



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

165th Issue

May, 1992

\$2.50

640 Participants Set 28 World Indoor Records in Columbus

by JERRY WOJCIK

The Athletics Congress/USA National Masters Indoor Track and Field Championships returned, after three years, to French Fieldhouse on the Ohio State University campus in Columbus on April 3-5. In 1989, Columbus hosted the first-ever Masters Championships on a meter track and 650 entrants set 64 world records. This year, attendance was about the same, with 525 men and 115 women athletes in five-year age groups from 30 through 80 breaking, tying, or establishing 28 world and 24 U.S. records. Eighty-two meet records also fell.

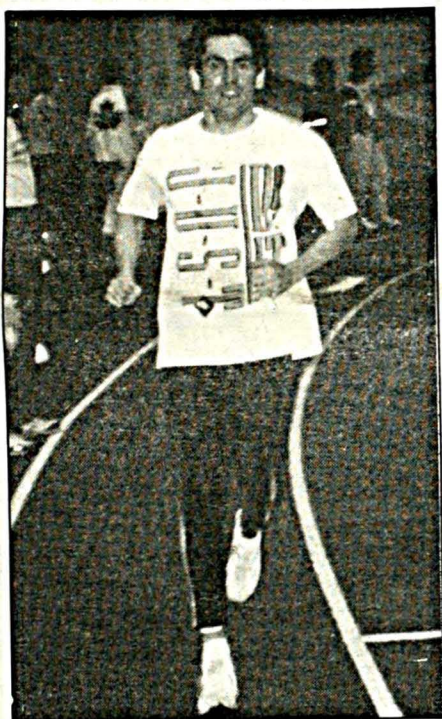
Philippa Raschker, recently 45, of Marietta, Ga., posted five world and two U.S. records, ranging from the 60m (WR, 8.35) and the pole vault (WR, 2.75) to the 60mH (AR, 10.20).

Pat Peterson, W65, of Albany, N.Y., settled for nothing less than world records, with four, including the 60m (10.03) and the 60mH (14.9h).

Betty Vosburgh, W60, of Atlanta, Ga., who re-wrote the record books in the 1991 outdoor nationals in Illinois, also did some heavy revision of the indoor records, with two world and four U.S. records, including the 400m (WR, 80.26) and the 800m (AR, 3:18:31).

Other record breakers might have lacked quantity but made up for it with quality. California's Stan Whitley ran a world-record, meet-best 22.70 in the M45 200m. He also won the 60m (7.18) from New Jersey's Joseph Johnson (7.26) and the 400m (51.97) over world-record holder Roger Pierce (53.98) of Massachusetts. Carol Peebles of Wisconsin broke the W70

Continued on page 13



Ken Popejoy, setting an M40 indoor U.S. record in the 800 (1:57.03). He also won the 1500 (4:01.59). Photo by Jerry Wojcik

Bell Defeats Waigwa and Rono in Carlsbad 5000

by RICHARD LEE SLOTKIN

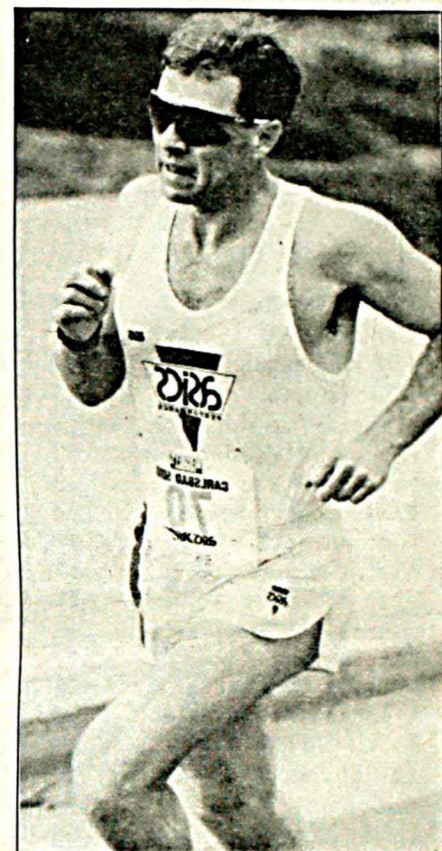
Looking more fit than he has in years, legendary Henry Rono, now age 40, said he was looking for a 15-minute effort in the Carlsbad 5000 held March 29 in Carlsbad, Calif. He missed by 18 seconds. Save your tears. Henry Rono is back!

He may have been personally disappointed, but Rono watchers can take heart. After all, the two other 40-year-olds ahead of him in this major league masters race were Wilson Waigwa, who can still compete with the elites on a good day, and Doug Bell, last year's winner. This year's winner, too, for that matter.

Bell is becoming more impressive every year. Last year he easily handled a serious-for-a-change Gary Fanelli. This year, his time was a bit slower (3 seconds) but the result was pretty much the same. A convincing win.

Waigwa took off fast and had the initial lead. Bell moved up with him with only two minutes on the clock. They went through the mile in 4:50 (yes, that's sub-five in a senior citizens race) and Bell had taken a one-step lead. Last year's third-placer, Nolan Smith, 42, was running third again, about 3 or 4 yards back. Somewhere in the distance, you could see Henry the Rono leading the rest of the parade.

Bell was anything but intimidated by



Top master Doug Bell, 40, streaks to a first-place finish in 14:50, Carlsbad 5000, Carlsbad, Calif., March 29. Photo by Richard Lee Slotkin

the redoubtable Waigwa. He wasn't brooding over whether he could hold off this running machine breathing on his shoulder. In fact, just before the 2-mile mark, Bell decided it was sock-

Continued on page 8

1991 Age Record Book Available

The 1991 World and U.S. Masters Age-Record Book is now available.

The 52-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, 1991.

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 it is available through NMN. Please see the form on page 25.

International 8K Cross-Country Draws 300

by STEVE VAITONES

The International Veterans 8K Cross-Country Race kicked off the weekend of the IAAF World Cross-Country Championships in Boston, March 20. The event was added to show the interest in masters athletics and drew 300 athletes from 15 countries. The race, directed by the New England Athletics Congress with support from the Boston Parks and Recreation Department, provided an excellent prelude to the world open championships.

The race was run entirely on a local golf course, which received more snow the day before the race than had fallen all winter in Boston. The four-lap 4.6

mile course was a mix of snow, bare ground, and mud, traversing the opening 1200 meters of the World Championships course, looping back toward the start, and repeating a similar loop three more times.

Leading from the gun was 40-year-old Pierre Levisse of France. Gliding over the slick and snowy surface, the 14-time member of the French world cross-country team was unoppressed after the first lap and finished in 23:05, a full 1:10 gap over Charlie McMullen of the U.S. Canada's Brian Stride was third (24:21). To put it into perspective, consider that Stride and McMullen were 1-2 in the TAC Masters 8K Champion-

Continued on page 16



Charlie McMullen of the U.S. finished second M40 (24:15), International Veterans 8K Cross-Country Classic, Boston, Mass., March 20.

Victor Saller/Agence Shot

CONTENTS

DEPARTMENTS

TAC Officers	2
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Masters Training Advice	8
Masters Racewalking	10
Five Years Ago	10
The Foot Beat	12
New Age-Group Athletes	12
Masters T&F Report	14
International Scene	15
WAVA Officers	15
Ten Years Ago	15
Report From Britain	17
WAVA/TAC Specifications	17
Masters Health & Fitness	18
Masters Scene	31
Schedule	32
All-American Standards	36
Results	37

FEATURES

Indoor Nationals	1
Carlsbad 5000	1
International 8K X-C	1
National 100K	7
Masters Prize Money	8
Hampton Half-Marathon	11
New Indoor Records	13
TAC Regionals Set	14
Turnbull Sets Six WRs	16
World Cup 100K	17
Financial Survey	17
Masters Age-Group Records	19
TAC Regionals Schedule	27
Phila. Masters Meet	27
Colonial Half-Marathon	28
4-Leaf Clover 4 Mile	28
Eastern Indoor Regionals	29
National 8K	30
LDR Championship Schedule	35

ENTRY FORMS/RACE & PRODUCT INFO

Twin Cities Marathon	3
NMN Subscription Form	4
Rocky Mountain Masters Games	5
Elite Sales	6
M-F Athletic Company	7
Minnesota Masters Meet	9
Northwest T&F Classic	11
Nashville TC Meet	12
Sports Travel	15
Run Fast	18
Time To Travel	18
Age-Graded Tables Book	24
T&F Rankings Book	24
Age Record Book	25
Publications Order Form	26
Classifieds	26
Garden State AC Meet	27
Grandma's Marathon	28
Masters Running Guide	29
Anteaters Meet	29
TimeMaster Calculator	30
SCATAC Championships	30
World Fitness Federation	31
Midwest Outdoor Meet	33
Illinois Masters	34
Hayward Classic	35
Outdoor Nationals	44

NATIONAL MASTERS NEWS

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



Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Managing Editor: Jack Hudock
Circulation Manager: Katie Williams
Advertising Manager: Open
Production Manager: Carol Covey
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 Tymn

Correspondents: John Boyle (FL), Alex Coffin (NC), Bob Fine (FL), Carl Hammen (RI), Hal Higdon (IN), Bob and Carol Langenbach (WA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), Phil Raschker (GA), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), David Zinman (NY), Maury Dean (NY).

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

Photographers: Gene Cohn (CA), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (FL).

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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

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

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 \$24.00 (mailed 2nd class). Add \$15 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	Regional 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 220 Oak Meadow Dr. Los Gatos, CA 95030 (408) 354-7333	Treasurer: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 (318) 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 Thornsley 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 2661 Euclid Heights Blvd. Cleveland Heights, OH 44106 (216) 932-9368	Rankings: Jerry Wojcik 774 Blueridge Dr. Santa Maria, CA 93455	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 Representative: Christel Miller 1740 Grandview Ave. Glendale, CA 91201	Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 455-4440	Law Chairman: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 407/499-3370	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: 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: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218	Awards: Kirk Randall-Men 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	Nominations: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74075 (405) 372-4010	Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553
			WAVA Delegates: Ruth Anderson, Norm Green



Photo: John Kelly

1991 Twin Cities Marathon winner and 1992 U.S. Women's Olympic Marathon Trials winner Janis Klecker

We Can't Promise You'll Win The Olympic Trials, But We'll Still Treat You Like A Champion.

The Twin Cities Marathon is 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi and more than 250,000 fans. On one of the nation's fastest TAC-certified courses. And with 3,000 volunteers for a field of 6,000 runners, all athletes get the special attention they deserve.

Those are just some of the reasons why we're the five-year home of the TAC National Masters Championships. And why our race fills up so fast. With Olympic hopefuls. And runners like you.

For an entry form write to: Twin Cities Marathon, 708 North First Street, Suite 238, Minneapolis, MN 55401. Or call (612) 673-0778.



Twin Cities Marathon-October 4, 1992
The Most Beautiful Urban Marathon In America



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

AWARDS SELECTION

I am responding to a letter from Irene Thompson (April NMN). She asked why Marcia Hulse was selected W35 Athlete-of-the-Year instead of herself and wondered if the selection was based on participation in the National Masters Outdoor Championships.

Members of the Awards Committee individually vote their minds. However, given generally comparable performances on the basis of age-graded scores, most voters would give the nod to marks set in Indoor, Outdoor, or WAVA Championships. Not surprisingly, marks set indoors are rarely superior to those in outdoor meets.

Thompson went to the 1991 Indoor and WAVA meets. Hulse went to the Outdoor. Thompson's 12.99 (86.3%) in Turku has the edge on Hulse's hand-held 12.9 in NY and her 13.12 (85.5%) in Naperville. Hulse's 62.79 (81%) in Naperville has a slight edge over Thompson's 62.96 (80%), the fastest FAT 400 time I could find for her. Now, the best 200 I had for Thompson was 27.6 (Indoor), while Hulse had a 26.73 in Naperville. Neither Pete Mundle nor I picked up Thompson's hand-held 26.5 in Millersville (which I now find buried on p.31 of the August 1991 NMN). Ironically, the 26.5 is equal to Hulse's FAT 26.73. So, yes, the Outdoor is important, but so is having the data!

In 1992 we won't have age-group award winners. There will be one win-

ner per event, based on age grading. Make sure your best marks get to the rankings compiler, or to me, if in doubt. Until then, why not just congratulate a worthy fellow competitor?

Bev LaVeck

Masters T&F Awards Coordinator
Seattle, Washington

LDR AWARDS

Re TAC's Runners-of-the-Year (Jan. NMN), 18 of the 22 selections are reasonably accurate, but four bother me.

1) TAC should provide NMN with the three best performances for each of its selections. For several awardees, no performance times were listed to support the choices; for another, one of only two performance cited was wind-aided.

2) TAC National Championship races should be used to resolve cases that are "too close to call."

3) Since selections are supposedly based on performances during the calendar year, using data from TACSTATS which arrives two or three months after a race, I recommend TAC selections be divorced from the convention and handled two months later by a three- or five-person group established by TAC's Masters LDR Committee.

Herb Chisholm
Alexandria, Virginia

SOUTH AFRICAN MASTERS

My entry in the 17th South African Masters Championships ranks me as

the first American to compete in that event since apartheid has been in decline. I entered the shot, discus, and weight pentathlon.

My aim is to strengthen the ties between athletes (black and white) in South Africa to masters athletes throughout the rest of the world. I truly feel that politics has no place in the lives of men and women who are making an effort to keep healthy and fit through competitive sports.

Bill Bangert
Tustin, California

RUSSIAN MEET

I want to thank Vadim Marhev and his assistants for putting on one of the best track meets I've ever attended. Even though I lost half of my luggage on the way from London to Russia; had a mis-dated passport and was "illegally" in the country for a week; and pulled my right hamstring in the 400; the people were so fantastic and friendly that the camaraderie overshadowed all the negatives.

All the entrants were great athletes, and we had some terrific parties following the competition.

Dr. Marion Sanchez
Hayward, California

THE JAVELIN TUBE

Here's an idea for you javelin competitors who need a safe, convenient, and inexpensive carrying case for your javelin.

For about seven bucks and ten minutes, you can fix yourself a shipping/carrying tube that even the airlines can't injure.

Visit a plumbing supply store and buy a 10' length of 1½" gray PVC conduit. (Gray is better than white

because it doesn't show the dirt and scuffing as much.)

While you're there, buy two end-fittings. Each end-fitting consists of two pieces — a 1½" threaded sleeve section and a 1½" threaded plug. Get a small tube of PVC cement.

Cut the PVC conduit to a length 2" longer than your javelin. Be sure to cut off the flanged end of the conduit as the throw-away piece. Then apply the glue to the inside surface of the sleeve and slip it over the end of the conduit. Repeat for the other end.

Stuff a small rag into one end, and tightly screw in the plug on that end. (The threads "set up" against each other and are self-sealing, so really tighten this one.) The point of the javelin rests on this rag. Mark this end as the permanently closed one (use a permanent marking pen).

Now, insert the javelin point first into the tube. Wad up another small rag and place it over the tail end in the tube. Screw in the other plug, but not too tightly. Put a little petroleum jelly on the threads to make it easier to unscrew.

Put some brightly colored stickers on the outside so you'll recognize it as yours and so the airlines won't be so likely to overlook it in a dark cargo bin. Put your name and phone number on the outside with the marker pen.

You're done. You have a carrier that (1) fits easily in your hand, (2) isn't very heavy, (3) is semi-rigid and durable so it gives good protection to your spear, (4) isn't brittle so it won't freeze and crack, (5) is handy, and (6), best of all, is cheap!

For you pole vaulters, just buy a 20' length, or two 10' lengths to couple together, and the system works just as well. If you've wrapped some thick layers of tape on your pole, or have a large rubber tip on the bottom end, you'll probably need to use 2" diameter conduit instead. Measure your pole before you buy.

Those tubes are also easy to carry on top of your car or van. They're weatherproof and don't look too much like a missile launcher.

Bill Brobst
Kitty Hawk, North Carolina

Continued on page 7

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. Subscribe Now.

USA rates:	1st Class rates: (USA, Canada, Mexico)	Foreign rates: (Air mail)	
<input type="checkbox"/> 6 months \$13	<input type="checkbox"/> 1 Year \$ 39	<input type="checkbox"/> 1 year \$ 43	<input type="checkbox"/> Payment enclosed
<input type="checkbox"/> 1 Year \$24	<input type="checkbox"/> 2 years \$ 75	<input type="checkbox"/> 2 years \$ 83	<input type="checkbox"/> Bill me later
<input type="checkbox"/> 2 Years \$45	<input type="checkbox"/> 3 years \$110	<input type="checkbox"/> 3 years \$122	<input type="checkbox"/> \$_____ as a contribution to your work
<input type="checkbox"/> 3 Years \$65			

Circle applicable sports: T L R (T = T&F; L = LDR; R = RW)

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

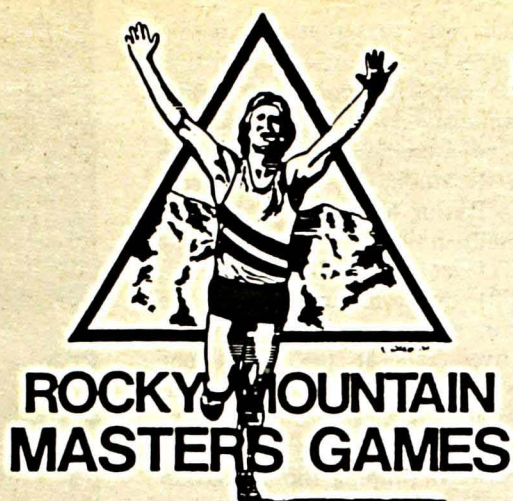
Eleven Join NMN Sustainers

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 go to:

James Oaks
Cliff Bedell
Otto Essig
Tim McMullen
William Brobst
Jonathan Tobey
Richard Bowers
Kirk Randall
William Brazelton
Jerry Tainter
Elizabeth Stawloski

Huntsville, AL
Tempe, AZ
Westfield, MA
Bishop, CA
Kitty Hawk, NC
Townshend, VT
San Jose, CA
Newburyport, MA
Fort Smith, AR
Memphis, TN
Marblehead, MA



THE 1992 ROCKY MOUNTAIN MASTERS GAMES

SPONSORED BY: THE DENVER TRACK CLUB

DATE: SEPTEMBER 5 AND SEPTEMBER 6, 1992

SITE: UNIVERSITY OF COLORADO, POTTS FIELD, BOULDER, COLORADO

HOTEL: HEADQUARTERS FOR THE DENVER TRACK CLUB IS THE CLARION HARVEST HOUSE, 1345 TWENTY-EIGHTH STREET, BOULDER, COLORADO 80302, 1-800-645-6285. SINGLE/DOUBLE \$69.00/NIGHT. TRIPLE/QUAD \$79.00/NIGHT. RESERVATION CUT-OFF DATE AUGUST 7, 1992. BE SURE TO SAY THAT YOU ARE A PARTICIPANT IN THE ROCKY MOUNTAIN MASTERS GAMES TO RECEIVE THE GROUP RATES NOTED. FRIENDS AND FAMILY IN ATTENDANCE MAY RECEIVE THE SAME GROUP RATES.

FACILITIES: CHEVRON 440, 400 M, ELECTRONIC TIMING

TEAMS: ANY ATHLETE REGISTERED WITH MONTANA, WYOMING, COLORADO, OR NEW MEXICO TAC IS ON THE ROCKY MOUNTAIN TEAM. ANYONE WEST OF THESE STATES IS ON THE WEST TEAM, ANYONE EAST IS ON THE EAST TEAM.

AGE GROUPS: FIVE YEAR AGE GROUPS - MEN AND WOMEN AGES THIRTY 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 FOR EACH EVENT INCLUDING 5K, RACE WALK, AND PENTATHLONS. THE TEAM WITH THE MOST POINTS WILL HAVE ITS NAME INSCRIBED ON THE ROCKY MOUNTAIN MASTERS 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 (STANDARD FEE) IS REQUIRED AND WILL BE AVAILABLE AT THE MEET.

ENTRY FEE: \$6.00 FIRST EVENT, \$4.00 EACH ADDITIONAL EVENT. UNLIMITED OPEN EVENTS, \$26.00. EITHER PENTATHLON COUNTS AS ONE EVENT.

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.

ROCKY MOUNTAIN MASTERS GAMES TEE SHIRTS: MAY BE RESERVED WITH AN ADVANCE PAYMENT OF \$10.00 WHICH MAY BE SUBMITTED WITH YOUR ENTRY FEE PRIOR TO THE MEET. TEE SHIRTS WILL BE SOLD AT THE MEET AT A PRICE OF \$12.00 ON A "FIRST COME FIRST SERVE" BASIS WHILE THE SUPPLY LASTS.

INQUIRIES: DAVE SIMONS, 1550 BASELINE ROAD, BOULDER, CO 80302 (303)443-4919
 NANCY HANSON, 518 QUENTIN STREET, AURORA, CO 80011 (303)341-7992
 JIM WOOD, 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	9:00 AM	100 M H.H.
	PENT. LONG JUMP		110 M H.H.
9:30 AM	PENT. JAVELIN		POLE VAULT 9'6" HT.
9:45 AM	5000 M ON TRACK		HIGH JUMP 5'0" HT.
10:00 AM	WEIGHT PENT. DISCUS		SHOT PUT - OPEN AND
10:30 AM	PENT. 200 M		WEIGHT PENT.
11:00 AM	WEIGHT PENT. JAVELIN		9:45 AM 100 M & TRIALS
11:30 AM	PENT. DISCUS		10:00 AM LONG JUMP (2 PITS)
			10:45 AM 800 M
			OPEN DISCUS
			11:15 AM 50 M
			11:30 AM WEIGHT THROW -
			WEIGHT PENT.
		11:45 AM	PREDICT TIME MILE
			POLE VAULT 5'0" HT.
			HIGH JUMP - LOW HEIGHT
		12:00 PM	200 M FINALS
		2:00 PM	TRIPLE JUMP
			35/25 0 WT. - WEIGHT PENT.
		2:15 PM	300 M INH
			400 M INH
		2:45 PM	400 M FINALS
		3:00 PM	4 X 100 M RELAY
		4:00 PM	1500 M
		4:30 PM	4 X 400 M RELAY

PLEASE NOTE !! THE SUNDAY EVENING SOCIAL HAS BEEN EXPANDED TO INCLUDE AN INFORMAL GATHERING BOTH SATURDAY EVENING (AT THE SIMONS HOME 1550 BASELINE ROAD) AND SUNDAY EVENING (PLACE TO BE ANNOUNCED AT SUNDAY MEET). EVERYONE WELCOME ! PRIZES, FOOD, DRINK AND GOOD TIMES.

ENTRY FORM

(PLEASE PRINT)

NAME: _____ STREET ADDRESS: _____

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 LEFT OF EACH EVENT, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST RECENT TIME, DISTANCE OR HEIGHT FOR ALL INDICATED EVENTS.

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

50 M	100 M H.H.	M.J.	JAV.
100 M	110 M H.H.	P.V.	HAMMER
200 M	300 M INH	L.J.	PENTATHLON
400 M	400 M INH	T.J.	WEIGHT PENT.
800 M	4 X 100 M RELAY	S.P.	
1500 M	4 X 400 M RELAY	DISC.	
5000 M	PREDICT 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, CO 80302

NUMBER OF ADDITIONAL EVENTS ENTERED _____ FIRST EVENT \$ 6.00 \$ _____
 _____ X \$ 4.00 \$ _____

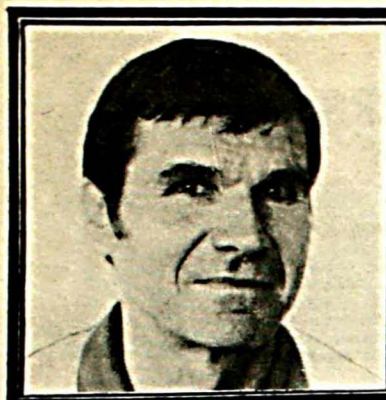
EVENTS TOTAL \$ _____
 (IF OVER \$ 26.00, ENTER ONLY \$ 26.00)

ROCKY MOUNTAIN MASTERS GAMES TEE SHIRT \$ _____

PLEASE CIRCLE YOUR TEE SHIRT SIZE BELOW
 TEE SHIRT SIZE: SMALL MEDIUM LARGE EXTRA LARGE

TOTAL FEES \$ _____

PLEASE NOTE !! ATHLETES ENTERING BOTH PENTATHLON AND OPEN THROWING EVENTS ! PENTATHLON THROWS QUALIFY THE ATHLETE FOR PLACING IN THE OPEN EVENT (IF OPEN EVENT IS ENTERED). IF BOTH PENTATHLON AND OPEN THROWING EVENTS ARE ENTERED, ONLY A TOTAL OF SIX THROWS WILL BE PERMITTED.



Third Wind

by Mike Tymn

No Game To Play For Older Runners

Masters road racing has made great strides over the past four or five years. Without a doubt there are better prizes and more recognition for masters runners. The problem is that the only masters reaping the rewards are those in the 40-44 age division. The older age divisions are still neglected.

"There just isn't any game for them to play," says 66-year-old Jim O'Neil, one of the founders of MAAD (Masters Against Age Discrimination), referring to older masters. "Too many of the races still have ten-year age groups and aren't going high enough. The worst offenders are the most elite races."

O'Neil is optimistic, though. "Progress comes from the bottom up," he added. "I look for improvement."

But do we have to wait for Bill Rodgers and Frank Shorter to age through each division before we see any improvement? If psychics like Edgar Cayce and Ruth Montgomery are correct, the North Pole and the South Pole will do a switcheroo around 1998 and those of us left after that won't really give a rip about age-class running. Let's have the game now.

One of the worst offenders is the Boston Marathon organization. That historic event offers 10-year age divisions, the highest being 60 & over — just three masters divisions in all.

Discouraging Older Runners

"They're discouraging a lot of people from participating," says Ken Mueller, a 55-year-old Boston area standout. "Quite a few good runners in their upper 40s and 50s have told me that they don't race because of the

10-year age groups."

Mueller, who says that only a few major races in New England offer five-year age groups, has come to recognize that five years can make a significant difference in racing times. In the 1978 Boston Marathon, at 41, he recorded a 2:25:23. During his early 40s, Mueller was usually in the 31:30 to 32:30 range for 10K. Over the past 15 years, he has lost a little over a minute a year in the marathon and a just over a minute every five years at 10K. That one minute may not seem like much to some, but it often means the difference, at least in a highly competitive race, between winning the age group and not placing at all.

"It was tough enough trying to compete with the fast 50-year-old guys when I was 54," Mueller laments. "Every year there seem to be two or three fast runners turning 50 and moving me down a few more places. The thing is, most of them aren't running the times I was running when I was their age. It's frustrating."

Need More Age Divisions

Carl Ellsworth, a 61-year-old Northern California runner, agrees. "There are virtually no races here that have five-year age groups," says Ellsworth, referring to the San Francisco-Oakland-San Jose-Sacramento region. "As I got along in my 50s, the competition just kept getting tougher and tougher. When you get almost a 10-year spread, the difference is pretty substantial. It's interesting talking to some of these guys that have just turned 50, because they're running real well and they don't seem to appreciate what the 58- and 59-year old guys are up against."

During his early 50s, Ellsworth was regularly in the 35-36 minute range for 10K. Now, he's usually between 38:30 and 39:30, making him one of the best 60-over competitors in the country. Looking down the road three or four years, however, he's a little concerned.

"The oldest age group in the majority of races around here is 60 and over," he explains. "Actually, there are quite a few that only go up to 50 and over. I can see that as very discouraging for runners in their late 60s and 70s. It shouldn't be that difficult for race directors to add a few age groups. I was in a position to do it when I lived in Hawaii and it caught on pretty fast. I haven't heard of any race directors there complaining that it's been a problem in administering their races."

Until three or four years ago, Ellsworth didn't really appreciate the need for more divisions. After taking up running during his late 40s, he continued to set PRs until around 55 and didn't begin to notice any significant decline in performance until age 57. Like many others, he failed to understand the relationship of the adaptation curve to the aging curve. That is, during the first five to ten years of running, the gains from adaptation are greater than the losses to aging. He thought he could go on forever setting PRs.



Dick Good, 62, first M60 (3:38:26), Washington's Birthday Marathon, Greenbelt, Md., February 16.

Photo by Larry Noel

Age Adaptation Misunderstood

As I see it, it's the failure to understand this adaptation-aging relationship that hinders progress in age group competition. Many of the race directors I've met are aging runners still in the adaptation phase. Not seeing any significant decline in his or her running, the race director cannot fully appreciate the need for five year age groups or age groups for those 65 and older.

Paul Reese, 75, doesn't hesitate to let race directors know when they are slighting him. "One of the things I tell them is that it's not the award — the hardware — that interests me," offers Reese, cofounder with O'Neil of MAAD. "What does interest me is that people recognize that there are runners in these (upper) divisions and that these runners can be an inspiration to younger runners and to non runners. I also mention that not having the division makes many of us feel like we are intruders, not wanted."

According to Reese, the usual response by race directors is that the race can't afford it or there are too few runners in that division. "Those are weak arguments," Reese continues. "We're talking only \$10 or so for an award, usually less than the entry fee. As for too few runners, it's the chicken and the egg argument; how can they expect to get more runners in the division if they don't offer the division?"

TRACK SHOE SPECIALS

The following discontinued models are offered at these low prices. The sizes and the numbers which we have are listed below.

CONVERSE

Distance Spike--sizes 4, 4.5, 2/5, 5, 5.5, 2/6, 2/6.5, 7, 7.5, 2/8, 2/9, 9.5.....\$29.00
Indoor Spike--sizes 6, 8, 9.....\$29.00
Steeplechase Spike--size 11.....\$29.00
Long Jump

sizes 3/6, 7, 8, 10, 10.5.....\$29.00
High Jump--sizes 2/4, 4, 5, 8, 9.....\$29.00
Shot Put--sizes 2/4, 5, 3/5, 2/5, 5.....\$29.00

NIKE

Internationalist (entry level spike for runners, hurdlers & vaulters, sizes 8, 8.5, 9, 9.5, 10, 5, 11, 5, 12, 5.....\$34.00)
Zoom Ultra 11 (distance spike) sizes 8, 8.5, 9, 9.5, 11, 5.....\$51.00
Shot & Discus sizes 8, 3/9, 5/9, 5.....\$39.00
Zoom Sprint sizes 2/6, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 5, 12.....\$49.00
Zoom Light (sprint spike) sizes 2/8, 2/9, 2/9.5, 3/10, 12, 12.5.....\$39.00

CURRENT NIKE MODELS

High Jump--nylon & synthetic suede, EVA forefoot pad with full-length nylon, 10-spike plate & rubber outsole wrap. white/royal blue-black sizes 6-13.....\$65.00 \$54.00
Long Jump--nylon & synthetic suede, EVA midsole with negative taper, solid rubber outsole and forefoot, nylon, 7-spike plate. white/navy blue-red sizes 6-13.....\$65.00 \$54.00
Javelin--athletic mesh & synthetic leather, full-length nylon sole, 10-spike plate & solid rubber mini-waffle outsole. white/red-black sizes 6-15.....\$65.00 \$54.00

NEW MODELS

Zoom Rotational--(replaces shot & discus) athletic mesh & synthetic leather upper, for shot, discus, & hammer. white/solar red-eggplant. sizes 3-16.....\$77.00 \$64.00
Zoom S--(replaces Zoom Sprint) polylight & synthetic upper, phylon sprint wedge, kwan skin outsole provides excellent traction & torsional rigidity, 6 spike nylon plate. white/black-neon yellow sizes 4-13.....\$92.00 \$75.00
Zoom D--(replaces Zoom Ultra 11) lightweight nylon & synthetic suede upper, full-length phylon contoured midsole mirrors the shape of the foot for cushioning & support, full-length outsole 6-spike plate provides traction & support. neon yellow/black-red plum. sizes 4-13.....\$92.00 \$75.00
Zoom V--(replaces internationalist) upper poly-x & synthetic suede trim full-length EVA midsole provides cushioning through entire foot strike. white/white-black. sizes 3-16.....\$61.00 \$49.00

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

ELITE SALES Inc., Box 345, Accord Ma 02018

1-800-433-0324
1-617-749-4389

Write On Continued from page 4

MIGRAINE HEADACHE CURE

In 1957 I was hit hard in the head during a football drill. The next day I went blind. Ever since, I've had migraine headaches with impaired vision.

For 35 years, I've tried everything not to experience migraines. Some medications worked, but their side effects were detrimental to my competition. For the past decade, I've simply found a dark, quiet place in which to hibernate until the worst was over. A hot soak and staying relaxed seemed to ease the discomfort.

Through the years I've recognized patterns and have learned some causes of these breakdowns. I don't smoke, drink, or eat foods that tend to bring the migraines on. But I've been migraine-free for over a year now, by consuming enough caffeine to counteract the adrenaline my system pumps — especially for competition, since adrenaline helps trigger migraines.

I also noticed that every time I cut back on eating to stay trim for competition, the drop in blood sugar set off a migraine attack. Since February, 1991, I've never let my system tell me I'm hungry. I ate before I got the "hungry message" pumped through me.

Hallelujah! I've been migraine-free since then. I gave myself a year to be

sure. I'm sure. At 5-9 and 191, I'm starting a controled cutback — slow and careful. I can compete chubby better than migrained or medicated. So I'll continue the aspirin a day, lots of caffeine and eat often enough to not let my blood sugar drop.

*Hugh Adams
Clovis, California*

INDOOR PENTATHLON

Once again we wish to commend Suzanne Hopkins and her volunteer staff of officials for the well-run and officiated Indoor Pentathlon in Indianapolis in February. The facilities and hospitality were excellent.

*Mr. and Mrs. D.L. Smith, Ohio
Mr. and Mrs. George Taylor, Delaware*

KUDOS

I just wanted to let you know how much I enjoy your fine publication. I have been a subscriber for a number of years, and always look forward to the next issue.

I haven't been able to run for the last seven months due to a sciatica problem. Now that it's better, I'm working hard to get back down to my "fighting weight." I want to be ready for the big event this year — Norm Green, Jr. graduates into my age division.

*Gaylon Jorgenson
Henderson, Nevada*

Perez Wins National 100K

by RUTH ANDERSON

Despite terrible cold, wind and rain, Bob Perez, 43, toughed out a rewarding overall victory at the TAC/USA National Masters 100K Championships in Dallas, Texas, on January 18. Not only did he beat the weather, but some very stiff competition. Although a three-time National Masters 100K champion, he had to out run Charlie Trayer, 37, former open champion; Eric Clifton, the Vermont 100-mile champion; Herb Tanzer, 39, a past Western States winner; Dave Drach, the 1991 100K winner, and the leader at the last 5K, Pete Kaplan, 35.

It came down to a two-man battle during the last lap around Bachman Lake's three-mile course. Perez's margin of victory over Kaplan was 31 seconds, 7:23:49 to 7:24:20. The first masters woman was Lynn O'Malley, 41, in 9:40:34. She was followed by W45 winner Eileen Eliot (9:59:30).

Ed Jackson finished his first 100K in 11:54:17 as a celebration of his 62nd birthday. He had to settle for second M60 behind Glen Zirbel (11:32:10) in time, but really was a "winner." Everyone who finished should consider themselves a winner. □



Oscar Aguirre wins the M35 800 (2:04.3), 1991 TAC Western Regional Masters Championships, Los Angeles. This year's meet will be held at Chabot College, Hayward, Calif., July 25-26. Photo by Jerry Wojcik

CALL TOLL-FREE
1-800-556-7464
(From US and Canada)
In RI Call 942-7645

Everything Track

1992 TRACK & FIELD CATALOG

Trust M-F, The Track & Field Specialist, For Selection, Price And Service.

**Call TOLL-FREE
1-800-556-7464**
(From US and Canada)

**For your FREE 1992 M-F
Track & Field Catalog.**

56 pages of in-demand, hard-to-find track and field items with the lowest prices in the USA.

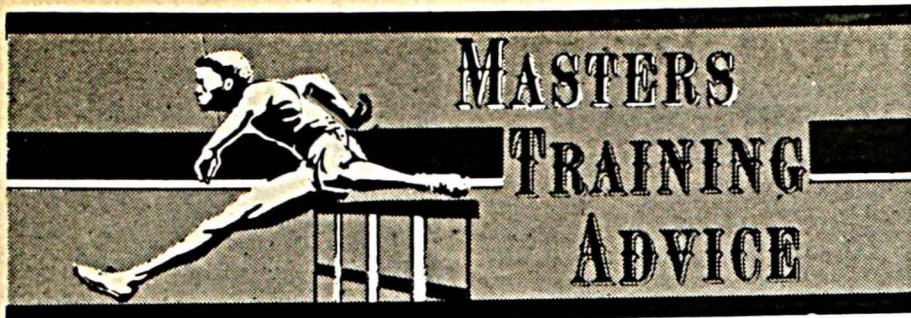
Included:

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

Write or Fax

**M-F Athletic
Company**

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



The Turn Machine

by CLIFF BLAIR

Fifty-seven feet in the weight throw at age 60, then 61 feet at age 61 while most other throwers in the age group are struggling to break 40! What's going on . . . steroids, right? Wrong. Just good old Yankee ingenuity.

I started throwing in the masters about four years ago after a 30-year layoff and it didn't take long to realize that with few meets to throw in and few circles to practice on, good distance was going to be hard to realize.

I lift hard and, of course, that helps a lot, but no existing exercise duplicated the exact twisting motion of the turns, so I decided to do something about it. I designed and built myself a constant resistance turn machine — "Blair's Turn Machine!"

After only three months I threw a satisfying 194 feet with the hammer in

a meet at M.I.T., some 47 feet better than Bob Backus' single-age record.

Then I had to move. I tore down the rig and junked it. Several years passed.

This past July I was hit with a severe case of bursitis in my left shoulder and was unable to lift weights or even wind the hammer around my head. However, the 25-pound weight was light enough

so that I could simply hold it in front of me, take two turns and throw. Then I remembered the Turn Machine. Here was a chance to document what it could do from day one!

To find out where I really stand distance-wise, I self test. I pick a day, ready myself mentally, take 6 warmup throws, then 6 for distance.

July 28 was my first test: 48 feet. It felt awful. I fell flat on my face twice. That night I took my first workout with the Turn Machine, 3 sets of 10 reps with only 15 pounds. It was all I could manage! The largest concentration of fast twitch fibers in our bodies are in the hips, yet here I was struggling with a resistance of 15 pounds! It shows how little we use that twisting motion in everyday life.

That's the bad news. The good news is that there is an awful lot of room for improvement. The next day my hips were stiff and sore. A good sign.

Workouts from then on consisted of 20 throws followed by 3 sets of 10 reps on the Turn Machine twice a week plus any lifting the sore shoulder would allow.

August 25 . . . self test . . . 56 feet, 25 pounds on the T.M. September 22 . . . 60 feet, the T.M. to 35 pounds . . . I am ready!

October 6 . . . at last a meet, the Weight Pentathlon at Dartmouth. Unfortunately the weight throw was the fourth event, and I was pooping out, my nervous energy pretty well used up,

but I still managed 61 feet-7 inches. We "Old Guys" aren't as decrepit as people like to think.

I had reached my goal for the year and stopped throwing the weight for a while but continued to use the T.M. twice a week. I was curious to discover how much distance I could retain during a layoff period while still using my invention. I knew I could lose my timing and confidence and lose strength in those key muscles that only throwing can work.

Last year I struggled to throw 50 feet at Dartmouth with plenty of workouts leading up to it.

January 12 . . . the Dartmouth Relays . . . 56 feet-4 inches after a three-month layoff from throwing. Thanks Turn Machine! Just wait till next year.

What is the Turn Machine and how does it work? It would take too much space in NMN for pictures, diagrams and instructions. Any master thrower who is seriously interested is welcome to drop me a line, and I will send you do-it-yourself diagrams and instructions.

It should be very helpful for discus, shot, and javelin throwers as well.

While I had the final, more substantial version fabricated for me, the first version was easily put together using pipe and pulleys purchased from the local hardware store.

Don't bug NMN, contact me. Cliff Blair, 129 Long Meadow Dr., Holbrook, MA 02343. □

Bell Defeats Waigwa and Rono

Continued from page 1

it-to-'em time and suddenly opened up a twelve-yard lead. Then came the 2-mile mark and the clock read 9:28. When Waigwa went by, it was showing 9:32; he was losing ground. Fast.

Meanwhile, Rono was looking pretty good and was coming up on Smith. As Bell went through the second of the two 180-degree turns this course throws at its victims, he had close to a 50-yard lead on Waigwa. A few seconds later, Rono took over third as he went through that turnaround.

Meanwhile, Bell cruised to the finish line in 14:50. Was he worried about Waigwa? "Well, I know he's been injured," Bell acknowledged. "If he's healthy, it's going to be a different story. He ran 14:09 here last year." Actually, it was 14:11 and it was good enough to beat 14 studs in the open race.

So, what happened to Waigwa? "I've been training too hard for the mile," Waigwa noted. Did he expect Bell to surge away from him the way he did? "Oh yeah. I knew he could . . ."

And what does Bell think of all this? After all, in his, and their, best days, he couldn't carry Waigwa's and Rono's gym bags. When I asked Bell about this, he smiled; he actually glowed.

"Oh, it's a thrill. It's unbelievable to finish and see Wilson come in, and then Henry. I mean, Henry has six world records and, yeah, Wilson, NCAA champ . . . the guys I used to read about, dream about running that fast . . . it's

almost out of my dreams . . ."

This is what masters running is all about, folks; not collecting a bunch of medals and trophies until they're falling off the shelves, and not walking around in 10-year-old sweats covered with TAC and AAU patches and crying about the awards structure. It's going *mano a mano* with a Henry Rono or a Jim Ryun and holding your own as you never could have dreamed of doing 15 years ago. That's why Doug Bell was smiling. And it came from deep inside his soul.

Last year, Janet Jordan ran 17:43 in this race and finished a distant 4th. A year later and a year older at 43, she ran 9 seconds slower, but with no Joan Colman or Shirley Matson to deal with, Jordan found herself three places better, all the way to second.

First place went to Sherri Hall. Hall did it the fun way, too: wire to wire. Jordan chased her but never could close the gap. Hall opened with a 5:26 mile and had a 9-second lead over Jordan. By the finish it was 12 seconds. Did they kick in at the finish or just hang on?

Almost in unison they answered, "Of course, we had a kick. At our age we always have a kick." Then, they looked at each other and broke up laughing.

And that, too, is what the masters are all about — having *fun* and not taking yourself so seriously that anything short of a win is cause for kicking the cat. □

MASTERS WOMEN 91 PRIZE MONEY EARNINGS

RE	NAME	ST	\$	#
1	Binder, Laurie	CA	\$33,050	21
2	Grayson, Nancy	SC	\$25,065	28
3	Walch, Priscilla	GBR/CO	\$13,950	10
4	Striuli, Orsiniella	ITA	\$12,300	2
5	Oehler, Nancy	NY	\$10,250	16
6	Filutse, Barbara	PA	\$8,400	13
7	Virga, Carol	FL	\$7,900	11
8	Keskitalo, Sennika	FIN	\$5,800	3
9	Hine, Judith	BEL/HM	\$5,425	12
10	Hutchison, Jane	MO	\$4,250	12
11	Wood, Mary	CO	\$4,500	7
12	Ciavarella, Claudia	TX	\$3,250	12
13	Miesosak, Nancy	NY	\$2,750	9
14	Matson, Shirley	CA	\$2,250	3
15	Banning, Linda	SC	\$1,985	7
16	Greer, Judy	FL	\$1,750	6
17	Krugar, Jeanne	WA	\$1,600	3
18	Burleson, Marie	OH	\$1,500	1
19	Bugby, Judith	PA	\$1,400	4
20	LePierre, Odette	CAN	\$1,400	1
21	Andersen, Gabriele	SUT/ID	\$1,300	2
22	Fu, Wen-Shi	NY	\$1,250	3
23	Strawbridge, Marilyn	IN	\$1,200	1
24	Blais, Helene	W/A	\$1,150	1
25	Ingelhart, Alfreda	CA	\$1,100	2
26	Jordan, Janet	OR	\$1,050	3
27	Stromcoe, Maria	W/A	\$1,000	1
28	Nielsen, Ana	ARG	\$1,000	1
29	Beal, Sharon	FL	\$1,000	5
30	Miller, Kathryn	W/A	\$1,000	1
31	Semer, Whayong	OH	\$1,000	1
32	Kluttz, Susie	BC	\$900	2
33	de St. Croix, M	W/A	\$900	1
34	Lynn, Laura	CAN	\$900	3
35	Lampesis, Catherine	SC	\$875	7
36	Cash, Linda	CO	\$825	5
37	Lindsey, Margie	CA	\$750	2
38	Roden, Anne	GBR	\$750	1
39	Silverio, Cheryl	W/A	\$750	2
40	Frisillo, Nancy	NY	\$675	3
41	Kandrick, Cynthia	W/A	\$650	1
42	Quinones, Maria	LA	\$600	2
43	Heimberg, Marie	W/A	\$525	2
44	Malloy, Rose	MD	\$500	1
45	Arens-Pearson, Janine	W/A	\$500	1
46	Mathewson, Barbara	CT	\$500	1
47	Tiff, Michelle	CA	\$500	1
48	Hall, Sherri	CA	\$500	1
49	Rappa, Robin	MA	\$500	1
50	Brent, Sally	CO	\$500	1
51	Mokeym, Jan	CT	\$500	2
52	Carnes, Sue	IN	\$500	1
53	Hendonoe, Blanche	MA	\$500	3
54	Curtis, Susan	WA	\$500	2
55	Triplett, Elaine	CA	\$500	1
56	Koester, Patricia	PA	\$500	1
57	Streeter, Ginger	LA	\$500	1
58	Caiese, Nancy	W/A	\$500	1
59	Kukien, Hanna	W/A	\$500	1
60	Wahrum, Mary Anne	TX	\$500	1
61	Klitske, Carol	MA	\$450	2
62	Bowers, Jeanne	VA	\$450	2
63	Mahr, Terry	OH	\$450	2
64	Query, Levi	OR	\$450	2
65	Hermeling, Maddy	NY	\$450	2
66	Kacpurszyk, Christine	IL	\$450	2

THE COMPETITIVE ROAD RACER, APRIL 1992
P.O. BOX 1765, BROOKLINE, MA 02146

MASTERS MEN 91 PRIZE MONEY EARNINGS

RE	NAME	ST	\$	#
1	Campbell, John	BEL	\$27,250	11
2	Vera, Manuel	MEX	\$20,750	11
3	Tibaduiza, Domingo	COL/UV	\$18,425	19
4	Romesser, Gary	IN	\$15,825	23
5	Bavaro, Artemio	MEX	\$13,800	9
6	Marosak, Ryszard	POL	\$10,050	6
7	Judson, Ken	PA	\$10,000	3
8	Waigwa, Wilson	KEN/TX	\$9,650	9
9	Rodgers, Bill	MA	\$7,200	10
10	Hamilton, Ken	CAN	\$5,000	11
11	Bell, Doug	CO	\$4,925	15
12	Cuevas, Mario	MEX	\$4,350	4
13	Lopes, Luis	CRC	\$4,150	6
14	Paul, Don	CA	\$3,900	3
15	Oenes, Kaare	BOR/CO	\$3,050	16
16	Sparks, Ken	OH	\$3,000	5
17	Pearson, Jim	FL	\$2,550	10
18	Reimer, Rick	CO	\$2,250	3
19	Schlaue, Bob	SC	\$2,065	6
20	Durden, Benji	CO	\$1,950	5
21	Sviatocha, Ed	TX	\$1,925	9
22	Unberg, Richard	SUI	\$1,800	2
23	Stewart, Dave	CAN	\$1,700	3
24	Molnar, Steve	PA	\$1,600	2
25	Bednarski, John	MA	\$1,500	3
26	Owens, Earl	GA	\$1,500	12
27	Krivoy, Vladimir	URS	\$1,400	2
28	Olsen, Alan	NY	\$1,300	2
29	Alsbary, Larry	WA	\$1,100	2
30	Koskel, Kipsuhei	KEN	\$1,000	1
31	McMullen, Charlie	NY	\$1,000	2
32	Ornes, Kaare	FIN	\$1,000	1
33	Ortega, Fred	W/A	\$1,000	1
34	O'Neil, Billy	VT	\$1,000	2
35	Smead, Chuck	CO	\$950	2
36	Glinski, Jeff	OH	\$925	6
37	Farras, Steve	CA	\$900	2
38	McCluskey, Terry	OH	\$850	3
39	Ruckert, Steve	MD	\$825	6
40	Cordon, Ruben	NY	\$750	1
41	Gomez, Rudolfo	MEX	\$750	1
42	Martinez, Jerry	W/A	\$750	1
43	McGrath, Jerry	MS	\$750	1
44	Klecker, Barney	MA	\$700	2
45	Olrich, Bill	NY	\$700	2
46	Olsen, Larry	MA	\$700	5
47	Bradley, Fay	DC	\$650	2
48	Keenan, Dale	NY	\$650	2
49	O'Brien, Richard	WA	\$650	2
50	Jimenez, Ignacio	MEX/VA	\$625	4
51	Wessley, Wes	GA	\$605	4
52	Bickford, Henry	CAN	\$600	2
53	Farris, Norman	SC	\$600	4
54	Katz, Rick	CO	\$600	1
55	Ricardo, Antonio	POR	\$600	2
56	Suker, Doug	MA	\$600	2
57	Smith, Nolan	CA	\$550	2
58	Burke, Tony	GBR	\$500	1
59	Dwyer, Dan	CO	\$500	1
60	Gemmie, Don	OH	\$500	1
61	Gordillo, Evar	NY	\$500	1
62	Linn, Perry	W/A	\$500	1
63	O'Neil, Jim	OH	\$500	2
64	Shorter, Frank	CO	\$500	3
65	Tattersall, Graham	BEL	\$500	2
66	Williams, Mel	VA	\$500	1

THE COMPETITIVE ROAD RACER, APRIL 1992
P.O. BOX 1765, BROOKLINE, MA 02146

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	1/2 Page	300	5"	13"
			10"	6 1/2"
			7 1/2"	8 1/2"
13	1/4 Page	180	5"	6 1/2"
			10"	3 1/4"
7	1/8 Page	120	5"	3 1/4"
			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

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors add \$50
- 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



First W40 Sherrie Hall crosses the finish line in 17:40, Carlsbad 5000, Carlsbad, Calif., March 29.
Photo by Richard Lee Slotkin

MINNESOTA MASTERS + SENIORS

Early Morning "R" Track and Field



All-American T&F MASTER

OUTDOOR RECORDS

110 meter Hurdles		High Jump	
M37 Gary Ricca, Lakeville	17.38 (88)	M35 Ken Pazdernik, Brooklyn Park	5-2 (90)
M40 Rex Harver, (OH)	18.18 (89)	M40 Tim McCallie, Eagan	6-0 (90)
M35 George LaBelle, Ham Lake	20.24 (88)	M45 Lee Washington, Mpls	5-2 (89)
"CHUCKIE" 100" Hurdles		M40 Tim Langenfeld, Edina	5-4 (90)
M40 Ray Burrows, Shoreview	17.60 (90)	M45 Gordon Siefert, (AL)	5-2 (88)
M50 George LaBelle, Ham Lake (30")	14.72 (89)	M40 Jim Gibb, Woodbury	4-2 (89)
M35 Jim Peterson, Altam	19.00 (90)	M30 Charles Oye, (AZ)	4-4 (88)
80 meter Hurdles		M30 Wilbur Ragland, (IL)	4-0 (88)
M45 Bob Harvick, Sr., (MO)	14.84 (88)	M50 Rachel Lyga, Fridley	4-0 (89)
M40 Hugh Mackett, (NM)	16.27 (90)	Long Jump	
M50 Rachel Lyga, Fridley	16.30 (89)	M45 Mike Lyga, Fridley	20-0 (89)
M50 Rachel Lyga, Fridley	19.82 (90)	M35 Wayne Anderson, Plymouth	15-9 (88)
50 meter Sprint		M40 Mike Sharratt, Eden Prairie	17-4 (90)
M30 Tom Young, Eden Rapids	6.30 (89)	M45 John Telling, (WI)	16-8 (89)
M35 Ken Pazdernik, Brooklyn Park	6.50 (90)	M50 George LaBelle, Ham Lake	14-4 (89)
M40 Mike Sharratt, Eden Prairie	6.49 (90)	M35 Jim Peterson, Altam	15-1 (90)
M45 Randall Laven, Mpls.	6.47 (89)	M40 Chuck Olson, Nevis	16-5 (90)
M50 Jim Mues, (NE)	6.91 (90)	M45 Charles Oye, (AZ)	15-1 (88)
M55 Gordon Siefert, (AL)	6.92 (88)	M30 Hugh Mackett, (NM)	13-3 (89)
M40 L.S. "Andy" Anderson, (NM)	7.02 (90)	Triple Jump	
M45 Ray Skette, Mpls.	9.34 (89)	M45 Mike Lyga, Fridley	35-10 (89)
M40 Ray Skette, Mpls.	9.29 (90)	M35 Jim Peterson, Altam	32-9 (90)
M50 Rachel Lyga, Fridley	11.21 (86)	M40 Chuck Olson, Nevis	31-1 (88)
M55 Rachel Lyga, Fridley	8.37 (90)	M30 Benjah Nordell, Mpls	27-2 (90)
100 meter Sprint		M50 Rachel Lyga, Fridley	27-5 (87)
M30 Tom Young, Eden Rapids	12.40 (89)	Pole Vault	
M35 Ken Pazdernik, Brooklyn Park	11.93 (90)	M30 Kevin Hanson, Foley	12-0 (90)
M40 Mike Sharratt, Eden Prairie	11.75 (90)	M40 Mike Sharratt, Eden Prairie	12-0 (90)
M45 Lloyd Coroner, St. Louis Park	11.73 (90)	M40 Jim Peterson, Altam	10-0 (90)
M50 George LaBelle, Ham Lake	12.50 (89)	M35 Jim Peterson, Altam	8-0 (90)
M55 Gordon Siefert, (AL)	12.82 (88)	M40 Jim Gibb, Woodbury	8-0 (89)
M40 L.S. "Andy" Anderson, (NM)	13.26 (86)	M50 Rachel Lyga, Fridley	6-3 (89)
M45 Ray Skette, Mpls.	16.49 (89)	Shot Put	
M50 Rachel Lyga, Fridley	15.07 (90)	M40 Fred McWay, Vadras Heights	66-8 (89)
M45 Rachel Lyga, Fridley	12.29 (86)	M45 Carl Klemm, (IL)	84-4 (88)
M45 Rachel Lyga, Fridley	14.26 (84)	M40 George LaBelle, Ham Lake	55-9 (89)
M50 Rachel Lyga, Fridley	15.4 (87)	M40 Emmet Edwards, St. Paul	86-3 (89)
200 meter Sprint		M45 Ray Skette, Mpls.	68-0 (89)
M40 Shaun Zeen, Mpls.	24.38 (90)	M50 Rachel Lyga, Fridley	75-0 (89)
M40 Randall Laven, Mpls.	24.37 (90)	Discus (14)	
M50 Jim Mues, (NE)	23.98 (90)	M45 Ron Frederick, Mund	42-2 (90)
M45 John Mues, New Brighton	26.70 (90)	M40 George LaBelle, Ham Lake	35-2 (89)
M40 L.S. "Andy" Anderson, (NM)	27.01 (90)	M45 John Mues, New Brighton	44-8 (90)
M55 Bob Harvick, Sr., (MO)	33.74 (88)	M40 Chuck Olson, Nevis	40-2 (88)
M40 Ray Skette, Mpls.	39.10 (90)	M45 Ray Skette, Mpls.	27-2 (90)
M50 Rachel Lyga, Fridley	33.35 (87)	M40 Hugh Mackett, (NM)	32-6 (90)
400 meter Sprint		M45 Ralph Boyer, (WI)	27-2 (90)
M40 Shaun Zeen, Mpls.	57.66 (90)	M45 Rachel Lyga, Fridley	26-0 (89)
M45 Ed Harvick, (WI)	1:02.66 (90)	Weight	
M55 Gordon Siefert, (AL)	1:00.37 (88)	M40 Fred McWay, Vadras Heights	66-8 (89)
M40 Lloyd Young, Pine City	1:10.54 (88)	M45 Carl Klemm, (IL)	84-4 (88)
M45 Bob Harvick, Sr., (MO)	1:25.28 (86)	M40 George LaBelle, Ham Lake	55-9 (89)
M45 Gordon Siefert, (AL)	1:28.44 (86)	M40 Emmet Edwards, St. Paul	86-3 (89)
M50 Rachel Lyga, Fridley	1:20.60 (87)	M45 Ray Skette, Mpls.	68-0 (89)
400 meter Hurdles		M50 Rachel Lyga, Fridley	75-0 (89)
M35 Jeff Soverign, Landfall	2:33.77 (90)	Shot Put	
M45 George LaBelle, Ham Lake	2:35.10 (88)	M45 Ron Frederick, Mund	42-2 (90)
M50 George LaBelle, Ham Lake	2:04.65 (89)	M40 George LaBelle, Ham Lake	35-2 (89)
M55 Gordon Siefert, (AL)	2:07.70 (88)	M45 John Mues, New Brighton	44-8 (90)
M40 Jim Gibb, Woodbury	2:48.06 (90)	M40 Chuck Olson, Nevis	40-2 (88)
M50 Sally McMillan, (WI)	2:10.02 (90)	M45 Ray Skette, Mpls.	27-2 (90)
M40 Gertrude Siefert, (AL)	2:16.00 (88)	M40 Hugh Mackett, (NM)	32-6 (90)
M50 Lucille Spracka, Cottage Gr.	3:28.70 (88)	M45 Ralph Boyer, (WI)	27-2 (90)
800 meter Sprint		M45 Rachel Lyga, Fridley	26-0 (89)
M30 Brian Bone, Fridley	2:19.75 (89)	Discus (14)	
M40 Jim Baillergen, (WI)	2:25.56 (89)	M40 Tim McCallie, Eagan	89-4 (90)
M45 Dica Peterson, Belle Plaine	2:51.60 (90)	M40 John Telling, (WI)	123-10 (89)
M50 Lowell Peterson, (WI)	2:29.16 (89)	M40 George LaBelle, Ham Lake	105-4 (89)
M55 Don Rieard, St. Paul	2:47.20 (88)	M45 John Mues, New Brighton	114-10 (90)
M40 Lloyd Young, Pine City	2:38.41 (88)	M40 Emmet Edwards, St. Paul	125-2 (90)
M45 Zina Garrison, CA	2:29.00 (86)	M45 Bob Harvick, Sr., (MO)	85-0 (88)
One Mile		M40 Hugh Mackett, (NM)	108-8 (90)
M45 Don Rieard, St. Paul	6:35.90 (88)	M45 Rachel Lyga, Fridley	76-4 (86)
M40 Lloyd Young, Pine City	5:56.25 (90)	Javelin	
M45 Jim Gibb, Woodbury	9:33.48 (90)	M40 Craig Haugard, Hutchinson	90-5 (89)
M50 Rachel Lyga, Fridley	7:51.28 (86)	M40 Bill Scofield, (IA)	144-5 (89)
Two Mile		M45 Lee Washington, Mpls.	116-1 (89)
M40 Jim Baillergen, (WI)	10:45.29 (89)	M40 George LaBelle, Ham Lake	93-2 (90)
M45 Lowell Peterson, (WI)	12:38.46 (89)	M45 Charles Oye, (AZ)	120-3 (86)
M45 Ray Eiland, Eagan	20:37.64 (90)	M40 Hugh Mackett, (NM)	121-4 (90)
Two mile Hurdles		M45 Rachel Lyga, Fridley	85-4 (89)
M30 Craig Haugard, Hutchinson	20:46.89 (89)	Shot Put	
M45 James Fields, (WI)	21:35.86 (90)	M45 Ron Frederick, Mund	42-2 (90)
M45 Ray Skette, Mpls.	25:46.94 (89)	M40 George LaBelle, Ham Lake	35-2 (89)
4x100 meter Relay		M45 John Mues, New Brighton	44-8 (90)
George LaBelle (55), John Mues (55), 56.68 (90)		M40 Chuck Olson, Nevis	40-2 (88)
Jim Peterson (55), Chuck Olson (60)		M45 Ray Skette, Mpls.	27-2 (90)
Family Fun Relay (400 meters)		M40 Hugh Mackett, (NM)	32-6 (90)
Gibb-Jim, Randy, Dave, Shane,	50.61 (89)	M45 Rachel Lyga, Fridley	26-0 (89)

ATHLETES TALENT EXTRA
Share your 1-2-3 1/2 min
Song, Joke, Dance, Poem....

HAPPY JULY 4TH & TASTE OF MINNESOTA WEEKEND!

Suggested entry donation is \$8-one event, \$15-unlimited & family. For the 4x100 family fun relay, list names and ages under one family name on backside of entry, and include any track history you care to share. Mail to: Rachel Lyga, 122 63rd Way NE, Minneapolis, MN 55432 (612)574-9661

ENTRY FORM

Pre-registration before - June 25

Name _____ Birthdate _____ Age on 7/5/92 _____ W () M ()
Please Print
Home address _____ City _____ State _____ Zip _____
Phone () _____ - NO ENTRY FEE - (WOMEN SENIOR OLYMPIANS(55+))
DI JA 2MBV HA

EVENTS(circle) _____ HJ LJ TJ SP PV 110-100-80Hs 50m 100m 800m 400m Walk Mile 400m 200m Relay
BEST MARK '89-'91 _____

WAIVER: I, the undersigned, being of sound mind and physical condition, am participating in the MINNESOTA MASTERS-SENIORS Early Morning "R" Track & Field Meets of my own Free Will. I know my body's limitations, and take full responsibility for my own health. I have personal injury insurance, and do hereby agree to waive any future claims for injuries against anyone else, directly or indirectly, as a result of my activities in connection with the meets. I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a reasonable cause, my US Constitutional Right of Privacy violated.

Signature _____ DATE _____

Things to bring:

SNACK, spec. implements, and SASE for your local sports page.
"TASTE" on the Capitol grounds-Plus Evening FIREWORKS!

Sponsored by
"r" Heavenly Father
& Y.O.U.



Racewalking Pros and Cons

Approximately 25 letters were received for and against adding a competitive walk for non-racewalkers in masters meets and championships. Some were quite long and defied extensive editing. Thank you for writing. As it is the policy of the Racewalking Section of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program, this section is devoted to readership letters and my summation of the ideas presented.

NEW JERSEY PERSPECTIVE

I speak as a senior NJ-TAC age group champion (M55), and a race-walker for 3½ years. In that period, despite the fast-increasing numbers of fitness walkers in our area, I have seen no change in the numbers of racewalkers. Obviously, some changes must be made to attract more participants.

Availability of races is not a problem here. Many of our area road races include RWing divisions, but this may not continue for long without an influx of fresh competition. No, the real problem is one of perception by the fitness walkers that RWing is too strictly regulated so that what they consider as walking may not be acceptable.

To alleviate this fear, and at the same time to relieve the concern of senior racewalkers who no longer have the flexibility to maintain the perfect straight knee, it will be necessary to either relax to modify the bent knee rule.

I find it strange that of the two RWing Rules, the one most liberally construed is the Contact rule. Because the eye is not quick enough to cope with the increase in foot speed, lifting is usually not called unless it becomes flagrant. Conversely, in many parts of the country, the bent knee rule is strictly enforced. Some judges tend to be more lenient than others, and leniency is needed if RWing is to attain popularity.

If we cannot be assured that all judges will interpret the existing rules with a liberal approach designed to encourage competitors, then the rules themselves must be reworded. In the case of the bent knee rule, such wording might take the form of "approximately" straight, or of allowing straightening beyond the vertical. Obvious "creeping" would continue to remain cause for disqualification. I don't agree with the concept of separate events for RWers and "regular" walkers. We will not solve anything by telling walkers that they can race, but not as racewalkers. No one appreciates being relegated to second-class status. (Second class? — EW)

The idea of "monitoring" a race instead of judging it is intriguing. I'm not clear as to the difference in terminology, but if it implies a more liberal attitude, I'm for it. I'm also amused at the distinction between "speedwalking" and racewalking. Actually, if one thinks about it, both terms are oxymorons, and since speed is a requirement of racing, the terms are also synonyms. Forget the separate events. What we need is one race for all with liberalized judging.

Avram Shapiro
New Jersey

SHORTER DISTANCES

I have been following the Pros and Cons of having two types of competitive walks in masters championship events, one governed by the RW Rules and the other simply prohibiting run-

Five Years Ago

- National Masters Indoor Championships Draw 441 Participants to Baton Rouge, La.
- Peter Hallop (41, 15:52) and Judy Greer (40, 18:56) Win National Masters 5K Titles in DeLand, Fla.
- Norm Green, Jr., 55, Has Best Age-Graded Performance (51:05, 94.1%) in National Masters 15K Championships

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.



Frank Weibel (1), 9th (29:48.10) and Arden Zentic, 8th (29:45.30), M45 5000 walk, TAC National Masters T&F Championships, Naperville, Ill. This year's Nationals will be in Spokane, Wash., Aug. 13-16.
Photo by Jerry Wojcik

ing. I think that rather than bending the rules to accommodate those who cannot abide by them, the race distance should be shortened for upper age divisions. Why not have 5Ks and 10Ks for M60 and up? If some feel they can go for the 20K and remain legal, fine; but the moment the rules are broken, DQs should follow immediately.

Ed Ricci
Southern California

TAC IS FOR SERIOUS COMPETITORS

The Masters RW program is part of Masters T&F governed by TAC. In order to stay within the Masters TAC program, we must abide by TAC Rules. We cannot clog the track with untrained walkers or unjudged races and remain welcome at official TAC meets.

Clubs may have fitness RWers, and we appreciate their help and interest in competitive events; however, if they want to enter races, they need to learn the RW technique and abide by the rules. If they prefer a less regulated context, they can enter local road races, participate in mall walking or join a Volksmarch Club.

Rose Kash
Southern California

SUMMARY

The number of arguments "for" having another form of competitive walk available at masters meets and championships were not as many as the number "against"; however, and this is a big however, the number of letters were equally divided. There are many masters who want to compete, but cannot abide by the presently worded racewalking rules. There are also masters living in areas of the country without competent RW judging who can more easily find uncertified personnel to penalize running in walks.

The arguments "against" are concerned with maintaining the status of the racewalk as part of the TAC T&F

Program, and the necessity of upholding the TAC RW rules governing the sport. They are concerned with the public's perception of two different types of competitive walks, and fear renewed confusion and ridicule by the media. They also feel that those unable to abide by the rules have many community walks for participation.

The old argument between strict judging and liberal judging is introduced with liberalized judging seen as the solution for maintaining RWing as the only competitive walk. As a member of the Southern California racewalking community, which is known to have stricter judging than some parts of the country, I can attest that the numbers of racewalkers of all ages continues to grow. So I am not sure the old, lenient/strict arguments prove anything. A constructive solution, therefore, seems to boil down to what can and cannot be changed.

The first thing that *can't* be changed is differences in judges' perceptions. There is no way to have uniform judging on an approximately straight knee in the vertical position. At the same time, masters with knee problems in the vertical position frequently can straighten their knees beyond the vertical. Those who feel strongly about leniency *can* look into a rule change.

Because masters RWing is part of TAC Masters T&F program, the need to be governed by the adopted TAC Rules *can't* be changed. However, the Senior Olympics and non-TAC organizations *can* be encouraged to offer both a judged RW and a non judged "Speed Walk" to maximize inclusion of all walkers. Rhode Island is doing so and it will be of great interest to see how this works out.

In summary, it is my opinion that the focal point of change in TAC RWing must center around the Rules, and until such time that the Rules are made more lenient for masters, a second type of competitive walking event has a appropriate place in non-TAC meets and championships. □

Clark, Harrison First Masters in Hampton Half-Marathon

Roger Clark, 47, Vienna, Va., won the masters men's title with a 1:13:22 in the Pomoco Group/Hampton Coliseum, Hampton, Va., February 9. Thomas Bernard, 43, Hayes, Va., finished second in 1:13:32. 1972 Olympian Jeff Galloway, 46, Atlanta, Ga., the featured speaker at this year's race, was third in 1:13:56.

First masters woman was Donna Harrison, 40, Virginia Beach, Va., with a 1:27:36, who unseated masters champion Joyce Ploeger, 48, Norfolk, Va., 1:28:41. Nancy Gilluly, 42, Washington, D.C., was third, 1:29:12.

Karen Stronach, 52, of Hampton, ran a 1:33:38 to win the W50+ crown.

In the adjunct 5K race, Frank Wagner (53, 17:27), Richmond, Va., and Rachel Ellenson (40, 20:47),

Newport News, Va., were the top masters.

Among the 682 finishers in the half-marathon and 277 in the 5K was Road Runners Club of America president Jane Dolley, a masters runners, of Yarmouth, Me. The longer race was the RRCA Eastern Regional Championships. □



Luigi Schiavo, third in the M45 long jump, Southern Calif. Association TAC Championships, Los Angeles. Photo by Jerry Wojcik

Rick Meindl, M35 shot put winner (15.12), TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5.

Photo by Jerry Wojcik



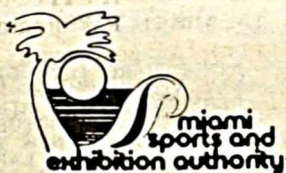
Vicki Bigelow, W55 800 winner in 2:48.0, TAC Western Regional Championships, Norwalk, Calif. Photo by Jerry Wojcik

17th ANNUAL

NORTHWEST TRACK & FIELD CLASSIC

1310 N.W. 90th STREET
MIAMI, FLORIDA 33147
PHONE: 305/836-2409

JUNE 13-14, 1992



Sponsored by
The Miami Herald

SANCTIONED BY



Traz Powell Stadium

Miami-Dade Community College North Campus

★ 5 MILE RUN ★

SATURDAY, JUNE 13, 1992 – 7:00 A.M.

INTERNATIONAL COMPETITION
• AGE GROUPS THROUGH MASTERS •

BAHAMAS
JAMAICA
CANADA

USA
PUERTO RICO
GUATEMALA

CAYMAN ISLANDS
BRITISH VIRGIN ISLANDS
OTHERS



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Painful Metatarsals

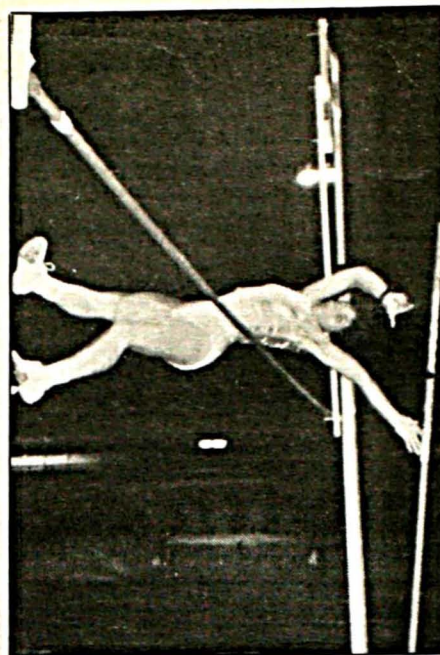
Q. I'm a 57-year-old runner who's been experiencing severe pain in the second and third metatarsal regions of both feet. If I push the spot back and forth, I feel a slight shift — sort of like a "click." One doctor I went to gave me a vague diagnosis and said maybe my tendon needed a little "nicking" so that my toes would drop lower and lessen my pain. A second doctor thought it might be a neuroma, and suggested surgery. What's your "third" opinion?

A. It sounds like your condition may be a combination of both ailments. A neuroma is an entrapment of a nerve either between the metatarsal bones or the toe bones of the foot. In severe cases, the nerve may become irritated or swollen, which causes the sharp pain you seem to be experiencing.

The most common area for neuroma formation is between the third and fourth metatarsal head. In some cases, the neuroma may even move around, which would account for the "clicking" sensation you describe.

With a high-arched foot such as

yours, the dropped metatarsal condition is also very common. It usually involves the formation of a hammertoe in the area, and you may experience a "clicking" sensation as the tendon rubs across a bony prominence.



Phil Raschker with a W45 world record 2.75 (9-1/4) pole vault, TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5. She also broke five more W45 world records and two U.S. records.

Photo by Jerry Wojcik

Although x-rays will not show the formation of a neuroma, they will help to diagnose the hammertoe condition. In mild contractures, the use of a "nicking" procedure will reduce the upward pull of the tendon, and perhaps lessen the pressure on the nerve.

If this fails, you should treat the neuroma condition. Treatment ranges from a metatarsal lift to surgical excision of the growth. □



Johnnie Hill-Hudgins, second in W45 shot (7.86), TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5.

Photo by Jerry Wojcik

Nashville Track Club
Open & Masters MeetVanderbilt University, Nashville Tennessee
Saturday, April 11, 1992

Schedule of Events

Morning Events:	
7:30	Pentathlon
Afternoon Events:	
5:00	80/100/110 Hurdles, Pole Vault, High Jump, Javelin
5:20	1500M Run, Shot Put, Long Jump followed by Triple Jump
5:30	100M Dash
5:50	800M Run, Discus
6:00	4 X 100M Relay
6:10	300M Dash
6:20	200M Dash
6:40	300/400 Hurdles, Weight Throw (25, 35, 56 lbs.)
6:50	1 Mile Run
7:05	400M Dash
7:15	3000M Run
7:40	4 x 400M Relay

Times may vary depending on number of participants.

**Note: Pole vault will be held at a nearby track.

Age Divisions: Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women
Awards: TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group.
 A \$50.00 gift certificate from East Bay Athletic Equipment to best age-graded masters performance of meet.
Facility: The track is an 8-lane, polyurethane surface (2 yrs. old). 1/4" spike maximum. Javelin approach is grass. Participants must provide own implements other than starting blocks.
Nearby Hotels: Vanderbilt Holiday Inn, Days Inn (West End Ave.), Hampton Inn (West End Ave.), Vanderbilt Plaza.
Rules: TAC/WAVA.
Fees: First Event-\$5.00; Additional Events-\$4.00; Relay-\$12.00; Pentathlon-\$8.00
Entry Deadline: Thursday July 9, 1992. NO MEET DAY REGISTRATION

(Detach here)

Entry Blank

Name: _____ Age: _____
 Address: _____ City: _____
 State & Zip: _____ Male or Female (circle)
 Events: (1) _____ (2) _____ (3) _____
 (4) _____ (5) _____ (6) _____

Amount Enclosed:

Waiver: In consideration of your acceptance of my entry I do hereby for myself, my heirs, and executors waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against Nashville Track Club, Vanderbilt University, TAC and all volunteers associated with the meet.

Signature: _____ Date: _____

Mail Entry & Fees To: NTC, 2709 Linmar Ave. No. 5, Nashville, TN 37215 (615-383-6733)

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
KAY ATKINSON (SAN FRANCISCO, CA)	5-23-17	75-79
REBECCA BAUM (SPRINGFIELD, IL)	5-20-47	45-49
MARY CHADBOURNE (US)	5-4-47	45-49
LINA CONNORS (NEW YORK CITY, NY)	5-2-42	50-54
LORRAINE GREEN (LAFAYETTE, US)	5-15-52	40-44
MIKI HERVEY (DALLAS, TX)	5-10-42	50-54
MARIA JOHNSON (DALLAS, TX)	5-27-37	55-59
GRETCHEN MERTEN (EUGENE, OR)	5-1-42	50-54
SHIELA NEWTON (INGLEWOOD, CA)	5-8-37	55-59
GIRTS OZOLINS (TORANCE, CA)	5-0-37	55-59
SHARON SAHONCHIK (EUGENE, OR)	5-31-32	60-64
GINNY SARGENT (CA)	5-22-47	45-49
LINDA THURSTEN (SOMERVILLE, NJ)	5-11-42	50-54
JULES TRIGUEIRO (EUGENE, OR)	5-20-47	45-49
CLAIRE VIETH (WEBSTER GROVES, MO)	5-26-12	80-84
BETTY WAKE (CA)	5-17-37	55-59
MARLENE ALTMANN (WG)	5-21-37	55-59
BEVERLEY BLAIR (NZ)	5-12-42	50-54
URSULA BLASCHKE (WG)	5-30-32	60-64
NINA FAHNOE (DEN)	5-8-42	50-54
HILARY FARMER (GB)	5-20-27	65-69
ANNE HOLCOMBE (AUS)	5-29-47	45-49
MARGARET LOCKLEY (GB)	5-15-47	45-49
BJORG MOEN (NOR)	5-25-47	45-49
FAY RILEY (NZ)	5-21-42	50-54
YVONNE ROJANO (MEX)	5-29-37	55-59
MARTINE ROOMS (FRA)	5-6-52	40-44
EVELYN SAULL (CAN)	5-30-32	60-64
MILDA SCHNAKENBERG (WG)	5-26-47	45-49
FELICITY SKARIS (RSA)	5-25-37	55-59
ELIZABETH TROMP (HOL)	5-16-17	75-79
CHRISTINE TURNER (NZ)	5-5-47	45-49
TEREZ HEDANE ZINK (HUN)	5-29-47	45-49
ED ALMEIDA (SAN DIEGO, CA)	5-16-22	70-74
JACK ANGEL (PURCELL, OK)	5-3-27	65-69
KEN BRINKER (FLANDERS, US)	5-18-47	45-49
PHILLIP BRUSCA (MARYLAND HTS., MO)	5-7-27	65-69
DAN BULKLEY (PHOENIX, OR)	5-4-17	75-79
JOHANNES CYRUS (S. AFR)	5-24-32	60-64
KENNETH DENNIS (LOS ANGELES, CA)	5-13-37	55-59
HERBERT DOWLER (MODESTO, CA)	5-29-2	90-94
JACK FOSTER (NZL)	5-23-32	60-64
FRANK FURNISS (SARASOTA, FL)	5-24-7	85-89
KERMIT HOLLINGSWORTH (CAN-IN)	5-3-32	60-64
ROBERT MACTARNAHAN (PORTLAND, ORE)	5-1-12	80-84
FRITZ MUEHLE (WG)	5-31-17	75-79
FRANZ POSLUSCHNI (WG)	5-13-2	90-94
DAVID ROMAIN (TRI-ALBANY, CA)	5-15-42	50-54
JOHN SANDERS (DREXELL HILL, PA)	5-18-37	55-59
EMIL SCHULZ (WG)	5-9-27	65-69
WILLI SELZER (WG)	5-7-27	65-69
ALAN SLATER (CAN)	5-20-42	50-54
IRELAND SLOAN (ROANOKE, VA)	5-6-42	50-54
BILL SMITH (E. STRAUDSBURG, PA)	5-12-42	50-54
ROBERT ULSH (DANVILLE, CA)	5-30-7	85-89
ALAN WELLS (GBR)	5-3-52	40-44
ARTHUR WRIGHT (SCIO, NY)	5-10-2	90-94
RICHARD WRIGHT (PASADENA, CA)	5-6-17	75-79



A happy Richard Lee after a U.S. record for the M55 shot (13.32), TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5.
Photo by Jerry Wojcik

Goodbye, Columbus — Afterthoughts On The Indoor Nationals

by JERRY WOJCIK

On April 5, after the National Masters Indoor Championships in Columbus, Ohio, I flew to Minneapolis, the connecting point for Northwest Airlines flights west, with Bob Sager, spokesperson and observer for the 1993 Indoor Championships bid from Bozeman, Mont.

I asked what he thought of the meet. We both agreed that the roomy French Fieldhouse with its six-lane Chevron and Grass-Tex surfaces was top notch, and that the officials, numerous and knowledgeable, made the meet a success. The proximity of the meet headquarters Holiday Inn, across the street, was a plus.

At the meet, Andrew McNeill, a competitor and meet director from Pittsburgh, said that he wouldn't mind if the championships were held every year at OSU. Later, when I mentioned McNeill's comment to Meet Director Jim Pearce, he responded facetiously that permanency would probably result in several homicides.

On the minus side, Sager noted that the entrance and finish line were in the same area, making for congestion. I said that this was beyond the control of the meet director. Sager pointed out that some participants mentioned the lack of massage/training tables and sales booths (shoes, apparel, etc.), which surprised me somewhat. Even though most track venues require approval or a license to retail, it is permitted on a small scale.

We agreed that the P.A. system was inadequate, typical of university indoor tracks. I told Sager of the complaints by weight throwers that the out-

door ring was dangerously slippery on Saturday. It had snowed that morning. He said that the Montana State U. facility in the Bozeman proposal has indoor weight rings.

On landing, we parted amid the hoopla of the NCAA basketball championships finals, being held on Monday at the Metro-Dome.

In addition to rounding up the officials, Meet Director Pearce had to recruit a cadre of coordinators. Mary Crosten, associate meet director, was in charge of all the meet's paper work. John White, a veteran director of track and LDR championships, served as the meet's referee. Ron Althoff and Dale Studebaker coordinated the officials. Nancy Kenney, head typist, brought her Macintosh and did a superb job of printing the results, with the assistance of Leah Biscotti.

The Columbus-based Wolfpack TC provided much support, with the help of the Ohio/TAC. □

650 Participants Set World Indoor Records

Continued from page 1

400m world record by 11 seconds with a 1:45.03. Dottie Gray of Missouri lopped 34 seconds from the W65 800m world record with a 3:30.74, and 29 seconds from the U.S. 1500m record with a 7:06.0h.

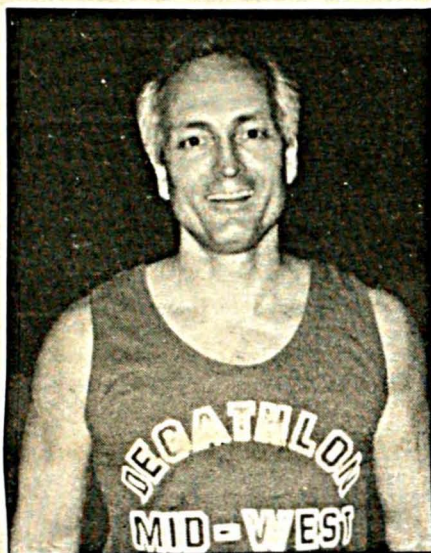
Additional noteworthy track records came from Jim Sutton, M60, 1500m (WR, 4:44.3h); Molly Turner, W55, 3000m (WR, 11:45.94); Tom Patsalis, M70, 60mH (WR, 10.5h); Max Green, M60, 3000mRW (WR, 14:44.51); and Viisha Sedlak, W40, 3000mRW (WR, 14:23.33).

Field event world-record breakers included Carol Johnson, M80, of California, with a fine 2.40 pole vault; Washington's Leon Joslin, M80, shotput (9.27); and Bernice Holland, of Ohio, W65, shotput (8.57). American field-event record setters were Patsalis, triple jump (9.75); Richard Lee, M55, shotput (13.32); Lucy Brobst, W55, triple jump (8.11).

Top performances in the weight throw were turned in by Pennsylvania's M30 Mark Heikel (35-lb., 16.26) and M60 Cliff Blair (25-lb., 16.78) of Massachusetts. The 56-lb. weight, rarely contested in a championship meet, drew good fields, with George Matthews, M45, of Washington, outdistancing everybody (9.78), and Joan Grissom, W50, of Indiana, topping the five women throwers (4.29).

As expected, most of the exciting races came from the middle distances. M40s Ken Popejoy of Illinois and Nolan Smith of California staged two of the best finishes. On Saturday, Popejoy (4:01.59) defeated Smith (4:03.55) in a tactical race. On Sunday, Popejoy had to sprint to a U.S. record 1:57.03 to hold off Smith (1:57.14).

After the 800, Popejoy said, "It was a spectacular competition. My intent was to go after the world indoor record, but a 58 400 told me it wouldn't happen. My upper body was tired, and the 58 second last 400 in the 1500 caught up with me. When Smith caught me with 100 to go, I was determined to hold form and win. He is a great competitor, and we pushed the best out of each other."



Gene Bard, second in the M40 pole vault (14-0), TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5.
Photo by Jerry Wojcik

About his attempt to pass Popejoy on the far turn, Smith felt that his lack of indoor experience this season caused him to wait too long to overtake Popejoy.

In the M60 800m, Earl Fee of Canada produced a world record 2:17.84 to beat Jim Sutton of Pennsylvania, who furnished a U.S. record 2:17.09. The M65 1500 ended with Joe King (5:02.50) of California and Jim Forshee (5:03.74) of Michigan under the U.S. record of 5:05.5. Later, Forshee won the 3000 with a U.S. record 11:12.03.

Forty-four states and four Canadian provinces were represented. Ohio led with 108 participants, followed by New York, 54, and California, 45. Forty-three masters clubs were represented, topped by Over The Hill TC (32) and Mid-West Masters (18).

Last year's championships in Blaine, Minn., near Minneapolis, drew 450, and the 1990 championships in Madison, Wisc., attracted 565 registrants.

Bozeman, Mont., using the facilities of Montana State University, has offered a 1993 indoor championships bid, which has not been formally accepted by the TAC Masters Committee. □

Pending World and U.S. Age-Group Records At National Masters Indoor T&F Championships Columbus, Ohio; April 3-5, 1992

WORLD RECORDS					
Event	Age	New Mark	Name	Old Mark	Held By
60m	W45	8.35	Phil Raschker	8.4	Una Gore
	W65	10.03	Pat Peterson	10.1	Mary Wixey
200m	M45	22.70	Stan Whitley	23.4	Roger Pierce
	W65	35.25	Pat Peterson	36.1	Mary Wixey
400m	M40	50.16	Frederick Sowerby	50.64	James King
	M55	55.96	Larry Colbert	56.17	James Mathis
	W60	80.26	Betty Vosburgh	81.6	Joan Ogden
	W65	85.57	Pat Peterson	96.0y	Marie Stafford
800m	W70	1:45.03	Carol Peebles	1:56.0	Peggy Taylor
	M60	2:17.02	Earl Fee	2:17.84	Earl Fee
	W65	3:30.74	Dottie Gray	4:04.0y	Carol Peebles
	M60	4:44.3h	Jim Sutton	4:56.6	Harry Temper
1500m	W55	11:45.94	Molly Turner	12:17.6	Molly Turner
3000m	M70	10.5h	Tom Patsalis	11.22	Burl Gist
60mH	W65	14.9h	Pat Peterson	—	—
HJ	W45	1.48	Phil Raschker	1.35	four
PV	M80	2.40	Carol Johnson	2.25	Ahti Pajunen
	W45	2.75	Phil Raschker	—	—
LJ	W45	4.82	Phil Raschker	4.52	Audrey Hiemstra
	W60	3.56	Leonore McDaniels	3.55	Leonore McDaniels
TJ	W45	10.32	Phil Raschker	9.39	Pam Calvert
	W60	7.71	Betty Vosburgh	7.27	Leonore McDaniels
SP	M80	9.27	Leon Joslin	8.78	Lamberto Cicconi
	W65	8.57	Bernice Holland	8.24	Helgi Pedel
3000mRW	M40	12:42.62	Ray Funkhouser	13:08.0	Robert Care
	M60	14:44.51	Max Green	16:03.8	Max Gould
	W35	16:18.85	Mataji Graham	16:25.4	Cath Reader
	W40	14:23.33	Viisha Sedlak	15:11.15	Julie Ratner
U.S. RECORDS					
Event	Age	New Mark	Name	Old Mark	Held By
60m	M80	9.97	Barry Ivers	10.26	Barry Ivers
	W35	8.19	Irene Thompson	8.21	Irene Thompson
	W50	8.98	Mary Luker	9.28	Christel Miller
	W60	9.87	Betty Vosburgh	9.93	Pat Peterson
200m	M40	23.08	Bill Collins	23.11	Stan Druckrey
	M80	33.87	Barry Ivers	35.62	Manfred d'Elia
	W35	27.11	Marcia Hulse	27.65	JoAnn Angotti
	W45	27.73	Phil Raschker	28.63	Pam Calvert
	W50	30.4h	Mary Luker	33.2	Susan Redfield
	W60	33.51	Betty Vosburgh	34.65	Mary Patterson
800m	M40	1:57.03	Ken Popejoy	1:58.1	Russ Schmeichel
	M60	2:17.09	Jim Sutton	2:18.3	Kelsey Brown
	W60	3:18.31	Betty Vosburgh	3:28.72	Mary Patterson
1500m	M65	5:02.50	Joe King	5:05.5	Archie Messinger
	W65	7:06.0h	Dottie Gray	7:35.0y	Marie Stafford
3000m	M45	9:04.72	Al Swenson	9:12.69	Salih Talib
	M65	11:12.03	Jim Forshee	11:39.79	John McManus
	W45	11:06.77	Joni Shirley	11:22.8	Linda Upton
60mH	M80	11.86	Ted Hatten	—	—
	W45	10.20	Phil Raschker	11.06	Pam Calvert
	W60	12.7h	Betty Vosburgh	14.19	Shirley Kinsey
HJ	M75	1.22	Ham Morningstar	ties	two others
TJ	M70	9.75	Tom Patsalis	9.40	John Alexander
SP	M55	13.32	Richard Lee	13.27	Phil Brusca
TJ	W55	8.11	Lucy Brobst	7.98	Christel Miller

MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

Indoor Nationals Successful

Congratulations to James Pearce, Meet Director, and the members of the local Columbus Organizing Committee for a job well done at our National Masters Indoor Championships. A special thank you to Ron Althoff, Coordinator of Officials, and to the 100 TAC-certified officials for contributing their time and expertise to give the athletes an excellent meet.

1992 is the TAC year for rule changes. Anyone can propose a change and/or addition to the competition rules. In order to facilitate the process, our Rules Chairman, Graeme Shirley, should receive all suggested changes/additions in writing by May 31, 1992. This will enable Graeme to publish the proposals in the *National Masters News* and receive feedback from athletes, prior to submitting to the changes to the TAC Rules Committee.

Championships

Under normal circumstances, all championships should be awarded at the TAC convention. Ideally, we would like to establish a cycle whereby we are awarding all championships two years in advance (i.e., the December '92 convention would award championship events for 1994). To this end, and assuming we have viable bids, we

will award the following championships at this year's convention: (1993 and 1994) National Decathlon/Heptathlon; (1993 and 1994) Weight Pentathlon; (1993 and 1994) Indoor Pentathlon; (1993 and 1994) 56# Weight Throw; (1994) National Indoor Track and Field; (1994) National Outdoor Track and Field.

I urge each of you to consider your club or city as a potential host for one of the above championships. Think about it seriously, right now. We will be happy to forward informational packets and bid applications to all interested parties. In addition, Max Goldsmith, Site Selection Coordinator, (214) 436-6658, or I would be happy to meet by telephone or in person with those interested. Written bids must be received no later than October 1, 1992. This deadline is necessary to enable an on-site visit to all bidding areas prior to our meeting at the convention. □

TAC Regional Championships Set

The 1992 TAC Regional Masters Track and Field Championships will be held in seven locations throughout the USA:

- 1) The East Regionals will be held on a date and site yet to be determined.
- 2) The Southeast Regionals are set for June 6 in Atlanta.
- 3) The Midwest Regionals venue will be Wauconda, Illinois on August 1.

4) The Mid-America Regionals take place on June 28 in Lincoln, Nebraska.

5) The Southwest Regionals will be held on June 6 in Dallas, Texas.

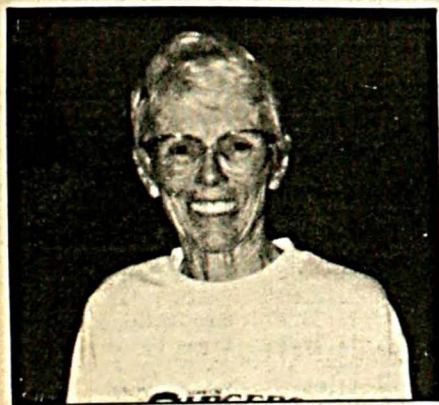
6) The West Regionals are a two-day affair on July 25-26 in Hayward, Calif.

7) The Northwest Regionals go off on July 24-25 in Portland, Oregon.

The regionals traditionally draw between 150 and 300 athletes, but TAC is trying to improve and upgrade the meets to draw even more participants. The regionals are a stepping stone for many athletes to TAC's annual National Masters Track and Field Championships, the 25th edition of which will be held this year on August 13-16 in Spokane, Wash.

Following the nationals will be the WAVA North American Regional T&F Championships in Jalapa, Mexico on August 19-23, featuring athletes from Canada, USA, Mexico, Puerto Rico and other North American nations.

There are no qualifying standards needed to enter any of these major meets, except to be at least the minimum age of 30 for the U.S. meets and age 40 (women age 35) for the WAVA meet. □



Pat Peterson set four W65 world records in the 60m, 200, 400, and 60mh, TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5.

Photo by Jerry Wojcik

Minutes of Masters Track & Field Committee Meeting

The Masters Track & Field Committee met on Saturday, April 4 in Columbus, Ohio, during the 1992 TAC National Masters Indoor Championships. Forty-two people attended. Barbara Kousky, Masters T&F Chair, presided.

1992 National Indoor Championships

Athletes generally felt this year's meet was well organized. Richard Lee expressed the common feeling that there was a lack of proper medical staff. Only student trainers appeared to be at the meet. One competitor had a slight seizure on day one; several others had various injuries on day two. The new TAC contracts specify medical attendance be mandatory at national championships. Meet director Jim Pearce asked that comments on the meet — both positive and negative — be sent to him at 2449 Southway Drive, Columbus, OH 43221.

1992 National Decathlon/Heptathlon

Rex Harvey, meet director, said plans are on schedule for the meet on July 25-26 at Drake U. in Des Moines, Iowa.

1992 National Outdoor Championships

Maury Ray and Vernie Foxley, co-meet directors; and Debra Nordberg of Time-to-Travel Agency, held a reception at the meet hotel. The meet is set for August 13-16 in Spokane, Wash. Some schedule changes were suggested — changes will be detailed in future issues of NMN.

1992 North American Championships

The entry form for the WAVA North American Regional Championships was published in the April issue of NMN. The meet will be held in Jalapa, Mexico on August 19-23. Included will be a pentathlon for men and women. There is no housing bureau, so athletes are responsible for finding their own housing. Several masters travel agents are planning tours. See ads in NMN.

1992 National Weight Pentathlon

Ken Weinbel, Seattle Masters AC, presented a bid for the 1992 National Weight Pentathlon for the Labor Day weekend (September 5-7), with an optional invitational non-championship 56-pound weight throw competition. About 100 throwers are expected. Conflict with the Rocky Mountain Games on the same weekend was mentioned, but no other weekend was available.

Rex Harvey's motion to award the bid to Seattle was passed.

1992 56-pound Weight Championship

The bid had been awarded to the Wolfpack TC of Columbus, Ohio, but the facilities will not be available. So Wolfpack requested the bid be re-awarded to Bloomfield, S.C. on October 3. The motion passed and the bid re-awarded to Dick Greenfield.

1993 National Indoor Championships

Bozeman, Montana had made a written bid at the 1991 TAC Convention, but no one on the Masters T&F Executive Committee was familiar with the facility at Montana State U. Therefore, the bid decision was deferred to the Columbus meeting.

Scott Thornsley, National Indoor Coordinator, recently visited the site and presented a bid on behalf of Bozeman. The facility has a pro-turf polyurethane track (smooth, without pores). The meet hotel is a six-minute drive from the track and there are several motels and eateries.

Major airlines and car-rental agencies serve Bozeman, which is near two large ski resorts and is a gateway to Yellowstone National Park. For 26 years, the University has staged a meet for about 700 athletes with nearly 100 officials. The meet director works for the university, which is excited about staging the meet. However, the track has only five lanes, and there is a question

of whether or not blocks can be used for the 200 and 400.

Harvey moved to postpone the vote for six weeks, allowing Chairman Kousky to clarify the block situation with university officials. The Executive Committee will be polled by mail and/or phone and the result announced in NMN. There are no other prospective bidders for the 1993 event.

1993 WAVA World Championships

The dates are set for October 7-17 in Miyazaki, Japan.

Competition Rule Changes

TAC votes on proposed rule changes in even-numbered years at its December convention. Any proposed changes should be submitted in writing by May 31 to Graeme Shirley, Masters T&F Rules Chairman (address on page 2).

Some proposals were made at TAC's 1991 Convention (see January NMN or write to the Secretary for a copy). Two were suggested here:

1) Nolan Fowler proposed including the 20-25 lb. weight throw for men and 16-20 lb. weight throw for women as championship events. Straw vote: 22 yes, 2 no.

2) Jerry Wojcik proposed changing the indoor championship distance of 1500 meters to an optional 1500 or mile (as the rules for open competition state) because of the mile's popularity.

Masters Hall of Fame

There's a tentative sponsor for a Masters Hall of Fame; an ad hoc committee will be chaired by Marilyn Mitchell. Anyone interested in participating should write her (address on page 2).

Regional Relays

Phil Mulkey reported he has a tentative sponsor for the Regional Relays at this year's nationals in Spokane.

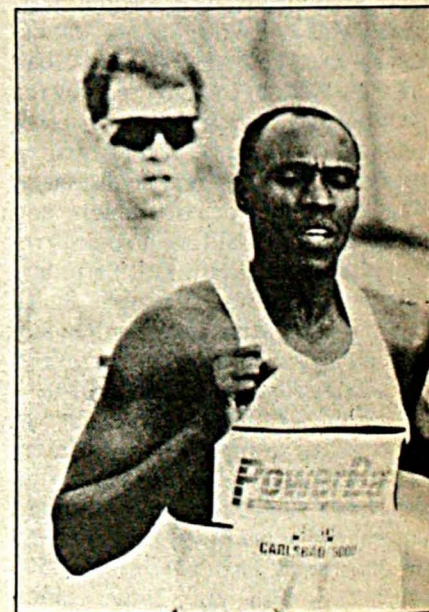
Team Manager

Henry Freeman of Stockton, Calif., and Sandy Pashkin of New York City were the only candidates expressing interest in the position of Team Manager for the 1993 WAVA Championships in Japan. Neither candidate was present. Pashkin, the 1991 manager in Turku, was selected.

International Weight Pentathlon

An international weight pentathlon is tentatively scheduled for Miyazaki on the final day of the WAVA Championships.

Respectfully submitted,
Marilyn Mitchell, Secretary



Wilson Waigwa (40, 15:06) leading overall masters winner Doug Bell (40, 14:50) in the first mile, Carlsbad 5000, Carlsbad, Calif., March 29. Photo by Richard Lee Slotkin



R...
the...
Tur...
group to...
Since i...
WAVA h...
being 40 y...
women o...
year-of-th...
proved, a...
track and...
years wo...
it would l...

My rea...
attention...
has taken...
ruling. As...
qualified...
months. F...
the same...
and WA...
scenario ca...
between ru...
they are ri...
champions...

Althoug...
margin at...
Turku, it...
vote don...
Perhaps t...



Debbie Peet team with arlamos, Spain



International Scene

by JACQUES SERRUYS,
WAVA Vice-President, Non-Stadia

When Does One Become a Veteran?

Recently there has been some confusion in certain countries with regards to the Veterans qualifying age. As you know, at the General Assembly in Turku, once again there was a proposal put forth to change the Veterans age group to the year of the race rather than the date of the race.

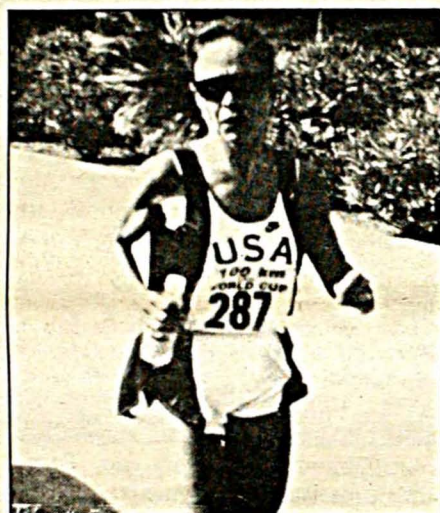
Since its inception, a majority in WAVA has favored the qualifying age being 40 years for men and 35 years for women on the date of the race. If the year-of-the-race rule is one day approved, all records, publications and track and field data compiled over the years would be rendered useless, since it would be inaccurate.

My reason for bringing this to your attention is that the Belgian Federation has taken it upon itself to change the ruling. As a result, Belgian athletes are qualified veterans at 38 years and 10 months. However, they are not given the same Veterans status in regional and WAVA championships. This scenario can only cause further tension between runners as to whether or not they are rightfully participating in a championship.

Although the vote passed by a slim margin at the General Assembly in Turku, it was, nonetheless, a majority vote done in a democratic fashion. Perhaps there are quite a few delegates

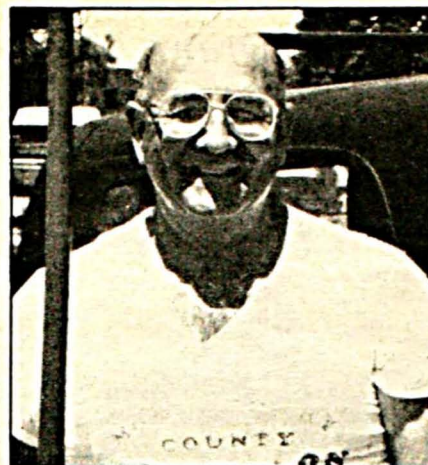
who were not fully aware of the impact and significance that such a change would effect. The amount of work done over the years compiling records and data based on the present ruling is not something to be taken lightly.

I call upon all WAVA delegates to give careful consideration to this rule before deciding upon a change. □



Sandra Kiddy set a new world W55 100K record with a 8:42:36 in the World Cup 100K, Palamos, Spain, February 16.

Photo by Ruth Anderson



Ray Feick, 59, at the 1991 TAC/USA National Masters Pentathlon Championships, hopes to be a top contender in the M60-64 group in the 1992 pentathlon championships, held along with the National Masters T&F Championships in Spokane, Wash., August 13-16.

Photo by Jerry Wojcik

Ten Years Ago

- Frank Duarte (40, 1:05:14) and Patricia Thomas (41, 1:16:01) Win National Masters 20K Championships
- Florida State Masters T&F Championships Draw 261 Entrants
- Sandra Kiddy Sets U.S. W45 Marathon Record of 2:57:12
- Derek Turnbull Establishes M55 800 WR With a 2:08.3 in New Zealand Veterans Championships



PRESIDENT:

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

EXECUTIVE

VICE PRESIDENT:

Bob Fine
3250 Lakeview Blvd.
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:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden



TREASURER:

Al Sheahan
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

IAAF Delegate:

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

DELEGATE OF: NORTH AMERICA

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

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo Uruguay

ASIA:

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

EUROPE:

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

OCEANIA:

Jim Blair
43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

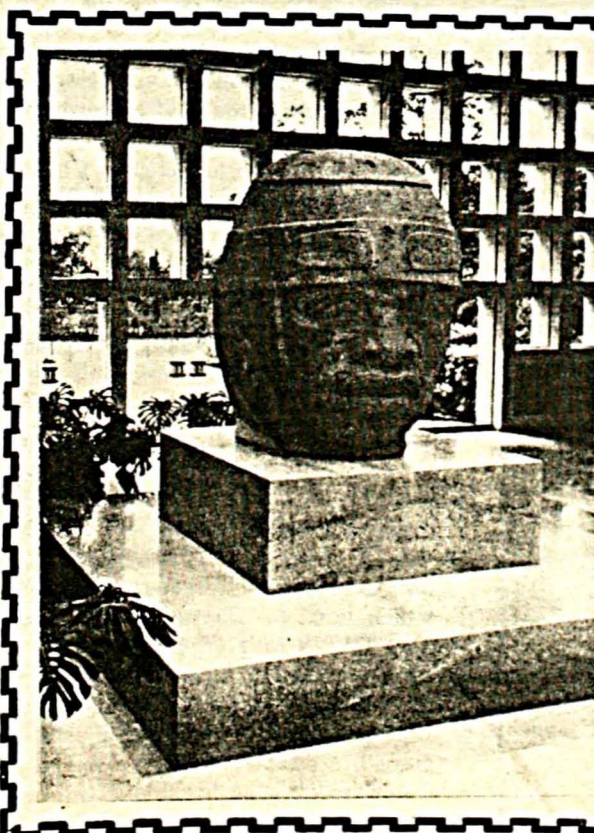
AFRICA:

Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo



Debbie Peebles, W40, led the U.S. women's team with an 8:42:03, World Cup 100K, Palamos, Spain, February 16.

Photo by Ruth Anderson



WAVA

NORTH AMERICAN REGIONAL CHAMPIONSHIPS

Jalapa, Mexico
August 19-24, 1992

SPECIAL HOTEL RATES
REDUCED AIRFARES
STOPOVERS AVAILABLE
EXTRA TOURS

Contact: SPORTS TRAVEL INTL., LTD.
1-800-466-6004 FAX (619) 225-9562

Ask US! WE have been there!

International 8K Cross-Country Draws 300

Continued from page 1

ships in November.

For the women, Liberty AC's Rita Cecil, 36, a Canadian citizen living in North Reading, Mass., was first across the line with a 27:06, and led a Canadian trio to the only national team title not taken by the U.S. dominated race. Pam Riley, 37, of New Zealand, was second (27:53). First U.S. woman was Janet Jordan, 43, Portland, Ore., in 29:36.

A few of the 274 finishers were lapped on the course. All runners ran the race in the intended spirit — a fun event with spirited rivalry. The comment "Hey, it's cross-country" was the response by athletes to any problems with the course.

Scoring was kept on both an international team and club team basis. Local clubs Greater Lowell Road Runners (M40+), Boston RC (M50+), and Boston AA (M50+), took honors, as did the Liberty AC (W35+, W40+, W50+). □



Heather Matthews of New Zealand took the W45 contest in 28:00.

Victor Sailer/Agence Shot



Frenchman Pierre Levisse, 40, was top master in 23:05, International Veterans 8K Cross-Country Classic.

Victor Sailer/Agence Shot



Rita Cecil, W35, from Canada turned in a 27:06 to lead all women in the International Veterans 8K Cross-Country Classic, Boston, Mass.

Victor Sailer/Agence Shot

Singapore Quits 1995 World Games

The city-state of Singapore, which was chosen by WAVA delegates last year in Finland to host the 1995 WAVA World Veterans Athletics Championships, has bowed out, citing "complications."

In a letter to WAVA President Cesare Beccalli, Joseph Yan Kok Peng, President of the Singapore Association of Veteran Athletes, wrote:

"Due to countless unforeseen circumstances, we regret very much to inform you officially that we have decided to withdraw our bid to organize the World Veterans Athletics Championships in 1995."

Hari Chandra, WAVA delegate from Asia who lives in Singapore, told NMN there were problems even before the bid was made.

"Prior to our bid in Turku, the Singapore Amateur Athletic Association (the national governing body for open athletics) told us to withdraw the bid," Chandra told NMN. "They said there were too many logistical problems. But we felt we could do it, and went ahead with the bid."

Chandra said a major stumbling block was the availability of the main stadium.

"When we applied for the main stadium to hold the 7th Asian Veteran Championships (in 1992), we were not successful, and they gave us Toa Payoh Stadium, instead. We then knew that there would be no guarantee that the main stadium would be available for the 1995 WAVA Championships."

Chandra said he would offer more details to the WAVA Council when it meets this month in Miyazaki, Japan, site of the 1993 WAVA Championships. However, he said he still hoped the Singapore Vets would reconsider their decision and agree to stage the event in 1995.

Should Singapore's decision to cancel the Games stand, the Council will reopen the bidding for the 1995 event. In that case, the General Assembly would decide on a new 1995 site when it meets in Miyazaki on October 13, 1993. Prospective bidders should contact the WAVA Secretary for bidding guidelines. □

Turnbull Sets Six World Records

New Zealand's Derek Turnbull, truly one of the most amazing veteran athletes in the world, turned age 65 last December 5 and has set six new world age 65-69 track records this year already.

The Invercargill sheep farmer began his incredible string of new marks on February 8, covering 3000 meters in 9:47.4, destroying the old mark of 10:10.2, set by Australia's legendary John Gilmour eight years ago. Turnbull's time was a phenomenal 101.3% on the WAVA veterans age-graded tables. Gilmour's mark had been the age-graded standard, and Turnbull's demolishing it by 23 seconds indicated the age-graded tables may have to be rewritten.

Turnbull's second world mark came on February 29 with a 4:56.4 for a mile; lowering the old record of 5:05.61, set by Australia's Jack Ryan at the WAVA World Veterans Championships in Melbourne in 1987. Turnbull's age-graded percentage was another breakthrough 101.1%, and is the first time a man over age 65 has broken five minutes for the mile.

Then, in the New Zealand Veterans Track and Field Championships on March 13-15, Turnbull set four more new world standards. On the 13th, he covered 5000 meters in 16:38.8, an unbelievable 65 seconds under the old mark of 17:43.4, set by Ryan at the WAVA Championships in 1987, and a disbelieving 102.0% age-graded effort.

The next day Turnbull obliterated the 1500 WR with a time of 4:39.9, less than two seconds under Ryan's record of 4:41.82, also set in Melbourne in 1987. This time, Derek earned an age-graded rating of "only" 99.3%.

On the 15th, he broke his fifth and sixth world marks with a 2:17.8 in the

800 and a 34:42.8 for 10,000. His 800 time lowered Australian Jack Stevens' 10-year old mark of 2:20.5, and was a 98.3% effort. His 10K performance demolished by over a minute one of the oldest records on the books — a 36:03 set by Sweden's Tedde Jensen 20 years ago — and was a mind-boggling 101.7% on the age-graded scale, a full 35 seconds under what had prior been considered the ultimate in performance for a 65-year-old man.

Peter Mundle, world and U.S. veterans record chairman said Turnbull's incredible string of performance is one of the most impressive in the 25-year history of masters track and field." □



Derek Turnbull
Victor Sailer/Agence Shot

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 \$24 subscription price.

Name _____

Address _____

City _____ State _____ Zip _____



Report from Britain

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

M40 Tony Simmons broke one of the longest-standing veterans records on March 29 when he sliced 23 seconds off Mike Barratt's 18-year-old lap mark in the Thames Valley Harriers Relays over 3½ miles near Heathrow.

Nearly 100 veteran competitors saw Simmons run a record-breaking 16:18 on the second leg of the contest, leaving 1989 winner Alun Roper (16:57) struggling in his wake. Very few masters even break 17 minutes on the popular course. The race was won by Roper's club, Swansea, with Simmon's team (Luton) finishing in second.

On March 15, Jon Wigley, 41, finished first vet in the BVA National

Cross-Country Championships at Pentwyn, Wales. Wigley ran a 30:29, followed by Peter Banks (30:42), and Dave Lockley (30:44). The men's 50+ division was won by Tynedale runner Roger Higham (32:42) over Steve James, who finished second for the fourth consecutive year with a 32:46.

At the Scottish Indoor Championships, Harry Tempan, 67, of Castle Douglas, set a new British M65 record in the 400 with a 66.6. Jimmy Todd, who turned 70 in December, had three indoor age-group bests in the 800 (2:34.2), 1500 (5:13.1), and 3000 (11:22.4). □



Members of the U.S. team at the World Cup 100K in Palamos, Spain. Front (l to r): Dan Brannen, Ruth Anderson, Marvin Skagerberg, Howard Palamarchuk. Second Row: Sherry Popowski, Debbie Peebles, Sue Olsen, Sandra Kiddy, Sue Ellen Trapp and Linda Gentling. Back Row: Sean-Crom, Joe Perske, Rae Clark, Brian Purcell, Kevin Setnes, Joe Schieffer. Photo from Ruth Anderson

Financial Survey

How should the funds received by WAVA and the masters committees of TAC be spent?

WAVA's revenues in 1992-93 will surpass \$100,000. More than half of that will come from the \$15 fee which each athlete pays to enter the World Veterans Championships. In 1992, the two TAC masters committees (T&F and LDR) will each receive \$22,500, some of which comes from the \$8 to \$12 each U.S. master's athlete pays annually to TAC.

The WAVA Council will approve a 1992-93 budget when it meets on May 21-25 in Japan; TAC approves its budget at its annual convention in December.

In your opinion, how should the money be spent? Please mark in order of priority (1, 2, 3, etc.).

- Postage, phone, fax expenses of officers.
- Travel by officers to important meetings
- Subsidies to regional and national programs
- Subsidies to deserving athletes to attend world and national championships
- Communication to affiliates, clubs and athletes
- Build up a savings account
- Gifts and entertainment for organizers of world and national championships
- Lower the fee paid by each athlete
- Subsidies for compiling records
- Subsidies for compiling rankings
- Develop a how-to book for meet and race directors
- Periodic questionnaire of athletes
- Hire an administrative/marketing director
- Other _____

Comments _____

Thank you for your opinion. The results will be made known to the officers of WAVA and TAC, and published in NMN. Please clip and send to: Survey, NMN, P.O. Box 2372, Van Nuys, CA 91404.

Four World Records Smashed in World Cup 100K

by RUTH ANDERSON

Four world age-group records were shattered at the third running of the World Cup 100K in Palamos, Spain, on February 16. Spaniard Domingo Catalan set a new world M40 mark of 6:30:37 over the hilly single-loop course that wound through the rural countryside some 100 miles north of Barcelona.

Joining in the record-breaking spirit were Germany's Sigrid Lomsky (W50, 8:09:04); Sandy Kiddy of the U.S. (W55, 8:42:36); and Frenchman Max Courtillon (M65, 8:55:20).

Capturing age-division titles on this picture-perfect, cool day were Stephen Moore of Great Britain (M40, 6:43:52), Lukas DeGroot of Belgium (M45, 6:55:23), and France's Nicole Duchenim (W45, 8:28:17).

Germany edged Spain in the men's team competition, 20:23:20 to 20:24:45, and swept the women's team contest in 24:40:05.

Overall winners were Russians Kostantin Santalov (6:23:35) and Nurzia Bagmanova (7:44:37). Masters age categories started at 35 for women in 5-year age-groups to 55+; men started at 40 and ended with 60+. Prizes were awarded up to 10th place overall for men; 5th place for women. The

organizers announced that 34 women out of a total of 289 finished the race.

Statistics were somewhat dubious. The program listed over 500 "participants," which included me (the U.S. women's team manager) and Howard Palamarchuk (the U.S. medical staff person). We were assigned the arbitrary ages of 32, and both of us were given times of 8:30:00 for 100K. PR times! How I wish for a time like that. □



Top W60 Ruth Anderson (41:46) with M70 Bob Boal (50:41), International Veterans 8K Cross-Country Classic, Boston, Mass., March 20. Photo from Ruth Anderson

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					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	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

Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

Plantar Fasciitis

One of the most common foot injuries affecting masters athletes is plantar fasciitis. The plantar fascia is actually a ligament on the bottom of the foot attaching to the heel and fanning out to connect to each toe. When this ligament becomes irritated or torn, it creates inflammation and the condition known as plantar fasciitis.

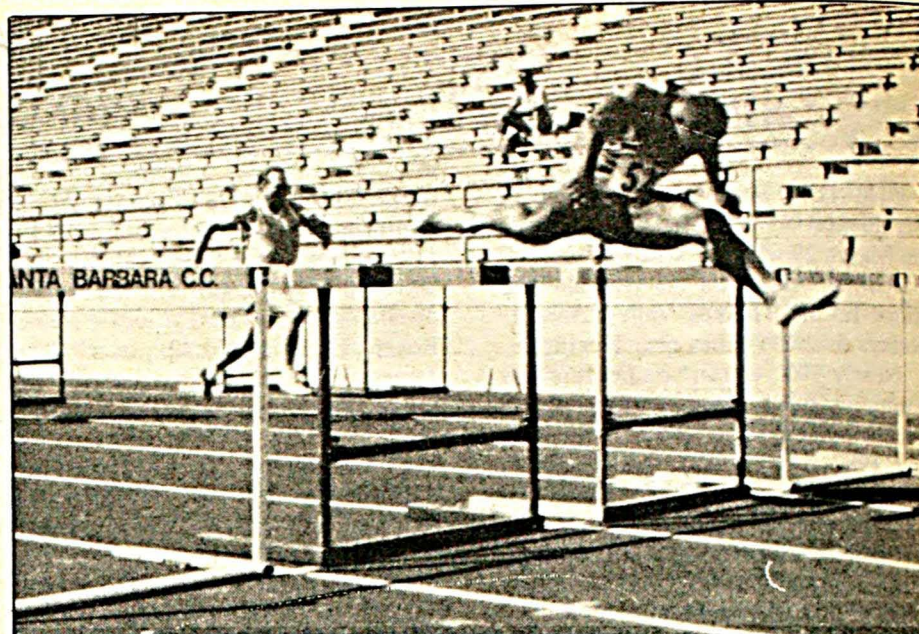
There are several causes of this condition, some structural and some equipment-related. The structural causes include: 1) sudden turns, changes in training intensity, or any additional pressure on the arch creating tears or strains in the arch; 2) excessive pronation, which places pressure on the fascia; and 3) high arches, which also place additional stress on the fascia. Equipment causes relate to shoes and include shoes with inadequate arch support, shoes with two stiff soles; or shoes that are too tight.

Most of these problems develop over a period of time rather than in one instance. Masters athletes may become particularly susceptible as they age because the ligament can become less flexible and weaken, allowing the arch to drop and thereby increasing the strain on the area.

The pain of plantar fasciitis is generally at the edge of the heel, although it can radiate toward the toes. To locate the area of pain, flex the toes back and press around the arch until a point of extreme pain is found. If the ligament is badly torn a piece of bone may tear away from the calcaneus or heel bone, creating a bone spur.

Rest is the initial treatment along with ice and contrast baths. If shoes are suspected as the cause, get a new pair. If the foot has a high arch or pronates excessively, orthotics or arch supports may significantly alleviate the problem.

In Chinese medicine heavy training and aging drains the kidney energy, particularly the yang energy of the body. The yang energy is the active or movement creating portion of energy in Chinese medicine. As the kidney



Walt Butler breaking the M50 100mH world record of 15.1 with a 14.11, Club West Meet, Santa Barbara, Calif. Hugh Adams (r) finished in 14.93, and Alvin Henry in 15.37. Photo by Jerry Wojcik

meridian traverses this area of the foot, a weakening of this energy can make a person more susceptible to this injury. One way to tell if this may be the case is to feel the inside of the knee. If it feels cooler than the surrounding area, this energy deficiency may be present and treatment should be sought from a qualified acupuncturist. This may be done preventively to improve overall training as well as when a problem exists.

As plantar fasciitis pain is usually worse when first arising and frequently improves with initial motion, the homeopathic remedy Phus Tox is strongly indicated. This is also the case if the pain worsens after some time into the activity as in 30 minutes into a distance run. 30X or 15C is a good potency to use in acute situation taking a dose every hour until symptoms improve, then cutting back to 3-4 times a day.

Acupressure on tender areas around the heel and at Kidney 1 can be effective to increase circulation and relieve pain. Kidney 1 is located in the depression behind the ball of the foot between the 2nd and 3rd metatarsals. As with all injuries, treatment should begin as soon as possible and particularly in this case, delay can make

the treatment much less effectively and more time consuming.

Dr. Flowers is a masters long jumper and acupuncturist practicing in Santa Monica and Irvine, Calif.



Australia's W35 relay team on the victory stand at the WAVA World Championships last year in Turku.

RUN FAST

How to Train for a 5K or 10K Race

by HAL HIGDON, Senior Writer, *Runner's World Magazine*

Hal Higdon's latest book tells you everything you need to know about how to improve performance. Discover how to: Train Smarter, Enhance Form, Build Strength, Achieve Endurance, and Run Faster!

"A Wealth of information." — David L. Costill

"Based on very sound training techniques." — Joe Falcon

To obtain a personally autographed copy, mail a check for \$15 to: Hal Higdon, 2815 Lake Shore Drive, Michigan City, IN 46360.

Name: _____

Address: _____

1992 TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Contact

TIME TO TRAVEL

N. 2000 Green MS 2064, Spokane, WA 99207
(509) 533-8898 FAX (509) 533-8836

For all your travel arrangements
(meals, housing, special airfares)

For event information calls are being directed to:

SPOKANE SPORTS UNLIMITED

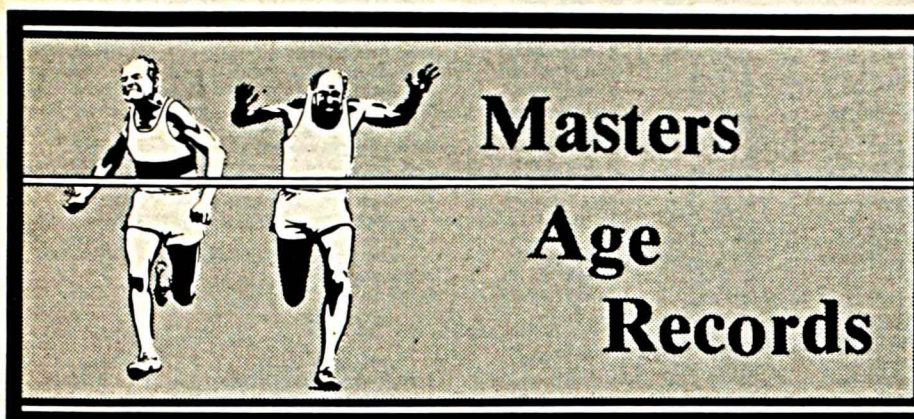
3410 West Ft. George Wright Dr. MS 3070
Spokane, WA 99204
(509) 533-3644

NATIONAL MASTERS NEWS

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

Records Section

May, 1992



New Age-Group Records Compiled

In this issue are new world and U.S. five-year-age-group track and field records for men and women age-35-and-up. The marks are those compiled and approved, as of April 15, 1992, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of The Athletics Congress (TAC), both headed by Records Chairman Peter Mundle.

Included for the first time are official marks for the M95 and W85 divisions. Also making their debut are records for the women's pole vault. World and U.S. relay records are also included.

Per a decision by TAC, no hand times recorded after 1989 will be considered for U.S. five-year age-group records for races of 400 meters or less. Hand times achieved before 1990 will continue to be included, but only automatic times for those events are now eligible for U.S. record consideration.

However, WAVA still recognizes hand times for all events for world marks. Thus, it's possible for a U.S. athlete to hold the world age-group record with a hand-time, while another U.S. athlete holds the U.S. record with a weaker automatic time. (Confused? For a more detailed explanation, send

10¢ to Merkle Press, Owings Mills, Md.)

The official WAVA/TAC record forms are printed on this page. Meet directors should keep several copies on hand, fill them out if a potential record is set, and mail them to Mundle. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

Long Distance Records

There are no official world long distance road records, but the latest U.S. road marks were published in the February, 1992 issue of NMN. U.S. road records are compiled by TACSTATS, the official record-keeping arm of TAC. □



WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance, in support of which the following is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____

Date(s) of Birth _____

(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) _____ (Signature) _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature) _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec.
Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance

FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10 (a). We further certify that the circle or runway complied with I.A.A.F. specifications.

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

_____ metres
(Distance or height) (Name of Field Judge) (Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of April 15, 1992

Men's World Five Year Age Group Records

100 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 10.28	Alan Wells(GBR)	35	8-1-87
M40 10.3	Edward Jeffers(RSA)	35	11-24-71
M45 10.6	Eddie Hart(USA)	40	9-16-89
M50 11.0	Thane Baker(USA)	48	6-14-80
M55 11.2	Ken Dennis(USA)	50	7-18-87
M55 11.57	Ron Taylor(GBR)	57	8-3-91
M55 11.6	Payton Jordan(USA)	56	6-23-73
M55 11.6	Alfred Guidet(USA)	56	6-22-74
M60 11.8	Payton Jordan(USA)	61	5-27-78
M65 12.5	Bernard Hogan(AUS)	65	11-30-85
M70 12.91	Payton Jordan(USA)	74	6-22-91
M75 14.3	Josiah Packard(USA)	75	6-23-79
M75 14.06	Fritz Assmy(FRG)	76	7-21-91
M80 15.4	Josiah Packard(USA)	80	2-25-84
M85 16.3	Duncan McClean(SCO)	88	7-6-73
M90 19.9	Duncan McClean(SCO)	90	6-14-75
M95 39.00	Prtiavi Singh Azad(IND)	95	12-5-87
M95 20.82	Joginder Singh(IND)	99	7-21-91

200 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 20.62	Don Quarrie(JAM)	37	6-18-88
M40 20.68	Pietro Mennea(ITA)	35	9-26-87
M40 21.9	Reginald Austin(AUS)	40	8-10-77
M45 22.3	George Rhoden(JAM)	45	7-2-72
M50 22.9	Ken Dennis(USA)	50	7-18-87
M55 22.91	Ron Taylor(GBR)	52	7-31-86
M55 23.6	Alfred Guidet(USA)	55	6-24-73
M60 24.9	Payton Jordan(USA)	60	6-19-77
M65 25.6	Bernard Hogan(AUS)	65	12-6-85
M70 26.8	Payton Jordan(USA)	70	6-20-87
M75 29.5	Josiah Packard(USA)	75	6-24-79
M75 29.07h	Fritz Assmy(FRG)	76	7-23-91
M80 32.3	Josiah Packard(USA)	80	2-18-84
M85 39.3	Charles Booth(AUS)	85	3-19-89
M90 48.6	Collister Wheeler(USA)	90	7-30-87
M95 44.77	Murthy Narayana(IND)	90	7-26-91
M95 45.75	Buell Crane(USA)	90	6-23-90
M95 46.28	Herb Kirk(USA)	95	7-26-91
M95 48.42	Joginder Singh(IND)	99	7-26-91

400 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 46.38	James King(USA)	35	5-25-84
M40 48.44	James King(USA)	40	8-5-89
M45 50.46	Hanno Rheinbeck(FRG)	45	12-5-87
M50 51.8	Ron Taylor(GBR)	52	9-27-86
M55 52.6	Ralph Romain(GBR)	57	6-24-90
M60 57.64	Jack Greenwood(USA)	63	8-5-89
M65 55.24	Peter Mirkes(FRG)	60	8-28-88
M65 57.36	Wilhelm Selzer(FRG)	60	7-27-91
M70 62.2	Jim Law(USA)	65	7-5-91
M75 68.5	John Alexander(USA)	70	9-24-89
M80 75.4	Josiah Packard(USA)	75	6-23-79
M85 91.54	Harold Chapson(USA)	80	7-9-83
M90 2:00.2	Longino Perez(MEX)	85	12-5-87
M95 2:19.76	Paul Spangler(USA)	90	9-16-89
M95 2:19.76	Murthy Narayana(IND)	90	7-27-91

800 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 1:49.2Y	George Scott(NZL)	35	5-12-72
M40 1:51.25	Peter Broune(GBR)	41	6-11-90
M45 1:56.16	Ronald Mercelina(HOL)	45	7-7-91
M50 2:00.40	Alan Bradford(GBR)	50	8-1-89
M55 2:05.07	Tom Roberts(AUS)	55	8-1-89
M60 2:12.62	Derek Turnbull(NZL)	62	7-21-89
M65 2:20.5	Jack Stevens(AUS)	65	8-13-82
M70 2:30.84	Derek Turnbull(NZL)	65	3-15-92
M75 2:30.84	James Lytjen(USA)	70	6-8-81
M75 2:27.57	James Lytjen(USA)	70	7-23-91
M80 2:40.0	Harold Chapson(USA)	75	5-14-78
M85 2:53.5	Harold Chapson(USA)	80	7-11-82
M90 3:29.42	Longino Perez(MEX)	85	11-29-87
M95 4:39.59	Paul Spangler(USA)	90	6-10-89
M95 4:39.59	Herb Kirk(USA)	95	7-23-91

1500 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:33.91	Mike Boit(KEN)	36	8-21-85
M40 3:49.47	Wilson Waigwa(KEN)	40	8-5-89
M45 3:49.21	Wilson Waigwa(KEN)	41	7-29-90
M50 4:00.53	Ken Sparks(USA)	45	4-24-90
M55 4:05.2	Tom Roberts(AUS)	55	3-22-84
M60 4:17.4	Derek Turnbull(NZL)	55	2-20-82
M65 4:28.66	Derek Turnbull(NZL)	62	8-5-89
M70 5:09.73	Derek Turnbull(NZL)	65	3-14-92
M75 5:30.1	John Gilmore(AUS)	70	8-5-89
M80 6:04.28	Harold Chapson(USA)	75	8-11-77
M85 7:03.38	Ed Benham(USA)	80	12-5-87
M90 9:25.2	Longino Perez(MEX)	85	12-5-87
M95 13:53.8	Paul Spangler(USA)	90	6-10-89
M95 13:53.8	Herb Kirk(USA)	95	10-6-90

1 MILE

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:52.48	John Walker(NZL)	36	7-2-88
M40 4:05.39	Wilson Waigwa(KEN)	40	6-3-89
M45 4:16.75	David Sirl(AUS)	45	12-6-87
M50 4:30.06	Tom Roberts(AUS)	53	12-6-87
M55 4:40.4	Jack Ryan(AUS)	55	12-15-77
M60 4:57.1	John Gilmore(AUS)	61	11-13-80
M65 4:56.4	Derek Turnbull(NZL)	65	2-29-92
M70 5:42.2	Monty Montgomery(USA)	70	7-9-77
M75 6:15.1	Harold Chapson(USA)	78	7-5-81

M80 8:07.1	Paul Spangler(USA)	81	6-7-80
M80 8:07.1	Harold Chapson(USA)	80	3-4-83
M85 8:04.7	Josef Galia(FRG)	87	9-4-85
M90 13:43.6	Herb Kirk(USA)	90	8-18-86
M95 14:48.2	Herb Kirk(USA)	95	10-6-90

3000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 7:47.61	Thomas Wessinghage(FRG)	35	8-16-87
M40 8:17.4	Jack Foster(NZL)	43	1-31-76
M45 8:15.0	Rien Van Der Wilt(HOL)	40	6-6-91
M45 8:36.0	Laurie Ohara(GBR)	45	7-8-77
M50 8:53.8	Ray Hatton(USA)	50	6-25-82
M55 9:12.8	Jack Ryan(AUS)	55	1-24-78
M60 9:41.2	John Gilmore(AUS)	61	11-22-80
M65 10:10.2	John Gilmore(AUS)	65	11-22-84
M70 11:46.2	Derek Turnbull(NZL)	65	2-8-92
M75 11:06.4	Harold Chapson(USA)	73	3-28-76
M75 12:23.4	Richard Breckenbeck(USA)	75	6-13-81
M80 13:52.63	Ed Benham(USA)	82	5-7-83
M85 13:17.0	Fritz Helber(FRG)	80	9-14-86
M85 16:32.0	Paul Spangler(USA)	85	5-4-84
M90 20:08.4	Paul Spangler(USA)	90	9-16-89

5000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 13:16.36	Carlos Lopes(POR)	37	6-28-84
M40 13:45.6	Lucien Rault(FRA)	40	5-21-76
M45 14:23.6	Lucien Rault(FRA)	46	6-19-82
M50 15:31.0	Alain Mimoun(FRA)	50	6-6-71
M55 15:55.60	Antonio Villanueva(MEX)	51	7-25-91
M55 15:52.8	Jean Onsen(BEL)	50	9-12-84
M60 16:33.3	Jack Ryan(AUS)	55	4-20-78
M65 16:38.8	John Gilmore(AUS)	61	8-9-80
M70 18:46.62	Derek Turnbull(NZL)	65	3-13-92
M75 18:46.62	John Gilmore(AUS)	70	8-1-89
M80 21:57.88	Warren Utes(USA)	71	7-23-91
M85 26:50.2	David Morrison(GBR)	75	9-9-89
M90 37:39.38	Edward Benham(USA)	81	8-6-88
M95 37:39.38	Josef Galia(FRG)	87	8-16-85
M95 37:39.38	Paul Spangler(USA)	90	8-1-89
M95 37:39.38	Herb Kirk(USA)	95	7-25-91

10,000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 27:17.48	Carlos Lopes(POR)	37	7-2-84
M40 28:33.4	Lucien Rault(FRA)	40	6-9-76
M45 28:30.88	Martti Vainio(FIN)	40	6-21-91
M50 30:02.56	Antonio Villanueva(MEX)	45	11-29-87
M55 31:59.6	Les Presland(GBR)	50	8-21-90
M60 33:01.90	Ron Robertson(NZ)	50	7-23-91
M65 33:00.66	Norman Green(USA)	57	7-29-89
M70 34:23.0	John Gilmore(AUS)	61	11-26-80
M75 34:14.08	Luciano Acquarone(ITA)	60	7-20-91
M80 36:04.6	Tedde Jensen(SWE)	65	9-15-72
M85 36:42.2	Derek Turnbull(NZL)	65	3-15-92
M90 38:27.0	John Gilmore(AUS)	70	6-21-89
M95 38:23.69	Warren Utes(USA)	71	7-21-91
M75 42:03.4	David Morrison(GBR)	75	9-9-89
M80 44:29.4	Edward Benham(USA)	81	8-4-88
M85 54:23.0	Josef Galia(FRG)	87	8-28-85
M90 71:40.78	Paul Spangler(USA)	90	7-29-89

ONE HOUR RUN

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 12:15.99	20.774 Gaston Roelants(BEL)	35	9-20-72
M40 11:13.09	18.900 William Stoddart(GBR)	40	8-21-71
M45 11:12.68	18.862 Alain Mimoun(FRA)	45	3-20-66
M50 11:55.4	18.575 Alain Mimoun(FRA)	50	5-16-71
M55 10:11.94	17.185 John Gilmore(AUS)	55	10-14-74
M60 10:83.1	16.853 John Gilmore(AUS)	61	10-21-79
M65 9:15.40	15.892 John Gilmore(AUS)	65	10-7-84
M70 9:10.83	15.474 John Gilmore(AUS)	70	6-21-89
M75 8:33.5	13.181 Lou Gregory(USA)	75	12-17-77
M80 7:94.6	13.697 Ed Benham(USA)	75	4-9-83
M85 6:47.2	12.130 Paul Spangler(USA)	81	11-1-80
M90 6:47.2	10.088 Paul Spangler(USA)	85	11-18-84

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:33.4	Ivan Kabanov(URS)	36	7-27-75
M40 8:41.5	Gaston Roelants(BEL)	40	7-6-77
M45 9:25.28	Ron Robertson(NZ)	46	12-5-87
M50 9:16.2	Nils Undersaker(NOR)	45	9-12-84
M55 9:50.96	Nils Undersaker(NOR)	50	8-5-89
M60 9:43.97	Ron Robertson(NZ)	50	7-27-91
M65 10:39.0	Eligio Galicia(MEX)	56	8-1-79
M70 7:13.93	Joaquim Silva(POR)	61	8-5-89
M75 7:53.00	John Eccles(NZL)	65	11-2-90
M80 8:38.17	Dan Bulkley(USA)	71	8-5-88
M85 10:10.66	Eugene Keller(USA)	75	8-5-90
M90 14:22.44	Charles Espy(USA)	80	8-5-90

HURDLES 110M: 35-39, 42"; 40-49, 39"; 100M: 50-59, 36"; 60-69, 33"; 80M: 70+, 30"

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 14.1	Ghulam Razik(PAK)	36	2-16-69
M40 14.13	Sergio Liani(ITA)	35	8-9-78
M45 14.24	Stan Druckery(USA)	40	7-30-89
M50 14.7y	Valbjorn Thorlaksson(ICE)	45	7-8-79
M55 13.57	Walt Butler(CA)	50	7-5-91
M60 15.28	Bob Mickman(CA)	55	7-30-89
M65 14.98	Jack Greenwood(USA)	60	7-19-86
M70 16.4	Albertos Van Zyl(RSA)	65	8-29-87
M75 16.22	Jack Greenwood(CO)	65	7-5-91
M80 16.30	Jack Greenwood(CO)	65	7-21-91
M85 14.50h	Al Guidet(USA)	71	7-29-89
M90 14.22	Burl Gist(CA)	71	7-5-91
M95 14.42	Hans Gilli(SUI)	70	7-21-91
M95 15.1	Frank Finger(USA)	75	9-1-90
M95 17.29	Karl Trei(CAN)	80	7-30-89

LONG HURDLES (400m: 35-49, 36"; 50-59, 33"; 300m: 60+, 30")

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 49.72	James King(USA)	35	5-13-84
M40 52.7	Stan Druckery(USA)	40	7-8-89
M45 52.7	James King(USA)	40	8-3-89
M50 55.18	Guido Mueller(FRG)	47	8-1-86
M55 58.1	Jack Greenwood(USA)	50	7-3-76
M60 59.85	Jack Greenwood(USA)	57	9-27-83
M65 43.49	Jack Greenwood(USA)	63	8-3-89
M70 47.82	Arne Petterson(SWE)	65	6-25-88
M75 45.20	Jack Greenwood(USA)	65	7-25-91
M80 52.44	Dan Bulkley(USA)	72	8-3-89
M85 52.0	Trevor Newman(RSA)	71	5-6-89
M90 60.78	Gil Gonzalez(USA)	76	8-3-89
M95 59.89	Reino Taskinen(FIN)	75	7-25-91
M95 68.0	Karl Trei(CAN)	80	6-11-89
M95 75.99	Erkki Haapalainen(FIN)	70	7-25-91

300 METER HURDLES (50-59: 33") *** BEST PERFORMANCES ***

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 39.96	Guido Mueller(WG)	50	8-3-89
M55 43.28	Erkki Knapp(FIN)	55	8-3-89

HIGH JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 7-1	2.16 Viktor Bolshov(URS)	35	6-20-74
M40 6-9	2.06 John Hartfield(USA)	40	9-1-85
M45 6-2 3/4	1.90 Herm Wyatt(USA)	48	4-19-80
M50 6-2 1/2	1.92 Mark Gelnov(URS)	45	7-25-91
M55 6-2	1.88 Herm Wyatt(USA)	51	8-21-83
M60 6-2	1.88 Horst Mandl(AUT)	52	6-25-88
M65 5-10 1/2	1.79 Herm Wyatt(USA)	55	5-26-87

National Masters News

Continued from previous page

M65	48-2 3/4	14.70	Reino Nokelainen(FIN)	65	8-3-85
M70	46-1 1/4	14.05	Voitto Elo(FIN)	70	6-23-85
M75	41-5 3/4	12.64	Rosa Carter(USA)	75	9-3-89
M80	31-9 1/2	12.80	Voitto Elo(FIN)	75	5-27-90
M85	27-10 1/4	11.00	Osmo Renvall(FIN)	80	11-28-87
M90	22-10 1/2	6.97	Buell Crane(USA)	90	6-20-90
M95	12-10 3/4	3.93	Tom Lane(USA)	95	7-20-89
p15-9		4.80	Tom Lane(USA)	96	9-22-91
p20-10 3/4		6.37	Joginder Singh(IND)	99	7-21-91

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	233-9	71.24 John Powell(USA)	36	6- 9-84
M40	227-11	69.48 Al Oerter(NY)	43	5-31-80
M45	216-11	66.12 Al Oerter(USA)	45	3-28-82
M50	205-10	62.74 Al Oerter(USA)	50	8- 3-89
	p214-3	65.30 Al Oerter(USA)	50	12-28-86
M55	177-1	53.98 Kauko Jouppila(FIN)	56	9- 3-77
M60	187-2	57.06 Kauko Jouppila(FIN)	61	7-16-82
M65	182-6	55.62 K. Maksimczyk(GBR)	65	9-17-79
M70	156-6	47.70 Olav Reppen(NOR)	71	9-11-82
	p156-8	47.76 Kauko Jouppila(FIN)	70	7-23-91
M75	136-6	41.60 Osmo Renvall(FIN)	76	7-19-86
M80	111-9	34.08 Karsten Brodersen(CHL)	80	12- 4-87
	p124-2	37.86 Osmo Renvall(FIN)	80	7-23-91
M85	88-11 3/4	27.12 Lamberto Cicconini(ITA)	86	9-12-90
M90	67-6	20.57 Buell Crane(USA)	90	6-20-90
M95	36-3	11.05 Tom Lane(USA)	95	9-24-89
	p48-7	14.81 Collister Wheeler(USA)	95	7-22-88
	p52-10 3/4	16.12 Joginder Singh(IND)	99	7-23-91

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	271-8	82.80 Yurly Syedikh(URS)	35	8-12-90
M40	243-11	74.34 Ed Burke(USA)	44	4-28-84
M45	205-1	62.52 Hans Potsch(AUT)	48	7-18-81
	p206-3	62.86 Sreko Stiglic(YUG)	45	- 88
M50	208-6	63.56 Hans Potsch(AUT)	54	11-29-87
M55	204-8	62.40 Hans Potsch(AUT)	55	7-16-88
M60	190-3	58.00 Pentti Saarikoski(FIN)	61	8-26-87
M65	160-3	48.84 Eino Anttila(FIN)	66	7-21-89
	p169-10	51.76 Pentti Saarikoski(FIN)	65	7-18-91
M70	155-11	47.54 Roy Foley(AUS)	71	3-20-88
M75	133-5	40.68 Osmo Renvall(FIN)	75	6-15-86
	p150-8	45.92 Aarne Miettinen(FIN)	75	- 88
M80	112-5	34.28 Karsten Brodersen(CHL)	80	12-1-87
M85	89-6 3/4	27.30 Friederich Bender(FRG)	85	6-22-85
M90	55-8	16.97 Buell Crane(USA)	90	4-21-90

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	286-1	87.20 Janis Zirniss(URS)	35	5-14-83
M40	259-1	78.98 Urs Von Wartburg(SWI)	42	8-2-79
M45	238-10	72.80 Larry Stuart(USA)	46	5-12-84
	p239-7	73.02 Larry Stuart(USA)	48	6-14-86
M50	215-9	65.76 Larry Stuart(USA)	50	4-30-88
M55	189-3	57.70 Jan Smiding(SWE)	55	8-18-87
M60	191-10	58.48 Deles Pickarts(USA)	60	11-28-87
M65	160-5	48.90 Mauri Mertakivi(FIN)	66	8-31-87
M70	151-6	46.18 Bill Morales(USA)	72	7-30-89
	p157-9	48.08 Bill Morales(USA)	70	8-16-87
	p152-1	46.36 Bill Morales(USA)	70	7-25-87
M75	135-3	41.24 Manuel White(PHI)	75	8-17-91
M80	94-6	28.80 Herbert Anderson(USA)	80	7-24-82
M85	82-4 1/4	25.10 Masomi Okazaki(JPN)	85	6-24-90
M90	57-2 3/4	17.44 Buell Crane(USA)	90	7-28-90
M95	30-5 1/2	9.28 Tom Lane(USA)	95	7-23-89
	p46-10	14.27 Collister Wheeler(USA)	95	7-23-88
	p69-5	21.16 Joginder Singh(IND)	99	7-21-91

DECATHLON(1962 IAAF SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7547	Werner Von Moltke(FRG)	35	5-12-72
M40	6784	Wolfgang Linkmann(FRG)	40	6- 6-81
M45	5734	Gary Miller(USA)	47	3-23-85
M50	6212	Gary Miller(USA)	50	5-27-88
M55	5246	Richmond Morcom(USA)	55	9-11-76
M60	4552	Richmond Morcom(USA)	61	8-28-82
M65	3400	Ian Hume(CAN)	66	6-20-81
M70	3097	Gilberto Gonzalez(PUR)	70	7- 2-83
M75	1659	Herbert Anderson(USA)	75	3-24-78
M80	994	Herb Anderson(USA)	80	8-28-82
M85	252	A. E. Pitcher(USA)	85	9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3806	Silvio Hodos(FRA)	35	4-17-83
M40	3455	Werner Schallau(FRG)	40	9-24-78
M45	3117	Gary Miller(USA)	45	9-30-83
M50	2976	Gary Miller(USA)	50	6-26-88
M55	2566	Richmond Morcom(USA)	56	8-12-77
M60	2346	Rudy Hochreiter(AUS)	61	12-3-87
M65	2028	Gudmund Skriverik(NOR)	65	7-31-86
M70	1685	Adolf Koch(FRG)	70	12-3-87
M75	1232	Francisco Colon(PUR)	75	10-19-91
M80	869	Karsten Brodersen(CHL)	80	12-3-87
M85	372	Herb Anderson(USA)	85	12-3-87

Women's World Five Year Age Group Records

100 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	11.6	Erika Rost(FRG)	35	6- 2-79
W40	12.0	Maeve Kyle(IRL)	40	4-25-70
W45	12.5	Maeve Kyle(IRL)	45	1-21-74
	12.5	Wendy Ey(AUS)	45	2- 4-84
W50	12.9	Irene Obera(USA)	51	6- 1-85
W55	13.6	Shirley Peterson(AUS)	55	1-21-84
W60	13.9	Shirley Peterson(AUS)	60	2-25-89
W65	15.04h	Paula Schneiderhan(FRG)	65	12- 4-87
	p14.90	Paula Schneiderhan(FRG)	66	6-25-88
W70	16.2	Polly Clarke(USA)	70	4-17-81
W75	16.87	Polly Clarke(USA)	75	8-31-85
W80	20.44	Ruth Frith(AUS)	81	11- 3-90
W85	48.40	Sarah Packham(AUS)	87	11- 3-90
	p34.7	Mary Ames(USA)	86	8- 7-89

200 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	22.5	Marina Stepanova(URS)	36	6-27-86
M40	24.84	Phil Raschker(USA)	42	8- 3-89
M45	26.0	Jan Hynes(AUS)	46	1-26-91
M50	27.3	Irene Obera(USA)	51	6- 1-85
M55	28.48	Irene Obera(USA)	55	8- 3-89
M60	30.0	Shirley Peterson(AUS)	60	2-11-89
M65	31.65	Paula Schneiderhan(FRG)	67	8- 3-89
M70	34.2	Polly Clarke(USA)	71	9- 6-81
M75	35.93	Polly Clarke(USA)	75	8-31-85
M80	45.27	Berta Hielscher(FRG)	80	8- 3-89
M85	p58.4	Anna Ward(USA)	85	6- 2-90

400 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	50.56	Aurelia Penton(CUB)	35	7-15-78
W40	55.3	Maeve Kyle(IRL)	41	7-22-70
W45	57.8	Jan Hughes(AUS)	45	11- 9-89
W50	63.2	Anne McKenzie(RSA)	50	10-15-75
	p62.7	Pat Smith(HOL)	52	6- 7-88
	p62.89	Brunhilde Hoffman(FRG)	50	7-27-91
W55	66.0	Carolyn Cappetta(USA)	55	7-13-91
	p65.46h	Carolyn Cappetta(USA)	55	7-26-91
W60	69.00	Ann Cooper(AUS)	60	8- 5-89
	p67.97	Ann Cooper(AUS)	62	7-27-91
W65	73.71	Anna Mangler(FRG)	65	8- 5-89
W70	84.23	Polly Clarke(USA)	73	9-28-83
W75	89.62	Polly Clarke(USA)	75	8-25-85
W80	1:40.45	Polly Clarke(CO)	80	8- 3-90
W85	p2:50.3	Mary Ames(USA)	85	7-17-88

800 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 1:56.51	Jarmila Kratochvilova(CZE)	35	7-13-86
W40 2:06.5	Anne McKenzie(RSA)	41	7-1-67
W45 2:19.2	Anne McKenzie(RSA)	45	11-13-70
p2:16.8	Judy Pollock(AUS)	45	8-85
W50 2:23.1	Anne McKenzie(RSA)	50	10-29-75
W55 2:42.03	Valberg Ostberg(NOR)	55	8-1-86
p2:37.42	Edeltraud Pohl(FRG)	55	7-21-91
W60 2:52.66	Ann Cooper(AUS)	60	8-1-89
W65 3:03.10	Anna Mangler(FRG)	65	8-1-89
W70 3:14.90	Britta Tibbling(NOR)	71	8-1-89
W75 3:24.89	Gerry Davidson(USA)	75	6-15-91
W80 4:18.12	Berta Hielscher(FRG)	80	8-1-89
W85 p6:14.1	Mary Ames(USA)	85	9-3-88

1500 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:57.73	Maricica Puica(ROM)	35	8-30-85
M40	4:20.7	Joyce Smith(GBR)	40	5-21-78
M45	4:40.97	Pat Gallagher(GBR)	45	6-1-91
	p4:40.35	Judy Pollock(AUS)	45	8-85
M50	4:54.5	Anne McKenzie(RSA)	50	10-15-75
	p4:51.19	I. Hellwagner(AUT)	50	6-25-88
M55	5:15.7	Jean Albury(AUS)	55	4-6-85
	p5:12.43	Edeltraud Pohl(FRG)	55	7-27-91
M60	5:44.81	Shirley Brasher(AUS)	61	12-5-87
	5:44.9	Margaret Miller(USA)	60	7-16-86
	p5:37	Jean Albury(AUS)	60	4-14-90
M65	6:10.17	Britta Tibbling(SWE)	66	8-25-84
M70	6:39.04	Britta Tibbling(SWE)	71	7-22-89
M75	7:09.72	Johanna Luther(FRG)	76	8-5-89
	p7:06.13	Johanna Luther(FRG)	77	7-27-91
M80	11:09.2	Anne Ward(USA)	83	5-30-88
	p8:36.90	Anna Clarke(USA)	81	7-27-91
M85	p11:43.2	Anna Ward(USA)	85	6-2-90

ONE MILE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:17.33	Maricica Puica(ROM)	35	8-21-85
M40	4:54.0	Laurie Binder(CA)	43	8- 8-91
M45	5:02.31	Heather Mathews(NZ)	45	11-16-91
M50	5:29.39	Jeanne Hoagland(USA)	51	12- 6-87
M55	5:50.6	Margaret Miller(USA)	55	2- 7-81
M60	6:24.8	Joselyn Ross(GBR)	63	9-18-91
M65	6:41.64	Rosamund Dashwood(CAN)	65	6- 8-89
M70	7:26.0	Pat Dixon(USA)	70	6-24-89

3000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:27.83	Maricica Puica(ROM)	35	9- 7-85
M40 9:11.2	Joyce Smith(GBR)	40	4-30-78
M45 10:19.4	Joan Colman(USA)	46	9- 8-90
p9:31.38	Evy Palm(SWE)	45	- 87
p9:34.7	Joyce Smith(GBR)	46	9-15-84
M50 10:24.01	Edeltraud Pohl(FRG)	52	8-25-88
M55 11:20.2	Marion Irvine(USA)	59	9-16-89
M60 12:26.8	Lieselotte Schultz(FRG)	61	6-13-81
M65 13:15.6	Jaclyn Caselli(USA)	65	7- 6-86
M70 14:25.2	Johanna Luther(FRG)	71	9-22-84
M75 17:37.2	Bess James(USA)	75	8-10-85
M80 25:09.0	Mary Ames(USA)	84	5-30-87
M85 p25:29.6	Mary Ames(USA)	85	4-30-88

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	15:13.38	Ingrid Kristiansen(NOR)	35	7- -91
W40	16:02.88	Evy Palm(SWE)	43	7-17-85
W45	17:45.03	Joan Colman(USA)	45	8- 4-89
	p16:17.6	Evy Palm(SWE)	45	- -87
	p17:33.4	Dot Browne(AUS)	45	3-28-86
	p17:40.77	Elaine Statham(GBR)	47	7-25-91
W50	17:46.2	Edeltraud Pohl(FRG)	50	7- 1-87
W55	18:49.0	Jean Albury(AUS)	55	4- 7-85
W60	19:14.8	Marion Irvine(USA)	60	10-19-89
W65	22:16.8	Jose Waller(GB)	66	10- 2-88
W70	24:52.83	Pat Dixon(USA)	70	8- 4-89
	p24:24.32	Lenore Marvin(CAN)	71	7-25-91
W75	25:43.39	Johanna Luther(FRG)	76	8- 4-89
W80	30:21.85	Mavis Lindgren(USA)	80	8-16-87
W85	p41:56.2	Mary Ames(USA)	85	4-30-88

10,000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 31:20.28	Ingrid Kristiansen(NOR)	35	7-91
M40 33:00.78	Evy Palm(SWE)	43	7-27-85
p32:47.25	Evy Palm(SWE)	44	7-5-86
M45 37:34.45	Elaine Statham(GBR)	45	7-29-89
p37:05.16	Elaine Statham(GBR)	47	7-21-91
p32:41.98	Evy Palm(SWE)	45	- 87
p37:01.6	Don Browne(AUS)	45	3-23-86

National Masters News

Continued from previous page

SHOT PUT (35-49: 4kg; 50+: 3kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 70-1 3/4	21.38 Helena Fibingerova(CZE)	35	8-22-84	
W40 62-10 1/2	19.16 Antonina Ivanova(URS)	41	2-24-74	
W45 46-6 1/4	14.18 Liesl Huber(FRG)	45	10-13-79	
W50 48-8 3/4	14.85 Valerie Young(AUS)	50	11-29-87	
W55 42-6 3/4	12.97 Rosemary Chrimes(GBR)	56	7-20-89	
p47-5 3/4	14.47 Sigrin Kofink(FRG)	56	7-21-91	
W60 35-8 3/4	10.89 Marianne Hamm(FRG)	60	7-30-89	
p36-10 1/4	11.23 Marianne Hamm(FRG)	63	7-21-91	
p36-7 3/4	11.17 Marianne Hamm(FRG)	60	6-25-88	
W65 32-11 3/4	10.05 Maria Van As(RSA)	65	4-5-86	
p33-0	10.06 Totti Kasekamp(URS)	65	7-21-91	
W70 25-5 1/2	7.76 Hanna Gelbrich(FRG)	70	9-23-83	
p26-7 3/4	8.12 Katrina Smildstaina(URS)	70	7-21-91	
W75 25-7	7.80 Irja Sarnama(FIN)	78	8-22-84	
W80 24-0 1/4	7.32 Irja Sarnama(FIN)	81	8-31-87	
W85 9-0	2.74 Sarah Packham(AUS)	87	11-3-90	
p17-11 3/4	5.48 Irja Sarnama(FIN)	85	7-21-91	

DISCUS THROW (1kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 228-4	69.60 Faina Myelnik(URS)	35	9-9-80	
W40 206-5	62.92 Helgi Parts(URS)	41	10-4-78	
W45 160-7	48.94 Odete Domingos(BRA)	47	4-8-82	
p194-6	59.30 Helgi Parts(URS)	45	9-2-83	

HAMMER THROW (35-49: 4kg; 50+: 3kg)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 136-10	41.72 Lisa Kirsh(AUS)	39	3-16-91	
W40 136-4	41.56 Christine Schultz(AUS)	40	3-2-91	
p138-2	42.12 Inga Faldager(DEN)	40	7-19-91	
W45 130-0	39.62 Pat McNab(GBR)	47	6-3-90	
W50 139-10	42.62 Vanessa Hilliard(USA)	50	5-25-91	
W55 122-6	37.34 Jutta Schaefer(FRG)	57	8-5-89	
p133-11	40.82 Antonina Ivanova(URS)	58	7-19-91	
W60 99-11 1/4	30.46 Lydia Widera(AUS)	61	12-5-87	
W65 108-3	33.00 Lydia Widera(AUS)	65	3-16-91	
W70 96-9 3/4	29.51 Ilse Bellin(FRG)	70	8-3-91	
W75 65-7 1/2	20.00 Ruth Frith(AUS)	79	8-5-89	
W80 62-8 3/4	19.12 Ruth Frith(AUS)	80	4-13-90	
W85 p50-9 1/2	15.48 Irja Sarnama(FIN)	85	7-21-91	

JAVELIN THROW (30-49: 600g; 50+: 400g)				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 194-6	59.28 Karin Smith(USA)	35	8-15-90	
p213-10	65.18 Tessa Sanderson(GB)	35	7-91	
p209-4	63.80 Nina Nikanorova(URS)	35	9-4-82	
W40 170-1	51.84 Anneli Virkkala(FIN)	40	8-2-87	
W45 156-7	47.74 Anneliese Gerhards(FRG)	45	5-30-81	
W50 143-9	43.82 Gertrude Schonauer(AUT)	52	7-29-89	
p147-4	44.90 Elvira Ozolona(URS)	50	7-20-91	
W55 131-7	40.10 Heather Doherty(AUS)	55	1-7-89	
W60 103-0	31.40 Joan Ogden(GBR)	62	7-9-89	
p105-9	32.24 Janina Pakysyte(URS)	60	7-20-91	
W65 84-7 3/4	25.80 Hanna Gelbrich(FRG)	67	8-6-80	
p87-1	26.54 Totti Kasekamp(URS)	65	7-20-91	
W70 81-11	24.97 Hanna Gelbrich(FRG)	70	9-26-83	
W75 74-2 1/2	22.62 Irja Sarnama(FIN)	77	9-26-83	
p74-5 3/4	22.70 Hanna Gelbrich(FRG)	78	7-20-91	
W80 58-7 1/4	17.86 Irja Sarnama(FIN)	80	8-16-86	
W85 14-5 1/4	4.40 Sarah Packham(AUS)	87	11-3-90	
p45-1	13.74 Irja Sarnama(FIN)	85	7-21-91	



American Track & Field Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the TAC
Masters T&F Committee through performances verified as of April 15, 1992

Men's American Five Year Age Group Records

100 YARDS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 9.7	Walt Butler(CA)	37	6-11-78	
W40 9.8	Thane Baker(TX)	42	7-13-74	
W45 9.8	Percy Knox(CA)	41	7-11-75	
W50 10.0	Thane Baker(TX)	46	5-27-78	
W55 10.4	Thane Baker(TX)	52	6-23-84	
W60 10.7	Payton Jordan(CA)	55	3-25-72	
W65 10.7	Alfred Guidet(CA)	55	7-14-73	
W70 10.7	Charles Beaudry(TX)	55	8-10-74	
W75 10.9	Payton Jordan(CA)	61	5-6-78	
W80 12.1	Harry Koppel(CA)	66	7-19-79	
W85 13.4	Barry Ivers(NE)	72	8-6-83	
W90 13.4	Herbert Anderson(CO)	75	10-1-77	
W95 15.1	Herbert Anderson(CO)	80	7-24-82	
W00 18.8	A. E. Pitcher(IN)	87	9-25-88	
W05 19.6	Buell Crane(ID)	90	5-26-90	

100 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 10.3	Ruben Whitney(TX)	35	6-14-80	
W40 10.87	Eddie Hart(CA)	40	7-30-89	
W45 10.6n	Eddie Hart(CA)	40	9-11-89	
W50 11.0	Thane Baker(TX)	48	6-14-80	
W55 11.2	Ken Dennis(CA)	50	7-18-87	
W60 11.66	Ralph Summerlin(AL)	58	7-14-90	
W65 11.6n	Payton Jordan(CA)	56	6-23-73	
W70 11.6n	Alfred Guidet(CA)	56	6-22-74	
W75 11.8	Payton Jordan(CA)	61	5-27-78	
W80 12.6	Payton Jordan(CA)	65	6-12-82	
W85 12.91	Payton Jordan(CA)	74	6-22-91	
W90 14.3	Josiah Packard(CA)	75	6-23-79	
W95 15.4	Josiah Packard(CA)	80	2-25-84	
W00 18.7	Buell Crane(ID)	85	7-26-85	
W05 20.69	Buell Crane(ID)	90	7-27-90	

200 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 20.8	Delano Herliether(US)	35	6-9-78	
W40 22.20	Stan Whitley(CA)	42	8-7-88	
W45 p21.38	Bill Collins(TX)	40	7-6-91	
W50 22.9	Richard Stolpe(NB)	45	6-20-70	
W55 22.9	Milton Newton(CA)	46	6-22-80	
W60 p22.81	Joe Johnson(FL)	47	7-6-91	
W65 22.9	Ken Dennis(CA)	50	7-18-87	
W70 23.6	Alfred Guidet(CA)	55	6-24-73	
W75 24.9	Payton Jordan(CA)	60	6-19-77	
W80 26.10	James Law(NC)	65	5-4-91	
W85 26.1n	Payton Jordan(CA)	65	6-12-82	
W90 p25.87	Jack Greenwood(CO)	65	7-6-91	
W95 26.8	Payton Jordan(CA)	70	6-20-87	
W00 29.5	Josiah Packard(CA)	75	6-24-79	
W05 32.3	Josiah Packard(CA)	80	2-18-84	
W10 40.29	Konrad Boas(NY)	86	8-3-89	
W15 48.6	Collister Wheeler(OR)	90	7-30-87	
W20 p45.75	Buell Crane(ID)	90	6-23-90	
W25 p62.28	Herb Kirk(MT)	95	7-26-91	

400 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 46.38	James King(CA)	35	5-25-84	
W40 48.44	James King(CA)	40	8-5-89	
W45 50.59	James Burnett(IL)	45	8-25-85	
W50 52.79	Larry Colbert(MD)	50	12-5-87	
W55 54.56	Rudolph Valentine(NY)	55	6-9-79	
W60 57.64	Jack Greenwood(CO)	63	8-5-89	
W65 58.79	Jim Law(NC)	65	7-5-91	
W70 62.2	John Alexander(TX)	70	9-24-89	
W75 68.5	Josiah Packard(CA)	75	6-23-79	
W80 75.4	Harold Chapson(HI)	80	7-9-83	
W85 94.95	Konrad Boas(NY)	85	8-27-88	
W90 2:00.2	Paul Spangler(CA)	90	9-16-89	

800 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 1:52.1	Ralph Lee(CA)	37	6-79	
W40 1:52.5	Ken Popejoy(IL)	40	5-31-91	
W45 1:56.27	Don Parker(CA)	47	5-12-90	
W50 2:01.1	Bill Fitzgerald(CA)	50	6-29-75	
W55 2:08.9	Bill Fitzgerald(CA)	55	7-5-80	
W60 2:18.87	Dean Smith(IL)	61	8-16-87	
p2:13.98	Jim Sutton(PA)	60	7-23-91	
W65 2:25.3	Frank Finger(VA)	65	7-5-80	
W70 2:30.84	James Lytjen(CA)	70	6-8-91	
p2:27.57	James Lytjen(CA)	70	7-23-91	
W75 2:40.0	Harold Chapson(HI)	75	5-14-78	
W80 2:53.5	Harold Chapson(HI)	80	7-11-82	
W85 3:58.3	Paul Spangler(CA)	85	5-5-84	
W90 4:39.59	Paul Spangler(CA)	90	6-10-89	
W95 p6:02.94	Herb Kirk(MT)	95	7-23-91	

1500 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 3:40.83	Steve Scott(CA)	35	6-14-91	
W40 3:53.18	Larry Alberg(WA)	42	8-5-89	
p3:50.43	Larry Alberg(WA)	43	7-29-90	
W45 4:00.53	Ken Sparks(OH)	45	4-24-90	
p3:59.24	Ken Sparks(OH)	45	7-29-90	
W50 4:05.8	Ray Hatton(OR)	50	7-8-82	
W55 4:25.24	Jim Sutton(PA)	55	7-19-86	
W60 4:41.50	Don Gammie(OH)	60	7-7-91	
p4:32.09	Jim Sutton(PA)	60	7-27-91	
W65 4:56.80	Joe King(CA)	65	7-7-91	
p4:56.31	Joe King(CA)	65	7-27-91	
W70 5:19.38	Austin Newman(NJ)	70	7-19-86	
p5:14.97	James Lytjen(CA)	70	7-27-91	
W75 5:30.1	Harold Chapson(HI)	75	8-11-77	
W80 6:04.28	Ed Benham(MD)	80	12-5-87	
p5:54.5	Harold Chapson(HI)	80	7-17-82	
W85 7:44.96	Paul Spangler(CA)	85	5-5-84	
W90 9:25.2	Paul Spangler(CA)	90	6-10-89	
W95 13:53.8	Herb Kirk(MT)	95	10-6-90	

ONE MILE				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 3:54.13	Steve Scott(CA)	35	7-1-91	
W40 4:12.24	Larry Alberg(WA)	43	4-28-90	
p4:06.70	Larry Alberg(WA)	43	7-29-90	
W45 4:18.83	Ken Sparks(OH)	45	4-24-90	
p4:17.14	Ken Sparks(OH)	45	7-29-90	
W50 4:32.2	Bill Fitzgerald(CA)	50	7-13-75	
W55 4:55.3	William Fraser(MN)	55	7-22-85	
p4:45.1	Ray Hatton(OR)	55	5-16-87	
p4:46.5	Don Gammie(OH)	55	10-5-86	
W60 5:04.9	Don Gammie(OH)	60	10-12-91	
p4:58.2	Jim Sutton(PA)	60	-91	
W65 5:22	Monty Montgomery(CA)	65	4-8-72	
W70 5:42.2	Monty Montgomery(CA)	70	7-9-77	
W75 6:15.1	Harold Chapson(HI)	78	7-5-81	
W80 8:07.1	Paul Spangler(CA)	81	6-7-80	
p6:43.3	Harold Chapson(HI)	80	3-4-83	
W85 12:23.6	Herb Kirk(MT)	87	8-26-83	
W90 13:43.6	Herb Kirk(MT)	90	8-18-86	
W95 14:48.2	Herb Kirk(MT)	95	10-6-90	

3000 METERS				
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	
W35 7:56.69	Steve Scott(CA)	35	5-25-91	
W40 8:43.7	Web Loudat(NH)	40	6-13-87	
p8:17.4	Barry Brown(FL)	40	7-30-84	
W45 9:06.6	Kirk Randall(MA)	45	6-13-87	
W50 8:53.8	Ray Hatton(OR)	50	6-25-82	
W55 9:37.88	Ray Hatton(OR)	56	6-26-88	
W60 10:13.8	Don Gammie(OH)	60	8-10-91	
W65 10:51.0	Norman Bright(WA)	65	6-17-75	
W70 11:46.2	Harold Chapson(HI)	73	3-28-76	
W75 13:06.4	Richard Bredenbeck(OH)	75	6-13-81	
p12:23.4	Ed Benham(MD)	75	5-7-83	
W80 13:52.63	Ed Benham(MD)	82	5-4-90	
W85 16:32.0	Paul Spangler(CA)	85	5-4-84	
W90 20:08.4	Paul Spangler(CA)	90	9-16-89	

TWO MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	9:21.4	Glynn Wood(DC)	35	10-26-69
M40	9:17.6	Ray Hatton(OR)	40	4- 1-72
M45	9:37.8	Denny Meyer(WA)	45	5- 5-78
M50	10:15.2	David Stevenson(CA)	50	7-26-79
M55	10:35.0	Bill McChesney(OR)	55	7-15-83
M60	11:08.2	Bill McChesney(OR)	61	6-16-89
M65	11:30.0	Monty Montgomery(CA)	66	3-25-73
M70	12:40.0	Harold Chapson(HI)	73	3-14-76
M75	14:30	Lou Gregory(FL)	76	9-30-78
M80	15:47.2	Paul Spangler(CA)	80	7-28-79
THREE MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:44.2	Peter McArdle(NY)	35	6-11-64
M40	14:29.2	Ray Hatton(OR)	42	6-15-74
M45	15:07	Peter Mundle(CA)	46	7- 7-74
M50	15:37.8	James O'Neill(CA)	50	1-10-76
M55	16:51.2	Clive Davies(OR)	59	7-13-75
M60	16:59.2	Don Longenecker(WM)	62	6-25-78
M65	17:59.2	Norman Bright(WA)	65	7-22-75
M70	19:20	John Stevens(US)	70	6-16-79
M75	21:10.8	Lou Gregory(FL)	75	5- 6-78
M80	24:08.2	Paul Spangler(CA)	80	7-28-79
5000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:51.7	Mike Manley(OR)	38	6- 1-80
M40	14:59.6	Hal Higdon(IN)	41	8-25-72
	p14:27.0	Mike Manley(OR)	40	6- 6-82
M45	15:12.25	Mike Manley(OR)	47	8- 1-89
	p15:11.0	Salvador Vasquez(CA)	46	7- 5-86
M50	15:43.58	Dan Conway(WI)	50	8- 1-89
	p15:41.67	Mike Heffernan(OR)	50	7-25-91
M55	16:27.1	James O'Neill(CA)	55	1-12-81
M60	17:19.0	Clive Davies(OR)	64	8- 2-80
M65	18:30	William Andberg(WM)	65	7- 4-76
	p17:40.4	Clive Davies(OR)	66	7-30-82
	p18:07.04	Joe King(CA)	65	7-25-91
M70	20:02.57	Alfred Funk(MT)	73	8-16-87
	p18:43.61h	Warren Utes(IL)	70	7-23-91
M75	20:55.39	Alfred Funk(MT)	75	8- 1-89
M80	21:57.88	Edward Benham(MD)	81	8- 6-88
M85	28:03.8	Paul Spangler(CA)	85	4-14-84
M90	37:39.38	Paul Spangler(CA)	90	8- 1-89
M95	p50:23.53	Herb Kirk(MT)	95	7-25-91
SIX MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	28:02.4	Peter McArdle(NY)	35	5- 3-64
M40	29:59.0	Ray Hatton(OR)	43	4-26-75
M45	30:47.0	Ray Hatton(OR)	45	6-11-77
M50	32:40	Peter Mundle(CA)	50	10- 1-78
M55	35:05	Clive Davies(OR)	59	7-12-75
M60	36:41.6	James Oleson(CA)	60	6-11-78
M65	38:17.4	Norman Bright(WA)	65	7-12-75
M70	42:14	Edward Benham(MD)	73	5- 2-81
M75	44:35	Lou Gregory(FL)	76	9-30-78
10,000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	29:03.4	Frank Shorter(CO)	36	6- 8-84
	29:03.4	Peter McArdle(NY)	35	5- 3-64
M40	30:50.37	Larry Almborg(WA)	42	7-30-89
M45	31:48	Ray Hatton(OR)	45	6-11-77
M50	32:10.4	Ray Hatton(OR)	51	6-18-83
M55	33:00.66	Norman Green(PA)	57	7-29-89
M60	35:19.8	Clive Davies(OR)	63	8-19-78
M65	38:38.0	Norman Bright(WA)	66	8- 3-76
M70	41:21.0	Ray Sears(IL)	70	8-10-77
	p38:23.69	Warren Utes(IL)	70	7-20-91
M75	43:54.75	Edward Benham(MD)	75	9-25-83
M80	44:29.4	Edward Benham(MD)	81	8- 4-88
M85	63:58.4	Paul Spangler(CA)	86	6-22-85
M90	71:40.78	Paul Spangler(CA)	90	7-29-89

National Masters News

Continued from previous page

ONE HOUR RUN

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 11-1070	18.681 Ken Mueller(MA)	35	5-13-72
M40 11-740	18.379 Ray Hutton(OR)	44	8-7-76
M45 11-223	17.907 Hal Higdon(IN)	48	6-26-79
M50 10-1335	17.314 Peter Mundle(CA)	50	10-1-78
M55 10-775	16.802 James O'Neill(CA)	56	8-4-81
M60 10-201	16.277 Clive Davies(OR)	61	8-7-76
M65 9-604	15.036 Norman Bright(WA)	65	6-13-75
M70 8-1131	13.909 William Andberg(MN)	70	10-4-81
M75 8-335	13.181 Lou Gregory(FL)	75	12-17-77
p8-899	13.697 Ed Benham(MD)	75	4-9-83
M80 7-946	12.130 Paul Spangler(CA)	81	11-1-80
M85 6-472	10.088 Paul Spangler(CA)	85	11-18-84

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:38.8	Mike Kelly(OR)	38	- -80
M40 9:18.6	Hal Higdon(IN)	44	8-15-75
M45 9:39.0	Hal Higdon(IN)	46	8-11-77
M50 10:31.01	Faye Bradley(DC)	51	7-20-89
M55 10:59.2	Ken Carman(MI)	56	7-28-84
M60 7:40.10	Dave Stevenson(CA)	60	8-5-89
M65 8:23.74	Avery Bryant(CA)	65	7-20-89
M70 8:38.17	Dan Bulkley(OR)	71	8-5-88
M75 10:10.66	Eugene Keller(OH)	75	8-5-90
M80 14:22.44	Charles Espy(FL)	80	8-5-90

HURDLES: 110M: 35-39,42"; 40-49,39"; 100M: 50-59,36"; 60-69,33"; 80M: 70+,30"

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 14.7	Mike Kelly(GA)	37	6-16-84
M40 14.24	Stan Druckrey(WI)	40	7-30-89
M45 15.0	Jack Greenwood(KS)	46	9-14-72
M50 13.57	Walt Butler(CA)	50	7-5-91
M55 15.28	Bob Hickman(CA)	55	7-30-89
M60 14.98	Jack Greenwood(CO)	60	7-19-86
M65 17.43	Robert Hunt(CA)	65	5-18-85
p16.22	Jack Greenwood(CO)	65	7-5-91
p16.30	Jack Greenwood(CO)	65	7-21-91
M70 14.50h	Al Guidet(CA)	71	7-29-89
p14.22	Burl Gist(CA)	71	7-5-91
M75 16.35	Claude Hills(PA)	75	8-14-87
15.1n	Frank Finger(VA)	75	9-1-90
M80 17.5	Russell Meyers(FL)	80	7-7-84

LONG HURDLES (400m: 35-49,36"; 50-59,33"; 300m: 60+,30")

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 49.72	James King(CA)	35	5-13-84
M40 52.76	James King(CA)	40	8-3-89
52.7n	Stan Druckrey(WI)	40	7-8-89
M45 55.7	Jack Greenwood(KS)	46	8-24-72
M50 58.1	Jack Greenwood(KS)	50	7-3-76
M55 59.85	Jack Greenwood(KS)	57	9-27-83
M60 43.49	Jack Greenwood(CO)	63	8-3-89
M65 49.19	Robert Watanabe(CA)	65	6-15-91
p47.82	Jack Greenwood(CO)	65	7-6-91
p45.20	Jack Greenwood(CO)	65	7-25-91
M70 52.44	Dan Bulkley(OR)	72	8-3-89
M75 56.82	Frank Finger(VA)	76	8-17-91

300 METER HURDLES (50-59: 33") *** BEST PERFORMANCES ***

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 43.16	Richard Rizzo(NY)	50	8-4-88
41.0n	Hugh Adams(CA)	50	9-23-90
M55 43.36	Bob Hickman(CA)	55	8-1-89

HIGH JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 6-11 3/4	2.13 Dwight Stones(US)	36	8-3-90
6-11 3/4	2.13 Jim Barrineau(VA)	35	7-1-90
M40 6-9	2.06 John Hartfield(TX)	40	9-1-85
M45 6-2 3/4	1.90 Herm Wyatt(CA)	48	4-19-80
M50 6-2	1.88 Herm Wyatt(CA)	51	8-20-83
M55 5-10 1/2	1.79 Herm Wyatt(CA)	55	5-23-87
M60 5-5 1/2	1.66 Jim Gillerist(LA)	61	8-5-89
M65 5-1	1.55 Burl Gist(CA)	67	8-29-87
M70 4-8 3/4	1.44 Walter Dahlin(CA)	70	7-5-91
M75 4-3 1/4	1.30 Herbert Anderson(CO)	75	3-24-78
p4-4	1.32 Stan Thompson(NI)	75	12-28-85
M80 3-11 1/4	1.20 Herbert Anderson(CO)	80	8-29-82
M85 3-8 1/2	1.03 Buell Crane(ID)	85	7-26-85
M90 3-5	1.04 Buell Crane(ID)	90	7-28-90

POLE VAULT

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 16-8	5.08 Gary Hunter(US)	35	7-6-91
M40 16-6	5.03 Steve Hardison(CA)	40	7-15-90
M45 15-0	4.57 Roger Ruth(US)	45	7-21-73
M50 14-4	4.37 Vic Cook(CA)	50	7-25-82
M55 13-6 1/4	4.12 Richmond Morcom(PA)	55	8-4-76
M60 12-3 1/2	3.74 Bob Morcom(PA)	63	8-2-84
M65 12-4 1/2	3.77 Bob Morcom(PA)	65	8-3-86
M70 10-3	3.12 Jim Vernon(CA)	71	7-23-88
M75 9-6 1/4	2.90 Carol Johnson(CA)	75	2-7-87
M80 9-6 1/2	1.99 Bob Macconaghay(CA)	80	5-28-88
M85 5-8	1.73 A. E. Pitcher(IN)	86	5-14-88

LONG JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 25-11	7.90 Tom Chilton(TN)	35	6-8-72
M40 24-6 3/4	7.43 Tom Chilton(TN)	40	3-24-78
M45 22-11	6.98 John Hartfield(TX)	46	6-7-91
M50 21-1	6.42 Shirley Davidson(CA)	50	4-12-80
M55 20-1 1/4	6.10 Tom Patsalis(CA)	59	7-18-81
M60 19-11	6.07 Tom Patsalis(CA)	60	7-10-82
M65 17-4 1/4	5.29 Tom Patsalis(CA)	65	12-1-87
M70 16-2 1/4	4.93 John Alexander(TX)	70	5-12-90
M75 12-10 1/2	3.92 Herbert Anderson(CO)	76	8-5-78
M80 11-7	3.53 Walt Westbrook(CA)	80	6-24-78
M85 9-1	2.77 Buell Crane(ID)	85	6-6-85
M90 8-0 1/4	2.44 Buell Crane(ID)	90	4-21-90
M95 5-10	1.78 Collister Wheeler(OR)	95	7-22-88

TRIPLE JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 55-7 1/4	16.95 Ray Kimble(US)	35	8-12-88
M40 51-6 1/4	15.70 Milan Tiff(CA)	40	8-3-89
M45 45-2 1/4	13.77 Dave Jackson(CA)	45	8-11-77
M50 43-3 1/2	13.19 Dave Jackson(CA)	50	7-10-82
M55 41-5	12.62 Gordon Farrell(CA)	57	1-8-75
M60 39-3	11.96 Tom Patsalis(CA)	60	7-10-82
M65 35-6 3/4	10.84 Tom Patsalis(CA)	65	12-5-87
M70 30-1	9.17 Tom Kennel(US)	70	7-5-91
M75 28-2 3/4	8.60 Winfield McFadden(CA)	75	8-17-80
M80 22-8	6.91 Herbert Anderson(CO)	80	7-24-82
p25-4	7.72 Winfield McFadden(CA)	81	10-4-86
M85 20-7 1/4	6.28 Winfield McFadden(CA)	85	7-21-90
M90 18-1	5.51 Buell Crane(ID)	90	7-28-90

SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 72-9 3/4	22.19 Brian Oldfield(CA)	38	5-26-84
M40 70-3	21.41 Brian Oldfield(CA)	40	8-22-85
M45 55-2 1/2	16.83 Ed Hill(MD)	45	8-23-88
M50 53-10	16.41 Carl Wallin(NH)	50	10-5-91
M55 44-2 1/2	13.47 Phil Mulkey(GA)	55	8-5-88
M60 47-4 1/2	14.44 Harry Hawke(CA)	60	7-20-89
M65 42-11 1/2	13.09 Bill Bangert(CA)	65	7-20-89
M70 43-11 1/2	13.40 Ross Carter(OR)	72	8-2-86
M75 41-5 3/4	12.64 Ross Carter(OR)	75	9-3-89
M80 27-8 3/4	8.45 Bob Macconaghay(CA)	81	7-29-89
M85 25-0	7.62 Buell Crane(ID)	87	8-14-87
M90 22-10 1/2	6.97 Buell Crane(ID)	90	6-20-90
M95 12-10 3/4	3.93 Tom Lane(CA)	95	7-20-89
p15-9	4.80 Tom Lane(CA)	96	9-22-91

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 233-9	71.24 John Powell(US)	36	6-9-84
M40 227-11	69.48 Al Oerter(NY)	43	5-31-80
M45 216-11	66.12 Al Oerter(NY)	45	3-28-82
M50 205-10	62.74 Al Oerter(NY)	52	8-3-89
p214-3	65.30 Al Oerter(NY)	50	12-28-86
M55 171-0	52.12 Wendell Palmer(TX)	56	5-14-88
M60 174-1	53.06 Daniel Aldrich(CA)	62	8-17-80
M65 163-1	49.72 Thomas McDermott(CT)	66	5-1-84
p164-10	50.24 Daniel Aldrich(CA)	65	4-28-84
M70 142-6	43.44 Daniel Aldrich(CA)	70	3-5-89
M75 128-2	39.06 Ross Carter(OR)	77	10-23-91
M80 91-4	27.84 Burt Degroot(CA)	80	8-15-87
p97-3	29.64 Ken Carnine(CA)	80	4-30-88
M85 72-11 1/2	22.24 Benjamin Fox(AZ)	85	8-3-90
M90 67-5 1/2	20.56 Buell Crane(ID)	90	6-20-90
M95 36-3	11.05 Tom Lane(CA)	95	9-24-89
p48-7	14.81 Collister Wheeler(OR)	95	7-22-88

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 232-5	70.84 Harold Connolly(CA)	37	7-20-69
M40 243-11	74.34 Ed Burke(CA)	44	4-28-84
M45 198-5	60.48 Ed Burke(CA)	45	5-19-85
M50 182-6	55.62 Bob Backus(MA)	50	6-12-77
p193-2	58.88 Ed Burke(CA)	50	6-6-90
M55 197-8	60.26 Bob Backus(MA)	55	8-2-81
M60 155-0	47.24 Bob Richards(CA)	60	4-20-86
p163-3	49.76 Joe Chadbourne(OH)	60	7-4-91
M65 134-2	40.90 Thomas McDermott(CT)	68	7-19-86
p137-4	41.86 Bob Richards(TX)	65	7-4-91
M70 150-11	46.00 Thomas McDermott(CT)	73	5-18-91
M75 119-6	36.42 Nolan Fowler(TN)	75	8-4-89
M80 81-3 1/2	24.78 Robert Ulsh(CA)	82	8-4-89
M85 54-3 1/4	16.54 Buell Crane(ID)	87	8-16-87
M90 55-7 3/4	16.96 Buell Crane(ID)	90	4-21-90

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 268-1	81.72 William Floerke(KS)	35	7-21-79
M40 242-9	74.00 Larry Stuart(CA)	41	6-9-79
M45 238-10	72.80 Larry Stuart(CA)	46	5-12-84
p239-7	73.02 Larry Stuart(CA)	48	6-14-86
M50 215-9	65.76 Larry Stuart(CA)	50	4-30-88
M55 186-5	56.82 William Duckworth(GA)	56	7-7-91
M60 191-10	58.48 Deles Pickarts(CA)	60	11-28-87
M65 157-6	48.00 Ralph Roylance(MT)	65	8-10-91
M70 151-6	46.18 Bill Morales(CA)	72	7-30-89
p157-9	48.08 Bill Morales(CA)	70	8-16-87
p152-1	46.36 Bill Morales(CA)	70	7-25-87
M75 108-0	32.92 Emery Curtice(CA)	75	7-24-82
M80 94-6	28.80 Herbert Anderson(CO)	80	7-24-82
M85 62-5	19.02 Buell Crane(ID)	85	6-6-85
p65-11 1/4	20.10 Herbert Anderson(CO)	85	8-15-87
p74-5	22.68 Herbert Anderson(CO)	85	9-5-87
M90 57-2 3/4	17.44 Buell Crane(ID)	90	7-28-90
M95 30-5 1/2	9.28 Tom Lane(CA)	95	7-23-89
p46-10	14.27 Collister Wheeler(OR)	95	7-22-88

DECATHLON(1962 IAAF SCORING TABLES)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 6230	Phil Mulkey(AL)	38	3-26-71
M40 6394	Rex Harvey(IA)	43	7-29-89
M45 5734	Gary Miller(CA)	47	3-23-85
M50 6212	Gary Miller(CA)	50	5-27-88
M55 5246	Richmond Morcom(PA)	55	9-11-76
M60 4552	Richmond Morcom(PA)	61	8-28-82
M65 2783	Claude Hills(PA)	65	6-24-77
p3064	Richmond Morcom(PA)	65	7-26-86
M70 2513	Claude Hills(PA)	70	7-3-82
M75 1659	Herbert Anderson(CO)	75	3-24-78
M80 994	Herb Anderson(CO)	80	8-28-82
M85 252	A. E. Pitcher(IN)	85	9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3377	Frank Reilly(CA)	39	6-20-87
p3432	Mike Hill(CO)	35	8-30-86
M40 3033h	Gary Miller(CA)	43	8-16-81
M45 3117	Gary Miller(CA)	45	9-30-83
M50 2976	Gary Miller(CA)	50	6-26-88
M55 2547h	Richmond Morcom(PA)	56	8-12-77
M60 2283h	John Alexander(TX)	61	5-8-81
M65 1988	Richmond Morcom(PA)	66	6-20-87
M70 1384	Bill Morales(CA)	71	12-3-87
M75 927	Claude Hills(PA)	76	6-26-88
M80 706h	Ken Carnine(CA)	80	7-16-88
M85 372	Herbert Anderson(CO)	85	12-3-87

Women's American Five Year Age Group Records

100 YARDS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 12.3	Almeta Parish(CA)	38	5-17-75
W40 11.4	Irene Obera(CA)	42	5-15-76
W45 11.7	Irene Obera(CA)	45	4-28-79
W50 13.5	Shirley Kinsey(CA)	51	2-7-81
W55 14.8	Sallie Stiegelmeier(OH)	55	10-14-87
W60 14.7	Josephine Kolda(CA)	64	5-1-82
W65 15.2	Polly Clarke(CO)	67	5-21-78
W70 26.6	Marilla Salisbury(CA)	73	8-1-81
W75 27.5	Marilla Salisbury(CA)	75	7-23-83

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 11.9	Phil Raschker(GA)	36	6-25-83
W40 12.31h	Phil Raschker(GA)	40	12- 1-87
p12.3n	Phil Raschker(GA)	40	6- 6-87
W45 12.63	Irene Obera(CA)	45	7- 7-79
W50 12.9	Irene Obera(CA)	51	6- 1-85
W55 13.84	Irene Obera(CA)	55	7-21-89
W60 15.39	Betty Vosburgh(GA)	60	7- 5-91
p15.03	Betty Vosburgh(GA)	60	7-21-91
W65 16.1	Polly Clarke(CO)	67	5- 6-78
p16.09h	Pat Peterson(OR)	65	7-20-91
W70 16.2	Polly Clarke(CO)	70	4-17-81
W75 16.87	Polly Clarke(CO)	75	8-31-85
W80 25.77	Anne Ward(MO)	84	6-21-89
W85 p34.7	Mary Ames(CA)	86	8- 7-89

National Masters News

TWO MILES

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	11:23	Judy Fox(CA)	38	11-3-78
W40	11:29.2	Sandra Knott(OH)	41	8-4-79
W45	11:43.0	Mary Czarapeta(WI)	45	9-13-80
W50	12:13.0	Margaret Miller(CA)	54	6-7-80
W55	13:46	Melba Hatch(MI)	57	7-23-85
W60	19:48	Florence Fawley(OH)	61	5-27-84
W70	26:03.8	Marilla Salisbury(CA)	73	7-11-81

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	15:15.2	Francis Larrieu(TX)	35	7-2-88
W40	16:57.4	Judy Fox(CA)	40	8-16-81
W45	17:45.03	Joan Colman(CA)	45	8-4-89
W50	18:44.6	Mila Kania(NY)	50	6-13-82
W55	19:32.07	Marion Irvine(CA)	59	8-4-89
W60	19:14.8	Marion Irvine(CA)	60	10-19-89
W65	22:41.8	Jaclyn Caselli(CA)	65	7-5-86
W70	24:52.83	Pat Dixon(OR)	70	8-4-89
W75	29:19.8	Bess James(CA)	75	6-25-85
p27:10.76		Algene Williams(IL)	75	7-25-91
W80	30:21.85	Mavis Lindgren(CA)	80	8-16-87
W85	p41:56.2	Mary Ames(CA)	85	4-30-88

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	31:28.92	Francis Larrieu(TX)	38	4-4-91
W40	35:33.6	Judy Fox(CA)	40	8-15-81
p35:20.59		Laurie Binder(CA)	40	8-14-87
W45	38:19.8	Vicky Bigelow(CA)	48	8-21-83
p38:10.89		Joan Colman(CA)	47	7-21-91
W50	38:53.6	Mila Kania(NY)	51	6-26-82
W55	40:37.13	Marion Irvine(CA)	59	7-29-89
W60	44:51.0	Pat Dixon(OR)	63	7-16-82
p43:26.17		Marion Irvine(CA)	61	7-21-91
W65	49:22.41	Jaclyn Caselli(CA)	65	7-18-86
W70	50:28.33	Pat Dixon(OR)	70	7-29-89
W75	59:49.8	Marilla Salisbury(CA)	75	7-9-83
p56:59.33		Algene Williams(IL)	75	7-21-91
p64:00.81		Pearl Mehl(CO)	75	7-20-89
W80	98:38	Hilda Crooks(CA)	81	6-26-77
p65:47.20		Anne Clarke(IL)	81	7-6-91

ONE HOUR RUN

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9-1124	15.512 Marylin Paul(OR)	36	7-20-74
W40	9-1197	15.579 Linda Sippelle(DC)	43	7-29-78
W45	9-376	14.828 Marilyn Marbin(CA)	45	3-26-83
W50	8-1355	14.114 Nicki Hobson(CA)	50	8-4-81
W55	7-1021	12.199 Marcie Trent(AK)	58	7-18-76
W60	8-10	12.884 Marcie Trent(AK)	61	7-28-79
W65	5-1194	9.139 Edna Berg(MT)	67	2-5-83
W70	6-52	9.704 Alice Werbel(CA)	70	9-14-86
W75	4-167	6.590 Marilla Salisbury(CA)	76	6-7-84

2000 METER STEEPLECHASE *** BEST PERFORMANCES ***

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	p8:10.38	Kim Rupert(US)	35	7-27-91
W40	8:12.83	Susanne Houlton(GA)	42	8-5-89
W45	7:45.96	Joan Colman(CA)	45	8-5-89
W55	9:52.28	Sally Strazdins(US)	55	8-5-89
p9:52.25		Sally Strazdins(US)	55	7-27-91

SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	13.77	Jane Frederick(CA)	35	8-31-87
W40	12.10h	Phil Raschker(GA)	40	11-23-87
p12.0h		Phil Raschker(GA)	40	6-6-87
W45	12.5	Cherrie Sherrard(CA)	45	7-14-84
W50	13.82	Cherrie Sherrard(CA)	50	7-30-89
W55	15.25	Christel Miller(CA)	55	8-5-90
W60	19.08	Shirley Kinsey(CA)	60	7-30-89
p16.45		Betty Vosburgh(GA)	60	7-21-91
W65	20.61	Patricia Peterson(NY)	65	5-4-91

SHOT PUT (30-49: 8#/4KG; 50+: 6#/3KG)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	53-5 3/4	16.30 Jane Frederick(CA)	35	8-31-87
W40	39-7	12.06 Joanne Grissom(IN)	41	6-19-80
W45	39-7 1/2	12.08 Joanne Grissom(IN)	45	7-22-84
W50	42-7 1/2	12.99 Joanne Grissom(IN)	50	7-5-91
W55	31-9 1/4	9.68 Anne Cirulnick(NY)	55	7-15-90
W60	32-2 3/4	9.82 Bernice Holland(OH)	62	7-20-89
W65	26-5	8.05 Mary Bowermaster(OH)	68	7-18-86
W70	26-9	8.15 Edith Mendyka(CA)	72	9-17-83
W75	24-5	7.44 Edith Mendyka(CA)	75	7-18-86
W80	14-11 1/2	4.56 Rubye Fowler(TN)	80	9-21-91
W85	p8-3	2.51 Mary Ames(CA)	85	5-7-89

DISCUS THROW

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	149-6	45.58 Janet Wilson(CA)	36	5-27-89
W40	107-5	32.74 Lurline Struppeck(LA)	40	8-15-87
107-5		32.74 Pauline Thomas(WA)	40	8-4-89
p111-4		33.94 Mary Priest(OR)	43	8-15-87
W45	106-5	32.44 Joanne Grissom(IN)	45	8-7-83
W50	112-4	34.24 Vanessa Hilliard(PA)	50	7-6-91
W55	100-8	30.68 Bernice Holland(OH)	57	6-30-84
W60	91-1 3/4	27.78 Bernice Holland(OH)	62	8-4-89
W65	63-8 1/2	19.42 Harriet Boyd(FL)	65	8-4-89
W70	62-5 3/4	19.04 Edith Mendyka(CA)	70	8-8-81
W75	58-1	17.70 Edith Mendyka(CA)	75	1-19-86
p58-4 3/4		17.80 Betty Jarvis(NC)	75	7-6-91
W80	20-8	6.30 Marilla Salisbury(CA)	82	7-27-90
p35-6		10.82 Carolyn Clark(MO)	80	7-6-91

HAMMER THROW (35-49: 4KG; 50+: 3KG)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	130-1	39.66 Joan Stratton(CA)	38	6-22-90
W40	80-7	24.56 Susan Hinz(WA)	43	6-22-91
p82-0 1/4		25.00 Mary Chadbourne(OH)	40	7-4-91
W45	105-0	32.02 Brenda Bloomfield(SC)	48	7-7-90
W50	139-10	42.62 Vanessa Hilliard(PA)	50	5-25-91
W55	93-10	28.60 Sally Polk(NM)	58	10-1-88
W60	62-1 3/4	18.94 Jimmie Reid(NC)	62	8-5-89
p83-11		25.58 Bernice Holland(OH)	64	7-4-91
W65	75-1 1/2	22.90 Harriet Boyd(FL)	65	8-5-89
W70	p30-10	9.40 Beryl Syinger(OH)	70	10-9-83
W75	p56-6 3/4	17.24 Betty Jarvis(NC)	75	7-4-91

JAVELIN THROW (30-49: 600G; 50+: 400G)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	203-7	62.06 Karin Smith(CA)	35	6-91
W40	139-3	42.44 Lurline Struppeck(LA)	41	7-23-88
W45	102-8	31.30 Christel Miller(CA)	48	3-23-83
W50	118-7	36.14 Becky Sisley(OR)	50	8-4-90
W55	100-2	30.53 Christel Miller(CA)	55	7-15-90
W60	92-10 1/4	28.30 Bernice Holland(OH)	60	11-29-87
W65	73-11 1/2	22.54 Edith Mendyka(CA)	65	6-27-76
W70	72-7	22.12 Edith Mendyka(CA)	72	5-14-83
W75	65-7 1/2	20.00 Edith Mendyka(CA)	76	6-20-87
W80	23-0 1/2	7.02 Marilla Salisbury(CA)	82	8-4-90

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	87.08	Shelley Kealing(NY)	37	8-3-89
W40	65.03	Phil Raschker(GA)	40	12-5-87
W45	71.20	Pamela Calvert(MO)	45	7-6-91
W50	66.67	Marion Coffee(AUSTIN TX)	52	7-6-91
65.9h		Tami Graf(CA)	53	8-3-89
W55	59.82	Betty Vosburgh(GA)	59	5-4-91
W60	56.80	Betty Vosburgh(GA)	60	7-5-91
W65	79.32	Patricia Peterson(NY)	65	5-4-91
p73.15		Patricia Peterson(NY)	65	7-25-91

HIGH JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	6-1 1/4	1.86 Jane Frederick(CA)	36	6-15-88
W40	5-3 3/4	1.62 Phil Raschker(GA)	42	5-20-89
W45	4-4 3/4	1.34 Pamela Calvert(MO)	45	7-5-91
W50	4-4 3/4	1.34 Becky Sisley(OR)	52	6-23-91
W55	4-2 3/4	1.29 Christel Miller(CA)	55	8-2-90
W60	4-0	1.22 Leonore McDaniel(VA)	62	7-5-91
p4-0 1/2		1.23 Leonore McDaniel(VA)	62	7-23-91
W65	3-8	1.12 Mary Bowermaster(OH)	67	8-17-84
W70	3-8 1/2	1.13 Mary Bowermaster(OH)	70	11-28-87
W75	3-1 1/2	0.95 Shiela Evans(IN)	75	8-3-90

POLE VAULT

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8-0	2.44 Phil Raschker(GA)	35	8-7-82
W40	9-6 1/4	2.90 Phil Raschker(GA)	44	6-8-91
p9-10 1/4		3.00 Phil Raschker(GA)	44	7-6-91
W45	5-11	1.80 Barbara Stewart(NY)	48	8-11-90
W50	5-3 3/4	2.23 Adeline Bost(OR)	52	8-17-91
W60	3-0	0.91 Rudy Burr(HI)	63	11-27-77

LONG JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	21-4	6.50 Willie White(US)	35	10-26-74
W40	17-0 1/4	5.19 Phil Raschker(GA)	44	5-4-91
p17-10		5.43 Phil Raschker(GA)	40	6-6-87
W45	15-9	4.80 Irene Obera(CA)	45	4-7-79
W50	14-6 1/2	4.43 Irene Obera(CA)	54	7-30-88
W55	12-9 1/4	3.89 Christel Miller(CA)	55	3-4-90
W60	12-11 1/2	3.95 Betty Vosburgh(GA)	60	7-6-91
p13-7		4.14 Betty Vosburgh(GA)	60	7-25-91
W65	10-5 1/4	3.18 Mary Bowermaster(OH)	66	9-23-83
p10-10 1/2		3.31 Josephine Sullivan(SC)	65	5-4-90
W70	10-2 1/2	3.11 Mary Bowermaster(OH)	70	12-1-87
W75	8-2 3/4	2.51 Polly Clarke(CO)	78	8-13-88

TRIPLE JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	36-7	11.15 Phil Raschker(GA)	36	9-18-83
W40	37-3	11.35 Phil Raschker(GA)	42	8-1-89
W45	30-10 1/2	9.41 Pamela Calvert(MO)	45	7-6-91
W50	28-9 3/4	8.78 Christel Miller(CA)	52	12-5-87
W55	26-6 1/4	8.08 Christel Miller(CA)	55	8-5-90
W60	25-9	7.85 Leonore McDaniel(VA)	63	7-5-91
p26-1 3/4		7.97 Leonore McDaniel(VA)	63	7-27-91
W65	21-9 1/2	6.64 Mary Norckauer(LA)	65	5-26-90
p23-1 1/4		7.04 Josephine Sullivan(SC)	66	7-27-91
W70	20-9 1/4	6.33 Shiela Evans(IN)	74	7-20-89
W75	20-1 1/4	6.13 Shiela Evans(IN)	75	8-5-90



NOW AVAILABLE

1991 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1991 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

NEW!

Send \$5.00 plus \$1.25 postage and handling (\$5.00 foreign) to:

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

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 (\$5.00 foreign) to:

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

CZZMN

Name _____
Address _____
City _____ State _____ Zip _____

Name _____
Address _____
City _____ State _____ Zip _____

Men's World Masters Relay Records (as of April, 1992)

400m	40-49	43.1	USA (Dennis, Smith, Segal, Miller)	6- 7-80
	50-59	45.36	USA (Dennis, LaTorre, Adamson, Miller)	8- 6-89
	60-69	49.09	FRG (Mirkes, Selzer, Kleimann, Schlegel)	12- 6-87
	70-79	55.07	USA (Miller, Castro, Weinacht, Jordan)	12- 6-87
		55.04	USA (Bloomfield, Heard, Weinacht, Jordan)	8- 6-89
	80-89	77.37	USA (Lum, Crane, Hosack, Pitcher)	8-25-85
800m	40-49	1:30.6	USA (Brooks, Knocke, Whitley, Duffy)	7-28-86
	50-59	1:43.4	USA (Stolpe, Beadle, Harte, Cheek)	8-16-80
		p1:39.8	USA ()	10- 1-83
	60-69	2:09.5	USA (Poloynis, Mercurio, Burke, Miller)	5-15-82
		p1:50.0	GBR ()	10- 1-83
	70-79	2:03.21	USA (Morales, Satti, Heard, Weinacht)	12- 6-87
1600m	40-49	3:21.54	USA (Thiel, Brinker, Tucker, King)	8- 6-89
	50-59	3:35.88	USA (Steffes, Mathis, Adamson, Colbert)	8- 6-89
	60-69	3:58.43	USA (Stevens, Sucher, Law, Greenwood)	8- 6-89
		p3:39.43	NOR ()	6-30-90
	70-79	4:35.07	USA (Bloomfield, Jordan, Spnnsele, Weinacht)	8- 6-89
	80-89	7:34.9	USA (Lum, Spangler, Hosack, Pitcher)	8-24-85
3200m	40-49	8:00.2	USA (Mason, Franklin, Thomas, Romaine)	7- 7-84
	50-59	9:13.5	USA (Bryant, Sturak, Atcheson, Fitzgerald)	8- 7-82
	60-69	10:09.10	USA (Stewart, Stevenson, Stevens, King)	7-23-89
	70-79	13:33.0	USA (Hills, Espy, Wang, Bigelow)	10- 1-83
sprt med	40-49	3:36.1m	USA (Knocke, Edens, Smith, Cohen)	8-14-82
	50-59	4:04.1	USA (Cole, Green, Chernock, Johnson)	6-19-80
	70-79	6:41.4i	USA (Siringier, Mloten, Hosack, Fike)	1- 9-83
dist med	40-49	10:34.6	USA (Stevens, Pierce, Frye, Norton)	7-11-90
	50-59	11:49.0	USA (Pratt, Harvey, Sutton, Green)	8- 1-90

p = pending
i = indoor performance

note: the 3200m, sprint medley and distance medley marks are unofficial best marks known to date

Women's World Masters Relay Records (as of April, 1992)

400m	35-39	48.63	FRA (Desmier, Sulter, Andreas, Apavou)	8- 6-89
		p47.84	EUR (Hees, Otto, Pfeiffer, Kulstad)	6-30-85
	40-49	50.23	USA (Keating, McClurg, Gilmore, Raschker)	8- 6-89
		p49.45	FRG (Meier, Bayha, Geraldine, Hees)	7-28-91
		p50.02	FRG (Medler, Briesnick, Mohnen, Hafele)	7-18-82
		p49.91	FRG ()	6-30-90
	50-59	54.51	GBR (Williams, Chrimes, Hulls, Gore)	8- 6-89
		p54.4	EUR (Pratsch, Diener, Schumaker, Bauman)	6-30-90
		p53.47	FRG ()	8- 6-89
	60-69	59.72	AUS (Green, Cooper, Davidson, Hogan)	7-28-91
		p57.48	FRG (Kreiskott, Hunkel, Kreuzweiser, Franzen)	1-14-81
		p56.60	FRG ()	1-14-81
	70-79	p65.26	FRG ()	1-14-81
1600m	35-39	4:00.21	GBR (McDonald, Hocknell, Blurton, Walpole)	8- 6-88
	40-49	4:07.34	FRG (Koschnitzke, Mattelson, Lehman, Kummerle)	8- 6-88
		p3:57.33	AUS (Hynes, Holcombe, Allison, Johnson)	12- 6-87
	50-59	4:36.85	USA (Fitzgerald, Meadows, Hoagland, Obera)	8- 6-89
		p4:35.77	FRG (Hoffman, Blank, Holzknecht, Kummerle)	7-28-91
		p4:34.84	USA (Miller, Snyder, Hoagland, Obera)	12- 6-87
	60-69	5:21.91	FRG (Werner, Mangler, Haule, Schneiderhan)	8- 6-88

p = pending
c = relay members include non-US citizens
EUR: Europe

Women's U.S. Masters Relay Records (as of April, 1992)

400m	35-39	50.28	US (Drumgole, Seeley, Thompson, Gilkey)	8- 6-89
	40-49	50.23	US (Keating, McClurg, Gilmore, Raschker)	8- 6-89
	50-59	54.90	US (Fitzgerald, Davis, Miller, Obera)	8- 6-89
	60-69	66.20	US (Patterson, Tuinzing, Darnall, Peterson)	8- 6-89
		p64.10	US (Peterson, Sullivan, McDaniels, Vosburgh)	7-28-91
	70-79	p80.77	US (Friedman, Mehl, Peebles, Stafford)	7-28-91
1600m	35-39	4:00.87	US (Murray, Berg, Gilkey, Seeley)	8- 6-89
	40-49	4:10.85	US (Behrens, Stiles, O'Connor, Raschker)	8- 6-89
		4:53.47	US (Greer, Reguso, Bieldshies, Wade)	8- 5-88
	50-59	4:36.85	US (Fitzgerald, Meadows, Hoagland, Obera)	8- 6-89
		p4:34.84	US (Miller, Snyder, Hoagland, Obera)	12- 6-87
	60-69	5:28.59	US (Peterson, Tuinzing, Adams, Patterson)	8- 6-89
3200m	35-39	10:42.80	TS (Sokell, Kasen, Ehmer, Sedwick)	8- 6-88
	40-49	10:56.52	CS (Stoneking, Klitzke, Callahan, Day)	8- 5-90
	40-49	10:18.4	SDTC (Pendleton, Olson, Lievers, Bache)	7-23-89
	50-59	p12:57.76	SDTC (Murray, Madsen, Stock, Graf)	7-23-89
sprt med	35-39	6:07.66	HTC (Ogletree, Cotten, Kea, Nichols)	1- 9-83

p = pending
c = relay members include non-US citizens

TS: Track Shack
SDTC: San Diego Track Club
HTC: Hill Track Club
CS: Club Soda
Compiled by Pete Mundle, TAC T&F Records Chairman

Men's U.S. Masters Relay Records (as of April, 1992)

400m	40-49	43.1	CDM (Dennis, Smith, Segal, Miller)	6- 7-80
	50-59	46.6y	WVTC (Marlin, Lingle, Springbett, Sanchez)	7-23-83
		45.36	USA (Dennis, LaTorre, Adamson, Miller)	8- 6-89
	60-69	50.9	CDM (Morales, Jordan, Killion, Guidet)	6-24-78
		50.08	USA (Albury, Regier, Harte, Law)	8- 6-89
	70-79	55.04	USA (Bloomfield, Heard, Weinacht, Jordan)	8- 6-89
		55.07	USA (Miller, Castro, Weinacht, Jordan)	12- 6-87
	80-89	77.37	USA (Lum, Crane, Hosack, Pitcher)	8-25-85
800m	40-49	1:30.6	WVTC (Brooks, Knocke, Whitley, Duffy)	7-28-86
	50-59	1:43.4	CDM (Stolpe, Beadle, Harte, Cheek)	8-16-80
		1:43.4y	CDM (Ambrose, Clayton, Fetter, Guidet)	6-14-75
		p1:42.9	SCS ()	8-19-78
	60-69	2:09.5	CDM (Poloynis, Mercurio, Burke, Miller)	5-15-82
1600m	40-49	3:28.7	PM (Abayomi, Pratt, Stanford, Burnett)	7- 5-81
		p3:25.40	PM (Abayomi, Stanford, Burnett, Roberts)	4-30-83
		3:21.54	USA (Thiel, Brinker, Tucker, King)	8- 6-89
	50-59	3:51.4	STC (Bryant, Kleinsasser, Puterbaugh, Fitzgd)	6-29-75
		c3:48.6y	WVTC (Springbett, Lingle, Stevens, Bruhner)	7-21-83
		3:35.88	USA (Steffes, Mathis, Adamson, Colbert)	8- 6-89
	60-69	4:28.1y	SDTC (Parks, Christian, Valdivia, Spencer)	8-13-83
		3:58.43	USA (Stevens, Sucher, Law, Greenwood)	8- 6-89
	70-79	4:35.07	USA (Bloomfield, Jordan, Spnnsele, Weinacht)	8- 6-89
	80-89	7:34.9	USA (Lum, Spangler, Hosack, Pitcher)	8-24-85
3200m	40-49	8:11.8	SCS (Montenez, Knocke, Elliot, Cohen)	7- 3-83
		c8:00.2	WVTC (Mason, Franklin, Thomas, Romaine)	7- 7-84
	50-59	9:06.41y	RF (Higden, Bonham, Wilson, Heck)	8-25-85
	60-69	10:52.54	BTC (Siefert, English, Johnson, Taylor)	8- 6-88
		10:09.10	USA (Stewart, Stevenson, Stevens, King)	7-23-89
	70-79	13:33.0	USA (Hills, Espy, Wang, Bigelow)	10- 1-83
sprt med	40-49	3:36.1m	SCS (Knocke, Edens, Smith, Cohen)	8-14-82
	50-59	4:04.1	RTC (Cole, Green, Chernock, Johnson)	6-19-80
	70-79	6:41.4i	HTC (Siringier, Mloten, Hosack, Fike)	1- 9-83
dist med	40-49	10:34.6	BAA (Stevens, Pierce, Frye, Norton)	7-11-90
	50-59	11:49.0	PM (Pratt, Harvey, Sutton, Green)	8- 1-90
4 mile	40-49	18:33.4	WVTC (Richardson, Knebel, Cathcart, Wellick)	9-15-79
		p18:22.6	WVTC (Franklin, Thomas, Barrett, Hampton)	2-21-88
	50-59	20:43.6	NYMC (Bertram, Jones, Kanis, Feld)	6- 9-84
		p20:23.8	NTC (Lamandrie, McConnell, Fuselier, Wimberly)	7-27-85
	60-69	27:29.8i	SC (Kent, More, Deschambault, White)	12-12-81

p = pending
c = relay members include non-US citizens

RF: Runners Forum Racing Team
SC: Syracuse Chargers
OHTC: Ohio Track Club
RTC: Richmond Track Club
FWRC: Fort Worth Running Club
NTC: New Orleans Track Club
BTC: Birmingham Track Club
CDM: Corona Del Mar Track Club
NYPC: New York Pioneer Club
WVTC: West Valley Track Club
SCS: Southern California Striders
PM: Philadelphia Masters
NYMC: New York Masters Club
BAA: BAA Running Club

Masters Age Records 1991 (1992 Edition)

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

NEW!

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1991.
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage and handling (\$5.00 foreign) to:

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

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, 1991. 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 1991 U.S. outdoor track & field. 5-year age-group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00

\$

Masters Age-Graded Tables

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

\$

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of May, 1991.

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

\$

Competition Rules for Athletics (1992)

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

\$

IAAF Scoring Tables (1985)

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

\$

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

\$

Guide to Prize Money Races and Elite Athletes 1992

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

\$

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

\$

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

\$

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

\$



The Masters Running Guide by Hal Higdon

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

\$

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

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

\$

Running Research News

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

\$

Back Issues of National Masters News

Issues: _____, _____, _____ \$2.25.

\$

Postage and handling

\$

Overseas Air Mail (add \$5.00 per book)

\$

TOTAL

\$

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

Name _____

Address _____

City _____ State _____ Zip _____

CLASSIFIEDS

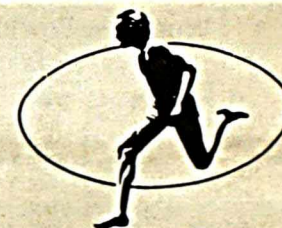
Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2373, Van Nuys, CA 91404.

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

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

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

JULY 5 MINNESOTA MASTERS-SENIORS — Early Morning "r" Track & Field Entry form this issue, Page 9.



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



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.

Johnson Stars in Philly Meet

by PETER TAYLOR

HAVERFORD, PA, March 7 — Joe Johnson, 47, set the standard in the Philadelphia Masters Indoor Invitational by running 6.7 in the 55, 23.6 in the 200, and long jumping 18-8¾. The event, which was held at the Haverford College Alumni Fieldhouse in suburban Philadelphia, featured large fields in many of the contests, including 49 in the 55, 39 in the mile and 33 in the shot put.

Larry Colbert led the M55s with a 7.2 55 and 25.7 200. M70 Ed Matthews turned in an 8.2 55 and a 30.2 200, while Ed Cox topped the M60s (7.4, 55/28.6, 200). Don McNeill trium-

phed in the M35 200 in 23.4.

Louise Clark (W30, 26.8), Marcia Hulse (W35, 27.3), Sharon Osborne (W40, 28.2), and Lorraine Tucker (W45, 28.7) all turned in respectable marks in the 200.

Maryland's Ralph Penn topped 11 other entrants in the M40 400 with a nice 53.1; Larry Colbert bested the M55s, in 57.4. Other noteworthy performances included M30 Mike Pascuzzo (HJ, 6-10), M35 William Wolverton (SP, 14.72), M30 Jerry Dowdy (PV, 14-6), M65 Denver Smith (HJ, 4-4/55H, 9.4/SP, 9.93/TJ, 9.68), W70 Libby Hagemann (SP, 7.29), and W55 Anne Cirulnick (SP, 9.07). □



Joe Johnson winning the M45 100 (11.31), with Clarence Ray, lane 3, second (11.49); Stan Whitley, lane 6, third (11.51); Robb Bong, lane 2, fourth (11.75); and Roger Assink, lane 1, fifth (11.89). TAC/USA National Masters T&F Championships. The 1992 championships will be held in Spokane, Wash., August 13-16. Photo by Jerry Wojcik



Sherri Hall (1) first W40 (17:40) and Janet Jordan second W40 (17:52), Carlsbad 5000, Carlsbad, Calif., March 29. Photo by Richard Lee Slotkin

THE SEVENTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP T&F CHAMPIONSHIPS (SANCTIONED BY NJ TAC) SUNDAY, JULY 5, 1992

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

RUNNING EVENTS		FIELD EVENTS	
5000 METERS	10:00 AM	1500 METER RACE WALK	1:30 PM
110 METER HURDLE	11:00 AM	400 METER DASH	2:15 PM
1 MILE RUN	12:00 PM	800 METERS	2:30 PM
100 METER	1:00 PM	200 METER DASH	3:00 PM
		4X400 RELAY	3:45 PM
30-39 MEN		MEN 50-59	
POLE VAULT	10:00 AM	10:00 AM	10:00 AM
SHOT PUT	10:00 AM	10:45 AM	11:30 AM
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM
LONG JUMP	10:00 AM	11:00 AM	12:00 PM
JAVELIN	11:15 AM	12:15 PM	1:30 PM
DISCUS	12:30 PM	1:30 PM	10:00 AM
TRIPLE JUMP	2:00 PM	2:00 PM	3:00 PM
40-49 MEN		MEN 60+/WOMEN	
10:00 AM	10:00 AM	10:00 AM	10:00 AM
10:45 AM	10:45 AM	11:30 AM	12:30 PM
2:45 PM	2:45 PM	2:15 PM	1:00 PM
10:30 AM	10:30 AM	10:30 AM	10:30 AM
11:00 AM	11:00 AM	12:00 PM	1:00 PM
12:15 PM	12:15 PM	1:30 PM	10:00 AM
1:30 PM	1:30 PM	10:00 AM	11:15 AM
2:00 PM	2:00 PM	3:00 PM	3:00 PM

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

1 MILE RUN	AGES 9-10, 11-12, 13-14, 15-19	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-19	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-19	2:00 PM	MALE & FEMALE
4x400 METER RELAY		3:30 PM	MALE & FEMALE

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

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

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT, AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.

All races will be run as finals. If necessary, sections will be run for sprints.

RULES

SPIKES ALLOWED - 1/4" or less

HURDLE HEIGHTS & IMPLEMENTS - TAC Masters Rules.

ELIGIBILITY - TAC membership required. Available at meet.

FEES - Free to Randolph residents.

Pre-registered - (Received on or before June 30.) \$5 per event.

Received after June 30 - \$5 late fee added to first event.

Relay Teams - \$15 per team.

FALSE START - One false start rule will apply.

ADDITIONAL INFORMATION

Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282

Ken Brinker days 201-540-3860 evenings 201-584-3678

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

TRAVEL ARRANGEMENTS - Call "TRAVEL MASTERS" (201)361-3220 for hotels and travel arrangements.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE

SITE - Randolph High School, Millbrook Road, Randolph, New Jersey

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

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

NAME _____ FRAM _____ M OR F _____ AGE AS OF 7/5 _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
CLUB _____ TAC NO. _____
EVENTS ENTERED _____

MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB

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

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

SIGNATURE _____
Parent/Guardian signature (if competitor is under 18)

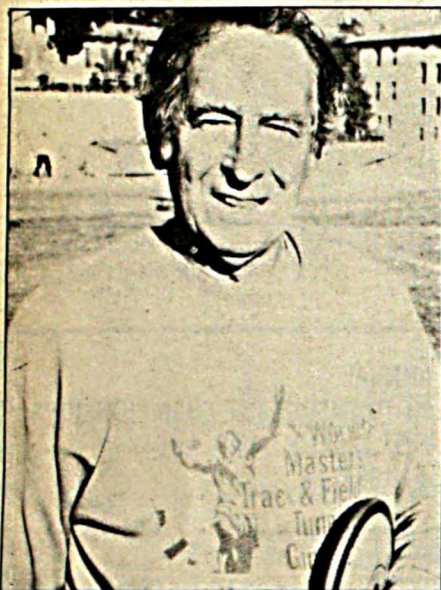
TAC Regional Masters Track & Field Championship Schedule - 1992

Region	Date/Site	Contact
East	TBA	TBA
Southeast	June 6 Atlanta GA	Julia Emmons 404-231-9065
Midwest	August 1 Wauconda IL	Harry Brown 708-526-7686
Mid-America	June 28 Lincoln NE	Gary Bredehoff 402-435-7061
Southwest	June 6 Dallas TX	John Prichett 214-298-2041
West	July 25-26 Hayward CA	Jim Johnson 415-697-1889
Northwest	July 24-25 Portland OR	Jim Puckett 503-667-7354

Suddeth, Malloy Top Masters in Colonial Half-Marathon

by RICK PLATT

Masters winners in the 13th annual Anheuser-Busch Half-Marathon, Williamsburg, Va., on February 23, were Thom Suddeth, 43, Richmond, Va., and Rose Malloy, 43, Annapolis, Md. Suddeth took the M40-and-over



Bob Anderson, M65 guest competitor in the discus, 1991 SCA/TAC Championships, Occidental College, Los Angeles. This year's meet will be held at Occidental, June 20.

Photo by Jerry Wojcik

race with a 1:15:29 over Don Slusser, 40, Monroeville, Pa., 1:16:32, and Larry White, 41, Hampton, Va., 1:16:59.

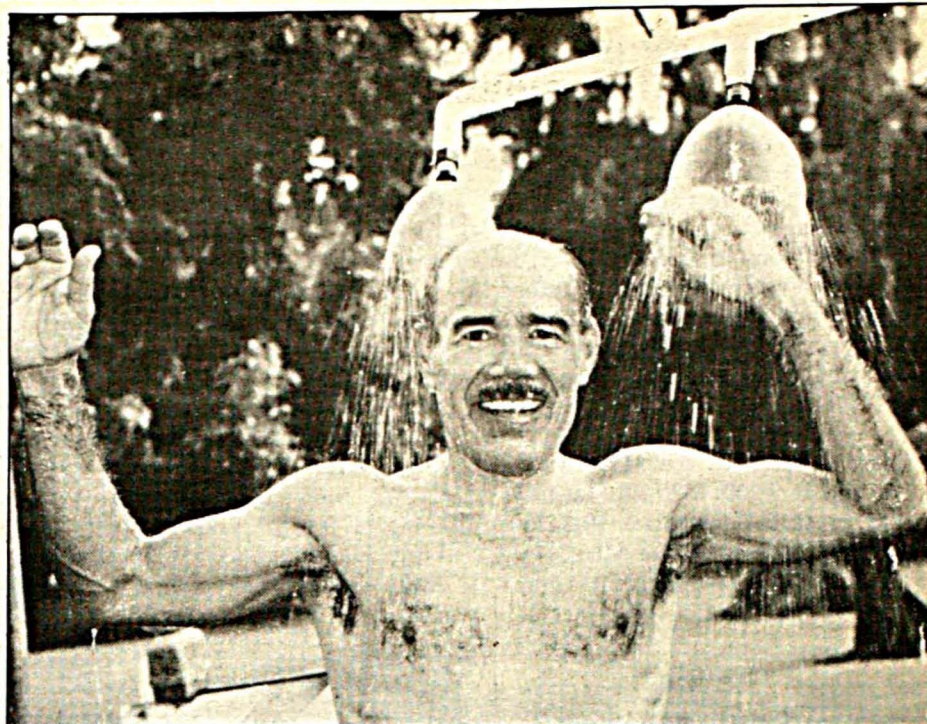
Jack Whitcomb, 55, Williamstown, Pa., set an M55-59 course record with a 1:25:45.

Defending overall women's champion Malloy was sixth woman in 1:23:58. Second and third masters were Joyce Rankin, 44, Vienna, Va., 1:28:44, and Karen Knuepfer, 40, York, Pa., 1:28:53. Malloy's 1991 winning time of 1:19:16 at age 42 is the ninth fastest female time since the race's inception in 1979.

Karen Stronach, 52, Hampton, Va., who, two weeks earlier ran a 1:33:38, finished sixth in 1:34:49.

In a corollary 5K, John Thelin, 44, Williamsburg, Va., was third overall (17:05), and Joy Oakey, Media, Pa., won the W40+ contest in 23:14. Alice Wilson, Colonial Heights, Va., won the W60 race easily with a 26:23.

Entries in both aces were record highs, with 1875 in the long race and 500 in the 5K; finishers numbered 1568 and 420. The weather was overcast, with temperatures in the upper 50s, occasional light drizzle, and less wind than normal along the James River stretch of the Colonial Parkway. □



Albert Rivas cools off after winning the M50 race in a sizzling 1:58:40 in the Bud Light 30K, Honolulu, October 20.
Photo by Tesh Teshima

Breezy Shamrock Romp in Central Park

by MAURY DEAN

Unless your name is Laurie Binder or Bill Rodgers, racing in New York's Central Park can be hazardous to your trophy collection. On March 15, a frantic phalanx of speedsters flew off the launch pad of the Four Leaf Clover Four Mile, doing a dizzying downhill pace until the second mile ushered in the roller coaster we all know semi-fondly. The Ides of March whipped up a few Michigandish winds for a wind chill of plus 6°, and 1400 dedicated runners knew there would be no easy trophies. Those of us who confess to seeking out the tiny secret race know full well that in midtown NYC any county champ is fair game to get skunked on age-group trophies.

The real masters duel-in-the-frozen-sun pitted two of New York's finest masters: Anna Thornhill (51, 26:06) vs. the Comeback Kid, Ann Makoske (46, 26:07) in a photo finish this NMN scribe would have paid to watch.

Winner of the Fifth Avenue Masters Mile, Michael Wilson (46, 22:47) had to settle for fourth in the hotly contested M45 race, since winner Art Hal's (22:01) last birthday cake featured multiples of five candles. Second master, Vincent Caines (44, 22:28) destroyed masters morale with a final quarter mile sprint in the 69-second range.

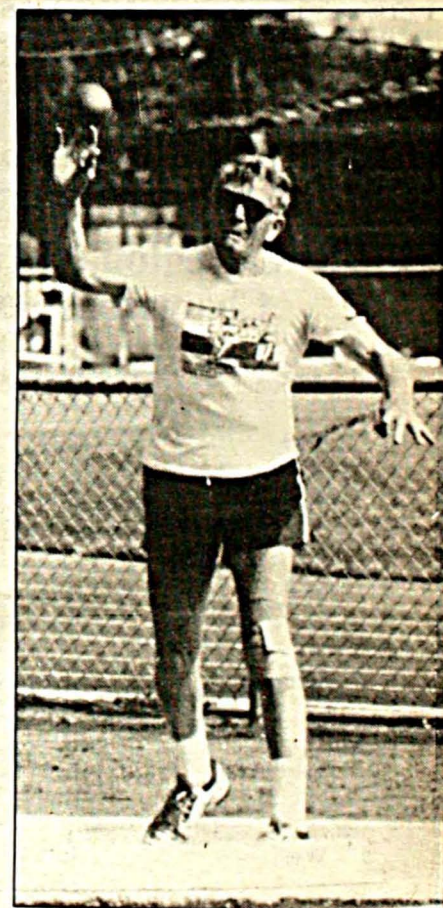
Bill Fortune, 63, ran an unbelievable 25:25, while 55-year-old Alan Fairbrother sizzled the fifties with a ten-second in 24:23 victory over speedy vet Ramon Ruiz, 52. Max Popper, 88, ran a 53:04.

Among other cameo star performers were Mary Rosado (42, 27:57) and ageless Vince Carnevale (75, 31:26), who won the M75+ gold with a gutsy 31:26 on a frigid, gusty day.

Before checking out, Winter 1992 decided to blast us one more time. Not only do we scamper over multitudinous mini-mountains to the faraway finish

line, but then we must jog another mile or so to the hot chocolate and bagels at the Peter Yarrow Auditorium Awards Ceremony. Peter, of the folk group Peter, Paul, and Mary, was a student at the elementary school that hosts the awards.

'Twas the luck o' the Irish that all the missing race results were "Blowin' in the Wind" today, and NMN somehow got them (via a leprechaun) two months before runners will get to see them in the NYRRC magazine. □



Bob Stone, M70, in the shot put, Foothill College Throws Meet, Los Altos, Calif., February 22. The next meet is on May 23.

Photo by Francine Marshall

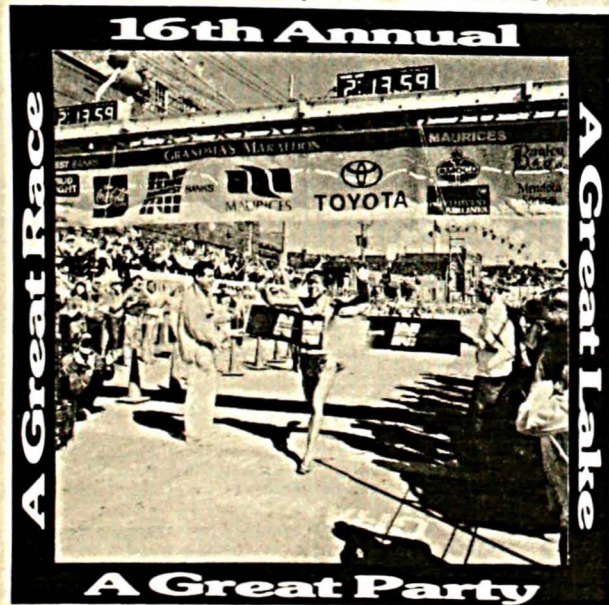
Grandma's Marathon

Duluth, Minnesota

Saturday, June 20th, 1992

7:30 a.m.

Limited to 6,000 Runners



15th Annual Grandma's Marathon Champion Dries Dache (Morocco) crosses the line.

For more information, send a self-addressed, stamped envelope to: Grandma's Marathon, P.O. Box 16234, Duluth, MN 55816
218-727-0947

56 Marks Set in Eastern Indoor Regional Championships

by HAIG BOHIGIAN

Cornell University's Barton Hall was the setting on March 22nd for the 20th annual Eastern indoor regionals. Marred only by a steady snow fall beginning at 11 a.m. and lasting throughout the night, which made the drive home for most a nightmare, 176 athletes showed up to compete. With a crew of 20 TAC-certified officials from 6 regions and 12 volunteers, the meet was always on schedule.

The level of performance was awesome. Forty-two meet records were set (21 men, 20 women, 1 relay) and four meet records were tied. Three world and eight American records were set. Clearly, the best performance was by Pat Peterson, 65, who set 4 meet records (55-9.2, HJ-3-7, 200-35.4, 400-90.7) — last two were also American and world records. Not far behind were performances by Robert "Sparks" Sorlein, 75 and Ed Lukens, 70. Sorlein won all four events he entered and set meet marks in three — 200-35.3, LJ-12-9, TJ-8.37 — the last

two were also American records. Lukens won all three of his events in meet records — 55H-9.8, LJ-15-3½, TJ-9.70 — the last one an American record.

The team title races were dominated by the Syracuse Chargers in every division but the 50-59 which was won by the New York Masters, who also placed second in the overall team title.

This meet came very close to being canceled. It went to fifth contingency and hundreds of phone calls before it was locked in. Without the cooperation of the Finger Lakes Running Club, which gave up their meet on this date to replace it with the Easterns we would have never been able to secure Barton Hall of Cornell University.

We are indebted to John McMurray and Ed Hart for leadership and efforts. To Lou Duesing, Charles Cooke, and especially Bill Szabo of Cornell, whose authorizations and crews transformed Barton Hall from a volleyball and basketball gym the night before to a

fully dedicated track & field facility by 10 a.m. with separate venues for each field event, no amount of thanks is sufficient. To Bill Townsend who arranged for TAC officials from Syracuse; to Emery Fisher who did the same from the Niagara area; to Dave Horne, the starter and his wife Marilyn (high jump), and Cora Parry, clerk of the course; to Evelyn White and Richard Hoebeke, as well as all the other TAC officials and helpers, the athletes are indebted to you for making the meet professionally run.

A special thanks to Pete Taylor who announced and did so many things to make the meet go well. And a very special thanks to my wife and daughter, who despite being ill, made it possible to hold the meet. The meet was to have been run with accutrack but unfortunately the machine could not be repaired — athletes were very understanding. The final figures are not in yet, but the meet lost about \$900. The New York Masters along with Valian Associates have volunteered to make up the difference. □



Pat Dixon, W55, Merritt Island, Fla., on her way to a masters first (21:51), 1991 RRCA 5K, DeLand, Fla. Photo by John Boyle

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



ANTEATERS MASTERS

The Dan Aldrich Memorial Track Meet

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

DATE: May 23, 1992 PLACE: University of California-Irvine

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

Entry Fee: \$9.00 for first event. \$3.00 for each additional event.

Entry Deadline: Postmarked by May 16, 1992. (Late entry add \$2.00 per athlete.)

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

Submasters	30 - 34	Division IIA	30 - 34	Division IVA	70 - 74
Submasters	35 - 39	Division IIB	35 - 39	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
11:30 400 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 & V
12:00 Javelin - Div III, IV & V
1:00 Shot Put - 30-39, Div I&II
2:00 Discus - Div III, IV & V
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 & V
2:00 Triple Jump - 30-39, Div I&II
3:00 Triple Jump - Div III, IV & V

Awards: First three places in each event.

TO ENTER - Complete and return the following:

Athletic Release: In consideration of my entry fee, I do, hereby for myself and heirs, and administrators wave 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 5/23/92) _____ 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, 305 Begonia Ave., Corona del Mar, CA 92625. (714)673-2025.

Rose Has World Best in 8K Championships

by JERRY WOJCIK

England's Nick Rose, who joined the masters ranks in late December, smashed his world best mark of 23:31, set in February's USRA Masters Championships 8K in Orlando, with a 23:12 in the Shamrock Sportsfest, which hosted The Athletics Congress National Masters 8K Championships as a separate race in Virginia Beach, Va., on March 21. Rose won \$800 first masters money.

Defending titlist John Campbell, 43,

of New Zealand stayed with Rose for the first two miles but faded to a 23:45.

The first U.S. runner was Doug Kurtis, another new M40+ from Northville, Mich., third in 24:28. The next U.S. runners were Bill Rodgers, 44, Sherborn, Mass., in 25:10, and Rick Katz, 43, Boulder, Colo., in 25:57.

Laurie Binder, 44, of Oakland, Calif., narrowly missed a U.S. masters record by four seconds with a W40+ course record of 27:42, worth \$800. Nancy Grayson, 41, Columbia, S.C., finished second (28:08), and Barbara Filutze, 45, Erie, Pa., third (28:26).

Other division winners included Dick Ruzicka (55, 29:02), St. Petersburg, Fla.; Dudley Healy (77, 40:38), Chatham, N.J.; and Susie Kluttz (55, 33:46), Winston-Salem, N.C.

Top masters in the marathon portion of the 20th annual Sportsfest were Sadot Mendez (40, 2:33:25), and Jeanne Bowers (42, 3:15:35), both of Virginia.

The masters 8K drew 747 runners. The marathon had 1195 registrants; an open 8K, 709; and a 5K walk, 632. Race time temperature was 47° with the wind at 5mph.

Jerry and Lori Bocrie of Virginia Beach were the event directors. □

Heart Attack.
Fight it with a
Memorial gift to
the American
Heart Association.

THE AMERICAN HEART
ASSOCIATION
MEMORIAL PROGRAM



WE'RE FIGHTING FOR YOUR LIFE

American Heart Association

This space provided as a public service.



1992 Southern California Association Masters Track and Field District Championships and Pentathlon

Schedule of Events

Tentative Pentathlon Schedule:

11:30 am LJ
12:30 pm JT
1:20 pm 200m
2:00 pm DT
3:00 pm 1500m

Field:
1:00 pm HT, PV, JT
1:30 pm LJ
2:00 pm SP
2:30 pm HJ, TJ
3:00 pm DT

Track:
1:00 pm HH
1:30 pm 5 K walk
2:30 pm 300/400m IH
3:15 pm 100m
4:15 pm 800m
4:45 pm 200m
5:25 pm 1500m
5:50 pm 400m
6:20 pm 5 K run

Occidental College

1600 Campus Road, Los Angeles, CA - Patterson Field

June 20, 1992

Divisions: 5 year divs. for men and women, age 30 and above.
Entry Fee: \$10.00 per event, Pent. \$20.00 - Sorry, No Refunds.
Entry Deadlines: All entries must be postmarked by June 13, 1992. Late entry is \$15.00 for first event on space available basis only. Please enter early!

Miscellaneous: Competition order - oldest to youngest, women first, (except HJ & PV which start at lowest height).

TAC Registration Required.

SCATAC District Championship Medals to top 3 residents, there will also be medals for non-residents who finish in the top three places.

Surface: Identical to L.A. Coliseum - 9 mm elements required for track, LJ, TJ, PV, HJ. 12 mm required for JT.

Send check and entry form to:

Christel Miller, 1740 Grandview, Glendale, CA 91201
Telephone: (818) 843-2139 (until 9 p.m.)
Please make check payable to: Christel Miller
Co-Sponsor: Corona del Mar Track Club

Southern California Association Masters Track and Field Championships

Name: _____ Birthdate: _____
Address: _____ Male _____ Female _____ Age: _____
Phone: _____ TAC # _____

EVENTS	BEST '91/'92 MARK	ENTRY FEE	Club Affiliation:
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

Total Fee: _____

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 or at this event. I declare that I am in sufficiently good health to participate in this event.

Signed: _____ Date: _____

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 advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Master News* is only \$24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

USA rates:

☐ 6 months \$13
☐ 1 Year \$24
☐ 2 Years \$45
☐ 3 Years \$65

1st Class rates:

(USA, Canada, Mexico)
☐ 1 Year \$39
☐ 2 years \$75
☐ 3 years \$110

Foreign rates:

(Air mail)

☐ 1 year \$43
☐ 2 years \$83
☐ 3 years \$122

☐ Payment enclosed

☐ Bill me later

☐ \$_____ as a contribution to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

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

(Canadian checks accepted; add 15% to cover exchange. Please notify us of address changes four weeks in advance.) CZZMN

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 SCENE

NATIONAL

• Slated to run the masters mile in the New York Relays on May 24 are Ken Popejoy, Larry Alberg, Wilson Waigwa, Charles McMullen, Dave Stewart, Nolan Smith, and New Zealand's Rod Dixon, who will be making his U.S. debut as a masters runner. New masters Dave Patterson and Paul Mascoli may also compete.

EAST

• Jim Walsh (16:49) ran the second-fastest M40+ time ever in the challenging Avenue's Pub 5K, Rocky Point, NY, March 8. The spring season kick-off race on Long Island featured its usual super duels, with ten seconds separating the battle for M40+ second, taken by Craig Stewart (17:17) Joe Cordero, in his second race of the weekend, won the M50 contest (18:29) from Frank Faber (18:57). Judy Carroll (21:31) overwhelmed a strong W40+ field once again.

• Dan Brach (41, 26:34) and Ann Davies (45, 32:30) were masters firsts in the NYRR Al Gordon 5 Miler, Central Park, March 8. John McManus (68, 33:57) won the M65 race. Toshiko d'Elia (62, 36:40) took the W60-69 contest.

• Hector Vargas (45, 1:17:40) and Ann Makoske (46, 1:35:57) hastened to 40+ firsts in the NYRR Brooklyn Half-Marathon, Prospect Park, NYC, March 1. Joseph Burns, 63, and Erik Kaymin, 61, staged the best division race, with Burns winning by four seconds in 1:34:35. Lisa Praskins, 51, was second W40+ (1:38:14).

• Judith Bugyi, 45, State College, PA, was first woman overall (3:14:33) in the George Washington's Birthday Marathon, Greenbelt, MD, February 16. Don Rich, 46, Allison Park, PA, took M40+ honors (2:50:01).

• First W40+ Annette Frisch (50, 21:50) and Lance Hugelmeyer (52, 17:21) ran the premier masters races of the day in the Nancy Waters Memorial 5K, Seaford, NY, March 21. The M40 race was a whisker finish — Rich Langsam's 17:58 to Phil Roth's 17:59. Maury Dean, M45, was first M40+ (17:16). Marilyn Langer (W40, 22:25) and 55-year-old Nancy Fraser (24:17) ran strong races.

• Stephen Browne (43, 2:00:25) and Anna Thornhill (51, 2:20:54) posted masters firsts in the NYRR Mike Hanson 20 Mile, Central Park, March 29. Jay Sturdevant, 61, won the M60 race with a nifty 2:13:37. In the companion Mike Hanson 4 Mile, Rick Pieschel (40, 21:32) and Ann Makoske (46, 26:11) shored 40+ honors. Vince Carnevale (75, 32:28) and Lisa Praskins (57, 28:09) garnered age-group victories.

• Pierre Levisse, 40, of France, who's training in Colorado, won \$1000 and masters honors in the Sallie Mae 10K (formerly Nike Cherry Blossom) in Washington, D.C., April 12, with a time of 29:33, well under Ken Hamilton's masters course record 30:12 in 1990. Levisse, who's training in Boulder, CO, was seventh overall. He had won the International Veterans 8K in Boston in March. Kurt Hurst, 40, of Switzerland, took second (\$400), while Colombia's Domingo Tibaduiza (living in Reno) completed a foreign sweep in 30:28 (\$300). England's Priscilla Welch, 47 (also training in Boulder) was first female and eighth woman in 34:38, breaking Nancy Grayson's 1991 CR of 35:32. Welch won \$850. Grayson, 41, of SC, took second in 34:56 (\$400), with Barbara Filutze, 45, third in 35:57 (\$300).

SOUTHEAST

• New Hampshire's Boo Morcom, 70, broke the pole vault WR (9-9 1/4, Carol Johnston, 1988) with a 9-10 1/4 at the Virginia State Masters Indoor Championships, Lexington, March 7. Leonore McDaniels, 64, Virginia Beach, VA, erased her own long jump WR

(11-7 1/4, 1991) with a 12-2.

• Bob Fine, 60, was first overall (27:51) in the Florida Pride 5K Walk, Boca Raton, February 16. Sheila Reed, 48, was first W40+ (33:08).

• Pierre Levisse, 40, of France/Colorado tied the 40+ world best of 29:00 by John Campbell of New Zealand in the Azalea Trail 10K, Mobile, AL, March 28, for a tenth place \$1500. Nick Rose, another new M40+, of England was a distant second (29:32), with Manuel Vera of Mexico, third (29:37), and Campbell, now 43, fourth (31:03). Priscilla Welch, 47, of England/Colorado was 11th woman in 34:34 for \$1000. Nancy Grayson of South Carolina took the second prize of \$500 (35:05).

WEST

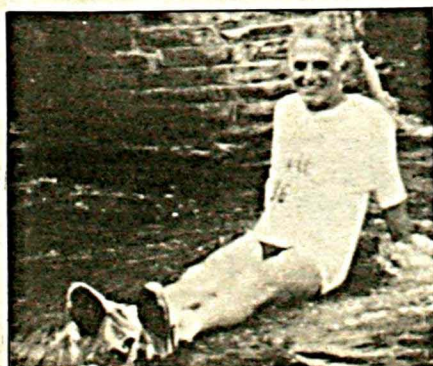
• Sprint world-record holder Payton Jordan, Los Altos, CA, writes: "I'm looking forward to another season with all the fellow tracksters and sharing the good competitions with all. As I hit that 75-year milestone this year, I have thought this will be my last competitive season and plan to hang up the spikes with the Nationals at Spokane. It has been great fun, and I will always treasure the wonderful friendships and memorable races."

• Sharlet Gilbert, 40 was first woman (50:15) overall in the Brickyard 8.4 Mile, Martinez, CA, February 29. First M40+ Sal Vasquez, 52, was third (45:22). Mel Shine (82, 84:49) and Kit Pickles (66, 76:39) took oldest participant awards.

• Domingo Tibaduiza (42, 30:15) and Laurie Binder (44, 35:04) flew to 40+ victories in the Mercury News 10K, San Jose, CA, March 8. Other division winners were M50-59 Vasquez (33:27); M60+ Ephraim Romesberg (41:20); W50-59 Shirley Matson (38:28); and W60+ Joy Johnson (51:02).

• Ultra-distance specialist Sandra Kiddy, 55, Bishop, CA, was first W40+ (3:20:23) in the Tucson Marathon, January 19. Terry McLuskey, 43, Brookfield, OH, was fourth (2:44:01) of 162m. Verne Carlson, 59, Boulder, CO, won the M55 race in 3:02:23.

• The Foothill College Throws Series meets are suffering from a lack of throwers, according to meet organizer Gary Kelmenson, M40 thrower and throws coach at the Los Altos, CA, college, which boasts a new, IAAF-approved hammer and discus cage, one of the few in N. California. College administrators may disallow hammer throwing because of the holes in the field, which is used for other sports, claiming that the sparse turnout of athletes for the meets does not merit the field's use. Kelmenson says that the facilities, including a new shot ring, would be an excellent site for a future TAC National Masters Weight Pentathlon Championships bid, but it won't be available if the hammer is banned. Scheduled meets are on May 23, July 18, and August 8 (a week before the Nationals in Spokane). Call Kelmenson at



Charlie Sabatine, 57, of Victor, N.Y., celebrates his 6:10:53 in Ed's Ultra 27 Mile Trail, Ithaca, N.Y., by cooling off in the waters of Robert Treman Park, May 12. Photo by Peter Rath

405/479-0202 for more meet info.

• John Damski, the No. 1 U.S. M75 high jumper (1.22) and triple jumper (7.72) in 1991, has been awarded Honorary Citizenship of the State of Israel. Damski, who lives in Van Nuys, CA, was the featured speaker April 26 at a Commemoration of the Holocaust in Palm Springs, Calif. Tsurriel Raphael, Deputy General of the Consulate General of Israel, told Damski: "This Citizenship is given in recognition of your rescue of many Jews during the horrors of the Holocaust. By saving so many lives at the risk of your own, you deserve our everlasting esteem and deep appreciation."

• Hugh Adams may stage a meet in Fresno, CA on June 27 with cash prizes instead of medals for the first three placers in each event. Contact Adams at 71 N. Cindy, Clovis CA 93612.

• Fred Karlin of Montecito, CA has been idle from masters sprinting for nearly three years, but is "back to gentle jogging." He's been busy scoring the music to three 1991 films: "The Last Prostitute" with Sonia Braga, "Survive the Savage Sea" with Ali MacGraw and Robert Urich, and "The Secret" with Kirk Douglas. He's completing his second book on film music and playing jazz trumpet every Sunday night at the local Red Lion.

NORTHWEST

• Manuel White, 75, Helena, MT, a retired thoracic surgeon, who has been competing in masters t&f for the past five years and has a pending M75-79 javelin WR (135-4), has obtained, with the encouragement of Mike



Payton Jordan, 75, streaks across the finish line with a 13.68 100 (wind-aided), Fresno Relays, Fresno, Calif., April 3-4. Photo by Scott Randle

Carignan, TAC Montana Masters T&F Chairman, local sponsorship to assure, White hopes, an annual masters meet in Helena. This year's meet is set for July 11. □

ASSOCIATION FOR INTERNATIONAL CULTURAL EXCHANGE PROGRAMS



A VIP INVITATION IS EXTENDED TO
MASTER RUNNERS...RACE WALKERS &
ALL AMERICAN FITNESS ENTHUSIASTS

to join

Team U.S.A.

FOR

**The Historic 1st
WORLD FITNESS FEDERATION FESTIVAL**
Seville, Spain...site of 1992 World's Fair

EXP 92

Participate in competitive and/or non-competitive fitness events

FOR FITNESS ENTHUSIASTS OF ALL AGES

Running...10K...5K, Walking...5K race...10K sit walk, Aerobic Dance
Singles, pairs, mixed pairs, team & mass sit & fun dance exhibition
Fitness Decathlon Events...12-minute run, sit-ups, push-ups, flexibility, percentage body fat,
grip strength, pull-ups, vertical jump, fitness questionnaire & 50-yard dash
plus seminars & practical sessions with fitness & sports medicine experts

TOUR

1992 WORLD'S FAIR

THE EVENT OF THE CENTURY...THE GREATEST FIESTA THE WORLD HAS EVER KNOWN

Enjoy Seville...Madrid, '92 Cultural Capital of Europe...

Mediterranean Sea Resort Cities...Malaga, Torremolinos, Tarifa...

Cruise to Morocco...Visit exotic Tetouan & Tangier...& more

Organized on a non-profit all-inclusive basis

Return air & local transportation, accommodations, meals...

fitness & sports medicine seminars...

SPECTACULAR SIGHTSEEING, CULTURAL & SOCIAL PROGRAM

Regular Stay Program...August 5th-12th ... \$2475

Comprehensive Program...August 5th-14th...\$2875

Extended Stay Program...August 7th-19th ... \$3275

...Other dates available for groups upon request...recruit a group & travel free

Organized by:

ASSOCIATION FOR INTERNATIONAL CULTURAL EXCHANGE PROGRAMS

In cooperation with the World Fitness Federation,
United States Association of Independent Gymnastic Clubs
and National Masters News

REGISTRATION LIMITED

Call/fax/write today to:

Ms. Elizabeth Morris

Fitness Tour Co-ordinator

WORLD FITNESS FEDERATION

10 Carvin, Suite 33, Kirkland, Quebec H9H 4S1

Phone: (514) 897-3735 Fax: (514) 897-0828

PLEASE POST

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

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

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

September 5. TAC/USA National Masters Weight Pentathlon Championships, Seattle, Wash. Seattle Masters AC, Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-4219(d); 938-3895(e).
October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

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

May 3. MAC N.Y. Relays Meet, Downing Stadium, Randalls Island, New York. SASE to Roslyn Katz, 17011 65th Ave., Flushing, NY 11365. 718/358-6223.

June 5-6. Connecticut Senior Olympics, Fairfield H.S., Bridgeport. 55+. Will Berger, U. of Bridgeport, Wheeler Rec. Center, Bridgeport, CO 06601. 203/576-4242.

June 7. MAC Outdoor Championships, Downing Stadium, Randalls Island, New York. SASE to Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

June 12-14. New Jersey Senior Games, Lawrenceville. 55+. NJ Governor's Council on Fitness & Sports, Trenton, NJ 08625. 609/633-7400.

June 27. Phila. Masters Meet, St. Joseph's U. Flat track events, LJ, TJ. Triathlon (100m, LJ, 200m). Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

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

June 28. Three Rivers TAC Championships, Carnegie-Mellon U., Pittsburgh. Andrew McNeill, 412/322-9392. Masters & Open.

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

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

July 25. Phila. Masters Meet, LaSalle U. Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

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

August 30. Don Harris Memorial Meet, Ardmore, Pa. Pete Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

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

SOUTHEAST

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

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

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

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

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

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

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

June 6. TAC Southeast Regional Masters Championships, Atlanta, Ga. Entries by May 29. Atlanta TC, 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

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

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

June 28. Commonwealth Games of Virginia, Salem H.S., Roanoke. James Bradley, meet director, 703/644-0726; 323-3196. Residents only.

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

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

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

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

October 10. Nashville TC Open & Masters Meet, Vanderbilt U., Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

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

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

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

July 11. Illinois Masters Meet, Libertyville HS, Libertyville, Ill. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048.

June 20. TAC Midwest Masters Meet, Byron, Ill. Byron Park District, Tower Rd., Byron, IL 61010. 815/234-8435 or Harry Brown, 708/526-7686.

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

August 1. TAC Midwest Regional Masters Championships, Wauconda, Ill. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/526-7686.

MID-AMERICA

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

May 24. St. Louis Senior Olympics, 55+. Nancy Weigley, # Millstone Campus, St. Louis, MO 63146.

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

June 7. Blue River Valley Meet, Jay Haggard, Recr. Director 209 N. Eighth, Marysville, KS 66508. 913/562-5331.

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

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

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

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 27-30. Texas Senior Games, U. of Texas-Arlington. 55+. Kelly Arceneaux, Arlington, TX 76094. 817/572-6978.

May 30-31. Ponca City Meet, Ponca City H.S. Multi-events meet on 31st. Ponca City TC, 1124 S. 9th St., Ponca City, OK 74601.

June 6. TAC Southwest Regional Masters Championships, SMU, Dallas, Texas. John L. Pritchett, 2206 So. Harwood St., Dallas,

ON TAP FOR MAY

TRACK AND FIELD

The three-day Southeastern Masters meet in North Carolina opens on the 1st. California boasts two meets on the 3rd at Long Beach and Los Gatos.

Florida hosts meets in Jacksonville on the 9th and Orlando on the 16th.

On the 23rd, meet locales range from Irvine, Calif., to Pullman, Wash., and Birmingham, Ala. Clearwater, Fla., offers a Memorial Day meet.

The two-day Tennessee Masters Championships start on the 29th. The Bruce Jenner Meet in San Jose, Calif., has masters invitational events on the 30th. The month closes with the New Jersey TAC Championships in Long Branch on the 31st.

LONG DISTANCE RUNNING

The National Masters 10K Championships on the 17th in Kansas City, Mo., is the main event.

On the 3rd, major races include marathons at Pittsburgh, Lincoln, Nebr., Buffalo, and Long Island, and the massive Lilac Bloomsday 12K in Spokane.

The Old Kent River 25K in Michigan is set for the 9th, followed by the Nike Women's 8K in D.C.

The earthshaking Bay To Breakers 12K in San Francisco and the Revco-Cleveland Marathon are scheduled for the 17th.

Elby's Big Boy 20K goes off in West Virginia on the 23rd. Memorial Day holds the Cotton Row 10K in Huntsville, Ala.; the Bolder Boulder 10K in Colorado; and the 15th annual Pacific Sun 10K (PA/TAC Masters Championships) in Kentfield, Calif.

The RRCA National Convention starts on the 28th in Milwaukee.

RACEWALKING

Activity includes races in Plantation, Fla., Raleigh, N.C., and NYC, plus a training camp starting on the 21st in Colorado. Many of the month's road races also offer walk categories. □

TX 75215. 214/298-2041.

July 24-25. TAC Southern Association Masters Track and Field Championships including weight pentathlon. East Ascension H.S., Gonzales, La. S.A.S.E. to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

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

Continued on next page

Continued from previous page

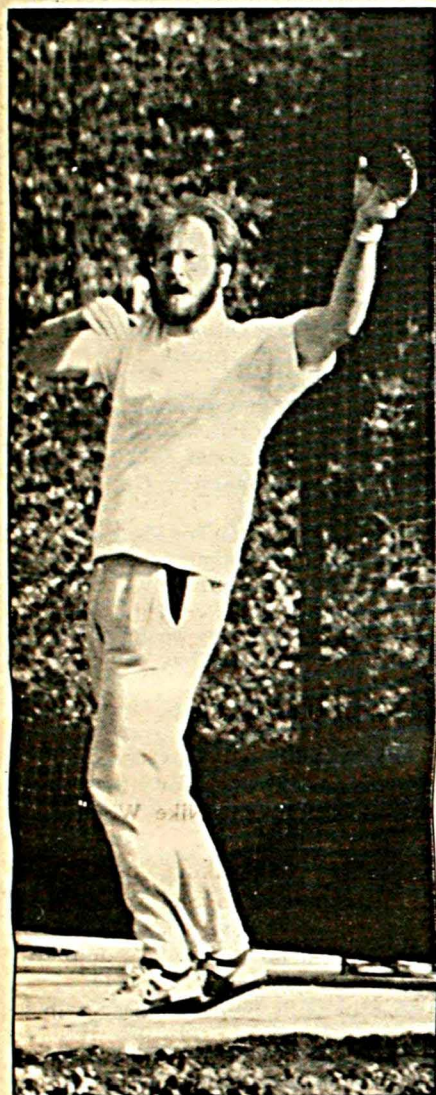
WEST

Arizona, California, Hawaii, Nevada

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

May 3. West Valley, No Cal, Tamalpa Tri-Meet, Los Gatos H.S., Ed Seese, 510/523-8618.

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



Eric Hodgdon, M30, releases the 56-lb. weight, Foothill College Throws Meet, Los Altos, Calif., February 22. The next meet is on May 23. Photo by Francine Marshall

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

May 23-24. U.S. Olympic Development Invitational, site TBA. Marv Thompson, 213/666-7341.

June 6. San Diego Senior Sports Festival, Balboa Stadium. 50+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

May 30. Bruce Jenner Meet, San Jose City College. 100m for M60+, M70+, women. 200m M50+. 400m 40+. 1500m M40+. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030. 408/354-7333.

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

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

July 12. Trojan Masters Meet, USC, Los Angeles, Calif. Russ Reabold, 1125 Stim-

son Ave., La Puente, CA 91744. 818/917-6289.

July 18. River City Summer Relays, Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

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

August 1. River City Summer Relays, Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

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

October 3. Club West Masters Meet, Santa Barbara Comm. College, Calif. Lloyd Albright, P.O. Box 1079, Goleta, CA 93116. 805/682-9540.

October 20-23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 1355 So. Foothill Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

NORTHWEST

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

May 23. Inland Empire Masters Classic, Washington St. University, Jeff Schaller, SW 435 State St., Pullman, WA 99163. 509/332-3748.

May 23. Silverton Senior Olympics. 55+. Amy Castle, Silverton RC, Box 883, Silverton, OR 97381. 503/837-8755; 873-2818.

June 4, 18, 25. Alaska TAC All-Comers, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

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

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

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

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

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

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

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

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

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

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

CANADA

July 18-20. Canadian Masters AA Championships, Regina, Saskatchewan. (In conjunction with Canadian Masters Summer Sports Festival). M&W35+. Non-Championships for M&W30+. Jim Langen, 744 Dalgliesh Dr., Regina, Saskatchewan, S4R, 6G2.

INTERNATIONAL

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

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

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

July 11-12. Russian National Championships, Moscow. M/W 30+. Vadim Marshhev, Fax: 095-572-6952. Or Sports Travel International, Phone: 619/225-9555; Fax: 619/225-9562.

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

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

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

August 19-23. WAVA North American Regional Championships, Jalapa, Vera Cruz, Mexico. Entry form in April Issue. Sports Travel, 619/225-9555; Northwest Mgmt, 503/687-1989; Diana Schneider, 212/391-5611.

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

October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685,

Santiago, Chile. 621-1417. Fax: 0 11 56 2 669 5006.

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

LONG DISTANCE RUNNING NATIONAL

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

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

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

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

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

November 8. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-547.

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

November 21. TAC/USA National Masters 8K Cross-Country Championships, Boston,

Continued on next page

MASTERS MIDWEST OUTDOOR TRACK & FIELD CHAMPIONSHIP

WEST VIRGINIA



Marshall University
Saturday, August 1st

1992

Huntington,
West Virginia

ENTRY FORM MASTERS MIDWEST OUTDOOR TRACK & FIELD MEET

Name _____ Age _____ Birthdate _____ M _____ F _____

Address _____ City _____ State _____ Zip _____

TAC card # _____ OR _____ Fee enclosed \$7.00 Wa Assoc. \$12 other assoc. \$ _____

Circle the events you are entering:

Field events: PV HJ SP D Ham Wts LJ TJ Jav _____ T-shirt size _____ S M L EL 2X

Track events: 100m 200m 400m 800m 1500m 3000m 5000m _____

5000m RW. HH 180m. 100m. 110m. 1H (300m. 400m)

Fee \$7.00 for 1st event. \$5.00 for each additional event! \$ _____ Total amount \$ _____

Mail entry & fees by July 18, 1992 to:

David Stooke, 119 Cheyenne Trail, Ona, WV 25545

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

Signature: _____ Date _____

Continued from previous page

Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.
November 29. TAC/USA National Masters 15K Cross-Country Championships, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.
December 6. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

EAST

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

May 2. Alamo Alumni Run 5 Mile, Central Park, NYC, 212/860-4455.
May 3. Newsday Long Island Marathon/Half-Marathon. Patti Kemler, Sports Unit/Nassau County Rec. & Parks, Eisenhower Park, East Meadow, NY 11554. 516/542-4439.
May 3. City of Pittsburgh Marathon/10K, 1001 Law & Finance Bldg., 4th Ave., Pittsburgh, PA 15219. 412/765-3773.
May 3. Buffalo Marathon. Marathon, Box RUN, 800 Delaware Ave., Buffalo, NY 14209. 716/837-7223.
May 3. Central Massachusetts Health Classic 10 Mile/5K. Nick Kanaracus, 821 Pleasant St., Worcester, MA 01602. 508/754-8304.
May 3. Broad Street 10 Mile. Dept. of Recr., CASE Bldg., Belmont & So. Concourse Dr., Philadelphia, PA 19131. 215/685-0150.
May 9. Hagerstown Suns 10K. Masters money. Hagerstown Suns, POB 230, Hagerstown, MD 21741. 301/791-6266.
May 9. Hoboken 5 Mile. Ed Dunphy, Hoboken Run, St. Joseph School, 73 Jackson St., Hoboken, NJ 07030. 210/792-1590.
May 10. Nike Women's 8K, Washington, D.C. SASE to: Nike Women's Race, Box

20090, Alexandria, VA 22320. 703/780-3037. Deadline May 4, or 4000 entrants.
May 16. NYRRC You Gotta Have Park 5K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.
May 24. Vermont City Marathon. VCM, Box 152, Burlington, VT 05402. 800/642-5154.
May 24. Constellation 10K, Les Kinion, Box 11394, Baltimore, MD 21239. 301/882-5455.

May 25. Ridgewood 10K/5K/Masters Mile. SASE to: North Jersey Masters, POB 56, Ridgewood, NJ 07450.
May 30. NYRRC ADVIL Mini Marathon 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.
May 30. Great Cape May 10K, Cape May, N.J. 609/884-5508.
June 6. Freehofer's Run For Women, Albany, N.Y. 1st-\$1000/ 2nd \$500/3rd-\$300/4th & 5th-100 each. Friehofer's RFW, 233 Fourth St., Troy, NY 12180. George Regan, 518-273-0267.
June 6. Yellow Brick Road 8K, Chittenden, N.Y. 315/687-3471.
June 7. Clarkstown Spring Sprint 10K, West Nyack, N.Y. 914/634-3437.
June 7. Bel Air Town 5K. Alan Dean, 1352 Southwell Lane, Bel Air, MD 21014. 301/879-6410.
June 13. Shelter Island 10K. Cristine Clarke, P.O. Box 266, Shelter Island, NY 11964. 516/749-7867.
June 14. Litchfield Hills 7+ Mile. Rick Evangelisti, Box 1428, Litchfield, CT 06759. 203/567-8470.
June 20. Vestal XX (20K), Vestal, N.Y. 607/797-9215.

SOUTHEAST

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

May 2. Elizabeth River 10K (RRCA National Championships). David Harrison,

Tidewater Striders, 1349 Pamlico Blvd., Chesapeake, VA 23320. 804/482-5932.
May 2. Fiesta 10K/5K. Fiesta of Five Flags, P.O. Box 1943, Pensacola, FL 32589-1943. 904/433-6512.
May 2. Mug Run 5K, Palatka, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/325-8139.
May 2. Apple Blossom 10K, Kathy Smart, Downtown AC, 304 S. Loudoun St., Winchester, VA 22601. 703/667-0904.
May 9. City of Knoxville 10K, Knoxville, Tenn. 615/673-8020.
May 25. Cotton Row 10K, John Dennison, 14019 Coy's Dr., Huntsville, AL 35803. 205/881-5807.
July 4. Peachtree 10K. SASE to: Peachtree Run, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305.

MIDWEST

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

May 3. May 5 Mile, Sharon Kesney, Central Ohio Lung Assn., 4627 Executive Dr., Columbus, OH 43320. 614/457-4570 or 800/592-8563 (Ohio only).
May 9. Old Kent River Run 25K. Stuart Gillette, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.
May 9. Arts Fest River Run 12K, Henderson, Ky. Patrick Shoulders, Box 916, Evansville, IN 47706. 812/424-7575.
May 17. Revco-Cleveland Marathon & 10K, Chris Tatreau, 1925 Enterprise Pkwy., Twinsburg, OH 44087. 216/425-9811.
May 22. (Fri). 500 Festival Half-Marathon, Indianapolis. 317/636-4556.
May 23. Elby's Big Boy 20K, Wheeling. Hugh Stubbs, P.O. Box 1046, Wheeling, WV 26003. 304/243-3880.
May 23. Dexter-Ann Arbor Half-Marathon. Peter Brown, 312 Wilton, Ann Arbor, MI 48103. 313/665-4444.
May 23. Tulip Time 20K/5K. Steve Webster, Tulip City Striders, 268 E. 8th St., Holland, MI 49423. 616/396-7961.
May 24. The Great Race Half-Marathon/10K/Jim Ryun Mile. 421 S. 2nd St., Elkhart, IN 46516. 219/294-1661.
May 24. Toledo 11 River Run 10K. John Cottingham, WTOL-TV, 730 N. Summit St., Toledo, OH 43604. 419/248-1140.
May 25. The Great 10K/Half-Marathon, Elkhart, Ind. Bill Rodgers 10K Masters. Ron Schumanske, P.O. Box 487, Elkhart, IN 46515. 219/294-1661. x262, x204.
May 31. Milwaukee's Great 8K (RRCA National Championships). Badgerland Striders, 2111 N. Prospect Ave., Milwaukee, WI 53202. 414/273-7223.
June 11. (Thurs). Detroit Grand Prix 5K, Detroit, Mich. Ed Koxloff, Motor City Striders, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.
June 20. Steamboat 4 mile/15K. Joy Kessler, Steamboat 4 Mile, 101 N.E. Roanoke, Peoria, IL 309/688-7313.

MID-AMERICA

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

May 3. Lincoln Marathon, Nancy Sutton. 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.
May 10. Rotary Run 5K. Patrick McAnany, Johnson Country Rotary Club, 15320 Midland Dr., Shawnee, KS 66217. 913/631-5440.
May 25. Bolder Boulder 10K. Bill Reef, Bolder Boulder, 3285 30th St., Suite 105, Boulder, CO 80301. 303/444-7223.
May 31. Hospital Half-Marathon. Rich Ayers, Crown Center, 2405 Grand Ave. Ste 200, Kansas City, MO 64108. 816/274-3196.
June 7. Steamboat Marathon/10K. Steamboat Springs Chamber-RT, P.O. Box 77408, Steamboat Springs, CO 80477. 303/879-0880.

June 13. Dam To Dam 20K, Des Moines, Iowa. \$900 to masters. Dam To Dam, 1603 22nd St., Suite 107, W. Des Moines, IA 50265. Bill Wallace, Race Director, 515/243-3208(3); 279-6072(n).

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 9. Gumtree 10K. Masters money. Application: Bank of Mississippi, Gumtree Run, P.O. Drawer 789, Tupelo, MS 38802. Information: Johnny Dye, 1007 Chester Ave., Tupelo, MS 38801. 601/842-6859(d); 842-2038(n).
May 31. Santa Rosa Children's Hospital 5K. Elizabeth Whitley, Santa Rosa Hosp., 519 W. Houston, San Antonio, TX 78207. 512/228-2734.

WEST

Arizona, California, Hawaii, Nevada

May 3. Avenue Of The Giants Marathon, Weott, Calif. Gay Gilchrist, Six Rivers RC, P.O. Box 214, Arcata, CA 95521. 707/443-1226.
May 9. Southern California Dipsea 7.1 Mile, Huntington Beach, Calif. SASE to: Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.
May 16. Burbank Run For The Hungry 5K. Mickey Depalo, Burbank Park & Rec., Box 5459, Burbank, CA 91510. 818/953-9506.
May 17. Examiner Bay To Breakers 12K, Bay To Breakers, Box 7260, San Francisco, CA 94120. 415/777-7773.
May 25. 15th Annual Pacific Sun 10K & 2.5 Mile, College of Marin, Kentfield, Calif. PA/TAC Open & Masters Championships. Pacific Sun, c/o Total Race Systems, 80 Mitchell Blvd., San Rafael, CA 94903-2028. 415/472-RACE.
June 13. Palos Verdes Marathon. George Owens, P.O. Box 153, Palos Verdes, CA 90274. 213/377-3419.
June 20. Fujitsu 8K, David Grenier, Fujitsu Microelectronics Inc., 3545 N. First St., San Jose, CA 95134. 408/922-9115.
June 21. City of San Francisco Marathon. Rich Nichols, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-0587.
June 27. Western States 100 Mile, Squaw Valley, Calif. 916/638-1161.
June 28. Gardena 5000. Dan Ashimine/Gardena Valley Runners, 16820 Western Ave., Gardena, CA 90247. 213/324-7085.

NORTHWEST

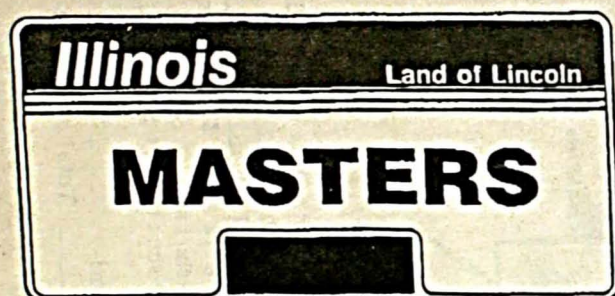
Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

May 3. Lilac Bloomsday 12K, Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.
May 17. Capital City Marathon. Russ Chadwick, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.
May 24. Rocky Mountain 50 Mile Run, Laramie, Wyo. Brent J. Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307/635-3316.
June 28. Cascade Run Off 15K. Cascade Run Off, Box 40228, Portland, OR 96240. 503/226-0717.

INTERNATIONAL

May 17. BVA Half-Marathon Championships, Sutton Park, Birmingham. John Walker, 111 Cooks Ln., Kinghurst, Birmingham B37 6NU.
June 6. Festival De Primavera 5K, 10K, 10 Mile, Rosarito Beach, Baja California, Mexico. SASE to: Finish Line Interna-

Continued on next page



Saturday, July 11, 1992
 9:00 a.m.
 Libertyville High School Track
 Park Avenue, Libertyville, IL

MEET SITE: Libertyville High School, Libertyville, IL
 All Weather Track
HOST CLUBS: Liberty Road and Track Club, Abbott Rabbits,
 Lake Forest - Lake Bluff Running Club.
DIVISIONS: Masters: 5 year age groups 30 - 90
RULES: As set forth by TAC. No false starts.
AWARDS: Specially designed, COMMEMORATIVE MUG will be provided to the
 first three in each age Group. Limit ONE MUG per athlete, medals
 will be awarded for additional 1st, 2nd, and 3rd place finishes.
CASH AWARDS: \$2000.00 (Sex and age graded)
MEET DIRECTOR: Craig Dean M.D.

For additional information/entry form, please send a stamped self-addressed envelope to Dr. Craig Dean, 719 Stonegate Court, Libertyville, Illinois 60048

Continued from previous page

tional, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

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

June 14-21. Run Ireland Tour, includes

stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360. 219/879-0133.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. M40+, W35+. 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Har-

row, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

RACE WALKING

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

May 2. The Great Saunter, NYC. Shorewalkers, Box 20748, Cathedral, New York, NY 10025. 212/663-2167.

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

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

May 17. Queens 5K, Forest Park, Queens, N.Y. Unisphere Walkers, c/o Bernie Kaufman, 75-02 Austin St., Forest Hills, NY 11375, or Stella Cashman, 212/628-1317.

May 21-25. Annual Racewalk Training Camp, Boulder, Colo. American Racewalk Assoc., P.O. Box 18323, Boulder, CO 80308-8323.

May 25. Pocono Mountains 5K, Homestead, Pa. NYWC, c/o Howard Jacobson, Box 210, Commack, NY 11725,

or Stella Cashman, 212/628-1317.

May 31. NY Heart Association 5K, Astoria, Queens. See May 25.

June 7. MAC 1-Hour Championships, NYC. Metropolitan RWers, 36 W. 20th St., 3rd Fl., NYC 10011, or Stella Cashman, 212/628-1317.

June 13. Shelter Island 5K, Shelter Island, N.Y. 5 pm. Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787, or Stella Cashman, 212/628-1317.

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

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

September 6. North American Masters 15K Racewalk & Territorial 5K, Albuquerque. 15K-M40+, W35+. 5K-all ages. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

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

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

TAC/USA MASTERS LDR CHAMPIONSHIPS 1992

5K X-C	NOVEMBER 8 COLUMBUS, OH	JOHN WHITE 4865 ARTHUR PLACE COLUMBUS, OH 43220 (614) 459-2547
8K X-C	NOVEMBER 21 BOSTON, MA FRANKLIN PARK	FRED TRESELER 79 MANET ROAD CHESTNUT HILL, MA 02167 (617) 964-7802
10K X-C	DECEMBER 6 LOUISVILLE, KY	BOB ULLRICH 1879 DOUGLASS BLVD. LOUISVILLE, KY 40205 (502) 459-6820
15K X-C	NOVEMBER 29 BRONX, NY VAN CORTLANDT PARK	KURT STEINER 1660 EAST 21ST ST BROOKLYN, NY 11210 (718) 336-3025
8K ROAD	MARCH 21 VIRGINIA BEACH, VA	JERRY BOCRIE
10K ROAD	MAY 17 KANSAS CITY, MO CHILDREN'S MERCY 10K	JERRY MORRISON 5617 N. ADRIAN AVE. KANSAS CITY, MO 64151 (816) 741-2314
10 MILE ROAD	AUGUST 22 FLINT, MI BOBBY CRIM 10 MILER	LOIS CRAIG P.O. BOX 981 FLINT, MI 48501 (313) 235-3396
20K ROAD	SEPTEMBER 7 NEW HAVEN, CT	JOHN BYSIEWICZ P.O. BOX 1893 NEW HAVEN, CT 06508 (203) 397-0214
HALF MARATHON	JANUARY 12 DELEON SPRINGS, FL	JOHN BOYLE
25K ROAD	NOVEMBER 14 SAN DIEGO, CA	JONI SHIRLEY 8565 LK MURRAY BLVD #223 SAN DIEGO, CA 92119 (619) 465-1049
MARATHON	OCTOBER 4 MINNEAPOLIS, MN	BRUCE MORTENSON 15301 HIGHLAND PL. MINNETONKA, MN 55345
50 MILE ROAD	MARCH 29 COLUMBUS, OH	JOHN WHITE
100K ROAD	JANUARY 18 DALLAS, TX	DAN BRANNEN

TAC/USA MASTERS LDR CHAMPIONSHIPS 1993

8K X-C	NOVEMBER 20 BOSTON, MA FRANKLIN PARK	FRED TRESELER 79 MANET ROAD CHESTNUT HILL, MA 02167 (617) 964-7802
8K ROAD	MARCH VIRGINIA BEACH, VA	JERRY BOCRIE 2308 MAPLE ST. VIRGINIA BEACH, VA 23451 (804) 481-5090
10K ROAD	SEPTEMBER 25 OKLAHOMA CITY, OK	BETTY NORMAN 5504 N.W. 45TH OKLAHOMA CITY, OK 73122 (405) 787-2151
HALF MARATHON	JUNE 20 FAIRFIELD, CT	MICK MIDKIFF 32 SUMMIT ROAD RIVERSIDE, CT 06878 (203) 324-9822
MARATHON	OCTOBER 3 MINNEAPOLIS, MN TWIN CITIES MARATHON	BRUCE MORTENSON 15301 HIGHLAND PL. MINNETONKA, MN 55345
50 MILE	FEBRUARY 20 HOUSTON, TX	DAN BRANNEN 40 WITHERSPOON CT MORRIS TOWNSHIP, NJ 07960 (201) 285-1551

TAC/USA MASTERS LDR CHAMPIONSHIPS 1994

8K X-C	NOVEMBER BOSTON, MA FRANKLIN PARK	FRED TRESELER 79 MANET ROAD CHESTNUT HILL, MA 02167
MARATHON	OCTOBER MINNEAPOLIS, MN TWIN CITIES MARATHON	BRUCE MORTENSON 15301 HIGHLAND PL. MINNETONKA, MN 55345

Oregon Athletics Congress Masters Track & Field Championships**Hayward Classic Masters Championships**

Hosted by OREGON TRACK CLUB MASTERS

Sponsored by VALLEY RIVER CENTER

City of Eugene, City of Springfield and Valley River Inn



June 20 & 21, 1992

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

ENTRY FEES: \$10 1st (NO T-shirt); \$5 2nd event; \$2 each additional event; relays free to meet participants.

ENTRY DEADLINE: Postmarked by Wed., June 10, 1992.

LATE ENTRY: \$10 surcharge only when space is available.

T-SHIRTS: 100% cotton, short sleeve — \$7.50.

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

LOCKER ROOMS: Limited space available at field; bring towel.

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

RELAYS: Must wear same tops; 10-year age groups; for Oregon TAC medals, must be from same club or organization which belongs to Oregon TAC.

MEET HEADQUARTERS: Valley River Inn, 1000 Valley River Way, Eugene—Take exit 194B off I-5, go west on I-105, follow signs to Valley River Center. Free shuttle available to Hayward Field. Special rates for athletes—book early to ensure room; mention Hayward Classic (1-800-543-8266).

PACKETS: Available at Valley River Inn Friday, June 19, 6:00-9:00 p.m., and at Hayward Field at 8:00 a.m. June 20.

AWARDS: Championship medals for 1st, 2nd, 3rd; ribbons for 4th, 5th, 6th; non-Oregon TAC members receive Hayward Classic medals.

BUSINESS MEETING: Oregon Athletics Congress Masters, Sat., 5:15-6:00 p.m., Valley River Inn.

RECEPTION: Sponsored by Valley River Inn; no-host bar, Saturday, 6:00-7:30 p.m., Valley River Inn.

SCHEDULE OF EVENTS

All times listed are tentative and approximate.

Saturday, June 20

TRACK	TIME	FIELD
10,000 meters	10:00	Pole Vault — M30-49 (2 pits) W & M50+ Triple Jump
Steeplechase	11:30	Shot (2 rings) South W & M60+ West M30-50
	12:00	
High Hurdles	12:15	
100 meters	12:45	
400 meters	1:30	
	2:00	Javelin
5000 meter Racewalk	2:15	
1500 meters	3:30	
1600 meter relay	4:00	

Sunday, June 21

5000 meters	10:00	Discus
	10:00	High Jump W & M60+
	11:00	High Jump M30-59
Intermed. Hurdles	11:30	
800 meters	12:00	Long Jump (2 pits) West Pit W & M60 East Pit M30-59
2000 meter Racewalk	12:30	
200 meters	12:50	
	1:00	Hammer
3000 meters	1:40	
400 meter relay	2:00	
3200 meter relay	2:30	

IN GENERAL, WOMEN COMPETE BEFORE MEN
OLDER BEFORE YOUNGER

* The 2K walk & 3K run are not TAC Championship events and will receive Hayward Classic medals.

ALL EVENTS ARE OPEN TO BOTH MEN AND WOMEN
ALL IMPLEMENTS WILL BE WAVA METRIC STANDARDS**OREGON ATHLETICS CONGRESS CHAMPIONSHIPS — ALL COMPETITORS MUST BE TAC MEMBERS**

Name _____ Birthdate: ____/____/____
 Address _____ Age (as of 6/20/92) _____
 Phone (____) _____ Club Affiliation (if any) _____ Male _____ Female _____
 TAC # _____

EVENTS _____ T-SHIRT — \$7.50 (check one)
 1. _____ ☐ small ☐ med
 2. _____ ☐ large ☐ x-large
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____

NOTE:
Late entries will be accepted with
an additional \$10 surcharge and
only when space is available in
that event.

*Please use metric for distances, if possible.

I WOULD LIKE TO RUN THESE RELAYS: (Teams to be decided by noon)

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 Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. (503) 342-3113 (h).

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

M50-54
Terry Simmons Discus 141-2 6-22-91

M60-64
Jack G. Ozment 1500RW 7:56.90 6-30-91
Ted Swanson 200 27.92 6-23-91
100 12.99 6-23-91
Ed Gawinski 1 Mile RW 8:37.58 1-11-92
Ken Weinbel 56# Weight 5.80 1-26-92
25# Weight 11.98 1-26-92
George Poloyinis 800 2:34.4 8-15-81
1500 5:24 8-15-81
Bill Brazelton Javelin 135-10 6-28-91
Javelin 135-7 9-1-91

M70-74
Jerry Seifert Shot Put 10.08 9-22-91
Javelin 32.42 9-22-91

M75-79
Bob Boucke High Jump 4-0 11-12-92
John Marchesini 5K RW 33.36 10-26-91

W35-39
Barbara Baltzell 10K 39:29 4-26-91
5000 19:01.20 7-4-91

W60-64
Doralie Segal 1500 6:40.8 6-29-91
5K 23:40 7-1-91
10K 50:05.2 7-2-91

W80-84
Carolyn Clark Shot Put 15.00 9-22-91
Shot Put 13.12 7-5-91

HEART DISEASE

We're Making a Difference.

American Heart Association

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
1 Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2 Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54

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

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
1 Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2 Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	30:09	32:09	35:09
5000	26:14	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12

10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
1 Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 1/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-3 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-4 1/2	18-5 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	33.00	29.00	25.00	22.50	18.00	
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
1 Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
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
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

TRACK & FIELD RESULTS

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

NATIONAL

TAC/USA National Masters Indoor Championships Columbus, OH; April 3-5

* American Record
** World Record

60m

M 30-34

1 J Smith	CA	7.15
2 Peter Grimes	CA	7.31
3 Glyn Agnew	AL	7.35
4 Remo Biagioni	NJ	7.36
5 Kenneth Fews	IL	7.38
6 Cornell Sowell	KS	7.40

M 35-39

1 Ben James	NY	7.15
2 Don McNeill	NJ	7.29
3 T J Lester	TX	7.36
4 James Hilliard	KS	7.37
5 Leonard Strong	OH	7.38
6 James Bonilla	CA	7.43

M 40-44

1 Bill Collins	TX	7.02
2 Thomas Thompson	TX	7.25
3 Charles Allie	PA	7.31
4 Robert Mitchell	TX	7.40
5 Clifton Jackson	MO	7.47
6 Dorel Watley	PA	7.48

M 45-49

1 Stanley Whitley	CA	7.18
2 Joseph Johnson	NJ	7.26
3 Steve Robbins	CA	7.39
4 Ron Johnson	NY	7.43
5 Roger Pierce	MA	7.57

M 50-54

1 Scott Tyler	CAN	7.85
1 Roosevelt Weaver	NJ	7.91
2 Thornton Shelton	KS	8.01
3 Emil Pawlik	MS	8.13

M 55-59

1 Larry Colbert	MD	7.85
2 Paul Williams	OH	7.98
3 James Mathis	TN	8.14
4 Alexander Johnson	NJ	8.15
5 Clifford Pauling	NY	8.31
6 Joe Hemler	MD	8.53

M 60-64

1 Troy Banks	OH	8.11
2 Clarence Trinkner	WI	8.40
3 Bernard Stevens	CA	8.44
4 Lawrence Pratt	NJ	8.46
5 Ross Mitchell	CAN	8.55
5 Ted Swanson	NY	8.56

M 65-69

1 Melvin Larsen	IL	8.24
2 Jim Law	NC	8.32
3 Willie Blackmon	OH	8.48
4 Sam Madia	PA	9.06
5 Oscar Harris	PA	9.10
6 Phillip Wilson	OH	11.3h

M 70-74

1 Tim Murphy	TX	8.73
2 Ed Matthews	MD	9.01
3 Walter Dahlin	CA	9.66

M 75-79

1 Robert Sorlien	RI	9.87
2 Clarence Trahan	CA	10.22
3 Frederick Praeger	CO	10.30
4 Mel Flachs	IA	10.56

M 80-84

1 Barry Ivers	ME	9.97
2 Ted Hatten	CA	10.82
3 Virgil McIntyre	AZ	10.87
4 Leon Joslin	WA	10.9h

W 30-34

1 Pamela King	TX	8.55
2 Cathy Cornell-McKeever	NY	9.25
3 Patricia Finley	OH	9.57
4 Julie Wiedis	NJ	10.31

W 35-39

1 Irene Thompson	NY	8.19
2 Marcia Hulse	NY	8.20
3 Gail Kantak	MI	8.53

W 40-44

1 Sharon Osborne	NY	8.5h
2 Donna Settles	GA	8.7h
3 Rhona Trott	CAN	8.8h
4 Debbie Stiles	MO	9.0h

W 45-49

1 Phil Raschker	GA	8.35
2 Lorraine Tucker	NY	8.66
3 Marilyn Mitchell	NY	9.07
4 Nadine Lowenstein	NY	9.09
5 Patrice Thomas	OH	10.78

W 50-54

1 Mary Luker	TX	8.98
2 Kay Lyons	CA	9.86

W 55-59

1 Christel Miller	CA	9.65
2 Sallie Stiegelmeir	OH	9.98
3 Lucy Brobst	NC	10.17
4 Fei-Mei Chou	CA	10.34
5 Dortha Swanson	NY	11.22

W 60-64

1 Betty Vosburgh	GA	9.87
2 Leonore McDaniels	VA	10.24
3 Geraldine Young	AL	13.04

W 65-69

1 Pat Peterson	NY	10.03
----------------	----	-------

W 70-74

1 Mary Bowermaster	OH	10.49
2 Florence Berry	IL	10.88
3 Elga Meri	CAN	11.32
4 Diane Friedman	OH	11.34
4 Carol Peebles	WI	12.6 h

W 75-79

1 Pearl Mehl	CO	13.70
--------------	----	-------

200m

M 30-34

1 Peter Grimes	CA	22.94
2 J Smith	CA	23.13
3 Kenneth Fews	IL	23.70
4 Remo Biagioni	NJ	24.07
5 Jay Mathis	TN	24.21
6 Kevin McCarragher	IN	24.61

M 35-39

1 Ben James	NY	22.76
2 Michael McDowell	IL	22.84
3 John Brooks	NY	23.41
4 Don McNeill	NJ	23.83
5 James Hilliard	KS	23.95

M 40-44

1 Bill Collins	TX	23.08
2 Tom Thompson	TX	23.34
3 Stan Druckrey	WI	23.46
4 Robert Mitchell	TX	23.74
5 Charles Allie	PA	23.90
6 Dorel Watley	PA	24.19

M 45-49

1 Stan Whitley	CA	22.70
2 Ron Johnson	NY	24.14
3 Roger Pierce	MA	24.42
4 Michael Augeri	CN	26.04

M 50-54

1 Edward Small	NY	25.04
2 Kenny Dennis	CA	25.91
3 Joe Johnson	OR	25.94
4 Thornton Shelton	KS	26.76
5 Grover Coats	OH	27.56

M 55-59

1 Larry Colbert	MD	25.30
2 Jim Mathis	TN	26.18
3 Clifford Pauling	NY	26.31
4 Robert Cozens	TX	26.73
5 Alexander Johnson	NJ	27.09
6 Joe Hemler	MD	27.85

M 60-64

1 Harry Brown	IL	27.24
2 Bernard Stevens	CA	27.89
3 Chuck Sochor	MI	28.64
4 Jack Greenwald	OH	28.79
5 Roger Hocker	OH	29.18
6 Ted Swanson	NY	29.63

M 65-69

1 Jim Law	NC	27.27
2 Willie Blackmon	OH	27.54
3 Melvin Larsen	IL	27.58
4 Sam Madia	PA	31.57

M 70-74

1 Tim Murphy	TX	28.99
2 Ed Matthews	MD	29.27
3 Jay Sponseller	FL	30.73
4 Jim Manno	NJ	30.94
5 John McCarthy	PA	37.04

M 75-79

1 Robert Sorlien	RI	35.13
2 Milo Lightfoot	IN	35.31
3 Mel Flachs	IA	36.10
4 Frederick Praeger	CO	37.29
5 Clarence Trahan	CA	44.9h

M 80-84

1 Barry Ivers	ME	33.87
2 Virgil McIntyre	AZ	38.52
3 Dick Lacey	FL	39.98

W 30-34

1 Louise Clark	NY	27.44
2 Pamela King	TX	29.70
3 Carol Asam	MI	30.26

W 35-39

1 Marcia Hulse	NY	27.11
2 Irene Thompson	NY	27.87

W 40-44

1 Donna Settles	GA	29.36
2 Rhona Trott	CAN	30.33

W 45-49

1 Phil Raschker	GA	27.73
2 Pamela Duncan	CAN	29.58
2 Lorraine Tucker	NY	29.92
3 Nadine Lowenstein	NY	31.68
4 Cathy Primmer	IN	33.40

W 50-54

1 Mary Luker	TX	30.4h
2 Ann Marie Rosenitsch	CAN	30.5h
2 Kay Lyons	CA	33.2h

W 55-59

1 Sallie Stiegelmeir	OH	34.98
2 Kati McIntyre	AZ	35.42
3 Fei-Mei Chou	CA	35.74
4 Lucy Brobst	NC	36.06
5 Carole Austin	MI	36.52

W 60-64

1 Betty Vosburgh	GA	33.51
2 Leonore McDaniels	VA	36.19
3 Phyllis Goodlad	CAN	46.88

W 65-69

1 Pat Peterson	NY	35.25
----------------	----	-------

W 70-74

1 Elga Meri	CAN	39.84
1 Florence Berry	IL	40.77
2 Diane Friedman	OH	43.44
3 Carol Peebles	WI	45.10

W 75-79

1 Pearl Mehl	CO	48.55
--------------	----	-------

400m

M 30-34

1 J Smith	CA	52.41
2 Carlton Ward	AL	54.74
3 Michael Vorhess	OH	54.75
4 Jay Mathis	TN	54.90
5 David Knaus	KY	55.33
6 Lawrence Finley	OH	55.95

M 35-39

1 Michael McDowell	IL	50.55
2 James Easter	NJ	53.05
3 Bob Bowen	WV	53.29
4 Horace Hudson	NY	54.89
5 William Cheadle	KY	54.96
6 Ron Fisher	CA	56.12

M 40-44

1 Frederick Sowerby	KY	50.16
2 James King	CA	50.29
3 Bill Collins	TX	51.31
4 Dorel Watley	PA	52.19
5 Stan Druckrey	WI	52.30
6 Ralph Penn	MD	52.79

M 45-49

1 Stan Whitley	CA	51.97
2 Roger Pierce	MA	53.98
3 Ron Johnson	NY	54.37
4 Marcus Heidelberg	NY	54.38
5 Caesar Austen	AL	56.62
6 Gary Patterson	CA	59.46

M 50-54

1 Edward Small	NY	56.23
2 William Burrell	NY	56.51
3 Bill McIlwaine	CAN	59.74
3 Joe Johnson	OR	59.92
4 Thornton Shelton	KS	61.83
5 Ralph O'Neal	OH	62.16

M 55-59

1 Larry Colbert	MD	55.96
2 Ken Baker	NJ	57.62
3 Richard Rizzo	NY	58.31
4 Clifford Pauling	NY	58.41
5 James Mathis	TN	58.74
6 Robert Cozens	TX	61.9h

M 60-64

1 Harry Brown	IL	61.83
2 Gordon Seifert	MI	62.85
3 Chuck Sochor	MI	64.67
4 Bernard Stevens	CA	64.86
5 Jack Greenwald	OH	65.10
6 Dick Edmonds	PA	69.82

M 65-69

1 Willie Blackmon	OH	63.17
2 Jim Law	NC	63.56
3 Melvin Larsen	IL	67.78
4 Oscar Harris	PA	74.54
5 Sam Madia	PA	74.76
6 Willis Moses	OH	79.12

M 70-74

1 Ed Matthews	MD	70.11
2 Jay Sponseller	FL	70.15
3 Jim Manno	NJ	72.34
4 John McCarthy	PA	83.97

M 75-79

1 Milo Lightfoot	IN	84.75
2 Mel Flachs	IA	89.50

M 80-84

1 Virgil McIntyre	AZ	1:31.76
2 Dick Lacey	FL	1:43.99

W 30-34

1 Louise Clark	NY	1:02.07
2 Monica Hiris	OH	1:05.03
3 Berni Creed	VA	1:07.00
4 Carol Asam	MI	1:08.62

W 35-39

1 Irene Thompson	NY	1:04.45
2 Mary Crouse	MA	1:16.25

W 40-44

3 Donna Settles	GA	1:05.29
4 Debbie Stiles	MO	1:07.26
- Rhona Trott	CAN	1:12.03
5 Alice Winkler	WI	1:41.25

Continued from previous page

Continued from previous page			W 65-69			W 45-49			M 55-59			M 60-64		
M 45-49			1 Pat Peterson NY **14.9h			1 Phil Raschker GA **1.48			1 Phil Mulkey GA 4.96			1 Clifford Blair MA 13.68		
1 Al Swenson CT *9:04.72						2 Johnnie Hill-Hudgins NJ 1.27			2 Vincent Ruffin NJ 4.86			2 Ray Feick PA 12.83		
2 Harold Nolan NJ 9:07.53						3 Michael Hill NJ 1.27			3 Paul Williams OH 4.78			3 Phil Brusca MO 12.62		
3 Dan Sekerak OH 9:10.49						4 Cathy Primmer IN 1.11						4 J A Gillcrist FL 12.45		
4 Vic Heckler IL 9:17.64									M 60-64			5 Len Olsen FL 12.32		
5 Mark Hosler MO 10:21.19						1 Brenda Bloomfield SC 1.07			1 Clarence Trinkner WI 4.67			6 Pay Carstensen NY 12.21		
6 Bob Kuebler OH 10:25.94									2 Ted Swanson NY 4.45					
									3 Dick Edmonds PA 4.43					
									4 Pay Carstensen NY 4.32					
									5 Jack Lance NJ 4.27					
									6 Richard Greiwe OH 4.09					
												M 65-69		
									1 Melvin Larsen IL 4.97			1 Bill Walmoth MI 10.55		
									2 Buck Bradberry AL 4.46			2 Tom Coughlin IL 10.09		
									3 Denver Smith OH 4.37			3 John Vishnevsky WI 9.18		
									4 Oscar Harris PA 4.10			4 Jacob Stein KY 7.70		
									5 Bill Townsend NY 4.04					
									6 Fred Hirsimaki OH 3.98					
												M 70-74		
									1 Tom Patsalis CA 4.60			1 Boo Morcom NH 10.08		
									2 Edwin Lukens NY 4.54			2 Jack Hagemann MA 8.45		
									3 Walter Dahlin CA 3.80					
									4 Bob Warwick MO 3.04					
												M 75-79		
									1 Clarence Trahan CA 3.66			1 Ham Morningstar MI 10.12		
									2 Robert Sorlien RI 3.62			- Ian Hume CAN 9.16		
									- Ian Hume CAN 3.54			2 Frederick Praeger CO 8.60		
									3 Ham Morningstar MI 3.23			3 Milo Lightfoot IN 8.23		
									4 Mel Flachs IA 3.09			4 Bob Detweiler PA 6.54		
												M 80-84		
									1 Leon Joslin WA 2.88			1 Leon Joslin WA **9.27		
									2 Virgil McIntyre AZ 2.78			2 Ted Hatten CA 7.45		
												W 30-34		
									1 Denise Crowder OH 9.40					
									2 Lorraine Tucker NY 8.33					
									2 Johnnie Hill-Hudgins NJ 7.86					
									3 Phil Raschker GA 7.02					
												W 50-54		
									1 Joann Grissom IN 12.52					
									2 Brenda Bloomfield SC 8.68					
									3 Roslyn Katz NY 8.17					
									4 Mary Luker TX 6.99					
												W 55-59		
									1 Anne Cirulnick NY 9.20					
									2 Christel Miller CA 8.94					
									3 Dortha Swanson NY 8.22					
									4 Fei-Mei Chou CA 6.77					
									5 Lucy Brobst NC 6.38					
												W 60-64		
									1 Betty Vosburgh GA 6.94					
									2 Geraldine Young AL 6.31					
												W 65-69		
									1 Bernice Holland OH **8.57					
									W 70-74					
									1 Libby Hagemann MA 7.56					
									2 Mary Bowermaster OH 7.24					
									- Elga Meri CAN 7.15					
									3 Florence Berry IL 5.58					
												WEIGHT THROW		
												M 30-34		
												1 Mark Heckel PA 16.26		
												2 Robert Hartman IL 14.26		
												M 35-39		
												1 Patrick Burns WI 11.92		
												2 Randy Fox IN 9.18		
												M 40-44		
												1 Larry Rodenbeck MO 12.99		
												2 Walter Davenport MA 12.05		
												3 Joseph Brown PA 11.48		
												4 Lee Myers OH 11.37		
												5 Ivan Black NY 10.93		
												6 G Taylor Turnstall PA 10.87		
												M 45-59		
												- Alan Slater CAN 11.61		
												1 K H Troy WA 11.56		
												2 Ken Scoggins FL 11.42		
												3 Fred Johnston CA 11.06		
												4 Donald Proski MO 10.29		
												- George Pachovsky CAN 10.09		
												M 50-54		
												1 Avital Schurr KY 9.78		
												2 Grover Coats OH 9.77		
												3 John Sloan OH 8.24		
												M 55-59		
												1 Phil Mulkey GA 10.01		
												M 60-64		
												1 Ted Swanson NY 8.89		
												2 Jack Lance NJ 8.54		
												M 65-69		
												1 Denver Smith OH 9.70		
												2 Buck Bradberry AL 9.65		
												3 Fred Hirsimaki OH 8.85		
												4 Bill Townsend NY 8.71		
												M 70-74		
												1 Tom Patsalis CA *9.75		
												2 Edwin Lukens NY 9.62		
												3 Ed Matthews MD 8.33		
												M 75-79		
												1 Robert Sorlien RI 8.37		
												- Ian Hume CAN 8.02		
												2 Clarence Trahan CA 6.88		
												3 Ham Morningstar MI 6.45		
												M 80-84		
												- Karl Trie CAN 6.79		
												1 Dick Lacey FL 4.90		
												W 45-49		
												1 Phil Raschker GA **10.32		
												W 55-59		
												1 Lucy Brobst NC *8.11		
												2 Christel Miller CA 7.61		
												3 Dortha Swanson NY 6.56		

Continued from previous page

W 60-64		
1 Betty Vosburgh	GA	**7.71
2 Leonora McDaniels	VA	7.64
W 70-74		
1 Libby Hagemann	MA	5.13
M 40-44		
1 Dave Stebing	IN	12.80
2 Norman Bower	OH	12.32
3 John Roehr	MD	11.88
4 Bob Sager	MT	10.44
5 Roger Kamla	TX	8.80
M 45-49		
1 Mike Hill	AL	15.72
2 George Mathews	WA	14.64
3 Ladislav Pataki	CA	13.66
4 Mickey Bitsko	OH	12.26
5 James Pauli	PA	11.94
6 John Hess	IL	9.40
M 50-54		
1 Richard Hotchkiss	CA	13.46
2 Norm Cyprus	NY	13.38
3 Dick Bloomfield	SC	13.02
4 Brian McKenna	NY	10.64
M 55-59		
1 Bill McWilliams	MA	13.86
2 Tom Wesselowski	KS	10.66
3 Richard Lee	OR	8.26
M 60-64		
1 Clifford Blair	MA	16.78
2 Pay Carstensen	NY	13.04
3 Len Olsen	FL	12.92
4 Phil Brusca	MO	12.02
5 Ken Weinbel	WA	11.98
6 Ray Feick	PA	11.69
M 65-69		
1 Bill Walmroth	MI	13.20
2 Jacob Stein	KY	9.52
M 70-74		
1 Boo Morcom	NH	5.48
M 75-79		
1 Nolan Fowler	TN	9.42
2 Ham Morningstar	MI	8.72
- Ian Hume	CAN	7.66
3 Bob Detweiler	PA	7.28
M 80-84		
1 Leon Joslin	WA	7.18
W 30-34		
1 Virginia Bogni	VT	9.10
2 Deborah Eckhardt	NY	6.54
W 50-54		
1 Joann Grissom	IN	10.84
2 Brenda Bloomfield	SC	10.42
3 Roslyn Katz	NY	9.76
W 55-59		
1 Dortha Swanson	NY	8.34
2 Anne Cirulnick	NY	7.98

W 65-69		
1 Bernice Holland	OH	9.56
W70-74		
1 Libby Hagemann	MA	7.98
- Elga Men	CAN	6.02
55# WEIGHT		
M 35-39		
1 Patrick Burns	WI	6.78
2 Randy Fox	IN	4.67
M 40-44		
1 Dave Stebing	IN	8.36
2 Norman Bower	OH	8.07
3 John Roehr	MD	7.69
M 45-49		
1 George Mathews	WA	9.78
2 James Pauli	PA	7.33
3 James Pearce	OH	4.98
M 50-54		
1 Norm Cyprus	NY	8.80
2 Dick Bloomfield	SC	8.63
3 Richard Hotchkiss	CA	8.62
M 55-59		
1 Bill McWilliams	MA	8.94
M 60-64		
1 Clifford Blair	MA	8.40
2 Len Olsen	FL	6.75
3 Ray Feick	PA	6.63
4 Pay Carstensen	NY	6.54
5 Ken Weinbel	WA	6.24
M 65-69		
1 Bill Walmroth	MI	5.42
2 Jacob Stein	KY	5.40
M 75-79		
1 Nolan Fowler	TN	4.97
2 Ham Morningstar	MI	4.18
3 Bob Detweiler	PA	2.46
W 30-34		
1 Virginia Bogni	VT	4.00
2 Deborah Eckhardt	NY	2.63
W 50-54		
1 Joann Grissom	IN	4.29
2 Brenda Bloomfield	SC	2.56
W 55-59		
1 Dortha Swanson	NY	3.02
3000m RACE WALK		
M 35-39		
1 Larry Ryan	PA	16:28.4h
M 40-44		
1 Raymond Funkhouser	NJ	**12:42.62
2 Bill McCray	OH	14:44.2h
M 45-49		
1 Gary Null	NY	13:43.72
2 Franco Pantoni	NY	14:37.31
3 Victor Sipes	MI	14:44.12
4 Don Mowles	IL	14:57.2h
5 Jacinto Mogena	NJ	16:01.5h
6 Gary Kidd	OH	17:56.6h

M 50-54		
1 Paul Johnson	AR	14:58.4h
2 Terry McHoskey	IN	14:58.9h
3 Gerald Bocci	MI	16:29.2h
4 Bernie Finch	MN	16:44.2h
M 55-59		
- Stuart Summerhayes	CAN	15:31.11
1 Ray Everson	IN	16:45.57
2 Gene Siler	KY	17:09.1h
M 60-64		
1 Max Green	MI	**14:44.51
2 James Spitzer	OH	17:15.5h
3 Mike Michael	SC	17:30.7h
4 Leo Rivera	NY	17:55.6h
5 Jack Shuter	OH	18:32.8h
6 Marvin Eisenstein	NY	20:03.7h
M 65-69		
1 Robert Mimm	NJ	16:56.14
2 Richard Bennett	WA	19:01.37
3 Donald Cotner	CA	19:30.96
4 Joe Vitucci	OH	19:33.92
5 Jack Hunter	PA	21:22.62
6 Richard Cavicchi	OH	32:06.87
W 30-34		
1 Jackie Kerby	NM	16:09.07
W 35-39		
1 Mataji Graham	NM	**16:18.85
2 Kathy Finch	MN	17:06.4h
3 Lenore Norris	OH	18:07.94
W 40-44		
1 Viisha Sedlak	CO	**14:23.33
2 Phyllis Hansen	NJ	16:19.31
3 Donna Cetrulo	NJ	17:30.4h
4 Patty Kerr	IN	18:15.37
5 Pat Weir	NJ	18:36.18
W 45-49		
1 Jeanne Bocci	MI	16:29.54
2 Valerie Stowe	MI	16:38.50
3 Judi Risner-Gardner	IN	17:31.5h
4 Olga Figueroa	IN	17:33.8h
5 Kathleen Wood	MI	18:47.0h
W 50-54		
1 Elton Richardson	NY	17:28.21
2 Ruth Everson	IN	18:58.34
3 Renee Weatherford	IL	20:08.4h
W 55-59		
1 Joyce Decker	IL	18:35.97
2 Sami Bailey	IN	18:42.02
W 60-64		
- Phyllis Goodlad	CAN	21:28.70
1 Jo Presser	MI	21:34.5h
2 Vera Spitzer	OH	25:07.0h
W 65-69		
1 Ruth Leff	WI	19:06.8h
2 Joan Rowland	NY	20:45.5h
3 Queenie Thompson	NY	22:57.7h
4 Martha Vittucci	OH	23:06.2h
5 Jean Cotner	CA	24:28.6h

M55 Larry Colbert	57.4
Cliff Pauling	59.5
M65 Bob Parsons	1:12.9
Oscar Harris	1:14.5
Bud McGarvey	1:17.8
M70 Jim Manno	1:15.5
John McCarthy	1:33.0
W30 Louise Clark	1:02.8
Bernadette Creed	1:06.5

800-m run

M30 Joe Hevener	2:01.7
Tom Yunker	2:30.7
M35 George Crummel	2:11.5
Warren Fisher	2:15.4
Greg Hanson	2:29.7
M40 Duane Green	2:10.8
Ben Draper	2:15.5
Russell Floyd	2:17.5
Joe DeMaio	2:20.9
Jim Yester	2:23.2
Denny Mellish	2:23.8
M45 Bruce Carter	2:10.5
Don Boyer	2:11.7
Nelson Keyes	2:16.7
George Sanders	2:20.1
M50 Jim Demma	2:18.4
Bob Fuhrman	2:31.2
Bob Evan	2:41.8
John Hurley	2:44.4
M55 Cliff Pauling	2:24.9
Irwin Bernstein	2:25.5
M60 Larry Dickerson	2:48.6
Stan Cherim	2:58.8
M70 George Blyn	3:33.4
W30 Joan Sterrett	2:22.8
Bernadette Creed	2:29.8

1-mile run

M30 Mark Schmidt	4:39.2
Ira Meyers	4:41.9
Bob Reynolds	4:53.9
Tom Yunker	5:23.1
Juv. Rodriguez	5:24.0
M35 Bill Kehner	4:57.2
Jack Mroz	5:21.3
Jack Foster	5:34.3
M40 Duane Green	4:45.5
Phil Yoder	4:50.4
Robert Weiner	5:02.5
Denny Mellish	5:05.1
Larry Hart	5:07.3
Jim Yester	5:16.0
John Weber	5:17.1
Art Bagelman	5:45.3
Kyle Mecklenborg	5:54.9
Rich Thayer	6:05.7
M45 Bruce Carter	5:05.2
Nelson Keyes	5:15.9
Carl Grossman	5:16.1
Dwayne Wartman	5:35.9
M50 Jerry McFadden	5:20.2
John Hurley	6:01.4
M55 George Jackson	5:50.7
Bruce Gilbert	5:55.2
Phil Steel	6:00.4
Harold Williams	7:38.8
M60 Larry Dickerson	5:56.9
Paul Gorka	6:27.5
Gerry Nolan	7:04.3
M65 Don Mitchell	6:57.6
Marvin Levy	10:12.2
M70 George Blyn	7:24.4
W30 Bernadette Creed	5:22.2
Joan Sterrett	5:26.7
W40 Loretta McCarthy	6:02.9
W50 Rita Alles	6:34.4
Susan Levy	8:05.3

1-mile racewalk

M40 Ron Morra	8:25.4
Greg McCoy	9:32.3
Stan Kauffman	10:15.2
M45 Larry Simmons	7:37.1
Joel Dubow	8:50.0
Jai Singh	12:44.2
M50 Dave Romansky	8:27.1
Ray Scott	10:01.5
M55 Ed Merrill	8:51.2
Jay Edwards	12:32.1
M65 Ed Gwinski	8:45.9
Ray McKeeman	11:40.2
W30 Desiree Henrich	10:33.0
Rebecca Plorko	10:51.0
W40 Jessica Krow	8:53.0
Bess Beste	9:07.7
Ceanne Rabada	10:35.7
W45 M. Chirichella	12:32.1

3000-m run

M30 Ira Meyers	9:11.3
Dennis Coleman	9:32.8
Juv. Rodriguez	n.t.
M35 Bill Kehner	9:42.5
Don Wisniewski	n.t.
Warren Walker	10:39.4
M40 Phil Yoder	9:38.9
Bob Richey	10:26.1
Denny Mellish	10:28.6
Kyle Mecklenborg	n.t.
M45 Carl Grossman	10:53.0
Rich Howett	11:03.6
M55 Harold Williams	15:18.9
M60 Larry Dickerson	12:06.4
Stan Cherim	12:24.7
Gerry Nolan	13:17.0
M65 Don Mitchell	13:09.9
M70 George Blyn	13:28.1

high jump

M30 Mike Pascuzzo	6-10
M40 Pat Crandall	5-7
Ivan Black	5-2
Rob Schaible	5-0
Ron Salvio	4-10
Ed Laurelli	4-10
William Corsey	4-6
Jim Shea	4-4
Woody Disharoon	n.h.
M45 Jeff Blatt	4-8
Jan Decker	4-8
Duke Thorson	4-4
Jai Singh	4-2
M50 Barry Kline	5-0
Mike Duch	5-0
M55 Doug Alberts	4-8
Earl Mege	4-2
M60 Lawrence Pratt	4-6
Tom Delany	4-4
Paul Soraparu	4-4
M65 Denver Smith	4-4
M75 Claude Hills	3-8
Bob Detweiler	3-3
W40 Skipper Clark	4-4
W45 Michael Hill	4-4
Johnnie Hill-Hudgins	4-2
Lorraine Tucker	3-6

pole vault

M30 Jerry Dowdy	14-6
Chad Carmack	13-6
M40 Richard Holmes	10-6
Ron Salvio	9-0
M45 Jan Decker	10-6
Jeff Blatt	9-0
Jim Corrigan	8-9
M65 Denver Smith	8-6

shotput (in meters)

M30 Mike Pascuzzo	12.36
Scott Bull	12.25
Eric Schad	11.77
Al Russo	11.53
Chad Carmack	11.44
M35 Wm. Wolverton	14.72
Pete Collins	12.13
Nick Helfrich	10.20
Dave Degen	9.34
M40 John Roehr	12.50
Rich Dunphy	12.07
Woody Disharoon	9.64
Jim Shea	9.54
Larry Cabell	9.46
M45 Frank Monroe	9.59
Jai Singh	8.87
M50 Paul Morrone	13.36
M55 Jay Edwards	11.11
Fred Wimmer	8.21
M60 Tom Henderson	12.73
Ray Feick	12.56
Pay Carstensen	12.01
Paul Soraparu	9.69
M65 Denver Smith	9.93
M70 Jack Hagemann	8.59
M75 Gene Wood	9.34
Bob Detweiler	6.98
W40 Skipper Clark	7.97
W45 J. Hill-Hudgins	9.33
Lorraine Tucker	8.99
W50 Roslyn Katz	8.14
W55 Anne Cirulnick	9.07
W70 Libby Hagemann	7.29

long jump (in meters)

M30 Frank Makozy	5.26
Jim Craig	4.64
M35 Rockdale Hudson	4.97
Mark Gershon	4.68
M40 Pat Crandall	5.38
William Corsey	5.37
Woody Disharoon	5.15
Charles Crewsaw	5.13
Ivan Black	5.11
Ed Laurelli	5.08
Jim Shea	4.83
M45 Joe Johnson	5.71
Duke Thorson	4.34
Jan Decker	4.16
M50 Bob O'Brien	4.61
Nate Byrd	4.03
M55 Earl Mege	4.59
Ed Kent	4.35
Tom Adams	3.48
M60 Tom Delany	4.03
Paul Soraparu	3.91
Ray Feick	3.29
M65 Oscar Harris	3.56
M70 Ed Matthews	3.71
Dave Hall	3.20
M75 Claude Hills	2.94
Gene Wood	2.42
W30 Julie Wiedis	3.01
W40 Skipper Clark	4.06
W45 Michael Hill	3.70
W70 Libby Hagemann	2.35

triple jump (in meters)

M30 Jeff James	11.28
M35 Mark Gershon	10.39
Ivan Black	11.61
Pat Crandall	11

Continued from previous page

M50 Bob O'Brien	9.08
Nate Byrd	8.92
M55 Ed Kent	9.35
Earl Mege	7.81
M60 Pay Carstensen	8.11
Paul Soraparu	7.38
M65 Denver Smith	9.68
Charles McGarvey	6.74
M70 Ed Matthews	7.84
M75 Claude Hills	5.83
W70 Libby Hagemann	5.04

20th Eastern
Indoor Regionals
Cornell U.; March 22

* BREAKS EASTERN MEET RECORD
TIES EASTERN MEET RECORD
@ SETS AMERICAN RECORD

MEN'S 55 METER DASH

REMO BIAGIONI	NJS 32	6.5*
FRED FEASTER	UN 32	6.8
ROONEY C. WILSON	OTH 33	6.8

BEN JAMES	GRTC 35	6.3*
JOHN BROOKS	UN 37	6.4
DON MC NEILL	NJS 35	6.7
EDDIE TC MOSE	UN 37	6.8
ADRIAN STERRETT	UN 35	6.9
KEN CASTRO	AS 36	7.2
JOSEPH B. HEHN JR.	SAC 37	7.3
ROCKDALE HUDSON	GSAC 38	7.4
RICK L. PLUNKETT	SC 37	7.5

PERSHING REID	BAA 41	6.8
PHILIP FELTON	PM 43	7.1
ARMND LAFRAMBOISE	BBB 43	7.3
IVAN BLACK	UN 43	7.3
NOAH PERLIS	CPTC 44	7.3
RAY PANEK	SC 41	7.4
BOB MICHIO	SC 44	7.6

JOE JOHNSON	MOTU 47	6.6
RON JOHNSON	MOTU 46	6.7
ROGER PIERCE	BAA 47	7.0
MIKE AUGERI	HTC 45	7.1
SAMUEL HALL	SC 46	7.2
RAB HAGIN	GSAC 48	7.6

ROOSEVELT WEAVER	NYP 54	7.2
GENE BALLARD	NYP 50	7.3
CARLOS H. VERNON	BP 54	7.6
BARRY KLINE SR.	UN 51	7.6

CLIFF PAULING	CPTC 57	7.4
JOE HEMLER	MM 57	7.5
ED KENT	NYM 55	7.8

JAMES L. STOOKEY	MM 62	7.8
LARRY PRATT SR.	NJM 60	7.8
ED COX	SC 64	7.8
THEODORE SWANSON	BBB 60	7.8
JACK LANCE	GSAC 61	8.7
BILL BERGEN	MM 63	8.7
TOM DYCKMAN	FLRC 60	8.7

ROBERT A. NAYLOR	NJM 66	8.1
ALFONZO WILSON	OTH 66	8.6
E.J. MORRISSETTE	FLRC 67	8.8

ED MATTHEWS	MM 71	8.2
L. RUSSELL MORE	SC 70	8.6

R.SPARKS SORLEIN	BAA 75	9.0
CLAUDE HILLS	PM 79	9.7

MEN'S 200 METER DASH

FRED FEASTER	UN 32	23.6
REMO BIAGIONI	NJS 32	24.0

BEN JAMES	GRTC 35	22.9*
JOHN BROOKS	UN 37	23.2
DON MC NEILL	NJS 35	23.4
ADRIAN STERRETT	UN 35	24.0
HORACE HUDSON	GRTC 39	24.6
EDDIE TC MOSE	UN 37	25.1
KEN CASTRO	AS 36	25.5
JOSEPH B. HEHN JR.	SAC 37	25.8

ERROL LEE	MOTU 43	24.4
PHILIP FELTON	PM 43	24.6
PERSHING REID	BAA 41	24.9
DON HODGE	TIE NYP 41	25.0
TOM VAN AUKE	GRTC 44	25.0
GREG FLORANT	PM 40	25.2
BOB MICHIO	SC 44	25.5
NOAH PERLIS	CPTC 44	25.8
TOM CUNNINGHAM	UN 42	26.0
RAY PANEK	SC 41	26.9

JOE JOHNSON	MOTU 47	23.9
ROGER PIERCE	BAA 47	24.0
RON JOHNSON	MOTU 46	24.1
MIKE AUGERI	HTC 45	25.9
RAB HAGIN	GSAC 48	26.0
SAMUEL HALL	SC 46	26.5

EDWARD SMALL	NYP 53	25.3
CARLOS H. VERNON	BP 54	27.6
BOB O'BRIEN	GSAC 52	28.1

RICHARD RIZZO	NYP 55	26.1*
CLIFFORD PAULING	CPT 57	26.4
FRED SCHLERETH	SC 58	27.2
JOE HEMLER	MM 57	27.8
PHILIP PLANT	NYP 56	29.1
ED KENT	NYM 55	29.4

THEODORE SWANSON	BBB 60	28.9*
ED COX	SC 64	29.2
TOM DYCKMAN	FLRC 60	31.7
BILL BERGEN	MM 63	31.9
ROBERT A. NAYLOR	NJM 66	29.2*

ED MATTHEWS	MM 71	29.6*
JIM MANNO	NJM 71	33.0
L. RUSSELL MORE	SC 70	34.7

R.SPARKS SORLEIN	BAA 75	35.3*
CLAUDE HILLS	PM 79	38.0

MEN'S 400 METER DASH

FRED FEASTER	UN 32	53.5
ROONEY C. WILSON	OTH 33	57.3
KEVIN GOLDSTEIN	PM 33	58.2

GEORGE CRUMMEL	UN 39	52.1
DON MC NEILL	NJS 35	52.6
ADRIAN STERRETT	UN 35	53.2
HORACE HUDSON	GRTC 39	54.3
WARREN J. FISHER	PM 35	56.9

RALPH PENN JR.	UN 40	52.4*
DON HODGE	NYP 41	54.6
PHILIP FELTON	PM 43	55.3
GREG FLORANT	PM 40	55.6
TOM CUNNINGHAM	UN 42	57.2
BOB MICHIO	SC 44	57.7
BOB BURKE	CPTC 43	58.3
JOSE MARTINEZ	CPTC 40	59.4

ROGER PIERCE	BAA 47	53.8
MARKUS HEIDELBERG	UN 46	54.2
CHIPPER ROBINSON	NYP 45	56.8
MICHAEL BILLMAN	NYM 45	60.3

EDWARD SMALL	NYP 53	56.9
GLENN H. SHANE	NYP 52	59.1
BOB O'BRIEN	GSAC 52	61.9
BARRY KLINE SR.	UN 51	64.3
RICHARD RIZZO	NYP 55	57.7*
CLIFFORD PAULING	CPT 57	59.0
FRED SCHLERETH	SC 58	60.7
KEN NORTHROP	GSAC 55	67.2
PHILIP PLANT	NYP 56	69.2

JACK LANCE	GSAC 61	72.3
TOM DYCKMAN	FLRC 60	74.5

ROBERT A. NAYLOR	NJM 66	66.3*
------------------	--------	-------

ED MATTHEWS	MM 71	69.1*
JIM MANNO	NJM 71	71.2
L. RUSSELL MORE	SC 70	87.8

MEN'S 800 METER RUN

RICK SMITH	BR 34	1:58.8*
JOE CARROLL	BR 30	2:09.0

ROBERT L. WALKER	UN 39	2:01.7
GEORGE CRUMMEL	UN 39	2:08.7

DUANE J. GREEN	CPTC 41	2:05.3
DAVE PATTERSON	SAC 40	2:07.1
LARRY PURTELL	HTC 44	2:09.8
STEPHEN VIEGAS	IATC 43	2:14.3
CALEB ROSSITER	UN 40	2:15.5
DALE LADD	UN 44	2:16.5

KEN BAKER	NJM 55	2:08.9
MARKUS HEIDELBERG	UN 46	2:09.4
BRUCE CARTER	UN 46	2:10.1

JOHN W. ALLEN	SC 52	2:21.1
---------------	-------	--------

CLIFFORD PAULING	CPT 57	2:23.1
------------------	--------	--------

MEN'S 1500 METER RUN

JOE CARROLL	BR 30	4:17.6
JUVENTAL RODRIGUEZ	UN 33	5:04.9

DAVE PATTERSON	SAC 40	4:13.7
LARRY PURTELL	HTC 44	4:27.0
CALIB ROSSITER	UN 40	4:36.5
REINHOLD WOTAW/FLRC	42	4:38.9
THOMAS HOMEYER	SC 43	4:44.1
TONY KASENGA	UN 44	5:34.3

BRUCE CARTER	UN 46	4:34.0
HERB ENGMAN	HN 46	4:35.9

SID HOWARD	CPTC 53	4:36.5
VINCENT COLGAN	SC 52	5:03.6

VANNES ROBINSON	UN 56	5:57.0
-----------------	-------	--------

GEORGE J. GAVRAS	FLRC 65	5:59.7
L. RUSSELL MORE	SC 70	7:24.1

MEN'S 3000 METER RUN

JUVENTAL RODRIGUEZ	UN 33	10:58.4
--------------------	-------	---------

DAVE PATTERSON	SAC 40	9:49.3
THOMAS HOMEYER	SC 43	9:51.1
RAY SMITH	HTC 44	10:32.8
JOSEPH BURLESON	HTC 44	11:06.7
TONY KASENGA	UN 44	11:43.3

VINCENT COLGAN	SC 52	10:19.0
----------------	-------	---------

SAM GRACEFFO	SC 55	10:12.6*
VANNES ROBINSON	UN 56	12:47.3
HOWARD RUBIN	SC 60	11:18.2*
NATE WHITE	SC 72	13:19.1

MEN'S 55 METER HURDLES

DAN GLUSHEFSKI	BBB 33	7.9
----------------	--------	-----

GEORGE CRUMMEL	UN 39	7.9
HORACE HUDSON	GRTC 39	8.3

IVAN BLACK	UN 43	9.3
------------	-------	-----

MICKY MILOVE	NYM 46	9.1
--------------	--------	-----

BARRY KLINE SR.	UN 51	8.7
-----------------	-------	-----

HAIG BOHIGIAN	NYM 55	11.2
---------------	--------	------

LARRY PRATT SR.	NJM 60	9.8
-----------------	--------	-----

BILL TOWNSEND	SC 65	10.2
E.J. MORRISSETTE	FLRC 67	12.5

ED LUKENS	SC 70	9.8*
-----------	-------	------

MEN'S HIGH JUMP

ROBERT DORAN	SC 38	5-8
IVAN BLACK	UN 43	5-4
BILL HANSON	WPTC 44	5-2
BOB BURKE	CPTC 43	5-2
JAMES LARMONDR	SC 43	5-0

BILL DE HORN	CM 45	5-7
FORDY SEARLES	UN 47	5-2
BARRY KLINE SR.	UN 51	5-0
HARVEY R. BOLES	BBB 54	4-0

HAIG BOHIGIAN	NYM 55	4-2
LARRY R. PRATT SR	NJM 60	4-6
PAUL SORAPARU	UN 61	4-4
THEODORE SWANSON	BBB 60	4-0
NED CURRAN	PVS 63	3-4

ALFONZO WILSON	OTH 66	4-4
ED LUKENS	SC 70	4-4

CLAUDE HILLS	PM 79	3-8
BOB DETWEILLER	PM 78	3-0

MEN'S POLE VAULT

PETER MC GINNIS	SC 37	13-7 1/2
MIKE MC GINNIS	TIE C 37	13-7 1/2

BILL HANSON	WPTC 44	12-0
JIM TROTT	SC 43	11-0
RON SALVIO	TERA 43	9-6

BILL DE HORN	CM 45	11-6
--------------	-------	------

WALY SOKOLOWSKI	NYAC 51	12-3
NORMAN CYPRUS	NYAC 53	10-0
HARVEY BOLES	BBB 54	8-0
E.L. GALLAGHERY	UN 51	8-0

CLAUDE HILLS	PM 79	6-0
ED KENT	NYM 55	14-5 3/4
BOB SMULLENS	UN 56	10-3 1/4
NICK PALLADIUS	SC 58	9-9 1/4
JAMES L. STOOKEY	MM 62	15-11 1/4
THEODORE SWANSON	BBB 60	15-0
JACK LANCE	GSAC 61	14-1 3/4

BILL TOWNSEND	SC 65	13-3
ED LUKENS	SC 70	15-3 1/2*
ED MATTHEWS	MM 71	12-3 1/2

R.SPARKS SORLEIN	BAA 75	12-9*
CLAUDE HILLS	PM 79	10-4 1/2

WALTER DAVENPORT	GB 41	19-6 3/4
BILL HANSON	WPTC 44	18-2
IVAN BLACK	UN 43	17-11
ARMND LAFRAMBOISE	BBB 43	17-8
RAY PANEK	SC 41	16-4

JOE JOHNSON	MOTU 47	20-4*
MICHAEL MILOVE	NYM 46	17-4
MICHAEL BILLMAN	NYM 45	16-1
JAN A. DECKER	GSAC 46	15-6 1/4

BOB O'BRIEN	GSAC 52	16-1 1/4
CARLOS H. VERNON	BP 54	15-1
HARVEY R. BOLES	BBB 54	13-11 1/4
RICHARD KAYE	NYM 51	12-1 1/4

ED KENT	NYM 55	14-5 3/4
BOB SMULLENS	UN 56	10-3 1/4
NICK PALLADIUS	SC 58	9-9 1/4
JAMES L. STOOKEY	MM 62	15-11 1/4
THEODORE SWANSON	BBB 60	15-0
JACK LANCE	GSAC 61	14-1 3/4

BILL TOWNSEND	SC 65	13-3
ED LUKENS	SC 70	15-3 1/2*
ED MATTHEWS	MM 71	12-3 1/2

R.SPARKS SORLEIN	BAA 75	12-9*
CLAUDE HILLS	PM 79	10-4 1/2

WALTER DAVENPORT	GB 43	12.26
IVAN BLACK	UN 43	11.60
TAYLOR TUNSTALL	PM 42	11.35
ARMND LAFRAMBOISE	BBB 43	11.28
RON SALVIO	TERA 43	9.26
JAMES LARMONDR	SC 43	9.15

MICHAEL MILOVE	NYM 46	10.93
MICHAEL BILLMAN	NYM 45	10.06
JAN A. DECKER	GSAC 46	9.02

CARLOS VERNON	BP 54	9.89
HARVEY BOLES	BBB 54	8.89
RICHARD KAYE	NYM 51	7.89

ROBERT DORAN	SC 38 12.85
WALTER DAVENPORT	GB 43 12.26
IVAN BLACK	UN 43 11.60
TAYLOR TUNSTALL	PM 42 11.35
ARMND LAFRAMBOISE	BBB 43 11.28
RON	

Continued from previous page

400m	
M35 K Witherspoon	55.01
Bob Bowen	55.47
M40 Thomas Little	57.40
Larry Isler	62.04
M50 David Ayers	63.51
Paul Davis	64.89
M55 James Bradley	71.06
M65 Roy Eglert	97.13
M45 Peggy Smith-Hite	84.58
800m	
M30 Bill Benson	2:28.3
M35 Roger Koehler	2:22.12
M40 John Tucker	2:06.27
A Elmehdaoui	2:07.30
M50 Bill Jeffrey	2:31.17
M65 John Hosner	2:48.69
Roy Eglert	3:39.23
M70 John Bays	3:20.99
M40 Elaine Boyd	3:01.58
M45 Peggy Smith-Hite	3:02.34
1500m	
M30 Bill Benson	4:59
M40 Bob Erhart	5:07.3
M65 John Hosner	5:38.19
M70 John Bays	6:31.9
M40 Elaine Boyd	5:58.23
M45 Peggy Smith-Hite	6:14.60
5000m	
M35 W Schneider	19:11.93
Roger Koehler	20:08.84
M40 Bob Eaheart	19:23.57
M50 Jim Hickey	21:41.20
M55 Jim Beahm	20:15.15
M70 John Bays	24:12.49
Alvin Smith	27:27.81
55m	
M30 Mark Monti	7.96
John Dyer	8.31
M35 Keith Witherspoon	8.31
M40 Jerry Gaines	8.14
Louis Johnson	9.41
M50 Mike Valle	10.80
M55 James Bradley	11.60
M60 Bailey Gore	10.13
M70 Joe Martin	9.93
M55 Lucy Anne Brobst	11.30
M60 Leonore McDaniels	12.20
High Jump	
M30 Bob Shelton	6-0
M35 Keith Witherspoon	5-8
M45 Roger Brinkley	4-2
M50 Mike Valle	4-6
M60 Bill Brobst	4-0
Don Grey	3-8
M65 Norb Weckstein	3-10
M55 Lucy Anne Brobst	3-8
M60 Leonore McDaniels	4-0
Pole Vault	
M30 Lewis Affronti	10-6
M50 David Ayers	9-6
M60 Don Grey	8-0
M70 Boo Morcom	9-10 3/4
M55 Lucy Anne Brobst	5-0
Long Jump	
M30 Rob Shelton	20-3
John Dyer	18-8
M35 Keith Witherspoon	22-1
M40 Jerry Gaines	19-2
Bob Eaheart	13-1
M45 Palmer Sweet	14-5
M50 Mike Valle	14-10 1/2
M55 James Bradley	11-0
M60 Bailey Gore	14-5
Don Grey	10-9 1/2
Bill Brobst	10-9 1/2
M65 Norb Weckstein	10-6 1/2
M70 Boo Morcom	10-9 1/2
M80 Jeremiah Gaines	10-3
M55 Lucy Anne Brobst	11-5 1/2
M60 Leonore McDaniels	12-2*
Triple Jump	
M30 Bob Shelton	38-11
M35 Keith Witherspoon	40-4
M45 Palmer Sweet	30-1
M50 Ed Barbour	31-9 1/2
Mike Valle	29-10
M60 Bailey Gore	26-1
M65 Norb Weckstein	19-5 1/2
M55 Lucy Anne Brobst	24-3
M60 Leonore McDaniels	23-9 1/2
Shot Put	
M35 Dan Weckstein	29-11
M40 Richard Cooke	35-6 1/2
Larry Isler	30-10 1/2
M45 Nick Nichols	37-2 1/2
Palmer Sweet	35-4
M50 Mike Harrington	41-9 1/2
W T Wade	40-10
M60 Don Grey	28-1
Bill Brobst	23-0
M65 Norb Weckstein	27-3 1/2
M70 Boo Morcom	31-3 1/2
M80 Jeremiah Gaines	21-7
M45 Shirley Glascock	16-2
M55 Lucy Anne Brobst	21-3
*indoor age-group WR	

Tampa Bay All-Comers
Tampa, FL; March 21

60m	
M60 Warren Doscher	8.51
100m	
M40 Ike Belez	14.4
M60 W Doscher	13.66
Bill Gentry	14.34
200m	
M60 W Doscher	28.93
Short Hurdles	
M60 B Gentry	19.47

High Jump	
M60 B Gentry	4-8
Long Jump	
M60 W Doscher	14-1 1/2
Shot Put	
M60 Larry Siegel	32-6
B Gentry	28-2
M75 Chas Hirshey	27-8
Discus	
M60 L Siegel	99-11
B Gentry	90-7
M75 Chas Hirshey	59-7
from Bill Gentry	

2nd Annual Florida Athletic
Club - Naples By the Sea
Track Meet
April 4

100 METERS	
M19 TROY PARKER	*10.75
MIKE KELLY	10.90
JOHN VEREEN	11.07
JULIO FERNANDEZ	11.27
ANDRE WILLIAMS	11.33
SCOTT FINCH	12.10
SEAN LAWRENCE	12.44
DAVE HOWARD	12.84
M25 MITCHELL TAYLOR	*11.42
STEVE JENNINGS	11.96
URAL DARLING	12.20
JOHNNY GORDON	12.28
MITCH MORGART	12.60
ROBERT MONICO	13.09
DARRYL DIAMOND	11.66
SCOTT GERRINGER	12.83
M40 NATE ROBINSON	*11.35
CLIFFORD MCCLAIN	11.58
FRED COLLINS	11.69
BILL CLOSE	11.79
ARCHIE KELSO	12.58
RON LOCKER	14.66
M45 TYRONE CARLIS	*11.81
JON DAVIS	12.17
B.J. JOHNSON	14.89
STEVE FEITH	15.18
M50 BILL WALKER	12.85
NEMOUR DELANEUVILLE	14.22
M55 PHIL TETERS	*13.57
HAROLD LAWRENCE	14.21
BOB HAGER	17.95
M70 GEORGE ABENOUR	16.09
GERALD UDELL	16.24
M75 BILL WEINACHT	*13.97
200 METERS	
M19 MIKE KELLY	*22.83
TROY PARKER	23.69
JOHN VEREEN	24.00
SCOTT FINCH	25.88
SEAN LAWRENCE	26.13
M30 MITCH MORGART	25.81
MITCHELL TAYLOR	25.84
ROBERT ALONZO	26.11
M35 DARRYL DIAMOND	*24.08
FRED COLLINS	*24.14
CLIFFORD MCCLAIN	24.68
BILL CLOSE	26.47
M45 TYRONE CARLIS	*24.11
JON DAVIS	24.92
M50 BILL WALKER	*26.31
PHIL TETERS	32.76
M60 HAROLD LAWRENCE	29.94
BOB HAGER	37.95
M70 GEORGE ABENOUR	*34.26
GERALD UDELL	34.30
M75 BILL WEINACHT	*30.27
M35 CAROLYN CODDINGTON	*33.44
M60 BONNIE VAUGHN	*41.00
400 METERS	
M19 SCOTT FINCH	*59.73
RODERICK BERGER	61.2
M30 MITCH MORGART	*59.45
LINDSEY BODDEN	*58.5
ARCHIE KELSO	67.07
JON DAVIS	59.57
M45 LEONARD LISZOWSKI	81.4
BOB O'BRIEN	*61.4
BILL WALKER	61.7
M55 PHIL TETERS	74.02
M60 BILL HAGER	*90.6
M65 JEROME KAUFFMAN	*93.7
M19 GINNY STICKLER	*71.06
800 METERS	
M25 TODD EATON	*2:29.01
RODERICK BERGER	2:29.26
ROBIN BISHOP	2:31.80
M40 LINDSEY BODDEN	*2:17.01
ARCHIE KELSO	2:31.51
CRAIG TORREY	3:32.01
M45 BILL HAGEMAN	2:43.26
B.J. JOHNSON	2:43.01
M55 BRUCE COPPERUD	*2:44.01
HAROLD SMITH	3:32.81
M65 JEROME KAUFFMAN	3:34.37
M75 IGO STOROJEFF	5:17.50
M25 J. CONRECORDE	2:40.01
1500 METERS	
M19 TODD EATON	4:49.24
ZABLO LUIS	5:20.53
ROBIN BISHOP	5:32.50
M40 ARCHIE KELSO	5:44.84
CRAIG TORREY	5:14.89
M45 DOUG SCHUMANN	4:53.72
BIFF MCGLIPIN	5:21.82
BILL HAGEMAN	5:22.78
M55 HAROLD SMITH	*6:59.77
M75 IGO STOROJEFF	10:56.56
M40 JULIA MAJORS	*7:07.05
5000 METER RUN	
M25 TODD EATON	17:24
ROBIN BISHOP	19:49.3
M30 STAN BROWN	*17:44.88
M35 DON RIDDLE	22:15
M40 ANDY APPLEBBE	*19:33
TED BERGREN	26:55.3
M45 DOUG SCHUMANN	*17:46
BILL HAGEMAN	18:11.3
LEONARD LISZOWSKI	25:30
M50 BRUCE MINER	27:16
M55 HAROLD SMITH	23:52
WALLY DOBBLER	25:44.55
M60 MYRON MEYER	19:50.15
M65 HAROLD HAGEN	*24:01.50
ED BRUNDAGE	25:43
M19 GINNY STICKLER	*24:41.60
High Jump	
M40 LENNY MAJORS	1.57
R.VLAARDINGERBROEK	1.57
M55 BRUCE COPPERUD	1.40
M60 HAROLD LAWRENCE	*1.40
F25 J. CONRECORDE	1.47
Pole Vault	
M19 JOHN BEAGLE	*3.96
M40 RON LOCKER	2.29

LONG JUMP	
M19 JULIO FERNANDEZ	*5.97
M25 SEAN LAWRENCE	*5.07
M30 CURTIS MOSBY	*5.40
JOHNNY GORDON	4.65
M35 WAYNE REESE	*6.15
M40 BILL CLOSE	5.04
ANTHONY BUSHAMIE	4.04
M45 TYRONE CARLIS	*5.66
B.J. JOHNSON	4.46
GARY LANE	4.45
M50 BOB O'BRIEN	4.47
BILL WALKER	3.30
M55 HAROLD SMITH	3.05
M60 HAROLD LAWRENCE	*4.42
M19 KATHRYN CAVE	*7.82
TRIPLE JUMP	
M35 WAYNE REESE	*13.13
M40 BILL CLOSE	*10.81
M50 N. DELANEUVILLE	9.36
BOB O'BRIEN	9.25
SHOT PUT	
M30 VINCENT STHAIR	10.59
CURTIS MOSBY	9.54
M35 SCOTT GERRINGER	11.50
M40 R.VLAARDINGERBROEK	12.85
LENNY MAJORS	8.89
M45 JOHN SWEATLOCK	*10.97
DON KOZLOWSKI	7.45
M50 JON ALBITZ	12.29
JERRY ARLINE	11.51
BILL WALKER	9.08
M60 LARRY SIEGEL	10.86
JIM BRADY	10.52
M70 GENE ABENOUR	9.65
GERALD UDELL	7.62
F19 KATHERINE GAVE	9.39
F30 SANDRA BRUBAKER	*5.36
M50 VANESSA HILLIARD	*11.66
F65 JEAN UDELL	*5.19
DISCUS THROW	
M25 DAVID HOWARD	*33.88
M30 CURTIS MOSBY	27.93
M35 SCOTT GERRINGER	*38.28
R.VAN WINDGUTH	*34.82
VLAARDINGERBROEK	34.34
LENNY MAJORS	20.47
M45 GARY LANE	*33.63
JOHN SWEATLOCK	29.57
M50 JERRY ARLINE	*40.71
JON ALBITZ	33.43
M55 PHIL BRADY	*40.14
HAROLD SMITH	26.09
M60 LARRY SIEGEL	28.35
M70 GENE ABENOUR	24.99
GERALD UDELL	17.55
M75 IGO STOROJEFF	16.07
M30 SANDRA BRUBAKER	*17.93
M50 V. HILLIARD	*31.54
M65 JEAN UDELL	*11.74
HAMMER THROW (NEW EVENT)	
M30 VINCENT STHAIR	*32.74
M40 R.VLAARDINGERBROEK	*38.10
M50 JERRY ARLINE	*31.90
JON ALBITZ	29.40
M60 AUSTIN BAGGETT	*36.19
LARRY SIEGEL	21.18
M70 TOM MCDEHOTT	*35.99
M75 IGO STOROJEFF	*11.84
M50 VANESSA HILLIARD	*39.65
JAVELIN	
M25 ROBIN BISHOP	*30.15
M30 ROBERT MONICO	*36.07
M35 BILL WILLIAMS	28.60
M40 NATE ROBINSON	*51.24
R.VLAARDINGERBROEK	50.04
M45 DON KOZLOWSKI	*37.31
M50 THOMAS MURPHY	*47.64
JERRY ARLINE	37.76
M70 JACK RALLS	*22.20
GERALD UDELL	21.06
M75 IGO STOROJEFF	13.96
F30 SANDRA BRUBAKER	*16.84
F50 VANESSA HILLIARD	*31.20
F65 JEAN UDELL	*16.88
* = MEET RECORD	
* = ALL-AMERICAN MASTERS PERFORMANCE	
* = BEST PERFORMANCE EVER MADE WITHIN FLORIDA	

55m	
M35 Tom Bloxom	6.75
Gene Maxwell	7.06
M40 Tom Thompson	6.60
Robert Hahn	7.00
M45 Tony Matthias	7.10
James Vicks	7.28
M50 Roy Turner	7.38
Bill Durham	7.78
M55 Jimmy Weaver	7.13
Tony Deatherage	7.19
M60 Joe Summerlin	7.59
Andy Anderson	7.63
M65 Bob Wingo	8.56
M75 Fred White	8.68
Hugh Rhodes	9.25
M35 Lou Bloxom	8.34
M40 Rene Blenden	8.71
M45 Linda Reichl	10.47
M50 Mary Luker	8.25
Marion Coffee	9.15
200m	
M30 Jeff Brower	25.66
M35 Tom Bloxom	24.41
Herston Hall	26.82
M40 Tom Thompson	23.00
M45 James Vicks	27.07
Tony Matthias	29.12
M50 Roy Turner	27.07
Bill Durham	29.40
M55 Paul Johnson	25.56
Jimmy Weaver	26.47
M60 Andy Anderson	28.06
Joe Summerlin	29.10
M65 Bob Wingo	32.68
M75 Fred White	34.25
M35 Lou Bloxom	30.47
M40 Rene Blenden	32.75
M45 Linda Reichl	44.19
M50 Mary Luker	31.34
Marion Coffee	37.34
400m	
M30 J Brower	57.91
M35 Herston Hall	59.03
Gary Martin	59.40
M40 Tom Thompson	52.22
M50 Steve Ireland	57.91
M55 Paul Johnson	58.71
M60 Andy Anderson	63.62
Bill Bowers	69.90
M65 Bob Wingo	80.12
M75 Fred White	92.50
M40 R Blenden	76.69
800m	
M30 Richard Galen	2:07.84
M35 Ricky Easley	2:02.09
James Reppert	2:11.22
M40 David Salazar	2:05.34
Mark Bass	2:30.94
M50 Marcel Balla	2:26.56
Finis Cavender	3:02.09
M35 Shirley Wigley	3:21.12
1600m	
M35 Jackie Cannon	5:29.06
M40 Pat Hambrick	4:38.40
David Salazar	4:48.53
M45 Jim Haynes	5:40.85
M50 Finis Cavender	6:40.53
M55 George Jury	5:40.38
3200m	
M35 Bill Harn	11:10.66
Jackie Cannon	11:58.77
M40 Pat Hambrick	9:47.80
Mark Bass	11:42.35
M50 Finis Cavender	15:06.75
M65 Tom Bowser	14:22.66
M35 Shirley Wigley	15:09.34
55mH	
M30 Jeff Brower	8.32
M40 Robert Hahn	8.31
1600mRW	
M45 Norm Frable	7:55.42
Jerry Whitten	9:21.72
M60 Gerry Ireland	11:48.16
M45 Kathy Frable	9:30.59
Linda Reichl	12:40.78

SOUTHWEST

Lubbock Christian University
Masters Meet
Lubbock, TX; March 7

55m	
M35 Tom Bloxom	6.75
Gene Maxwell	7.06
M40 Tom Thompson	6.60
Robert Hahn	7.00
M45 Tony Matthias	7.10
James Vicks	7.28
M50 Roy Turner	7.38
Bill Durham	7.78
M55 Jimmy Weaver	7.13
Tony Deatherage	7.19
M60 Joe Summerlin	7.59
Andy Anderson	7.63
M65 Bob Wingo	8.56
M75 Fred White	8.68
Hugh Rhodes	9.25

Continued from previous page

3000m	
M40 P Duhl	9:02.3
M45 M Dixon	9:22.8
M50 M Doogan	9:59.0
M55 E Williams	9:50.3
M60 R Drew	11:25.7
M70 A Kelly	13:09.5
M35 L Degg	10:15.0
M40 P Davies	11:28.0
M45 P Gallagher	10:09.3

60mH	
M40 A Wells	8.9
M50 J Howe	9.5
M60 J Oakeshott	11.0
M35 L Elliott	11.0
M45 P McNab	11.5
M50 J Charles	11.0

High Jump	
M40 D Cowley	1.70
M45 S Power	1.70
M50 M55 M Crocker	1.50
M60 P Oakeshott	1.30
M65 G Leete	1.45
M40 M Daniels	1.36
M45 J Smallwood	1.36
M50 I Marti	1.33
M55 R Chrimes	1.30

Pole Vault	
M45 G Button	---
M50 G Benson	3.70
M55 R Brown	3.50
M75 T Rawlinson	2.00
M45 P McNab	2.45*
Long Jump	
M40 M James	6.66
M45 P Duckers	5.68
M50 M Garvey	5.00

M55 F Taylor	5.63
M60 A Kaliral	4.81
M65 G Leete	4.42
M75 L Watson	3.72
M45 S Wood	4.14
M50 S Charles	4.30
M55 C Graham	4.01
M70 M Wixey	3.06

Triple Jump	
M45 S Power	12.46
M55 F Taylor	10.29
M60 A Kaliral	10.12
M40 M Daniels	9.05
M45 S Wood	8.23
M50 J Charles	9.05*
M55 C Graham	8.30
M70 M Wixey	6.37

Shot Put	
M40 B Holden	13.90
M45 J Conboy	11.74
M50 J Scott	13.63
M55 G Hickey	11.52
M60 J Watson	11.24
M65 J Geres	9.58
M75 B Metcalf	8.91
M40 B Carter	11.87
M45 J Kerr	11.01
M50 J Hulls	8.15
M55 R Chrimes	11.35
M60 J Ogden	8.78

3000m RW	
M45 P Hannell	14:29.8
M50 J Little	17:12.7
M55 D Stevens	14:11.2
M70 P Malins	19:36.5
M35 C Reeder	15:16.2

*age-group WR

LONG
DISTANCE
RESULTS

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

NATIONAL

TAC/USA National Masters
100K Championships
Dallas, TX; January 18

M40 Robert Perez	7:23:49
Lion Caldwell	8:21:09
Don Aycock	8:50:46
M45 John Giovengo	8:30:12
Jack Edgar	8:55:09
M50 Jay Norman	10:13:22
Don Winkley	10:29:11
Bill Dickey	12:08:12
M55 Billy Purcell	9:22:01
Louis Joline	10:49:32
Roy Haley	11:43:56
M60 Glen Zirbel	11:32:10
Ed Jackson	11:54:17
John Stowers	13:20:25
M70 Matt Miller	15:52:30
M40 Lynn O'Malley	9:40:34
Tonya Mauldin	11:43:56
M45 Eileen Eliot	9:59:30

TAC National Masters 8K
Championships
(Shamrock Sportsfest)
Virginia Beach, VA
March 21

Top Men Masters	
1 Nick Rose	GBR 23:12
(world best)	
2 John Campbell	NZL 23:45
3 Doug Kurtis	MI 24:28
4 Dom Tibaduiza	COL/NV24:41
5 Bill Rodgers	MA 25:10
6 Rick Katz	CO 25:57
7 Thom Suddeth	VA 25:59
8 Allan Rushmer	GBR 26:40
M40	
1 Doug Kurtis	MI 24:28
2 Bill Rodgers	MA 25:10
3 Rick Katz	CO 25:57
4 Thom Suddeth	VA 25:59
5 Ron Knepper	VA 27:24
M45	
1 Dave Roeber	NC 27:39
2 Dennis LaMountain	VA 27:57
3 James Journigan	VA 29:10
4 Ray Kitchen	WV 29:17
5 John Haubert	VA 29:34
M50	
1 Frank Wagner	VA 28:36
2 Mel Williams	VA 29:02
3 Jake Myers	PA 29:04
4 Joseph Gould	VA 31:06
5 William Tatum	VA 31:34
M55	
1 Dick Ruzicka	FL 29:02
2 Tom Bashara	VA 31:22
3 Charles Flynn	VA 31:42

4 Tom Ray	VA 31:44
5 W B Smith	WV 32:37
M60	
1 Bill Fortune	NY 31:54
2 Neil Wilson	VA 33:02
3 Field Ryan	VA 34:58
4 Wm Middleton	VA 37:10
5 Roger Eudy	VA 40:25
M65	
1 Herb Chisholm	VA 34:00
2 Rudi Schuster	VA 38:18
3 Lewis Allen	VA 39:32
4 Dick Buchanan	VA 43:16
5 Jake Landes	NY 45:10
M70	
1 Bill Tribou	CT 36:53
2 John Bays	VA 40:03
3 Geo Cunningham	VA 47:57
4 Edwin Small	VA 50:17
5 Dean Hatheway	VA 51:23
M75	
1 Dudley Healy	NJ 40:28
2 Lewis Creasy	VA 53:47
M80	
1 Ed Benham	MD 37:55
M40	
1 Laurie Binder	CA 27:42
2 Nancy Grayson	SC 28:08
3 Cathy Lempesis	SC 29:05
4 Nancy Mieszczyk	NY 29:06
5 Nancy Oshier	NY 29:25
M45	
1 Barbara Filutze	PA 28:26
2 Joyce Ploeger	VA 31:28
3 Anna Moore	NC 34:38
4 Suz Stansfield	VA 34:52
5 Connie Friend	VA 36:16
M50	
1 Karin Stronach	VA 35:00
2 Deanna Renko	VA 36:27
3 Charlene Burke	VA 38:16
4 Judith Dodson	VA 38:42
5 Linda LaFleur	VA 41:07
M55	
1 Susie Kluttz	NC 33:46
2 Alice Wilson	VA 42:09
3 Barb Guerrieri	VA 43:11
4 Cardi Anthony	VA 46:53
5 Sandra Barreto	NC 49:32
M60	
1 Pat Magnuson	NC 47:19
2 Georgie Doan	NY 47:31
3 Edith Lawson	NC 53:18
4 Iris Vinegar	NC 53:45
M75	
1 Marj Mitchell	VA 51:22

EAST

Washington's Birthday
Marathon
Greenbelt, MD; February 16

Overall	
Drew Rogers 32	2:40:13
Judith Bugyi 45	3:14:33
M40 Don Rich 46	2:50:01
Leo Villano 46	3:03:01
Gary Pickens 41	3:03:29
M50 Bernie Davis 54	3:13:02
Don Siefers 55	3:14:30
Andy Kotulski 52	3:22:32
M60 Dick Good 62	3:38:26
Robert Park 61	3:50:26
M70+John McIntyre 71	3:44:23
John Lewis 70	4:47:41
M40 Edie Tress 41	3:27:41
Linda Fisher 46	4:08:17
M50 Judith Flannery 523	4:13:36
Janet Newburgh 503	4:46:29
from Larry Noel	

Hudson Mohawk RRC
Marathon
Albany, NY; February 23

M40 Rick Stark	2:51:10
Jim Murphy	2:54:49
Byron Ferreira	3:02:28
M45 Ambrose Salmini	3:12:46
Bob Whitby	3:27:38
M50 Jean-Claude Guy	3:00:44
Roger Goulet	3:08:11
M55 Jim Tierney	3:23:10
Charles Sprauer	4:19:35
M40 Chary Griffin	3:58:41

Bethesda Chase 20K
Bethesda, MD; March 1

Overall	
Robert Yara 37	1:05:51
Susan Cain 35	1:19:13
M40 Lucious Anderson	1:10:30
Rennett Beach	1:12:10
Pat Grady	1:12:39
David Lowe	1:14:55
M50 Dick Hipp	1:20:11
Denis Colombant	1:20:14
Tom Henderson	1:21:30
M60 Dick Good	1:33:21
Keith Olson	1:35:00
Bill Morrison	1:39:24
M70+Alvin Guttig 73	2:33:02
M40 Cindy Dalrymple	1:26:51
Judith Bugyi	1:27:41
Beverly Pritts	1:31:18
M50 S Hamilton/Dolan	1:28:43
Janice Stoodley	1:31:40
Judy Flannery	1:35:25

Master Men's Team	
1 Gnats	5:00:00
2 Washington RC	5:04:58
3 DC Harriers A	5:12:52
Masters Women's Team	
DC Harriers	6:42:20
Racewalkers	
1 Wm Norton 42	1:58:24
2 Alan Price 45	2:02:45
3 Bob Elliott 42	2:02:47
4 James Lemert	2:02:55
5 Sal Corrallo 61	2:03:09
6 Mitch Segal 41	2:07:58
7 Paul Robertson 52	2:26:29
5 Lois Dicker 52	2:21:46
6 Joan Schindel 49	2:33:18

NYRRC Brooklyn Half-
Marathon
Prospect Park, NYC; March 1

Overall	
Idris Mohamed 30	1:09:08
Melissa Scharer 27	1:26:37
M40 Robert Briglio	1:18:00
Nick Caswell	1:18:17
Bill Backe	1:18:54
M45 Hector Vargas	1:17:40
Joe Cote	1:19:18
Julio Lugo	1:23:15
M50 Dan Hamner MD	1:22:40
Victor Cruz	1:22:56
L Flores	1:23:41
M55 Alan Fairbrother	1:25:23
George Reilly	1:33:15
Dan Jacobs	1:33:26
M60 Joe Burns	1:34:35
Erik Kaymin	1:34:39
Pat McElroy	1:39:33
Bob Muller	1:39:41
Lester Ridings	1:42:43
John Sweeney	2:01:30
M70 Bill Coyne	1:54:50
Tom Gibbons	1:59:32
Peter Diorio	1:59:34
M75+Vince Carnevale	1:58:23
Wilfredo Rios	2:08:36
M40 Johana Carter	1:39:06
Susan Hale	1:39:29
DonnaLee Bain	1:42:19
M45 Ann Makoske	1:35:57
Laura Schay	1:40:05
Jillian Lazaridis	1:47:15

W50 Annelie Minor	1:46:18
Izumi Yamamoto	1:49:30
Edith Jones	1:51:21
W55 Lisa Praskins	1:38:14
Rosa Nales	1:47:36
Lynn Sherman	1:51:38
M60 Daisy Klein	2:20:27
M70+Althea Wetherbee	2:11:15
Finishers: 877m/229w	
Weather: 28°/windy/clear	

Family Fun Fair 5K
Riverhead, NY; March 7

Overall	
Marc Drautz	16:21
Phyllis Hollman 37	20:37
M40 Dave Oakley	17:47
George Skrivanek	18:26
M45 Maury Dean	17:24
Dan Ingegno	19:40
M50 John Long	18:09
Joe Cordero	18:25
M55 Mel Cowgill	18:47
Dick Wilson	20:36
M60+Warren Elmslie	20:52
Rich Bloom	21:13
Ed Batcheller	23:12
M40 Estella Clasen	22:12
Cheryl Skrivanek	22:58
Pat Burrows	24:40

Avenue's Pub 5K
Rocky Point, NY; March 8

Overall	
John Martin	15:33
Barbara Gubbins	17:20
M40 Jim Walsh	16:49
Craig Stewart	17:17
Maury Dean	17:22
Radames Delgado	17:27
M50 Joe Cordero	18:29
Frank Faber	18:57
Jose Mendez	19:29
M60 Roger Williams	20:38
Bert Jablon	22:01
Rich Hollman	25:18
M40 Judy Carroll	21:31
Marion Gleason	22:34
Debbie Gabrielle	24:02
M50 Barbara Flores	26:30
Jean Jackson	29:59
M60 Sandra Roppolo	30:18
Marilyn McKeown	33:50
Finishers: 450	
Weather: 59°/w7-10mphNW	

NYRRC Al Gordon 5 Miler
Central Park, NYC; March 8

Overall	
Khalid Kairouani 26	23:59
Alissa Henning 24	29:08
M40 Dan Brach	26:34
Stephen Browne	27:21
Bob Hermes	27:39
M45 Hugh Sweeny	27:06
Ted Haiman	27:29
Jim Hudick	28:44
M50 Luis-Antonio Flores	29:35
James Fillis	30:53
Ramon Ruiz	31:01
M55 Alan Fairbrother	30:10
Eric Seiff	32:23
George Hirsch	32:35
M60 Arnie Green	33:42
Erik Kaymin	34:33
Albert Puma	36:13
M65 John McManus	33:57
G G Thompson	34:18
Jack Haar	35:20
M70 Bill Coyne	37:36
Tom Gibbons	41:52
Sid Asch	76:19
M75+Chas Feldman 76	43:43
Wilfredo Rios 75	44:33
Max Popper 88	65:04
M40 Nancy Adler	32:24
Johana Carter	36:16
Veronica Cilich	38:00
M45 Ann Davies	32:20
Ann Makoske	32:44
Laurie Baker	35:13
M50 PattyLee Parmalee	35:17
Edith Jones	36:52
Paolina Mazza	38:20
M55 May Chou	39:52
Kate Knight-Perry	48:07
M60 Toshiko d'Elia	36:40
Joan Fisher	47:29
Finishers: 909m/426w	
Weather: 53°/h86°/w8mph	

St. Paddy's 10 Mile
Freehold, NJ; March 15

Overall	
Brian Harshman	51:28
Madeline Noe-Levine	63:58
First Masters	
Bill Scholl	54:17
Laurene Jones	66:34
M40 Bruce Robinson	54:41
Manuel Gama	54:52
Roger Price	56:24
M45 Hector Vargas	57:33
Anthony Roque	58:27
Mark Hanson	61:01

M50 Pat Cosgrove	60:03
Jeff Martin	61:24
Bob Smelson	62:36
M55 Ale Kasten	64:36
Gene Chase	65:02
George Kelly	65:40
M60 Ralph Aquino	69:49
John Smith	70:11
Bill Engle	72:39
M65 Les Ridings	72:41
Santee Tallia	77:59
Bob Mimm	78:15
M70+Alan Payne	77:17
Fred Ely	85:43
M40 Susan Juronics	68:52
Lily Wechsler	70:09
Lily Kosaka	70:53
M45 Susan Weisbrod	68:28
Elaine Prendergast	82:17
M50 Helen Valent	73:50
Donna Mehler	80:12
M55 Jane Goodman	91:04
M60 Nancy Ammermuller	86:00
M65 Janine Maltas	83:50

NYRRC Four Leaf Clover
4 Mile
Central Park, NYC; March 15

Overall	
Khalid Kairouani 26	19:16
Gillian Horowitz 36	23:28
M40 Vincent Gaines	22:28
Jay Hildebrand	23:25
Vincent Shaw	23:27
M45 Art Hall	22:01
Joe Cote	22:31
Maury Dean	22:41
M50 Ramon Ruiz	24:33
Jim Fillis	24:44
Jeremiah O'Connor	24:49
M55 Alan Fairbrother	24:23
Eric Seiff	25:53
George Reilly	26:29
M60 Bill Fortune	25:25
George Wodicka	28:02
Al Puma	28:54
M65 John McManus	27:10
Jack Haar	27:35
Sab Koide	33:22
M70 Bill Coyne	29:21
Tom Gibbons	32:26
Bill Benson	35:14
M75+Vince Carnevale 75	31:26
Chas Feldman 76	35:18
Jim Keeney 76	35:55
Wilfredo Rios 75	36:32

Continued from previous page

M60+Neil Wilson 63 1:36:17
Dixon Hemphill 67:1:38:08
Herb Chisholm 65 1:39:59
Herbert Bell 1:40:15

Top Woman Masters
Donna Harrison 40 1:27:36
Joyce Ploeger 48 1:28:41
Marny Gilluly 42 1:29:12
W40 Gretchen Maurer 1:31:08
Linda Gulick 1:32:16
Jeanne Kruger 1:34:37
Jeanne Bowers 1:35:01
W45 Sheila Bailey 1:46:07
Olga Thompson 1:46:58
Victoria Arness 1:53:20
W50+Karin Stronach 52:1:33:38
J Whitten 53 1:48:21
Trudy Taff 52 1:52:22

M40+ Team 3:48:59
PFC Masters (White, Sornberger, Platt, Pully, 1:22:21)
W40+ Team 4:27:25
Striders Blue (Harrison, Ploeger, Maurer, Bailey)

Overall
Paul Maney 30 15:35
Mary Peruski 24 16:58
M40 Royce Hayes 19:27
M45 Cecil Davis 17:40
M50 Frank Wagner 17:27
M55 William Charles 21:16
M60+Patrick Mendola 60 22:11
John Anderson 60 23:40
Sam Stephens Jr 62 24:24
W40 Rachel Ellenson 20:47
W45 Beverly Callaway 22:06
W50+Charlene Burke 50 23:30
Pat Joslin 52 25:15
Libby Klekowski 50 26:47
Rosemary Monroe 66 28:36

Anheuser-Busch Colonial Half-Marathon & 5K Williamsburg, VA; February 23
--Half-Marathon--
Overall
Don Johns 26 1:05:14
Leslie Fedon 28 1:17:39
M40 Thom Suddeh 1:15:29
Don Slusser 1:16:32
Larry White 1:16:59
Mike Krywanski 1:17:21
Bruce Dale 1:18:40
John Merk 1:19:13
Joseph Link 1:19:47
Juan Becerra 1:22:15
Tom Pollard 1:23:40
Robert Keith 1:24:17
M45 Reuben Beauchamp 1:17:42
Robert Johnson 1:18:08
Dennis LaMountain 1:18:11
Anthony Roque 1:19:54
Ben Dyer 1:20:53
Ray Kitchen 1:22:17
James Buck 1:25:02
Hap Miller 1:25:14
M50 Gales Stuckey 1:22:17
Bryce Jenkins 1:22:51
Robin Vieyra 1:22:54
Frank Wagner 1:23:08
Robert Wright 1:23:44
V Santo Antonio 1:24:17
Bernie Davis 1:28:23
M55 Jack Whitcomb 1:25:45
Burr Grim 1:26:19
William Hoss 1:27:52
Tom Messier 1:32:07
M60 Larry Dickerson 1:35:47
Neil Wilson 1:37:10
Herb Chisholm 1:39:08
M70+Cokey-Daman 73 1:45:04
Denzil Pritchard 1:46:53
John Bays 1:49:48
W40 Rose Malloy 1:23:58
Joyce Rankin 1:28:44
Karen Knuepfer 1:28:53
Marny Gilluly 1:34:11
Margaret Smith 1:39:25
W45 B Sutherland 1:40:07
A Bernhard 1:40:57
Meredith Bonta 1:43:51
Nancy Goodridge 1:45:32
W50 Karin Stronach 1:34:49
Margrid Krueger 1:57:25
Judy Kirchoffer 1:58:22
W60+Becky Yancharis 2:30:21
--5K--
Overall
Neil Buckley 15:21
Nicola Ratcliffe 17:34
M40 John Thelin 17:05
Harvey Perkins 20:48
Dennis Kennedy 21:08
M45 James Journigan 18:10
Steve Pierce 19:27
Doug Smith 19:45
Ron Fullerton 21:21
Bruce Irvin 21:47
David Fabian 22:19
M55 Bill Kenney 23:53
Bill Bodie 25:19
M60 Sam Stephens 24:04
Bruce Leffer 26:59
M65 Jim Johnson 26:40
George Allen 38:27
W40 Joy Oakley 23:14

Joan Ickler 25:05
Carol Proper 26:02
W45 Barbara O'Brien 24:42
Sherrie Lemnios 25:48
W50 Jane Nelson 31:56
Tessie Atkins 32:17
W55 Pat Sgrinia 29:08
Ruth Melvin 34:35
W60 Alice Wilson 26:23
Rachel Leffer 35:28
W65 Evelyn Lloyd 41:41
W70+Marj Mitchell 32:04

Shamrock Masters 8K
Virginia Beach, VA; March 21

1 Nick Rose GBR \$800 23:12 (M40+ world best)
2 John Campbell NZL \$50023:45
3 Doug Kurtis MI \$350 24:28
4 Dom Tibaduiza CO \$250 24:41
5 Bill Rodgers MA \$10025:10
T Laurie Binder CA \$80027:42
2 Nancy Grayson SC \$50028:08
3 Barb Filutze PA 28:26

SOUTHWEST

Jackson 50 Dallas, TX; January 18
M40 Dennis Fugate 6:54:52
Bruce Mauldin 7:34:49
M45 Steve Shopoff 6:14:16
Jim Abt 7:12:36
Shel Steinbock 7:33:05
M50 Wayne Elliot 7:42:01
T. McLaughlin 7:55:24
C. Chandonia 8:22:13
M55 Jack Mims 9:00:29
Red Spicer 9:19:40
Lee Miksch 9:30:08
M60 Pete Butler 9:38:29
Dick Pierson 9:50:33
W40 Debbie Peebles 6:55:53
Carla Branch 7:19:12
Linda Gentling 7:27:50
Linda Musil 7:53:14
W45 Margi Sells 8:43:31
Bonnie Allison 9:41:26
Carole Harrison 11:18:32

Tulsa RC February 10K
Tulsa, OK; February 22

Overall
Dave Kraus 32 31:39
Debbie Brooks 31 41:13
M40 Larry Krutka 35:56
Bob Anderson 35:56
Frank Hawkins 40:13
M45 Gerald Doeksen 37:00
Peter Bernhardt 38:43
M50 Jim McFadden 36:48
Joe Haegquist 39:35
M55 Fred Dice 39:03
Ed Adams 46:37
M60 Steve Blanchard 39:00
Arturo Melendez 40:05
M65+Eugene Byrnes 65 48:53
Bob Lake 68 52:32
W40 Suzanne Williams 43:52
Jane Hawkins 47:43
W45 Brenda Nowlin 54:31
W50 Linda Brown 45:49
W60 Opal Alexander 63:27

WEST

Tucson Marathon
Tucson, AZ; January 19

Overall
Rick Fenno 34 2:28:59
J Stamper-Holland 32 3:07:09
M40 Terry McCluskey 2:44:01
Ed Mraz 2:58:37
Bruce Hall 3:14:08
Fred Carrillo 3:24:20
Richard Patze 3:24:29
M45 Frank Siqueiros 3:14:23
James Gibbar 3:17:23
Larry Ettinger 3:24:25
M50 Ken Young 3:12:44
Ron Strader 3:12:36
M55 Verne Carlson 3:02:23
Fred Kiddy 3:03:41
Dale Urbain 3:10:45
M60 Sam Smiley 3:37:34
Gus Davis 4:00:10
W40 Donna Pierson 3:34:36
Catherine Quesnel 4:09:11
W45 Shirley Hester 3:45:46
Lynn Bonner 3:53:41
W50 none
W55 Sandra Kiddy 3:20:23
Lucy Sandoval 5:28:03
Finishers: 162m/34w
Weather: 45°/h47%/w20-30SE

Senior Olympic Festival
5K/10K
Tucson, AZ; January 26

--5K--
1 Jim Peller 54 18:30
2 Don Branaman 53 20:34

3 Bob Paul 61 20:51
4 Wm Chapdelain 61 21:16
5 Jack Alexander 64 22:07
6 Morton Eleff 63 24:29
1 Jeannie Cooper 52 27:18
2 Nancy Haynes 55 30:27
3 Anna Paul 68 32:09
-- 10K--
1 Don Branaman 53 41:55
2 Morton Eleff 63 49:33
3 Richard Cooper 62 50:02
4 Richard Haines 55 51:19
1 Jeannie Cooper 52 55:16
2 Sue Smith 51 67:31

Great Aloha 8.2 Miles
Honolulu; February 17

M40 Ruben Chappins 45:18
Jim William 45:32
Fred Losano 48:26
M45 Larry Fee 48:50
Jim Edens 49:25
Ron Pate 49:30
M50 Alberto Rivas 46:48
Jay Minor 49:55
Tony Nonan 52:02
M55 Bob Adkins 56:30
George Heneghan 59:09
Stan Im 60:00
M60 Ellis Calvin 59:24
Dick Colven 60:28
Bob Jenner 61:11
M65 Bob Cooling 61:47
Gordon Barrow 63:40
Bob Henninger 64:45
M70 Naoto Inada 59:08
Masaru Morikawa 66:40
Martin Sherman 72:26
M75+Bob Terukina 92:03
Rich McCall 93:21
Richard Rowe 93:25
W40 Christie Bridges 56:05
Valerie Wheadon 60:10
Roki McMillian 60:12
W45 Dorie Quam 60:01
Laverne Hinton 62:39
Sharyn Klafeln 63:30
W50 Maria Houghtailing 66:03
Joanne Robinson 66:07
Joseline Brestle 69:29
W55 Ruth Heidrich 66:20
Eleonor Kitagawa 77:05
Y-T Margaret Lee 78:28
W60 Barbara Zamparelli 70:49
Ellen Humphrey 80:02
W65 Ruth Munro 84:12
John Sullivan 89:01
W70 Bonnie Kolosom 1:51:24
Emma Corrigan 1:53:02
W75+Faye Potter 1:47:26
Kikue Kimoto 1:56:20

Brickyard Run 8.4 Mile
Martinez, CA; February 29

Overall
Steve Pappa 27 43:44
Sharlet Gilbert 40 50:15
M40 Jose Garcia 46:39
Bob Hermens 46:54
M45 Dan Alarid 49:47
John Monteverdi 49:52
M50 Sal Vasquez 45:22
Rolf Nebelung 52:39
M55 Peter Todd 55:24
Stan Morner 59:44
M60 John Gregson 62:54
Bruce Oliver 64:18
M70+Terius Chandler 77:06
Mel Shine 82 84:49
W40 Melinda Villar 56:25
M Acquistapace 57:47
W45 Linda Wimmer 60:31
D Dobber Puhl 69:46
W50 Jan Knafelc 84:53
W55 Alice Rose 62:11
Barbara Robben 69:33
W60 Kit Pickles 66 76:39
B Brucker Vincent 64:06:37

Mercury News 10K
San Jose, CA; March 8

M40 Domingo Tibaduiza 30:15
James Milton 31:08
James Tracy 31:58
Dennis O'Halloran 32:27
M50 Sal Vasquez 33:27
Bill Meinhardt 35:24
Tim Rostegge 35:41
Jerry LaLonde 37:15
M60+Ephraim Romesberg 41:20
Hank Fragoza 41:47
Ray Stewart 44:32
Bob Fawcett 44:59
W40 Laurie Binder 35:04
Darlene Wallace 38:23
Sharlet Gilbert 38:35
Linda Mantynen 38:40
W50 Shirley Matson 38:28
Sandy Vaurs 47:16
Luise Muller 51:29
W60+Joy Johnson 51:02
Virginia LaFever 58:46
Aphri Jacobson 67:04

Southern Calif. TAC
10 Mile Championships
S. El Monte; March 14
Overall
Sal Zaragoza 25 52:45
Denise Smith 29 89:32
M40 Philip Yarday 60:34
M45 Richard Hargis 67:26
M50 Anthony Gomez 69:59
M55 Bill Crum 63:48
M60 Hugh McHugh 72:51
M65 Bob Koch 78:10
M75 Dutch Beneteti 87:52
W40 A Larsen 92:27
W45 Eiko Petty 92:28
W50 Sharon Kerson 1:41:43

Southern Calif. TAC
5K Championships
S. El Monte; March 21

Overall
Bob Dolan 35 17:35
Barb Spannaus 44 22:16
M40 Earl Anderson 18:09
M45 Richard Hargis 19:11
M50 Cecil Smith 19:01
M55 Sonny Monioz 18:35
M60 Bob Culling 20:14
M65 Larry Banuelos 21:00
W40 B Spannaus 22:16
W45 Ruth Ziony 33:53
W50 Sandra Gould 30:30
W60 Lillian Esqueda 30:12

Stotsenberg 5K/10K
Malibu, CA; March 28

--5K--
Overall
Peter Oviatt 22 16:08
Christi Pengston 29 18:53
M40 Tom Heimdal 17:56
M45 Jussi Hamalainen 17:40
M50 Eino Eino 18:35
M55 Vic Gaior 22:31
M60 Milo Sather 23:10
M65 Chas Collins 24:46
M70 Jack Mehlman 29:50
M75 Fraser MacMinn 27:45
W40 Sharon Grant 22:30
W45 C Gackett 29:13
W50 Pauline Freeland 27:03
W50 Atsuko Fujimoto 24:43
W65 Helen Dick 25:17
--10K--
Overall
D Davis 25 33:56
Christi Pengston 29 39:41
M40 Mark Hemphill 37:12
M45 Jussi Hamalainen 36:15
M50 Bob Beehler 41:18
M55 Leroy Kim 43:00
M60 Pete Petracek 43:10
M65 Ellis Revness 49:43
W40 Terri Werber 53:09
W45 Diana Hobson 55:47
W55 Elsa Canin 55:41

Carlsbad 5000
Carlsbad, CA
March 29

M40 Doug Bell 14:50
Wilson Waigwa 15:06
Henry Rono 15:18
Nolan Smith 15:41
Mike Allison 15:56
M45 Peter Stern 16:35
Michael Mahler 16:44
Mike Figueroa 16:50
Juan Cabeza 16:51
M50 Mario Gonzalez 16:19
Dan McCuskill 17:07
Richard Breene 17:10
Neil Doherty 17:46
M55 Carlos Valle 17:39
R. Rodriguez 18:07
Sonny Monioz 18:07
Tom Purkiss 18:23
M60 Paul Saucedo 19:00
Pat Devine 19:46
Dick Robinson 20:40
C. Kachadoorian 20:42
M65 J. Keston 18:24
Larry Banuelos 20:27
Bob Koch 21:18
John Rouse 21:18
M70+Jim McCown 20:43
Don Dilworth 23:14
Wayne Zook 23:15
Hal Elrick 25:18
M80+Willard Benton 31:52
Paul Bernd 35:40
Z. Horta 40:30
Al Miller 43:59
W40 Sherri Hall 17:40
Janet Jordan 17:52
L. Coker 18:58
Sandy Robbins 18:58
Terri Goodreau 19:25
W45 Joni Shirley 18:48
M. Neville 20:12
Kathryn Loper 20:13
Joanne Neet 21:12
W50 Yvette Lavigne 20:00
Eileen Pae 20:28
Joan Jeter 21:44
Ursula Rains 22:01
W55 J. Hoagland 21:08
Wilma Maddock 22:04
Tami Graf 22:09
Dixie Madsen 24:12

M60 R. Zambrano 25:27
S. Leonard 27:13
Pat Pruitt 27:29
Rosemary Ennis 29:52
W65 Mary Storey 24:58
Doris Gordon 25:54
Betty Roberts 31:55
Lillian Lightner 45:01
W70+Judy Simon 30:09
Mary Rice 39:18
L. Newman 48:03
Flo Conley 53:34
W80+F. Salazar 45:24

1992 IAU 100K World Cup
Palamos, Spain; February 16

M40 Domingo Catalan 6:30:37
Heinz Huglin 6:44:38
Dietmar Knies 6:52:42
M45 Lukas DeGroote 6:55:23
Vic Gonzalez 6:56:48
R. Vuilleminot 6:57:48
M65+M. Courtillon 8:55:20
W40 H. Jouvault 8:12:19
Sylvia Watson 8:19:16
J. Casas 8:27:21
W45 Nicole Duchem 8:27:17
Sue Trapp 8:45:48
Anna Dyck 9:20:26
W50 Sigrid Lomsky 8:09:04
T. Suzuki 9:28:35

INTERNATIONAL

International Veterans 8K
Cross-Country Classic
Boston, MA; March 20

M40-44
1 Pierre Levisse FRA 23:05
2 Chas McMullen USA 24:15
3 Brian Stride CAN 24:21
4 Ted McKeigen CAN 24:41
5 Joe Cooper IRE 25:04
6 Jeff Bradley USA 25:17
7 Tom Carroll USA 25:29
8 David Crawford USA 25:36
9 Roger Price USA 25:37
10 Philip Kircher USA 25:43
11 I Jimenez Jr USA 25:44
12 Manuel Gama POR 25:44
13 Bruce Kitzler USA 25:44
14 Wayne Stewart CAN 25:45
15 Bob Hermes USA 25:52
16 Gerry Spencer GBR 26:01
17 Fred Doyle USA 26:04
18 Lou Ruggiero USA 26:06
19 S Abercrombie USA 26:08
20 W D Poschmann GER 26:10
21 Gary Tompkins USA 26:11
22 Dan Soucoup CAN 26:12
23 Dennis Lang CAN 26:14
24 Philip Riley USA 26:15
25 Gary Wallace USA 26:18
M45-49
1 Laurence Olsen USA 25:10
2 G Tattersall NZL 26:02
3 Pat Fagan IRE 26:16
4 Stoddard Melhado USA 26:25
5 Jerry Smith USA 26:34
6 Vlad Raposo POR 26:46
7 Robert Hall USA 26:51
8 Van Hest Ad NET 27:00
9 Chip Morgan USA 27:36
10 Jim May USA 27:54
11 Sumner Brown USA 28:07
12 David Sheridan CAN 28:10
13 John Cederholm USA 28:14
14 Anthony Roque POR 28:16
15 John Mauritz USA 28:30
16 Mike Connolly CAN 28:34
17 Pete Szawloski USA 28:51
18 Ian Wilson GBR 29:08
19 Clint O'Brien USA 29:30
20 A Costa Pinto POR 29:35
M50-54
1 Tom Conway CAN 27:04
2 Kirk Randall USA 27:27
3 Chuck Keating USA 27:35
4 Don Sleeman USA 27:56
5 Dave Buddington USA 28:08
6 Peter Madden USA 28:25
7 Eino Eino FIN 28:32
8 Paul Bourgeois CAN 28:41
9 Gabriel Bernal USA 28:53
10 Gaston Lafitte CAN 28:57
11 Dick Ashley USA 29:10
12 Harold Hatch USA 29:44
13 Bob Payne USA 29:46
14 Bob Clarke USA 30:08
15 Norm Gautreau USA 30:20
M55-59
1 Bruce Tulloh GBR 26:44
2 Robert Trevor USA 27:40
3 Henry Morrison GBR 29:14
4 Barrie Almond USA 29:34
5 John Harwick USA 31:28
6 Richard Murphy USA 31:34
7 Fred Wright GBR 31:39
8 Fred White USA 32:08
9 Tom Wright USA 32:32
10 Don Williams USA 33:43
M60-64
1 George Vernosky USA 29:32
2 Joe Fernandez USA 30:11
3 Mike Sullivan USA 31:17
4 Ray Lussier USA 32:00
5 Field Ryan USA 33:36
6 George Sherman USA 34:29
M65-69
1 Des Margetson USA 38:00
2 Carl Hammen USA 39:22

3 Harold Luetjen USA 42:23
4 Don Farquharson CAN 43:07
M70+
1 Scot Carter 75 USA 35:32
2 Ed Buckley 70 USA 36:03
3 C Mendell 70 USA 36:26
4 W V Sheridan 76 CAN 49:13
5 R S Roal 79 USA 50:41
International Teams/M40-49
1 USA 2:05:47
(McMullen, Olsen, Bradley, Carroll, Crawford)
2 Canada 2:07:13
(Stride, McKeigen, Stewart, Soucoup, Lang)
3 Portugal 2:21:31
(Gama, Raposo, Roque, Costa Pinto, Pereira-31:10)
4 GBR(United Kingdom)2:22:46
M50-59
1 USA 2:19:31
(Randall, Keating, Sleeman, Buddington, Madden)
2 Canada 2:36:56
(Conway, Bourgeois, Lafitte, Vick-31:22, Castle-40:52)
M60+
1 USA 1:31:00
(Vernosky, Fernandez, Sullivan)
2 Canada 2:13:12
(Castle, Farquharson, Sheridan)
Men's Team/M40-49
1 Greater Lowell RR 2:11:18
(Carroll, Riley, Wallace, Melhado, Hall)
2 Taconic Masters 2:13:22
3 Cambridge Sports U2:16:06
4 Boston RC 2:18:21
5 Hartford TC 2:25:39
6 Maine TC 2:31:01
M50-59
1 Boston RC 2:23:47
(Randall, Keating, Bernal, Hatch, Clarke)
2 Hartford TC 2:25:39
M60+
1 Boston AA 1:47:42
(Sullivan, Packard, Hammen)
W35-39
1 Rita Cecil CAN 27:06
2 Pam Riley NZL 27:53
3 M Sullivan USA 30:04
4 Ann Lippett GBR 30:54
5 Susan Maslowski USA 31:40
6 Lucia Greenough USA 32:30
7 Suse Wicks USA 32:38
8 Debbie Judge USA 34:15
W40-44
1 Janet Jordan USA 29:36
2 Thelma Wright CAN 29:43
3 Sally Sundborg USA 31:02
4 Janet Maguire USA 31:25
5 L. Piehler Jones USA 33:04
6 Ann Igloe USA 33:41
7 Jean Smith USA 34:00
8 Mary Sharkey USA 34:23
9 Brigitte Edquid USA 34:42
10 Judy Romvos USA 35:30
W45-49
1 Heather Matthews NZL 28:00
2 Carol Flexer USA 31:09
3 R Emery-Rappa USA 31:35
4 Anne Schlitt USA 32:10
5 Linda Upton USA 32:59
6 Georgine Cook CAN 33:02
7 Andrea Hatch USA 35:56
8 Dorothy Fine USA 36:49
9 Sharon Crawford USA 38:35
10 M G Ford USA 38:52
W50-54
1 Chris Tattersall USA 31:44
2 Ue Tulloh GBR 32:56
3 Carrie Parsi USA 33:06
4 Sally Watson USA 33:32
5 Judy Groombridge USA 34:27
6 Regina Wright USA 35:35
7 Charlene Francis USA 35:46
8 M Yannetti USA 36:20
9 Madeline Bost USA 37:20
10 Sandra Hayes USA 37:55
W55-59
1 Carolyn Cappetta USA 33:33
2 Liz Szawloski USA 37:58
3 Jane Rasmussen USA 39:14
W60+
1 Ruth Anderson 62 USA 41:46
International Team/W35-39
1 Canada 1:29:51
(Cecil, Wright, Cook)
2 USA 1:30:42
(Jordan, Sullivan, Sundborg)
W40-49
1 USA 1:31:47
(Jordan, Sundborg, Flexer)
W50-59
1 USA 1:38:22
(Tattersall, Parsi, Watson)
Women's Team/W35-39
1 Liberty AC 1:29:43
(Cecil, Sundborg, Emery-Rappa)
2 Boston RC 1:38:50
3 Greater Boston TC 1:41:28
4 Central Mass Stridl 1:45:19
5 Me-RunToWinLadies 1:48:41
W40-49
1 Liberty AC 1:35:43
(Sundborg, Emery-Pappa, Parsi)
2 Boston RC 1:38:50
3 Greater Boston TC 1:45:04
4 Central Mass Stridl 1:45:19
W50+
1 Liberty AC 1:42:14
(Parsi, Cappetta, Wright)



The Athletics Congress of the USA

TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Spokane, Washington • Spokane Falls Community College • August 13-16, 1992

GENERAL INFORMATION

Meet Directors:

Vernie Foxley (509-533-3644)

Maury Ray (509-533-3631)

FAX - (509-533-4128)

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 13, 1992 will determine the competitor's age group. Individual competition will be held in age groups of five 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 are allowed to compete, but need to provide similar proof of registration from their country's governing body. 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 will be given to foreign athletes who place. Competitors will receive a certificate of participation.

ENTRY FEES AND PROCEDURES: Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathlon \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. 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. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1992, with \$20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP: Packets consisting of number, t-shirt and updated schedule and information will be available at track site beginning Wednesday, August 12 from 9 a.m. to 6 p.m. Other meet information will be mailed with entry confirmation.

ACCOMMODATIONS: We have negotiated special housing and meal packages which are lower than normal rates. All packages include taxes. Accommodations range from economy, moderate and superior, starting at \$186 for three nights double occupancy. Meal packages include continental breakfast for four days for \$10, and lunch and dinner package for four days for \$40. Meals, provided by Marriott, will be "all-you-can eat," with vegetarian entrees always available, as well as seasonal, fresh fruit. Separate meal prices are higher. We can accommodate special dietary needs upon request. Also, airline tickets are available at discounted prices. *Time To Travel* (509-533-8898, FAX 509-533-8836) can give you quotes on all air, accommodation and meal packages. Please feel free to deal with your own travel agent, however, our prices will be much lower. Special discounts will be 10 percent off land packages with purchase of air transportation prior to May 1; 5 percent off land packages only when purchased prior to May 1; and 5 percent off land packages with purchase of air transportation prior to June 1. Call to have more information sent to you.

OFFICIALS: Most officials and all head officials will be nationally or master-ranked TAC certified officials from across the United States.

ADMISSION (For Non-Competitors): \$2.00 per day, \$5 for three-day pass, \$6 for four-day pass.

VENUE: Newly remodeled, full-depth polyurethane, 400-meter track with eight 48-inch lanes. Fully automatic timing will be used. Only 1/4 inch spikes may be used.

Tentative Schedule of Events

Final schedule will be included in each athlete packet upon check-in in Spokane. Age groups may be merged into one race when the entries are not adequate for a full field.

THURSDAY AUGUST 13

PENTATHLON (WOMEN)

8:00 Hurdles
High Jump
Shot Put
Long Jump
800M

PENTATHLON (MEN)

8:00 Long Jump
Javelin
200M
Discus
1500M

5000M RUN (ALL FINALS)

7:30 W/50/55/60/65/70/75
8:15 W/30/35/40/45
9:00 M/60/65/70/75/80
9:45 M/50/55
10:30 M/40/45
11:00 M/30/35

800M (TRIALS)

1:00 M/55
1:10 M/50
1:20 M/45
1:30 M/40
1:40 M/35

*12 or less per age group will advance to finals.

400M (TRIALS)

1:50 W/40
1:55 M/60
2:00 M/55
2:05 M/50
2:10 M/45
2:15 M/40
2:20 M/35
2:25 M/30

*8 or less per age group will advance to finals.

HAMMER THROW (PRELIMS & FINALS)

9:00 W/50/55/60/65/70/75
10:00 W/30/35/40/45
11:00 M/65/70/75/80
Noon M/55/60
1:00 M/45/50
2:00 M/30/35

FRIDAY AUGUST 14

5000M RACEWALK (ALL FINALS)

7:00 W/50/55/60/65/70/75
8:00 W/30/35/40/45
9:00 M/50/55/60/65/70/75
10:00 M/30/35/40/45

110M HURDLES (TRIALS)

11:00 M/40
11:10 M/35

100M HURDLES (TRIALS)

11:20 M/50

110M HURDLES (FINALS)

11:30 M/45
M/40
M/35
M/30

100M HURDLES (FINALS)

11:50 W/30/35
M/65
M/60
M/55
M/50

80M HURDLES (FINALS)

12:15 W/50/55/60/65/70
W/40/45
M/75/80
M/70

400M (ALL FINALS)

12:40 W/60/65/70/75
12:45 W/50/55
12:50 W/45
12:55 W/40
1:00 W/35
1:05 W/30

100M (TRIALS)

1:10 M/70/75/80
1:15 M/65
1:20 M/60
1:25 M/55
1:30 M/50
1:35 M/45
1:40 M/40
1:45 M/35
1:50 M/30

1500M (TRIALS)

2:00 M/45
M/40

100M (TRIALS)

2:30 W/30
2:35 M/60
M/55
M/50
M/45
M/40
M/35
M/30

100M (FINALS)

3:30 W/70/75
W/60/65
W/50/55
W/45
W/40
W/35
W/30

3:50 M/75/80/85

M/65
M/60
M/55
M/50
M/45
M/40
M/35
M/30

2000M STEEPLECHASE (ALL FINALS)

4:30 W/all ages
M/60/65/70/75/80

3000M STEEPLECHASE (ALL FINALS)

5:00 M/50/55
M/40/45
M/30/35

POLE VAULT (FINALS)

8:00 M/65/70/75/80/85
10:00 M/50/55/60
Noon M/40/45
2:00 M/30/35
4:00 W/all ages

SHOT PUT (PRELIMS & FINALS)

8:00 W/60/65/70/75/80
9:00 W/50/55
10:00 W/30/35/40/45
11:30 M/70/75/80

12:30 M/60/65

1:30 M/50/55
3:30 M/40/45
4:30 M/30/35

TRIPLE JUMP (PRELIMS & FINALS)

8:00 W/50/55/60/65
9:00 W/40/45
10:00 W/30/35
Noon M/60/65/70/75/80/85
1:00 M/50/55
2:30 M/45
3:15 M/40
4:30 M/30/35

HIGH JUMP (FINALS)

9:00 W/50/55/60/65
10:30 W/30/35/40/45
Noon M/70/75/80
1:00 M/60/65
2:00 M/50/55
3:30 M/40/45
4:30 M/30/35

SATURDAY AUGUST 15

10,000M RUN (ALL FINALS)

7:00 W/all ages
8:30 M/50/55/60/65/70/75
10:00 M/30/35/40/45

400M HURDLES (ALL FINALS)

Noon W/30/35/40/45
12:05 M/65
12:10 M/60
12:15 M/55
12:20 M/50
12:25 M/45
12:30 M/40
12:35 M/35
12:40 M/30

300M HURDLES (ALL FINALS)

12:45 W/60/65/70/75
12:50 M/70/75
12:55 M/65
1:00 M/60

800M (ALL FINALS)

1:05 W/60/65/70/75
1:10 W/50/55
1:15 W/40/45
1:20 W/35
1:25 W/30
1:30 M/70/75/80
1:35 M/65
1:40 M/60
1:45 M/55
1:50 M/50
1:55 M/45
2:00 M/40
2:05 M/35
2:10 M/30

200M (TRIALS)

2:20 W/40
2:30 M/60
M/55
M/50
M/45
M/40
M/35
M/30

*8 or less per age group will advance to finals.

200M (FINALS)

3:45 W/65/70/75
W/60
W/55
W/50
W/45
W/40
W/35
W/30

4X100M RELAYS (ALL FINALS)

11:15 W/60-69/70-79/80+
W/50-59
W/40-49
W/30-39
11:35 M/60-69/70-79/80+
M/50-59
M/40-49
M/30-39

4X400M RELAYS (ALL FINALS)

Noon W/60-69/70-79/80+
W/50-59
W/40-49
W/30-39
M/60-69/70-79/80+
M/50-59
M/40-49
M/30-39

4X800M RELAYS (ALL FINALS)

12:40 W/60-69/70-79/80+
W/50-59
W/40-49
W/30-39
M/60-69/70-79/80+
M/50-59
M/40-49
M/30-39

DISCUS (PRELIMS & FINALS)

8:00 W/50/55/60/65/70/75
9:30 W/30/35/40/45
11:00 M/60/65/70/75/80
1:00 M/50/55
2:30 M/40/45
4:00 M/30/35

LONG JUMP (PRELIMS & FINALS)

8:30 W/50/55/60/65/70/75
9:30 W/30/35/40/45
11:00 M/60/65/70/75/80
1:00 M/50/55
2:30 M/40/45
4:00 M/30/35

4X100M REGIONAL RELAY (FINALS)

1:10 M&W

100M AGE-GRADED FINALS

1:30 W/all ages

JAVELIN (PRELIMS & FINALS)

8:00 W/50/55/60/65/70/75
8:45 W/30/35/40/45
9:30 M/60/65/70/75/80/85
10:30 M/50/55
11:45 M/40/45
1:00 M/30/35

**Spokane Sports
unlimited, inc.**

1992 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

(Please Print Clearly) Last Name _____ First Name _____

Affiliation/Club _____ M/F _____ Division _____ Age (On 8/13/92) _____

Address _____ City/State _____ Zip _____

Event #1 & Best Mark _____ x \$20 US _____

Event #2 & Best Mark _____ x \$15 US _____

Event #3 & Best Mark _____ x \$10 US _____

Event #4 & Best Mark _____ x \$10 US _____

Pentathlon & Best Mark _____ x \$20 US _____

Relay - Team Name _____ x \$40 US _____

Individual Relay Names: _____

T-Shirt _____ S _____ M _____ L _____ XL _____ XXL (add \$2 for each XXL) Extra Shirts x \$7 US each _____

TAC Registration Number _____ TOTAL AMOUNT ENCLOSED \$ _____

For publicity purposes, please forward your past accomplishments (Olympics, national masters, etc.), or enclose resume, photos or newspaper clippings.



**ACTION
SPORTSWEAVER**

Method of Payment . . .

Check or Money Order in U.S. Dollars payable to "Spokane Sports Unlimited."

Mall to . . .

W. 3410 Fort George Wright Dr. • MS 3070
Spokane, WA 99204

WAIVER: I hereby declare I am in good health and properly conditioned for the competition, and of the stated age. I absolutely relieve the National Masters Track and Field Championships Organizing Committee, TAC/USA the sponsoring organization, Community Colleges of Spokane 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 1992 TAC National Masters Track & Field Championships.

Signature _____ Date _____