Farias	58 42
Jozi Neulinger	1:19:37
W75 Althea Jureidini	1:25:27

NYRR Valentine's 5K
Central Park, NYC; Feb. 15

Overall	
Jason Brown	24 15:26
Alexa Babakhanian	30 17:47
M30 Alan Wells	33 15:53
Jesus Zerpa	32 16:32
C Petraceca	33 16:43
M40 John Kenney	16:31
Daniel Murphy	16:50
David Glass	17:32
M45 Jay Hildebrand	18:41
Eric Ohlson	19:12
Brian Bleeson	20:02
M50 Tim Hassall	18:04
Arthur Weisberg	19:15
Julio Lugo	19:55
M55 Pat Cosgrove	18:40
Aleksander Ilyin	21:05
Anthony Bond	21:18
M60 Daniel Jacobs	22:44
Robert Kahn	22:47
Gene Carbine	22:53
M65 Kenneth Jones	20:48
Joseph Burns	21:32
Jack Haar	23:28
M70 Sah Koide	25:43
Edward Finkelstein	33:50
Daniel O'Connor	39:45
M75 William Coyne	27:57
Thomas Gibbons	28:58
Frank LaMorte	34:56
M80+ Wilfredo Rios	29:52
Vincent Carnevale	33:20
Abraham Weintraub	37:43
W30 Janice Morra	38 17:57
Rachel Latessa	34 19:26
Stacy Creamer	37 19:49
W40 Gillian Horovitz	18:06
Kathy Gribbon	19:19
Julie Calabrese	22:08
W45 Carol Gellman	21:31
Bonny Omara	22:04
Maureen Barry	23:11
W50 Sylvie Kimche	20:47
Krystyna Turowska	22:27
Judith Tripp	24:37
W55 Wendy Burns	23:30
Joan Bondell	24:19
M-L Michelsohn	25:13
W60 Naomi Vogel	27:40
May Chou	28:19
Adele Stroh	31:41
W65 Dolly Finkelstein	30:08
Joan Fisher	34:02
Betsy Frew	47:07

Washington's Birthday
Marathon & Relay
Greenbelt, MD; Feb. 16

Overall	
Paul Peterson	42 2:43:23
Shelia Gallop	35 3:27:50
M30 Mike McGrath	36 2:55:10
Dave Treber	32 2:59:02
M40 Paul Peterson	2:43:23
Frank Cagnina	43:10:53
Farley Spector	43:14:23
M50 Bernie Davis	59 3:25:00
David Harrell	54 3:38:10
Andy Buechelle	54:45:02
M60+ Don Siefers	60 3:23:14
Dick Good	67 4:29:36
W30 Shelia Gallop	35 3:27:50
Sue Treacy	34 3:35:18
W40 Betty Blank	43 3:39:13
Claudia Davidson	44:58:36
W50 none	
W60+ Lois Johnson	61:53:21
--Relay--	
Overall	
1 Your Cheatin' Hart (M40+ team)	
Steven Ward, 15.2K, 52:26/Mike	
Hart, 11.7K, 1:34:21/Deane	
Burke, 15.3K, 2:27:29	
6 MCRRC (M40+ team) Mike	
Silverman/Kirk Warner/Dave	
Asaki 2:42:31	
39 Runners GG (1st W40+ team)	
Carole Schermer, 1:27:18/	
Barbara Long, 2:44:00/Alice	
Page, 4:15:43	

SOUTHEAST

Naples Daily News Half-Marathon
Naples, FL; Jan. 19

Overall	
Yuri Punda	28 1:04:37
Ramila Burangulova	35 1:11:16
M35 Robert Leaf	1:14:08
Monte Stickel	1:14:11
David Collins	1:15:27
M40 Vladimir Anissmor	1:10:32
Gary Romesser	1:10:33
Jorge Ramos	1:10:37
Jose Clavijo	1:11:56
Roberto Castillo	1:12:29
M45 Jeff Hlinka	1:18:40
Richard Bohrer	1:21:13
Robert Dozoretz	1:22:30
J D Hollingsworth	1:23:15
Bill London	1:24:37
M50 Dan Healy	1:21:29
Anthony Roque	1:26:06
Ronald Trapp	1:32:07
Ralf Lindberg	1:33:00
Gerald Bowers	1:33:04
M55 Bill Springer	1:22:52
Antonio Tufano	1:29:53
Bruce Kadota	1:30:47
John Norris	1:33:46
M60 Larry Miller	1:26:40
Steven Goldberg	1:31:01
Don Magyari	1:35:15
Bill Wagner	1:36:09
M65 David Long	1:30:48
Myron Meyer	1:36:54
Jim Lynch	1:39:09
M70 Rene Beteille	1:43:09
Matthew Smith	1:47:36
W35 R Burangulova	1:11:16
Sarah Kramer	1:18:55
Lisa Frink	1:27:45
W40 T Pozdnyakova	1:13:40
Karen Miles	1:26:46
Kimberly Halliday	1:28:46
Nancy Fazio	1:29:56
Jane Thompson	1:31:11
W45 Nancy Grayson	1:23:16
C Lempesis	1:25:59
Gloria Jansen	1:29:07
Carol Virga	1:29:29
Debbie White	1:35:06
W50 Sue Ellen Trapp	1:36:17
Barbara Zaretsky	1:42:26
Alicia Kelley	1:45:45
Christina Weisberg	1:47:33
W55 Mary Nathan	1:33:50
Mimi Oliveira	1:42:07
Betty Lou Tucker	1:46:01
Jan Parke	1:51:31
W60 Lupe Parsons	1:47:39
M Belumo	1:50:24
Emile Young	1:58:37

W65 Mary Lou Mayr 2:24:16
Joan Rochford 2:46:21Gasparilla Distance Classic 15K
Tampa, FL; Jan. 25

Overall	
Joseph Kimani	43:11
Elana Meyer	48:48
M40 Steve Jones	47:30
Ted Jaleta	47:48
Douglas Clark	49:31
Jorge Ramos	50:17
Roberto Castillo	50:35
Bill Rogers	49:39
Michael Allison	53:56
Karl Stevens	54:43
Royston Dillon	54:53
Ed Detz	55:49
M50 Richard Webb	54:18
Hugh Sweeney	56:06
Aubert Metayer	59:57
David Hurley	59:57
Peter Weishaar	1:00:12
M55 Joseph Burgasser	55:14
Donald Ardell	58:19
John Boyle	58:50
Luis Varga	1:03:43
Larry Brooks	1:05:16
M60 Larry Miller	1:01:58
Perry Silverman	1:06:40
Johan Visser	1:08:04
Jack Taylor	1:09:08
Tom Hlower	1:10:02
M65 David Long	1:02:53
Jim Blount	1:02:59
Al Treichel	1:04:33
Jim Higgins	1:09:07
Robert Shaw	1:10:21
Emery Jewell	1:10:05
Patrick Gallagher	1:12:28
Joe Conrad	1:15:38
Phil Mongillo	1:16:04
Bar Ross	1:19:18
M75 Carmelo Crupi	1:22:29
Charles Lasley	1:25:01
Bronson Alexander	1:26:52
John Laughlin	1:32:08

Edgar Morgan	1:32:51
M80 Dudley Healy	1:35:33
W40 T Pozdnyakova	51:57
Kimberly Halliday	58:15
Karen Miles	58:52
Lorraine Caldwell	59:39
Maureen Griffith	1:00:06
W45 C Lempesis	1:01:08
Kathy Gruber	1:03:12
Carol Fox	1:07:02
Janice Scott	1:07:40
Loretta Purish	1:08:00
W50 Dee Bays	1:03:14
Susan Isbell	1:09:14
Dottie Foster	1:09:14
Rissie Thiel	1:11:53
Kay Sheehan	1:13:26
W55 Mary Nathan	1:05:00
Vivian Johnson	1:09:28
Pam Bohanan	1:14:16
Glenda Walker	1:14:30
Jan Parke	1:15:31
W60 Lupe Parsons	1:17:00
Katie Knight-Perry	1:25:21
Doris Aronson	1:27:14
Anne Tibbets	1:29:05
Shirley Taylor	1:31:21
W65 Gloria Brown	1:14:31
Lois Gilmore	1:20:26
Michelle Croak	1:22:40
Carrie Adams	1:30:03
Jackie Yost	1:40:54
W70 Pepper Davis	1:36:37
W75 Hedy Marque	1:26:32

INTERNATIONAL

South Of England Veterans
Cross-Country Championships
M10K; W7K
Luton, England; March 1

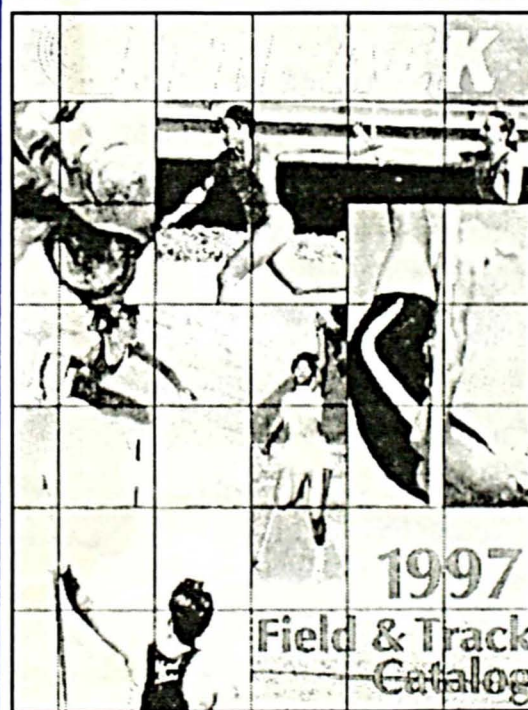
M40 Nigel Gates	33:43
Mike Williams	34:17
Alan Camp	34:48
M45 Phil Wallace	36:34
Pete Witcomb	36:42
Ian Barnes	36:44

M50 Brian O'Neill	36:19
Steve Birkin	37:33
Rod Goodwin	37:51
M55 Les Presland	38:45
Geoff Harrold	40:26
Mike Lewis	40:30
M60 Keith Spacie	41:54
John Steed	43:43
Ted Dickens	43:51
M65 Bill Clapham	47:52
Tim Timons	49:14
M70 Ron Hale	51:08
W35 Alison Fletcher	27:16
Jackie Wastell	27:52
Reina Teinilla	28:52
W40 Anne Jeeves	27:44
Sue Ogilvie	28:31
Celia Duncan	28:51
W45 Gill Dean	28:06
Josie Heffernan	28:38
Jackie Hardwick	29:09
W50 Pauline Rich	30:50
Liz Miller	30:56
Christine Hyde	32:17
W55 Sue Lambert	33:03
Joy King	37:40
W60 Liz Draper	37:00
Mary Spellman	40:21
W70 Viv Millward	47:18

RACEWALKING

Pro 8K Racewalk
Roseville, CA; Feb. 22

Overall	
Roger Welborn	45 42:49
Chris Sakelarios	35 43:28
M30 Nick Sakelarios	55:27
M40 Art Klein	50:02
M45 Roger Welborn	42:49
M50 Bill Penner	48:24
M60 Dick Petrucci	47:32
M65 Bob Eisner	49:54
M80 Ernest Lucken	1:02:00
W30 Loribeth Jacobs	51:56
W35 Chris Sakelarios	43:28
W40 Therese Iknoian	43:54
W45 Sandy Womack	49:56
W65 Grace Moremen	1:05:00

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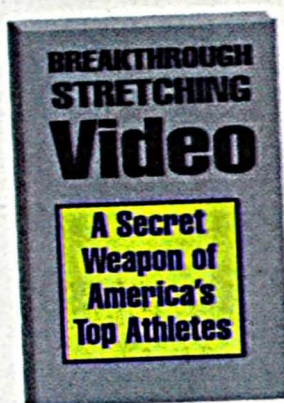
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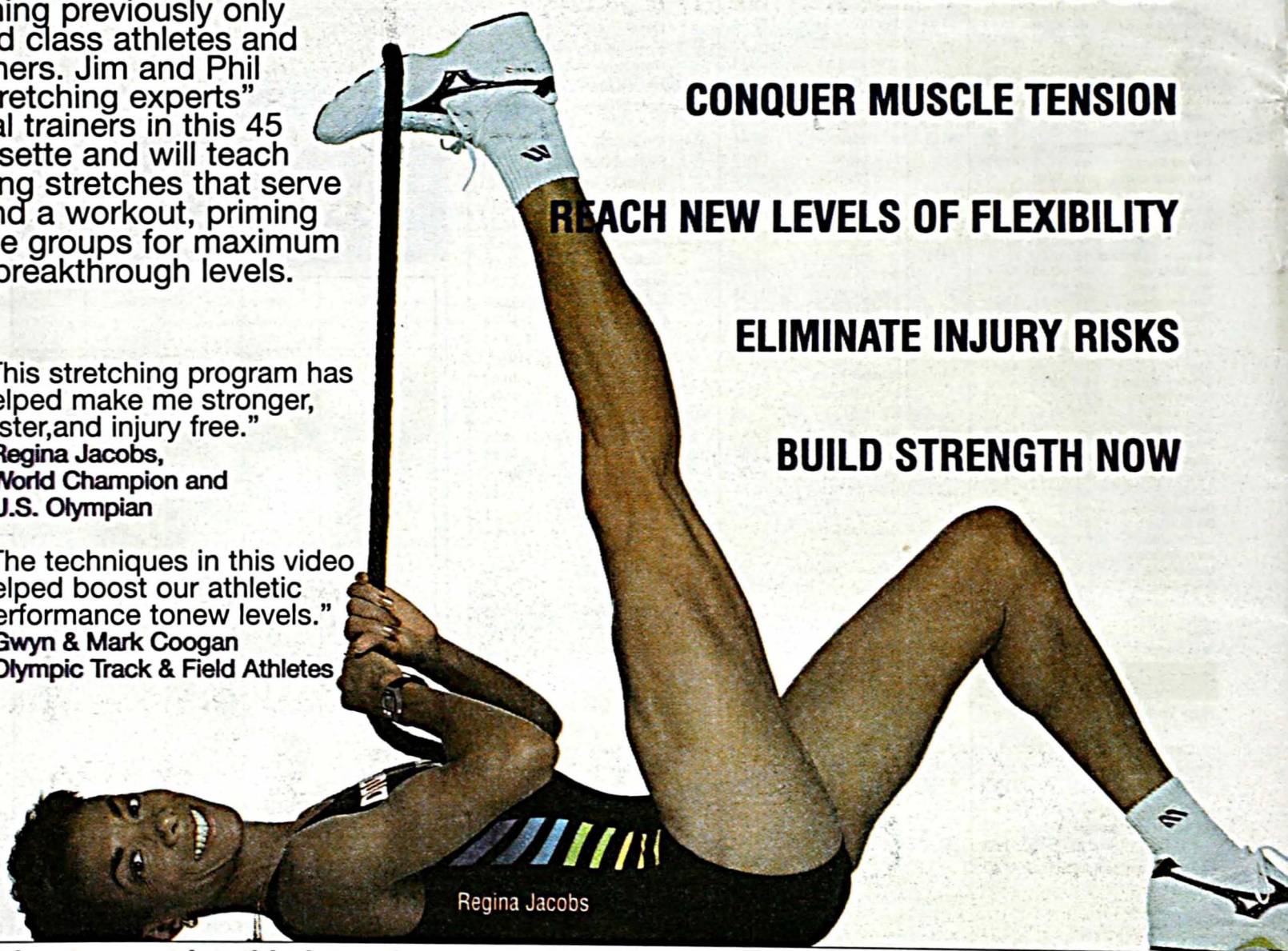
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