

NATIONAL MASTERS NEWS

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

130th Issue

June, 1989

\$2.25

Green Top Runner in National 20K

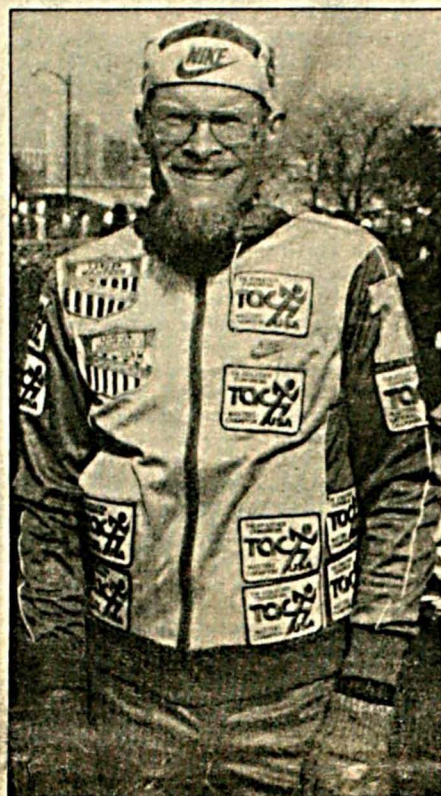
Norm Green, M55, of Wayne, Pa., raced to a sensational time of 1:08:07 in the TAC National Masters 20K Championships in Medford, Oregon on April 8. His performance earned him recognition as the best age-graded performer of the day with an outstanding 97.5% (M55 standard of 1:06:23 divided by Green's 1:08:07). His time also broke the old U.S. M55 20K mark of 1:13:23, set by Ross Smith in 1983.

Second best age-graded time of the day was turned in by Ed Benham, M80, of Ocean City, Md. whose 1:33:55 converts to a 94.5%. Benham obliterated the American M80 record of 1:58:35, set by Paul Spangler in 1980. Said Benham after the race, "I felt good all the way and that helped me stay consistent."

A third U.S. record was set by Pat Dixon, W70, of Bend, Oregon, whose 1:46:21 broke the old mark of 1:56:49, set by Anne Clarke in 1983.

Third and fourth best age-graded times went to Pat Devine (M60, 1:17:29, 90.0%), and Mike Heffernan (M45, 1:09:33, 88.3%). Greg Solomon

Continued on page 19



Norm Green, M55, was the top-graded runner at both the U.S. TAC National Masters 20K (1:08:07) in Medford, Oregon and the Nike Cherry Blossom 10-Mile Run (54:40) in Washington, D.C. Photo by Kathy Ruser

Demolishes World Masters Mile Record

Waigwa — 4:05.71!

Wilson Waigwa demolished the world mile record for men over 40 with a sensational 4:05.71 in the Modesto Relays on May 7.

In the nationally-televised open meet, Waigwa finished seventh in the race behind winner Doug Padilla (4:00.35) to break the current masters mile mark of 4:12.56, set by Australia's Tony Murray last December.

Waigwa's splits were 61, 2:04 and 3:07, closing with a fast 58-second last lap.

Unfortunately, the TV announcers never mentioned his time or that he had broken the world over-40 record. There was no particular recognition or prize money for Waigwa, other than the satisfaction of knowing he had lowered the most talked-about masters record on the books by an astonishing seven seconds — or 2.7%, the equivalent of a 66-point drop in the Dow-Jones averages.

The former Kenyan Olympian, who

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Wilson Waigwa

Photo by Sailer, Ltd.

Green, Benham Star in Nike Cherry Blossom

by STEVE LEWALLEN

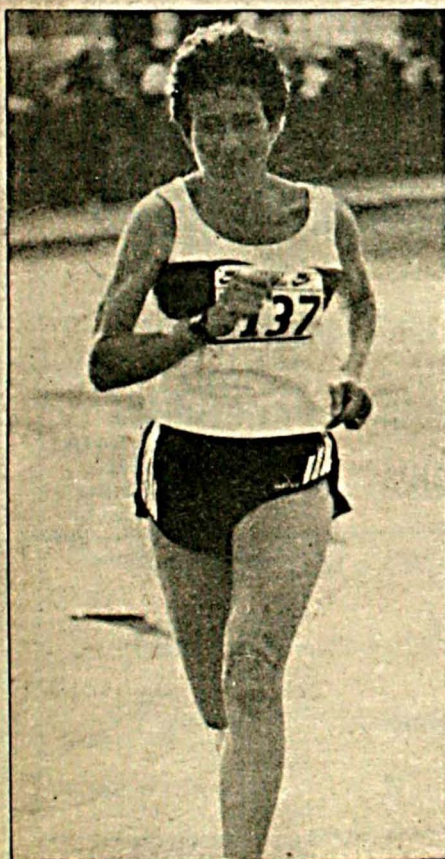
Under ideal conditions, temperatures in the high 40s and virtually no wind, Norm Green raced to a 54:40 finish at Washington D.C.'s Nike Cherry Blossom 10-mile Run on April 2. Green's time not only placed him first M55 by a wide margin, but also gave him top age-graded honors with an incredible 96.4 performance percentage (achieved by dividing the M55 standard of 52:42 by Green's time).

Second best age-graded performance belonged to 81-year-old Ed Benham. His swift 1:13:23 past the blooming cherry blossoms produced a 95.9 performance percentage and established a new American M80 age-group record, smashing his own mark of 1:15:27 by more than two minutes.

Other top age-graded showings were Mel Williams' 56:08 (M50, 89.7%) and Christine Tattersall's 1:02:57 (W45, 86.8%).

The first master across the line was Thomas Suddeth (M40, 53:21). First female master was Mary Ellen Williams (W40, 1:01:10).

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Mary Ellen Williams, first female master in 1:01:10 at the Nike Cherry Blossom 10-Mile Run. Photo by Kathy Ruser

More Than 5000 Athletes Will Compete in World Veterans Championships in Eugene

More than 5000 athletes have entered the VIII World Veterans Championships, to be held in Eugene, Oregon from July 27 to August 6.

"We expect the final total will be between 5000 and 6000," said Tom Jordan, Executive Director of the event. "We're still opening envelopes."

It's the first time the prestigious event has ever been held in the United States, and more than 60 countries will be represented. The VII World Veterans Games in Melbourne in 1987 drew 4817 participants from 51 nations.

The Championships are open to any man age 40-or-over or any woman age 35-or-over. Competition will be held in five-year age groups through age 95+. Entries closed on May 1.

The event kicks off with a 10K road race on Thursday, July 27, and closes with a marathon and relays on Sunday, August 6. An international weight pentathlon will be held in Eugene on August 7.

A free shuttle-bus system will provide transportation from the airport during peak arrival and departure times, and between major housing accommodations and the competition venues.

Next month, NMN will publish a special World Championships Preview Edition, featuring the final competition schedule, a breakdown of entries by

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NATIONAL MASTERS NEWS

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The National Masters News is devoted exclusively

to track & field, long distance running, and race-

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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 informa-

tion that affect the world of masters athletics com-

petition.

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.

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On October 8th, only the Louvre will feature more Masters than the Twin Cities.

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6 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 to Cliff Bedell, who donated \$55.

Thanks also to:

John Clarke

Sally Strazdins

Ron Neumann

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Bob Stone



Mike Tymn (M50, 55:28), first in his age-group at the Tamanaha 15K in Honolulu, April 2. Next to him is Harold Chapson, 80-year-old record holder. Photo by Tesh Teshima



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

READER COMPLAINS

The reasons I delayed my subscription renewal to NMN are:

1) You have supported professionalization of running. Your articles express delight at every buck won by a master. You approve of age-equalization formulas as a means of making the rush for dough "more fair."

2) You have done little (admittedly it would be difficult) to support development of the kind of club system necessary to the expansion of grass-roots and middle-level competitive running.

3) You have acquiesced in the gradual disappearance of masters regional and national championships into the midst of giant circus races.

4) You have done little more than the popular running magazines have to publicize and encourage team competition.

What is developing is an elite road company of top masters, at the expense of the overall competitive masters movement. Opportunities to race decrease for most masters runners because big, professionally-organized races serve as showcases for the elite.

Age-graded formulas serve chiefly to enable race directors to avoid flak from older runners, while holding the number of awards down, avoiding five-year age groups, and giving out a big wad of cash, which gets publicity.

I think you are rather idealistic and

have been blind to the implications of the developments which you have backed. You have plenty of company.

Bill O'Brian

Oswego, New York

MORNINGS, ENTRY FEES AND DRUGS

Recent letters from Bill Bangert, Larry Stuart, and others have mentioned important issues.

1) Mornings should be free from competition for several reasons. It would not only free people for worship attendance should they so choose, but it would allow more time for travel, lie in bed or prepare for competition. Many meets start in the morning, and by the time 3 p.m. rolls by, most of the competitors and spectators have long gone. Why not build up the afternoon competition so it will be more like a track meet and enjoyable for all. Better organization can do it!

2) Let's keep the entry fee within reason. Sell T-shirts separately; we should not have to pay for advertisement. The cost of getting to meets, buying our own equipment, and taking the time to train is enough. If directors need more funds, they should look for sponsors and volunteers.

3) Drugs being used by masters? I can believe it. Whenever you start paying people to win, give them advertising contracts, and they train full time, you are looking for trouble in track and field. What I see working its way into the masters program is the same thing that is contributing to the international track and field fiasco.

Evidently we forgot why the ancient Olympics was disbanded and why the modern Olympics came into being. Will we never learn from history?

Don Tavalacci

Billings, Montana

NO NUDES IS GOOD NEWS

This letter is long overdue, but about a year ago, I was shocked when I looked through NMN and saw the photos of the nude bodies of a male and female. Their hairy asses were not a thing of beauty. What was your motive for showing such pictures?

I know sports attire is getting to be more indecent with every new style, but you went too far. If you can't clean up this paper, don't bother to send me another renewal notice. I'll give you another chance.

Burnis Hicks

Amarillo, Texas

(We disagree. One of the asses may have been hairy, but the other was definitely smooth. The flimsy excuse

we used to publish them was the annual Tetrick Trail Run, in which nudes are used for mile markers, which made them a legitimate news story. However, you're in luck. We promise not to publish anymore nudes until the next Tetrick Trail Run. — Ed.)

EASTERN INDOOR MEET

On March 18, I took part in the TAC Eastern Masters Meet at Brown University in Providence, R.I.

My hat is off to Bob Rothenberg and Neil Steinberg for an excellent job. It is so much easier to show up at a meet and run your event then it is to be a part of organizing and running the event smoothly. I'm impressed!

As long as there are people who are dedicated to our sport, as Bob and Neil are, there will be masters attending those meets and giving it their best shot.

To everyone connected with the Brown University Meet, thanks for a job well done.

Vin Fandetti

Glastonbury, Connecticut

SHORT COURSE FOR NATIONAL 15K X-C

The 1988 TAC National Masters 15K Cross-Country in California was considerably short. My time of 51:27 converts to a 34:18 10K, yet I could only run a 35:30 10K when in better shape a month earlier.

Moreover, the course, itself, was not conducive to fast times. At least half the course was grass made spongy by recent rains, and there were three challenging hills.

The course was probably about eight miles. I'm not writing this to fault the all-too-few volunteers who staged the competition. They did a fine job under difficult conditions. But your magazine has given me credit for a performance which was far above my means, and I simply wish to put the record straight.

Ron Larriau

Hawthorne, California

1988 EUROPEAN CHAMPIONSHIPS

I write in response to a recent letter from Dick Glasgow, a U.S. citizen and a member of a German club, complaining that the EVAA President, Cesare Beccalli, had refused to allow him to compete in the above Championships. Mr. Glasgow does not realize how lucky he was.

The Championships were a complete shambles. These are just some of the shortcomings that occurred each day:

Continued on page 34

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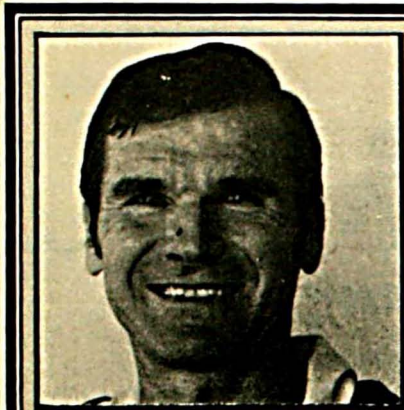
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Third Wind

by Mike Tymn

Ekiden, New York, Rock Fever, Great Mysteries, Etc.

Living in Hawaii has its advantages, as I can attest to after having lived my last 18 years there. But there are some drawbacks, too. For one, I have long suffered from a fairly common affliction known as "rock fever." It hits those of us who like to travel a lot but are confined to a small island.

As the coach/manager of the Hawaii team participating in the Asics Cup America's Ekiden in New York City on April 9, I had the opportunity to "escape" from the "rock" known as Oahu and temporarily relieve my condition. This column is a collection of random thoughts jotted down during my visit to the Big Apple and other Mainland locations. It is being penned on my flight home.

Road Relays

The Ekiden, in case you don't know, is a road relay race which originated in

Japan. It had its debut in the United States last year, organized by The Athletics Congress and sponsored chiefly by the Asics people, along with the support of the New York Road Runners Club. There were nine international teams and a team from each of the 50 states, as well as one from Washington, D.C. and one from New York City. The format was pretty much the same this year, although the distance was shortened from 50 kilometers to 26.2 miles. Teams are made up of five men, each one covering a leg of a different distance. Because of the logistics and the expense of flying in all the runners, the competition has been limited to open-class men.

Road relays have been popular in Hawaii since the first one was staged back in 1969. They offer a special camaraderie in a sport that is otherwise a very individual one. This is not to suggest that the Ekiden sponsors extend the event to include masters, as the sponsors already have their hands full, but I think the concept would prove very popular among masters runners.

While dining with members of the National Capital Track Club in Washington, D.C. after the Ekiden, I was asked by a club member why there is no longer any real competition among clubs, as there was during the late '70s and early '80s when the AAU national championships included team competition and Nike sponsored several national team championships, which included masters. Those were not relays, but rather an adding of finishing places as in cross-country team scoring. The answer might be that the city or local team concept has been damaged by the emergence of shoe-company sponsored teams. Those teams do not have the same cohesiveness as the city or area teams and do not include many masters.

Reviving team competition through road relays would, I believe, meet with wide acceptance. It would take a will-

ing sponsor to do it for masters at the national level, but it might be done at the regional level without a sponsor and without great expense. It wouldn't have to be limited to the roads, either; we could have it on the track, as well.

Anyone out there interested in some postal competition to kick things off? I'm prepared to put together a six-man team to represent the Hawaii Masters Track Club in a 6-mile relay on the track. Each runner will cover exactly one mile and each one must be in different age group, i.e., 40-44, 45-49, 50-54, 55-59, 60-64, 65-over. If there is any interest in such competition or if you have any other ideas on this subject, please drop me a line (1524 Uluhao St., Kailau, HI 96734).

Shoe Company Politics

Because the Ekiden uniforms had the country or state name across the front along with an Asics (Tiger) logo, two major shoe companies prohibited the runners they support from participating in the event while five others required the Asics logo to be covered. (Runners were free to wear whatever shoes they so desired.) It seems to me that the shoe companies are being petty and a bit ridiculous about the whole thing.

Aging Does Take Its Toll

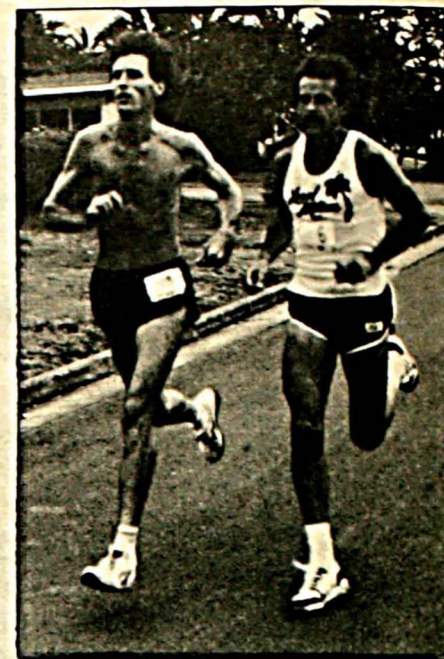
Each of the teams in the Ekiden brought along an alternate runner in the event one of the five relay runners got sick or was injured at the last minute. A special 5-mile race was held for the alternates while the relay was in progress. Several team coaches also took part, including Ohio's Bob Schul, the 1964 Olympic gold medalist at 5000. Now 51, Schul ranks as one of the best 50-54 runners in the country. He covered the five miles in Central Park in 28:13, an excellent age-class time, but he ended up 49th and dead last in the race. As I watched him finish, I wondered how many of the competitors, many of whom were not even born in 1964, knew of Schul's accomplishments.

Where Have You Gone, Joltin' Joe?

New York is not the same place I visited several times during the late '40s and early '50s. I think the city lost its spirit when the Dodgers and Giants left. But it's still an exciting city, and I always enjoy visiting the Big Apple. Whenever I'm there, I head for the track around the reservoir in Central Park. Most runners don't seem to think it's anything special, but if I were limited to just one training course in the whole world, that would be it.

Trails Along The Way

I took the train from New York City to Washington and then on to Atlanta. Peering out the windows to the surrounding countryside, I noticed numerous trails which could be used for running, and I thought about another disadvantage to living in Hawaii. We have very little in the way



Former Olympians Gary Fanelli, 38, (left) and Duncan Macdonald, 40, shown matching strides in a recent Hawaii 10K, represented Hawaii in the Asics Cup Ekiden in New York City on April 9. Macdonald, the only masters competitor in the event, clocked 30:34.3 for his 10K leg in his first race as a masters runner. A sub-4 minute miler and the former American record holder at 5000 on the track, Macdonald plans to run the 1500 and 5000 at Eugene this summer.

of trails on Oahu, Hawaii's most populated island. Our running is pretty much confined to busy streets and roads.

Did He Or Didn't He?

Picked up a USA Today while in Florida and noted the top finishers by state in the Boston Marathon. For the sixth or seventh year in a row, the same runner, now in his mid-40s, has finished first among those from a particular state. His time has been respectable every year, including a sub-2:30 a few years back. Yet, this person never races in his home state. Runners in that state who know of him are convinced that he isn't running the entire course in Boston. But why would a person travel thousands of miles year after year to be an also-ran? What does he gain from it if he is cheating? He has been interviewed by a reporter from his own state, but only gives vague and unverifiable answers. Hard to figure.

Is He Or Isn't He?

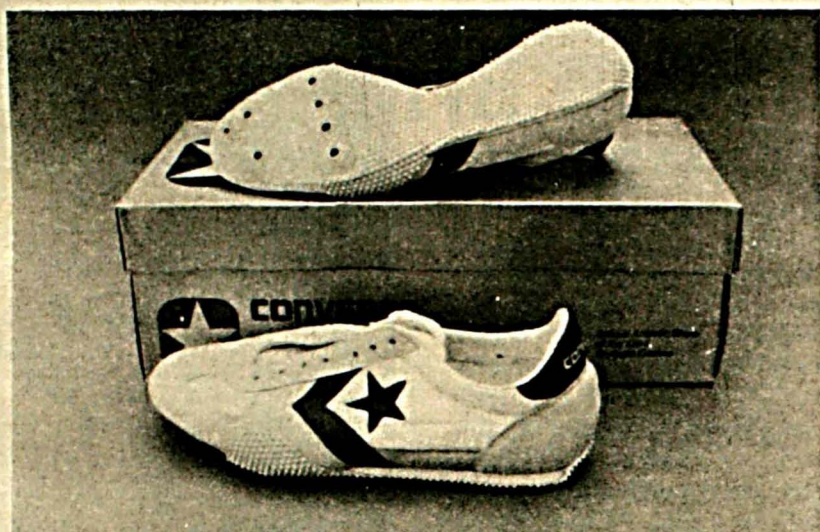
I was in New Orleans the day of the Crescent City Classic and saw the lead pack go by my hotel on the first mile. I didn't find out until reading the paper the next day that Joseph Nzau of Kenya, who reportedly turned 40 the day before the race, had covered the 10K course in 28:08 for seventh place, just 19 seconds behind winner Arturo Barrios. I was in awe at the performance, but already I've heard that there are some doubts as to Nzau's actual age. Apparently, he has used a passport that indicates he should now be 37. It used to be that the accuracy of a course was suspect, but now it's the accuracy of a person's age. You don't know what to believe any more. Where have you gone, Joltin' Joe? □



William Pea (M70, 1:39:45), first in his age-group at the Tamanaha 15K in Honolulu, April 2. Photo by Tesh Teshima

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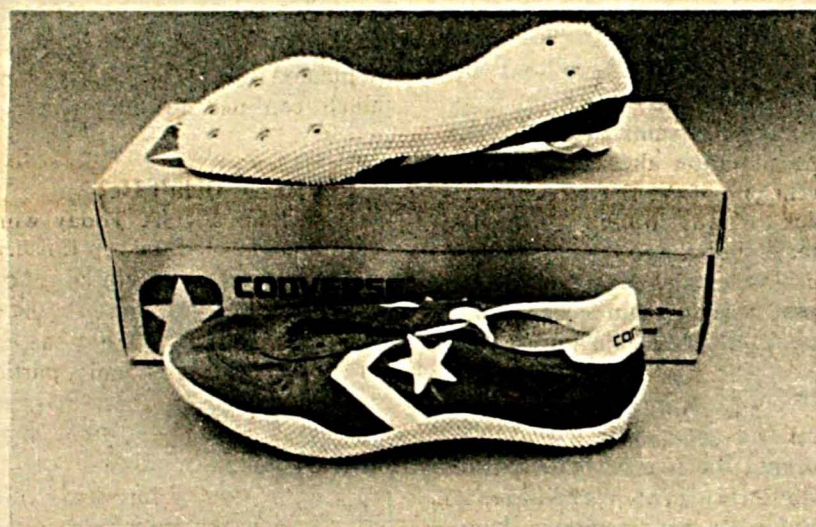
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FROM THE Editor

by AL SHEAHEN

An Exciting Summer Ahead

The most exciting summer in the history of U.S. masters athletics is upon us. Tom Jordan and Barbara Kousky report that more than 5000 athletes and their families will attend the VIII World Veterans Championships next month in Eugene.

In San Diego, David and Linda Pain have been working full time all year, with dozens of part-time volunteers, to make the 22nd U.S. TAC National Masters Track and Field Championships the best national meet ever. We have no doubt that it will be.

The highlight of the National meet could be the *National Masters News Champion of Champions Age-Graded 100 Meters*. The 100m winner of each age group will be invited to participate in a men's and a women's age-handicapped race. The first three in each race will divide a prize of \$1000, put up by NMN, Reg Austin, and others. Other meets and road races are contemplating using the new age-graded tables in their events.

With masters prize money becoming commonplace in road racing, the inevitable has happened — a runner's age is being challenged. Kenyan Joseph Nzau reportedly has a passport which says he is 37. He says he lied about his age to be young enough to attend a U.S. university. He claims he is really 40.

The Boston Marathon organizers

didn't believe him, and refused his entry as a master. The Crescent City 10K people did believe him and, when he ran a 28:09, awarded him \$1000 first-place masters prize money. The 28:09 raised eyebrows, since that is an incredible 101.4% on the age-graded scale.

How should race directors handle such situations? Well, anyone entering the World Veterans Championships must produce proof of age by either a passport or birth certificate. At all masters track meets, directors reserve the right to demand proof of age. Race directors offering serious prize money should do the same. However, to assist race directors, TAC is currently investigating the Nzau case, and may issue an opinion shortly.

Beside age-grading, other new competitive concepts are springing up. A meet in Oregon will match 11 to 14-year-olds against 50-59s; 15-16-year-olds will square off against 40-49s. It should be great fun and an opportunity for both the youths and the masters to check out their abilities against a different generation.

A group of Los Angeles tennis seniors did the same thing last month: the oldest competitor, 85, beat the youngest, 9. A 71-year-old woman won in straight sets over an 11-year-old girl. Two 14-year-olds trounced two 50-year-olds in doubles.

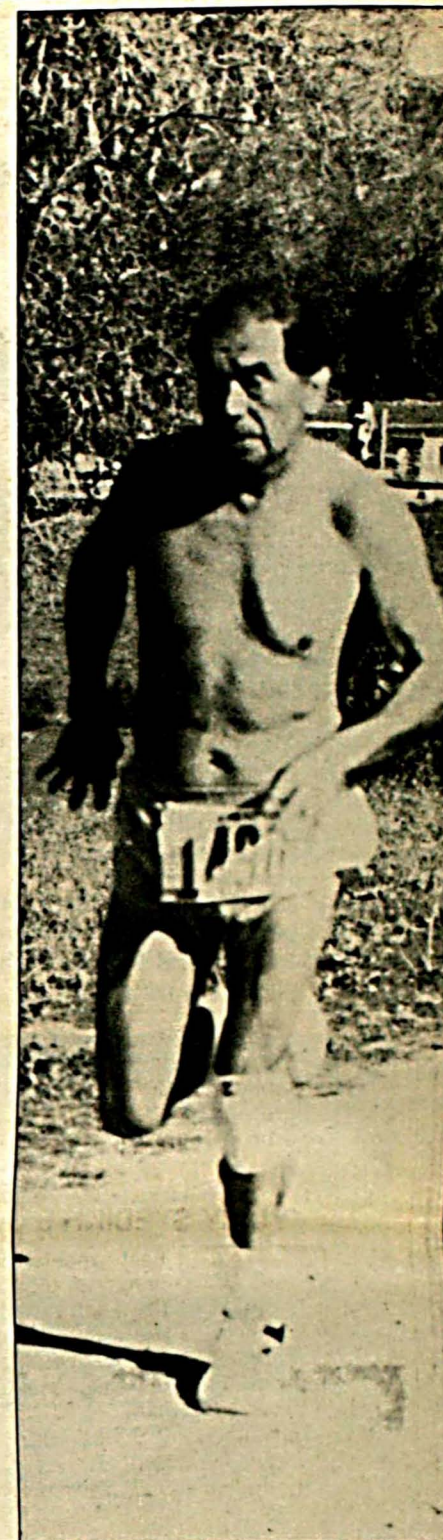
TAC's National Youth Chairman encourages combining youths and masters in meets and races. It's already being done successfully in smaller areas. "It's fun, and it amazes the kids what the adults can do."

In this month's letter, a reader criticizes NMN for failing to promote team competition. We should. Team competition adds excitement to any meet. It brings out more participants. A person who might fear placing low can now be proud of giving his team a point or two for a sixth-place finish. In the two NMN meets, we kept team totals and awarded a trophy to the winning club. Marv Thompson's California Team Championship meet was well attended. The East Coast meets generally have team awards, but the other regions mostly don't. So we encourage meet, race and racewalk directors to include team competition in their next event. It just takes one volunteer to keep the totals.

Internally, NMN subscriptions are up to 5222, a new all-time high. Jerry Wojcik, Steve Lewallen, and I keep bumping into each other, so we moved down the hall to a larger office. Jerry has done a terrific job of coordinating the 1988 T&F rankings, and a complete, 44-page Rankings book is now available. Pete Mundle's new T&F Age-Record Book and the Age-Graded Tables Book are also available. TACSTATS is compiling 1988 LDR rankings and updated records. We're still looking for a good LDR editor and/or advertising rep. We continue to be grateful for your generous donations, and for your submissions of photos, results, and news items.

Personally, I'll have the honor of announcing both the National and World Championships. And I'll be warming up at the Trojan Meet in Los Angeles on July 16.

Next month will be our World Championships Preview Edition, with new age-group records, final competi-



Ray Gil, first M60 in the Lompoc Winter 10K.
Photo by Elaine Rosenfield

tion schedule, and more. The September issue will feature stories and results of both the Nationals and the World Championships. It's going to be a great summer, and we hope you'll be fit and able to participate. If not, we still hope you'll enjoy our coverage.

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The 1988 U.S. Masters Outdoor T&F Rankings Book is now available. Compiled by volunteers under the direction of Jerry Wojcik, TAC Masters Outdoor Rankings Coordinator, it contains 44 pages of rankings of men and women in five-year age groups from ages 30 through 90+ who have competed in masters meets.

Some rankings are well over 100-deep in the younger groups. Other

rankings are also deeper than those published in recent NMN issues. The book features all T&F events, including the 3000, 10,000, weight, relays, 1500, 1500 walk, and 5000 walk.

The book is available from the National Masters News, P.O. Box 2372, Van Nuys, CA 91404 for \$5.95 plus \$1.30 postage and handling. An order form appears on this page.

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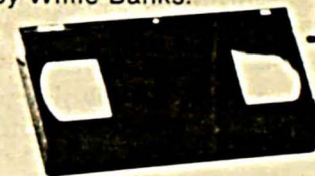
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MAAD as Hell

Having handy the race announcements from 20 California marathons, I decided to give them a quick study to find out how they handle divisions and awards for masters runners.

I was a bit surprised to find that nine of these marathons had five-year divisions from ages 40-44 through ages 65-69, as well as a 70-plus division. That's evidence of progress masters have made in recent years. The nine were (and, bias-free, let's be alphabetical about this!): Avenue of the Giants, Bidwell, Big Sur, California International, Humboldt Redwoods, Long Beach, Los Angeles, Napa, and San Francisco, the last one not held in 1988. That's better treatment for masters than afforded by the average 10K race which has 10-year divisions

either up to 50-59 or 60-69 and no 70 year division.

Among the 20 races, only one, Fresno, listed an 80-year-old division. Maybe they had an alert that Paul Spangler was planning to run the race. All the Fresno divisions were in 10-year brackets.

Six marathons stopped with a 60-plus division — Holiday Bowl/San Diego (which, as I understand it, will now incorporate Mission Bay Marathon and Heart of San Diego Marathon), Modesto, Redding, Russian River, Sacramento, and YM-

CA/San Bernardino. All six had 10-year divisions. Palos Verdes had a 60-plus division for men, but for women the categories were 36-44, 45-49, and 50-plus. Catalina also had up to 60-plus for men, but the women's divisions were 40-49 and 50-plus.

On the subject of awards, only three of the races specified in their race flyer the type of awards would receive. Modesto said, "Medals to top three finishers in each division." Redding's announced, "Medals and ribbons to top finishers in age divisions." Russian River's did say that division winners would receive a pair of Etonic shoes, but did not say what second- and third-place division finishers would receive.

Most of the race announcements were silent about the types of awards winners of the different masters divisions would receive. Or they resorted to such nebulous phrasing as "distinctive awards to top finishers in each division," or "merchandise will be given to the top three places in each division," or "special awards will be presented to the top three finishers in each category."

Which gives rise to this question: When awards to open runners are clearly spelled out and awards to masters are not specified, is this discriminatory to masters?

One certain conclusion from analyzing these marathon race announcements is that Long Beach affords masters better treatment than any other California marathon. Not only does it have 5-year divisions through 70-74 but it also has prize money for all those divisions. In 1988, it awarded \$250 for first place, \$125 for second, and \$75 for third. For some hotshot 40-year-old runners that is not much prize money, but for those in the M50, M55, M60, M65, and 70-year divisions it does open new vistas.

Jeers

• To a race (I'll be kind and not mention it by name) where the 40- and 50-old division winners received shoes and the 60-year-old winner was downgraded to running shorts.

• Worse yet, to the race which advertised "merchandise awards" to top division finishers and then awarded visors, left over from a previous year's race.

• To those race directors who are asked to have a 60- or 70-year division in their race and reply, "But there aren't enough runners to justify a division." With that attitude, there might never be 60+ runners for that race.

Cheers

• To Kees Tunzing, race director of the Pacific Sun 10K, who has masters compete against the course record for their age division for prize money. Prize money is not based on age but on how the runners in each division fare against the course record for their division.



Mike Uema, first M40 in the/Lompoc Winter 10K.
Photo by Elaine Rosenfield

• To Team Challenge in Northern California which stages over 40 races each year and includes divisions up to 70-plus in each of them.

• To Race Central, a Southern California race organization, that is so efficient with marathon results that it posts the time for every master runner within 15 to 20 minutes after that runner finishes. Little wonder that 97 race directors have asked Race Central to handle their results in 1988. All its results are corrected with select times from three independent timers. Results for TAC-certified courses are sent to TACSTATS. By contrast to Race Central's posting of masters' marathon times, I recall a major California marathon two years ago that did not have the times of the 60-64, 65-69, and 70-year division winners at the awards ceremony six hours after the race. By those standards, Race Central deserves the whole florist shop rather than just a bouquet. □

(Paul Reese is the co-director of MAAD — Masters Against Age Discrimination — Ed.)

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New Jersey TAC Indoor Meet Draws 243

by ED KOCH

The 1989 New Jersey TAC Indoor Masters Championships increased its entries 30% from 1988, drawing 243 athletes from seven states. The meet was held on February 26 at Fairleigh Dickinson University, the probable site for the 1990 Indoor Eastern Sections.

Team titles were again hotly contested as co-hosts New Jersey Striders and North Jersey Masters won the submasters and masters divisions, respectively. The Striders won their first-ever submasters title by defeating defending champion Shore AC by a score of 66 to 48. The North Jersey Masters apparently won their first NJ-TAC title since 1981 by edging out Merrill Lynch, 194 to 190. The final score is still subject to appeal and is believed to be the closest in the history of the meet.

Top performances included Ray Funkhouser, M35, winning the mile racewalk in 6:31.5; Manny Silverio, M30, with a weight throw of 51-4½ held outdoors; and Jerry Crockett, M30, who high jumped 6-8. Jeff Tindall, M45, and Dan Severn, M30, vaulted 12-6 and 13-6 respectively. □



Masato Shibasaki (M75, 1:37:27), first in his age-group at the Tamanaha 15K in Honolulu, April 2. Photo by Tesh Teshima

3500 Register for National Senior Olympics

by CATHY CASSOT

ST. LOUIS. Approximately 3500 athletes are registered to participate in the second biennial U.S. National Senior Olympics — the largest sports event in the world for athletes age 55 and above — on June 19-24 in St. Louis.

Registration has increased by 25 percent from that of the 1987 National Games and approximately 40 percent of all participants are women.

The five days of competition will offer 15 different sport categories with the highest numbers of participants in track and field and swimming events. To qualify for the National Senior Olympics, athletes must win first, second, or third places in their particular sport at one of the 52 sanctioned local games held across the country throughout the year. Approximately 200,000 athletes participate in the local qualifying games nationwide.

National sponsors for the 1989 National Games include Digital Equipment Corporation; Holiday Inns, Inc.; May Department Stores Company; POST Natural Bran Flakes Cereal, a division of General Foods USA;

Roerig, a division of Pfizer Pharmaceuticals; and Trans World Airlines.

For more information, contact the U.S. National Senior Olympics, 222 South Central Ave., St. Louis, Mo., 63105. 314/726-4550. □



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THE FOOT BEAT

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

Magnesium Supplements

We have been told, for the past decade or so, that magnesium supplements can improve our athletic performance. It has been shown that athletes have a higher requirement for magnesium and, if supplied, it will have a direct effect on athletic performance.

A close study of the evidence by McDonald and Keen of the University of California at Davis suggests this is not the case.

Two decades ago, researchers found that serum magnesium concentrations in Boston Marathon participants were much lower after the race than before. This was due to sweat and uptake in muscle and red and fat cells.

Another study showed a correlation between maximal oxygen consumption and plasma magnesium levels in trained men. A second study found that

same correlation in untrained males but not in a group of trained male runners. Confusion. But the study did point out the positive correlation between plasma magnesium and VO2 max. It is suggested that the magnesium is an essential component of an enzyme involved in the delivery of oxygen to the working muscle.

The researchers found no data which showed a positive effect of magnesium supplementation on exercise performance in individuals with normal serum magnesium levels.

The researchers are also unaware of any adverse effects of magnesium supplements up to .500 mg per day, although high levels may cause diarrhea. Supplementation may also be obtained by eating foods rich in minerals including raw, green leafy vegetables,

whole grains, nuts, soybeans, seeds, and cocoa. □

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

Penn Relays Highlight Masters

by PETE TAYLOR

PHILADELPHIA, April 29 — In October 1968, Lee Evans, then 21 years old, went to the starting line of the Olympic 400-meter final in Mexico City to face, among others, Larry James and Ron Freeman. Just 43.86 seconds after the gun was fired, Lee crossed the finish line with a world record that was to last for almost 20 years. Three days later, Lee returned to the track to anchor the U.S. 4x400 relay team with a split of 44.1 seconds, as the American squad set a standard that has never been beaten (tied in 1988) of 2:56.16.

Today, at the 95th edition of the Penn Relays, Lee Evans, now 42, showed some track stars of the younger generation what greatness looks like. Running with Ron Johnson, Dennis Dyce, and Bob Brown, Lee carried the George Mason TC to victory in the masters 4x400 relay in brilliant fashion. Despite cold (54°) and a steady rain, Lee simply rocketed through his anchor leg, recording an absolutely scorching split of 48.9 seconds! The Mason squad was timed in 3:29.24, with Shore AC second in 3:35.04; and Caribbean Connection next in 3:35.32.

Penn Relays Director Dr. Tim Baker was very kind to the masters, allowing seven races for the 40-plus group in

what is essentially a high school and college extravaganza. The featured masters relay was run in "prime time."

Yesterday, there were four 4x100 masters races: the New York Pioneers squad of Hassan Al-Sayeed, Mel Barnwell, Ed Small, and Rich Rizzo won the 50+ race in 48.37, while the 60+ went to the Philadelphia Masters squad of Walker Pierson, Jim Law, Oscar Harris, and Bert Lancaster in 53.37. The 40+ race was split into two sections, with the New York Pioneers team of William Overby, Chipper Robinson, Nat Watson, and Ed Howard taking the first section in 45.75, followed by George Mason TC in 46.40 and Caribbean Connection in 46.52. A Philadelphia Masters squad of Ted Gray, Jim Galbreath, Don Webster, and Thad Bell won the second section in 46.92. □



8th Annual Hayward Masters Classic Track & Field Championships

Hosted by OREGON TRACK CLUB MASTERS

June 24 & 25, 1989

Field events begin at 10:00 a.m. and track events at noon each day.

Hayward Field
University of Oregon
Eugene, Oregon

Host to 3 Olympic Trials and the 1984, 1987 U.S. National Masters Track & Field Championships

Weyerhaeuser Paper Company
Co-sponsor/Manufacturing
Springfield, Oregon

OREGON
MASTERS

Host to the 1989 World Masters
Track & Field Championships

SCHEDULE OF EVENTS

SATURDAY, JUNE 24, 1989

FIELD	TRACK
Long Jump — W	Steeplechase — M
Shot Put — M	10,000 Meters — M & W
Discus — W	High Hurdles — M & W
Long Jump — M	100 Meters — M & W
Shot Put — W	Mile — M & W
Discus — M	400 Meters — M & W
Pole Vault	3,000 Meter Race Walk — M & W

SUNDAY, JUNE 25, 1989

Hammer — M & W	Intermediate Hurdles — M & W
Triple Jump — M & W	5000 Meters — M & W
Javelin — W	3000 Meters — W
Javelin — M	3000 Meters — M
High Jump — W	200 Meters — W
High Jump — M	200 Meters — M
	800 Meters — W
	800 Meters — M

FACILITIES: All-weather track & runways (maximum 1/4" spikes allowed).

DIVISIONS: 5-year age divisions for men and women age 30 and over.

ENTRY FEES: \$10 for 1st event (includes T-shirt); additional \$6 for 2nd event; additional \$3 each 3rd, 4th and 5th event.

ENTRY DEADLINE: All entries must be postmarked by Saturday, June 17, 1989.

* LATE ENTRIES WILL NOT BE ACCEPTED * NO REFUNDS FOR DEFAULT *

MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.

PACKETS: Available for pickup at Eugene Hilton Friday evening, June 23, and June 24-25 at the meet.

AWARDS: 1st, 2nd, and 3rd place medals. Ribbons through 6th place.

DETACH AND MAIL
* Please Print *

Name _____ Birthdate: ____/____/____
Address _____ Age (as of 6/24/89) _____
Phone (____) _____ Club Affiliation _____ Male _____ Female _____
TAC # _____

EVENTS _____ T-Shirt size (check one)
1 _____ ☐ small ☐ med
2 _____ ☐ large ☐ x-large
3 _____ Entry fee _____
4 _____ TOTAL _____
5 _____
(limit) _____

NOTE:
LATE ENTRIES
WILL NOT
BE ACCEPTED.

Make checks payable to:
OREGON TRACK CLUB MASTERS

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 Jerry Jackson, 933 Northridge Ave., Springfield, OR 97477

Old Meets the New in Oregon Meet

by JERRY WOJCIK

Tired of the same "old" faces in a masters meet where the competition, marks, and places could have been FAX-sent? The 2nd Annual Scholastic/Masters Classic on June 17 in Oregon may offer a cure for your malaise.

The meet pits older athletes against really younger ones: 50-59s compete against youngsters ages 11-14; 40-49s vie with 15-16 year-olds; and 30-39s take on 17-18 year-olds. The 60-and-over types are lucky — they compete against themselves. Any master, however, can test his/her mettle against the 19-29 entrants.

Throwers will use high school implements in the shot, discus, and javelin, in the meet at Clackamas Community College in Oregon City. Sports Resources, Inc., is staging the event and can be reached at P.O. Box 842, Gresham, OR 97030. 503/667-1145. □



Jim Larson (M50, 35:20), second in his age-division at the Red Lobster 10K in Orlando, Florida on March 11. Photo by Sailer, Ltd.

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ARE DISCUSSING OUR PRODUCT

FOR

"In the race clinics and seminars that I give, recovery time is one of the most frequently discussed problems among masters athletes. In my experience, in conjunction with stretching, massage, and rehydration, CAPS ENERZYMES have proven to be the best way to improve my recovery time."

—Murray Banks

4-time Masters National Triathlon Champion
50K Nordic Skiing Masters National Champion

AGAINST

"It is lamentable that individuals attempt to take advantage of the irrational search for eternal youth. Such hucksterism is nothing new and I can only suggest 'caveat emptor,' or more directly 'a fool and his money are soon parted.'"

—Jerome J. Perry

Professor of Microbiology
North Carolina State Univ.

—National Masters News, August, 1988

HERE'S WHY YOU SHOULD CONSIDER USING OUR PRODUCT:

1. Hard training depletes your body of several essential cellular nutrients called coenzymes. These coenzymes are used to create energy from food. CAPS replaces these vital nutrients, allowing you to train and race more effectively.
2. Like carbohydrate loading, hydration, and electrolyte replacement, using CAPS replenishes nutrients which, when lacking, keep you from reaching your potential.

3. CAPS contain only natural food substances. There are no drugs, stimulants, herbs, or additives in our products.
4. Replacing essential nutrients consumed during training is just common sense.
5. Try our product for 30 days. If you don't agree CAPS Enerzymes work as claimed, just send back the empty bottles for your full refund including postage.

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Select the kit that meets your needs and order today, so you can experience the rapid gains and fun of training with CAPS.

1-MONTH TRAINING SUPPLY

60 Race CAPS, 90 Enduro CAPS

This kit is for the serious endurance athlete who trains 3 or more days a week. \$49.95 + \$4.50 s&h.

1-MONTH RAPID IMPROVEMENT KIT

60 Race CAPS, 90 Enduro CAPS, 2 fl. oz. Xobaline

This kit allows you to experience the additional improvement effect of Xobaline. \$69.95 + \$4.50 s&h.

3-MONTH TRAINING SUPPLY

180 Race CAPS, 360 Enduro CAPS, 4 fl. oz. Xobaline

This kit includes extra Enduro CAPS for the serious training athlete and represents a volume purchase savings of almost \$40.00. \$189.95 + \$4.50 s&h.

Call 1-415-931-1977 for more information.

Or write to Hansen & Frank, Suite 205 T,
2886 Geary Blvd., San Francisco, CA 94118.

Order Desk /800-336-1977 In California, call 800-441-1977

☐ Yes, I'd like to try CAPS ENERZYMES for 30 days to see if this method of replacing essential nutrients can help me realize the full benefits of my hard training. Send me the kit(s) I've listed.

☐ I'd like to learn more about CAPS ENERZYMES. Please send free information along with my order.

Kit(s) I am ordering:

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Sub-total

Card # _____

Sales Tax
(6% CA)

Exp. Date _____ Signature _____

Ship/handle +4.50

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TOTAL

Address _____

Thank you for
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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

National Chairman to be Elected in December

Time flies when you are having fun, so I must be having a great amount of fun. Close to six months have passed since our National Convention in Phoenix in December 1988. In another six months we will be meeting in Washington, DC. The World Championships will be past, and we will all be looking forward to the 1990 activities, and to a championship somewhere in 1991. It doesn't get much better.

You have now decided if you will be in San Diego and Eugene. We should have a great time at both of those; what a great year for the U.S. masters program.

We've come a long way in less than 25 years. Dave Pain, Bob Fine, and Jim Weed made great contributions — and continue to do so. They were leaders, movers, and doers, and only through their efforts did we develop enough enthusiasm to become a truly National representative body that can no longer depend on one person to

move it ahead. Masters athletics requires individual representatives from all parts of the country to serve as coordinators, communicators, and organizers. They have to be self starters, but willing to work as part of a community effort. The members of the current Executive Committee fill all those requirements.

Of course, there has to be a chairman — and in December, *those of you who attend the 1989 Convention as masters delegates will select a new chairman.*

No one has yet chosen to come forward and announce a willingness to seek that post. So, it is up to you, the members, to encourage someone you know to take the step and announce. If several were to seek this position, the competition would be healthful for the program.

With the budget that is being provided by TAC, money is available to pretty well cover all of the Chairman's travel, board and room requirements. This is one of the significant financial improvements over the last two years. Lack of personal funds to cover expenses should not dissuade anyone.

Anyone who can devote the time should seriously consider taking up the challenge of leadership. Many of you have come into the program in the last three or four years and your voices are needed — your participation at the national level is required. Where the new Chairperson will come from I don't know, but our resources for him or her are unlimited.

Someone needs encouragement. Encourage that person who you know is dedicated to masters athletics, has an ego that is soft enough to listen to everyone, and is strong enough to make decisions; and who can organize on sectional and national bases, and who can communicate with individual competitors, committees, boards, and the national officers of TAC/USA, i.e., a person who really likes and enjoys other people.

Let's all join together and find that appropriate leader who will move us on into the next decade of masters athletics. □



Grayce Miji (W65, 1:49:37), who placed second in her age-group at the Tamanaha 15K in Honolulu, Hawaii, April 2.

Photo by Tesh Teshima

1989 ENTRY FORM

TAC Eastern Sectional
Masters Outdoor
Track & Field Championships
At Monmouth College
SUNDAY, JULY 16, 1989

TRACK	FIELD
10 AM 5000 Meter Run	10 AM Javelin, shotput & discus
5000 Meter Walk	11 AM Long jump followed by triple jump
400/300 Hurdles	11 AM High jump
100 Meter Trials	NOON Pole vault
High Hurdles	(Site, time, and date of hammer and weight throw to be announced. Call Sandy Kalb in the evening at 201-363-5426.)
1500 Meters	Note: We plan to stagger the javelin, shot put and discus by age groups to avoid time conflicts. More will be announced at the meet.
100 Meter Finals	
400 Meters	
Lunch Break	
800 Meters	
200 Meters	
4 x 800 Relay	
4 x 100 Relay	
4 x 400 Relay	

*Hurdle heights and implements weights according to the TAC Masters rules. Most events will be contested younger to older men followed by women. Age groups combined in some events if the entry warrants. Vault and high jump will start at a low height and move upward with all groups combined. The bar WILL NOT be lowered. In any event you miss your call, you forfeit that start or that attempt.

AGE GROUPS:	Men's and Women's as follows:
30-34 years	35-39 years
40-44 years	45-49 years
50-54 years	55-59 years
60-64 years	65-69 years
70-74 years	75-79 years
80+ years	
(Age as of day of meet)	

PRE-ENTRY ONLY!!! \$10 for first event, \$6 for additional events. Relays are \$20 per relay team. Entry must be received by July 6, 1989.

CHECKS: Payable to Shore A.C.

AWARDS: Medals for the top three places in each age group of each event. Age group champions receive a championship patch (only one patch per person).

SPIKES: Pin spikes only.

NOTE: During lunch break, there will be elections for the TAC Eastern

Mail to: Sandy Kalb, 22 Addison Rd.,
Rowell NJ 07731

PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE THE SUM OF \$

1. Last Name _____ First Name _____ Middle Initial _____

2. Exact Name of Athletics Congress Club, otherwise put unaffiliated _____

3. Mailing Address _____ Street _____

4. City _____ State _____ Zip Code _____

5. Age as of Meet Date _____ Birth Date _____

6. Area Code Phone _____ County of Residence _____

7. TAC NO. _____

8. Signature of Athlete _____

9. Date _____ SUNDAY, JULY 16

U.S. Relay Selection Guidelines Set For World Championships in Eugene

by SCOTT THORNSLEY,
Co-U.S. Team Manager

The U.S. relay selection guidelines were discussed and approved at the business meeting held at Columbus, Ohio, during the weekend of the National Masters Indoor Track & Field Championships. U.S. team manager Scott Thornsley was present to recommend changes to the relay selections that were previously published in the NMN. Selection guidelines will apply to both the 4x100 and 4x400 relays for both men and women.

Interested runners must compete in the 100/400 at either the San Diego National Championships or the World meet in Oregon. Multi-event competitors may submit their times in the decathlon in lieu of open competition races. Selection of the relay members will be based on 100 and 400 times only. Runners cannot submit times for the 400IH, 200, 800 or 110 in lieu of these distances. This process will

guarantee that candidates will have a documented 100/400 automatic timed performance for which a selection can be made within a two-week period of the relays.

Interested runners must contact Scott Thornsley or Sandy Pashkin at either San Diego or Eugene once they have a timed performance they would like considered. Both Pashkin and Thornsley will post announcements at San Diego and Eugene as to when and where they can be contacted.

All interested runners must be able to compete on Sunday, August 6.

Considerable discussion was devoted to the relay selections during the open business meeting to ensure that relay-member selection would be based entirely on performance, and not from club affiliation, personal friendships or regional favoritism. Questions pertaining to the relay selection may be directed to Scott Thornsley at the address or telephone number found on page 2. □

Waigwa — 4:05.71! Continued from page 1

now lives in San Diego, set the world M40 1500 record of 3:50.42 in March. He set a U.S. masters 5K road record of 14:22 in April.

"I thought he could have gone under 4:00," said Gordon Cooper, Waigwa's mentor and long-time friend. "We'll try to find another mile race with good competition, and try it again."

Cooper admitted it would have been nice for Waigwa to go for the record in a masters-only race. "But there wasn't such a race anywhere," Cooper noted. "And even if there were, Wilson would have had to run by himself at the front. He wouldn't have done as well."

In any case, the glamour of getting a group of the world's top masters to try to break the masters mile record — as was done in last year's TAC National Masters Championships in Orlando — may have been diminished by Waigwa's Beamesque effort. Unless Mike Boit returns from Kenya (and even if he does), there doesn't seem to be anyone on the immediate horizon who can challenge Waigwa. But, then, you never know what will happen in head-to-head competition.

Cooper said Waigwa has entered the World Veterans Championships in Eugene, where he'll be an odds-on favorite against Murray, Ron Bell, Byron Dyce, and other top veterans in the 1500. He may also run in the U.S. Nationals in San Diego.



Helen Narimasu (W70, 2:13) after the Tamanaha 15K in Honolulu, April 2.

Photo by Tesh Teshima

"For the rest of the year," Cooper said, "Wilson will run the 1500 to 5000 on the track, and 5K to half-marathon on the road."

In other masters races in the meet, Payton Jordan set a world age-72 mark of 13.19 in the M70 100. (Three hand-timers caught him at 12.9, but the automatic time is what goes into the record books.) Clarence Killion took second (14.74) with Jim Johnson third (14.96).

Stan Whitley, M40, won the Legends 200 in 22.49 with Thaddeus Bell second (23.40) and Mel Brooks third (24.01).

□

Amendments to TAC By-Laws Required by August 29

TAC By-Laws require submission of proposed amendments at least 90 days prior to TAC's annual convention. The By-Laws are contained in the "1989 Directory," which is available for \$8 from TAC's national office, P.O. Box 120, Indianapolis, IN 46206.

This year's annual meeting in Washington, D.C. will be from November 27 through December 2, which means that all proposed amendments must be in the hands of Ed Koch, Chairman of the Law & Legislation Committee, by August 29, 1989.

Koch encourages every submission to include, at the end, a paragraph entitled "Reasons," which should ex-

plain the reasons for the change.

He asks that your submission conform with the stated practice of underlining new wording and/or using ((double parentheses)) around sections to be deleted.

The proposal must be recommended by someone other than the submitter, such as the Chairman of any Standing Committee, any member of the Law & Legislation Committee, the President of any Association or any national member organization, or any officer of the Congress.

All proposals should be mailed to: Edward R. Koch, 47 Brandywyne Dr., Florham Park, NJ 07932. □

WORLD MASTERS TUNE-UP GAMES III

SPONSOR	: LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE
DATE & TIME	: SATURDAY, JULY 1ST., 1989 . STARTING TIME 9:00 A.M.
LOCATION	: CALIFORNIA STATE UNIVERSITY, LOS ANGELES. 5151 STATE UNIVERSITY DR., LOS ANGELES, CA
FACILITIES	: ARTIFICIAL TRACK 1/4 SPIKES. ALL RUNWAYS ARE ARTIFICIAL CONCRETE THROWING RING AND ARTIFICIAL JAVELIN THROW AREA.
TIMING SYSTEM	: ACCUTRAC ELECTRONIC TIMING. SPRINGO.
DIVISIONS	: FIVE YEAR AGE GROUP. WOMEN FIRST, MEN OLDEST TO YOUNGEST.
* PENTATHLON FEE *	: \$ 25.00
REGISTRATION FEE	: \$ 10.00 FIRST EVENT AND \$ 5.00 EACH ADDITIONAL EVENT. RELAY TEAM \$ 15.00 PER RELAY EVENT.
LATE FEE	: \$ 6.00 PER ATHLETE PLUS REGULAR REGISTRATIN FEE.
AWARDS	: TUNE-UP GAMES MEDALS WILL BE AWARDED TO FIRST, SECOND, AND THIRD PLACES IN EACH AGE GROUP DIVISIONS. THOSE WHO BREAK GAMES RECORD WILL RECEIVED AN ADDITIONAL AWARD.
SANCTION BY	: THE ATHLETIC CONGRESS SCA/TAC
RULES	: WAVA/TAC HURDLES AND IMPLEMENTS SPECIFICATION.
MEET DIRECTOR	: MARVIN THOMPSON : (213) 666-7341
MAIL ENTRY TO	: LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE. 2301 HYPERION AVE., SUITE P, LOS ANGELES, CA 90027
DEADLINE	: MONDAY JUNE 26TH, 1989.

SCHEDULE OF EVENTS**TRACK EVENTS**

9:00 A.M.	* PENTATHLON 200 METERS *
9:15 A.M.	10,000 METER RUN (COMBINED)
10:15 A.M.	5,000 METER TRACK-WALK (COMBINED)
11:15 A.M.	80 METERS HURDLES
	100 METERS HURDLES
	110 METERS HURDLES
12:00 NOON	3000 METERS STEEPLECHASE
12:30 P.M.	5000 METERS RUN (COMBINED)
1:00 P.M.	300/400 INTERMEDIATE HURDLES
1:30 P.M.	* OFFICIALS LUNCH BREAK *

FIELD EVENTS

9:00 A.M.	HAMMER THROW
9:00 A.M.	POLE VAULT & HIGH JUMP
10:30 A.M.	* LONG JUMP PENTATHLON *
10:30 A.M.	TRIPLE JUMP & SHOT PUT

2:00 P.M.	4 X 100 METERS RELAY
2:10 P.M.	4 X 800 METERS RELAY
2:20 P.M.	* PENTATHLON 1500 METERS RUN *
2:45 P.M.	100 METERS SPRINT
3:15 P.M.	400 METERS SPRINT
3:40 P.M.	800 METERS RUN
4:00 P.M.	200 METERS SPRINT
4:30 P.M.	4 X 400 METERS RELAY
4:45 P.M.	4 X 200 METERS RELAY



L.A.P.O.C.

LATE REGISTRATION, ADDING OF EVENTS OR EXCHANGE OF EVENTS WILL CLOSE AT 2:00 P.M.

OFFICIAL ENTRY FORM (PLEASE PRINT)

LAST NAME		FIRST NAME	
NAME _____			
ADDRESS _____		CITY _____	STATE _____ ZIP _____
TELEPHONE No. () _____		SEX: M _____ F _____	DATE OF BIRTH _____ AGE _____
CLUB OR TEAM REPRESENTING _____			
INDIVIDUAL FEES \$ _____		RELAY TEAM \$ _____	TOTAL \$ _____
EVENTS : 1. _____ 2. _____ 3. _____			
4. _____ 5. _____ 6. _____			

MAIL ENTRY TO : LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE. 2301 HYPERION AVE., SUITE P, LOS ANGELES, CA 90027

ATHLETE'S WAIVER - IN CONSIDERATION OF YOUR ACCEPTANCE OF MY ENTRY, I DO HEREBY FOR MYSELF, AND EXECUTORS, WAIVE, RELEASE, AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR MAY HEREAFTER ACCRUE AGAINST THE LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE, FIELD OFFICIALS ASSN., ALL OTHER SPONSORS AND SPORTS FACILITIES OR THEIR OFFICIALS OR AGENTS, FOR ANY DAMAGES WHICH MAY BE SUFFERED BY ME. I CERTIFY THAT MY LEVEL OF TRAINING IS SUCH THAT I AM PREPARED TO COMPETE AND RECOGNIZE THE RIGHT OF MY DULY AUTHORIZED MEMBER OF THE MEDICAL STAFF TO REQUIRE MY WITHDRAWAL FROM COMPETITION AND WILL DO SO IF DIRECTED.

ATHLETE'S SIGNATURE _____ DATE _____



Harolene Walters

by STEVE LEWALLEN

Scan the results pages of any recent issue of NMN, and one of the names you will invariably find listed there is Harolene Walters. This 46-year-old masters runner, who started running only seven years ago "to get in shape," has become one of the most consistent competitors in masters racing today.

Some of the highlights in this 5' 3", 105-lb. runner's short career include qualifying for the Olympic marathon trials at age 45 and successfully competing in cross-country at the collegiate level at age 44. A couple of her more sterling performances recently include finishing first female master at the Las Vegas Marathon in January (2:54:06) and first W45 at the recent Los Angeles Marathon in March (3:11:40).

"I like to run the 5K distance the best," she said, "but overall most of my best results have come from the marathon."

Her incredible success in the

marathon, as well as other distances, can be easily understood when her training schedule is examined. Her workouts, which include push-ups and sit-ups every day and weight training twice a week, total between 50 and 60 miles per week. Her mileage is done both on the rolling hills near her Mission Viejo, Calif., home, as well as on the artificial surface at the U.C. Irvine track.

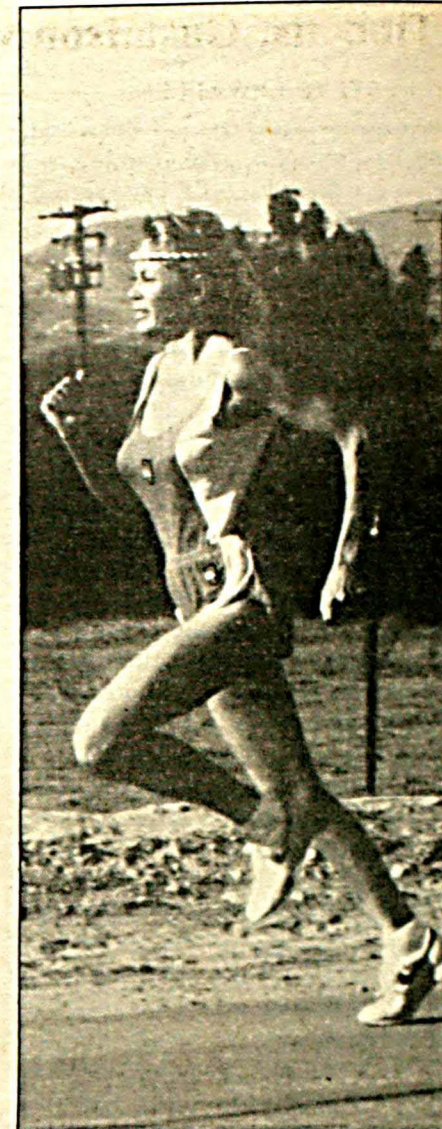
She does 20 minutes of stretching before a workout, 10 minutes after, and is careful to include warm-up and cool-down laps. Walters' husband, Ron, whom she met at a race, is her

training coach and running partner. "Although he can't beat me," quips Walters, "he always seems to know where I am in my conditioning and provides all of my training schedules and racing plans. He's my inspiration." When Walters really gets serious for a special race, she sometimes uses a local cross-country coach to sharpen her condition.

"Training is a priority in my life," Walters states. "My husband and I are very disciplined. We both work and we plan our training runs for immediately after we arrive home from work. On the weekends we always run first thing in the morning if we're not racing."

Walters also has a very full life apart from training and racing. She holds a B.S. from Southwest Missouri State and an M.S. from Loyola Marymount in California and is currently a special education teacher at South Gate Junior High where she works with developmentally disabled children. Even though it's a job that demands patience and understanding, it's one she finds enormously rewarding. She loves to cook (only "the good foods" she says, steering clear of fats and red meat). Other favorite sports include bicycling, scuba-diving, tennis, and water skiing. In fact, Walters even worked for a time as a professional water skier in Cypress Gardens, Fla.

One aspect of Walters' running career that has gotten her into trouble recently is her non-stop racing schedule; she sometimes runs a marathon a month, for up to four or five months, with shorter races squeezed in-between. "I do not have a racing season," she says. "I generally race 52 weeks a year." This packed schedule sometimes leaves her with hamstring problems, although she's experienced



Harolene Walters

Photo from Ron Walters

no serious injuries yet. When it is suggested to her that she could prevent future injuries and probably get faster if she stopped racing so much, she quickly dismisses the idea.

"Maybe someday I'll give it a try," she says, "but for now I just want to race them all!" □

CENTRE CLUB MASTERS TRACK AND FIELD CHAMPIONSHIPS CO-SPONSORED BY FIRST COLONIAL BANK THE HERALD NEWSPAPERS

Saturday July 8, 1989
Libertyville, IL
1989 Illinois TAC Masters Grand Prix Series



FIELD EVENTS

Begin at 11:00 a.m.
Long Jump
Triple Jump
High Jump
Pole Vault
Discus
Shot Put
Javelin
Weight Throws
24#, 35#, 56#, 98#
All Times Tentative

TRACK EVENTS

11:00 3000 m. Race Walk
11:30 3000 m. Run
12:00 110/100/60 Hurdles
12:20 1500 m. Run
12:45 1500 m. Race Walk
1:00 100 m. Run
1:20 400 m. Run
1:40 800 m. Run
2:00 200 m. Run
2:20 1600 m. Relay
2:30 400 m. Relay
3:00 Invitational 1 mile
3:15 Corporate Relay 2 mile - 4 X 800m
5:00 Awards Post Event Celebration
Centre Club Libertyville, IL.

Facilities: New all weather track, Libertyville High School, Libertyville Illinois, Route 176 (Park Ave.) one-half mile west of Route 21 (Milwaukee Ave).

Divisions: 5-year age groups, limit 3 medals per athlete

Entry Deadline: Mail July 1, 1989

Accommodations: Hawthorne Suites Hotel, Lincolnshire IL.
\$69.00 Route 22 Immediate west of Tri-State Tollway 294
1-800-527-1133.

Fees: \$10.00 one event

\$12.00 two or more events

\$15.00 Late Entries after July 1, 1989

Make Checks payable to Liberty Road and Track Club

Awards: First 3 in each 5 yr. age group/limit 3.

Special Awards to All American Standards of Excellence Achieved

Corporate Relay: 4 members, one must be female, one must be 40 or over.

Send entry with check to Craig Dean M.D., 719 Stonegate Ct.,
Libertyville IL. 60048- Hot Line 1-312-367-6347.

Name: _____, Birth Date: _____
Age on July 8 _____, Sex _____, 1989 TAC# _____
Address _____ City: _____
State: _____ Zip: _____ Phone _____
Events: _____, Shirt Size _____
(limited to first 100)

Release: In consideration of acceptance of my entry, I do waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from injury, illness, or accident that I may sustain or incur participating in this or at this event. I declare that I am in good health to participate in this event.
Signed _____ Date _____

Daily Training Schedule - Harolene Walters

- Monday** Recovery day after a Sunday race. 6 miles at an easy pace (7:30) on a course that includes rolling hills.
- Tuesday** 8 miles. Strength/speed workout at U.C. Irvine track. 2-mile warmup (7:30), plus 2-3 miles of speed (2x1320 at 4:15 with 2 min. rest, 2x800 at 2:45 with 90 sec. rest, 4x400 at 80 sec. with 50 sec. rest, followed by 2-mile cooldown.
- Wednesday** 10 miles, flat course. Steady run at 7:15 pace.
- Thursday** 8 miles, hills. Intervals of effort and distance change. Nothing structured.
- Friday** 6 miles, rolling hills. About the same as Monday, tapering off to race on Sunday.
- Saturday** 4 miles, mix of steady jogging with a few buildups (gradual speed increase) over 100 yards or so.
- Sunday** Race day includes arriving 1 hour prior to start. Easy 2-mile jog, 20 min. of stretching, and 8 buildups of 100 yards, 2 easy, 2 medium, 2 hard, 2 easy - RACE! Cooldown includes 2 miles easy, 20 min. stretching.

Total Mileage for the week: 50-60 miles.

Tibbetts, Gustafson Win National 5K

by STEVE LEWALLEN

Greg Tibbetts (M40, 16:07) and Georgia Gustafson (W40, 19:27) sped to masters wins at the TAC National Masters 5K Championships in Anchorage, Alaska on April 29.

Tibbetts had to break away from a four-man pack after the 1½-mile mark, but Gustafson was never seriously challenged and finished almost 2½-minutes faster than second female master Tania Spurkland (W40, 21:51).

The closest race was in the M50 age-group, where Ed Hagerman built up a lead over Richard Rodriguez, then held on as Rodriguez put on a charge at the end and closed to within one stride, 18:04 to 18:05.

This TAC national masters championships, the first-ever to be held in Alaska, were distinguished by almost ideal conditions; temperature was about 45° at the start, sunny and windless. The race was dominated by Alaskans, as only two out-of-staters elected to make the trip. □

Walker, Nedelso First Masters at National 15K Racewalk

by STEVE LEWALLEN

What's in a name? Everything, if you're Larry Walker. This appropriately named M45 racewalker strode to a masters win with a 1:10:57 at the TAC National 15K Racewalk Championships in Long Beach, Calif., on April 30. Top female masters honors went to Jo Ann Nedelso (W45, 1:23:23).

Walker was also top age-graded master with an 88.2% (M45 standard of 1:02:30 divided by Walker's time). Nedelso was second with 83.6%, followed by Jack Bray's 81.8% (M55, 1:21:31).

Other notable age-group winners were John Burns (M60, 1:34:11), Guilio De Petra (M75, 1:41:14), Bev La Veck (W50, 1:30:25), and Collie Green (W60, 1:44:07). □

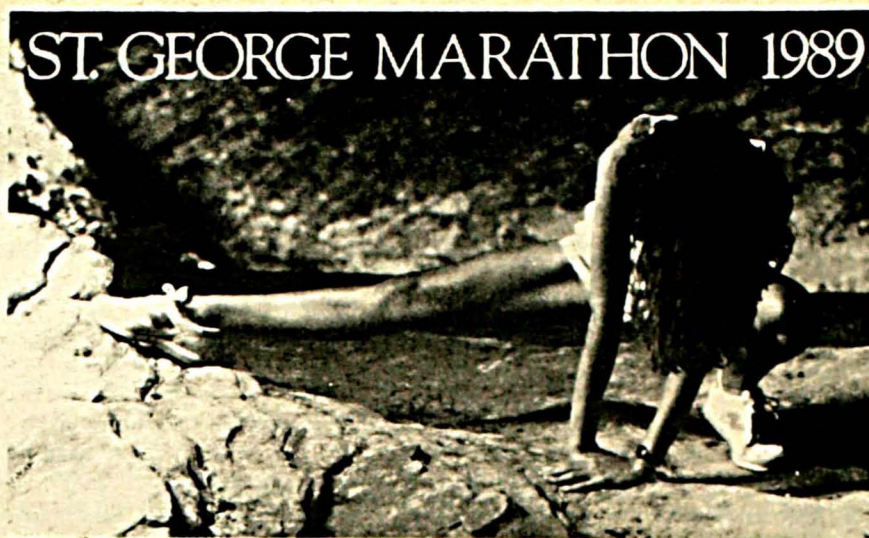
Meet and Match

Pat Dixon has volunteered to be the "Meet and Match" editor for NMN. If you want to meet or match up with someone for an activity, you could do worse than to find a common bond with a fellow NMN reader.

With the World Championships upcoming, you may want to travel with a companion after the event, as Pat,

herself, wants to do. Maybe you want to house-exchange with a fellow masters athlete.

Send your wish — in 50 words or less — to Pat Dixon, M&M Coordinator, 1354 N.W. Federal, Bend, OR 97701. Or call her at 503/389-5459 between 7 p.m. and 8:30 p.m., PDT. NMN will publish requests each month. □



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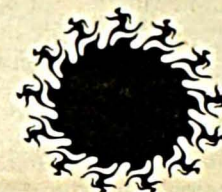
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MEN: Paul Cummings 2:15:16
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(American Women's Masters Record)
Joan Ulliyot 2:47:40
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2 <input type="checkbox"/> Jr 13-14	9 <input type="checkbox"/> Masters 45-49	16 <input type="checkbox"/> Jr 13-14	23 <input type="checkbox"/> Masters 45-49	ADULT S M L XL	
3 <input type="checkbox"/> Jr 15-18	10 <input type="checkbox"/> Veterans 50-54	17 <input type="checkbox"/> Jr 15-18	24 <input type="checkbox"/> Veterans 50-54	No. of Previous Marathons _____	
4 <input type="checkbox"/> Open 19-24	11 <input type="checkbox"/> Veterans 55-59	18 <input type="checkbox"/> Open 19-24	25 <input type="checkbox"/> Veterans 55-59	No. of Previous St. George Marathons _____	
5 <input type="checkbox"/> Open 25-29	12 <input type="checkbox"/> Sr 60-64	19 <input type="checkbox"/> Open 25-29	26 <input type="checkbox"/> Sr 60-64	Your Fastest Full Marathon Time _____	
6 <input type="checkbox"/> SubMist 30-34	13 <input type="checkbox"/> Sr 65-69	20 <input type="checkbox"/> SubMist 30-34	27 <input type="checkbox"/> Sr 65-69	Your Anticipated 1989 St. George Time _____	
7 <input type="checkbox"/> SubMist 35-39	14 <input type="checkbox"/> Sr 70 & Over	21 <input type="checkbox"/> SubMist 35-39	28 <input type="checkbox"/> Sr 70 & Over		
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A physical examination is not required to run in the St. George Marathon but all competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a marathon, it is strongly recommended that you seek the advice of a competent physician and abide by his advice. All persons under 18 years of age must have written consent of their parents or legal guardian to compete in the St. George Marathon. In consideration of the privilege granted me of participating in the St. George Marathon, and for other good and valuable consideration, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assignees, waive and release any and all rights and claims I may have against the City of St. George, St. George Marathon Committee, their agents, representatives, successors, or assignees for any and all injuries, ailments or other consequences suffered by me in the marathon.

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Central Park TC, first M50 (9:31.2) in the 4 x 800 relay at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. Left to right: Sid Howard, Arnie Green, Ed Coplon, Cliff Pauling.
Photo from Jim Pearce

PROFILE

Herb Lorenz at Fifty

by JIM OAKS

With Rodgers, Shorter and Ryun moving into the masters division last year, it is easy to forget a name that ten years ago, when masters competition began to grow, was probably revered as much as theirs. That name is Herb Lorenz, and I thought those of us who know or ever raced (usually behind) the "Silver Fox" might enjoy an update on one of the quietest yet strongest forces in masters competition history.

Herb turned 50 in April, but don't expect him to set a lot of age records around the country. He seems more interested in coaching track and cross-country at Burlington Township High School, N.J., than campaigning to win the age-50 division of the ICI/USRA circuit in 1989. Lorenz, like Ray Hatton on the West Coast, seems content to still enjoy competition without becoming obsessed with it.

Born in Germany

Lorenz was born in Germany in 1939. His father was killed in WW II, and he moved to the U.S. with his mother in 1953 after she remarried. The family settled in New Jersey.

He entered Trenton State College in 1959, majored in education, and ran track. By graduation in 1963, he held school records for the 400 (49.7), 800

(1:54.4), mile (4:13) and 2-mile (9:29). More significant to Herb is the fact that while at Trenton he met his future wife, Irma, who also became a teacher.

In 1964, he and Irma moved south to Willingboro to teach at Burlington. They have remained on the staff there for the past 25 years.

U.S. Cross-Country Runner

From 1964 to 1977, he coached cross-country and track at his school while continuing to compete seriously as an open runner, sometimes at the international level. He was a member of the first U.S. team to compete in the International Cross-Country Championships in Morocco in 1966, and was again on our National team to the Cross-Country Championships in Tunisia in 1968.

"Those two International Cross-Country meets were special," Lorenz said. The 1966 team, organized by Hugh Jascourt, consisted mostly of East Coast runners and included Tracy Smith and Bill Clark. "I think I finished about 5th among the U.S. runners and around 47th overall.

"The 1968 team was organized by former Villanova miler and Olympic steeplechaser Browning Ross. That team included Tom Heinonen, Bill Clark, Doug Wiebe, Moses Mayfield, Bill Reilley, and Don Lakin. I think I was the second U.S. team finisher that year and in the 30s overall. After the Championships in Tunisia, we toured Zambia, Tanzania and Ethiopia. In Addis Ababa, we met and raced against the great Abebe Bikila (1960 and '64 Olympic marathon champ) and Mamo Wolde." (Wolde won the 1968 Olympic marathon later that year in Mexico City).

Ross, commenting on their visit to Ethiopia, said, "In Addis Ababa, our runners gave lectures to the Ethiopian runners and showed them training methods. We then raced them over 10K and our first man was eighth! We all laughed about how the wrong team had been teaching the training methods."

Ran 4:02 Mile

In 1967, Herb set the record of 4:02 for the Atlantic City "Boardwalk Mile." This event was a straight mile run each year along the Boardwalk.



1968 U.S. International Cross-Country Team in Addis Ababa. Front: L-R, Unknown Ethiopian (UE), Tom Heinonen, UE, Mamo Wolde, Bill Reilley, Moses Mayfield, Browning Ross (Coach). Back: UE, UE, Doug Wiebe, Don Lakin, Herb Lorenz, UE, Bill Clark, UE.

His track PRs came between 1964 and '67 and were 4:06 (mile), 8:52 (2-mile), 13:49 (3-mile), and 9:06 for the 3000 steeplechase.

At the time he was running a 49.7 quarter at Trenton State, Herb probably never dreamed of running a marathon, but in 1970, in his first serious effort, he won the Cherrytree Marathon in New York in 2:28. The following year he finished third to Kenny Moore and Frank Shorter in the Pan Am Marathon Trials race in Eugene with a 2:19. He ran his PR of 2:17:43 at Boston in 1975, at age 36.

2:24 Marathon at Age 40

But the race that brought Herb's name to the attention of the media and to the national running community was his 2:24:42 at Boston in 1979, one week after his 40th birthday. With this run

"From April, 1979 to November, 1981, Lorenz did not lose to a U.S. master."

he broke the U.S. masters record of 2:25:24 set at Boston the previous year by Ken Mueller. From that day until TAC's National Masters Cross-Country Championships in Houston in November 1981, Lorenz did not lose to a U.S. master. This is probably the longest undefeated streak in the past 12 years by a male master competing on the national level. (Kirk Randall beat Lorenz by five seconds over a muddy 10K course in Houston to end the streak).

"There's a funny story, well, funny now, anyway, associated with the 1979 Boston win," Lorenz said. "That was the year Oscar Miranda 'won' the masters title. That evening at the awards ceremony I told the officials that there was no way this guy could have beaten me in the race. They didn't have any way to check at that moment, so they didn't make any award that

night. They finally determined that Miranda was a bandit, but the trophy was never mailed. About five years later, Kenny Mueller found it in a closet at the BAA office and sent it to me."

Herb ran one more marathon after the 1979 Boston, a National Masters Championships in California, where a course misdirection caused a short course by about 300 meters. Herb won in an (adjusted) 2:22:10, but probably made his last attempt at the marathon distance. For Herb, who has never been a consistent high mileage runner, the 26.2 mile distance requires too much time for what he is looking for in running. "I also had hamstring problems every time I would try to run high mileage," he said.

From September 1980 to May 1982, he set four significant masters records: 20K in 1:04:42 (Sept. '80); 15K in 47:18 (April '81); 10K in 30:42 (July '81); and 10 mile in 50:43 (May '82). For years 1989, '80, and '81, he was named Masters Runner of the Year by Runner's World, and was selected as The Runner's top master in 1980 and '81.

Proud of Trevira Twosome Record

"I was probably most proud of the 10-mile record because that came in the Trevira Twosome race, which Irma and I won as a team," Herb recalls. "Irma had not run in high school or college, but the year before her 40th birthday, I encouraged her to start training. She was a natural. In 1982, the first year we won Trevira, she ran 67:20." They won the Trevira masters division again in 1983.

The Lorenz have two children, Diane and Eric, who seem to have their parents' running genes. In high school, Diane ran 5:11/11:00 mile and two-mile times and received a scholarship to George Mason in 1986. Eric earned a scholarship to Wake Forest last year and is presently in his freshman year. His best high school times were 1:57

Continued on page 19



Herb Lorenz

Photo by Greg Machen

Green Top Runner in National 20K Continued from page 1

(M40, 1:08:01) and Susan Henderson (W40, 1:19:13) were the first male and female masters across the finish line.

Ruth Anderson, first W55 in 1:39:07, echoed many of the other runners when she praised the race as one of the best organized events she has entered. "Every little detail was handled well, from the aid stations to com-

munications on the course," she said.

Some runners complained that the heat took its toll during the race, as temperatures warmed to near 75 degrees.

The TAC masters championship race was incorporated into the annual Pear Blossom 20K over a TAC/USA certified course. Over 2000 runners participated. □

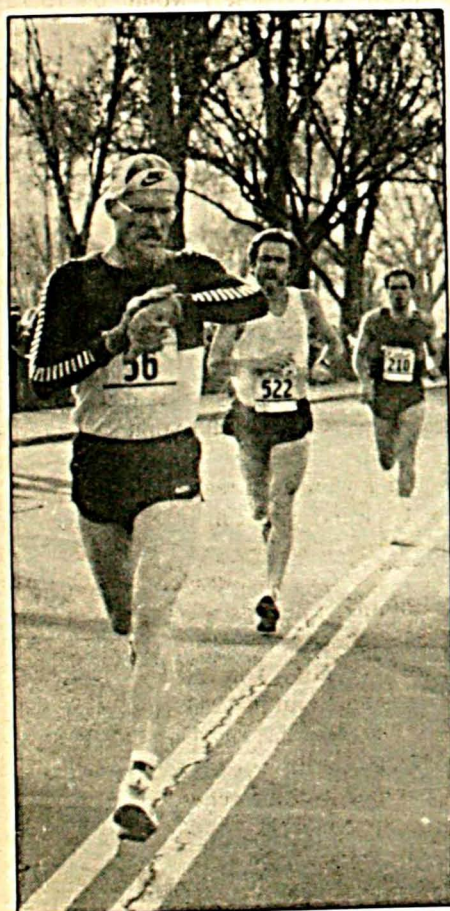


Ed Benham, 81, center, talks to Jeff Darman, left, and Phil Stewart after the Nike Cherry Blossom 10-Mile Run in Washington, D.C., on April 2. Benham's 1:13:23 set a new M80 age-group record. Photo by Kathy Ruser

Green, Benham Star in Nike Cherry Blossom

Continued from page 1

Overall winners were Brian Sheriff (46:43) and Lisa Weidenbach (52:34).



Norm Green (M55, 54:40), top age-graded master (96.4%) at the Nike Cherry Blossom 10-Mile Run in Washington D.C., April 2.

Photo from Kathy Ruser

The race was TAC/USA sanctioned and the course was TAC/USA certified. □

Profile Continued from page 18

and 4:19 for the half and mile. He qualified for the Kinney Cross-Country Nationals in 1987.

Natural Speed

Fellow New Jersey resident, runner and author Tom Osler, commented, "I think part of the secret to Herb's success has been... that he was usually able to win races without going to the bank for that reserve so many times. I was always amazed at the speed the man has. I remember seeing him run a mile in something under 4:10 on a horrible dirt track. He hadn't been training for a mile, just running some road races like the best of us, but he just had such great natural speed."

Lorenz confirms Osler's feeling about tapping his reserve. "I did not even run track in high school, and our league at Trenton State was not too tough. I could usually win college races without a maximum effort. So I was still hungry when I got out of college, and not burned out the way some runners are."

"Probably the most impressive thing

Continued on page 24



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Masters Health and Fitness

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

Shin Splints

The term "shin splints" has been used to describe many injuries in the lower leg. In this article, we are referring to a condition where there is pain on the inner portion of the front of the lower leg.

What Causes Them?

Shin splints can be caused in masters athletes by several factors including: (1) anatomical problems such as flat feet; (2) imbalances in muscle strength between the shin muscles in the front of the leg and the calf muscles in the back; and (3) abrupt changes in training programs.

Flat Feet

Flat feet are possibly the most common contributing factor to shin splints. As a person ages, the muscles of the feet tend to lose their strength and suppleness. As the feet flatten, the posterior tibial tendon, which holds up

the arch of the foot, has to work much harder to perform its function. This additional strain can lead to tears and irritation in the muscle, which may cause the characteristic shin splint pain, i.e., pain around the mid-point of the lower leg in an area 3-5 inches long.

Imbalances

Imbalances in the opposing muscles can also cause an irritation of these lower leg muscles, leading to pain and swelling in the shin area. Specific strengthening exercises should be done for the tibial muscles, so they are not over-powered by the stronger calf muscles.

Training Changes

Lastly, sudden changes in training programs can place additional stress on these muscles, leading to pain and tenderness. These changes could include: 1) increases in workload either in volume or intensity; 2) adding new elements to the training program too quickly; and 3) changing training surfaces, i.e., going from grass to track or street. Masters athletes' training programs may be more sporadic than open athletes, and the possibility of doing too much, too soon, as the competition season approaches, is always there.

What To Do When Shin Splints Occur

The most important thing to do is rest for a couple of days and allow the inflammation to subside. During this time, ice may be applied to the areas 2-3 times a day for 20 minutes at a time. After this initial period, begin heat treatments twice a day, along with easy exercise, possibly on a bike or in a pool.

Exercises to strengthen the tibial muscles and the arch of the foot, and also to stretch the calf muscles, should be begun as soon as possible. Flexion and extension of the foot (with or without resistance) is good to strengthen the tibials; placing a towel under the foot and drawing it in with the toes will strengthen the arch.

Wall push-ups are excellent to stretch the calf muscles. Working with the leg straight emphasizes the calf, while bending the knee slightly focuses more on the Achilles tendon. Do the

exercise with one foot in front and one back.

Homeopathic remedies useful for this injury include: 1) Arnica — to reduce general soreness; 2) Rhus Tox — especially when pain is worse after a run; 3) Bryonia — when any motion worsens the pain; and 4) Ruta — when motion neither relieves nor worsens the pain.

Light massage will be helpful and acupressure can be used on any tender points along the inside or outside of the shin bone. The leg-lumbar points on the hand can be found at the function of the bones of the 1st and 2nd fingers, and the ring and little fingers. Apply pressure for 10 seconds, then release. Repeat 6 times at each point.

To summarize, this type of injury has pain in a 3-5 inch area at the mid-shin. Consult a health care practitioner about your injury if: 1) the pain is closer to the ankle or in one small spot; 2) if the pain occurs at about the same point in a workout; or 3) if the pain lasts more than 3 weeks.

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries, or suggestions for topics to be addressed in this column, write to Dr. Carl Flowers, NMN, Box 2372, Van Nuys, CA 91404).



Southeast Track Season Debuts

Seventy-five men and women, ages 40-and-over, participated in the Delray Beach Senior Games in Florida on April 9, with some athletes coming from as far away as California, Nebraska, and Vermont.

Ed Schuler, M60, had the top age-graded performance of the day with a 12.69 in the 100, good for 91.6% (calculated by dividing 12.69 into 11.63, the 100m standard for M60).

Bill Weinacht, M70, had the next-best performance (100, 13.76, 91.4%), followed by John Tobey, M60 (800, 2:23.08, 90.0%), Jim Gillchrist, M60 (HJ, 1.58, 89.7%) and Joy McDonald, W45 (100, 13.52, 87.2%). □

Quote of the Month:

"My goal this year is to run 200 in 21.8, 400 in 46.8 and 800 in 1:54." □

— Lee Evans, 42,
1968 Olympic 400-meter
gold medalist

3rd Annual Tennessee Masters Track and Field Championships

All events will be held on the World Class Tom Black Track with timing by ACCU-TRAK. The track has been resurfaced and the infield redone since last year.

FRIDAY, JUNE 16, 1989

Event No.	Time ¹	Event
1	5:00 p.m.	Pentathlon ^{2,3}
2	5:00 p.m.	10.000M Racewalk
3	6:15 p.m.	Open Mile ⁴
4	6:30 p.m.	Triple Jump
5	7:00 p.m.	3000M ^{2,4}
	7:30 p.m.	3000M ^{2,4}

SATURDAY, JUNE 17, 1988

Event No.	Time ¹	Running Events ⁴
6	7:30 a.m.	Open 5.000M Run ⁴
7	8:30 a.m.	110M Hurdles
8	9:20 a.m.	1500M Run
9	10:10 a.m.	400M Hurdles
10	11:20 a.m.	200M Dash
11	12:30 p.m.	3000M Racewalk
12	1:30 p.m.	55M Dash
13	2:30 p.m.	400M Run
14	3:20 p.m.	100M Dash
15	4:10 p.m.	800M Run
16	5:00 p.m.	3000M Steeple Chase

Event No.	Time ¹	Field Events
17	8:15 a.m.	Hammer
18	8:30 a.m.	High Jump
19	9:00 a.m.	Long Jump
20	9:00 a.m.	Shot Put
21	10:00 a.m.	Javelin
22	11:00 a.m.	Pole Vault ⁴
23	11:00 a.m.	Discus
24	12:30 p.m.	35 lb wt (men, 25 lb) (women and 50+ men)
25	2:00 p.m.	56 lb wt

Official Meet Headquarters and Hospitality Suite are located at The Holiday Inn World's Fair, 525 Henley Street, Knoxville, TN 37902 (615-522-2800); Flat rate of \$49/Night; use code "TMT" when making reservations. Please reserve no later than May 16th to insure availability.

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

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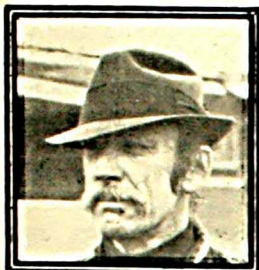
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ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

Comeback

(Editor's note: Wendell Miller lives. The former NMN columnist, who retired and dropped out of running to race steeplechase horses, is now un-retired and training for the marathon in Eugene. He surfaced this month with these words of wisdom for his loyal fans. Note: this column is "R" rated. If colloquial street language offends you, please turn the page.)

I suppose I haven't enjoyed reading NMN much lately, because of the pitiful and near obscene state it leaves me in; pouring over every single letter to the editor, hoping and waiting for that ground swell of support that will catapult me back to the position I so richly deserve, there next to writing giants like Tim Mike and Hal Humility.

I'll be honest with you, I can't read a Jerry Donley column without getting a lump in my throat and a moderate hard on. Forget about the four minute mile. How can you compare a stupid record with the obvious war of the worlds about to happen between a rejuvenated Dave Pain and the wiry and persistent Bob Fine. Bring back loyalty, support and good fellowship. Who will never forget Glo Fine's eloquent and touching tribute to her current husband at that AAU national meeting of so many years ago, "I think all of you need to know, the man worked his balls off for Masters Track and Field." Ah, they don't make women like that anymore.

But enough of this nostalgic business, let's look at May, 1989. You got it, pal — we're talking comeback. The time has come for Marathon Miller to put up or shut up, fish or cut bait, crap or get off the pot, etc. etc.

As I write, I have started my



Horace Hudson (#198, 52.51) and Scott Thornley (#202, 55.30) finish 3rd and 6th in the M35 400 at The National Masters Indoor Championships in Columbus, Ohio, March 31-April 2.
Photo from Jim Pearce

marathon training in preparation for the world masters marathon in Eugene. Be there, literary fans. Sure it will be painful. Certainly there will be ridicule and scorn. Just remember that old masters battle cry, "when the going gets tough — the tough master cuts the course."

Never mind Mike Boit, Wilson Waigwa and all those other guys from North Dakota, MacDonald Miller is talking one last two-six. Every active master (an active master is defined as a competitor over 40 years of age who has in his possession more than 500 trophies) knows you don't roll out of bed, pull on the latest multicolored stretch tights and power walk a two-six. Hear me right, Mr. Editor or Publisher or whatever liberal gravy train you're currently on, we're talking the big one, the whole ball of fuzz, the big megillah and I'll be there to do it — Sunday, August 6.

Skeptics in the area claim my new

horse will never make it to Oregon. I don't pay any attention to that kind of stuff, I always had my detractors. None of them even knew the difference between a cow pie and a road apple anyway. Every farm kid worth his bib overalls could have told them. Cow pies are good for discus practice and road apples are better fitted for working on the split finger fast ball.

It's hard to scribble period, let alone a "yes" on our new \$99 word processor but I'm sure you catch my drift. I love receiving NMN. The price is right and I enjoy its very positive and almost surreal stance. More importantly — you haven't gotten into obituaries.

Keep them coming — you'll be reading about me. []



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Jimmy Douglas Invitational 200 Meter Dash
Five Mile Run (Stadium & Road Combined)
Mothers 4 x 100 Relay

ENDORSED BY

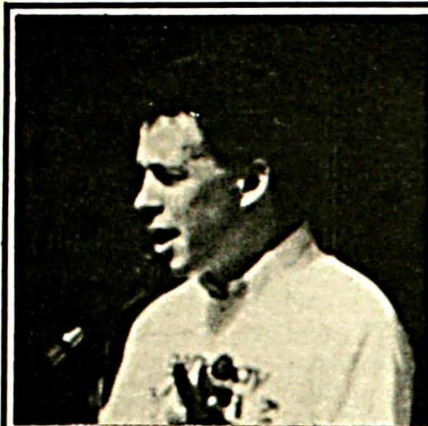


INTERNATIONAL COMPETITION
• AGE GROUPS THROUGH MASTERS •

BAHAMAS
JAMAICA
CANADA

USA
PUERTO RICO
GUATEMALA

CAYMAN ISLANDS
BRITISH VIRGIN ISLANDS
OTHER



The Director's Corner

by DEAN REINKE

Is Joseph Nzau 40?

Joseph Nzau Update: The Joseph Nzau controversy continues as the Kenyan native and Wyoming resident insists he is 40 years of age. The Boston Marathon refused his entry and numerous race directors have called our office at the ICI/USRA Masters Circuit headquarters to complain, puzzled as to how to handle the situation.

The ICI/USRA Masters Circuit's position is that Joseph Nzau is welcome to participate in the \$25,000 grand prix prize pursuit and the season ending national championship — once he proves his age, according to WAVA standards. This entails producing a legitimate birth certificate and passport as 7000 other athletes have to do for the World Veterans Games this summer.

It is interesting to note that as of this writing, Nzau had not entered the meet in Eugene whereas countrymate

Wilson Waigwa, also questioned as to his age by many, had satisfied the critics. Already, Nzau has admittedly "lied" in younger years about his age while a student attending the University of Wyoming but is now conveniently "40" once the ICI Circuit is alive and masters money is increasing significantly. Waigwa has shown the Circuit legitimate proof; research by WAVA and the National Masters News indicates he is, in fact, 40.

While we at the ICI/USRA Masters Circuit await proof from Nzau, we en-

courage ICI Circuit race directors as well as all race directors to follow the same lead. The recent Crescent City Classic's reasoning that "we believe Joseph is 40 because Yobes Ondeiki and Peter Koech says he is" is hardly sufficient evidence to allow Nzau to compete as a master and win masters prize money ahead of deserving "masters." Therefore, to protect the booming sport or masters running we strongly urge all race directors to ask Joseph Nzau to meet international age requirements, before granting him an entry into the masters division.

Circuit Event Prospects: Received a call from the Grand Bahamas Promotion Board inquiring about membership on the ICI/USRA Masters Circuit. Formerly the "Bahamas Princess 10K," the "Grand Bahamas 10K" will be held February 24, 1990, and promoters are seriously interested in the Circuit and masters running. One visit to the island showed me that not only masters but runners of all ages would enjoy this warm and scenic island and its fast roads. We are hoping to pull together a unique package with perhaps a tie-in even to this year's program. Stay tuned!

Meanwhile, we are very close to adding yet another West Coast event, this time in Seattle, Wash. On a recent visit, I was warmly welcomed by the running community whose interest is high on the circuit. With minimum prize money events, however, Seattle is unique in that respect for a city its size. We are very close to finalizing a

package that would bring the Circuit to the Northwest late this year. Hope to let you know next month. Meanwhile, discussions are continuing with events in Memphis and Tampa hoping to join the ICI Circuit later this year in October and November, respectively.

Phone Still Ringing: Not a day goes by in our Florida headquarters that we don't get a call from yet another master runner inquiring about the Circuit or coming out of retirement. In the late '70s/early '80s, Wisconsin's Dan Conway was one of the country's hot masters. After numerous injuries of late, the Wisconsin native informed us that he just turned 50 and is ready to return to the roads — should make it fun for Bill Olrich, Bill Johnston, Don Sleeman, et al. Another standout from that same era, Jim Bowers, former high school mile standout and now an airline pilot, has also joined the ranks of the grand masters and you can look for the Californian on the roads soon. And if that's not enough, former British Olympic medalist Ian Stewart (1972, silver) is now 40, as is his countrymate Andy Holden. Can't wait until the National Championship! □

ICI/USRA Masters Circuit Point Standings

(After 2 races including the Nissan Shamrock 8K and Myrtle Beach 10K Classic. Other races to count include:

Cotton Row Run 10K
Hospital Hill Half Marathon
Utica Boilermaker 15K
Chicago Distance Classic 20K
Quad City Times Bix 7 Mile
Asbury Park 10K
Charlotte Observer 10K
Pittsburgh Great Race 10K
Myriad Gardens 10K
Twin Cities Marathon
Capital Trial Run 10 Mile
Foundation 30K
Crim Road Race 10 Mile
ICI/USRA Masters National Championship 8K

M40-44	SH	MB	CR	HO	UB	PTS	#	M40-44	SH	MB	CR	HO	UB	PTS	#
1 Bill Rodgers	9	10				19	2	1 Cl. Ciavarella	8	8				16	2
2 Bob Schlauf	8	8				16	2	2 Barbara Filutze	10					10	1
3 Ken Sparks	6	7				13	2	2 Nancy Mieszcak	10					10	1
4 Wilson Waigwa	10					10	1	4 Nancy Oshier	9					9	1
5 Dave Stewart	9					9	1	4 Jane Hutchison	9					9	1
6 Ron Bell	7					7	1								
7 David Reese	6														
M45-49	SH	MB	CR	HO	UB	PTS	#	M45-49	SH	MB	CR	HO	UB	PTS	#
1 Ralph Zimmerman	10	10				20	2	1 Mary Shaver	10					10	1
2 Wendel Cribb	9					9	1	1 Sharon Markoski	10					10	1
2 Joe Carr	9					9	1	3 Carol Lasseter	9					9	1
4 Tom Hare	8					8	1	3 Woolie Wisham	9					9	1
5 Earl White	8					8	1								
M50-54	SH	MB	CR	HO	UB	PTS	#	M50-54	SH	MB	CR	HO	UB	PTS	#
1 Jim Larson	9	10				19	2	1 Susie Klutts	10	10				20	2
2 Don Sleeman	10					10	1	2 Betty Dameron	9					9	1
3 Sam Yarborough	9					9	1	3 Mary MacFarlane	8					8	1
4 Bill March	8					8	1								
4 Tom Selmon	8					8	1								
M55-59	SH	MB	CR	HO	UB	PTS	#	M55-59	SH	MB	CR	HO	UB	PTS	#
1 Tom Ray	10					10	1	1 Mary Norckauer	10	10				20	2
1 John Harwick	10					10	1	2 Marge Brown	9					9	1
3 Stan Witowski	9					9	1								
3 Charles Moore	9					9	1								
M60-64	SH	MB	CR	HO	UB	PTS	#	M60-64	SH	MB	CR	HO	UB	PTS	#
1 Herb Chisholm	8	10				18	2	1 Loretta Sheehan	10					10	1
2 Ed Hamilton	6	9				15	2	2 Imy Ernst	9					9	2
3 Charles Evans	3	8				11	2								
4 John Hosmer	10					10	1								
5 Bill Fortune	9					9	1								
M65-69	SH	MB	CR	HO	UB	PTS	#	M65-69	SH	MB	CR	HO	UB	PTS	#
1 John McManus	10					10	1	1 Louise Martin	10					10	1
1 Robert White	10					10	1								
3 Joe Holland	9					9	1								
3 Bill Tribou	9					9	1								
M70+	SH	MB	CR	HO	UB	PTS	#	M70+	SH	MB	CR	HO	UB	PTS	#
1 Ed Benham	10					10	1								
2 Lewis Creasy	9					9	1								
3 Brad Page	8					8	1								

SH=Shamrock 8K; MB=Myrtle Beach 10K;
CR= Cotton Row 10K;
HO= Hospital Hill Half-marathon
UB= Utica Boilermaker 15K
= Number of races
A runner's 5 best races count

Sorbothane Joins Circuit as Sponsor

ICI's Bill Adams recently joined ICI/USRA Masters Circuit Executive Director Dean Reinke in welcoming Cleveland-based Sorbothane as a Presenting Sponsor of the Circuit. Sorbothane, which includes top master Frank Shorter in its advertising campaign, has for years been a leader in the running industry and is a leader in its category.

Sorbothane President Mike Silvestro, himself a runner and participant in the accompanying open race at the Naples ICI/USRA Masters Circuit National Championship, is enthusiastic about the sponsorship.

"Joining the Circuit is an excellent fit for our overall marketing strategy which includes the masters athlete in a major way," he stated. "After viewing the success of the ICI/USRA National Championship in Naples" he continued, "and after considerable research, we are convinced that the relationship with ICI and the Circuit will be a positive one for Sorbothane." □

Return to Naples

It's official! The 1989 ICI/USRA National Masters Championship will return to Naples, Fla., January 13, 1990. The Registry Resort will again serve as the host site and ICI has announced a \$15,000 prize purse — the largest ever non-marathon prize purse for a masters event. TAC has also designated the race as its "National Masters 8K Championships" in what promises to surpass in quality even last year's inaugural — which many called the "best masters field ever assembled."

1989 ICI Circuit events this year will also serve as masters individual distance TAC championships for 10K (Men-Pittsburgh Great Race; Women-Asbury Park) and the marathon (Men/Women-Twin Cities). Over \$150,000 in prize money will be awarded at all of the events combined, including an unprecedented \$25,000 grand prix prize pool.

Sorbothane, which recently joined the Circuit as a Presenting Sponsor, will introduce the "Sorbothane Age-Graded Rankings." \$100 will be awarded at each ICI Circuit event to the top male and female grand masters age-graded performance. "Sorbothane Age-Graded Rankings" will be maintained throughout the year and the top performances of the year will earn trips to the Naples ICI/USRA Masters Circuit National Championship. □

—Dean Reinke

ICI/USRA Masters Circuit "Happenings"

Long time Master standout and *Runner's World* magazine senior Editor Hal Higdon will collaborate with *National Masters News* Publisher/Editor Al Sheahan on a "Masters Training Guide." Higdon is planning a running tour to Hawaii in December for the Honolulu Marathon. . . The troubled City of San Francisco Marathon is apparently back and will be held July 9. Race director is Rich Nichols. . . New Zealand's John Campbell is now asking a race appearance fee. \$17,000 Boston Marathon payday not bad at all. No word yet on how many more U.S. road or ICI Masters Circuit appearances he will make in '89. . . Yes, there is another Jim O'Neil — in the form of Hudson, Ohio's O'Neil, who recently turned 50. 2:25 in Las Vegas in February for real. Keep an eye on this one. . . Wilson Waigwa, who lives in Mission Viejo, Calif., is married and working "laying wood floors," while not on the roads, is also starting to ask appearance fees. . . Mark it down — July 22. Add Lasse Viren to the ranks of the Masters. Wildman sculptor Eino is his U.S. contact. . . Rule that runners must be retired 4-5 years from the sport before they can be considered for the Hall of Fame could be tough for Shorter and Rodgers who plan to be racing as Masters for a long time on the successful ICI/USRA Master Circuit. . . California's Len Wallach, still one of the best on the finish line, is now involved with the Honolulu Marathon. Wife Marilyn, though, is tearing them up on the roads having capturing the "overall" women's division of a 4-miler in Hawaii, running 22:50. . . It was a shame to hear that Otto Essig's "Masters Only" race in the Northeast was cancelled this year. It was a New England favorite. . . Make that a Masters World Best for Wilson Waigwa at Carlsbad

5K in 14:23, one second ahead of Paul Cummings. . . Not only is Laurie Binder breathing down Priscilla Welch's neck, but make that Evy Palm of Sweden as well. Ran 2:31:05 (\$6000) for 1st Master and 6th overall at London. . . Stan Curran took the men's Masters at London in 2:21:15. . . Should be an interesting race in New York City in June at the Alamo Alumni Run where event will include team scoring by alma mater. Shorter will run with a Yale contingent, while Billy will run with his Wesleyan crew. Jeff Galloway, who has been nearly invisible on the Masters racing scene, is a potential teammate as is Amby

Burfoot, editor of RW. . . Frank Shorter, after a victory at the Palm Springs Desert Biathlon in California, says he will be competing in some of the Coor's Biathlon Series in the coming year. . . Remember Roger Robinson? He's 49 and will be in the U.S. this June from New Zealand and competing in the Fairfield Half-Marathon. Wife Kathy Switzer will also be joining him. . . When you're in Detroit, you can keep up with the local running scene with either local paper. Tom Henderson covers the sports weekly for the *Free Press* while Scott Walton handles similar chores for the *News*. . . Web Loudat appears to be alive and well

and recovering from missing the ICI/USRA Masters National Championship and early '89 with foot problems. A 31:04 10K effort bodes well for his return to the Circuit. . . Tiny Yorktown, Indiana, will host the "Frank & Bill Show" June 24, joined by Mike Hurd — \$5000 for an American 10K record. . . Former Detroit Masters Brian Harris, one of the top Masters in the early '80s, has retired from racing — still living in the Motor City. . . Long Beach and San Francisco are in the running for women's Olympic Marathon Trials in 1992. Columbus, Ohio, has already been awarded the men's. . . □ — Dean Reinke

The Tradition Continues...



Last year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Masters in the inaugural ICI/USRA MASTERS CIRCUIT. This year the tradition continues as over \$125,000 in prize money will be awarded featuring Grand Prix competition in 5-year age groups through age 70. The Circuit will again culminate with the season ending ICI/USRA Masters National Championship won last year by Bill Rodgers and Priscilla Welch.

Masters Running '89, the official magazine of the ICI/USRA MASTERS CIRCUIT, will also be published featuring in-depth profiles and reports from the exciting Masters scene. "National Masters News" will again serve as the "official newsletter" of the Circuit and provide monthly results and Circuit coverage.

So, if you're 40 or over, it's sure to be a tradition you'll want to continue!

March 18 - Nissan Shamrock 8K, Virginia Beach, VA
(804) 481-5090

April 8 - Myrtle Beach Classic, 10K, SC
(919) 847-3109

May 29 - Cotton Row Run 10K, Huntsville, AL
(205) 881-5807

June 4 - Hospital Hill Run Half Marathon,
Kansas City
(816) 561-1085

July 9 - Utica Boilermaker 15K, Utica, NY
(315) 797-6929

July 16 - Chicago Distance Classic 20K, IL
(312) 243-2000

July 29 - Quad City Times Bix 7 Mile, Davenport, IA
(319) 359-9197

August 12 - Asbury Park 10K, NJ
(201) 531-4156

August 26 - Crim Road Race 10 Mile, Flint, MI
(313) 235-3396

September 24 - Pittsburgh Great Race 10K, PA
(412) 255-2493

September 30 - Myriad Gardens Run 10K,
Oklahoma City, OK - (405) 231-2597

October 8 - Twin Cities Marathon, Minneapolis, MN
(612) 881-3863

October 14 - Capital Trail Run 10 Mile, Raleigh, NC
(919) 876-8347

November 12 - Foundation 30K Championship
Clarksburg, CA - (916) 636-0707 or (916) 665-1712

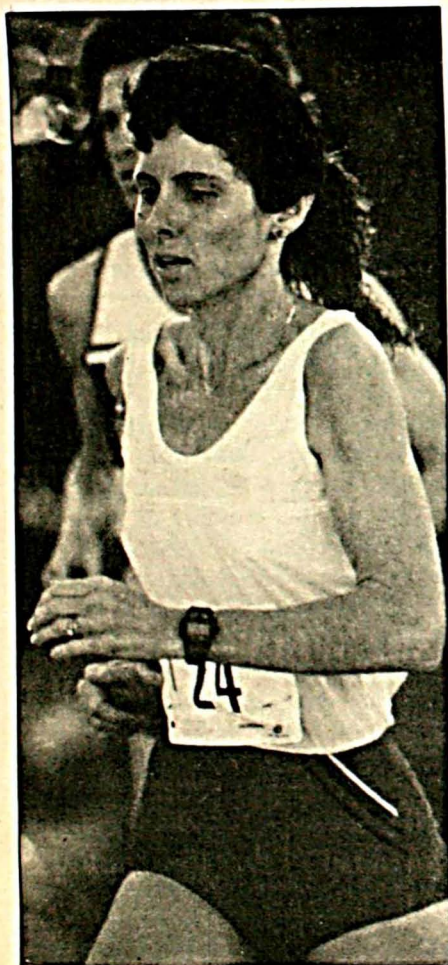
January 6 - Charlotte Observer 10K, NC
(704) 379-6898

January, 1990 - ICI/USRA Masters
Championship 8K, Florida
(407) 647-2918

For more information and a copy of
"Masters Running '89," send \$2 to:
ICI/USRA MASTERS CIRCUIT
c/o Dean Reinke & Associates
400 N. New York Ave. • Winter Park, FL 32789
(407) 647-2918



promoted by
DEAN REINKE
& Associates



Jane Hutchison, 43, of Webb City, Mo., won \$3500 as the top female age 40-49 point-getter on the 1988 ICI/USRA Masters Circuit.

Photo by Sailer, Ltd.



1989 MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS

JUNE 30-JULY 1

Sponsored by:

PORTLAND MASTERS TRACK CLUB
&
MT HOOD COMMUNITY COLLEGE

Held at:

MT HOOD COMMUNITY COLLEGE
26000 SE Stark, Gresham, OR
(503) 667-1339 97030

SCHEDULE OF EVENTS

(HELD AT NIGHT-BEST POSSIBLE CONDITIONS-ALL WEATHER TRACK SURFACE)

Fri Nite

(times approximate)

6-8 pm LONG JUMP (women & men)
SHOT PUT (w & m)
DISCUS (w & m)
HIGH JUMP (30-49 men)

6-8 pm WHEEL CHAIR RACES
3000m STEEPLE (w & m)
2000m RACE WALK (w & m)
5000m (women)

8-10pm 110m HURDLES (w & m)
100m SPRINTS (w & m)
1500m (w & m)
400m (w & m)

Sat Nite

(times approximate)

4-6 pm TRIPLE JUMP (women & men)
JAVELIN (w & m)
POLE VAULT (w & m)
HIGH JUMP (women & +50 men)
HAMMER (w & m)

6-8 pm 400m HURDLES (w & m)
200m SPRINT (w & m)
3000m (w & m)

#1*- 5000m (40+ men)

#2*- 5000m (30-39 men & 40+ men
who choose to enter)
800m (w & m)

*specify the one you're entering

NOTES: = BEAUTIFUL MEDAL TO FIRST 3 PLACES, EACH EVENT
= TIMES DETERMINE WINNERS IN EACH AGE GROUP
= OLDEST WILL COMPETE BEFORE YOUNGEST
= WOMEN WILL COMPETE BEFORE MEN
= TAC SANCTIONED MEET, TAC # REQUIRED
= BREAKFAST - Sat, 9am, HEIDI'S - \$7.50
= SAT NIGHT SOCIAL (after competition) IZZY'S PIZZA

- no host

deadline:

JUNE 23

SEND entry & entry fee to: HOWARD MEANS
PMTc Treasurer
Checks payable to: 6380 SW Washington Ct.
PORTLAND MASTERS T.C. Lake Oswego, OR 97035

Please Print

NAME----- FOR ATHLETES AGE 30 AND OVER

ADDRESS----- AGE (as of 6/29/89) -----

CITY----- ST----- ZIP----- PHONE ()-----

1989 TAC #----- ASSN----- MALE----- FEMALE-----

EVENTS ENTERING BEST 88/89 mark? ENTRY FEE

1. ----- 1 event- \$8

2. ----- 2 events-\$13(total)

3. ----- Each Additional- \$3

4. ----- MUST BE POSTMARKED
(use separate sheet for more) BY 6/23/89LATE ENTRY CHARGE- \$10
(based on space available)

I waive all rights that I or my heirs or assigns may have against the
PMTc and MHCC arising from any injury, illness, or accident that I
may sustain in participating in this event. I declare my good health
to participate in this event.

signed-----date-----

April Showers Greet Carolina Spring Meet

by JIM SAXON

The Carolina masters spring track and field season splashed off on April 15 with the Omega Sports Spring Meet at Thomasville, N.C.

Rain caused major schedule alterations, including a partial one-day postponement of the meet.

Jim Law, 63, Thad Bell, 44, and Greg Marshall, 41, led 27 entrants in the age-graded 100 with performance percentages of 94.3, 90.2 and 85.9, respectively. Law's was the best age-graded performance of the meet.

These three will be joined by other top sprinters to vie for the Running Journal Fastest Masters title in the N.C. masters meet on May 28. The Fastest Masters will be an age-handicapped event with the top six percentage performers from the regular age-group races qualifying for the field.

Betty Vosburgh, 57, narrowly missed the U.S. W55 400 record with a 76.78, and high-jumped competitively for the first time with a 3-8, tying the W57 record. A late starter, Vosburgh started on the roads after age 50. By the time of the World Championships, she may well be the premier W55 American.

Vosburgh has wondered why she could always do well in road races for a mile or two and then have to struggle. The new age-graded standards give a clear answer: she has a preponderance of fast-twitch muscle fibers which give her unusual dash and mid-distance speed, but not much endurance. Her PRs on the road grade out at around 74%, while her first efforts at 100 to 1500 all graded close to 80%. □

Profile Continued from page 19

about Herb is his self-restraint," Osler continued. "I remember once at the Philadelphia Distance Run, we were lined up just prior to the start, and Herb just walked away from the starting line. He knew he was not ready to run and had the presence of mind to make the decision at a time when the rest of us were as high as a kite. That's an example of the coolness and control the man has."

Herb Lorenz is a soft-spoken gentleman who is making a significant contribution to his corner of the world in New Jersey, and who will probably continue to make his mark as a runner on the national and international level. Don't look for any "50th Birthday Runs" for Herb, but watch out for any man you see with dark glasses and black socks (he shaved the iron gray beard a couple of years ago) at the starting line of your race. You just might be eating the dust of one of the nation's newest 50+ masters. □

GOOD NEWS FOR MASTERS WHO LIKE TO THROW THEIR WEIGHT AROUND



FROM STACKHOUSE

Stackhouse, official supplier of track & field gear for the VIII World Veterans' Championships, now carries a complete line of weight implements for Masters Division athletes.

We hope you'll be able to attend the Championships in Eugene/Springfield, Oregon July 27 thru Aug. 6, and that you'll have a chance to check out our implements on display there.

You might even want to take a new discus for a test spin ... or perhaps give one of our hammers a whirl. The gear is there for you to try out.

And don't forget, there's a good chance your local sporting goods dealer carries the Stackhouse line of Masters Division gear. If not, call or write us and we'll let you know where to find it, and send you a free copy of our 1989 catalog.

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P.O. BOX 12276, SALEM, OREGON 97309
(503) 363-1840 • FAX (503) 363-0511

SILVER MEDAL SPONSOR
VIII World Veterans' Championships

Five Years Ago

June, 1984

- At 51, Norm Green Wins National Masters Marathon in 2:29:11.
- Matt Cucchiari Wins National 10K in 33:20.
- 300 Compete in Legends Meet at UCLA.
- Nike Announces 1984 Nike Masters Series.

Masters Request Tenneco Marathon Prize Money

Promote Masters Running (PMR) was formed in February to request, from the Houston Tenneco Marathon Committee and Tenneco Inc., enough masters prize money to attract national and international class masters men and women competitors to the 1990 Houston Tenneco Marathon. PMR is a group of 20 masters runners organized and chaired by Howard Kunz, assisted by Peter Baird. Seven of the eight major running clubs in Houston are represented by the independent PMR group.

Representatives to each of the local running clubs have been appointed to coordinate club letters and signatures of all supporting club members to Joseph Macrum, Director of Public Affairs, Tenneco Inc., P.O. Box 2511, Houston, TX 77001, with copies to David Hannah, Chairman of the Houston Marathon Committee Inc., P.O. Box 2511, Houston, TX 77001, which determines the awarding and distribution of prize money. Individuals may also write J.L. Ketlesen, Chairman of the Board and

Chief Executive Officer at Tenneco Inc. PMR is working in a positive, non-confrontational manner and favorable response from both open and masters division runners in Houston has been substantial.

PMR notes that masters division finishers are approximately 33%, open men 54%, and open women 13% of total finishers in recent years. Despite some excellent masters performances, the prize money of \$122,000 in 1989 and \$150,000 the three prior years all went to open winners. March NMN noted that 1989 masters winners Kjell-Erik Stahl (M40, 2:23:12) and Susan Havens (W40, 2:49:24) received no prize money. A decision should be made on 1990 masters prize money for H-T Marathon shortly. □



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The National Calendar Magazine for Runners

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Hart, Jordan Sizzle in Sacramento

by BOB ROEMER

SACRAMENTO, April 29 — This ain't Chicago, pardner.

Payton ain't Walter and Jordan ain't Michael.

Payton Jordan never claimed to be Sweetness or Air; he's pure speed and grace. And whether you're Bearish like Walter or Bullish like Michael, you'd have been money ahead to go with him in the M70 100 and 200 in today's Ken Carnine Relays.

The former Stanford and Olympic coach ran the 100 in 13.1 and 200 in 27.6 for age-72 world records.

This year's meet, on a perfect track and field day — about 80 degrees, virtually windless, and slightly overcast — attracted 150 athletes who combined for 45 records in a meet that goes back 15 years.

The highlight was the M40 debut of former Cal and Olympic star Eddie Hart, of Oakland, who attracted seven competitors to the starting line of the 100 and obliterated Van Parish's 11-year-old meet-record 11.3 by a half second. The 10.8 is just a tenth of a second away from Thane Baker's world M40 record 10.7, set in 1972.

Herm Wyatt, of Grant's Pass, Oregon, eclipsed the age-57 high jump world record with a 5-8 leap.

In the women's 1500, the W50-54 meet mark of 5:34.5, set in 1982 by Sister Marion Irvine, fell to Vicki Bigelow, 53, of San Lorenzo. Her brilliant 5:18.4 beats by more than four seconds the world W53 record of 5:22.65 established by Mila Kania in 1984.

Joan Stratton, 37, of South Lake Tahoe, holder of most of the women's weight records here, improved on one of them, bettering her 126-10 hammer throw of two years ago by almost two feet.

The meet was directed by Mike Ackley, 44, who saved enough energy to run a second-place 2:05.5 800. □



International Scene

by CESARE BECCALLI,
President of WAVA

Report From The President of WAVA

Dear Veteran Friends: The period between my election to WAVA's Presidency (Melbourne in December, 1987) and that of the next General Assembly and elections (Eugene on August 2) has been the shortest and, at the same time, one of the most important in WAVA's history.

This is the consequence of the vital choice that the General Assembly made in Melbourne: you decided that WAVA should become the official wing of Veterans Athletics throughout the world. This means that we have to pursue a line of cooperation and possible future integration with the IAAF on a mutually satisfactory basis.

Important steps have already been taken:

Working With the IAAF

We have a program working with the IAAF which was approved by the IAAF Council at Singapore in January. This program is divided into two periods: 1989-1991 and 1992-1995.

The first period will attempt to normalize veterans athletics at the national level, to improve (or to create) veterans athletic activity where it's needed, and to bring in new affiliates (mainly from IAAF-member areas where we now have no affiliates).

The second period, *provided* that everything is completed satisfactorily during the first, should be a time of careful, progressive, honorable integration of the WAVA into the IAAF. The objective is that international athletics will finally be composed of juniors, seniors, and veterans, each with the same status and dignity.

We have a long, difficult and probably dangerous way to go. We have many new friends, and we can see a new positive attitude of some IAAF representatives. But we also have enemies (although I can't understand why) and there is a risk of falling into the hands of persons who think only of their political power or financial interest.

I'm confident in the spirit of friendship and cooperation of our two main interlocutors at the IAAF: Hans Skaset (Chairman of the IAAF Veterans Committee) and John Holt (IAAF General Secretary). Hans has been appointed as official IAAF delegate to our Eugene Championships. John is planning to be there during the General Assembly.

We should thank them for the letter distributed by the IAAF to all its members confirming that the "VIII

World Veterans Championships in Eugene is the only one recognized by the IAAF" and inviting all members not to take part in the so-called "Masters Games" in Denmark. Our Championships are officially listed among the IAAF's "Major Events of 1989."

Contacts with African athletics bodies have been started with the help of the IAAF. The WAVA Handbook is being printed for us by the IAAF.

I know that some are worried about the danger of WAVA disappearing in the future. My opinion is that the names of associations have no importance if their original purposes are fully respected. During the next six years, we will be able to control what's happening and to decide for the best. For example, to remain under the name of "WAVA" under the IAAF umbrella, or to be a well-defined and powerful group inside the IAAF with another name, is a choice we'll make in the future. We will consider the best direction in the interest of all veteran athletes.

European Championships

As planned, I resigned last year from EVAA (European Veterans Athletic Association) presidency, because of my election to the WAVA presidency. Before this, I had already made contacts regarding the possibility of holding the VII European Championships in Budapest in 1990. The new EVAA President, Hans Axmann, and his new Council have brilliantly followed through and the European Championships will take place next year at the end of June/first of July in Budapest. To hold an important Veterans International event in an Eastern European country like Hungary should allow the participation of many Eastern countries for the first time, and promote new affiliations to the WAVA from areas in which we are not currently represented.

Number of Delegates Per Country

No one can be sure that the declaration regarding the number of represented-athletes-per-country is correct or not. The only figures we can really define are those concerning the entrants in the Championships.

As the rules currently stand, affiliates have only to pay US\$50 per 500 represented athletes. So they have the right to a delegate per each US\$50 paid (with a maximum of five delegates). This means *exactly* that votes at the General Assembly are on sale for US\$50 each. No comment.

In fact, we see countries which declare to represent 5000 or 10,000 athletes and never have had more than 50-100 competitors in any championships, including those very close to them geographically.

Therefore, I suggested that Al Sheahan prepare a study on the possibility of introducing a coefficient based upon the participation of athletes in the Championships, considering three or more championships

so that each country would have the opportunity to take part in championships not too far from home.

Al has prepared all this in an excellent way and the Council's proposal will be circulated with the General Assembly agenda, but already I have heard and read criticisms. Certainly, independently of the skill of Al Sheahan, the system can't be perfect. For instance, Oceania's countries risk losing some of their votes if, for at least three consecutive times, our championships do not take place in their area.

In any case, we should admit that the new proposal (or a similar one) is better than the present situation. On the other hand, to introduce too many voting qualifications risks making the procedure incomprehensible and impractical.

Another possibility is to decide that the rule is "one country, one vote." I understand the most important countries could be in opposition. But, supposing we are not able to find a way to do away with the present incredible rule, it's clear that many will spend some dollars to get extra votes. It's a morally dishonest (but officially permitted) purchase. In such a delicate matter, I will not go further. I'm just submitting some impartial considerations and outlining the high importance of the question.

Medal Standards

The decision of the WAVA Council to have standards for giving medals to competitors aroused a lot of polemics. I realize that some figures could be wrong and — in some special cases — also unfair.

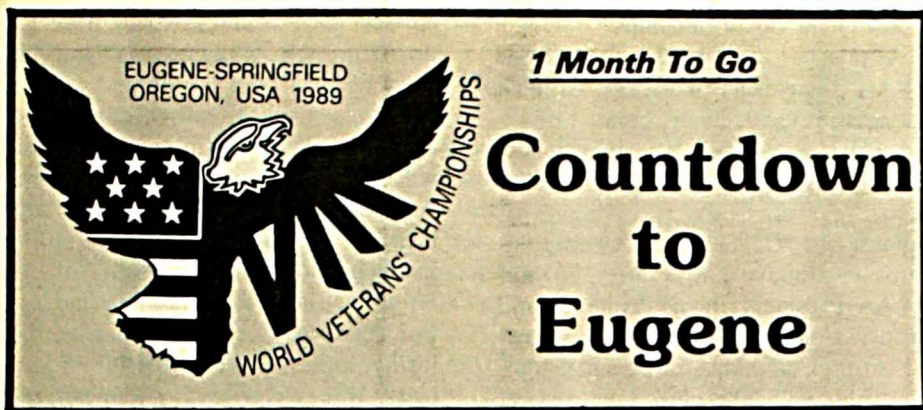
Therefore, while confirming the principle, I asked Bob Fine to solicit suggestions to modify the standards in a fair way. I also wrote to Eugene's organizers that any rule can have an ex-

Continued on page 29



Start of the W35 1500 at the VII World Veterans Championships in Melbourne, Australia in 1987. Winner Jacqueline Hansen, USA, is third from right.

Photo by Gretchen Snyder



World Veterans' Championships Update

by TOM JORDAN and BARBARA KOUSKY

With just over a month until the opening of the Championships, the questions from competitors and the local community are coming thick and fast. Some of the most common:

How many athletes are entered? We think it will be between 5000 and 6000. With the state of the worldwide mails, we expect to receive valid entries throughout the month of May.

How many countries are represented? Looks like a new all-time high of over 60, including first-timers from Ghana, Cyprus and Botswana, among others.

How old is the oldest competitor? So far, it's 93, but we haven't received all the entries from India yet, always a good source of nonagenarians.

Any famous athletes entered? Try Olympic Gold Medalists Lee Evans, Tommie Smith, Al Oerter, Bob

Richards, and Willie Davenport. Also heard from are Mike Boit, Ella Kreszenska and Francie Larrieu-Smith. And we'll undoubtedly come across more overseas standouts as we process the entries.

Is there still housing available? There is in the Deluxe and Luxury categories, as well as Tourist in the University Halls, and RV camping. Motels in the Tourist and Budget categories are available in the outlying areas, but you will need a car if you wish to stay at one of these properties. If you haven't sent in your housing reservation, we recommend you do so immediately.

How about flights into Eugene? These too are filling up, so don't wait any longer to make your arrangements if arriving by air. For 5% off the lowest discounted fare on United Airlines and a free commemorative pin, call Adventure in Travel. 1-800/545-5477.

Why do I need a TAC card? All American athletes must have a valid TAC card to enter the Championships. It provides the athlete with TAC medical insurance and enables us to obtain TAC insurance, without which we would not be able to obtain liability coverage, rent the facilities, etc.

What counts as valid proof-of-age? A photocopy of either your birth certificate or passport is acceptable. Not acceptable are driver's licenses, student IDs, meal tickets (honest!), etc. Please send in your proof of age before the championship begins — it will reduce the time you will have to wait in line at Registration.

How do I get on the relay teams? Relays (4x100, 4x400) are limited to one team per country per age group. The selection process varies from country-to-country. The U.S. squads will be selected by the Team Managers (Scott Thornsley and Sandy Pashkin), based on performances in the Nationals in San Diego, and in the open events at the Worlds.

I won't be competing the entire period of the Championships. Do you need me to volunteer? You bet! We can

always use volunteers, and competitors often make the best ones. Look for a notice in the Competitor's Handbook upon your arrival for procedures for volunteering.

What else will there be to do besides competition? Besides the tours, plays, and entertainment mentioned in previous articles, there will be an entire series of Sports Symposia, some for college credit and some of general interest. For more information, write to the WVCOC, Box 10825, Eugene, OR 97440 Attn: Sports Symposium.

When will you have the final Time Schedule available? This will be put together during June, based on the final number of entries. We do not anticipate changing the day of any final from what appeared in the Entry Booklet. The final Time Schedule, with exact times and venues, will be in your competitor's packet upon arrival.

What's the procedure for athlete check-in? That's the topic of the next (and last) update on the Championships, so don't let your subscription to *National Masters News* run out now!

I've improved on my best time since I sent in my entry. Should I send in my new mark? By all means. We'll be updating the best performances right up to the Championships, and if you are one of the many who put down "no mark" and now have one, please send that to us as it will help in seeding heats and flights.

GET READY for EUGENE



Get your official "In Training For..." T-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans' Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Short-sleeves (50-50 blend) are \$10 each; long-sleeves (100% cotton) \$14 each. Add \$2 postage & handling for one shirt; add \$4 if ordering two or more. *Payment including postage must be sent with the order.* Make check out to "World Veterans' Championships," or use your VISA/MasterCard. Use the order form below. Allow 4-6 weeks for delivery. For international orders, postage must be billed due to the differing international postage rates.

These are the finest event pins we've ever seen. The bronze replica of the official emblem of the World Veterans' Championships is sure to become a classic. The 1 1/4 inch metal pins have a bronze finish with the emblem in red-white-and-blue enamel. All have pin backs and will go well on uniforms, jackets, hats and warm-ups.

These superb pins are \$5 plus \$2 for postage & handling. If ordering T-shirts there is no charge for the shipment of pins. Make check out to "World Veterans' Championships," or use your VISA/MasterCard. Use the order form below. Allow 4-6 weeks for delivery.

Order several. Shirts and pins make great gifts.

***** ORDER FORM *****

T-SHIRTS Indicate quantity of each shirt desired.

Eagle Mascot

S M L XL XXL

Short-sleeve (\$10)

Long-sleeve (\$14)

Official Emblem

Short-sleeve (\$10)

Long-sleeve (\$14)

Total short-sleeve shirts ordered

x \$10 =

Total long-sleeve shirts ordered

x \$14 =

T-Shirt Total

Total number of pins ordered

x \$5 =

Plus postage (\$2 for pins or 1 shirt, \$4 for 2 or more shirts)

=

SUBTOTAL =

No. of WVC Pins (\$5) _____; there is no postage charge on pins when ordering both pins and shirts.

T-SHIRT TOTAL \$

+ PIN TOTAL \$

+ POSTAGE \$

TOTAL ENCLOSED = \$

PAYMENT INCLUDING POSTAGE MUST BE INCLUDED

(For international orders, send the amount due for T-shirts & pins. You will be billed for cost of postage.)

NAME

VISA/MasterCard NUMBER

ADDRESS

EXPIRATION DATE

PHONE NUMBER

CITY

STATE

ZIP

CARDHOLDER'S NAME

COUNTRY

MAKE CHECK OUT TO "WORLD VETERANS' CHAMPIONSHIPS"

ALLOW 4-6 WEEKS FOR DELIVERY

WVC T-SHIRTS & PINS BOX 10825, EUGENE, OR 97440

More Than 5000 Athletes Will Compete in Eugene

Continued from page 1

country, event and age group, the current five-year world and U.S. age-

group records, the WAVA meetings schedule, and more. □



New Zealand's Ian Babe (right) wins a desperate photo finish from New York's Ken Baker in the age 50-54 800-meter run in the World Veterans Games in Melbourne. Babe was clocked in 2:08.40.

Photo by Gretchen Snyder

The International Scene Continued from page 27

ception. For instance, no one is willing to deny satisfaction to a very old competitor for whom the standard could be unfairly punitive.

Particular cases can be submitted to the Council, which will decide fairly. But, it must be clear that there will be no place for medal-hunters or ridiculous performers. Letters to me and the *National Masters News* have asked: "Why do we need medal standards?" Some say medal standards are unfair and political and so on.

Well, medal standards have nothing to do with any political matter; they're just a consequence of a decision of the General Assembly. The majority voted in favor of a line in which WAVA is seen as an association for competitive athletics; it gave us the task to stage *championships*, not *festivals*. To cooperate with the IAAF contributes to this viewpoint. Of course, the next Assembly could decide that the WAVA

should be an association just for enjoyment and recreation. If so, standards would then be cancelled.

WAVA Organization

We have always had the problem that — for reasons of time and finances — the Council, area representatives and delegates cannot meet as often as needed. The only way to partially find a remedy for this situation appears to be by better communication through the mail and, particularly, through fax machines. I am pleased to tell you that all members of the Council regularly keep in touch among themselves and with me, so that we can decide upon many matters. I have been informed about the work done by the Committees led by various members of the Council. I would particularly like to stress the excellent job done by the new Secretary, Alastair Lynn. I hope you agree with me and appreciate the high quality and the good regularity of the documents he has distributed to members of the Council and to all affiliates. As a result, we come to the Assembly better informed than before.

As for the composition of the Council for the next period, I see that there are new candidates. The decision of Peg Smith to resign has given Bob Fine the opportunity to bid for Executive Vice-President, and, as a result, the opportunity for others to bid for Track & Field Vice-President (Bob's present office). Two candidates are also running for Road Running Vice-President.

I would like to comment on Peg Smith and Bob Fine. Concerning Peg, it would be enough to remind you what she did for WAVA in organizing the World Veterans Championships in Melbourne. Thank you very much, Peg, for everything. Concerning Bob, he has been a good and devoted Track

& Field Vice-President; I am sure that his personal characteristics will make him an outstanding Executive Vice-President, if you'll vote for him.

For other candidates, I don't consider it fair to make any personal comment. They will present themselves for your decision. You'll have occasion to know much more about them during your stay in Eugene, before the General Assembly.

For the first time, we have a can-

didate from South America. I strongly hope that in the near future, we'll have candidates from Asia and Africa. Of course, you'll have to judge if those candidates have the qualities to fill the position for which they are bidding.

I don't intend to say that to come from South America, Asia or Africa should become a reason to be voted for. But, if the candidates have the right characteristics, their presence in

Continued on page 35

Coming Next Month

- Special World Championships Preview Edition
- World and U.S. Track & Field Age-Group Records
- Final Eugene Competition Schedule
- Sightseeing in Oregon
- WAVA Meetings Schedule
- Number of Entries by Event, Age Group and Country
- WAVA Candidates for Office
- Agenda for WAVA General Assembly
- Preview of U.S. Nationals in San Diego
- And much more

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Contact President



Report from Britain

by ALASTAIR AITKEN (of *Athletics Today*)

Les Roberts, 45, won the Tunbridge Wells Half-Marathon, March 18, in 1:09:56, with former Olympian Barry Watson second (1:10:54).

It was no surprise that Tony Simmons, 40, missed the national veterans cross-country championships this year as he was out running the New Delhi Marathon, March 4, and defeating a huge field to take first overall in 2:24:42.

The London Irish team (53:50) of Pete Murphy (17:36), John Sheridan (17:54), and Pete Kenney (18:20) won the Veterans Road Relay (3x3 1/2 miles) at Cranford for the Alf Mignot

Memorial Trophy. Murphy's time was the fastest of the day.

On London Marathon weekend, there was a good 10K road race at Harrow, just north of London, where Mike Green, 41, in 31:13, got the better of world M50 record-holder Taff Davies (31:28).

Alun Roper, European 5000 veteran champion, broke the veterans best in the National Men's Road Relay at Sulton Park, April 16, running the 3-mile-8 yard, hilly circuit in 14:27. Veteran cross-country champion Andy Holden ran 14:48 for the winning Tip-ton Harriers squad. □

U.S. MASTERS

OFFICIAL U.S.A. UNIFORM

The official singlet and short first seen at the championships held in Australia will be available to the public for a limited time.

The singlet is red nylon tricot with four white contrast side stripes. "Masters U.S.A." is printed in royal blue and white on the front. The short is red nylon tricot split racing with four white contrast side stripes. Both garments are mens cut and are products of Sub-4.

Since there will not be enough time for mailings, payment is required to reserve your uniform. Act soon so you won't miss out!

TO RESERVE YOUR UNIFORM:

1. Include singlet and short sizes. The following sizes are available:

SINGLET: XS, S, M, L, XL, XXL
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2. Make check or money order payable to AXIOM SCREEN PRINTING.

SINGLET: \$20.00
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3. Mail your name, address, phone number, garment quantities and sizes, and payment to:

AXIOM SCREEN PRINTING
U.S. MASTERS UNIFORM
2121 Franklin Boulevard
Dept. USA-1, Box 101
Eugene, OR 97403

To assure that your uniform will be reserved, orders must be mailed by Friday, July 14th.

4. Orders can be picked up at the "U.S. MASTERS TEAM UNIFORM" booth outside the north-east entrance to Hayward Field in Eugene.

July 27-28: all day (beginning 1 hour before the first event)
July 29-on: 10 a.m. to 4 p.m.

DON'T DELAY! RESERVE YOUR UNIFORM TODAY!

WAVA Standards — What Do They Achieve?

by RAY CALLAGHAN

Standards have been introduced by WAVA to prevent awards being won by very low-quality performances. I question their need, their effectiveness and their fairness.

Are Standards Required?

A basic concept of an athletic competition is that you have to be in it to win it. The winner of an M40 event is lauded as a champion, without regard to any possibly-better athlete who did not attend. The same courtesy should be shown to the older athlete in the smaller age group.

The whole concept of veterans age-group competition is to encourage older athletes to compete against people their own age. Each athlete who becomes the first participant in his or her age group is a trailblazer for others. By participating, they encourage others to follow. On this basis alone, those trailblazers should be admired and encouraged.

What is not acceptable, of course, is the entering of events by some older athletes with the object of obtaining medals, without regard to the obvious fact that they are not conditioned for those events. I can see nothing to be admired in the performance of anyone who enters a 10K run and then proceeds to bore most of us to tears by walking most of the distance. Equally unadmirable is the ridiculous sight of an aged person clambering over a hurdle.

Unfortunately, the ridicule elicited by these types of performances tend to rub off on the movement generally, causing the natural call for standards to be imposed. The obvious conclusion is that some form of standard is required.

But I believe that the WAVA-imposed standards is a case of using a sledgehammer. It will create more problems than it will solve. The simple application of the standard entry requirement can be enforced in the more blatant cases.

Who Will the Standards Affect?

The application of standards will adversely affect the older athletes and the organizers.

Based on the Melbourne results, the standards appear to be aimed only at a very small group which includes a 97-year-old man, an 80-year-old woman, and one or two entrants who could not hurdle properly. The 97-year-old's participation evoked a large amount of media and admiration from fellow veterans, as did the M90 100m sprint competitors.

The 80-year-old attracted a lot of criticism for entering long distance events, and then performing in some of them in a manner that suggested a failure to be "properly conditioned" (a basic entry requirement) for the events entered. It was suggested that this showed a lack of consideration for the

efforts of the organizers, who went out of their way to cater to the older athlete.

The same could be said of the hurdle and steeple clamberers. All those who drew criticism would have been better accepted had they entered events they could cope with. Athletes can be disqualified for failing to demonstrate proper conditioning for an event. Responsibility for the enforcement of this rule must not be put on the organizers.

Apart from this obvious group, a fair number of athletes may find themselves denied medals, even though their performances would normally qualify them. These are people badly affected by weather conditions. Competitors in the distance walks and runs find that competing in extremely hot conditions can add a minute or more to their times. Throwers find wet weather taking meters off their throws. Sprinters can lose seconds and jumpers can lose centimeters through wind and rain. Hurdlers and others, who may have a fall and show great courage in getting up and continuing, can find they are denied a medal by as little as 1/100th of a second. The dissatisfaction caused by these conditions will be directly expressed against:

1) The Organizers

The organizers have enough problems and stress, without the possibility of any number of people expressing

their bitter disappointment at their, or their friend's, loss of what they consider a well-earned medal.

The organizers will have the additional work of constantly watching for any failure of a place-getter to qualify. They will find the need to spend considerable time trying to pacify some of the athletes who miss out. They will find they are dealing with athletes whose age is such that some of them cannot be pacified. If conditions are bad enough, it could completely spoil an otherwise excellent meet. For what? So that one or two inconsiderate entrants can be refused a medal? It's just not worth it. I've experienced it.

2) The Effectiveness

The only way to achieve the basic aim of the standards is to apply them to all events. WAVA has failed to do this. Entrants in the outside events do not have standards applied against them. I'll ignore the weak approach to the new women's events. It is also possible for relay and multi-event competitors to take medals with extremely low performances. So, apart from all the inherent problems of applying the standards, they don't do the job.

3) The Fairness

It's a fact that only the older age groups will be affected by standards. This is a very discriminatory rule. The basic concept of "you've got to be in it to win it" doesn't rate here.

Summary

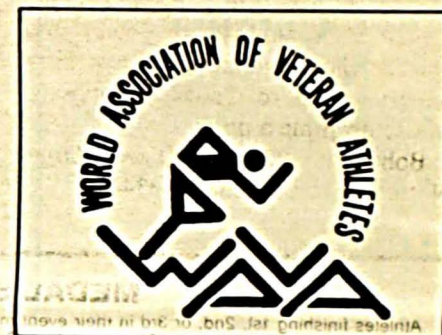
The WAVA standards are against the very principles upon which veteran athletics is founded; namely, that the encouragement to take part must remain paramount.

Standards don't do the job they are designed for, they create work and stress for the organizers, and unfair conditions for a number of athletes.

I believe WAVA should cancel the application of standards in Eugene, and show the courage of their convictions by appointing quality control judges, preferably from within the WAVA Competition Committee, to disqualify those very few who abuse the system to excess.

I suggest that those who might be affected be encouraged to enter the more manageable 100 to 800 runs, which should not be subject to control. □

(Ray Callaghan was the competition director of the VII World Veterans Games in Melbourne in 1987).



Taff Davies (#97) won the M50 division in 32:17 in the British Athletic Cross-Country Championships in Sunderland, England on March 12.

Photo by John Burles

WAVA Technical Committee to Discuss Medal Standards in Eugene

by BOB FINE

Three months ago, I communicated with the WAVA Technical Committee and with those who expressed concerns about the medal standards. A notice in the *National Masters News* solicited specific suggestions as to proposed modification of the standards.

To date, I received only one response — from Chuck Phillips. Chuck is a member of the Technical Committee and has been one of the prime contributors to the age-grading tables. He is an excellent statistician and experienced in the use of computers. The following is his response. Either alternative that he offers would have more of a logical and statistical base than the standards that have been established. The variance between the established standards and the two modifications suggested by Chuck are not great.

The question of specific standards will be discussed at a meeting of the Technical Committee, to which everyone is invited. I would appreciate comments now as to Chuck's proposals. Please drop me a note.

Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445.

To: Robert G. Fine

From: Chuck Phillips

Re: WAVA MEDAL PERFORMANCE STANDARDS

In response to your letter of January 20, 1989 re this subject, I have prepared two sets of proposed WAVA Medal Performance Standards.

Here's what I did to produce them. First, I looked at your medal standards to see what percentage of their corresponding age world record they represented. Running events varied from about 70 to 80% for 40-year-olds down to about 40 to 60% for 90-year-olds. Field events varied from about 60 to 70% for 40-year-olds to about 30 to 70% for 90-year-olds.

Then I took the new Age Record Level Performance Standards published in the February NMN and used them as the basis for determining two sets of WAVA Medal Standards.

For one set, I applied a percentage criteria such that X-year-old competitors would have to be performing at Y% of their age record or better to be medal eligible, as indicated.

Continued on page 32

MEDAL STANDARDS (CURRENT)

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans' Championships Gold, Silver, or Bronze Medal.

	100	200	400	800	1500	5KM	10KM	Hurdles	3H/4H	St	Walk 5KM
M40	12.6	26.4	58.0	2:15	4:40	18:30	39:00	18.5	67.0	11:30	28:30
M45	13.1	27.4	60.5	2:21	4:50	19:00	41:00	19.5	69.0	12:30	30:00
M50	13.8	28.4	63.0	2:27	5:00	19:30	43:00	20.5	54.0	13:30	31:00
M55	14.4	30.6	66.0	2:35	5:15	21:00	45:00	22.0	56.0	15:00	32:00
M60	14.9	31.8	70.0	2:48	5:45	22:30	48:00	23.5	58.0	9:20	33:00
M65	15.9	33.0	73.0	3:01	6:25	25:00	53:00	25.0	60.0	11:00	36:00
M70	16.9	35.0	79.0	3:15	7:30	27:30	58:00	27.0	64.0	12:40	39:00
M75	17.9	37.5	88.0	3:30	8:00	30:00	63:00	29.0	68.0	14:30	42:00
M80	19.0	42.0	1:48.0	3:45	8:30	32:30	68:00	31.0	73.0	16:20	46:00
M85	22.0	46.5	2:00.0	4:40	9:40	35:00	74:00	34.0	78.0	18:00	50:00
M90	24.0	52.0	2:40.0	5:40	11:40	37:30	80:00	38.0	83.0	19:40	55:00
M95	30.0	65.0	3:00.0	6:40	13:40	40:00	86:00	42.0	88.0	21:00	60:00
W35	14.2	28.0	63.0	2:30	5:10	19:00	40:00	16.0	73.0		32:00
W40	14.9	29.5	68.0	2:35	5:25	20:00	42:00	17.0	80.0		33:00
W45	15.2	31.0	73.0	2:40	5:40	22:00	45:00	18.0	85.0		34:30
W50	16.4	33.0	80.0	2:50	6:00	24:00	50:00	19.0	61.0		37:00
W55	17.0	35.0	90.0	3:10	6:20	26:00	55:00	21.0	66.0		39:30
W60	18.0	37.0	1:40.0	3:30	6:50	29:00	62:00	23.0	71.0		41:00
W65	19.0	39.0	1:50.0	3:50	7:30	32:00	68:00	26.0	76.0		43:00
W70	20.0	43.0	2:15.0	4:20	8:45	35:00	74:00	30.0	81.0		45:00
W75	21.5	46.0	2:35.0	4:50	10:00	38:30	80:00	37.0	86.0		49:00
W80	23.7	50.0	2:55.0	5:20	11:15	42:00	86:00	44.0	92.0		53:00
W85	26.3	54.0	3:15.0	5:50	12:30	45:30	94:00	51.0	98.0		57:00
W90	30.0	63.0	3:35.0	6:20	13:45	49:00	1:44:00	58.0	1:44.0		62:00
W95	35.0	75.0	3:55.0	6:50	15:00	53:00	1:54:00	65.0	1:50.0		67:00

	High Jump	Long Jump	Shot Put	Triple Jump	Discus Throw	Javelin Throw	Pole Vault	Hammer Throw
M40	1.6	5.5	11.5	11.5	34.0	44.0	3.4	40.0
M45	1.5	4.9	10.5	10.5	33.0	40.0	3.2	38.0
M50	1.4	4.7	9.5	9.5	32.0	44.0	3.0	38.0
M55	1.3	4.4	9.0	9.0	28.0	40.0	2.8	29.0
M60	1.25	4.1	8.5	8.5	34.0	40.0	2.6	34.0
M65	1.20	3.9	8.0	8.0	28.0	32.0	2.4	30.0
M70	1.00	3.7	7.5	7.5	25.0	30.0	2.2	25.0
M75	.95	3.4	7.0	6.0	21.0	28.0	2.1	20.0
M80	.90	2.6	6.75	5.0	18.0	16.0	2.0	12.0
M85	.87	2.4	6.0	4.0	13.0	13.0	1.9	10.0
M90	.85	2.2	4.0	3.9	9.0	12.0	1.8	9.0
M95	.83	2.0	3.9	3.8	8.5	11.0	1.7	8.0
W35	1.3	4.8	9.0		26.0	28.0		
W40	1.2	4.4	8.5		24.0	25.0		
W45	1.1	4.0	8.0		23.0	23.0		
W50	1.05	3.6	10.0		22.0	23.0		
W55	1.00	3.2	7.0		20.0	20.0		
W60	.95	2.8	8.0		19.0	19.0		
W65	.90	2.5	6.25		15.0	15.0		
W70	.85	2.2	6.0		13.0	14.0		
W75	.80	2.0	5.5		9.0	10.0		
W80	.75	1.8	5.25		8.8	9.9		
W85	.73	1.7	5.0		8.6	9.8		
W90	.71	1.6	4.75		8.4	9.7		
W95	.70	1.5	4.5		8.3	9.6		

MEDAL STANDARDS (DRAFT #1)

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans' Championships Gold, Silver, or Bronze Medal.

	100	200	400	800	1500	5KM	10KM	HUR	3H/4H	SC	WALK 5KM
M40	13.1	26.5	59.0	2:17	4:41	17:00	36:00	17.0	65.0	11:00	25:00
M45	13.8	28.0	63.0	2:26	4:59	18:00	38:00	18.5	70.0	12:00	26:30
M50	14.6	30.0	68.0	2:36	5:21	19:30	41:00	18.0	53.0	13:00	28:00
M55	15.5	32.0	73.5	2:49	5:46	21:00	44:00	20.0	57.5	14:00	30:00
M60	16.6	34.5	80.0	3:04	6:16	23:00	48:00	21.0	62.0	10:00	32:00
M65	17.9	37.5	87.0	3:21	6:52	25:00	52:00	23.5	69.0	11:00	35:00
M70	19.4	41.0	1:35.0	3:41	7:33	28:00	57:00	20.0	77.0	13:00	38:00
M75	21.2	45.0	1:45.0	4:03	8:21	31:00	1:04:00	22.0	87.0	14:00	42:00
M80	23.4	50.0	1:57.0	4:33	9:19	34:00	1:11:00	25.0	1:38.0	16:00	46:00
M85	26.3	56.0	2:12.0	5:06	10:27	38:00	1:20:00	28.0	1:51.0	-	52:00
M90	30.0	63.5	2:30.0	5:46	11:49	44:00	1:30:00	31.0	2:08.0	-	58:00

	100	200	400	800	1500	5KM	10KM	HUR	3H/4H	SC	WALK 5KM
W40	14.4	29.0	66.0	2:33	5:14	19:00	40:00	13.0	74.0	8:30	28:00
W45	15.2	31.0	71.0	2:44	5:36	20:30	43:00	14.0	80.0	9:00	29:30
W50	16.2	33.5	76.5	2:56	6:01	22:00	46:00	15.5	62.0	10:00	31:30
W55	17.3	36.0	83.0	3:11	6:32	24:00	50:00	17.0	68.0	11:00	34:00
W60	18.5	39.0	91.0	3:29	7:09	26:00	55:00	18.0	76.0	12:30	37:00
W65	20.0	42.5	1:40.0	3:51	7:52	29:00	1:00:00	20.0	84.0	14:00	40:00
W70	21.8	46.5	1:50.0	4:16	8:44	32:00	1:07:00	22.0	1:34.0	16:00	44:00
W75	24.0	51.5	2:03.0	4:46	9:46	36:00	1:14:00	25.0	1:46.0	18:00	48:30
W80	26.8	58.0	2:19.0	5:22	11:00	41:00	1:24:00	28.0	2:02.0	-	54:00
W85	30.3	65.5	2:38.0	6:06	12:30	45:00	1:35:00	32.0	2:21.0	-	61:00
W90	35.2	76.0	3:02.0	7:01	14:22	53:00	1:49:00	38.0	2:46.0	-	70:00

	High Jump	Long Jump	Shot Put	Triple Jump	Discus	Javelin	Pole Vault	Hammer
M40	1.7	6.2	14.5	12.7	50.1	60.3	4.3	54.7
M45	1.6	5.7	13.3	11.6	45.7	55.2	3.9	50.1
M50	1.5	5.2	13.4	10.5	46.4	49.5	3.5	48.5
M55	1.35	4.7	12.1	9.5	42.0	42.6	3.2	43.9
M60	1.2	4.2	11.6	8.5	43.5	41.7	2.9	42.0
M65	1.1	3.8	10.1	7.7	38.2	36.6	2.6	36.8
M70	1.0	3.4	9.7	6.8	33.0	31.8	2.3	35.2
M75	.9	3.0	8.2	6.1	28.0	27.2	2.0	29.5
M80	.8	2.7	6.9	5.4	23.7	23.0	1.8	24.0
M85	.75	2.4	5.7	4.7	19.8	19.3	1.6	19.3
M90	.7	2.1	4.7	4.2	16.4	16.1	1.4	15.2

	High Jump	Long Jump	Shot Put	Triple Jump	Discus	Javelin	Pole Vault	Hammer
W40	1.45	5.2	13.5	10.4	46.7	40.1	2.5	41.2
W45	1.3	4.7	12.0	9.4	42.3	35.0	2.3	36.6
W50	1.2	4.3	12.0	8.5	37.8	33.1	2.0	35.4
W55	1.1	3.9	10.5	7.7	33.5	28.7	1.8	30.9
W60	1.0	3.5	9.1	6.9	29.4	24.8	1.7	26.8
W65	.9	3.1	7.9	6.1	25.8	21.3	1.4	23.2
W70	.8	2.8	6.8	5.4	22.5	18.2	1.3	19.9
W75	.7	2.5	5.9	4.8	19.6	15.6	1.1	17.1
W80	.65	2.2	5.1	4.3	17.0	13.4	1.0	14.8
W85	.6	1.9	4.2	3.7	14.8	11.5	.8	12.3
W90	.5	1.7	3.7	3.3	12.8	9.6	.7	10.7

MEDAL STANDARDS (DRAFT #2)

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans' Championships Gold, Silver, or Bronze Medal.

	100	200	400	800	1500	5KM	10KM	HUR	3H/4H	SC	WALK 5KM
M40	14.9	30.0	67.5	2:37	5:20	19:30	41:00	19.5	74.0	12:30	28:00
M45	15.3	31.0	70.0	2:42	5:32	20:00	42:00	20.5	77.0	13:00	29:00
M50	15.7	32.0	73.0	2:48	5:44	21:00	43:30	19.0	57.0	13:30	30:00
M55	16.1	33.0	76.0	2:55	5:58	22:00	45:30	20.5	60.0	14:30	31:00
M60	16.6	34.5	80.0	3:04	6:16	23:00	48:00	21.5	62.0	10:00	32:30
M65	17.2	36.0	84.0	3:14	6:37	24:00	50:30	23.0	66.5	11:00	34:00
M70	18.0	38.0	89.0	3:25	7:01	25:30	53:30	19.0	72.0	12:00	35:30
M75	18.9	40.0	1:34.0	3:38	7:28	27:00	57:00	20.0	78.0	13:00	37:30
M80	20.1	43.0	1:41.0	3:54	7:59	29:00	1:01:00	21.0	84.0	14:00	40:00
M85	21.6	46.0	1:49.0	4:11	8:35	31:30	1:05:30	22.5	1:32.0	-	42:30
M90	23.6	50.0	1:58.0	4:32	9:17	35:00	1:11:00	24.5	1:41.0	-	46:00

Medal Standards Continued from page 31

The second set of proposed WAVA Medal Standards is based on the Minimum % Performance requirement criteria being 70% of the Age Record Level Performance Standards for both men and women for all ages for all events.

However it turns out, I think the least objectional, most defendable WAVA Medal Standards can be produced using the new Age Record Level Performance Standards as their basis with some consistent across-the-board degradation criteria applied thereto. □



Great Britain's Robert Belmore, left, battles Sweden's Rune Bergman in the 10K cross-country at the World Veterans Games in Melbourne, Australia, in 1987. Bergman took third (37:22) with Belmore fifth (38:00). Photo by Gretchen Snyder

WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS

HURDLES										
WOMEN						MEN				
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	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"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	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"	19.00m 62'4"	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9½"	40.00m 131'2½"					
40-49	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9½"	40.00m 131'2½"	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.840m 33"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

Steeplechase distance: All females, and male age-groups M60 and above - 2000m.
: Male age-groups younger than M60 - 3000m.

IMPLEMENTS				
Age	Shot put	Discus	Hammer	Javelin
WOMEN				
35-49	4.00K	1.00K	4.00K	600 gms.
50 plus	3.00K	1.00K	3.00K	400 gms.
MEN				
40-49	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.

* New I.A.A.F. Specifications

"Veterans" or "Masters"?

by DAVID PAIN

For the past year or so suggestions from various parts of the world have been put forward seeking to delete the word *Veteran* from WAVA's title and return to the original designation of *Masters*.

The U.S. Masters program back in 1968 adopted the name of *U.S. Masters T & F Championships* for its fledgling event. It also introduced Masters age-group competition to Europe and to Oceania shortly thereafter with the *U.S. Masters International Track Team*. The initial 1975 world championships held in Toronto, Canada were labeled *World Masters Track and Field Championships*.

Thereafter at the General Assembly in Goteborg, Sweden the name was changed to its present designation.

Before launching this now worldwide program, we considered several name combinations such as *Masters*, *Veterans*, *Seniors*, and even *Old Boys* (the English translation of the Scandinavian term). We settled on the term *Masters* as it had none of the negative connotations connected with the other names, particularly *Veteran*.

The term *veteran* is derived from the Latin *veter* or *veters* meaning old, and the latter term *veteranus* literally means old soldier. In modern usage the word implies long service or experience in an occupation, particularly service in the military by one who has fought for his country. The use of the word *veteran* implies essentially male involvement thereby negating or ignoring the fact women are equally a part of this program. It is the unavoidable association of the term *Veteran* with military service and being old which renders it to many an unacceptable term to describe an athletic organization composed of both sexes who profess to be both young in heart and spirit and who are actively engaged in sport to avoid, or at least delay, the onslaughts of aging.

The term *Veteran* as used to designate the older athlete, as in "He was a veteran of many competitions," although quite correct, nevertheless implies age and the impending end to an otherwise illustrious athletic career. In this context the term is the antithesis of why this program was created and for what it stands; namely, the athletic rebirth of a person every five years. The very linch pin to the success of Masters athletics is this concept which literally means a person may continue his or her competitive athletic career virtually indefinitely as a *Master*. That is, as a person eminently skilled in an activity, such as an occupation, discipline, trade, art, science, or as an educator. The term *Veteran* suggests or describes none of these accomplishments or attributes. The word *Master* has numerous meanings virtually all of which are laudatory in one respect or another.

As this athletic concept grows and circles the world, we find after some 20 years national organizations utilizing both *Masters* and *Veterans* in their official titles. Those emanating from Great Britain or its issue, such as New Zealand and Australia, have gone the *Veteran* route; whereas, most of the rest have adopted the appellation *Masters*.

Concededly, a name once established should not be abandoned hastily. There is an investment in a name which grows with time. Nevertheless if a name becomes outdated and fails to adequately describe the organization it purports to represent, serious thought should be given to biting the proverbial bullet and adopting a name which creates a positive image. □

(Editor's note: David Pain conceived the masters athletic program over 20 years ago and has been active in its development. Currently he is the North American WAVA Regional Representative and is General Chairman of the 1989 TAC/USA National Masters Track and Field Championships.)



Start of the M55 cross-country run in Melbourne.

Photo by Gretchen Snyder

Nominations Close for WAVA Offices

Alastair Lynn, WAVA Secretary, announced that he received the following nominations for WAVA offices prior to the May 4 deadline:

President: *Cesare Beccalli (Italy), Owen Flaherty (Great Britain), Peg Smith (Australia).

Executive Vice-President: *Bob Fine (USA), Torsten Carliys (Sweden).

Vice-President, Track & Field: Jorge Alzemora (Chile), Ray Callaghan (Australia), Torsten Carliys (Sweden), Bill Taylor (Great Britain).

Vice-President, Long Distance Running: *Clem Green (New Zealand), Jacques Serruys (Belgium).

Secretary: *Alastair Lynn (Canada).

Treasurer: *Al Sheahen (USA).

(*Nominated by WAVA Council).

The Australians plan to nominate a candidate for Women's Representative, for which there is no deadline. The election will take place at the Women's meeting on July 30. □



In a recent meet in Semarang - Central Java, 1960 Gold Medalist in the VII World Games in Melbourne Roesli Siahidiman won the 100 (13.19). Second was Hendarsin (14.35) and third Willem Th. Sgar (14.62). Mr. Atwar Nurhadi, President of P.A.V.I., presented the medals. Photo from W.T. Sgar



WAVA officials met last year with the Eugene organizers to inspect the facilities for the VIII World Veterans Championships. Photo from Jorge Alzemora

NOW AVAILABLE Masters Age-Records 1989

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1988.
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Masters Invited to Crystal Cathedral

Participants in the U.S. TAC National Masters Track & Field Championships in San Diego, and the World Veterans Championships in Eugene, have been specially invited to visit the world-famous Crystal Cathedral during their visit to the West Coast.

Minister Robert Schuller, whose weekly television broadcast reaches millions of people throughout the world, has personally invited masters athletes and their families to visit the Garden Grove, California church on Sunday morning, July 23, or at any time during their West Coast stay.

Bill Bangert, a long-time masters competitor and member of the Crystal Cathedral, said Schuller will give special recognition to the athletes at both the 9 a.m. and 11 a.m. services on Sunday, July 23.

"We plan to have all the masters and their families sit together," Bangert said. "The service is taped and aired about two weeks later, so everyone can see themselves on TV."

The 3000-seat church is one of California's most popular tourist attractions. Made of more than 10,000 panes of glass, it's over 100 yards long and 12 stories high.

The services are noted for Schuller's inspiring sermons and for their entertainment-style quality, featuring professional singers, a magnificent

choir, TV monitors, and occasional guest celebrities from the political, business and entertainment communities.

Garden Grove is about an hour's drive north from San Diego, where the U.S. Nationals will be held from July 20-23.

"Athletes with cars can drive up for either the 9 a.m. or 11 a.m. service," Bangert said, "and return to San Diego in time for the relays and closing Fiesta — or continue north en route to Eugene." □



Japan's Masami Okazaki leaps 10-7½ to win the silver medal in the M80 long jump at the World Veterans Games. Photo by Gretchen Snyder

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.

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Write On! Continued from page 4

1. A French javelin thrower stops a few inches short of the white line and releases a gold medal winning throw; the official raises a red flag. The Frenchman looked puzzled but did not question. On his next throw, still stop-

ping short of the line, he releases a longer throw — a red flag is raised. He throws his arms about and indicates that he was behind the white line, other throwers support him. "Oh, see, see, Senor; but your hand went over the

line!"

2. Competitors in the M40 400 were told upon checking in that there would be six heats; one British competitor was shown the list and told he was in the 6th heat. He went away to warm up, came back after the start of the 4th heat and saw the officials taking away the starting blocks. When he asked why, the officials said the heats were drawn up on the number of entrants but not all of them turned up and only four heats were necessary. Protests from British officials were shrugged off. The athlete had paid all his traveling and hotel expenses just to sit in a litter-strewn stadium for a week.

3. In the men's long jump competition, two age groups had to share the same runway — in opposite directions!

4. There was no wind gauge, despite requests from delegates and athletes.

5. The meeting ran up to three hours late, the M60+ 10,000 did not finish until 2:00 a.m. the following morning; 75-year-olds were seen haggling with avaricious taxi drivers at dawn; some spent the night in the stadium unable to shower or reach their hotels.

6. All the hurdles finals were held in the 6-lane second stadium.

7. The marathon was 2K overdistance. A large group following the leaders was sent off course by an official. The course was lethal and at one stage involved a sharp right turn down a long main street, round the central square through chaotic traffic and tourists, back up the same street and back on to the course proper; there was nothing to stop runners crossing the street at any point.

8. The toilet facilities were absolutely disgraceful.

We must in the future ensure that no major championships are allocated to Italy.

Anne Jenkins
Essex, England

The first European Veterans Championships took place in Viareggio, Italy in 1978. I was then the President of the European Association, which I founded. We hosted, with pleasure, Australians, South and North Americans, and Asians.

My personal opinion is that we should accept foreign guests, as we have at all 13 Italian Championships. I was the President of the European Association when Mr. Glasgow and others were accepted in Strasbourg. But, later, the European Veterans Council voted against foreign guests, for technical reasons.

I'm not going to discuss the validity of those reasons. I'm just telling anyone that, in fact, I was prevented from accepting guests, not only in Verona, Italy, but also in Malmo, Sweden. But I don't know how Mr. Glasgow could say the problem arose because of my "dictatorial fashion." Perhaps this shows how easy it is to be unjust and

unfair, even in good faith.

Cesare Beccalli
Milano, Italy

SERIOUS OMISSIONS

Priscilla Welch is beaten for the first time as a master. Cindy Dalrymple's long standing 10K loop record is finally broken. Not worthy of mention? At least I learned how Mr. Tymn relates to his trophies. You are in danger of losing another subscriber.

James Maslach
Pt. Reyes, California

(One of NMN's weaknesses is not possessing the ability to get results from all race directors. Despite repeated phone calls and letters, we never received complete results from either the River Run 15K, where Laurie Binder defeated Welch, or the Azalea Trail 10K, where Binder broke Dalrymple's mark. So all we could do was mention the masters winners which we culled from USA Today. Even though Dean Reinke mentioned the Welch defeat in his column, NMN didn't carry a full story on either race. Our apologies to reader Maslach and others. We have long been looking for a good long distance running editor who has the time and the ability to communicate with LDR race directors. If you know of such a person, please let us know. — Ed.)

KUDOS

The issues are getting bigger and bigger and photos and journalism are getting better and better. NMN is a super work product. Enclosed is my annual sustainer check.

Chuck McMahon
San Diego, California

NMN looks greater every month. I am always amazed how you can tactfully answer all the grippers and complainers without offending anyone. Masters athletes are an unusual group. A friend told me the other day: "People reach a certain age and they think they don't have to conform to society's rules anymore 'because I'm 50 years old.'" The paper caters to a group that are bigger complainers than usual and you handle them all well.

Ed Oleata
La Jolla, California

This letter is both to convey my high regards for the quality publication that you and your staff produce. The (NMN) magazine is the most thorough running/track related magazine, while still being very enjoyable to read with the numerous amount of stats displayed.

Chuck George
New Orleans, Louisiana

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

Palm Runs 2:31:05 In London

by MARTIN DUFF (of *Athletics Weekly*)

The big race here was the London Marathon, April 23, where the principal veteran star was 47-year-old Evg Palm of Sweden, who improved her previous best time here by a half-minute with a 2:31:05.

The first veteran woman was 38-year-old Russian Raisa Smekhnova, who led the women masters throughout to record 2:30:15 against

her best of 2:28:40.

Split times for the leading two were: 10K-Smekhnova 34:17; Palm 34:52; 30K-Smekhnova 1:45:11; Palm 1:46:40.

West Germany's Charlotte Teske was third veteran (2:32:34).

With no prize money offered to veterans, there was little competition among the men, but 41-year-old Stan Curran, in his first marathon in five years, was always ahead, finishing 58th (2:21:15). □

Three World Records in Ontario

by JERRY WOJCIK

The Ontario Masters Indoor Championships drew 208 entrants, who set three world indoor records at York University in Toronto on March 11.

Anne van der Vleuten, W50, ran the 400 in 1:12.5 to erase Grace Butcher's 1:15.1 from the record annals. Molly Turner, W55, lowered Gloria Brown's 12:23.6 in the 3000 with a 12:17.5. Jaan Roos, holder of the M45 3000

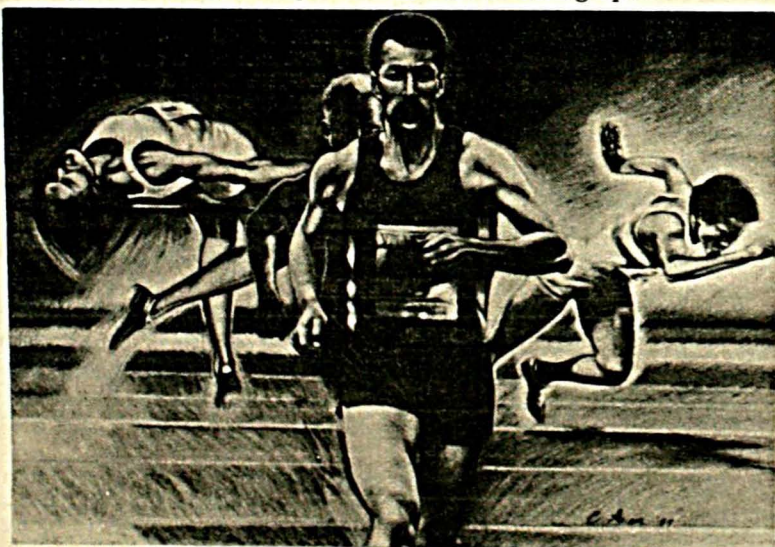
walk record (12:58.0), strode to another, with a 14:11.5 in the M50-54 age group. The former record of 14:23.6 was held by M. Sciarretta.

Contestants, who included a sprinkling of U.S. athletes, also broke several Canadian open and resident records.

The best age-graded performance of the meet was a 90.9%, turned in by Earl Fee, with a 58.5 in the M55 400. □

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400 Complete in Australia Championships

by JERRY WOJCIK

Four hundred athletes competed in the 17th annual Australian Veterans National Track and Field Championships held in Perth, West Australia, March 24-27, at Perry Lakes Stadium, site of the 1962 Commonwealth Games. As expected, many athletes committed to the VIII World Games deferred, saving their energy and money for Eugene, Oregon.

A large group of spectators watched competitors break 34 national records. The more knowledgeable, however, were eyeing John Gilmour, 69, who won the M65 1500 (5:07.5), 500 (18:42.1), and 10,000 (38:53.8). His times are well below the M70-74 world records for those events, and Gilmour turned 70 on May 3.

New national records included a 4:02.1 in the M45 1500 by Keith Wheeler, and an 11.8 in the 80mH by W40 Eileen Hindle.

Harry Gathercole, M80, with a 32.8, was near Josiah Packard's world record of 32.3 in the 200.

Wheeler had the two best age-graded performances of the meet, with a 95.9% in the 1500 (4:02.1) and a 94.4% in the 800 (2:00.0). He will be one of the favorites in the M45 middle distances next month in Eugene. □

The International Scene

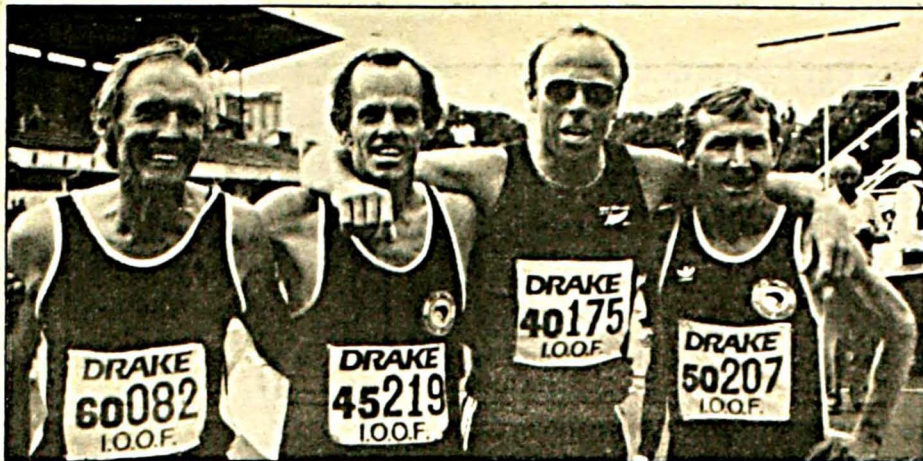
Continued from page 29

the WAVA Council would have the additional quality of enormously improving the activity in those areas where we are thin, or where we are not present at all. We must admit that we are actually more a North American, European, plus Oceanian (partially) association than a truly worldwide association. Anything we can do to modify this situation would be welcome.

As for myself, I'm available for the next period to pursue the policies described above. I'm trying to integrate the IMITT Club Italia into the Italian Federation. After that, I'll resign from the Italian presidency. As organizer, two European Championships and one World Championship have been enough for me, so, in the future, I'll take care of WAVA only.

Finally, the financial situation can be defined as satisfactory and you'll shortly hear the Treasurer's report. On other general matters, the Secretary is also going to submit to you a report. We aren't a rich association, but I'm confident the IAAF can help us, at least, in better communications and possibility of meetings.

With many thanks and best wishes to you all. [i]



These New Zealanders won 12 gold medals at the World Veterans Games in Melbourne. From left: Derek Turnbull, M65; David Sirl, M45; John Dixon, M40; Ian Babe, M50. Photo by Gretchen Snyder



HAWAII INTERNATIONAL TRACK & FIELD CLASSIC * WAR MEMORIAL STADIUM * WAILUKU MAUI, HAWAII 96793

SPONSORS	: HAWAII MASTERS T.C., INTERNATIONAL HAWAII SENIOR OLYMPICS, THE LOS ANGELES PATRIOTS ORGANIZING COMMITTEE AND THE COUNTY OF MAUI DEPARTMENT OF PARKS & RECREATION.
DATE/TIME	: SATURDAY/SUNDAY - AUGUST 12TH & 13TH 1989 AT 8:00 A.M.
ENTRY FEES	: \$ 10.00 PER EVENT. DECATHLON/PENTATHLON \$ 20.00
LATE FEES	: LATE FEES WILL BE DOUBLE THE AMOUNT PER EVENT.
AWARDS	: MEDALS WILL BE AWARDED TO FIRST, SECOND, AND THIRD PLACES IN EACH FIVE YEARS AGE DIVISION.
CHECK PAYABLE TO	: HAWAII MASTERS T.C.
MAIL TO	: LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE 2301 HYPERION AVE. - SUITE "P" - LOS ANGELES, CA 90027
MEET DIRECTOR	: MARVIN THOMPSON (LAPOC) (213) 666-7341
DEADLINE	: SATURDAY, AUGUST 5, 1989.

SCHEDULE OF EVENTS

* SATURDAY, AUGUST 12th (DAY 1) *

9:00 A.M.	10,000 METERS RUN	9:00 A.M.	* DECATHLON 100 METERS *
10:00 A.M.	80 METERS HURDLES	10:00 A.M.	* DECATHLON LONG JUMP *
	100 METERS HURDLES	10:45 A.M.	* PENTATHLON 200 METERS *
	110 METERS HURDLES	11:30 A.M.	* DECATHLON SHOT PUT *
11:00 A.M.	800 METERS RUN	12:00 NOON	* PENTATHLON HIGH JUMP *
11:30 A.M.	5,000 METERS RACEWALK	1:30 P.M.	* DECATHLON HIGH JUMP *
12:00 NOON	OFFICIALS LUNCH BREAK		* PENTATHLON SHOT PUT *
1:30 P.M.	300/400 METERS HURDLES	3:00 P.M.	* DECATHLON 400 METERS *
2:00 P.M.	400 METERS SPRINT	3:30 P.M.	* PENTATHLON LONG JUMP *
2:30 P.M.	4 X 100 METERS RELAYS	5:00 P.M.	* PENTATHLON 800 METERS *

* SUNDAY, AUGUST 13th (DAY 2) *

8:00 A.M.	5,000 METERS RUN	8:00 A.M.	HAMMER THROW
10:00 A.M.	100 METERS SPRINT	9:00 A.M.	* DECATHLON 110 HURDLES *
11:00 A.M.	800 METERS RUN	10:30 A.M.	* DECATHLON DISCUS *
11:30 A.M.	3,000 METERS STEEPLECHASE		* LONG JUMP AND POLE VAULT *
12:00 NOON	OFFICIALS LUNCH BREAK	12:00 NOON	* DECATHLON POLE VAULT *
12:30 P.M.	3,000 METERS RUN	12:30 P.M.	TRIPLE JUMP AND SHOT PUT
1:00 P.M.	200 METERS SPRINT	1:30 P.M.	* DECATHLON JAVELINT *
1:30 P.M.	4 X 800 RELAYS	3:30 P.M.	* DECATHLON 1500 METERS *
2:00 P.M.	4 X 200 RELAYS		DISCUS THROW AND HIGH JUMP

OFFICIAL ENTRY FORM (PLEASE PRINT)

LAST	FIRST
NAME _____	
ADDRESS _____	CITY _____ STATE _____ ZIP _____
TELEPHONE No. () _____	SEX: M _____ F _____ DATE OF BIRTH _____ AGE _____
CLUB OR TEAM REPRESENTING _____	
INDIVIDUAL FEES : \$ _____	PENTATHLON OR DECATHLON \$ _____ RELAY TEAM \$ _____
EVENTS : 1. _____ 2. _____ 3. _____	
4. _____ 5. _____ 6. _____	

MAIL ENTRY TO : LOS ANGELES PATRIOTS T & F ORGANIZING COMMITTEE. 2301 HYPERION AVE.-STE. "P"-LOS ANGELES, CA 90027
CHECK PAYABLE TO : HAWAII MASTERS T.C.

ATHLETE'S WAIVER - IN CONSIDERATION OF YOUR ACCEPTANCE OF MY ENTRY, I HEREBY FOR MYSELF, AND EXECUTORS, WAIVE, RELEASE, AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR MAY HEREAFTER ACCRUE AGAINST THE HAWAII MASTERS T.C., INTERNATIONAL HAWAII SENIOR OLYMPICS, THE LOS ANGELES PATRIOTS ORGANIZING COMMITTEE, THE COUNTY OF MAUI DEPT. OF PARKS & RECREATIONS, FIELD OFFICIALS ASSN., ALL OTHER SPONSORS AND SPORTS FACILITIES OR THEIR OFFICIALS OR AGENTS, FOR ANY DAMAGES WHICH MAY BE SUFFERED BY ME. I CERTIFY THAT MY LEVEL OF TRAINING IS SUCH THAT I AM PREPARED TO COMPETE AND RECOGNIZE THE RIGHT OF MY DULY AUTHORIZED MEMBER OF THE MEDICAL STAFF TO REQUIRE MY WITHDRAWAL FROM COMPETITION AND WILL DO SO IF DIRECTED.

ATHLETE'S SIGNATURE _____ DATE _____

Top Male Masters Performances (Jan. 1 - April 7)

in order of performance value earned in major U.S. events.

RANK	ATHLETE NAME	CTZ	TIME	DISTANCE	ADJTIME	PLC	ST	RACE	PRIZE	POINTS
1	JOHN CAMPBELL	NZL	29:25	10K	29:25	M1	AL	AZALEA TRAIL RUN	1700	418
2	JOHN CAMPBELL	NZL	2:17:51	MARA	29:35	M1	CA	LOS ANGELES	7000	370
3	VICTOR MORA	COL	46:04	15K	29:53	M1	FL	GASPARILLA DISTANCE CLASSIC	1000	324
4	VICTOR MORA	COL	30:07	10K	30:07	M1	FL	RED LOBSTER CLASSIC	2500	280
4	WILSON WAIGWA	KEN	14:23	5K	30:07	M1	CA	CARLSBAD 5000	0	280
6	VICTOR MORA	COL	46:40	15K	30:16	M1	FL	RIVER RUN	1000	231
7	WILSON WAIGWA	KEN	23:54	8K	30:20	4	VA	SHAMROCK 8K	400	224
8	DAVE STEWART	CAN	30:30	10K	30:30	M2	FL	RED LOBSTER CLASSIC	1500	186
9	BILL RODGERS	USA	2:22:24	MARA	30:34	M2	CA	LOS ANGELES	1250	180
10	SHEL COWLES	GBR	30:35	10K	30:35	M3	FL	RED LOBSTER CLASSIC	750	174
11	BOB SCHLAU	USA	47:14	15K	30:38	M2	FL	GASPARILLA DISTANCE CLASSIC	500	162
12	SHEL COWLES	GBR	47:17	15K	30:40	M2	FL	RIVER RUN	500	162
13	KJELL-ERIK STAHL	SWE	2:23:12	MARA	30:44	M1	TX	HOUSTON TENNECO	0	156
14	BILL RODGERS	USA	24:14	8K	30:45	8	VA	SHAMROCK 8K	250	125
15	BOB SCHLAU	USA	30:47	10K	30:47	M4	FL	RED LOBSTER CLASSIC	500	120
16	LARRY OLSEN	USA	47:29	15K	30:48	M3	FL	GASPARILLA DISTANCE CLASSIC	250	115
17	MICK HURD	GBR	47:30	15K	30:49	M3	FL	RIVER RUN	300	110
18	BILL RODGERS	USA	30:51	10K	30:51	M1	NC	CHARLOTTE OBSERVER	1250	105
18	ANTONIO VILLANUEVA	MEX	30:51	10K	30:51	M5	FL	RED LOBSTER CLASSIC	350	105
20	SHEL COWLES	GBR	30:56	10K	30:56	M2	AL	AZALEA TRAIL RUN	600	95
21	RON BELL	GBR	31:00	10K	31:00	M6	FL	RED LOBSTER CLASSIC	0	72
22	ATHOL BARTON	USA	2:22:09a	MARA	31:01	M1	NV	LAS VEGAS	2000	68
23	MICK HURD	GBR	31:08	10K	31:08	M3	AL	AZALEA TRAIL RUN	300	64
24	BOBBY DOYLE	USA	1:09:08	HMAR	31:11	M1	MA	NEW BEDFORD/BANK OF BOSTON	500	60
25	JOHN CUSTY	USA	2:23:44a	MARA	31:21	M2	NV	LAS VEGAS	1000	42
26	MICK HURD	GBR	31:22	10K	31:22	M2	NC	CHARLOTTE OBSERVER	625	39
26	JOHN CUSTY	USA	1:09:32	HMAR	31:22	M2	MA	NEW BEDFORD/BANK OF BOSTON	250	39
28	STEVE FERRAZ	USA	31:23	10K	31:23	M7	FL	RED LOBSTER CLASSIC	0	33
29	BOB SCHLAU	USA	48:25	15K	31:25	M4	FL	RIVER RUN	0	30
30	LARRY OLSEN	USA	31:30	10K	31:30	M8	FL	RED LOBSTER CLASSIC	0	18
31	HECTOR CHAVEZ	MEX	2:24:32a	MARA	31:32	M3	NV	LAS VEGAS	500	16
32	JIM PEARSON	USA	31:48	10K	31:48	M1	FL	STRAWBERRY CLASSIC	400	7
33	BERNIE ALLEN	USA	1:10:43	HMAR	31:54	M3	MA	NEW BEDFORD/BANK OF BOSTON	150	6
34	DON COFFMAN	USA	31:58	10K	31:58	M2	FL	STRAWBERRY CLASSIC	200	5
35	HECTOR CHAVEZ	USA	32:10	10K	32:10	M9	FL	RED LOBSTER CLASSIC	0	4
36	MICK HURD	GBR	32:21	10K	32:21	M	FL	RED LOBSTER CLASSIC	0	3
36	ATHOL BARTON	USA	32:21	10K	32:21	M	FL	RED LOBSTER CLASSIC	0	3
38	JIM PEARSON	USA	32:21a	10K	32:21a	M1	FL	CAPITAL BANK O. BOWL BAY BRIDGE	1000	1
39	MIGUEL MENDEZ	??	2:31:34	MARA	32:32	M3	CA	LOS ANGELES	750	0
40	STEVE LESTER	USA	15:35	5K	32:38	M	CA	CARLSBAD 5000	0	0
41	ALLAN RUSHMER	GBR	33:11	10K	33:11	M	FL	RED LOBSTER CLASSIC	0	0
42	BARRY BROWN	USA	33:45a	10K	33:45a	M2	FL	CAPITAL BANK O. BOWL BAY BRIDGE	500	0

Top Female Masters Performances (January 1 - April 7)

in order of performance value earned in major U.S. events.

RANK	ATHLETE NAME	CTZ	TIME	DISTANCE	ADJTIME	PLC	ST	RACE	PRIZE \$	POINTS
1	PRISCILLA WELCH	GBR	33:19	10K	33:19	8	FL	RED LOBSTER CLASSIC	3100	176
2	PRISCILLA WELCH	GBR	51:57	15K	33:40	M1	FL	GASPARILLA DISTANCE CLASSIC	1000	168
3	LURIE BINDER	USA	52:22	15K	33:56	M2	FL	GASPARILLA DISTANCE CLASSIC	500	140
4	LURIE BINDER	USA	34:16	10K	34:16	M1	AL	AZALEA TRAIL RUN	1200	133
5	GABRIELE ANDERSEN	USA	34:24	10K	34:24	M2	FL	RED LOBSTER CLASSIC	1500	108
6	LURIE BINDER	USA	53:08	15K	34:26	M1	FL	RIVER RUN	500	102
7	GABRIELE ANDERSEN	USA	53:09	15K	34:27	M3	FL	GASPARILLA DISTANCE CLASSIC	250	96
8	LURIE BINDER	USA	34:29	10K	34:29	M3	FL	RED LOBSTER CLASSIC	750	90
9	PRISCILLA WELCH	GBR	35:06	10K	35:06	M1	NC	CHARLOTTE OBSERVER	1250	70
10	GABRIELE ANDERSEN	USA	35:09	10K	35:09	M2	AL	AZALEA TRAIL RUN	600	65
11	PRISCILLA WELCH	GBR	54:53	15K	35:34	M2	FL	RIVER RUN	300	60
12	BARBARA FILUTZE	USA	35:45	10K	35:45	M4	FL	RED LOBSTER CLASSIC	500	44
13	GABRIELE ANDERSEN	USA	35:50a	10K	35:50a	M1	FL	CAPITAL BANK O. BOWL BAY BRIDGE	1000	40
14	JANE HUTCHISON	USA	35:53	10K	35:53	M5	FL	RED LOBSTER CLASSIC	300	36
15	LURIE BINDER	USA	35:57a	10K	35:57a	M2	FL	CAPITAL BANK O. BOWL BAY BRIDGE	500	32
16	BARBARA FILUTZE	USA	36:00	10K	36:00	M3	AL	AZALEA TRAIL RUN	300	28
17	SUSAN HAVENS	USA	2:49:24	MARA	36:13	M1	TX	HOUSTON TENNECO	0	18
18	NANCY OSHIER	USA	36:18	10K	36:18	M6	FL	RED LOBSTER CLASSIC	0	15
19	NANCY MIESZCAK	USA	28:55	8K	36:43	M1	VA	SHAMROCK 8K	400	12
20	NANCY OSHIER	USA	36:50	10K	36:50	M2	NC	CHARLOTTE OBSERVER	625	6
21	BARBARA FILUTZE	USA	37:08a	10K	37:08a	M3	FL	CAPITAL BANK O. BOWL BAY BRIDGE	300	4
22	JUDY GREER	USA	37:10	10K	37:10	M1	FL	STRAWBERRY CLASSIC	300	2
23	NANCY OSHIER	USA	29:33	8K	37:31	M2	VA	SHAMROCK 8K	200	0
24	HAROLINE WALTERS	USA	2:54:11a	MARA	37:45	M1	NV	LAS VEGAS	1000	0
25	MARGIE LINDSEY	USA	2:55:15a	MARA	37:58	M2	NV	LAS VEGAS	500	0

The quality of performance are compared by "normalizing" them to 10K equivalents. Adjustments are made for exceptional course advantage or difficulty.

RANK	ATHLETE NAME	CTZ	# OF RACES	TOT. POINTS	RANK	ATHLETE NAME	CTZ	# OF RACES	TOT. POINTS
1	VICTOR MORA	COL	3	835	1	LURIE BINDER	USA	5	497
2	JOHN CAMPBELL	NZL	2	788	2	PRISCILLA WELCH	GBR	4	474
3	WILSON WAIGWA	KEN	2	504	3	GABRIELE ANDERSEN	USA	4	309
4	SHEL COWLES	GBR	3	431	4	BARBARA FILUTZE	USA	3	76
5	BILL RODGERS	USA	3	410	5	JANE HUTCHISON	USA	1	36
6	BOB SCHLAU	USA	3	318	6	NANCY OSHIER	USA	3	21
7	MICK HURD	GBR	4	216	7	SUSAN HAVENS	USA	1	18
8	DAVE STEWART	CAN	1	186	8	NANCY MIESZCAK	USA	1	12
9	KJELL-ERIK STAHL	SWE	1	156	9	JUDY GREER	USA	1	2
10	LARRY OLSEN	USA	2	133					
11	ANTONIO VILLANUEVA	MEX	1	105					
12	JOHN CUSTY	USA	2	81					
13	RON BELL	GBR	1	72					
14	ATHOL BARTON	USA	2	71					
15	BOBBY DOYLE	USA	1	60					
16	STEVE FERRAZ	USA	1	33					
17	HECTOR CHAVEZ	USA	2	20					
18	JIM PEARSON	USA	2	8					
19	BERNIE ALLEN	USA	1	6					
20	DON COFFMAN	USA	1	5					

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Laurie Binder (34:29), seen here placing fourth in the W40 age-group at the Red Lobster 10K in Orlando, Florida on March 11.

Photo by Sailer, Ltd.

TWENTIETH ANNUAL LONGEST DAY MARATHON, 10K 5K, 5K RACEWALK

in conjunction with

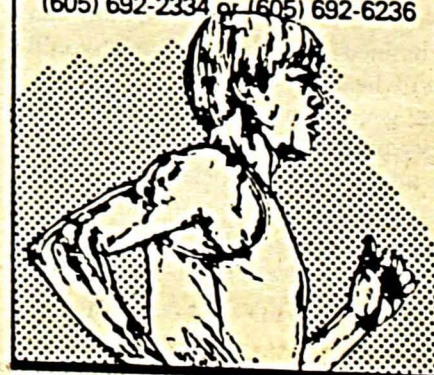
Summer Arts Festival '89

**BROOKINGS, SD
SATURDAY, JULY 8, 1989**

Age Group and Open Awards

For Entry Form or
More Information contact

Charles S. Roberts, Jr., M.D.
1345 First St. Brookings, SD 57006
(605) 692-2334 or (605) 692-6236



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 17-18. U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C. Bill Busby, 105 Piney Wood Rd., Thomasville, NC 27360. 919/474-0851 (o), 919/476-1228 (h).

July 20. U.S. TAC National Masters Pentathlon, Balboa Stadium, San Diego. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

July 20-23. 22nd U.S. TAC National Masters Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

EAST

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

June 4. NJTAC Masters Championships, Monmouth College, Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.

June 11. Mid-Atlantic TAC Games — Masters Division, Ambler, Pa. 9:00 a.m. Mid-Atlantic TAC, P.O. Box 7231, Philadelphia, PA 19101. 215/843-MAAC. Pre-entry only.

June 17. MAC Masters Championships, Downing Stadium, Randalls Island, NYC. Sandy Pashkin, 212/666-3671(h).

June 18. Philadelphia Masters Runners Pentathlon (3000, 800, 200, 1500, 400) and Development, Camden H.S., Camden, N.J. Post-entry only. Peter Taylor, 215/842-3807.

June 25. Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I. 55+. Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.

July 2. Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englishtown, NJ 07726. 201/625-1764 (days); 201/361-3282 (eve); travel 201/361-3220.

July 6-9. Garden State Games, Middlesex County College, N.J. N.J. residents only. June 1 entry deadline. Morton Hahn, Inc., P.O. Box 328, Dover NJ 07801-0328. 201/625-1764 (days).

July 8. Sri Chinmoy Masters Games. Rain date: July 15. 8 a.m. Victory Field, Forest Hills, N.Y. Sri Chinmoy Masters Games, 150-4 87th Ave., Jamaica, NY 11432. 718/291-7406.

July 8. Buffalo Belles & Brawn International Meet, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

July 8. Boston Athletic Association Masters Track and Field Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 9. Philadelphia Masters Development Meet, Camden H.S., Camden, N.J. Peter

Taylor, 215/842-3807.

July 16. TAC Eastern Sectional Championships, Monmouth College, N.J. Sandy Kalb, 22 Addison Rd., Howell, NY 07731.

July 29-30. Buffalo Belles & Brawn Classic, Parker Field, Buffalo, N.Y. See July 8.

August 13. Brown U. Masters Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve.).

August 13. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 19. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. Pre-entry only. Walter Fisher, 263 So. Roberts Rd., Bryn Mawr, PA 19010. 215/525-5081.

September 3. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

June 6-July 25. Florida TAC All-Comers Meets, Tropical Park Stadium, Miami. Each Tuesday at 5 p.m. Michael Peyton, Miami Runners Club, 305/227-1500.

June 10-11. 14th Annual Northwest Classic, Miami-Dade Community College, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409 after 9 p.m.

June 10. TAC Southeast Sectional Championships, Georgia Tech, Atlanta. SASE: Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

June 16-17. Tennessee Masters Championships, U. of Tennessee Tom Black Track. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743.

June 17, 24. Tampa Bay All-Comers Meets, Pepin Rood Stadium, Tampa, Fla. City of Tampa Athletic Office, 238-6451; 223-8615.

June 24. Alta Vista Meet, DeLand, Fla. Alta Vista Ltd., P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

July 8. Florida Athletics Congress Championships, Delray Beach. Non-Floridans may compete for comparable awards. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

July 8. Nashville TC Open/Masters meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

August 19. North Carolina Masters Meet, Wilmington, N.C. Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 919/722-7013 (o); 704/536-6266 (h).

MIDWEST

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

June 3-4. 6th Annual The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. 3rd — pentathlon only. 4th—Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

June 4, 18. Northwest Classic (4th) and Relays (18th), Trotwood H.S., Dayton, Ohio. Harold Martin, P.O. Box 44, Dayton, OH 45428. 513/837-5069.

June 11. 2nd Illinois Grand Prix Meet, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

June 17. Green Bay YMCA Open/Masters Meet, GB Premontre HS, Green Bay, Wisc. Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54304. 414/497-2189 (eve.).

June 17. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

June 17-18. Ohio TAC Decathlon/Heptathlon, Sciotoville. Glen Queen, Rt. 2, Box 572-C, Sciotoville, OH 45662. 614/574-8374.

June 18. Northwest Relays, Dayton, Ohio. See June 4, 18.

June 25. 3rd Illinois Grand Prix Meet, Springfield, Ill. See June 11.

July 1. Toledo Alive Invitational, Toledo, Ohio. Open/Masters/Youth. Jim Petiniot, 2156 Broadway, Toledo, OH 43609. 419/248-3168.

July 7-9. White River Park State Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2730, Indianapolis, IN 46225. 317/237-5000.

July 8. Centre Club Masters Championships, Libertyville, Ill. Illinois TAC Masters Grand Prix Series. Craig Dean, M.D., 719 Stonegate Ct., Libertyville, IL 60048. 312/367-6347.

July 8-9. Masters Midwest Championships (not the sectional championships), Huntington, W. Va. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

July 9. 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

July 15-16. TAC Midwest Sectional (Regional) Championships, Byron HS, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

July 22. Jaguar Invitational, Eastmoor HS, Columbus, Ohio. Hali Robinson, 1806 Penfield Rd., Columbus, OH 43227. 614/231-7417.

September 10. Wolfpack Throwing Classic & Ohio TAC Two-Hour Run, Worthington HS, Worthington. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

June 4. All-Comers Meet, Derby, Kansas. Tom Wilhite, 200 W. Washington, Derby, KS, 67037. 316/788-0514.

June 16-25. Minnesota Star of the North State Games, Burnsville. State residents only. SNSG, P.O. Box 65708, St. Paul, MN 55165-0708. 1-800-937-GAME.

June 19-24. U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55+. Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

June 23-24. Minnesota TAC Championships, St. Paul. TAC Championships, 11050 Cedar Hills Blvd., No. 325, Minnetonka, MN 55343.

July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63½ Way N.E., Fridley, MN 55432.

July 28-29. Show-Me State Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSG, 404 Jesse Hall, Columbia,

ON TAP FOR JUNE

TRACK & FIELD

Multi-eventers will head for the U.S. TAC National Decathlon/Heptathlon Championships in North Carolina on the 17th-18th.

Earlier, on the 3rd, Rock Island, Ill., hosts The Athlete's Foot Meet; Dallas the Southwestern Association Championships; Albuquerque the Duke City Games; Redlands, Calif., its 10th annual Kiwanis meet; and Seattle the Senior Sports Festival. On the 4th, New Jersey puts on its state championships.

A week later, the Southeast Sectional takes place in Atlanta; Miami hosts the Northwest Classic; and tracksters return to Albuquerque for a runners' pentathlon.

The weekend of the 17th-18th offers the MAC Championships at Randall's Island, along with meets in Green Bay, Cleveland, Federal Way, Wash., Tennessee, Texas, and Los Angeles, plus the Canadian Masters National Championships in Edmonton.

The U.S. National Senior Olympics (55+) lasts from the 19th through the 24th.

LONG DISTANCE RUNNING

The U.S. TAC National 15K Championships will be held in St. Clairsville, Ohio on the 17th.

Freihofer's Run For Women (Open National Championships) is offering hefty cash prizes for W40+ in Albany, N.Y., on the 3rd, as is the Kansas City Hospital Hill Half-Marathon for masters winners on the 4th.

The popular Shelter Island 10K on Long Island on the 10th has a 2000-entrant limit. The Steamboat Classic 4 Miler with masters money plays in Peoria on the 17th, and the Cascade Run Off 15K in Portland, Oregon, on the 18th also has masters dollars. The NYRR's L'eggs Mini 10K is set for the 24th.

The European Veteran Championships in Brugge, Belgium, on the 24th-25th will be decided in the 10K, marathon, and 20K and 30K walks.

On the 8th-11th, the 32nd RRCA Convention will be held in Colorado Springs.

The Mammoth Athletics Camp, in California's Sierra Mountains, for T&F and LDR, has two 4-day sessions, starting on the 24th and the 29th. □

MO 65211. 314/882-2101.

September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

Continued on page 39

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September 23-24. Nebraska Senior Olympics, Kearny. 55+. Barbara McQuitty, USNSO National Director, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

SOUTHWEST

Louisiana, Mississippi, Texas.

June 2, 16, 30. King of the Hill Meets, Kenner, La. 6:30 p.m. Charles Wimberley, 48 Chateau Haut-Brion, Kenner, LA 70065. 504/467-1197.

June 3. Southwestern Association Masters Championships, SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75269. 214/357-5613.

June 10. Gulfcoast Masters Meet, Texas City, Texas. Lynn Ray Ellison, 807 2nd Avenue South, Texas City, TX 77590. 409/945-4038(h); 409/765-6637(w).

June 17. Hill Country Classic Masters Meet, Mason HS, Mason, TX. Hill Country Meet, Mason HS, Rucker Rt., Box 31C, Mason TX 76856. Lee Graham, 915/347-5620(h); 347-5921(w).



New Zealand's John Campbell, 40, on his way to a 2:14:19 masters victory at the Boston Marathon, April 17. Photo from Sailer, Ltd.

June 24. Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

June 3. 10th Annual Redlands Kiwanis Masters Meet, Redlands, Calif. 9:30 a.m. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

June 3-4. Duke City TAC Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.

June 10. TAC/Pacific Association Championships, Los Gatos HS, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 11. Fifth Annual Runners' Pentathlon (3200, 800, 200, 400, & 1600). Age-Graded Scoring. SASE to Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM, 87111. Days 505/844-6943, Eve. 505/821-2454.

June 18. SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 24-27, June 29-July 2. Mammoth Athletics Camp, Two 4-day sessions, Mammoth Lakes, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

June 25. San Diego-Imperial TAC Masters Championships, Balboa Stadium, San Diego. No day-of-meet registration. Athletes already registered for the Nationals in July pay no registration fee. SASE to Ed Oleata, Box 2822, La Jolla, CA 92038.

June 27-August 5. Los Angeles Unified School District All-Comers Meets. Youth through masters. Tues—Los Angeles Southwest College; Wed—Birmingham H.S.; Thurs—Bell H.S.; Fri—Santa Monica College. Championships—Santa Monica College, August 5. No meet—June 29, Bell; July 4—Southwest; July 14—Santa Monica. 213/625-6874.

July 1. World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

July 2, 9, 16, 23. All-Comers Meets, 9 a.m. Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Dr., Honolulu HI 96821. 808/734-8450. Or Ken Wheeler, 808/422-4694.

July 3-8. Olympian Coach T&F Camp, Long Beach State U., Long Beach, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

July 8. Western Sectional (Regional) Championships, Sacramento, Calif. Michael Holzgang, S.A.S.E. P.O. Box 255131, Sacramento, CA. 95865. 916/482-7881.

July 16. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026. 213/977-7492 (w); 213/666-4964 (h).

August 12-13; August 19-20. Hawaii International Masters Games, Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Dr., Honolulu HI 96821. 808/734-8450. Or Marvin Thompson, LAPOC, Suite P, Los Angeles, CA 90027. 213/666-7341.

September 2. 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

September 16. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 415/697-1889.

September 24. Sri Chinmoy Seniors (50+) Meet, UC-Irvine, Calif. Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

October 7. Club West Masters Meet, Santa Barbara, Calif. George H. Adams, P.O. Drawer K, Goleta, CA 93116. 805/484-5982.

October 16-27. World Senior Games, St. George, Utah. 50+. T&F/Road Races: October 25-27. Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

NORTHWEST

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

June 3. Senior Sports Festival, Seattle. 40+. Carole Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

June 16-17. Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226.

June 17. 2nd Annual Scholastic/Masters Classic, Oregon City, Oregon. 30-39 compete against 17-18 year olds; 40-49 against ages 15-16; 50-59 against ages 11-14; 60+ against each other. Scholastic/Masters Classic, P.O. Box 842, Gresham, OR 97030. 503/667-1145.

June 24-25. 8th Annual Hayward Masters Classic, Hayward Field, Eugene, Oregon. Jerry Jackson, 933 North Ridge Ave., Springfield, OR 97477. 503/746-0605.

June 30-July 1. Northwest Sectional (Regional) Masters Championships, Mt. Hood Comm. College, Gresham, Oregon. Jean Peters, 510 SE 208th, Gresham, OR 97030. 503/667-1339.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon. Men 40+, women 35+. WVC, PO Box 10825, Eugene, OR 97440. 503/687-1989.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

August 11-12. 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132. 406/587-8726.

CANADA

June 10-11. Ontario Masters Championships, Laurentian U., Sudbury. Charlotte Neff, 91 Walford Rd., Sudbury, Ontario, P3E 2G8. 705/522-9466.

June 17-18. Canadian Masters National Championships, Edmonton, Alberta. Liz McBlain, 10427 21 Ave., Edmonton, Alberta T6J 5E9.

July 8. Canadian Masters Inter-Club Championships, York U., Toronto. Molly Turner, 11 Romulus Dr., Scarborough, Ontario, M1K 4C1.

June 24. Southwest Championships, Bournemouth, England. David Lord, 311 Bournemouth Rd., Parkestone, Poole, Dorset, England.

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TAC Midwest Sectional Masters Track and Field Championship SUNDAY, JULY 16, 1989

Sponsored by Richard Green
and Associates Insurance and Investments

WHEN: Sunday, July 16, 1989

WHERE: Byron High School
Byron, IL
Byron High School is located in Byron on Tower Road, 3 blocks north of Rt. 2.

FACILITY: 400 Meter Flex Tech Track and Runways. New 1988. 1/4" Spikes max.

DIVISIONS: Five year age groups, 30-90 Male and Female

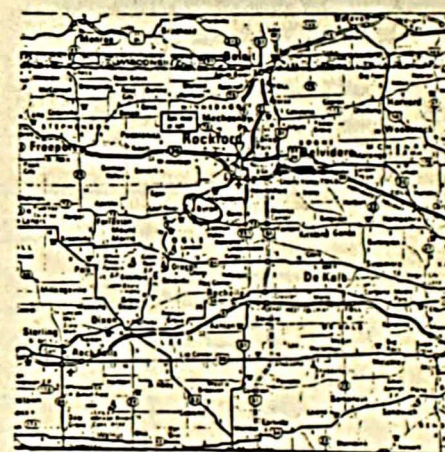
ENTRY FEE: Postmarked by July 7—
\$10.00 1st event; \$15.00 2 or more.
Relays \$15.00
After July 7 — \$15.00 1st event;
\$20.00 2 or more. Relays \$15.00
Includes cost of 100% cotton singlet

AWARDS: Medals to the first three places
Awards limited to 3, over 3 may be purchased for \$3.00 each

MEET PROTOCOL: TAC Registration Required
OPEN TO ALL ATHLETES
Divisions may be run together, female first, then male, oldest to youngest, depending on numbers. No false starts. WAVA rules apply. Bring your own implements and batons.

REGISTRATION: Send Application Form and Entry Fee to:
Dick Green Phone 815-397-5685
P.O. Box 6147
Rockford, IL 61125
Meet Day Registration 9:00 A.M.

NOTE: Packet pick-up at meet site
Dressing rooms and showers.
Swimming pool open to participants and families.



ORDER OF EVENTS:

9:30 A.M.	5000 Meter Run	10 A.M.	Long Jump
10:00 A.M.	5000 Meter Racewalk		High Jump
10:45 A.M.	High Hurdles (WAVA Specs)		Pole Vault
11:00 A.M.	1500 Meter Run		Triple Jump
11:30 A.M.	4 x 10 Meter Relay		Discus
11:45 A.M.	400 Meter Dash		Shotput
12:00 N	Officials Lunch Break		Javelin
			Hammer Throw
			Weight Throw 25", 35", 56", 98", 200", 300"
1:00 P.M.	4 x 200 Meter Relay		
1:15 P.M.	100 Meter Dash		
1:40 P.M.	800 Meter Run		
2:15 P.M.	Intermediate Hurdles (WAVA Specs)		
2:30 P.M.	200 Meter Run		
3:00 P.M.	4 x 400 Relay		

Name _____ Age (on 7/16/89) _____
Address _____ Date of Birth _____
City _____ State _____ Zip _____
Telephone Number () _____
1989 TAC# _____ Singlet Size _____ S _____ M _____ L _____ XL Club _____
Events Entered: _____
Signature _____ Date _____

In consideration of high school Richard Green & Associates, and all meet officials, allowing me to participate in TAC Midwest Masters Track and Field Championships on July 16, 1989, do I hereby authorize, and agree to release all rights and claims for damages I may have against all organizers, sponsors, officials, or staff and for all claims of damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Continued from page 39

INTERNATIONAL

June 30-July 2. Memorial "Farkas Maytas" Meet, Budapest, Hungary. Deadline: May 5. OTF-Penta Toura, Budapest 1051, Bajcsy Zsilinszky ut 12, Hungary.

July 8-9. United Kingdom Championships, Reading, England. L. Brown, 55 Middle Lane, London N8, 8PE.

July 16. Four Counties Meet, High Wycombe (west of London), England. L. Thomas, The Clubhouse, Keephill Rd., High Wycombe, Bucks.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

September 16-17. San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico. Ovidio de Jesus, P.O. Box 31300, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

October 14-16. 10th Annual Japan Masters Championships. Tokyo Travel, 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 0734-24-1683.

October 14-22. 2nd Australian Masters Games, Adelaide.

June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

September 17. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, Pa. Mark Stewart, c/o Phil. Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. Mike Radley, The Great Race, Room 400, City-County Bldg. Pittsburgh, PA 15219. 412/255-2493.

October 1. U.S. TAC National Masters 25K Championships, New York. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

October 8. U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822.

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

November 12. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318.

November 19. U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128. 212/860-4455.

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

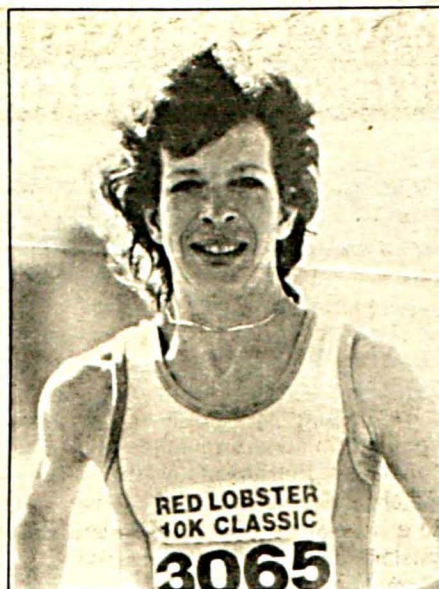
**LONG DISTANCE
RUNNING
NATIONAL**

June 8-11. 32nd Road Runners Club of America National Convention, Colorado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

EAST

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

June 3. Freihofer's 5K Run For Women (TAC Open National Championship), Albany, N.Y. W40+ \$2000; W50+ \$500.



Barbara Filutze (W40, 35:45), fourth in her age-division at the Red Lobster 10K in Orlando, Florida on March 11. Photo by Sailer, Ltd.

Also 10K. George Regan, Freihofer's Run For Women, 233 4th St., Troy, NY 12180. 518/273-0267.

June 10. Shelter Island 10K, Shelter Island, N.Y. Shelter Island 10K, Box 266, Shelter Island, NY 11964.

June 24. L'eggs Mini 10K, New York City. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/896-4455.

June 25. Fairfield Half-Marathon, Fairfield, Conn. Masters money. Steve Lobdell, 69 Beverly Ln., Fairfield, CT 06430.

July 15. Buffalo Subaru 4 Mile Chase, Buffalo, N.Y. Masters money. Jim Nowicki, 625 W. Delavan, Buffalo, NY 14222. 716/881-1652.

August 12. Asbury Park 10K Classic, Asbury Park, N.J. M&W 40+: \$500/300/100. Phil Benson, P.O. Box 2287, Ocean Township, NJ 07712. 201/531-4156.

SOUTHEAST

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

July 4. Peachtree 10K, Atlanta. \$3500 masters money. Julia Emmons, 3097 Shadowland Ave., Atlanta, GA 30305. 404/231-9064.

MIDWEST

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

June 17. Steamboat Classic 4 Miler, Peoria, Ill. \$1200 masters money. Steve Shostrom, 700 W. Main St., Peoria, IL 61606. 309/676-7866.

June 24. Oglesby 10K Classic, Oglesby, Ill. \$250 masters money. Oglesby 10K, P.O. Box 104, Oglesby, IL 61348.

July 4. Ohio TAC 10K Championships, Whetstone HS, Columbus. Bill Schmidt, 6163 Laurelwood Ct., Columbus, OH 43229. 614/261-7650(w); 895-1514(h).

July 16. Chicago Distance Classic 20K, Chicago. Diane Wood, 1440 W. Washington Blvd., Chicago, IL 60607. 800/786-1900; 312/243-2000.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

June 4. Hospital Hill Half-Marathon, Kansas City, Mo. ICI/USRA Masters Circuit Race. \$3000 masters money. HHR, Crown Center, Ste. 500, 2440 Pershing Rd., Kansas City, MO 64108. 816/274-3196.

June 11. Steamboat Marathon, Steamboat

Springs, Colo. SS Chamber Resort Assoc., Christina Schroeder, Box 774408, Steamboat Springs, CO 80477. 303/879-0740.

June 11. Garden Of The Gods 10 Mile, Manitou Springs, Colo. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 17. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

July 22. Rochester Women's 4 Miler, Rochester, Minn. Jeanne Black, 2910 4th Ave., NW, Rochester, MN 55901. 507/289-8841.

July 29. Bix 7-Miler, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

June 10. Palos Verdes Marathon, Palos Verdes, Calif. George Ownes, 2616 Via Anacapa, Palos Verdes Estates, CA 90274. 213/377-3419.

June 18. Valley Of The Flowers Marathon/Half-Marathon, Lompoc, Calif. Lee Heinz, P.O. Box 694, Lompoc, CA 93438. 805/737-0025.

June 18. San Francisco Pacific Rim Marathon/10K, San Francisco. Pacific Rim Marathon, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael, CA 94903. 415/696-4950.

June 21. Union Bank Heart of the City 5K, Los Angeles. Heidi von Kann or Dave Sims, 213/236-5124 or 236-5716.

June 22, 25, 29. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

July 16. Bastille Day 8K, Newport Beach, Calif. Susan Whetzel, 125 E. Baker St., Costa Mesa, CA 92626. 714/557-5100.

NORTHWEST

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

June 4. The Race 8K, Eugene, Ore. The Race, P.O. Box 11364, Eugene, OR 97440. Pat Sundqvist, 503/342-7923.

June 10. Alaska Women's 10K, Anchorage. Larry Ross, 3605 Arctic No. AA, Anchorage, AK 99503. 907/562-2161 xAA.

June 18. Cascade Run Off 15K, Portland, Oregon. \$3500 masters. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

July 23. U.S. West Marathon, Seattle, Wash. PNB/ECM, 101 Elliott Ave. W., No. 430, Seattle, WA 98119. 206/285-4847.

INTERNATIONAL

June 24-25. European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.

July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

**RACE WALKING
NATIONAL**

July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.

July 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

MR 88'S WORLD CLASS 100 RACES**4 MILE
CHASE**

July 15, 1989

6:00 P.M.

(A week after Utica)

**BUFFALO
SUBARU**

Masters C/R:

- M - Steve Cowley 20:12
- F - Barbara Filutze 22:57

Masters \$ M-F: \$500/400/300/200/100

Subaru 4 Mile Chase; Buffalo, N.Y.; August 10th - An

international field of runners dominated the eighth edition of the increasingly popular Subaru 4-Mile Chase in Buffalo, NY. An estimated crowd of 10,000 spectators came out to this unique evening race to watch 1100 runners run the fast, flat layout through the Buffalo State College area.

The following are the top ranked masters events of 1988-89 as rated by the Editorial Board of Masters Running '88. The quality of the event and its uniqueness of character were the selection criterion used.

For applications and more information, write or phone:

Jim Nowicki

625 West Delavan
Buffalo, N.Y. 14222
(716) 881-1652

Please include S.A.S.E.

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



**Just Think,
You Only Need
29 More
To Make A Coat.**

Most people don't realize the true cost of a fur. But the fact is, to make a single coat dozens of animals must pay with their lives. Animals who are mercilessly trapped. Drowned. Even electrocuted or gassed on fur farms. So if you're thinking about buying a fur — don't.

Because no matter how many reasons you have for wanting one, there are 30 good reasons not to.

Stop Buying Furs.

PETA

People for the Ethical Treatment of Animals
P.O. Box 42516, Washington, DC 20015
(202) 726-0156/(301) 770-7444

*Ivan G. Black
Joseph Broadbent
Ross Carter
Carl Klehm
Emilio Labori

James Lynch
William Masterson, Jr.
Johnnie Meisner
William Mondell

Morris Morgan
E. Virginia O'Connor
Chuck Olson
Edward Seese

Herb Stein
Sam Stone
Loren Swanson
Jean Udell

*We apologize for not listing, as we normally do, the All-American marks of each All-American achiever. In our move to a new office, the marks were mislaid. We'll resume the usual format next month. — Ed.

Masters Running '88 Available

Copies of Masters Running '88 are available. A 96-page, four-color, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheahen, Mike Davis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness.

Send \$2.00 for each copy to
NMN, P.O. Box 2372, Van Nuys, CA 91404. □

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/4	6-3 3/4	5-9 1/4	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/4	41-6	39-1 1/4	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20-1 1/4	18-1 1/4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	141-1	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	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

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+: 400g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old WAVA).

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

Mile	3K	2-mile	5K	10K	20K	Mile	3K	2-mile	5K	10K	20K
M40 7:29.8	14:30	15:40	24:30	51:00	1:45	W40 8:55.4	17:20	18:40	29:00	1:00	2:04
M45 7:42.8	15:10	16:20	26:00	54:00	1:52	W45 9:12.4	17:53	19:17	31:00	1:04	2:12
M50 8:25.1	16:20	17:37	27:30	57:00	1:58	W50 10:30.2	20:24	21:59	33:00	1:08	2:20
M55 8:43.1	16:55	18:15	29:00	60:00	2:04	W55 10:55.4	21:13	22:51	35:00	1:12	2:28
M60 9:19.9	18:07	19:32	30:30	63:00	2:10	W60 11:45.0	22:49	24:35	38:00	1:18	2:40
M65 9:44.7	18:54	20:23	32:00	66:00	2:16	W65 12:20.2	23:59	25:50	41:00	1:24	2:52
M70 10:25.4	20:15	21:49	34:00	70:00	2:24	W70 13:28.5	26:10	28:12	44:00	1:30	3:04
M75 10:59.9	21:20	23:00	36:00	74:00	2:32	W75 14:19.5	27:49	29:58	47:00	1:36	3:16
M80 11:40.7	22:40	24:25	38:00	78:00	2:40	W80 15:20.7	29:48	32:08	50:00	1:42	3:28
M85 12:29.3	24:15	26:08	40:00	82:00	2:48	W85 16:35.7	32:13	34:44	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/4	28-3	26-8	25-0 1/4	23-5 1/4	22-8	20-5 1/4	18-10	16-5	13-11 1/4	13-1 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	21.0	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; 40+: 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

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

MEET SITE: _____

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

EAST

New Jersey TAC
Championships
Fairleigh Dickinson U.
February 26

Non-NJ Residents Results Follow NJ Residents

55mH
M50 Leon Trout 9.2
Sam Rufford 9.9
M55 Larry Pratt 9.1
George Taylor 12.1

M30 Andy Miller 8.7
John Bykowski 9.1
M50 James O'Hara 8.4
M65 J W Pierson 11.3
W45 Barbara Stewart 11.7

55m
M30 Ron Artis 6.8
James Easter 6.9
M35 David Robinson 6.9
Isaiah Keeling 7.5
M40 Phil Felton 7.6
Frank Monroe 7.6
M45 David James 8.5
M50 Roosevelt Weaver 7.0
Leon Trout 7.7
M55 Larry Pratt 7.6
Tony Fabi 8.1
M60 Vince Sweeney 8.8
Len Chernigal 9.4
M70 Warren Tashian 9.0
M75 Harold Mayland 11.0
M80 Fred d'Elia 9.7
W40 Skipper Clark 7.7
W55 Nancy Ammermuller 9.3
W70 Ethel Mayland 10.0
W75 Estelle Marshall 19.5

M30 John Brooks 6.6
V Barnwell 6.6
M35 Ron McDonald 7.2
Louis Miller 8.6
M40 Wm Overby 6.8
Nm Corsey 6.9
M45 Tom Toscano 7.1
Vito DiCesare 7.7
M50 James O'Hara 7.3
Raig Bohigian 7.6
M55 Bill Wright 7.5
Tom Brooks 7.6

M60 Howard MacMillan 8.0
Ned Curran 8.7
M65 J W Pierson 8.6
M75 Don Ernst 10.4
Bob Detweiler 13.2
W35 Sharon Osborne 8.2
W40 Jennifer Pinto 7.9
Joyce Halls 9.6
W45 Barbara Stewart 8.5
W50 A Johnson 9.5
W70 Marjorie Smith 11.3

300m
M30 James Brown 37.6
Steve Bunce 38.9
M35 Chris Wiegel 40.1
Frank Schiro 41.7
M40 Bob Ihne 40.6
Phil Felton 40.9
M50 Frank Haviland 42.1
Noah Marshall 53.8
M55 Charles Irace 51.9
M60 W Siderowitz 53.0
Len Cheringal 53.5
M65 Jim Manno 48.5
M70 George Sheehan 52.9
W55 N Ammermuller 57.4

M30 John Brooks 37.1
Val Barnwell 37.5
M35 Ron McDonald 39.8
Lou Miller 51.3
M40 Will Overby 38.6
Nat Watson 40.4
M45 Tom Toscano 40.0
Rett Oren 43.5
M50 James O'Hara 42.1
Haig Bohigian 44.1
M55 John Darrell 44.5
Tom Talbott 49.7
M60 H MacMillan 51.5
M65 J W Pierson 47.8
W35 Lynne Diezi 45.7
B Clair-Searcy 46.3
W40 June Johnson 44.5
Jennifer Pinto 44.6
W50 Alex Johnson 60.2
W70 Marj Smith 72.2

500m
M30 Jerry Elson 1:10.0
James Brown 1:11.0
M35 Chris Wiegel 1:13.9
Warren Clark 1:15.5
M40 Bob Ihne 1:14.1
M45 Larry Tunis 1:38.5
M50 Frank Hariland 1:19.9
Noah Marshall 1:36.5
M55 Hans Hunziker 1:25.4
George Taylor 1:43.9

M60 Kelsey Brown 1:30.3
M65 Jim Manno 1:38.6
M70 George Sheehan 1:40.5
W55 N Ammermuller 1:44.3

M35 Ron McDonald 1:16.6
M40 Victor Broushet 1:17.3
Robert Trigo 1:19.1
M45 Rett Oren 1:18.1
Vito DiCesare 1:22.0
M50 Ed Small 1:11.6
Rich Rizzo 1:12.4
M55 -- Vellardito 1:21.6
John Darrell 1:24.6
M60 Howard MacMillan 1:39.0
W35 Lynne Diezi 1:23.8
B Clair-Searcy 1:28.0
W40 Jennifer Pinto 1:26.6
Merrill S McCarl 1:37.0
W45 Carmen Brown 1:32.4
W50 Alex Johnson 1:56.8

1000m
M30 Dallas Jacobs 2:47.0
M35 P Reinhart 2:51.3
Tom Resch 2:55.5
M50 A Roque 2:58.9
Jim Shay 3:03.1
M45 Dave Gerridge 3:06.2
M50 Ken Baker 3:00.5
Cliff Berenz 3:15.9
M55 I Bernstein 3:14.9
H Hunziker 3:25.0
M70 A Newman 3:40.6
W75 H Zachman 5:11.1
W45 Madeline Best 4:02.5
W70 Adrienne Salmini 6:29.8

M30 Mike Masters 2:58.2
Andy Miller 3:19.4
M35 Rob Jackson 2:50.4
M40 Fred Curry 3:40.7
M50 Sid Howard 2:50.4
John Connor 2:55.9
M55 Frank Vellardito 3:06.4
Jack Nyhan 3:39.5

Mile
M30 Pat Forkins 4:40.5
Stephen Redman 4:41.0
M35 Mike Blake 4:49.3
Bill Morrow 4:51.0
M40 Antonio Roque 4:54.2
David McGuigan 5:03.9
M45 Ed Schultz 5:20.5
Doug Ott 5:31.3
M50 Ken Baker 5:13.2
Cliff Gerenz 5:31.2
M55 Dom Casulli 6:13.1
Tony Fabi 6:15.8
M60 Arne Olsen 6:21.1
Eugene Bein 6:27.1
M65 Jim McGivray 7:27.4
M70 Austin Newman 6:16.0
W35 Karen Butler 6:47.7
W40 Maryann Lippin 6:11.2
W45 Madeline Best 6:31.0
W70 Adrienne Salmini 10:31.6

M30 Marty Brown 4:57.9
Mike Masters 5:06.3
M40 Joe Burleson 4:58.4
Pete Corsino 5:11.7
M50 Sid Howard 4:51.6
John Connor 4:56.6
W30 Maryellen Malloy 6:05.9
Toshiko d'Elia 6:21.5
W70 Marjorie Smith 9:28.8

Two Mile
M30 Chris Peters 10:16.9
Tom Fleming 10:25.5
M35 Tom Resch 10:40.9
Dan Branner 10:59.6
M40 Roger Price 10:27.4
M45 Andy Boyajian 14:11.8
M50 Jack Greenshield 11:5.5
M55 Hans Hunziker 12:59.2
Dom Casulli 14:08.2
M65 Tim Dyas 14:18.2
Pat Kilpatrick 21:30.1
M70 George Sheehan 15:28.6
Robert Hull 15:59.3
W30 Nancy Raibert 14:35.6
W35 Antonia Coleman 14:44.2
W40 Maryann Lippin 13:37.2
W50 Jan Rindge 16:45.7
W65 Marie Stave nta

M30 Marty Brown 10:45.0
M40 Joe Burleson 11:06.1
M50 John Conner 11:59.3
John Hurley 12:29.8
M55 Ed Quier 20:29.2
4x400 Relay
M30 NJ Striders 3:54.2
M40 NJ Masters 4:42.8
M50 NJ Masters 5:32.3

M40 NY Pioneers A 3:47.8
NY Pioneers B 3:48.2

High Jump
M30 Dan Goia 5-8
Pete Vanechanos 5-8
M35 Harold Jenkins 5-0
M40 Ron Salvio 4-8
M45 Jerry Sullivan 4-6
George Scherer 4-6
M50 Sam Rufford 5-0
Mort Hahn 4-0
M55 Larry Pratt 4-8
Robert Flynn 3-6
M65 R Vislocky 3-6
J Vislocky 3-4
W30 Yancy Munoz 3-6
W40 Skipper Clark 4-6

M30 Jerry Crockett 6-8
Joe Lafferty 5-8
M40 Will Coursey 5-4
Ivan Black 5-0
M50 Mick Lafferty 4-8
M55 Robert Wairman 3-10
M60 Jack Doorley 3-10
M75 Bob Detweiler 3-0
W30 M E Mallory 4-0
W45 Barbara Stewart 3-4

Pole Vault
M30 Bob Ayling 11-6
Don Goia 8-6
M40 Ron Salvio 9-0
M45 Jeff Tindall 12-6
M50 Leon Trout 8-6
Frank Iluzzi 8-6
M55 Miguel Rivera 11-6
George Taylor 7-6

M30 Dan Severn 13-6
M55 B B Wairman 6-6
M60 Jack Corlay 8-0

Long Jump
M30 Dan Goia 5.88
David Stauffer 5.86
M35 Harold Jenkins 5.35
-- Shiro 4.38
M40 Ron Salvio 4.71
M45 Robert O'Brien 4.85
M50 Sam Rufford 4.58
Vince Ruffin 4.35
M55 George Taylor 3.62
M75 H Mayland 2.52
Henry Zachman 1.82
W40 Skipper Clark 3.49
W70 Ethel Mayland 2.38

M30 Andy Miller 6.04
Joe Lafferty 6.03
M40 Bill Corsey 5.75
Ivan Black 5.43
M50 Mickey Lafferty 4.42
M55 John Darrell 4.1-
M60 Ned Curran 3.54
M75 Bob Detweiler 2.18
W35 Maryann Winters 1.80
W45 Barbara Stewart 3.56

Triple Jump
M30 David Stauffer 12.45
Pete Vanechanos 10.58
M35 Howard Jenkins 10.58
M40 Ron Salvio 9.67
M50 Leon Trout 8.98
M Kahn 6.00
M55 George Taylor 6.45
M75 Henry Zachman 4.22
W45 R O'Brien 7.74

M40 Ivan Black 11.01
Gary Kasin 10.42
M50 Mickey Lafferty 9.84
Haig Bohigian 9.81
M60 Ned Curran 6.42
M75 Bob Detweiler 4.87
W45 Barbara Stewart 7.20
Shot Put
M30 Dom Conclio 43-3
Manny Silverio 43-1
M35 Dan Pollio 41-6
Richard Smith 37-3
M40 Bill Scarola 39-1
Rick Dunphy 38-8
M45 Ira Wolfe 30-3
M60 Alfred Jankols 30-8
Don Henry 29-7
W30 Yancy Munoz 24-1
W40 Skipper Clark 23-8
W55 Joan Pash 29-2

M30 Andy Miller 34-1
M40 John Rochr 47-9
Gary Kasin 38-10
M45 Jai Singh 31-0
Morris Corsey 28-5
M55 Cliff Blair 44-3
Pay Carstensen 35-10
M60 Ned Curran 35-3
W40 Joyce Halls 21-7
W45 Barbara Stewart 20-4

Weight Throw
M30 Manny Silverio 51-4
M35 Rich Smith 33-1
M40 Frank Monroe 32-6
Ron Salvio 26-6
M45 Ira Wolfe 33-4
M50 Tom Jackson 26-1
Larry Keys 23-8
M60 Don Henry 30-1
Alfred Jankola 25-7

M30 Mike Stomski 36-2
M35 Dom Pollio 31-7
M40 Dennis Ziemba 22-9
M55 Cliff Blair 39-7
Martin Engel 34-1
M60 Ned Curran 28-1
M75 Alfred Skonberg 23-3
Bob Detweiler 22-8

Mile Racewalk
M30 Keith Vine 11:59
M35 Ray Funkhouser 6:31.5
John Alfonso 7:02.6
M45 Gerald Kass 9:34.1
M55 Robert Flynn 10:54.4
M65 Tim Dyas 9:29.2
Pat Kilpatrick 10:59.9
M70 Don Johnson 9:26.7
W30 Bernadette King 8:55.8
W40 Donna Centrulo 9:15.9
W50 M Olsen 9:18.4
Dolores Randazzo 9:19.0
W65 Marie Henry 11:19.5

M45 Jai Singh 11:47.5
M65 George Heller 9:24.5



Penn Relays
Philadelphia, PA
April 28-29

Men's 4 x 100 (50+):
New York Pioneers 0:48.37
(Hassan Al-Sayeed, Mel Barnwell, Ed Small, Rich Rizzo)
Merrill Lynch Realty Athletic Club 0:48.78
Shore Athletic Club 0:49.15

Men's 4 x 100 (60+) and Women's (40+):
Philadelphia Masters Club A 0:53.37
(Walker Pierson, Jim Law, Oscar Harris, Bert Lancaster)
New York Masters (women) 0:54.32
Phila. Masters B 1:02.09

Men's 4 x 100 (40+):
Overall: (1) New York Pioneers, George Mason TC, Caribbean Connection.
1st section: New York Pioneers 0:45.75
(William Overby, Chipper Robinson, Nat Watson, Ed Howard)
George Mason TC 0:46.40
Caribbean Conn. 0:46.52
Merr. Lynch Realty A.C. 0:46.89
Phila. Masters A 0:47.76

2nd section: Philadelphia Masters B 0:46.92
(Ted Gray, Jim Galbreath, Don Webster, Thad Bell)
Richmond TC 0:47.26
Four Winds TC 0:47.40
Shore AC 0:47.70

Men's 4 x 400 (40+):
NY Pioneers A 3:42.22
(Nat Watson, Mustafa Ahmed, Glen Shane, William Overby)
Shore AC B 3:50.54
Phila. Masters 3:58.16
Central Park TC 3:58.91
Lehigh Valley AA 4:02.90

Men's 100-meter Dash (75+):
Claude Hills (76) 0:15.8
Manfred D'Elia (81) 0:16.4
Randolf Nilsen 0:16.4
Ray Edwards 0:16.5
Blaine Till 0:17.8

Men's 4 x 400 (40+):
George Mason TC 3:29.24
(Ron Johnson, Dennis Dyce, Bob Brown, Lee Evans 48.9)
Shore AC A 3:35.04
Caribbean Conn. 3:35.32
Merrill Lynch Realty AC 3:35.55
NY Pioneers A 3:36.10



SOUTHEAST

Delray Beach Senior Games
Delray Beach, FL
April 9

100m
M40 Tyrone Carlis 12.05
Vince Righi 13.13
M45 Wilmer Alexander 12.66
Dave Dreifuerst 13.31
Robert O'Brien 13.4
Dave Compton 13.56
M50 Jim Muxen 12.97
M55 Paul Goulden 15.17
M60 Ed Schuler 12.69
M65 Vern Mattson 13.64
Tom Kennell 13.78
Bill Carmen 14.65
M70 Bill Weinacht 13.76
Don Hull 14.45
Nat Heard 15.18
M75 Gil Gonzales 15.80
W45 Joy McDonald 13.52
Francis Collier 18.60

200m
M40 Tyrone Carlis 25.11
Fred Rivera 25.21
Jon Davis 25.26
David Lee 25.88
Vince Righi 25.98
M45 Wayne DeYoung 25.95
Bob O'Brien 28.27
Dave Dreifuerst 28.34
M50 Jim Muxen 27.79
M55 Paul Goulden 34.00
Dan Kennedy 37.31
M65 Vern Mattson 29.79
Tom Kennell 31.30
Bill Carmen 32.76
M70 Bill Weinacht 30.02
Don Hull 31.59
Nat Heard 33.02
M75 Gil Gonzales 33.69
W45 Joy McDonald 30.28
Francis Collier 44.80

400m
M40 David Lee 58.52
George Berry 59.58
Jon Davis 61.02
M45 Ken Gailey 70.--
M50 Jim Muxen 65.--
M55 P Goulden 80.--
M65 Bill Carmen 73.--
Jerome Kauffman 92.--
M70 Bill Weinacht 71.--
Don Hull 76.--
M75 Dick Lacey 1:42.--
Igor Storojeff 2:05.--

800m
M40 Victor Beltran 2:19.93
M45 Dave Compton 2:18.00
Ken Gailey 2:33.07
David Burns 2:38.73
M60 Jon Tobey 2:23.08
M65 Bart Ross 2:46.71
M70 Max Quackenbus 2:58.27
M75 Igor Storojeff 4:43.95

1500m
M40 Hector Rodriguez 4:41.91
Victor Beltran 4:44.89
Anson Clapcott 5:17
M45 Dave Compton 4:44.49
M65 Bart Ross 5:50
M70 Max Quackenbus 6:00
M75 Igor Storojeff 9:43

5000m
M40 H Rodriguez 17:07.9
Victor Beltran 17:33.2
Harold Friend 18:47.8
Anson Clapcott 21:53.2
M45 David Burns 19:17.8
M65 Bart Ross 19:02.8

High Jump
M40 Allan Robertshaw 1.47
M50 Barry Berkus 1.47
George Freyer 1.37
M55 Bill Gentry 1.42
Bill Mondell 1.32
Warren Jackson 1.32
M60 James Gillcrist 1.57
M70 Don Hull 1.06
M75 Gil Gonzales 1.12
Dick Lacey 1.06
Charles Hirshey .76

Pole Vault
M45 Dave Dreifuerst 2.82
M55 Bill Gentry 2.29
Bill Mondell 2.13
M75 Gil Gonzalez 1.98

Long Jump
M40 Tyrone Carlis 5.67
Allan Robertshaw 5.26
George Berry 5.08
M45 Bob O'Brien 4.33
M55 Bill Mondell 4.04
Bill Gentry 3.79
M60 Jon Tobey 4.89
Edmund Schuler 4.65
M75 Vern Mattson 4.49
Tom Kennell 4.34
Bill Carmen 3.73
M70 Don Hull 3.46
M75 Gil Gonzalez 3.86

Triple Jump
M45 Bob O'Brien 8.33
M55 Bill Gentry 7.99
M60 Edmund Schuler 8.85
M65 Vern Mattson 8.95
Tom Kennell 8.89
Bill Carmen 8.15
M70 Don Hull 6.22
M75 Dick Lacey 4.98

Shot Put
M55 Len Olsen 12.34
Jim Brady 10.01
Bill Mondell 8.56
Dan Kennedy 7.33
Lou Caro 7.05
M65 Don Reid 11.45
Arthur Knapp 7.21
M70 Nat Heard 11.12
Ray Rupelli 11.01
Stan Laski 8.23
Gordon Powell* 7.39
M75 Ernest Dennison 9.94
Charles Hirshey 9.3-
Gil Gonzalez 8.9-
M80 Bernard Gordon 4.65
W45 Vanessa Hilliard 9.14
W65 Jimmie Reid 5.86

Discus
M40 Dick Heck 24.43
M45 Jerry Arlese 32.58
M55 Len Olsen 37.74
Warren Jackson 28.55
M60 James Gillcrist 40.84
M65 Donald Reid 36.18
Arthur Knapp 23.31
M70 Ray Rupelli 31.54
Nat Heard 27.44
Gordon Powell* 25.75
Don Hull 25.60
M75 Gil Gonzalez 27.58
Ernest Dennison 24.86
Charles Hirshey 22.78
Igor Storojeff 18.54
M80 Bernard Gordon 12.44
W45 Vanessa Hilliard 28.58
W60 Jimmie Reid ---

Hammer
M55 Len Olsen 37.22
M65 Donald Reid 32.42
Arthur Knapp 14.88
M70 Nat Heard 34.22
Stan Laski 33.29
Don Hull 29.49
Ray Rupelli 26.35
M75 Gil Gonzalez 24.23
Charles Hirshey 21.97
Ernest Dennison 20.37
M80 Bernard Gordon 13.82

Javelin
M40 Dick Heck 25.69
M55 Bill Mondell 39.15
Len Olsen 36.02
M60 Randy Cooper 39.58
M65 Don Reid 30.85
Arthur Knapp 16.61
M70 Don Hull 25.52
Ray Rupelli 21.66
M75 Gil Gonzalez 26.02
Igor Storojeff 19.89
Charles Hirshey 19.56
Gordon Powell 17.24
Ernest Dennison 16.86
W45 Vanessa Hilliard 19.45
W60 Jimmie Reid 14.78

Weight Throw
M55 Len Olsen 11.16
M65 Don Reid 10.87
Arthur Knapp 6.22
M70 Ray Rupelli 8.62
Stan Laski 7.9
Don Hull 7.85
Gordon Powell* 6.92
M75 Ernest Dennison 6.96
Charles Hirshey 6.78
W45 Vanessa Hilliard 8.61

5000m Walk
M45 Al Cruzado 27:54.7
M55 Bob Fine 29:00.2
M65 Jerome Kauffman 36:04.5
M70 Sol Tannenbaum 35:45.9
M75 Igor Storojeff 47:81
W40 Ruth Bergman 34:25.1
Doreen London 36:45.5
W45 Francis Collier 44:32.3
W50 Joy Clirgman 31:53.9
W65 Anetta Matuck 40:02.4
Phyllis Thompson 43:24.5
*M75 division athlete

Continued on next page

Continued from previous page

Omega Sports Spring Masters Meet Thomasville, NC April 15

50 Meters	Age-Group	Place	Time (time)	name, age	place	pct.
6.38		1		Thad Bell, 44		
6.44		1		Rich Clary, 35		
6.74		2		Thomas Little, 37		
6.74		2		Fred Rivera, 41		
6.78		3		Bill Anderson, 37		
6.81		4		Donnie Hardy, 36		
6.94		1		Jim Law, 63		
7.15		1		Jim Shoaf, 46		
7.43		2		Bart Newell, 45		
8.56		1		Mac Bryant, 37		
9.35		1		Jo Sullivan, 64		
11.3		1		Margaret Hagerty, 66		

100 meters	Age-Group	Place	Time (time)	name, age	place	pct.
10.45 (12.6)		1		Jim Law, 63		.9426
10.92 (11.79)		1		Thad Bell, 44		.9020
11.46 (12.02)		2		Greg Marshall, 41		.8595
11.48 (11.90)		1		Richard Clary, 35		.8580
11.53 (13.7)		2		Tom Delaney, 61		.8543
11.54 (12.29)		3		Fred Rivera, 41		.8536
11.61 (14.32)		1		Andy Thompson, 66		.8484
11.62 (11.89)		1		Charles Jordan, 32		.8477
11.64 (12.89)		1		Bill Jeffrey, 49		.8462
11.87 (13.14)		2		Nate Carter, 49		.8298
11.95 (12.45)		2		Thomas Little, 37		.8243
12.02 (14.01)		1		Bill Hottinger, 58		.8195
12.16 (12.72)		3		Bill Anderson, 37		.8100
12.18 (13.16)		3		Bill Busby, 44		.8087
12.36 (13.48)		3		Jim Shoaf, 46		.7969
12.39 (12.74)		2		Billy Hogans, 33		.7950
12.39 (13.64)		4		Mike Valle, 48		.7950
13.68 (16.1)		1		Betty Vosburgh, 57		.7880
12.65 (13.73)		5		Bart Newell, 45		.7787
12.77 (16.62)		1		Floyd Lennon, 72		.7713
13.07 (15.23)		2		John Shoemaker, 58		.7536
13.24 (14.37)		4		George Cliette, 45		.7440
13.38 (15.9)		3		Ken Long, 61		.7362
15.07 (18.70)		1		Jo Sullivan, 64		.7153
15.07 (18.3)		4		Bruce Hudson, 64		.6536
15.79 (16.51)		4		Mac Bryant, 37		.6238
18.19 (22.98)		1		Margaret Hagerty, 66		.5926

200 meters	Age-Group	Place	Time (time)	name, age	place	pct.
21.20 (26.8)		1		Jim Law, 63		.9255
21.99 (24.2)		1		Thad Bell, 44		.8922
22.57 (24.4)		2		Greg Marshall, 41		.8693
22.78 (29.59)		1		Andy Thompson, 66		.8613
23.69 (25.6)		4		Fred Rivera, 41		.8282
23.85 (24.5)		1		Charles Jordan, 32		.8226
23.91 (25.25)		1		Tom Little, 37		.8206
23.91 (25.84)		3		Ian Dickson, 44		.8206
24.29 (25.5)		2		Donnie Hardy, 36		.8077
24.31 (27.63)		1		Bill Jeffrey, 49		.8071
24.81 (30.1)		1		Bill Hottinger, 58		.7908
25.44 (35.1)		1		Floyd Lennon, 72		.7712
25.73 (28.5)		2		Bart Newell, 45		.7625
25.93 (28.9)		3		Jim Shoaf, 46		.7567
25.64 (28.22)		5		Bill Busby, 44		.7452
28.60 (28.6)		1		Teresa Ingie, 25		.7545
26.78 (33.28)		2		Ken Long, 61		.7326
26.79 (32.5)		2		John Shoemaker, 58		.7324
27.28 (27.28)		1		Jon Weldon, 13		.7192
28.03 (28.03)		1		Will Weldon, 15		.7000
31.94 (33.5)		1		Margie Clappitt, 35		.6756
30.85 (37.72)		3		Jim Saxon, 59		.6360

5000 meter Race Walk	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
25.36 (31.05)		1		Ken Long, 61		.7363
26.17 (33.22)		1		E.B. Lloyd, 66		.7172

Pole Vault	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
17.7 (11-3)		1		Boo Morcom, 67		.8624*
14.7 (14-7)		1		John Casale, 29		.7380
14.4 (13-0)		1		John Dye, 39		.7363
13.11 (12-0)		1		Bill Busby, 42		.7048
10-11 1/2 (9-0)		1		Bill Eubanks, 46		.5539
10-8 (10-0)		2		Charles Busby, 35		.5439
9-9 1/4 (8-0)		2		Charles Gibbs, 46		.4942
NH				Walt Creddie, 35		
NH				Vince Struble, 38		

High Jump	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
6-4 1/4 (4-3 1/4)		1		Andy Thompson, 66		.8017
6-4 (4-6 1/4)		1		Tom DeLaney, 61		.7975
5-2 1/4 (3-8)		1		Betty Vosburgh, 57		.7608**
6-0 1/4 (3-10)		1		Wib Ragland, 72		.7603
6-0 (5-1)		1		George Cliette, 45		.7562
5-11 1/4 (4-6)		1		Bill Mondell, 56		.7521
5-10 (4-10)		2		Mike Valle, 48		.7355
4-11 (3-2)		1		Jo Sullivan, 64		.7177
5-3 3/4 (5-0)		1		Charles Busby, 35		.6694
4-1 1/4 (2-6)		1		Charles Hirshey, 75		.5207

Long Jump	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
19-11 1/4 (15-9 1/4)		1		Bill Jeffrey, 49		.6923
19-6 1/4 (15-8)		2		Mike Valle, 48		.6780
18-1 1/4 (13-0 1/4)		1		Bill Mondell, 56		.6275
16-8 1/4 (15-3 1/4)		1		Bill Anderson, 37		.5805
16-5 1/4 (15-7 1/4)		1		Billy Hogans, 32		.5701
13-7 1/4 (9-0 1/4)		1		Mary Thompson, 60		.5578

Triple Jump	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
42-0 1/4 (39-11 1/4)		1		Billy Hogans, 32		.7132
38-11 (31-1 1/4)		1		Mike Valle, 48		.6604

Javelin Throw	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
193-11 (122-5)		1		Bill Mondell, 56		.6535
187-3 1/4 (129-10)		1		Bill Busby, 42		.6312
165-3 (122-10)		1		Bill Jeffrey, 49		.5569
155-8 (140-5)		1		Charles Busby, 35		.5349
148-1 1/4 (137-8)		1		Billy Hogans, 33		.5049
140-10 (1014-9)		2		Nate Carter, 49		.4748
129-10 (115-11)		2		Beasey Hendrix, 33		.4377
127-3 (73-3)		1		Boo Morcom, 67		.4289
126-1 (99-4)		2		Vince Struble, 38		.4251
94-10 (45-5)		1		Mary Thompson, 60		.3914
119-10 (107-4)		3		Charles Thuret, 34		.3876
113-4 1/4 (54-6)		1		Charles Hirshey, 75		.3821
113-4 (89-3)		1		George Cliette, 45		.3820
109-10 1/4 (109-10 1/4)		1		John Casale, 29		.3704
98-9 1/4 (85-2)		4		Jay Dorsett, 34		.3330
52-5 1/4 (47-2)		1		Lee Ann Freeman, 31		.2417

Shot Put	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
47.3 (30-6)		1		Charles Hirshey, 75		.7059
45.7 1/4 (37-0)		1		Mike Valle, 48		.6814
41.5 1/4 (39-8 1/4)		1		Billy Hogans, 33		.6191
40-4 1/4 (38-3)		2		Charles Thuret, 34		.6029
39.5 (30-1 1/4)		1		Bill Waugh, 63		.5887
38-5 1/4 (30-10)		2		Nate Carter, 49		.5745
38-4 (36-4)		3		Jay Dorsett, 34		.5725
35-0 1/4 (23-2 1/4)		1		Mary Thompson, 60		.5455
36-3 (30-6)		1		Wayne Swank, 53		.5417
36-0 (29-1 1/4)		1		Bill Mondell, 56		.5377
32-2 1/4 (30-10 1/4)		4		Beasey Hendrix, 33		.4814
32-0 (29-8 1/4)		1		Donnie Hardy, 36		.4779
31-11 1/4 (26-10)		3		George Cliette, 45		.4770
21-9 (17-9 1/4)		1		Lee Ann Freeman, 31		.3233

Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
35.00 (45.9)		1	Jo Sullivan, 64		.6166
32.67 (34.5)		3	Mac Bryant, 37		.6006
37.28 (49.9)		1	Margaret Hagerty, 66		.5789

400 meters	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
52.73 (61.6)		1		Bill Jeffrey, 49		.8210
52.78 (54.4)		1		Charles Jordan, 32		.8202
53.55 (57.1)		1		Thomas Little, 37		.8084
59.59 (76.1)		1		Betty Vosburgh, 57		.8027*
62.13 (83.4)		1		Bruce Hudson, 64		.6968
64.41 (88.3)		1		E.B. Lloyd, 66		.6721
66.83 (76.2)		2		Jim Shoaf, 46		.6478
81.05 (135.4)		1		Margaret Hagerty, 66		.5901
77.56 (82.7)		2		Mac Bryant, 37		.5581

400 meter Hurdles	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
54.89 (58.0)		1		Richard Clary, 35		.8599

300 meter Hurdles (age-grade = 400 meters)	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
53.93 (54.2)		1		Andy Thompson, 66		.8719
63.27 (65.4)		1		Al Everhart, 32		.7432
72.68 (52.9)		1		Jon Weldon, 13		.6469
74.20 (54.0)		1		Will Weldon, 15		.6337

800 meters	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
1:55.90 (2:05.62)		1		Ian Dickson, 44		.8777
2:05.72 (2:38.8)		1		Russ Glatz, 58		.8092
2:13.68 (2:18.8)		1		Mike Wise, 34		.7609
2:29.72 (2:20.72)		1		Jon Weldon, 13		.7229
2:21.93 (3:07.04)		1		Bruce Hudson, 64		.7168
2:22.53 (2:25.5)		2		Jim Sobralste, 31		.7137
2:24.88 (2:24.88)		1		Will Weldon, 15		.7022
2:27.15 (3:07.84)		2		David MacKenzie, 61		.6913
2:50.05 (2:58.4)		1		Margie Clappitt, 34		.6640
2:41.59 (3:37.75)		1		E.B. Lloyd, 66		.6296
2:44.56 (3:15.8)		2		Jim Saxon, 59		.6182
3:13.3 (4:29.9)		1		Margaret Hagerty, 66		.5841
3:05.50 (3:21.8)		1		Mac Bryant, 37		.5484

1500 meters	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
4:03.9 (4:23.2)		1		Ian Dickson, 44		.8587
4:13.7 (4:29.2)		2		Bill Weldon, 44		.8256
4:15.7 (4:22.8)		1		Al Everhart, 32		.8192
4:29.4 (5:32.1)		1		Russ Glatz, 57		.7775
4:42.2 (4:42.2)		1		Jon Weldon, 13		.7422
4:44.0 (6:12.5)		2		Bruce Hudson, 64		.7375
4:51.7 (6:01.6)		1		David MacKenzie, 61		.7181
5:05.6 (6:50.2)		1		E.B. Lloyd, 66		.6854
6:34.1 (9:03.4)		1		Margaret Hagerty, 66		.5900
6:39.4 (7:00.3)		1		Mac Bryant, 37		.5244

3000 meters	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
9:20.4 (9:28.9)		1		Al Everhart, 32		.8303
9:36.2 (11:31.5)		1		John Harwick, 56		.7872
10:53.5 (13:44.2)		1		David MacKenzie, 61		.6917
14:36.8 (20:07.4)		1		Margaret Hagerty, 66		.5722
15:16.1 (16:21.1)		1		Phyllis Mayconich, 40		.5476
15:05 (15:45.2)		1		Mac Bryant, 37		.4994

Straight Hurdles	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
13.9 (18.0)		1		Tom DeLaney, 61		.9281
14.1 (19.4)		1		Andy Thompson, 66		.9149
15.5 (15.9)		1		Richard Clary, 35		.8323
17.7 (19.1)		1		Bill Busby, 43		.7288

One Mile Race Walk	Age-Grade Actual	Age-Group	Time (time)	name, age	place	pct.
7:13.6 (8:49.5)		1		Ken Long, 61		.7934

Continued from previous page

M60 Bernie Stevens	12.9
Mel Melgosa	13.3
Huel Washington	13.4
Bob Higginbotham	14.4
M65 Claude Taggart	13.9
Jim Johnson	15.1
Carl Oates	15.5
F. Toner	16.8
M70 Payton Jordan	13.1
M75 John Satti	16.2
Les Holmquist	19.3
W30 Laurie Ahlberg	14.1
W35 Penny Forst-Gilkey	13.4
W45 Nadine O'Connor	14.7
W50 Fei Mei Chou	16.1
Mary Furlong	18.2
W55 Marjorie Moore	17.5
W65 Els Tuinzing	17.3
Diana Smith	21.4

200m	
M30 Darrell Smith	22.8
B. Stanton	23.2
Angel Bobo	23.5
J. Johnson	24.0

M35 Glen Johnson	24.7
Frank Demby	24.8
Earl Bryant	25.0
M40 G. Patterson	24.5
Russ Rutledge	24.8
Ron Yeck	24.9
B. Turner	26.0
Manuel Pan	26.2
Mike Holzgang	27.4
M45 Mel Brooks	24.0
Win Emert	24.6
Juan Bustamante	24.7
Jack Karbens	27.0
G. Byrne	27.0
T. Campbell	27.3
G. Matheny	29.2
Bill Probst	29.3

M50 Martyn Adamson	23.9
Gil Latorre	24.8
Phil Maresca	26.5
M55 Bruce Springbett	25.4
M60 Bernie Stevens	26.7
Mel Melgosa	27.2
Huel Washington	28.2
M65 Claude Taggart	30.3
Frank Toner	37.2
M70 Payton Jordan	27.6
W30 Nancy Frost	30.9
W35 Penny Forst-Gilkey	28.0
W40 Pat Frei	32.0
Mary Viera	33.2
W45 Nadine O'Connor	30.0
W50 Fei Mei Chou	34.1
W55 Marjorie Moore	37.0
W65 Els Tuinzing	38.4
Diana Smith	48.1

400m	
M35 Adrian Rodgers	48.8
Ron Thoman	55.7
M40 S. Barnett	54.2
G. Patterson	55.0
J. Seale	56.5
Russ Rutledge	57.4
B. Turner	57.6
Mike Holzgang	59.0
M45 John Aldridge	53.8
Dennis Duffy	54.2
Phil Agostini	59.5
T. Campbell	60.1
G. Matheny	62.2
M50 Martyn Adamson	54.1
Phil Maresca	59.1
Rene Wilett	63.8
M55 Bruce Springbett	57.9
Alex Pappas	64.8
Dave Douglas	67.1
M60 Bernie Stevens	60.6
M65 Claude Taggart	68.5

W30 Nancy Frost	65.7
W35 P. Forster-Gilke	63.4
W45 Nadine O'Connor	65.5
W65 Els Tuinzing	81.8

800m	
M30 R. Tolliver	2:05.9
Dan Butterfld	2:08.2
Dan O'Connell	2:21.4
M35 Randy Sturgeon	2:19.9
M. Van Winkle	2:37.7
M40 S. Barnett	2:04.1
Mike Ackley	2:05.5
S. Jones	2:06.2
Max Naegle	2:07.2
M45 Dennis Duffy	NT
Charles Johnson	NT
M50 Pete Richardson	NT
W30 Denise Frampton	2:27.0
Nancy Frost	2:39.3
W40 Pat Frei	2:44.5

1500m	
M30 Steve McNutt	4:46.8
M35 Tim Shannon	4:17.3
Randy Sturgeon	4:20.4
Ernie Rivas	4:24.9
Dick Campbell	4:42.6

M40 J. Seale	4:37.0
M45 Don Spickelmier	5:08.0
Charles Johnson	5:12.9
M50 Pete Richardson	4:44.7
M55 Ed Mahany	6:16.3
W50 Vicki Bigelow	5:18.4

5000m	
M30 Larry Meredith	16:49.3
M35 Stan Hockerson	16:28.2
Curt Duff	17:04.1
M45 Tyrone Nelson	17:26.5
G. Matheny	19:17.4
M60 Gene Pumphry	18:52.0
W30 Lisa Boyle	17:36.8
W35 Laurel Ulrich	NT

110m hurdles	
M40 Fred Johnston	16.5

100m hurdles	
M50 Dee Dewitt	15.7
Steve Richmond	18.2
M55 Dave Douglas	18.9
M60 Bob Higginbotham	18.1

High jump	
M30 Ron Shields	6-0
R. Ulrich	5-2
M35 M. Van Winkle	4-8
M45 Jim Brown	5-2
Don Dvorak	4-10
G. Matheny	4-6
M50 Don Rose	5-0
Steve Richmond	4-8
M55 Herm Wyatt	5-8
Dave Douglas	4-4
M65 Mark Henderson	4-0
Jim Johnson	4-0
M70 Jim McCarthy	3-6
Les Holmquist	3-8
Carol Johnston	3-8

Pole vault	
M35 Ed Seese	14-0
M40 Dick Stepp	12-0
M45 Bruce Hotaling	13-0
L. Holmes	12-6
R. Werne	11-6
M50 Dee Dewitt	10-0
M55 Dave Douglas	8-6
M70 Jim Vernon	9-6
M75 Carol Johnston	8-0

Long jump	
M30 J. Scileny	11-9
M35 Roger Trujillo	20-4
M40 Jim Hollister	19-5
M45 Don Dvorak	18-3
J. Lawson	17-8
G. Matheny	15-9
Jack Karbens	16-6
G. Matheny	15-9
M50 Dee Dewitt	17-3
Steve Richmond	15-5
M55 Dave Douglas	14-8
M60 Bob Higginbotham	14-11
Mike Orlich	13-5
M65 Jim Johnson	14-3
Carl Oates	12-6
M75 John Satti	12-6
Les Holmquist	9-7
M80 Bob Ullsh	8-1
W55 Marjorie Moore	9-11

Triple jump	
M30 R. Ulrich	35-1
S. McNutt	31-9
J. Scileny	24-2
M35 Roger Trujillo	40-11
M40 Jim Hollister	37-3
M45 J. Lawson	36-9
Don Dvorak	34-11
Jack Karbens	31-3
M50 Dee Dewitt	33-9
Steve Richmond	30-1
M65 Jim Johnson	29-2
M75 John Satti	24-8
M80 Bob Ullsh	19-6

Shot put	
M30 Richard Gorbet	46-6
J. Scileny	25-4
M50 Jim Hart	44-4
K. Mayer	42-8
Dick Hotchkiss	43-2
J. Ross	41-4
L. Hovanski	40-6
C. Ward	34-9
M55 B. Feaster	39-3
Dave Douglas	31-6
M60 Mike Orlich	41-11
Roy Wigginton	30-8
M65 Bob Stone	31-0
Mark Henderson	30-7
M70 Hal Cronkhite	34-10
Hy Booth	31-4
Dick Mack	26-0
M75 Ross Carter	39-2
Jim York	33-5
W35 Joan Stratton	39-5
W55 Barbara Racine	23-5
W65 Riki Corvalliho	18-10

Hammer	
M50 Jim Hart	39.92
M55 Dave Douglas	36.94
M65 Bob Stone	36.06
M70 Rick Hustace	25.06
M75 Jim York	30.52
M80 Bob Ullsh	24.86
W35 Joan Stratton	39.32

35 lb. weight	
M75 Jim York	6.99

25 lb. weight	
M65 Bob Stone	10.71

Javelin	
M30 J. Scileny	115-11
M40 Dick Stepp	134-6
A. Feia	115-2
M45 Dennis Neufeld	157-7
Jack Karbens	134-0
A. Sira	121-1
M50 Don Rose	139-2
K. Mayer	137-2
C. Ward	110-8
M60 Roy Wigginton	101-0
M65 Bob Stone	98-9
M70 Rick Hustace	82-11
Dick Mack	80-8
Jim McCarthy	74-9
M75 Jim York	65-8
M80 Emery Curtice	80-3

Discus	
M30 Richard Gorbet	136-1
J. Scileny	84-7
M35 K. Bennett	126-6
M40 A. Feia	86-5
M45 Jack Karbens	102-3
A. Sira	98-6
M50 Jim Hart	145-6
J. Ross	144-10
Dick Hotchkiss	141-0
K. Mayer	133-2
M55 Dave Douglas	109-1
M60 Mike Orlich	133-7
Roy Wigginton	105-2
M65 Bob Stone	120-11
Mark Henderson	95-4
M70 Hy Booth	124-0
Hal Cronkhite	95-0
Jim McCarthy	75-10
Dick Mack	72-2
M75 Ross Carter	117-11
Jim York	87-0

W35 Joan Stratton	120-6
W50 Fei Mei Chou	60-6
W55 Barbara Racine	61-3
W65 Riki Corvalliho	43-2

4x100 relay	
(mixed ages)	
T-Shirt TC	45.6
(M. Evans, H. Evans, K. Cook, N. Payton)	
San Francisco TC	48.0
'89ers	48.0
Dragons	55.8

4x400 relay	
(mixed ages)	
Human Hotrods	3:29.5
(Cottong, Rodgers, Barnett, Tolliver)	
BTLA	3:43.0
S. Francisco TC	4:05.6
Fast A	4:08.8
Fast B	4:10.1
Fast C	4:11.3

CANADA

Ontario Masters Indoor
Championships
Toronto, Canada
March 11

60m	
M35 George Kenins	7.44
Horace Hudson	7.68
Milton Britton	7.75
M40 Thaddeus Bell	7.46
Bob Zimmerman	7.55
Tony Hatt	7.75
M45 Scott Tyler	7.55
Tony Powell	7.77
Alan Slater	7.94
M50 George Hole	7.77
J van der Vleuten	7.98
Charles Agnoo	8.01
M55 Alf Sundin	8.07
Eric Malmstrom	8.43
Earl Fee	8.47
M60 Ross Mitchell	8.27
Kurt Hering	8.73
Norman Baum	8.76
M65 Andy Thomson	9.13
Peter Pientka	9.51
M70 Max Pickl	8.98
Art Obokata	9.13
Ben Mackereth	9.27
M75 Karl Trei	10.73
W35 Emily Milgram	8.43

W40 Pam Duncan	9.01
M Pires Ferreira	9.40
Flora Hyslob	10.91
W45 Barbara Stewart	9.13
Ann-M Rosenitsch	9.34
W50 A van der Vleuten	9.68
Edith Gray	10.62
W55 Doreen Carmichael	9.82
W60 Pat Peterson	10.09
W65 Elga Meri	11.75

200m	
M35 Horace Hudson	23.7
Milton Britton	24.6
William Rempel	26.8
M40 Bob Zimmerman	23.7
Thaddeus Bell	23.7
Tony Hatt	24.7
M45 Tony Powell	24.9
Peter Tams	26.7
Jack Lyda	27.4
M50 Charles Agnoo	27.3
Tom Fondy	27.4
Clark Little	27.6
M55 Tom Callendar	26.6
Alf Sundin	26.8
Earl Fee	27.3
M60 Norman Baum	29.1
Wally Gordon	30.6
M65 Andy Thomson	30.2
Peder Nielson	34.0
M70 Art Obokata	30.5
Max Pickl	30.9
Ben Mackereth	32.1
W35 Emily Milgram	28.0
W40 Pam Duncan	29.9
M Pires Ferreira	32.2
W55 Anne-M Rosenitsch	30.7
Gear J Hemming	32.9
W60 Pat Peterson	35.2
W65 Elga Meri	41.1

400m	
M35 Horace Hudson	52.6
Tom Hutchinson	59.0
William Rempel	61.9
M40 Bob Zimmerman	53.9
Tony Hatt	55.9
Dale Ladd	58.4
M45 Tony Powell	58.5
Jack Lyda	60.4
Tay Wilson	63.2
M50 J van der Vleuten	57.6
Bill McIlvane	59.5
Tom Fondy	60.5
M55 Earl Fee	58.6
Brian Oxley	64.6
Chris Wilson	70.3
M60 Norman Baum	64.4
M65 Valden Sadul	67.1
M70 Art Obokata	69.0
Ben Mackereth	74.9
M75 Alex Ernesake	74.9
W40 Rhona Trott	71.1
W45 Ann-M Rosenitsch	68.4
W50 Anne van der Vleuten	72.5
W60 Pat Peterson	90.0

800m	
M35 George Aitken	2:10.5
David McLeod	2:11.0
Tom Hutchinson	2:15.6
M40 Ray Tucker	2:04.3
John Pickard	2:09.2
Aris Birze	2:10.5
M45 Mike Scott	2:10.8
D Featherstone	2:24.8
Eddie Shoesmith	2:29.3
M50 Bill McIlvane	2:24.2
Bruce Hill	2:24.7
Jim Pascoe	2:26.4
M55 E Fee	2:18.0
Brian Oxley	2:36.3
John Johnston	2:37.8
M65 Valden Sadul	2:41.3
Kurt Gelbhaar	2:42.2
John Houlden	2:48.0
W35 Marilyn Pamplin	3:07.3
W40 Rhona Trott	2:59.7
W45 Eileen Crichton	2:54.6
W55 Jean Horne	2:56.9
W60 Dorly Brechbuel	3:30.2

1500m	
M35 George Aitken	4:24.8
Bob Shillington	4:31.3
Tim Payne	4:33.1
M40 John Pickard	4:24.6
Glenn Kitamura	4:27.7
John Rook	4:29.7
M45 Dennis Firestone	4:46.1
M50 Gordon Walker	4:59.0
Bruce Hill	4:58.1
Ian Atkinson	5:09.5
M55 Richard Graves	5:18.6
John Johnston	5:22.0
Peter Tink	5:25.4
M60 Cliff Hall	5:14.8
Manuel Teodoro	5:18.9
Wilf Hartzengery	5:31.0
M65 Kurt Gelbhaar	5:30.9
John Houlden	5:31.4
M Crozier	6:24.7
M70 Aaron Kazden	6:48.2
W35 Marilyn Pamplin	6:08.8
W40 Linda Findley	4:52.5
W45 Judy Willmott	5:44.3
Eileen Crichton	5:51.0
W55 Molly Turner	5:43.8
W60 Ruth Droege	6:07.7
Dorly Brechbuel	6:57.7
W65 Judith Kazdan	6:59.0



3000m	
W45 Eileen Crichton	12:39.2
W50 Judy Willmott	12:39.0
W55 Molly Turner	*12:17.5
Jean Horne	12:26.1
W60 Ruth Droege	12:57.1
W65 Judith Kazdan	15:14.0

5000m	
M35 Joe Contario	15:46.4
Murray Hale	16:10.4
Larry Hoo	17:25.2
M40 User Posluszney	16:57.1
Michael Sheridan	17:34.0
John Rook	18:13.6
M45 Mike Scott	14:46.4
Robert Moore	16:12.4
David Sheridan	16:25.5
M50 Gordon Walker	18:15.0
Brian Delaney	18:23.5
Dave Wallace	18:30.2
M55 Kich Graves	19:24.9
J Johnston	20:05.6
Pete Tink	20:22.7
M60 John Reeves	19:21.9
Manuel Teodoro	19:22.9
M65 John Houlden	20:37.5
M70 Aaron Kazdan	25:55.8
Whitey Sheridan	26:46.5

High Jump	
M40 William Dehorn	1.70
Imrich Kiraly	1.65
Hugh Miller	1.50
M45 Pete Tams	1.40
M50 Edmund Andrade	1.55</

Continued from
previous page**INTERNATIONAL****Australian National Veteran
Championships
Perth, West Australia
March 24-27**

100m	
M35 J Neale	12.2
D Jones	12.5
A Smith	13.4
M40 P Crombie	11.3
C Ansoul	11.6
C Davies	11.7
M45 F Turner	11.5
B Kernaghan	11.6
K Martin	12.1
M50 H Coogan	12.6
G Noden	12.6
N Richards	12.6
R Harris	12.6
J Liascos	12.7
T Hall	13.4
M60 R De Gruchy	14.2
G Gourlay	14.2
R Cartwright	14.7
M65 F O'Connor	13.2
M Johnston	13.4
P Corley	13.8
M70 K Hopkins	15.0
H Logan	15.1
S Coleman	16.2
M75 V Turner	15.5
M80 H Gathercole	15.7
G Simpson	22.8
M85 J Sanders	27.8
W30 D Drury	12.4
P Dawson	12.7
M Perrott	13.0
W35 K Adams	12.3
L Choate	12.5
A Stingmore	13.4
W40 J Hynes	12.5
E Hindle	12.7
J Johnson	12.9
K Holland	13.5
C Battersby	13.9
S Orr	14.0
W50 T Wharton	13.8
D Whittam	14.2
G Seymon	15.1
W55 P Carr	15.6
T Leb	15.8
H Doherty	19.5
W60 M MacKinnon	15.7
J Green	15.7
M Gibbs	19.4
G Davidson	15.8
V Tyson	21.0
P Head	21.6
200m	
M35 J Neale	25.4
D Jones	26.5
G Lee	27.3
M40 P Crombie	23.1
C Davies	23.7
C Ansoul	24.0
M45 F Turner	23.3
B Kernaghan	23.9
P Gare	24.0
M50 K Daniels	25.2
H Coogan	25.2
G Noden	25.2
M55 J Liascos	26.3
R Harris	26.3
D Paul	26.5
M60 G Gourlay	28.3
R De Gruchy	28.8
R Cartwright	30.4
M65 F O'Connor	27.7
M Johnston	28.0
P Corley	28.5
M70 K Hopkins	31.8
A Smith	33.7
H Logan	37.0
V Turner	31.6
M80 H Gathercole	32.8
G Simpson	69.3
W30 D Drury	26.1
P Dawson	27.6
M Perrott	28.4
W35 K Adams	26.0
L Choate	26.5
A Stingmore	28.2
W40 J Hynes	26.0
E Hindle	26.3
J Johnson	26.8
W45 K Holland	28.5
C Battersby	29.1
S Orr	29.9
W50 T Wharton	29.5
D Whittam	30.4
S Cross	38.6
W55 P Carr	33.5
T Leb	35.6
H Doherty	38.1
W60 M MacKinnon	34.0
J Green	34.0
M Gibbs	44.7
G Davidson	35.2
V Tyson	45.3
P Head	52.1

400m	
M35 P Brazier	50.6
J Molloy	52.7
W Shand	53.4
M40 P Crombie	52.3
C Davies	52.6
J Bird	55.0
M45 F Turner	53.5
B Kernaghan	53.6
P Gare	54.1
M50 A Pollock	55.0
D Clive	55.8
J Warren	57.0
M55 D Carr	57.9
D Paul	60.2
T Morgan	60.9
M60 R De Gruchy	67.4
R Cartwright	70.0
G Morgan	77.4
M65 M Johnston	63.7
F O'Connor	64.8
R Hughes	65.4
M70 A Smith	79.9
J Stevens	82.7
M75 V Turner	75.9
S Nicholls	98.7
M80 H Gathercole	83.9
W30 D Drury	60.6
P Dawson	62.9
W35 L Choate	63.9
A Stingmore	64.0
E Dundas	83.7
W40 J Hynes	58.3
R Tregenza	61.2
A Shaw	65.3
W45 K Holland	64.8
C Battersby	65.7
S Orr	68.3
W50 D Whittam	71.3
A Young	84.8
W55 P Carr	81.9
M60 J Green	77.1
M MacKinnon	95.9
W65 P Head	113.3
W75 A Nicholls	129.0
800m	
M35 P Brazier	2:02.0
W Shand	2:02.7
J Molloy	2:03.2
M40 T Pheland	2:09.0
A Jenkins	2:12.7
M Rhodes	2:13.9
M45 K Wheeler	2:00.0
H MacDonald	2:03.8
B Foley	2:07.5
M50 J Warren	2:11.4
A Pollock	2:11.8
S Barrie	2:22.6
M55 F Carr	2:23.4
J Clarke	2:24.7
B Paxman	2:25.3
M60 J Plummer	2:32.7
D Weston	2:47.1
M Moyle	2:49.7
M65 R Hughes	2:35.8
K Bird	2:56.5
M70 A Smith	3:11.2
J Stevens	3:13.9
V Adamson	3:22.7
M75 S Nicholls	3:44.9
M35 M Santich	2:27.5
W40 A Shaw	2:31.3
P MacLaver	2:35.9
L Rhodes	3:07.1
W45 K Holland	2:41.6
E Mercer	2:45.5
M Forden	2:45.8
A Young	2:47.9
A Bennett	4:46.8
W60 J Green	3:01.6
M Gibbs	3:51.3
W65 P Head	4:07.7
W75 A Nicholls	4:42.4
1500m	
M35 J Molloy	4:15.4
N Fowler	4:24.4
D McCauley	4:27.8
M40 M Lynn	4:11.7
K Solomon	4:12.0
T Pheland	4:21.1
K Wheeler	4:02.1
H MacDonald	4:18.4
A Carse	4:22.2
W50 J Warren	4:28.5
S Barrie	4:43.8
R Sammells	4:58.3
M55 D Carr	4:39.6
J Clarke	4:42.3
F McLinden	5:01.8
M60 J Plummer	5:10.5
D Weston	5:13.3
N Anthony	5:15.0
M65 J Gilmour	5:07.5
R Hughes	5:17.9
K Bird	5:57.0
M75 S Nicholls	7:40.6
W35 M Santich	4:57.4
W40 A Shaw	5:20.5
P MacLaver	5:42.1
W45 M Forden	5:41.3
S Westbrook	5:58.2
H Murfett	6:14.2
W50 M Harman	5:30.1
A Young	5:53.2
W55 J Mallory	7:13.1
M60 M Gibbs	7:41.1
W65 P Head	7:57.6
W75 A Nicholls	9:39.3

5000m	
M35 K McLeod	16:51.1
D Reid	17:20.8
M Davin	18:28.4
M40 M Lynn	15:38.2
K Solomon	15:48.0
D Scott	16:37.6
M45 A Carse	16:15.4
F Smith	16:25.5
B Lloyd	16:31.3
M50 J Seymon	16:52.8
S Barrie	17:07.7
M Roberts	17:53.2
M55 J Clarke	17:52.2
B Kennedy	18:39.5
T Fry	18:52.9
M60 N Anthony	20:12.5
B Morrey	20:30.6
M Moyle	21:19.0
M65 J Gilmour	18:42.1
T Orr	19:10.9
G McKeown	19:41.0
M70 J Strickland	23:03.6
C Bould	23:56.3
L Foulser	26:29.5
M75 S Nicholls	30:21.5
W35 M Santich	19:06.7
S Sanders	23:18.2
W40 A Shaw	19:56.1
V Kuhn	20:25.0
P Farrell	24:25.0
W45 M Stewart	20:17.2
M Forden	20:45.3
K Penton	20:52.5
W50 M Harman	20:08.1
A Young	21:14.5
L Jones	22:56.1
W55 J Mallory	25:38.8
L Lauchlan	26:24.2
W60 J Strachan	26:38.0
W75 A Nicholls	33:29.4
10,000m	
M35 P Russell	37:43.2
M40 M Lynn	33:08.7
B Marsland	34:17.2
D Scott	34:34.9
M45 F Smith	34:09.3
B Lloyd	34:20.0
H Stoffers	34:45.2
M50 J Seymon	34:53.8
S Barrie	36:15.7
B Hee	37:19.1
M55 J Clarke	37:42.9
T Fry	39:27.3
B Kennedy	39:57.0
M60 L Weston	43:28.1
B Morrey	44:51.0
W Hughes	49:50.0
M65 J Gilmour	38:53.8
T Orr	39:30.0
G McKeown	42:16.8
M70 C Bould	51:51.8
V Adamson	56:11.7
L Foulser	59:00.4
K Gobby	40:31.9
Hancock-Rusel	48:52.7
W40 A Ansell	43:18.2
V Kuhn	43:25.1
P Farrell	50:55.3
W45 M Stewart	42:54.3
M Garrick	50:14.0
110mH	
M35 R Goff	17.5
J Heale	17.7
C Riddoch	17.7
M40 G Stretton	17.2
M45 J Poulter	20.1
K Martin	20.8
T Trachtenberg	21.1
100mH	
M50 G Powell	18.0
R Garraway	18.6
N Richards	20.1
M55 J McGrath	18.6
T Hall	18.7
B Moulton	19.2
M60 G Gourlay	20.1
M Collins	21.5
G Foley	22.3
M65 F O'Connor	20.1
N Goff	21.3
M McKay	23.3
W30 L Noble	20.1
W35 E Dundas	22.7
80mH	
M70 H Logan	17.5
W40 E Hindle	11.8
J Hynes	12.0
W45 C Battersby	14.9
S Westbrook	17.9
W50 T Wharton	15.1
G Seymon	16.0
3000m Steeplechase	
M35 D Reid	10:57.0
M40 F Langford	10:42.5
B Danby	11:17.9
A Williams	11:27.4
M45 A Carse	10:50.0
L James	14:08.8
M50 M Roberts	11:00.6
J Seymon	11:01.8
T Maslen	11:38.0
M55 F McLinden	13:17.5
C Silcock	13:39.6

2000m Steeplechase	
M60 A Tyson	9:14.7
W Hughes	10:15.7
M65 T Orr	8:38.0
M McKay	9:09.6
S Stankovic	9:40.3
M70 K Hopkins	9:53.0
M75 S Nicholls	12:30.4
W35 E Dundas	12:11.9
W40 A Shaw	8:34.1
W45 E Mercer	8:49.1
High Jump	
M35 R Goff	1.65
C Riddoch	1.60
M40 G Stretton	1.70
C Ansoul	1.45
J Reynolds	1.35
M45 K Martin	1.50
J Poulter	1.45
A Moore	1.40
M50 J Christian	1.46
R Garraway	1.43
N Richards	1.40
M55 T Hall	1.43
J McGrath	1.35
T Morgan	1.30
M60 G Gourlay	1.43
G Foley	1.25
M65 M McKay	1.21
K Matchett	1.00
M70 K Hopkins	1.18
H Logan	1.12
A Smith	1.09
M75 V Younger	1.15
W40 E Hindle	1.45
R Philpott	1.15
J Standish	1.00
W45 C Battersby	1.36
E Mercer	1.15
W50 T Wharton	1.38
G Seymon	1.15
W55 H Doherty	.90
W60 M MacKinnon	1.10
M Gibbs	.95
W65 G Davidson	1.15
Pole Vault	
M35 K Goff	3.05
J Heale	2.45
M40 G Stretton	2.60
J Reynolds	2.30
M45 J Poulter	3.20
P Gare	2.75
A Moore	2.45
M50 G Powell	3.20
N Richards	2.15
S Bennett	2.00
M55 J McGrath	2.75
M Rose	1.90
M65 F O'Connor	2.15
J Stuchbery	1.75
M70 V Adamson	1.45
Long Jump	
M35 R Goff	5.82
C Riddoch	5.24
D Rastovich	5.17
M40 M Tolbert	6.23
P Vallance	6.07
N Peters	6.00
M45 P Gare	5.67
T Trachtenberg	5.26
N Charles	5.17
M50 G Noden	5.30
R Garraway	4.92
N Richards	4.79
M55 J McGrath	4.81
T Morgan	4.57
T Hall	4.52
M60 M Collins	3.61
R De Gruchy	3.50
J Burgazoff	3.36
M65 F O'Connor	4.78
M Johnston	4.67
P Corley	4.59
M70 K Hopkins	3.82
S Coleman	3.19
H Logan	3.19
M75 V Younger	3.12
M80 G Simpson	2.14
W30 D Drury	5.16
G Wittorff	4.81
W35 L Choate	4.82
M Fowler	4.10
E Dundas	3.56
W40 E Hindle	5.40
J Hynes	5.31
J Johnson	4.51
W45 C Battersby	4.76
K Holland	4.47
S Orr	4.28
W50 T Wharton	4.05
D Whittam	3.42
G Seymon	3.42
W55 P Carr	3.43
H Doherty	3.36
W60 M MacKinnon	3.40
M Gibbs	2.42
W65 G Davidson	3.34
Triple Jump	
M35 C Riddoch	11.83
J Heale	10.70
M40 M Tolbert	12.78
N Peters	12.22
P Vallance	11.68
M45 K Martin	11.44
T Trachtenberg	10.40
N Charles	10.07

M50 J Christian	10.57
N Richards	10.16
S Bennett	9.82
M55 T Hall	9.81
M Rose	9.64
A Hassett	8.41
M60 G Foley	7.53
R De Gruchy	6.99
J Burgazoff	6.80
M65 P Corley	10.09
M Johnston	9.94
F O'Connor	9.86
M70 K Hopkins	8.96
H Logan	7.82
S McCnchie	7.34
M75 V Younger	5.81
M80 G Simpson	4.75
W30 J Dawson	9.96
G Wittorff	9.90
W35 L Choate	9.69
E Dundas	7.91
W40 E Hindle	10.76
R Tregenza	10.63
J Johnson	9.65
W45 C Battersby	9.71
K Holland	9.26
L Woods	7.83
W50 D Whittam	8.83
G Seymon	7.77
A Bennett	4.94
W55 H Doherty	7.29
P Carr	7.20
W60 M MacKinnon	7.87
M Gibbs	7.20
W65 G Davidson	7.43
Shot Put	
M35 D Rastovich	11.02
M Stevens	9.41
M40 R Young	9.72
P Crombie	9.72
J Baumann	8.92
M45 G Rose	11.67
F Leong	10.54
J Bowen	9.13
M50 B Fergie	9.85
G Knight	9.72
M Marsh	8.23
M55 A Stone	9.95
J McGrath	9.65
E Matthews	9.27
M60 B Chapman	9.44
D Frawley	8.56
D Blandy	8.55
M65 J MacHugh	11.38
A Husband	10.43
S Stankovic	9.35
M70 S Coleman	9.11
H Logan	8.27
K Baumann	8.20
M75 F Scully	5.66
M80 H Gathercole	6.59
G Simpson	4.27
W30 C Holland	8.71
G Wittorff	7.98
W35 W Perkins	9.30
M Taylor	8.44
W40 J Hynes	9.05
R Philpott	7.47
L Rhodes	6.10
W45 G Rapley	8.54
A Rose	6.89
M Stone	6.63
W50 D Whittam	8.59
G Seymon	8.40
A Bennett	5.68
M55 H Doherty	10.13
L Lauchlan	6.78
T Leb	5.35
W60 M MacKinnon	7.44
R McMillan	6.42
M Gibbs	6.17
W65 G Davidson	6.96
J Husband	5.57
V Tyson	5.51
W75 B Baumann	5.06
Discus	
M35 D Rastovich	35.22
C Riddoch	35.12
R Goff	32.88
M40 R Young	30.44
B Cornish	29.22
G Stretton	28.96
M45 G Rose	36.08
F Leong	33.22
J Bowen	30.60
M50 N Henry	33.14
B Fergie	30.58
J Christian	29.14
M55 E Matthews	32.18
A Stone	31.14
J McGrath	29.78
M60 H Duholm	47.38
D Frawley	32.64
B Chapman	31.54
M65 M Johnston	31.22
J Stuchbery	30.68
A Husband	30.42
M70 S Coleman	33.62
H Logan	26.80
K Hopkins	24.62
M75 V Younger	27.46
D Horsley	18.58
F Scully	12.58
M80 H Gathercole	18.22
G Simpson	9.90
W30 C Holland	28.36
W35 W Perkins	27.94
M Taylor	22.38
W40 L Carter	29.56
J Hynes	28.14
R Philpott	22.54

LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL

TAC National Masters 20K Championship/Pearlblossom 20K Medford, OR April 8

Overall:	
Peter Pfitz	1:02:46
Heather Tolford	1:13:21
M40 Gene Solomon	1:08:01
Gary Wilborn	1:08:55
Erik Sten	1:10:27
Kent Cummins	1:11:19
Michael Tyler	1:12:36
M45 Michael Heffernan	1:09:33
Dede Kraus	1:11:12
Lew Johnston	1:14:54
James Sutherland	1:18:04
Jack Olson	1:18:25
M50 George Buckner	1:13:52
Alan Tracy	1:16:48
Marv Rexius	1:17:18
Jim Way	1:17:26
Roger Daniels	1:17:53
M55 Norm Green	1:08:07
John Hepner	1:17:46
Ken Oliver	1:23:30
William Flodberg	1:25:01
William Beckwith	1:26:20
M60 Pat Devine	1:17:29
Bill McChesney	1:21:33
Boyce Jacques	1:23:08
Len Ramp	1:30:37
Bill Stovell	1:33:42
M65 James Harrang	1:31:50
Jack Kirkpatrick	1:38:15
Bill Hutchinson	1:45:59
Lopaka Schubert	1:53:34
M70 Alvin Grahm	1:47:34
George Weinzel	1:51:19
Howard Hansen	2:03:18
M75 John Gustafson	2:09:51
E. McKean-Smith	2:19:21
M80+Ed Benham	1:33:55

M35 Shirley Durtzsch	1:18:29
Chloe Glover	1:19:22
V. Falkowski	1:21:59
Robbyn Runyon	1:22:10
Marilyn Nippold	1:23:55
M40 Susan Henderson	1:19:13
Elaine Nickerson	1:20:26
Elaine Delsman	1:21:10
Judy Watson	1:23:29
Toni Belaustegui	1:26:03
M45 Marge Dunlap	1:29:17
Isabelle Moser	1:38:46
Carol Gibson	1:39:06
Geneva Tullis	1:42:03
Mary Toms	1:42:22
M50 Lyn Cole	1:32:25
Shirley Ingram	1:35:23
Norma Smith	1:46:42
John Johnson	1:50:43
Kelly Eriksson	1:54:59
M55 Ruth Anderson	1:39:07
Daisy Roberts	1:42:48
Joan Arsenault	1:44:32
Pauline Dean	1:48:12
John Irvin	1:50:45
M60 Nadine Harrang	1:51:03
Betty Gillette	2:00:37
Fae Veera	2:29:33
M65 Carol Klocke	2:16:28
M70 Pat Dixon	1:46:21

TAC National Masters 5K Championship Anchorage, AK April 29

M40 Greg Tibbets	16:07
Laddie Shaw	16:35
Fred Meitz	17:21
Jerry Ulmer	17:29
Tom Corbin	17:34
M45 Roy Reisinger	16:49
Chris Steer	17:18
Nat Goddard	17:43
Larry Seethaler	17:55
Gary Spidahl	18:28
M50 Ed Hagerman	18:04
Richard Rodriguez	18:05
Ward Livingston	19:27
Bob Spurr	20:21
David Larson	21:26
M55 Bill Hill	20:09
Field Ryan	20:25
Ed Riggs	22:52
Chester Franz	22:55
Michael Sutura	23:48

M60 Jack Townsend	21:03
John Peirce	24:37
John Nicholson	24:45
William Elam	26:07
M65 Leonard Tillman	22:46
Bill Mitchell	24:39
Kenneth Harger	28:40
Vernon Sture	33:05
M70 Robert Sharrer	23:52
George Hale	29:57
M40 Georgia Gustafson	19:27
Tania Spurkland	21:51
Laural Murphy	21:55
Elaine Nelson	22:20
Cynthia Leas	22:32
M45 Marilyn Modafferi	22:05
Mary Kemppel	22:48
Judy Hagerman	23:05
Erica Case	23:32
Micheale Giesler	24:03
M50 Sara Babbitt	22:09
Eleonor Putnam	22:45
Carol Larson	24:16
Eleanor Claus	24:55
Patsy Martinez	32:09
M55 Orriene Denslow	30:10
Judith Sainier	32:49
Lois Jean Ante	34:42
M60 Bernice Kelm	24:02
Alice Gregg	29:36
M70 Marcie Trent	26:55

TAC National 15K Racewalk Championship Long Beach, CA April 30

M40 Gary Null	1:14:26
Ed Bouldin	1:17:22
Stan Chraminski	1:20:53
Roger Brandwein	1:25:10
M45 Larry Walker	1:10:57
Dale Sutton	1:18:54
Jim Coots	1:23:06
Wayne Wurzbarger	1:25:38
Dave Snyder	1:27:41
M50 Richard Oliver	1:23:54
Clyde Hatfield	1:27:25
Robert Kleppe	1:38:06
Hap Chandler	1:40:19
Dale Duxbury	1:41:14
M55 Jack Bray	1:21:31
John Kelly	1:23:14
Carol Acosta	1:27:54
Ed Ricci	1:27:57
Joe Weston	1:34:24
M60 John Burns	1:34:11
Mel Grantham	1:34:28
Richard O'Hara	1:36:22
M65 Mel Lees	1:45:06
Jorge Newberry	1:49:28
Paul Goldman	1:53:31
M75 Giulio De Petra	1:41:14
Gordon Wallace	1:57:58
M40 Jolene Steigervall	30:36
Donna Cunningham	1:32:59
Joy Bevilacqua	1:36:56
Linda Kroesen	1:37:14
Veda Roubideaux	1:39:09
M45 Jo Ann Nedelso	1:23:23
S. Synal-Griffin	1:29:12
Jaye Horowitz	1:33:23
Virginia Scales	1:34:22
Helen Palomo	1:40:29
M50 Bev La Veck	1:30:25
Jill Latham	1:32:33
Lynne Marsh	1:37:47
M55 Helen Oakley	1:46:02
Ria Marsh	1:52:38
M60 Colbie Greene	1:44:07
Jo Ann Beers	1:50:29
M65 Rose Kash	1:52:42

EAST

West Islip Leprechaun 5K Long Island, NY March 12

Overall:	
Johnny Perez	15:20
Marilyn Caulfield	18:11
M40 Jonathan Folber	17:04
M50 Rich Rizzo	18:47
M60+Colin Harris	20:36
W40 Laura Schay	19:30
W50 Carole Forbes	24:00
W60+Judith Williams	29:09

Mike Connors 5K Long Island, NY March 25

Overall:	
John Kenney	15:24
R Riemenschneider	18:20
M35 Jim Walsh	17:16
M40 Jay Hildebrand	16:54
M45 Warren Bratter	17:45
M50 Joe Cordero	18:18
M55 Raymond Fletcher	20:06
M60 Ken Karcher	19:14
M65+Andrew Neidnig	22:52
W35 Lois Polesky	20:40
W40 Cynthia Bermudez	20:53
W45 Erica Gassen	23:53
W50 Nancy Fraser	24:29
W65+Althea Wetherbee	26:28

Nike Cherry Blossom 10-Mile Run, Washington, D.C. April 2

Overall:	
Brian Sheriff	46:43
Lisa Weidenbach	52:34
M40 Thomas Suddeth	53:21
Patrick Monahan	53:46
Sam Bair	55:04
M45 Ben Dyer	56:07
David Johnson	57:51
Peter White	58:01
M50 Mel Williams	56:08
Fay Bradley	57:36
Lawrence L'Anson	58:23
M55 Norman Green	54:40
Barrie Hardwick	1:01:25
Charles Daniels	1:05:02
M60 John Hosner	1:02:14
Hubert Morgan	1:05:58
Herbert Chisholm	1:06:13
M70 Vincent Carnevale	1:14:46
Sam McNeilly	1:17:03
Vernon Geary	1:25:01
M80+Ed Benham	1:13:23
M40 Mary Williams	1:01:10
Joyce Rankin	1:03:03
Jan McKeown	1:04:07
M45 C. Tattersall	1:02:57
Susan Weisbroch	1:03:43
Sharon Hamilton	1:05:56
M50 Gudrun Phillips	1:09:54
Eccris Williams	1:10:15
Peter Dameron	1:13:25
M60+Lorette Shelan	1:26:15
Hedy Marque	1:27:32
Helen Somerville	1:32:34

Prevention Half-Marathon Bethlehem, PA April 2

Overall:	
Jim Bedick	1:09:36
Beth Guerin	1:21:14
M40-49	
Keith Gaunt	1:14:14
George Whitman	1:18:07
Robert Frail	1:20:56
M50-59	
Herb Townsend	1:15:11
John Sherman	1:26:19
Charles Clark	1:26:37
M60+	
Jack Start	1:30:07
M40-49	
Barbara McGee	1:31:28
Cindy Clark	1:34:01
Jane Millsbaugh	1:34:11
M50-59	
Imme Dyson	1:35:11
Hazel Dereamus	1:50:34

NYRRK Yonkers Marathon Yonkers, NY April 16

Overall:	
Dan Dickenson	2:31:29
Christine Gibbons	2:55:12
M30 Tony Maranto	2:35:58
Barry Giblin	2:36:39
Scott Pere	2:44:29
M40 Gino Tucci	2:42:49
William Bragg	2:46:55
Bill Hart	2:47:08
M50 Hans Hartmann	3:00:37
Frank Sabito	3:01:03
Larry I'Anson Jr	3:04:47
M60 Don Dixon	3:12:25
M70+Wilfredo Rios	4:14:40
W30 Christine Lomenzo	3:24:47
Anita DiDonato	3:41:33
Theresa Brady	3:51:41
M40 Anna Thornhill	3:21:38
Mary Spera	3:41:19
P L Parmalee	4:34:33
M50 Julie Shapiro	4:13:04

Amish Country Half-Marathon Lancaster, PA April 16

Overall:	
Dave Ahner	1:09:51
Lori Lawson	1:22:32
M40 Robert Johnson	1:16:32
Bernard Neiderer	1:18:22
Charles Leader	1:19:07

M45 Jake Myers	1:20:40
D. Cartwright	1:21:17
Joseph Thomas	1:22:05
M50 Ben Johns	1:19:38
William Smith	1:26:51
Bob Haertsch	1:27:31
M60 Rick De Renzis	1:40:09
Oscar Fox	1:41:31
Paul Wissler	1:41:46
M70+Fred W. Ely	1:45:52
W30 Cheryl Conrad	1:26:53
Dianna Miller	1:31:56
Yvonne Lodovici	1:33:34
W40 Margie Stewart	1:36:18
Debbie Adams	1:37:27
Ann Piccolo	1:37:59
M50 Betsy Mladenoff	1:51:48
Sheila Jennings	1:52:06
Dolores Miller	1:55:54
W60+Juanita Goldman	2:25:29

Boston Marathon April 17

Overall:	
Abebe Mekonnen	2:09:54
Ingrid Kristiansen	2:24:33
M40 John Campbell	2:14:19
Ryszard Marczak	2:17:43
Victor Mora	2:22:49
Bernie Allen	2:23:28
Josef Machalek	2:25:25
Eddy Lee	2:25:33
Nicol Bergeron	2:25:35
Hector Chavez	2:28:17
Rick Reimer	2:31:41
Ed Berube	2:32:28
Ferenc Szekeres	2:33:34
John Corcoran	2:35:08
Peter Moon	2:35:11
Frank Weber	2:35:31
Richard Crampon	2:36:32
Keith Happel	2:37:03
John Cossick	2:37:26
Joseph McGuire	2:38:06
Skip Hamilton	2:38:20
John Sherlock	2:38:23
M50 Mel Williams	2:39:40
Fay Bradley	2:42:39
Joseph Burgasser	2:42:51
Joe Fodor	2:45:02
Howard Perry	2:45:27
Douglas Smith	2:45:47
R. Jamborsky	2:49:23
Jay Sturdevant	2:50:24
Michael Dumas	2:50:33
George Tinti	2:51:29
Richard Foss	2:51:46
Peter House	2:52:08
Brendan Spratt	2:52:38
Michael Sullivan	2:52:44
Ernest Billups	2:53:02
Robert Reagan	2:53:24
Kirk Davies	2:53:48
Al Sprout	2:54:32
Hugh Treanor	2:54:47
Malcolm Gillis	2:55:08

M60+Glenn Reese	2:43:41
R. Chamberlain	3:03:58
Max Jones	3:04:46
C. Nemeth	3:06:51
Jerry Johncock	3:12:13
Cliff Treyma	3:12:17
Bill Hoffman	3:12:36
Raymond Lussier	3:12:42
Brendan Early	3:13:19
James Parks	3:13:34

M40 Priscilla Welch	2:35:00
Laurie Binder	2:39:21
Angela Hearn	2:41:39
Mary Wood	2:40:05
Jane Hutchison	2:56:29
Kathleen Beebe	2:58:28
Vicki Johnson	3:01:10
Cheryl Ralya	3:01:43
Janice McKeown	3:03:23
Rebecca Baum	3:06:49
M. Remington-Oman	3:07:58
Charlene Catalina	3:09:24
Ramona Stewart	3:09:42
Sharon Gilligan	3:09:51
Jane Lauscher	3:10:32
O. Osantowski	3:10:35
Joanne Collins	3:11:06
C. Tattersall	3:11:29
Cyndi Calvin	3:13:22
T. Belaustegui	3:13:37
M50 Wen Shi Yu	3:23:19
Ellen Quinn	3:26:42
Margaret Betz	3:26:52
Patty Delotto	3:27:36
George Cotter	3:27:43
Imme Dyson	3:30:09
Fleeta Mills	3:42:26
Joyce Gaskin	3:45:09
Carrie Parsi	3:46:13
Jill Mottus	3:48:11
Carlene Sproul	3:50:13
Joan Gary	3:52:30
Linda Andrews	3:53:31
Margie Stauffer	3:56:33
Joyce Hodges	3:58:09
Sharon Cooper	3:58:26
Jo Wright Whitten	3:58:47
Arlene Mayer	4:00:14
Kathy Moffitt	4:01:04
Juanita Bowman	4:01:11
W60+Jan Richards	4:11:30

SOUTHEAST

East Boulevard Bar & Grill 8K Charlotte, NC April 22

Overall:	
George Walker	24:46
Edie Bateman	28:42
M40 William Walker	26:28
George Rolling	28:19
Wayne Yarbrough	28:21
M45 James Sinclair	30:49
Douglas Shear	31:03
Frank Hannah	31:24
M50 Lloyd Hoke	29:29
Fred Hurd	30:11
John Dunkelberg	30:22
M55+Zean Jamison Jr	33:05
Toby Transou	33:15
Luckett Davis	39:03
M40 Peggy Schug	32:44
Linda Miesch	34:50
Gail McCaslin	37:29
M50-Susie Kluttz	35:38
Bobbie Wilson	41:23
Enten Mascn	49:13

MID-AMERICA

Continued from previous page

W35 Carol McLatchie	36:05
Debbie Peebles	40:01
Cheryl Davis	40:07
W40 Karen Macharg	38:31
Marcia Thompson	41:31
Cindy Kendrick	41:40
W45 Marianne Groves	44:57
Mary Kennard	46:15
Sherrie Dailey	48:35
W50 Marion Irvine	44:52
Mary Anne Cotten	47:22
June Gregory	55:26
W60 Joyce Rhines	57:44
Grace Richtmyer	58:54
Florence Lang	67:12
W80+Susie Hughes	80:09

WEST**Maui Marathon
March 19**

Overall:	
Michael Georgi	2:33:34
Jacqueline Scudder	3:08:39
W40-49	
Justin Costa	2:58:38
W50-59	
Dan Chamizo	3:27:30
W60-69	
Gerald Brotherton	4:28:05
W70+	
Jeremias Medina	6:07:29

W40-49	
P.J. McFaul	3:42:54
W50-59	
Kay Nelson	4:39:09

**Long Beach Marathon
Long Beach, CA
May 7**

Overall:	
Rex Wilson	2:12:27
Wen Yanming	2:41:33
W40 Byrle Smullen	2:40:19
Graeme Isdale	2:44:40
Pablo Drobny	2:45:03
W45 Ben Jackson	2:52:31
Joe Cassman	2:53:38
Bart Coventry	2:54:09
W50 John Corrales	2:59:14
Ron Navarrette	2:55:05
Paul Kearns	2:59:00
W55 John Rudberg	3:00:31
Jose Segura	3:01:11
Clayton Steffens	3:21:30
W60 Patrick Devine	2:55:39
John Feyk	3:20:33
Ray Penkert	3:20:48
W65 George Billings	3:34:54
David Kille	3:34:55
Tom Edwards	3:38:34
W70+Dutch Benedetti	3:59:13
Fraser MacMinn	4:34:36
Anthony Hill	4:45:57
W35 Laura Konantz	2:43:50
Kathy Bricliffe	3:09:08
Ledy Siminig	3:13:23
W40 Colleen Stephens	2:51:30
Kathleen Looney	2:56:00
Marygail Brauner	3:10:43

W45 Barbara Miller	3:02:50
Judy Bronstein	3:41:13
Lisa Squillace	3:44:29
W50 Shirley Blush	3:57:38
Marilyn Clark	3:57:50
Mary Dugan	4:02:48
W55 Hazel Phillips	4:07:52
Virginia Taneja	4:17:42
Audrey Hauth	4:35:11
W60 Helen Dick	3:56:44
Margie Withrow	4:31:19
Antoinette Hill	4:35:07

INTERNATIONAL**London Marathon
London, England
April 23**

Overall	
Douglas Wakuhuri	2:09:03
Veronique Marot	2:25:56
M35 Sullivan Nyambui	2:09:52
M40 Stan Curran	2:21:15
M45 Odovar Hausken	2:26:59
M50 Don Bamforth	2:36:27
M55 John Merrick	2:45:50
M60 Bob Peart	2:49:05
M65 Hugh Currie	2:52:55
W35 Raisa Smekhnova	2:30:15
W40 Kathy Howe	2:49:17
W45 Ely Palm	2:31:05
W50 Mary Abbot	3:02:54
W65 Josie Waller	3:48:00

**Harrow 10K
London, England
April 22**

Overall	
Phil O'Brien 31	29:38
M35 Andy Catton	29:41
M40 Mike Green	31:13
M45 Dave Clark	32:03
M50 Taff Davies	31:28
M60 Ron Franklin	36:37

**DEADLINE**

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUN., 1989**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SHELLEY AMMONS (DENVER, CO)	6-28-29	60-64
PAM BIDWELL (NH)	6-27-44	45-49
KATHERINE GALLANT (SCOTTSDALE, AZ)	6- 5-49	40-44
EVELYN HOBBS (NY)	6-20-39	50-54
SHIRLEY KINSEY (LA CRESCENTA, CA)	6-18-29	60-64
FRANCES SACKERMAN (BURLINGAME, CA)	6- 1-29	60-64
MARIE STAFFORD (COTTAGE GROVE, OR)	6-29-19	70-74
DOROTHY HAMILTON (AUS)	6- 4-34	55-59
VALERIE HOOD (NZ)	6-19-39	50-54
BERYL NEUMAN (AUS)	6- 6-24	65-69
ETHEL PAVELEY (RSA)	6-28-14	75-79
ASBJORG TRONSMO (NOR)	6-13-19	70-74
ALET TEN TUSSCHER (S.AFR.)	6-10-34	55-59
HERMANN BRUTSCHEID (WG)	6- 4-24	65-69
ALAN BURGOYNE (AUS)	6-12-14	75-79
JACK CARSON (HONOLULU, HAW)	6-20- 9	80-84
JACK CARTER (ELLENVILLE, NY)	6- 2-44	45-49
MIKE CASTANEDA (ANAHEIM, CA)	6-11-19	70-74
FRANK COSTELLO (ADELPHIA, MD)	6-10-44	45-49
ALAN CRANSTON (WASH., DC)	6-19-14	75-79
JOHN FARRELL (GB)	6-12- 9	80-84
ALFRED FUNK (BOZEMAN, MT)	6-24-14	75-79
FRED GEITER (NEW BERN, NC)	6-28-19	70-74
ORVAL GILLET (PORTERVILLE, CALIF)	6-26-19	70-74
JOHN GILMORE (SPARTANBURG, SC)	6-28-34	55-59
JOSEPH GOO (HONOLULU, HAW)	6-10-24	65-69
JOHN HANNAH (MERCED, CA)	6-27-24	65-69
RUSSEL HARGREAVES (SANTA BARBARA, CA)	6-17- 9	80-84
HARRY HAWKE (SAN DIEGO)	6-24-29	60-64
RUNE LARSSON (SWEDEN)	6-17-24	65-69
KONSTANTY MAKSIMCZYK (GB)	6-10-14	75-79
JAMES MCCARTHY (SACRAMENTO, CA)	6- 2-14	75-79
JIM MCDONALD (NZ)	6-27-34	55-59
TOM MONTGOMERY (UPLAND, CA)	6-28-14	75-79
LONGINO PEREZ (MEX)	6-25- 4	85-89
JOSEPH PHILLIPS (GB)	6-22-34	55-59
YRJO RANTALA (FIN)	6-28-19	70-74
FREDERICK REID (S.AFR.)	6-29- 9	80-84
LLOYD RIDDICK (TEANECK, NJ)	6-26-34	55-59
LARRY RODENBECK (WEST PLAINS, MO)	6-11-49	40-44
HANS SCHNEIDER (WG)	6- 4-14	75-79
TAPANI TAAVITSKINEN (FIN)	6-17-44	45-49
VALBJORN THORLAKSSON (ICE)	6- 9-34	55-59
DON WINTON (LA CANADA, CALIF)	6- 2-19	70-74
ROSS WINTON (CORONA DEL MAR, CALIF)	6- 2-19	70-74
MAMO WOLDE (ETHIOPIA)	6-23-34	55-59

USC TROJAN MASTERS TRACK MEET USC

TO BE HELD AT THE
UNIVERSITY OF SOUTHERN CALIFORNIA
LOS ANGELES, CALIFORNIA
SUNDAY JULY 16, 1989

**TROJAN MASTERS****A TRACK MEET FOR MASTERS & SUB MASTERS****RUNNING EVENTS:**

8:00 5000M WALK (M&W)
9:00 5000M RUN (M&W)
9:45 RELAY 4 X 100M
10:00 1500M RUN
10:30 RELAY 4 X 200M
11:00 400M SPRINT
11:15 800M HURDLES

11:30 100M HURDLES
12:00 110M HIGH HURDLES
12:15 OFFICIALS LUNCH BREAK
1:00 100M SPRINT
1:45 800M RUN
2:15 300M INT. HURDLES
2:45 200M SPRINT
3:15 RELAY 4 X 400

FIELD EVENTS:

10:00 POLE VAULT
10:00 JAVELIN
10:00 LONG JUMP
1:00 SHOT PUT
1:00 HIGH JUMP
1:00 TRIPLE JUMP
2:30 DISCUS

ENTRY FEE: \$10.00 INCLUDES UP TO SIX EVENTS.
ADD \$1.00 FOR DAY OF MEET REGISTRATION.

*** TURNOUT IS EXPECTED TO BE HEAVY DUE TO THE WEST COAST NATIONALS AND WORLD GAMES. THERE WILL BE A LIMIT OF 350 ATHLETES.

CHECKS: PAYABLE TO 'TROJAN MASTERS' >----SEND TO---->

PHONE: FOR ADDITIONAL INFO (213) 666-4964

TROJAN MASTERS
BOB STROBEL # 3
2017 VESTAL AVE
L.A. CA. 90026

Official Entry Form

Print Name: _____ Age _____ Date of Birth _____ M _____ F _____

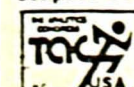
Address: _____
Number Street City State Zip

Phone (Include area code) () _____ Club _____ TAC NO. _____

List events to be entered (limit of six, excluding relay) and your personal record for your present age group.

Event	P.R.	Event	P.R.

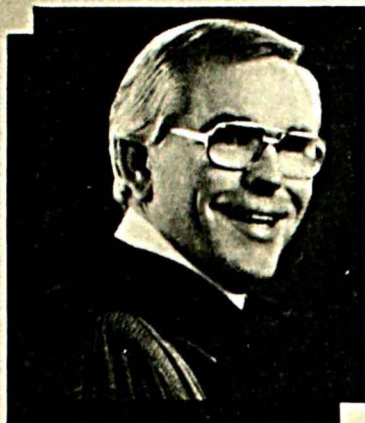
Waiver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.



Signature _____

Date _____

Please find my check made out to Trojan Masters enclosed \$ _____



Welcome To California

Dr. Robert Schuller

The Crystal Cathedral — Garden Grove, California — USA

Hello Champions:

On behalf of the thousands of members of our Congregation, may I welcome you to America, to California and to our church as you compete in the VIII World Veterans Championships in Eugene, Oregon this Summer.

Perhaps you plan to visit Southern California for the 22nd Annual National Masters Track and Field Championships in San Diego the week before.

If so, please consider this your personal invitation to worship at our church on Sunday, July 23.

You may have seen our magnificent church and our weekly worship services on television. Our global Television Ministry now reaches every major city of every single state in America, plus a network of stations in Canada and Australia, and through Sky Channel — we reach every major city of 22 nations in Europe.

Our beautiful church is one of California's most popular tourist attractions. It is made up of more than 10,000 panes of glass; is longer than the length of a football field; and, is 12 stories tall — built to the Glory of God 9 years ago.

Our magnificent gardens, tranquil pools and beautiful statuary on our 23-acre garden campus will enhance your Sunday morning worship Celebration at our church.

So please join us, won't you? And know that our entire Congregation is proud of you as we unite: Planet Earth in a spirit of international competition and celebrate the Brotherhood of Man and the Spirit of peace, harmony and love in Christ.

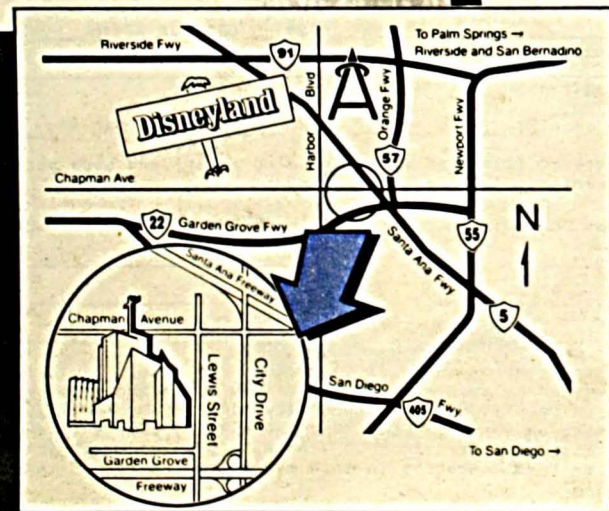
Please come visit us on July 23rd.

And remember: "GOD LOVES YOU — AND SO DO I!"

Your friend,

Robert Schuller
Robert Schuller

WE'RE EASY TO FIND!



Go north from San Diego on Interstate 5. At the fork with Interstate 405 — continue on Route 5. Exit at Harbor Blvd. Go past Disneyland (It's a mile from our church). Turn right at Chapman Avenue. We're on the right — four blocks ahead.

THE CRYSTAL CATHEDRAL

- Parking for 3,000 vehicles
- Comfortable seating for 3,000 persons
- Open to Everyone
- Services at 9 and 11 am
- Child care and Sunday School for all ages

Corner of Lewis and Chapman Avenues in Garden Grove California

Call 714-971-4000 for information and easy driving directions.