

NATIONAL MASTERS NEWS

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

153rd Issue

May, 1991

\$2.25

450 Participants Set 20 World Indoor Records at Nationals

by JERRY WOJCIK

BLAINE, Minn. — TAC's National Masters Indoor Track and Field Championships returned to America's heartland for the 1991 edition here on March 23-24.

The National Sports Center in Blaine — 20 minutes north of downtown Minneapolis — provided a fast 200m track with six, unbanked lanes on the turns

and eight lanes for the 60-meter events for the men and women who competed in five-year age groups from age 30 to 85.

The annual meet drew 450 participants, down 20% from the 565 who showed up last year in Madison, Wisc.

The decrease in participants from the 1990 meet was attributed by some to the recession, the war in Iraq, and the possibility that athletes were conserving vacation time and money to attend the Outdoor Nationals in Illinois or the WAVA World Veterans Championships in Finland this summer.

The caliber of the competition, however, was high as 20 world and 10 additional U.S. indoor age-group records were broken.

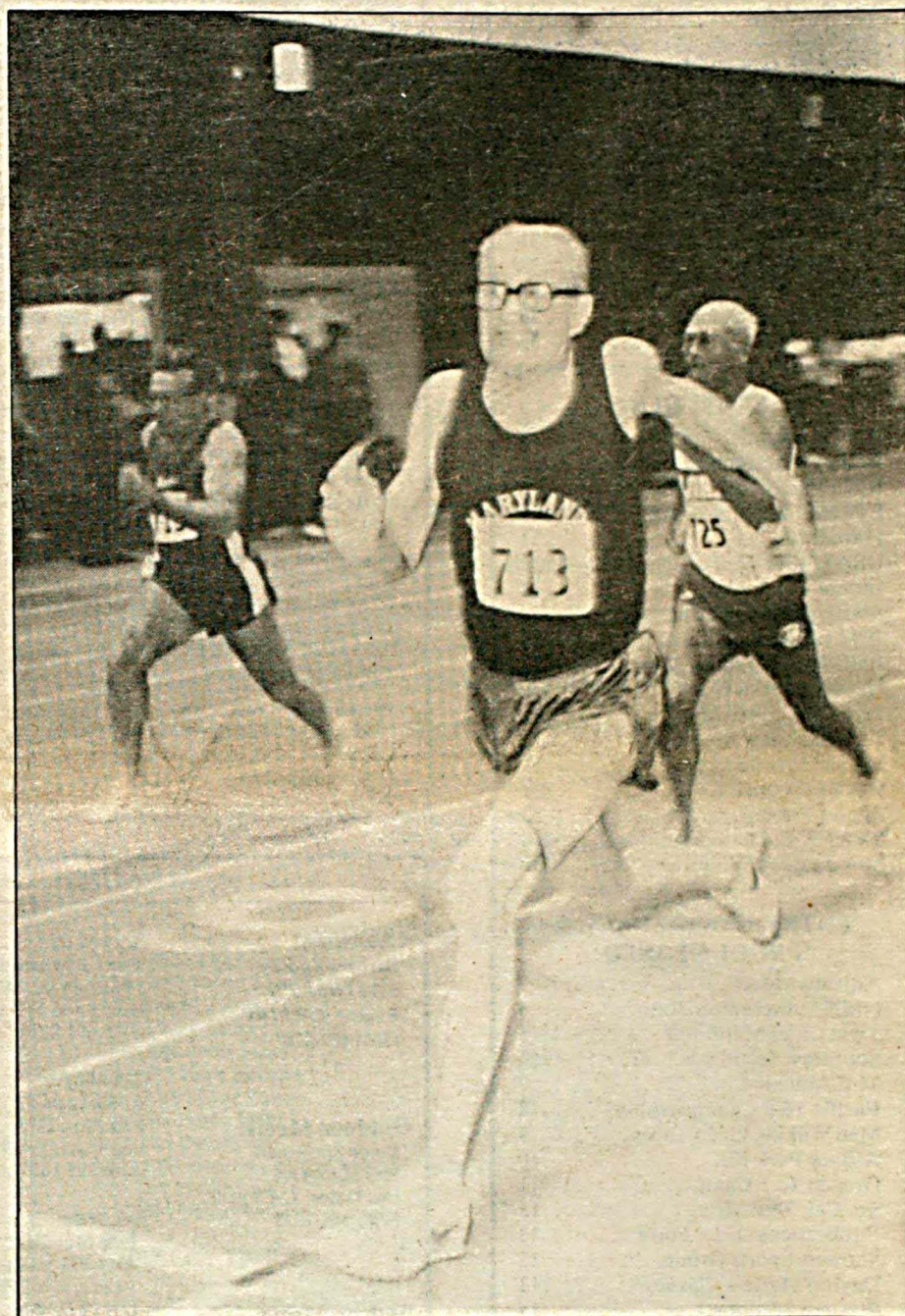
Among the world marks were Californian Stan Whitley's M40 60m (7.02) and 400 (51.15), North Carolina's Jim Law's M65 200 (26.92) and 400 (60.67), and Tennessee's Jim Mathis' M55 400 (56.17).

Continued on page 3



R.G. Wolf, Minnetonka, Minn., in the M60 long jump, TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik



Ed Matthews, Ocean City, Md., winning the M70 60m in 9.10, TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik

Judson, Striulli Win in Boston Marathon

by HAL HIGDON

"Part of me is a dreamer" said Pittsburgh's Ken Judson when asked whether he thought he had a chance to win the masters division in the Boston Marathon. Judson surged past Mexico's Artemio Navarro with two miles to go to win the 40-plus title in 2:18:11. He was 21st overall and fourth American.

Winning the women's masters title was Italy's Grazilla Striulli in 2:37:01, 13th overall and four places ahead of second 40-plusser, Laurie Binder of Oakland, California. Striulli told

reporter Allen Lessels of the Boston Globe that she felt good for the first 30K, but, "my legs started to rescind in the last 10K, and I had to slow down."

The comment seems amusing, until you consider that the dictionary definition for "rescind" is to "cancel." The Italian masters athlete knew about which she was talking. The fast, but challenging, Boston course with four steep hills between 17 and 21 miles followed by a pounding downhill last 5 to the finish, has a way of rescinding runners' legs.

But most of the 8610 entrants in the

95th annual Boston Marathon on April 15 found the race, as did Judson, more a dream: temperatures in the mid-50s for the noon start at Hopkinton with an overcast sky. What wind there was came from the side and was hardly worth mentioning—although a few elite men did mention it as one reason for a dawdling early pace. Winner Ibrahim Hussein of Kenya actually ran the second half of the course faster than the first, finishing in 2:11:06, more than three minutes slower than his winning time from 1988. Ethiopia's Abebe Mekkonen finished 2nd in 2:11:22;

Continued on page 21

1990 Age Record Book Available

The 1990 World and U.S. Masters Age-Record Book is now available.

The 48-page book features men's and women's World and U.S. age bests for all track & field events, age 35 and up, as of October 31, 1990.

It also includes U.S. age bests for men and women for all race-walking events, age-40 and up, as of the same date.

The price is \$4.00 and is available through NMN.

See form on page 29. □

CONTENTS

DEPARTMENTS

TAC Officers	2
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Five Years Ago	7
Training Advice	10
The Foot Beat	12
LDR Report	14
Masters Racewalking	16
New Age-Group Athletes	17
Ten Years Ago	17
Women's Corner	18
Director's Corner	20
International Scene	27
Countdown to Turku	28
Report From Britain	29
WAVA Officers	29
From the Editor	30
Speaker's Corner	31
WAVA/TAC Specifications	31
Masters Scene	33
Schedule	34
All-American Standards	38
Results	39

FEATURES

Indoor Nationals	1
Boston Marathon	1
Red Lobster 10K	9
Eastern Indoor Sectionals	9
Hawaii 10K	11
USA Uniforms	11
Indoor Pentathlon	12
Masters Leading Times	14
1992 Outdoor Nationals	15
Philadelphia Indoor Meet	15
National 50K RW	16
T&F Committee Minutes	22
T&F Rankings Report	22
Matson Sets Records	23
WAVA Council Races	29
Report From Australia	32
BVAFX-C Championships	32
New Zealand Withdraws	32

ENTRY FORMS/RACE & PRODUCT INFO

Anteaters Meet	3
NMN Subscription Form	4
Twin Cities Marathon	5
Southeast Sectionals	6
M-F Athletic Co.	7
Pacific T&F Championships	8
Mac Wilkins Video Tapes	9
Asbury Park 10K	10
Oregon T&F Camp	11
So. Cal. T&F Meet	12
Publications Order Form	13
Showers Sports Group	13
Dayton Masters Classic	13
Western Sectionals	15
N.A. RW Foundation	16
Elite Sales	17
Eastern Sectionals	18
Stim-o-Stam	19
Track & Field News	19
Voyageur Half-Marathon	20
TimeMaster	21
Age-Graded Tables Book	21
T&F Rankings Book	22
Garden State Meet	23
Running Research News	23
Rocky Mountain Games	24
Training Management Systems	25
No. Cal. Seniors Meet	26
Sports Travel Tour	28
Snug Harbour Tour	29
Age Records Book	29
Force 10 Expeditions	30
Northwest T&F Classic	32
Masters Running Guide	33
Northwest Sectionals	35
Mid-America Sectionals	36
National Half-Marathon	37
Fax-A-Sub	38
All-American Application	38
Outdoor Nationals	48

NATIONAL MASTERS NEWS

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



Creative Art: Eugene Paasinen, Herb Parsons

Editor and Publisher: Al Sheahen
Senior Editor: Jerry Wojcik
Managing Editor: Jack Hudock
Circulation Manager: Katie Williams
Advertising Manager: Al Sheahen
Production Manager: Herman A. Neufeld
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: TACSTATS
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tynn

Correspondents: John Boyle (FL), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Phil Raschker (GA), Dean Reinke (FL), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornley (PA), Mike Tynn (HI), John White (OH), Ken Young (AZ), David Zinman (NY).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (ARG), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR), Peg Smith (AUS).

Photographers: Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY).

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

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

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

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

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

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

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

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

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

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

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

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

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787	Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216	Weight Events: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098 (312) 551-3720	Sectional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547	Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066
Outdoor Meets: Bruce Springbett P.O. Box 1328 Los Gatos, CA 95030 (408) 354-7333	Treasurer: Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895	Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067	Southeast: Phil Mulkey & Phil Raschker P.O. Box 723452 Atlanta, GA 30339 (404) 973-3825	West: Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (619) 436-7696
Indoor Meets: Scott Thornley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385	Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291 (213) 823-8804	Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721	Midwest: Dick Green P.O. Box 6147 Rockford, IL 61125 (815) 332-4743	Northwest: Al Phillips 85995 Bailey Hill Rd. Eugene, OR 97405 (503) 485-6271
Multi-Events: Rex Harvey 3815 Lincoln Place Drive Des Moines, IA 50312 (515) 277-3608	Rankings: Jerry Wojcik P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895	Team Manager: Sandy Pashkin 421 Manhattan Ave. New York, NY 10026 212/666-3671	Mid-America: Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 417/451-7417	Awards: Bev LaVeck, above
Women's Coordinator: Christel Miller 1740 Grandview Ave. Glendale, CA 91201	Rules Coordinator: Graeme Shirley 8565 Lake Murray Blvd., #223 San Diego, CA 92119 (619) 455-4440			WAVA Delegates: Barbara Kousky, Jerry Donley, Rex Harvey; Alternates: 1) Pete Mundle, 2) Marilyn Mitchell, 3) Gary Miller.

LONG DISTANCE RUNNING

Chairman: Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955	Secretary: Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868	Championships Coordinator: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480
Vice Chairman Men: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391	Law and Legislation Coordinator: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218	Awards: Kirk Randall-Men (address above) Ruth Anderson - Women (address above)
Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (415) 339-0563 (h) (415) 422-5554 (o)	Road Records & Rankings: Basil & Linda Honikman TACSTATS 915 Randolph Santa Barbara, CA 93111 (805) 683-5868	WAVA Delegates: Ruth Anderson, Norm Green	Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553

450 Athletes Set 20 World Indoor Records

Continued from page 1



Irene Thompson, (139), first (63.26) in the W35 400 leads Debbie Anderson, Terre Haute, Ind., second (64.97), TAC National Masters Indoor Championships, Blaine, Minn., March 23-24. Photo by Al Sheahen

Atlanta's Phil (Philippa) Raschker, whose training was at a halt in January as a result of injury, set three world W40 marks in the 60m (8.10), 200 (27.08), and pole vault (8-1). Canada's Erna Kozak set a W45 800 record of 2:25.08, while Pam Calvert of St. Louis notched a W40 triple jump WR (30-9¼).

Virginia's Leonore McDaniels tied Raschker with three WRs: the W60 high jump (4-1½), long jump (11-7¼), and triple jump (23-9½). Arizona's Virgil McIntyre increased the M80 high jump WR to 3-10.

In probably the two best races of the meet, California's Nolan Smith produced U.S. records in the M40 800 (1:56.7) and 1500 (3:59.24) to narrowly defeat Ken Popejoy of Illinois (1:56.8/4:01.99).

The M40-49 Metropolitan AC team of Stephen Keyes, Nelson Keyes, Duane Green, and Salih Talib smashed the U.S. masters 4 x 800 relay record by 11 seconds in 8:19.09. Three of the runners (Keyes, Keyes and Talib) are brothers.

California's Steve Hardison, world record-holder in the M40 pole vault, turned heads with an impressive M40 400 win in 50.87. Cleveland's Ken Sparks, who runs in downtown Cleveland and runs well at distances up to the marathon, won the M45 800 (1:59.97) and 1500 (4:05.23).

Athletes who had gone to previous indoor championships felt the meet was generally well-conducted. Pete Stopoulos, M50 long jump winner (18-7½) and an experienced meet director from Illinois, said he was happy that anybody would be willing to stage an indoor championship.

Although the meet announcer made a good effort at keeping athletes and spectators informed, either the hangar-like construction of the facility or the misplacement of speakers caused his words to be muted unless you were in front of a speaker. According to experienced indoor athletes, this is typical of indoor meets.

A concession stand was available throughout the meet, and officials provided a generous free pizza feed at the Center on Friday evening.

Complaints came from the 3000m walkers, who felt the event was poorly conducted and not of championship calibre. Other athletes raised their eyebrows when the no-false-start rule was not enforced in the 60m heats. Field-event marks were recorded in meters, as required, by the officials, but were mysteriously transposed into feet and inches in the printed results.

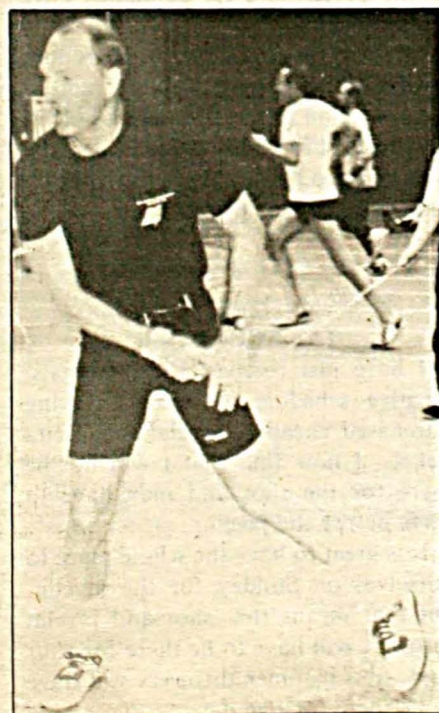
On the plus side, competitors had high praise for the officials, and the meet gave local athletes a chance to attend a championship event in an area where, according to one Minnesotan, "Masters meets are almost non-existent."

Dixon Farmer, who directed the 1989 Outdoor National meet in San Diego, was the meet director. Farmer was hired by the Center last year, but the Center is falling on hard times, financially, and its future is uncertain.

"It's hard to attract quality events to Blaine if it's in competition with vacation cities like Orlando and San Diego," noted one observer.

Some athletes were in attendance but hampered by injury. Christel Miller, W55, TAC's masters multi-event athlete of 1990, scratched some events and was limited to one attempt in others because of injury. Bruce Springbett, M55, was out with a plantar fascia problem. Norm Green, M55, has been sidelined with a bad left hamstring since the Gasparilla 15K in February.

Next year's indoor championships will return to Columbus, Ohio, site of the 1989 meet, to help celebrate the 500-year anniversary of that city's namesake's landing in the New World. □



George Davies, M50, Tempe, Ariz., finishing with a second place 42-1½. TAC National Masters Indoor Championships, Blaine, Minn., March 23-24. Photo by Jerry Wojcik



The Metropolitan AC set a new world indoor masters record of 8:19.09 in the 4X800 relay at the National Masters Indoor T&F Championships in Blaine, Minn., March 23. The old mark was 8:30.0, set by the New York Pioneer Club in 1977. From left: Salih Talib (45, 2:09.02), Duane Green (40, 2:03.02), Nelson Keyes (44, 2:05.03), Stephen Keyes (41, 2:02.02). Salih, Nelson, and Stephen are brothers. Photo by Al Sheahen

ANTEATERS MASTERS

The Dan Aldrich Memorial Track Meet

Co-sponsored by Corona del Mar Track Club and The University of California-Irvine

DATE: May 25, 1991 PLACE: University of California-Irvine

Directions: 405 Freeway to Culver, South to Campus Dr., Right to Bridge Rd. Use Parking Lot 6 or 9.

Entry Fee: \$7.00 for first event. \$3.00 for each additional event.

Entry Deadline: Postmarked by May 18, 1991. (Late entry add \$2.00 per athlete.)

Divisions: Five year age groups. (Youngest run first.)

Submasters 30-34	Division IIA 50-54	Division IVA 70-74
Submasters 35-39	Division IIB 55-59	Division IVB 75-79
Division IA 40-45	Division IIIA 60-64	Division VA 80-84
Division IB 45-49	Division IIIB 65-69	Division VB 85-89

SCHEDULE OF EVENTS

TRACK EVENTS

10:00 5000 Meter Race Walk
11:00 Steeplechase
11:30 Meter Relay
12:00 800 Meter Run
12:45 110 High Hurdles
1:15 3000 Meter Run
2:00 400 Meter Dash
2:30 100 Meter Dash
3:20 1500 Meter Run (The Aldrich "Mile")
3:50 200 Meter Dash
4:10 400 Meter Hurdles

FIELD EVENTS

9:30 Hammer - All divisions - youngest to oldest
10:15 Javelin - 30-39, Div I&II
10:30 Shot Put - Div III, IV & W
12:00 Javelin - Div III, IV & W
1:00 Shot Put - 30-39, Div I&II
2:00 Discus - Div III, IV & W
3:00 Discus - 30-39, Div I&II

STARTING TIMES SUBJECT TO
MODEST ACCELERATION

JUMPING EVENTS

11:00 High Jump - All Divisions
12:00 Pole Vault - All Divisions
12:00 Long Jump - 30-39, Div I&II
1:00 Long Jump - Div III, IV & W
2:00 Triple Jump - 30-39, Div I&II
3:00 Triple Jump - Div III, IV & W

Awards: First three places in each event. Custom designed, three color medal.

TO ENTER - Complete and return the following:

Athletic Release: In consideration of my entry fee, I do, hereby for myself and heirs, and administrators waive and release any and all claims I may have against the University of California, Irvine, and the Corona del Mar Track Club and their representatives for any and all injuries suffered by me during the event, sport or facility. I certify that I have no physical defects which prevent me from competing and I compete at my own risk.

Name: _____ Phone: _____

Address: _____ City: _____

Age (as of 5/25/91): _____ Division: _____ M or W: _____

Club Affiliation (if any): _____ Date of Birth: _____

PLEASE ENTER ME:

1. _____ 2. _____

3. _____ 4. _____

Dated: _____ Signature: _____

Please find enclosed my check for \$ _____. Make payable to "Anteaters Masters"
Mail to: David Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. (714)673-2025.



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONAL INDOOR MEET

Conducting a National Masters Track and Field event whether indoor or outdoors is a project of enormous dimensions. However, it is no more challenging than any regional or national track and field event regardless of whether it is in the open division or in the Masters division.

The recently completed National Masters Indoor Track and Field Championships in Blaine, Minn., fell far short of the standard for national distance events. In this case, the 3000 meter racewalks were poorly implemented. The officials, other than the racewalk judges, were unprepared in a variety of areas:

Lap counters — Because of a failure to provide a method for counting laps, some competitors were advised that they had completed the course even though they were actually one lap short. Other competitors were advised that they needed an additional lap to complete the course even though they had completed the 15 lap course. Obviously, the finishing order of the competitors was inaccurate and resulted in medals distributed in error.

Recording of accurate times — Officials failed to accurately record or communicate finishing times to the recorder's desk.

Front and back numbers — These would have eased the burden of identification for all concerned, particularly the officials.

Hip numbers — Without the use of hip numbers for the Accutrac the burden of substantiating complaints and protests by competitors was enormous, if not impossible.

Systematized placement at the starting lines — At prior National Championships, starting line positions were assigned by a variety of methods. In some instances by grouping of age divisions with fastest to slowest. In other instances, several rows of competitors with fastest in the front. Whatever the method, a starting line can only accommodate a finite number of athletes. At Blaine, all competitors were crowded onto the starting line. The end result was much jostling and pushing at the starter's gun.

The net results for the failure to provide the above five items was confusion, chaos, frustration and anger by both competitors and officials.

On the second day, the officials had rectified the lap-counting situation for the 3000-meter run by pressing into service bystanders and competitors.

I realize that the officials volunteer their time, and without them there could be no events. However, athletes train during an entire year, travel at their own expense great distances, juggle work schedules, etc., in order to attend the Nationals. Regardless of whether an official is paid or volunteers, the task, once undertaken, should be conducted with the intent of providing the best possible service.

In the future, perhaps TAC can provide a detailed checklist of the necessary ingredients required to successfully conduct each event.

Moshe Myerowitz
Bangor, Maine

LDR PRIZES

Despite the fact that masters represent up to 50% of the runners at major races, it seems that we still have a long way to go toward indoctrinating race directors and sponsors on the importance of masters in the running scene. However, all too many races still discriminate against masters, which has led to the establishment of MAAD (Masters Against Age Discrimination). Some major concerns:

(1) The need for equity between Open and Age Group Winners, i.e. the same type of awards for both groups. Worst horror story: A major race in New England spread \$30,000 among the top 10 open winners but only gave "Bud Light" umbrellas for age groups.

(2) The need for equity among the various masters age groups. Unfortunately, there are far too many races where several hundred/thousand dollars are allocated for the top 3 masters, which in practice means the age 40-44 category, while the rest of the masters age groups receive trophies, plaques, drinking glasses, etc. Any "special" masters awards should be based on age-graded performance so that all masters age groups (i.e. the Norm Greens and Ed Benhams) have an opportunity.

(3) Any nationally-ranked runner needs another trophy/plaque to add to the collection in the attic like a hole in the head. (Trophies/plaques are the first items to be thrown in the trash by surviving spouses/heirs!).

Herb Chisholm
Alexandria, Virginia

T&F SCHEDULE

I have just received the Nationals' tentative schedule of events. Having purchased cheap-o, special-deal Delta tickets, I now find that I will not be there for the shot and may have to leave before the javelin.

It is great to have the whole place to ourselves on Sunday for the javelin, but that means that shot and javelin throwers will have to be there for four days, and hammer throwers will have to be there for five days.

Chicago is a great town, but not that great. I wonder if this will inconvenience the other throwers as much as it

Ten Join NMN Sustainers

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

Special thanks this month goes to:

Herbert A. Tolbert	Gaithersburg, MD
Paul W. Bishop	San Francisco, CA
Phil Marshall	Los Angeles, CA
William B. Brazelton	Fort Smith, AR
Charles E. Hirshey	Charleston, SC
Max Jones	Leeds, UK
Cliff Bedell	Tempe, AZ
Yvette M. LaVigne	Los Angeles, CA
Bill Hillman	Washington, DC
Carl H. Klehm	Woodstock, IL

does me? I may simply have to throw away two worthless Delta tickets and forget about it. I have written Dick Green and if he gets enough complaints, he may be willing to move the weight and throwing events closer together.

W. H. Duckworth, Jr.
Jonesboro, Georgia

TYMN VS. SPRINTERS

Mike Tymn obviously doesn't consider sprinters to be runners. His article on oldest achievers in sports (March NMN) didn't include one.

His tunnel vision appears to focus on milers. The lucky hole-in-one's are impressive. We all know Bill Shoemaker is the greatest jockey, but the horse helped win the race, didn't it?

Tymn said he doesn't understand sprinters, that "they just run on natural ability." Nothing could be farther from the truth. Sprinters work hard and suffer setbacks and injuries like anyone.

Lighten up, Mike. Have you forgotten runners like Eddie Hart, Jack Greenwood, Jim Law, and Payton Jordan?

B. R. Stevens
Cupertino, California

50+ HALL OF FAME

An *Athletes Hall of Fame* to honor men and women amateur athletes 50 years of age or older who have achieved records in the pursuit of their favorite sport is being established in Bradenton, Fla.

We plan to open officially in the spring of 1992. It will be housed in the million-dollar Club at the Shorewalk Vacation Villas.

We are searching for outstanding candidates worthy of induction and welcome requests for applications from NMN readers. Requests should be sent to: Jack Fones, Director, 50+ Athletes Hall of Fame, 156 Wild Palm Drive, Bradenton, FL 34210.

Jack Fones
Bradenton, Florida
Continued on page 8

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$22. Subscribe now.

- ☐ 6 months, \$12 Add postage per year: ☐ Payment enclosed ☐ New
☐ 1 year, \$22.00 ☐ \$12 1st class (USA, ☐ Bill me later ☐ Renewal
☐ 2 years, \$41.00 Mexico & Canada) ☐ \$_____ as a contribution
☐ 3 years, \$59.00 ☐ \$15 air mail (foreign) to your work

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or call:

818-760-8983

CZZMN

We Take As Many Steps Planning Our Marathon As You Will Running It.

With 3,000 volunteers for a field of 6,000 runners, the Twin Cities Marathon runs smooth. Every step of the way.

That's why our race fills up fast. That's why it consistently attracts an outstanding field of elite athletes and runners from 12 countries and 50 states. And that's why, for the next five years, the Twin Cities Marathon will host the TAC U.S. National Masters

Championships for men and women.

The Twin Cities Marathon. It's not only the most beautiful urban marathon in America, it's also one of the best.

For information on our tenth annual marathon and a full weekend of fun, send a self-addressed, business-sized, stamped envelope to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.

Twin Cities Marathon-October 6, 1991

With 3,000 volunteers for a field of 6,000 runners, the Twin Cities Marathon runs smooth. Every step of the way.

That's why our race fills up fast. That's why it consistently attracts an outstanding field of elite athletes and runners from 12 countries and 50 states. And that's why, for the next five years, the Twin Cities Marathon will host the TAC U.S. National Masters

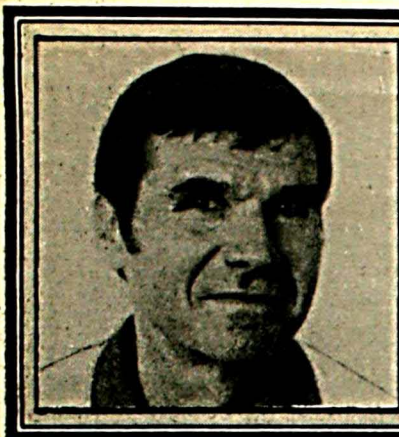
Championships for men and women.

The Twin Cities Marathon. It's not only the most beautiful urban marathon in America, it's also one of the best.

For information on our tenth annual marathon and a full weekend of fun, send a self-addressed, business-sized, stamped envelope to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.



Twin Cities Marathon-October 6, 1991



Third Wind

by Mike Tymn

Sparks Fly As Sparks Flies

Sparks really do fly when Ken Sparks runs. At least they do during much of his training. That's because Sparks, a 46-year-old resident of Chagrin Falls, Ohio, does his heavy training on a treadmill.

"I'm really sold on treadmill training," Sparks told me in a recent telephone interview. "I know I can push myself a lot harder on the treadmill than on the track."

Anyone doubting that statement need only look at Sparks' performances over the past year or so for proof. Consider these efforts:

- a 1:57.8 indoor 45-49 world record at 800 meters;
- a 4:04.8 indoor 45-49 world record at 1500 meters;
- a 3:59.24 outdoor 45-49 world record at 1500 meters;
- a 4:17.14 outdoor 45-49 American

record at one-mile;

- a 4:13.8 road mile in the New York Mercedes event;

- a 2:29:11 in the Columbus Marathon, followed closely by a 2:30:27 at Huntsville.

800 To Marathon

Take special note of the range there — from 800 meters all the way to the marathon. That makes it doubly im-

pressive. And, incidentally, that 3:59.24 for 1500 at age 45 makes him the oldest person to have gone under four minutes at that distance. My March column credited Bill Stewart with being the oldest, at 44, to do so.

Even though Sparks didn't begin to sparkle in national masters competition until 1989, he is no Johnny-Come-Lately to the running scene. He was a 49.1 quarter miler at Mt. Comfort High School in Indiana and an NCAA All-American at 800 meters in 1967 while attending Ball State University. He then went on to run for the University of Chicago Track Club and recorded 1:47.1 for 880 yards, 4:03.6 in the mile, and 9:03.6 at two miles. He took part in the 1972 Olympic trials, ran the number two leg in a world record two-mile relay in 1973, and was a member of the American team that competed in China in 1975.

Stopped Competing

Sparks competed seriously until age

32. "I guess you'd have to say I then became a fitness jogger," he said. "I'd just do low-intensity work two or three times a week. After I turned 40 and they started holding those legends' miles, I decided to try and run a little harder to see if I could compete with those guys again."

While Sparks found himself shaping up more quickly than he had expected, he developed a foot problem which required surgery, and injured his Achilles' tendon. It wasn't until he was 43 that he began to build momentum in his comeback effort.

As an exercise physiologist, having earned a Ph.D. at Indiana University in 1975, Sparks had maintained a keen interest in the sport during those years of relative inactivity. He now teaches at Cleveland State University and is the co-author (with Olympian Garry Bjorklund) of the *Long Distance Runner's Guide to Training and Racing*.

Continued on page 7

The Treadmill is Better Than the Track

Like Ken Sparks, I'm convinced that treadmill running is the best kind of training. It not only forces one to maintain a steady pace when fatigue sets in, but it is much kinder to the legs. Because there is a little slack in the treadmill belt, the legs do not take the pounding they do on the roads or other hard surfaces.

My introduction to treadmill training came about six years ago. I had passed by the treadmill at the Clark Hatch Fitness Center hundreds of times before without ever having given any serious thought to training on it. I did play around on it once or twice during heavy rain storms, but I found it very boring. Like many others, I concluded that the treadmill was a poor substitute for "real" running.

It was while recovering from a low-back strain that I began to experiment with the treadmill. I found that while the injury produced too much pain to run in the normal manner outside, I could run almost pain free on the treadmill as long as I put it on an upward slope of five or six percent. If nothing else, I figured it would help me burn some calories and keep my weight down until I was able to get back to real running.

There remained, however, the problem of overcoming the boredom of running in one place for a 30-minute session. I began taking a 30-second water break every five minutes to conquer the monotony. As I slowly recovered from the back problem, I picked up the pace. Then, I realized one day that I was doing interval training of sorts — five minutes on, 30 seconds off, five minutes on, thirty seconds off, etc.

From those relatively slow-paced calorie-burning runs, I began to experiment with some heavy-duty intervals on the treadmill. I came to realize that I could achieve a very high heart rate on the treadmill, while at the same time stressing my entire body, and that the rhythm forced upon me by the machine seemed to carry over to some degree to the roads, resulting in greater efficiency. Moreover, because the legs recover more rapidly from a treadmill workout, I could get in more quality each week.

Since the treadmill available to me would not go faster than 8 miles per hour (7:30-mile pace), I settled in on an interval session calling for me to run 8 mph at a seven-percent slope. That, according to physiologist Jack Daniels, is equal in effort to a 5:22 mile.

I would do that pace for 2.5 minutes, jump off for a 30-second break, check my pulse on a nearby monitor, jump back on and go for another 2.5 minutes, repeating that 12 times. When I was finished, I knew I'd had a workout. It was as tough as doing half-miles on the track, yet it was more exhilarating.

The treadmill offers one more variable than the track: the incline. For variety I would do a workout that called for a 7 mph pace for two minutes, beginning at a seven-percent slope and going up one-percent each time until I hit 10 percent. There, I would do four two-minute runs before coming back down to seven-percent, one percent at a time. According to Daniels, I was working at a 5:09 mile effort while at that 10-percent slope.

After about six months of treadmill training, with virtually no other intense training, I found myself running the 10K about 30 seconds faster than I had the year before.

—Mike Tymn

1991 TAC Southeast Sectional Masters Track and Field Championships June 1

UNIVERSITY OF TENNESSEE
TOM BLACK TRACK
KNOXVILLE, TENNESSEE

ORGANIZED BY: Oak Ridge Track Club and Knoxville Track Club, 132 Newport Drive, Oak Ridge, TN 37830. Meet Director - Dean Waters (615-483-7743).

AGE DIVISIONS: Based upon age on day of competition: 20-24, 25-29, 30-34 (OA), 35-39 (OB), 40-44 (1A), 45-49 (1B), 50-54 (2A), 55-59 (2B), 60-64 (3A), 65-69 (3B), 70-74 (4A), 75-79 (4B), and 80 or over (5A) for men and women. Relays open to teams — ten year age groups, men and women.

ENTRY FEE: \$10.00 includes first event in either track and field and T-shirt. \$6.00 for each additional event. Relays \$10. NO REFUNDS. Sportsfest entry fee will be collected at the track on Saturday.

TEAMS: Team scoring will be done in accordance with TAC Rules. Team captains will supply team roster by day of the meet.

Event No.	Event	Time	Event No.	Event	Time
1	5K Run	7:45 a.m.	14	Hammer	1:00 p.m.
2	90/100/110m H	1:00 p.m.	15	High Jump	1:30 p.m.
3	1500m	1:30 p.m.	16	Long Jump	2:00 p.m.
4	300/400m H	2:00 p.m.	17	35 lb Wt	2:30 p.m.
5	200m	2:30 p.m.	18	Pole Vault	3:30 p.m.
6	4x100 Relay	3:00 p.m.	19	56 lb Wt	4:00 p.m.
7	4x400 Relay	3:30 p.m.	20	Shot Put	4:00 p.m.
8	4x800 Relay	4:00 p.m.	21	Triple Jump	4:00 p.m.
9	5K Race Walk	4:30 p.m.	22	Javelin	5:00 p.m.
10	400m	5:30 p.m.	23	Discus	5:30 p.m.
11	100m	6:00 p.m.			
12	800m	6:45 p.m.			
13	2000/3000m Steeple	7:30 p.m.			

Results will be posted in the National Masters News and the Running Journal

Note: The track will be in use between 9:00 a.m. and 12:30 a.m. for qualification for the Tennessee Sportsfest ages 5 to 19 yrs. and will not be available for warmup or use.

Official Use TAC No. Team

Name (Print) Phone () Sex

Address City State Zip

Birthdate Age (by May 31, 91) Club

Event No. Best Recent Mark Event No. Best Recent Mark

Amount: Enclose Check or Money Order.

First Event \$10.00 - Additional Events (@\$6) = Total \$

Make checks to: Oak Ridge Track Club, 132 Newport Dr., Oak Ridge, TN 37830

ATHLETE'S RELEASE: THIS ENTRY CONTAINS A LIST ON YOUR LEGAL RIGHTS. READ IT.

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the Oak Ridge Track Club, Knoxville Track Club, and other sponsors, the American College of Sports Medicine, and the University of Tennessee at Knoxville whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on June 1, 1991. I specifically acknowledge the nature of the competition or games for participation in the meet and release the aforementioned organizations and individuals from all injuries or damages arising from or caused by the use of any physical equipment or device, may have, whether owned or rented, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my own responsibility. I further agree that in the spirit of most officials, I am determined to be unable to safely complete or compete in any meet event, and officials may physically remove me from any course, track or field and refuse to allow me to compete further in the event.

Admission and participation in this competition may be subject to random drug testing in accordance with TAC rules and IAAF Rule 16.4. Advertisers found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Sample prescription and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the U.S. Anti-Doping Agency at 800-231-0393.

DATE

ATHLETE'S SIGNATURE

IF UNDER 18, PARENT'S SIGNATURE REQUIRED



Ken Sparks (305) passes the first quarter in 1:04 to lead the field on his way to an M45 4:23.67 finish at the Millrose Masters Mile in NYC on February 1.

Victah Sailer/Agence Shot

Third Wind Continued from page 6

Tests Himself

"I have the facilities to do a lot of testing on myself," he was quoted in the *Ohio Runner* last year. "You can see all the little scars up and down my legs where I've taken biopsies to look at muscle makeup."

Sparks carries 140 pounds on a 5-9½ frame, the same as 20 years ago. However, he mentioned that his maximal oxygen uptake is down about 10 points from the 80 it once was.

I asked Sparks how his training now compares with that of 20 years ago. "I have to train much smarter now because my body won't take it," he replied. "I used to train almost entirely with interval training, four or five times a week. Of course, I'd seldom race anything longer than 800 meters. Two or three days a week is as many interval sessions as I can do now. Usually, it's just two."

What about weekly mileage? "Back then I was putting in maybe 30 miles a week. Now I'm putting in over twice that, 60 to 70 a week. But the quality is much less."

The quantity now may account in great part for Sparks having improved by over 20 minutes in the marathon from a 1970 time of 2:49:54.

Treadmill Training

As mentioned, Sparks prefers to do his speed training on the treadmill. He has rebuilt an old machine from his lab to make it go up to 16 miles per hour, allowing him to do 61-62 second quarters in his garage. He said that 25-30 percent of his training is on the treadmill.

"When I get real fatigued, I really can't vary my stride length," Sparks noted, explaining his preference for the treadmill. "You have to stay up with it or it throws you off. I can honestly say it makes me real sore. It forces a little more range of motion than I'd probably get if I did it on the track."

Interested in his ideas on maintaining speed, I continued to question him on this subject. "I definitely think your speed goes before your endurance," he offered. "I've done a lot of testing on myself, and I know that I have to work more on my speed now than in the past. Even when I go out to run on the road, I try to maintain at least a six-minute pace. I really concentrate on the effort as I'm afraid that if I back off too much I'll lose it."

Speed Training Important

Sparks feels that many masters hasten the loss of speed by plodding

Five Years Ago

May, 1986

- Brother-Sister Team of Fordie Madeira (W40, 2:00:38) and Lee Sargent (M40, 1:50:39) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Games Pledges Top \$100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor T&F Championships

along on the road. "You recover more quickly from endurance training than from speed training as you grow older," he explained. "As a result, people tend to go more with endurance training as they get older. That sort of aids in losing flexibility and decreasing the stride length as well as the stride frequency."

What about cross-training? "I'm not sold on anything but running, as far as running is concerned," he responded. "The more specific you can be to the activity, the better. I'm really a purist when it comes to running. I'll run in all kinds of weather to avoid having to do anything but run." □

1991 Edition TRACK & FIELD CATALOG

YOUR SUPERMARKET FOR TRACK & FIELD EQUIPMENT

Call **TOLL-FREE**
1-800-556-7464
For Your 1991 M-F
Track & Field Catalog.

48 pages of in-demand and hard-to-find track and field items very attractively priced.

Included:

- Poles
- Javelins
- Pits
- Hammers
- Discus
- Crossbars
- Hurdles
- Runways
- Starting Blocks
- Timing & Measuring Equipment
- and much more.

Write or Fax

**M-F Athletic
Company**

P.O. Box 8090
Cranston, RI 02920-0090
FAX: (401) 942-7645

CALL TOLL-FREE
1-800-556-7464
IN RI CALL 942-9363

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

FOR

**MASTERS MEN & WOMEN ★ SUBMASTERS MEN & WOMEN
NON-CHAMPIONSHIP EVENTS FOR OPEN MEN & WOMEN**

SATURDAY JUNE 8, 1991

Los Gatos High School & Olympic Training Center
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 5, 1991

- Eligibility:** All men and women registered in TAC/Pacific Association. 1991 TAC Registration required. Registration available at meet \$12.00.
- Entries:** Pre-entry required before Wednesday, June 5. Phone entry O.K. (408) 354-5660.
- Fees:** \$7 per event, \$20 for relays. \$10 late entry if space available.
- Note:** Hammer will be contested at Olympic Training Center (See map on back).
- Heats:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- Timing:** Fully automatic timing by Accutrack and Wind Gauge.
- Facilities:** All weather track surface 1/4" spikes only. Concrete throwing rings, grass javelin runway.
- Age Groups:** 30 and above in 5 year age groups. Age on June 8, 1991 determines age group.
- Awards:** TAC/Pacific championship medals to first three places in all events and in all 5 year age groups. Accusplit sport watches to highest age-graded score in each event — 17 total watches awarded. Will be mailed after computations are complete. Relays are exempt.
- T-Shirts:** For sale at meet — \$10.

AT LOS GATOS HIGH TRACK EVENTS

8:00 5000 RACE WALK
9:00 80 M HURDLES WOMEN 40+
9:03 100 M HURDLES WOMEN 30-34, 35-39
9:05 100 M HURDLES OPEN WOMEN
9:07 100 M HURDLES MEN 60+
9:10 110 M HURDLES MEN 50-59
9:13 110 M HURDLES MEN 40-49
9:16 110 M HURDLES MEN 30-39
9:20 110 M HURDLES OPEN MEN
9:35 100 M WOMEN 60+ 50-59
9:38 100 M WOMEN 40-49
9:41 100 M WOMEN 30-39
9:44 100 M OPEN MEN HEATS
9:54 100 M MEN 75-79, 80-84, etc.
9:57 100 M MEN 70-74
10:00 100 M MEN 65-69
10:03 100 M MEN 60-64
10:06 100 M MEN 55-59
10:09 100 M MEN 50-54
10:12 100 M MEN 45-49
10:15 100 M MEN 40-44
10:18 100 M MEN 35-39
10:21 100 M MEN 30-39
10:24 100 M OPEN WOMEN
10:27 100 M OPEN MEN
10:30 800 M WOMEN 50+
10:35 800 M WOMEN 30-49
10:40 800 M MEN 75+
10:45 800 M MEN 70
10:50 800 M MEN 65
10:55 800 M MEN 60
11:00 800 M MEN 55
11:05 800 M MEN 50
11:10 800 M MEN 45
11:15 800 M MEN 40
11:20 800 M MEN 35
11:25 800 M MEN 30
11:30 800 M OPEN WOMEN
11:35 800 M OPEN MEN
11:40 200 M WOMEN 50+
11:43 200 M WOMEN 30-49
11:46 200 M HEATS OPEN MEN
11:55 200 M MEN 75+
11:58 200 M MEN 70-74
12:01 200 M MEN 65-69
12:04 200 M MEN 60-64
12:07 200 M MEN 55-59
12:10 200 M MEN 50-54
12:13 200 M MEN 45-49
12:16 200 M MEN 40-44
12:19 200 M MEN 35-39
12:22 200 M MEN 30-34
12:25 200 M OPEN WOMEN
12:30 200 M OPEN MEN
12:35 1500 M WOMEN MASTERS & SUBMASTERS
12:43 1500 M MEN 70+
12:51 1500 M MEN 60+

1500 M MEN 50+

1:07 1500 M MEN 40+
1:15 1500 M MEN 30+
1:23 1500 M OPEN WOMEN
1:30 1500 M OPEN MEN
1:35 400 IH MEN 50-59
1:40 400 IH MEN 40-49
1:45 400 IH MEN 30-39
1:50 400 IH OPEN MEN
1:55 400 IH OPEN WOMEN
2:00 300 IH MEN 60+
2:05 300 IH WOMEN 30+
2:10 ALL DIVISIONS 4 X 100 M RELAY
2:15 5000 M WOMEN & MEN 60+
2:50 5000 M MEN 40-59
3:30 400 M WOMEN MASTERS
3:33 400 M MEN 70+
3:36 400 M MEN 65-69
3:39 400 M MEN 60-64
3:41 400 M MEN 55-59
3:44 400 M MEN 50-54
3:47 400 M MEN 45-49
3:50 400 M MEN 40-44
3:53 400 M MEN 35-39
3:56 400 M MEN 30-34
3:59 400 M OPEN WOMEN
4:02 400 M OPEN MEN
4:10 5000 M OPEN WOMEN
4:45 5000 M OPEN MEN
5:15 4+400 RELAY

AT LOS GATOS HIGH FIELD EVENTS

SHOT
9:00 ALL WOMEN MASTERS & SUBMASTERS
9:30 MEN AGE 60-64, 65-69, 70-74, 75-79, 80+
10:30 MEN 40-44, 45-49, 50-54, 55-59
11:30 MEN SUBMASTERS
12:00 OPEN WOMEN
12:30 OPEN MEN
POLE VAULT
9:00 MEN 60-64, 65-69, 70-74, 75-79, 80+
10:00 MEN 40-44, 45-49, 50-54, 55-59
11:00 MEN SUBMASTERS
12:00 OPEN MEN
LONG JUMP
10:00 ALL WOMEN MASTERS & SUBMASTERS
10:30 MEN 60-64, 65-69, 70-74, 75-79, 80+
11:30 MEN 40-44, 45-49, 50-54, 55-59
12:30 MEN SUBMASTERS
1:00 OPEN WOMEN
2:00 OPEN MEN
HIGH JUMP
11:00 ALL WOMEN MASTERS & SUBMASTERS
11:30 MEN 60-64, 65-69, 70-74, 75-79, 80+
12:30 MEN 40-44, 45-49, 50-54, 55-59
1:30 MEN SUBMASTERS
2:30 OPEN WOMEN
3:30 OPEN MEN

DISCUS

11:30 ALL WOMEN MASTERS & SUBMASTERS
12:00 MEN 60-64, 65-69, 70-74, 75-79, 80+
1:00 MEN 40-44, 45-49, 50-54, 55-59
2:00 MEN SUBMASTERS
3:00 OPEN WOMEN
4:00 OPEN MEN

TRIPLE JUMP

1:00 ALL WOMEN MASTERS & SUBMASTERS
1:30 MEN 60-64, 65-69, 70-74, 75-79, 80+
2:00 MEN 40-44, 45-49, 50-54, 55-59
2:30 MEN SUBMASTERS
3:30 OPEN MEN & WOMEN

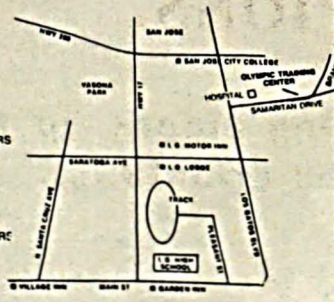
JAVELIN

12:30 ALL WOMEN MASTERS & SUBMASTERS
1:00 MEN SUBMASTERS
2:00 MEN 60-64, 65-69, 70-74, 75-79, 80+
2:30 MEN 40-44, 45-49, 50-54, 55-59
3:30 OPEN MEN & WOMEN

AT OLYMPIC THROWING AREA (See map below)

HAMMER
2:00 JUNIORS, ALL DIVISIONS
3:00 MASTERS
4:00 WOMEN SUBMASTERS, MEN 60+
4:00 OPEN MEN

HOUSING
Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-6446
Los Gatos Motor Inn, 356-9191, Village Inn, 354-8102
Toll House Hotel, 395-7070



TAC/PACIFIC MASTERS & SUBMASTERS TRACK & FIELD CHAMPIONSHIPS

Joy Upshaw and Willie Harnatz
Meet Directors
PO Box 1334, Los Gatos, California 95031
(408) 354-5660

Name _____ Last _____ First _____ Address _____ Number and Street _____
Phone _____ City _____ State _____ Zip _____
Date of Birth _____
Age as of June 8, 1991 _____
Events entered & best recent time or mark _____
Club affiliation _____
Amount enclosed _____ Your 1991 TAC Number _____
Make checks payable to Los Gatos Athletic Association Inc. NO REFUNDS FOR DEFAULT

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Explorer Post #812, 813, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held June 8, 1991 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date _____ Signature _____

Write On Continued from page 4

OVERCOMING ADVERSITY

I hope this letter will encourage those athletes, like myself, who sometimes wonder if they should compete because they can't achieve the heights and times they used to as a result of injuries or handicaps.

I'm 35 and my events are the high jump and the javelin. My goal is to stay active in masters competition until I'm 80. I enjoy competition but no longer compete against the other competitors. Right now, my challenge is to stay in shape to compete with myself on a day-to-day basis.

My handicap is a leg that is 1 1/4" shorter than the other one. This causes severe back pain from running and jumping. It also causes back pain from nerves being pinched between the discs in my spine. On the same leg that is short I have torn the ligaments of my knee completely in half. I was told I would never compete in sports again.

I also have tendinitis in the other knee, and a shoulder that has been dislocated fifty-one times.

My battle is a day-to-day challenge to stay with my exercise. I refuse to shrivel up, lose flexibility and mobility, gain weight, and become a spectator in

the bleachers — or, worse yet, in a rocking chair in front of the TV.

I hope this hits home with masters readers and encourages them to keep a healthy lifestyle, stay in competition, not give up, and believe you can do anything you want, whatever your injury or physical handicap.

John Valiska
Highland, Indiana

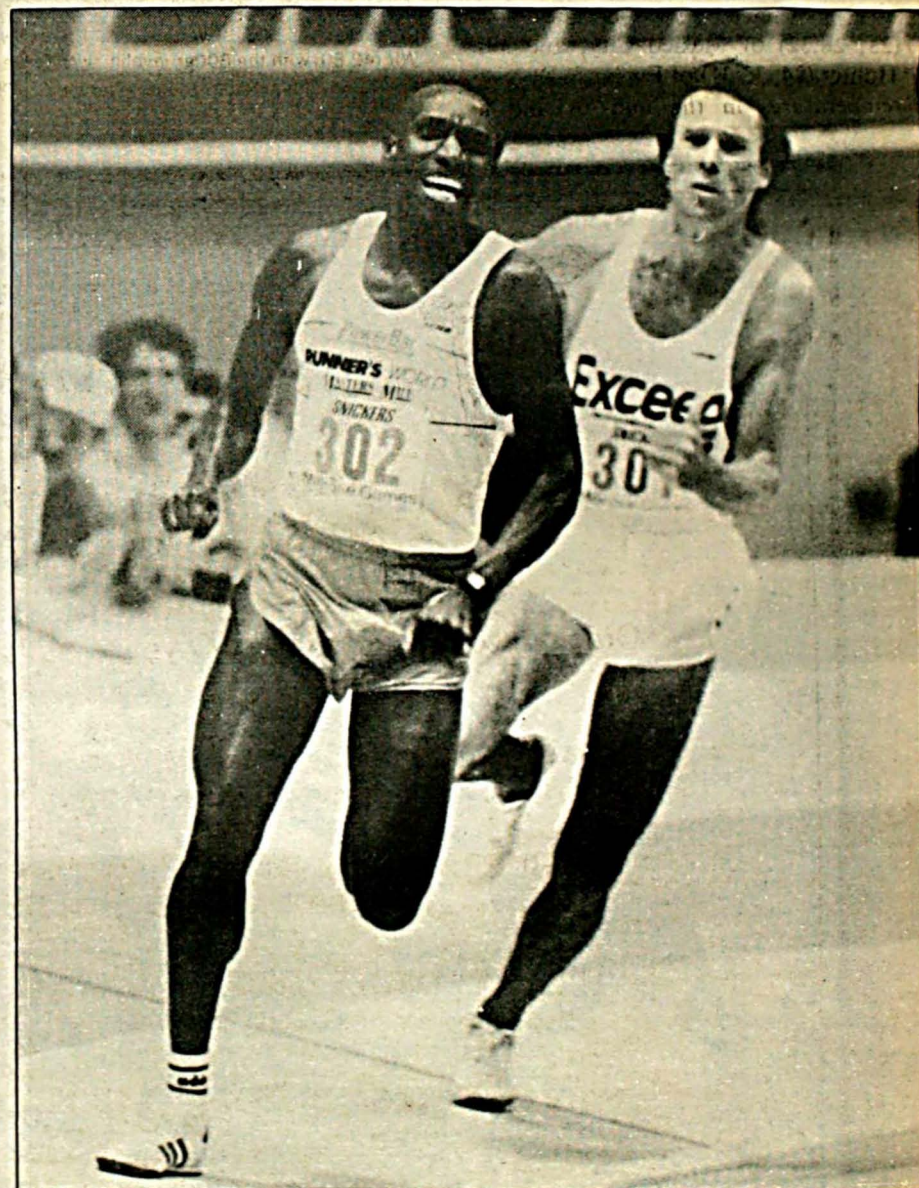
THE WAR IS OVER

Your headline in the February issue covering the Honolulu Marathon — "Japanese Invade Hawaii — Again!" — was in very poor taste. Most of the runners in the marathon weren't even born when Pearl Harbor was attacked, yet the headline continues to link them to this terrible atrocity.

Enough is enough! Cover the race and forget about past history

Max Jones
Leeds, England

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



Wilson Waigwa, 41, and Rod Dixon, 40, come off the final turn in the Masters Mile at the Millrose Games on February 1 in New York City. Waigwa set a new world masters indoor mile record of 4:13.05.
Victah Sailer/Agence Shot

Waigwa First Master In 29:40**Matson Breaks U.S. Record
in Red Lobster 10K in Orlando**

by JERRY WOJCIK

Laurie Binder, 43, of Oakland, Calif., took the women's masters race (35:48) in the Red Lobster 10K, Orlando, Fla., on March 2, but Shirley Matson produced the best age-graded performance (95.7%) with a U.S. W50-54 record 35:57, with Binder at 91.0%. The old record of 37:43 set in 1982 was held by Sister Marion Irvine.

Matson turned 50 in November 1990 and since, has broken four U.S. records, several with personal bests. Here, she defeated top masters Nancy Grayson (40, 37:00), Columbia, S.C.; Carol Virga (40, 37:08), Boca Raton, Fla.; and Nancy Oshier (42, 37:15), New York City.

Wilson Waigwa, 42, of El Paso, Texas, won the men's masters division with a 29:40, leaving Gary Romesser, 40, of Indianapolis, Ind., 47 seconds back. Domingo Tibaduiza, 41, of Reno, Nev., who was expected to challenge Waigwa, was third in 30:35. Waigwa's time is a 97.5% on the age-graded scale.

Open winners were German Silva (23, 28:32) of Mexico City, and Jill Hunter (24, 32:31) of England. Despite temperatures in the mid-70s and a

humidity reading of 89%, more than 4000 runners competed in the race, which was run through downtown Orlando. □



Del Pickarts (c), 63, of Ventura, Calif., after winning the M60 javelin (48.80) and setting a single-age WR (42.80) with the 800gr javelin, with Steve Wordell, 50, winner (42.40) of the M50 javelin contest, and Kalyan Farrington, the field judge, Sri Chinmoy Meet, Irvine, Calif.

Photo by Bigalita Egger

**Ivers, McDaniels Set WRs
in TAC Eastern Indoor Sectional**

by PETER TAYLOR

Barry Ivers, 80, and Leonore McDaniels, W60, turned in World Record-setting performances in the TAC/USA Eastern Indoor Sectional

Championships held in Newark, Del., on March 17.

In the best track performance of the day, Ivers destroyed Manfred d'Elia's World M80 indoor 200 standard of 35.62 by storming around the U. of Delaware oval in 32.9 seconds. He also ran a competitive 9.1 in the 55m.

McDaniels literally had a "field" day, leaping 3-11¼ to surpass Helgi Pedel's World indoor HJ mark of 3-9¼. She then went on to break Jean Udell's indoor TJ WR of 20-11½ with a jump of 22-6½, and later set a meet record with a 10-5½ LJ.

Also setting meet records were Australian import Stacey Quitzay, W35 (400, 59.0); Betty Clair-Searcy, W40 (400, 1:03.9); Mickey Milove, M45 (TJ, 11.09); Sid Howard, M50 (1500, 4:26.3); and Marilyn Fitzgerald, W55 (55, 8.6 and 400, 1:13.3).

In the over-70 group, Libby Hagemann, W70, set meet marks in the weight throw (6.64), LJ (2.49), TJ (5.44) and HJ (2-10). The oldest competitor in the contest, Ohio's Everett Hosack, established new M85 meet standards for 55 (12.3), LJ (2.23), SP (5.72), and weight throw (4.64). □

**TRAIN WITH THE
CHAMPIONS**

**"Still the BEST teaching videos on the market
for coach and athlete....."**

Order video tapes from these Olympic Athletes:

MAC WILKINS Gold Medal Discus

Training, technique and slomo analysis of Schmidt, Delis, Sylvester, and Bugar

AL FEUERBACH Basic 70' Shot Putting

Rotational style with Dave Laut. Also weight training and drills.

YURIY SYEDIKH'S SYBERVISION HAMMER THROW

Eastern hammer technique with drills explained by U.S. Coach Ed Burke

WILLIE BANKS BANKS ON TRIPLE JUMP

Drills, weight training and bounding demonstrated by Willie Banks

Name _____

Address _____

Card # _____

Exp. Date _____

GOLD MEDAL DISCUS \$49.50

BASIC 70' SHOT PUTTING \$49.50

DISCUS - SHOT COMBO \$90.00

BANKS ON TRIPLE JUMP \$59.95

SYBERVISION HAMMER \$60.00

WA Sales Tax &/or Shipping _____

Add \$3.50 1st class/\$2.50 reg. mail

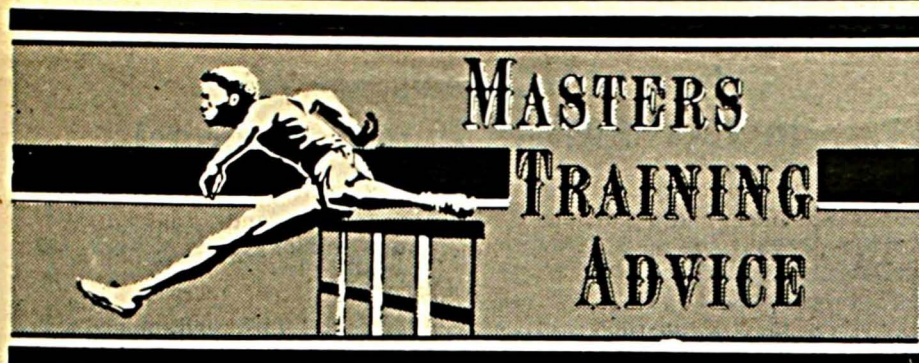
VHS ONLY TOTAL _____

MAC WILKINS PRODUCTIONS

P.O. BOX 5571

BELLEVUE, WA 98006

PHONE ORDERS (206) 562-1875



Training For the 10K Should You Go Long or Short? Part II — The Last Four Weeks

by OWEN ANDERSON, Ph.D.

(This is the second installment of an article which appeared in the Dec. '90 issue of NMN.)

During the last four weeks leading up to the race, noted running coach Jack Daniels suggests that masters runners throw out their usual long runs and substitute some faster running. He has two favorite workouts which can be used to enhance your performance.

Two Workouts

The first workout should be done about two times in the last four weeks before a race. Warm up, then run three or four 1200-meter intervals at a pace slightly slower than your 10K pace. Rest a minute between each interval, recover for 5-15 minutes, then burst out onto the track for two 1200-1600-meter intervals at a 5K race pace. Or, if you prefer, do three 1000-meter intervals at a 5K pace (between each interval, allow one second of rest for each second of hard run-

ning).

After recovery, return for two final 1000-meter intervals at a slightly slower than 10K pace with a minute of rest between each interval.

The second workout is a little bit gentler and consists of "tempo reps." To do a tempo rep workout, simply run three or four 1200-meter intervals with four or five minutes of recovery between each interval. Your pace should be about 7-10 seconds slower per 1200-meters than you would run in a 10K race. After you've completed the

Typical 10K Training Schedule — Last Four Weeks

Note: This schedule doesn't mandate any running distances or absolute speeds, so it can be used by both experienced and inexperienced runners, and by slow and fast runners alike.

Week 9

Monday: Slow steady running
Tuesday: Interval training
Wednesday: Lactate threshold workout
Thursday: Slow steady running
Friday: Slow relaxing running or rest
Saturday: Interval training or a 5K race
Sunday: Fun running with friends

Week 10

Monday: Easy stuff
Tuesday: Reps
Wednesday: Slow but steady
Thursday: Slow but steady
Friday: Rest or relaxing running
Saturday: Interval training
Sunday: Fun running

Week 11

Monday: Slow steady
Tuesday: Lactate threshold training
Wednesday: Reps or a long 15-16 miler
Thursday: Slow and steady
Friday: Rest
Saturday: Interval training or a 5K race
Sunday: Fun running

Week 12

Monday: Slow steady stuff
Tuesday: Lactate threshold
Wednesday: Slow steady stuff
Thursday: More of the same
Friday: Rest or light running
Saturday: Intervals
Sunday: Run some miles and then congratulate yourself for completing a fine period of training!

1200s, you then scoot through three 1-mile intervals at a pace 10-15 seconds slower than your 10K race pace with 4-5 minutes of recovery between each mile.

The second workout can be tolerated well by experienced runners because the intensity is fairly moderate and the rest periods are long. Note that both workouts represent an effective method for getting runners accustomed to running at close to their desired 10K pace.

Race Strategy

There are two critical points in the 10K — the first two minutes when almost everyone goes out too fast, and the second mile, when the tone for the rest of the race is set.

During the first two minutes, patience and restraint are critical. Starting off like a jack rabbit and setting a torrid first-mile pace will only lead to trouble as the race progresses. That's why it's critical that you learn to be a good judge of your 10K race pace.

Feeling Your Race Pace

The best way to learn how your race pace feels is to do some fartlek-like training on the track. Run for a half-mile at what you think is race pace, while concentrating on how it feels. Then check your watch to see if you have actually been running at your 10K pace.

Rest, then try another half-mile run. By slowing down or speeding up on each run, you'll be able to determine what your race pace actually feels like.

In your training schedule, this entire "pace judgment" session can be substituted for one of your interval

workouts. An alternative way to judging your race pace is to warm up, then run for about 1200 meters on a measured course at what you think your race pace is. Following this with a slow, steady 5-7 mile run. This workout gives you race pace experience but is light enough to not count as a quality interval session.

About twenty minutes before the actual 10K race, run the first 1000-1200 meters of the course at your "learned" race pace. This will fix the pace in your mind and help you to avoid gazelle-like starts that can spell certain disaster. It will also help you maintain a steady 10K pace through the second critical mile.

Final Advice

You don't have to do a lot of interval training to run a good 10K, but wisely-planned interval workouts should enhance your 10K performance. Run each workout interval at about a 5K pace for anywhere from two to five minutes with an equal amount of rest (light jogging) sandwiched between each work interval.

Don't overdo it. Never attempt more than two of these bone-jarring, tendon-tearing workouts per week, and never devote more than 8% of your total weekly mileage to these workouts. In fact, don't run more than six interval miles per week.

Relax during your intervals and have confidence. Your 10K times are going to improve! □

This article was condensed and reprinted with permission of Running Research News, P.O. Box 27041, Lansing, MI 48909. A one-year subscription is \$16.

THE SUMMER'S # 1 RACE WEEKEND



**SATURDAY, AUGUST 10, 1991 - 8:00 AM
ASBURY PARK, NEW JERSEY**

Separate Men's and Women's Races

The Classic offers it all:

- TAC Prize Funds
- Expo
- Friday "All You Can Eat" Pasta Dinner
- Runner's World & Running Times - "A race to run."
- Runner's Forum
- Saturday "All You Can Eat" Buffet Dinner
- Gala Runner's Dance

ENTRIES MUST BE RECEIVED BY AUGUST 5.

Send S.A.S.E. to AP 10K, Box 2287, Ocean, NJ 07712
For Information: 908-922-9479

JC Penney

CONTINENTAL AIRLINES
"Official Airlines"

Reebok

Fanelli First In Hawaii 10K

by MIKE TYMN

At 40, Gary Fanelli is no longer the national-class competitor he was 10 years ago. He's about two minutes slower over 10 kilometers these days.

However, the Philadelphia, Pa., native is certainly "local class" in Hawaii.

Fanelli demonstrated that on March 10 as he pulled away from Jonathan Lyau, 26, and won the 10th Johnny

Faerber Men's 10K Run by a 27-second margin. His winning time of 31:48 — an average 5:07 per mile — just missed breaking the Hawaii 40+ record of 31:42 held by Duncan MacDonald, a 1976 Olympian and former American record holder (13:19.6) in the 5000.

"Physically, I'm not as fast and I'm not recovering as quickly as I used to," said Fanelli, "but mentally I'm no different, maybe even stronger."

About 400 runners took part in the

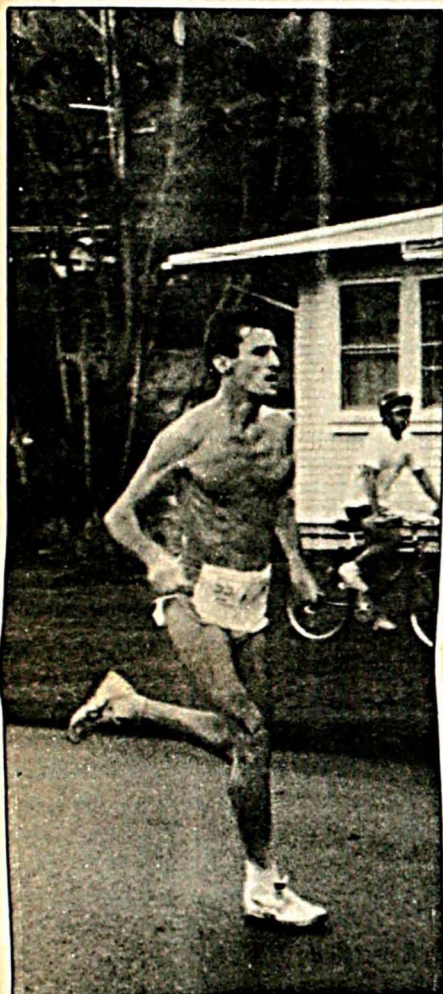
all-male race which is conducted by a group of women runners known as Faerber's Flyers. Faerber, once one of Hawaii's top runners and a standout masters runner a dozen years ago, is their coach.

Winning the 55-59 age division with a 39:02 was Harold "Ky" Cole, Hawaii's best runner during the late 1950s and most of the '60s. Cole, who now lives in Kentucky, was vacationing in Hawaii.

"You don't notice it that much when you live here, but you can really tell the difference when you come back after living on the Mainland," said Cole of the Hawaii humidity.

Eugene Kitts, 43, racewalked the event in 48:14, beating more than half of the field.

Other exceptional times were turned in by 51-year-old Alberto Rivas (36:08) and 69-year-old Naoto Inada (45:14).



Gary Fanelli, 40, won the Hawaii 10K in 31:48 on March 10. Photo by Mike Tymn



Oregon Track & Field Camp for Masters

June 17-23, 1991

Hayward Field, Eugene, Oregon

Site of the VIII World Veterans' Championships

Join a world-renowned track & field staff headed by famous athlete and coach Bill Dellinger for a week of training and technique tailored expressly for the Masters athlete.

The 1990 Oregon Track & Field Camp for Masters was rated "Outstanding" or "Excellent" by 89.5% of respondents. Here are just some of their comments:

"The most fun I've had in years."

"I felt the staff did an outstanding job and went all out to make it an enjoyable experience."

"I don't see how you can provide such a program for what you charged."

"The almost one-on-one relationship with the coaches was very beneficial."

"My only criticism is that the well-prepared and tasty food was too plentiful and too accessible."

"Excellent instructors, great fellowship, good facilities."

"I have already started to plan for the Camp in 1991."

A staff of experts in the sprints, jumps, and throws will assist Coach Dellinger, who will handle the distance events, in providing the very best instruction in each area. For multi-event athletes, a special format will be utilized so that all of the disciplines can be covered.

Housing will be in the dormitories directly across the street from Hayward Field, and the cost of the Camp will include three of the famous dorm meals per day.

At the end of the week's instruction, participation in the nationally known Hayward Masters Classic on June 22-23 will be available to all Campers who wish to put their newly acquired skills to the test.

Cost of the Camp is \$449 per person, and includes all instruction, guest lecturers, dormitory housing, three meals per day, group excursion, and other amenities. Accommodation in a hotel or motel is available at an additional cost.

The Camp is open to both men and women of any age, although instruction will be geared to the Masters/Sub-Masters athlete with some competitive experience.

If you would like more information concerning the Oregon Track & Field Camp for Masters, write for our brochure at Box 10825, Eugene, OR 97440. If you wish to reserve your place now in the Oregon Camp, send \$50 deposit per person to Oregon Track & Field Camp for Masters at the same address. If you have questions, call 503/687-1989 during business hours.

Offered by Bill Dellinger and Northwest Event Management, Inc. (Barbara Kousky and Tom Jordan, Directors)

USA Uniforms Available

The official USA masters uniforms are now available. Athletes who desire to purchase a uniform for the competition in Turku should submit their order by May 20.

The uniform, manufactured by Sporthill, consists of royal blue warm-up pants and jacket (texturized nylon with the look and feel of cotton) and red nylon tricot shorts and singlets. See the April issue of the *National Masters News* for a complete description and an order blank or contact Richard Lee, 2091 McMillan Street, Eugene, OR 97405; 503-687-1689. □



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Running With Arthritis

Q. I'm a 50-year-old runner with progressively worsening arthritis in my knees. Some days, the pain is so severe that I can hardly move. As a result, I have been seriously thinking about giving up running entirely. What do you think I should do?

A. Most of us at one time or another will develop some type of arthritis. Runners usually get it in their feet or knees. It can be quite painful at times, and it tends to limit the amount of running and exercising we can do.

However, I would caution you against giving up running entirely. Even though it may seem logical to believe that running and jumping can aggravate an arthritic condition, according to a recent study the opposite seems to be true.

The study, which was conducted in Finland, provided some interesting

statistics. First, the general opinion of the researchers was that gradual low intensity training does NOT have any harmful effects on joint cartilage. It was clearly shown that articular cartilage actually adapts to physical exercise.

Secondly, it was found that joint immobilization can cause degenerative

changes in the joint, causing the cartilage to become soft. This results in cartilage loss, with the remaining cartilage contracting.

The bottom line is that it's important to keep training after 40 — even with arthritis. Even though it may be painful at times, exercising appears to have

a beneficial effect on arthritis and may even slow it down. □

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



Phil Raschker (444), Atlanta, Ga., on her way to a WR 8.10 in the 60m, TAC National Masters Indoor Championships, Blaine, Minn., March 23-24. Lorraine Tucker (465), New York, took second (8.70), and Debbie Stiles, Missouri, third (9.23). Photo by Jerry Wojcik

Raschker Sets Two U.S. Records at National Indoor Pentathlon

by SUZANNE HOPKINS

Thirty-seven men and six women athletes, representing 21 states, competed in the TAC/USA National Masters Indoor Pentathlon Championships in Indianapolis on February 16. All the competition was age-graded using the 1989 WAVA Age-Graded Factors and the 1985 IAAF Scoring Tables.

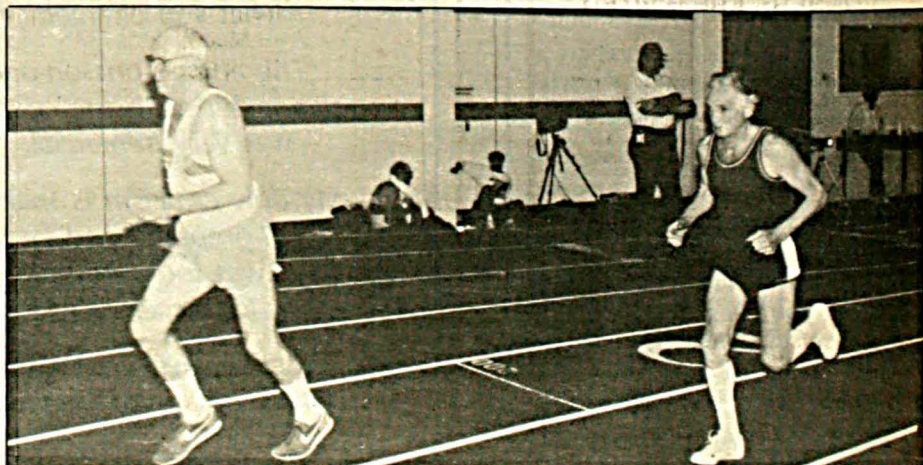
Phil Raschker, 43, of Atlanta, Ga., set two U.S. women's age-group records, turning in a 9.60 for the 60m hurdles and high jumping 1.54m. On the men's side, Armando Ricciardi, 71, of Reno, Nev., broke the American age-group record for the 60H with a handheld time of 11.4.

The highest single-year age-factored

score for the event was turned in by Phil Mulkey, 58, with a total of 4321 points. Boo Morcom, 69, was second with an age-factored score of 4190.

In the women's division, Phil Raschker came out on top with 4024 age-factored points, followed by Californian Christel Miller, 56, with 3593.

The National Institute For Fitness and Sport provided an excellent facility for the athletic competition with its mondo surface track that offered hydraulic banking in the turns. The pentathlon was hosted by the Mid-West Track Club, and the meet was sponsored by Hardee's, Tyson Foods, and Gatorade with donations from UCS, Power Bar, and Coca-Cola. □



Ham Morningstar (1) and Armando Ricciardi begin the M70 1000 TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis, February 17. Ricciardi leading by 30 points going into the race edged Morningstar by 5.1 seconds to win the division, 3100-3045. Photo by Robert Risley

1991 Southern California Association Masters Track & Field District Championships

SCHEDULE OF EVENTS
Saturday, June 15

Field:
3:00 p.m. HT, PV, JT
3:30 p.m. LJ
4:00 p.m. SP
4:30 p.m. HJ
5:00 p.m. TJ, DT

Track:
3:00 p.m. HH
3:30 p.m. 5K walk
4:30 p.m. 3/400 m H
5:05 p.m. 100 m
6:00 p.m. 800 m
6:25 p.m. 200 m
7:05 p.m. 1500 m
7:30 p.m. 400 m
8:00 p.m. 5K run

OCCIDENTAL COLLEGE

1600 Campus Road, Los Angeles, California — Patterson Field
June 15, 1991

Divisions: 5 year division for men and women, age 30 and above.

Entry Fee: \$8.00 per event.

Entry Deadlines: All entries must be postmarked by June 10, 1991. Late entry is \$10.00 for first event on a space available basis only.

Miscellaneous: Running order submaster men first then youngest to older men, and women last. Implements and hurdles follow TAC regulations.

- TAC Registration Required.
- Southern California Association District Championship Medals to top residents.
- **Surface:** Identical to L.A. Coliseum and 9 mm elements required for track, L.J., T.J., P.V., H.J. and J.T.

Send check and entry form to: G.D. Miller, 1740 Grandview Avenue, Glendale, California 91201. Telephone: (818) 843-2139 (until 9 p.m.) Please make check payable to G.D. Miller.

Co-Sponsor: Corona del Mar Track Club

SOUTHERN CALIFORNIA ASSOCIATION MASTERS TRACK AND FIELD CHAMPIONSHIPS

Name: _____ Birthdate: _____
Address: _____ Age: _____
Male _____ Female _____
TAC Number: _____

EVENTS	BEST '90/'91	ENTRY FEE
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

CLUB AFFILIATION: _____ TOTAL: _____

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

Signed: _____ Date: _____



Sue Hoch, W45 first (2:29:24), 20K RW, 1990
TAC/USA National Masters Championships, Indianapolis.
Photo by Hank Kiesel

August 10: Dayton, Ohio
Dayton Masters Track Classic
Open and Masters - Top awards
for all events

Contact Recreation and Parks (513) 225-8400
or Bob Jones, Dayton Masters
(513) 268-7341 (eves.)

ADULTS ONLY!!

Has your running become stuck in a rut?
No improvement? Nagging injuries?
Maybe it is time to take the next step....

NEXT STEP RUNNING CAMP

For Men & Women Ages 21 and Over
July 28 - August 2 \$300 per Week
Ashland, Virginia
90 minutes south of Washington, DC

ALL LEVELS OF RUNNERS ARE INVITED

- air conditioned rooms
- three meals per day
- T-shirt plus other extras
- swimming pool
- near historic attractions
- social events
- expert training advice
- technique evaluation
- speed improvement
- sports medicine info
- sport massage
- nutritional information

Learn from those who have guided
world and national class athletes

GROUP DISCOUNTS AVAILABLE

For Application:

SHOWERS SPORTS GROUP
5915 Waters Edge Landing Lane
Burke, VA 22015
(703) 250-046

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1990. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00

\$

Masters Track & Field Rankings

Men's and women's 1990 U.S. outdoor track & field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News \$5.00

\$

Masters Age-Graded Tables

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

\$

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of July, 1990.

8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

\$

Competition Rules for Athletics (1991)

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

\$

TAC/USA Lapel Pins. Cloissone enamel, 1" wide x 3/4" deep, nail pin with military clutch. \$2.50.

\$

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

\$

IAAF Scoring Tables (1985)

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

\$

Guide to Prize Money Races and Elite Athletes 1991

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money. \$44.00.

\$

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

\$

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

\$

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

\$

Masters Running '89

Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahen and others. \$1.95.

\$

The Masters Running Guide by Hal Higdon

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

\$

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

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

\$

Back Issues of National Masters News

Issues: _____ \$2.25.

\$

Postage and handling

\$

Overseas Air Mail (add \$5.00 per book)

\$

TOTAL

\$

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

Name _____

Address _____

City _____ State _____ Zip _____



MASTERS LONG DISTANCE RUNNING REPORT

by CHARLES DES JARDINS
Chairman, TAC Masters
Long Distance Running Committee

No Travel Permits Needed for Turku

The Executive Committee of MLDR met in Blaine, Minnesota while attending the Masters Indoor Track & Field Championships.

A number of items were discussed with several concerns expressed about participation at Turku, Finland. As mentioned in a previous NMN, a travel permit is not required for U.S. passport holders. However, resident aliens residing in the U.S. must conform to the requirements of the country of their citizenship. The recent allowance by MLDR for resident aliens to win TAC Championships does not in any way override WAVA requirements.

Also, it has come to the attention of the MLDR Executive Committee that travel permit requests are being asked of some of the athletes. As stated in a recent NMN, TAC members do not need a travel permit from TAC.

The Executive Committee discussed with our two WAVA delegates, Norm Green and Ruth Anderson, concerns about the 1991 WAVA elections and the many policy matters that may arise. It is expected that increasing the women's minimum age from 35 to 40 will again be debated.

There was also a discussion of the Masters Canadian versus U.S. cross-country championship. The annual series has rotated from the west coast to the east coast. The race will return to the U.S. in 1993. We would like to hold the race in the north-central part of the U.S. near the Canadian border. If any race director is interested, contact anyone in the MLDR Executive Committee for information.

The next Executive Committee meeting will be held on October 5, in the Minneapolis-St. Paul area, preceding the National MLDR Marathon Championship to be held as a part of the Twin Cities Marathon. If anyone has any items that they want discussed or wants to appear before the Executive Committee, please contact the chairman or any committee member as indicated on page 2 of NMN. □

MASTERS LEADING TIMES — 1990

MASTERS MEN LEADING TIMES 1990										MASTERS WOMEN LEADING TIMES 1990									
RNK	NAME	ST	PRIZE \$	RACE	DATE	TIME	PL	NK	NAME	ST/NAT	\$	RACE	DATE	TIME	PL				
1	Waigwa, Wilson	KEN/TX	\$500	FIESTA5000	07/22	00:14:17	1	1	Filutze, Barbara	PA	\$1,000	FRIEDHOFERS	05/05	00:17:07	1				
2	Hamilton, Ken	CAN	N/A	RUN FOR LIFE	07/28	00:14:24	1	2	Grayson, Nancy	SC	N/A	RUN FOR LIFE	07/28	00:17:10	1				
3	Campbell, John	NZL	\$500	ROGAINE	10/28	00:14:29	1	3	Anderson, Gabriele	SUI/ID	\$750	BAHAMAS	02/24	00:17:15	1				
4	Baldwin, Paul	AR	\$500	FIRECRACKR	07/04	00:14:49	1	4	Anderson, Gabriele	SUI/ID	\$600	FRIEDHOFERS	05/05	00:17:19	2				
5	Tibaduiza, Domingo	COL/NV	\$500	EDISON	02/17	00:14:58	1	5	Welch, Priscilla	GBR/CO	\$200	GOVERN CUP	09/09	00:17:25	1				
1	Cuevas, Mario	MEX	\$2,500	NAPLES	01/13	00:23:49	1	1	Welch, Priscilla	GBR/CO	\$300	NIKE WOMEN	05/13	00:26:56	15				
2	Waigwa, Wilson	KEN/TX	\$1,500	NAPLES	01/13	00:23:50	2	2	Welch, Priscilla	GBR/CO	\$2,600	NAPLES	01/13	00:26:59	1				
3	Neri, J. Socorro	MEX	\$1,000	NAPLES	01/13	00:23:53	3	3	Anderson, Gabriele	SUI/ID	\$1,500	NAPLES	01/13	00:27:51	2				
4	Rodgers, Bill	MA	\$3,000	CARUL MAIMI	03/10	00:23:55	1	4	Striuli, Graziella	ITA	\$1,000	NAPLES	01/13	00:27:53	3				
5	Tibaduiza, Domingo	COL/NV	\$500	NAPLES	01/13	00:23:57	4	5	Anderson, Gabriele	SUI/ID	\$3,000	CARUL MAIMI	03/10	00:27:58	1				
6	Rodgers, Bill	MA	\$400	NAPLES	01/13	00:24:01	5	6	Welch, Priscilla	GBR/CO	\$1,500	CARUL MAIMI	03/10	00:28:01	2				
7	Stewart, Dave	CAN	\$300	NAPLES	01/13	00:24:05	6	7	Matthews, Heather	NZL	\$500	NAPLES	01/13	00:28:02	4				
8	Almberg, Larry	WA	\$150	NORDSTROM	08/12	00:24:17	1	8	Filutze, Barbara	PA	\$2,100	MAG VALLEY	08/25	00:28:12	1				
9	Almberg, Larry	WA	\$200	NAPLES	01/13	00:24:18	7	9	Hutchison, Jane	MO	\$400	NAPLES	01/13	00:28:34	5				
10	Rodgers, Bill	MA	\$1,000	NISSAN	03/17	00:24:26	1	10	Anderson, Gabriele	SUI/ID	\$1,000	ALHAMBRA	10/27	00:28:38	1				
1	Campbell, John	NZL	\$1,000	MILK RUN	04/09	00:29:04	1	1	Welch, Priscilla	GBR/CO	\$1,500	TUFTS	10/08	00:34:02	1				
2	Campbell, John	NZL	\$1,200	AZALEA TR	03/31	00:29:07	1	2	Johnson, Joanne	PA	\$50	NEW KNSGTN	10/20	00:34:11	1				
3	Campbell, John	NZL	\$750	ASBURY PARK	08/11	00:29:12	1	3	Welch, Priscilla	GBR/CO	\$1,200	AZALEA TRAIL	03/31	00:34:12	1				
4	Campbell, John	NZL	\$1,200	GREAT RACE	09/30	00:29:16	1	4	Welch, Priscilla	GBR/CO	\$500	REUCO	05/20	00:34:18	1				
5	Campbell, John	NZL	\$500	INT'L PEACE	10/21	00:29:16	1	5	Vahlensieck, Christa	FRG	\$500	MILK RUN	04/08	00:34:30	1				
6	Navarro, Artemio	MEX	\$1,500	PEACHTREE	07/04	00:29:19	1	6	Welch, Priscilla	GBR/CO	\$0	LEGGIS	05/26	00:34:48	1				
7	Waigwa, Wilson	KEN/TX	\$1,000	GREAT RACE	09/30	00:29:32	2	7	Anderson, Gabriele	SUI/ID	\$2,000	REDLOBSTER	03/03	00:34:48	1				
8	Campbell, John	NZL	\$500	NEWS TIMES	09/09	00:29:38	1	8	Binder, Laurie	CA	\$1,200	GREAT RACE	09/30	00:34:56	1				
9	Campbell, John	NZL	\$1,000	BATTLEGREEN	06/23	00:29:44	1	9	Binder, Laurie	CA	\$1,500	PEACHTREE	07/04	00:34:59	1				
1	Waigwa, Wilson	KEN/TX	\$1,000	BLOODSDAY	05/06	00:37:05	1	1	Kozak, Erna	CAN	\$1,000	BLOODSDAY	05/06	00:44:18	1				
2	Almberg, Larry	WA	\$800	BLOODSDAY	05/06	00:37:19	2	2	MacHarg, Karen	FL	\$800	BLOODSDAY	05/06	00:44:58	2				
3	Tibaduiza, Domingo	COL/NV	\$600	BLOODSDAY	05/06	00:37:44	3	3	Binder, Laurie	CA	\$500	BAY T BREAK	05/20	00:45:10	1				
1	Campbell, John	NZL	\$2,000	BOILERMAKER	07/08	00:45:10	1	1	Welch, Priscilla	GBR/CO	\$1,000	CASCADE	06/17	00:52:06	1				
2	Navarro, Artemio	MEX	\$1,000	CASCADE	06/17	00:45:19	1	2	Anderson, Gabriele	SUI/ID	\$500	CASCADE	06/17	00:54:58	2				
3	Cuevas, Mario	MEX	\$500	BOILERMAKER	07/08	00:46:09	2	3	Filutze, Barbara	PA	\$500	RIVER RUN	03/10	00:55:07	1				
4	Cuevas, Mario	MEX	\$500	CASCADE	06/17	00:46:10	2	4	Grayson, Nancy	SC	\$1,000	BOILERMAKER	07/08	00:55:08	1				
5	Cuevas, Mario	MEX	\$1,000	GASPARILLA	02/17	00:46:31	1	5	Ciavarella, Claudia	TN	\$650	TULSA RUN	10/27	00:55:43	1				
1	Campbell, John	NZL	\$0	LYNCHBURG	09/22	00:48:52	1	1	Binder, Laurie	CA	\$0	BOSSBY CRIM	08/25	00:58:34	1				
2	Rodgers, Bill	MA	\$300	FOOL'S RUN	03/31	00:49:03	1	2	Millsapough, Jane	PA	\$300	FOOL'S RUN	03/31	01:03:18	1				
1	Campbell, John	NZL	\$1,900	PHILADELPHIA	09/16	01:02:28	1	1	Welch, Priscilla	GBR/CO	\$1,600	PHILADELPHIA	09/16	01:13:22	1				
2	Cuevas, Mario	MEX	\$500	PHILADELPHIA	09/16	01:06:15	2	2	Binder, Laurie	CA	\$500	PHILADELPHIA	09/16	01:17:58	2				
3	Hughson, Richard	CAN	\$800	AMSTEL	07/01	01:07:10	1	3	Filutze, Barbara	PA	\$700	DAYTON	10/14	01:18:35	1				
4	Hamilton, Ken	CAN	\$700	DAYTON	10/14	01:07:25	1	4	Ciavarella, Claudia	FL	\$250	PHILADELPHIA	09/16	01:18:40	3				
5	Ronesser, Gary	IN	\$300	CITRUS BOWL	12/08	01:08:01	1	5	Oshier, Nancy	NY	\$950	PARKERSBURG	08/18	01:19:24	1				
6	Tibaduiza, Domingo	COL/NV	\$1,000	HOSP HILL	06/03	01:09:20	1	6	Grayson, Nancy	SC	\$650	PARKERSBURG	08/18	01:19:32	2				
7	Hamilton, Ken	CAN	\$750	PARKERSBURG	08/18	01:09:10	1	7	Mahr, Terry	OH	\$350	DAYTON	10/14	01:20:16	2				
8	Hamilton, Ken	CAN	\$500	HOSP HILL	06/03	01:09:18	2	8	Ciavarella, Claudia	FL	\$250	PARKERSBURG	08/18	01:20:37	3				
9	Paul, Don	CA	\$250	PHILADELPHIA	09/16	01:09:22	3												
1	Campbell, John	NZL	\$38,000	BOSTON	04/16	02:11:04	1	1	Striuli, Graziella	ITA	\$5,000	LOS ANGELES	03/04	02:36:48	5				
2	Campbell, John	NZL	\$17,000	NEW YORK	11/04	02:14:34	1	2	Falm, Evy	SWE	\$6,000	NEW YORK	11/04	02:38:00	1				
3	Stahl, Kjell-Erik	SWE	\$3,000	BOSTON	04/16	02:16:19	2	3	Roden, Anne	GBR	\$5,500	CHICAGO	10/28	02:38:55	1				
4	Marczak, Ryszard	POL	\$1,700	BOSTON	04/16	02:16:44	3	4	Roden, Anne	GBR	\$3,000	BOSTON	04/16	02:39:36	1				
5	Judson, Ken	PA	\$2,500	ROCKET CITY	12/08	02:17:01	1	5	Binder, Laurie	CA	\$7,000	TWIN CITIES	10/14	02:39:52	1				
6	Cuevas, Mario	MEX	\$1,000	BOSTON	04/16	02:17:30	4	6	Taroni, Cesarina	ITA	\$2,500	CHICAGO	10/28	02:40:24	2				
7	Tibaduiza, Domingo	COL/NV	\$7,000	TWIN CITIES	10/14	02:18:56	1	7	Vahlensieck, Christa	FRG	\$1,200	BOSTON	04/16	02:41:18	3				
8	Campbell, John	NZL	\$2,000	LOS ANGELES	03/04	02:20:15	1	8	Oshier, Nancy	NY	\$3,000	TWIN CITIES	10/14	02:41:46	2				
9	Ueberg, Richard	SUI	\$2,000	CHICAGO	10/28	02:20:17	1	9	Matsudo, Chei	JAP	\$1,500	BOSTON	04/16	02:42:14	2				
10	Marczak, Ryszard	POL	\$3,000	TWIN CITIES	10/14	02:20:22	2	10	Striuli, Graziella	ITA	\$4,000	PITTSBURGH	05/05	02:42:46	1				
11	Marczak, Ryszard	POL	\$2,000	NEW YORK	11/04	02:20:51	2	11	Ilands, Magda	BEL	\$2,000	PITTSBURGH	05/05	02:45:08	2				
12	Navarro, Artemio	MEX	\$1,250	LOS ANGELES	03/04	02:20:57	2	12	Gumerova, Madzheda	URS	\$2,000	NEW YORK	11/04	02:45:27	2				
13	Stahl, Kjell-Erik	SWE	\$1,200	GRANDMAS	06/23	02:21:29	1	13	Hutchison, Jane	MO	\$1,500	ROCKET CITY	12/08	02:45:35	1				
14	Marczak, Ryszard	POL	\$750	LOS ANGELES	03/04	02:22:00	3	14	Filutze, Barbara	PA	\$750	ROCKET CITY	12/08	02:45:57	2				
15	Cuevas, Mario	MEX	\$2,000	TWIN CITIES	10/14	02:22:30	3	15	Hutchison, Jane	MO	\$2,000	TWIN CITIES	10/14	02:46:03	3				
16	Marczak, Ryszard	POL	\$4,000	PITTSBURGH	05/06	02:22:42	1	16	Grayson, Nancy	SC	\$0	CHICAGO	10/28	02:47:00	3				
17	Schlau, Bob	SC	\$2,000	PITTSBURGH	05/06	02:23:28	2	17	Wood, Mary	CO	\$750	TWIN CITIES	10/14	02:52:26	5				
18	Lopez, Luis	CRC	\$1,000	TWIN CITIES	10/14	02:23:59	4	18	Jordan, Janet	OR	\$300	CAL INT'L	12/08	02:53:38	1				
19	Judson, Ken	PA	\$1,000	COLUMBUS	11/11	02:24:10	1	19	Ciavarella, Claudia	TN	\$1,000	NEW YORK	11/04	02:54:01	3				
20	Grimon, Julian	GBR	\$1,000	NEW YORK	11/04	02:24:45	3	20	Lynn, Laura	CAN	\$1,000	COLUMBUS	11/11	02:54:36	1				
21	Schlau, Bob	SC	\$3,650	CHARLOTTE	01/06	02:24:46	1	21	Ladage Scott, Gail	CO	\$500	FRISCO MAR	07/01	02:54:33	1				

FROM
THE COMPETITIVE ROAD RACER
P.O. BOX 1765 BROOKLINE,
MA 02146



Harry Nolan, 43 turned in a 32:24.8 at the 1990 Asbury Park 10K Classic, staged August 11. Asbury Park, N.J. Nolan's time was good enough for third place in the M40 division which was won by John Campbell with a 29:11.9. This year's race is scheduled for August 10. Photo by Keith Quarles

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.25 each, plus \$1.00 postage and handling for each order. Send to:

National Masters News
P.O. Box 2372
Van Nuys, CA 91404

Spokane To Host 1992 Outdoor Nationals

Spokane, Wash., was chosen over Pittsburgh and Salt Lake City to host the 1992 TAC National Masters Outdoor Track and Field Championships.

The three cities each presented bids to Masters T&F delegates at a special meeting held on March 22 in Blaine, Minn., the site of this year's Indoor Nationals.

It was the first time ever that as many as three bids were submitted for a national masters track & field championship. All three bidders presented videotapes of their city and facilities.

Spokane's presentation was outstanding, and it was selected by the 16 voting delegates on the first ballot.

The meet will likely be held on the traditional first week in August. This year's nationals, set for Naperville, Ill.

Out-of-Towners Dominate Philadelphia Indoor Meet

by PETER TAYLOR

Jim Gilcrist, Fred Feaster, and Salih Talib led the field at the Philadelphia Masters Indoor Invitational held in Haverford, Pa., March 9. Gilcrist, 63, who resides in Boca Raton, Fla., topped all high jumpers with a leap of 5-4. New Yorker Fred Feaster, 31, ran the 55 in 6.8, then followed with 52.2 in the 400, 23.6 in the 200, and 2:17.6 in the 800.

Salih Talib, 45, also from the Empire State, won four M45 events: the mile (4:59.2), 400 (59.6), 3000 (10:05.1), and 800 (2:12.1).

In the women's division, Joan Sterrett, W30, ran a 5:20.5 mile and a 2:24.0 800. Ann Cirulnick, W55, had a SP of 30-9¼. □

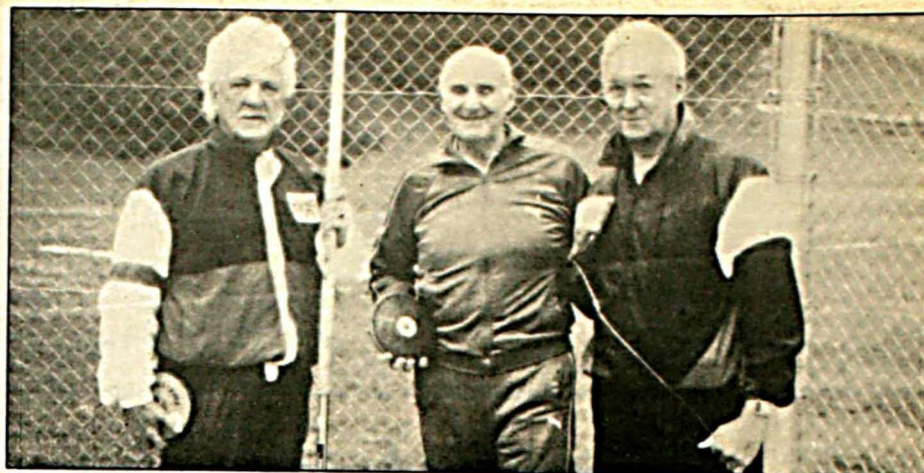


Ray Fitzhugh (l), M55 vaulter, and Bob Watanabe, M60 sprinter, soak up the sun at the 1990 So. Calif. Striders Meet of Champions in Long Beach, Calif. Photo by Jerry Wojcik

on July 4-7, was scheduled earlier because of the World Veterans Championships in Finland from July 18-28.

Normally, voting for championship sites is done at TAC's annual December convention. However, no one was prepared to bid last year, so Barbara Kousky, Masters T&F Chairman, scheduled this special meeting in Blaine.

Bids for the 1993 Indoor and Outdoor Championships will be presented at the 1991 TAC Convention in December in New Orleans. □



Three field athletes from the Northwest who hold 20 Pacific Northwest Athletic Congress shot put, javelin, discus and hammer records: (from l to r) Harvey Williams, 66; Leon Joslin, 78; Gerald Cysewski, 73.

Photo by Gerald Cysewski

SCA/TAC WESTERN SECTIONAL

1991 TRACK AND FIELD CHAMPIONSHIP

SAT/SUN JUNE 22-23

CERRITOS COMMUNITY COLLEGE

1110 EAST ALONDRA BLVD NORWALK, CALIFORNIA 90650



SPONSORED	LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE, CERRITOS COMMUNITY COLLEGE.
SANCTION BY	SCA/TAC SOUTHERN CALIFORNIA ASSOCIATION OF THE ATHLETICS CONGRESS, USA
ENTRY FEES	<p>• \$ 10.00 FIRST EVENT, \$ 8.00 EACH ADDITIONAL EVENT, \$ 20.00 PER RELAY EVENT PAYABLE ON THE DAY OF THE MEET. *PENTATHLON EVENTS \$ 25.00.</p> <p>• LATE REGISTRATION POSTMARKED AFTER DEADLINE \$ 15.00 FIRST EVENT, \$ 10.00 EACH ADDITIONAL EVENT.</p> <p>• REGISTRATION ON MEET DAY WILL BE \$ 20.00 FIRST EVENT, \$ 15.00 EACH ADDITIONAL EVENT. REGISTRATION TABLE WILL CLOSE AT 3:00 (NO ENTRY REFUNDS).</p>
ENTRY DEADLINE	<p>• TO GUARANTEE PARTICIPATION ALL ENTRIES MUST BE POSTMARKED ON OR BEFORE MONDAY, JUNE 18TH, 1991.</p> <p>• IF POSTMARKED AFTER JUNE 18TH SEE ENTRY FEES SECTION. TAC REGISTRATION REQUIRED.</p>
SPECTATORS	• \$ 2.00 AT THE GATE PER DAY.
DIVISIONS	• 5 YEAR AGE DIVISION. WOMEN FIRST AND MEN FROM OLDEST TO YOUNGEST. IMPLEMENTS & HURDLES WILL FOLLOW TAC REGULATIONS. (TIME LIMIT FOR FIELD EVENTS 2 MINUTES).
AWARDS	• WESTERN SECTIONAL CHAMPIONSHIP CUSTON MEDALS WILL BE AWARDED TO THE FIRST, SECOND, AND THIRD PLACES IN 5 YEAR AGE DIVISION PER EVENT.
TIME SCHEDULE	• WE WILL FOLLOW THE SCHEDULE AS CLOSE AS POSSIBLE. PLEASE WARM UP AND BE READY TO REPORT TO THE CLERK OF THE COURSE. THE CLERK WILL SET YOU UP ON YOUR RELAY ZONE AND LANE FOR EACH RUNNING EVENT.
IMPORTANT NOTE	• ALL WARM-UPS ON SOUTH FIELD ONLY I DO NOT SET YOUR TEAM OR BAIN FIELD. PLEASE LEAVE FIELD WHEN YOU ARE THROUGH WITH YOUR EVENT. NO MANAGERS, COACHES OR UNAUTHORIZED PEOPLE ON THE BAIN FIELD.
FIELD EVENTS	• IN THE SHOT, DISCUS, JAVELIN, LONG JUMP, TRIPLE JUMP, AND HAMMER, ALL COMPETITORS WILL BE ALLOWED 101 JUMPS OR THROWS.
FACILITIES	• POLYURETHANE TRACK, LONG JUMP, TRIPLE JUMP, POLE VAULT, AND HIGH JUMP. PLEASE NO LONG SPIKES! CEMENT SHOT PUT, DISCUS, AND HAMMER AREAS. GRASS APPROACH IN THE JAVELIN. NO SPIKES LONGER THAN NEEDLE 1/4" WILL BE PERMITTED ON THE FACILITY. ALL FINALS WILL BE TIME BY ACCUTRAC TIMING AND HAND TIMERS.
DRESSING FACILITY	• FACILITIES ARE AVAILABLE FOR DRESSING AND SHOWER IN THE PHYSICAL EDUCATION BUILDING (NOT THE FIELD HOUSE). BRING YOUR OWN LOCK AND TOWEL.
MEET DIRECTORS	• DARVIN THOMPSON, TRACK COACH (TEAM PATRIOTS USA) BOBBY BELLS, TRACK COACH (CERRITOS COMMUNITY COLLEGE)

SATURDAY, JUNE 22, 1991

TRACK EVENTS

8:00 A.M.	5K Racewalk (Combined)
1:00 P.M.	800 M. Hurdles 30" (70+ Men, 40-59 Women)
1:15 P.M.	100 M. Hurdles 33" Women (35-59)
1:30 P.M.	100 M. Hurdles 34" Men (50-59)
1:45 P.M.	110 M. Hurdles 39" Men (40-49)
2:00 P.M.	110 M. Hurdles 39" Men (50-59)
2:15 P.M.	4 x 100 M. Relays (Women/Men)
2:30 P.M.	800 Meters Hurdles (All Divisions)
2:45 P.M.	100 Meters Hurdles (All Divisions)
3:00 P.M.	* Pentathlon 200 Meters *
3:15 P.M.	4 x 200 M. Relays (Women/Men)
3:30 P.M.	5000 Meters (Combined)
4:15 P.M.	* Pentathlon 1500 Meters *

FIELD EVENTS

1:00 P.M.	* Pentathlon Long Jump *
1:00 P.M.	Hammer Throw (Finals)
2:00 P.M.	* Pentathlon Javelin Throw *
3:00 P.M.	Javelin Throw (Finals)
3:00 P.M.	Triple Jump (Finals)
3:30 P.M.	* Pentathlon Discus Throw *
4:30 P.M.	Discus Throw (Finals)

SUNDAY, JUNE 23, 1991

TRACK EVENTS

8:00 A.M.	10,000 Meters Run (Combined)
1:00 P.M.	300 Meters Hurdles (Finals)
1:15 P.M.	400 Meters Hurdles (Finals)
1:30 P.M.	400 Meters (Finals)
1:50 P.M.	1500 Meters (Finals)
2:15 P.M.	200 Meters (Finals)
2:30 P.M.	2000/3000 M. Steeplechase (Finals)
3:30 P.M.	4 x 400 M. Relays

FIELD EVENTS

1:00 P.M.	Pole Vault (Finals)
3:00 P.M.	Shot Put (Finals)
1:00 P.M.	Long Jump (Finals)
3:00 P.M.	High Jump (Finals)

LAST NAME

OFFICIAL ENTRY FORM (PLEASE PRINT)

FIRST NAME

NAME

ADDRESS

CITY

STATE

ZIP

SEX: M F

DATE OF BIRTH

AGE

TAC #

Mail entry to:

LOS ANGELES PATRIOTS T&F COMMITTEE
2301 HYPERION AVE SUITE 70
LOS ANGELES, CALIFORNIA 90027-4701
PATRIOTS INFORMATION LINE (213) 668-7341

INDIVIDUAL FEES \$

CLUB OR TEAM REPRESENTING

EVENT (S) ENTERED

BEST '90-91

EVENT (S) ENTERED

BEST '90-91

1.

1.

2.

2.

3.

3.

ATHLETE'S WAIVER: I WAIVE ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST CERRITOS COLLEGE, THE ATHLETIC CONGRESS, LOS ANGELES PATRIOTS, AND THE SPONSORS OF THIS ATHLETIC EVENT ARISING FROM ANY INJURY, ILLNESS, OR ACCIDENT THAT I MAY SUSTAIN OR INCUR PARTICIPATING IN THIS EVENT OR AT THIS EVENT. I DECLARE I AM IN A GOOD HEALTH TO PARTICIPATE IN THIS EVENT.

SIGNATURE

DATE

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 1991

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LIDA ASKEW (US)	5-23-26	65-69
SUE BERNAN (CAMBRIDGE, MA)	5-14-36	55-59
DAPHNE DUNN (US)	5-25-46	45-49
VALERIE ENDRES (SAN LUIS OBISPO, CA)	5-19-36	55-59
LETHA FIGG-HOBLYN (PORTLAND, OR)	5-17-41	50-54
MILA KANIA (WARWICK, NY)	5-26-31	60-64
MARGARET LOPEZ (MIDDLETOWN, NJ)	5-18-11	80-84
CAROL PEEBLES (POND DULAC, WI)	5-14-21	70-74
SHIRLEY SEGAR (DUNCANS MILLS, CA)	5-27-26	65-69
NANCY SHAFER (BOWLING GREEN, OH)	5-6-51	40-44
MIRIAM ST. CLAIR (PALO ALTO, CA)	5-30-41	50-54
MARY ELLEN WILLIAMS (DARNESTOWN, MD)	5-17-46	45-49
HANETTE FURGINE (SWI)	5-28-46	45-49
EILA HOGVIST (FIN)	5-27-21	70-74
HILMA JAGER (FRG)	5-30-36	55-59
L. KORCHAGINA (URS)	5-31-46	45-49
BERNADETTE MCGRATH (AUS)	5-18-41	50-54
PATRICIA OAKES (GB)	5-2-46	45-49
VALBORG OSTBERG (NOR)	5-14-31	60-64
LENA SANDGREN (SWE)	5-3-41	50-54
CHRISTA SEILNACHT (WG)	5-20-41	50-54
URSULA STELLING (WG)	5-23-41	50-54
MAX DAYNE (ST. PETERSBURG, FL)	5-29-1	90-94
CHADWICK NOLENDER (SEATTLE, WA)	5-18-31	60-64
FRANK BOWLES (GREELEY, CO)	5-31-21	70-74
THOMAS BUTTERFIELD (WINDSOR, CONN)	5-26-36	55-59
DAVE CADIZ (KAILUA, HAW)	5-9-36	55-59
JOE CHADBOURNE (CHAGRIN FALLS, CA)	5-15-31	60-64
THOMAS COLSON (GB)	5-26-31	60-64
JAMES DALEY (NEW LSWICH, NH)	5-14-36	55-59
JOHN DOBROTH (VENTURA, CA)	5-19-41	50-54
GERD DRENNIAR (WG)	5-21-31	60-64
COLIN FAIREY (GB)	5-11-16	75-79
JULIUS GILBERT (GARDEN GROVE, CA)	5-31-6	85-89
B. GREEN (GB)	5-15-41	50-54
HINRICH JOHNS (WG)	5-11-36	55-59
JOE KING (ALAMEDA, CA)	5-29-26	65-69
MIKE KISH (FONTANA, CA)	5-15-6	85-89
HARRY LANPRT (RSA)	5-18-21	70-74
SALVADORE MARTINEZ (SPA)	5-5-26	65-69
WERNER VON MOLTKE (WG)	5-24-36	55-59
BOO MORCOM (PHILADELPHIA)	5-1-21	70-74
FRITZ MUELLER (WG-NY)	5-23-36	55-59
BUZZ PORTER (DAYTONA BEACH, FL)	5-31-36	55-59
DON QUARRIE (JAM)	5-3-51	40-44
DAVE ROBINSON (SAN DIEGO, CA)	5-22-46	45-49
ALBERT SALMON (CA)	5-24-21	70-74
WILLIAM STODDART (GB)	5-2-31	60-64
PETE STOPOULOS (E. MOLINE, IL)	5-11-36	55-59
JACK THATCHER (MANHATTAN BEACH, CAL)	5-21-16	75-79
WILLIAM THOMPSON (BRYANTVILLE, MASS)	5-1-16	75-79
DAVID THORESON (SANTA BARBARA, CA)	5-16-41	50-54
JAMES UPIAH (JUNCTION CITY, KANS)	5-12-21	70-74
GERARD VERVOORT (FRANCE)	5-6-36	55-59
ROBERT WATANABE (SANTA MONICA, CALIF)	5-19-26	65-69
JIM WEAVER (FT. WORTH, TEX)	5-4-36	55-59
RALPH ZIMMERMAN (BUFFALO, NY)	5-12-41	50-54
AL SANCHEZ (CHANNEL ISLANDS, CA)	5-26-51	40-44
BOB EVEROSKI (HIALESTAD, KS)	5-18-46	45-49

Masters Racewalking Continued from page 16

once. He just moved into the M60 division. Peter is a strong walker and his wife, Mary, has never been out of the medals. The only one who beats her is a German.

How many walkers will be going to Turku from England?

About 10 men and 6 women.

How do you size up the competition?

The Italians are very good. Great Britain, Australia, and the U.S.A. are, too. I think the Americans have come on very strong the last four to five years. This was noticeable in Eugene,

and you had quite a few walkers in Melbourne. There are one or two good New Zealanders. Sweden and Norway usually pick up a few medals, and it will be interesting to see how the Russians do as Eugene was their first veterans meet.

I think there is a fantastic and happy atmosphere in veterans athletics. We are one big, happy family and it is great. It has kept me in the sport.

Ten Years Ago

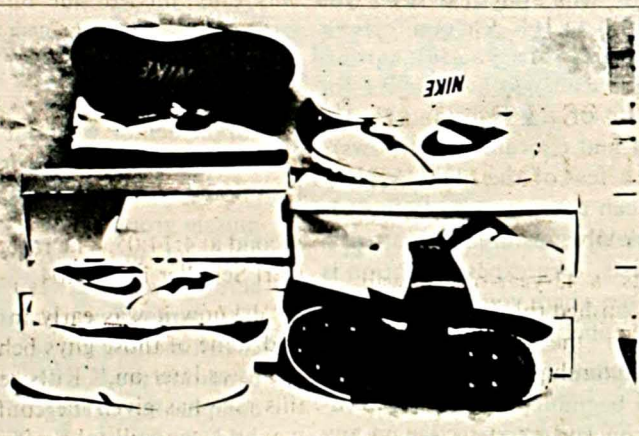
May, 1981

- Snohomish TC Captures Men's Division in Seattle Grand Prix; Falcon TC Takes Women's Title
- Jim Bowers, 42, Wins TAC National Masters 30K in 1:39:29
- Margaret Miller Sets W55 Mark of 40:44 in the Malibu 10K

DEADLINE

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

ELITE



SHOT & DISCUS

Upper: Athletic mesh and suede
Sole Unit: Phylon™ silver wedge and full-length BRS 1000 outsole
Profile: Shot and discus shoe
Sizes: 6-14, 15
Suggested Retail: \$66-00 \$49.00
Code: 2901
Color: White/Columbia Blue-Black

THE HIGH JUMP

88 incorporates featuring necessary for both take off and trail leg in one pair of shoes.
Upper: Lightweight nylon is reinforced with synthetic suede. Medial and lateral straps stabilize forefoot while quarterstraps with lace-locks secure rear foot. Duraplus quarterlining reduces slippage while enhancing comfort.
Sole Unit: 3mm EVA forefoot pad increases leverage angle for take off. Hard rubber cupsole increases traction and durability.
Spike Plate: Ten spikes improve traction on all surfaces. Full-length nylon plate provides torsional rigidity for take off leverage.
Code: 2922
Color: White/Royal Blue-Black
Approx. Weight: 8.7 oz
Sizes: 6-13
Suggested Retail: \$66-00 \$49.50

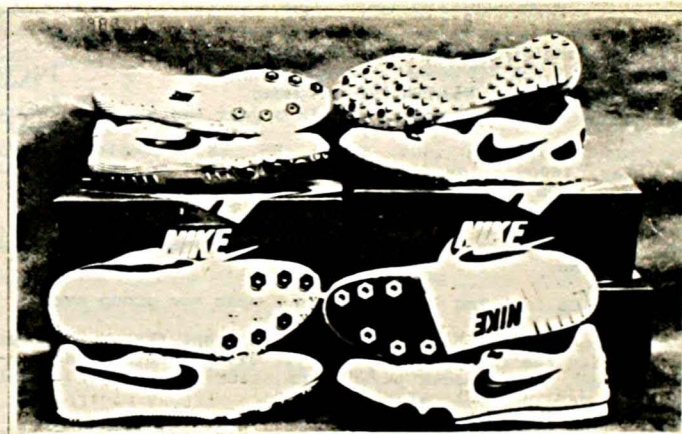
THE LONG JUMP

88 combines world class athlete feedback with Nike Sport Research Lab data in a superior jumping shoe.
Upper: Lightweight nylon is reinforced with synthetic suede. Medial and lateral straps stabilize forefoot while quarterstraps with lace-locks secure rear foot. Duraplus quarterlining reduces slippage while enhancing comfort.
Sole Unit: Full length EVA midsole incorporates "negative taper" from forefoot to heel which enhances takeoff leverage. Hard rubber outsole with heel wrap is durable and enhances proper foot plant.
Spike Plate: Seven spike configuration is optimal for takeoff traction.
Code: 2947
Color: White/Navy Blue-Red
Approx. Weight: 6.4 oz
Sizes: 6-13
Suggested Retail: \$66-00 \$49.50

JAVELIN

Upper: Athletic mesh and synthetic leather.
Sole Unit: Full length nylon 10-spike plate and solid rubber mini-Waffle® outsole.
Profile: Javelin-throwing boot.
Sizes: 6-14, 15
Suggested Retail: \$66-00 \$49.50
Code: 2913
Color: White/Red-Black

All sizes listed are men's sizes, for woman's sizes subtract 1 1/2 from their men's sizes and that will equal the correct women's size.



THE ZOOM LIGHT

is Nike's premier sprint spike. A snug fitting shoe is crucial to successful sprinting and several technological innovations make the Zoom Light Nike's best fitting sprint shoe.
Upper: Dynamic stretch inner sleeve provides a snug midfoot fit. "Sk-lock" type system locks heel securely into shoe. Open weave quarter panels increase breathability and reduce shoe weight. Blucher style eyelets accommodate feet of different widths. Lace-locks provide secure lacing options.
Sole Unit: Phylon™ silver wedge and rubber outsole wrap provides lightweight cushioning and traction to rearfoot and midfoot. Forefoot silver wedge improves cushioning and reduces spike pressure.
Spike Plate: Six spikes positioned for anatomical efficiency based on Nike Sport Research Lab data. Forefoot nylon spike plate provides traction. Three grooves enhance flexibility.
Code: 2835
Color: White/Royal Blue-Cerise, Yellow
Approx. Weight: 5.4 oz
Sizes: 8-12 1/2
Suggested Retail: \$66-00 \$59.00

ZOOM SPRINT

Upper: Synthetic leather and nylon.
Sole Unit: Phylon™ silver wedge, EVA forefoot pad, rubber outsole wrap and forefoot nylon 6-spike plate.
Profile: Lightweight, snug fitting sprint spike for sprinters.
Sizes: 4-13
Suggested Retail: \$66-00 \$69.50
Code: 2834
Color: Pearl White/Black/Citron

ZOOM EXTRA (not shown)

Upper: Synthetic leather and nylon.
Sole Unit: Phylon™ silver wedge, EVA forefoot pad, rubber outsole wrap and forefoot nylon 6-spike plate.
Profile: Lightweight, snug fitting sprint spike for sprinters.
Sizes: 4-13
Suggested Retail: \$66-00 \$69.50
Code: 2834
Color: Pearl White/Black/Citron

THE WAFFLE RACER®

Upper: New-wave shadow poly-pag and synthetic suede.
Sole Unit: EVA wedge and silver midsole. Solid rubber Waffle® stud outsole with forefoot wrap.
Profile: Extremely lightweight "spikeless spike" racing shoe for the competitor who cannot wear spikes.
Sizes: 4-13
Suggested Retail: \$62-00 \$34.50
Code: 2233
Color: White/Black-Electric Green

INTERNATIONALIST

Upper: Poly-pag and synthetic suede.
Sole Unit: EVA wedge and forefoot pad, rubber outsole and forefoot nylon 6-spike plate.
Profile: Versatile spike for runners, hurdlers and vaulters.
Sizes: 3-13, 14, 15, 16
Suggested Retail: \$56-00 \$44.50
Code: 2845
Color: White/Bright Royal Blue-Citron

RIVAL PLUS (not shown)

Upper: Poly-pag and suede.
Sole Unit: EVA wedge and forefoot pad, rubber outsole and nylon 6-spike plate.
Profile: Versatile, entry-level team spike.
Sizes: 3-13, 14, 15
Suggested Retail: \$62-00 \$34.50
Code: 2826
Color: White/Natural-Charcoal
2827 White/Red
2828 White/Royal Blue

Call Toll Free 1-800-433-0324

MasterCard and VISA Accepted
In Mass. Call (617) 749-4389

Shipping charges are \$3.00 for the first pair of shoes, then \$1.00 for each additional pair of shoes. COD's are \$4.00 additional. Overseas add 20% for surface freight or 30% for air shipments.

SHIP TO:

Name: _____
Address: _____
City/State/Zip: _____
Telephone: _____
☐ MC ☐ VISA Card No. _____ Exp. Date _____
Signature _____

Express Mail Available



Women's Corner

by BECKY SISLEY

Choosing and Preparing For Your Track and Field Events

This month's guest contributor has had a wide variety of track & field and cross-country coaching experience at all levels, including coaching two female athletes who won medals in middle distance, sprints and heptathlon at the VIII World Veterans' Championships. Lyndell Wilken has conducted numerous clinics, coached her Lane Community College team (Eugene, OR) to first or second in the region for ten consecutive years and, as an athlete, was captain of the 1971 University of Illinois National Championship team. Her coaching awards are numerous and her depth of training to coach is extensive. We are fortunate that she has recently turned her coaching interest to the master athlete. In this article she presents some hints for the masters woman who is beginning in the sport.

The masters track and field scene offers a broad spectrum of track and field events for women. For women just beginning in the sport, it can be a confusing experience to choose one or more events that best suits their interests and abilities. Just how does one go about making these decisions?

Choose Your Event

First, determine what kind of competitor you are interested in being. If

you are an intense person that wants to reach your maximum potential, I would suggest focusing on one or two

1991 TAC EASTERN MASTERS SECTIONAL TRACK & FIELD CHAMPIONSHIPS

Sunday, June 16, 1991; 9:30 starting time for both T & F events

Millersville University, Millersville, PA (near Lancaster)



Eligible: Men & women over the age of 30, in 5 year age groups.

Events: 100, 200, 400, 800, 1500, 5,000, HH, IH, steeplechase (3,000m only), 400m relay, 1600m relay, 3200m relay, LJ, TJ, HJ, SP, PV, discus, javelin, hammer, 5,000m racewalk.

Contact: Scott Thornsley, 18 Colgate Drive, Camp Hill, PA 17011-7624, SASE only. (717) 737-2385 to 11:00 p.m. I cannot return long distance calls. Keep trying to get me.

Awards: TAC medals to 1st, 2nd & 3rd in each 5 year age group event.

Cost: \$10 for 1st event, \$5 for each subsequent event (Pre-entries are due June 9th!) \$10 late fee for post-entries!!!! \$15 for relays. No pre-entry required for relays. Make checks payable to Scott Thornsley. I will NOT pick up certified mail at my local post office!

Order of Events (Tentative): Young to old; men then women, except as noted. Track: steeplechase, IH, 5,000m run, HH, 800, 100 (trials to finals), 400m relay, 1500, 400, 3200m relay, 5,000m racewalk, 200, 1600m relay. Field: LJ @ 9:30 then TJ; hammer @ 9:30 then SP; discus then javelin after hammer; HJ @ 9:30, then PV. (LJ/TJ will use both pits. One pit will start with men 30 and up, while the other will start with women, then older men.) SUBJECT TO CHANGE!

TAC Registration: Required of all entries! Post-entries must show a 1991 TAC card! No "pending" accepted!

Implements: Meet will not supply implements. Meet will inspect all implements prior to the start of the event.

Facility: 6 lane Tartan surface. 2 LJ/TJ pits but shared by one common runway. Grass runway for javelin. Shaded area; restrooms; no locker room.

Name _____ Phone _____ Sex _____

Address _____

Age (as of 6/16/91) _____ TAC # _____ Club _____

Event: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____
Amount Enclosed _____

WAIVER: In consideration for my entry being accepted, I intending to be legally bound, for myself, my heirs, executors, and administrators, waive release and discharge any and all rights, claims and damages, which I have or which may accrue to me against The Athletics Congress of the USA, the Mid-Atlantic Congress of The Athletic Congress, Inc., Millersville University, or their respective officers or assigns, for all damages which may be sustained and suffered by me in connection with entry in, and arising out of my travel to, participation in, and return from this outdoor track and field meet. I certify I have the level of physical fitness necessary to compete and will withdraw the entry if that level becomes inadequate.

Signature of Athlete: _____ Date _____

Amount of Running Conditioning for Event Groups

Event	Minutes of Jogging
Distance:	20-60 minutes
Sprints:	5-30 minutes
Jumps:	5-30 minutes
Hurdles:	5-30 minutes
Intermediates:	10-50 minutes
Throws:	5-20 minutes

The more time involved running in your event, the more time should be spent on developing your aerobic capacity through jogging. Start with a small block of time and build to the amount of time shown. For non distance events your objective is obtaining overall fitness and it is not necessary to jog for long periods of time.

Weekly Schedule Of Practice Intensity

Monday:	Hard
Tuesday:	Moderate
Wednesday:	Easy
Thursday:	Moderate
Friday:	Easy
Saturday:	Hard
Sunday:	Rest Day

The easy days of practice are important when building to a higher level of fitness. The schedule can be shifted around to meet your own needs. Example, Thursday can become a hard practice and Saturday a competition day. Avoid putting two hard days back to back.

events that compliment your physical abilities. On the other hand, if you are more focused on the social, participation and fitness experiences that masters track can offer, then you may want to choose several events which cross the wide spectrum of choices. Keep in mind the more events you choose, the more difficult it becomes to reach maximum potential in any one event.

Second, study your personal background as an athlete or active person. Decide what physical skills you have excelled in, or felt comfortable doing in the past. Are you fast (sprints and jumps)? Can you keep active for long periods of time (distance)? Are you strong and coordinated (throws)? These are a few of the obvious questions you can ask yourself. If there is not any one obvious area that attracts your interests, then experimentation is needed to see where you can most successfully channel your skills.

Pre-Conditioning

Prior to beginning your experimentation or concentrated practice on any one event, you should plan on following a pre-competition fitness routine. Sports and exercise bring improved health but they can also cause injuries. Eighty-five percent of sports injuries in older athletes are due to overuse injuries brought on by poor preparation for competition.

This means an athlete begins competing or practicing too hard or too long before muscles, tendons, bones and joints are ready for the stress of such an endeavor.

One can begin by following a general fitness routine which includes light aerobic work like jogging, walking, swimming or bicycling. Begin with short distances or small increments of time and gradually increase the workout sessions over a 6-12 week time period. If you are not sure of your event, remember that all events can benefit from an aerobic foundation as

muscle tone and strength improve.

Weight Training

In addition to aerobic activity, a general weight-training program is beneficial in improving strength and preventing injuries. The weight training program should include all muscle groups. The program begins with light weights and many repetitions (3 sets of 10-20 reps). Lifting 2-3 times a week with at least one day of rest between sessions is adequate. The weight training can supplement your 6-12 weeks of aerobic work.

Calisthenics may also contribute to increased body strength and is sometimes used as a substitute or a supplemental workout to the weight-lifting. It is important to include enough exercises that work all major muscle groups. These exercises can be arranged in a circuit that includes aerobic work between the calisthenics (Ex. jump rope, running drills). The circuit method is a very efficient way to condition the body because you are accomplishing strength and cardiovascular endurance at the same time by keeping the working heart rate between 60-85% of maximum. Drills can be inserted into the circuit that emphasize techniques related to your event. One must remember to start the circuit with a small time frame and progress to a longer time frame as the weeks go by. A circuit may be repeated twice a week and can add variety to your pre-conditioning regimen.

It is important to remember that physical workouts place stress on the body and tear it down. Rest allows the body to rebuild to a higher level of fitness. This means it is wise to alternate hard and easy days. Lift weights on one day but follow with a non-lifting day. Run longer on Monday but run shorter on Tuesday. Your body responds to physical stress by building itself stronger, but it needs a period of rest to complete this building phase.

Continued on page 19

Women's Corner Continued from page 18

Second Phase

Once you have completed the 6-12 weeks of the basic conditioning phase, you have set the stage for future practices. This second phase will include activities of greater intensity and be more specific in regards to the events you will be participating in. Running will become faster and more anaerobic, technique work takes more of your practice time, circuits can be made that include field event and hurdle techniques, strength work will involve fewer repetitions and more weight. The duration of the second phase varies but should be an additional 6-12 weeks. During the later weeks of this phase is an excellent time to take part in low key competitions. These early competitions can provide opportunities to try various events. Your fitness level will have decreased the possibility of injury.

Selecting A Coach

It is advantageous to have a coach or some other knowledgeable source during the second phase to help with training format and technique work. Decisions on training become more difficult to make with regard to pacing, strength training, technique related drills and rest. The line between too much rest and too little rest becomes thinner during

this phase and it becomes increasingly difficult to decide how much to do and at what intensity.

Unfortunately, many track enthusiasts are injured because they fail to follow a progressive conditioning program. They are inspired by another athlete, the Olympic movement or an event like the Veterans Games. They want to immediately be a part of the inspiring competitive scene. The temptation to jump right in and compete is great, but the knowledgeable masters athlete knows that pre-conditioning is a vital link to their overall enjoyment and success in whatever event they choose. □

All comments, articles or other input should be sent to Becky Sisley, 310 E. 48th St., Eugene, OR 97405.



TRACK & FIELD NEWS



"Everything for Track and Field Athletics"

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: \$31.00 USA, \$38.50 rest of world.

• **TRACK TECHNIQUE.** Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now \$15.00 yr., USA; \$16.00 foreign.

• **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist.

• **TOURS.** 1992 Olympics (Barcelona), 1991 World Championships (Tokyo), 1992 U.S. Olympic Trials, etc. Popular sports tours since 1950. Write for information.

TRACK & FIELD NEWS
2570 El Camino • Suite 606 • Mountain View, CA 94040 • USA



Bill Van Fleet, 75 (r), doffs his cap to well-wishers as he leads four generations of Van Fleets to the finish line of the Humboldt Redwoods Half-Marathon. Pictured (l to r) are Bill's son, Peter; his grandson, Matt; and great-grandson, Schuyler (in stroller). Photo by Michael Hughes, Eureka Times Standard



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

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

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

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

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

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

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

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

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

Roy Earl, 40

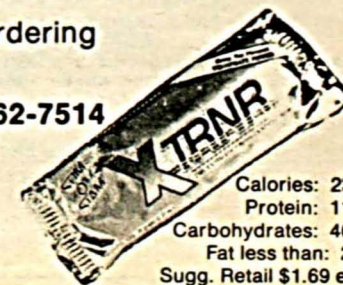
STIM-O-STAM the proven phosphate fuel . .

is now available in both tablets and a new, delicious honey-nut flavored sports bar, power-packed to improve your running.

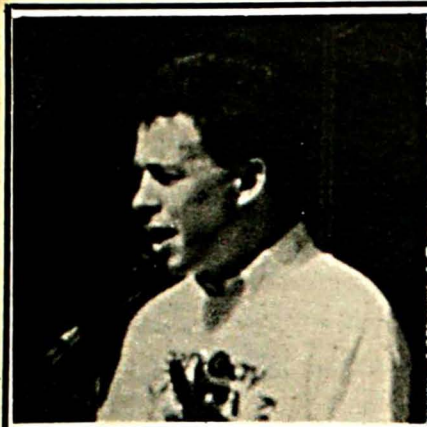
For information or ordering
CALL

TOLL FREE 1-800-562-7514

Available at: GNC and other fine health stores, sporting goods, and running shops.



Calories: 230
Protein: 11g
Carbohydrates: 46g
Fat less than: 2g
Sugg. Retail \$1.69 ea.



The Director's Corner

by DEAN REINKE

\$10,000 Up For Grabs

The 1991 Sorbothane/USRA Masters Circuit will offer \$10,000 in prize money for the '91 Circuit Grand Prix and Championship Events. Spectrum Sports' President Mike Silvestro announced plans for the upcoming year along with circuit Executive Director Dean Reinke of Dean Reinke & Associates. The twenty-five city tour will offer a \$10,000 Grand Prix and championship purse in addition to competition in fourteen, 5-year age groups for men and women from 40-44 through 70+.

Presenting sponsors for the Sorbothane/USRA Masters Circuit will be PowerBar and Lily of France. Their names will be included in the "PowerBar Men's Division" and the "Lily of France Women's Division." \$2500 of the \$10,000 purse will be dedicated to the Sorbothane/USRA Masters Circuit National Championship to be held in January 1992.

"We are very pleased to enter our third year of sponsorship of the Sorbothane/USRA Masters Circuit," noted Sorbothane's President, Mike Silvestro. "We welcome the addition of PowerBar and Lily of France to provide even more opportunities for masters runners of all ages."

Sorbothane will again sponsor the "Sorbothane Cup" age-graded rank-

ing program. Developed by the World Association of Veteran Athletes (WAVA) and *National Masters News*, age-graded tables are a series of age factors and age standards which can be used to compare performances at different ages in different athletic events. Using age grading, everyone can compete in the "same division" and performance can be compared, regardless of age.

The 1991 Sorbothane/USRA Masters Circuit will again feature a Grand Prix style format. Points will be awarded in fourteen age categories (men & women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over), and for places 1st thru 10th at Circuit events for ages 40-44. All other age groups will score the top five places. Runners accumulate points from their top five performances and can compete in as many circuit events as desired.

Further information on the Sorbothane/USRA Masters Circuit, presented by Powerbar and Lily of France, may be obtained by contacting Circuit Headquarters at Dean Reinke & Associates, 400 N. New York Avenue, Suite 102, Winter Park, Florida, 32789. (407) 647-2918 Fax: (407) 647-0433.



CIRCUIT HAPPENINGS

The 4th Season of the Sorbothane/USRA Masters Circuit picked up where it left off a year ago with victories by 1990 Circuit Grand Prix Champions, John Campbell and Nancy Grayson at the Nissan Shamrock 8K on March 16....1988 Circuit Grand Prix Champion Bob Schlau of Charleston captured the second stop on the '91 Sorbothane Tour with a victory at the Myrtle Beach Classic, March 23rd. Susie Klutzz of Winston-Salem captured the women's masters crown...The third stop on the Circuit is the Northwest Natural Gas 8K in Portland on April 28th. Over 5000 participants will receive a free spaghetti dinner from the Old Spaghetti Factory.

The 4th stop on the Circuit is the Run for the Zoo 5K in Albuquerque. They are expecting 5000 runners on May 5th (Glen Poe 505/842-7226)... Back for its third year, the Cotton Row Run 10K in Huntsville is the 5th stop. (John Dennison 205/831-5807)... Norfolk, Virginia's Elizabeth River Run will feature a \$5000 prize purse with \$500 to the top male and female masters (John Dorell 407/647-2918)... Columbia, S.C. Mayfest Quest on May 4th will feature a first ever prize purse with masters money included. (Mark Crepeau 407/647-2918).

Look for Bob Schlau on the starting line at the revitalized Pittsburgh Marathon on May 5th....Injuries kept Bill Rodgers off the starting line at the Boston Marathon in what was probably the best marathon field ever put together. Rodgers will be at the Indiana stop on the Sorbothane/USRA Masters Circuit May 27 (Ron Shamanski 219/294-1667)... Asbury Park 10K Classic Race Director Phil Benson reports a new

headquarters hotel for his popular event, making its 4th appearance on the circuit (Phil Benson 201/531-4156)....First of three California stops will be the Pacific Sun 10K May 27th in San Raphael, CA. (Kees Tuinzing 415/472-7223).

Despite having one of the worst economic conditions in the country, the West Virginia tourism department has contributed \$28,000 towards a Grand Prix purse for events including Cabell Huntington 10 mile, Elby's Distance Run, Parkersburg Half-Marathon and the Charleston Distance Run. The money will be distributed to both local and out-of-state runners in a variety of age groups....Cherry Creek Sneak in Boulder will provide a first ever prize purse, including \$500 for the first male and female masters....Look for John Campbell at the All Iowa 8K on May 4th along with yours truly as the announcer....Sorry to hear that Long Beach will not host the Women's Olympic Marathon Trials for '92. Joe Carlson's crew is a terrific bunch. Look for a new site to be named later this spring by Women's LDR.

Does anyone else find it hard to believe that the Crescent City Classic has a problem finding prize money in its budget financed by 32,000 runner entry fees?...Great things happening again on May 11th at the Gumtree Run in Tupelo. \$3600 in masters money will be awarded by this first class event sponsored by the Bank of Mississippi....For those of you who can't make the trip to Tupelo, find a way to get to Grand Rapids for the Old Kent River Run featuring \$1000 for the first male or female master...Please tell me if the Cleveland Revco Marathon has changed its Road Race Management guide's reported purse of \$110,000 in prize money with "0" going to masters?

The Azalea Trail 10K in Mobile was its usual competitive self. Manuel Vera took the masters in 29:45, good for \$1200. Wilson Waigwa was 31 seconds back. Priscilla Welch bested Laurie Binder in the women's masters event by 40 seconds with Nancy Grayson 4 seconds back. On the sad news front: Red Lobster has dropped its sponsorship of the Orlando Red Lobster Classic. Don't be surprised if the event comes back stronger than ever under John Hughes' leadership.

Mario Cuevas, winner of the 1990 Sorbothane/USRA Masters Circuit National Championship, captured the Jacksonville River Run with a one-minute win over Domingo Tibaduiza. Laurie Binder captured the women's event with an impressive three-minute victory over Colorado's Mary Wood....Wilson Waigwa took the Red Lobster 10K in an impressive 29:40 under very hot and humid conditions. The win netted him \$2300. New master (Dec. 1990) Gary Romesser finished second in a field that included Domingo Tibaduiza, Dave Stewart and Ken Hamilton. Laurie Binder continued her strong Sunshine State ways with a nine-second win over 50-year-old Shirley Matson of California.

John Campbell captured 4th place overall and first master in the Los Angeles Marathon, running 2:14:33 and netting \$17,000. Priscilla Welch of England ran 2:40:20 to take the women's masters category....Colorado's Doug Bell won the Rogaine 5K during the Los Angeles Marathon weekend in 14:54 over Nolan Smith (15:08). Elaine Triplett of California captured the women's race in 18:56....See you on the road! □

15th ANNUAL FRIENDLY

VOYAGEUR MARATHON

2nd ANNUAL

Spanish River

HALF-MARATHON

Sunday, July 21st, 1991

Marathon: 5:30 a.m.

Half-Marathon: 7:30 a.m.

CANADIAN AND ONTARIO

MASTERS MARATHON CHAMPIONSHIPS

(U.S. runners have full eligibility)

WHERE DO YOU RUN A MARATHON IN JULY?

IN THE COOL SHADE ALONG NORTHERN ONTARIO'S SPANISH RIVER

COME TO MASSEY FOR THE RACE THAT WAS VOTED ONTARIO'S SECOND FAVOURITE SMALL TOWN EVENT IN 1990 (#1 was in a town ten times larger than Massey) AND ENJOY THE COOLEST MARATHON OF THE SUMMER

Come a few days early and take in the beautiful scenery, the pleasant summer weather and a host of pre-race activities. Hike, walk, fish, camp or stay at one of the area's lodges and enjoy the wildlife while you think about running a PR on the fast, flat course and taking home an arm load of prizes. Then on race day, finish the marathon or half-marathon before breakfast and enjoy a refreshing swim, a free pancake breakfast, and other festivities.

\$5000 in CASH AWARDS FOR OPEN AND MASTERS EVENT RECORDS, AGE GROUP RECORDS AND OLDEST MALE AND FEMALE FINISHERS IN BOTH RACES

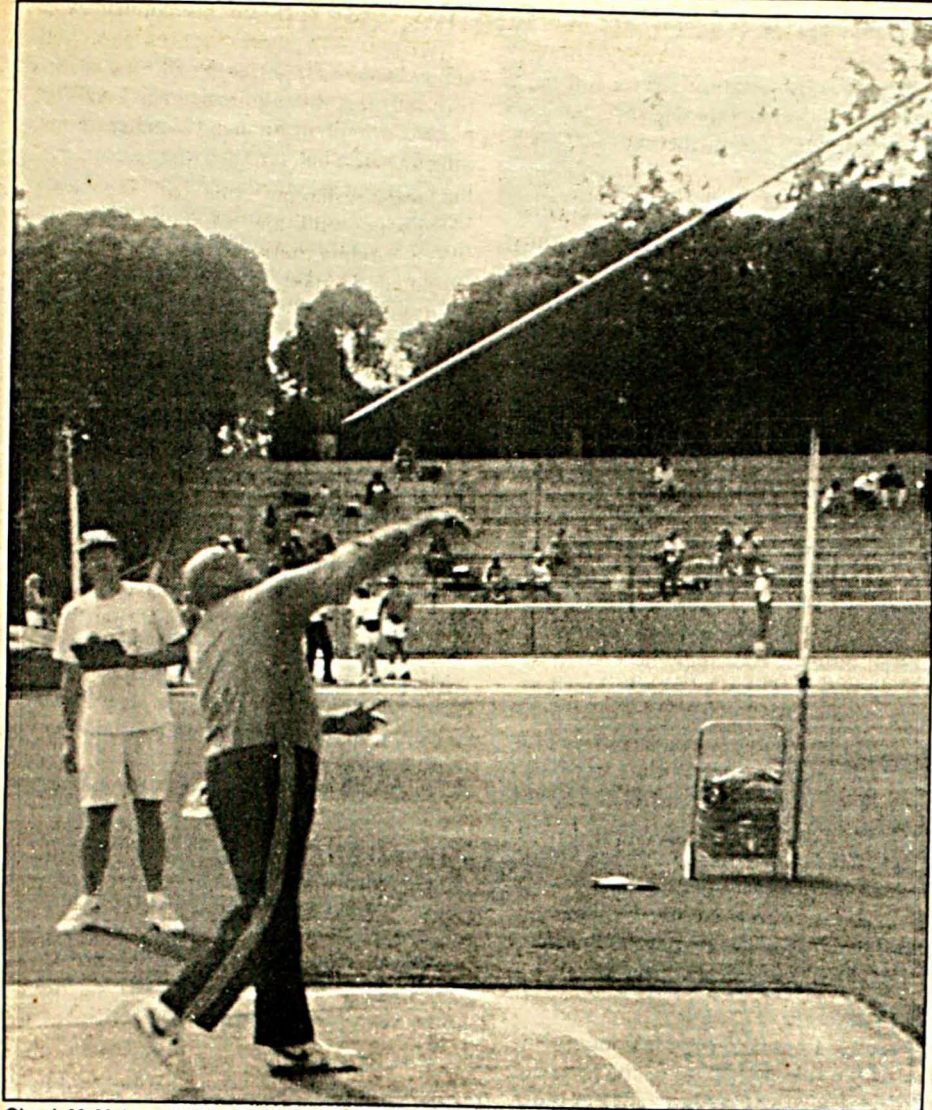
Awards: Long-sleeve T-shirts to all entrants. Merchandise prizes, hand-crafted wooden medallions and certificates to all finishers. Many age group event and championship medals, hand-carved milk stools and trophies.

Voyageur Features: Pool social, clinic, bicycle tour, barbeque, food fair, farmer's market and a small town full of friendly people

Fun Runs: 2 km and 5 km fun runs at 6:00 p.m., Saturday, July 20

BILLETING AND FREE CAMPING AVAILABLE

Contact: Shelda and Norm Patenaude
Lee Valley Road, R.R. #2
Massey, Ontario
Canada P0P 1P0
705-865-2671



Chuck McMahon, M75, who has not trained or actively competed in masters athletic programs since being sidelined by injuries in 1987, surpassed the All-American Standard of Excellence with a javelin throw of 24.02 at the Sri Chinmoy Meet held on the campus of the University of Calif. Irvine.

Judson, Striulli Win Boston Marathon Continued from page 1

Ireland's Andy Ronan, 3rd in 2:11:27.

The slow early pace permitted Navarro to hang with the front pack for nearly two-thirds of the race. One month earlier in the Los Angeles Marathon, the Mexican master had stayed with New Zealand's John Campbell before fading. (Campbell reportedly chose London over the Boston Marathon this spring.) This time it was Judson who caught and passed Navarro near the end.

Judson had run the first (mostly downhill) half just under 1:07. "The first half went better than I thought it would," he said, "but even at that point I felt a tightness in my quads." Judson had expected that it would take 2:15 to win; he was surprised to win three minutes slower. Navarro's second-place masters' time was 2:20:23, 27th overall. Mexico's Mario Cuevas ran 2:21:22 (30th) to be third master.

Relatively speaking, the elite women ran faster than the elite men. Pole Wanda Panfil's 2:24:18 was the second fastest time ever at Boston, behind Joan Benoit-Samuelson's 2:22:43 from 1983. And Benoit-Samuelson surprised almost everybody by finishing fourth in 2:26:54, her best since her 1985 world record. Kim Jones was 2nd in 2:26:40; Uta Pippig was 3rd in 2:26:52.

Binder ran 2:43:17 (17th overall). Judith Hine of New Zealand was third woman masters in 2:44:25 (18th).

But the master among masters was Johnny Kelley, running in his 60th Boston Marathon at age 83. Kelley (sometimes called "Old John" to differentiate him from the John Kelley that won in 1957) first ran Boston in 1928, failing to finish. (He failed to finish on two other occasions.) Kelley won the race in 1935 and 1945 and was 54 in 1962 when he finished 25th in 2:44:53, one place ahead of the author of this report.

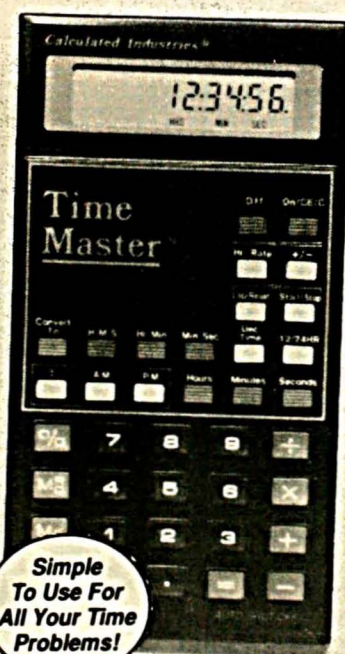
Despite being pummeled by rain during the last two hours of his run, Kelley completed the course in 5:42:54, his slowest. Regardless of that time, 60 starts may be the most difficult record at Boston for anyone ever to better. □

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

Now Solve Time Problems with the Push of a Button!

Introducing the all-new Time Master™ Calculator

- Works Directly In:
 - ✓ Hours: Minutes: Seconds
 - ✓ Hours: Minutes
 - ✓ Minutes: Seconds
 - ✓ Hours
 - ✓ Minutes
 - ✓ Seconds
 - ✓ 12-Hour/24-Hour Time
- Converts To & From All Time Formats
- Built-in Timer with Lap-Function
- Includes Hourly Rates/Costs
- Works as a Math Calculator with Percent, Memory & Auto Shut-Off
- Simple to Use Key Entry
- Complete with Sturdy Vinyl Case, Long-Life Batteries, 1-Yr. Warranty
- Converts into minutes per mile



Simple
To Use For
All Your Time
Problems!

Time Master™
TIME CALCULATOR

Now Only **\$45.00**

AUTHORIZED DISTRIBUTOR
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404
Mfg. by **Calculated Industries, Inc.**

Masters Age-Graded Tables

- Keep track of your progress over the years.
 - Compare performances of older and younger individuals in the same or different events.
 - Select the best performance in an event among all age groups.
 - Score multi-events.
 - See how much your performance should decline with age.
 - Chart your own performance progress.
-
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
 - Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
 - Shows how to conduct an age-graded track & field meet, road race or race walk.
 - 66 pages. Easy to use.
 - Detailed explanations, sample competitions, personal performance examples and charts.
 - Compiled by the World Association of Veteran Athletes and the National Masters News.

Send \$5.95 plus \$1.00 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name

Address

City State Zip

Minutes of Masters Track & Field Committee Meeting—Blaine, Minn.

1992 National Outdoor Championships Site Selection

The Masters Track & Field Committee met on March 22, the primary order of business being the site selection for the 1992 Outdoor National Championships. Presentations were made by Salt Lake City, Pittsburgh, and Spokane, Wash., in the order named, said order drawn by lots. Per TAC regulations, site selection is normally done at the annual convention in December but there were no parties prepared to make firm 1992 bids at the 1990 convention. Therefore, this meeting was restricted to only selecting the 1992 Outdoor Championships. Subsequent years will be dealt with at the upcoming New Orleans convention.

Following the TAC Bylaws, only members of the masters track and field sports committee were eligible to vote (committee members include designated Association delegates), although everyone in the room was invited and encouraged to speak and discuss the proposed sites.

A list of the outdoor sites since 1981 was reviewed by the Chair. These included Los Gatos ('81), Wichita ('82), Houston ('83), Eugene ('84 and '87), Indianapolis ('85 and '90), New York City ('86), Orlando ('88), San Diego ('89), and Naperville ('91).

To further aid in the selection process,

Jerry Donley pointed out that previous discussion in other years and conventions had indicated that the first part of August was the most desirable competition time. Written ballots resulted in a majority vote on the first ballot for Spokane as the 1992 outdoor site.

1992 Indoor National Championships (Ohio State)

Scott Thornsley announced that Ohio State University will be repairing the backstretch on the track and the repairs should be completed in time for the 1992 Indoor National Championships.

1991 Outdoor National Championships (Naperville)

Dick Green, Meet Director, updated the Committee on this year's outdoor championships.

1. Transportation from the airport in Chicago to Naperville is estimated to cost \$9.00.

2. There are approximately 1000 hotel rooms available in the Naperville area at a uniform \$62/room price. Two hundred campus rooms have been reserved at \$98.50/room for the four days including breakfast, double occupancy. Housing has been simplified by the meet organizer providing one housing number for all hotels.

3. Shuttle transportation service will be provided from the hotels to the track. Some hotels are 3.5 miles from the track, others are 6 miles.

4. Official meet airline is American Airlines, providing discount rates.

1991 National Weight Pentathlon

The 1991 National Masters Weight Pentathlon Championships was awarded to Louisiana Lightning Track Club for August 24, by voice vote.

1993 (And Subsequent Years) Site Selection

Athletes from Idaho and Montana expressed interest in having sites in their respective states bid for the 1993 Indoor National Championships (Montana has now passed a Martin Luther King holiday and the TAC prohibition against championship meets in that state has effectively been rescinded). Other areas mentioned as potential sites for an indoor and/or outdoor championship included New Orleans. The Chair and athletes in attendance encouraged Salt Lake and Pittsburgh to consider bidding for future championships.

Max Goldsmith, Site Selection Coordinator, reiterated that associations or organizations interested in bidding on future championships should contact him (address listed on page 2 of NMN).

FAT Records

Discussion was held regarding interpretation of the rule pertaining to the necessity for FAT (fully automatic timing) in order for a performance to be considered for a U.S. record. It was agreed that there is confusion among many athletes regarding to which distances the FAT rule applies. Also, WAVA rules differ, as hand-times for World Records still apply.

Concern was voiced that FAT is costly

and cannot be employed by all meet directors and that the requirement of FAT for records would mean many smaller meets might feel left out at a time when we are trying to encourage and develop increased participation. Those favoring hand-times state that this measure would need to be passed by the Rules Committee and voted on by the full convention body as opposed to being accepted only by the Masters Track and Field Committee.

Editor's Note: TAC rule 183.6. For races up to and including the 440 yards, only performances timed by an approved fully automatic electrical timing device shall be approved as records.

Sectional Surcharge

Discussion was held regarding a sectional surcharge. The question has been raised in at least one section as to whether or not the sectional surcharge was at the Sectional Coordinator's option or at the Meet Director's option for the indoor and outdoor sectional meets.

Said surcharge is allowed to be charged, i.e., \$1 or \$2 per competitor, to help the Sectional Coordinator fund his section program. During discussion it was brought out that the minutes from the 1989 Convention do not detail how the surcharge program is to work, and that the issue should be specifically dealt with in the 1991 Convention, via a rules change, if necessary.

Ethics Committee

Jerry Wojcik requested, and received by voice vote, permission for Barbara Kousky, Chairperson, to appoint an ethics committee to deal with the discrepancies and problems which he is encountering in dealing with the rankings.

*Respectfully submitted,
Marilyn Mitchell, Secretary*

Track & Field Rankings Report

by JERRY WOJCIK
National Masters T&F
Rankings Coordinator

The 1991 indoor events to be ranked, so far, are the 55m, 55mH, 200, 400, 800, mile, 3000, high jump, triple jump, shot put, weight throw, and mile and 3000 walks. Marks from indoor meets of November and December, 1990, will be included.

The 60m sprint and 60 mH are rarely run outside of the National Championships. Therefore, the 55m (60y) length in both of those events will be the base, and 60m times will be adjusted to the 55m. The indoor weight marks will be combined with the outdoor marks and

appear in the rankings book for 1991. The other indoor rankings will be published in NMN soon after they are compiled.

Corrected or unreported indoor marks for the events listed above should be sent, with some form of documentation, to these event compilers: 5m/60y/60m Larry Patz, RFD #1, Box 435, Contoocook, NH 03229; 800 William Benson, 6 Eton St., Valley Stream, NY 11581; HJ & TJ Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

All others should be sent to Jerry Wojcik, 774 Blueridge Dr., Santa Maria, CA 93455. □

NOW AVAILABLE

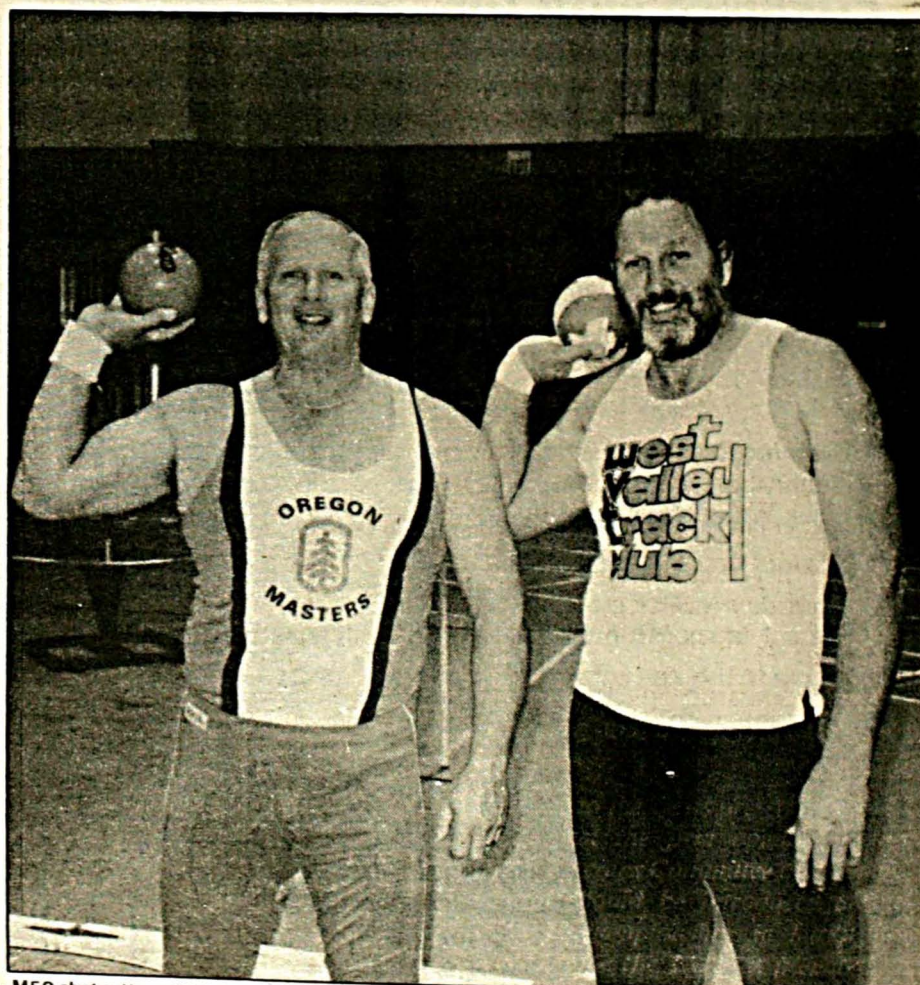
1990 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1990 U.S. 5-year track & field age-group rankings.
- 60 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

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

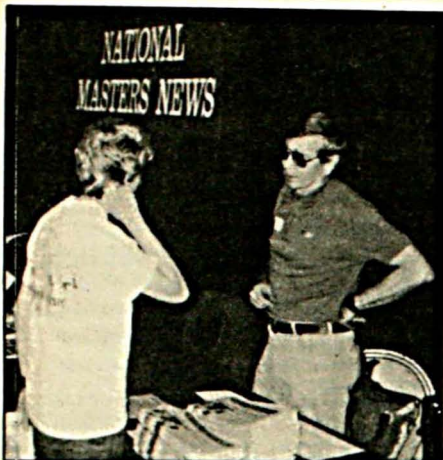
NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____



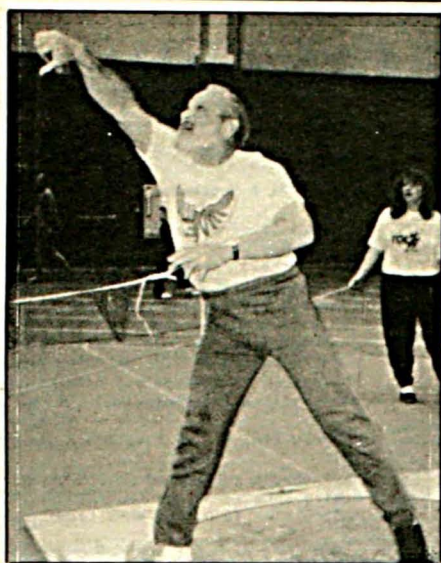
M50 shotputters, Dick Lee (1), Eugene, Ore., (fourth, 40-3), and Dick Hotchkiss, Grass Valley, Calif., (first, 45-0), TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik



Jerry Wojcik, National Masters News Senior Editor, in a discussion with Tami Graf, W50, of San Diego, at TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Al Sheahan



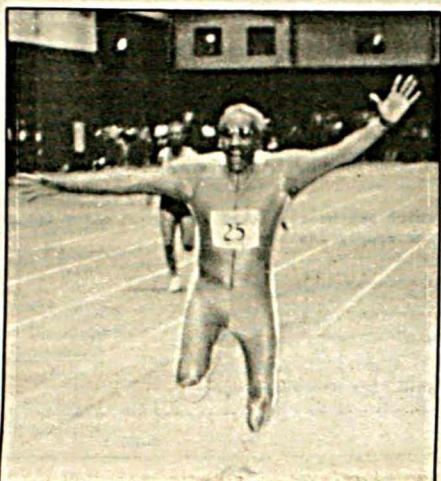
Tom Wesselowski, Wichita, Kans., M55 shotput winner (42-8 1/4), TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik



Erna Kozak of Canada (227) finished first in the W45 400 (63.56) in front of Pamela Calvert, St. Louis, Mo., first American, who broke the U.S. W45-49 record with a 63.98.

Photo by Jerry Wojcik



Jim Law of North Carolina finishing with a U.S. 60m M65-69 record 8.14, TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik

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

"Running Research News is the indispensable running newsletter."
Amby Burfoot, Executive Editor, *Runner's World*

"Running Research News is the nation's premier journal on running."
Gabe Mirkin, M.D., Georgetown Univ. School of Medicine

"The May-June issue of *Running Research News* is the best thing you will ever read about running."
Tom Henderson, *The Detroit News*

"Running Research News is the most worthwhile running publication I have seen during my 35 years of coaching."
Jack Warner, Cornell University Cross Country Coach

"If you can't improve your race times after reading *Running Research News*, you can't improve your times." Bob Tarozi, Carmel Valley, CA

"The recent article on 10K training contained more useful info. than any 60 running books." Sam Graceffo, M.D.

Running Research News provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

Matson Sets Three More U.S. Records

Shirley Matson is rewriting the U.S. W50-54 record book this year faster than a Neil Simon play.

The 50-year-old nutrition consultant and fitness adviser from Moraga, Calif., set three U.S. W50-54 records in the past six weeks.

At the Jacksonville River Run 15K on March 9, she erased Sister Marion Irvine's U.S. W50 record of 57:52 with a sizzling 54:33 PR. She was second master, only 25 seconds behind Laurie Binder (43, 54:08).

On April 7, she racked up another U.S. W50 mark with a 1:19:51 at the Modesto Half-Marathon, shattering Irvine's long-standing 1:23:16.

A week later, Matson ran a PR for

5K in 17:27 at the Carlsbad 5000, significantly lowering her pending U.S. W50-54 record of 17:59.

Matson now claims seven age-group records and will go after the 12K and 20K distances in May. □

SPECIAL MASTERS T&F MEET

Sunday, May 5 - 11:30 a.m.

Long Beach State College, Calif.

Entry Fee: \$3 per event on day of meet. No pre-registration.

Age 30-and-up. No awards.

1250 Bellflower Blvd.,

Long Beach

Hugh Cobb 619-436-7696

Andy Stythe 213-985-4666

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

RUNNING EVENTS

5000 Meters	10:00 AM	1500 Meter Dash	2:00 PM
100 Meter High Hurdle	11:00 AM	400 Meter Dash	2:15 PM
1500 Meter	11:45 AM	800 Meters	3:00 PM
100 Meter Dash	1:00 PM	200 Meter Dash	3:30 PM

FIELD EVENTS

	30-39 MEN	40-49 MEN	MEN 50-59	MEN & WOMEN 60+
Pole Vault	10:00 AM	10:00 AM	10:00 AM	10:00 AM
Shot Put	10:00 AM	10:45 AM	11:30 AM	12:30 PM
High Jump	10:30 AM	10:30 AM	10:30 AM	10:30 AM
Long Jump	10:00 AM	11:00 AM	12:00 PM	1:00 PM
Javelin	11:15 AM	12:15 PM	1:30 PM	10:00 AM
Discus	12:30 PM	1:30 PM	10:00 AM	11:15 AM
Triple Jump	2:00 PM	2:00 PM	3:00 PM	3:00 PM

YOUTH RACES

1500 Meters	Ages 9-10, 11-12, 13-14	11:30 AM	Boys & Girls
100 Meters	Ages 9-10, 11-12, 13-14	12:45 PM	Boys & Girls

TAC REGISTRATION REQUIRED AND AVAILABLE AT MEET

SHORT SPIKES ALLOWED

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

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

ELIGIBILITY

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

PRIZES

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

TRAVEL ARRANGEMENTS

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

FILL OUT AND RETURN TO:

GARDEN STATE ATHLETIC CLUB
C/O PRUDENTIAL NEW JERSEY REALTY
525 HIGHWAY 33
ENGLISHTOWN, NEW JERSEY 07726

NAME _____ TAC# _____ PHONE _____ SEX _____
STREET _____ CITY & STATE _____ ZIP _____
AGE _____ DATE OF BIRTH _____ CLUB _____

EVENTS ENTERED

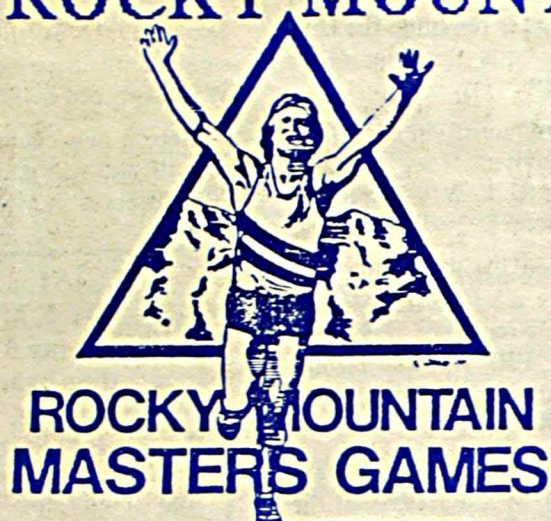
ALL CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB
I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation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

SIGNATURE

ADDITIONAL INFORMATION
Call Meet Directors

Ron Salvio-----Days 201-446-4959
Morton Hahn-----Days 201-625-1764

THE 1991 ROCKY MOUNTAIN MASTERS GAMES



SPONSORED BY: THE DENVER TRACK CLUB

DATE: August 31 & September 1, 1991

SITE: University of Colorado, Potts Field, Boulder, Colorado

HOTEL: Headquarters for Denver Track Club is the Courtyard Marriott Hotel, 4710 Pearl East Circle, Boulder, Colorado, 80301 (303)440-4700. Single \$58.00/night or Double \$68.00/night. Double rooms may be shared for same rate. Call Toll-free 1-800-321-2211 for reservations. Be sure to say that you are a participant in the ROCKY MOUNTAIN MASTERS GAMES to receive the group rates noted. Friends in attendance may receive the same group rates. Early reservations are encouraged. Rooms held until August 16, 1991.

FACILITIES: Chevron 440, 400 m, electronic timing

TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs is on the ROCKY MOUNTAIN TEAM. Anyone west of these four states is on the WEST team, anyone east is on the EAST team.

AGE GROUPS: 5 year age groups - men and women age 30 and over. Day competition.

AWARDS: First six places in each event receive medals. A maximum of three medals will be awarded to any entrant. Additional medals won may be purchased for \$3.00 at the end of the meet.

SCORING: Scoring will be 8-5-4-3-2-1 for each event including 5K, race walk, and pentathlons. The team with the most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until the next year's meet.

RULES: Standard TAC Masters rules except weight implements which will use old implements when new metric not available.

REGISTRATION: TAC registration is required and will be available at the meet (\$10.00).

ENTRY FEE: \$6.00 first event, \$4.00 each additional event. Unlimited open events, \$22.00. PENTATHLONS \$7.00.

ENTRY DEADLINE: To guarantee participation, entries must be received on or before the Wednesday prior to the meet. Late entries may be allowed to participate at the discretion of the Meet Director.

TENTH ANNIVERSARY RMG TEE SHIRTS: May be reserved with an advance payment of \$8.00 which may be submitted with your entry fee prior to the meet. Tee shirts will be sold at the meet on a "first come, first serve" basis while the supply lasts.

INQUIRIES: DAVE SIMONS: 1550 Baseline, Boulder, CO 80302 (303)443-4919
NANCY MANSON: 518 Quentin Street, Aurora, CO 80011 (303)341-7992
JIM WEED: 11672 East 2nd Ave., Aurora, CO 80010 (303)341-2980
STEVE KAEUPER: 2263 Krameria, Denver, CO 80207 (303)388-8180
JERRY DONLEY: 1715 Alamo, Colorado Springs, CO 80907 (719)635-1264

SCHEDULE OF EVENTS

SATURDAY		SUNDAY	
9:00 am 5K Race Walk	1:00 pm Pent.Disc.	9:00 am 100mH	11:45 am Predict Time Mile
9:45 am 5000 m on track	Wt.Pent.Jav.	110mH	P.V. 5'0"
11:00 am Pent.L.J. & Wt.Pent.Disc.	(Pent. 1500 m	P.V. 9'6" Ht.	H.J. Low Height
11:30 am Pent.Jav.	to follow Disc.)	H.J. 5'0" Ht.	12:00 pm 200m Finals
12:30 am Pent.200m	2:00 pm Open Jav.	S.P. Open &	2:00 pm T.J.
	3:00 pm Open & Wt.Pent.Hammer	Wt.Pent.	35/250 Wt.- Wt.Pent.
		9:45 am 100m & trials	2:15 pm 300m IMH
		10:00 am L.J. (2 pits)	400m IMH
		10:45 am 800m	2:45 pm 400m Finals
		Open Disc.	3:00 pm 4 x 100m relay
		11:15 am 50m	4:00 pm 1500m
		11:30 am Wt.Throw Wt.Pent.	4:30 pm 4 x 400m relay

SUNDAY EVENING SOCIAL - (Place to be announced at the meet and Courtyard Marriott Hospitality Room) - Will begin at 6:30 pm - everyone welcome - prizes, gifts, food, drink, and good times.

THE ROCKY MOUNTAIN MASTERS GAMES 1991

ENTRY FORM (Please Print)

NAME: _____ ADDRESS (Street) _____
PHONE: () _____ CITY: _____ STATE: _____ ZIP: _____
AGE: _____ SEX: _____ DATE OF BIRTH: _____ CURRENT TAC NUMBER: _____
CLUB AFFILIATION: _____

In order to compete in the ROCKY MOUNTAIN MASTERS GAMES, I do for myself, my heirs, and my administrators waive, release, and forever discharge any and all claims for damages which I may have or which may hereinafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (5400 ft.) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE: _____ SIGNATURE: _____

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEED MULTI-HEATED EVENTS AND MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING STRENGTH IN VARIOUS EVENTS AND RELAYS.

LATE ENTRIES AND CHANGES: EVENTS MAY BE ADDED OR SUBTRACTED ON FRIDAY OR SATURDAY NIGHT (AT THE COURTYARD MARRIOTT HOSPITALITY ROOM) WHERE OPEN LANES ARE AVAILABLE. EVENTS MAY BE ADDED ON SUNDAY ONLY AT THE DISCRETION OF THE MEET DIRECTOR.

TIME	TIME	WT/DIST	WT/DIST
50m	100mH	H.J.	JAV.
100m	110mH	P.V.	Hammer
200m	300 IMH	L.J.	Pentathlon
400m	400 IMH	T.J.	Weight Pent.
800m	4 x 100m Relay	S.P.	
1500m	4 x 400m Relay	DISC.	
5000m	Pred. Time Mile		
5K RACE WALK			

Please mail your entry form, signed waiver, and check payable to "DENVER TRACK CLUB" to Dave Simons, 1550 Baseline, Boulder, Colorado 80302

Pent. \$7.00
Wt. Pent. \$7.00
First Open Event \$6.00
No. of additional open events entered _____ x \$4.00
(If over \$16.00, enter only \$16.00)
TENTH ANNIVERSARY MEET TEE SHIRT \$8.00

TOTAL \$

Note: Attention athletes entering both pentathlon and open throwing events. Pentathlon throws qualifies you for placing in the open event, if entered. (Only a total of six throws will be permitted.)

CHAMPIONSHIP FORM

The most comprehensive track and field instructional video series available.

Designed for use by Olympic, collegiate and high school level coaches, **Championship Form** is the first video series to make explicit use of biomechanical analysis. These videos involve world famous athletes like Bubka and Timmerman, as well as many famous Americans competing in the European and World Championships.

An experienced film and camera crew, assigned to every major track event over the last ten years, used high speed cameras to successfully capture the championship technique of these athletes. Dr. Peter Susanka, a renown biomechanist at Charles University in Prague, headed a team of Soviet Bloc

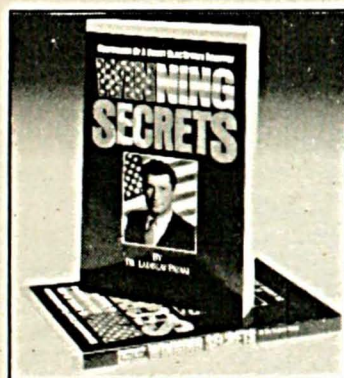
scientists responsible for analyzing the athletes motions. Artists then turned the results into illustrated fundamentals of technical excellence. Thousands of illustrations were drawn in animation depicting which muscles are employed (contracted, relaxed, or pre-stretched) in each movement. Combining these illustrations with actual competitive footage enables you to experience a full visual image. For the first time ever a videotape series faithfully captures the correct technical execution of superior performances.



The next step was to transform these films into very unique and successful training videotapes. Every videocassette program analyzes the technique of the top finishers highlighting their similarities and differences. Emphasis is placed on specific points which were determined to be the keys to achieving success in each particular event. Every peak level performance was reviewed and explained using slow motion/stop action footage, computer-enhanced graphics and an array of tables and charts which combine to give a top biomechanical analysis of each event. The result is the **Championship Form Series**, an extremely effective learning tool and necessary requirement for any dedicated coach or athlete serious about improving their efforts.

There are a total of 11 videocassette programs (including two double length programs) averaging 30 minutes in length and encompassing all the disciplines in track and field.

FREE BOOK WITH YOUR ORDER of 2 or more



#1 "Winning Secrets" the book by Dr. LADISLAV PATAKY

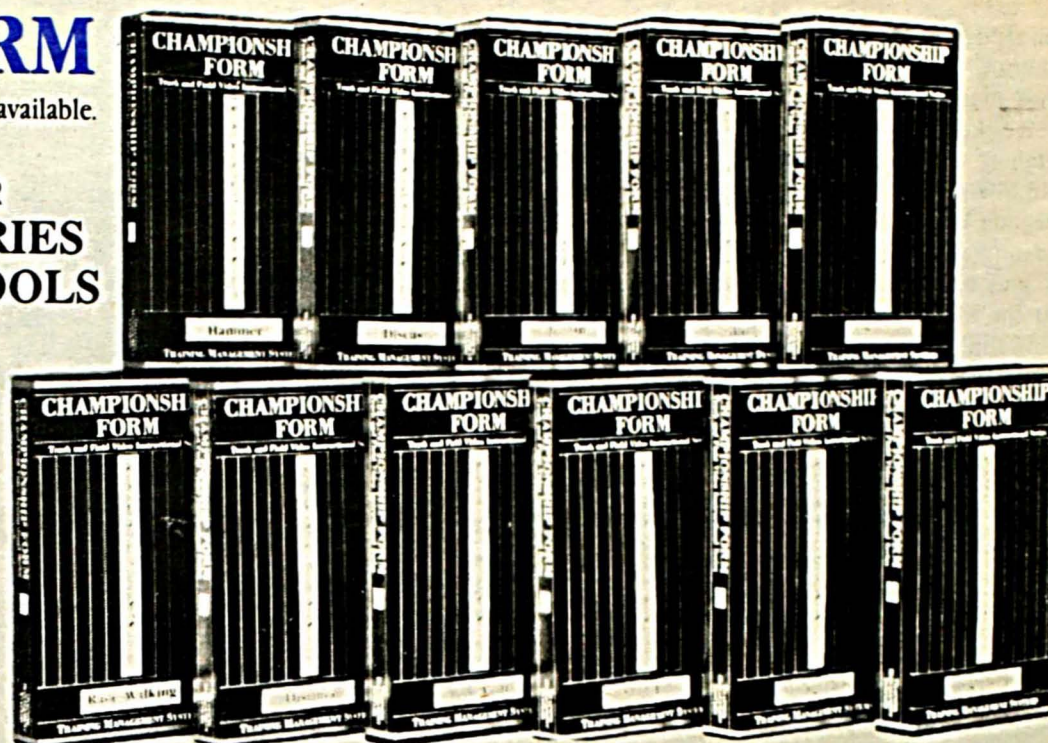
An exciting story of escape from behind the iron curtain and more. Breakthrough training methods. How to train children and elite athletes effectively. Knowledge needed for every coach and athlete who wants to improve.

"This is a remarkable work by a remarkable man ... Dr. LADISLAV PATAKY'S life and this book combine the best of East and West, the best of science, sport and art..."

- Mac Wilkins,

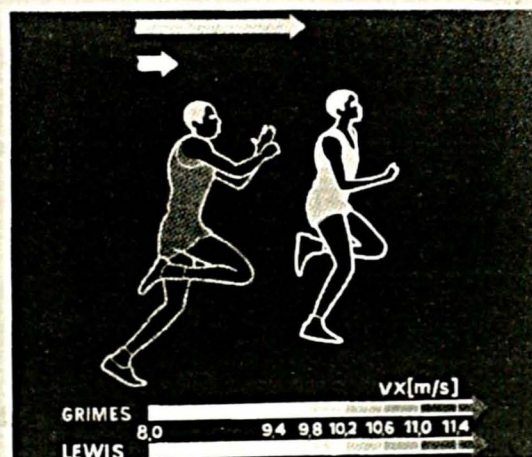
US Olympic Winner and three times Olympian

FOR LIBRARIES & SCHOOLS



The **Championship Form Series** is endorsed by The Athletics Congress and offered by TMS in sponsorship with SyberVision Systems. Each program, whether single or double length, is \$49.95. When purchasing any four volumes, enjoy a \$50 savings and pay only \$149.95. For a limited time only the complete **Championship Form Series** is available for \$399.95, which is \$150 less than the single purchase price.

The benefit you and your athletes can obtain from this remarkable video instructional series is immense. If you are serious about making a significant contribution to the growth of your athletes and adding to your coaching abilities, as well as achieving a better understanding of the biomechanics involved in track and field, the **Championship Form Series** is for you. To order, simply fill out the order form on the right. For faster service phone 800 553 2188. You will never make a more valuable investment for yourself or your athletes.



Long jump take-off velocity.

NEW VIDEO TAPES FOR MASTERS

\$49⁹⁵ Each

- #8101 Elastic Power
- #8102 Stretching
- #8103 Aerobic Stretching
- #8104 Jog, Walk & Throw
- #8105 Slim Body Program

FOR LIBRARIES & SCHOOLS

BRITANNICA OF ATHLETICS

FOR LIBRARIES & SCHOOLS

☐ **YES!** Please send me the following Training Management Systems video programs for coaches and athletes for enhancing track and field excellence:

	QTY.	PRICE	TOTAL
RUNNING/WALKING			
#15-1 — Sprints		\$49.95	\$
#15-2 — Distance		\$49.95	\$
#15-3 — Race Walking		\$49.95	\$
#15-4 — Hurdles		\$49.95	\$
JUMPS			
#15-5 — Triple & Long Jump		\$49.95	\$
#15-6 — High Jump		\$49.95	\$
#15-7 — Pole Vault		\$49.95	\$
THROWS			
#15-8 — Discus		\$49.95	\$
#15-9 — Shot Put		\$49.95	\$
#15-10 — Javelin		\$49.95	\$
#15-11 — Hammer		\$49.95	\$
VIDEO TOTALS			
If ordering four at the same time, total is \$149.95. If ordering the entire series, total is \$399.95.			
CA and IL residents, add appropriate sales tax			\$
SHIPPING CHARGES: Add \$3.50 for first program ordered, \$1.50 for each add'l program.			\$
TOTAL			\$

METHOD OF PAYMENT



(13 or 16 digits)



(16 digits)

Card No.

Expiration Date: Mo Yr

Signature

SHIP TO:

Name

Address

City

State

Zip

Phone

Day

Evening

Mail Check or Money Order to:
Training Management Systems Inc.
129 Wheeler Ave.,
Los Gatos, CA 95032

Or Phone Toll Free:
1-800 553 2188

Judson Wins Shamrock Marathon

Ken Judson, 40, an attorney from Pittsburgh, Pa., who set the U.S. masters marathon record (2:17:01) at the Rocket City Marathon in December, was overall winner in the Nissan Shamrock Marathon in 2:23:52 at Virginia Beach, Va., on March 16.

Judson, who runs seven miles to work and back home daily, collected \$1000 for what he termed a "Lydiard training run" for the Boston Marathon on April 15.

Thomas Bernard (2:33:45), Hayes, Va., and Bill Hart (2:37:36), Virginia Beach, were second and third masters. Mel Williams, of Virginia Beach, won the M50 contest in 2:42:38.

The first master woman was Jeanne Bowers, Norfolk, Va., eighth overall in 3:15:04, followed by Janet Hancock (3:32:58), Fowler, Ind., and Barbara Fitz (3:41:09), Alexandria, Va.

Judson's victory stole some thunder from John Campbell, 41, of New Zealand, who entered the special Masters 8K race, hoping for his seventh masters record. On record pace for the first two miles (9:01), Campbell fell short, when hit and slowed by 20-30mph winds on the return stretch.

Campbell, with a personal best 24:05, missed the course record (23:54)

and world best (23:49) held by Mario Cuevas of Mexico but won \$800 in defeating top masters Domingo Tibaduiza (24:40), Reno, Nev.; Ken Hamilton (24:53), Maple, Ontario; and Bill Rodgers (25:10), Sherborn, Me., defending champion, who was hampered by plantar fasciitis.

Ken Sparks (26:08), Chagrin Falls, Ohio, won the M45 race over British champion Allan Rushmer (26:41). Bill Fortune (30:39), Pearl River, N.Y., took the M60-69 contest from fellow New Yorker, Howard Rubin (30:50) of New Hartford.

Anybody who bet on "Nancy" to win the W40± title couldn't miss. Nancy Grayson, Columbia, S.C., won it in 28:56, with Nancy Oshier (29:01), Rush, N.Y., second, and Nancy Mieszcak (29:18) Buffalo, N.Y., third. Lis Villadsen, Charlottesville Va., won the W50-59 contest easily with a 31:26.

Of Campbell's performance, Judson said, "He may not have set a world record in this race, but he will in some other 8K. He's in a class all his own."

Judson hopes to run against Campbell in a future race. "I believe our paths will cross somewhere," he said. □



Kathy Primmer, Muncie, Ind., third in the W45 400 (73.62), TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Al Sheahan



Irene Thompson (139), Syracuse, N.Y., first (63.26) in the W35 400 with Debbie Anderson, Terre Haute, Ind., second (64.97), TAC National Masters Indoor Championships, Blaine, Minn.

NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLASSIC

JUNE 15, 1991 SANCTIONED BY PAC/TAC

SPONSORED BY NORTHERN CALIFORNIA SENIOR TRACK CLUB

EDWARDS FIELD, UNIVERSITY OF CALIFORNIA, BERKELEY Off freeway 80, take University Ave. East to the campus: right on Oxford to the track (on SW corner of campus. No free parking on campus. Best bet is Muni lot across from the track.

ELIGIBILITY: All TAC MEMBERS 30 years of age and over on the day of the meet. **NO ENTRIES ACCEPTED WITHOUT 1991 TAC NUMBER.**

AWARDS: Medal awards to the first three places in each five year age group. Plaques to the winners of the HARRY KOPPEL MEMORIA 100 METERS (male and female). Plaques and \$100. cash awards to the outstanding track and field performers. (Male & female)

DEADLINE: Entries must be **RECEIVED** by Tuesday, June 11, 1991. **NO EXCEPTIONS. NO LATE ENTRIES.**

ENTRY FEES: \$10 for first event, \$5 for each additional event. Make checks payable to Jim Johnson, and send to 1026 Murchison Drive, Millbrae, CA. 94030. Phone (415) 697-1889

HOSPITALITY ROOM: SHATTUCK HOTEL - 2086 Allston Way, Berkeley, CA. 94709 (415) 845-7300. One block west of track. Opens at 3:00PM Friday, June 14. Packets available until 9:00PM at the room and Saturday at the track before and during the meet. Make reservations a week in advance for meet rates. DURANT HOTEL, 2600 Durant Ave, Berkeley, CA. 94704. (415) 845-89810 is four blocks SE of the track. For CA outside the bay area call 1-800-5Durant, outside CA 1-800-2Durant.

SCHEDULE: The final schedule will be set after entries are received. The following is a tentative schedule based on prior meet

Field Events - Will be divided into two or three flights depending on entrants. Women with older men if not enough for own.

8:30 Hammer Throw - All	Javelin-OG	Long Jump - YG	High Jump- OG
9:30 Shot - Younger Group	Javelin YG	Long Jump -OG	High Jump- YJ
10:15 Shot - Older Group	Triple Jump-All After Long Jump		
11:00 Discus- Older Group	Discus - YG		
11:45 Pole Vault- Older Group			
1:00 Pole Vault - Younger Group			

Track Events: Women first followed by older to younger men

3000M (Men 30-59) 9:15	3:15 300/400M IHdls
3000M (Men 60 Up, Women) 9:40	3:30 200M - Women
Hurdles- 80M (70 up & W) 10:15	3:40 200M - Men
100M (60-69)	4:25 1500M - Women
110M (50's & below)	Men 60&up
Break after Hurdles	Men 30-59
12:45 4X100 Relays	4:40 4X200 Relays
1:00 100M Women	If requested.
1:15 100M Men	
2:00 400M Women	
2:10 400M Men	
2:45 800M Women	
2:55 800M Men	



Please print application

Name	M-F Club	
Address	1991TAC#	
City	State	Zip
Phone	Birthdate	Age
Events		
Best Marks		

Entry fees

T-Shirt @ \$6 ea. S M L XL XXL

Total Amount enclosed

Waiver must be signed

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 while traveling to or from or participating in this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____



International Scene

by CESARE BECCALLI,
President of WAVA

Drug Testing in Turku

On 13 December 1990, the WAVA Secretary proposed to the IAAF to conduct drug testing in Turku '91 on an "experimental basis" and mailed to Council members voting forms on this subject.

Although my opinion was that such a proposal did not represent the solution of the problem and that the initiative of the Secretary was also improper from a procedural point of view, in order to avoid further polemics, I wrote the IAAF a letter on 1 February suggesting it accept said proposal, if any possibility was given by the IAAF rules to do so.

Since then, I have had many meetings with IAAF officers and members of the IAAF Council, whose general opinion was that the proposal cannot be accepted. The main reason is that if a competitor called for testing has the right to refuse, and/or a competitor who is found positive cannot be disqualified, the procedure does not satisfy that level of validity of doping control which is needed to give acknowledgement to any Championships, whatsoever.

A final statement from the IAAF is not yet in my hands, as this also depends on the position that the IAAF Medical Committee will take on the matter.

Nevertheless, steps have been taken. I think we are in a favorable position because the final reply from the IAAF can be only one of the three following:

1) The official proposal from the Chairman of the IAAF Veterans Committee is endorsed. (Most likely, this will be the solution. I find this proposal more suitable to the particular Veterans' exigencies — see the text quoted at the end of this article.)

2) In spite of everything, the "experimental basis" is accepted (very unlikely, but I'm not opposing it).

3) The IAAF eventually finds the way to keep our Championships among the official international events and to give them full acknowledgement, although not doing any drug-testing. In other words, we are free to implement anything we consider is the best at this time — or nothing at all. (My personal opinion is that this has very little probability of happening, but, if it does, I'll be quite happy.)

Finally, I would like to stress that those having the opinion that there is

nothing in the WAVA rules regarding drug-testing are not right.

The WAVA by-laws, point 1.1 says: WAVA competitions are to be conducted under the IAAF technical rules. There are divergencies of opinion whether technical rules cover drug-testing or not. My point of view — as well as that some experts in sport Constitutional matters — is that doping control should be considered as belonging to the technical area much more than to the Constitutional one.

However, the points 7.1 (ii) and 7.7 of the by-laws give us the answer on this subject. They say that...improper use of drugs...is an offense for which...anyone found guilty...shall be suspended from Veteran athletics...

It is clear that the principle of drug-testing has been already endorsed by the Assembly, otherwise it could not be explained how we can find someone guilty. As these provisions are part of the by-laws, it is also clear that we are in the technical area. As a consequence, we have to refer to point 1.1 and to follow the IAAF rules, possibly particularly amended for Veterans activity, as the proposal of Hans Skaset intends to do.

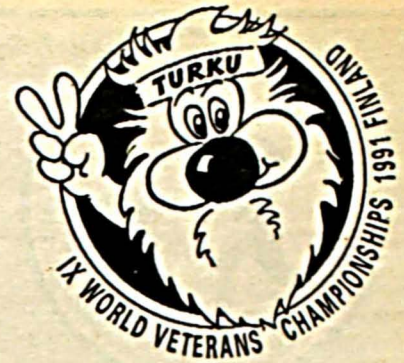
Following is the statement by Hans Skaset, Chairman of the IAAF Veterans Committee:

The IAAF's Veterans Committee supports the principle that veteran athletes should not be excluded from competition because of a condition requiring medical treatment that could interfere with doping control regulations for athletes below veteran age, or athletes who want to compete in ordinary competitions. Such medical treatment should, however, be qualified by a medical certificate or statement by an authorized and competent person/institution.

In case a positive doping sample in veteran athletics is said to be a result of such necessary medication, the athlete in question will have to produce qualified documentation to support his case when asked to do so by the IAAF Medical Committee. A veteran athlete should not be sanctioned by the IAAF (WAVA) if the necessary documentation is produced.

As we all know, the athletes selected for testing are asked by the doping control official to declare drugs that have been used in the time before the competition. When testing is carried out in veteran competitions, this point in the procedure will be of special importance.

I refer to the views presented above, and repeat the firm opinion of the IAAF Veterans Committee that doping control should be introduced at the WAVA Championships in Turku this year. I hope the IAAF is prepared to take the responsibility for safeguarding also veterans' athletics from developing illicit practices. □



Comments from Alastair Lynn

Candidate for the
Presidency of WAVA

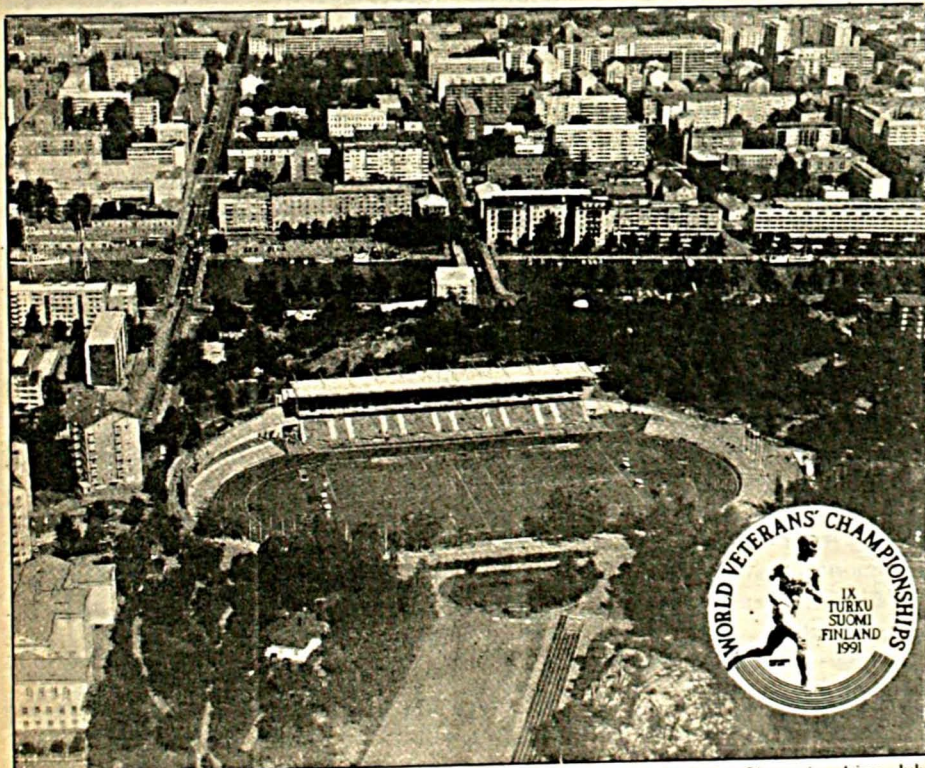
From Cesare Beccalli's interim report on drug-testing, we can see that the IAAF has at least recognized one of the main thrusts of my initiatives, the problem of some older athletes having to take medically-prescribed drugs on a regular basis. However, there is still no decision regarding adopting the very reasonable "experimental approach" at Turku, in order to give the WAVA General Assembly time to debate the issue. It is to be hoped that the IAAF will indeed follow this route.

As far as the matter being a technical or constitutional issue, it is, as Cesare admits, a very debatable subject. However, in my opinion, the bylaws partially quoted by him do not provide an answer. They are not contained in the Technical sections of the WAVA Bylaws but come under the heading "Discipline." This section commences "An allegation of any of the following offenses shall be considered by the Discipline Committee;" here then follows... "Incorrect statement of age or age-group; Improper use of drugs; Competing, or attempting to compete as a member of the opposite sex" (surely we would not use this to move towards general sex tests!); and so on.

These clauses are clearly written in the sense of following up allegations about specific individuals; this is very different to justifying large-scale random testing! This is why the WAVA Council agreed almost unanimously to present the proposal regarding introducing drug testing to the General Assembly in Turku.

Many Veterans must hope, and expect, that the IAAF will show its respect for WAVA by waiting for the General Assembly's decision. After all, while the IAAF Veterans' Committee has a role to play, the WAVA General Assembly is a higher authority than that Committee. □

—Alastair Lynn



Sports Park of Turku, Finland, site of the 1991 WAVA World Veterans Athletics Championships, July 18-28.



2 Months To Go

Countdown to Turku

Entry Deadline Extended to May 10

The entry deadline for the IX WAVA World Veterans Athletics Championships has been extended to May 10.

"Several countries seem to have had difficulties in paying their entry fees by April 15th," said Pirkko Martin, Executive Secretary of the event, "so the Organizing Committee decided to postpone the final entry date."

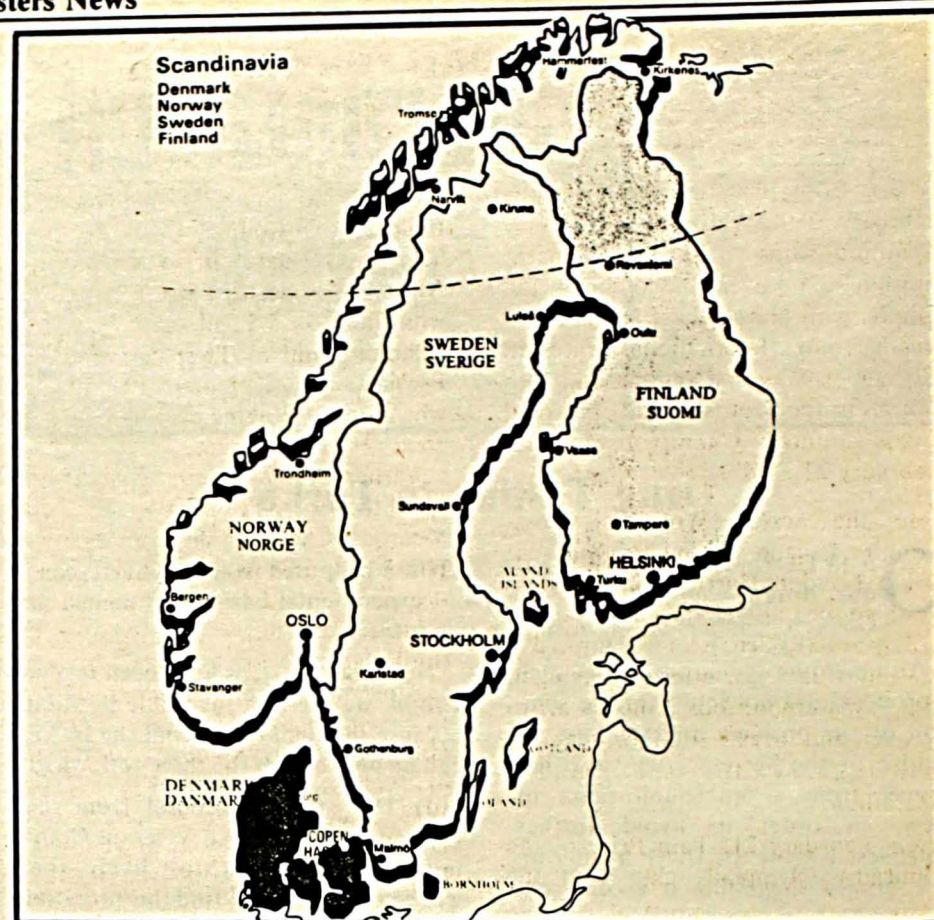
The entry form was published in the March issue of NMN, and is available from Turku or from any of seven U.S. masters travel agents.

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

Martin reminds athletes to send proof of birthdate with their entry. If

proof is missing, entrants must present their passport or other identification when they pick up their race number in Turku.

Anyone paying by check must add a 30-finmark bank handling fee into their payment. If the fee is not included, the athlete can pay in Turku. If two people pay with the same check, the handling fee is 15 FIM each. The best



way to pay is with VISA or MasterCard.

Martin asks all entrants to sign the waiver on the entry form.

Entries from some countries must first be processed by their veterans' association. The U.S. is not one of those countries. U.S. entries may be sent directly to Turku by the individual athlete.

"There are still economical accommodations, course center, and summer houses available in Turku," Martin said. "The prices range from 60 FIM (US\$15) to 125 FIM (US\$32) per day. The more expensive accommodations include breakfasts, but there are cooking facilities in all the accommodations."

On Monday, July 22 — a rest day from competition — the Paavo Nurmi Challenge — a full, invitational track and field meet — will be held at the Stadium in Turku. At that meet, the finals of the M40 800 will be held.

First-aid medical care will be on hand at all venues. A hospital and health center will each be open 24 hours a day. Martin suggests that visitors bring detailed information about their medical insurance.

Many Olympic medalists have entered the meet. Among them are:

—Tatyana Kazankina (URS), who won gold medals in 1976 (800 and 1500) and 1980 (1500).

—Janis Lusi (URS), four-time discus champion.

—Al Oerter (USA), four-time discus champion.

—Emil Puttemans (BEL), 10,000 silver medalist in 1972.

—Valery Brumel (URS), 1964 high jump champion.

—Kip Keino (KEN), 1964 winner of the 1500 and 5000.

—Valery Borzov (URS), 1972 gold medalist in the 100 and 200.

—Don Quarrie (JAM), 200 champion in 1976.

—Yordanka Blagoeva (BUL), high jump medalist in 1972 and 1976.

—Juri Tarmak (URS), high jump winner in 1972.

—Ludmila Bragina (URS), 800 Champion in 1972.

Oerter, Keino and Blagoeva competed in the 1989 World meet in Eugene, Oregon. All the others are new to World Veterans competition. It should be quite a show.

The post-meet tour to the Soviet Union is definitely on. Along with many returning Soviet athletes, the guided tour will take the train from Turku to Leningrad on Monday, July 29. Two days of sightseeing will be followed by an overnight train to Moscow. After more sightseeing, athletes can compete in the Soviet Veterans Track and Field Championships in Moscow on August 2-3 (entry deadline is June 1). Visitors may return to Finland by train, or visit other cities in Europe on an individual basis. The cost is \$1100 plus return fare to Western Europe. For details, see the ad on this page.

Lawrence Lionhardt, whose travel agency specializes in athletic tours to the Soviet Union, says Soviet travel is normal.

"We're sending athletes and tourists there regularly with no problems," he said. "The media focuses on all the problems, but daily life is going on as usual."

The continued rise of the dollar means the cost of the trip won't be as great. Finland is expensive, with prices of many items virtually double what they are in the U.S. But the dollar went up 10% against the finmark from February 13 to April 13. Thus, a sandwich which cost \$4.00 in Turku in February now sells for only \$3.60. □

MASTERS!

LAST CALL FOR MOSCOW

II U.S.S.R. VETERANS' CHAMPIONSHIPS

(Immediately following World Vet Games/TURKU)

Travel by train with Soviet athletes
to view historic

Leningrad & Moscow!

Depart from Finland, July 29
to Moscow, until August 5.

Land arrangements from US\$1,100.00

CALL NOW!

Sports Travel Int'l, LTD.
4869-B Santa Monica Avenue
San Diego, CA 92107 USA
Phone: (619) 225-9555
FAX (619) 225-9562

Entry Forms and Travel
Arrangements must be
completed by June 30, 1991.





Report from Britain

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

Alun Roper was first veteran in the February 25th Welsh Cross-Country Championships held in Swansea, finishing 22nd overall. Scotchman Ian Elliott, who placed third in his country's Home International race in November, was first veteran and 14th overall in the Scottish Men's National Cross-Country Championships on February 23.

In the Surrey Women's Cross-Country League race on February 24, South London Harrier Anne Roden, W40, topped all veterans and finished 3rd overall. Roden, who was injured at the end of last year after competing in a U.S. marathon, took a month off to recover and began training again in mid-January for the London Marathon.

On February 21, Tom Price of the Duncairn Olympiads club won the

veterans division in the Northern Ireland Cross-Country Championships held in Arnagh. Brian O'Neill of Aldershot is healthy again and easily won the Fleet 5.5 Mile Cross-Country Championship at Tweesledown. Ulio Previali, a former Italian footballer who's now a Woking postman, was second veteran in 31:33.

Earlier in the month O'Neill captured the first place prize in the Hants Veterans Championships at Havant. His 34:34 time was enough to out-distance second place finisher Ken Griffiths of Stubbington (34:46) and third place Dave Rogers (35:32).

Aldershot's Ernie Cunningham was first veteran and 38th overall in the Hillingdon 5 Mile Road Race at Ruislip in 25:21. In other action, Dot Fellows, W35, placed second in the Stoker District Women's Cross-Country League on February 16.

Ferreira, Carlius, Marshev and Martin Enter Council Races

Four more candidates have entered the race for positions on the Council of the World Association of Veteran Athletes.

Fernando Ferreira of Portugal will oppose Cesare Beccalli, Owen Flaherty, Alastair Lynn, and Santokh Singh for President.

Torsten Carlius of Sweden will oppose David Pain of the USA for Secretary; Vadim Marshev of the Soviet Union will challenge Bill Taylor of Great Britain for Vice-President, Stadia Committee; and Pirkko Martin of Finland will take on Al Sheahen of the USA for Treasurer.

Taylor and Sheahen are incumbents, and were nominated by the WAVA Council, as was Pain, the current

North American Chairman.

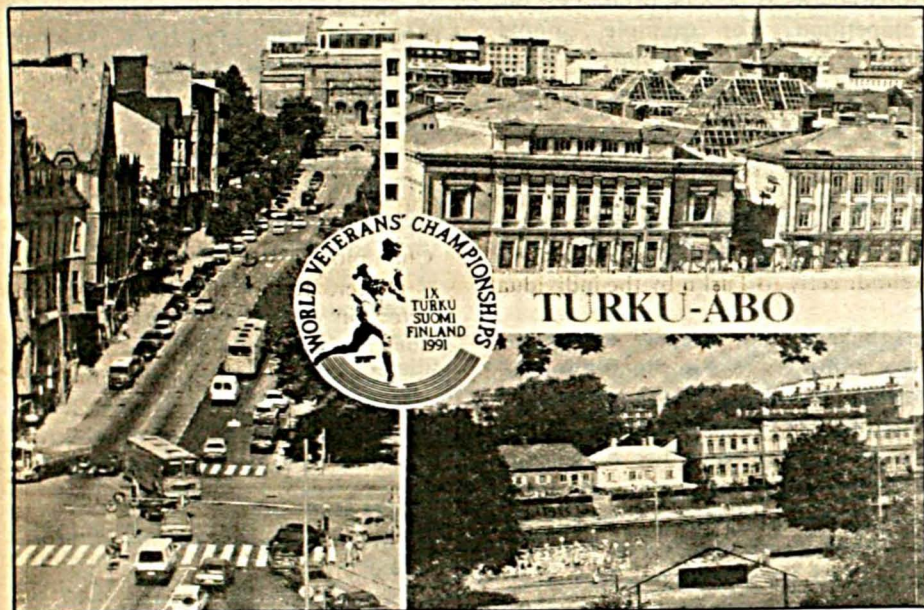
Ferreira is the President of the Portuguese Veterans Association.

Carlius is the Vice-President of the European Association of Veteran Athletes.

Marshev is the Chairman of the USSR Veterans Committee. He won a bronze medal in the 1990 USA national M50 400 hurdles.

Martin is a world W50 middle-distance champion and Executive Secretary of this year's WAVA World Veterans Championships in Turku.

The election of six WAVA Council offices will be held in Turku on July 24 at the biennial meeting of the WAVA General Assembly. □



Travel is our business...our only business



Join Snug Harbour Tours for the
**IX WORLD VETERANS
CHAMPIONSHIPS IN TURKU**

Limited space – Write or Call NOW

Entry Forms Available

SNUG HARBOUR TOURS 1372 Broadway, Suite 902,
New York, NY 10018 attn: Diana Schneider
Telephone: (212) 391-5611 Fax (212) 704-0376

**Reliability you've grown to trust...
serving the Masters for over eleven years**

Masters Age Records 1990

(1991 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1990
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1990.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage and handling to:

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

PRESIDENT:

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

EXECUTIVE

VICE PRESIDENT:

Bob Fine
4223 Palm Forest Drive
Delray Beach, FL 33445
USA

VICE-PRESIDENT

(Stadia):

Bill Taylor
17 Poplar Farm Close
Milton-under-Wychwood
Oxford, OX7-6LX
Great Britain

VICE PRESIDENT

(Non-Stadia):

Jacques Serruys
Postbox 7
B8000, Brugge, Belgium



SECRETARY:

Alastair Lynn
161 Harrison Drive
Newmarket, Ontario
L3Y6B8 Canada

TREASURER:

Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404
USA

PAST-PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill, Ontario
M1C 2x3 Canada

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

DELEGATE OF: NORTH AMERICA

David Pain
5643 Campanile Way
San Diego, CA 92115
USA

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo
Uruguay

ASIA:

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

EUROPE:

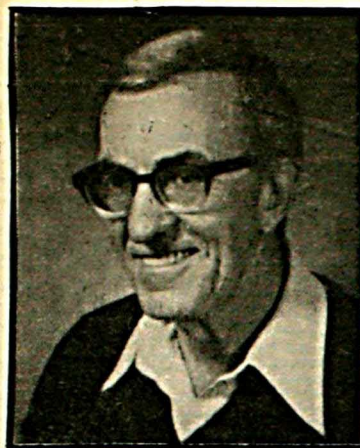
Hans Axmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:

43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

AFRICA:

Contact President



FROM THE Editor

by AL SHEAHEN

WAVA Campaign Enters Homestretch

Some people are saying the credibility of the World Association of Veteran Athletes has been damaged by the heated campaign for the presidency between the incumbent President, Cesare Beccalli, and the current Secretary, Alastair Lynn.

One letter to NMN called it a "public squabble," "unseemly," and "dirty washing." The writer said both candidates were tarnished and encouraged others to jump in. Owen Flaherty and Santokh Singh did.

A WAVA Council member then asked NMN to stop printing controversial articles on the election. I respectfully declined. I don't feel it's right to censor ideas which WAVA candidates are legitimately trying to get across. The ideas may not be perfectly phrased, but I would hope NMN readers are intelligent enough to separate the wheat from the chaff and to make judgments as to what is important and what is not.

WAVA Encourages Debate

I disagree that the credibility of WAVA has been damaged. To the contrary, WAVA is a strong, democratic organization. It encourages discussion and open debate. It encourages candidates to run for office. I see nothing wrong with Lynn, Flaherty and Singh challenging Beccalli for the presidency. That's their right. They will state their cases in Turku, and may the best man win.

It's healthy to have contested elections. It shows WAVA is a lively organization, not rooted to old ways. It keeps current office-holders on their

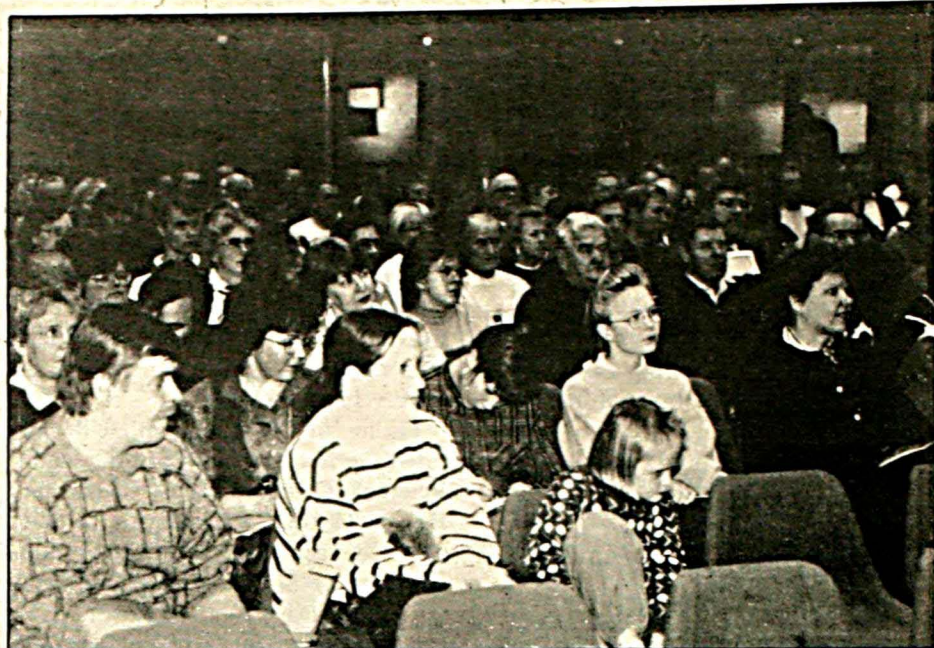
toes and attracts new blood. It shows that the 14-person WAVA Council is not a closed clique, as many accused it of being in the past.

We should understand that some veteran athletes feel it's wrong to criticize a President — of any organization. Indeed, in many countries, criticizing the head of state can risk one's life. Many veterans live in non-democratic nations. They have different methods of solving political problems. We should try to understand and respect their views.

But WAVA was formed as a democratic organization, where the majority, not just a few, rules. In a democracy, there is nothing wrong with criticizing the President or any other officer. It's done all the time. It doesn't show a lack of support for the President. It merely shows a disagreement on a particular issue.

Warring Factions in WAVA

There have always been warring factions within WAVA. One faction favors qualifying standards; another doesn't. One favors medal standards; another doesn't. One favors drug testing; another doesn't. One favors limiting the Championships to elite athletes; another wants to keep it open to everyone. One wants to exclude South Africans; another wants to let



The officials for the WAVA World Veterans Championships meet in Turku, Finland.

anyone compete. One wants a serious meet — sort of an extension of the Olympics; another wants to keep it a friendly, festival-type event where camaraderie is as important as the competition. For example, should blind competitors be admitted? Three years ago the Council said yes, but only by a 7-6 vote.

WAVA

I believe both Beccalli and Lynn have shown courage in running for the WAVA presidency. Both men have spent weeks of their own time in an effort to advance the cause of veteran athletes throughout the world. Both have spent thousands of dollars of their own money to travel to Asia and South America to woo delegates. They may disagree on some key points, but I believe they're both sincere in their efforts to do what is right. They have a different approach and a different philosophy on how WAVA should be governed. But they have shown courage in their willingness to stand and fight for what they believe. So, too, have Singh and Flaherty. The delegates to the General Assembly in Turku on July 24 will make the final choice.

What Does It All Mean?

Some people have been turned off from the campaign because the issues seem so complex. When a subject is too confusing, the average person says "a pox on both your houses" and votes for someone or something else.

Moreover, what, if anything, does the controversy mean to the 95% of the world's veteran athletes who just want to compete and who have no interest in WAVA's politics?

To try to simplify the matter, three key issues have emerged as the campaign enters its final weeks. Each concerns the relationship between WAVA

and the IAAF (International Amateur Athletic Federation, the international governing body for athletics):

1) Suppose there are two veteran groups in a country and each claims to represent the country's veteran athletes. Each wants to join WAVA as the official affiliate. What to do? Should WAVA or the IAAF decide on which group will become the WAVA affiliate?

2) Should each WAVA affiliate continue to pay its annual affiliation fee (\$50 to \$250, depending on its number of delegates), or should the IAAF pay an equal subsidy to WAVA for all affiliates?

3) Should WAVA or the IAAF decide on whether to have drug testing at World Veterans Championships?

Does It Matter?

Do any of those issues matter to the athletes?

Well, for example, in June, 1990, the WAVA Council felt drug testing was such an important issue that, before drug testing was implemented at WAVA Championships, it should be approved by the WAVA General Assembly, composed of about 100 delegates from throughout the world, which next meets in Turku. President Beccalli disagreed, saying that drug testing must take place in Turku because the IAAF cannot sanction any world championship without it.

As a compromise, Lynn and Beccalli proposed to the IAAF that testing be done on an experimental basis only. For the latest update, please see "International Scene" on page 27.

NMN will try to fairly present the pros and cons of these three issues in our June and July issues. For now, suffice it to say that a fundamental aim of WAVA is to spread veteran athletics around the globe to involve as many people as possible. Is the best way to do this to integrate with the IAAF, as Beccalli suggests, or to try to cooperate with the IAAF while remaining more independent, as Lynn urges? The delegates in Turku will decide. □

RUN IN THE HIMALAYAS

India - Sikkim — Nepal
International Endurance Run
October 13-26, 1991
Includes 5 Day Race and Delhi Marathon

Non-runners trek simultaneously. Fully supported. Visit Taj Mahal, monasteries, Darjeeling, View Mt. Everest and Kanchunjunga.

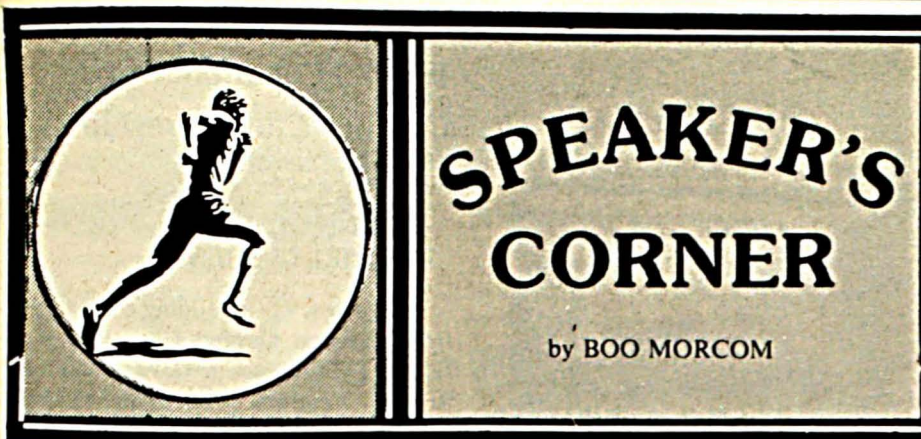
Kathmandu Marathon October 12
Extensions in India & Nepal. Free Brochure

FORCE 10 EXPEDITIONS

Box 30506-NM

FLAGSTAFF, AZ 86003

1-800-922-1491



Coming of Age in Turku

When you are favored to win the pole vault in the Olympic Games, you enter the stadium like a dirigible pumped up with helium to the bursting point.

If you then finish in sixth place, you fall into a depression where even breathing is difficult.

I know. It happened to me in London in 1948. The best I could manage was a vault of 12'11½". Five men, including winner Guinn Smith of the U.S.A. who cleared 14-1¼, did better.

What kept me going after that was the thought of revenge. Maybe this had something to do with my up-bringing and being the youngest of six boys. I didn't have to go into the neighborhood to get beat up. Just walking across the living room was an adventure in survival.

Perhaps it was psychological; the five vaulters who defeated me were my older brothers. I needed to raise myself up a bit in the pecking order. But being injured, depressed, and facing a lot of travel, I felt the odds of beating all five men would be about one in a thousand. I liked those odds.

The post-Olympic track & field tour left London for Paris where I defeated Smith. In Brussels, I set a European record and brought the bronze

medalist, Reverend Bob Richards, to his knees.

On a layover in Copenhagen, I found the other three vaulters at a track meet, but it was for Scandinavians only and I was barred. I was livid.

However, there was a fjord in my future. I went to Oslo and, when fourth place winner Erling Kaas of Norway showed up, I whumped him and checked him off. In Stockholm, Ragnar Lundberg, fifth, fell quietly. That left only Erkki Kataja of Finland, the silver medal man, to be done in to give me the grand slam. Unfortunately, Kataja had gone back to Finland and, our tour being over, we were headed back to America.

So...I defected.

In Helsinki, I boosted the European record another notch, but Kataja didn't show. After a long search, I found him in a small town bar. I told the National coach, Armas Valste, to get his boy in shape. I wanted no excuses.

A meet was arranged for Turku, two

weeks hence.

Meanwhile, I went to Lapland to see the northern lights, vault over the Arctic Circle and chase reindeer.

Back in Turku, Kataja and I had a fierce competition and when the chips fell, they were red, white and blue.

Following the meet, there was a reception at Kataja's home. Because the Finns were to hold the next Olympic Games, there was tremendous interest in track and a big crowd descended on the modest home.

"Well," I told the press, "I did what I came to do. I kicked his (expletive deleted) on his home grounds."

The folks all smiled and nodded. Only Grandma Kataja realized that there was a viper in the house; the Ugly American cometh. With her fragile hands, she set about to right the situation by going to the cupboard and producing Erkki's Olympic silver medal.

"My grandson won this," she said to me. "If you are so great, please show us your medal."

The laughter was explosive and it stung me. I said "touche" and a few minutes later left for my hotel.

Flying over the Atlantic, I had cooled down and realized that this charming woman, with a soft smile on her lips and a twinkle in her eye, had given me a well-deserved lesson in sportsmanship and good manners.

It wasn't what I had said; after all, I

had earned bragging rights. It was that I had not shared with Erkki, and had allowed the crowd to push him into a corner in his own home where he had stood in silence. This fine, young athlete, who had defended his nation's honor in London on a cold, rainy day by coming up with the highest vault of his career, deserved more from me than I had given.

At the World Veterans Championships in Eugene in 1989, one of the Finnish vaulters told me that he thought Erkki had passed away. I hope not. I want him to be there when I go back to Turku. I want to talk of the old days, the Olympics, pole-vaulting, the World Games.

Trust me when I say that I will have kind words for Erkki Kataja and his beloved grandmother.

(Boo Morcom became a professor of physical education at the U. of Pennsylvania and a champion masters pole vaulter. He has won several world veterans gold medals, and still holds the world record for M55 (13-6¼) and M65 (12-4½). At age 59, he cleared 13-0½, higher than his 1948 Olympic effort. He was named U.S. Masters multi-event athlete-of-the-year in 1985. He now lives in New Hampshire. He turns 70 on May 1, and in Turku will go after Herb Schmidt's 11-year old M70 mark of 10-10).



Olympic pole vaulters check the tape. Taken in Prague in 1948, from left: Boo Morcom (6th), Guinn Smith (1st), Erkki Kataja (2nd).

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59					
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

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

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

Report From Australia

Alan Bradford, world M50 800 champion in Eugene, is back in form with five M50 gold medals in seven events at the Queensland Championships in Brisbane: steeple (9:58), 300H (47.8), 800 (2:08.5), 1500 (4:28.3). Jan Hynes soared to a new world W45 triple jump mark of 10.58, smashing her own mark of 10.12. In Melbourne on March 2, Jean Albury set a world W60 10,000 mark of 42:42, lowering Shirley Brasher's standard of 43:59. Lydia Widera threw the hammer 33.00 for a W65 world mark, and Ruth Frith set a W80 TJ WR of 4.68.

An estimated 15,000 athletes from 37 nations will contest 41 different sports in this year's third Australian Masters Games in Brisbane, October 8-20.



Gilberto Gonzalez Julia (1) receives a resolution passed by the San Juan City Council, Puerto Rico, from Councilman Samuel Mendez. The resolution renames Parque Central, a venue for the 1983 Veterans World Games to "Gilberto Gonzalez Julia Sports Complex." Gonzalez Julia, 77, a top athlete in his division, has competed on five continents since 1971. Photo by William Weinacht

Tony Ross Top Master In BVAF National Cross-Country Championships

by ALASTAIR AITKEN,
MARTIN DUFF and
BRIDGET CUSHEN

Tony Ross, 41, a building contractor from Welwyn Garden City, was the first of 175 finishers in 33:59 to win the British Veterans National Cross-Country Championships at Amptill in Bedfordshire on March 12. Ross, who placed second in the event last year, narrowly edged Stan Curran, 43, who turned in an impressive 34:19 on the tough and hilly course.

Curran, who has won the London Marathon twice, stayed with Ross until their first ascent up the notorious "Heartbreak Hill," when Ross began to pull away. The race required the duo to ascend the hill three more times, and with each ascent, Ross extended his lead.

Placing third in the M40 division was Roy Bailey (34:26), followed closely by Mike Hagar in 34:32. Brian O'Neil, coming off a recent injury, finished 13th overall and captured the M45 group in 35:41.

A "battle royal" ensued in the M50 contest with long-striding Les Presland dueling Steve James who set a blistering pace. James gained on the flat and downhill but Presland managed to close the gap on the inclines. With the crowd cheering him on, Presland accelerated into the finishing straight to nip James 35:26 to 35:28 in the last 200 yards of the contest.

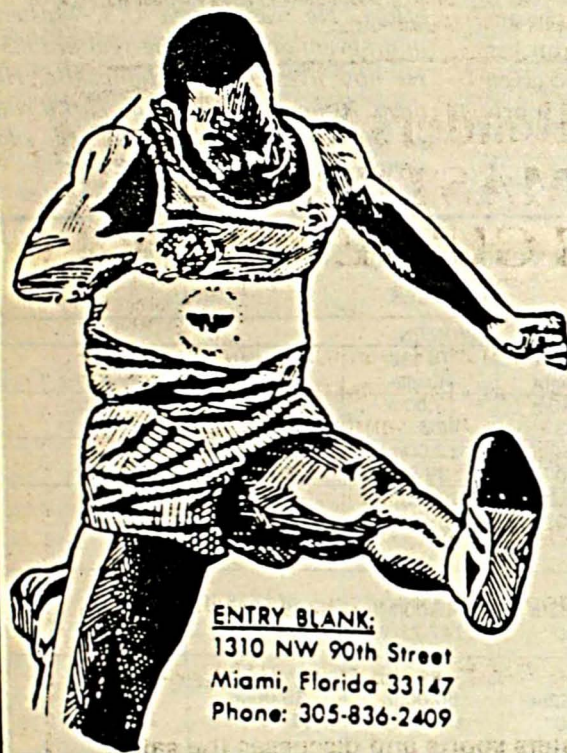
Sally Young, a chef who runs for the South London Harriers, won the W35 5K race in 19:17, followed closely by Leslie Taylor (19:46). Dot Fellows turned in a 20:32 to take the W45 division, while former London Marathon winner Joyce Smith won the W50 crown with a 20:03.

In the men's team competition the Salford Harriers easily won over the Aldershot Farnham and the Verles AC contingents. The Altrincham team took top women's honors, followed by Shaftesbury and Bolton United.

New Zealand Withdraws 1995 Bid

New Zealand, which was expected to bid for the right to host the 1995 WAVA World Veterans Athletics Championships, has withdrawn its bid, saying it doesn't have enough time to prepare a presentation by this July.

Delegates to the WAVA General Assembly in Turku on July 24 will hear 1995 presentations from Singapore and from Cali, Colombia.



ENTRY BLANK:
1310 NW 90th Street
Miami, Florida 33147
Phone: 305-836-2409

16th ANNUAL NORTHWEST TRACK & FIELD CLASSIC

JUNE 8-9, 1991

Traz Powell Stadium

Miami-Dade Community College North Campus

Sponsored by
The Miami Herald



For Tickets, Entry, and Information Contact:
Phone: (305) 836-2409

MASTERS SCENE

NATIONAL

- At least 5000 athletes — age 55 and older — are expected to compete in 17 sports in the U.S. National Senior Sports Classic III — the Senior Olympics, in Syracuse, N.Y. from June 28-July 3. To enter the meet, athletes must have qualified in a 1990 regional meet.
- At age 38, **Francie Larriue-Smith** broke the women's U.S. open 10,000-meter record on April 4 in Austin, Texas with a time of 31:28.92, more than six seconds faster than the 1982 mark of Mary Decker Slaney. The time gave her a phenomenal 99.9% on the masters age-graded scale. Larriue-Smith set her first U.S. track record at age 16. The 22-year span is probably a record.
- Sir Chinmoy's Peace Run '91 will cover 30,000 miles through 70 countries during the spring and summer of 1991. Anyone can run or walk carrying the peace torch. The premise is: "If people from all nations can run in peace and harmony, then it is but a small step for all nations to live in peace and harmony." For info, call 718-291-6637.

EAST

- **Atlaw Beligne**, 46, finished 15th of 805 m/finishers, with a 27:34, in the NYRR Central Park 5 Mile, NYC, March 3. **Sam Skinner**, 48, was second M40+ in 27:52. **George Thompson**, 65, won the M65 race handily in 32:49. **Sylvie Kimche**, 44, won the W40+ contest with a sixth-place 31:33 of 398w.
- **Al Oman**, 41, finished 11th of 1003m, with a 1:12:42 in the NYRR Brooklyn Half-Marathon, Prospect Park, NYC, March 10. **Ted Hairman**, 48, was second M40+ in 1:15:34; **Sid Butensky**, 69, took the M65 race in 1:27:56. **Kathleen Horton**, 42, placed fourth of 237w in 1:29:17. **Carmen Calle**, 53, nabbed the W40+ second with a 1:32:38. Top 40+ RW-ers were **Fred Comolli Jr.** (40, 2:02:00) and **Elton Richardson** (52, 2:22:09), first w/overall.
- On March 16, **Beligne** (16:56) edged **William Hart** (42, 16:57) for the masters win in the NYRR Horoscope 5K, Central Park. **Flavia Marin** (40, 21:59) and **Susanna Beltrandi** (47, 22:57) finished 1-2 W40+. The race paired man-and-woman teams by horoscope signs. The oldest runner to win a team award was **Regina Cahill** (37, 19:28), who teamed with **Keith Turner** (31, 15:34) to take the Aquarius race.
- **Victor Cruz** (51, 23:08) and **Judy Harrigan** (41, 25:47) ran away with 40+ first in the Mike Hannon 4 Mile, Central Park, March 24. **George Thompson** (65, 26:18) and **Muriel Merl** (65, 32:22) were standouts in their division wins. In the accompanying 20 mile race, **Hector Vargas**, 44, was fourth of 299m in 1:58:07, and **Anna Thornhill**, 50, fifth of 103w with a 2:22:33.
- The contact for the NJ Masters & Submasters Championships, June 2, has been changed from **Sandy Kalb** to **Nancy Ammermuller**, 508 13th Ave., Belmar, NJ 07719. 908/280-9050. Kalb, a long-time TAC representative and meet director, is recovering from serious heart surgery.
- **Elmer Shaw**, 73, a long-time masters thrower in local, national, and international competition, passed away recently. A resident of the Syracuse, NY, area, he was also a director and volunteer with the Syracuse Chargers TC, whose president, **Nate White**, said of Shaw, "He was a big man with a big heart... He will be sorely missed by all who knew him."
- **Ken Hamilton**, 41, of Maple, Ontario (30:59) and **Nancy Grayson**, 40, of Columbia, S.C. (35:32) each won \$500 as the masters winners in the eighth annual Sallie Mae Cherry Blossom Chaser 10K at West Potomac Park in Washington, D.C., April 14. Florida's **Jim Pearson** (42, 31:21, \$400) and Texan **Ed Swiatocha**

(40, 31:44, \$250) followed **Hamilton**, while New Yorkers **Nancy Oshier** (42, 35:58, \$400) and **Nancy Mieszcak** (42, 36:12, \$250) trailed **Grayson**, who won a \$250 bonus for setting a female masters course record.

SOUTHEAST

- The 5K road RW scheduled for September 21, Raleigh, NC, is not a national masters championship, as listed in our previous schedules. It will serve as the Senior Men's National Championships and the North Carolina Association/TAC Championships with masters awards open to everyone, but with no national awards for masters. The 5000m masters track RW championships will be part of the National Outdoor Championships at Naperville, IL, in July.
- **Manuel Vera**, 40, of Mexico, with a 29:24, and **Priscilla Welch**, 46, of England, with a 35:05, were masters firsts in the Azalea Trail 10K, Mobile, AL, March 23. **Wilson Waigwa**, 42, El Paso, TX, 30:15, and **Laurie Binder**, 43, Oakland, CA, 35:45, were runners-up in the race, won overall by **Mauricio Gonzalez** (29:03), Mexico, and 38-year-old **Francie Larriue-Smith** (32:05) of Texas.
- The Southeastern TAC Masters T&F Championships, U. of Tennessee, Knoxville, May 31-June 1, will include submasters 20-years-and-over at the request of the Southeastern TAC Coordinator as a move to help promote masters meets, and is open to participants from any state. Tennessee residents will qualify for the Tennessee Sportsfest, June 21-23.
- **Betty Vosburgh**, 58, Atlanta, GA, broke her indoor AR of 34.09 for the 200 with a 33.4 in the Nashville TC Meet, Tennessee St. U., March 9. Fifty-seven competitors participated, up from 42 in '90.
- **Rose Malloy**, 42, Annapolis, MD, was first female overall with a 1:19:16 in the Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA, February 24. Malloy, a fourth-grade teacher, who has run a 2:52 marathon, smashed the W40+ race record by over 12 minutes. **Bruce Robinson**, 40, Manassquan, NJ, broke the M40+ record with a 1:13:01, and **Lis Villadsen**, 51, Charlottesville, VA, erased the W50 record with a 1:28:16. A race high of 2100 registered for the main event and a fun-run 5K, with 1386 finishing the half-marathon.

MIDWEST

- **Peter Bolos**, St. Clair, MI, a professional fighter for 10 years, ran a marathon at age 77, 38 years after retiring from the ring, and, on 4½ months of training, won his age division.
- **John Elwarner**, 51, strode to a quick 15:00 indoor two-mile RW, Macomb College, Warren, MI, February 23.

SOUTH WEST

- **Tom Thompson**, M35, of the East Texas TC, was top performer in the Lubbock Christian U. indoor meet, Lubbock, TX, March 2, with victories in the 55m (6.56), 200 (23.78), and 400 (53.15). **Roy Turner**, M50 AR-holder for the 60m, ran the 55m in 7.22 and the 200 in 25.28. **Andy Anderson**, M60, had a big day with firsts in the 55m (7.72), 200 (28.03), and 400 (63.79). All meet proceeds went to the Lubbock Christian U. track program.

WEST

- **Doug Bell**, 42, Greeley, CO, logged a hasty M40+ first with a 14:54 in the Rogaine L.A. 5K, which was run along with the L.A. Marathon, March 3. **Elaine Triplett**, 40, Goleta, CA, won the W40+ race in 18:56. **Gina Faust**, 54, Woodland Hills, CA, was third master in 19:20.
- **Jorge Arroyo**, M40, wing-footed to the masters title with a 32:29 in the San Jose Mercury News 10K, March 10, San Jose, CA. **Sal Vasquez**,

M50, flew to the M50-59 win with a 32:54. **Juan Stavalone**, W40, was fleetest W40+ in 38:43.

• **Gary Miller**, 53, Glendale, CA, scored 5880 points on the '62 tables and 5696 on the '85 tables (8110 WAVA points) for a single-age WR in the decathlon, March 16-17, at Occidental College, Los Angeles. Miller's marks, which included an age-53 AR of 6.03 in the long jump, were 100m-12.3/LJ-6.03/SP (6kg)-13.08/HJ-1.60/400-56.1/110H(36'')-15.6/DT (1.6kg)-36.36/PV-4.00/44.46/1500-5.29.4. Miller holds the WR in M45 and M50 decathlon and pentathlon.

• In a dual meet on March 31 between the Northern California Seniors and the West Valley TC, **Marty Adamson**, 52, clocked 12.50 (100), 24.4 (200) and 55.7 (400). **Adrian Rogers**, 39, turned in a 49.7 400 and 22.1 200. **Joan Colman**, 47, logged a 2:33.8 800. **Searcy Barnett**, 43, covered two laps in 2:07.4. Using 5-3-1 scoring, West Valley won the annual event, 260-144.

• The annual Club West Masters Meet, a Santa Barbara, Calif. fixture for years on the first Saturday in October, has changed its 1991 date from October 5 to October 19 because of a football game at UCSB on the 5th.

NORTHWEST

- **Laddie Shaw** (41, 52:31), Sitka, AK, and **Christine Curtis** (53, 66:29), Seattle, WA, took firsts in the Northwest Masters 15K, Seattle, March 16. Top masters in the 10K RW were **Bob Novak** (41, 52:14) and **Bev LaVeck** (54, 59:02), both of Seattle.
- **Becky Sisley**, 51, Eugene, OR, broke **Christel Miller's** '89 indoor AR (4-2¼) in the HJ with a

4-3 in the Eugene Indoor Meet, February 2. **Ed Lipscomb** vaulted 15-0 to win the M40 PV.

INTERNATIONAL

• **David Pain**, WAVA North American Chairman, and **Mike Castaneda**, bilingual masters shot putter, will inspect three potential sites in Mexico for the 1992 North American T&F Championships: Mexico City, Xalapa, and Victoria. The final site will be selected at the North American Committee meeting in Turku, Finland, on July 22.

• **Juan Antonio Samaranch**, the President of the International Olympic Committee, said he believes South Africa will be sent an invitation on July 25 to participate in the 1992 Olympics in Barcelona. The IOC has five conditions for lifting the ban it set in 1970. Among them: abolition of apartheid, unification of sports bodies into non-racial groups, and formation of an umbrella sports organization to push for unity.

• **Rod Dixon**, 41, defeated **Paul Sumpter**, 4:18.8 to 4:19.6, in the Avia Masters Mile in South Auckland, New Zealand.

• **Shelda** and **Norm Patenaude** have announced that they will again be hosting the very popular Voyageur Marathon in Massey, Ontario, on July 21. The event, which is celebrating its 15th year, has recently been authorized as the Canadian Masters Marathon Championships. Patenaude said he's expecting more than 200 entrants to compete for \$5000 in prize money, including medals three-deep in 20 age categories, merchandise prizes for all finishers, and wooden medallions for the first 150. In addition, Patenaude has added a half-marathon to the schedule.

Here's What Readers Say About THE MASTERS RUNNING GUIDE



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

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

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

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

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

—**Mike Davis, Indianapolis News**

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

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Send \$10.95 (includes mailing charges) to:

NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404

schedule

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



TRACK & FIELD NATIONAL

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

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

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

August 24. TAC/USA National Masters Weight Pentathlon Championships, East Ascension H.S., Gonzales, La. SASE to: Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737.

EAST

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

May 14-17. DC Senior Olympics, Washington, D.C. 55+. Ms. Darnelle Freeland, 3149 16th St., NW, Washington, DC 20010. 202/727-5512.

May 16-19. Virginia Golden Olympics, Woodbridge. 55+. St. residents only. Tracey Hormuth, 14730 Birchdale Ave., Woodbridge, VA 22193. 703/670-9118.

May 19. New York Masters Outdoor Classic, Merchant Marine Academy, Kings Point, N.Y. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004.

May 27. West Penn TC Championships, Slippery Rock U., (40 miles north of Pittsburgh), Pa. All events, including steeplechase. 10-yr. masters division. Ray Sanchas, 429 Center Ave., Carnegie, PA 15106. 412/429-1410 (before 9:00 p.m. EDT).

May 31-June 2. Connecticut Senior Olympics, U. of Bridgeport. 55+. Will Berger, U. of Bridgeport, Bridgeport, CT 06601. 203/576-4242.

June 2. New Jersey Masters/Submasters Championships, Monmouth College, West Long Branch. Separate awards for out-of-state entrants. Nancy Ammermuller, 508 13th Ave., Belmar, NJ 07719. 908/280-9050.

June 6-9. New York State Parks Senior Games, Albany, 55+. State residents only. Debra Keville, NYS Office of Parks & Rec., Agency Building 1, 12th Fl., Albany, NY 12238. 518/474-0403.

June 14-16. New Jersey Senior Games, Trenton. 55+. Karen Goldman Shaffer, CN 005, Trenton, NJ 08625-0005. 609/633-7100. State residents only.

June 16. TAC Eastern Sectional Championships, Millersville University. SASE

only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385. Entry form in May NMN.

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

June 23. Rhode Island Senior Olympics, Brown U., Providence. 40+. R.I. Dept. of Elderly Affairs, 160 Pine St., Providence, RI 02903. 401/277-6880.

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

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

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

July 14. Sri Chinmoy's Masters Games, Forest Hills, NY. 718/291-1468.

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

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

August 11. Keystone State Games, Allentown, Pa. Pa. residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

August 17. Don Harris Memorial/Philadelphia Invitational (pre-entry only), Ardmore, Pa. Peter Taylor, 3120 School House Ln. JA-9, Philadelphia, PA 19144. 215/842-3807.

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

September 21. New York Master Mini Meet (throws/jumps only), Victory Park, Jamaica, N.Y. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004.

SOUTHEAST

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

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

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

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

May 15-18. South Carolina Senior Sports Classic, Columbia. 55+. St. residents only. Carl Hurst, 326 Townes Rd., Columbia, SC 29210. 803/772-0363.

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

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

May 31-June 1. TAC Southeastern Sectional Masters Championships, U. of Tenn., Knoxville. Open to 20+ years. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/576-0307(d); 483-7743(n).

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

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

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

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

June 11-July 30. All-comers meets each Tuesday at 5 p.m., Tropical Park Track, Miami. 305/227-1500.

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

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

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

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

July 28-30. Atlanta TC Championships, Emory U., Atlanta. 404/364-0708.

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

MIDWEST

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

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

May 12-17. Dayton Senior Olympics, Dayton, Ohio. 55+. Dr. Mary Leonard, Dayton U., Dept. of Phys. Ed., 300 College Park Dr., Dayton, OH 45469. 513/229-4208.

May 16-19. Central Illinois Senior Olympics, E. Peoria. 55+. Ron DeBoer, 305 Springbay Rd., E. Peoria, IL 61611. 309/699-9052.

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

May 28-June 1. Wisconsin Senior Olympics, Milwaukee. 55+. St. residents only. Elizabeth Weiss, 4420 W. Vliet St., Milwaukee, WI 53208. 414/933-2332.

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

June 6-9. Senior Games of Indiana, South Bend. 55+. Beth Keultjes, 624 North Nortre Dame, South Bend, IN 46617. 219/233-3117.

June 10-15. Dane County Senior Olympic Games, Madison, Wisc. 55+. Chad Thom, P.O. Box 461, Madison, WI 53701-0461. 608/266-6420.

June 14-15. Mt. Vernon/So. Illinois Senior Olympics, Mt. Vernon. 55+. John Downey, 3109 Mulberry, Mt. Vernon, IL 62864. 618/242-6273.

June 15. Indy Senior Classic, Indiana U.-Purdue U. in Indianapolis (IUPUI)

Continued on page 35

ON TAP FOR MAY

TRACK AND FIELD

The three-day Southeastern Masters Meet, Raleigh, N.C., starting on the 3rd, opens the month, with a Florida Circuit meet in Jacksonville on the 4th.

The Sunshine State hosts another Circuit meet on the 11th in Tampa, and the state TAC Masters Championships on the 18th in Orlando. That day also finds meets in Baton Rouge and Sacramento. The N.Y. Masters club holds a meet at the Merchant Marine Academy, NYC, on the 19th.

The Memorial Day weekend has activity on the 25th in Birmingham, Ala., TAC Southwest Sectional Championships, New Orleans, and Irvine, Calif.; on the 26th, in Columbus, Ohio; and, on the 27th, in Western Pennsylvania.

The Southeastern Sectional Championships, a two-day affair, in Knoxville, begin on the 31st.

LONG DISTANCE RUNNING

Action on the first weekend includes the Freihofer's Runs For Women, Albany, N.Y., on the 4th. The 5th offers a plethora of marathons, in Long Island, Buffalo, Pittsburgh, Lincoln, Nebr., Long Beach, Calif., and Weott, Calif., plus a 10 mile in Pittsburgh, and the massive Bloomsday 12K in Spokane.

On the 19th, more marathons go off in Cleveland and Olympia, Wash., along with the Bay To Breakers 12K, San Francisco.

The following long weekend has the Big Boy 20K, Wheeling, W. Va., and a half-marathon in Ann Arbor, Mich., on the 25th; the Vermont City Marathon, Burlington, the Oakland Express 5K, Calif., and the Brentwood 10K, Los Angeles, on the 26th; and the Bolder Boulder 10K, Colo., and the masters-focused Cotton Row 10K, Huntsville, Ala., on the 27th.

RACEWALKING

The National Masters Women's 20K Championships will be held in Raleigh on the 5th, followed by the 15K Championships on the 12th, Portland, Ore.

The MAC 20K Championships are set for the 19th in NYC.

The American Racewalk Association holds a training camp in Boulder on the 23rd-27th. □

Continued from page 34

Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

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

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

June 22. TAC Midwest Masters Sectional Championships, Byron, Ill. 5 p.m. Dick Green, Box 6147, Rockford, IL 61125 815/332-4743.

August 10. Dayton Masters Track Classic, Dayton, Ohio. Bob Jones, Dayton Masters, 513/268-7341 (e), or Dayton Rec. and Parks, 513/225-8400.

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

MID-AMERICA

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

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

May 25-26. Oklahoma TAC Association Championships, Union H.S., Tulsa. Tulsa RC, 5214 S. Delaware, Tulsa, OK 74105. 918/742-1358.

May 26-29. St. Louis Senior Olympics, St. Louis Country Day School Track. 55+. Wendy Ludwig, #2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-6780, x188.

June 2. Blue River Valley Meet, Marysville, Kans. Jay Haggard, Recr. Director, 209 N. 8th, Marysville, KS 66508. 913/562-5331. Cleve Walstrom, 913/562-5331.

June 6-8. Central Iowa Senior Olympics, West Des Moines. 55+. Janet Ridgeway, 713 8th St., West Des Moines, IA 50265. 515/277-6026.

June 12, 19, 26. Tulsa RC Mini-Meet, Union H.S., Tulsa, Okla. 6:30 p.m. Tulsa RC, 5214 S. Delaware, Tulsa, OK 74105. 918/742-1358.

June 15-22. Senior Olympics, St. Paul, Minn. 55+. Gloria Thomas, 430 North Dale, St. Paul, MN 55103. 612/222-6029.

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

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

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

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

SOUTHWEST

Louisiana, Mississippi, Texas.

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

May 16-18. Texas Senior Games, Arlington. 55+. Kelly Arceneaux, P.O. Box 13309, Arlington, TX 76094-0309. 817/572-6978.

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

May 25. TAC Southwest Sectional Masters

Track & Field Championship, Tulane Univ., New Orleans. LLTC Masters, 1459 Verna St., New Orleans, LA 70119. 504/865-5513.

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

June 8. 7th Annual Oil Capital Masters Meet, Mustang Bowl, Andrews, Texas, Andrews County C of C, 915/523-2695.

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

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

WEST

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

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

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

May 25. Bruce Jenner Grand Prix Masters Events, San Jose, Calif. 100-M60 -69, M70+, W40+; 200-M50+; 400-M40+; 1500-M40+. M70+ 100, Payton Jordan, 415/948-3458. 1500, Jim

Hampton, 415/573-8943. All others, Bruce Springbett, 408/354-7333 (w), 408/354-2005(h). No entry fee or awards. Free entry to meet. Tickets available for family or friends.

May 26-27. San Diego Senior Olympics, San Diego, Calif. 55+. Sam Cohen, JCCA, 4079 54th St., San Diego, CA 92105. 691/583-3300.

May 31-June 2. California Senior Games, Sacramento. 55+. Becky Furtado, Mercy Foundation, 2710 Gateway Oaks Dr., Ste. 300 N, Sacramento, CA 95833. 916/648-1000.

June 1-2. New Mexico TAC Open & Masters Championships, Albuquerque. Continued on page 36

TAC Northwest Sectional Masters Track & Field Championships and Hayward Classic Masters Championships

Hosted by OREGON TRACK CLUB MASTERS

Sponsored by VALLEY RIVER CENTER

OREGON
MASTERS

June 22 & 23, 1991

Beginning 12:00 Saturday
10:00 Sunday

Hayward Field University of Oregon Eugene, Oregon

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

FACILITIES: All-weather track & runways (maximum 1/4" spikes allowed).

DIVISIONS: 5 year age divisions for men and women age 30 and over.

ENTRY FEES: \$10 for 1st event (DOES NOT include T-shirt); \$5 for 2nd event; additional \$2 each additional event; relays free.

T-SHIRTS: 100% cotton, short sleeve — \$7.

ENTRY DEADLINE: All entries must be postmarked by Friday, June 14, 1991.

LATE ENTRY: Late entries will be accepted with an additional \$10 surcharge and only when space is available in that event.

MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Special rates for athletes — book early to ensure room (1-800-HILTONS).

PACKETS: Available for pickup at Eugene Hilton Friday, June 21, 4:00-8:00; and at Hayward Field starting at 9:00 a.m. June 22.

AWARDS: Championship medals for 1st, 2nd, 3rd; ribbons for 4th, 5th, 6th.

SCHEDULE OF EVENTS

All times listed are tentative and approximate.

Saturday, June 22

FIELD	TRACK
POLE VAULT 12:00	*2000 STEEPLECHASE
	3000 STEEPLECHASE
LONG JUMP 1:00	10,000 METERS
SHOT PUT 2:00	HIGH HURDLES
	100 METERS
JAVELIN 3:00	400 METERS
	5K WALK
	1500 METERS
	1600 METER RELAY

Sunday, June 23

DISCUS 10:00	800 METERS
HIGH JUMP 11:00	INTERMEDIATE HURDLES
	5000 METERS
	200 METERS
HAMMER 1:00	**2000 METER WALK
TRIPLE JUMP 1:45	400 METER RELAY
	**3000 METERS
	3200 METER RELAY

IN GENERAL, WOMEN COMPETE BEFORE MEN
OLDER BEFORE YOUNGER

* + 60 Men, Women

** The 2K walk and 3K run are not TAC Championship events and will not receive TAC Championship medals.

ALL EVENTS ARE OPEN TO BOTH MEN AND WOMEN
ALL IMPLEMENTS WILL BE WAVA METRIC STANDARDS

PLEASE PRINT

TAC SECTIONAL CHAMPIONSHIPS — ALL COMPETITORS MUST BE TAC MEMBERS

Name _____ Birthdate: ____/____/____

Address _____ Age (as of 6/22/91) _____

Phone (____) _____ Club Affiliation (if any) _____ Male _____ Female _____

TAC # _____

EVENTS _____ **T-SHIRT — \$7 (check one)**

1. _____ ☐ small ☐ med

2. _____ ☐ large ☐ x-large

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I WOULD LIKE TO RUN THESE RELAYS:

400 METER _____ 1600 METER _____ 3200 METER _____

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 or at 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 Les Castle, 720 E. 20th, Eugene, OR 97405. (503) 344-9809.

ENTRY FEE:

1 EVENT \$10

2 EVENTS \$15

3 EVENTS \$17

4 EVENTS \$19

5 EVENTS \$21

etc.

ENTRY TOTAL — \$ _____

T-SHIRT @ \$7 — \$ _____

TOTAL — \$ _____

Make checks payable to:

OREGON TRACK CLUB MASTERS

Continued from page 35

Kathy Fones, 118 Amhurst NE, Albuquerque, NM 87106. 505/255-0299; 865-7027.

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

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

June 13-16. New Mexico Senior Olympics, Roswell. 55+. State residents only. Ceci Acosta, P.O. Box J, Roswell, NM 88202. 505/623-5777.

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

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

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

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

October 19. Club West Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

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

NORTHWEST

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

May 25. Senior Olympics, Silverton, Ore. 55+. Amy Castle, Silverton RC, Box 783, Silverton, OR 97381. 873-8577; 873-2818.

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

June 2. Scholastic/Masters Meet, Portland, Oregon. Mike Monahan, P.O. Box 842, Gresham, OR 97080. 503/667-1145.

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

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

June 17-23. Oregon T&F Camp For Masters, Hayward Field, Eugene, Oregon.

T&F Camp, Box 10825, Eugene, OR 97440. 503/687-1989. See ad in March issue.

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

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

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

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

CANADA

June 8-9. Ontario Masters Championships, Oshawa. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario M8W 2L9. 416/252-7047.

June 29-30. Canadian Masters AA Championships, Ottawa, Ontario. 35+. Andy McInnis, P.O. Box 3424, Stn. D, Ottawa, Ontario, K1P 6L4. 613/564-1093. Fax: 613/564-1095.

INTERNATIONAL

June 22. Argentina Veterans Championships, Buenos Aires. Dante Gallo, Hipolito Yrigoyen 3549, Buenos Aires. Argentina CP 1208.

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

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

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

July 29 (Monday). WAVA World Veterans Weight Pentathlon Championships, Naantali, Finland. Naantalin Loyly, Rauno Leonsaari, Ruunitie 24, SF-21100 Naantali. Phone: 358 21 852 511. Fax: 358 21 852 534.

August 2-3. Soviet Union Veterans Championships, Moscow, Vadim Marshov, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

September 21-22. San Juan International Meet, San Juan, Puerto Rico. PR Masters Association, P.O. Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. 809/763-5172.

November 1-4. Miyazaki International XII All-Japan Masters Athletic Championships, Miyazaki Prefecture. Miyazaki Prefectural Office, 2-10-1 Tachibanadori-higashi, Miyazaki City, Japan. 0985-26-7033. Fax: 0985-26-7331.

**LONG DISTANCE
RUNNING
NATIONAL**

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

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

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

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

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

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

November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 42220. 614/459-2547.

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

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

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

EAST

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

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

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

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

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

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

May 12. Nike Women's 8K, Washington, D.C. SASE to Nike 8K, Box 134, Mt. Vernon, VA 22121. 703/780-3037. Limit 4000 on May 3.

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

May 18. Vintage 5 Mile, Pittsburgh, Pa. 55+. Also 3-mile fun walk. Beverly Beisgen, race director, Vintage, 401 N. Highland Ave., Pittsburgh, PA 15206. 412/361-5003.

May 19. Midland 15K/5K, Far Hills, N.J. Harry Brown, Midland School, P.O. Box 5026, North Branch, NJ 08876. 201/781-9851.

May 26. Bank of Vermont/Vermont City Marathon, Burlington, Vt. Bank of Vermont, Box 152, Burlington, VT 05402. 802/658-1815.

May 26. Constellation 10K, Baltimore, Md. Les Kinion, Constellation 10K, P.O. Box 11394, Baltimore, MD 21239. 301/882-5455.

May 27. Ridgewood Run 10K/5K/Masters Mile, Ridgewood, N.J. Masters money. SASE to NJ Masters, P.O. Box 56, Ridgewood, NJ 07450.

June 1. Dominion Bank Festival 10K/5K, Roanoke, Va. Tom Wong, Dominion Bank, P.O. Box 13327, Roanoke, VA 24040. 703/563-7851.

June 1. New York Mini-Marathon Women's 10K, Central Park, NYC. Roberto Salazar, NYRR, 9 E. 89th St., New York, NY 10128. 212/860-2280.

June 2. Philadelphia Bar/Provident 10K, Philadelphia. Manny Pokotilow, 1635 Market St., Seven Penn Center, 12th Fl., Philadelphia, PA 19103. 215/567-2010.

June 8. Shelter Island 10K, Shelter Island, N.Y. Cliff Clark, 140 S. Ferry Rd., Shelter Island, NY 11964. 516/749-0007.

June 9. Orange 10K, Middletown, N.Y. Paul Huegel, Times Herald-Record, 40 Mulberry St., Middletown, NY 10940. 914/343-2181.

July 14. Utica Boilermaker 15K, Utica, N.Y. E.C. Reed, P.O. Box 4729, Utica, NY 13504. 315/797-3762.

SOUTHEAST

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

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

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

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

May 12. Mother's Day 5K, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

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

June 8. King Street Mile, Charleston, S.C. Fred Reinhard, race director, 803/724-3796.

July 4. Peachtree Road Race, Atlanta, Ga. Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE., Atlanta, GA 30305.

July 14-20. 19th Annual Florida Runner's Camp, U. of North Carolina—Asheville. Adult runners of all abilities. Speakers include Dr. George Sheehan, Priscilla Welch, Steve Ferraz. Roy Benson, Dept. RT, 1447 Peachtree St., Ste. 804, Atlanta, GA 30309. 404/255-6234.

MIDWEST

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

May 11. Old Kent River Bank 25K, Grand Rapids, Mich. Terri Sullivan, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-6949.

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

May 24. 500 Festival Mini-Marathon, In-

Continued on page 37

1991 TAC Mid America Track and Field Sectional Championship

Sunday June 30 10 a.m.
Abel Stadium
Nebraska Wesleyan University
Lincoln, Nebraska

Gary Bredehoft
4037 N. 20th St.
Lincoln, NE 68521
402-435-7061



15 Events
Age groups:
19-29, then
5-year increments

Continued from page 36

dianapolis, Ind. Josephine Hauck, Box 817, Indianapolis, IN 46206. 317/636-4556.
May 25. Big Boy Classic 20K, Wheeling, W. Va. SASE to Hugh Stobbs, Chairman, Big Boy 20K, P.O. Box 1046, Wheeling, WV 26003. 614/633-5000.
May 25. Dexter/Ann Arbor Half-Marathon, Dexter/Ann Arbor, Mich. D/AA Run, 312 Wilton, Ann Arbor, MI 48103. 313/663-9740.
May 27. The Great Race XI Half-Marathon/10K, Goshen-Elkhart, Ind. Ron Schmanske, GR XI, Box 487, Elkhart, IN 46515. 219/294-1661.
June 8. Mountain State 10K, Parkersburg, W. Va. Masters money. Mountain State, Blue Cross/Shield, c/o Department A, P.O. Box 1948, Parkersburg, WV 26102. 1-800/344-5514.
June 9. Club North Shore Chicago Half-Marathon, Highland Park, Ill. Jim Gagne, 42 Lincolnshire Dr., Lincolnshire, IL 60069. 708/945-1438.

MID-AMERICA

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

May 5. Lincoln Marathon/Half-Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd, Lincoln, NE 68516. 402/423-4519.
May 27. Bolder Boulder 10K, Boulder, Colo. Bill Reef, BB 10K, 3285 30th St., Ste. 106, Boulder, CO 80301. 303/444-RACE.
June 2. Trinity Hospital Hill Half-Marathon, Kansas City, Mo. \$3500 masters money. Also age-graded 5K. THH Run Crown Center, 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816/274-3196.
June 9. Steamboat Marathon/10K, Steamboat Springs, Colo. SS Chamber Resort Assoc., P.O. Box 774408, Steamboat Springs, CO 80477. 303/879-0880.
June 9. Garden Of The Gods 15K, Manitou, Colo. "Triple Crown of Running" event. Nancy Hobbs, TCOR, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.
June 22. Grandma's Marathon/Half-Marathon, Duluth, Minn. Scott Keenan, Box 16234, Duluth, MN 55816-0234. 218/727-0947.

SOUTHWEST

Louisiana, Mississippi, Texas.

May 11. Gum Tree 10K, Tupelo, Miss. Johnny Dye, GT 10K, 1007 Chester, Tupelo, MS 38801. 601/842-2039.
June 2. Santa Rosa Children Hospital 5K, San Antonio, Texas. Children's Hospital, 519 W. Houston St., San Antonio, TX 78207. Eliz. Whatley, 512/228-2633.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

May. Legg Lake Runs, So. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.
May 5. Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.
May 5. Avenue of the Giants Marathon, Weott, Calif. Richard Gilchrist, 281 Hidden Valley, Bayside, CA 95524. 707/443-1226.
May 18. West Coast U. 50-Miler, Fountain Valley, Calif. SCA/TAC Championships. Lee Preble, WCU, 440 Shatto Pl., Los Angeles, CA 90020. 213/487-4433.
May 18. Burbank Run For The Hungry 5K, Burbank, Calif. Mickey DePalo, P.O. Box 6459, Burbank, CA 91510. 818/953-9506.
May 19. Examiner Bay To Breakers 12K, San Francisco. Linda Luchetti, Examiner BTB, P.O. Box 7260, San Francisco, CA 94120. 415/777-7770.
May 19. Windward Half-Marathon, Kailua, Hawaii. Dan Tompkins, Box 754,

Kailua, HI 96734. 808/254-5993.

May 25. Salt Lake City 5K/10K, Salt Lake City. Patty Brimley, SLC Parks & Rec., 1965 W. 500 South, Salt Lake City, UT 84104. 801/972-7830.
May 25. Peace Run '91 opens with 28th Fiesta de las Artes, Hermosa Beach, Calif. 213/838-4746.
May 26. Oakland Express 5K, Oakland, Calif. Rhodyco, 3929 California St., San Francisco, CA 94118. 415/668-2248.
May 26. Brentwood 5K/10K, Los Angeles. Front-runners, Brentwood 5K/10K, Box 49913, Los Angeles, CA 90049. 213/820-7585.
June 8. Palos Verdes Marathon, Palos Verdes Peninsula, Calif. George E. Owens, Box 153, Palos Verdes Estates, CA 90274. 313/377-3419.
June 23. City of San Francisco Marathon, San Francisco, Calif. COSFM, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-1530.

NORTHWEST

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

May 5. Bloomsday 12K, Spokane, Wash. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.
May 19. Capital City Marathon, Olympia, Wash. Rich Dixon, 9318 Tri Lake Ct. NE, Olympia, WA 98503. 206/786-1786.
May 26. Rocky Mountain 50 Mile, Laramie, Wyo. Dr. B.J. Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307/635-3316.
June 2. The Race 10K, Eugene, Ore. Tim Flowerday, 409 W. D St., Springfield, OR 98477. 503/747-1423.
June 23. Cascade Run Off 15K, Portland, Ore. Paula Fasano, P.O. Box 40228, Portland, OR 97240. 503/274-4370.

CANADA

July 21. Voyageur Marathon & Spanish River Half-Marathon, Massey, Ontario. Masters money both races. Shelda or Norm Patenaude, Lee Valley Rd., R.R. No. 2, Massey, Ontario, Canada. POP IOP. 705/865-2671.

INTERNATIONAL

June 1. Festival De Primavera 5K/10K/10 Mile, Rosarito Beach, Baja California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.
June 23. Brugge Veterans 25K & 10K, 5K (women only), Brugge, Belgium. Jacques Serruys, P.O. Box 7, B 8000, Brugge, Belgium.
July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.
October 11-27. Adventures: India. Multi-day Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions Ltd., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

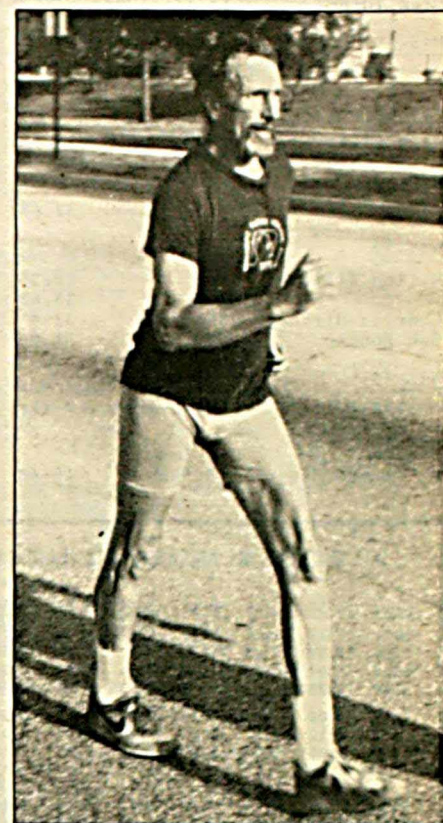
RACE WALKING

May 4. Howard Wood Dakota Relays 5K, Sioux Falls, S.D. Glen Peterson, 1906 So. Hawthorne Ave., Sioux Falls, SD 57105.
May 5. TAC/USA National Masters Women's 20K Championships, Raleigh, N.C. Alvia Gaskill, 5221-1 Penrith Dr., Durham, N.C. 27713. 919/544-1669.
May 12. TAC/USA National Masters 15K Championships, Portland, Ore. Jim Bean, 4658 Fuhrer St. NE, Salem OR 97305. 503/393-1972.
May 18-19. Spring Fiesta 20K (Sat.)/Novice 5K (Sun.), New Orleans. Sharon H. Lewis, 504/833-5942; New Orleans TC,

504/482-NOTC.

May 19. MAC 20K Racewalk Championship, Men and Women. Stella Cashman, Park Walkers Club, 320 E. 83rd St., Box 18, New York, N.Y. 10028. 212/628-1317.
May 19. Inland Empire 5K, Riverside, Calif. Elaine Ward, 1020 San Pasqual No. 35, Pasadena, CA 91106. 818/577-2264.
May 23-27. Racewalk Training Camp, Boulder, Co. American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. 800/336-7588; 303/447-0156.
June 15. Freedom Days 5K, Rock Valley, Iowa. Randy Van Zee, RR 2, Box 33, Rock Valley, IA 51247.
July 5. TAC/USA National Masters 5000 Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.
July 7. TAC/USA National Masters Men's 20K Championships & Women's 10K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.
July 13. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.
September 15. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.
September 21. North Carolina Association/TAC 5K Road Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.
September 28-29. Casimiro Alongi Invitational Racewalk, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.
October 6. North American Masters 20K Championships and 20K/5K Open. Midland, TX. Norm Fable, P.O. Box 8248, Midland TX 79708. 915/694-2134.
October 20. TAC/USA National Masters

Men's & Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806.
October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.



Moshe Myerowitz, M60 first (28:30.85), 5K RW, and third (2:15:40) 20K RW, 1990 TAC/USA National Masters Championships, Indianapolis. Photo by Hank Kiesel

TAC NATIONAL MASTERS CHAMPIONSHIP HALF MARATHON

June 23, 1991 8:30 a.m.

Jennings Beach, Fairfield, Connecticut

- rated one of the top races in the country (Runner's World, 1990)
- full day of beach activity
- town picnic on beach after race
- 500 volunteers — 1500 plus runners

Send SASE to
 Fairfield Half
 600 Jennings Road
 Fairfield, CT 06430

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

M35-39

Mark Furkis 10,000 31:43 9-30-90
Glen Turner Triple Jump 43-5 7-24-90

M45-49

Paul Morrone Shot Put 12.71 2-3-91

M50-54

Dave Ellis 100H 15.98 8-2-90

M70-74

Jerry Siefert Javelin 32.68 7-21-90

M75-79

Milton Williams 100 15.55 8-2-90
200 33.63 8-2-90
Charles Hirshey Shot Put 32-4 11-17-90
Bob Boucke Shot Put 31-0 2-16-91

W45-49

Roslyn Katz 20H Weight 7.11 2-24-91

W65-69

A. Eberhardinger 1500RW 10:46 8-9-90



FAX-A-SUB

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$22 subscription price.

Name _____

Address _____

City _____ State _____ Zip _____

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

Event	MEN											
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
1Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36
5Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30
10K	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24
15K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06
20K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10
25K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55

Event	WOMEN											
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
1Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48
5Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	32:09	35:09
10K	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18
15K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:51
20K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33
25K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:28

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
3000	10:20	10:38	10:58	11:26	11:56	12:40	13:28	14:28	15:36	16:52	18:24
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Hwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

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
3000	8:21	8:30	8:42	8:53	9:07	9:25	9:49	10:14	11:01	12:01	13:15	14:45
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-10	9-10	8-8 1/2	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	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
35Hwt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Hwt.							11.00	10.00	9.00	8.00	7.00	6.00
56Hwt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

TRACK & FIELD RESULTS

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

TAC/USA National Masters Indoor Pentathlon Championships Indianapolis IN; February 16

(1985 IAAF Scoring Tables & 1989 WAVA Five Year Age Factors)

30 - 34 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	31	BRITTENHAM, GREG	8.38	903	6.47	720	11.64	592	2.02	859 3: 2.40 664 3738
		FT-IN	21- 2 1/2	38- 2 1/4	6- 7 1/2			(1985=3627)		
2	33	WILLIAMSON, MARK	8.61	848	6.20	659	8.64	410	2.09	925 3:16.55 533 3375
		FT-IN	20- 4	28- 4	6-10 1/4			(1985=3266)		
3	34	ATHERTON, RODNEY	8.75	816	5.51	506	11.75	600	1.87	714 3:13.70 558 3194
		FT-IN	18- 0 3/4	38- 6 1/2	6- 1 1/2			(1985=3099)		
4	33	CALDWELL, DAVID	8.72	823	5.84	578	9.80	480	1.84	687 3:38.04 361 2929
		FT-IN	19- 1 3/4	32- 1 3/4	6- 0 1/4			(1985=2836)		
5	31	MAKOZY, FRANK	9.43	668	5.73	554	8.83	422	1.54	441 2:50.94 779 2864
		FT-IN	18- 9 1/2	28-11 1/2	5- 0 1/2			(1985=2774)		
6	31	GRAVENDER, DAVID	9.55	644	5.46	496	10.49	522	1.54	441 3:52.51 262 2365
		FT-IN	17-10 3/4	34- 4 3/4	5- 0 1/2			(1985=2279)		
35 - 39 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	35	WATRY, JEFF	9.24	750	6.06	695	10.20	538	1.84	767 2:50.94 829 3579
		FT-IN	19-10 1/2	33- 5 1/2	6- 0 1/4			(1985=3209)		
2	36	TIERNON, TED	9.44	707	5.35	529	9.86	516	1.75	679 3: 2.28 715 3146
		FT-IN	17- 6 1/2	32- 4	5- 8 3/4			(1985=2807)		
40 - 44 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	44	HARVEY, REX	8.8H	855	5.83	718	12.19	711	1.66	670 3:16.9H 633 3587
		FT-IN	19- 1 1/2	39-11 3/4	5- 5 1/4			(1985=2925)		
2	42	SAUERS, JAMES	9.7H	668	5.56	650	11.18	641	1.78	785 3:28.0H 537 3281
		FT-IN	18- 2 3/4	36- 8	5-10			(1985=2629)		
3	44	REITER, GORDON	11.1H	420	5.19	559	8.84	482	1.60	610 2:48.0H 914 2985
		FT-IN	17- 0 1/4	29- 0	5- 2 3/4			(1985=2402)		
4	43	THOMPSON, MICHAEL	11.0H	435	4.71	447	5.49	259	1.39	426 3:21.9H 589 2156
		FT-IN	15- 5 1/4	18- 0	4- 6 1/2			(1985=1654)		
5	43	HOGAN, DON	12.2H	264	4.18	332	7.63	401	1.36	396 4:37.2H 110 1503
		FT-IN	13- 8 1/2	25- 0 1/4	4- 5 1/2			(1985=1086)		
6	40	TUNSTALL, G. TAYL	11.9H	303	5.01	516	7.36	383	0.00	0 0: 0.0H 0 1202
		FT-IN	16- 5	24- 1 3/4	0- 0			(1985= 922)		
45 - 49 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	45	MEISNER, JOHNIE	9.60	825	5.69	774	8.70	507	1.76	859 3: 6.97 783 3748
		FT-IN	18- 8	28- 6 1/2	5- 9 1/4			(1985=2739)		
2	45	STARNES, RAY	10.23	700	5.94	845	9.37	555	1.58	670 3: 2.82 823 3593
		FT-IN	19- 5 3/4	30- 8 3/4	5- 2			(1985=2606)		
3	48	ROGERS, STEVE	9.79	786	4.72	514	11.85	734	1.58	670 3: 5.09 801 3505
		FT-IN	15- 5 3/4	38-10 1/2	5- 2			(1985=2572)		
4	47	JOHNSTON, JOE	9.62	823	5.47	711	9.72	580	1.67	758 3:24.74 622 3494
		FT-IN	17-11 1/4	31-10 1/2	5- 5 1/2			(1985=2521)		
5	47	HOPKINS, HENRY	9.89	766	5.26	655	10.32	623	1.61	696 3:12.63 730 3470
		FT-IN	17- 3	33-10 1/4	5- 3 1/4			(1985=2518)		
6	45	SHAW, DOUG	10.14	717	5.33	675	9.75	582	1.58	670 3:34.06 544 3188
		FT-IN	17- 5 3/4	31-11 3/4	5- 2			(1985=2252)		
7	47	BUSBY, BILL	10.08	728	5.28	661	9.50	564	1.49	577 3:23.96 629 3159
		FT-IN	17- 3 3/4	31- 2	4-10 1/2			(1985=2249)		
8	47	THORNE, TOM	11.09	543	4.52	465	9.08	534	1.58	670 3:35.59 532 2744
		FT-IN	14- 9 3/4	29- 9 1/4	5- 2			(1985=1886)		
50 - 54 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	53	LANCE, DALE	9.06	1015	5.39	788	9.70	552	1.70	887 3:37.42 579 3821
		FT-IN	17- 8	31- 9 3/4	5- 6 3/4			(1985=2549)		
2	51	EWING, JOHN	10.15	786	4.97	664	8.53	471	1.45	619 4: 2.03 398 2938
		FT-IN	16- 3 1/2	27-11 3/4	4- 9			(1985=1828)		
3	53	HANE, REX	12.28	421	4.34	492	9.49	537	1.18	352 4:18.37 295 2097
		FT-IN	14- 2 3/4	31- 1 1/2	3-10 1/4			(1985=1194)		
4	50	KLINE, BARRY	9.47	925	0.00	0	0.00	0	0.00	0 0: 0.00 0 925
		FT-IN	0- 0	0- 0	0- 0			(1985= 646)		
55 - 59 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	57	MULKEY, PHIL	9.46	1053	5.07	797	12.57	810	1.54	803 3:48.93 563 4026
		FT-IN	16- 7 1/2	41- 2 3/4	5- 0 1/2			(1985=2370)		
2	56	PETERSON, JIM	11.05	741	4.48	613	9.97	616	1.39	636 4:22.69 334 2940
		FT-IN	14- 8 1/4	32- 8 1/2	4- 6 1/2			(1985=1531)		
3	56	SHARP, JOHN	12.08	568	4.74	691	7.79	456	1.39	636 3:52.61 535 2886
		FT-IN	15- 6 1/2	25- 6 1/2	4- 6 1/2			(1985=1457)		
60 - 64 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	60	PARDUE, BILL	12.09	646	3.67	455	9.11	561	1.24	552 4:24.44 402 2616
		FT-IN	12- 0 1/4	29-10 1/2	4- 0 3/4			(1985=1099)		
2	60	TAYLOR, GEORGE	12.94	515	3.71	467	9.15	564	1.12	419 4:28.48 378 2343
		FT-IN	12- 2	30- 0	3- 8			(1985= 931)		
65 - 69 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	65	SMITH, DENVER	10.3H	1028	4.61	874	11.47	826	1.39	831 4:18.9H 527 4086
		FT-IN	15- 1 1/4	37- 7 1/2	4- 6 1/2			(1985=1744)		
2	69	MORCOM, BOO	11.3H	846	4.48	826	8.60	588	1.36	794 3:53.8H 705 3759
		FT-IN	14- 8 1/4	28- 2 1/2	4- 5 1/2			(1985=1502)		
3	69	BUSCHMAN, MEL	12.5H	652	3.91	619	9.22	639	1.24	636 5:51.5H 84 2630
		FT-IN	12- 9 3/4	30- 2 3/4	4- 0 3/4			(1985= 986)		
70 - 74 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	71	RICCIARDI, ARMANDO	11.4H	915	3.54	584	9.50	668	1.15	619 5:12.4H 314 3100
		FT-IN	11- 7 1/4	31- 2	3- 9 1/4			(1985=1025)		
2	73	MORNINGSTAR, HAMILTON	12.6H	720	3.35	516	10.84	780	1.24	740 5:17.5H 289 3045
		FT-IN	10-11 3/4	35- 6 3/4	4- 0 3/4			(1985= 992)		
85 - 89 AGE GROUP RESULTS										
PL	AGE	NAME	60M	HH	LJ	SP	HJ	1000M	TOTAL	
1	89	PITCHER, ARLING	0.00	0	1.53	100	4.77	472	0.00	0 0: 0.00 0 572
		FT-IN	5- 0	15- 7 3/4	0- 0			(1985= 452)		

- Notes: 1. Fully automatic timing used except as noted below.
 2. Format above: Actual Metric Performance/Age Factored Points
 Actual FT-IN Performance
 3. Five Year Group 1989 WAVA Age Factor used. (ie:M30 AF used for M30-34 etc.)
 4. 1985 IAAF Scoring Tables used. (Indoor Supplement)
 5. Accutrack fully automatic timing failed for M40-44, M65-69, & M70-74 so their entire meet was scored using their hand held times and the proper scoring tables.

M30-34 Age Group

1. Laehr, Colleen Sexton (Age 31)	60 M Hurdles	High Jump	Shot Put	Long Jump	800 Meters	Total Score
12.84/12.58	1.30/1.33	8.01/8.33	3.84/3.92	2:56.02/2:53.12		
306	439	421	290	432		1888

M40-44 Age Group

1. Raschker, Phil (Age 43)	60 M Hurdles	High Jump	Shot Put	Long Jump	800 Meters	Total Score
9.60/8.81	1.54/1.76	7.14/8.31	5.13/5.87	2:46.74/2:33.62		
950	928	419	810	648		3755

M45-49 Age Group

1. Primer, Cathy (Age 47)	60 M Hurdles	High Jump	Shot Put	Long Jump	800 Meters	Total Score
20.19/17.62	1.21/1.47	6.10/7.74	3.18/3.88	2:57.19/2:37.40		
0	588	383	281	603		1855

2. Platis, Mary Lou (Age 45)	60 M Hurdles	High Jump	Shot Put	Long Jump	800 Meters	Total Score
13.86/12.10	0/0	6.27/7.96	3.31/4.04	3:12.97/2:51.42		
370	0	397	317	449		1533

M55-59 Age Group

1. Miller, Christal (Age 56)	60 M Hurdles	High Jump	Shot Put	Long Jump	800 Meters	Total Score
11.6H/9.25	1.24/1.71	8.90/12.10	3.58/5.02	3:15.5H/2:39.20		
810	867	668	565	582		3492

2. Vosburgh, Betty (Age 59)	60 M Hurdles	High Jump	Shot Put	Long Jump	800 Meters	Total Score
13.3H/10.58	1.12/1.54	6.10/8.29	3.49/4.89	3:04.9H/2:30.57		
566	666	618	530	686		2866

- Notes: 1. Format above: Actual Performance/Age Factored Performance
 2. Five Year Group 1989 WAVA Age Factors used.
 3. 1985 IAAF Scoring Tables used (indoor supplement).
 4. Accutrack automatic timing failed for Miller and Vosburgh 60M Hurdles so their entire meet was scored using their hand held times.

TAC National Masters Indoor Championships National Sports Center Blaine, MN; March 22-24

60m

M30-34

Preliminary 1:

1	Artego Jaunes	IL 7.18
2	Cornell Sowell	KS 7.52
3	Frank Makozay	PA 7.76
4	Doug Novak	MN 8.06

Preliminary 2:

1	Ellis Liddell	GA	7.4
2	Jay Mathis	TN	7.4
3	Sherm Weatherspoon	MD	7.5
4	Robert Siemering	TX	7.6

Continued from previous page

M35-39

Preliminary 1:

1 Ron Fisher	CA 25.03
2 Wm Cheadle	KY 25.39
3 Fred Murrell III	MO 26.04
4 Gary Martin	OK 26.20

Preliminary 2:

1 James Bonilla	CA 23.67
2 Jim Hilliard	KS 24.06
3 Tom Thompson	TX 24.52
4 Tom Revolinski	WI 24.63
5 David Ricks	MN 25.14

Finals:

1 Tom Thompson	TX 23.14
2 James Bonilla	CA 23.48
3 Jim Hilliard	KS 23.81
4 Tom Revolinski	WI 24.07
5 Ron Fisher	CA 24.86
6 David Ricks	MN 24.9

M40-44

Preliminary 1:

1 Stan Druckery	WI 23.74
2 Glenn Johnson	CA 24.64
3 Charles Allie	PA 25.51
4 John Walstrom	IA 26.02
5 Hal Gensler	MN 29.40

Preliminary 2:

1 Fred Collins	NM 24.34
2 Philip Felton	NJ 25.18
3 Chas Stallworth	IN 25.60
4 Leon Harden	MO 25.73
5 Greg Cook	FL 26.13
6 Paul Montgomery	MN 26.58

Finals:

1 Stan Druckery	WI 23.24
2 Glenn Johnson	CA 24.09
3 Fred Collins	NM 24.21
4 Philip Felton	NJ 25.27

M45-49

Preliminary 1:

1 Harold Morioka	CAN 24.36
2 Lloyd Cordner	MN 24.53
3 Joe Johnson	NJ 24.54
4 Nick Galle	CA 25.94

Preliminary 2:

1 Tom Bassett	NE 23.95
2 Roger Pierce	MA 24.08
3 Tyrone Carlis	FL 24.65
4 Kab Hlagin	NJ 25.33
5 Avital Schurr	KY 26.34

Finals:

1 Don Parker	CA 24.14
2 Ceasar Austin	AL 24.89
3 Gary Patterson	CA 25.92
4 Randall Clevon	MN 26.46

Preliminary 1:

1 Tom Bassett	NE 23.73
2 Roger Pierce	MA 23.93
3 Joe Johnson	NJ 23.97
4 Harold Morioka	CAN 24.11
5 Don Parker	CA 24.22
6 Lloyd Cordner	MN 24.60

M50-54

Preliminary 1:

1 Jim Streeby	IA 27.14
2 John Head	TX 27.34
3 Emil Pawlik	MS 27.81
4 Howard Weissner	NE 27.50
5 Norman Goluskin	NY 29.77

Preliminary 2:

1 Kenny Dennis	CA 25.21
2 Larry Colbert	MD 25.50
3 Bill McIlwaine	CAN 26.91
4 Frank Burnette	IA 32.33

Finals:

1 Larry Colbert	MD 24.89
2 Kenny Dennis	CA 24.95
3 Bill McIlwaine	CAN 26.82
4 Jim Streeby	IA 26.90
5 Emil Pawlik	MS 26.90

M55-59

1 Ilugo Hartenstein	CO 25.21
2 Jim Mathis	TN 25.36
3 Paul Williams	OH 26.54
4 Joe Hemler	MD 26.69
5 Ray Eiland	MN 29.08

M60-64

1 John Poppell	FL 27.35
2 Bob Watanabe	CA 27.67
3 Chuck Sochor	MI 27.95

M65-69

1 Jim Law	NC 26.92
2 Mel Larsen	IL 27.59
3 Ray Armstrong	FL 29.66
4 Oscar Harris	PA 30.63

M70-74

1 Jim Manno	NJ 30.11
2 Ed Matthews	MD 30.39
3 Jay Sponseller	FL 31.08

M75-79

1 Frank Finger	VA 32.78
2 Claude Hills	PA 35.82
3 Mel Flachs	IA 36.13

M80-84

1 Virgil McIntyre	AZ 36.20
-------------------	----------

M85-89

1 Konrad Boas	FL 44.82
2 Arling Pitcher	IN 47.75

M90-94

1 Irene Thompson	NY 28.13
------------------	----------

M95-99

1 Phil Raschker	GA 27.08
-----------------	----------

2 Lorraine Tucker	NY 29.69
3 Kathy Holmstrom	OR 32.00

W45-49

1 Pamela Calvert	MO 28.63
(age-group AR/old AR 29.02)	
2 Marilyn Mitchell	NY 29.77
3 Cathy Primmer	IN 33.06

W50-54

1 Essie Kea	OH 33.8
2 Meredith Thielman	WA 34.9

W55-59

1 Betty Vosburgh	GA 32.97
(age-group AR/old AR 34.09)	
2 LucyAnne Brobst	NC 33.70
3 Kathy McIntyre	AZ 35.17
4 Fei-Mei Chou	CA 35.64

W60-64

1 Mary Patterson	OH 34.65
(age-group AR/old AR 35.12)	
2 Leonore McDaniel	VA 36.03
3 Pat Peterson	NY 36.13

W65-69

1 Jos Sullivan	SC 41.52
2 Carol Peebles	WI 43.65
3 Flo Berry	IL 44.18

W75-79

1 Millie Crews	WI 44.39
(age-group WR/old WR 45.73)	
2 Pearl Mehl	CO 49.38

400m

1 Peter Grimes	CA 50.24
2 Ben James	NY 50.74
3 Jay Mathis	TN 52.37
4 Herman Barrett	TX 52.88
5 Frank Makozy	PA 54.27
6 Peter Green	NM 55.14
7 Neal Bojko	CA 57.80

M30-34

1 Peter Grimes	CA 50.24
2 Ben James	NY 50.74
3 Jay Mathis	TN 52.37
4 Herman Barrett	TX 52.88
5 Frank Makozy	PA 54.27
6 Peter Green	NM 55.14
7 Neal Bojko	CA 57.80

M35-39

1 Tom Thompson	TX 53.16
2 David Ricks	MN 55.03
3 William Cheadle	KY 56.07

M40-44

1 Steve Hardison	CA 50.87
2 Dorel Watley	PA 52.44
3 Charles Allie	PA 53.04
4 Fred Collins	NM 53.28
5 Glenn Johnson	CA 55.47
6 Shawn Regan	MN 55.65
7 John Walstrom	IA 56.04
8 Jim Lockard	WA 56.73
9 Greg Cook	FL 57.7
10 Ray Burrus	MN 58.32
11 Hal Gensler	MN 65.0

M45-49

1 Stan Whitley	CA 51.15
(age-group WR/old WR 51.75)	
2 Harold Morioka	CAN 52.42
3 Roger Pierce	MA 51.93
4 Ceasar Austin	AL 55.70
5 Dennis Duffy	CA 58.75
6 Allen McDaniel	CA 59.14
7 Art Maillet	MN 62.99

M50-54

1 Larry Colbert	MD 56.07
2 James Hammond	MN 56.88
3 Jim Streeby	IA 58.76
4 Howard Weissner	NE 60.48
5 Gary Herum	IA 60.80
6 Jim Clark	FL 63.78
7 Norman Goluskin	NY 63.99
8 Edward Coplon	NY 65.9
9 Frank Burnette	IA 74.60

M55-59

1 Jim Mathis	TN 56.17
(age-group WR/old WR 56.56)	
2 Cliff Pauling	NY 58.49
3 Joe Hemler	MD 59.56
4 Clarence Trinker	TX 65.37
5 Hector Cisneros	TX 67.42
6 Ed Alexander	KS 67.43

M60-64

1 Chuck Sochor	MI 61.91
2 Gordon Seifert	AL 62.21
3 Bob Watanabe	CA 72.29

M65-69

1 Jim Law	NC 60.67
(age-group WR/old WR 65.68)	
2 Mel Larsen	IL 66.69
3 Ray Armstrong	FL 68.00
4 Oscar Harris	PA 71.94
5 Bjorn Hauge	MN 75.15

M70-74

1 Jim Manno	NJ 70.44
2 Jay Sponseller	FL 70.78

M75-79

1 Jerry Wible	PA 84.84
2 Mel Flachs	IA 91.55

M85-89

1 Konrad Boas	FL 91.75
(age-group WR/old WR 1:56.20)	

M90-94

1 Irene Thompson	NY 63.26
2 Debbie Anderson	IN 64.97

W40-44

1 Phil Raschker	GA 62.11
(age-group AR/old AR 62.70)	
2 Judy Warick	CAN 64.21
3 Debbie Stiles	MO 67.84
4 Kathy McIntyre	OR 70.60

W45-49

1 Erna Kozak	CAN 63.56
1 Pamela Calvert	MO 63.98
(age-group AR/old AR 67.3)	
2 Cathy Primmer	IN 73.62

W50-54

1 Tami Graf	CA 79.34
2 Meredith Thielman	WA 86.2

W55-59

1 Jean Ruleau	IL 4:07.96
2 Louis Christ	CAN 4:13.25
3 Fred Hervert	IL 4:29.05
4 Bruce Buscher	IL 4:32.12

W60-64

1 Jean Ruleau	IL 4:07.96
2 Louis Christ	CAN 4:13.25
3 Fred Hervert	IL 4:29.05
4 Bruce Buscher	IL 4:32.12

W65-69

1 Jean Ruleau	IL 4:07.96
2 Louis Christ	CAN 4:13.25
3 Fred Hervert	IL 4:29.05
4 Bruce Buscher	IL 4:32.12

W70-74

1 Jean Ruleau	IL 4:07.96
2 Louis Christ	CAN 4:13.25
3 Fred Hervert	IL 4:29.05
4 Bruce Buscher	IL 4:32.12

W75-79

1 Jean Ruleau	IL 4:07.96
2 Louis Christ	CAN 4:13.25
3 Fred Hervert	IL 4:29.05
4 Bruce Buscher	IL 4:32.12

W55-59

1 Betty Vosburgh	GA 75.61
(age-group WR/old WR 75.8)	
2 Wava Mosbrucker	WI 77.18
3 Kathy McIntyre	AZ 77.35
4 Lucy Anne Brobst	NC 79.35

W60-64

1 Mary Patterson	OH 82.26
(age-group AR/old AR 84.34)	
2 Pat Peterson	NY 89.62

W65-69

1 Carol Peebles	WI 1:43.74
2 Pearl Mehl	CO 1:52.1

800m

1 Jean Ruleau	IL 1:59.03
2 Richard Smith	MA 1:59.35
3 Louis Christ	CAN 2:04.58
3 Fred Hervert	IL 2:08.12
4 Bruce Buscher	IL 2:15.12

M35-39

1 Pat Talmadge	WA 2:02.24
2 Tim Anderson	WI 2:03.26
3 Timothy Shaw	WI 2:05.11
4 Dan Rinaldi	IL 2:05.4
5 Jeff Watry	WI 2:07.3
6 J Feldhausen	WI 2:09.4
7 Tim Zbikowski	MN 2:12.6

M40-44

1 Nolan Smith	CA 1:56.7
(age-group AR/old AR 1:58.1)	
2 Ken Popejoy	IL 1:56.8
3 Dorel Watley	PA 2:00.2
4 R Schornstein	VA 2:02.8
5 Wm G Reiter	MO 2:08.4
6 S FalckPedersen	WI 2:10.4
7 Rich Puckerin	MA 2:12.47
8 Shawn Regan	MA 2:13.38
9 Bob Fite	SD 2:13.76
10 Hal Gensler	MN 2:24.47

M45-49

1 Ken Sparks	OH 1:59.97
2 Dennis Duffy	CA 2:09.13
3 John Cook	TX 2:11.81
4 Frank Davis	IL 2:12.8
5 Allen McDaniel	CA 2:13.6
6 Mike Persak	MI 2:21.6
7 Art Maillet	MN 2:22.7

M50-54

1 Sid Howard	NJ 2:10.61
2 Dan Hammer	NY 2:12.42
3 James Hammond	MN 2:12.70
4 Rick Kleyman	CA 2:13.26
5 Wm McMillen	CA 2:13.26
6 Jim Streeby	IA 2:14.70
7 Des O'Rourke	WA 2:15.35
8 Jim Huffman	KY 2:22.57
9 Ken Ogden	OR 2:22.8
10 Jim Clark	FL 2:24.53
11 Ed Coplon	NY 2:26.8
12 Howard Weissner	NE 2:28.6
13 Norm Goluskin	NY 2:30.0

M55-59

1 Cliff Pauling	NY 2:20.62
2 Chas Wimberly	LA 2:22.23
3 Gary DeFrance	MN 2:22.66
4 Ed Alexander	KS 2:38.03
5 Hector Cisneros	TX 2:46.95
6 E R Premo	OH 3:10.59

M60-64

1 Gordon Seifert	AL 2:26.82
2 Bill Fortune	NY 2:27.15
3 Chuck Sochor	MI 2:27.16
4 William Brobst	NC 3:12.06

M65-69

1 Jay Sponseller	FL 2:45.20
2 H Strassenburg	IL 2:51.84

M70-74

1 Jay Sponseller	FL 2:45.20
2 H Strassenburg	IL 2:51.84

M75-79

1 Dudley Healy	NJ 3:16.68
2 Wm Brobston	NY 3:25.95
3 Jerry Wible	PA 3:27.31

W

Continued from previous page

W30-34	1 Jayna Lyle OK 4-4½
W40-44	1 Phil Raschker GA 4-11½
W45-49	1 Pamela Calvert MO 4-4½
	2 Cathy Primmer IN 3-8
W50-54	1 Becky Sisley OR 4-2
	2 Essie Kea OH 4-1
W55-59	1 Christel Miller CA 4-1
	2 Betty Vosburgh GA 3-9½
	3 Fei-Mei Chou CA 3-6½
W60-64	1 Leonore McDaniels VA 4-1½
	(age-group WR/old WR 3-9½)
	2 Pat Peterson NY 3-5
W65-69	1 Jos Sullivan SC 3-3½
Pole Vault	
M30-34	1 Doug Novak MN 15-0
	2 James Wolter MN 13-6
	3 Kevin Hanson MN 13-6
	4 John Oksas IL 13-0
	5 Matthew Barsic IL 12-6
M35-39	1 Rich Christoph OH 15-0
	2 Jim Williams CA 13-6
	3 Charles Barnard MO 13-0
M40-44	1 Steve Hardison CA 14-6
	2 Warren Wilke CA 14-6
	3 Don Knapp MO 14-0
	4 Rex Harvey IA 13-0
	5 Phil Johnson MN 12-0
M45-49	1 Wm J Johnston FL 14-0
	2 Henry Hopkins PA 13-0
	3 Charlie Polthumus GA 13-0
	4 William Busby NC 12-6
	5 Jeff Loubet MN 11-6
	6 Sonny Jackowski UT 10-6
	7 Tom Thorne MO 10-0
M50-54	1 George Davies AZ 12-6
	2 Jim Noonan MN 10-0
	3 Joseph Griffin WI 9-0
M55-59	1 Phil Mulkey GA 12-0
	2 Hector Cisneros TX 10-6
M60-64	1 Jerry Dunley CO 11-0
	2 Tom Hinkes WI 10-6
M65-69	1 Bob Morcom NH 10-6
	2 Denver Smith OH 7-6
M70-74	1 Nam Morningstar MI 7-6
	2 Robert Warwick MO 7-6
	3 Armando Ricciardi NV 7-0
M75-79	1 Carol Johnston CA 8-4
	2 Claude Hills PA 6-0
	3 Robert Boal NC 5-6
W40-44	1 Phil Raschker GA 8-1
Long Jump	
M30-34	1 Jay Mathis TN 21-3/4
M35-39	1 Randy Kruse OR 21-8½
	2 Jeff Watry WI 19-6½
	3 Charles Barnard MO 13-5½
M40-44	1 Rex Harvey IA 19-11 3/4
	2 Shaunte Stills WI 19-4½
	3 Wm G Reiter MO 18-3
	4 A LaFramboise NY 17-7
	5 Don Knapp NY 17-3/4
	6 G Anderson MO 16-10½
M45-49	1 Stan Whitley CA 21-8 3/4
	(age-group AR/old AR 20-10½)
	2 Joseph Johnson NJ 20-1
	3 Roger Phillips IL 19-9 3/4
	4 Tyrone Carlis FL 19-3½
	5 Wm J Johnston FL 18-5½
	6 Henry Hopkins PA 16-2 3/4
M50-54	1 Pete Stopoulos IL 18-7½
	2 Emil Pawlik MS 17-10½
	3 Hugh Adams CA 17-9½
	4 Scott Tyler CAN 16-3½
	5 John Head TX 15-10½
M55-59	1 Paul Williams OH 17-10½
	2 Phil Mulkey GA 17-3½
	3 Clarence Trinker WI 16-3½
	4 Tom Langenfeld MN 15-6½
	5 Rich Richardson IL 15-1½
	6 Harold White CO 13-11½
M60-64	1 Earl Ventura KS 15-7
	2 Burt Saidel OH 14-2
	3 Bill Townsend NY 13-10
	4 R G Wolf MN 13-8½
M65-69	1 Mel Larsen IL 16-11 3/4
	2 Denver Smith OH 15-10
	3 Bob Morcom NH 15-3
	4 Ed Lukens NY 15-2
	5 Charles Obye AZ 14-7½
	6 Oscar Harris PA 13-2½

M70-74	1 Ed Matthews MD 13-4½
	2 Mel Buschman MI 12-2½
	3 A U Ricciardi NV 12-1
	4 H Morningstar MI 11-3
	5 R C Warwick MO 11-3/4
M75-79	1 Claude Hills PA 11-1
	2 Fred Praeger CO 8-11
M80-84	1 V McIntyre AZ 10-1½
	2 Stan Thompson III 7-7
M85-89	1 Konrad Boas FL 5-10
	2 Arling Pitcher IN 3-11½
W35-39	1 Irene Thompson NY 15-5
W40-44	1 Phil Raschker GA 18-1½
W45-49	1 Pam Calvert MO 14-8½
	(age-group AR/old AR 14-4½)
	2 MaryLou Platis IN 11-3
W50-54	1 Joann Grissom IN 12-5
	2 Becky Sisley OR 12-4
	3 Dortha Swanson NY 9-11½
W55-59	1 Betty Vosburgh GA 12-3½
	(age-group AR/old AR 12-2½)
W60-64	1 L McDaniels VA 11-7 3/4
	(age-group WR/old WR 11-3)
	2 B Holland OH 10-7½
	3 Pat Peterson NY 8-7½
W65-69	1 Jos Sullivan SC 9-11½
	2 Flo Berry IL 8-10½
Triple Jump	
M30-34	1 Frank Makozy PA 39-00
	2 Brian Wolf MN 38-11 3/4
	3 C Sowell KS 37-11½
	4 Mike LaBrie VA 37-2
M35-39	1 Jeff Watry WI 39-10½
	2 Bob Hahn TX 36-7½
	3 Ken Rowe IN 35-1½
M40-44	1 Lee Myers OH 38-11
	2 Shaunte Stills WI 36-8
	3 A LaFramboise NY 36-6½
	4 Walt Ewing IA 34-3/4
	5 Dick Daniels MN 32-9½
	6 F Bonaccorso FL 31-8 3/4
M45-49	1 J Meisner IL 39-1
M50-54	1 John Ewing WI 36-6½
	2 Pete Stopoulos IL 33-5½
	3 John Head TX 24-11½
M55-59	1 T Langefeld MN 35-3
	2 Phil Mulkey GA 34-5
M60-64	1 B Townsend NY 28-10½
M65-69	1 Denver Smith OH 32-5½
	2 Ed Lukens NY 32-2½
	3 Chas Obye AZ 28-10
	4 Wm Wambach WI 28-3½
	5 Bob Morcom NH 27-2½
M70-74	1 Ed Matthews MD 27-10½
	2 H Morningstar MI 22-8
M75-79	1 Claude Hills PA 21-9
M80-84	1 S Thompson HI 16-5½
M85-89	1 Konrad Boas FL 14-8½
	2 A Pitcher IN 12-8½
W40-44	1 Phil Raschker GA 33-2½
	--- J J Warwick CAN 28-7 3/4
W45-49	1 Pam Calvert MO 30-9 3/4
	(age-group WR/old WR 29-2½)
	2 Mary Luker TX 22-4½
	3 M L Platis IN 21-10½
W55-59	1 Becky Sisley OR 27-3½
	(age-group AR/old AR 26-2½)
	2 M Coffee TX 18-7
W60-64	1 L McDaniels VA 23-9½
	(age-group WR/old WR 20-11½)
W65-69	1 Jos Sullivan SC 19-19 3/4
Shot Put	
M30-34	1 Bob Hartmann IL 38-10 3/4
M35-39	1 Roger Kamla TX 51-4 3/4
	2 Pat Burns WI 46-7
	3 Larry Waithe IL 40-11 3/4
M40-44	1 Jerry Senters IA 42-11½
	2 Mark DuPuis MA 42-7½
	3 Bob Sager MT 37-11½
M45-49	1 Tom Gage MT 49-1 3/4
M50-54	1 Rich Hotchkiss CA 45-0
	2 George Davies AZ 42-1 3/4
	3 B McKenna NY 40-5½
	4 Rich Lee OR 40-3
	5 Lee Slick IL 29-2

M55-59	1 T Wesselowski KS 42-8 3/4
	2 Phil Mulkey GA 42-5 3/4
	3 John Haugo MN 40-4½
	4 Len Olson VA 39-7 3/4
M60-64	1 Phil Brusca MO 42-10
	2 E Ventura KS 39-4½
	3 Ken Weinbel WA 30-7½
M65-69	1 J Vishnevsky WI 35-1½
	2 Jacob Stein KY 28-0
M70-74	1 T McDermott FL 36-2½
	2 H Morningstar MI 34-3
	3 A U Ricciardi NV 32-6 3/4
M75-79	1 Jim York CA 31-6½
	2 Fred Praeger CO 29-0
	3 M Lightfoot IN 27-3 3/4
M80-84	1 G Powell FL 25-3
M85-89	1 Konrad Boas FL 16-5½
	2 A Pitcher IN 16-1½
W30-34	1 B Vordell MN 37-6 3/4
	2 V Bogni VT 24-4½
	3 Cathy Hanson MN 24-1
W40-44	1 L Tucker NY 24-2½
W45-49	1 V Hilliard FL 32-11 3/4
	(age-group AR/old AR 29-0)
	2 M L Platis IN 21-4 3/4
	3 Mary Luker TX 19-10½
W50-54	1 J Grissom IN 41-4½
	2 M Thielman WA 24-11
	3 D Swanson NY 23-4 3/4
W55-59	1 A Cirulnick NY 31-3
	2 C Miller CA 29-10½
	3 B Vosburgh GA 24-2½
	4 F-M Chou CA 22-2½
W60-64	1 B Holland OH 29-7½
W65-69	1 Flo Berry IL 18-4
	2 Jos Sullivan SC 18-1 3/4
Weight Throw	
M30-34	1 R Hartmann IL 50-7½
	2 C Haugaard MN 23-5½
M35-39	1 Larry Waithe IL 50-2½
	2 Pat Burns WI 39-8½
M40-44	1 Bob Sager MT 30-10½
M45-49	1 Tom Gage MT 57-3
M50-54	1 R Hotchkiss CA 46-0
	2 B McKenna NY 35-6 3/4
	3 Rich Lee OR 28-10½
	4 F L Slick IL 26-7
M55-59	1 T Wesselowski KS 35-6½
	2 Len Olson VA 33-10 3/4
	3 John Haugo MN 31-7½
	4 E R Premo OH 18-1½
M60-64	1 Phil Brusca MO 40-1½
	2 Jerry Wojcik CA 32-2
	3 Ken Weinbel VA 28-5 3/4
M65-69	1 Jacob Stein KY 31-3 3/4
M70-74	1 T McDermott FL 40-2
	2 H Morningstar MI 29-7½
	3 A U Ricciardi NV 28-3
M75-79	1 Jim York CA 28-4½
	2 Fred Praeger CO 20-1
M80-84	1 G Powell FL 15-6½
M85-89	1 Konrad Boas FL 12-4
W30-34	1 V Bogni VT 30-3/4
W45-49	1 V Hilliard FL 38-4 3/4
W50-54	1 Joann Grissom IN 36-11
	2 D Swanson NY 22-6½
W55-59	1 A Cirulnick NY 25-5½
W60-64	1 B Holland OH 31-4 3/4
3000m Racewalk	
M30-34	1 Craig Haugaard MN 17:49.60
M35-39	1 Randy Van Zee IA 15:15.48
	2 Marv Seefeld MN 16:34.34
M40-44	1 Gary Westlund MN 15:14.00
	2 Pete Larouech MI 15:16.21
	3 Mike Lund MN 16:02.19
	4 Brad Struve MN 17:27.00
M45-49	1 Gary Null NY 14:42.84
	2 Don Mowles IL 15:17.61
	3 Ron Daniel CA 15:27.68
	4 Gary O'Daniels IA 16:29.00
	5 Ron Fraboni MN 20:24.95

M50-54	1 John Elwarner MI 14:32.99
	(age-group AR/old AR 14:42.97)
	2 Paul Johnson AR 15:28.38
	3 John Kaplan MN 15:47.33
	4 Bernie Finch MN 16:16.50
	5 Gerald Bocci MI 16:32.90
	6 Dave Michaud MN 17:23.09
M55-59	1 Don Kobrin CA 19:20.30
	2 E R Primo OH 19:25.00
M60-64	1 V Genzlinger MI 15:42.90
	2 M Myerowitz ME 16:11.90
M65-69	1 Robert Mimm NJ 15:36.50
M75-79	1 Cindy Paffumi CA 16:20.74
	(age-group WR/old WR 16:25.4)
	2 Sandra DeNoon IL 17:13.06
	3 Kathy Finch MN 17:15.63
	4 Lucy Alvarez NJ 17:20.63
	5 Diane Rosch MN 18:34.37
	6 M Hovelsrud MN 18:35.24
	7 J DeMartino MN 18:39.17
	8 Julene Lind MN 19:03.84
	9 Jaci Loos MN 20:16.45
W40-44	1 J C Smith IN 16:28.75
	2 Jodie Olson MN 17:08.22
	3 Sara Struve MN 18:15.95
W45-49	1 M Alexander IN 18:29.07
	2 Carol Watanabe MN 19:49.24
	3 Marlene Dropp MN 20:09.32
W50-54	1 R Young-Grady IN 18:50.05
	(age-group AR/old AR 19:04.7)
	2 R Weatherford IL 20:16.54
W55-59	1 Porky Gadiant IA 18:16.02
	(age-group WR/old WR 18:27.8)
	2 P Myerowitz ME 18:52.62
	3 Elaine Blaney CO 20:38
W60-64	1 Joan Rowland NY 19:06.84
W65-69	1 Q Thompson NY 22:52.00
W75-79	1 Millie Crews WI 23:01.24
Buffalo Belles & Brawn TC	
Indoor Meets	
Buffalo St. College, NY	
---December 17---	
55m	1 N30 Glenn White 8.1
55m	1 N30 Glenn White 6.9
	John Kapturowski 7.8
	Armond LaFramboise 7.5
	M40 Chuck LaChiusa 8.1
300m	1 N30 Kevin Lozano 40.4
	N50 Ted Swanson 48.7
800m	1 M40 Ron Krebs 2:23.9
	Wm Wiegel 2:32.2
1600m	1 M30 Franklyn Pfeil 5:12
	M40 Wm Wiegel 5:09
	Ron Krebs 6:28
High Jump	1 M50 Ted Swanson 4-4
	W40 Jo Cross 4-4
Long Jump	1 M30 Glenn White 17-6
	M40 A LaFramboise 15-7
	N50 Ted Swanson 14-1
Shot Put	1 M40 Arlie Schwann 33-4
	Arnold Harting 27-2
	W30 Nancy LaChiusa 20-8
---January 20---	
55m	1 N30 Glenn White 7.8
55m	1 N30 Glenn White 7.0
	John Kapturowski 7.5
	M40 Chuck LaChiusa 7.2
	A LaFramboise 7.4
	M50 Ted Swanson 7.8
	W30 Sylvia Kapturowski 9.5
300m	1 M30 J Kapturowski 46.3
	M50 Ted Swanson 51.6
	M70 Roger Clancy 64.9
	W30 S Kapturowski 59.2
High Jump	1 M40 Arnie Harting 4-1
	M50 T Swanson 4-1
	W40 Jo Cross 4-1
Long Jump	1 M40 A LaFramboise 15-3
	M50 T Swanson 14-7
Shot Put	1 M30 Matt Szkotak 40-7
	M40 Arnold Harting 28-2
---March 3---	
55m	1 M30 Dan Glushefski 7-7
	Glenn White 7.9

55m	1 M30 G White 6.6
	J Kapturowski 7.5
M40 A LaFramboise	7.0
	C LaChiusa 7.0
	Ray Panek 7.5
	Bob Labarbara 7.9
M50 T Swanson	7.9
W30 S Kapturowski	9.4
W50 Dortha Swanson	10.6
300m	1 M30 J Kapturowski 46.7
	M40 Ted Sauer 48.0
	Ted Swanson 49.0
	W30 S Kapturowski 57.4
800m	1 M30 Kevin Lozano 2:28.5
	M40 Ted Sauer 2:51.5
	Ray Panek 2:52.7
1600m	1 M30 Kevin Lozano 5:36.4
High Jump	1 M40 Arnie Harting 4-4
	M50 T Swanson 4-0
	W40 Jo Cross 4-6
Long Jump	1 M40 A LaFramboise 16-4
	Bob Labarbara 15-7
	W50 Dortha Swanson 6-1
Shot Put	1 M40 Arnold Harting 24-4
	W30 Nancy LaChiusa 20-2
	W50 Dortha Swanson 23-7
Niagara TAC	
Indoor Championships	
Syracuse U.; January 27	
55m	1 W30 Cathy McKeever 8.9
	W35 Irene Thompson 7.6
	Joanne Angotti 7.6
400m	1 W35 Irene Thompson 65.4
800m	1 M30 Philip Rougeux 2:02.4
	W35 Patti Ford 2:27.4
	W40 Barbara Blaszk 2:39.5
1500m	1 M30 Larry Woods 4:09.7
	M35 Charles Duggan 4:01
	W35 Linda Oja 5:48.1
	W40 Nancy Oshier 4:54.9
	Barbara Blaszk 5:08
3000m	1 W40 Nancy Oshier 10:15.4
55m	1 W30 Cathy McKeever 11.2
	W35 Irene Thompson 10.7
Pole Vault	1 M35 Kevin Donovan 12-0
Long Jump	1 M30 Robert Doran 17-9
Triple Jump	1 M35 Robert Doran 41-2
	M40 Jim Larmondra 31-1½
Shot Put	1 M40 Jim Larmondra 33-1
	Jim Alexander 31-0
	W30 Kathy McKeever 25-2
Syracuse Chargers	
Indoor Meet	
Syracuse U.; February 9	
55m	1 M35 Chris Downs 6.8
	Rich Plunkett 7.4
	M40 Armond LaFramboise 7.2
	Ray Panek 7.5
	Tom D'Angelo 7.8
	M45 Allan Drew 7.7
	M65 Bob Metzner 9.9
	M70 Nate Hucker 14.5
	W35 Irene Thompson 7.5
	JoAnn Angotti 7.5
	W45 Nadine Lowenstein 8.8
400m	1 M30 Don McBride 59.0
	M35 Horace Hudson 54

Continued from previous page

200m dash

M30 Kelvin Murray	23.2
Fred Feaster (tie)	23.6
Rick Jeffers (tie)	23.6
Don McNeill	23.7
Reno Biagoni	23.9
Frank Makozzy	24.1
Jim Hyatt	25.6
M35 John Brooks	23.2
Eddie Mose	24.3
Bill Krieger	25.3
Greg Florant	25.6
Mark Gershon	26.5
Joe Rogan	28.8
M40 Phil Felton	25.4
Dan Weller	27.0
Jim Shea	27.8
M45 Joe Johnson	25.7
M50 Jim Hodge	27.7
Ed Kent	29.7
M55 Joe Hemler	26.7
Cliff Pauling	27.1
Earl Mege	29.9
Doug Alberts	30.2
M60 Thomas Brooks	28.1
M65 Charles McGarvey	34.4
Ray McKeeman	39.8
M70 Jim Manno	32.1
M40 Lorraine Tucker	30.0
W45 Robin Villa	32.7
Karen Haber	34.6

400m dash

M30 Fred Feaster	52.2
Kelvin Murray	52.9
Rick Jeffers	53.2
Frank Makozzy	54.0
John Burke	59.2
Bob Powell	59.5
Warren Fisher	1:01.0
M35 John Brooks	53.9
Karl Castor	56.1
Bill Krieger	56.4
Ken Bauersfeld	56.9
Russell Floyd	56.9
James Easter	59.5
M40 Tim Dickens	57.6
M45 Salih Talib	59.6
Bob Fuhrman	1:02.1
M50 Bob O'Brien	1:01.1
Rett Oren	1:01.3
Jim Hodge	1:02.0
M55 Cliff Pauling	58.9
Joe Hemler	59.7
Dave Martin	1:08.0
John Blood	1:09.7
Doug Alberts	1:09.7
M60 Kelsey Brown	1:07.7
M65 Oscar Harris	1:12.6
Charles McGarvey	1:18.4
John McCarthy	1:18.9
M70 Jim Manno	1:19.2
M75 Jerry Wible	1:30.3
W45 Robin Villa	1:10.9
W55 Marilyn Fitzgerald	1:15.3
LucyAnne Brobst	1:20.9

800m run

M30 Fred Feaster	2:17.6
Warren Fisher	2:23.8
John Burke	2:24.2
M35 Russell Floyd	2:12.3
Karl Castor	2:13.9
Bob Harmon	2:14.2
Greg Hanson	2:18.6
M40 Duane Green	2:09.2
Larry Slaski	2:15.1
Ben Brockwell	2:17.5
Tim Dickens	2:19.8
George Sanders	2:21.5
M45 Salih Talib	2:12.1
Don Boyer	2:12.9
Kevin Smith	2:25.5
M50 Jerry McPadden	2:21.3
M55 Irwin Bernstein	2:28.6
M60 Kelsey Brown	2:39.7
Stan Cherim	2:59.6
M65 John McCarthy	3:20.5
W30 Joan Sterrett	2:24.0
Mary Ellen Malloy	2:27.2
W35 Mary Tomich	2:43.6

1 mile run

M30 Ike Carpenter	4:50.4
Keith Sample	4:58.1
M35 Joel Hoffsmit	4:35.3
John Emswiler	4:39.8
Ed Murphy	4:49.1
Bob Harmon	4:55.2
John Krajek	4:59.2
M40 Duane Green	4:40.0
Ben Brockwell	4:42.3
Fred Dedrick	4:48.5
Denny Mellish	4:52.6
Larry Slaski	5:01.3
Bob Weiner	5:04.7
Joe Hoffman	5:13.2
George Sanders	5:15.2
Larry Hart	5:16.4
Carl Grossman	5:19.1
Ron Salvio	5:25.2
Tony DeSabato	5:30.3
M45 Salih Talib	4:59.2
Kevin Smith	5:07.2
Bob Bennett	5:18.3
Frank Feingold	5:32.6
Joel Dubow	6:15.9
M50 Jerry McPadden	5:12.7
Martin Harms	5:49.5
M55 Phil Steel	5:48.5
Harold Williams	7:34.7

M60 Bill Brobst	6:41.9
Jerry Nolan	7:00.8
M65 Marvin Levy	9:48.9
W30 Joan Sterrett	5:20.5
Maureen Fazio	6:04.9
W35 Mary Tomich	5:41.5
W50 Ronnie Levy	8:31.8

3000m run

M35 Don Wisniewski	10:06.7
M40 Ben Brockwell	9:40.6
Denny Mellish	9:59.6
Bob Richey	10:15.9
Carl Grossman	11:07.2
M45 Salih Talib	10:05.1
Kevin Smith	10:53.4
Rich Howett	10:53.6
M50 Vincent Colgan	9:28.6
Martin Harms	11:55.0
M55 Bob Milner	9:28.7
Jack Nyhan	12:48.2
Harold Williams	15:24.9
M60 Stan Cherim	12:55.4
Jerry Nolan	13:54.1

1-mile racewalk

M40 Greg McCoy	9:54
Stan Kauffman	10:33
M45 Joel Dubow	9:11
M55 Ellis Lesack	9:32
Bob Flynn	13:52
M60 Ed Gawinski	9:17
M65 Ray McKeeman	10:45
M75 Jerry Wible	11:02
M80 Col. Al Sabaroff	13:52
W35 Holly Farmer	9:33

pole vault (feet/inches)

M30 Jerry Dowdy	14-6
Jim Fazio	12-0
M40 Ron Salvio	8-6
M45 Jeff Tindall	12-0
Jeff Blatt	10-0
M55 Dave Martin	10-0
M60 George Taylor	6-6
M65 Jack Doorlay	8-0
M75 Bill Patterson	6-6
Claude Hills	6-0

high jump (feet/inches)

M40 Ivan Black	5-0
Rob Schaible	4-10
Ed Laurelli	4-10
M45 Jeff Blatt	5-2
Palmer Sweet	5-0
Bob Fuhrman	3-8
M55 Doug Alberts	4-10
Earl Mege	4-6
Vince Ruffin	4-4
Len Olson	4-0
Robert Flynn	3-8
M60 James Gillchrist	5-4
Tom Delany	4-8
Art Harris	4-0
Ned Curran	3-6
M70 Ed Matthews	3-10
M75 Claude Hills	3-10
Bob Detweiler	3-4
W30 Mary Ellen Malloy	4-0

long jump (meters/centimeters)

M30 Jim Hyatt	5.42
Frank Makozzy	5.29
M35 Eddie Mose	5.88
Mark Gershon	4.83
M40 Ed Laurelli	5.03
Ivan Black	4.97
Jim Shea	4.73
M45 Joe Johnson	5.01
Jacob Katz	4.15
M50 Bob O'Brien	4.69
Ed Kent	4.59
M55 Dave Martin	4.84
Vince Ruffin	4.55
Earl Mege	4.41
Doug Alberts	4.23
Bob Smullens	3.22
M60 Tom Delany	4.31
George Taylor	3.65
Art Harris	3.08
M65 Oscar Harris	4.02
Jack Doorlay	3.71
M70 Ed Matthews	3.89
Gene Wood	2.08
M75 Jeremiah Gaines	3.45
Claude Hills	3.28
Bob Detweiler	1.79
W30 Lisa Lockley	4.29

triple jump (meters/cm.)

M35 Mark Gershon	10.66
M40 Ivan Black	11.01
Ed Laurelli	9.66
Jim Shea	9.20
M45 Palmer Sweet	8.38
Jacob Katz	6.84
M50 Ed Kent	8.96
M55 Dave Martin	9.82
Earl Mege	8.65
M60 George Taylor	6.91
M65 Jack Doorlay	7.61
M70 Ed Matthews	7.92
M75 Claude Hills	6.48
Bob Detweiler	4.16

shotput (feet/inches)

M30 William Wolverson	48-9.5
Scott Bull	41-9.25
Pete Collins	39-7.5
Reno Biagoni	34-3.5
Al Russo	34-1.25
M35 Jeff Copland	40-6.5
Nick Helfrich	34-7.25

M40 John Roehr	41-8.75
Rich Dunphy	40-8.75
Denny Ziemba	26-9.5
M45 Paul Morrone	40-10.75
Palmer Sweet	35-2.25
Jacob Katz	22-9.75
M50 John Bronstein	34-10.5
M55 Len Olson	38-3.75
Ray Feick	37-11.25
M60 Ned Curran	34-9.75
Thomas Brooks	30-8.75
Art Harris	30-3.75
M65 Herb Cantor	38-11.5
Al Jankola	32-7.75
Walker Pierson	29-7.5
Charles McGarvey	27-5.5
M70 Gene Wood	30-1.25
M75 Bob Detweiler	23-11.25
W45 Roslyn Katz	22-10
W55 Ann Cirulnick	30-9.25

Eastern Indoor
Sectional Championships
Newark, DE, March 17

*Netters Eastern Reg. record
**Netters American Indoor rec.
***Netters World indoor record
*Ties Eastern Reg. record

55m hurdles

M30 Robert Stanley	7.7
Leon Devero	7.8
Lloyd Jeremiah	7.9
Glenn White	8.3
M35 Horace Hudson	8.4
Charles Barnard	8.8
Mike McGinnis	9.3
M40 John Paul Jones	8.3
Pat Crandall	8.8
Gene Hoffman	8.8
Ivan Black	10.1
M45 Mickey Milove	8.8
M50 Barry Kline	8.8
M55 Vincent Ruffin	9.6
Dave Martin	9.6
M60 Bill Townsend	10.0
Tom Delany	10.0
George Taylor	11.7
Robert Wainman	14.9
M70 Dave Hall	12.4
M75 Claude Hills	18.0
W35 Irene Thompson	10.6
W40 Skipper Clark	11.3
Lorraine Tucker	11.7
W60 Pat Peterson	14.9

55m dash

M30 Eugene Vickers	6.6
Val Barnwell	6.6
Reno Biagoni	6.7
Kelvin Murray	6.9
Rick Jeffers	6.9
Fred Feaster	6.9
Sherm Weatherspoon	6.9
Glenn White	7.1
M35 John Brooks	6.6
Robert Bowen	6.6
Ross Donolow	6.8
Eddie Mose	6.8
Chris Downs	6.8
Phil Conzentino	6.9
Scott Thornsley	7.2
Ken Castro	7.2
M40 Ken Brinker	6.9
Bill Corsey	6.9
Mike Augeri	7.2
Phil Felton	7.3
Noah Perlis	7.7
Jim Shea	7.8
M45 Melvin Fields	6.8
Joseph Johnson	6.8
Rab Hagin	7.6
M50 Larry Colbert	7.2
Roosevelt Weaver	7.2
Dhamiri Abayomi	7.5
Richard Ocker	7.5
Ed Kent	7.5
Dave Connolly	7.9
M55 Bill Wright	7.5
Matt Brown	7.5
Alexander Johnson	7.5
Joe Hemler	7.7
Ken Larsen	8.4
M60 Thomas Brooks	7.8
Tom Delany	7.9
Jack Lance	8.2
Giorgio Chiavelli	8.3
M65 Oscar Harris	8.2
Charles McGarvey	9.1
M70 Marlen McWilliams	8.1*
Ed Matthews	8.4
Dave Hall	9.1
M75 Claude Hills	9.5
Jerry Wible	9.8
Bob Detweiler	13.3
M80 Barry Ivers	9.1
M85 Everett Hosack	12.3*
W30 Stacey Quitzy	7.8
W35 Marcia Hulse	7.7
Irene Thompson	7.7
Joann Angotti	7.7
W40 Sharon Osborne	7.8
Lorraine Tucker	7.9
Jennifer Pinto	7.9

W45 Marilyn Mitchell	8.1
W55 Marilyn Fitzgerald	8.6*
W60 Leonore McDaniels	9.3
Pat Peterson	9.5

200m dash

M30 Eugene Vickers	22.9*
Reno Biagoni	23.6
Don McNeill	23.7
Fred Feaster	23.7
Kelvin Murray	23.9
Lloyd Jeremiah	23.9
Val Barnwell	23.9
Robert Stanley	23.9
Sherm Weatherspoon	24.6
Rick Jeffers	25.3
M35 John Brooks	23.5
Bob Bowen	23.9
Chris Downs	23.9
Scott Thornsley	25.1
Kermit Hummel	27.6
M40 Ken Brinker	23.9*
Bob Ihne	25.3
Donald Hodge	25.3
Phil Felton	25.4
Noah Perlis	27.0
M45 James Wilkerson	25.8
Rab Hagin	26.0
M50 Larry Colbert	24.8
Ed Small	25.1
Dhamiri Abayomi	26.2
Richard Rizzo	26.6
Richard Ocker	27.1
Jim Demma	27.4
Dave Connolly	28.0
Jim Hodge	28.1
Ed Kent	28.6
Norm Goluskin	29.4
M55 Joe Hemler	26.8*
Matt Brown	26.8
Cliff Pauling	27.3
Alexander Johnson	27.3
Robert Seelig	30.4
M60 Kelsey Brown	30.3
Jack Lance	30.7
Giorgio Chiavelli	31.5
George Taylor	35.6
M65 Oscar Harris	31.0
Charles McGarvey	32.7
John McCarthy	32.7
Ray McKeeman	41.5
M70 Marlen McWilliams	30.2*
Ed Matthews	30.7
Jim Manno	31.4
M75 Claude Hills	36.9*
Jerry Wible	37.3
M80 Barry Ivers	32.9**
W35 Joann Angotti	28.4
Irene Thompson	28.7
W40 Jennifer Pinto	28.6
Sharon Osborne	28.7
Lorraine Tucker	30.7
W45 Marilyn Mitchell	30.3
W55 Marilyn Fitzgerald	31.4*
W60 Pat Peterson	36.2
Leonore McDaniels	36.4

400m dash

M30 Eugene Vickers	52.2*
Robert Stanley	52.7
Fred Feaster	53.0
Adrian Sterrett	53.5
Lloyd Jeremiah	53.6
Robert Hala	55.5
M35 Horace Hudson	54.7
Kermit Hummel	1:00.3
M40 Ken Brinker	53.2*
Chris Neuhoof	55.0
Donald Hodge	55.2
Bob Ihne	55.9
Noah Perlis	59.4
M45 James Wilkerson	57.6
M50 Larry Colbert	55.4
Ed Small	56.3
Richard Rizzo	58.4
Richard Ocker	1:00.8
Rett Oren	1:01.5
Dan Hammer	1:01.6
Haig Bohigian	1:03.0
Norm Goluskin	1:04.1
M55 Cliff Pauling	59.2
Fritz Schlereth	59.9
Matt Brown	1:00.9
Robert Seelig	1:08.6
M60 Jack Lance	1:11.9*
M65 Oscar Harris	1:13.4
John McCarthy	1:14.5
Charles McGarvey	1:17.0
M70 Jim Manno	1:16.0*
M75 Jerry Wible	1:25.3*
W30 Stacey Quitzy	59.0*
W35 Irene Thompson	1:07.2
W40 Betty Clair-Searcy	1:03.9*
Sylvie Kinche	1:10.7
W55 Marilyn Fitzgerald	1:13.3*
W60 Pat Peterson	1:34.4

800m run

M30 Rick Smith	2:00.1
Phil Rougeux	2:05.4
Adrian Sterrett	2:06.1
Warren Fisher	2:25.6
M35 Robert Walker	2:02.8
Roger Gutzwiller	2:06.6
Russell Floyd	2:10.0
M40 Duane Green	2:04.5
Al Swenson	2:05.5
Mike Blake	2:07.7
Jasper Royal	2:08.6
Larry Slaski	2:14.2

Fred Dedrick	2:15.9
Joe Burleson	2:17.2
Joe DeMaio	2:18.5
George Sanders	2:19.0
Jerald Krauthamer	2:19.2
M45 Michael Wilson	2:11.3
Don Boyer	2:12.6
Sam Huckel	2:16.1
Bob Bennett	2:18.2
Ralph Fusco	2:35.1
Tom Hartman	2:36.4
M50 Sid Howard	2:12.7
Jim Demma	2:15.9
Glen Shane	2:18.3
John Allen	2:20.0
Jim Hodge	2:22.9
M55 Irwin Bernstein	2:27.9
M60 Kelsey Brown	2:36.4
Arnold Meardon	2:42.3
M75 Dudley Healy	3:27.6
W30 Joan Sterrett	2:23.1*</

Continued from previous page

M70 Jack Hagemann	9.15
Mario Minafra	8.38
M75 Bob Detweiler	7.37
M85 Everett Hosack	5.72*
M40 Betty Clair-Searcy	10.19
Skipper Clark	7.31
W45 Roslyn Katz	6.93
W55 Ann Cirulnick	9.18*
W70 Libby Hagemann	6.71*
W75 Leuka Seda	4.05

weight throw (in meters)

M30 Mark Heckel	14.54*
Pete Collins	11.03
Scott Bull	10.19
M40 John Cassamassima	12.57
John Roehr	12.20
Glenn Weaver	11.47
Ron Salvio	8.58
M50 John Bronstein	9.70
Mort Hahn	4.49
M55 Pay Carstensen	10.60
Len Olson	10.33
Ray Feick	8.77
M60 Art Harris	9.76
Ned Curran	8.27
John Vachon	7.32
M65 Herb Cantor	11.18
M70 Mario Minafra	6.72
M75 Bob Detweiler	6.70
M85 Everett Hosack	4.64*
W45 Roslyn Katz	7.05*
W55 Ann Cirulnick	6.80*
W70 Libby Hagemann	6.64***
W75 Leuka Seda	3.68*

10-Year Team Scoring:

30 to 39:	
1st: Garden State AC	44.5
2nd: Shore AC	29.5
3rd: D.C. Capitol TC	22.5

40 to 49:	
1st: Phila. Masters	46.0
2nd: New York Masters	45.0
3rd: Central Park TC	44.0

50 to 59:	
1st: Garden State AC	76.0
2nd: Central Park TC	40.0
3rd: Phila. Masters	22.0

60 to 69:	
1st: Phila. Masters	139.0
2nd: Garden State AC	57.0
3rd: New York Masters	44.0

Overall Scoring (Top Twelve)

1. Garden State AC	191.5
2. Phila. Masters	191.0
3. New York Masters	108.0
4. Shore Athletic Club	84.0
5. Central Park TC	84.0
6. Syracuse Chargers TC	78.5
7. Potomac Valley Srs.	54.0
8. NY Pioneers	44.0
9. North Jersey Masters	35.0
10. Maryland Masters	29.0
11. Millrose A.A.	27.0
12. D.C. Capitol TC	22.5

Finger Lakes TC Indoor Meet
Cornell U., Ithaca, NY
March 17

55m	
Ruy Panek 40	7.3
Howard MacMillen 64	8.1

200m	
Ruy Panek 40	27.6
H MacMillan 64	31.3
D Robinson-VanNess55	34.4
Tom Murphy 47	38.2

400m	
Len Demolino 44	68.6
D Robinson-VanNess55	79.2
Donna Schulz 32	89.2

800m	
Reinhold Wotawa 41	2:21.3
John Whitman 36	2:30.0
Len Demolino 44	2:35.3
Paul Aucoin 45	2:41.6
James Miner 42	2:44.9
Tony Farrand 55	2:48.2

Mile	
Richard Cleary 34	4:54.0
Herb Engman 45	5:04.4
John Whitman 36	5:29.8
Ken Florence 37	5:30.1
Paul Aucoin 45	5:43.8
Len Demolino 44	5:50.6
James Miner 42	5:53.1
Tony Farrand 55	6:05.0
Diane Sherrer 39	6:19.6
Ray Panek 40	6:22.6
D Robinson-VanNess 55	6:38.5
Tom Murphy 47	7:19.6
Loretta Shehan 68	7:39.1

3000m	
Jim Cremer 30	9:38.6
Reinhold Wotawa 41	10:07.5
David Boor 33	10:39.9
Ken Florence 37	10:51.7
Len Demolino 44	10:53.0
James Miner 42	11:19.9

Jim Zollweg 30	11:25.8
Joe Dabes 51	11:42.4
John Hurley 53	12:02.1
Diane Sherrer 39	12:03.0
D Robinson-VanNess55	12:14.0
Dan Mittler 50	12:46.8
Sally Rusby 54	13:48.8
Tom Murphy 47	14:02.5
Loretta Shehan 68	14:33.9

SOUTHEAST

Manasota TC Mini-Meet
Sarasota, FL; February 16

100m	
M30 Jim Anderson	12.78
M50 Dave Truitt	14.07
M70 Nat Heard	20.74
M55 Rozanne Knudson	20.67
M65 Melanie Paschal	20.91
220y	
M60 Moe Joyce	43.59
M70 Nat Heard	51.95
M55 Rozanne Knudson	47.3
Diane Stone	51.52

440y	
M45 J C Shenk	59.9
M60 John Hickey	81.1
M65 Mohn Hickey	95.6
M70 Nat Heard	1:40.2
M55 Diane Stone	1:56.6

880y	
M45 J C Shenk	2:29
M50 John Mott	3:14
M60 John Hickey	3:09
Moe Joyce	3:33
M55 Rozanne Knudson	3:59

Mile	
M45 Rich Quevillon	5:26.5
M50 John Mott	6:29.5
M60 Dick Neu	6:57.3
Moe Joyce	7:13.2
John Hickey	8:49.9
M30 Teresa Aldridge	8:48.2
M60 Erma Hickey	8:51.2
M65 Melanie Paschal	8:12.0

Two Mile	
M45 Rich Quevillon	11:12
M50 John Mott	13:53
M60 Dick Neu	14:30
Moe Joyce	15:32
M65 John Kaelberer	13:31
M30 Teresa Aldridge	18:13
M55 Rozanne Knudson	17:20
Diane Stone	19:14

High Jump	
M60 Gerald Beard	3-7
M75 Ernest Dennison	2-9
Charles Hirshey	2-6

Long Jump	
M60 Gerald Beard	10-1
M75 Ernest Dennison	7-10
Chas Hirshey	7-0
Shot Put	
M50 Dave Truitt	40-0
M70 Tom McDermott	33-8
Nat Heard	32-11
M75 Ernest Dennison	29-1
Chas Hirshey	26-2

Discus	
M60 Gerald Beard	85-9
M70 Tom McDermott	116-9
M75 Ernest Dennison	81-10
Chas Hirshey	69-4

Hammer	
M75 Chas Hirshey	21.00m
Ernest Dennison	16.99m

25# Weight	
M70 Nat Heard	26-0
M75 Ernest Dennison	23-5
Chas Hirshey	18-1

Mile RW	
M60 Gerald Beard	11:17
M50 Mary Jane Zuknick	10:57
M55 Diane Stone	11:20
M65 Eve Love	13:52
Barb Schermerhorn	15:43
M70 Millie Brucker	12:56

Nashville TC Open & Masters
Meet
Tennessee St. U.; March 9

50m	
M30 Craig Simmons	6.24
Cleophis Collier	6.27
M40 Tom Brewer	6.57
Doug Purinton	6.94
M45 Caesar Austin	6.55
Nick Gailley	6.66
Avital Schurr	6.66
M50 Russ Sorrells	7.86
M55 Pat Meagher	7.28
M60 Ed Redditt	7.23
Frank Hayes	7.44
M65 Tim Murphy	7.31
M55 Betty Vosburgh	8.53
Geraldine Young	11.65

200m	
M30 Craig Simmons	23.7
Craig Gibson	24.5
M35 Don Goodwin	24.7
Robbie Short	25.1
M40 Tom Brewer	26.0
Les Washington	26.1

M45 Caesar Austin	25.1
Avital Schurr	25.9
Nick Gailley	25.9
M50 R Sorrells	31.6
M55 Pat Meagher	28.1
Wendell Curry	32.3
M60 Ed Redditt	29.2
Frank Hayes	29.4
M65 Tim Murphy	30.3
Fred Hirsimaki	32.6
M55 Betty Vosburgh	33.4
(age-group AR/old AR 34.09)	
300m	
M30 Carleton Ward	35.4
M35 Robbie Short	35.9
M40 Tom Brewer	37.5
M45 Nick Gailley	38.3
M50 Russ Sorrells	46.6
M60 Frank Hayes	46.1

400m	
M30 George McCarroll	60.9
M35 Don Goodwin	55.5
Mark Jidov	62.1
M40 Les Washington	56.7
M45 Caesar Austin	55.9
M55 Pat Meagher	62.7
Richard Peck	64.3
M55 Betty Vosburgh	79.3

800m	
M30 Marty Conterman	2:07.8
James Scheer	2:09.9
M35 G McCarroll	2:15.4
Mark Jidov	2:15.6
M45 Jim Stark	2:30.1
M55 Richard Peck	2:27.3
M60 Louis Schneider	2:50.9

Mile	
M35 Mark Jidov	5:05.2
M45 Jim Stark	5:24.5
M50 James Huffman	5:52.1
M55 Richard Peck	5:45.9

3000m	
M30 James Scheer	9:59.0
M45 Jim Stark	10:35.1
50m	
M35 Robbie Short	7.26
Al Rodd	8.09
M60 R G Wolf	9.65
M65 Fred Hirsimaki	9.69
M55 Betty Vosburgh	10.78

High Jump	
M40 Doug Purinton	5-4
Jim Accardie	4-10
M60 Frank Hayes	4-4
R G Wolf	3-11
M65 Fred Hirsimaki	4-10
M55 Betty Vosburgh	3-9

Long Jump	
M40 Tom Brewer	18-4
Hodge Kirby	17-3
M55 Wendall Curry	14-6
M60 Frank Hayes	16-0
R G Wolf	14-1
M65 Fred Hirsimaki	14-8
M55 Betty Vosburgh	12-9

Shot Put	
M35 Al Rodd	38-8
M40 Jim Accardie	43-4
Howard Watson	29-2
M50 Lou Vodopya	34-5
M60 R G Wolf	29-6
M65 Fred Hirsimaki	29-10
M55 Betty Vosburgh	3k 22-3
Geraldine Young	3k 22-1

MIDWEST

1991 Midwest Masters
Indoor Track & Field
Grand Prix Series
Sterling, IL
February 24

55m dash	
M75 H. Flachs	9.49
M70 G. Rajcevic	8.71
M65 M. Larsen	7.26
F65 F. Berry	11.02
M55 P. Dobrovoly	7.07
C. Trinkner	7.72
G. Heroux	8.17
M50 L. Stopoulos	7.44
M45 J. Iless	7.59
F45 P. Danielson	8.74
M40 D. Hill	7.33
P. Miller	7.77
M35 A. Wright	6.67
T. Revelinski	6.93
M30 A. Juanes	6.53

55m hurdles	
M55 C. Trinkner	9.27
M35 C. Barnard	8.54
M30 U. Geyer	8.12

200m dash	
M75 H. Flachs	36.10
M70 G. Rajcevic	34.76
M65 M. Larsen	27.18
F65 F. Berry	46.73
M55 P. Dobrovoly	26.89
C. Trinkner	28.74
G. Heroux	29.66
M50 P. Stopoulos	27.16
J. Robinson	31.08
Burnette	32.55
F45 P. Danielson	34.09
M35 A. Wright	24.19
T. Revelinski	24.61
M30 A. Juanes	23.52

400m dash	
M75 H. Flachs	1:32.38
M70 G. Rajcevic	1:23.49

M50 J. Robinson	1:03.16
J. Nuccio	1:07.67
Burnette	1:13.80
M45 J. Meisner	1:00.44
Jim Hess	1:21.06
800m run	
M55 R. Kowalski	2:48.22
M50 J. Robinson	2:40.32
J. Nuccio	2:41.94
M40 S. Falck-Pederson	2:07.17
P. Dorff	2:10.96
A. Posner	2:24.89
R. Cook	3:03.74
M35 D. Rinaldi	2:12.62
F35 L. Revelinski	2:53.13
M30 K. Whitsett	2:06.29
F. Hervert	2:09.20

1 mile run	
M55 R. Kowalski	6:05.93
M50 J. Robinson	6:03.75
A. Hutchcroft	5:16.27
M40 P. Dorff	4:50.92
Falck-Pederson	5:01.36
A. Posner	5:12.09
N. Schuster	5:24.30
J. Sumpter	5:33.06
M35 D. Guier	5:23.53
M30 K. Whitsett	4:58.80
B. Pax	5:11.93
F30 B. Bulkema	6:04.87

2 mile run	
M70 E. Cole	17:21.72
M55 R. Kowalski	12:29.72
M50 J. Robinson	11:55.49
F50 M. Kowalski	13:31.37
M45 A. Hutchcroft	11:29.36
M40 J. Sumpter	12:39.88
M35 R. Green	10:25.17
M30 B. Pax	11:03.24

1 mile racewalk	
F35 S. DeNoon	8:51.10
F30 B. Bulkema	13:48.12

2 mile racewalk	
M80 H. Bartels	25:54.08
F55 J. Decker	19:06.41
Gadient	19:23.64
M45 D. Howles	17:07.70
F35 S. DeNoon	18:29.48

long jump	
M70 E. Cole	9'1"
M65 M. Larsen	16'10"
F65 F. Berry	9'13/4
M60 C. Trevor	14'1"
M55 C. Trinkner	16'53/4
M50 L. Stopoulos	16'6"
P. Stopoulos	15'6"
F45 P. Danielson	13'2"
M40 D. Hill	16'2"
M35 A. Wright	14'1"

triple jump	
M70 E. Cole	19'11"
M60 C. Trevor	30"

pole vault	
M70 G. Rajcevic	7'
M45 M. Norberg	10'
T. Schwab	9'
M40 D. Hill	10'
M35 J. Anderson	13'
K. Petranek	13'
C. Barnard	13'
M30 J. Oksas	12'
N. Barsic	12'
D. Geyer	11'6"

high jump	
M70 G. Rajcevic	4'3"
W. Ragland	3'10"
E. Cole	3'3"
M55 C. Trinkner	4'9"
M35 J. Valiska	5'8"

shot put	
M55 B. Kemp	11.03
J. Tvet	9.81
C. Trinkner	8.80
G. Heroux	7.53
M50 E. Schmidt	11.71
D. Warren	10.82
M45 John Hess	9.94
Jim Hess	8.59
M40 J. Sinters	12.19
M35 C. Klehm	11.82
L. Waite	11.09
M30 B. Hartmann	11.87
M70 G. Rajcevic	8.45
E. Cole	7.47
F65 F. Berry	5.31

	B. Warren	10.8
M45	John Hless	9.9
	Jim Hless	8.5
M40	J. Selters	12.1
M35	C. Klehm	11.8
	L. Waithe	11.0
M30	B. Hartmann	11.8
M20	C. Baigovich	8.4

Continued from previous page

M55 Phil Mulkey	39-8½
Brad Ankerstar	37-1
Jerry England	35-9
M60 Phil Brusca	44-9½
M65 Fred Hirsimaki	36-1
M70 Andy Jones	37-0
H Morningstar	34-5½
M75 Hans Rosenberg	32-10
M85 Arling Pitcher	15-8
W50 Essie Kea	24-8½
W70 E Yeomans	17-0
Weight Throw	
M40 Steve Kaye	35-1½
M45 Mickey Bitsko	41-4½
Jim Pearce	36-1
M50 John Sloan	15-10
M55 Jerry England	29-3
M60 Phil Brusca	39-1
M70 H Morningstar	28-10½
Andy Jones	28-0
M75 Hans Roseberg	23-10

MID-AMERICA

Colorado/TAC Championships
Colorado Springs; February 24

55m	
M30 Wm White	6.4
M35 Dan Radiff	7.0
Mike Chapman	8.6
M40 Len Zigmant	7.3
M45 Tom Starr	7.5
Dennis Leczinski	7.6
David Luplow	7.7
M50 Ron Kirkpatrick	7.3
M55 Ilugo Hartenstein	7.0
M60 H J Fischer	7.6
M65 Haydn Parks	8.3
M65 Norm Katzman	8.7
Frank Bowles	9.4
M70 John Davison	7.8
W55 Joan Dugan	8.9
200m	
M30 Wm White	21.8
M35 Randy Rohweder	24.9
M40 Robb Bong	24.8
Len Zigmant	26.4
Ray Beamer	31.7
M45 David Luplow	26.1
Dick Gentry	26.7
Tom Starr	27.0
M50 Ron Kirkpatrick	25.7
M55 H Hartenstein	24.2
M60 H J Fischer	28.8
M65 Haydn Parks	30.0
Norm Katzman	31.0
M70 John Davison	31.0
400m	
M30 Wm White	50.0
M40 Robb Bong	56.2
M45 David Luplow	62.4
800m	
M35 Ted Castaneda	2:19.3
M40 Alan Johnson	2:21.7
G Eiding	2:31.9
M65 Ernie MacDonald	3:22.9
W30 C Hlaschke-Ilaas	3:25.9
1500m	
M30 Tim Smith	4:47.0
M35 Ralph Wheeler	4:25.0
Doug Ilaas	4:27.0
Randy Scafe	4:30.0
Ted Castaneda	4:42.0
M40 Jim Brady	4:35.0
M55 Dick Sutton	5:47.0
3000m	
M30 Andrew Cook	8:59.4
Tim Smith	10:36.8
M35 Doug Ilaas	9:50.5
Randy Scafe	10:18.0
M40 Ray Hammit	9:52.3
Alan Johnson	10:57.1
M55 Dick Sutton	12:00.2
55mH	
M35 Randy Rohweder	7.9
Dan Radiff	9.0
M40 Ray Beamer	10.1
M45 David Luplow	10.1
M50 Rusty Hamilton	10.0
M65 Jack Greenwood	9.1
High Jump	
M35 Doug Hans	4-4
M40 George Eiding	5-2
Rich Bigelow	5-2
M45 Dennis Leczinski	4-10
M50 Larry Carter	4-8
M55 Harold White	4-10
M65 Frank Bowles	4-0
W55 Joan Dugan	3-10
Pole Vault	
M60 Jerry Donley	11-6
Long Jump	
M35 Randy Rohweder	20-4½
Doug Haas	14-8
M40 Len Zigmant	15-11
Rich Bigelow	15-3½
M45 Dennis Leczinski	15-9½
David Luplow	14-6
M50 Larry Carter	13-10½
M55 Harold White	13-9½
M70 John Davison	12-3
Triple Jump	
M35 Randy Rohweder	42-5½
M40 Ray Beamer	31-6½
M45 Dennis Leczinski	31-9½
M50 Larry Carter	28-1

Shot Put	
M35 Mike Campman	--
M40 Ray Beamer	--
M55 Vernon Spencer	--
M60 Jack Eighmy	--
M65 Frank Bowles	--
W30 S Johnson	41-3½
W55 Annette Patton	21-8½
W65 Bettye McGinnity	17-6
3000m RW	
M30 Ray Sharp	13:21.2
M40 Mike Woods	16:44.5
M45 Daryl Meyers	12:26.3

SOUTHWEST

Lubbock Christian U.
Indoor Meet
Lubbock, TX; March 2

55m	
M30 Kelly Lycan	6.90
Mike Burton	6.92
Terry O'Connell	7.18
M35 Tom Thompson	6.56
Tom Bloxum	6.87
Gary Martin	7.04
M40 John Bahaglia	6.78
M45 Ed Jones	6.78
James Vicks	7.13
Mike Chamales	7.77
M50 Roy Turner	7.22
John Head	7.35
Billie Durham	7.40
M60 Andy Anderson	7.72
Bill Pardue	7.91
M65 Tim Murphy	7.88
John Chamales	9.75
N75 Fred White	8.69
W40 Rene Blenden	8.56
W50 Marion Coffee	9.03
200m	
M30 Terry O'Connell	25.43
Gene Maxwell	25.66
Mike Burton	26.49
M35 Tom Thompson	23.78
Tom Bloxum	24.91
Bob Hahn	25.66
M40 F Collins	24.29
John Bahaglia	26.13
Steve McCleery	27.91
M45 Jim Vicks	25.18
Ed Jones	25.38
Jerry Whitten	34.81
M50 Roy Turner	25.28
John Head	27.81
Billie Durham	30.15
M60 Andy Anderson	28.03
Bill Pardue	29.16
Brian Sharpe	30.66
M65 Tim Murphy	29.53
John Chamales	36.31
M75 Fred White	36.21
W40 Rene Blenden	33.03
W50 Marion Coffee	36.13
400m	
M30 Terry O'Connell	57.9
Mike Burton	65.68
M35 Tom Thompson	53.15
Gary Martin	58.92
M40 Fred Collins	53.85
M45 James Vicks	58.57
M50 John Head	65.12
Bill Roger	74.73
M60 Andy Anderson	63.79
Brian Sharpe	70.50
M65 John Chamales	85.13
M75 Fred White	90.34
800m	
M30 Tommy Parrish	2:37.28
M35 Howard Ware	2:24.26
Kit Johnson	2:37.22
M40 David Salazar	2:05.85
Dave Rodriguez	2:20.18
Steve McCleery	2:25.79
M45 Mike Chamales	2:31.34
M50 Bill Roger	2:56.34
W40 Rene Blenden	2:58.65
1600m	
M30 Tom Parrish	5:40.03
M35 Jim Samarron	5:27
F Sumptner Sr	5:33.08
M40 Dave Salazar	4:47.48
M45 Mike Chamales	5:35.29
M50 Bill Roger	6:27.33
3200m	
M35 F Sumptner Sr	12:03.1
M40 Steve McCleery	12:41.0
M50 Bill Roger	13:13.8
M55 John Stalcup	14:41.0
55mH	
M35 Robert Hahn	8.28
M50 John Head	9.41
W40 Rene Blenden	12.03
W50 Marion Coffee	12.15
1600mRW	
M45 M Gerry	9:22.1

Texas Senior Olympics
Houston; March 24

100m	
M55 Bob McGlashen	13.87
David Gray	13.99
Joe Spence	14.02
M60 Oscar Maldonado	13.92
Wm Wareham	13.97
Joe Munistere	13.98
M65 Erling Krosby	13.84
Wm Lynch	16.03
Jim O'Rourke	17.76
M70 Leonard Wray	15.56
Wade Alexander	16.79
Show Chang Ou	18.45
M80 Harry Pepper	21.26
W55 Helen Levine	20.15
W60 Joyce Kraft	19.38
Sadie Greenman	20.45
Donna Boyden	33.27
W65 J M Valien	18.64
Margaret Hinton	18.80
Carmen Henderson	28.92
W80+Ann Jagoda	30.43
200m	
M55 Tan Goldfoot	27.47
Bob McGlashen	28.52
David Gray	29.73
M60 O Maldonado	29.38
W Wareham	30.04
J Munisteri	30.96
M70 L Wray	33.10
W55 H Levine	44.07
W60 Sadie Greenman	42.57
Donna Boyden	71.37
W65 Margaret Hinton	44.05
Carmen Henderson	65.41
400m	
M55 David Gray	68.64
Harold Drennar	84.50
M60 Sam Shala	72.45
Dick Scott	72.84
Wm Conrad	73.30
M65 Erling Krosby	63.14
Pete Sjovalle	78.67
Wm Lynch	78.70
M70 Adrien Pronovost	1:46.86
W60 Sadie Greenman	1:47.16
W65 J M Valien	1:40.00
800m	
M55 Don Slocumb	2:35.8
David Gray	2:39.9
Bill Duer	2:50.3
M60 Wm Conrad	2:44.0
Anthony Castagna	2:54.5
M65 Jack Moore	3:13.1
Eugene Nink	3:26.0
M70 A Pronovost	4:18.7
W60 Sadie Greenman	3:56.9
1500m	
M55 Don Slocumb	5:10.3
David Gray	5:23.3
Bill Duer	5:38.9
M60 Wm Conrad	5:27.7
A Castagna	5:42.8
M65 Eugene Nink	6:26.8
Pete Sjovalle	6:32.6
M70 A Pronovost	8:31.4
W60 Sadie Greenman	8:10.9
5000m	
M55 Don Slocumb	18:56
Bill Duer	20:56
George Donchoo	21:20
M60 Wm Conrad	19:24
A Castagna	19:54
Bill Van Houten	22:38
M65 Eugene Nink	22:16
Jack Moore	22:56
Pete Sjovalle	23:14
M70 Adrien Pronovost	25:29
Lowell Miller	33:41
John McCarren	36:35
W55 Sadie Greenman	28:02
W65 Dorothy Evans	42:25
Long Jump	
M55 George Jageman	4.55m
Richard Hein	4.36
Eugen Staniciu	4.24
M60 Roy Morgan	4.53
Pat Levee	4.04
Wm Wareham	3.95
M65 Wm Lynch	3.61
Don Kennedy	3.26
Denis Barger	1.95
M70 Wade Alexander	3.65
Show Chang Ou	2.46
Shot Put	
M55 Richard Hein	10.84m
Tom Jackson	10.46
Clifford Malek	10.00
M60 Roy Morgan	10.78
Dick Scott	10.19
Jessie Walker	9.49
M65 Don Kennedy	9.40
Warren Sanders	8.77
James Ilse	6.21
M70 Leonard Wray	9.28
Wade Alexander	9.04
Show Chang Ou	7.58
W65 J M Valien	6.33
Mildred Buchert	5.17
Discus	
M55 Tom Jackson	98-7
George Jageman	94-7
E Staniciu	90-3
M60 Dick Scott	111-3
Jessie Walker	107-9
Sam Shala	106-7

M65 Ed Hooker	132-9
Pete Sjovalle	107-5
Warren Saunders	90-4
M70 Leonard Wray	86-7
Tom Tatum	85-0
Show Chang Ou	59-1
W65 Mildred Buchert	44-4
J M Valien	36-1
Javelin	
M55 F Staniciu	36.64m
Tom Jackson	30.50
George Jageman	30.10
M60 Dick Scott	104-9
Pat Levee	103-1
Jessie Walker	88-7
M65 Warren Saunders	88-7
Cy Buchert	63-9
M70 Wade Alexander	60-1
Show Chang Ou	53-10
W65 J M Valien	50-6
1500m RW	
M55 Hans Mayer	8:47.4
Ron Adams	9:48.5
David Burns	10:27.9
M60 Earl Boyden	9:20.3
Bill Van Houten	9:32.8
Jim Gerhardt	10:13.0
M65 Cy Buchert	9:11.6
Wm Lynch	9:53.1
M70 James Cordell	9:58.3
W55 Doure Roberts	11:04.4
Helen Levine	12:44.4
W60 Pat Merriman	9:58.6
Barbara Newhaus	10:29.9
W65 Theresa Fritz	11:19.8
W75 Margaret Turella	16:11.0

WEST

Rancho Santiago College
Spring Games
Santa Ana, CA; February 23

100m	
M30 Alberto Ros	10.9
Jim Bonilla	11.7
Brian Booc	11.8
M35 Mike Black	11.8
Barry Caldwell	11.9
Andrew Hecker	12.8
M40 Eugene Driver	11.7
Thierry Boucquez	11.8
Frank Reilly	12.5
M45 Frank Little	11.4
Juan Bustamante	12.3
C McCormick	13.0
M50 Ken Dennis	11.4
Roger Tsuda	12.6
M55 Tony Nasralla	13.4
Frank Kishi	13.9
M60 Will Robinson	13.3
Bob Watanabe	14.1
Burney Phillips	14.2
M65 Richard Hirschberg	14.8
Bill Morales	15.1
Bob Hunt	15.3
M75 Bob Morrow	15.8
W40 Lorraine Tucker	13.9
W50 Jeanne Carter	15.1
W65 Diana Smith	20.8
200m	
M30 Alberto Ros	21.9
Harry William	23.5
Mike Black	23.9
Herman Duncan	23.9
M35 Harry Caldwell	24.6
M40 Eugene Driver	23.0
Herman Costello	23.3
Conrad Brooks	25.7
M50 Ken Dennis	24.0
J Cerrington	27.3
M55 Roger Tsuda	26.2
Tony Nasralla	27.6
Ed Martin	28.6
M65 Tom Miller	27.6
W40 Lorraine Tucker	29.4
W50 Jeanne Carter	31.5
400m	
M30 Carlos Rodriguez	51.7
Derrick Dancer	56.5
M35 Don Parker	51.7
M40 Herman Castille	53.0
Jim Allen	67.8
M45 Stan Baker	58.1
M50 Stan King	60.0
Robert Jones	60.1
Jesse Carrington	61.1
M55 Tony Nasralla	62.8
M60 Louis Reade	65.5
Bob Watanabe	68.3
800m	
M35 Oscar Aguirre	2:08.9
Greg Lash	2:14.2
M40 Don Fish	2:12.8
Joe Flemming	2:43.5
M50 Mel Sacks	2:23.2
John Cosgrove	2:25.5
J Carrington	2:27.3
M55 Robert Culling	2:28.8
Dunton	2:30.3
Lloyd McGuire	2:42.4
M65 Bill Fitzgerald	2:43.2
1500m	
M35 Oscar Aguirre	4:24.5
Steve Lassegard	4:27.5
Joe Steinman	5:16.5
M40 Don Fish	4:26.6
M50 Joe Mulhern	6:01.7

M55 Al Ray	5:38.9
M65 Avery Bryant	5:40.6
3000m	
M35 Joe Steinman	11:34.2
M45 Luigi Schiavo	12:07.9
M55 Bob Culling	11:15.2
John Harper	12:04.2
M65 Avery Bryant	12:38.9
60mH	
M30 Lovell Davenport	7.9
Williams Michell	8.6
Greg Charles	8.7
M35 Andrew Hecker	9.6
M45 Walt Butler	8.0
Larry Sallinger	8.2
M55 Dave Douglass	10.2
M60 Will Robinson	9.9
Bob Watanabe	10.6
W40 A Steekelenburg	9.4
300mH	
M35 Andrew Hecker	47.8
M40 Frank Reilly	46.1
Mike Williams	47.1
M55 Dave Douglass	64.1
M60 Will Robinson	50.8
M60 Watanabe	57.0
M70 Bob Hunt	65.6
M75 Burt Morrow	67.0
W40 A Steekelenburg	55.4
High Jump	
M30 Val Olotoa	4-7
M35 Mel Embree	6-3
Andrew Hecker	5-0
M45 Bob Bly	4-6
M55 Ray Fitzhugh	4-8
Dave Douglass	4-6
M65 Dave Brown	4-0
John Cleveland	3-8
Tom DeVaughn	3-6
M70 Jim Vernon	3-8
M75 Carol Johnston	3-6
Pole Vault	
M30 Bill Halverson	15-8
Greg Charles	13-0
M35 Doug Sparks	13-6
M40 Steve Morris	13-6
M45 Mardon Connelly	12-0
Bob Bly	11-0
M50 Gary Miller	12-6
M55 Ray Fitzhugh	8-6
M65 John Cleveland	9-0
Dave Brown	8-6
M70 Jim Vernon	8-6
M75 Carol Johnston	8-0
Long Jump	
M35 Andrew Hecker	17-1½
Mike Black	17-0
Harry Caldwell	15-4
M40 Roger Trujillo	18-10

Continued from previous page

NORTHWEST**Eugene Indoor Meet
Eugene, OR; February 2**

50m	M60 Loren Swanson	9.04
50m	M30 Billy McKinney	5.89
M30	Mike Lariza	7.09
M35	Robert Curry	6.24
	Randy Kruse	6.25
M40	Leon Lincoln	6.29
	Wayne Gripp	6.59
	Don Williams	6.74
	Man Wing	6.81
M45	Joe Johnson	6.63
	Bryan Fendrich	7.20
M50	Bumper Emerson	6.75
	Sing Tsutsumi	6.94
	Jim Puckett	7.03
	W40 Geri Piper	7.89
	W70 Marie Stafford	9.59
300m	M30 Ben Inman	39.37
	Kerry Cameron	40.00
	Lance Giles	41.45
M35	Jim Jones	40.50
M40	Wayne Gripp	39.99
	John North	40.71
	Don Williams	50.55
M45	Joe Johnson	43.36
	Dennis Glasgow	45.12
M50	Dennis Glasgow	47.42
	Paul Stephan	46.61
M55	Don Kane	63.16
	W40 Kathy Holmstrom	52.74
	W70 Marie Stafford	66.04
600m	M35 Jim Jones	1:29.42
	M45 Jim Archer	1:48.19
	M50 Paul Stephen	2:10.11
	M55 Don Kane	2:04.57
	W30 Rhonda Richards	2:30.50
	W50 Becky Sisley	2:23.43
	W70 Marie Stafford	2:46.72
1000m	M35 Stan Goodell	3:04.99
	M40 Rick Lloyd	3:19.96
	Gary Anderson	3:21.46
	M65 Lowell Russell	5:16.42
1500m	M30 Stan Stewart	4:30.00
	M35 Bruce Lang	5:05.76
	M40 Alan Beck	4:30.26
	Rod Malone	4:36.44
	Grant Koch	6:07.36
M50	Ken Ogden	5:04.99
	M65 Jose Mallon	6:19.36
	W30 Mary Russell	5:09
	W35 Kathy Korn	6:21.30
	W60 Marcia McChesney	7:34.56



High Jump	M30 Billy McKinney	5-8
	M40 Jerry Cash	5-6
	Dennis Olafson	5-4
	Frank Lulich	5-4
	W50 Becky Sisley	4-3
(age-group AR/old AR 4-2 3/4)		
Pole Vault	M30 Bryan Walley	14-6
	Dan Umenhofer	14-0
M35	Dan West	14-0
	Rick Baggett	13-0
M40	Ed Lipscomb	15-0
	Jerry Cash	13-6
	Mike Monahan	13-6
M45	Larry Holmes	11-6
	M50 Terry Cannon	11-6

Long Jump	M30 Mike Lariza	20-8
	Bruce Sinkbeil	20-7
	M35 Randy Kruse	20-8
	M40 Wing Mann	17-1
	Don Williams	16-1
M45	Bill McKinney	18-4
	Joe Johnson	15-10
M55	Jerry Newcomb	13-9
	M60 Loren Swanson	14-1
	W50 Becky Sisley	11-8

Triple Jump	M40 Wing Mann	33-6
	Don Williams	31-1
	M60 Loren Swanson	26-7
	W50 Becky Sisley	27-0

Shot Put	M40 Don Williams	31-4
	M45 Denny Ellis	40-11
	Norman Lee	36-6
M50	Richard Lee	38-10
	Bumper Emerson	30-3
	Ed Kousky	28-10

M55	Jerry Newcomb	27-6
	M60 Loren Swanson	36-7
	W50 Becky Sisley	24-8

1500m RW	M40 Bob Korn	6:53.17
	Joel Estrin	7:36.44
	M45 C D Mansmith	8:35.37
	M50 Bob Brewer	7:42.80
	M65 Jose Mallon	8:50.83

**Norfolk Island
Masters Games
Norfolk Island, New Zealand
February 11-22**

100 metres	30-34 Richard Chapman	12.9
	35-39 Martin Lynch	12.2
	Greg Bowie	15.3
40-44	Mills Lafferty	13.1
	Mike Sharkey	13.1
	Robert Grant	13.9
45-49	Barry Lindsay	13.1
	Hartley Thomas	14.8
	Ian Anderson	15.7
60-64	Mick Pirie	13.4
	Elden Foote	15.8
Women	35-39 Jenny Donaldson	15.2
	40-44 Ann Hunter	15.5
	55-59 Daphne Pirie	15.7
	65-69 Thelma Davies	19.9
200 Metres	30-34 Richard Chapman	26.9
	35-39 Martin Lynch	25.3
	Trevor Calder	26.9
	Greg Bowie	30.2
40-44	Mills Lafferty	27.1
	Mike Sharkey	28.5
	Robert Grant	29.1
55-59	Hartley Thomas	31.4
	Ian Anderson	32.3
60-64	Mick Pirie	27.7
Women	35-39 Jenny Donaldson	31.7
	40-44 Ann Hunter	31.8
	55-59 Daphne Pirie	32.9
	65-69 Thelma Davies	41.7
400 Metres	35-39 Greg Bowie	1:11.9
	40-44 Mills Lafferty	1:02.0
	Mike Sharkey	1:05.8
	Rob Grant	1:07.7
55-59	Ian Anderson	1:11.4
	Al Mallory	1:22.4
60-64	Eddie McLean	1:16.9
Women	50-54 Beverly Scown	1:29.4
	55-59 Anne Young	1:30.3
	Joan Mallory	1:47.0
	65-69 Thelma Davies	1:38.6

800 Metres	30-34 Malcolm Rees	2:32
	40-44 Graeme Donaldson	2:22
	Robert Grant	2:30
45-49	Martin Lynch	2:33
	Ian Anderson	2:42
	Ben Thomas	2:42
60-64	Eddie McLean	2:51
Women	50-54 Beverly Scown	3:21
	55-59 Anne Young	3:17
	Joan Mallory	3:51
	65-69 Thelma Davies	3:37

1500 Men	35-39 Martin Lynch	5:45.0
	40-44 Graeme Donaldson	4:50.9
	Robert Grant	5:04.7
	55-49 Martin Lynch	5:25.2
	Bruce Michelson	5:14.6
	Ian Anderson	5:23.0
	Ben Thomas	5:14.6
60-64	Ben Thomas	5:36.9
	Eddie McLean	5:40.5
	Gerardo Rivello	7:48.9

Women	50-54 Suzanne Counsel	6:12.0
	Beverly Scown	7:05.5
	55-59 Anne Young	6:23.0
	Joan Mallory	7:39.2
	65-69 Thelma Davies	7:11.9

5000 Men	30-34 Malcolm Rees	19:16.22
	40-44 Graeme Donaldson	18:14.11
	Don Taylor	20:28.23
	Robert Grant	20:29.24
	Joe Patterson	18:00.74
	Bruce Michelson	19:33.00
	Ian Anderson	20:50.96
	Eddie McLean	22:16.34
	Gerardo Rivello	28:53.93

Women	50-54 Suzanne Counsel	6:12.0
	Beverly Scown	7:05.5
	55-59 Anne Young	6:23.0
	Joan Mallory	7:39.2
	65-69 Thelma Davies	7:11.9

3000m	30-34 Malcolm Rees	9:56.92
	40-44 Graeme Donaldson	8:44.17
	Don Taylor	9:56.19
	Joe Patterson	9:32.52
	Bruce Michelson	10:51.27
	Ian Anderson	10:36.34
	Ben Thomas	10:47.18
	Eddie McLean	11:19.91
	Gerardo Rivello	13:55.13

Women	50-54 Suzanne Counsel	12:56.39
	Beverly Scown	14:59.83
	55-59 Anne Young	13:10.28
	Joan Mallory	16:00.03
	65-69 Thelma Davies	15:04.41
	Lucille Warth	19:37.31

Cross Country Men 9.5km	30-34 Malcolm Rees	37:56.92
	40-44 Graeme Donaldson	38:44.17
	Don Taylor	39:56.19
	Joe Patterson	33:42.52
	Bruce Michelson	38:51.27
	Ian Anderson	40:36.34
	Ben Thomas	40:47.18
	Eddie McLean	41:19.91
	Gerardo Rivello	53:55.13

Women	50-54 Suzanne Counsel	27:52.90
	Beverly Scown	32:58.60
	55-59 Anne Young	28:55.50
	Joan Mallory	35:06.54
	65-69 Thelma Davies	32:17.88
	Lucille Warth	43:37.32

12K Road Race Men	30-34 Malcolm Rees	49:35.86
	40-44 Graeme Donaldson	48:13.56
	Don Taylor	53:11.28
	Joe Patterson	45:08.78
	Bruce Michelson	50:44.88
	Ian Anderson	55:00.20
	Eddie McLean	55:49.11
	Gerardo Rivello	1:15:03.43

Women	35-39 Lynette Feeney	1:07:53.07
	40-44 Suzanne Counsel	56:51.41
	Beverly Scown	1:06:52.39
	55-59 Anne Young	1:10:38.46
	Joan Mallory	1:10:38.46
	65-69 Thelma Davies	1:05:19.66
	Lucille Warth	1:26:09.20

High Jump Women	35-39 Jenny Donaldson	1.12
	40-44 Anne Hunter	1.25
Long Jump Men	35-39 Martin Lynch	3.43
	40-44 Mills Lafferty	3.95
	55-59 Al Mallory	3.93

Women	35-39 Jenny Donaldson	3.74
	40-44 Anne Hunter	4.55
	65-69 Thelma Davies	1.88

Shot put Men	40-44 Mills Lafferty	8.81
	45-49 Bob Tofts	8.62
Women	40-44 Anne Hunter	7.77
	65-69 Thelma Davies	4.46

Hammer Men	40-44 Mills Lafferty	29.62
	45-49 Bob Tofts	23.42

Overall	Kevin Ruch	25:26
	R Riemenschneider	30:09
	M40 John Snider	29:17
	M45 Bob Portel	29:30
	M50+Jack Whitcomb	31:12
	W40+Karen Butler	32:38

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Overall	Rob Drysdale	26:08
	Lori Lawson	30:20
	M40 Chris Scanga	27:39
	M50 Bob Taggart	28:58
	M60+Jim McPadden	36:16
	W40 Carole Lelli	34:16
	W50 Gerry Fitch	45:42
	W60+Sonia Sloan	44:09

Rich Bernstein 39	5:20.5
James Miner 42	5:51.5
Ken Florance 37	5:57.2
Ray Panck 40	6:04.0

Continued from previous page

St. Patrick's 5K Eatontown, NJ; March 17

M40 Ben Bruckwell	16:18.2
M50 Butch Pivano	18:35.2
M60 Hal Smith	20:31.9
M70 Dr. G Sheehan	25:02.7
W40 Deborah McNish	25:14.8
W50 Donna Mehler	22:27.3

Mike Hannon 4 Mile & 20 Mile Central Park, NYC; March 24

—4 Mile—

Overall

David Clark 29	19:24
Alicia Mari Moss 29	22:16
M40 Thomas Mahon	23:24
Rich Kixmiller	23:50
Lawrence Smith	24:04
M45 Bob Pike	23:29
Julio Lugo	23:36
Tom Moore	24:06
M50 Victor Cruz	23:08
Francis Byrne	24:30
Mike Adnrechi	24:41
M55 George Hirsch	26:00
Bob Kuhn	26:26
Anthony Viera	28:52
M60 Joseph Burns	27:04
George Marr	28:22
Stan Chodnicki Jr	29:00
M65 George Thompson	26:18
Art Bowen	27:30
Pete Harangozo	31:29
M70 Vince Carnevale	29:53
Tom Gibbons	32:30
M75+James Keeney	36:40
George Jaffe	37:08
Max Popper 87	49:26
W40 Judy Harrigan	25:47
Mary Rosado	26:38
Carol Gellman	29:35
W45 Lillie Smith	30:48
Diana McCabe	32:23
Irene Sherbet	33:53
W50 Joan Bondell	29:39
E Bonfils-Roberts	32:51
Barbara Withers	34:51
W55 Adele Stroh	38:25
Judith Davis	39:04
Annie Zinker	41:08
W60 Ethel Autorino	33:16
Arlene Kernis	40:22
W65 Muriel Merl	32:22
Jozi Neulinger	42:08

Racewalkers

1 Frank Vallejo M40	36:50
1 Kitty Donohue W55	48:30
2 Susan Crew W44	54:28

Finishers: 427m/251w

—20 Mile—

Overall	
Keith Turner 31	1:49:30
Gillian Beschloss 32	2:01:16
M40 Hector Vargas	1:58:07
Hernando Munoz	2:10:34
Bob Hermes	2:12:14
M45 Sam Skinner	2:11:38
Art Linden	2:12:47
Hector Rivera	2:14:11
M50 Gary Muhreke	2:04:42
Bob Colton	2:16:45
M55 Cliff Gerenz	2:18:51
David Farquhar	2:26:06
M60 Jay Sturdevant	2:15:38
Hector Pacheco	2:34:17
M65 John Corrigan	2:28:36
M70+Wilfredo Rios	3:18:39
W40 Suzanne Rohr	2:24:42
W45 Melanie Benveniste	2:41:05
W50 Anna Thornhill	2:22:33
W55 Gudrum Phillips	2:43:30
W60 Edith Farias	3:12:48
Aslaug Tomas	3:29:28
W70+Althea Wetherbee	3:57:00

Boston Marathon, p. 47

SOUTHEAST

Red Lobster 10K Orlando, FL; March 2

Overall	
German Silva 23	28:32
Jill Hunter 24	32:31
Masters Men	
1 Wilson Waigwa 42 TX	29:40
2 Gary Romesser IN	30:27
3 D Tibaduiza 41 NY	30:35
4 Larry Alberg 43 WA	30:52
5 Mario Cuevas 41 MEX	31:14
6 Dave Stewart 42 CAN	31:43
Masters Women	
1 Laurie Binder 43 CA	35:48
2 Shirley Matson 50 CA	35:57
(U.S. age-group record)	
3 Nancy Grayson 40 SC	37:00
4 Carol Virga 40 FL	37:08
5 Nancy Oshier 42 NY	37:15

MIDWEST

Male Masters Age Graded Results Charlie Mitchell's St. Pat's 5K — 1991

PLACE	NAME	AGE	C TOWN	ST TIME	TIME
1	Robert Anderson	43	M Tulsa	OK 0:16:32	0:15:17
2	Arturo Melendez	40	M Tulsa	OK 0:19:16	0:15:29
3	David Delahay	41	M Bartlesville	OK 0:16:36	0:15:37
4	Jim Smith	68	M Okla. City	OK 0:21:13	0:15:40
5	Tom Lloyd	41	M Broken Arrow	OK 0:17:44	0:15:42
6	Lewis Chandler	48	M Tulsa	OK 0:17:34	0:15:42
7	Don Antle	53	M Bartlesville	OK 0:18:17	0:15:42
8	Bob Adams	56	M Tulsa	OK 0:18:48	0:15:43
9	Fred Dice	54	M Pryor	OK 0:18:29	0:15:44
10	Steve Haigh	46	M Bartlesville	OK 0:17:28	0:15:49
11	Ray Lattanzia	47	M Claremore	OK 0:17:35	0:15:49
12	Joe Haeggquist	51	M Cookson	OK 0:18:26	0:16:06
13	Rick Brower	43	M Copan	OK 0:17:27	0:16:08
14	Chuck Brown	43	M Tulsa	OK 0:17:28	0:16:09
15	Michael Waller	63	M Tulsa	OK 0:20:45	0:16:09
16	Calvin Ellis	60	M Sapulpa	OK 0:20:07	0:16:10
17	Dan Vasicek	48	M Tulsa	OK 0:18:13	0:16:16
18	Bob Lehe	48	M Tulsa	OK 0:18:17	0:16:20
19	Lynn Moore	42	M Tulsa	OK 0:17:57	0:16:22
20	Curt Long	42	M Tulsa	OK 0:18:16	0:16:26
21	Jack Harms	47	M Tulsa	OK 0:18:16	0:16:26
22	Ted Hine	64	M Muskogee	OK 0:21:20	0:16:26
23	Steve Webb	45	M Midwest City	OK 0:18:02	0:16:27
24	Charles Bertalot	50	M Tulsa	OK 0:18:42	0:16:27
25	Tom Ford	50	M Guthrie	OK 0:18:43	0:16:28
26	Peter Bernhardt	47	M Tulsa	OK 0:18:24	0:16:33
27	Fisher Lewis	70	M Bethany	OK 0:23:02	0:16:33
28	Leslie Sparkman	47	M Broken Arrow	OK 0:18:25	0:16:34
29	Whit Mauzy	64	M Tulsa	OK 0:21:30	0:16:34
30	Jay Kirby	40	M Broken Arrow	OK 0:17:38	0:16:37
31	Steve Nuckolls	43	M Broken Arrow	OK 0:18:03	0:16:41
32	Mike Paradis	52	M Tulsa	OK 0:19:21	0:16:45
33	Robert Gage	43	M Bartlesville	OK 0:18:09	0:16:47
34	Lance Corman	48	M Okla. City	OK 0:18:47	0:16:47
35	Butch Clifton	40	M Broken Arrow	OK 0:18:16	0:16:43
36	Len Emanuelson	47	M Tulsa	OK 0:19:20	0:16:53
37	Andy Hogan	41	M Tulsa	OK 0:18:08	0:16:59
38	Mike O'Rourke	46	M Broken Arrow	OK 0:18:45	0:16:59
39	Bill Uzdavines	49	M Tulsa	OK 0:19:11	0:17:01
40	Richard Martin	44	M Tulsa	OK 0:18:33	0:17:02
41	Jim Morella	61	M Tulsa	OK 0:21:25	0:17:02
42	Rich Thompson	45	M Tulsa	OK 0:18:46	0:17:07
43	Ron King	68	M Tulsa	OK 0:23:17	0:17:08
44	Wulf Gang	47	M Tulsa	OK 0:19:05	0:17:10
45	Gary Parker	54	M Tulsa	OK 0:20:11	0:17:11
46	Nick Rylander	49	M Tulsa	OK 0:18:37	0:17:13
47	Richard Hill	49	M Stillwater	OK 0:19:25	0:17:13
48	Doug Ireland	62	M Tulsa	OK 0:21:54	0:17:14
49	Richard Mitchell	48	M Norman	OK 0:19:24	0:17:20
50	Walt Lipke				

Female Masters Age Graded Results Charlie Mitchell's St. Pat's 5K — 1991

PLACE	NAME	AGE	C TOWN	ST TIME	TIME
1	Martha O'Rourke	40	F Tulsa	OK 0:18:26	0:17:16
2	Vicky Fealy	40	F Catosa	OK 0:19:37	0:18:07
3	Diane Perry	49	F Tulsa	OK 0:19:30	0:18:16
4	Linda Brown	49	F Tulsa	OK 0:21:26	0:19:37
5	Marillyn Thompson	60	F Tulsa	OK 0:21:11	0:19:08
6	Suzanne Williams	42	F Tulsa	OK 0:21:13	0:19:36
7	Lydia Borges	49	F Tulsa	OK 0:22:32	0:19:44
8	Sonia Goyens	42	F Broken Arrow	OK 0:23:25	0:19:58
9	Twila Graham	40	F Tulsa	OK 0:21:37	0:20:15
10	J. C. Stigall	41	F Tulsa	OK 0:21:46	0:20:15
11	Cynthia Jacob	44	F Tulsa	OK 0:22:18	0:20:18
12	Mary Beth McClure	47	F Richardson	TX 0:23:02	0:20:30
13	Barbara Manning-Parker	46	F Tulsa	OK 0:23:01	0:20:38
14	Janet Thomas	52	F Tulsa	OK 0:25:13	0:20:39
15	Sue Neill	56	F Tulsa	OK 0:25:18	0:20:44
16	Kathy Moffitt	53	F Okla. City	OK 0:26:10	0:20:56
17	Marlene Hintermeister	58	F Tulsa	OK 0:24:16	0:21:15
18	Sherry Morgan	49	F Tulsa	OK 0:23:25	0:21:19
19	Shirley Wilkinson	52	F Broken Arrow	OK 0:24:57	0:21:16
20	Nancy Robertson	44	F Tulsa	OK 0:23:59	0:21:20
21	Bernice Taylor	41	F Tulsa	OK 0:23:12	0:21:35
22	Norma Curham	42	F Tulsa	OK 0:23:22	0:21:35
23	Christine Evans	43	F Tulsa	OK 0:23:33	0:21:36
24	Louise Rose	50	F Tulsa	OK 0:24:54	0:21:37
25	Opal Alexander	62	F Tulsa	OK 0:28:14	0:21:37
26	Sally Sterne	46	F Tulsa	OK 0:23:15	0:21:38
27	Judy Lindley	44	F Tulsa	OK 0:24:09	0:21:39
28	Sue Strahan	44	F Gibson	OK 0:24:02	0:21:53
29	Linda Stilwell	42	F Broken Arrow	OK 0:23:45	0:21:56
30	Susan Morgan	40	F Tulsa	OK 0:23:52	0:22:03
31	Judy Clark	42	F Okmulgee	OK 0:24:59	0:22:03
32	Judy Smith	48	F Tulsa	OK 0:23:35	0:22:06
33	Wende Struthers	45	F Tulsa	OK 0:24:36	0:22:13
34	Brenda Nowlin	47	F Tulsa	OK 0:25:05	0:22:19
35	Connie Leos	52	F Tulsa	OK 0:26:20	0:22:27
36	Sue Bertrem	44	F Tulsa	OK 0:24:46	0:22:33
37	Linda Morris	42	F Broken Arrow	OK 0:24:25	0:22:34
38	Paula Krusemark	68	F Tulsa	OK 0:31:51	0:22:37
39	Jan Anderson	45	F Tulsa	OK 0:25:05	0:22:40
40	Jimmie Haggard	44	F Tulsa	OK 0:25:49	0:22:47
41	Barbara Jani	48	F Tulsa	OK 0:24:54	0:22:50
42	Sam Rozman	43	F Tulsa	OK 0:25:37	0:23:19
43	Suzzi Horn	44	F Tulsa	OK 0:26:30	0:23:24
44	Donna Brown	48	F Tulsa	OK 0:25:16	0:23:30
45	Janice Nicklas	41	F Tulsa	OK 0:25:30	0:23:33
46	Teresa Hamer	42	F Owasso		
47	Margaret Brown				

Charlie Mitchell's St. Pat's 5K Tulsa, OK; March 16

OVERALL	
Ronnie Parks 29	14:14
Susie Evans 26	17:45
M40	
1 Robert Anderson	16:32
2 David Delahay	16:36
3 Tom Lloyd	16:44
4 Rick Brower	17:27
5 Chuck Brown	17:28
M45	
1 Steve Haigh	17:28
2 Lewis Chandler	17:34
3 Ray Lattanzia	17:35
4 Lynn Moore	17:57
5 Steve Webb	18:02
M50	
1 Don Antle	18:17
2 Joe Haeggquist	18:26
3 Fred Dice	18:29
4 Charles Bertalot	18:42
5 Tom Ford	18:43

M55

1 Bob Adkins	18:48
2 J. B. Bennett	20:53
3 Bob Vernon	20:56
4 Edwin Adams	21:57
5 Win Spears	22:01
M60	
1 Arturo Melendez	19:16
2 Calvin Ellis	20:07
3 Michael Waller	20:45
4 Ted Hine	21:20
5 Rich Thompson	21:25
M65	
1 Jim Smith	21:13
2 Ross Waltzer	23:17
3 Ken Bays	23:43
M70	
1 Fisher Lewis	23:02
2 Vern Whiteside	26:09
M40	
1 Martha O'Rourke	18:26
2 Diane Perry	19:30
3 Vicky Fealy	19:37
4 Suzanne Williams	21:13
5 Twila Graham	21:37

M45

1 Nancy Wallace	21:11
2 Linda Brown	21:16
3 Lydia Borges	22:32
4 Barbara Parker	23:01
5 Mary McClure	23:02
M50	
1 Sonja Banfield	23:25
2 Janet Thomas	24:13
3 Kathy Moffitt	24:47
4 Louise Rose	24:54
5 Shirl Wilkinson	24:57
M55	
1 Sue Neill	25:18
2 M. Hintermeister	26:10
3 Freda Hughes	29:45
4 Barbara Vernon	30:48
5 Linda Hill	31:33
M60	
1 Marilyn Thompson	24:20
2 Opal Alexander	28:14
3 Jean Benear	32:43
4 Naomi Thomason	32:52
5 Jo Campbell	37:31

WEST

Rogaine LA 5K Los Angeles; March 3

Overall	
N Gonzales 29	13:43
Shelly Steely 28	15:22
M40 Doug Bell	14:54
Nolan Smith	15:08
Steve Ferraz	15:10
Ron Gee	15:10
M45 Gene Hall	17:21
Garry Kryszak	17:26
John Gonzalez	18:01
John Shelton	18:02
M50 Sonny Monioz	17:41
E Eino	17:50
Brian Fernee	18:10
M55 John Finch	17:48
Andre Tocco	17:58
Peter Faust	18:25
M60 Jerry Withers	20:29
Leonard Walts	20:33
Ruben Esqueda	21:19
M65 Larry Manuelos	20:22
George Flower	26:38
M70+Julian Myers	27:56
Sam Simon	30:29
Jacob Bishin 89	51:37
W40 Elaine Triplett	18:56
Charlene Wilson	19:19
Nancy Rodriguez	20:25
W45 Gabrielle Bruveris	22:16
L Brown-Johnson	23:28
Sue Robbins	23:48
W50 Gina Faust	19:20
Yvette Lavigne	20:03
Marnie O'Brien	22:15
W55 Irene Olberz	20:47
Dean Lake	28:06
W60 Anna Hollenberg	25:06
Doris Gordon	26:39
W65 Ruby Cazares	38:06
Jacqueline Hopper	40:23
W70+Mary Schudy	38:49
Iris Wise	43:22

San Jose Mercury News 10K San Jose, CA; March 10

M40	Jorge Arroyo	32:29
	Mike Seaman	32:42
	Nick Wray	33:27
	Kent Oglesby	33:34
	Fred Ortega	33:55
M50	Sal Vasquez	32:54
	Bill Meinhardt	35:24
	Tim Rostegge	35:29
	Rod Mackinlay	36:47
	Roger Bryan	37:13
	Jim Turner	37:48
M60	Ilanq Fragoza	39:40
	David Stevenson	40:53
	Don Rothschild	46:05
W40	Juana Stavalone	38:43
	Sharon Svensson	39:09
	Hilary Taylor	39:21
	Sandra Sanchez	41:57
	Irene Herman	42:54
W50	Ginger Bryan	42:04
	Sylvia Jensen	44:37
	Sandra Vauris	48:19
W60	Ruth Bortz	48:37
	Joy Johnson	51:30
	Jaclyn Caselli	52:20

Continued from previous page

Half Marathon	
Males, 30-34	
1. Al Reimer	1:10:03
2. Stan Hollenberg	1:14:23
3. Dan Donahue	1:14:42

Females, 30-34	
1. Kimball Dryden	1:13:46
2. Regina Bonney	1:15:47
3. Gail Kingma	1:17:23

Males, 35-39	
1. Herbert Steffy	1:06:30
2. Craig Moore	1:10:36
3. Bill Mahoney	1:12:38

Females, 35-39	
1. Kimberly Moody	1:26:23
2. Kathy Govler	1:28:45
3. Susan Martell	1:32:47

Males, 40-44	
1. Vladimir Krivol	1:12:13
2. Tom Cotner	1:14:15
3. Dave McKinney	1:15:19

Females, 40-44	
1. Susan Havens	1:23:10
2. Mary Sanguinetti	1:29:59
3. Sandra Neary	1:40:58

Males, 45-49	
1. Jeff Corkill	1:13:39
2. Ron Taylor	1:16:26
3. John Jordeth	1:19:19

Females, 45-49	
1. Dorie Quam	1:33:11
2. Pat Warner	1:39:22
3. Karen Godman	1:41:57

Males, 50-54	
1. Graham Harris	1:24:24
2. William Hickman	1:28:33
3. David Knutson	1:30:38

Females, 50-54	
1. Katherine Crandall	1:52:50
2. Frances Call	1:56:45
3. Erika O'Neill	1:58:18

Males, 55-59	
1. Mel Preedy	1:27:27
2. Jim Haynes	1:31:49
3. Ron Ross	1:32:21

Females, 55-59	
1. Patricia Johnson	1:49:52
2. Joan Hutchinson	2:16:40
3. Nancy German	2:17:37

Males, 60-64	
1. Robert Dolphin	1:31:16
2. George Lundin	1:34:58
3. Charles Zuyk	1:37:12

Females, 60-64	
1. Jean Burham	2:41:18

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

Males, 65 and over	
1. John Cahill	1:39:02
2. Roeliff Laughlin	1:48:12
3. Masahiro Sato	1:49:14

W50 J Smith	20:03
E Thompson	22:41
N Singleton	22:54
W55 L Smal	23:44
M Anstey	24:56
B Atkinson	30:58
W60 J Ross	25:44
B Forster	28:08
J Ogdon	31:16
W65 M Shane	27:57
Teams (1st three runners)	
Altrincham	33
Shaftesbury	46
Bolton United	49

RACE WALKING

National Invitational Racewalks
Washington, DC; March 24

--TAC Eastern Regional Men's 20K Championships--	
1 Doug Fornier 28	1:32:31
3 Nick Blera 42	1:37:55
10 Franco Pantoni 45	1:46:40
--NIRW 20K Masters Men--	
1 Alan Price 44	1:46:52
2 Ray McKinnis 51	1:48:30
3 Joe Johnson 46	1:49:12
--TAC Eastern Regional Women's 10K Championships--	
1 Lynn Weik 23	48:48
6 Gail Johnson 42	53:35
--NIRW 10K Masters Women--	
1 Stella Cashman 48	63:57
2 Sheri Price 44	66:54
3 Nancy Whitney 54	67:36
--Open 5K--	
Men: 1 S Albert 17	23:45
4 Ned Stone 51	28:13
5 G Westerfield 45	29:12
Women: 1 M Boher 28	29:46
3 Bess Beste 40	31:52
4 N Katz 40	32:17
5 Marsha Hartz 51	34:10

Republic of Texas 5K RW
Austin; March 9

1 Ray Sharp 31	21:36
7 John Knifton 51	25:54
9 N B Frable 45	26:19
10 Rich Letsinger 45	26:41
11 Robert Rhode 42	27:16
14 Frank Whigham 45	28:18
17 Jim Chapman 53	28:49
18 John Stowers 62	29:38
19 Kathy Frable 45	30:06
22 Glenda Renaud 40	31:27
29 Rebecca Roberts 48	34:05
30 Cy Buchert 68	34:13
33 Betty Estie 52	36:12
35 Barb Humble 54	36:21

Northwest Masters 10K RW
Seattle, WA; March 16

1 Bruce Harland 35	48:03
3 Bob Novak 41	52:14
4 Lew Jones 45	57:21
7 Bev LaVerk 54	59:02
10 Paul Kavadas 63	71:25
11 Tim Rogers 49	73:45
12 Susan Rogers 48	73:46
13 John Neville 72	73:54
14 Rich Bennett 67	75:38

Shamrock 5K
Long Beach, CA
March 16

M40 Keith Ward	22:39
M50 Ed Mollie	38:26
M55 Chuck Almada	35:43
M60 John MacLachlan	32:43
Charles DeHeck	35:31
M65 Dick Underwood	34:59
M70 Bruce Buehler	40:10
M80 Gordon Wallace	39:35
W40 Donna Cunningham	29:56
Anina Arthur	32:23
Barbara Cracchiolo	35:04
W45 Karen Helms	31:42
Natalie Kravec	35:40
W50 Lynne Marsh	33:05
Lucia Mckal	36:57
W55 Pearl Webster	35:48
Betty Gallagher	53:19
W65 Joann Beers	35:03
Jody Barsaleau	38:19
Dorothy Reed	42:42
Jo Munoz-Whitman	42:53

TAC Western Regional 20K
Long Beach, CA; March 16

M40 Art Grant	1:47:09
Richard Nester	1:58:17
M45 Larry Walker	1:34:21
Norm Frable	1:47:32
Wayne Wurzbarger	1:53:14
Dave Snyder	1:56:23
Jesus Orendain	2:01:20
Ron Baers	2:08:25
Tom Sullivan	2:11:40
Stuart Ray	2:13:52

M50 Dale Sutton	1:53:09
Richard Oliver	1:53:49
Bill Neder	1:56:44
Bob Kleppe	2:12:00
Hap Chandler	2:13:29
Carl Curtis	2:15:18
Ron McMullin	2:19:46

M55 Jack Bray	1:49:57
Carl Acosta	1:59:22
Wayne Atkinson	2:14:05
Dave Short	2:15:00

M60 Sal Carrallo	1:57:14
Joe Weston	2:10:29
Richard O'Hara	2:20:17
John Gallagher	2:24:29

M65 Mel Granttham	2:15:55
M70 Paul Geyer	2:21:49
Jorge Newbery	2:25:23
Troy Grove	2:33:21

M80 Tony Perona	2:41:14
W40 Cheryl Kicaide	2:14:38
Barbara Rodarte	2:23:17

W45 Kathy Grable	2:14:25
Joan Schindel	2:21:14
W50 Jaye Horowitz	1:59:54
Helen Palomo	2:12:16

W55 Ria Marsh	2:24:45
W65 Rose Kash	2:41:21

TAC National 50K
Long Beach, CA; March 16

M40 Eugene Kitts	4:15:13
Mike DeWitt	4:27:13
Bill McCray	4:58:52
Alan Price	5:16:43
Enrique Camarena	5:31:05
M50 Dale Sutton	5:33:54
Pat Bivona	5:37:44
Jim Chapman	5:42:31
Tom Knatt	5:50:18

M60 John Stowers	5:41:05
Mike Michel	6:26:39
Buddy Matlock	7:26:07

6 DQ's; 1 DNF

St. Patrick's Day 5K RW
Central Park, NYC; March 17

Overall	
Marc Varsano 26	22:15
Susan Liers 32	24:45
M40 Nick Blera	22:53
Gary Westerfield	28:36
Frank Sofo	29:06
M50 Jules Freemond	28:28
Bob Thaler	29:14
Bill Burget	35:43
M60 Wallace Cutler	30:53
Henry Gutlieb	32:26
Lynn Sheer	33:10
M70+Irving Feinstein	36:02
W40 Linda Daitz	29:35
Nadia Katz	31:47
Lynn Conant	32:21
W50 Rhoda Green	29:50
Linda Roesner	30:40
W60 Joan Roesner	33:53
Queenie Thompson	37:31

Boston Marathon
April 15

M40-49	
Kenneth Judson	2:18:11
Artemio Navaro	2:20:23
Mario Cuevas	2:21:22
Vladimir Kriyoy	2:26:13
James Pelarske	2:26:33
Robert Mcomber	2:28:04
Bruce Robinson	2:28:43
Eamonn O'Reilly	2:34:08
Andres Lopez	2:34:16
Bennett Beach	2:34:19

M50-59	
Ruben Gordon	2:37:40
Michael Dumas	2:39:02
Fay Bradley	2:40:24
John Linnell	2:43:40
Peter Teachout	2:48:26
C. Moss	2:46:33
J. Burgasser	2:48:34
Larry Avery	2:49:57
Dave Monteith	2:50:40
David Johnson	2:51:00

M60+	
John Derek Wood	2:47:23
Michael Sullivan	2:52:58
Jay Sturdevant	2:53:05
Roger Bogner	2:56:29
Sam Smidley	3:00:54
Joe Fernandez	3:06:34
Leo Leclair	3:08:43
Kenneth Jones	3:08:57

W40-49	
Grazilla Striulli	2:37:01
Laurie Binder	2:43:25
Judith Hine	2:44:25
Ana Nielsen	2:47:45
Colette Tadoce	2:50:00
Rose Malloy	2:54:13
Candy Dodger	2:55:31
Kathleen Beeree	2:58:57
Eunice Phillips	3:01:29
Vickie Putnam	3:02:51

W50-59	
Wen-Shi Yu	3:15:20
Margaret Betz	3:17:37
Chung-Soon Lee	3:22:00
M. van Caekenbergh	3:22:59
Patty Delotto	3:23:30
Joyce Gaskin	3:24:39
Mae Palm	3:29:08
Imme Dyson	3:32:09
Jill Mottus	3:32:16
Edith Jones	3:32:50

W60+	
Ruth Bortz	3:47:13
Mary Ehrns Bonstrom	3:57:02

Yukie Machida	4:10:41
Nancy Bell	4:12:47
Agnes Reinhard	4:14:07

Caroline Earl	4:15:02
Helen Klein	4:12:48
Lillian Christmas	4:28:05

1. DISPLAY ADVERTISING RATES

Column	Ad Size	Cost	Width	Height
52	Back Page	600*	10"	13"
52	Full Page	460	10"	13"
39	1/4 Page	380	7 1/2"	13"
26	1/8 Page	300	5"	13"
			10"	6 1/2"
			7 1/2"	8 1/2"
13	1/4 Page	180	5"	6 1/2"
			10"	3 1/4"
7	1/8 Page	120	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 Page	72	2 1/4"	3 1/4"
1		36	2 1/4"	1"

*Includes 2 colors.

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

25% discount for race and meet notices, (1/2 discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. 2-colors add \$50
- e. Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of the month before date of issue.

9. CIRCULATION October 1990

Paid: 5374 Distribution: 7500

Published monthly. Subscriptions \$22.00/year.

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

NATIONAL MASTERS NEWS

Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training

TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

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

GENERAL INFORMATION

MEET DIRECTOR: DICK GREEN (815) 332-4743

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

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

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

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

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

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

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

SPECIAL EVENTS: Information will be included in your packet.

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

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

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

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

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

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

TENTATIVE SCHEDULE OF EVENTS

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

THURSDAY - 7/4/91

5000M RUN ALL FINALS

AM 7:30 50+ WOMEN

8:15 30-49 WOMEN

9:00 60+ MEN

9:45 50-59 MEN

10:30 40-49 MEN

11:00 30-39 MEN

800M TRIALS

PM 1:00 OLDEST TO YOUNGEST

WOMEN BEFORE MEN

12 OR LESS PER AGE GROUP

WILL ADVANCE TO FINALS

400M TRIALS

2:30 OLDEST TO YOUNGEST

WOMEN BEFORE MEN

8 OR LESS PER AGE GROUP

WILL ADVANCE TO FINALS

FRIDAY - 7/5/91

5000M RACEWALK ALL FINALS

AM 7:00 50+ WOMEN

8:00 30-49 WOMEN

9:00 50+ MEN

10:00 30-49 MEN

80/100/110 HURDLES TRIALS & FINALS

11:00 70+ WOMEN

11:10 60-69 WOMEN

11:20 50-59 WOMEN

10:30 40-49 WOMEN

11:40 70+ MEN

12:00 30-39 WOMEN

12:10 60-69 MEN

12:20 50-59 MEN

12:40 40-49 MEN

12:50 30-39 MEN

PM 1:00 WOMEN'S FINALS

1:20 MEN'S FINALS

400M FINALS

1:40 70+ WOMEN

1:44 60-69 WOMEN

1:48 55-59 WOMEN

1:52 50-54 WOMEN

1:56 45-49 WOMEN

2:00 40-44 WOMEN

2:04 35-39 WOMEN

2:08 30-34 WOMEN

2:12 70+ MEN

2:14 65-69 MEN

2:18 60-64 MEN

2:22 55-59 MEN

2:26 50-54 MEN

2:30 45-49 MEN

2:34 40-44 MEN

2:38 35-39 MEN

2:42 30-34 MEN

1500M TRIALS

2:45 OLDEST TO YOUNGEST

15 OR LESS PER AGE GROUP

WILL ADVANCE TO FINALS

100M TRIALS & FINALS

3:45 70+ WOMEN

3:50 60-69 WOMEN

3:55 50-59 WOMEN

4:00 40-49 WOMEN

4:05 30-39 WOMEN

4:10 70+ MEN

4:15 65-69 MEN

4:20 60-65 MEN

4:25 55-59 MEN

4:30 50-54 MEN

4:35 45-49 MEN

4:40 40-44 MEN

4:45 35-39 MEN

4:50 30-34 MEN

5:00 ALL FINALS

OLDEST TO YOUNGEST

WOMEN BEFORE MEN

STEEPLECHASE

5:20 ALL FINALS

OLDEST TO YOUNGEST

SATURDAY - 7/6/91

1000M RUN ALL FINALS

AM 6:00 50+ WOMEN

7:15 30-49 WOMEN

8:30 60+ MEN

9:45 50-59 MEN

10:45 40-49 MEN

11:35 30-39 MEN

AM 7:00 PENTATHLON-MEN

LONG JUMP

JAVELIN THROW

200M

DISCUS THROW

1500M

PENTATHLON-WOMEN

100M HURDLES

HIGH JUMP

SHOT PUT

LONG JUMP

800M RUN

AM 8:00 HAMMER THROW

TRIALS & FINALS

60 90+

OLDEST TO YOUNGEST

WOMEN BEFORE MEN

AM 7:00 POLE VAULT

50 90+

7:00 SHOT

OLDEST TO YOUNGEST

WOMEN BEFORE MEN

8:00 HAMMER

30 59

8:00 TRIPLE JUMP

OLDEST TO YOUNGEST

WOMEN BEFORE MEN

11:00 HIGH JUMP

OLDEST TO YOUNGEST

WOMEN BEFORE MEN

3:00M/400M HURDLES ALL FINALS

PM 1:00 50+ WOMEN

1:20 65-69 MEN

1:30 60-64 MEN

1:40 50-59 MEN

1:50 40-49 WOMEN

2:00 30-39 WOMEN

2:10 45-49 MEN

2:20 40-49 MEN

2:30 35-39 MEN

2:40 30-34 MEN

800M FINALS

3:00 70+ WOMEN

3:05 65-69 WOMEN

3:10 60-64 WOMEN

3:15 55-59 WOMEN

3:25 45-49 WOMEN

3:30 40-44 WOMEN

3:35 35-39 WOMEN

3:40 30-34 WOMEN

3:45 70+ MEN

3:50 65-69 MEN

3:55 60-64 MEN

4:00 55-59 MEN

4:05 50-54 MEN

4:10 45-49 MEN

4:20 40-44 MEN

4:25 35-39 MEN

4:30 30-34 MEN

200M TRIALS & FINALS

8 OR LESS PER AGE GROUP WILL RUN FINALS

4:40 70+ WOMEN

4:43 65-69 WOMEN

4:45 60-64 WOMEN

4:48 55-59 WOMEN

4:51 50-54 WOMEN

4:53 45-49 WOMEN

4:56 40-44 WOMEN

4:59 35-39 WOMEN

5:02 30-34 WOMEN

5:05 70+ MEN

5:08 65-69 MEN

5:11 60-64 MEN

5:14 55-59 MEN

5:17 50-54 MEN

5:20 45-49 MEN

5:23 40-44 MEN

5:25 35-39 MEN

5:28 30-34 MEN

ALL FINALS OLDEST TO YOUNGEST

SUNDAY - 7/7/91

AM 7:00 10K & 20K ROAD WALK

ALL FINALS

WOMEN & MEN

1500M FINALS

8:00 70+ WOMEN

8:10 60+ WOMEN

8:20 50+ WOMEN

8:30 40+ WOMEN

8:40 30+ WOMEN

8:50 70+ MEN

9:00 65-69 MEN

9:10 60-64 MEN

9:20 55-59 MEN

9:30 50-54 MEN

9:40 45-49 MEN

9:50 40-44 MEN

9:55 35-39 MEN

10:05 30-34 MEN

4 X 100M RELAY

10:20 70+

10:25 60-69

10:30 50-59

10:35 40-49

10:40 30-39

4 X 400M RELAY

10:50 70+

11:00 60-69

11:10 50-59

11:20 40-49

11:30 30-39

12:40 AGE GRADED 100M

JAVELIN

ALL AGE GROUPS

OLDEST TO YOUNGEST

WOMEN BEFORE MEN

POLE VAULT

8:00 AGE GROUP 30-49

SAT. 6:30 pm

Women's

Meeting

SAT. 7:30 pm

General

Meeting

THE ATHLETICS

CONGRESS

TAC

USA

THE ATHLETICS

CONGRESS

TAC

USA

METHOD OF PAYMENT

BANK DRAFT OR CHECK IN US DOLLARS

PAYABLE TO

TAC MASTERS CHAMPIONSHIP.

MAIL TO:

DICK GREEN

P.O. BOX 6147, ROCKFORD, IL 61125

WAIVER: I hereby declare I am in good health and

am properly conditioned for the competition and of

the stated age. I absolutely relieve the National

Masters Track and Field Championships Organizing

Committee TACUSA the sponsoring organizations,

North Central College and all officials conducting the

meet of any responsibility for any injury, loss or

damage to myself or my property which I may

sustain in the course of (or in connection with) the

1991 TAC National Masters Track & Field

Championships.

SIGNATURE

DATE

T-SHIRT SIZE

S M L XL XXL

ENTRY FORM: 1991 TAC NATIONAL MASTERS T & F CHAMPIONSHIPS

NAME

BIRTHDATE

AGE ON 7/4/91

ADDRESS

CITY

STATE

ZIP

PHONE

1991 TAC #

CLUB

EVENTS ENTERED

BEST MARKS 90-91

MALE

FEMALE

ENTRY FEES:

1st event entry fee

US \$20.00

2nd event entry fee

US \$15.00

additional events =

x US \$10.00

Pentathlon

US \$20.00

TOTAL AMOUNT DUE

T-SHIRT SIZE