

NATIONAL MASTERS NEWS

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

154th Issue

June, 1991

\$2.25



Joan Colman, 47, first masters woman (17:27), at the tape, Carlsbad 5000, Carlsbad, Calif., April 14.
Photo by Richard Lee Slotkin

Jorgensen, Bell Shine in Largest Masters-Only Race

Colman, Matson Set Records in Carlsbad 5000

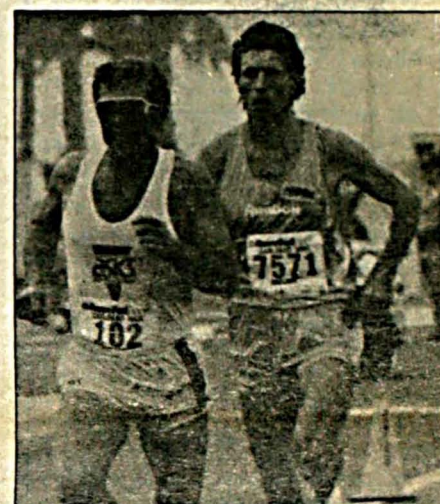
An amazing total of 1751 over-age-40 runners took part on April 14 in the annual Carlsbad (Calif.) 5000 — the largest masters-only race in the United States.

The masters race was the first of five, followed by women, men, invitational and wheelchair. Despite the early 7:30 a.m. start, more than 4000 spectators lined the course as the veteran runners raced on California State Highway 1, hard by the Pacific Ocean. The morning fog provided ideal cool conditions.

Doug Bell of Greeley, Colo., pulled away from Gary Fanelli of Honolulu to win the race in 14:47 and capture the M40-44 title.

Two national age-group records were set, one by Joan Colman, 47, who lowered Shirley Matson's W45 U.S. record of 17:53 to 17:22. The other was set by Matson, now 50, who obliterated Gina Faust's W50 mark of 18:18 with a 17:27 — an outstanding 94.8% on the masters age-graded scale. Colman and Matson finished 1-2 among the women, ahead of Darsie Bowden (W40, 17:34).

Continued on page 9



Doug Bell leads Gary Fanelli near the two-mile mark in the Carlsbad 5000, Carlsbad, Calif., April 14. Bell finished in 14:47, and Fanelli in 14:57. Nolan Smith was third master in 15:37.
Photo by Richard Lee Slotkin

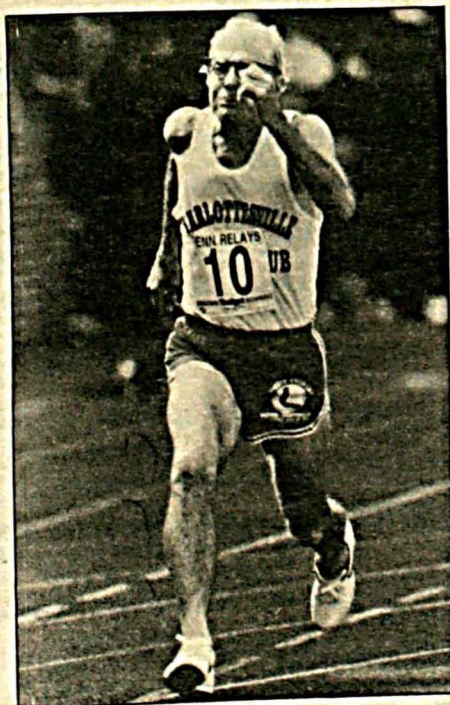
Finger, Waigwa Win In Penn Relays

by JERRY WOJCIK

All of the ingredients were right for Wilson Waigwa, 41, to make a run at his pending world record for the masters mile (4:05.39, 1989) in the Runner's World Masters Mile at the Penn Relays on April 27 — a full house at Franklin Field on a warm spring afternoon; a national audience on cable television's ESPN, in probably the best TV coverage ever for a masters event; a capable rabbit in Steven Keyes; and a large field of outstanding milers. But, Philadelphia is a long way from Hollywood.

Before the race, Waigwa, a Kenyan now residing in El Paso, Texas, felt ready for the record. He followed Keyes through a 2:04 half, broke from the pack early, hit the three-quarter mark in 3:07, but, despite a torrid 61 last lap, settled for a Penn Relays masters record of 4:08.24, breaking Larry Almberg's 1990 time of 4:12.24.

Continued on page 5



Frank Finger, M75+ 100m winner (15.5), Penn Relays, Philadelphia, April 27.
Victor Sailer/Agence Shot

5200 Enter Senior Olympics

More than 5200 senior athletes age 55-and-older will compete this month in the U.S. National Senior Sports Classic III — the Senior Olympics.

The largest, national multi-sport athletic competition will be held in Syracuse, N.Y. on June 28 to July 3.

Competitors who qualified in regional Senior Olympic meets last year will take part in 17 sport categories, including archery, badminton, swimming, cycling, racewalking, road racing, and track and field. Some former Olympians have also been invited.

Athletes will compete in the traditional five-year age groups from 55-59 to 95+. Three of the entrants are over age 95. Eleven are age 90-94.

McDonald's will sponsor a one-hour, prime-time telecast August 3 on ESPN. ABC-TV's top-rated *Good Morning, America* will do a live segment on June 28.

The largest contingent is the 2371

signed up for swimming competition. "Track" is second at 1582 and "field" next with 1484. Racewalking drew 808 and road racing 572.

Of the 1582 track contestants, 587,
Continued on page 11

INSIDE:

International Section
— pages 27-34

World and U.S. T&F
Records — pages 22-26

Masters Road Race
Circuit — pages 18-19

List of Masters Clubs
— page 35

Women's Corner
— page 30

Masters Racewalking
— page 15

CONTENTS

DEPARTMENTS

TAC Officers.....	2
Letters to the Editor.....	4
NMN Sustainers.....	4
NMN Subscription Form.....	4
Third Wind.....	6
Athlete-of-the-Month.....	8
Five Years Ago.....	8
On The Run.....	10
Prize Money Earnings.....	11
Ten Years Ago.....	11
The Foot Beat.....	12
New Age-Group Athletes.....	12
Track & Field Report.....	14
Masters Racewalking.....	15
Director's Corner.....	18
Prize Money Calendar.....	19
International Scene.....	27
WAVA Officers.....	27
Countdown to Turku.....	28
Speaker's Corner.....	29
Women's Corner.....	30
Report from Britain.....	31
North American Report.....	32
WAVA/TAC Specifications.....	34
Masters Clubs.....	35
Masters Scene.....	36
Schedule.....	37
All-American Standards.....	40
Results.....	41

FEATURES

Carlsbad 5000.....	1
Senior Olympics Preview.....	1
Penn Relays.....	1
Fontana 5K.....	3
Cherry Blossom 10-Mile.....	3
Lake Worth Meet.....	9
New Jersey Championships.....	9
Striders Meet.....	14
Mythical Age-Graded Meet.....	16
Largest Road Races.....	20
New Age-Group Records.....	22
Ontario Championships.....	28
Agenda For General Assembly.....	28
London Marathon.....	31
Palm Scores Age-Graded Best.....	31
Australian Nationals.....	32
Indian Nationals.....	32
Drug Testing in Turku.....	32
Weight Pentathlon.....	32

ENTRY FORMS/RACE & PRODUCT INFO

Mac Wilkins Video Tapes.....	3
M-F Athletic Co.....	5
St. George Marathon.....	7
Age Record Book.....	8
Asbury Park 10K.....	8
Garden State Meet.....	9
T&F Rankings Book.....	9
Running Times.....	11
Elite Sales.....	12
Publications Order Form.....	13
Midwest Sectionals.....	14
Northwest Sectionals.....	16
USRA Masters Circuit.....	18
Running Research News.....	19
Masters Running Guide.....	21
Age-Record Application.....	22
Sports Travel.....	28
Osuspankki Bank.....	29
Time Master.....	36
Fax-a-Sub.....	40
All-American Application.....	40
Videotape of Eugene.....	44
NMN Subscription Form.....	47
NMN Advertising Rates.....	47
Age-Graded Tables Book.....	47
Twin Cities Marathon.....	48

NATIONAL MASTERS NEWS

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



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

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

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

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

Creative Art: Eugene Paasinen, Herb Parsons

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787	Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216	Weight Events: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098 (312) 551-3720	Sectional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547	Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066
Outdoor Meets: Bruce Springbett P.O. Box 1328 Los Gatos, CA 95030 (408) 354-7333	Treasurer: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895	Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067	Southeast: Phil Mulkey & Phil Raschker P.O. Box 723452 Atlanta, GA 30339 (404) 973-3825	West: Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (619) 436-7696
Indoor Meets: Scott Thornsley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385	Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291 (213) 823-8804	Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721	Midwest: Dick Green P.O. Box 6147 Rockford, IL 61125 (815) 332-4743	Northwest: Al Phillips 85995 Bailey Hill Rd. Eugene, OR 97405 (503) 485-6271
Multi-Events: Rex Harvey 3815 Lincoln Place Drive Des Moines, IA 50312 (515) 277-3608	Rankings: Jerry Wojcik P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895	Team Manager: Sandy Pashkin 421 Manhattan Ave. New York, NY 10026 212/666-3671	Mid-America: Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 417/451-7417	Awards: Bev LaVeck, above
Women's Coordinator: Christel Miller 1740 Grandview Ave. Glendale, CA 91201	Rules Coordinator: Graeme Shirley 8565 Lake Murray Blvd., #223 San Diego, CA 92119 (619) 455-4440	Championships Coordinator: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Law and Legislation Coordinator: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218	WAVA Delegates: Barbara Kousky, Jerry Donley, Rex Harvey; Alternates: 1) Pete Mundle, 2) Marilyn Mitchell, 3) Gary Miller.

LONG DISTANCE RUNNING

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

Bell Buzzes In Fontana 5K

by JERRY WOJCIK

Doug Bell, 40, of Greeley, Colo., finished fifth overall in one of the fastest 5Ks ever — 14:02 — by a master runner, on the downhill course in the Fontana Half-Marathon and 5K in Fontana, Calif., on April 6. Bell's effort was worth \$500. Nolan Smith, 41, Pasadena, Calif., won the second masters prize of \$300 with a 14:22.

Their female counterparts were Michele Tiff, 40, Los Angeles, in 17:28, and Lori Coker, 40, Huntington Beach, Calif., 17:47, who collected the same cash prizes as the men. Gina Faust, 54, Woodland Hills, Calif., finished third masters woman (18:22).

Overall winners were William Musyoki (25, 13:22) and Sue Lee (30, 14:56).

The half-marathoners were slowed by rapidly warming temperatures which eventually reached into the 80s. John Bednarski, 41, Albuquerque, N.M., was the winner of the masters \$500 first prize with a 64:39. Donald Ocana, 40, Placentia, Calif., took the \$300 second award with a 72:03.

Margie Lindsay, 48, Fresno, Calif., with an 86:02, and Manouch Lankarami, 48, Crestline, Calif., in 87:33, won equal amounts for their W40-and-over top finishes.

Open winners were Fredson Mayiek (25, 62:04) and Kathy Bowman (29, 72:52). The half-marathon, which features a 2125-foot elevation drop, almost guarantees personal bests.

The event, directed by Barbara Smith, drew 1400 entrants. □



Ruth Rothfarb, 89, claims top prize in the 80+ division after a 3:07:32, Cherry Blossom 10 Mile, Washington, D.C., April 7. Photo by Kathy Ruser

Anderson, Welch Pick Off Cherry Blossom

by JERRY WOJCIK

Lucious Andersen, 44, of Silver Spring, Md., and 46-year-old Priscilla Welch of Boulder, Colo., and Great Britain, were the fastest masters in the 19th running of the Cherry Blossom 10 Mile on April 7 in Washington, D.C.

Anderson, a local favorite, finished in 53:32, eight seconds ahead of Roger Clark, 47, of Vienna, Va. Welch ran 56:33, leaving second place to Sylvie Kimche, 44, of New York City, who ran 62:58.

Single-age U.S. records were set by

John Hosner (66, 1:04:49), Blacksburg, Va.; Ed Benham (83, 1:22:18), Ocean City, Md.; Lis Villadsen (51, 1:06:24), Charlottesville, Va.; Hedy Marque (73, 1:33:58), Alexandria, Va.; and Ruth Rothfarb (89, 3:07:32), Miami Beach.

Open winners were Britishers Carl Thackeray (46:25) and Jill Hunter, whose 51:56 broke the women's course record by 26 seconds.

More than 5300 runners registered for the 10 mile, with another 500 in the 3000 fun run. Sponsorship provided for a no-entry-fee policy. □



Gina Faust, 54, Woodland Hills, Calif., collects awards for her third W40-and-over finish, Fontana 5K, Fontana, Calif., April 6.

Photo by Barbara Smith



John Bednarski, 41, Albuquerque, N.M., after winning masters title (64:39), Fontana Half-Marathon, Fontana, Calif., April 6.

Photo by Barbara Smith



TRAIN WITH THE CHAMPIONS

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

Order video tapes from these Olympic Athletes:

MAC WILKINS Gold Medal Discus

Training, technique and slo-mo analysis of Schmidt, Delis, Sylvester, and Bugar

AL FEUERBACH Basic 70' Shot Putting

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

YURIY SYEDIKH'S SYBERVISION HAMMER THROW

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

WILLIE BANKS BANKS ON TRIPLE JUMP

Drills, weight training and bounding demonstrated by Willie Banks

Name _____
Address _____
Card # _____
Exp. Date _____

GOLD MEDAL DISCUS	\$49.50
BASIC 70' SHOT PUTTING	\$49.50
DISCUS - SHOT COMBO	\$90.00
BANKS ON TRIPLE JUMP	\$59.95
SYBERVISION HAMMER	\$60.00

WA Sales Tax &/or Shipping _____
Add \$3.50 1st class/\$2.50 reg. mail
VHS ONLY TOTAL _____

MAC WILKINS PRODUCTIONS
P.O. BOX 5571
BELLEVUE, WA 98006

PHONE ORDERS (206) 562-1875



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

ROAD RACES AT NATIONAL MEETS

I noticed that one topic discussed at the joint session of Masters LDR and T&F at the TAC convention pertained to a one-mile road race. For next year's convention, I would like to see a discussion of cooperative ventures between T&F and LDR at all major Masters T&F meets: holding 5K

and/or 10K road races with runners finishing on the track.

*Herb Chisholm
Alexandria, Virginia*

AWARDS

Outstanding-athlete awards should be made on the basis of one-on-one competition, where competitors face the same weather, same track, same officials, etc. That's the only fair way.

For example, in the 1990 nationals in the M85 bracket, competitor "A" won four firsts, a second and two thirds; competitor "B" took two firsts, a second and a third. The winner of the M85 award, however, went to a man who didn't even show up at the nationals. Since I was competitor "A" I was naturally disappointed.

*Herb Anderson
Bellevue, Colorado*

RELAY RECORDS

The May NMN reports a new indoor masters 4x800 relay record of 8:19:09. But the West Valley TC ran 8:15:29 at the 1988 Indoor Nationals in Baton Rouge (NMN, May, 1988).

*Ramsey Thomas
Lafayette, California*

(Pete Mundle, TAC/USA Masters T&F Records Chairman, replies: "I never received a record application form for the WVTC 4x800 relay of 8:15:29 from either the meet director

or WVTC. It must be established that the members of the team are bonafide members of WVTC and U.S. citizens. Their birthdates must also be submitted." — Ed.)

KUDOS

Your publication builds confidence and hope in all masters athletes.

It is my pleasure to continue to support your efforts to bring good coverage in track activities.

With best wishes for continued success.

*Chuck McMahon
San Diego, California*

IN MEMORY OF JILL HALL

Nothing any of us writes will be adequate to express the world's loss but in writing a tribute to Jill Hall, I hope to contribute to the memory of an extraordinary human being.

Jill Hall was among the finest. Her surviving family (husband and three children) could write a book about a dedicated wife and mother. Her seven grandchildren have a lifetime of loving memories and laughs with her. Her church knows her as one-of-a-kind. The students at Summerdale School have a lifetime role model — a principal who organized a school run and realized how much their physical well-being affected their mental well-being.

Besides being this amazing wife, mother, teacher, principal and runner-turned-triathlete (1987 Ironman finisher — at 49, 4th in 45-49 age group — 12 hours, 59 minutes), Jill Hall was my friend. She supported me as I started my running. We became close and understood each other's goals and commitments. When I sat with her and applauded her as she accepted an age group award at the Azalea Trail Run awards ceremony on March 23, I felt her happiness about her family, her job, her life.

In a matter of seconds on April 19th at 7 a.m., Jill was killed in a head-on collision with an empty school bus. She was 52 years young.

Few have given as much vitality, energy and love to our world than Jill gave. As so many others are, I am greatly saddened by her death, but even more deeply blessed by having known and loved her.

As I continue to work toward my goals and commitments in life, I feel inspired by the warmth and sparkle in Jill's eyes, by the goals she accomplish-

Seven Join NMN Sustainers

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

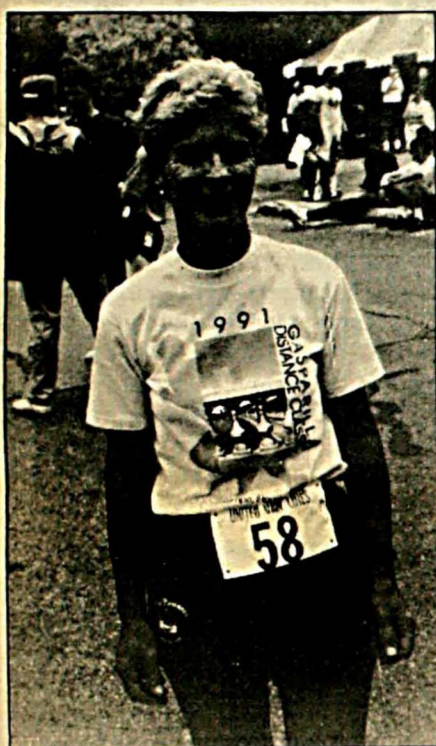
Special thanks this month goes to:

Philip B. Schaeffer Camden, NJ
Linda Upton Chestnut Hill, MA
James F. Oaks Huntsville, AL
Robert K. Stone Kensington, CA
S.C. Madden Los Angeles, CA
Charles K. Olson Nevis, MN
Charles A. McMahon San Diego, CA

ed as an educator and as athlete and most of all, by the wholeness of her being.

*Carol Lasseter
Publisher, Running Times Magazine
Alexandria, Virginia*

■ 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.



Dottie Gray, W65 winner (83:10), Gasparilla 15K, Tampa, Fla., February 9.

Photo by Hank Kiesel



Gary Romesser, newly-turned 40, pictured here in the MDA-Boston Milk Run 10K, April 7.

Victor Sailer/Agence Shot

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or call:

818-760-8983

CZZMN

Finger, Waigwa Win in Penn Relays

Continued from page 1

Ken Popejoy, a new 40 from Wheaton, Ill., who had won the masters 800 at the Drake Relays in Iowa in 1:56.2 on Friday, finished second in 4:13.81. Nolan Smith, 41, of Pasadena, Calif., U.S. 800 record holder at 1:53.99 and double winner in the 1991 Masters Indoor Championships, took third in 4:15.57.

Byron Dyce, of Gainesville, Fla., clocked his best mile in a while for fourth with a 4:17.02, and one hour later, ran a 1:57 800 to anchor a masters sprint medley team. Ken Sparks, Chargin Falls, Ohio, the old man in the field at 46, was fifth in 4:17.16, near his U.S. M45-49 record.

Gary Fanelli, 40, of Honolulu, making his masters debut, took the sixth spot in 4:20.02. The other finishers were Harry Nolan, 41, Navesink, N.J., 4:24.55; Wayne Stewart, 40, New Brunswick, Canada, 4:24.78; and Albin Swenson, 41, Wolcott, Conn., 4:27.03.

Defending champion and U.S. record holder at 4:06.70, Larry Almborg was out because of injuries. Rod Dixon was invited, but a freak accident in New Zealand a month ago necessitated hernia surgery, which has him out of training for another couple

of weeks.

In other action, Larry Colbert, 54, anchored the Potomac Valley Seniors (Alby Williams, Ralph Romain, and Jim Demma) to a national club record in the 50+ 4 x 400 (3:46.7). Larry returned the next day (Saturday) to anchor the Glenarden Masters 40+ club to a winning 3:34.73.

Dorel Watley, M40+, pulled down two golds, anchoring the Four Winds club to a 3:38.40 win in the sprint medley, and a 3:32.64 in the 4 x 400. Mel Larsen, 66, of the Midwest Masters TC won the age-graded long jump (16-7¼, 92.0%) and received a Penn Relays watch.

The race was put together by Marc Bloom, who will produce another masters mile at the New York City Games on July 20.

ESPN coverage also included a 100m for sprinters age M75-and-over, won by Frank Finger in 15.5, and an interview of 79-year-old Jeremiah Gaines. The race was tarnished by two unnecessary false starts, one, because the starter stopped the race (after the entrants had run at least 50 meters), when one entrant fell at the start, and the other, because the runners had been held too long in a set position. □



Midwest Masters Track Club members (l to r) Harry Brown, 61; Mel Larsen, 66; Pierre Dobrovolny, 58; and Pete Stopoulos, 55. Larsen (in the shades) won the age-graded long jump (16-7¼), while his team finished second (49.70) in the 50+ relay contest, Penn Relays, Philadelphia, April 26.

Photo by Harry Brown

1991 Edition

TRACK & FIELD CATALOG

YOUR SUPERMARKET FOR TRACK & FIELD EQUIPMENT

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

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

Included:

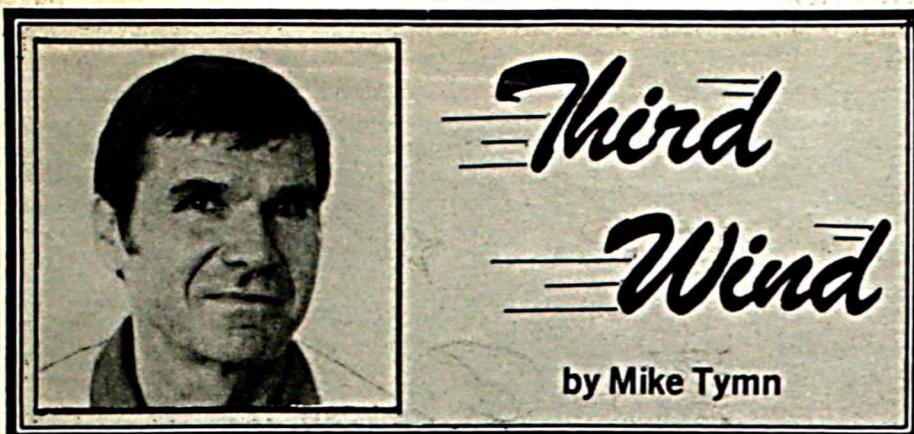
- Poles
- Javelins
- Pits
- Hammers
- Discus
- Crossbars
- Hurdles
- Runways
- Starting Blocks
- Timing & Measuring Equipment
- and much more.

Write or Fax

M-F Athletic Company

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

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



Steele Prepares for Cross-Continent Run

To his Somerville, Tenn., neighbors, the mild-mannered man living at 416 N. Main St. may not appear to be a very dynamic person. Considering that he now lives only four houses away from the one in which he grew up, you might assume that his life has not been a very eventful one.

But the neighbors who know him, know that he is truly a *Man of Steele* and that a lot has happened in the years between those two homes.

To begin with, Fay Steele flew 78 combat missions during World War II and was awarded the Bronze Star for a mission in which he landed behind enemy lines. He saw embassy duty in the Soviet Union, France, Egypt, and Indonesia. He tracked down and killed a man-eating Bengal tiger in Sumatra,

and then took on a killer elephant that had been terrorizing a village.

Commissioned by the Smithsonian Institute, he hunted in the rugged Black River Mountains of Mauritius, an island 1200 miles off the East Coast of Africa. In 1980, the city of Albuquerque, N. M. celebrated "Fay N. Steele Day" and designated him "Curator of Birds Emeritus." And, in a running career that has spanned nearly 70 years, Steele has set records at

everything from 100 yards to 50 miles. On top of that, he has also been a record-breaking decathlete.

Steele's most memorable athletic experience took place on Labor Day in 1940 when, as a 24-year-old Army Air Corps corporal, he ran across the North American continent for the first time. Last year Steele made the ocean-to-ocean run for the fifth time, bettering his 1940 mark by more than two hours.

Steele, who turns 75 next month, expects to do it again this August, and he's looking for an even faster time. He hopes to cover the 50.4-mile course across the Isthmus of Panama in better than 9 hours, 44 minutes, 16 seconds — the world M75-79 age record currently held by Wally Hayward of South Africa. (The course is TAC certified.)

"I usually have a number of goals each year, but this year the only goal is get the M75-79 record," said Steele in a recent telephone interview from his home, where he lives with a brother. "I probably shouldn't say that because it might jinx me. But in 1986 I told everyone I was going to get the record, and I did."

When Steele ran the Isthmus in 1940 it was done "on a dare." At the time, Steele was a sprinter and captain of his Army Air Corps track team in Panama, having led his team to two undefeated seasons and having posted meet and stadium record times of 9.9 for 100, 22.0 for 220, and 49.6 for 440, all on a grass track. He also long jumped 21-2 1/2. He decided upon the cross-continent trek after hearing an infantry unit claiming that it had set a record by making the crossing in a day-and-a-half. The lead paragraphs in the *Army Times* report of the happening tells part of the story:

"If the Germans or Italians show up with a surprise attack on France Field and by some miracle of force succeed in destroying forthwith all means of communication except the one made famous by a Greek runner from Marathon, every doughboy at France Field knows who will be called upon to make the run to warn the Pacific defenders.

"It will be a slight, flat-stomached soldier with corporal's stripes, who so far as the 39th is concerned, is the champion marathon runner of the world.

"Corporal Fay Steele, 39th Obs. Squadron, France Field, has the unique distinction of having been the first to make a timed and recorded run of 52 miles across the Isthmus of Panama. His elapsed time was officially 12 hours, 25 minutes."

Steele points out that it took him three hours, two minutes to cover the first 26 miles of his 1940 run, while taking over nine hours to cover the second half. "I guess you could say I *hit the wall* around half way," he offered. "I didn't drink much water and I was dehydrated by the time I reached the 18-mile rest point."

Steele said he can still remember the



Fay Steele today at age 74.

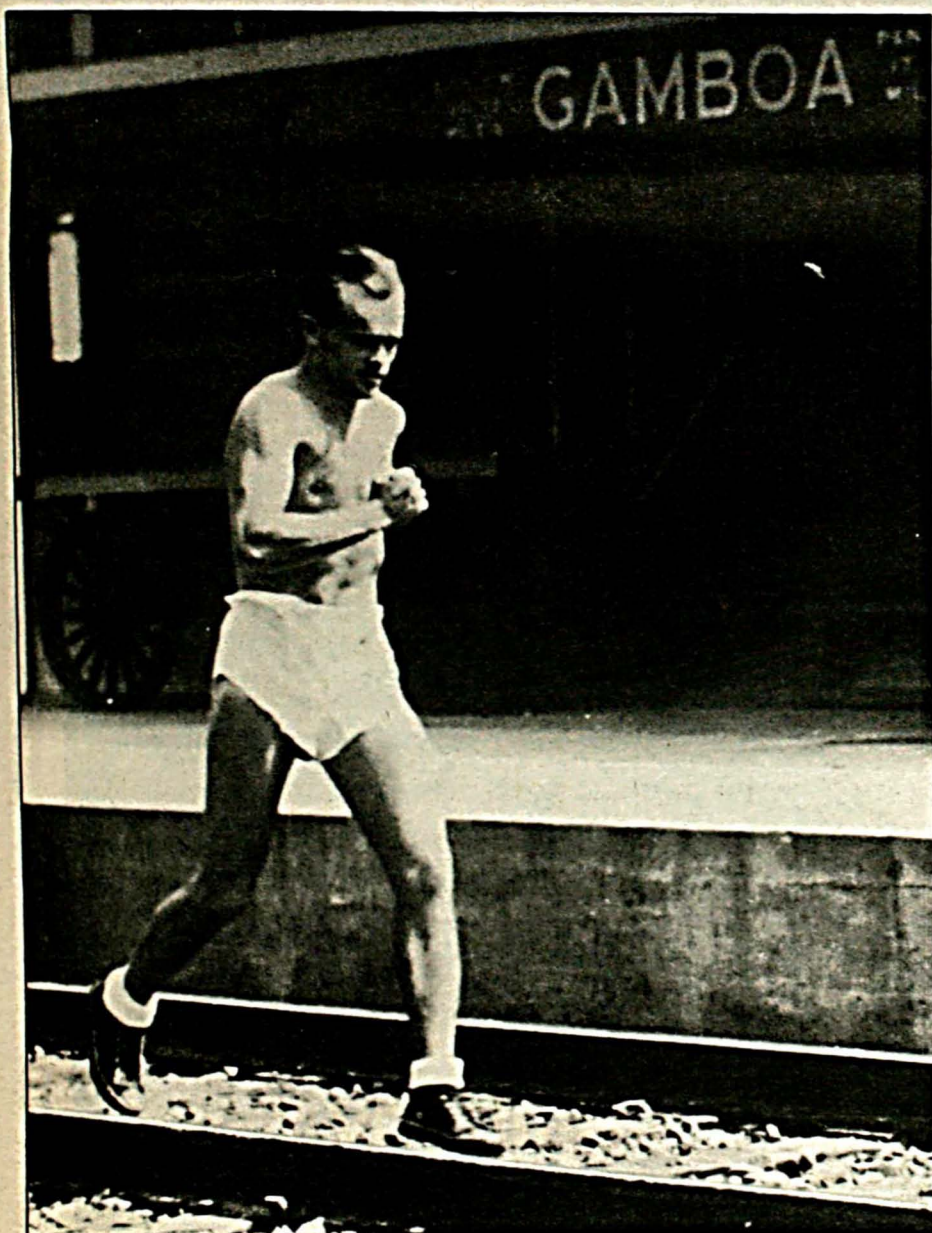
fatigue and pain of those final miles. "I had never run more than 15 miles before that and I wasn't prepared for what I encountered. My legs were cramping and, as humid as it was, I had stopped sweating. I tried to mix salt with my drinking water, but it came up as fast as I could swallow it. I had to stop and have my coach massage my legs a number of times. I don't know if it is proper to say I ran the entire distance. I walked and staggered the last four miles."

With 18 miles of jungle at the beginning and 10 miles of hills at the end, the run was challenging enough, but the toughest part, Steele recalled, was the 24 miles of railroad track between. He ran the rails by stepping on every other one of the 72,000 cross-ties. He took several falls and broke two toenails.

Steele entered his first track meet at the age of seven, taking second place in a sprint during a county-fair field day. An old friend from Somerville remarks that he knew Steele during his teens and it was three years after meeting him that he ever saw him walking.

Not long after that 1940 run, Steele found himself serving as a combat aerial photographer and gunner in the

Continued on page 7



Fay Steele (age 24) running across the Isthmus of Panama in 1940. To complete the 50.4 mile run, he had to traverse 24 miles of railroad track, stepping on every other one of more than 72,000 cross-ties. He finished in 12:25.

Third Wind Continued from page 6

European Theatre. He flew most of those 78 combat missions in B-26 bombers, but he was awarded the bronze star for valor in action for one of two combat glider landings behind enemy lines.

Following World War II, Steele saw duty at various American embassies. After retiring from the Air Force in 1957, he undertook a career as a zoologist, specializing in ornithology and gained a reputation as an aviculturist — one who has a special talent for raising birds in captivity. He was selected by the Smithsonian Institute, the World Wildlife Fund, and the International Council for Bird Preservation for a special assignment in 1978 and was sent to Mauritius Island in the Indian Ocean to do research on three species of endangered birds there.

When the running boom hit two decades ago, Steele became interested in masters track. He set 18 world age-group records at distances from 100 yards to three miles. He also won 14 of the 15 decathlon competitions he entered while in the M55-59 age group.

Steele returned to Panama in 1981 to repeat that Isthmus run. "I was a little embarrassed about my time in 1940, so I wanted to better that," he explained. At the age of 65, the 5-foot-6, 145-pound Man of Steele ran from the Pacific Ocean to the Atlantic in 9 hours, 21 minutes — more than three hours faster than he had done at age 24.

"It still wasn't a world-class time, even for my age, but it was a mark that I could live with," Steele said, further explaining his motivation to return to Panama.

In 1983, the Vida y Salud Runners Club of Panama City, inspired by Steele's achievements, organized and sponsored the first "Ultramarathon de Panama," now an annual event.

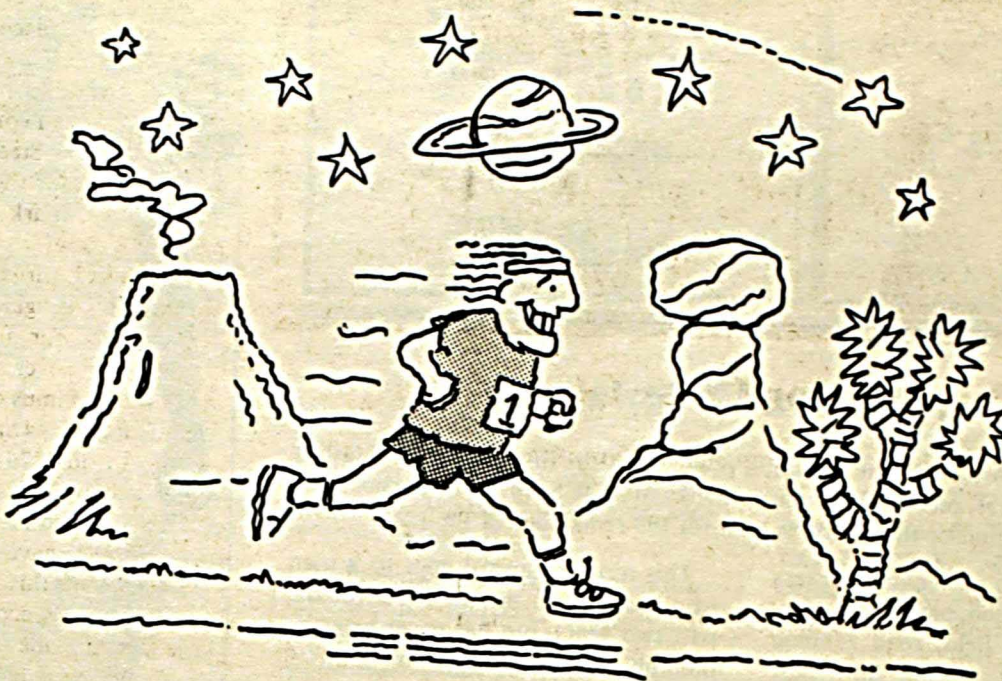
Steele returned to Panama for the 1985 contest, recording a 9:41:33, including the time lost due to a breakdown of his support vehicle. In 1986, he returned to the scene of past glories and lowered his personal best to 8:47:28, breaking the national M70-74 record for 50 miles.

Steele trained for the 1986 race by logging in 95 miles or more per week for 14 weeks prior to two weeks of tapering.

In preparation for his record attempt this year, Steele is now averaging 50 miles a week with plans to go up to around 80 after June 1.

"I don't know how much longer I can go on," Steele concluded. "My feet have been giving me a lot of trouble recently. Maybe I should move back to Hawaii, because they only bother me in cold weather."

Regardless of how much longer he goes on, Fay Steele has already gone a long way between those two houses on Main Street. □

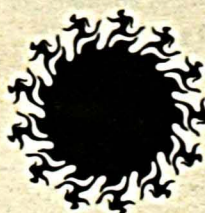


THE MOST WONDEROUS MARATHON IN THE UNIVERSE.

Strong words. However, the truth is the St. George Marathon winds through a course of geological wonder. Runners gasp at a backdrop of stunning red cliffs (very akin to Mars), lakes of ancient black lava flow (along with a few volcanoes), and exotic sandstone formations that look like a page right out of science fiction. Come experience the 15th annual St. George Marathon with us. In 1990, 2300 runners from all over the universe ran our race and no one got lost in the crowd. We believe you'll come back again and again. (Most do!) You just might be agreeing with us, the universe never offered a more wondrous marathon.

For information write:
St. George Marathon
86 South Main
St. George, UT 84770
or call (801) 634-5850

Saturday, October 5



St. George Marathon

TAC certified and sanctioned.



MASTERS ATHLETE OF THE MONTH

Wilson Waigwa

The Masters Athlete of the Month, a popular feature in the National Masters News last year, returns this month, thanks to Mike Silvestro of Sorbothane, which will sponsor the award at least for the remainder of the year.

Each month, an outstanding masters athlete will be chosen, based on performances in track, field, road running and racewalking during the past month, and announced in NMN. The winner will receive \$100 from Sorbothane.

This month's award goes to a man who has been in the headlines for the past two years, but has never won the monthly award — Wilson Waigwa.

The 42-year-old native of Kenya who now lives in El Paso, Texas, won the masters mile in the Penn Relays on April 29 in a blazing 4:08.24, only three seconds off his own pending world masters mile record of 4:05.39, set in 1989. A nationwide television audience (ESPN) saw Waigwa defeat an elite masters field by more than 40 meters.

His effort gave him a 98.2% on the masters age-graded scale, the top performance of the month.

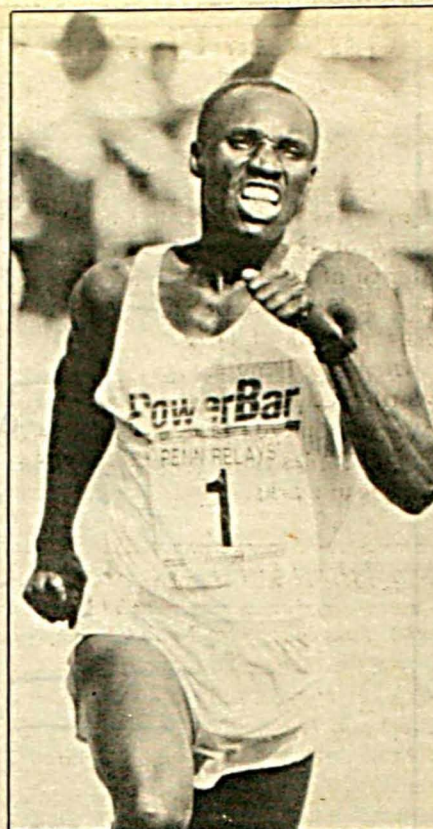
Close behind Waigwa for monthly honors was Ohio's Ken Sparks, 46, who turned in a sensational 4:17.16 in the same mile race for a 98.0% rating.

Also in contention for this month's honors were:

Five Years Ago

June, 1986

- Barry Brown (41, 51:17) and Carol Lasseter (43, 1:03:35) Top Masters in Cherry Blossom 10 Mile
- John C. Brown Sets M55 HJ WR (5-7 $\frac{3}{4}$) in Florida Masters T&F Championships
- Carol Johnston Vaults 9-9 To Establish New M70 WR in Sacramento Relays



Wilson Waigwa, (4:08.24) first in the Runner's World Masters Mile, Penn Relays, Philadelphia, April 27. Victor Sailer/Agence Shot

• Priscilla Welch, 46, with her brilliant 56:33 (97.3%) in the Cherry Blossom 10-mile in Washington, D.C.;

• Francie Larrieu-Smith, 38, with an outstanding 2:27:35 (96.9%) in the London Marathon;

• John Campbell, 42, with a 2:17:22 (95.9%) in London;

• Shirley Matson, with a U.S. W50 record of 17:27 (94.8%) in the Carlsbad 5000; and

• Gaylon Jorgensen, 61, with a 17:11 (94.7%) at Carlsbad.

Congratulations to Wilson Waigwa — the Sorbothane Masters Athlete-of-the-Month. □



Len Olson, 59, Centreville, Va., second (33-10 $\frac{1}{4}$) in the M55 weight throw, TAC National Masters Indoor Championships, Blaine, Minn. Photo by Jerry Wojcik

Masters Age Records 1990

(1991 Edition)

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

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

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

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

THE SUMMER'S # 1 RACE WEEKEND



91
**Asbury
Park
10k
Classic**



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

Separate Men's and Women's Races

The Classic offers it all:

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

ENTRIES MUST BE RECEIVED BY AUGUST 5.

Send S.A.S.E. to AP 10K, Box 2287, Ocean, NJ 07712

For Information: 908-922-9479

JC Penney

CONTINENTAL AIRLINES
"Official Airlines"

Reebok

Hilliard, McDermott Set Marks in Florida

by JERRY WOJCIK

Vanessa Hilliard of St. Petersburg, Fla., who turned 50 the day before the Florida Athletic Club Track and Field Championships, Lake Worth, April 20, set a U.S. age-group record of 38.46 in the hammer in that meet. The former record of 31.24 was set by Mildred Toman of Ohio in 1989.

In another Florida Circuit meet in Naples, April 27, Hilliard broke the national discus record of 29.64, set in 1987 by Marjorie Larney of California,

with a 30.88. She also threw the weight 14.06, a probable record when enough weight marks are compiled.

Tom McDermott, 73, of Bradenton, Fla., broke the U.S. M70-74 hammer record of 42.72, held by the late Dan Aldrich of California and set in 1988, with a 43.00. McDermott also has a pending mark of 44.28.

Despite intermittent rain at the Lake Worth meet, athletes turned in 18 All-American performances. Contestants in the Naples meet produced 33 All-American marks. □

Colman, Matson Set Records at Carlsbad 5000

Continued from page 1

Equally impressive was Gaylon Jorgensen, 61, whose winning M60 time of 17:11 equated to a 94.7% age-graded performance.

In the overall men's competition, Nolan Smith, 42, led Bell and Fanelli, 40, in the early stages. Bell took the lead and he and Fanelli came by the mile in 4:42 and two-mile in 9:34, with Smith dropping back and the others out of sight.

Bell made a move at 10:34, pulling away to a 10-second win over Fanelli (14:57). Smith was third in 15:37. Bell's time gave him a 92.9% age-graded effort.

Don McCarthy won the M45 award in 16:10 over New York's Salih Talib (16:26). Mario Gonzalez (16:12) took the M50 title.

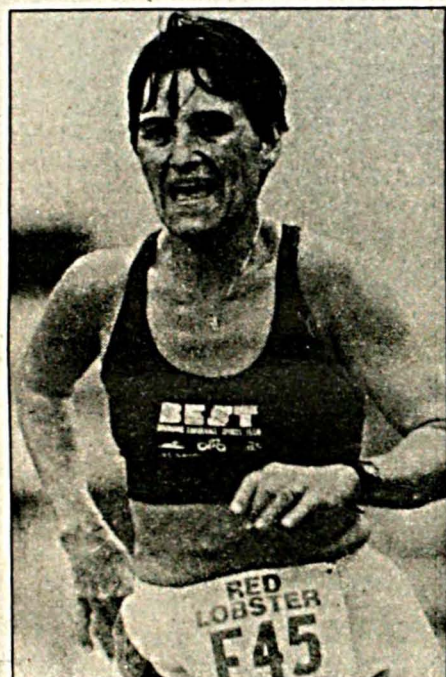
Did Bell know who was behind him? "No, I didn't," he told Richard Slotkin after the race. "But I kind of thought that's who it was."

Was he worried?

"Yes, I knew Gary's background, but I didn't know what kind of shape he was in. At two miles, I let up a little, and then said, 'O.K., go right now.'"

In his first year of masters competition, Bell has run seven masters events.

"But this was my biggest today," he said.



Carol Virga, 40, of Florida, fourth masters woman (37:08), Red Lobster 10K, Orlando, March 2. Victor Sailer/Agence Shot

245 Entrants In New Jersey Indoor Championships

by ED KOCH

The New Jersey/TAC Indoor Masters Track and Field Championships drew 245 masters to Fairleigh Dickinson University's Rothman Center, Hackensack, on February 24.

The NJ Striders and North Jersey Masters were co-host clubs and each took home a team title. The Striders easily won the sub-masters title with 96½ points, ahead of Shore AC (38½) and Garden State AC (33½). The North Jersey Masters edged Garden State (266-247) in the masters division, with Shore third (105).

Outstanding New Jersey performers included Don McNeil, M30, who won

both sprints in 6.7 and 23.7; Ken Baker, M50, who posted a 200/400 double in 27.4 and 60.2; Ben Brockwell, M40, who took an 800/1500 double in 2:11.2 and 4:19.0, and Sam Rumford, M50, who captured gold medals in the high jump (4-9½), shot put (11.38), and weight throw (7.55).

Top out-of-state athletes included Jack Boitano, M55, in the 3000 walk (14:38.7); Jim Law, M65 in the 55/200/400 (7.7/27.4/64.3), and 800m runners Dan Kelley, M30, 2:00.7; Duane Green, M40, 2:09.1; Sid Howard, M50, 2:13.0; and John Conner, M55, 2:19.0. □

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

RUNNING EVENTS

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

FIELD EVENTS

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

YOUTH RACES

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

TAC REGISTRATION REQUIRED AND AVAILABLE AT MEET

SHORT SPIKES ALLOWED

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

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

ELIGIBILITY

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

PRIZES

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

TRAVEL ARRANGEMENTS

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

FILL OUT AND RETURN TO:

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

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

EVENTS ENTERED

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

SIGNATURE

ADDITIONAL INFORMATION
Call Meet Directors

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

NOW AVAILABLE

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

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

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

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

Name _____
Address _____
City _____ State _____ Zip _____



On The Run

by Hal Higdon

Naperville Has Its Own Brand of Sisu

I was sitting with my family on a grassy knoll outside the track in Naperville, Ill., when a man with a familiar face appeared. "Carl?" I said. He smiled. It was Carl Nadelhofer, who had been a senior at Carlton College when I arrived on campus in the fall of 1949. Carl threw the discus for our track team. He held the school record.

Somehow I'm still running four decades later. Carl also maintained his love of track. He was there on a Friday evening in May as timer for an all-comer's meet at North Central College, site this summer for the TAC Masters meet.

Tracks from San Diego to Eugene to Indianapolis seem technically equal, but the electricity of a meet with 600 competitors somehow made me feel part of something special. In Finland, they talk about *sisu*, the spirit that lurks in the sauna, and also around that country's mystical running tracks.

Naperville has its own brand of *sisu*. Carl noted that the bleachers came from the old Busch Stadium in St. Louis. The park district offered surplus lights. A local contractor provided earth-moving equipment to smooth the infield. "Everything here was donated out of respect for Al Carius and his program," explained Carl.

Al is track coach at North Central College. Because he coaches at a small school, Al is not as famous as the Bill Dellingers and Sam Bells of the track world, but his cross-country teams have won seven NCAA Division II titles, his track teams two. Dick Green is director for TAC's National Masters Meet this summer, but Al probably will be standing in the infield, a skinny little guy with a smile on his face. Go up and thank him for what he has done for our sport.

What was happening that evening was an example. The all-comers meet began at 1:00 p.m. and continued until 2:00 the next morning with the running of the 10,000 meters. To give you an idea of the size of the meet, there were 15 heats in the 800 meters; 73 had entered the 5000. Most were college-age kids trying to achieve qualifying times for their national championships (40 would post such times), but a few old guys like me showed. Aside from the TAC Masters meet itself (which should attract near 1000 runners to Naperville next month) or the Olym-

pics, it is harder to imagine a much bigger track meet than Al's all-comers.

I'm going to claim at least indirect credit for founding the meet. In 1957, I returned home from the Army and began competing for the University of Chicago Track Club. That spring I complained to coach Ted Haydon about the lack of competition for out-of-school athletes, so Ted sponsored a couple of all-comers meets that summer with four or five events and four or five competitors per event. It was a start.

A dozen years later when Ted's all-comers program had spread into the winter and spring with track meets, into the fall with cross-country races, and with road races scattered between, Ted kiddingly would blame me for forcing him to create such an organizational headache.

One of the early competitors in Ted's all-comers meets was Joe Henderson, then a high school student, later editor for *Runner's World*, trying the 3000-meter steeplechase for the first time. Another was Al, who won several Big Ten titles at the University of Illinois.

Now that Al is sponsoring all-comers meets in Naperville, the tradition continues. I know Al won't be too angry if I draw a dotted line between Ted and his program.

Let me tell you a story about Al Carius. One November nearly two decades ago, I arrived in Naperville to run the North Central Marathon. Unfortunately, a foot of snow fell the night before, clogging the course. Al gave several hundred runners the option of refunds on their entry fees, or running a 10 mile on the track. Being masochists, most of us took the latter option.

It proved a lucky option for me. Within a few laps, the track was hard-packed and slippery. In a legitimate road race, I would have been no match for favorite Barney Hance. But I'm fairly sure-footed, and also tricky.

Every time Barney moved wide to get around a pack of runners, I would sneak by on the inside. Barney slipped and slid, but couldn't shake me. I figured that on a last-lap kick, I could out-slide, if not out-sprint him.

Then with six laps to go, Al appeared beside the track and began throwing sand onto the inside lane. With the improved traction, Barney finished a straightaway ahead.

I have never forgiven Al Carius.

So what was I doing in Naperville again? Actually, I was there because of Ken Popejoy, the Michigan State University graduate just turned 40 who has his eyes set on becoming the first master to run the 4:00 mile. While researching an article on masters running for the August issue of *Runner's World*, I came to watch Ken run 1500 meters.

Naperville is a rural community west of Chicago, now part of Chicago's urban sprawl. Carl Nadelhofer told me that in 1957, Naperville's population numbered 8,000; now it is 80,000. Carl's family owned a dairy farm; he now practices as a lawyer, working and living a few blocks from the track.

Carl hosted alumni parties at his farm and asked if I had attended any. "Nah," I said. "I never hung out with you old guys."

Rush-hour traffic slowed my drive to the track and I arrived just after Popejoy completed his 1500. Ken said he had gone through three-quarters in 3:03, then "died." His time: a respectable 3:52, equal to a 4:11 mile.

With four or five heats remaining in the 1500, I could have run one, but instead decided to jog a few laps in the 3000 meter steeplechase, which my son Kevin was running. Olympian Brian Diemer won the first heat in 8:42. Kevin placed second in the second heat with 9:48. I managed three laps in the third heat, then stepped off the track just before being lapped.

Carl was back in the timer's booth by then. Al was wandering around the track somewhere. The gun for the fifth of 15 heats in the 800 meter sounded as we climbed in our van to head back to Michigan City, a two-hour drive. It was after midnight when I climbed into bed thinking that at that moment people were circling the track in the 10,000 meters, the last event on the schedule.

Later, I spoke with Glen Behnke, one of the officials, who told me he was back at the track at 7:00 the next morning for a junior high school meet. In its May issue, *Track & Field News* devoted 14 pages to a report on the decline of the sport, citing fewer performers and fewer competitors. Obviously, the magazine's editors haven't visited Naperville recently.

Masters runners will be circling the track in Naperville on July 4-7. If track gets any bigger in that city, the

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

good people at North Central may have to declare one continuous event lasting 365 days of the year, moving to the indoor track only when a foot of snow falls.

If you haven't posted your entry for TAC Masters, you've made a grievous mistake. If you have, I'll see you in Naperville. Say hello to Al Carius. And when you cross the finish line, turn around and give a wave toward Carl Nadelhofer. □

Hal Higdon, Senior Writer for *Runner's World*, is author of "The Masters Running Guide."



Ken Popejoy, 40, Wheaton, Ill., finished second in the 800 (1:56.8) and 1500 (4:01.99) to California's Nolan Smith, National Masters Indoor Championships, Blaine, Minn., March 22-23. Photo by Dennis Hahn

Need Back Issues?

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

Send to:

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

Ten Years Ago

June, 1981

- Herb Lorenz (41, 47:18) Sets Masters 15K AR in Nike U.S. Road Racing Championship
- Roger Robinson Becomes Second Fastest Masters Marathoner With a 2:18:44 in the Canadian Masters Marathon Championships
- 11th Annual Grandfather Games Draws 225 Competitors to Van Nuys, Calif.

5200 Enter Senior Olympics

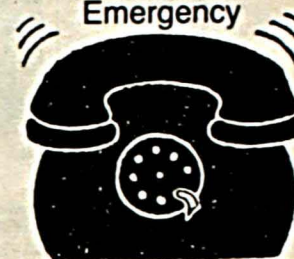
Continued from page 1

or an astonishing 37%, are women. Of the 1484 field participants, 563, or 38%, are women. This is a much higher percentage than the usual eight to 12% found in most U.S. masters meets.

The National Masters News will have a display at the event and will provide coverage in the August issue. □

If there's a pain in your chest, be a pain in the neck.

Complain to a doctor.
Emergency



 American Heart Association

CUMULATIVE PRIZE MONEY EARNINGS MASTERS WOMEN 1991

RNK	NAME	ST/NAT	CUM	PRIZE	#
1	Welch, Priscilla	GBR/CO	\$9,350	5	1
2	Grayson, Nancy	SC	\$7,615	8	1
3	Binder, Laurie	CA	\$5,200	5	1
4	Wood, Mary	CO	\$3,400	4	1
5	Virga, Carol	FL	\$3,050	4	1
6	Filutze, Barbara	PA	\$2,600	2	1
7	Matson, Shirley	CA	\$2,000	2	1
8	Ciavarella, Claudia	TN	\$1,600	3	1
9	Greer, Judy	FL	\$1,500	3	1
10	Ingelhart, Alfreda	CA	\$1,100	2	1
11	Miller, Kathryn	N/A	\$1,000	1	1
12	Stromsae, Marcia	N/A	\$1,000	1	1
13	Oshier, Nancy	NY	\$1,000	3	1
14	Kendrick, Cynthia	N/A	\$650	1	1
15	Heimberg, Merle	N/A	\$525	2	1
16	Malloy, Rose	N/A	\$500	1	1
17	Triplett, Elaine	CA	\$500	1	1
18	Streeter, Ginger	LA	\$500	1	1
19	Frisillo, Nancy	NY	\$500	1	1
20	Hutchison, Jane	MO	\$450	2	1
21	Crimmin, Jan	N/A	\$400	1	1
22	Lee, Yvonne	N/A	\$400	1	1
23	Beal, Sharon	FL	\$400	3	1
24	Cash, Linda	CO	\$300	1	1
25	Manning, Linda	SC	\$285	1	1

CUMULATIVE PRIZE MONEY EARNINGS MASTERS MEN 1991

RNK	NAME	ST/NATCUM	PRIZE	#
1	Campbell, John	NZL	\$22,950	5
2	Tibaduiza, Domingo	COL/NV	\$6,650	7
3	Rodgers, Bill	MA	\$5,800	5
4	Ronesser, Gary	IN	\$4,650	4
5	Marczask, Ryszard	POL	\$4,050	2
6	Waigwa, Wilson	KEN/TX	\$3,250	3
7	Cuevas, Mario	MEX	\$2,350	3
8	Reimer, Rick	N/A	\$2,000	1
9	Lopez, Luis	CRC	\$1,800	1
10	Schlaue, Bob	SC	\$1,715	4
11	Hamilton, Ken	CAN	\$1,600	4
12	Navarro, Artemio	MEX	\$1,250	1
13	Bell, Doug	CO	\$1,250	4
14	Vera, Manuel	MEX	\$1,200	1
15	Umberg, Richard	SUI	\$1,000	1
16	Ortega, Fred	N/A	\$1,000	1
17	Ferraz, Steve	CA	\$900	2
18	Gomez, Rudolfo	MEX	\$750	1
19	Owens, Earl	GA	\$700	4
20	Paul, Don	CA	\$650	1
21	Alaberg, Larry	WA	\$500	1
22	Dwyer, Dan	CO	\$500	1
23	Gordillo, Evar	N/A	\$500	1
24	Sviatocha, Ed	TX	\$450	2
25	Stern, Peter	N/A	\$400	2

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



Running Times

The National Calendar Magazine for Runners

Join over 200,000 racing enthusiasts who read *RUNNING TIMES*—the people who don't just dream about entering a race now and then, but *do* it, regularly, an average of 13 times a year.

We offer three *compelling* reasons why you should subscribe to *RUNNING TIMES*:

- Regular features in each issue include National and International Calendar of upcoming racing events, Race Results, Personal profiles and advice on training from Jeff Galloway & other top experts.
- Each issue is delivered to you *several weeks ahead* of the issue date, providing ample time for you to check the calendar and select races that fit in with your racing/work/travel plans.
- One yearly subscription is only \$19.95, a \$15.45 savings over the newsstand price.

YES! Sign me up for 12 Monthly Issues of *RUNNING TIMES* for only \$19.95, saving me \$15.45 off the cover price.

Name _____

Address _____

City _____

State _____

ZIP _____

☐ Payment enclosed

☐ Bill me

Charge my

☐ VISA

☐ MC

Exp. _____

Signature _____

Money back on the unused portion of your subscription if not satisfied. Make checks payable to *RUNNING TIMES*, P.O. Box 16927, Hollywood, CA 91615. Foreign—add \$10.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Neuroma

Q. I'm a 48-year-old woman runner. After a recent training session, I experienced a severe burning sensation between the third and fourth toes on my right foot. It's been more than a week since I felt the first pain and it still hasn't gotten any better. What do I have and what can I do to get rid of it as fast as possible?

A. You seem to have one of the most common complaints among masters athletes. The pain you're experiencing is most likely the result of a neuroma — the pinching of the nerve between the metatarsal bones.

This irritation is often caused by wearing shoes that are too tight. However, in the active masters athlete, I feel that the problem usually stems from excessive training or some type of foot imbalance while running.

The most obvious form of treatment is to make sure you have the proper footwear. Once tight-fitting shoes have been ruled out, a visit to your

podiatrist is in order to determine if you are suffering from some type of biomechanical imbalance. Shoe inserts can usually correct the imbalance and reduce stress on the forefoot area.

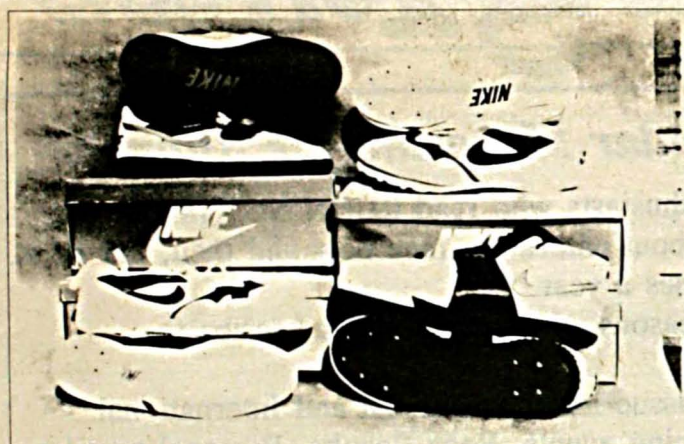
If all else fails, a steroid injection into the intermetatarsal area can help relieve the pain. These injections, which are done in conjunction with a

Continued on page 13

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE, 1991

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
NANCY AMERMILLER (BELLMAR, US)	6-11-31	60-64
JANE CLARKSON (ST. LOUIS, MO)	6-20-31	60-64
JUDY DODGE (SEATTLE, WA)	6-21-46	45-49
BARBARA FILUTZE (ERIE, PA)	6-21-46	45-49
JEANNE GLAUB (US)	6-30-26	65-69
EVELYN HAVENS (NEW YORK CITY, NY)	6-11-16	75-79
LUCILLE LIEB (PHILADELPHIA, PA)	6-23-41	50-54
LAURIE OLSON (SAN DIEGO, CA)	6-8-46	45-49
RUTH ROTHFARB (MIAMI BEACH, FL)	6-18-1	90-94
SKIP SWANNACK (REDWOOD CITY, CA)	6-1-41	50-54
LENA BOSTROM (SWE)	6-29-46	45-49
JUNE CRISP (NZ)	6-22-31	60-64
CARINA GRAHAM (GB)	6-4-36	55-59
KHOTHILDE KNUENZ (AUT)	6-30-26	65-69
KAY KOPPEL (GB)	6-12-36	55-59
IRENE MITCHELL (AUS)	6-22-41	50-54
MARGARETA OHLSSON (SWE)	6-6-26	65-69
JANETTE ROSCOE (GB)	6-10-46	45-49
REGINA SCHIEK (WG)	6-9-36	55-59
CHRISTINE SUSAN TAYLOR (GB)	6-9-46	45-49
EVA WISTROM (SWE)	6-10-21	70-74
WILLIAM ANDBERG (ANOKA, MN)	6-8-11	80-84
MIKE ANDORS (LA JOLLA, CALIF)	6-26-11	80-84
PIERRE BLANCHOU (FRA)	6-16-31	60-64
HERB CHISHOLM (ALEXANDRIA, VA)	6-7-26	65-69
GEORGE CONLAN (CA)	6-14-31	60-64
LES COTTEN (AUSTRALIA)	6-27-26	65-69
HAROLD DAUGHTERS (UPLAND, DA)	6-30-21	70-74
BRUCE DERN (SANTA MONICA, CA)	6-4-36	55-59
LEON DREHER (PHILADELPHIA, PA)	6-25-21	70-74
HELMUTH DUHOLM (DEN)	6-29-26	65-69
HANS FRUCHTE (WG)	6-9-11	80-84
RAY GIBSON (LONG BEACH, CA)	6-14-31	60-64
JACK GREENWOOD (AURORA, CO)	6-5-26	65-69
NORMAN HAWKE (NZ)	6-9-11	80-84
HAL HIGDON (MICHIGAN CITY, IND)	6-17-31	60-64
CARL JUNNER (AUSTRALIA)	6-16-21	70-74
OLAVI KAUKANEN (FINLAND)	6-23-26	65-69
LENNART LINDBLOM (SWE)	6-29-21	70-74
HARRY MCARDLE (REGO PARK, NY)	6-26-6	85-89
JOSEPH MCCLUSKEY (REGO PARK, NY)	6-2-11	80-84
MICHAEL NEAL (LAS VEGAS, NV)	6-4-31	60-64
STAN NICHOLLS (AUSTRALIA)	6-16-11	80-84
CLAY PUCKETT (OLEM, UT)	6-22-31	60-64
RON ROBERTSON (NZ)	6-3-41	50-54
DEAN SMITH (LOMBARD, ILL)	6-25-26	65-69
KAARE SOLNORDAL (NOR)	6-16-6	85-89
TOM STURAK (SANTA MONICA, CAL)	6-29-31	60-64
JIM SUTTON (READING, PA)	6-30-31	60-64
GUNNAR TANG-HOLBEK (DEN)	6-11-6	85-89
HAROLD TINSLEY (HUNTSVILLE, ALA)	6-25-36	55-59
MANUEL WHITE (PHI-HELENA, MT)	6-2-16	75-79
UDOLPH ZAPP (WG)	6-21-1	90-94
BARRY SCHAEFFER (VENICE, CA)	6-13-51	40-44

ELITE



SHOT & DISCUS

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

THE HIGH JUMP

'88 incorporates featuring necessary for both take off and trail leg in one pair of shoes.

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

THE LONG JUMP

'88 combines world class athlete feedback with NIKE Sport Research Lab data in a superior jumping shoe.

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

JAVELIN

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

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



THE ZOOM LIGHT

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

ZOOM SPRINT

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

ZOOM EXTRA (not shown)

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

THE WAFFLE RACER®

Upper: New-wave shadow poly-pag and synthetic suede.
Sole Unit: EVA wedge and silver midsole. Solid rubber Waffle® stud outsole with forefoot wrap.
Profile: Extremely lightweight "spikeless spike" racing shoe for the competitor who cannot wear spikes.
Code: 2233
Color: White/Black-Electric Green
Suggested Retail: \$42-99 \$34.50

INTERNATIONALIST

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

RIVAL PLUS (not shown)

Upper: Poly-pag and suede.
Sole Unit: EVA wedge and forefoot pad, rubber outsole and nylon 6-spike plate.
Profile: Versatile, entry-level team spike.
Code: 2826
Color: White/Natural Charcoal
Suggested Retail: \$42-99 \$34.50

Call Toll Free 1-800-433-0324

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

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

SHIP TO:

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

☐ MC ☐ VISA Card No. _____ Exp. Date _____

Signature _____

* Express Mail Available.

ELITE SALES, Inc.
Box 345 - Accord, MA 02018
In Mass. (617) 749-4389
1 (800) 433-0324

Shipping/Handling \$3.00

COD Orders \$4.00 extra

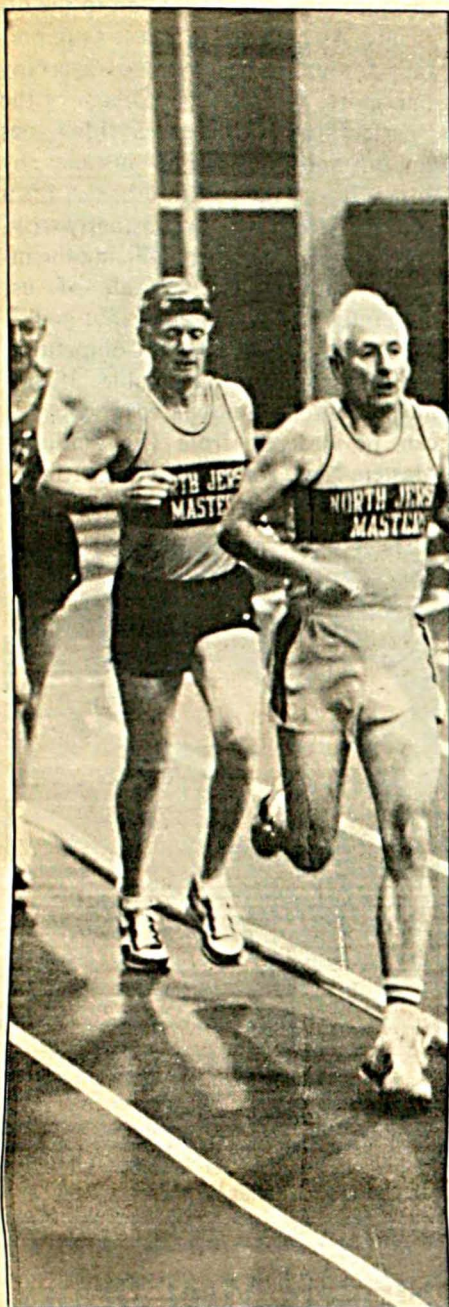
Total Amount Enclosed

ELITE SALES, INC. OF MASSACHUSETTS

P.O. BOX 345

ACCORD, MA 02018 U.S.A.

617/749-4389



North Jersey Masters Club runners in the N.J. TAC Masters Indoor Championships, Fairleigh-Dickinson U., February 24. Jim Manno, M70, leads, followed by George Martin, M60, and Jim McGilvray, M70. Their club won the team championship for the third consecutive year, over the Garden State TC and the Shore AC, with 264 points. Photo by Sandy Racklin

Foot Beat

Continued from page 12

local anesthetic, have a high success rate and often have runners back on the roads within 24 hours.

For the injection-wary, physical therapy that combines ultrasound, heat, and electrical stimulation may prove rewarding. As a last resort, surgery may be indicated. Done under local anesthesia, an incision is made on the top part of the foot and the entire neuroma is removed.

I urge you to treat this condition as soon as possible. Most nerve traumas can be resolved within weeks of the injury. However, the more chronic the condition becomes, the more difficult it is to achieve a satisfactory result. □

(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.)

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1990. 48 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00

\$ _____

Masters Track & Field Rankings

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

\$ _____

Masters Age-Graded Tables

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

\$ _____

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

\$ _____

Competition Rules for Athletics (1991)

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

\$ _____

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

\$ _____

IAAF Scoring Tables (1985)

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

\$ _____

Guide to Prize Money Races and Elite Athletes 1991

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

\$ _____

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

\$ _____

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

\$ _____

U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8" bar pin with safety catch. \$5.00.

\$ _____



The Masters Running Guide by Hal Higdon

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

\$ _____

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

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

\$ _____

Back Issues of National Masters News

Issues: _____ \$2.25.

\$ _____

Postage and handling

\$ _____

Overseas Air Mail (add \$5.00 per book)

\$ _____

TOTAL

\$ _____

Send to: National Masters News Order Dept.

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Striving For The "Perfect" Meet

In last month's issue, Moshe Myerowitz, wrote a letter which referred to the enormous dimensions of conducting a regional or national track meet — open or masters. He ended his letter suggesting that TAC provide a check-list for successfully conducting an event.

This checklist, in fact, is already available. TAC annually publishes a Competition Rules Book. Included in the book is a section that pertains specifically to the standards and rules for masters competition (track and field, racewalking, and long distance.)

Using the Rule Book as a base, our TAC committee is in the process of customizing and amplifying the information so that it will be easier to understand and follow. When this process is completed, it is our intent to make the manual available to meet directors at every level — local, sectional, or national.

As a committee, it is our responsibility to make sure our meet directors have the necessary information that pertains to our competition. Meet directors then have the responsibility to

disseminate this information to the officials. As athletes, it is just as important for us to be educated regarding our sport. I think we all dream of the "perfect" meet where everything goes smooth and there are no mistakes, by either the officials or the athletes. It's a goal for which we are constantly striving. Working together, utilizing the information available to all of us, hopefully puts us closer to that goal.

The 1991 issue of the Competition Rules Book is now available. If you haven't already purchased a copy, it can be ordered from the National Masters News for \$9.95. It's worth the investment! □



W50 shotput winner (41-4 1/4). Joann Grissom, of Indianapolis, TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik

Striders Meet Draws Usual Strong Field

by JERRY WOJCIC

The Southern California Striders Meet of Champions in Long Beach, Calif., on April 13 attracted its usual contingent of good masters athletes for this early-season event.

In the sprints, Glenn Johnson, M40, posted the fastest 100 (11.06) and 200 (23.00) for the day. Peter Mogg, M35, recorded wins in a rare double in the 400 (52.25) and 1500 (4:06.30).

Hurdlers Theo Viltz, M45, 15.29, and Bill Knocke, M50, 15.33, had enviable early-season performances in the short hurdles.

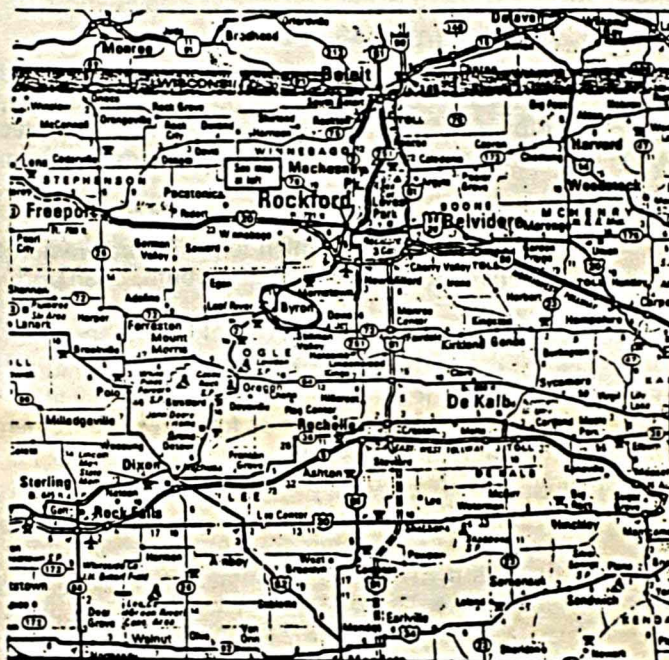
Leapers were led by Jason Meisler, M35, 6-8, and Anneles Steekelenburg, W40, 4-10, in the high jump, and Charles Mercurio, M70, 28-1/4, in the triple jump.

In the shot put, James Hart took a close M50 win (44-4 1/2) from Paul Vermillion (43-10 1/2). Discus throwers were topped by Harry Hawke, M60, 162-6, the meet's best, and Janet Wilson, W35, 144-11. Stew Thomson, M55, outthrew all other hammer throwers with a 162-3, and Larry Stuart, M50, was near a record performance with a 213-9.

The meet was directed by Hugh Cobb of the Striders. □

TAC MIDWEST MASTERS T&F CHAMPIONSHIPS

- WHEN:** Saturday, June 22, 1991
- 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.
- DIVISION:** Five year age groups, 30-90+
Male and Female
- ENTRY FEE:** \$15.00 Any Number of Events
Relays \$10.00 Per Relay Team
- AWARDS:** Medals to the first three places
Awards limited to 3, over 3 may be purchased for \$3.00 each except relays. Medals to first three relay teams.
- MEET PROTOCOL:** OPEN TO ALL ATHLETES
Division may be run together, female first, then male, oldest to youngest, depending on numbers. No false starts.
Runners registered for the Grand Prix may score points to count for the Grand Prix Championship Awards.
- NOTE:** Swimming pool will be open to athletes and their families.
- REGISTRATION:** Send Application Form and Entry Fee to:
Byron Park District
Tower Rd.
Byron, IL 61010
Phone 815-234-8435
OR
Dick Green 815-332-4743



ORDER OF EVENTS:

6:00 PM	80/100/110/Hurdles	5:30 PM	Javelin Throw
6:20 PM	1 Mile Race Walk	6:00 PM	Long Jump
6:35 PM	100M Dash	6:00 PM	Polevault, Discus
6:50 PM	400M Dash	6:00 PM	High Jump
7:10 PM	5000M Race Walk	7:00 PM	Triple Jump
7:40 PM	4x100 Relay		Shot Put
7:55 PM	300/400 Hurdles	8:00 PM	Hammer Throw
8:15 PM	800M Run		
8:30 PM	5000M Run	8:30 PM	Weight Throw
9:00 PM	200M Dash		25#, 35#, 56#, 200#, 300#
9:20 PM	1500M Run		
9:30 PM	4x400 Relay		

REGISTRATION FORM

Name _____ Age (On 6/22/91) _____
Address _____ Date of Birth _____
City _____ State _____ Zip _____
Telephone Number (____) _____
1991 TAC # _____ Club _____
Events Entered: _____
& Best Time _____
1990 or 1991 _____
Signature _____ Date _____

I, _____, in consideration of The Byron High School, The Byron Park District, and all Meet Officials allowing me to participate in the TAC Midwest Masters Track and Field Championship activities on June 22, 1991 do, for myself, heirs, executors, and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner as a result of my participation in these activities.

Signature

Date



MASTERS RACEWALKING

by ELAINE WARD

Walking in Israel

Shaul Ladany, 55, represented Israel in the Mexico City and Munich Olympics. Here on a visiting professorship at U.C. Irvine, Shaul racewalked in the L.A. Marathon and several local races.

How did you get started racewalking in Israel?

At first I was a marathon runner. Then, I started participating in something you don't have in the United States—*volksmarches*. These are very popular in Europe and Israel. They are non-competitive walks along a given route. Often they are 40 to 50 kilometers, and some span several consecutive days. In Holland there is a famous one which is a four-day march, 50K each day. About 30,000 participate in it.

We no longer have *volksmarches* which last several days in Israel, but there are many one-day events. There are a few 40 and 50K, but most are 10 and 20K. In a year, there are about 25 of these marches which take place on very scenic trails through the mountains and valleys in different parts of the country. They are well organized and many families take picnics, stop, eat, and then go on.

Are these volksmarches timed?

No. Let's say the starting time is between 6:00 and 7:00 in the morning; you have some walkers who will start at 5:30 and others at 7:30. From the beginning, I always tried to walk as fast as I could to finish first, and began to train when I failed to do this.

I entered the Israel national championship for 3000 meters and won it by almost a full lap. This started me on my racewalking career.

After achieving competitive success at short distances in Israel, you came to the United States in 1965 to pursue your doctoral studies at Columbia University in New York City.

Yes. Shortly after arriving, I found out that a 15K Championship was to be held in Atlantic City. Ron Laird won and I came in 13th, but I was very happy as I had never raced more than a 3K. I started training every day. Almost every weekend the better racewalkers in the New York area raced somewhere on Long Island.



Verna Buchs of Florida, first overall female (30:17) in the 5K racewalk, is flanked by Dr. George Sheehan (l) of New Jersey, pre-race speaker and winner of the M65+ division (24:30) in the 5K run, and John Fredericks, first overall (24:15) in the 5K racewalk, Grand Bahamas 5K, Freeport, Bahamas, February 2.

Track Races vs Road Races

I love to race on a track. I hate to train on a track, but I have raced 50, even 100, miles on a track and feel the track is the best place for a race. When you race on a road, going back and forth is boring. After a while, you are racing by yourself. You don't know your distance from the other walkers. You don't know if you are slowing down, or if somebody is catching you.

On a track, you know exactly where you are in relationship to the other walkers. You are continuously motivated to try to keep up the pace of the faster walkers. And throughout the race, there is always someone in front

of you to catch, or somebody trying to pass you to make you speed up.

There are other good things about a track race. If you want to drink something, you are able to say, "Next lap, please give me this and this," and you will get it right away. If you want to get rid of your T-shirt, or to get some lubricant, you can get it easily and immediately. And a track race is obviously more fun for the spectators. On a 2.5K loop, the spectators see walkers pass by every 10 minutes or so. On a track, spectators can watch all the walkers throughout the race. — *Shaul Ladany*

Who were your competitors?

Bruce McDonald, Ron Kulik, Ron Daniel, John Schilling, Howie Jacobson, Elliott Denman and occasionally Ron Laird. Don Johnson came with Elliott at times, and later, Gary Westerfield. I also met John Kelly. At least once a week for over two years, we trained around Yankee Stadium and Van Cortlandt Park, and we traveled to various races together.

What were the best races then?

In the summer Elliott used to put on a 5K race in Long Branch, New Jersey, during the middle of the week. The races started at a red-roofed church and the course went around a small lake called Takannassee. It was very beautiful.

Also, all the track & field meets in the metropolitan area had short walks during the week, so you could race Monday, Tuesday and Thursday evenings. During this period, I tried to train longer distances in the mornings, and enter the shorter races in the evenings.

What kind of weekend races were there?

Long races were held on the weekends. I didn't have much money, so I didn't travel a great deal. I did race in New England some, and John Kelly and I went to the Canadian 50K National Championships. I finished second, three times.

How long were you in the United States?

From 1965 to 1968. I finished my doctoral studies in February, 1968, and then devoted all my time to training. I wanted to make the 1968 Israeli Olympic team and had to achieve a 50K standard of 4:25. In July, 1968, I flew out to California to enter the 20K National Championship in Long Beach. I was never really fast in the shorter distances, and walked around a 1:34 20K.

Three weeks later they had the 50K National Championship in San Francisco's Golden Gate Park. After training hard with John Kelly in Santa Monica, I was able to walk a 4:25 and met the Olympic standard.

Can you describe some highlights from your career?

In 1968, I finished 22nd in the Olympic games in Mexico City. I got Montezuma's revenge during the race. Some of the problem was due to race administration. The Mexican officials asked us to submit thermos bottles of the drinks we wanted by 6:00 o'clock the morning of the race. I had some juices. The bottles of drinks were taken to the various water stations, opened, and kept in the hot sun. By race time at 1:00 p.m., the juices were very, very sour. It was very, very bad.

During 1966-72, I finished first in five 50-Mile championships.

Denman rejuvenated the 50-Mile Championship which hadn't been held in the United States since the last century. The existing 50K record was set in 1878. In 1966, I broke it with a time of 8:35:35, and each year I raced, I improved. In 1972, as part of my training for the Munich Olympics, I flew from Israel to New Jersey to compete in the 50-Miler again, and won in a time of 7:23:50. That is still the record.

In 1972, I was a member of the Israeli team at the Munich Olympics. I was staying in the same apartment complex that was attacked by the terrorists. The Israeli team was in three apartments. I was in Apartment No. 2. Apartment No. 1 on my right and Apartment No. 3 on my left were attacked. You must wonder why the terrorists didn't go in my apartment? I believe that they knew that my roommates were marksmen, and that they had their rifles and ammunition with them.

In 1973 I competed in the Second World Masters Championships in Gothenburg, Sweden, and placed first in the 5K (23:06) and 20K (1:38:02.)

I still love the long-distance races, but I no longer have speed. I train much less because of a knee injury, and have gained weight. I may go to Turku, but they are not having a 50K, so I am not sure.

Those of us in Southern California who had the pleasure of walking with Shaul wish him "shalom." □

National Masters Indoor Age-Graded Results Show Mythical Overall Champions

by PHIL MULKEY

At the insistent, but gentle, demands of a plethora of track and field aficionados (Wendy Miller, Debbie Anderson, etc.), I herewith present on the next page the 1991 TAC/USA National Masters Indoor Track and Field Age-Graded Championships for your personal elucidative entertainment, or for any other reason that helps you get through the night.

I have listed the top eight age-graded marks from each event in the meet held

in Blaine, Minn., March 23-24. Both individual and team "winners" are recognized.

For example, Jim Law won the M65 200 in Blaine in 26.92. The WAVA factor for the 200 at age 65 is .7771. By multiplying that factor by Law's time (.7771 x 26.92), we get an age-graded time of 20.91, his equivalent open-class mark. Law's age-graded time (20.91) divided into the open-class standard (19.62) is 93.8%. Thus, Law had the best age-graded time/performance

percentage of any 200 competitor in the meet.

If we then compare Law's age-graded time to the winning 200 time (21.11) in this year's TAC National Indoor "Open" Championships held in New York City in February, we find Law's time is faster. Thus, he "wins" the gold medal overall, which is noted next to his name on the chart.

If we score the eight age-graded "finalists" in each event by age group, we find the M65s won with 165 points

(15,10,7,5,4,3,2,1) with the M45s next with 106. The top individual point-getters, based on the same scoring, are Phil Mulkey, M55, with 51 points (men), and Phil Raschker, W40, with 108½ points (women).

The closest finals were in the men's 200 (2.3%) and 1500 (2.7%). The widest finals were in the women's pentathlon (56.1%) and women's weight throw (36.8%).

(Note: factors for the 60m, 60mH, weight throw and pentathlon are unofficial.)

Single-age factors were used to determine the age-graded marks/percentages. Thus, an athlete who lost to a younger competitor in Blaine might score higher in this single-age comparison.

Hopefully, this will offer a strong basis for selecting the annual outstanding athletes in the masters T&F program. That's why, even though being remarkably drug-free at the time, I decided to include as many statistics as possible which would be interesting and informative for all those readers wishing to be informed in an interesting manner.

Finally, my congratulations to the M65 team members who I always felt had been sorely underrated in their performances. I humbly asked Boo Morcome, 69, if he thought I could ever be as good as him in the pole vault. He said he felt certain I could, because I would have the advantage of 11 more years of practice to catch up to him. □

TAC Northwest Sectional Masters Track & Field Championships and Hayward Classic Masters Championships

Hosted by OREGON TRACK CLUB MASTERS

Sponsored by VALLEY RIVER CENTER

VALLEY
RIVER
CENTER

June 22 & 23, 1991

Beginning 12:00 Saturday
10:00 Sunday

Hayward Field
University of Oregon
Eugene, Oregon

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

FACILITIES: All-weather track & runways (maximum ¼" spikes allowed).

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

ENTRY FEES: \$10 for 1st event (DOES NOT include T-shirt); \$5 for 2nd event; additional \$2 each additional event; relays free.

T-SHIRTS: 100% cotton, short sleeve — \$7.

ENTRY DEADLINE: All entries must be postmarked by Friday, June 14, 1991.

LATE ENTRY: Late entries will be accepted with an additional \$10 surcharge and only when space is available in that event.

MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Special rates for athletes — book early to ensure room (1-800-HILTONS).

PACKETS: Available for pickup at Eugene Hilton Friday, June 21, 4:00-8:00; and at Hayward Field starting at 9:00 a.m. June 22.

AWARDS: Championship medals for 1st, 2nd, 3rd; ribbons for 4th, 5th, 6th.

OREGON
TRACK CLUB
MASTERS

VALLEY
RIVER
CENTER

SCHEDULE OF EVENTS

All times listed are tentative and approximate.

Saturday, June 22

FIELD	TRACK
POLE VAULT 12:00	*2000 STEEPLECHASE
 3000 STEEPLECHASE
LONG JUMP 1:00 10,000 METERS
SHOT PUT 2:00 HIGH HURDLES
 100 METERS
JAVELIN 4:00 400 METERS
 5K WALK
 1500 METERS
	6:45 1600 METER RELAY

Sunday, June 23

DISCUS 10:00 800 METERS
HIGH JUMP 11:00 INTERMEDIATE HURDLES
 5000 METERS
	12:30 200 METERS
HAMMER 1:00 **2000 METER WALK
TRIPLE JUMP 1:45 400 METER RELAY
	2:00 **3000 METERS
	2:30 3200 METER RELAY

IN GENERAL, WOMEN COMPETE BEFORE MEN
OLDER BEFORE YOUNGER

* + 60 Men, Women
** The 2K walk and 3K run are not TAC Championship events and will not receive TAC Championship medals.

ALL EVENTS ARE OPEN TO BOTH MEN AND WOMEN
ALL IMPLEMENTS WILL BE WAVA METRIC STANDARDS

TAC SECTIONAL CHAMPIONSHIPS — ALL COMPETITORS MUST BE TAC MEMBERS

Name _____ Birthdate: ____/____/____

Address _____ Age (as of 6/22/91) _____

Phone (____) _____ Club Affiliation (if any) _____ TAC # _____

EVENTS _____ T-SHIRT — \$7 (check one)

1. _____ ☐ small ☐ med

2. _____ ☐ large ☐ x-large

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I WOULD LIKE TO RUN THESE RELAYS:

400 METER _____ 1600 METER _____ 3200 METER _____

Event changes will not be permitted after registration.

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

Signed _____ Date _____

Send entry with check to: Oregon Track Club Masters, c/o Les Castle, 720 E. 20th, Eugene, OR 97405. (503) 344-9809.

Note to 1990 Competitors: We mailed medals to winners last summer. If you did not receive yours, please let us know by mail or at this year's competition.

PREFONTAINE CLASSIC TRACK MEET is Friday evening, June 21.

Come early and enjoy this top elite competition. Call Tom Jordan for information and tickets (503) 683-5635.



Boo Morcom, M65, Wilmot Flat, N.H., talks hurdle form with Phil Raschker, W40, Atlanta, Ga., TAC National Masters Indoor Championships, Blaine, Minn. Photo by Al Sheahan

TAC 1991 NATIONAL MASTERS INDOOR TRACK & FIELD AGE-GRADED CHAMPIONSHIPS

Men

High Hurdles	95.6%	Average of eight scores
1) :07.55	97.3	PHIL MULKEY (M55) "Gold"
2) :07.57	97.1	Frank Finger (M75) "Silver"
3) :07.57	97.1	Denver Smith (M65) "Bronze"
4) :07.61	96.6	Chuck Miller (M50)
5) :07.72	95.0	Clarence Trinkler (M55)
6) :07.75	94.7	Hugh Adams (M50)
7) :07.79	94.1	Stan Druckery (M40)
8) :07.86	93.2	Burl Gist (M70)
60 Meters	95.5%	Average
1) :06.60	98.1	STAN WHITLEY (M45) "Gold"
2) :06.70	96.6	Ben Dennis (M50)
3) :06.71	96.4	Hugo Hartenstein (M55)
4) :06.73	96.0	Mel Larsen (M65)
5) :06.77	95.4	Jim Law (M65)
6) :06.86	94.1	Lloyd Cordner (M45)
7) :06.86	94.1	Charles Allie (M40)
8) :06.87	94.0	Joe Johnson (M45)
200 Meters	92.4%	Average
1) :20.91	93.8	JIM LAW (M65) "Gold"
2) :21.10	92.9	Hugo Hartenstein (M55) "Silver"
3) :21.14	92.8	Larry Colbert (M50)
4) :21.23	92.4	Jim Mathis (M55)
5) :21.24	92.3	Mel Larsen (M65)
6) :21.35	91.8	Ken Dennis (M50)
7) :21.37	91.7	Stan Druckery (M40)
8) :21.42	91.5	Tom Bassett (M45)
400 Meters	94.3%	Average
1) :44.72	96.8	JIM LAW (M65) "Gold"
2) :45.21	95.7	Stan Whitley (M45) "Silver"
3) :45.24	95.6	Jim Mathis (M55) "Bronze"
4) :45.54	95.0	Roger Pierce (M45)
5) :45.98	94.1	Larry Colbert (M50)
6) :46.59	92.9	Chuck Schoor (M60)
7) :46.69	92.7	Steve Hardison (M40)
8) :47.11	91.8	Cliff Pauling (M55)
800 Meters	92.0%	Average
1) 1:47.08	95.0	KEN SPARKS (M45) "Gold"
2) 1:47.66	94.4	Nolan Smith (M40) "Silver"
3) 1:48.44	93.8	Ken Popejoy (M40) "Bronze"
4) 1:50.89	91.7	Dorel Watley (M40)
5) 1:51.43	91.2	Sid Howard (M50)
6) 1:52.78	90.2	Jay Sponseller (M75)
7) 1:52.88	90.1	Chuck Schoor (M60)
8) 1:53.29	89.7	Rich Schornstein (M40)
1500 Meters	94.0%	Average
1) 3:39.23	95.5	BILL BROBSTON (M75) "Silver"
2) 3:39.87	95.2	Ken Sparks (M45) "Bronze"
3) 3:40.16	95.1	Paul Perry (M45)
4) 3:41.72	94.4	Nolan Smith (M40)
5) 3:44.80	93.1	Dudley Healy (M75)
6) 3:45.08	93.0	Dan Conway (M50)
7) 3:45.39	92.9	Al Swenson (M40)
8) 3:45.70	92.8	Ken Popejoy (M40)
3000 Meters	89.7%	Average
1) 7:59.04	94.3	DAN CONWAY (M50)
2) 8:09.84	92.2	Al Swenson (M40)
3) 8:21.17	90.1	Pat Hambrick (M40)
4) 8:23.44	89.7	Vic Heckler (M40)
5) 8:26.58	89.2	Stephen Keyes (M40)
6) 8:33.99	87.9	Bill Fortune (M60)
7) 8:36.75	87.4	Paul Perry (M40)
8) 8:39.43	87.0	Joe Perske (M30)
3000 Walk	82.9%	Average
1) 12:13.74	90.0	ROBERT MIMM (M65)
2) 12:51.02	85.7	John Elwarner (M50)
3) 12:52.14	85.5	Vance Genzlinger (M60)
4) 12:55.66	85.1	Moshe Myerowitz (M60)
5) 13:28.61	81.6	Paul Johnson (M50)
6) 13:41.35	80.4	Ron Daniel (M45)
7) 14:05.75	78.1	Pete Larovech (M40)
8) 14:22.81	77.1	Gary Westlund (M40)
High Jump	89.6%	Average
1) 7'7"	95.8	JIM GILCHRIST (M60) "Gold"
2) 7'4"	92.6	Rich Richardson (M55)
3) 7'0"	89.2	Burl Gist (M70)
4) 7'0"	89.2	Ham Morningstar (M70)
5) 7'0"	89.2	Gordon Seifert (M60)
6) 7'0"	88.4	Tim Heikkila (M40)
7) 6'10"	86.6	Nick Newton (M55)
8) 6'10"	86.6	Johnnie Meisner (M40)
Pole Vault	85.0%	Average
1) 17'7"	89.3	BOO MORCOM (M65)
2) 17'3"	87.5	Joe Johnson (M45)
3) 17'2"	87.0	Phil Mulkey (M55)
4) 17'0"	86.1	Warren Wilke (M40)
5) 16'9"	85.0	Rich Christoph (M35)
6) 16'5"	83.1	Steve Hardison (M40)
7) 16'0"	81.1	Henry Hopkins (M45)
8) 16'0"	81.1	Charley Polhamus (M45)
Long Jump	87.9%	Average
1) 27'0"	93.9	MEL LARSEN (M65) "Gold"
2) 26'1"	90.4	Stan Whitley (M45)
3) 25'5"	88.2	Boo Morcom (M65)
4) 25'3"	87.7	Ed Lukens (M65)
5) 25'1"	87.1	Pete Stopoulos (M50)
6) 24'11"	86.4	Denver Smith (M65)
7) 24'7"	85.4	Phil Mulkey (M55)
8) 24'4"	84.5	Roger Phillips (M45)

Triple Jump	83.5%	Average
1) 54'3"	92.0	ED LUKENS (M65) "Bronze"
2) 51'6"	87.3	Denver Smith (M65)
3) 49'4"	83.7	Phil Mulkey (M55)
4) 48'6"	82.3	Charles Obye (M65)
5) 48'5"	82.1	Tom Langenfeld (M55)
6) 47'8"	80.8	Ed Mathews (M70)
7) 47'6"	80.5	John Ewing (M50)
8) 47'1"	79.8	Johnnie Meisner (M45)

Shot Put	81.4%	Average
1) 59'2"	88.3	TOM GAGE (M45)
2) 57'2"	85.3	Roger Kamla (M35)
3) 56'0"	83.6	Phil Brusca (M60)
4) 53'10"	80.4	Phil Mulkey (M55)
5) 53'3"	79.6	Tom McDermott (M70)
6) 52'10"	78.9	Rich Hotchkiss (M50)
7) 52'9"	78.8	Tom Wesselowski (M55)
8) 51'2"	76.5	Pat Burns (M35)

Wt Throw	69.3%	Average
1) 68'10"	86.7	TOM GAGE (M45)
2) 61'9"	78.3	Tom McDermott (M70)
3) 56'2"	70.8	Rich Hotchkiss (M50)
4) 55'9"	70.7	Larry Waithe (M35)
5) 54'4"	68.5	Phil Brusca (M60)
6) 52'10"	66.5	Bob Hartman (M30)
7) 45'8"	57.5	Tom Wesselowski (M55)
8) 45'4"	57.1	Len Olsen (M55)

Pentathlon	89.9%	Average
1) 4321 pts	97.6	PHIL MULKEY (M55) "Gold"
2) 4190	94.7	Boo Morcom (M65) "Bronze"
3) 4097	92.6	Dale Lance (M50)
4) 4086	92.3	Denver Smith (M65)
5) 3873	87.5	Rex Harvey (M40)
6) 3785	85.5	Greg Brittenham (M30)
7) 3748	84.7	Johnnie Meisner (M45)
8) 3734	84.4	Steve Rogers (M45)

Women

Hurdles	72.5%	Average
1) :09.35	77.7	PAM CALVERT (W45)
2) :09.40	77.0	Phil Raschker (W40)
3) :09.40	77.0	Betty Vosburgh (W55)
4) :09.47	76.2	Becky Sisley (W50)
5) :09.96	69.8	Mary Luker (W45)
6) :09.98	69.5	Irene Thompson (W35)
7) :10.18	66.8	Marion Coffee (W50)
8) :10.20	66.6	Lorraine Tucker (W40)

60 Meters	85.8%	Average
1) :07.56	92.0	PHIL RASCHKER (W40)
2) :07.90	87.1	Irene Thompson (W35)
3) :07.93	86.7	Mariley Mitchell (W45)
4) :07.96	86.2	Pam Calvert (W45)
5) :08.00	85.6	Lorraine Tucker (W40)
6) :08.17	83.2	Mary Luker (W45)
7) :08.19	82.9	Pat Peterson (W60)
8) :08.21	82.7	Mary Patterson (W60)

200 Meters	82.1%	Average
1) :24.35	88.6	PHIL RASCHKER (W40)
2) :25.57	84.3	Pam Calvert (W45)
3) :26.02	82.9	Marilyn Mitchell (W45)
4) :26.37	81.8	Betty Vosburgh (W55)
5) :26.65	80.8	Irene Thompson (W35)
6) :26.70	80.7	Lorraine Tucker (W40)
7) :27.20	79.3	Mary Patterson (W60)
8) :27.43	78.6	Lucy Brobst (W55)

400 Meters	81.5%	Average
1) :54.65	87.5	PHIL RASCHKER (W40)
2) :55.81	85.7	Pam Calvert (W45)
3) :57.58	83.0	Betty Vosburgh (W55)
4) :59.39	80.5	Irene Thompson (W35)
5) :60.13	79.5	Silvie Kimche (W40)
6) :60.58	79.0	Debbie Anderson (W35)
7) :60.71	78.8	Debbie Stiles (W40)
8) :61.28	78.2	Mary Patterson (W60)

800 Meters	80.8%	Average
1) 2:14.97	83.6	SILVIE KIMCHE (W40)
2) 2:15.95	83.0	Debbie Anderson (W35)
3) 2:16.55	82.7	Joan Sterrett (W30)
4) 2:19.90	80.7	Wava Mosbrucker (W55)
5) 2:21.02	80.0	Sherree Robinson (W30)
6) 2:21.82	79.6	Carla Hervet (W30)
7) 2:23.06	78.9	Debbie Stiles (W40)
8) 2:24.05	78.3	Tami Graf (W50)

Biggest Wins (Men)

1) 9.1%	TOM GAGE WT
2) 4.7	Ed Lukens TJ
3) 4.5	Robert Mimm 3KW
4) 3.5	Mel Larsen LJ
5) 3.0	Tom Gage SP
6) 2.9	Phil Mulkey PEN
7) 2.2	Jim Gilchrist HJ
8) 2.1	Dan Conway 3000

Biggest Wins (Women)

1) INF%	PHIL RASCHKER PV
2) 12.9	Phil Raschker LJ
3) 12.0	Joan Grissom SP
4) 5.2	Leonore McDaniels HJ
5) 4.9	Phil Raschker 60
6) 4.3	Phil Raschker 200
7) 2.7	Joan Rowland 3KW
8) 2.5	Cindy Bremser 1500

Top Ten Percentages (Men)

1) 98.1%	STAN WHITLEY (M45) 60
2) 97.8	Phil Mulkey (M55) HHP
3) 97.6	Phil Mulkey (M55) PEN
4) 97.3	Phil Mulkey (M55) HH
5) 97.1	Frank Finger (M75) HH
6) 97.1	Denver Smith (M65) HH
7) 96.8	Jim Law (M65) 400
8) 96.6	Chuck Miller (M50) HH
9) 96.6	Ken Dennis (M50) 60
10) 96.0	Mel Larson (M65) 60

Top Ten Percentages (Women)

1) 92.0%	PHIL RASCHKER (W40) 60
2) 91.8	Leonore McDaniels (M65) HJ
3) 90.6	Phil Raschker (W40) HHP
4) 90.2	Phil Raschker (W40) PEN
5) 90.0	Cindy Bremser (W35) 1500
6) 88.8	Phil Raschker (W40) LJ
7) 88.6	Phil Raschker (W40) 200
8) 88.4	Phil Raschker (W40) HJP
9) 87.5	Phil Raschker (W40) 400
10) 87.5	Silvie Kimche (W40) 1500

1500 Meters	83.7%	Average
1) 4:18.20	90.0	CINDY BREMSER (W35) "Gold"
2) 4:25.64	87.5	Silvie Kimche (W40)
3) 4:42.64	82.2	Mary Hiatt (W40)
4) 4:42.97	82.1	Joan Sterrett (W30)
5) 4:43.28	82.0	Debbie Anderson (W35)
6) 4:44.89	81.6	Wava Mosbrucker (W50)
7) 4:47.56	80.8	Carla Hervet (W30)
8) 4:51.64	77.9	Sherree Robinson (W30)

3000 Meters	79.2%	Average
1) 9:56.24	84.1	SILVIE KIMCHE (W40)
2) 10:11.92	81.9	Janet Christ (W30)
3) 10:13.30	81.8	Wava Mosbrucker (W50)
4) 10:19.22	81.0	Carla Hervet (W30)
5) 10:30.04	79.6	Ellen McCoy (W70)
6) 10:41.28	78.2	Tami Graf (W50)
7) 11:00.64	75.9	Ruth Anderson (W60)
8) 11:41.05	71.5	Queenie Thompson (W65)

3000 Walk	79.1%	Average
1) 14:52.01	83.0	JOAN ROWLAND (W60)
2) 15:22.30	80.3	Joanette Smith (W40)
3) 15:25.93	80.0	Porky Gadiant (W55)
4) 15:34.68	79.2	Millie Crews (W75)
5) 15:41.31	78.7	Cindy Parfumi (W35)
6) 15:48.34	78.1	Phil Myerowitz (W55)
7) 16:01.89	77.0	Beth Young-Grady (W50)
8) 16:04.88	76.7	Jodie Olsen (W40)

High Jump	81.7%	Average
1) 6'3"	91.8	LEONORE McDANIELS (W65) "Silver"
2) 5'11"	86.6	Phil Raschker (W40)
3) 5'7"	82.2	Christal Miller (W55)
4) 5'6"	80.8	Betty Vosburgh (W55)
5) 5'5"	79.4	Betty Sisley (W50)
6) 5'5"	78.9	Essie Kea (W50)
7) 5'3"	77.5	Pat Peterson (W60)
8) 5'3"	77.0	Pam Calvert (W45)

Pole Vault	84.2	Average
1) 10'0"	84.2	PHIL RASCHKER (W40)

Long Jump	73.4%	Average
1) 21'8"	88.8	PHIL RASCHKER (W40) "Gold"
2) 18'6"	75.9	Leonore McDaniels (W65)
3) 18'3"	74.8	Betty Vosburgh (W55)
4) 17'11"	73.4	Pam Calvert (W45)
5) 17'1"	70.2	Bernice Holland (W60)
6) 16'10"	68.8	Irene Thompson (W35)
7) 16'8"	68.1	Joann Grissom (W50)
8) 16'7"	67.9	Josephine Sullivan (W65)

Triple Jump	70.2%	Average
1) 40'1"	82.0	PHIL RASCHKER (W40)
2) 37'11"	77.6	Leonore McDaniels (W65)
3) 37'8"	77.1	Pam Calvert (W45)
4) 36'4"	74.2	Becky Sisley (W50)
5) 33'4"	68.2	Josephine Sullivan (W65)
6) 23'11"	59.1	Mary Luker (W45)
7) 26'9"	54.6	May Lou Platis (W45)
8) 25'1"	51.3	Marion Coffee (W50)

Shot Put	61.5	Average
1) 52'10"	82.3	Joann Grissom (W50)
2) 45'2"	70.3	Vanessa Hilliard (W45)
3) 43'4"	67.4	Ann Cirulnick (W55)
4) 41'5"	64.5	Christal Miller (W55)
5) 39'5"	61.4	Beulah Verdell (W30)
6) 35'9"	55.7	Betty Vosburgh (W55)
7) 33'7"	52.3	Florence Berry (W65)
8) 31'1"	48.4	Josephine Sullivan (W65)

Weight Throw	64.3	Average
1) 53'9"	87.3	Bernice Holland (W60)
2) 52'7"	85.5	Vanessa Hilliard (W45)
3) 48'10"	79.4	Joann Grissom (W50)
4) 36'7"	59.6	Anne Cirulnick (W55)
5) 31'6"	51.3	Virginia Bogani (W30)
6) 31'1"	50.5	Dorothy Swanson (W50)

Pentathlon



The Director's Corner

by DEAN REINKE

A Word From Our Sponsors

Much has been made as of late of the growing number of sponsors who seem to be dropping out of running events. Two of the sport's more visible events, the Red Lobster Run in Orlando and the Crescent City Classic in New Orleans, have both had major changes. On the day prior to the event, Red Lobster announced it was pulling out of the very successful Red Lobster 10K, Crescent City had to hold back its prize money due to loss of sponsors. Just as dramatic was the Long Beach Marathon having to give back its award of the U.S. Women's Olympic Marathon Trials due to its loss of sponsorship. Certainly, one can make a case that the current economic conditions, as well as the recent war, has contributed to this the last several months.

However, I think the sport needs to take a long hard look in the mirror as to why things seem to be "running in place" while other sports, special events, and activities are flourishing in sponsorship.

Frankly, we feel quite fortunate that Sorbothane, PowerBar and Lily of France believe that "masters running" is a viable program for their sponsorship dollars. In the case of Sorbothane, their "business" is running and it makes sense for them to have a high profile in the sport. They are targeting more than 60,000 runners who participate in masters events across the country. Sorbothane has further aligned itself closely with the popular age-graded rankings concept. This year we are going a step further with the "Sorbothane Masters Runner of the Month" who will be honored in *National Masters News*. Sponsorship has to make sense, be able to create a positive image, and ultimately, increase sales of the product.

PowerBar has been very active in supporting Triathlons and other individual participant sports and it is only natural that they have become involved with the masters circuit. PowerBar's founder, Bryan Maxwell, is himself a master runner and former Olympic competitor. With a major part of their promotional effort centered around John Campbell, the current defending champion on the Circuit, PowerBar has further maximized that association.

Lily of France, this year's sponsor of the Circuit's Women's Division, was looking for a way to introduce their new sports bra. They invited proposals, and, out of 200 submitted, the Sorbothane/USRA Masters Circuit was one of the lucky few chosen to develop a program. As part of the sponsorship, discussions are currently being held to more closely tie in local retail stores that carry Lily of France

products with the Circuit events in that particular market.

In a nutshell, events must be "sponsor driven." Events must find out what a company's needs are and then meet those needs through promotional programs tied in with the event. Typically a company will evaluate an event in terms of television, radio and newspaper exposure. These are objective types of values that can be calculated, whereas the subjective "feel" of an event on race day is hard to measure.

It is an extremely competitive environment in the sports marketing arena. One only has to look at the number of running events, as well as walks, that are vying for sponsor dollars. Going outside of our circle, you have festivals, and sports as far-ranging as bowling, three-on-three basketball, volleyball, golf and charities from A to Z that are competing for sponsorship money.

We at Dean Reinke & Associates are no geniuses, but we have tried to do our best to meet sponsor needs. While some runners may rail at the "commercialization" of running sports, events are not inexpensive to conduct. It is therefore important for runners to support running events and, in our case, the masters circuit, and when the opportunity arises, to thank a Sorbothane, PowerBar or Lily of France, as well as the numerous other companies that are involved in our sport.

Circuit Happenings

Look for *Runner's World* Senior Editor Hal Higdon's new book *Run Fast*, being published by Rodale Press, to be available in the first quarter of 1992...Higdon, by the way, will turn 60 in June and make an impact in that age category in Finland this summer...Add Barney Klecker of Minneapolis to the 40+ age group this August. The ultra-marathoner has spoken of his interest in the "mile" indoor circuit...This June's Grandma's Marathon in Minnesota,

will feature an \$800 first place masters prize out of the \$36,000 prize purse.

Great Britain's Priscilla Welch, 46, finished 13th overall in the Cherry Blossom Race in D.C., running a 36:31 for 10 miles...Portland served as a terrific host for the third race on the Sorbothane/USRA Masters Circuit in the Northwest Natural Gas 8K. Richard O'Bryan of Yakima, Washington, took the masters men's race in 25:12, while Janet Jordan of Portland, won the women's in 29:14...Gary Romesser, the newly-turned 40-year-old out of Indianapolis, continues to turn heads. He won the Boston Milk 10K and \$1050 in 30:39. Judith Hinne of New Zealand, won the women's category in 37:01...Look for \$500 to the first masters male and female at

the Steamboat Classic Run on June 15 in Peoria.

John Walker of New Zealand, who has run more sub-four-minute miles than any other man in history, will turn 40 on January 12th. Circuit officials have invited Walker to run in the Circuit Championship in Florida in 1992...\$1000 to the first masters male and female at the Portland Cascade Run-Off June 23rd...A big welcome to Sub-4 as the official apparel sponsor of the 1991 Sorbothane/USRA Masters Circuit...We received an interesting letter recently from two-time British Olympian Nick Rose. It seems that Rose is turning 40 on December 30, 1991, and wants to run the circuit championship. He said "I

Continued on page 19

FOREVER YOUNG



PowerBar LILY OF FRANCE Sport



John Campbell
'91 Circuit Champion

Points are awarded in 5-year age groups thru age 70 and over in the PowerBar Men's Division and Lily of France Women's Division at each of the 25 Sorbothane/USRA Masters Circuit events. Past champions include some of the world's top masters including John Campbell, Bob Schlauf, Wilson Waigwa, Priscilla Welch, Nancy Grayson, Bill Rodgers, Norm Green, Jane Hutchison, Mario Cuevas, Bill Fortune and others.

The season will again culminate in Florida in January, 1992 at the Sorbothane/USRA Masters Circuit National Championship presented by PowerBar and Lily of France. This event has consistently ranked among the sport's "greatest masters road races" and features one of the top prize purses.

Turning 40 has taken on new meaning with the success of the Sorbothane/USRA Masters Circuit presented by PowerBar and Lily of France. Entering its 4th year, the Circuit will offer a minimum \$10,000 prize purse toward Grand Prix and National Championship competition.

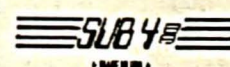
1991 Sorbothane/USRA Masters Circuit

Presented by PowerBar and Lily of France

March 16	Shamrock Marathon 8K	804-481-5090
March 23	Myrtle Beach Classic 10K	803-423-5410
April 28	Northwest Natural Gas 8K	503-220-2575
May 5	Run for the Zoo 5K	505-842-7226
May 27	Cotton Row Run 10K	205-881-5807
May 27	Pacific Sun 10K	415-472-7223
May 27	The Great Race 10K	219-294-1667
June 8	Dam to Dam 20K	515-284-2105
June 8	Shelter Island 10K	516-749-7867
July 4	Fifth Season 8K	319-360-1013
August 10	Asbury Park 10K Classic	201-531-4156
August 11	Fiesta 5000	714-661-6062
August 18	ARCO/America's Finest City Half Marathon	619-297-3901
August 24	Maggie Valley Moonlight 8K	704-452-2876
September 22	Rockland Half Marathon	914-359-5425
October 5	Myriad Gardens 10K	405-297-2597
October 6	Delaware Distance Classic 15K	302-234-1189
October 13	Dayton-Corridor Classic	513-885-4683
November 2	Omaha Riverfront Marathon 10K	402-553-8349
November 2	Senior Bowl/Delchamps Charity Run 10K	205-458-2276
November 10	San Antonio Marathon 5 Mile	512-732-1332
November 30	Seattle Half Marathon	206-525-1295
December 14	Rocket City Marathon	205-881-9077
January 5	Run-Tex Half Marathon	512-472-3254
January 11	Sorbothane/USRA Masters Championship	407-647-2918

For further information on the Sorbothane/USRA Masters Circuit and other Dean Reinke & Associates events and services, please call or write:

Sorbothane/USRA Masters Circuit
Dean Reinke & Associates
400 N. New York Ave. Suite 102
Winter Park, Florida 32789
(407) 647-2918/Fax (407) 647-0433



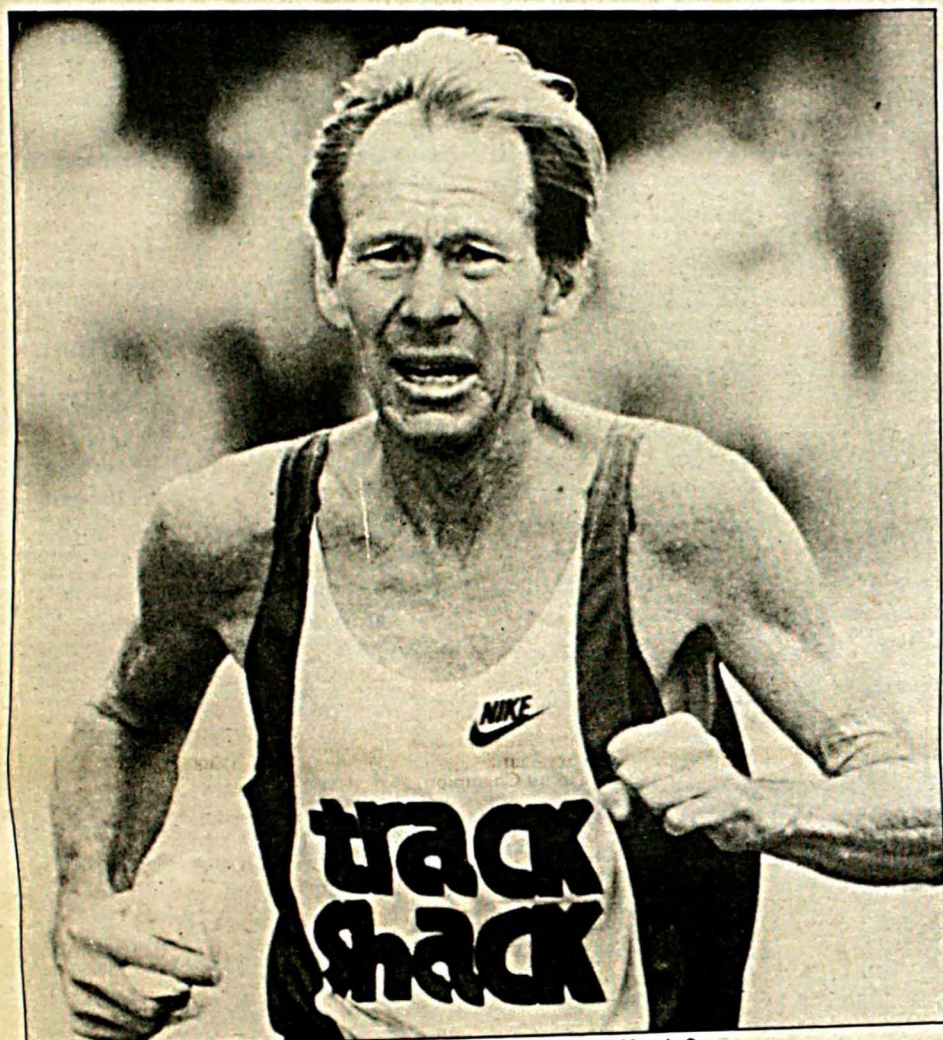
DEAN REINKE
& Associates

The Director's Corner Continued from page 18

am running very well and see no problems from John Campbell up to and including the Half-Marathon. Last year I was No. 1 ranked in Britain for 5 miles at 23:08 and last month ran 23:11." Interesting!

Later this month on June 29 the Butler 10K (PA) will feature \$200 for the first masters male and female out of its \$12,000 purse...There are few places more enthusiastic for running than Albuquerque, NM, as we found out on the fourth stop of

the Sorbothane/USRA Masters Circuit. David Salazar (16:27) and Mary Boyce (23:01) took the Masters 5K race...Keep an eye on the All Iowa Festival Races in Cedar Rapids. Next year it will host the Women's TAC 5K National Championship. Dr. Ken Paulsen and race director Marcie Hoesch are building a real winner. The 5K is a criterium type 5 lap course. We hope the group takes a look at the masters Circuit in '93.



Jim Blount, second M60 (62:20), Jacksonville 15,000, Florida, March 9. Victor Sailer/Agence Shot

SORBOTHANE/USRA MASTERS CIRCUIT

After 4 Events

40-44 Men		60-64 Men		45-49 Women	
John Campbell	10/1	Bill Fortune	5/1	Peggy Smith Hite	5/1
Bob Schlau	10/1	Charles Evans	5/1	Helen Phelps	5/1
David Salazar	10/1	Manfred Struse	5/1	Frances Strain	5/1
Domingo Tibaduiza	9/1	Howard Rubin	4/1	Nancy Frisillo	4/1
Mack McClellan	9/1	Austin Brown	4/1	Karen Fady	4/1
John Farrow	8/1			Tooev Boyden	4/1
Ken Hamilton	8/1				
James Colley	8/1			50-54 Women	
Pat Cox	8/1			Susie Kluttz	9/2
Bill Rodgers	7/1			Judy Kirchoffer	7/2
				Joan Trebilcock	5/1
				Lis Valladsen	5/1
				Nancy Augustus	4/1
				55-59 Women	
				Jeanette Chambers	5/1
				Dot Jones	5/1
				Toni Valdez	5/1
				Jean Evans	4/1
				Alice Wilson	4/1
				Helga Struse	4/1
				60-64 Women	
				Cassie Bazar	5/1
				Inez Ross	5/1
				Iris Vinegar	4/1
				Marge Brown	3/1
				65-69 Women	
				Charlotte Baker	5/1
				Virginia Moore	5/1
				70+ Women	
				Louise Martin	5/1
				Marjorie Mitchell	4/1
				40-44 Women	
				Nancy Grayson	10/1
				Judy Metz	10/1
				Mary Boyce	10/1
				Nancy Oshier	9/1
				Jeri Himmelsbach	9/1
				Peggy Fleming	9/1
				Nancy Mieszcak	8/1
				Karen Helms	8/1
				55-59 Men	
Jimmy Davis	8/2				
Charles Flynn	5/1				
Mike Pacienza	5/1				
Stanley Witomski	4/1				
Leonard Strause	4/1				

The June 22nd Ogilby 10K will feature a \$250 first place for masters out of its \$5500 purse...Hospital Hill Half-Marathon in Kansas City this month will host the RRCA National Convention. \$750 will go to the first masters male and female...We are looking forward to our trip to Des Moines for the June 8th Dam-to-Dam Run 20K (Jim Cornick, 515-284-2105)...One of the best kept secrets on the East Coast is the Shelter Island 10K in New York, the ninth spot on the Sorbothane/USRA Masters Circuit (Cliff Clark, 516-749-7867). The San Francisco Marathon, on the come-back trail, is on tap for June 23rd...Charleston, SC King Street Mile on June 8th will offer \$500 to the first masters male.

In our continuing attempt to single out and hopefully convince road races to in-

crease their masters money, we offer the following evidence: Parkersburg (WV), \$2000 prize purse-\$0 masters money; South Bend Tribune SunBurst Marathon, \$3500 purse-\$0 masters money; Field Hills Race (MA), \$200 prize money-\$0 masters; Fujitsu Run (Gresham, OR), \$2150 prize money-\$0 Masters. While we certainly applaud these events for offering prize money, we also encourage masters runners to contact these events and let them know your feelings with regard to providing a portion of the money to the 40-and-over set...We don't want to totally give Fujitsu a bad name as the San Jose Fujitsu Classic in June will offer \$200 to the first masters male and female out of its \$5000 purse...See you on the roads. □

THE COMPETITIVE ROAD RACER APRIL 1991 P.O. BOX 1765 BROOKLINE, MA 02146 PRIZE MONEY CALENDAR - JUNE

RACE NAME	MASTERS MEN	MASTERS WOMEN	FIRST
Cotton Row 10K	750\500\300\200\100	\$1,850 750\500\300\200\100	\$1,850
Boulder Boulder 10K	1000\750\500\250	\$2,500 1000\750\500\250	\$2,500
Life Be In It 5K	100\75\50	\$225 100\75\50	\$225
Trinity Hospital Run Half Mar	750\500\250\150\100	\$1,750 750\500\250\150\100	\$1,750
Gold Medal Day 10K	100\75\50\25	\$250 100\75\50\25	\$250
Shelter Island 10K Run	300	\$300 300	\$300
Garden Of The Gods 10mile	100\50	\$150 100\50	\$150
Litchfield Hills Road Race	150	\$150 150	\$150
Big 5K	200\125\50	\$375 200	\$375
Orange Classic 10K	250\150\100	\$500 250\150\100	\$500
Steamboat Classic 15K	400\200	\$600 400\200	\$600
The Great Tavern Tour 5K	150	\$150 150	\$150
Fujitsu Classic 8K	200\150\100	\$450 200\150\100	\$450
Steamboat Classic 4 Mile	500\250\100	\$850 500\250\100	\$850
GBMC Father's Day 5K	200	\$200 200	\$200
Laker 15K	100	\$100 100	\$100
Rhododendron Run 10K	75\50\25	\$150 75\50\25	\$150
Ogilby Miller Lite 10K Classic	250\100\50	\$400 250\100\50	\$400
Summer Breeze 5K	500\300\150\100\75	\$1,125 500\300\150\100\75	\$1,125
Lexington Battleground Run	1000\600\300\200\100\50	\$2,250 1000\600\300\200\100\50	\$2,250
Grandee's Marathon	800\500\200	\$1,500 800\500\200	\$1,500
Cascade Run Off 15K	1000\500\250	\$1,750 1000\500\250	\$1,750
San Francisco Marathon	750	\$750 750	\$750
Marion Ohio Tac 5K Prime	100\75\50\30\20	\$275 100\75\50\30\20	\$275
Butler 10K	200\125	\$325 200	\$325
Crescent City Connection 4M	150\100\50	\$300 150\100\50	\$300

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

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

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

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

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

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

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

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

The Largest Road Running Races in the U.S. in 1990

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 52800	E EXAMINER BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/20/90
2 51075	LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/06/90
3 39800	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/90
4 31579	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/14/90
5 27062	E GREAT ALOHA RUN	8.25M	HONOLULU, HI	02/19/90
6 24808	BOLDER BOULDER	10K	BOULDER, CO	05/28/90
7 23774	NEW YORK CITY	MARA	NEW YORK, NY	11/04/90
8 18690	E CAPITOL 10000	10K	AUSTIN, TX	04/01/90
9 15600	MANUFACTURERS HANOVER/NYC #3	3.5M	NEW YORK CITY, NY	06/28/90
10 14920	BIX	7MI	DAVENPORT, IA	07/28/90
11 14115	LOS ANGELES	MARA	LOS ANGELES, CA	03/04/90
12 13100	MANUFACTURERS HANOVER/NYC #2	3.5M	NEW YORK CITY, NY	06/07/90
13 12501	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/16/90
14 11865	HONOLULU	MARA	HONOLULU, HI	12/09/90
15 11473	E MILWAUKEE JOURNAL AL'S RUN	8K	MILWAUKEE, WI	09/22/90
16 10900	E MANUFACTURERS HANOVER/CHICAGO	3.5MI	CHICAGO, IL	08/02/90
17 10893	MARINE CORPS	MARA	WASHINGTON, DC	11/04/90
18 10398	PITTSBURGH GREAT RACE	10K	PITTSBURGH, PA	09/30/90
19 10200	E WHARF TO WHARF	10K	CAPITOLA, CA	07/22/90
20 9797	E MANUFACTURERS HANOVER / BOSTON	3.5MI	BOSTON, MA	07/26/90
21 9163	E MANUFACTURERS HANOVER / ATLANTA	3.5MI	ATLANTA, GA	09/12/90
22 8000	E BANK IV RIVER RUN	2MI	WICHITA, KS	05/12/90
23 7950	BOSTON	MARA	BOSTON, MA	04/16/90
24 7620	COWTOWN	10K	FT. WORTH, TX	02/24/90
25 7426	RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/25/90
26 7148	500 FESTIVAL MINI MARATHON	HMAR	INDIANAPOLIS, IN	05/25/90
27 7043	MANCHESTER ROAD RACE	4.77MI	MANCHESTER, CT	11/22/90
28 7035	SUPERBOWL/REDONDO BEACH	10K	REDONDO BEACH, CA	01/28/90
29 6889	DALLAS TURKEY TROT	8MI	DALLAS, TX	11/22/90
30 6881	DALLAS TURKEY TROT	3MI	DALLAS, TX	11/22/90
31 6780	REVCO-CLEVELAND	10K	CLEVELAND, OH	05/20/90
32 6532	PHILADELPHIA DISTANCE RUN	HMAR	PHILADELPHIA, PA	09/16/90
33 6503	RIVER RUN	15K	JACKSONVILLE, FL	03/10/90
34 6385	E MANUFACTURERS HANOVER / SAN FRAN	3.5MI	SAN FRANCISCO, CA	08/15/90
35 6375	E RUN FOR THE RINGS	5K	ATLANTA, GA	04/07/90
36 6336	CHERRY CREEK SNEAK	5MI	DENVER, CO	04/29/90
37 6180	GASPARILLA DISTANCE CLASSIC	5K	TAMPA, FL	02/17/90
38 6168	OLD STYLE/CHICAGO	MARA	CHICAGO, IL	10/28/90
39 6167	CASCADE RUN OFF	15K	PORTLAND, OR	06/17/90
40 5973	TOM SULLIVAN	10K	TORRANCE, CA	03/18/90
41 5860	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	04/07/90
42 5765	GASPARILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/17/90
43 5600	MANUFACTURERS HANOVER / NYC #1	3.5M	NEW YORK CITY, NY	05/10/90
44 5300	E TURKEY TROT	4MI	DENVER, CO	11/25/90
45 5241	E DINOSAUR DASH	5K	MILWAUKEE, WI	04/29/90
46 5177	CARLSBAD 5000	5K	CARLSBAD, CA	03/25/90
47 5171	TWIN CITIES	MARA	MINNEAPOLIS, MN	10/14/90
48 4983	ARMY TEN MILLER	10MI	WASHINGTON, DC	10/14/90
49 4956	E FALMOUTH ROAD RACE	7.1MI	FALMOUTH, MA	08/19/90
50 4697	ATLANTA	HMAR	ATLANTA, GA	11/22/90
51 4611	E MANUFACTURERS HANOVER / BUFFALO	3.5MI	BUFFALO, NY	08/09/90
52 4500	E MERCURY NEWS	10K	SAN JOSE, CA	03/18/90
53 4487	L'EGGS MINI	10K	NEW YORK, NY	05/26/90
54 4405	KENTUCKY DERBY FESTIVAL	HMAR	LOUISVILLE, KY	04/28/90
55 4400	E NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/18/90
56 4376	E CRAZY LEGGS	5MI	MADISON, WI	04/28/90
57 4329	BOBBY CRIM	10MI	FLINT, MI	08/25/90
58 4300	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/19/90
59 4202	GET IN GEAR	10K	MINNEAPOLIS, MN	04/28/90
60 4199	GRANDMA'S	MARA	DULUTH, MN	06/23/90
61 4199	SPRING LAKE	5MI	SPRING LAKE, NJ	05/26/90
62 4160	SIAMROCK SHUFFLE	8K	CHICAGO, IL	03/11/90
63 4130	JIMMY STEWART RELAY	RMAR	SANTA MONICA, CA	04/01/90
64 4122	TULSA RUN	15K	TULSA, OK	10/27/90
65 4026	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/06/90
66 3979	AZALEA TRAIL RUN - MOBILE	10K	MOBILE, AL	03/31/90
67 3960	COLUMBUS	MARA	COLUMBUS, OH	11/11/90
68 3952	RUN TO THE FAR SIDE	10K	SAN FRANCISCO, CA	11/25/90
69 3875	E CRESCENT CITY CONNECTION	4M	NEW ORLEANS, LA	07/01/90
70 3825	E STORM THE BASTILLE	5K	MILWAUKEE, WI	07/12/90
71 3812	HEART TREK	10K	ATLANTA, GA	03/31/90
72 3752	E MANUFACTURERS HANOVER / MIAMI	3.5MI	MIAMI, FL	05/04/90
73 3696	E SUSAN B. KOMEN / PEORIA	5K	PEORIA, IL	05/12/90
74 3672	MIDA-BOSTON MILK RUN	10K	BOSTON, MA	04/08/90
75 3634	HEART MINI	15K	CINCINNATI, OH	03/25/90
76 3518	OLD KENT RIVER BANK RUN	25K	GRAND RAPIDS, MI	05/12/90
77 3477	UTICA BOILERMAKER	15K	UTICA, NY	07/08/90
78 3462	SIAMROCK CLASSIC	8K	PORTLAND, OR	03/11/90
79 3440	NIKE CHERRY BLOSSOM	10MI	WASHINGTON, DC	04/01/90
80 3440	E CONOCO RODEO	10K	HOUSTON, TX	02/17/90
81 3421	E MANUFACTURERS HANOVER / L.A.	3.5MI	LOS ANGELES, CA	07/19/90
82 3402	PORTLAND	MARA	PORTLAND, OR	09/30/90
83 3397	ASHBURY PARK CLASSIC	10K	NEW JERSEY, NJ	08/11/90
84 3361	CITY RUN	10K	LOUISVILLE, KY	03/10/90
85 3343	E CRESCENT CITY FALL CLASSIC	5K	NEW ORLEANS, LA	11/03/90
86 3325	CHARLOTTE OBSERVER	10K	CHARLOTTE, NC	01/06/90
87 3315	BEACH TO BAY RELAY	4.4MI	CORPUS CHRISTI, TX	05/19/90
88 3303	ST. PATRICK'S DAY	8K	ST. PAUL, MN	03/11/90
89 3271	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/08/90
90 3255	MANHATTAN BEACH OLD HOME TOWN	10K	MANHATTAN BEACH, CA	10/06/90
91 3233	HOUSTON TENNICO	MARA	HOUSTON, TX	01/14/90
92 3177	PITTSBURGH	MARA	PITTSBURGH, PA	05/06/90
93 3174	RACE FOR THE CURE - SUSAN KOMEN (TX)	5K	DALLAS, TX	10/20/90
94 3152	HOULIHAN'S TO HOULIHAN'S	12K	SAUSALITO, CA	04/01/90
95 3126	BARBER TO BOISE	10K	BOISE, ID	10/06/90
96 3098	E LONG BEACH	MARA	LONG BEACH, CA	05/06/90
97 3029	FRITZBE'S RUNFEST	10K	ROCKVILLE, MD	04/22/90
98 3021	UNION BANK HEART OF CITY	5K	LOS ANGELES, CA	06/13/90
99 2976	BASTILLE DAY	8K	NEWPORT BEACH, CA	07/15/90
100 2961	DALLAS WHITE ROCK	MARA	DALLAS, TX	12/02/90

THE 13 LARGEST WOMEN ONLY RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 4487	L'EGGS MINI	10K	NEW YORK, NY	05/26/90
2 3696	E RACE FOR THE CURE - SUSAN B. KOMEN (IL)	5K	PEORIA, IL	05/12/90
3 3271	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/08/90
4 3174	RACE FOR THE CURE - SUSAN B. KOMEN (TX)	5K	DALLAS, TX	10/20/90
5 2935	COLUMBINE CLASSIC WOMEN'S RACE	5K	DENVER, CO	06/24/90
6 2586	ALASKA WOMEN'S RUN	10K	ANCHORAGE, AK	06/09/90
7 2295	NIKE WOMEN'S RACE	8K	WASHINGTON, DC	05/13/90
8 1335	FRIEDHOFFER'S RUN FOR WOMEN - ALBANY	5K	ALBANY, NY	05/05/90
9 1161	BONNE BILL MINNEAPOLIS	10K	MINNEAPOLIS, MN	06/02/90
10 984	L'EGGS TUNE UP	5K	NEW YORK, NY	05/13/90
11 926	CATCH THE SUN WOMEN'S RACE	5MI	WESTFIELD, NJ	07/15/90
12 857	BONNE BILL SAN FRANCISCO	10K	SAN FRANCISCO, CA	04/08/90
13 826	WOMEN'S FOUR MILE	4MI	NEW YORK, NY	10/14/90

THE 15 LARGEST 5 KILOMETER RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 7426	RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/25/90
2 6375	E RUN FOR THE RINGS	5K	ATLANTA, GA	04/07/90
3 6180	CASPARILLA DISTANCE CLASSIC	5K	TAMPA, FL	02/17/90
4 5177	CARLSBAD 5000	5K	CARLSBAD, CA	03/25/90
5 5000	E DINOSAUR DASH	5K	MILWAUKEE, WI	04/29/90
6 4600	E STORM THE BASTILLE	5K	MILWAUKEE, WI	07/12/90
7 3696	E SUSAN B. KOMEN / PEORIA	5K	PEORIA, IL	05/12/90
8 3343	E CRESCENT CITY FALL CLASSIC	5K	NEW ORLEANS, LA	11/03/90
9 3174	RACE FOR THE CURE - SUSAN KOMEN (TX)	5K	DALLAS, TX	10/20/90
10 3021	UNION BANK HEART OF CITY	5K	LOS ANGELES, CA	06/13/90
11 2935	COLUMBINE CLASSIC WOMEN'S RACE	5K	DENVER, CO	06/24/90
12 2934	SPIRIT RUN	5K	NEWPORT BEACH, CA	02/25/90
13 2883	E DOWNTOWN	5K	PROVIDENCE, RI	10/21/90
14 2689	E CORONA DEL MAR SCENIC	5K	NEWPORT BEACH, CA	06/09/90
15 2634	BLUE CROSS GOVERNOR'S CUP	5K	HELENA, MT	06/06/90

THE 3 LARGEST 4 MILE RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 5300	E TURKEY TROT	4MI	DENVER, CO	11/25/90
2 3875	E CRESCENT CITY CONNECTION	4MI	NEW ORLEANS, LA	07/01/90
3 1852	STEAMBOAT CLASSIC	4MI	PEORIA, IL	06/16/90

THE 12 LARGEST 5 MILE / 8KM RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 11473	E MILWAUKEE JOURNAL AL'S RUN	8K	MILWAUKEE, WI	09/22/90
2 6336	CHERRY CREEK SNEAK	5MI	DENVER, CO	04/29/90
3 4376	E CRAZY LEGGS	5MI	MADISON, WI	04/28/90
4 4199	SPRING LAKE	5MI	SPRING LAKE, NJ	05/26/90
5 4160	SIAMROCK SHUFFLE	8K	CHICAGO, IL	03/11/90
6 3462	SIAMROCK CLASSIC	8K	PORTLAND, OR	03/11/90
7 3303	ST. PATRICK'S DAY	8K	ST. PAUL, MN	03/11/90
8 2976	BASTILLE DAY	8K	NEWPORT BEACH, CA	07/15/90
9 2916	J. Y. CAMERON MEMORIAL TURKEY TROT	8K	NY	11/22/90
10 2857	OLD FIRST WARD SIAMROCK RUN	8K	BUFFALO, NY	03/10/90
11 2484	BAKER HUGHES BAYOU	8K	HOUSTON, TX	03/24/90
12 2295	NIKE WOMEN'S RACE	8K	WASHINGTON, DC	05/13/90

THE 30 LARGEST 10 KILOMETER RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 39800	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/90
2 31579	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/14/90
3 24808	BOLDER BOULDER	10K	BOULDER, CO	05/28/90
4 18690	E CAPITOL 10000	10K	AUSTIN, TX	04/01/90
5 12901	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/16/90
6 10398	PITTSBURGH GREAT RACE	10K	PITTSBURGH, PA	09/30/90
7 10200	E WHARF TO WHARF	10K	CAPITOLA, CA	07/22/90
8 7620	COWTOWN	10K	FT. WORTH, TX	02/24/90
9 7035	SUPERBOWL/REDONDO BEACH	10K	REDONDO BEACH, CA	01/28/90
10 6780	REVCO-CLEVELAND	10K	CLEVELAND, OH	05/20/90
11 5973	TOM SULLIVAN	10K	TORRANCE, CA	03/18/90
12 5860	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	04/07/90
13 4500	E MERCURY NEWS	10K	SAN JOSE, CA	03/18/90
14 4487	L'EGGS MINI	10K	NEW YORK, NY	05/26/90
15 4400	E NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/18/90
16 4202	GET IN GEAR	10K	MINNEAPOLIS, MN	04/28/90
17 3979	AZALEA TRAIL RUN - MOBILE	10K	MOBILE, AL	03/31/90
18 3952	RUN TO THE FAR SIDE	10K	SAN FRANCISCO, CA	11/25/90
19 3812	HEART TREK	10K	ATLANTA, GA	03/31/90
20 3672	MIDA-BOSTON MILK RUN	10K	BOSTON, MA	04/08/90
21 3440	E CONOCO RODEO	10K	HOUSTON, TX	02/17/90
22 3397	ASHBURY PARK CLASSIC	10K	NEW JERSEY, NJ	08/11/90
23 3361	CITY RUN	10K	LOUISVILLE, KY	03/10/90
24 3325	CHARLOTTE OBSERVER	10K	CHARLOTTE, NC	01/06/90
25 3271	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/08/90
26 3255	MANHATTAN BEACH OLD HOME TOWN	10K	MANHATTAN BEACH, CA	10/06/90
27 3126	BARBER TO BOISE	10K	BOISE, ID	10/06/90
28 3029	FRITZBE'S RUNFEST	10K	ROCKVILLE, MD	04/22/90
29 2662	SALLIE MAE CHERRY BLOSSOM CHASER	10K	WASHINGTON, DC	04/08/90
30 2618	CHILI'S	10K	PLANO, TX	05/12/90

THE 3 LARGEST 12 KILOMETER RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 52800	E EXAMINER BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/20/90
2 51075	LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/06/90
3 3152	HOULIHAN'S TO HOULIHAN'S	12K	SAUSALITO, CA	04/01/90

THE 8 LARGEST 15 KILOMETER RACES

E = Estimate

FINISHERS90	RACENAME	DIST	LOCATION	90 DATE
1 6503	RIVER RUN	15K	JACKSONVILLE, FL	03/10/90
2 6167	CASCADE RUN OFF	15K	PORTLAND, OR	06/17/90
3 5765	GASPARILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/17/90
4 4122	TULSA RUN	15K	TULSA, OK	10/27/90
5 3634	HEART MINI	15K	CINCINNATI, OH	03/25/90
6 3477	UTICA BOILERMAKER	15K	UTICA, NY	07/08/90
7 2888	METRO PARK CLASSIC	15K	LOUISVILLE, KY	04/02/90
8 2242	GEORGE WASHINGTON PARKWAY CLASSIC	15K	ALEXANDRIA, VA	04/29/90

THE 5 LARGEST

U.S. Road Racing Continues To Grow

by BASIL HONIKMAN,
TACSTATS/USA

U.S. road racing continues to grow as shown by the charts on pages 20-21.

Both the number of finishers in the largest 100 races and participation in all races increased by six percent in 1990 (compared to three percent and four percent, respectively, in 1989).

The total number of finishers was 1,468,925. San Francisco's Bay-to-Breakers 12K was the most popular race with 52,800 finishers. Spokane's Lilac Bloomsday 12K was a close second with 51,075 finishers. Bay-to-Breakers had about 20 percent fewer finishers than 1989 but stayed in first place.

This year, even though the sport continues to grow at a healthy rate, we hear that the sponsors of six or seven prominent races have cancelled. At the same time, we are heartened that there is new interest from corporations such as Alamo Cars; and that Upjohn is said to be increasing the sponsorship of the Rogaine 5K races.

Road racing contains a very effective benefit probably unmatched by mass media advertising - the appreciation of the thousands of participants in a road race who realize that the sponsor made their race possible.

The media depend on viewer ratings - how many people watched the show. The theory is that, in spite of wide spread remote control zapping of commercials, the identity of the sponsor

will register with enough viewers to justify the cost. As the long distance nature of our sport makes it virtually impossible to actually watch a race unfold as it moves across the streets of a city, large-screen TVs with an audience of thousands at a suitable finish line venue seem to be the only answer - that is if the allure is there in the first place.

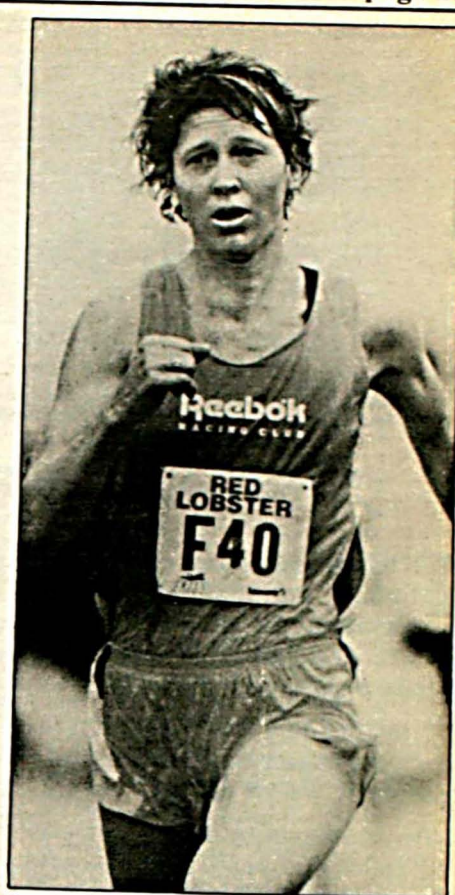
Yesterday I was flying home from the Carlsbad 5K. At both San Diego and Los Angeles airports, travelers were clustered around TV sets watching the last few holes of the Masters Golf Tournament. Golf, like running, is also a long distance sport. If you sit at one hole you may see the field pass by but you'll probably miss most of the drama; thus TV is the best way to watch it. But people do not become glued to any old tournament - they do become enthralled with *the majors*.

Could we create the same magic with Road Racing Majors? Are there legitimate 'Majors' on the LDR circuit? A set of 'Major' or 'Grand Slam' road races would have to include distances other than the marathon and from other countries. Do you think 'road racing majors' would be a good idea and if so, how many? How should they be selected? Which races? Which distances?

Please let us hear from you. Write to Basil and Linda Honikman, TACSTATS/USA, 915 Randolph, Santa Barbara CA 93111. Or call (805) 683-5868. □



Don Coffman, 47, Frankfort, Ky., former five-time winner of the masters division, Rocket City Marathon, Huntsville, Ala., was fourth master (2:33:13)
Photo by Jim Oaks



Laurie Binder, 43, of Oakland, Calif., masters first (35:48) in the Red Lobster 10K, Orlando, Fla., March 2.
Victor Sailer/Agence Shot

Continued from page 20

THE LARGEST 20 MILE RACE

E = Estimate

FINISHERS'90	RACENAME	DIST	LOCATION	90 DATE
1 515	MIKE HANNON	20MI	NEW YORK, NY	03/25/90

THE 15 LARGEST HALF-MARATHONS

E = Estimate

FINISHERS'90	RACENAME	DIST	LOCATION	90 DATE
1 7148	500 FESTIVAL MINI MARATHON	HMAR	INDIANAPOLIS, IN	05/25/90
2 6532	PHILADELPHIA DISTANCE RUN	HMAR	PHILADELPHIA, PA	09/16/90
3 4697	ATLANTA	HMAR	ATLANTA, GA	11/22/90
4 4405	KENTUCKY DERBY FESTIVAL	HMAR	LOUISVILLE, KY	04/28/90
5 4300	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/19/90
6 2612	LONG BEACH SHORELINE	HMAR	LONG BEACH, CA	11/11/90
7 2436	LA JOLLA	HMAR	LA JOLLA, CA	04/22/90
8 2293	GEORGETOWN TO IDAHO SPRINGS	HMAR	IDAHO SPRINGS, CO	08/12/90
9 2012	SEATTLE	HMAR	SEATTLE, WA	11/24/90
10 1798	NEW BEDFORD/BANK OF BOSTON	HMAR	NEW BEDFORD, MA	03/18/90
11 1768	TANDEM DAYTON RIVER CORRIDOR CLASSIC	HMAR	DAYTON, OH	10/14/90
12 1653	HOSPITAL HILL RUN	HMAR	KANSAS CITY, MO	06/02/90
13 1651	HISPANIC	HMAR	NEW YORK CITY, NY	08/19/90
14 1640	SANTA MONICA	HMAR	SANTA MONICA, CA	08/26/90
15 1528	LAKE COUNTY	HMAR	IRIGLAND PARK, IL	04/29/90

THE 30 LARGEST MARATHONS

E = Estimate

FINISHERS'90	RACENAME	DIST	LOCATION	90 DATE
1 23774	NEW YORK CITY	MARA	NEW YORK, NY	11/04/90
2 14115	LOS ANGELES	MARA	LOS ANGELES, CA	03/04/90
3 11865	HONOLULU	MARA	HONOLULU, HI	12/09/90
4 10893	MARINE CORP'S	MARA	WASHINGTON, DC	11/04/90
5 7950	BOSTON	MARA	BOSTON, MA	04/16/90
6 6168	OLD STYLE/CHICAGO	MARA	CHICAGO, IL	10/28/90
7 5171	TWIN CITIES	MARA	MINNEAPOLIS, MN	10/14/90
8 4199	GRANDMA'S	MARA	DULUTH, MN	06/23/90
9 3960	COLUMBUS	MARA	COLUMBUS, OH	11/11/90
10 3402	PORTLAND	MARA	PORTLAND, OR	09/30/90
11 3233	HOUSTON TENNECO	MARA	HOUSTON, TX	01/14/90
12 3177	PITTSBURGH	MARA	PITTSBURGH, PA	05/06/90
13 3098	E LONG BEACH	MARA	LONG BEACH, CA	05/06/90
14 2961	DALLAS WHITE ROCK	MARA	DALLAS, TX	12/02/90
15 2888	GOODWILL GAMES - MEN	MARA	SEATTLE, WA	07/21/90
16 2274	DETROIT FREE PRESS	MARA	DETROIT, MI	10/21/90
17 2252	BIG SUR INTERNATIONAL	MARA	CARMEL, CA	04/29/90
18 2008	ST. GEORGE	MARA	ST. GEORGE, UT	10/06/90
19 2000	E SAN DIEGO INTERNATIONAL	MARA	SAN DIEGO, CA	12/09/90
20 1934	SAN FRANCISCO	MARA	SAN FRANCISCO, CA	07/01/90
21 1649	CALIFORNIA INTERNATIONAL	MARA	SACRAMENTO, CA	12/02/90
22 1185	NAPA VALLEY	MARA	NAPA, CA	03/11/90
23 1081	SEATTLE	MARA	SEATTLE, WA	11/24/90
24 1076	LAS VEGAS	MARA	LAS VEGAS, NV	02/03/90
25 1072	REVCO-CLEVELAND	MARA	CLEVELAND, OH	05/20/90
26 1019	NISSAN SHAMROCK	MARA	VIRGINIA BEACH, VA	03/17/90
27 972	ROCKET CITY	MARA	HUNTSVILLE, AL	12/08/90
28 933	ST. LOUIS	MARA	ST. LOUIS, MO	11/18/90
29 806	COWTOWN	MARA	FORT WORTH, TX	02/24/90
30 732	GOODWILL GAMES - WOMEN	MARA	SEATTLE, WA	07/22/90

TacTimes May/June 1991

Here's What Readers Say About THE MASTERS RUNNING GUIDE



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

— Joyce Rankin, Reston (VA) Runners

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

— Gordon Pitz, River to River (IL) Runners

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

— Mike Davis, Indianapolis News

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

— Jim Ferstle, St. Paul Pioneer-Press

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

Name _____

Address _____

City _____ State _____ Zip _____

Send \$10.95 (includes mailing charges) to:
NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of May, 1991

Men's World Five Year Age Group Records

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	10.28	Alan Wells(GBR)	35	8-1-87
M40	10.3	Edward Jeffers(RSA)	35	11-24-71
M45	10.6	Eddie Hart(USA)	40	9-16-89
M50	11.0	Thane Baker(USA)	48	6-14-80
M55	11.2	Ken Dennis(USA)	50	7-18-87
M60	11.6	Payton Jordan(USA)	56	6-23-73
M65	11.6	Alfred Guidet(USA)	56	6-22-74
M70	11.8	Payton Jordan(USA)	61	5-27-78
M75	12.5	Bernard Hogan(AUS)	65	11-30-85
M80	13.0	Payton Jordan(USA)	70	4-25-87
M85	14.3	Josiah Packard(USA)	75	6-23-79
M90	15.4	Josiah Packard(USA)	80	2-25-84
M95	16.3	Duncan McClean(SCO)	88	7-6-73
M99	19.9	Duncan McClean(SCO)	90	6-14-75

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	20.62	Don Quarrie(JAM)	37	6-18-88
M40	20.68	Pietro Mennea(ITA)	35	9-26-87
M45	21.9	Reginald Austin(AUS)	40	8-10-77
M50	22.3	George Rhoden(JAM)	45	7-2-72
M55	22.9	Ken Dennis(USA)	50	7-18-87
M60	23.6	Alfred Guidet(USA)	56	6-24-73
M65	24.9	Payton Jordan(USA)	60	6-19-77
M70	25.6	Bernard Hogan(AUS)	65	12-6-85
M75	26.8	Payton Jordan(USA)	70	6-20-87
M80	29.5	Josiah Packard(USA)	75	6-24-79
M85	32.3	Josiah Packard(USA)	80	2-18-84
M90	39.3	Charles Booth(AUS)	85	3-19-89
M95	48.6	Collister Wheeler(USA)	90	7-30-87
M99	48.6	Buell Crane(USA)	90	6-23-90

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	46.38	James King(USA)	35	5-25-84
M40	48.44	James King(USA)	40	8-5-89
M45	50.46	Hanno Rheineck(FRG)	45	12-5-87
M50	51.8	Ron Taylor(GBR)	52	9-27-86
M55	52.6	Ralph Romain(GBR)	57	6-24-90
M60	57.64	Jack Greenwood(USA)	63	8-5-89
M65	61.29	Peter Mirkes(FRG)	60	8-28-88
M70	62.2	Tom Nishon(AUS)	66	8-5-89
M75	68.5	John Alexander(USA)	70	9-24-89
M80	75.4	Josiah Packard(USA)	75	6-23-79
M85	91.54	Harold Chapson(USA)	80	7-9-83
M90	2:00.2	Longino Perez(MEX)	85	12-5-87
M99		Paul Spangler(USA)	90	9-16-89

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:49.2Y	George Scott(NZL)	35	5-12-72
M40	1:51.25	Peter Browne(GBR)	41	6-11-90
M45	1:56.27	Don Parker(USA)	47	5-12-90
M50	2:00.40	Alan Bradford(GBR)	50	8-1-89
M55	2:05.07	Tom Roberts(AUS)	55	8-1-89
M60	2:12.62	Derek Turnbull(NZL)	62	7-21-89
M65	2:20.5	Jack Stevens(AUS)	65	8-13-82
M70	2:34.5	Monty Montgomery(USA)	71	9-4-77
M75	2:40.0	Harold Chapson(USA)	75	5-14-78
M80	2:53.5	Harold Chapson(USA)	80	7-11-82
M85	3:29.42	Longino Perez(MEX)	85	11-29-87
M90	4:39.59	Paul Spangler(USA)	90	6-10-89

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:33.91	Mike Boit(KEN)	36	8-21-85
M40	3:49.47	Wilson Waigwa(KEN)	40	8-5-89
M45	3:49.21	Wilson Waigwa(KEN)	41	7-29-90
M50	4:00.53	Ken Sparks(USA)	45	4-24-90
M55	4:05.2	Ken Sparks(USA)	45	7-29-90
M60	4:05.2	Tom Roberts(AUS)	50	3-22-84
M65	4:17.4	Derek Turnbull(NZL)	55	2-20-82
M70	4:28.66	Derek Turnbull(NZL)	62	8-5-89
M75	4:41.82	Jack Ryan(AUS)	65	12-5-87
M80	5:09.73	John Gilmore(AUS)	70	8-5-89
M85	5:30.1	Harold Chapson(USA)	75	8-11-77
M90	6:04.28	Ed Benham(USA)	80	12-5-87
M95	7:03.38	Longino Perez(MEX)	85	12-5-87
M99	9:25.2	Paul Spangler(USA)	90	6-10-89

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:52.48	John Walker(NZL)	36	7-2-88
M40	4:07.4	Wilson Waigwa(KEN)	40	5-7-89
M45	4:05.39	Wilson Waigwa(KEN)	40	6-3-89
M50	4:06.70	Larry Alberg(USA)	43	7-29-90
M55	4:16.75	David Sirl(AUS)	45	12-6-87
M60	4:30.06	Tom Roberts(AUS)	53	12-6-87
M65	4:40.4	Jack Ryan(AUS)	55	12-15-77
M70	4:57.1	John Gilmore(AUS)	61	11-13-80
M75	5:05.61	Jack Ryan(AUS)	65	12-6-87
M80	5:42.2	Monty Montgomery(USA)	70	7-9-77
M85	6:15.1	Harold Chapson(USA)	78	7-5-81
M90	8:07.1	Paul Spangler(USA)	81	6-7-80
M95	8:43.3	Harold Chapson(USA)	80	3-4-83
M99	8:04.7	Josef Galia(FRG)	87	9-4-85
M99	13:43.6	Herb Kirk(USA)	90	8-18-86

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7:47.61	Thomas Wessinghage(FRG)	35	8-16-87
M40	8:17.4	Jack Foster(NZL)	43	1-31-76
M45	8:36.0	Laurie Ohara(GBR)	45	7-8-77
M50	8:53.8	Ray Matton(USA)	50	6-25-82
M55	9:12.8	Jack Ryan(AUS)	55	1-24-78
M60	9:41.2	John Gilmore(AUS)	61	11-22-80

M65	10:10.2	John Gilmore(AUS)	65	11-22-84
M70	11:46.2	Harold Chapson(USA)	73	3-28-76
M75	13:06.4	Richard Bredenebeck(USA)	75	6-13-81
M80	13:52.63	Ed Benham(USA)	82	5-4-90
M85	13:17.0	Fritz Helber(FRG)	80	9-14-86
M90	16:32.0	Paul Spangler(USA)	85	5-4-84
M99	20:08.4	Paul Spangler(USA)	90	9-16-89

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:16.36	Carlos Lopes(POR)	37	6-28-84
M40	13:45.6	Lucien Rault(FRA)	40	5-21-76
M45	14:23.6	Lucien Rault(FRA)	46	6-19-82
M50	15:31.0	Alain Mimoun(FRA)	50	6-6-71
M55	15:06.0	Jean Onselens(BEL)	50	9-12-84
M60	15:52.8	Jack Ryan(AUS)	55	4-20-78
M65	16:33.3	John Gilmore(AUS)	61	8-9-80
M70	17:43.4	Jack Ryan(AUS)	65	12-1-87
M75	18:46.62	John Gilmore(AUS)	70	8-1-89
M80	20:36.0	David Morrison(GBR)	75	9-9-89
M85	21:57.88	Edward Benham(USA)	81	8-6-88
M90	26:50.2	Josef Galia(FRG)	87	8-16-85
M99	37:39.38	Paul Spangler(USA)	90	8-1-89

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

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	12-1599	20.774 Gaston Roelants(BEL)	35	9-20-72
M40	11-1309	18.900 William Stoddart(GBR)	40	8-21-71
M45	11-1268	18.862 Alain Mimoun(FRA)	45	3-20-66
M50	11-954	18.575 Alain Mimoun(FRA)	50	5-16-71
M55	10-1194	17.185 John Gilmore(AUS)	55	10-14-74
M60	10-831	16.853 John Gilmore(AUS)	60	10-21-79
M65	9-1540	15.892 John Gilmore(AUS)	65	10-7-84
M70	9-1083	15.474 John Gilmore(AUS)	70	6-21-89
M75	8-335	13.181 Lou Gregory(USA)	75	12-17-77
M80	8-899	13.697 Ed Benham(USA)	75	4-9-83
M85	7-946	12.130 Paul Spangler(USA)	81	11-1-80
M90	6-472	10.088 Paul Spangler(USA)	85	11-18-84

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:33.4	Ivan Kabanov(URS)	36	7-27-75
M40	8:41.5	Gaston Roelants(BEL)	40	7-6-77
M45	9:25.28	Ron Robertson(NZ)	46	12-5-87
M50	9:50.96	Nils Undersaker(NOR)	45	9-12-84
M55	10:39.0	Nils Undersaker(NOR)	50	8-5-89
M60	11:41.6	Eligio Galicia(MEX)	56	8-1-79
M65	12:24.8	Olle Elvland(SWE)	61	8-1-79
M70	13:26.5	Norman Bright(USA)	65	8-15-75
M75	15:21.0	Stan Nicholls(AUS)	70	4-11-81
M80		Stan Nicholls(AUS)	75	11-15-86

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M60	7:13.93	Joachim Silva(POR)	61	8-5-89
M65	7:53.00	John Eccles(NZL)	65	11-2-90
M70	8:38.17	Dan Bulkley(USA)	71	8-5-88
M75	10:10.66	Eugene Keller(USA)	75	8-5-90
M80	14:22.44	Charles Espy(USA)	80	8-5-90

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	14.1	Ghulam Razik(PAK)	36	2-16-69
M40	14.13	Sergio Liani(ITA)	35	8-9-78
M45	14.24	Stan Druckery(USA)	40	7-30-89
M50	14.7y	Valbjorn Thorlaksson(ICE)	45	7-8-79
M55	15.1	Jack Greenwood(USA)	51	8-10-77
M60	16.6	Andre Findeli(FRA)	55	9-14-78
M65	14.98	Jack Greenwood(USA)	60	7-19-86
M70	16.4	Albertos Van Zyl(RSA)	65	8-29-87
M75	14.50h	Al Guidet(USA)	71	7-29-89
M80	15.1	Frank Finger(USA)	75	9-1-90
M85	17.29	Karl Trei(CAN)	80	7-30-89

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50	14.3	Charles Miller(USA)	50	5-28-88
M55	15.28	Bob Hickman(USA)	55	7-30-89

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	49.72	James King(USA)	35	5-13-84
M40	52.7	Stan Druckery(USA)	40	7-8-89
M45	52.76	James King(USA)	40	8-3-89
M50	55.18	Guido Mueller(FRG)	47	8-1-86
M55	58.1	Jack Greenwood(USA)	50	7-3-76
M60	59.85	Jack Greenwood(USA)	57	9-27-83
M65	43.49	Jack Greenwood(USA)	63	8-3-89
M70	47.82	Arne Petterson(SWE)	65	6-25-88
M75	52.44	Dan Bulkley(USA)	72	8-3-89
M80	52.0	Trevor Newman(RSA)	71	5-6-89
M85	60.78	Gil Gonzalez(USA)	76	8-3-89
M90	68.0	Karl Trei(CAN)	80	6-11-89

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

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-1	2.16 Viktor Bolshov(URS)	35	6-20-74
M40	6-9	2.06 John Hartfield(USA)	40	9-1-85
M45	6-2 3/4	1.90 Herm Wyatt(USA)	48	4-19-80
M50	6-2	1.88 Herm Wyatt(USA)	51	8-21-83
M55	6-2	1.88 Herm Wyatt(USA)	52	6-25-88
M60	6-2	1.88 Herm Wyatt(USA)	55	10-4-86
M65	5-9	1.79 Herm Wyatt(USA)	55	5-26-87
M70	5-5 1/2	1.66 Jim Gillcrist(USA)	61	8-5-89
M75	5-1	1.55 Burl Gist(USA)	67	8-29-87
M80	4-10 1/4	1.48 Ian Hume(CAN)	70	9-8-84
M85	4-8 3/4	1.44 Esko Kolhonen(FIN)	75	8-4-89
M90	3-11 3/4	1.21 Gulab Singh(IND)	83	8-4-89
M95	3-8 1/2	1.13 Buell Crane(USA)	85	7-26-85
M99	3-5	1.04 Buell Crane(USA)	90	7-28-90

POLE VAULT				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	17-4 3/4	5.30 K. Papanikolaou(GRE)	36	9- 9-77
	p18-0 1/4	5.49 Anton Kalliomaki(FIN)	35	7- 4-82
M40	16-6	5.03 Steve Hardison(CA)	40	7-15-90
	p16-9 1/4	5.11 Kjell Isaksson(SWE)	40	8-20-88
M45	15-5	4.70 Maurice Houvion(FRA)	45	4-12-80
M50	14-4	4.37 Vic Cook(USA)	50	7-25-82
M55	13-6 1/4	4.12 Richmond Morcom(USA)	55	8- 4-76
M60	12-9 1/2	3.90 Herbert Schmidt(FRG)	61	10-14-71
	M65 12-4 1/2	3.77 Bob Morcom(USA)	65	8- 3-86
M70	10-10	3.30 Herbert Schmidt(FRG)	70	7-18-80
	10-3	3.12 Jim Vernon(USA)	71	7-23-88
M75	9-6 1/4	2.90 Carol Johnston(USA)	75	2- 7-87
M80	6-6 1/2	1.99 Bob Macconaghy(USA)	80	5-28-88
M85	5-8	1.73 A. E. Pitcher(USA)	86	5-14-88

Continued from previous page

HAMMER THROW (35-49: 16kg; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 271-8	82.80 Yurly Syedikh(URS)	35	8-12-90
N40 243-11	74.34 Ed Burke(USA)	44	4-28-84
N45 205-1	62.52 Hans Potech(AUT)	48	7-18-81
p206-3	62.86 Sreko Stiglic(YUG)	45	- -88
N50 208-6	63.56 Hans Potech(AUT)	54	11-29-87
N55 204-8	62.40 Hans Potech(AUT)	55	7-16-88
N60 190-3	58.00 Pentti Saarikoski(FIN)	61	8-26-87
N65 160-3	48.84 Eino Anttila(FIN)	66	7-21-89
N70 155-11	47.54 Roy Foley(AUS)	71	3-20-88
N75 133-5	40.68 Osmo Renvall(FIN)	75	6-15-86
p150-8	45.92 Aarne Miettinen(FIN)	75	- -88
N80 112-5	34.28 Karsten Brodersen(CHL)	80	12-1-87
N85 89-6 3/4	27.30 Friederich Bender(FRG)	85	6-22-85
N90 55-8	16.97 Buell Crane(USA)	90	4-21-90

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 286-1	87.20 Janis Zirnias(URS)	35	5-14-83
N40 259-1	78.98 Urs Von Wartburg(SWI)	42	8-2-79
N45 238-10	72.80 Larry Stuart(USA)	46	5-12-84
p239-7	73.02 Larry Stuart(USA)	48	6-14-86
N50 215-9	65.76 Larry Stuart(USA)	50	4-30-88
N55 189-3	57.70 Jan Smiding(SWE)	55	8-18-87
N60 191-10	58.48 Deles Pickarts(USA)	60	11-28-87
N65 160-5	48.90 Mauri Mertakivi(FIN)	66	8-31-87
N70 151-6	46.18 Bill Morales(USA)	72	7-30-89
p157-9	48.08 Bill Morales(USA)	70	8-16-87
p152-1	46.36 Bill Morales(USA)	70	7-25-87
N75 126-4	38.52 Gerhard Schepe(FRG)	76	12-5-87
N80 94-6	28.80 Herbert Anderson(USA)	80	7-24-82
N85 62-5	19.02 Buell Crane(USA)	85	6-6-85
p74-5 1/2	22.69 Herbert Anderson(USA)	85	9-5-87
p66-0	20.11 Herbert Anderson(USA)	85	8-16-87
N90 57-2 3/4	17.44 Buell Crane(USA)	90	7-28-90

DECATHLON(1962 IAAF SCORING TABLES)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 7547	Werner Von Moltke(FRG)	35	5-12-72
N40 6784	Wolfgang Linkmann(FRG)	40	6-6-81
N45 5734	Gary Miller(USA)	47	3-23-85
N50 6212	Gary Miller(USA)	50	5-27-88
N55 5246	Richmond Morcom(USA)	55	9-11-76
N60 4552	Richmond Morcom(USA)	61	8-28-82
N65 3400	Jan Hume(CAN)	66	6-20-81
N70 3097	Gilberto Gonzalez(PUR)	70	7-2-83
N75 1659	Herbert Anderson(USA)	75	3-24-78
N80 994	Herb Anderson(USA)	80	8-28-82
N85 252	A. E. Pitcher(USA)	85	9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 3806	Silvio Hodas(FRA)	35	4-17-83
N40 3455	Werner Schallau(FRG)	40	9-24-78
N45 3117	Gary Miller(USA)	45	9-30-83
N50 2976	Gary Miller(USA)	50	6-26-88
N55 2566	Richmond Morcom(USA)	56	8-12-77
N60 2346	Rudy Hochreiter(AUS)	61	12-3-87
N65 2028	Gudmund Skriverik(NOR)	65	7-31-86
N70 1685	Adolf Koch(FRG)	70	12-3-87
N75 1002	Gerhard Schepe(FRG)	76	12-3-87
N80 869	Karsten Brodersen(CHL)	80	12-3-87
N85 372	Herb Anderson(USA)	85	12-3-87

Women's World Five Year Age Group Records

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 11.6	Erika Rost(FRG)	35	6-2-79
N40 12.0	Maeve Kyle(IRL)	40	4-25-70
N45 12.5	Maeve Kyle(IRL)	45	1-21-74
N50 12.9	Wendy Ey(AUS)	45	2-4-84
N55 13.6	Irene Obera(USA)	51	6-1-85
N60 13.9	Shirley Peterson(AUS)	55	1-21-84
N65 15.04h	Shirley Peterson(AUS)	60	2-25-89
p14.90	Paula Schneiderhan(FRG)	65	12-4-87
N70 16.2	Paula Schneiderhan(FRG)	66	6-25-88
N75 16.87	Polly Clarke(USA)	70	4-17-81
N80 20.44	Polly Clarke(USA)	75	8-31-85
	Ruth Frith(AUS)	81	11-3-90

200 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 22.5	Marina Stepanova(URS)	36	6-27-86
N40 24.84	Phil Raschker(USA)	42	8-3-89
N45 26.0	Jan Hynes(AUS)	46	1-26-91
N50 27.3	Irene Obera(USA)	51	6-1-85
N55 28.48	Irene Obera(USA)	55	8-3-89
N60 30.0	Shirley Peterson(AUS)	60	2-11-89
N65 31.65	Paula Schneiderhan(FRG)	67	8-3-89
N70 34.2	Polly Clarke(USA)	71	9-6-81
N75 35.93	Polly Clarke(USA)	75	8-31-85
N80 45.27	Berta Nielscher(FRG)	80	8-3-89

400 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 50.56	Aurelia Penton(CUB)	35	7-15-78
N40 55.3	Maeve Kyle(IRL)	41	7-22-70
N45 57.8	Jan Hughes(AUS)	45	11-9-89
N50 63.2	Anne McKenzie(RSA)	50	10-15-75
p62.7	Pat Smith(NOL)	52	6-7-88
N55 66.99	Irene Obera(USA)	55	8-5-89
N60 69.00	Ann Cooper(AUS)	60	8-5-89
N65 73.71	Anna Mangler(FRG)	65	8-5-89
N70 84.23	Polly Clarke(USA)	73	9-28-83
N75 89.62	Polly Clarke(USA)	75	8-25-85
N80 1:40.45	Polly Clarke(CO)	80	8-3-90

800 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 1:56.51	Jarmila Kratochvilova(CZE)	35	7-13-86
N40 2:06.5	Anne McKenzie(RSA)	41	7-1-87
N45 2:19.2	Anne McKenzie(RSA)	45	11-13-70
p2:16.8	Judy Pollock(AUS)	45	8- -85
N50 2:23.1	Anne McKenzie(RSA)	50	10-29-75
N55 2:42.03	Valberg Ostberg(NOR)	55	8-1-86
N60 2:52.66	Ann Cooper(AUS)	60	8-1-89
N65 3:03.10	Anna Mangler(FRG)	65	8-1-89
N70 3:14.90	Britta Tibbling(NOR)	71	8-1-89
N75 3:32.98	Johanna Luther(FRG)	75	8-1-89
N80 4:18.12	Berta Nielscher(FRG)	80	8-1-89

1500 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 3:57.73	Marica Puica(ROM)	35	8-30-85
N40 4:20.7	Joyce Smith(GBR)	40	5-21-78
N45 4:45.84	Barbara Lehmann(FRG)	47	8-5-89
p4:40.35	Judy Pollock(AUS)	45	8- -85
N50 4:54.5	Anne McKenzie(RSA)	50	10-15-75
p4:51.19	I. Hellwagner(AUT)	50	6-25-88
N55 5:15.7	Jean Albury(AUS)	55	4-6-85
N60 5:44.81	Shirley Brasher(AUS)	61	12-5-87
5:44.9	Margaret Miller(USA)	60	7-16-86
p5:37	Jean Albury(AUS)	60	4-14-90
N65 6:10.17	Britta Tibbling(SWE)	66	8-25-84
N70 6:39.04	Britta Tibbling(SWE)	71	7-22-89
N75 7:09.72	Johanna Luther(FRG)	76	8-5-89
N80 11:09.2	Anne Ward(USA)	83	5-30-88

ONE MILE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 4:17.33	Marica Puica(ROM)	35	8-21-85
N40 4:54.69	Doris Heritage(USA)	40	4-23-83
N45 5:20.7	Elaine Statham(GBR)	46	8-19-90
N50 5:29.39	Jeanne Moagland(USA)	51	12-6-87
N55 5:50.6	Margaret Miller(USA)	55	2-7-81
N60 6:35	Pat Dixon(USA)	63	7-23-82
N65 6:41.64	Rosamund Dashwood(CAN)	65	6-8-89
N70 7:26.0	Pat Dixon(USA)	70	6-24-89

3000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 8:27.83	Marica Puica(ROM)	35	9-7-85
N40 9:11.2	Joyce Smith(GBR)	40	4-30-78
N45 10:19.4	Joan Colman(USA)	46	9-8-90
p9:31.38	Evy Palm(SWE)	45	- -87
p9:34.7	Joyce Smith(GBR)	46	9-15-84
N50 10:24.01	Edeltraud Pohl(FRG)	52	8-25-88
N55 11:20.2	Marion Irvine(USA)	59	9-16-89
N60 12:26.8	Lieselotte Schultz(FRG)	61	6-13-81
N65 13:15.6	Jaclyn Caselli(USA)	65	7-6-86
N70 14:25.2	Johanna Luther(FRG)	71	9-22-84
N75 17:37.2	Bess James(USA)	75	8-10-85
N80 25:09.0	Mary Ames(USA)	84	5-30-87

5000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 15:15.2	Francis Larrieu(USA)	35	7-2-88
N40 16:02.88	Evy Palm(SWE)	43	7-17-85
N45 17:45.03	Joan Colman(USA)	45	8-4-89
p16:17.6	Evy Palm(SWE)	45	- -87
p17:33.4	Dot Browne(AUS)	45	3-28-86
N50 17:46.2	Edeltraud Pohl(FRG)	50	7-1-87
N55 18:49.0	Jean Albury(AUS)	55	4-7-85
N60 19:14.8	Marion Irvine(USA)	60	10-19-89
N65 22:16.8	Jose Waller(GBR)	66	10-2-88
N70 24:52.83	Pat Dixon(USA)	70	8-4-89
N75 25:43.39	Johanna Luther(FRG)	76	8-4-89
N80 30:21.85	Navis Lindgren(USA)	80	8-16-87

10,000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 31:28.92	Francis Larrieu(USA)	38	4-4-91
N40 33:00.78	Evy Palm(SWE)	43	7-27-85
p32:47.25	Evy Palm(SWE)	44	7-5-86
N45 37:34.45	Elaine Statham(GBR)	45	7-29-89
p32:41.98	Evy Palm(SWE)	45	- -87
p37:01.6	Dot Browne(AUS)	45	3-23-86
N50 36:51.6	Edeltraud Pohl(FRG)	51	6-21-88
N55 38:38.6	Jean Albury(AUS)	55	4-5-85
N60 43:58.66	Shirley Brasher(AUS)	62	7-29-89
p42:17	Jean Albury(AUS)	60	4-13-90
p43:01.2	Joselyn Ross(GBR)	61	7-9-89
N65 46:54.87	Rosamund Dashwood(GBR)	65	7-29-89
p46:52.2	Jose Waller(GBR)	67	7-9-89
N70 50:28.33	Pat Dixon(USA)	70	7-29-89
N75 53:20.50	Johanna Luther(FRG)	75	7-29-89
N80 98:38	Hilda Crooks(USA)	81	6-26-77

2000 METER STEEPLECHASE *** UNOFFICIAL ***			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 8:21.13	Maria Hillier(NZL)	37	11-3-90
p8:17	Jan Shaw(AUS)	36	4-14-90
N40 7:57.65	Jane Holmes(GBR)	41	8-5-89
N45 7:45.96	Joan Colman(USA)	45	8-5-89
N50 12:28.54	Sue Dumble(NZ)	50	4-3-88
p9:09	Margaret Robinson(AUS)	52	4-14-90
N55 9:52.28	Sally Strazdins(USA)	55	8-5-89
N60 p10:29.90	Nan Little(NZL)	61	4-2-88

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 13.8	Rima Larianova(URS)	35	6-23-71
p13.60	Jane Frederick(USA)	35	- -87
N40 11.78	Judy Vernon(GBR)	40	8-1-86
11.8	Eileen Hindle(AUS)	40	3-25-89
N45 12.28	Corrie Roovers(NOL)	47	7-14-82
N50 13.02h	Corrie Roovers(NOL)	52	11-28-87
N55 14.06	Elzbieta Krzesinska(POL)	55	7-31-89
N60 15.5	Kirsten Hveem(NOR)	61	8-1-86
N65 18.62	Rosaline Sole(NZL)	68	9-28-83
N70 20.89	Rosaline Sole(NZL)	73	7-22-89
N75 33.66	Irja Sarnama(FIN)	75	1-11-81

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 52.94	Marina Stepanova(URS)	36	9-17-86
N40 63.58	Jan Hynes(AUS)	43	12-5-87
p62.8	Jan Hynes(AUS)	43	11-7-87
N45 64.8	Jan Hynes(AUS)	45	11-11-89
N50 49.78	Brenda Parkinson(AUS)	50	12-5-87
N55 55.40	Wanda Sakata(BRA)	57	8-3-89
N60 65.1	Isabella Hofmeyr(RSA)	60	2-22-89

HIGH JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 6-2	1.88 Debbie Brill(CAN)	35	4-23-88
N40 5-5 3/4	1.67 Yordanka Blagoeva(YUG)	42	8-3-89
p5-7	1.70 Yordanka Blagoeva(YUG)	41	6-25-88
N45 5-1	1.55 Joanne Smallwood(GBR)	45	8-3-89
5-1	1.55 Christel Mauser(FRG)	46	8-3-89
N50 4-10	1.47 Dorothy Tyler(GBR)	50	6-14-70
N55 4-6	1.37 Rosemary Chimes(GBR)	56	7-8-89
N60 4-0 1/2	1.23 C. Wippersteg(FRG)	60	8-3-89
N65 4-0	1.22 Gwen Davidson(AUS)	65	11-28-87
N70 3-8 1/2	1.13 Mary Bowermaster(USA)	70	11-28-87
N75 3-3 1/2	1.00 Irja Sarnama(FIN)	75	8-9-81
N80 2-10 3/4	0.88 Berta Nielscher(FRG)	80	8-3-89

LONG JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
N35 21-4	6.50 Willye White(USA)	35	10-26-74
N40 19-1 1/2	5.83 Franciska Janssen(NOL)	40	8-22-85

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee
through performances verified as of May, 1991

Men's American Five Year Age Group Records

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 10.3	Ruben Whitney(TX)	35	6-14-80
M40 10.87	Eddie Hart(CA)	40	7-30-89
	Eddie Hart(CA)	40	9-11-89
M45 11.0	Thane Baker(TX)	48	6-14-80
M50 11.2	Ken Dennis(CA)	50	7-18-87
M55 11.66	Ralph Summerlin(AL)	58	7-14-90
	Payton Jordan(CA)	56	6-23-73
	Alfred Guidet(CA)	56	6-22-74
M60 11.8	Payton Jordan(CA)	61	5-27-78
M65 12.6	Payton Jordan(CA)	65	6-12-82
M70 13.0	Payton Jordan(CA)	70	4-25-87
M75 14.3	Josiah Packard(CA)	75	6-23-79
M80 15.4	Josiah Packard(CA)	80	2-25-84
M85 18.7	Buell Crane(ID)	85	7-26-85
M90 20.69	Buell Crane(ID)	90	7-27-90

200 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 20.8	Delano Meriwether(US)	35	6-9-78
M40 22.20	Stan Whitley(CA)	42	8-7-88
M45 22.9	Richard Stolpe(NB)	45	6-20-70
	Milton Newton(CA)	46	6-22-80
M50 22.9	Ken Dennis(CA)	50	7-18-87
M55 23.6	Alfred Guidet(CA)	55	6-24-73
M60 24.9	Payton Jordan(CA)	60	6-19-77
M65 26.1	Payton Jordan(CA)	65	6-12-82
M70 26.8	Payton Jordan(CA)	70	6-20-87
M75 29.5	Josiah Packard(CA)	75	6-24-79
M80 32.3	Josiah Packard(CA)	80	2-18-84
M85 40.29	Konrad Boas(NY)	86	8-3-89
M90 48.6	Collister Wheeler(OR)	90	7-30-87
p45.75	Buell Crane(ID)	90	6-23-90

400 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 46.38	James King(CA)	35	5-25-84
M40 48.44	James King(CA)	40	8-5-89
M45 50.59	James Burnett(IL)	45	8-25-85
M50 52.79	Larry Colbert(MD)	50	12-5-87
M55 54.56	Rudolph Valentine(NY)	55	6-9-79
M60 57.64	Jack Greenwood(CO)	63	8-5-89
M65 61.4	John Alexander(TX)	67	5-16-87
M70 62.2	John Alexander(TX)	70	9-24-89
M75 68.5	Josiah Packard(CA)	75	6-23-79
M80 75.4	Harold Chapson(HI)	80	7-9-83
M85 94.95	Konrad Boas(NY)	85	8-27-88
M90 2:00.2	Paul Spangler(CA)	90	9-16-89

800 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 1:52.1	Ralph Lee(CA)	37	6-7-79
M40 1:53.99	Nolan Smith(CA)	40	5-12-90
M45 1:56.27	Don Parker(USA)	47	5-12-90
M50 2:01.1	Bill Fitzgerald(CA)	50	6-29-75
M55 2:08.9	Bill Fitzgerald(CA)	55	7-5-80
M60 2:18.87	Dean Smith(IL)	61	8-16-87
M65 2:25.3	Frank Finger(VA)	65	7-5-80
M70 2:34.5	Monty Montgomery(CA)	71	9-4-77
M75 2:40.0	Harold Chapson(HI)	75	5-14-78
M80 2:53.5	Harold Chapson(HI)	80	7-11-82
M85 3:58.3	Paul Spangler(CA)	85	5-5-84
M90 4:39.59	Paul Spangler(CA)	90	6-10-89

1500 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:52.7	Ramsay Thomas(MD)	35	7-11-79
M40 3:53.18	Larry Almborg(WA)	42	8-5-89
p3:50.43	Larry Almborg(WA)	43	7-29-90
M45 4:00.53	Ken Sparks(OH)	45	4-24-90
p3:59.24	Ken Sparks(OH)	45	7-29-90
M50 4:05.8	Ray Hatton(OR)	50	7-8-82
M55 4:25.24	Jim Sutton(PA)	55	7-19-86
M60 4:46.96	Joe King(CA)	63	8-5-89
M65 4:59.1	William Andberg(MN)	65	7-4-76
M70 5:19.38	Austin Neuman(NJ)	70	7-19-86
M75 5:30.1	Harold Chapson(HI)	75	8-11-77
M80 6:04.28	Ed Benham(MD)	80	12-5-87
p5:54.5	Harold Chapson(HI)	80	7-17-82
M85 7:44.96	Paul Spangler(CA)	85	5-5-84
M90 9:25.2	Paul Spangler(CA)	90	6-10-89

ONE MILE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 4:12.4	Ramsay Thomas(MD)	35	7-26-79
M40 4:12.24	Larry Almborg(WA)	43	4-28-90
p4:06.70	Larry Almborg(WA)	43	7-29-90
M45 4:18.83	Ken Sparks(OH)	45	4-24-90
p4:17.14	Ken Sparks(OH)	45	7-29-90
M50 4:32.2	Bill Fitzgerald(CA)	50	7-13-75
M55 4:55.3	William Fraser(MN)	55	7-22-85
p4:45.1	Ray Hatton(OR)	55	5-16-87
p4:46.5	Don Gamble(OH)	55	10-5-86
M60 5:14.2	Dave Stevenson(CA)	60	8-10-89
M65 5:22N	Monty Montgomery(CA)	65	4-8-72
M70 5:42.2	Monty Montgomery(CA)	70	7-9-77
M75 6:15.1	Harold Chapson(HI)	78	7-5-81
M80 8:07.1	Paul Spangler(CA)	81	6-7-80
p6:43.3	Harold Chapson(HI)	80	3-4-83
M85 12:23.6	Herb Kirk(MT)	87	8-26-83
M90 13:43.6	Herb Kirk(MT)	90	8-18-86

3000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:31.5	Ramsay Thomas(MD)	35	8-4-79
M40 8:43.7	Web Loudat(NM)	40	6-13-87
p8:17.4	Barry Brown(FL)	40	7-30-84
M45 9:06.6	Kirk Randall(MA)	45	6-13-87
M50 8:53.8	Ray Hatton(OR)	50	6-25-82
M55 9:37.88	Ray Hatton(OR)	56	6-26-88
M60 10:31.4	Dave Stevenson(CA)	60	9-16-89
M65 10:51.0	Norman Bright(WA)	65	6-17-75
M70 11:46.2	Harold Chapson(HI)	73	3-28-76
M75 13:06.4	Richard Bredenbeck(OH)	75	6-13-81
p12:23.4	Ed Benham(MD)	75	5-7-83
M80 13:52.63	Ed Benham(MD)	82	5-4-90
M85 16:32.0	Paul Spangler(CA)	85	5-4-84
M90 20:08.4	Paul Spangler(CA)	90	9-16-89

5000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 13:51.7	Mike Manley(OR)	38	6-1-80
M40 14:59.6	Hal Higdon(IN)	41	8-25-72
p14:27.0	Mike Manley(OR)	40	6-6-82
M45 15:12.25	Mike Manley(OR)	47	8-1-89
p15:11.0	Salvador Vasquez(CA)	46	7-5-86
M50 15:43.58	Dan Conway(WI)	50	8-1-89
M55 16:27.1	James O'Neill(CA)	55	1-12-81
M60 17:19.0	Clive Davies(OR)	64	8-2-80
M65 18:30	William Andberg(MN)	65	7-4-76
p17:40.4	Clive Davies(OR)	66	7-30-82
M70 20:02.57	Alfred Funk(MT)	73	8-16-87
M75 20:55.39	Alfred Funk(MT)	75	8-1-89
M80 21:57.88	Edward Benham(MD)	81	8-6-88
M85 28:03.8	Paul Spangler(CA)	85	4-14-84
M90 37:39.38	Paul Spangler(CA)	90	8-1-89

10,000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 29:03.4	Frank Shorter(CO)	36	6-8-84
29:03.4	Peter McArdle(NY)	35	5-3-84
M40 30:50.37	Larry Almborg(WA)	42	7-30-89
M45 31:48	Ray Hatton(OR)	45	6-11-77
M50 32:10.4	Ray Hatton(OR)	51	6-18-83
M55 33:00.66	Norman Green(PA)	57	7-29-89
M60 35:19.8	Clive Davies(OR)	63	8-19-78
M65 38:38.0	Norman Bright(WA)	66	8-3-76
M70 41:21.0	Ray Sears(IL)	70	8-10-77
M75 43:54.75	Edward Benham(MD)	75	9-25-83
M80 44:29.4	Edward Benham(MD)	81	8-4-88
M85 63:58.4	Paul Spangler(CA)	86	6-22-85
M90 71:40.78	Paul Spangler(CA)	90	7-29-89

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

3000 METER STEEPLECHASE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:38.8	Mike Manley(OR)	38	-80
M40 9:18.6	Hal Higdon(IN)	44	8-15-75
M45 9:39.0	Hal Higdon(IN)	46	8-11-77
M50 10:31.01	Faye Bradley(DC)	51	7-20-89
M55 10:59.2	Ken Carman(MI)	56	7-28-84
M60 12:33.2	Bob Boal(NC)	64	4-3-76
M65 12:24.8	Norman Bright(WA)	65	8-15-75
M70 13:43.27	Eugene Keller(OH)	70	8-24-85
M75 19:04.8	Lou Gregory(FL)	76	8-20-78

2000 METER STEEPLECHASE *** UNOFFICIAL ***			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M60 7:40.10	Dave Stevenson(CA)	60	8-5-89
M65 8:23.74	Avery Bryant(CA)	65	7-20-89
M70 8:38.17	Dan Bulkley(OR)	71	8-5-88
M75 10:10.66	Eugene Keller(OH)	75	8-5-90
M80 14:22.44	Charles Espy(FL)	80	8-5-90

HURDLES: 110M: 35-39, 40-49, 50-59, 60-69; 300M: 60-69, 70-79; 400M: 60-69, 70-79

100 METER HURDLES (50-59: 36") *** UNOFFICIAL ***			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 14.7	Mike Kelly(GA)	37	6-16-84
M40 14.24	Stan Druckrey(WI)	40	7-30-89
M45 15.0	Jack Greenwood(KS)	46	9-14-72
M50 15.1	Jack Greenwood(KS)	51	8-10-77
M55 16.8	Charles Beaudry(TX)	55	8-24-74
p16.3	Jack Greenwood(CO)	56	8-29-82
M60 14.98	Jack Greenwood(CO)	60	7-19-86
M65 17.43	Robert Hunt(CA)	65	5-18-85
M70 14.50h	Al Guidet(CA)	71	7-29-89
16.35	Claude Hills(PA)	70	8-14-87
M75 15.1h	Frank Finger(VA)	75	9-1-90
M80 17.5	Russell Meyers(FL)	80	7-7-84

100 METER HURDLES (50-59: 36") *** UNOFFICIAL ***			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 14.84	Charles Miller(MI)	51	8-5-90
14.3h	Charles Miller(MI)	50	5-28-88
M55 15.28	Bob Hickman(CA)	55	7-30-89

LONG HURDLES (400M: 35-49, 50-59, 33"; 300M: 60-69, 30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 49.72	James King(CA)	35	5-13-84
M40 52.76	James King(CA)	40	8-3-89
52.7h	Stan Druckrey(WI)	40	7-8-89
M45 55.7	Jack Greenwood(KS)	46	8-24-72
M50 58.1	Jack Greenwood(KS)	50	7-3-76
M55 59.85	Jack Greenwood(KS)	57	9-27-83
M60 43.49	Jack Greenwood(CO)	63	8-3-89
M65 49.80	Rudy Valentine(NY)	67	8-3-90
M70 52.44	Dan Bulkley(OR)	72	8-3-89
M75 60.78	Gilberto Gonzalez(FL)	76	8-3-89

300 METER HURDLES (50-59: 33") *** UNOFFICIAL ***			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 43.16	Richard Rizzo(NY)	50	8-4-88
41.0h	Hugh Adams(CA)	50	9-23-90
M55 43.36	Bob Hickman(CA)	55	8-1-89

HIGH JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 6-11 3/4	2.13 Dwight Stones(US)	36	8-3-90
p6-11 3/4	2.13 Jim Barrineau(VA)	35	7-1-90
M40 6-9	2.06 John Hartfield(TX)	40	9-1-85
M45 6-2 3/4	1.90 Herm Wyatt(CA)	48	4-19-80
M50 6-2	1.88 Herm Wyatt(CA)	51	8-20-83
M55 5-9	1.75 Herm Wyatt(CA)	55	10-4-86
p5-10 1/2	1.79 Herm Wyatt(CA)	55	5-23-87
M60 5-5 1/2	1.66 Jim Gillchrist(LA)	61	8-5-89
M65 5-1	1.55 Burl Gist(CA)	67	8-29-87
M70 4-8 1/4	1.43 Burl Gist(CA)	70	10-6-90
M75 4-3 1/4	1.30 Herbert Anderson(CO)	75	3-24-78
p4-4	1.32 Stan Thompson(NI)	75	12-28-85
M80 3-11 1/4	1.20 Herbert Anderson(CO)	80	8-29-82
M85 3-8 1/2	1.13 Buell Crane(ID)	85	7-26-85
M90 3-5	1.04 Buell Crane(ID)	90	7-28-90

POLE VAULT			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 16-7	5.05 Stephen Smith(OR)	36	7-15-88
M40 16-6	5.03 Steve Hardison(CA)	40	7-15-90
M45 15-0	4.57 Roger Ruth(CAN)	45	7-21-73

Continued from previous page

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	232-5	70.84 Harold Connolly(CA)	37 7-20-89
M40	243-11	74.34 Ed Burke(CA)	44 4-28-84
M45	198-5	60.48 Ed Burke(CA)	45 5-19-85
M50	182-6	55.62 Bob Backus(MA)	50 6-12-77
	p193-2	58.88 Ed Burke(CA)	50 6-6-90
M55	197-8	60.26 Bob Backus(MA)	55 8-2-81
M60	155-0	47.24 Bob Richards(CA)	60 4-20-86
M65	134-2	40.90 Thomas McDermott(CT)	68 7-19-86
M70	145-3	44.28 Thomas McDermott(CT)	72 8-5-90
M75	119-6	36.42 Nolan Fowler(TN)	75 8-4-89
M80	81-3 1/2	24.78 Robert Ulsh(CA)	82 8-4-89
M85	54-3 1/2	16.55 Buell Crane(ID)	87 8-16-87
M90	55-8	16.97 Buell Crane(ID)	90 4-21-90

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	268-1	81.72 William Floerke(KS)	35 7-21-79
M40	242-9	74.00 Larry Stuart(CA)	41 6-9-79
M45	238-10	72.80 Larry Stuart(CA)	46 5-12-84
	p239-7	73.02 Larry Stuart(CA)	48 6-14-86
M50	215-9	65.76 Larry Stuart(CA)	50 4-30-88
M55	180-9	55.10 Bill Morales(CA)	56 4-19-73
M60	191-10	58.48 Deles Pickarts(CA)	60 11-28-87
M65	148-3	45.18 Bill Morales(CA)	67 5-26-84
M70	151-6	46.18 Bill Morales(CA)	72 7-30-89
	p157-9	48.08 Bill Morales(CA)	70 8-16-87
	p152-1	46.36 Bill Morales(CA)	70 7-25-87
M75	108-0	32.92 Emery Curtice(CA)	75 7-24-82
M80	94-6	28.80 Herbert Anderson(CO)	80 7-24-82
M85	62-5	19.02 Buell Crane(ID)	85 6-6-85
	p66-0	20.11 Herbert Anderson(CO)	85 8-16-87
	p74-5 1/2	22.69 Herbert Anderson(CO)	85 9-5-87
M90	57-2 3/4	17.44 Buell Crane(ID)	90 7-28-90

DECATHLON(1962 IAAF SCORING TABLES)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	6230	Phil Mulkey(ALA)	38 3-26-71
M40	6394	Rex Harvey(IA)	43 7-29-89
M45	5734	Gary Miller(CA)	47 3-23-85
M50	6212	Gary Miller(CA)	50 5-27-88
M55	5246	Richmond Morcom(PA)	55 9-11-76
M60	4552	Richmond Morcom(PA)	61 8-28-82
M65	2783	Claude Hills(PA)	65 6-24-77
	p3064	Richmond Morcom(PA)	65 7-26-86
M70	2513	Claude Hills(PA)	70 7-3-82
M75	1659	Herbert Anderson(CO)	75 3-24-78
M80	994	Herb Anderson(CO)	80 8-28-82
M85	252	A. E. Pitcher(USA)	85 9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	3377	Frank Reilly(CA)	39 6-20-87
	p3432	Mike Hill(US)	35 8-30-86
M40	3055	Gary Miller(CA)	43 8-16-81
M45	3117	Gary Miller(CA)	45 9-30-83
M50	2976	Gary Miller(CA)	50 6-26-88
M55	2566	Richmond Morcom(PA)	56 8-12-77
M60	2301	John Alexander(TX)	61 5-8-81
M65	1988	Richmond Morcom(PA)	66 6-20-87
M70	1384	Bill Morales(CA)	71 12-3-87
M75	927	Claude Hills(PA)	76 6-26-88
M80	710	Ken Carnine(CA)	80 7-16-88
M85	372	Herbert Anderson(CO)	85 12-3-87

Women's American Five Year Age Group Records

100 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	12.3	Almeta Parish(CA)	38 5-17-75
M40	11.4	Irene Obera(CA)	42 5-15-76
M45	11.7	Irene Obera(CA)	45 4-28-79
M50	13.5	Shirley Kinsey(CA)	51 2-7-81
M55	14.8	Sallie Stigelmeyer(OH)	55 10-14-87
M60	14.7	Josephine Kolda(CA)	64 5-1-82
M65	15.2	Polly Clarke(CO)	67 5-21-78
M70	26.6	Marilla Salisbury(CA)	73 8-1-81
M75	27.5	Marilla Salisbury(CA)	75 7-23-83

100 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	11.9	Phil Raschker(GA)	36 6-25-83
M40	12.31h	Phil Raschker(GA)	40 12-1-87
	p12.3n	Phil Raschker(GA)	40 6-6-87
M45	12.63	Irene Obera(CA)	45 7-7-79
M50	12.9	Irene Obera(CA)	51 6-1-85
M55	13.84	Irene Obera(CA)	55 7-21-89
M60	15.5	Josephine Kolda(CA)	63 10-3-81
M65	16.1	Polly Clarke(CO)	67 5-6-78
M70	16.2	Polly Clarke(CO)	70 4-17-81
M75	16.87	Polly Clarke(CO)	75 8-31-85
M80	25.77	Anne Ward(MO)	84 6-21-89

200 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	24.63	Phil Raschker(GA)	36 9-24-83
	24.69	Jane Frederick(CA)	35 8-31-87
M40	24.84	Phil Raschker(GA)	42 8-3-89
M45	26.21	Irene Obera(CA)	47 1-13-81
M50	27.3	Irene Obera(CA)	51 6-1-85
M55	28.48	Irene Obera(CA)	55 8-3-89
M60	33.3	Josephine Kolda(CA)	63 2-27-82
M65	34.2	Josephine Kolda(CA)	67 5-18-85
M70	34.2	Polly Clarke(CO)	71 9-6-81
M75	35.93	Polly Clarke(CO)	75 8-31-85
M80	57.8	Anne Ward(MO)	83 5-30-88

400 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	56.8	Phil Raschker(GA)	36 6-25-83
M40	58.07	Phil Raschker(GA)	42 8-5-89
M45	61.1	Irene Obera(CA)	46 8-16-80
M50	63.7	Irene Obera(CA)	51 5-18-85
M55	66.99	Irene Obera(CA)	55 8-5-89
M60	79.1	Helen Darnall(AR)	60 7-20-89
M65	82.3	Josephine Kolda(CA)	65 10-1-83
M70	84.23	Polly Clarke(CO)	73 9-28-83
M75	89.62	Polly Clarke(CO)	75 8-25-85
M80	1:40.45	Polly Clarke(CO)	80 8-3-90

800 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	2:13.77	Jane Frederick(CA)	35 9-1-87
M40	2:21.91	Susan Moulton(GA)	42 7-23-89
	2:22.0	Sandra Knott(OH)	43 1-10-81
M45	2:25.12	Taffy Martin(PA)	45 7-5-90
M50	2:33.00	Gretchen Snyder(CA)	50 5-19-84
M55	2:48.2	Beryl Skelton(NY)	55 8-17-84
M60	3:11.4	Pat Dixon(OR)	62 8-29-81
M65	3:06.20	Raye Johnson(US)	65 7-30-89
M70	3:26.39	Mari Stafford(OR)	70 8-1-89
M75	3:37.19	Pearl Mehl(CO)	75 9-2-89
M80	5:47.5	Hilda Crooks(CA)	82 6-24-78

1500 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	4:37.65	Carol McLatchie(TX)	37 8-5-89
M40	4:39.8	Miki Gorman(CA)	42 9-3-77
M45	4:48.19	Joan Colman(CA)	45 8-5-89
M50	5:09.42	Jeanne Hoagland(CA)	51 11-29-87
	5:09.5	Mila Kania(NY)	50 7-25-82
M55	5:20.0	Margaret Miller(CA)	56 5-8-82
M60	5:44.9	Margaret Miller(CA)	60 7-16-86
M65	6:26.49	Jaclyn Caselli(CA)	65 7-19-86
M70	6:42.17	Pat Dixon(OR)	70 6-30-89
M75	7:42.30	Bess James(CA)	75 6-29-85
M80	11:09.2	Anne Ward(MO)	83 5-30-88

ONE MILE			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	5:09.52	Susan Moulton(GA)	38 4-13-85
M40	4:54.69	Doris Heritage(WA)	40 4-23-83
M45	5:21.5	Carol Flexer(WA)	46 7-19-89
M50	5:29.39	Jeanne Hoagland(CA)	51 12-6-87
M55	5:50.6	Margaret Miller(CA)	55 2-7-81
M60	6:35	Pat Dixon(OR)	63 7-23-82
M65	6:55.6	Pat Dixon(OR)	66 6-22-85
M70	7:26.0	Pat Dixon(OR)	70 6-24-89

3000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	8:56.7	Francis Larrieu(TX)	35 7-8-88
M40	9:59.0	Laurie Binder(CA)	40 7-30-88
M45	10:19.4	Joan Colman(CA)	46 9-8-90
M50	11:14.6	Vicky Bigelow(CA)	54 9-16-89
M55	11:20.2	Marion Irvine(CA)	59 9-16-89
M60	12:25.6	Margaret Miller(CA)	60 7-23-86
M65	13:15.6	Jaclyn Caselli(CA)	65 7-6-86
M70	18:22.0	Bess James(CA)	72 1-31-82
	p14:26.0	Pat Dixon(OR)	70 -
M75	17:37.2	Bess James(CA)	75 8-10-85
M80	25:09.0	Mary Ames(CA)	84 5-30-87

TWO MILES			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	11:23	Judy Fox(CA)	38 11-3-78
M40	11:29.2	Sandra Knott(OH)	41 8-4-79
M45	11:43.0	Mary Czarapata(WI)	45 9-13-80
M50	12:13.0	Margaret Miller(CA)	54 6-7-80
M55	13:46	Melba Hatch(MI)	57 7-23-85
M60	19:48	Florence Fawley(OH)	61 5-27-84
M70	26:03.8	Marilla Salisbury(CA)	73 7-11-81

5000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	15:15.2	Francis Larrieu(TX)	35 7-2-88
M40	16:57.4	Judy Fox(CA)	40 8-16-81
M45	17:45.03	Joan Colman(CA)	45 8-4-89
M50	18:44.6	Mila Kania(NY)	50 6-13-82
M55	19:32.07	Marion Irvine(CA)	59 8-4-89
M60	19:14.8	Marion Irvine(CA)	60 10-19-89
M65	22:41.8	Jaclyn Caselli(CA)	65 7-5-86
M70	24:52.83	Pat Dixon(OR)	70 8-4-89
M75	29:19.8	Bess James(CA)	75 6-25-85
M80	30:21.85	Mavis Lindgren(CA)	80 8-16-87

10,000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	31:28.92	Francis Larrieu(TX)	38 4-4-91
M40	35:33.6	Judy Fox(CA)	40 8-15-81
	p35:20.59	Laurie Binder(CA)	40 8-14-87
M45	38:19.8	Vicky Bigelow(CA)	48 8-21-83
M50	38:53.6	Mila Kania(NY)	51 6-26-82
M55	40:37.13	Marion Irvine(CA)	59 7-29-89
M60	44:51.0	Pat Dixon(OR)	63 7-16-82
M65	49:22.41	Jaclyn Caselli(CA)	65 7-18-86
M70	50:28.33	Pat Dixon(OR)	70 7-29-89
M75	59:49.8	Marilla Salisbury(CA)	75 7-9-83
	p64:00.81	Pearl Mehl(CO)	75 7-20-89
M80	98:38	Hilda Crooks(CA)	81 6-26-77

ONE HOUR RUN			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	9-11:24	15.512 Marilyn Paul(OR)	36 7-20-74
M40	9-11:97	15.579 Linda Sipprelle(DC)	43 7-29-78
M45	9-9:376	14.828 Marilyn Marbin(CA)	45 3-26-83
M50	8-13:55	14.114 Nicki Hobson(CA)	50 8-4-81
M55	7-10:21	12.199 Marcie Trent(AK)	58 7-18-76
M60	8-10	12.884 Marcie Trent(AK)	61 7-28-79
M65	5-11:94	9.139 Edna Berg(MT)	67 2-5-83
M70	6-52	9.704 Alice Werbel(CA)	70 9-14-86
M75	4-16:7	6.590 Marilla Salisbury(CA)	76 6-7-84

2000 METER STEEPLECHASE *** UNOFFICIAL ***			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:12.83	Susanne Moulton(GA)	42 8-5-89
M45	7:45.96	Joan Colman(CA)	45 8-5-89
M55	9:52.28	Sally Strazdins(US)	55 8-5-89

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	13.77	Jane Frederick(CA)	35 8-31-87
M40	12.10h	Phil Raschker(GA)	40 11-23-87
	p12.0n	Phil Raschker(GA)	40 6-6-87
M45	12.5	Cherrie Sherrard(CA)	45 7-14-84
M50	13.82	Cherrie Sherrard(CA)	50 7-30-89
M55	15.25	Christel Miller(CA)	55 8-5-90
M60	19.08	Shirley Kinsey(CA)	60 7-30-89

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	87.08	Shelley Kealing(NY)	37 8-3-89
M40	65.03	Phil Raschker(USA)	40 12-5-87
M45	95.18	Ann Carter(GA)	47 7-21-89
M50	68.14	Tami Graf(CA)	53 7-21-89
	65.9n	Tami Graf(CA)	53 8-3-89
M60	68.01	Patricia Peterson(NY)	63 8-3-89

HIGH JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	6-1 1/4	1.86 Jane Frederick(CA)	36	6-15-88
W40	5-3 3/4	1.62 Phil Raschker(GA)	42	5-20-89
W45	4-4	1.32 Shirley Smith(FL)	47	7-16-82
W50	4-4 1/2	1.33 Christel Miller(CA)	51	3-29-86
	4-4 1/2	1.33 Becky Sisley(OR)	50	8- 3-89
W55	4-2 3/4	1.29 Christel Miller(CA)	55	8- 2-90
W60	3-11	1.19 Leonore McDaniel(VA)	62	8- 3-90
W65	3-8	1.12 Mary Bowermaster(OH)	67	8-17-84
W70	3-8 1/2	1.13 Mary Bowermaster(OH)	70	11-28-87
W75	3-1 1/2	0.95 Shiela Evans(IN)	75	8- 3-90

The International Scene

16 Candidates Vie For WAVA Council

On July 24, in Turku, Finland, the General Assembly of the World Association of Veteran Athletes will hold its biennial meeting. More than 100 delegates from over 60 nations will elect officers for six WAVA Council positions: President, Executive Vice-President, Vice President (Stadia), Vice-President (Non-stadia), Secretary, and Treasurer.

In addition, delegates to the Women's Committee meeting on July 19 will choose a Women's Representative, who also serves as a Council member. One Council position is appointed by each of six Regional Associations. The 14th and final Council spot is held by the immediate past-president.

Nominations for the six Council offices closed on April 25. All but one office (VP, Non-stadia) is contested. Only one candidate has been nominated for Women's Representative, but other nominations for that post may be submitted in Turku.

Following are resumes (CVs) from each of the nominees by office in alphabetical order (except five presidential candidates, who will be featured next month).

Executive Vice-President

Jorge Alzamora

Born 12 September 1931

English Teacher

Santiago, Chile

Athletic Achievements

Competed in hurdles and pole vault in school. Took up hammer throw at 25. Coached hammer throw. Competed in three World Veterans Championships and many regional championships.

Administrative Achievements

- Secretary of Chilean Association of Veteran Athletes (1980)
- Helped organize first South American Championships (1982)
- President of Metropolitan Veterans (1982)
- Secretary of ASUDAVE, the WAVA South American Representative (1982 to date)
- Translator (English/Spanish) at World Championships
- Delegate of ASUDAVE to WAVA General Assembly
- President of Organizing Committee of V Panamerican Championships (1988)
- Organized XI Chilean National Championships (1988)
- Translated WAVA Handbook from English to Spanish (1988 to date)

Statement

Since 1980, I have been working to build a program for veteran athletes in the "third world." We now have associations in 10 countries in the South American region. We hope to bring the XI WAVA World Championships to Colombia in 1995. I favor working in "cooperation" with the IAAF.

Bridget Cushen, WAVA Women's Representative, said, after her visit to the 1990 South American Championships: "Information on international matters filters to South America via the excellent work put in by Jorge Alzamora (Chile), the bilingual Secretary of ASUDAVE. He laboriously disseminates and translates articles from the U.S. *National Masters News*, the British *Veteran Athletics*, all WAVA Correspondence, etc., and mails it out to each affiliate country — a tremendous amount of work."

Robert G. Fine

Born 15 June 1931

Retired from law practice

Del Ray Beach, Florida, USA

Athletic Achievements

Half-mile champion in high school. Competed in each World Veterans Championships. U.S. Champion 13 times in running and racewalking. North American Champion 12 times.

Administrative Achievements

- WAVA Executive Vice-President, five years
- WAVA Vice-President (Stadia), three years
- WAVA North American Chairperson, nine years
- WAVA Technical Committee Chairperson, seven years
- WAVA Computer Committee Chairperson, two years
- WAVA Coordinator for contract negotiations
- Original member of WAVA Council
- Original member of the IAAF Veterans Committee
- Founder and President of the Masters Sports Association



- Founder and Past President of the New York Masters Sports Club
- Founder and President of the Florida Walkers Club
- Founder and President of the Florida Athletic Club
- First U.S. National Masters Chairperson (1976-1981)
- Chairperson, Masters Track & Field, Florida (1985 to date)
- Meet Director:
 - North American Masters Championships, 3 times
 - U.S. Masters Indoor & Outdoor Track, Road Racing, Cross-Country and Racewalking Championships, 10 times
 - U.S. Regional Indoor & Outdoor Championships, 15 times
 - U.S. Association Championships, 42 times
 - Empire State Masters Track of New York State (1980-1984)
 - Sunshine Games Track of the State of Florida (1989 to date)
 - Over 500 non-championship events

Statement

With the unanimous endorsement of the WAVA Council, I am seeking re-election as the Executive Vice-President of the World Association of Veteran Athletes.

The most important immediate concern of WAVA is our relationship with the IAAF. I believe both WAVA and the IAAF will benefit by establishing close ties. The IAAF has already voted to have WAVA be in charge of the administration of the program. This guarantees WAVA's continued existence. There still remains problems of affiliates, funding, professionalism, multi-sport events, expansion of the non-stadia program, sponsorship, creation of a trust fund, and assistance to new affiliates in the development of their programs.

I have been involved with these problems for many years. I would like the opportunity to continue to contribute to their solution. The 21 years I have worked in the program has enabled me to make world-wide contacts in veterans' athletics; given me the experience in directing veterans' events; made me thoroughly familiar with the rules (many of which I wrote); have a knowledge of the history of our program and the reasons for the actions taken; and, has established a background to meet the future needs of the program.

Vice-President, Stadia

Vadim Marshev

Born 1 September 1938

Professor in Management at Moscow University

Moscow, Soviet Union

Athletic Achievements

A competitor from 1955-1973 in 400 and 400 hurdles (51.2 PR). One of four Soviet athletes at WAVA World Championships in 1989. Won bronze medal in 400H at USA Nationals in 1990.

Administrative Achievements

- Chairman of USSR Veterans Track & Field Federation (1988 to date)
- General Director of the Soviet-American Joint Venture "COBUS 2" (1990 to date)
- President of USSR Veterans Sports Association (1990 to date)
- Manager of Soviet Veterans program (1987 to date)
- Organized participation of more than 400 Soviet athletes at VII European Veterans Championships in Budapest in 1990
- Speaks Russian and English

V. Suryanarayana

Born 15 July 1925

Retired from Service

Hyderabad, India

Athletic Achievements

Competed in 1946 Indian Olympic Games in 100, 200 and long jump. College champion in 1944. Bronze medal in 4x400 relay in VI Asian Veterans Games in 1990.

Continued on page 33

PRESIDENT:

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

EXECUTIVE

VICE PRESIDENT:

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

VICE-PRESIDENT

(Stadia):

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

VICE PRESIDENT (Non-Stadia):

Jacques Serruys
Postbox 7
B8000, Brugge, Belgium



SECRETARY:

Alastair Lynn
161 Harrison Drive
Newmarket, Ontario
L3Y6B8 Canada

TREASURER:

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

PAST-PRESIDENT:

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

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

DELEGATE OF: NORTH AMERICA

David Pain
5643 Campanile Way
San Diego, CA 92115
USA

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo
Uruguay

ASIA:

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

EUROPE:

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

OCEANIA:

43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

AFRICA:

Contact President



1 Month To Go

Countdown to Turku

Nearly 5000 Enter World Championships

As of the May 10 entry deadline, 4745 athletes from 52 nations have entered the IX WAVA World Veterans Athletics Championships. The final total may approach 5000. The biennial event will be held in Turku, Finland from July 18 to 28.

Among the entries are 450 from the USA, 460 from the Soviet Union and 650 from Germany. Several countries will be represented for the first time.

The Turku organizers sent entry confirmations last month.

The Championships are open to men age 40-or-over and to women age 35-or-over. Competition will be held in five-year age groups through age 95+.

The event kicks off with a

decathlon/heptathlon on July 18 and concludes with a marathon and relays on July 28. In addition, a Championship Weight Pentathlon will be held on July 29.

During the Championships, there will be different events daily — such as an exhibition of traditional Finnish art.

Some low-cost accommodations are still available, including summer

houses and hotel rooms. Contact one of the U.S. masters travel agents.

After the meet, some athletes and their families will head for Switzerland for a veterans meet on August 3-4. Others will go to Moscow for the Soviet National Veterans Championships on August 2-3. Helen Pain of Sports Travel International will fly to

Moscow on June 8-13 to firm up final details of the tour.

Next month, NMN will publish a special WAVA World Championships Preview Edition, including the final competition schedule, entry breakdown by country, drug-testing procedures, if any, transportation setup, meetings schedule, and more. □

Agenda for WAVA General Assembly Meeting

On July 24 in Turku, Finland, the General Assembly of the World Association of Veteran Athletes will hold its biennial meeting. More than 100 delegates from over 60 nations will elect officers to the WAVA Council and will vote on a large number of controversial measures.

Following is the agenda for the meeting (written by Bob Fine, WAVA Executive Vice-President, and approved by the WAVA Council.)

Sign-in starts at 7:00 a.m. The meeting starts at 8:00 a.m.

1. Welcoming statement by the President (this will be non-political and no more than five minutes in length).
2. Statement by the IAAF representative (no more than five minutes).
3. Submission of the reports of the officers and committee chairpersons. (These reports are to be submitted to the Secretary by May 15th. Copies are to be sent to each NGB. Additional copies are to be contained in each delegate's kit. Addendum to the reports and the Women's Committee

report, based on meetings held in Turku prior to the General Assembly meeting, can be added to the reports given to the delegates.)

4. Election of Officers.
5. Votes on amendments.

Lunch Break

6. 1993 Bid by Japan (30 minutes).
7. 1995 Bids by Singapore and possibly Colombia (30 minutes each). Note that it is not required that the General Assembly select a site four years in advance. The G.A. may select a site, reject a site, or table.
8. Non-stadia bids (15 minutes for each bid). [NOTE: There may be only one bid for each non-stadia event. If that is the case and the non-stadia committee recommends that that site be selected, a full presentation may not be necessary].
9. New business.
10. Close.

NOTE: It is possible that the voting on proposed amendments may not be completed by the projected noon lunch break. If that happens, then at 1:00 P.M. we will continue to vote on amendments. It is estimated that it will take 2½ to 3½ hours to hear all of the bids. □

Five WRs Set in Ontario Championships

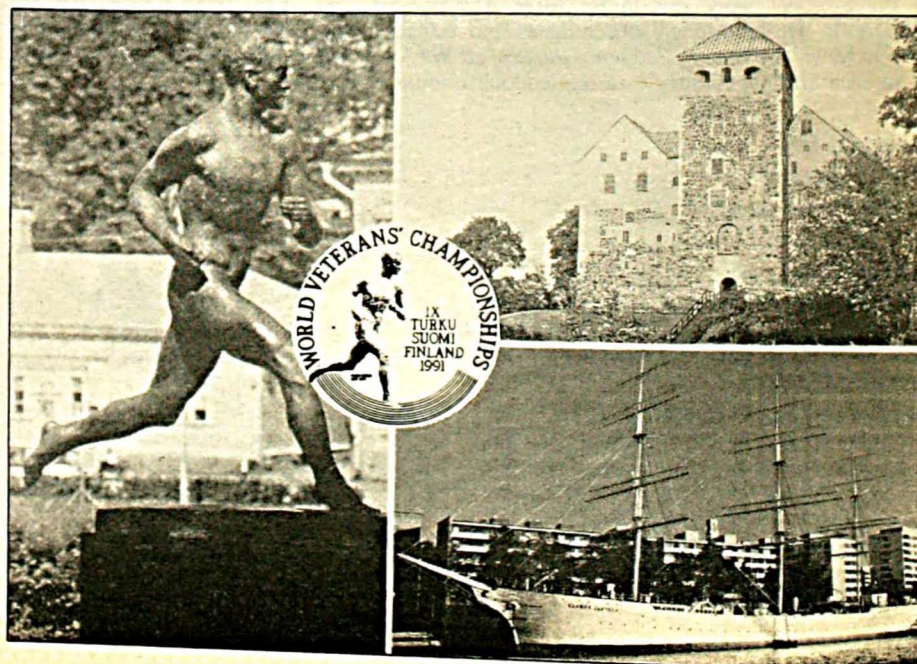
Five world indoor age-group records fell in the Ontario Masters Indoor Track and Field Championships held in Toronto, Canada, on March 9.

Helgi Pedel, W65, accounted for two of them, in the shot put (8.38) and triple jump (6.74). Scott Tyler broke the existing M50-54 record for the 60mH with a stunning 8.83. Earl Fee broke the M60-64 record for the 800 with a 2:16.7, and Milly Turner set a

new standard for the W55-59 3000 with a 11:47.0.

In addition, 17 Canadian marks were set, three of them by Gean Hemming, W45, in the 60mH, shot put, and high jump.

The meet, directed by Brian Keaveney, drew almost 200 entrants from Ontario, Vancouver, Quebec, and Nova Scotia, including a handful of U.S. athletes. □



MASTERS!

LAST CALL FOR MOSCOW

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

(Immediately following World Vet Games/TURKU)

Travel by train with Soviet athletes
to view historic

Leningrad & Moscow!

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

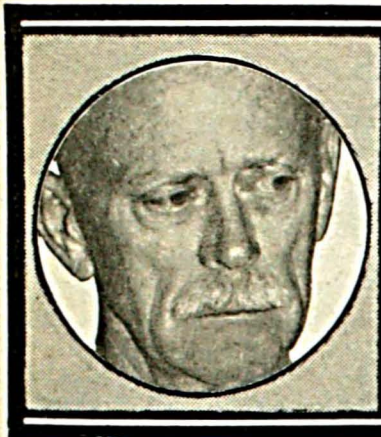
Land arrangements from US\$1,100.00

CALL NOW!

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

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





SPEAKER'S CORNER

by DAVID H.R. PAIN,
WAVA North American Regional Delegate

WAVA at the Crossroads

During the past several years, WAVA and the IAAF Veteran's Committee have engaged in a dialogue in an effort to bring the two organizations in closer proximity.

The IAAF has recognized WAVA as the sole sanctioned organization representing veteran's athletics in both stadia and non-stadia events. It has further agreed to encourage all of its affiliates to form veteran's committees and to participate in WAVA's program.

These benefits, however, have not come without a price. Initially, the price involved a WAVA constitutional amendment in which WAVA agreed not to accept as affiliates any nation not approved by the IAAF. This forced WAVA's disassociation with one of its strongest supporters, the South African Masters. Some felt this was too high a price to pay.

Recent developments, largely initiated by WAVA's President, Cesare Beccalli, have moved the IAAF/WAVA dialogue further along;

perhaps much faster than is in the best interests of WAVA. This will manifest itself in certain constitutional amendments, proposed by Beccalli, which will further strengthen the IAAF's position over WAVA.

The pending amendments (subject to General Assembly approval) involve:

1. The IAAF Veteran's Representative, previously a non-voting observer, would now become a voting member on the WAVA Council, and;
2. Following the 1991 Turku General Assembly, the power to approve af-

filates with WAVA would pass from WAVA to the IAAF, and;

3. WAVA affiliates also associated with the IAAF, such as the U.S.A., would pay their affiliation dues to the IAAF. The IAAF, in turn, would pay WAVA a subsidy substantially equal in amount to the dues previously paid directly to WAVA.

IAAF Would Control WAVA

It should be readily obvious that the proposed changes transfer effective control of WAVA to the IAAF, and would require WAVA to bow to all IAAF dictates.

The minutes of the IAAF Veterans Committee meeting of July 1, 1990 held in Budapest, Hungary, state:

"a. WAVA should recognize the superiority of the IAAF and that in cases of conflict between an IAAF member and a WAVA affiliate, whilst WAVA should have first contact, it would be the IAAF that would have the final decision.

b. Total integration should take place at national level between IAAF Member Federations and WAVA Affiliates. WAVA should maintain its identity and a level of functional autonomy." (emphasis added)

It appears that the IAAF is not interested in a working relationship with WAVA which allows WAVA to retain its independence. WAVA must also agree to be absorbed as an IAAF subordinate.

The IAAF's position regarding drug

testing at the Turku Championships is illustrative. Hans Skaset, Chairman of the Veterans Committee, has announced that doping controls will be instituted at the championships. This announcement was made without any prior consultation with the WAVA Council or its General Assembly.

IAAF Could Over-Rule WAVA

As presently constituted, WAVA is a democratic, independent organization. Since 1975 its officers have been freely elected and its policies have been determined by the General Assembly. If the proposed merger takes place, WAVA General Assembly decisions could be over-ruled by the IAAF.

WAVA and the IAAF's agenda do not necessarily coincide. For example, the IAAF forced WAVA to disenfranchise its racially integrated South African affiliates due to the sanctions previously imposed. I perceive that the majority of veteran athletes would not exclude the South Africans for political reasons and resent an outside entity dictating who may, and may not, compete in their championships. WAVA is a non-political, non-discriminatory athletic organization with a policy of avoiding political entanglements. Not so the IAAF, whose policies are largely dictated by small, third world affiliates with political aspirations.

Approximately one year ago, over Beccalli's objection, I wrote to Skaset suggesting that the South African

Continued on page 31

FACTS ABOUT BANKING DURING THE WORLD VETERANS' CHAMPIONSHIPS IN FINLAND

- Banks have the best rates for exchanging money in Finland.
- All currencies and traveller's cheques are accepted.
- You can draw money from banks with VISA, EUROCARD and MASTERCARD credit cards.
- All banks are closed Saturdays and Sundays.



OSUUSPANKKI IS THE OFFICIAL CHAMPIONSHIP BANK

- There is a money exchange counter in the championship office.
- At our branches you can exchange money, cash in traveller's cheques and draw money with cards.
- Detailed information on our services and on the opening hours of our branches and money exchange counter is enclosed with the participant material.

We are looking forward to serving all championship participants and spectators. Welcome to Finland and Turku!

THE OFFICIAL CHAMPIONSHIP BANK

OSUUSPANKKI





Women's Corner

by BECKY SISLEY

At What Age Should Women be Allowed to Compete in the World Veterans Championships?

Currently women age 35-39 are allowed to compete at the World Veterans Championships, while men must be 40. The age stipulation has been in effect since the second WVC. At the first WVC women 30-39 were allowed to compete. This issue was debated by the delegates in Toronto (1975) when the age was raised to 35. Bridget Cushen, the current WAVA Women's Representative, spoke out on this issue in the August 1990 issue of NMN and mentioned the arguments presented in 1975:

"1) Wives, on average, tend to be four years younger than their husbands. Thus a 35-year-old wife would be left sitting in the stands.

2) We were concerned about the number of women who leave the sport to start a family or just feel too old in their late twenties and who never return.

3) In some countries once a female competitor leaves college or university there is simply no competition for her unless she is of international standard; only the most dedicated continue to train."

In Melbourne in 1989 185 women participated, with 113 from Australia. In Eugene (1989) 197 women competed, with 95 from the U.S.

The issue of entry age for women to compete at the WVC is on the WAVA agenda at Turku. According to Barbara Kousky, "There has been a great deal of discussion on the lower age limit for women participants and the feelings of people in other countries are very strong on both sides." This month's Women's Corner presents the opinions of several women masters on this issue.

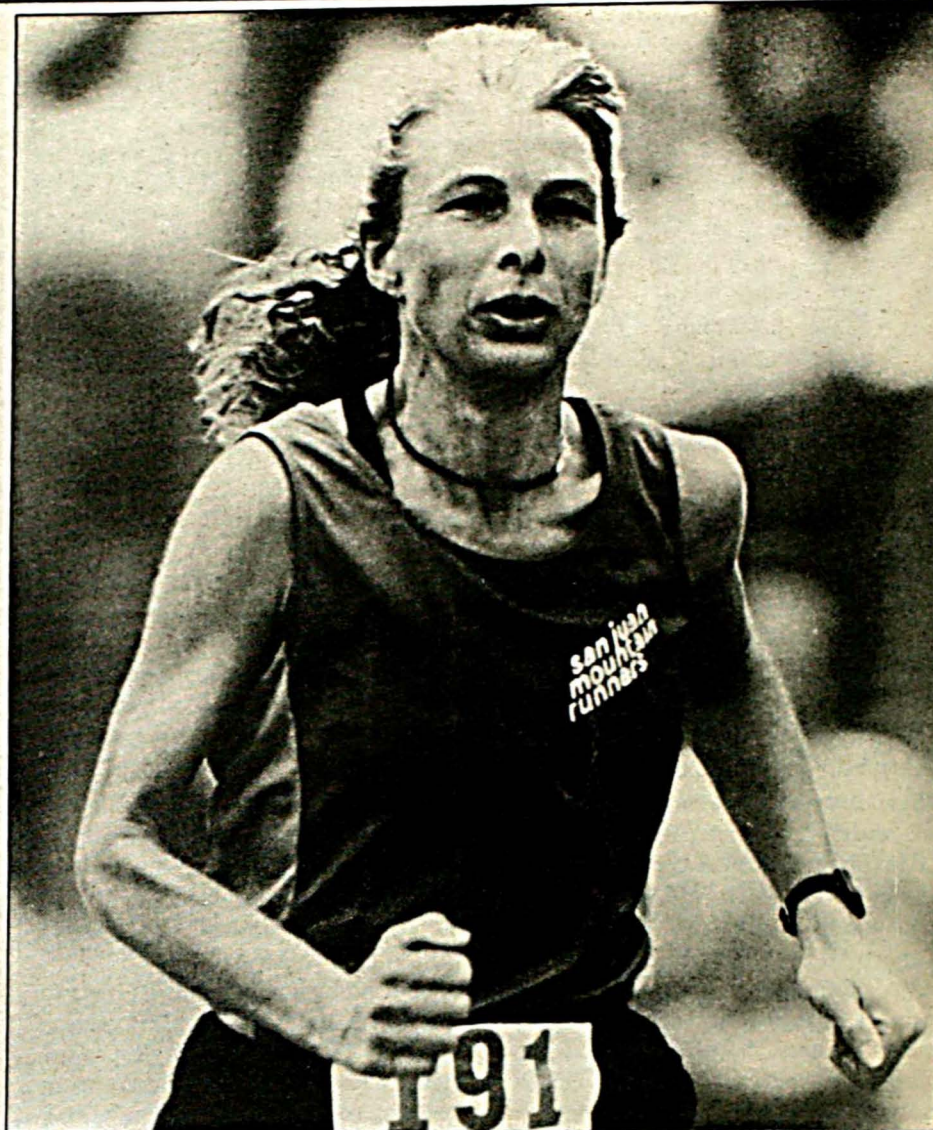
Ruth Anderson (60-64; LDR)

It's high time the issue of starting age for women at the WVC be reviewed. The men already look forward to turning 40 so they can compete as veterans/masters so why shouldn't the women feel this "carrot" as an attractive incentive? Data exists showing that the physiological and psychological "cross-over" age is 40 for both men and women. Physical decline has been shown to be much more pronounced after 40 than between 35 and 39. The need for new goals, the opportunity for achievement, and recognition are psychological "middle age" considerations most often described as starting at age 40. Media attention tends to

focus on the younger rather than the older athletes. This is particularly evident when age groups are combined as in the marathon. Most often it is the 35-year-olds who finish first.

The arguments reiterated by Bridget Cushen may have been valid two decades ago; however, no real statistics, or even examples have ever been put forward. How many older men's wives were 35-39, and if so, were they competitors? How many 35-39-year-old women, who did start competing at 35, feel the carrot of international competition is not strong enough to wait until 40 to enter veterans athletics? Did many of these 35-year-olds stop their training or competition to raise a family? In rebuttal, I feel these questions need answering. Competing women veterans have told me that they feel such ideas do a disservice to their dedication to athletics. They haven't left their sport to raise a family; in fact, many are pushing "racing" baby strollers to maintain their conditioning and training.

Having competed in all eight WVC, I have observed in person the age distribution of the women athletes at these meets. Many of the 40-year-olds return year after year, along with an increasing number of 50 and 60-year-olds. Very few of the 35-year-olds do. At the first WVC in Toronto (1975) I was the only representative at the women's meeting to voice the concerns of the long distance competitors. Since competition had begun at 30, all present did feel 30-34 was too young, even for track and field events. However, distance runners felt 35-39 could still compete as open athletes, and that ample opportunities did exist for worldwide competition, especially on the roads. Submasters in track and field had few opportunities in 1975, but are currently being included in more meets in the U.S. in the '90s. If more countries worldwide would



Mary Wood, third masters woman (57:27), Jacksonville 15,000 in Florida, March 9.

Victor Sailer/Agence Shot

develop such programs, these athletes would be better prepared to enter the WVC at age 40.

Joan Stratton (35-39; throws)

Track and field is my life. Every competitor who loves the sport as I do is part of my family. That the opportunity to compete should be equal between the sexes, I do not dispute. In college, I had few chances to compete. I just kept trying to throw. Then, with encouragement from Carl Wallin, I resumed throwing regularly and soon became eligible for submasters meets.

I was reborn! My life had a new dimension. The chance to compete internationally in Melbourne was thrilling, and I look forward to Turku. My heart goes out to the collegiate athlete who loves the sport, but is not an elite athlete. The long wait for even submasters competition is discouraging and most quit.

I don't care about the age of someone's spouse, or whether they have a family. I just want to see people who love the sport, as much as I, have the chance to enjoy it. Our goal should not be to take the sport away from the people, but to embrace those who wish to join us.

Christel Miller (55-59; multi-events)

Because women represent a considerably lower percentage of the participants, I feel it is important to continue to allow women 35-39 to participate in the WVC. By allowing

women to start at age 35, I believe we are more apt to get women involved in the masters program. If we are concerned about having too many total participants in the WVC, then measures for limiting participants, e.g. by qualifying standards, need to be discussed.

Kathy Holmstrom (40-44; sprints)

I feel strongly that women 35-39 should be allowed to compete, and men 35-39 should be allowed the same opportunity. We need to encourage women to continue to participate in masters T & F, especially the younger women, as they are the seeds for further growth and increased competition in the years ahead.

Becky Sisley (50-54; multi-events)

In my opinion, the arguments which were perceived to be sound in 1975 are no longer valid. What about women who have younger husbands? In addition, points no. 2 and no. 3 do not speak specifically to age 35, the age could just as well be 25. Let's debate the issue in view of conditions which exist today. I believe the age should be the same for both. The straw vote at the 1990 meeting in Indianapolis was 23 to 5 in favor of age 40 for both males and females.

Summary

If you are going to Turku, plan to attend the Women's Meeting scheduled for Thursday, July 19, and let your voice be heard. □



Report from Britain

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

While the London Marathon attracted its usual cosmopolitan mix of runners, joggers, and fortune-seekers, the highest-standard masters meeting in April took place at a small, experimental airfield at Dunsfold in Surrey. Here, nearly 300 top runners took part in the BVA National 5K Championships.

Dave Hill, who just turned 40, led the masters pack with a 15:13 in extremely windy conditions, narrowly edging Cambridge harrier Keith Penny who finished in 15:16. Martin Duff (M45, 15:40), Les Presland (M50, 16:03), and Alan Griffiths (M55, 16:55) each won their divisions. In the women's contest, Paula Fudge, W35, held on to beat Sally Young, 17:01 to 17:02.

On the same day, Tony Simmons was best veteran at the Reebok Festival of Running at Mansfield, winning the 5K road race in 15:17. South London harrier, Bob Gevers finished second overall and top master in the Commercial Union 5 Mile Plus road race, turning in a 27:14. The 50+ prize went to Johnny Geoghegan, who finished 17th out of 54 in 30:24. Alastair Aitken was second in 31:20.

The Aldershot team easily won the 3 x 3.25 mile Alf Mignot Memorial Vets relay at Cranford. The team of Brian O'Neill, Martin Duff, and Pete Marsh turned in a sizzling 35:23 to beat second place South London. Ken Pike, of the 3rd place Kent team, ran the fastest lap in 17:30. □

Campbell Wins London Marathon

by MARTIN DUFF

Despite suffering from an upset stomach the entire race, New Zealand's John Campbell managed to top all masters with a 2:17:22 in the London Marathon April 21. Even though Campbell's condition obviously slowed him down, the closest any M40 could come was a 2:25:41 by second place finisher Dave Hill.

Les Davis captured the M45 division with a 2:27:16, while Mike Hawkins (2:34:24) led the M45s. Miguel Rosales (M55, 2:32:42), Ron Benson (M60,

2:57:32), and Arthur Keily (M70, 3:24:22) each won their group.

Francie Larriue-Smith took the women's contest with a W35 2:27:35. Her time, which was a PR and placed her second overall, earned her \$30,000. Frenchwoman Maria Lelut was second W35 and fifth overall in 2:29:04, good enough for \$10,000 in prize money. Zina Marchant was first W40 in 2:30:26.

Overall winners were Yakov Tolstikov (URS, 2:09:17) and Rosa Mota (POR, 2:26:14). □

Speaker's Corner

Continued from page 29

Masters be re-admitted. It was apparent to me the sanctions against South Africa would be lifted momentarily. Subsequent developments have proved this to be correct. Skaset, to this date, has not responded to this suggestion, notwithstanding the fact that it appears that South African Open athletes will be admitted to the IAAF World Championships in August. The IAAF has apparently given no consideration to the WAVA Championships and, as a result, the South African Masters will be barred from competition in Turku. This is a clear demonstration of the IAAF's priorities.

I concede that the IAAF blessing of WAVA's program may be advantageous in certain respects. Some of the smaller nations have affiliated with WAVA. It is not necessary for WAVA to abdicate its independence to achieve such minimal results.

WAVA Has Built Strong Organization

During its 16 years of existence, WAVA has built a worldwide, respected, athletic organization staffed by its own democratically elected officers, and financed exclusively by affiliation fees, sanctions fees paid by the championship organizing committee, and competitors entry fees. WAVA championships have steadily grown in size and stature with improved technical and organizational skills developed by WAVA and its organizing committees. This has been accomplished without outside assistance or advice. With the prospect of improved future championships, and with enhanced participation in the offing, why should WAVA surrender its independence to the IAAF for limited and questionable benefits?

Although it may be a surprise to the general membership, approximately fifty percent of WAVA's affiliates are not associated with the IAAF. It should be obvious that the IAAF will attempt to gain control by disenfranchising WAVA's non-IAAF affiliates.

Troubles in Peru

Recent developments in Peru, for example, confirm this fact: The Peruvian

IAAF has refused to sanction WAVA's Peruvian Masters as its veteran organization, and is actively attempting to create a competing group. An identical situation exists in India. Both situations are unresolved at this time despite WAVA's ongoing efforts. It is not unreasonable to assume that similar activity will take place elsewhere. WAVA's non-IAAF affiliates will be forced to either join their national IAAF, or disband. If the IAAF assumes control of WAVA, it is obvious that an IAAF national organization will be preferred over the established non-IAAF affiliate. To think otherwise, would be naive.

In WAVA's dealings with the IAAF, there has been the implied threat that the IAAF will form its own veteran's organization and thereby eviscerate WAVA. This, we now know, is the last thing the IAAF wants to do since it is ill-equipped to create, finance, and organize a new world body for veteran athletics.

How can WAVA avoid an IAAF take over? The answer lies in the type of relationship the WAVA General Assembly chooses to establish with the IAAF, and the officers it elects to manage its affairs.

Accordingly, it is recommended:

1. WAVA retain its separate existence as an independent athletic organization;

2. WAVA retain all prerogatives as to who may participate in its championships and with whom it shall affiliate;

3. WAVA finance its own affairs as it has done in the past and reject all financial or office support from the IAAF;

4. WAVA maintain a cordial, but arms length, working relationship with the IAAF. Communication would be retained through the existing Veteran's Committee and a non-voting IAAF Veteran's Representative.

WAVA has ably demonstrated its ability, as an independent organization, to determine who may participate, to choose its own affiliates, and to finance and organize its championships. In short — "If it ain't broke, don't try to fix it!" □



M45 1500 race in the Indian National Veterans Athletic Championships in Cuddapah, Andhra Pradesh state, March 3-5. Over 800 participants took part. Photo from V. Suryanarayana

Evy Palm Breaks All-Time WAVA Tables Best

by MARTY POST

Evy Palm, the 48-year-old wonder woman of Sweden, finished seventh overall at the City-Pier-City Half-Marathon in The Hague, Holland on March 23 in the remarkable time of 1:12:36. Given the age-graded target time of 1:15:18, Palm achieved an age-graded value of 1.0370, the best ever on record, surpassing her mark of 1.0271 from a 32:67.37 10,000 meters

from 1990. The best performances of all-time are listed below.

No American has yet to reach the 1,000 barrier, but Francie Larriue-Smith came the closest yet when she broke Mary Slaney's American 10,000 meters record with a 31:27.98 at the Texas Relays in Austin on April 4. The 38-year-old Smith's performance was just a fraction of a second off the target time of 31:27. □

AGE-GRADED PERFORMANCES:

Runner	Age	Race	Target	Actual	Score
Evy Palm	49	City-Pier-City half '91	1:15:18	1:12:36	1.0370
Evy Palm	48	FIN vs. SWE 10,000-m '90	33:51	32:67.37	1.0271
Carlos Lopez	37	Oslo 10,000-m '84	28:01	27:17.48	1.0266
Evy Palm	46	City-Pier-City half '88	1:13:32	1:12:24	1.0156
John Campbell	41	Philly half '90	1:03:24	1:02:28	1.0150
Evy Palm	45	Oslo 10,000-m '87	33:04	32:41.98	1.0112
Evy Palm	47	London Marathon '89	2:32:40	2:31:05	1.0105
Carlos Lopez	38	Rotterdam Marathon '85	2:08:28	2:07:12	1.0100
Priacilla Welch	42	London Marathon '87	2:27:10	2:26:51	1.0022
John Campbell	42	Pageant of Light 5-K '91	13:55	13:55	1.0000

NORTH AMERICAN REPORT

by DAVID PAIN
Regional Delegate, WAVA

Xalapa, Mexico Will Bid For 1992 Event

From April 21-26, Mike Castaneda (a bilingual thrower and former president of the So. California Striders) and I visited Mexico to inspect three potential sites for the 1992 North American Masters Track and Field Championships: 1) Mexico City; 2) Xalapa; 3) Ciudad Victoria.

We flew from San Diego to Mexico City and Veracruz, then motored to Xalapa.

We rejected Mexico City because of its 7200-foot elevation and very smoggy air. While we were there, the smog was heavy and we never saw the sun. We were so impressed with Xalapa that we canceled the visit to Ciudad Victoria. Our hosts agreed with the decision.

We were accompanied by Carlos Brito, architect and former president of the Mexican Masters. We conferred with Antonio Villanueva, Xalapa's sports director and world M45 champion in Melbourne and Eugene.

Xalapa is a bustling city of 195,000.

As a vacation spot, it presents a charming Mexico seldom seen by the tourist visiting either the capital or dusty border towns.

The Xalapa stadium seats 20,000 and is partially covered. It has an 8-lane tartan surface and meets all IAAF standards. It might be characterized as Eugene, Mexican style. Villanueva predicts crowds of up to 10,000. As a result, we hope to include some special age-graded and relay events involving local competition.

Xalapa will make a formal presentation to the next meeting of the North American Masters on July 22 in Turku, Finland. □

Weight Pentathlon In Turku

The WAVA World Veterans Weight Pentathlon Championships will be held in Naantali, Finland — a suburb of Turku — on Monday, July 29.

The deadline for entries is July 26, so athletes can sign up at the meet office at Turku Urheilupuisto. For more details, see the Schedule section. □

Common Medicines Banned

It is still unknown whether or not there will be drug testing at the World Veterans Championships in Turku next month.

If there is testing, athletes selected will be asked by the doping-control official to declare drugs that have been used in the time before the competition.

"If a positive doping sample is a result of necessary medication," the IAAF has said, "the athlete must produce documentation to support his case. A veteran athlete should not be (disqualified) if the necessary documentation is produced."

The U.S. Olympic Committee has published the names of some of the over-the-counter medications which have legitimate medical uses, but are banned by the USOC, IOC, TAC and the IAAF.

These medications contain banned



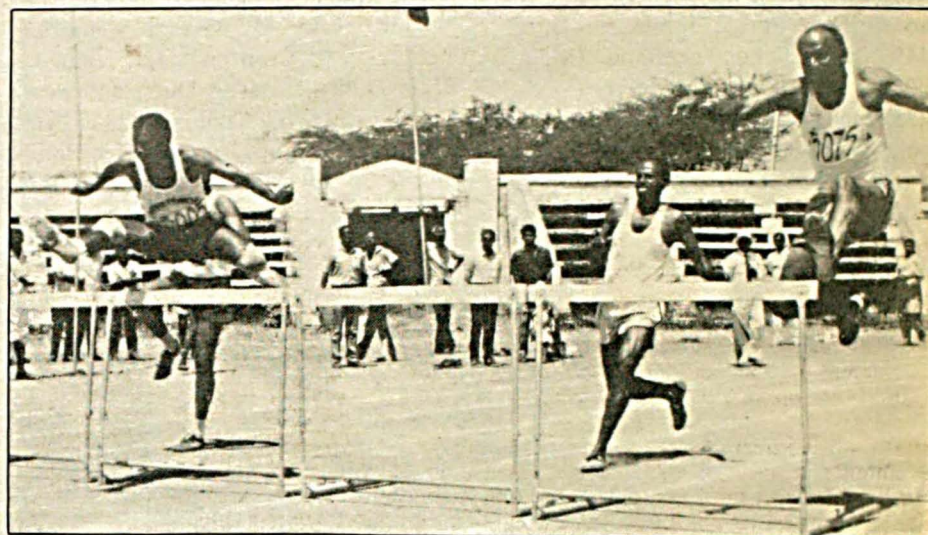
W60 shot putter, XIII Indian National Veterans Championships, Cuddapah, Andhra Pradesh state, March 3-5. Photo from V. Suryanarayana

Indian National Championships Draw 800

by V. SURYANARAYANA

The XIII Indian National Veterans Athletic Championships held in Cuddapah, Andhra Pradesh, on March 3-5 attracted over 800 athletes from 19 Indian states.

Free accommodations, transport, and board for all participants and officials were provided by the Kandula Obula Reddy Charities of Cuddapah. The staff and students of Zion College of Physical Education organized the event under the direction of K. Rajarathnam Isaac.



Hurdlers in the Indian National Veterans Championships, March 3-5, Cuddapah, Andhra Pradesh. Photo from V. Suryanarayana

Australian Nationals Draw 700

The 9th annual Australian National Veterans Track and Field Championships drew more than 700 participants to Canberra, the nation's capital over the Easter weekend, March 29-April 1.

Persistent rain on day two of the four-day meet was overcome by near-perfect weather on the other three days.

Among the outstanding performances:

- Margaret Taylor, W40, won eight events, including the 100/12.7, 200/26.6 and LJ/4.86.

- Chris Schultz, W40, won the shot/13.22, DT/44.42, JT/35.42 and HT/38.20.

- Marge Allison, W45, took the 80H/12.8, 400H/66.4, 200/27.0, and 400/60.6.

- Una Lund and Chris Battersby each won three in W45.

- Former Olympian Helen Searle won five in W50: LJ/4.36, TJ/9.62, SP/12.05, DT/25.60, and HT/41.68.

- Heather Doherty, W55, copped five golds: LJ/2.98, SP/10.01, DT/27.08, JT/34.82, HT/31.20.

- Ann Cooper, W60, captured the 200/29.8 and 400/69.6.

- Jean Albury, W60, won the 1500/5:45.7 and 5000/21:02.2, defeating Shirley Brasher, who won the 10,000/44:50.3.

- Tony Murray won M40 golds in the 800/1:59.1, 1500/3:59.6, and 5000/15:18.0.

- Hans Van Bavel notched the M40

Andhra Pradesh state won the men's team competition. The women's trophy went to the state of Kerala. Joginder Singh, 95, of Punjab, captured the Som Nath Throws Trophy for his three national records in the meet.

A selection committee met on March 5 to select about 70 men and women to participate in the IX World Veterans Championships to be held in Turku, Finland, July 18-28. The team will assemble in New Delhi two days prior to departure for Finland. □

100/11.3 and 200/22.8.

- Garry Hand, M45, took the 800/2:05.2, 1500/4:12.8, 5000/15:47.9, 10,000/33:02 and 10K-XC/34:11.

- Peter Crombie won the M45 100/11.6, 200/23.5, and 400/52.7.

- Alan Bradford annexed the M50 800/2:05.2, 1500/4:33.5, 5000/16:34.8, 10,000/33:26, 10K-XC/35:01, and steeple/10:51.1.

- Reg Austin captured the M50 100/11.6 and 200/23.5.

- Hughie Coogan took the M55 100/12.3, 200/25.5, and 400/57.1.

- Tom Roberts handled the 800/2:17.2 and 1500/4:41.6.

- Rudi Hochreiter took four in M60: 100/13.1, LJ/4.88, TJ/9.94, and Pen/41.88.

- Tom Morgan won the M60 200/26.9, 400/60.8, and 300H/49.6.

- Charlie Rann impressed in the M60 shot/11.23, DT/41.50, and HT/43.14.

- Fred O'Connor pocketed the M65 100/13.3, 200/27.3, and 300H/52.8.

- Tom Hishon notched the M65 400 in 62.6.

- World M65 800 record-holder (2:21.5) Jack Stevens, still recovering from a bad hit-and-run car accident in 1983, took the M70 800 in 2:50.5.

- John Gilmour won five M70 events from the 1500 to the cross-country.

- Roy Foley returned to action after a serious operation with wins in the M70 SP/9.32, DT/31.84, and HT/40.64. □

16 Candidates Vie For WAVA Council Continued from page 27.

Administrative Achievements

- Diploma in physical education (1946); employed as physical director
- Diploma in coaching track & field (1961)
- Coached sprinters and hurdlers who reached national and international standards
- Founder of State Amateur Athletic Association
- National coach: took Indian teams to international events
- IAAF track & field judge for:
 - Edmonton, Canada Commonwealth Games (1978)
 - Tokyo Asian meet (1979)
 - Brisbane Commonwealth Games (1982)
 - Los Angeles Olympic Games (1984)
 - Athens I World Junior Meet (1986)
 - Edinburgh, Scotland Commonwealth Games (1986)
 - Stuttgart, Germany - European Championships (1986)
 - Sudbury, Canada - II World Junior Meet (1988)
 - Taiwan Asian Veterans meet (1988)
 - Eugene WAVA Championships (1989)
 - Kuala Lumpur, Malaysia - VI Asian Veterans meet (1990)
- Member of International Track and Field Coaches Association
- Editor and publisher of Athletic News, a quarterly journal in English
- Secretary of A.P. State Veterans Athletes Federation

Bill Taylor

Engineer and Business Manager
Oxford, England



Athletic Achievements

School Record-holder at half-mile, mile and cross country. Royal Air Force Junior Half-mile champion. Represented RAF Commands in the U.K. and overseas. Many-time British age-group champion and record-holder at 800 and 1500 meters. Gold, silver and bronze medalist in European Vets Championships.

Administrative Achievements

- Committee member of RAF Athletic Association, 15 years
- Inaugural chairman of British Combined Services Youth Athletic Association (1958-60)
- Team manager, RAF Athletic Team (1960-62); Combined Services (1962)
- Chairman Royal Force Germany Athletic Association (1964-1966)
- Inaugural Chairman Eastern Veterans Athletic Club (1978-1983)
- Chairman Midland Veterans Athletic Club (1987-1990)
- Member of Council of British Veterans Athletic Federation (1978 to date); Vice-Chairman (1984-1988); Chairman (1988 to date)
- Vice-Chairman, Organizing Committee, IV European Vets Championships (1984)
- Drafted BVAF Constitution and Rules for Competition; assisted in drafting of EVAA Constitution and By-Laws
- Played major part in introducing British "Veterans Athletics" newspaper; business manager for paper; contributor of articles
- 27 years service in Royal Air Force in variety of posts

Statement

The post of Vice President (Stadia) requires someone who has the knowledge to deal with all track and field matters including, specifically, the adaption of rules for veteran purposes. Delegates in Turku will wish to vote for someone who:

- 1) Can accept responsibility and work in harmony with other council members
- 2) Has a realistic attitude to negotiations with the IAAF; will help to strengthen relationships between WAVA and the IAAF, while ensuring that veterans affairs are run by veterans
- 3) Will help to make our sport a truly worldwide one; finding ways in which athletes in widely-scattered and developing countries can be brought into the movement.

Vice-President (Non-stadia)

Jacques Serruys

Born 1925
Director of publishing and printing business
Brugge, Belgium



Athletic Achievements

Competed in seven of eight WAVA World Championships, three European Championships, and 15 WIGAL Championships.

Administrative Achievements

- WAVA Vice-President (1977-1987)
- WIGAL Vice-President (1977-1983)
- WIGAL President (1983-1989)
- Member of IAAF Veterans Committee (1984-1987)
- WAVA Vice-President (Non-stadia) (1989 to date)
- Member of the Belgium High Committee of Sports
- President of Belgium Veterans Association
- Organizer of International Brugge 25K (1973 to date)

Statement

Since 1975, I have devoted myself to WAVA and to the long distance runners. I hope this General Assembly will confirm my efforts so I may work further on the non-stadia program.

No other nominees for this office

Secretary

Torsten Carlus

Born 1939
Financial Manager
Helsingborg, Sweden



Athletic Achievements

Competitor in long jump and high jump since 1955.

Administrative Achievements

- Financial Manager with housing company with 10,600 flats to let
- Staged Swedish Championships in track & field, relays, cross country, etc.
- Organized major international athletic meetings in Helsingborg
- Member of board of Swedish Athletic Association; President of Youth Committee, Committee for Competitions, and now the Veterans Committee.
- Swedish delegate at international congresses
- Vice-President, European Veterans Athletic Association (1988 to date)
- President of HISO (local sports association, 1969 to date)
- President of local tourist board (1988 to date)
- Vice-President/Secretary of Skanes Idrottsforbund (overall sports association for Skane, 1985 to date)
- In addition to Swedish, speaks English and German fairly well, and can understand French and Italian

Statement

The Swedish Athletic Association, with the support of other Nordic countries, has nominated me to the post as Secretary of WAVA.

I have had a lot of contacts with clubs and people internationally, especially in Northern Europe.

I believe I can contribute to the further development of veterans athletics. This movement has a great future. We have interested many new countries in our activities. Veterans athletics can reach many more people and countries.

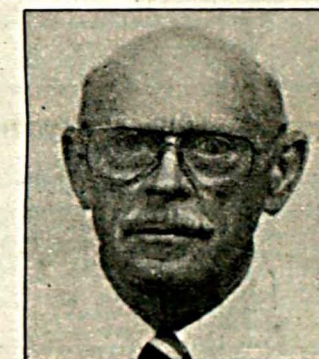
The veterans movement has a great personal influence in that it contributes to good relationships between friends as well as preserving health and fitness.

There will be many challenges in the coming years. If elected, I will work hard to come up to them.

I think I have acquired broad experience in athletics and sports and, if elected, I will do my utmost to contribute to the further development and internationalizing of WAVA.

David H.R. Pain

Born 22 July 1922
Attorney (retired)
San Diego, California, USA



Athletic Achievements

Competed in masters meets from 1967-1985 in 800 and 1500.

Competed in WAVA Championships in 1975 and 1985.

Administrative Achievements

- Initiated first masters age-group track & field program (1967)
- Meet director of U.S. Masters T&F Championships (1968-1972)
- Arranged bids for U.S. Masters T&F Championships in Oregon and New York (1973-1975)
- Initiated, negotiated, and arranged for first World Masters T&F Championships in Toronto (1975), including initial fund raising
- Arranged for adoption and sanction of U.S. Masters T&F program by AAU (now TAC)
- Organized U.S. Masters International Track Team and arranged competition tours of Great Britain, Scandinavia, Germany, and Oceania (1971-1973). These tours helped stimulate the fledgling masters programs in these areas.
- Arranged for bid by Gothenburg, Sweden for Second World Masters T&F Championships
- Wrote, edited, and published U.S. Masters International Track Team Newsletter (1986-1975)
- Traveled extensively abroad, in Canada, and in the USA to encourage and promote interest in masters/veterans athletics
- Instrumental in organizing USA bid for 1989 WAVA World Championships. Executive Secretary of Organizing Committee
- Developed criteria for bidding for WAVA Championships, which is now foundation for all WAVA bids
- Coordinated, with support of the U.S. National Masters News, fund raising campaign to assist Oregon Masters Organizing Committee in raising about \$78,000 for the WAVA Championships
- Elected U.S. Masters T&F Outstanding Administrator (1988)
- General Chairman of TAC/USA National Masters T&F Championships (1989) in San Diego, Calif., with 1500 competitors and 4500 event entries
- Regular contributor of articles to National Masters News
- WAVA North American Regional delegate on WAVA Council
- Assisted in coordination of TAC National, WAVA Regional, and WAVA World Championships

Statement

As a WAVA North American delegate, I have been an effective, contributing member of the WAVA Council. For example, I re-drafted the contract which WAVA signs with the bidders for World Championships.

I have demonstrated administrative and leadership ability on the WAVA Council, resulting in being the Council's official nominee for WAVA Secretary.

I'm retired from the active practice of law, and am able to devote time and considerable energy to the athletic program which I have been instrumental in developing and to which I have dedicated much time and effort during the past 22 years.

Continued on page 34

16 Candidates Vie For WAVA Council

Continued from page 33

Treasurer

Pirkko Martin
Age 53
Financial Manager
Turku, Finland

Athletic Achievements

Involved in veterans athletics since 1980. Won six gold medals in WAVA World Championships in 800 and 1500. Represented Finland in gymnastics on international level (1952-1957).

Administrative Achievements

- Financial manager (1971-1980)
- Executive Secretary of IX WAVA World Veterans Championships
- Board member of Finnish Association of Veteran Athletes
- Secretary/Treasurer of Regional Veterans Association
- Board member of Turun Urheilulitto, Finland's greatest sports club
- Delegate to WAVA General Assembly
- Qualified coach
- Teacher in economics, physical education, and hygiene (1974-1989)

Statement

I have a sound knowledge of financial management. I was the office manager for a clothing company from 1957 to 1970 and was responsible for the company's home and foreign payments and bookkeeping. I was the financial manager of Kotka Svenska Samskola School from 1971-1980. I'm also a shareholder in a business company involved with auditing, bookkeeping and consulting. I'm married with three adult children. The whole family is engaged in sports on the national level.

Veteran athletics is for the moment underrated and this imperfection must change. The benefits of physical exercise for persons over 30 are indisputable. Most of the attendants in the veterans competitions exercise regularly and the exercise programs for many veteran athletes are similar to younger top athletes' programs, therefore we should be equally appreciated.

The walls have fallen and we have multiplied in number. The course for veteran athletics is set during the next season and you are an important part in this. You will decide how veterans athletics is to be appreciated in the future.

I will do my all to increase the appreciation of veteran athletics.



Al Sheahen

Born 28 June 1932
Accountant/Publisher/Editor
Los Angeles, California, USA

Athletic Achievements

Competed in seven of eight WAVA World Championships. Finalist in four WAVA Championships in 400 hurdles. Active competitor since 1971.



Administrative Achievements

- Elected Treasurer of WAVA in 1987; re-elected in 1989
- Publisher and editor of the *National Masters News*, the official publication of WAVA, (1979 to date)
- Announcer of World Championships in San Juan, Rome, Melbourne, and Eugene
- Chairman of WAVA Age-Graded Committee, which developed age-graded tables for worldwide use
- A practicing accountant and business manager (1975 to date)
- Treasurer of U.S. Masters T&F Committee (1984 to date)
- Member of WAVA Technical Committee (1986-1989)
- Director of *National Masters News* age-graded T&F meets
- President of So. California Masters T&F Committee (1986-1988)
- Proposed delegate-voting realignment that was approved by the General Assembly in 1989
- Proposed new by-laws to keep WAVA travel costs to a minimum

Statement

WAVA needs a strong, independent treasurer who can work well with the WAVA Council and with the WAVA President.

Stability in the Treasurer's office is advantageous to WAVA. It is cumbersome to switch the books and the bank account from one country to another. A Treasurer needs a full term in office to fully understand the job. I'm in my second term, and am seeking your support for a third.

I've published frequent, clear and detailed financial statements for all to see, and will continue to do so.

I believe WAVA should work in close cooperation with the IAAF to open the doors of veterans athletics to participants and nations throughout the world. The IAAF has already helped bring 19 new countries into the WAVA fold. I support the addition of an IAAF representative to the WAVA Council. Veteran athletics should always be run by veterans. WAVA should retain its independence, and continue to administer its own financial, technical, and membership affairs.

The WAVA Council has given me full support by unanimously nominating me for this third term, thus recognizing my contributions both as Treasurer and as a member of the Council. I ask you to confirm this support by voting for me at the General Assembly meeting in Turku on July 24.

Women's Representative

Bridget Cushen
London, England



Athletic Achievements

Set British 3000-meter record in 1969. Five-time county cross-country champion. Represented Britain in marathon. First woman to run an official 3000 (in 1969). Ran in all-male marathon in 1973.

Achievements as IAAF Committee Member

- First woman ever to be elected to an IAAF Committee (excluding Women's Committee)
- Explained aims of veteran women to IAAF Women's Committee; showed video filmed in Eugene of women's hammer, steeplechase, and triple jump. (The IAAF has now added the triple jump to its program.)
- Liaison between WAVA and IAAF headquarters in London
- In contact with the IAAF Medical Committee on the use of Hormone Replacement Therapy (HRT) by menopause women

Achievements as WAVA Council Member

- Since becoming Women's Representative, the number of female competitors at World Championships have steadily increased (Melbourne 1070; Eugene 1337)
- Phased in women's competition in hammer, triple jump, pole vault, and steeplechase
- Involved in successful tripartite negotiations with IGAL, IAAF and WAVA since its inception

Statement

Living in London near the IAAF, I am in a prime position to monitor policy and to promulgate veterans athletics. My goal is to bring competition to all women of veteran age in all 184 countries through the excellent publicity channels now available.

Other long-term goals on the WAVA Council are to:

- Aim for 50% of the total entry to World Championships to be from female competitors
- Raise the profile of women athletes internationally
- Schedule more women's finals, particularly field events, in the main stadium
- Explore the possibility of a WAVA World Indoor Championships

My motto is: Who dares wins.

No other nominees at press time for this office.

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69					
70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

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

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

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Four Winds TC
1303 Marvista St.
Pittsburgh, PA 15212
Selena Brown/Andrew McNeill
412/322-9392

Liberty AC
14 Rutland St.
Cambridge, MA 02138

Syracuse Chargers Track Club
c/o N.E. White
18 Foxcroft Drive
Fayetteville, NY 13066

Boston AA
P.O. Box 1991
Hopkinton, MA 01748

Atlanta TC
c/o Bob Glover
236 E. 78th, Box 6
New York, NY 10021

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Sanford Kalb
22 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692

Pike Creek Valley RC
1 Embury Ct.
Newark, DE 19711
302/737-5859

New Jersey Striders
P.O. Box 742
Madison, NJ 07940

Central Park TC
250 W. 89th St., #P4F
New York, NY 10024
212/619-4240

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Maine Walkers Club
1570 Broadway
Bangor, ME 04401
207/947-3333

Finger Lakes RC
Ed Hart
RO#4, Updike Rd.
Ithaca, NY 14850
607/272-2943

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
212/370-7577

Sugarloaf Mountain AC
P.O. Box 659
Amherst, MA 01002

Mr. Don Grant
413/584-7725

Philadelphia Masters
c/o Peter Taylor
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807

New York AC
180 Central Park South
New York, NY 10019

New York Masters Sport Club
5831 Bell Blvd.
Bayside, NY 11364

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905

Millrose Team
c/o Katie Knight-Perry
530 E. 84th St. 1E
New York, NY 10028
212/879-7926

Tidewater Striders
A. Morris, Rm. E-222
Armed Forces Staff College
Norfolk, VA 23511-6097
804/444-5547

Greater Springfield Harriers
Peter Stasz
206 W. Weymouth St.
Springfield, MA 01108

SOUTHEAST

Spartanburg RC
Jack Todd
820 Patch Dr. 803/582-7128

Carolina Masters AC
Jim Saxon
3120 Libeth St.
Charlotte, NC 28205
800/642-0513

Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

South Carolina Masters TC
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
803/751-5129/7664

Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
Jack Gillmore: 803/242-6600

Nashville TC
2709 Linmar Ave. #5
Nashville, TN 37215

Palm Beach T&F Assoc.
6301 Dockside Circle
Greenacres City, FL 33463
407/968-7171

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/876-8347

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
Attn: Bill Cole
804/272-3544

Star City Striders
P.O. Box 8331
Roanoke, VA 24014
703/966-RUNN

Victory AC
P.O. Box 6667
Louisville, KY 40206
c/o Don Goodwin
502/969-5057

MIDWEST

Midwest Masters T&F Club
P.O. Box 6147
Rockford, IL 61125
815/332-4743

Miami U TC
Rich Ceronie
Millet Hall Athletic Dept.
Oxford, OH 45056

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville, OH 43023

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters TC Inc.
P.O. Box 17706
Dayton, OH 45417
513/268-7341

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

Wisconsin United AC
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221

Grand Rapids TC
6948 Georgetown Ave.
Hudsonville, MI 49426
616/669-9331

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/481-7745

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
Don Sleeman
313/426-5430

Indianapolis TC
c/o Mark Daly
901 W. New York St.
Indianapolis, IN 46223
317/274-6780

Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461

MID AMERICA

Omaha RC
P.O. Box 31219
Saddle Creek Station
Omaha, NE 68132

Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
6611 Clayton Rd., No 200
St. Louis, MO 63117
314/862-SLTC

St. Louis Metro Masters
Jim Irwin
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK
405/752-9097

Ozark Mountain Ridge Runners
P.O. Box 10067
Springfield, MO 65808-0067
417/881-8884

SOUTH WEST

Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388

Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, TX 77087

Dallas Masters T&F Club
Joe Murphy
4707 W. Lover's Lane
Dallas, TX 75209
214/357-5611

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

King of the Hill TC
Charles Wimberley
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
Dan Thiel
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

East Texas T&F Club
Robert Hahn
3334 S. SW Loop 323, Ste. 128
Tyler, TX 75701
903/561-9511

San Antonio TC
John Head
404 Cordoba
Universal City, TX 78147
512/659-2444

Sante Fe Striders
P.O. Box 1818
Sante Fe, NM 87501

Island Empire Racewalkers
Mel Grantham
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
714/877-3548; 824/2336

Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
242-6042

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
Al Hromjak
3372 Dalhart Ave.
Simi Valley, CA 93063-1410

L.A. Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90213-2981
213/388-9689

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

Trojan Masters TC
Russ Reabold
1125 Stimson
La Puente, CA 91744
818/917-6289

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

No. Calif. Seniors TC
Paul Warner
3887 18th St.
San Francisco, CA 94114
415/626-8601

Runners For Christ
28681 Rochelle Ave.
Hayward, CA 94544
415/537-2706

Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/482-7881

So. California Striders
John Cosgrove
7411 Earldom Ave.
Playa Del Rey, CA 90293

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573

All-American TC
Frank Reilly
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Club West
George H. Adams
P.O. Box K
Goleta, CA 93116
805/687-6323

Corona Del Mar TC
David F. Brown
10208 Hamage Ave.
Whittier, CA 90604
213/941-9968

Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739

Gardena Valley Runners
Daniel Ashimine
1345 W. 168th St.
Gardena, CA 90247
213/327-6960

Loeschhorn's Running Club
Dave Reynolds
10810 Warner Ave.
Fountain Valley, CA 92708
714/964-4567

L.A. Valley Athletic Club
George Simon
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

High Country RR
c/o Running & Fitness Den
310 Washington St.
Reno, NV 89503
702/323-2112

Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Point Fermin Flyers
Jeffrey Dobra
1454 W. 25th St.
San Pedro, CA 90732
213/548-6865

A Running Experience
Bob Brown
P.O. Box 3209
Long Beach, CA 90803
213/433-7722

San Fernando Valley TC
Laurie Kulchin
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719

So. Calif. Corporate AA
2408 Paseo Noche
Camarillo, CA 93010
805/987-8052(r); 494-2302

Active 5
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714/831-6473

Elite Health TC
5267 1/2 Village Green
Los Angeles, CA 90016
213/295-9497

NORTHWEST

Portland Masters TC
c/o Joe Thielman
406 W. 32 St.
Vancouver, WA 98660

Avia RE-TREADS
c/o Gina Blanchette-Cupp
2533 125th Ave. NE
Bellevue, WA 98005
206/885-4372

Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399

Snohomish TC
4261 S. 184th
Seattle, WA 98188

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides Running Club
c/o R.G. Andersen-Wyckoff
P.O. Box 2315
Salem, OR 97308
503/399-7057

MASTERS SCENE

NATIONAL

• New U.S. records in the 1991 Indoor Nationals, Blaine, MN, as reported in the May issue should have included a double by Irene Thompson, W35, of New York, who broke the 60m record of 8.28 with an 8.21, and the 400 (63.6) with a 63.26. Cindy Bremser, W35, of Wisconsin, broke the 1500 record (4:38.45) with a 4:36.12. In the triple jump, Becky Sisley of Oregon was reported as the winner of the W55 triple jump with a U.S. record 27-3½. In fact, she is in the W50 division, and her mark is not a record.

• The number of U.S. road racers in 1990 increased by 6% over 1989, compared to a 4% rise from 1988 to 1989. Total number of finishers (received by TACSTATS) was 1,468,925. See charts on page 20-21.

EAST

• Lari Dunlap, 42, collected \$200 for his 40+ first (15:42.7) in the inaugural Hagerstown, MD, Suns 5K, April 13. Karen Butler, 41, W40+ winner in 19:42.5, took home \$100.

• Hector Vargas (44, 34:50) and Ann Davies (44, 40:34) galloped to masters firsts in the NYRR Al Gordon Rites of Spring 10K, Central Park, NYC, April 7. Bill Fortune, 62, broke the 40-minute barrier with a 39:38 for an M60 win. Anna Thornhill, 50, took her division with a W40+ second 41:49. Gary Null, 46, topped all walkers with a 52:30.

• Margaret Betz, 54, Conklin, NY, finished 11th woman to snag W40+ honors with a fast 69:37 in the St. Patty's 10 Mile, Leesport, PA, March 2. John Skrocki, 40, Reading, PA was first 40+ in 57:49.

• Michael Wilson (45, 58:37), Roosevelt, NY,



Yale grad Frank Shorter, 42, finishing ninth (25:38) to pace his Eli team to a masters second place, Alamo Alumni 5 Mile, Denver.

Photo from Creigh Kelley

and Belinda Saunders (39, 67:39), NYC, paired for a 2:05:76 to win the Trevira Twosome 10 Mile, Central Park, April 20. George Kelly (54, 63:08), East Brunswick, NJ, and Susan Weisbrod (47, 66:24), Skillman, NJ, won the 100-119 division. George Thompson (65, 69:50), NYC, and Aslaug Tomas (64, 88:01), NYC, won the 120+ contest. Combined age 80-99 division winners in the 2-mile race were James Aneshansley (55, 11:52), Brooklyn, NY, and Regina Cahill (37, 11:46).

• Laurence Olsen (M40, 53:29) and Eleanora Mendonca (W40, 65:47) were first masters of 1073 finishers in the Central Massachusetts Health 10 Mile, Worcester, May 5. Summer Brown (M45, 54:33) and Mary Ryczek (W45, 65:51) were best age-graded masters.

• Edgar Sandoval (44, 35:00) and Jean Perry-Wolf (43, 42:43) charged through the NYRR Roosevelt Island 10K, NYC, April 28, for masters victories. George Thompson (65, 42:40) and Joan Bondell (52, 45:50) won their divisions by large margins. Nick Bdera (42, 47:14) and Elton Richardson (52, 64:56) were first overall racewalkers.

• Bill Rodgers (43, 25:34) was first, and Frank Shorter (43, 25:57) second, in the masters race of the NYRR Alamo Alumni 5 mile, Central Park, May 4.

• Sandy Kalb, 63, director of the annual New Jersey Masters meet, is recovering at home after spending 130 days in three hospitals with a life-threatening staph infection. Several years ago, he had a man-made valve inserted into his heart. Perhaps because of this, the infection caused a 106° fever. Kalb was helicoptered to a New York hospital where he was unconscious for five weeks. He was then flown to a Houston hospital for an operation to replace the valve. He'll be on anti-biotics forever. After a brief period of using a walker and with the aid of a therapist, Kalb expects a full recovery. It's good to have him back with us.

SOUTHEAST

• Bill Rodgers, 43, despite a sore foot and the flu, repeated as overall winner (25:19) in the Alamo Alumni 5 Mile, Miami, April 7, in a field of 1000. Frank Shorter, 43, was second master (26:25). Sharon Beal took the W40-49 race in 31:52. Senior masters (50+) winners were Bill Springer (29:31) and Sally Snyder (34:17). Top masters walkers were M50+ winner, Bob Fine (46:22) and W40 first Linda Stern (46:33).

• Mario Cuevas was first (46:42) in the M40+ race in the Jacksonville 15000, March 9, with Domingo Tibaduiza, second (47:29), and Ken Hamilton, third (47:50). Laurie Binder was first W40+ (54:09), with Shirley Matson, 50, second in 54:33, for a U.S. age-group record, and Mary Wood, third (57:27).

• Gary Romesser pulled in \$2000 for the M40+ first (24:47) in the Carnival Miami 8K, March 9. Second place and \$1000 went to Kaare Ormes (26:02), and third place (\$450) to Jim Pearson (26:03). Nancy Grayson (29:31), Carol Virga (30:09), and Sharon Beal (32:38) won equal amounts for their top W40+ finishes.

• The Southeast Sectional T&F Championships (Knoxville, June 1) will follow the Tennessee State T&F Championships for ages 6-16. Many of the youths and their parents are expected to stick around to watch the "older generation" compete. Official Southeast TAC patches will be awarded for the first time, as will eight watches based on age-graded performances. Delta Airlines is a sponsor, and will give 40% off coach, 5% off supersaver rates. Use file no. J28019.

• Marianne Mulkey, 10, daughter of National Masters Decathlon Champion and Southeast Sectional Coordinator Phil Mulkey, won the national bantam (age 10 & under) triathlon cham-

pionship, with a new national record of 1413 points at the meet last July in Lincoln, NE. She also was the U.S. long jump champion (4.26/14-0) and high jump runner-up (1.35/4-5½).

• Three masters events were held at the Magic City Relays April 12-13 in Birmingham, AL. Randy Stephens, former Arkansas star runner, won the under-forty 1500 meter run in 4:10, not bad considering he won a 5K road race that morning in a shade over fifteen minutes. Fred Sowerby hung on to win the over-forty 1500 in 4:32. Danny Thiel won the age-graded 400 in 45.1.

• Bill Adams, 50, was first master overall in 43:18 in the 10th annual 7-mile Bridge Run in Florida despite virtual typhoon-like running conditions.



MIDWEST

• Mike DeWitt (40, 49:42), Kenosha, WI, and Joyce Decker (57, 64:11), Woodstock, IL, strode to masters firsts in the Highland Park Hospital 10K RW, Highland, IL, April 28. DeWitt is the RW coach at the U. of Wisconsin-Parkside. The race was the first and longest in the Mid-America RW Circuit, which includes seven RW's in the Chicago and Quad City areas.

WEST

• Eddie Lewin (22:00) and Phil Jones (22:40) placed 1-2 in the M70-74 division in the SCA/TAC 5K Championships, South El Monte, CA, March 24.

• Caroline Murray, 56, Cardiff, CA topped the W40+ field in the El Cajon 20K, El Cajon, CA, April 6, with a 1:37:33. Peter Stern, 46, ran a 1:12:50 on the hills and in the heat for a third overall.

• John Damski, 76, of Van Nuys, Calif. again was honored by Israel for rescuing Jews from the Holocaust during World War II. Damski, who lived in Poland during the war, was invited to Israel with 26 others to receive the plaudits and special awards from the Israeli government and civic officials. In 1989, Damski received one of Israel's highest honors: the title of Righteous Among Nations (Profile, Jan. 1990 NMN). He is a nationally-ranked high jump and triple jump competitor.

NORTHWEST

• Wilson Waigwa, 42, of El Paso and Kenya, captured the masters first in the Bloomsday 12K, Spokane, WA, with a 36:35. Domingo Tibaduiza, 40, of Reno and Colombia, was second in 37:03. Priscilla Welch, 46, of Britain took the women's masters crown with a 42:56 from Laurie Binder, 43, of Oakland, CA, 45:09.

• Matthew Henderson (41, 56:19) Lake Oswego, OR, and Susan Henderson (44, 64:14), Lake Oswego, OR, topped the 40+ fields in the Pear Blossom 10 Mile, Medford, OR, April 13. Ken Oliver, 65, Medford, took the M65 win with a 65:52. The race and the Mayor's Cup 2K drew 3300 entrants.

INTERNATIONAL

• The Mexican National Masters T&F Championships will be held in Xalapa, Veracruz on June 28-30. All are invited. It will likely be a preview of the 1992 North American Veterans Championships. □

Now Solve Time Problems with the Push of a Button!

Introducing the all-new Time Master™ Calculator

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



Simple To Use For All Your Time Problems!

Time Master™
TIME CALCULATOR

Now Only **\$45.00**

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

schedule

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



TRACK & FIELD NATIONAL

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

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

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

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

EAST

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

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

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

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

June 16. TAC Eastern Sectional Championships, Millersville University. SASE only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385. Entry form in May NMN.

June 16. Bruce Ellis Masters Mile, Fairfield, Me. 40+. Jerry Saint Amand, Central Maine Striders, Waterville, ME 04901. 207/873-6753.

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

June 22. Philadelphia Masters Meet (includes Jim Bantum Triathlon, middle-distance, and all-around triathlons), La Salle U., Philadelphia. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

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

June 23. Niagara TAC Open & Masters Championships, Crosby Field, Kenmore,

N.Y. Eugene Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

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

June 30. Tri-State TC Meet, South Hagerstown H.S., Hagerstown, Md. 5:00 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

July 3. Ralph Thomas Masters Mile, Winslow, Me. 40+. Also 5K open/masters road race. Jerry Saint Amand, Central Maine Striders, Waterville, ME 04901. 207/873-6753.

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

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

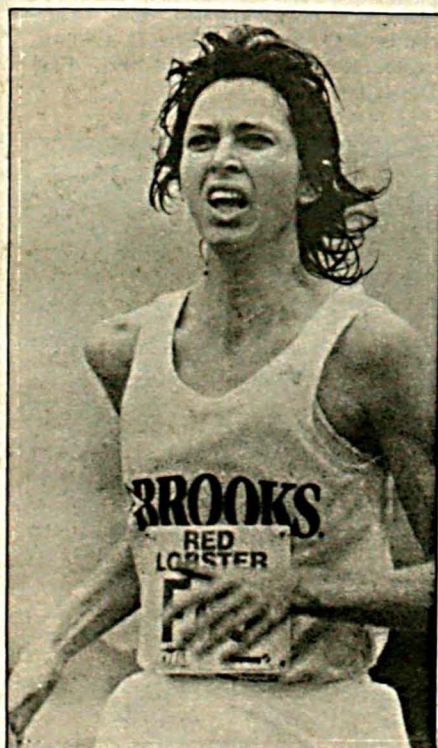
July 20. Philadelphia Masters Meet, St. Joseph's U., Philadelphia. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

July 30-August 3. Pennsylvania Senior Games, Wilkes-Barre. 55+. St. residents only. Fay Knecht, 31 S. Hancock St., Wilkes-Barre, PA 18702. 717/823-3164.

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

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

August 11. Keystone State Games, Allen-



Nancy Oshier, 42, of New York City, fifth woman master (37:15), Red Lobster 10K, Orlando, Fla., March 2.

Victor Sailer/Agence Shot

town, Pa. residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

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

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

September 21. New York Master Mini Meet (throws/jumps only), Forest Park, Queens, NYC. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 213/704-5582 (8-10 p.m.).

SOUTHEAST

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

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

June 8. Florida Circuit Meet, Miami. SASE to Jesse Holt, Miami NW Express TC, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

June 8. Atlanta TC Masters Meet, Emory U., Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

June 8-9. 16th Annual Northeast Classic, Miami-Dade College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 11-July 30. All-comers meets each Tuesday at 5 p.m., Tropical Park Track, Miami. 305/227-1500.

June 15. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

June 21-23. Tennessee Sportsfest, U. of Tenn.-Knoxville. Doug Mooney, 13003 Pear Leaf Circle. Knoxville, TN 37922. 615/675-0260.

June 22. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 18-22. Georgia State Games, Georgia Tech, Atlanta. Nick Gailey, 404/853-0250.

July 28-30. Atlanta TC Championships, Emory U., Atlanta. 404/364-0708.

July 29-August 1. Tennessee Senior Games, Inc., Johnson City. 55+. St. residents only. Kathy Whitaker, First TN Dev. Dist., 207 N. Boone St., Ste. 800, Johnson City, TN 37604. 615/928-0224.

October 12. Last Chance Mini-Meet, Vanderbilt U., Nashville, Tenn. R. Brady, 2709 Linmar Ave. #5, Nashville, TN 37215.

November 3-9. Golden Age Games, Sanford, Fla. 55+. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 407/330-5687.

MIDWEST

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

June 1. Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 6-9. Senior Games of Indiana, South Bend. 55+. Beth Keultjes, 624 North Notre Dame, South Bend, IN 46617. 219/233-3117.

June 10-15. Dane County Senior Olympics Games, Madison, Wisc. 55+. Chad Thom, P.O. Box 461, Madison, WI 53701-0461. 608/266-6420.

June 14-15. Mt. Vernon/SO. Illinois Senior Olympics, Mt. Vernon. 55+. John Downey, 3109 Mulberry, Mt. Vernon, IL 62864. 618/242-6273.

June 15. Indy Senior Classic, Indiana

Continued on page 38

ON TAP FOR JUNE

TRACK AND FIELD

The National Masters Decathlon/Heptathlon Championships will be held in Lincoln, Nebr., on the 22nd-23rd. The biennial National Senior Sports Classic Senior Olympics for men and women age 55+, begins on the 28th in Syracuse, N.Y.

The 1st has meets in Tennessee, Illinois, Texas, and New Mexico, followed by more in New Jersey, Oregon, and Kansas on the 2nd.

On the 8th, one-day events are set for Florida, Georgia, Texas, and California, and two-day meets open in Miami, New Mexico, and Ontario, Canada.

The 15th finds meets in Tennessee, Indiana, Ohio, Texas, Los Angeles and Berkeley, Calif. The Eastern Sectionals will be contested in Millersville, Pa., on the 16th.

On the 22nd, two-day Sectionals start in Eugene, Ore.; Byron, Ill.; and Los Angeles, with other meets in Philadelphia, South Carolina, Texas, and Montana.

Finally, the Mid-America Sectionals will be held in Lincoln, Nebr., on the 30th. The month also contains a large number of Senior Olympics (55+), state-residents-only, and all-comers meets.

LONG DISTANCE RUNNING

The National Masters Half-Marathon Championships will be run in Fairfield, Conn., on the 23rd.

Action starts on the 1st with the Dominion Bank races, Roanoke, Va., and N.Y. Women's 10K, NYC. On the 2nd, major races are set for Philadelphia, Kansas City, San Antonio, and Eugene.

The Shelter Island 10K, N.Y.; King Street Mile, Charleston, S.C.; Mountain State 10K, Parkersburg, W. Va.; and Palos Verdes Marathon, Los Angeles, are scheduled for the 8th. On the 9th, runners can tour the Orange 10K, Middletown, N.Y., or the North Shore Chicago Half-Marathon, or choose between the Garden of the Gods 15K or Steamboat Marathon, both in Colorado.

Grandma's Marathon, Duluth, kicks off on the 22nd, followed by the Cascade Run Off 15K in Oregon, and San Francisco Marathon on the 23rd.

RACEWALKING

In addition to adjunct races run along with LDR events, a 5K is being held on the 15th in Iowa, and a 10K in Redondo Beach, Calif., on the 23rd.

Continued from page 37

U.-Purdue U. in Indianapolis (IUPUI) Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 15. Wallingford Coffee Cincinnati Midwest Track Classic, Fairfield HS, Ohio. John Blakely, 2137 Yorktown Ct., Fairfield, OH 45014. 513/829-3565.

June 22. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

June 22. TAC Midwest Masters Sectional Championships, Byron, Ill. 5 p.m. Dick Green, Box 6147, Rockford, IL 61125. 815/332-4743.

August 10. Dayton Masters Track Classic, Dayton, Ohio. Bob Jones, Dayton Masters, 513/268-7341 (e), or Dayton Recr. and Parks, 513/225-8400.

August 10-11. Midwest Masters Meet, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Train, Ona, WV 25545. 304/736-8474.

MID-AMERICA

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

June 2. Blue River Valley Meet, Marysville, Kans. Jay Haggard, Recr. Director, 209 N. 8th, Marysville, KS 66508. 913/562-5331. Cleve Walstrom, 913/562-5331.

June 6-8. Central Iowa Senior Olympics, West Des Moines. 55+. Janet Ridgeway, 713 8th St., West Des Moines, IA 50265. 515/277-6026.

June 12, 19, 26. Tulsa RC Mini-Meet, Union H.S., Tulsa, Okla. 6:30 p.m. Tulsa RC, 5214 S. Delaware, Tulsa, OK 74105. 918/742-1358.

June 15-22. Senior Olympics, St. Paul, Minn. 55+. Gloria Thomas, 430 North Dale, St. Paul, MN 55103. 612/222-6029.

June 29. Sooner State Games, Norman, Okla. Steve Banker, 180 W. Brooks, Rm. 201, Norman, OK 73019. 405-325-8221.

June 30. TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U., Lincoln, Nebr. Gary Bredehoff, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

July 10, 17, 24. Tulsa RC Mini-Meets, Union H.S., Tulsa, Okla. Tulsa RC, 5214 S. Delaware, Tulsa, OK 74105. 908/742-1358.

July 11-13. Minnesota Senior Olympics, Duluth. 55+. Tim Hunt, 330 City Hall, Duluth, MN 55802. 218/723-3337.

July 19-20. Show Me State Games, Rockbridge HS, Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 434-0851. Missouri residents only.

July 26-August 2. Minnesota Senior Sports-A-Rama, Bloomington. 55+. Jeff Stottemeyer, Parks & Recr., 2215 W. Old Shakopee Rd., Bloomington, MN 55431-3096. 612/887-9601.

August 31-September 1. Rocky Mountain Masters Games, U. of Colorado, Boulder. Nancy Manson, 518 Quentin St., Aurora, CO 80011. 303/341-7992, or Dave Simmons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919.

October 19. Kansas Big Buys Classic IV, U. of Kansas, Lawrence. Gary England, Rm. 143, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST

Louisiana, Mississippi, Texas.

June 1. Southwestern/TAC Championships, SMU, Dallas, Texas. John Pritchett, Mountain View College, 4849 W. Illinois, Dallas, TX 75211.

June 8. 7th Annual Oil Capital Masters Meet, Mustang Bowl, Andrews, Texas. Andrews County C of C, 915/523-2695.

June 15. Hill Country Classic, Mason, Texas. Lee Graham, Mason, TX 76856. 915/347-5921.



Sheree Robertson, Madison, Wisc., third in the W30 800 (2:26.99), TAC National Masters Indoor Championships, Blaine, Minn., March 23-24. Photo by Al Sheahan

June 22. 11th Annual Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4703 W. Lovers Ln., Dallas, TX 75209. 214/347-5613(o); 363-1419(r).

WEST

Arizona, California, Hawaii, New Mexico, Utah.

June 1-2. New Mexico TAC Open & Masters Championships, Albuquerque. Kathy Fones, 118 Amhurst NE, Albuquerque, NM 87106. 505/255-0299; 865-7027.

June 8. Pacific Association/TAC Championships, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 8-9. Duke City Masters, Sub-Masters and Open Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

June 13-16. New Mexico Senior Olympics, Roswell. 55+. State residents only. Ceci Acosta, P.O. Box J, Roswell, NM 88202. 505/623-5777.

June 15. Southern Pacific Association/TAC Championships, Occidental College, Los Angeles. C. Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 15. Northern Calif. Senior Track Club Classic, Univ. of Calif.-Berkeley. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.

June 20-August 1. All-Corner Meets, SBCC La Playa Stadium, Santa Barbara, Calif. Every Thursday, 6 pm. Robin Paulsen, 805/965-0581, x227.

June 22-23. TAC Western Sectional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

June 24-August 2. All-Corner meets in Los Angeles area. Tentative. May be cancelled due to lack of funds. Call 818/904-2164.

September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 45+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

October 19. Club West Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105.

805/682-9540.

October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

NORTHWEST

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

June 1. Senior Sports Festival, Seattle. Diana Howland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951.

June 2. Scholastic/Masters Meet, Portland, Oregon. Mike Monahan, P.O. Box 842, Gresham, OR 97080. 503/667-1145.

June 15. Pacific Northwest Classic, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way, WA 98023. 206/874-3226.

June 17-23. Oregon T&F Camp For Masters, Hayward Field, Eugene. Oregon T&F Camp, Box 10825, Eugene, OR 97440. 503/687-1989. See ad in March issue.

June 22. Helena Masters & Seniors Championships, Vigilante Stadium, Helena, Mont. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-6288.

June 22-23. TAC Northwest Sectional Masters Championships (Hayward Masters Championships), Eugene, Ore. Les Castle, 720 East 20th Ave., Eugene, OR 97405. 503/344-9809(h); 484-9809(w).

July 20. Northwest Masters meet, Spokane Falls Comm. College, Wash. Duane Hartman, N. 1810 Greene St. Spokane, WA 99207. 509/536-7225.

July 20. Volcano Classic VII, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

July 26-27. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Mark Lariza, Mt. Hood CC, 26000 S.E. Stark St., Gresham, OR. 503/667-7450.

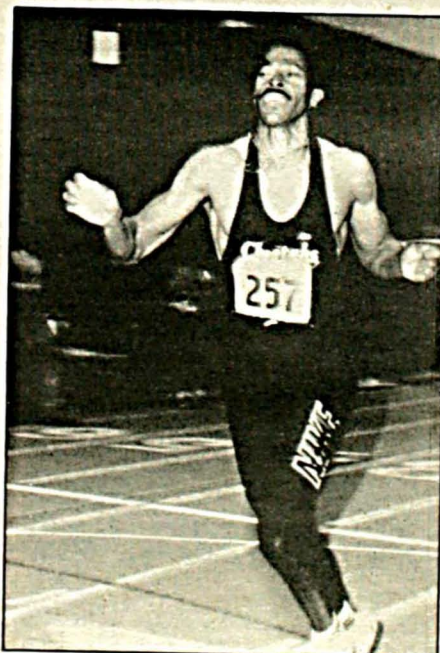
August 9-10. Montana Masters Meet, Montana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman, MT 59717-5132.

August 16-17. Montana Senior Olympics, Billings. 55+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105.

CANADA

June 8-9. Ontario Masters Championships, Oshawa. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario M8W 2L9. 416/252-7047.

June 29-30. Canadian Masters AA Championships, Ottawa, Ontario. 35+. Andy McInnis, P.O. Box 3424, Stn. D, Ottawa, Ontario, K1P 6L4. 613/564-1093. Fax: 613/564-1095.



Stan Whitley, 45, Alta Loma, Calif., broke two world and one U.S. record in the National Masters Indoor Championships, Blaine, Minn., March 22-23. Photo by Dennis Hahn

INTERNATIONAL

June 22. Argentina Veterans Championships, Buenos Aires. Dante Gallo, Hipolito Yrigoyen 3549, Buenos Aires. Argentina CP 1208.

July 6-7. British Athletic Veterans Association Championships, Alexander Stadium, Birmingham. Freda & Jack Cross, 36 Manor Rd., Atherstone, Warwickshire, CV9 1QJ. Tele: 0827-715813.

July 12-14. Pregames to IX WAVA World Veterans Championships, Kuusankoski, Finland. Pregames, PI 101, SF 45701 Kuusankoski, Finland. Fax: 358-51-44496. (See ad in January issue).

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

July 29 (Monday). WAVA World Veterans Weight Pentathlon Championships, Naantali, Finland. Naantalin Loyly, Rauno Leonsaari, Ruunitie 24, SF-21100 Naantali. Phone: 358 21 852 511. Fax: 358 21 852 534.

August 2-3. Soviet Union Veterans Championships, Moscow, Vadim Marshv, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

September 21-22. San Juan International Meet, San Juan, Puerto Rico. PR Masters Association, P.O. Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. 809/763-5172.

October 8-20. 3rd Australian Masters Games, Brisbane. Australian Masters Games Hotline: (07) 221-1890.

November 1-4. Miyazaki International XII All-Japan Masters Athletic Championships, Miyazaki Prefecture. Miyazaki Prefectural Office, 2-10-1 Tachibanadori-higashi, Miyazaki City, Japan. 0985-26-7033. Fax: 0985-26-7331.

LONG DISTANCE RUNNING NATIONAL

June 23. TAC/USA National Masters Half-Marathon Championships, Fairfield, Conn. Prize money. Mick Midkiff, 1747 Summer St., Suite 200, Stamford, CT 06905. 203/324-9822(w); 203/637-1223(h).

September 28-29. TAC/USA National Masters 24-Hour Championships, Portland, Ore. Phil Edmunds, P.O. Box 591, Wilsonville, OR 97070. 503/682-1315.

October 6. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.

October 26. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ulrich, P.O. Box 6667, Louisville, KY 40206. 502-459-6820.

October 26. TAC/USA National Masters 100K Championships, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 612/593-9809.

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Stan Austin, Tulsa Run Inc., 1 William Center, Box 2400, Tulsa, OK 74102. 918/299-3429.

November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 42220. 614/459-2547.

November 17. TAC/USA National Masters 25K Championships, San Diego, Calif. Contact TBA. Awarded conditionally pending approval of San Diego-Imperial TAC Association.

November 30. TAC/USA National Masters

Continued on page 39

Continued from page 38

8K Cross-Country Championships, Franklin Park, Boston, Mass. Kirk Randall, 71 Bromfield St., Newburyport, MA 01950. 508/465-9677.

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

EAST

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

June 1. New York Mini-Marathon Women's 10K, Central Park, NYC. Robert Salazar, NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-2280.

June 2. Philadelphia Bar/Provident 10K, Philadelphia. Manny Pokotilow, 1635 Market St., Seven Penn Center, 12th Fl., Philadelphia, PA 19103. 215/567-2010.

June 8. Shelter Island 10K, Shelter Island, N.Y. Cliff Clark, 140 S. Ferry Rd., Shelter Island, NY 11964. 516/749-0007.

June 9. Orange 10K, Middletown, N.Y. Paul Huegel, Times Herald-Record, 40 Mulberry St., Middletown, NY 10940. 914/343-2181.

June 15. Vestal XX (20K), Vestal, N.Y. Age/sex-graded awards. Alan Jones, Vestal XX, 3717 Wildwood Dr., Endwell, NY 13760. Fred Bostrom, meet director, 607/797-9215.

June 15. Great North Fork 12K/5K, Matituck, N.Y. Joe Pufahl, 1852 Old Country Rd., Riverhead, NY 11901. 800/645-1714.

June 23. Westchester Half-Marathon, White Plains, N.Y. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

June 29. Butler 10K, Butler, Pa. Rich Nedley, YMCA, 339 N. Washington St., Butler, PA 16001. 412/287-4733.

July 4. Long Island Women's 5K Championships, Jericho, N.Y. Barry Saltberg, 9 Ardis Ln., Plainview, NY 11803. 516/433-7397.

July 6. Ralph Pelicano Masters Mile, Warwick, R.I. 40+. Leo Parrone, Warwick Parks & Rec., 975 Sandy Lane, Warwick, RI 02886. 401/738-2000, x357.

July 7. Prefontaine 5K, Van Cortlandt Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

July 14. Utica Boilermaker 15K, Utica, N.Y. E.C. Reed, P.O. Box 4729, Utica, NY 13504. 315/797-3762.

July 14. Montville Masters 10K, Oakdale, Conn. 40+. Montville Parks & Rec., 310 Route 32, Uncasville, CT 06382. 203/848-0277.

SOUTHEAST

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

June 8. King Street Mile, Charleston, S.C. Fred Reinhard, race director, 803/724-3796.

July 4. Peachtree Road Race, Atlanta, Ga. Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE., Atlanta, GA 30305.

July 14-20. 19th Annual Florida Runner's Camp, U. of North Carolina—Asheville.

DEADLINE

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

Coming Next Month

- Preview of World Championships
- World and U.S. Relay Records
- WAVA Issues Analysis
- WAVA Presidential Campaign

Adult runners of all abilities. Speakers include Dr. George Sheehan, Priscilla Welch, Steve Ferraz, Roy Benson, Dept. RT, 1447 Peachtree St., Ste. 804, Atlanta, GA 30309. 404/255-6234.

MIDWEST

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

June 8. Mountain State 10K, Parkersburg, W. Va. Masters money. Mountain State, Blue Cross/Shield, c/o Department A, P.O. Box 1948, Parkersburg, WV 26102. 1-800/344-5514.

June 8. Lighthouse 10/5/2 Mile, Racine, Wisc. Racine YMCA, 725 Lake Ave., Racine, WI 53403. 414/634-1994.

June 9. Club North Shore Chicago Half-Marathon, Highland Park, Ill. Jim Gagne, 42 Lincolnshire Dr., Lincolnshire, IL 60069. 708/945-1438.

June 15. Steamboat Classic 4 Mile/15K, Peoria, Ill. Steve Shostrom, Steamboat, 700 W. Main, Peoria, IL 61606. 309/676-6378; 688-7313.

June 22. Oglesby 10K, Oglesby, Ill. Gary Carey, P.O. Box 104, Oglesby, IL 61348. 815/883-8622.

July 4. Ohio TAC 10K Championships, Whetstone H.S., Columbus. Mark Whitaker, 4275 Olentangy Bl., Columbus, OH 43214. 614/268-1688.

MID-AMERICA

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

June 2. Trinity Hospital Hill Half-Marathon, Kansas City, Mo. \$3500 masters money. Also age-graded 5K. THH Run Crown Center, 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816/274-3196.

June 8. Sunrise Stampede 10K, Longmont, Colo. Sunrise Lions Club, P.O. Box 1234, Longmont, CO 80502. 303/449-2825.

June 9. Steamboat Marathon/10K, Steamboat Springs, Colo. SS Chamber Resort Assoc., P.O. Box 774408, Steamboat Springs, CO 80477. 303/879-0880.

June 9. Garden Of The Gods 15K, Manitou, Colo. "Triple Crown of Running" event. Nancy Hobbs, TCOR, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 16. CNB Strawberry Shortcut 5K/10K, Glenwood Springs, Colo. Marilee Rippey, P.O. Box 2641, Glenwood Springs, CO 81602. 303/945-7740.

June 22. Grandma's Marathon/Half-Marathon, Duluth, Minn. Scott Keenan, Box 16234, Duluth, MN 55816-0234. 218/727-0947.

June 23. Columbine 5K, Denver, Colo. Katie Coates, Events Sense, 420 W. Fifth Ave., Denver, CO 80204. 303/825-1563.

July 27. Quad City Times Bix 7 Miler, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

SOUTHWEST

Louisiana, Mississippi, Texas.

June 2. Santa Rosa Children Hospital 5K, San Antonio, Texas. Children's Hospital, 519 W. Houston St., San Antonio, TX 78207. Eliz. Whatley, 512/228-2633.



Entrants in the Fontana Half-Marathon, Fontana, Calif., April 6. Claudia Morales (557), 40, Los Angeles, finished fourth W40+ (88:45), and Dennis Kollai (461), 42, Brooklyn, Ohio, was third M40+ (74:55). Photo by Barbara Smith

WEST

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

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

June 8. Palos Verdes Marathon, Palos Verdes Peninsula, Calif. George E. Owens, Box 153, Palos Verdes Estates, CA 90274. 213/377-3419.

June 12. Heart Of The City 5K, downtown Los Angeles. 7:00 p.m. Union Bank Special Events, 445 So. Figueroa St., Los Angeles, CA 90071. 213/236-5716.

June 15. Valley of the Flowers Marathon/Half-Marathon, Lompoc, Calif. Jim Small, LVDC, 4130 Oakwood Dr., Lompoc, CA 93436.

June 15. Fujitsu 8K, San Jose, Calif. David Greiner, 3545 N. First St., San Jose, CA 95134-1804. 408/943-1271.

June 16. 10th Annual Run for Pride 5K/10K/15K Walk, Griffith Park, Los Angeles. Frontrunners of Greater L.A., P.O. Box 691772, West Hollywood, CA 90069. 213/851-7373; 433-2660.

June 23. City of San Francisco Marathon, San Francisco, Calif. COSFM, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-1530.

June 29. Coronado Half-Marathon, Coronado, Calif. Kathy Loper, 1135 Garnet No. K, San Diego, CA 92109. 619/437-4667.

June 30. Gardena 5000, Gardena, Calif. Kim Hipsher, 16820 Western Ave., Gardena, CA 90247. 213/324-7085.

July 14. Sports Club/Irvine Bastille Day 5K, Newport Beach, Calif. United Cerebral Palsy Assn. benefit. Susan Whetzel, 714/557-5100.

NORTHWEST

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

June 2. The Race 10K, Eugene, Ore. Tim Flowerday, 409 W. D. St., Springfield, OR 98477. 503/747-1423.

June 23. Cascade Run Off 15K, Portland, Ore. Paula Fasano, P.O. Box 40228, Portland, OR 97240. 503/274-4370.

CANADA

July 21. Voyageur Marathon & Spanish River Half-Marathon, Massey, Ontario. Masters money both races. Shelda or Norm Patenaude, Lee Valley Rd., R.R. No. 2, Massey, Ontario, Canada. POP IOP. 705/865-2671.

INTERNATIONAL

June 1. Festival De Primavera 5K/10K/10 Mile, Rosarito Beach, Baja California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA

92648. 714/841-5417.

June 23. Brugge Veterans 25K & 10K, 5K Brugge, Belgium. Jacques Serruys, P.O. Box 7, B 8000, Brugge, Belgium.

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

October 11-27. Adventures: India. Multi-day Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions Ltd., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

RACE WALKING

June 15. Freedom Days 5K, Rock Valley, Iowa. Randy Van Zee, RR 2, Box 33, Rock Valley, IA 51247.

June 23. South Bay 10K, Redondo Beach, Calif. Elaine Ward, 1020 San Pasqual No. 35, Pasadena, CA 91106. 818/577-2264.

July 5. TAC/USA National Masters 5000 Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. TAC/USA National Masters Men's 20K Championships & Women's 10K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 13. TAC/USA National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

July 14. Trojan Classic 5K, Redondo Beach, Calif. Elaine Ward, 1020 San Pasqual No. 35, Pasadena, CA 91106. 818/577-2264.

September 15. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

September 21. North Carolina Association/TAC 5K Road Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.

September 28-29. Casimiro Alongi Invitational Racewalk, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

October 6. North American Masters 20K Championships and 20K/5K Open. Midland, TX. Norm Frable, P.O. Box 8248, Midland TX 79708. 915/694-2134.

October 20. TAC/USA National Masters Men's & Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

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

M30-34

Robert Hartmann 35# Weight 50-7 3-24-91

M40-44

Jerry Hassard 800M 2:07.5 3-10-91
Kenneth Troy Long Jump 19-2 7-14-90

M45-49

Johnie Meisner High Jump 5-10 3-23-91
Triple Jump 39-1 3-24-91
Long Jump 18-8 2-16-91
Pentathlon 3748 pts. 2-16-91
Alonzo Jones 100M 11.90 4-1-89

M65-69

John McCarthy 400M 1:07.7 11-28-87
Bill Wambach Triple Jump 28-3 3-23-91

M75-79

Wilbur Ott Discus 91-3 11-1-90



FAX-A-SUB

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$22 subscription price.

Name _____

Address _____

City _____ State _____ Zip _____

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10

WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:11	1:08:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

A minimum of two judges must be present and the competition must be limited to race walkers (i.e. no runners).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
3200	10:30	10:50	11:10	11:30	11:50	12:20	12:50	13:40	14:40	15:50	17:10
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	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7	
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2	
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2	
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4	
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4	
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7	
20/Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

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
3200	8:31	8:45	8:58	9:15	9:37	10:05	10:45	11:30	12:30	13:45	15:15	17:15
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
6-4 1/2	6-3 1/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1	3-8	3-4	3-1	
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11	
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2	
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2	
Shot	15.20	14.10	13.00	12.00	12.40	11.20	10.80	10.00	8.80	7.65	6.50	
49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4	
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2	
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0	
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2	
35/Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25/Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56/Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT: _____ MARK: _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send 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" by 10" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

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 Indoor Championships Hackensack; February 24

Out-of-state results follow New Jersey entrants

55m		
M30 Tony Ciccone	nta	
Leon Devero	nta	
M50 James O'Hara	9.4	
Sam Rumford	10.7	
M55 Dave Martin	9.4	
Vince Ruffin	9.5	
M60 Tom Delany	10.0	
George Taylor	11.8	
M30 Wm Johnson	nta	
M40 Ivan Black	10.6	
M45 Mike Milove	8.9	
Mike DeJesus	13.9	
M65 J W Pierson	11.5	
M75 Claude Hills	12.5	
M60 Pat Peterson	14.1	

55m		
M30 Don McNeil	6.7	
Kelvin Murray	6.8	
Remo Biagioni	7.0	
Ron Artis	7.0	
M35 John Brooks	6.7	
Kirby Scott	6.8	
Ed Brown	6.8	
James Easter	6.9	
Eddie Mose	7.0	
M40 Phil Felton	7.3	
M45 Rob Hagin	7.4	
Tom Hartman	7.6	
M50 James O'Hara	7.4	
Dennis Tancredi	7.6	
George Coleman	7.8	
M55 Matt Brown	7.4	
Rich Barretta	7.4	
Alex Johnson	7.4	
Ken Larsen	8.4	
Mike McDonnell	8.7	
M60 Tom Delany	8.0	
Giorgio Chiavelli	8.3	
Jack Lance	8.5	
Louis Digesar	8.5	
S C Irace	8.6	
M65 Robert Naylor	8.2	
M70 Jim Manno	9.3	
M75 Harold Mayland	nta	
M80 Manfred d'Elia	nta	
M40 Antonia Coleman	9.7	
M55 Nancy Ammermuller	9.5	
M70 Ethel Mayland	10.0	
M80 Estelle Marshall	20.4	

M30 Fred Feaster	6.9	
Sid Milden	7.0	
M35 Phil Conzentino	6.9	
John Silan	7.7	
Louis Miller	8.3	
M40 Chas Allie	6.8	
Mike Augeri	7.3	
Matt Sitkowski	7.6	
Marvin Russo	7.7	
Mike Billman	7.8	
M45 Joe Johnson	6.9	
Tom Tuscano	7.1	
Vito DiCesare	8.0	
M50 Roosevelt Weaver	7.3	
Ed Kent	7.8	
M55 Joe Hemler	7.6	
Phil Plant	8.1	
Tom Talbott	8.3	
M60 Chuck Sochor	7.9	
Jack Nylan	8.5	
M65 Jim Law	7.7	
J W Pierson	8.5	
M70 Ed Matthews	8.5	
M75 Claude Hills	10.0	
M40 Sharon Osbourne	7.9	
Jennifer Pinto	8.1	
M45 Barbara Stewart	8.8	
M55 Marilyn Fitzgerald	8.7	
M60 Pat Peterson	9.7	

200m		
M30 Don McNeil	23.7	
Kelvin Murray	24.2	
Remo Biagioni	24.8	
Steve Bunce	24.9	
M35 John Brooks	23.8	
Eddie Mose	25.0	
Jerry Elson	25.3	
M40 Phil Felton	25.6	
M45 Rob Hagin	26.6	
M50 Ken Baker	27.4	
Bob O'Brien	28.0	
George Coleman	29.8	

M55 Rich Barretta	27.3	
Alex Johnson	27.7	
Dave Martin	29.1	
Vince Ruffin	29.2	
M60 G Chiavelli	31.9	
M65 R Naylor	30.3	
M70 Jim Manno	30.8	
M40 Antonia Coleman	38.9	

M30 Fred Feaster	24.3	
Adrian Sterrett	24.5	
Sydney Milden	25.7	
M35 Lou Miller	32.4	
M40 Chas Allie	24.5	
Mike Blake	26.5	
Mike Augeri	26.9	
M45 Joe Johnson	25.0	
Vic Broushet	26.5	
Vito DiCesare	28.7	
M50 Ed Kent	29.9	
M55 Joe Hemler	26.7	
Cliff Pauling	27.3	
Phil Plant	28.3	
Tom Talbott	31.6	
M60 Chuck Sochor	28.9	
M65 Jim Law	27.4	
M70 Ed Matthews	31.1	
M40 Sharon Osbourne	28.5	
Jennifer Pinto	28.5	
M55 Marilyn Fitzgerald	32.3	
M60 Pat Peterson	38.3	

400m		
M30 K Murray	54.6	
Steve Bunce	55.6	
Robert Hale	56.0	
David Malullo	63.8	
M35 J Easter	55.7	
K Bauersfeld	57.3	
Kirby Scott	59.6	
M40 Bob Ihne	56.8	
Phil Felton	58.4	
Doug Husak	60.9	
M45 Ralph Fusco	61.6	
Tom Hartman	63.4	
M50 Ken Baker	60.2	
Bob O'Brien	61.5	
M55 Matt Brown	59.9	
Alex Kasten	72.4	
Frank Carro	85.1	
M60 G Chiavelli	74.6	
George Taylor	83.7	
M65 Robert Naylor	70.2	
M70 Jim Manno	81.5	
M30 Stacey Quitzau	60.1	
Lisa LaFrantz	77.5	
M40 A Coleman	81.3	
Pat Killeen	88.4	
M50 Helene Samuelson	82.6	
M55 N Ammermuller	nta	
M75 Adrienne Salmini	2:18	

M30 Fred Feaster	53.6	
Adrian Sterrett	54.6	
Nick Mitchell	55.4	
M35 Robert Walker	54.2	
Seth Okrend	60.1	
M40 Dorel Watley	53.8	
Chas Allie	54.0	
Mike Blake	56.5	
Mike Augeri	62.9	
M45 Robin Villa	71.1	
M50 Rich Rizzo	59.8	
M55 Cliff Pauling	59.3	
Jim Hemler	60.9	
Phil Plant	67.7	
Tom Talbott	71.1	
M60 Chuck Sochor	65.0	
Kelsey Brown	66.3	
M65 Jim Law	64.3	
M55 Marilyn Fitzgerald	75.7	

800m		
M30 John Flood	2:04.6	
M35 Dallas Jacobs	2:05.0	
Pat Forkins	2:07.3	
M40 Bill Brockwell	2:11.2	
Tim Shay	2:20.2	
Bill Indek	2:23.4	
J Krauthamer	2:24.3	
Mitch Kahn	2:36.4	
M45 Ken Keppler	2:45.7	
M50 Ken Baker	2:27.0	
Steve Levine	2:43.7	
M55 Irwin Bernstein	2:30.6	
Hans Aunzinker	2:39.6	
Cliff Gerenz	2:44.0	
M60 George Martin	3:19.2	
M65 Oscar Tischler	3:15.7	
M70 Jim Manno	3:18.8	
Jim McGilvray	3:28.4	
Rob Hull	3:52.3	
M75 Austin Newman	2:55.5	
Dudley Healy	3:27.7	
M30 Stacey Quitzau	2:17.3	
M40 Pat Killeen	3:21.2	
Antonia Coleman	3:05.8	
M50 Helene Samuelson	3:10.4	
Jan Rindge	3:46.4	
M75 Adrienne Salmini	5:41.3	

M30 Dan Kelley	2:00.7	
James Staten	2:08.8	
M35 Bob Walker	2:02.4	
Bob Lupo	2:11.5	
M40 Duane Green	2:09.1	
Dorel Watley	2:10.1	
Robert Caplin	2:24.3	
M45 Jack Wagner	2:24.0	
Victor Broushet	2:29.3	
M50 Sid Howard	2:13.0	
Ed Small	2:19.4	
Ed Coplon	2:28.9	
Jim Steele	2:33.1	
Haig Bohigian	2:48.8	
M55 John Conner	2:19.0	
Cliff Pauling	2:19.1	
Jim Aueshansley	2:23.9	
M60 Chuck Sochor	2:41.1	
Joe Kiernan	2:48.4	
Kelsey Brown	2:42.8	
M30 Joan Sterrett	2:24.5	
MaryEllen Malloy	2:29.1	
M45 Robin Villa	2:44.7	

1500m		
M30 Mike Humiston	4:17.9	
Marvin Hawkins	4:53.6	
Vasco Whiteside	5:39.0	
M35 Pat Forkins	4:18.4	
Herm Richards	4:34.4	
Dean Lennox	4:36.4	
Jose Pais	4:43.8	
M40 Ben Brockwell	4:19.0	
Tim Shay	4:40.5	
Dave McGuigan	4:43.8	
M45 Doug Ott	5:06.6	
Robert Melok	5:22.8	
Ken Keppler	5:30.0	
M50 Victor Antonio	4:59.8	
Ken Baker	5:00.6	
Dave Gerridge	5:02.4	
Don Bozzone	5:23.5	
M55 Alex Kasten	5:05.6	
Cliff Gerenz	5:16.0	
Hans Hunziker	5:22.1	
M60 George Martin	5:57.3	
Arne Olsen	6:19.3	
Walt Siderowitz	6:34.9	
M65 Oscar Tischler	6:23.8	
M70 Tim Dyas	6:41.6	
Robert Hull	6:42.5	
James Hascup	7:35.7	
M75 Austin Newman	6:01.6	
Dudley Healy	6:35.4	
M30 Jill Soriano	5:42.2	
M35 Paulette Shurat	6:15.6	
M40 Antonia Coleman	6:01.9	
M50 Madeline Bost	5:55.9	
M75 Adrienne Salmini	10:37.0	

M35 Steve Scharenkamp	4:46.5	
M40 Robert Caplin	4:41.0	
Jack LaSouska	4:52.4	
M50 Sid Howard	4:41.7	
Jim Steele	5:01.0	
M55 John Conner	4:46.3	
M60 Jack Nynan	6:03.3	
M30 Jan Morra	4:46.5	
M65 Queenie Thompson	nta	

3000m		
M30 Antonio Campos	9:01.7	
Matt Ishkampian	14:46.5	
M35 Herm Richards	10:09.0	
Paul Cordero	10:27.9	
M40 Mark Brunner	10:02.9	
Roger Price	10:40.9	
Joel Pasternack	10:50.7	
M45 Doug Ott	10:54.4	
M50 Victor Antonio	11:05.9	
Fred Oakes	13:55.7	
M55 Alex Kasten	11:30.5	
Ed Hill	13:25.1	
Hans Hunzinger	13:37.7	
M60 Arne Olsen	13:45.6	
George Martin	13:55.2	
J Noon	14:13.4	
M70 Tim Dyas	14:42.3	
Jim McGilvray	15:00.9	
M75 Dudley Healy	14:16.8	
M35 Barbara Johnson	13:37.7	
M40 Antonia Coleman	12:18.0	
M50 Madeline Bost	12:20.4	
Jan Ridge	14:36.3	
M60 Dorothy Farley	14:36.1	

M30 Dan Kelly	9:38.6	
M35 Steve Schallenkamp	9:14.3	
Bob Lupo	10:24.3	
M40 Jack LaSouska	10:43.1	
4x400m Relay		
M30 Garden State AC	3:54.4	
NJ Striders	4:11.1	
M40 Garden State AC	4:10.8	
NJ Masters	4:57.5	
M60 NJ Masters	5:47.6	
M50 NJ Masters	5:57.2	

M40 NY Masters	4:12.9	
4x800m Relay		
M50 NJ Masters	12:48.7	
High Jump		
M30 Tony Ciccone	5-6	
Pete Vanechanos	5-6	
John Dellerman	5-0	
M35 Dan Goia	5-8	
M40 Ron Salvio	4-9 1/2	
Ed Laurelli	4-8	
M50 Sam Rumford	4-9 1/2	
Jerry Sullivan	4-3 1/2	
M55 Vince Ruffin	4-3 1/2	
Ken Larsen	4-0	
M60 Tom Delany	4-3 1/2	
Paul Soraparu	3-8	
G Chiavelli	3-8	
M75 Howard Mayland	4-0	

M40 Ivan Black	5-0	
M45 Mike DeJesus	5-0	
M50 Gerald Counihan	4-6	
M65 Jack Doorlay	1.12m	
M75 Claude Hills	1.12m	
M60 Pat Peterson	0.97m	
Pole Vault		
M35 Dan Goia	9-6	
M40 Ron Salvio	8-6	
M45 Ralph Fusco	10-0	
M55 Dave Martin	9-0	
M60 George Taylor	6-8 1/2	

M50 Jerry Counihan	12-4	
Norm Cyprus	10-0	
M65 Jack Doorlay	7-6	
M75 Claude Hills	6-1 1/2	
Long Jump		
M30 Pete Vanechanos	5.28	
Remo Biagioni	5.24	
M35 Eddie Mose	5.81	
Dan Goia	5.56	
Ed Koch	3.21	
M40 Ed Laurelli	4.99	
M50 Dennis Tancredi	4.89	
Bob O'Brien	4.82	
M55 Vince Ruffin	4.48	
Ken Larsen	4.22	
Don Bozzone	3.58	
M60 Tom Delany	4.16	
Paul Soraparu	4.06	
Jack Lance	4.05	
Quinto Biagioni	4.05	
M65 Hillar Saareste	3.47	
M75 Harold Mayland	1.79	
M30 Yancy Munoz	3.52	
M40 Antonia Coleman	2.83	
M55 Nancy Ammermuller	2.92	
M70 Ethel Mayland	2.08	

Triple Jump		
M30 Tony Ciccone	11.19	
M35 Dan Goia	11.18	
M40 Ed Laurelli	9.61	
Ron Salvio	9.53	
M50 Dennis Tancredi	9.97	
M55 Dave Martin	9.56	
Ken Larsen	8.20	
Don Bozzone	5.90	
M60 George Taylor	6.59	
M65 Hillar Saareste	7.29	

M30 Wm Johnson	12.29	
M35 Rich Ryan	8.55	
M40 Ivan Black	10.93	
Mike Billman	9.23	
M45 Mike Milove	10.43	
M50 Ed Kent	9.17	
M65 Jack Doorlay	7.98	
M70 Ed Matthews	8.13	
M75 Claude Hills	6.24	
M45 Barbara Stewart	7.11	

M30	Wm Wolverton	14.20
	Tony Ciccone	13.57
	Dennis VonLinden	12.68
	Remo Biagioni	10.59
M35	Rich Ruffalo	10.68
M40	Rich Dunphy	12.03
	Frank Monroe	8.72
M50	Sam Rumford	11.38
	Dennis Wilson	10.25
	Jerry Sullivan	9.05
M55	Don Bozzone	6.10
M60	Quinto Biagioni	11.49
	Paul Soraparu	11.12
	G Chiavelli	10.51
	George Taylor	9.85
M65	Al Jankola	9.54
M70	Mart Neumann	10.06
	Jim Manno	9.19
M75	H Mayland	7.80
W30	Yancy Munoz	7.46
W70	Ethel Mayland	6.46

Continued from previous page

Pole Vault	
M45 William Eubank	2.89
Long Jump	
M30 Gregory Graham	5.85
Wayne Damm	4.95
M35 Wayne Reese	6.18
M50 Bob O'Brien	4.80
John Whelan	4.24
Peter Tams	4.13
M55 Bill Mondell	3.79
M60 Roy Chernok	3.80
Lou Caro	3.37
M70 Vern Mattson	4.02
Nat Heard	2.86
M75 Gil Gonzales	2.43
M65 Joann Clantani	1.85
Triple Jump	
M35 Wayne Reese	12.08
M70 Vern Mattson	2.37
Nat Heard	1.99
Shot Put	
M35 Dennis Umshler	11.18
John Kirchner	11.00
M40 R Vlaardingerbroek	12.80
Manny Camunas	7.96
M45 Jerry Arline	10.82
M55 Bill Mondell	8.50
M60 Laurence Siegel	11.44
Jim Gillcrist	10.60
M70 Ray Rupelli	10.36
Tom McDermott	10.32
M75 Ernest Dennison	9.10
M80 Gordon Powell	7.02
W50 Vanessa Hilliard	10.64
Discus	
M35 Dennis Umshler	44.30
John Kirchner	36.62
M40 R Vlaardingerbroek	36.66
Manny Camunas	25.68
M45 Jerry Arline	33.58
M60 Jim Gillcrist	40.80
Laurence Siegel	33.08
Roy Chernok	25.70
M70 Tom McDermott	35.12
Gene Abdenour	32.10
Ray Rupelli	27.80
M75 Gil Gonzales	29.52
Ernest Dennison	29.00
Igor Storojeff	15.42
Hammer	
M45 Jerry Arline	43.44
M60 Laurence Siegel	37.53
M70 Tom McDermott	43.00*
Ray Rupelli	27.80
M75 Ernest Dennison	18.30
Gil Gonzales	23.34
M80 Phil Partridge	13.98
W50 Vanessa Hilliard	36.86*
*U.S. age-group record	
Javelin	
M35 Nate Robinson	49.35
M40 R Vlaardingerbroek	48.80
M55 Bill Mondell	36.10
M75 Gil Gonzales	24.96
Ernest Dennison	18.95
Igor Storojeff	16.70
Weight Throw	
M45 Jerry Arline	10.78
M60 Laurence Siegel	8.02
M70 Ray Rupelli	8.36
M75 Ernest Dennison	6.54
M80 Gordon Powell	6.46
Phil Partridge	5.84
Gordon Powell 35#	5.04
W50 Vanessa Hilliard	12.62
5000m RW	
M40 John Fredericks	24:20
M45 John Curtin	37:15
M55 Bob Fine	29:15
M60 John MacLachlan	31:30
Sig Kurz	32:28
M70 Chris Lorenzo	38:23
M75 Sol Tannenbaum	39:42
W35 Mary Mullins	39:01
W40 Linda Stein	27:50
W45 Sheila Cichocki	31:50
Doris Miller	36:54
W50 Barbara Benson	50:57
W60 Barbara Weitzman	46:43
W65 Carol Stephen	45:02
W70 Trudy Byer	48:33
W30 Joan Marinare	38:30

Florida AC Naples By The Sea Meet

Naples, FL; April 27

100m	
M30 Mitchell Norgart	13.29
William Brown	13.76
M35 Nate Robinson	11.59
Tony Brooks	12.14
Scott Gehringer	14.22
M40 Matt Sitkowski	12.68
Bill Close	13.13
M45 Joe Johnston	13.03
Luis Roman	14.42
Billy Johnson	14.62
M50 Peter Tams	12.82
Bill Walker	13.62
N Delaneville	14.34
M60 John Poppell	13.12
Lou Caro	14.73
Rocco Scialpi	17.23
M70 Gene Abdenour	15.60
Gene Schneider	18.52
M75 Gil Gonzales	15.25
W50 Joy McDonald	14.67
Audrey Smith	21.41

200m	
M30 Graham Gregory	24.69
Mitch Norgart	26.77
M40 Dick Close	26.44
M45 Luis Roman	29.50
Billy Johnson	31.98
M50 Peter Tams	25.92
Bill Walker	26.79
N Delaneville	29.44
M60 J Poppell	27.96
R Scialpi	37.74
M70 Gene Abdenour	34.34
M75 Gil Gonzalez	34.45
W50 J McDonald	29.30
Sara Gonzalez	37.52
W60 Ann Edgington	50.96
400m	
M35 Chas Smith	55.56
George Brenco	63.41
M45 Les Bennett	54.75
John Shenk	58.17
Luis Roman	74.22
M50 Bill Walker	61.92
Ken Gailey Sr	66.84
M55 Art Scheinholz	67.81
M70 Jay Sponseller	71.01
W50 Sara Gonzalez	91.71
800m	
M30 Stan Brown	2:11.83
M45 Les Bennett	2:06.22
Harold Burns	2:12.72
Jaret Slaven	2:13.48
John Shenk	2:20.33
M50 Ken Gailey Sr	2:33.99
Bruce Copperud	2:45.15
M65 Archie Messenger	2:33.46
M75 Igor Storojeff	4:43.00
W50 Sara Gonzalez	3:30.26
W60 Sally Motherway	4:33.96
1500m	
M30 S Brown	4:51.97
M40 Bob Zieminski	4:38.29
M45 Jarrett Slaven	4:34.99
Harold Burns	4:45.68
M65 Archie Messenger	5:35.29
M70 Max Quackenbos	6:26.41
M75 Igor Storojeff	10:29
W50 Sara Gonzalez	7:13.35
5000m	
M30 Ramiro Manalich	18:41.85
Bill Marshall	21:09
M35 Ernie Medugno	19:58
M40 Pete VanArsdale	20:39.71
M50 Art Scheinholz	18:38
Dean Lockwood	22:08.59
Ken Wilson	23:15
Harold Smith	26:20
Denis Healy	26:43
M55 Perry Silverman	19:56
Jim Gover	22:23
M70 Max Quackenbos	22:58
Paul Hauck	28:01
W30 Erica Szilagyi	21:18.52
W45 Ann Taylor	24:11
W50 Sara Gonzalez	24:52
Audry Smith	30:24.80
Short Hurdles	
M30 William Brown	19.62
M35 Nate Robinson	15.03
Anthony Brooks	17.02
M50 Nemour Delaneville	17.78
M60 Lou Caro	20.26
High Jump	
M30 Jeff Helton	2.45m
Carlos Abaunza	1.72
M35 Tony Brooks	1.67
Don Riddle	1.57
M40 Tim Heikkila	1.88
Dan Toppin	1.62
R Vlaardingerbroek	1.60
M45 Bill Johnson	1.37
M50 Peter Tams	1.32
Bill Walker	1.22
M55 Bruce Copperud	1.42
Bill Mondell	1.37
M75 Gil Gonzalez	1.14
Ernest Dennison	0.96
Pole Vault	
M40 Paul Katauskas	3.66
Dan Toppin	3.12
M45 Joe Johnston	3.96
M75 Gil Gonzalez	1.67
Long Jump	
M35 Wayne Reese	5.98
Tony Brooks	5.84
Don Riddle	5.14
Scott Gehringer	4.77
M40 Paul Katauskas	5.61
Bill Close	5.39
M45 Billy Johnson	4.87
M50 N Delaneville	4.72
Peter Tams	4.58
Bill Walker	4.16
M55 Bill Mondell	3.90
M60 Lou Caro	3.99
M75 Gil Gonzalez	3.32
Triple Jump	
M30 Jeff Helton	12.39
M50 N Delaneville	9.85
M75 Gil Gonzalez	7.26
Wilbur Ott	7.03
Shot Put	
M30 Carlos Abaunza	11.35
Mark Moore	9.74
M35 Scott Gehringer	11.92
M40 R Vlaardingerbroek	12.91
John Sweatlock	11.02
Tim Nimick	9.19
M45 Jerry Arline	10.64
Bill Miller	8.67

M50 Jon Albitz	12.30
William Burkley	11.00
M55 Phil Brady	12.75
Wm Duckworth	12.55
Jim Brady	10.18
M60 Jim Gillcrist	11.06
Lawrence Siegel	10.49
M70 Tom McDermott	11.05
Gene Abdenour	9.99
M75 Ernest Dennison	9.27
W50 Vanessa Hilliard	10.47
Discus	
M30 Carlos Abaunza	36.96
Mark Moore	26.24
M35 Scott Gehringer	37.89
M45 Jerry Arline	33.56
Jon Albitz	31.89
Bill Miller	25.60
M55 Phil Brady	46.22
Dag Gonzalez	45.62
M60 Jim Gillcrist	41.84
Lawrence Siegel	33.76
Dennis Edgington	23.52
M65 Al Christiansen	20.90
M70 Tom McDermott	36.28
Gene Abdenour	31.15
M75 Gil Gonzalez	27.82
Wilbur Ott	27.56
Ernest Dennison	25.14
W50 Vanessa Hilliard	30.88
(U.S. age-group record)	
Javelin	
M30 Mark McClimas	27.25
M35 Nate Robinson	53.22
Bill Williams	22.65
M40 R Vlaardingerbroek	51.12
tim Nimick	46.02
M45 Bill Miller	34.52
M50 Tom Murphy	51.52
Wm Burkley	33.38
M55 Wm Duckworth	52.78
Bill Mondell	37.74
M60 Dennis Edgington	23.04
M75 Gil Gonzalez	24.20
Wilbur Ott	23.42
Ernest Dennison	19.53
Weight Throw	
M45 Jerry Arline	10.92
Bill Miller	7.58
M50 Wm Burkley	8.82
Jon Albitz	7.64
M55 Jim Brady	7.72
Bill Mondell	5.48
M60 Lawrence Siegel	9.38
Dennis Edgington	6.32
M70 Tom McDermott	11.96
M75 Ernest Dennison	7.08
W50 Vanessa Hilliard	14.06
5000m RW	
M35 Don Hamilton	39:02
M40 Steve Trudnak	39:08
M45 Paul Alvord	28:04
Dick Bruce	33:00
Larry Calderone Sr	40:37
Bob Fine	28:05
Tom White	29:12
Larry Mullins	33:54
M60 Harv Goldenberg	31:33
Bill Templeton	34:00
Rocco Scialpi	41:00
M65 Al Christiansen	35:44
Wayne Schutte	38:19
W30 M Weatherspoon	35:35
W35 Inez Wells	35:22
Ellen Reilly	37:20
Barbara Bove	38:12
Vicki Traxler	38:24
W50 Barbara Hamilton	32:14
W55 June Marie Provost	30:53
Joy Clingman	32:40
W60 Ronnie Vaughan	34:33
W65 Dorothy Tusko	37:33
Lucille Schutte	40:28

MIDWEST

TAC Midwest Sectional Masters Indoor Championships

Sterling, IL; March 10

60m dash	
M30 Mills	6.9
J. Mathis	7.3
Sovell	7.5
Plese	7.7
M35 Wright	7.3
Revolinski	7.4
Zahn	7.7
M40 Jackson	7.4
Hardin	7.7
Williams	8.0
Hill	8.1
M45 Lee	8.0
F45 Danielson	9.7
Platis	10.7
M50 L. Stopoulos	8.0
P. Stopoulos	8.0
Ellis	8.7
M55 Dobrovoly	7.6
Jim Mathis	7.9
Trinckner	8.5
M60 Sochor	8.3
Walsh	9.4
F60 Bobowski	10.8
M65 Larsen	7.8
Bergthold	8.8
F65 Berry	11.1
M75 Lightfoot	10.1
Flachs	10.5

60m hurdles	
M30 Lammers	7.9
M35 Zahn	8.1
Wetry	8.5
Barnard	8.6
M40 Druckrey	7.7
M45 Meisner	9.1
F45 Platis	11.9
M50 Ellis	8.9
Mills	9.4
M55 Trinckner	9.7
M60 Walsh	9.3
F60 Bobowski	13.2
200m dash	
M30 Few	23.4
Jay Mathis	23.4
M35 Revolinski	24.1
Wright	24.5
Zahn	25.1
Griffin	25.5
M40 Druckrey	23.4
Jackson	25.1
Hardin	25.8
Williams	25.9
M45 Feldhausen	26.7
F45 Danielson	32.9
M50 P. Stopoulos	25.1
L. Stopoulos	25.4
Mills	29.8
M55 Jim Mathis	25.1
Sobolevski	25.5
Trinckner	28.7
M60 Sochor	27.6
Walsh	27.9
M65 Schmidt	27.6
Bergthold	27.7
F65 Berry	43.9
M70 Rajcevic	29.4
M75 Lightfoot	35.3
Flachs	42.1
400m dash	
M30 Jay Mathis	53.3
F30 Buikema	1:24.9
M35 Wright	59.3
M40 Druckrey	52.1
M50 Mills	1:05.3
M55 Jim Mathis	56.4
Sobolevski	1:04.7
M60 Sochor	1:04.2
M65 Bergthold	1:16.3
M70 Rajcevic	1:23.4
M75 Lightfoot	1:23.9
Flachs	1:25.0
800m run	
M30 Ruleau	2:00.1
Whittsett	2:06.2
Hervert	2:07.1
Anderson	2:09.5
F30 Hervert	2:31.4
M35 Nickels	2:05.2
Shaw	2:07.3
Rinaldi	2:08.1
Feldhausen	2:10.1
M35 Revolinski	2:31.8
M40 Hassard	2:07.3
Fish	2:08.1
Stan Mathis	2:09.2
Dorff	2:09.6
Fa-Pederson	2:12.1
M50 Nuccio	2:40
M60 Sochor	2:42.1
M65 Larsen	2:52.3
M70 Rajcevic	3:22.9
1500m run	
F30 Hervert	5:01.9
M35 Feldhausen	4:39.9
Stan Mathis	4:37.9
Schuster	5:05.1
Sumpter	5:43.2
M45 Davis	4:29.5
Perry	4:30.5
M60 Sochor	6:00.9
3000m run	
M30 Branta	8:57.8
M35 Nickels	9:15.9
Green	9:37.0
M40 Stader	10:58.0
Sumpter	12:03.1
M45 Davis	9:59.3
M70 Strassenburg	13:24.1
1500m racewalk	
F30 Brukima	13:02
F35 Gnatzig	9:57
F40 Smith	8:16
F45 Alexander	9:10
F50 Grady	9:07
F55 Gadiant	8:38
5000m racewalk	
F35 Natzig	21:21
M40 Easterland	15:43
F40 Smith	17:47
F45 Alexander	18:56
F50 Grady	19:00
F55 Gadiant	18:13
long jump	
M30 Jay Mathis	19'3"
M35 Watry	19'0"
Menvaliska	15'5"
M40 Hill	16'8"
Ewing	16'4"
Williams	14'3"
M45 Meisner	17'2"
M50 P. Stopoulos	17'5"
L. Stopoulos	17'
M55 Trinckner	16'43/4"
M65 Larsen	17'3"
Platis	15'2"
M70 Rajcevic	11'3"
F40 Danielson	13'3"
Platis	11'6"
F60 Bobowski	10'5"
F65 Berry	8'113/4"

triple jump	
M35 Watry	38'1 1/2"
M40 Ewing	29'7"
M45 Meisner	37'8"
F45 Platis	20'4"
M50 P. Stopoulos	32'73/4"
F60 Bobowski	21'4 1/2"

high jump	
M35 Watry	6'
Valiska	5'8"
M40 Jackson	5'
M45 Meisner	5'8"
F45 Platis	3'6"
M55 Smith	5'
Trinckner	4'11"
F60 Bobowski	3'2"
M65 Platis	4'6"
M70 Rajcevic	3'10"

pole vault	
M30 Barsic	12'
M35 Anderson	13'
Barnard	12'
Silbaugh	11'6"
M40 Hill	10'
M45 Norberg	10'6"
Schwab	8'
M50 Griffen	8'
M55 Kemp	7'
M70 Rajcevic	7'

<

Continued from previous page

M45 Jack Talsky	24.89
Stan Baker	25.65
Robert Farber	27.09
M50 Doug Smith	25.60
Fred Niedermeyer	25.90
Richard LaTourette	28.86
M55 Nick Newton	25.01
Roger Tsuda	26.24
Tony Nasralla	27.34
M60 Rocky McPherson	27.66
Louis Beadle	28.55
Orville Bingley	37.30
M70 Clarence Killion	31.30
M50 Jeanne Carter	31.26
400	
M30 William Harry	51.35
M35 Peter Mogg	52.25
James Bonilla	55.56
Oscar Aguirre	56.75
M40 Don Parker	52.73
Herman Castille	53.86
Glenn Johnson	54.08
M45 Jack Talsky	57.60
Stan Baker	59.24
M55 Tony Nasralla	63.40
M60 Louis Beadle	66.29
Bob Vitale	74.50
Orville Bingley	89.1
M40 Cheryl Kincaid	1:43.30
M50 Yvette LaVigne	72.10
800	
M30 Steve Flynn	2:00.92
M35 Oscar Aguirre	2:04.08
Jonathan Kilroy	2:05.53
Mike Beckwith	2:11.63
M50 Jon Lomax	2:19.70
Robert McAlpine	2:25.45
Mel Sacks	2:29.61
M55 Jesse Carrington	2:25.20
Lloyd McGuire	2:43.30
M60 Hal Willis	2:54.60
Orville Bingley	3:09.70
M40 Rickie Byars	2:48.10
1500	
M30 Steve Flynn	4:07.80
David Dennis	4:21.50
M35 Peter Mogg	4:06.30
Oscar Aguirre	4:19.90
Steve Lassegard	4:26.90
M40 Craig Sturtevant	4:40.60
M50 Cliff Stolba	5:34.40
M55 Bob Culling	5:16.70
Al Ray	5:18.90
M60 Bob Vitale	5:46.70
Al Escobosa	5:58.10
M65 Avery Bryant	5:32.90
M40 Cheryl Kincaid	7:20.20
M50 Yvette LaVigne	5:42.80
M60 Joan Gunn	11:16.70
3000	
M30 Gary McGraw	9:47.84
M40 David Amster	9:04.97
Hiro Moriyasu	11:20.36
Satoshi Moro	11:21.59
M45 Roy Gardner	10:56.77
Luigi Schiavo	12:31.60
M60 Orville Bingley	13:53.4
5000 Walk	
M40 Art Grant	25:19.40
M55 Bob Meador	27:33.90
Walter de Rothen	37:47.00
M60 Charles De Heck	36:05.10
M65 Donald Cotner	33:21.10
Mike Logan	37:54.40
M45 Karen Helms	31:15.10
M50 Lorri Coppola	33:21.10
M65 Jean Cotner	39:41.70
800H	
M70 Burl Gist	14.10
Al Guidet	14.60
M75 Bert Morrow	17.6
1000H	
M50 Bill Knocke	15.33
M55 Bill Adler	18.60
Dave Douglass	19.60
M60 Will Robinson	17.90
Bob Watanabe	23.80
1100H	
M35 Roosevelt Wells	16.26
M45 Theo Viltz	15.29
3000H	
M60 Will Robinson	49.54
Bob Watanabe	50.60
M70 Pete Ganahl	62.94
M75 Bert Morrow	64.90
4000H	
M30 Bernard Wooten	63.50
M35 Andrew Hecker	64.10
M40 Dennis Ruby	64.31
M50 Bill Knocke	63.24
High Jump	
M35 Jason Meisler	6-8
M40 Charlie Rader	6-0
M55 Nick Newton	4-8
Ray Fitzhugh	4-6
Dave Douglass	4-4
M70 Pete Ganahl	3-8
Jim Vernon	3-0
M40 A. Steekelenburg	4-10
M60 Shirley Kinsey	3-6
Pole Vault	
M30 Greg Charles	13-0
M40 Steve Morris	14-0
Greg Miguel	13-6
M45 Dan Borrey	13-6
Bob Bly	11-0
M55 Ray Fitzhugh	9-0

M65 Tom DeVaughn	7-2
M70 Jim Vernon	8-6
Long Jump	
M30 Tom Harris	20-9 1/2
M35 John Kuechle	19-4 1/2
M40 Carl Flowers	19-6
Bill Weinstock	16-10 1/2
Leroy Clippis	15-7 1/2
M45 Robert Farber	16-10-3/4
Bob Bly	16-5 1/2
M55 Roger Tsuda	17-5 1/2
Ray Fitzhugh	13-10
Ron Engen	12-10 1/2
M70 Harry Yu	7-4-5/8
M75 Clarence Trahan	11-1 1/2
Elmer Siegel	8-4
M60 Magdalena Kuehne	11-5
Shirley Kinsey	9-3-3/4
Triple Jump	
M35 Tom Stuthard	38-9-3/4
Andrew Hecker	35-4 1/2
M55 Ron Engen	26-7
M70 Charles Mercurio	28-0 1/2
Harry Yu	16-4
M75 Clarence Trahan	21-11-3/4
Elmer Siegel	20-3 1/2
Shot Put	
M30 Val Olotoa	43-5
M45 Dan Borrey	38-0
M50 James Hart	44-4 1/2
Paul Vermillion	43-10 1/2
M55 George McGinnis	34-8 1/2
Bob Eldridge	31-5
Walter deRothen	21-10 1/2
M60 Arnie Gaynor	38-11
Charley Sarver	30-5
M65 Stan Sadofsky	33-11
Mike Logan	25-0
M70 Wilbur Thompson	38-8
Jim Minah	37-4 1/2
Jack Thatcher	32-4
M75 Art Vesco	21-11
M80 Burt DeGroot	24-9 1/2
M35 Janet Wilson	35-1 1/2
M60 Shirley Kinsey	22-8
Magdalena Kuehne	21-5 1/2
Discus	
M30 Val Olotoa	123-4
M35 Russ Reabold	127-5
M40 Bill Weinstock	93-2
M45 Gary Carlsen	157-11
Dave Nuttall	86-5
Luigi Schiavo	65-3
M50 James Hart	150-4
Gary Miller	133-8
Steve Wordell	103-11
M55 Stew Thomson	152-5
George McGinnis	102-11
Ray Fitzhugh	99-0
M60 Harry Hawke	162-6
Arnie Gaynor	140-1
Charles Sarver	111-7
M65 Bill Bangert	129-1
Stan Sadofsky	128-4
Don Roser	94-4
M70 Wilbur Thompson	133-0
Seymour Lampert	103-1
M75 Art Vesco	59-5
M80 Burt DeGroot	82-10
M35 Janet Wilson	144-11
M40 Cheryl Kincaid	82-2
M50 Lorri Coppola	58-5
Hammer	
M45 Lloyd Higgins	154-11
Mike Woodard	114-1
M50 James Hart	126-1
Abe Sheinker	95-11
M55 Stew Thomson	162-3
Dave Douglass	90-9
M60 Harry Hawke	112-3
M65 Bill Bangert	107-3
Tom DeVaughn	68-6
Mike Logan	59-2
M70 Jim Minah	133-4
Wilbur Thompson	96-4
Seymour Lampert	96-5
M75 Art Vesco	76-4
Javelin	
M30 Robert Adam	132-10
M40 Ron Rook	141-5
Richard Rook	120-6
Bill Weinstock	116-10
M45 David Nuttall	128-6
Luigi Schiavo	54-1
M50 Larry Stuart	213-9
Gary Miller	146-11
Steve Wordell	132-1
M60 Del Pickarts	153-4
Charlie Sarver	84-7
M65 Donald Roser	100-0
Mike Logan	59-8
M70 Rick Hustace	80
M75 Art Vesco	55-5
M60 Magdalena Kuehne	58-2

Northern California
Seniors Track Club
Ken Carnine Classic
Cal State, Sacramento
April 27

100	
M30 Ted Jeung	11.2
M35 Frank Denby	12.6
Civilians Missouri	12.6
Rick Thoman	12.6
M40 Earl Bryant	11.8
Ray Teck	11.9
M45 Jerry Baladed	12.3
Win Emert	11.6
Gary Patterson	12.1
Ronney Thomas	12.6
M50 Martyn Adamson	11.8
Doug Smith	12.1
Bruce Springbett	12.5
Richard Martin	13.1
Harvin Smoller	13.4
M60 Huel Washington	12.9
Bob Feaster	12.9
Huel Washington	13.0
M65 Bill Hallantine	13.2
Payton Jordan	13.1
M70 Walter Dahlin	13.8
Clarence Killion	14.5
300	
M30 Michele Denby	13.6
Valerie Scott	13.9
M35 Margaret Dixon	12.9
Judy Ace	14.1
Benky Post	14.2
M50 Kay Lyons	11.6
M55 Fel-Hel Chou	16.7
M60 S. Dietrich	19.5
200	
M30 Ted Jeung	23.4
Ricky Swift	24.0
M35 Ron Fisher	24.1
Richard Ulrich	24.9
Frank Denby	25.7
M40 Ray Teck	24.6
Early Bryant	25.0
M45 Matt Pruitt	24.4
John Aldridge	24.6
Gary Patterson	25.0
M50 Mel Brooks	24.2
Martyn Adamson	24.7
Doug Smith	25.5
M55 Bruce Springbett	26.6
M. Smoller	27.3
M60 Bob Feaster	27.0
Huel Washington	27.3
B. Stevens	29.7
M65 Bill Hallantine	32.3
Payton Jordan	28.8
M70 Clarence Killion	31.0
Frank Toner	32.1
350	
Valerie Scott	29.5
Horma Lopez	29.9
Michels Denby	30.5
Margaret Dixon	27.5
Judy Ace	30.5
M40 Marty Behrens	29.9
M50 Kay Lyons	32.4
M55 Irene Obera	29.8
400	
M30 Ken Wun	53.0
Rick Kuehman	59.2
M40 Alvin Jackson	63.5
M45 Matt Pruitt	54.1
John Aldridge	53.2
M50 Mel Brooks	57.0
M55 Harvin Smoller	64.1
M65 Bill Hallantine	76.3
500	
M30 Norma Lopez	71.2
M55 Irene Obera	70.6
800	
M30 Mike McOrae	2:03.6
Gregory Miller	2:09.8
Dave Duncy	2:15.0
M35 George Acaya	2:29.4
M40 Desmond Knuckey	2:10.1
Sylvester Jones	2:16.5
Alvin Jackson	2:18.5
M45 George Hason	2:13.6
M50 Jim Bevins	2:12.4
Jack Hill	2:10.3
M70 Jim Lytjen	2:19.2
M36 Nancy Frost	2:46.0
Long Jump	
M30 Al Eggman	20'3 3/4"
Kevin Johnson	19'2 3/4"
Jim Jelani	11'1 1/2"
M35 K. Wun	17'3"
Ed Srene	16'10 1/2"
M35 S. Richmond	15'9"
M70 A. Riccardi	12'4 3/4"
M. Henderson	10'7 1/2"
M80 Robert Ulah	8'3 3/4"
High Jump	
M30 Alan Eggman	5'10"
Kevin Beeman	5'10"
M35 Rich Ulrich	4'10"
Steve Richmond	4'8"
M40 Ed Huskauskas	3'4"
Mike Holsang	3'4"
M55 Don Rose	4'10"
M65 Jerry Bledorf	3'10"
M70 Mark Henderson	4'4"
M55 Fel-Hel Chou	3'4"
Triple Jump	
M30 Jim Seleni	32'2"
M35 Richard Ulrich	33'2 3/4"
Roger Trujillo	43'8"
M55 S. Richmond	29'10 1/2"
M70 G. Mercurio	28'2 3/4"
M80 R. Ulah	19'1 1/2"
Shot Put	
M30 Jim Seleni	26'6"
M35 Joe Keshmiri	47'1 1/2"
R. Hotchkiss	45' 1/2"
J. Hart	44'1"
M55 Dennis Riets	39'8"
Tom Slatkery	39'8"
M60 Bob Feaster	40'2"
R. Orlich	39' 1/2"
M65 R. Wigginton	54'6 1/2"
J. Bledorf	25'0"
M70 Hal Cronkhite	34' 1/2"
Hy Booth	32'11"
A. Riccardi	31'2 1/2"
M35 H. Dixon	30'9"
Weight Throw	
M50 Jim Hart	36'1"
Dick Hotchkiss	47'1"
M55 Dennis Riets	30'8"
B. Biddinger	26'8"
M70 Bob Stone	28'6"
M75 Jim York (35#)	22'9 1/4"
*Age 77 WR	
Weight Pentathlon	
M55 Dennis Riets	3354
M70 Bob Stone	2894

CANADA

Ontario Masters Indoor
Championships
Toronto; March 9

60mH	
M35 H Hudson	9.17
M40 W Dehorn	10.12
M45 P Johnson	11.14
M50 S Tyler	8.83**
M60 K Hering	11.69
M65 A Thomson	10.97*
M70 H Warwas	14.07
M45 G Hemming	12.27*
M60 P Peterson	15.73
60m	
M35 K Smith	7.40
M40 R Zimmerman	7.69
M45 A Callender	7.81
M50 S Tyler	7.76
M55 A Sundin	8.49
M60 R Mitchell	8.64
M65 J O'Neill	8.66
M70 B Mackereth	9.42
M75 P Duncan	9.71
M40 R Trott	9.01
M50 A Rosenitsch	9.54
M55 J Holmes	10.91
M60 D Carmichael	9.99*
M65 K Meri	11.53
200m	
M35 H Hudson	24.89
M40 R Zimmerman	24.25
M45 P Schubert	27.45
M50 C Miller	25.94
M60 E Fee	27.90
M65 A Thomson	30.02
M70 A Obokata	31.23
M40 R Trott	29.62
M50 A Rosenitsch	31.15*
M55 J Holmes	36.38
M60 D Carmichael	35.77
M65 K Meri	41.07
400m	
M35 H Hudson	54.8
M40 R Zimmerman	55.7
M45 P Hankins	59.4
M50 R McElwaine	61.0
M55 C Wilson	68.8
M60 D Wilson	72.5
M65 V Sadul	67.7
M70 B Mackereth	73.8
M75 A Ernesaks	75.2
M40 P Duncan	69.1
M50 A Rosenitsch	69.5*
M60 P Peterson	95.8
800m	
M35 T Hutchinson	2:09.7
M40 R Tucker	2:00.8
M45 B Thompson	2:17.5
M50 D Featherstone	2:19.4
M55 F Arnold	2:35.5
M60 E Fee	2:16.7**
M65 V Sadul	2:45.2
M35 C Guy	3:06.6
M50 A Vandervleuten	2:45.9*
M65 D Brechbuehl	3:32.7*
1500m	
M35 G Aitken	4:23.61
M40 R Tucker	4:08.63
M45 B Thompson	4:39.37
M50 D Featherstone	4:36.68
M55 G Krolow	5:26.68
M60 D Wilson	5:31.47
M65 K Gelbhaar	5:31.67
M35 A Acheson	5:00.42
M50 F Vandervleuten	5:46.85
M65 D Brechbuehl	7:07.99
3000m	
M40 A Emmett	11:33.7
M45 I Harding	11:56.0
M50 J Scott	12:20.2
M55 M Turner	11:47.00**
5000m	
M35 F Dykman	16:48.5
M40 D Hale	16:39.2
M45 D Sheridan	17:10.4
M50 J Mathews	17:43.9
M55 D Wallace	18:25.8
M60 C Hall	19:36.5
M65 K Gelbhaar	20:48.5
M75 W Sheridan	27:46.4*
High Jump	
M35 S Caws	1.73
M40 I Kiraly	1.64
M45 A Callender	1.43
M50 P Tams	1.40
M55 W Mozewsky	1.31
M60 M Woerle	1.40
M65 A Thomson	1.24
M70 V Koresaar	1.16
M75 I Hume	1.24
M35 M Mallia	1.32
M40 R Trott	1.32
M45 G Hemming	1.36*
M50 J Ward-McKeigan	1.12
M55 L Sandyk	1.04
Pole Vault	
M35 D Rudichuk	3.00
M40 H Miller	3.30
M45 F Quick	3.00
M50 B Land	2.00
M55 W Mozewsky	2.20
M65 S Egerton	3.20*
M75 I Hume	2.10
M50 A Rosenitsch	1.70*

Long Jump	
M35 S Caws	5.42
M40 W Dehorn	5.46
M45 G Pachovsky	5.55
M50 S Tyler	4.77
M55 T Swanson	4.15
M60 M Woerle	4.28
M65 V Sadul	4.17
M70 H Warwas	2.93
M75 I Hume	3.75
M35 M Mallia	4.31
M45 G Hemming	3.84
M50 D Swanson	2.89
M65 K Meri	2.99
Triple Jump	
M35 C Swanekamp	9.40
M40 A LaFramboise	10.63
M45 G Pachovsky	11.16
M50 D Waddell	9.77
M55 W Mozewsky	7.44

Continued from previous page

M55 T Roberts	2:17.2
D Carr	2:17.5
M McAvoy	2:25.4
M60 B Dean	2:22.0
B Paxman	2:25.0
T Morgan	2:26.0
M65 R Hughes	2:31.0
G McKeown	2:40.0
D Orr	2:41.0
M70 J Stevens	2:50.0
P Colthup	3:35.0
M75 A Smith	3:27.0
V Adamson	3:50.0
M80 J Brown	4:24.0
W30 E Cooper	2:19.0
E Simpson	2:33.0
A Shiels	2:39.0
W35 C McArdle	2:21.0
R Busted	2:24.0
J Shaw	2:26.0
W40 J Bandiera	2:27.0
J Jaensch	2:27.1
D Aubin	2:30.0
W45 P MacLiver	2:30.0
M Wong	2:32.0
B Williams	2:32.1
W50 J Morrey	2:53.0
M Duguid	2:56.0
M O'Shea	3:05.0
W55 J Cox	3:01.0
P Mews	3:16.0
A Young	3:17.0
W60 J Green	3:02.0
S Brasher	3:04.0
S Young	3:12.0
W65 T Davies	3:36.0
W70 M Collins	4:25.0
1500m	
M35 M Lawson	4:06.0
K Moran	4:14.0
B Simmons	4:17.0
M40 T Murray	3:59.6
C O'Brien	4:02.2
J Molloy	4:09.4
M45 G Hand	4:12.8
B Erskine	4:30.6
B King	4:44.8
M50 A Bradford	4:33.5
J Sawkins	4:37.1
T McCoy	4:39.6
M55 T Roberts	4:41.6
M McAvoy	4:41.8
D Carr	4:49.7
M60 P Couttie	5:12.4
N Windred	5:16.8
B Paxman	5:17.6
M65 R Hughes	5:10.2
G McKeown	5:22.3
M McKay	5:51.0
M70 J Gilmour	5:28.8
J Stevens	6:22.5
M75 L Foulser	7:35.1
A Smith	7:36.9
M80 J Brown	8:31.5
W30 E Cooper	4:47.4
A Shiels	5:42.4
W35 R Busted	5:03.5
J Shaw	5:07.3
L Jones	5:22.5
W40 J Bandiera	5:08.9
M Busted	5:15.0
J Cullen	5:29.7
W45 M Wong	5:13.9
B Williams	5:16.9
S Fleck	5:17.2
W50 J Morrey	6:03.8
J Bourke	6:16.2
B Hall	8:21.0
W55 J Cox	5:49.4
A Young	6:14.4
P Mews	6:57.4
W60 J Albury	5:45.7
S Brasher	6:05.0
S Young	6:22.4
W65 T Davies	7:05.0
P Mullins	8:12.4
W70 M Collins	8:36.4
5000m	
M35 M Lawson	15:38.8
B Simmons	15:52.3
M Sheppard	16:00.9
M40 T Murray	15:18.0
C O'Brien	15:24.9
J Box	15:48.6
M45 G Hand	15:47.9
J Castle	16:04.3
J Hanna	16:18.2
M50 A Bradford	16:34.8
B Raimond	16:40.3
J Seymon	17:40.1
M55 M McAvoy	18:14.0
F Rodgers	18:28.0
D Simmonds	18:38.7
M60 B Seton	19:29.2
E McLean	20:33.8
G Parkinson	21:04.9
M65 R Hughes	18:52.6
G McKeown	20:26.0
F Devlin	21:28.2
M70 J Gilmour	19:30.9
P Colthup	27:25.4
M80 J Brown	31:59.1
W35 H Winchester	19:52.0
C Ross	21:44.5
L Thompson	22:08.2
W40 M Busted	18:35.9
L Lenton	19:57.3
J Cullen	20:17.5
W45 S Fleck	19:54.7
J Rayner	20:24.8
M L'Huillier	20:50.9

W50 C McArdle	21:19.7
S Counsel	21:56.9
H Brown	23:20.6
W55 J Cox	21:38.9
A Young	22:07.0
J Mallory	26:23.6
W60 J Albury	21:02.2
S Brasher	21:53.2
S Young	22:46.8
W65 T Davies	25:19.7
P Mullins	30:27.8
L Warth	32:35.3
10,000m	
M35 M Lawson	32:29.0
B Simmons	34:35.0
J O'Brien	35:58.0
M40 K MacDonald	32:37.0
C Condon	32:46.2
A VanDerWyk	32:49.9
M45 G Hand	33:02.0
J Castle	33:57.0
L Hanna	35:06.0
M50 A Bradford	33:25.8
B Raimond	33:27.1
J Seymon	36:14.3
M55 M McAvoy	38:23.9
T Bauchop	39:21.5
T Davison	41:41.4
M60 B Seton	39:49.5
E McLean	44:47.4
B Morrey	45:49.5
M65 G McKeown	43:48.3
C Gahan	49:50.6
N LeRossignol	57:21.9
M70 J Gilmour	40:39.7
R Oughton	52:33.6
M80 J Brown	69:14.3
W35 H Winchester	41:34.9
M David	47:11.3
W40 M Busted	38:40.3
P Hayes	41:45.9
J Cullen	42:41.7
W45 D Siepmann	43:30.4
M Cassidy	47:42.2
W Davidson	48:44.1
W50 C McArdle	44:37.9
S Counsel	46:01.8
H Brown	47:55.1
W55 A Young	46:57.5
J Mallory	56:21.3
B Doherty	60:29.6
W60 S Brasher	44:50.3
S Young	46:27.1
W65 T Davies	53:34.2
P Mullins	62:22.6
L Warth	74:29.3

Short Hurdles	
M35 R Crookham	16.5
C Riddoch	17.6
G Laws	22.1
M40 C Burge	15.5
F Sherrott	16.2
P Collins	16.5
M45 H Giles	17.0
C Burns	19.4
T Trachtenberg	22.2
M50 M Stevenson	15.2
K Priestley	15.5
R Newey	15.7
D Mather	17.4
T Hall	18.4
R Cunliffe	19.1
M60 J McGrath	19.4
H Meiselbach	19.9
T Morgan	21.1
M65 K McConnell	19.2
F O'Connor	20.0
S Stankovic	22.0
M70 G Boag	17.4
M75 V Younger	23.9
W35 K Macey	18.5
J Shaw	20.4
W40 M Taylor	13.7
M McKell	16.5
L Clayton	17.7
W45 M Allison	12.8
C Battersby	14.8
L Hamilton	16.1
W50 B Parkinson	13.8
T Wharton	14.9
G Seymon	15.6
W55 B Byrne	17.3
H Doherty	17.4
W65 B Woodburn	27.1

Long Hurdles M50+ 300m

M35 R Crookham	60.4
N Fowler	60.8
P White	61.2
M40 J Molloy	58.3
F Sherrott	60.0
P Collins	60.1
M45 T Trachtenberg	72.0
R Jones	78.4
M50 R Newey	44.4
M Hall	46.1
M Johnson	47.9
M55 Q Anthony	48.8
T Hall	50.3
R Cunliffe	51.9
M60 T Morgan	49.6
H Meiselbach	52.1
L Childs	64.2
M65 F O'Connor	52.8
S Stankovic	56.7
M70 K Hopkins	60.0
G Boag	62.2
W35 K Macey	73.5
J Shaw	74.0
W40 M Taylor	79.9
E Dundas	2:03.4

W45 M Allison	66.4
Steeplechase	
M35 M Lawson	10:01.8
M Sheppard	10:09.7
P Busted	11:05.1
M40 R Reid	10:32.3
G Gilbert	11:51.4
G Beahan	12:04.9
K Mayhew	10:44.5
K Eynon	10:45.5
R Jones	12:32.9
M50 A Bradford	10:15.1
L Farley	11:29.7
M Roberts	11:40.6
M55 M McAvoy	12:13.3
S Reid	12:34.3
T Bauchop	12:54.7
M60 P Couttie	8:26.7
L Childs	10:38.8
M65 M McKay	9:32.1
M70 K Hopkins	10:51.6
W35 J Shaw	8:13.0
M David	9:01.4
W40 L Clayton	9:57.7
E Dundas	14:22.4
W45 L Donaldson	9:30.8
L Hamilton	9:45.1
S Westbrook	10:47.7
W50 J Morrey	9:41.0
W55 P Mews	11:10.0

High Jump	
M35 C Tompkins	1.60
C Riddoch	1.58
P Podolak	1.55
M40 G Stretton	1.70
J Gordon	1.70
P Collins	1.61
M45 B Knox	1.60
H Giles	1.60
G Taylor	1.55
J Hunt	1.72
T Hancock	1.57
B Schofield	1.48
M55 D Williams	1.54
Q Anthony	1.48
T Yall	1.45
M60 A Rolfe	1.45
C Rann	1.31
T Morgan	1.25
M65 K McDonnell	1.37
W Widara	1.34
E Drummond	1.19
M70 H Logan	1.19
K Hopkins	1.16
M75 V Younger	1.16
A Smith	1.05
V Adamson	1.00
W30 J Erickson	1.38
W35 Y Craig	1.64
M Chappell	1.32
D Loveday	1.23
W40 M Taylor	1.38
C Mallison	1.35
M McKell	1.20
W45 C Battersby	1.38
R Philpott	1.17
S Westbrook	1.08
W50 T Wharton	1.26
G Seymon	1.14
W60 M MacKinnon	1.14
W65 G Davidson	1.14

Pole Vault	
M35 C Tompkins	3.30
P Podolak	2.80
M40 L Smith	3.40
M Craig	3.30
G Stretton	2.60
M45 J Cooper	2.80
T Moore	2.50
J Reynolds	2.30
M50 K Priestley	3.30
R Barclay	3.20
M55 Q Anthony	2.30
M60 J McGrath	2.90
R Hochreiter	2.30
M65 W Widara	2.46
K McConnell	2.40
E Drummond	1.70
M75 V Younger	1.20

Long Jump	
M35 C Tompkins	6.39
D Grace	6.13
P Podolak	5.76
M40 M Tolbert	6.40
N Peters	5.91
J Gordon	5.87
M45 P Vallance	6.26
H Giles	5.90
N McIntyre	5.75
M50 G Noden	5.54
M Stevenson	5.25
K Daniels	5.15
M55 J Sturzaker	4.79
T Hall	4.67
J Reid	4.23
M60 R Hochreiter	4.88
J McGrath	4.63
T Morgan	4.50
M65 M Johnston	4.79
F O'Connor	4.63
K McConnell	4.39
M70 K Hopkins	3.80
G Boag	3.53
M75 S Coleman	3.34
V Younger	3.15
a Smith	2.27
M85 R Frith	1.96

W30 M Perrott	4.98
J Erickson	4.75
P Bird	4.56
W35 K Macey	4.91
L Choate	4.57
M Chappell	4.40
W40 M Taylor	4.86
C Mallison	4.72
M McKell	4.33
W45 U Lund	4.63
J Johnson	4.48
C Battersby	4.28
W50 H Searle	4.36
G Seymon	3.61
B Hall	2.07
W55 H Doherty	2.98
B Doherty	2.48
W60 M MacKinnon	2.73
O Webb	2.47
W65 G Davidson	3.39
L Widara	3.23
T Davies	1.71
W70 M Partridge	2.93

Triple Jump	
M35 C Tompkins	14.17
P Podolak	11.93
D Grace	11.51
M40 M Tolbert	13.21
P Collins	12.35
N Peters	12.17
M45 P Vallance	11.62
N McIntyre	11.20
T Trachtenberg	9.91
M50 J Hunt	11.15
R Harris	10.10
A Brown	9.45
M55 J Sturzaker	10.60
T Hall	10.35
R Cunliffe	9.33
M60 R Hochreiter	9.94
J Soutar	9.27
C Rann	8.38
M65 K McConnell	10.42
M Johnston	9.65
M70 K Hopkins	7.65
G Boag	7.33
M75 S Coleman	7.52
A Smith	6.37
V Adamson	6.10
M85 R Frith	5.38
W30 J Erickson	9.87
W35 M Chappell	9.94
L Choate	9.39
M Fowler	8.97
W40 M Taylor	10.63
C Mallison	10.36
M McKell	9.49
W45 J Johnson	10.06
R Tregenza	9.78
C Battersby	9.34
W50 H Searle	9.62
D Whittan	8.61
G Seymon	7.78
W55 P Carr	8.11
W60 M MacKinnon	6.86
O Webb	6.56
W65 G Davidson	7.50
W70 M Partridge	6.82

Shot Put	
M35 T Tyrrell	12.38
C Tompkins	11.12
E Zuccolin	11.09
M40 A Turbin	12.40
B Wallace	10.72
T Dent	10.15
M45 R Guy	12.37
G Rose	11.74
R Green	11.36
M50 S Wijesinghe	12.70
P Schiowski	11.84
A Spaitis	11.39
M55 G Hencik	11.92
A Ropelin	10.95
J Ball	10.73

M60 C Rann	11.23
R Hochreiter	11.17
I Manca	11.09
M65 J Peridis	12.08
A Pavulins	11.52
J MacHugh	10.78
M70 R Foley	9.32
D Merkel	8.33
G Boag	7.53
M75 S Coleman	9.21
V Younger	7.70
B Schultz	5.63
M80 F Scully	4.43
M85 R Frith	6.14
W30 J Erickson	7.00
J Fahey	6.19
W35 D Palmer	10.44
M Holahan	8.42
R Smallwood	6.67
W40 C Schultz	13.22
C Mallison	9.25
M McKell	7.60
W45 U Lund	10.74
M Thomas	10.44
T Connell	9.57
W50 H Searle	12.05
G Seymon	9.44
J Bourke	8.81
H Doherty	10.01
M Warren	7.35
S Kaldor	7.08
W60 O Webb	6.87
M MacKinnon	6.02

W65	L Widara	8.11
	B Woodburn	7.20
	G Davidson	6.79
Discus		
M35	E Zuccolin	36.66
	C Tompkins	33.82
	C Riddoch	33.68
M40	A Turbin	40.32
	T Dent	38.78
	T Stead	33.18
M45	R Guy	42.50
	R Green	36.20
	G Rose	33.98
M50	A Spaitis	42.50
	S Wijesinghe	41.14
	T Hancock	37.74
M55	J Ball	35.06
	A Ropelin	34.44
	G Hencik	32.36
M60	C Rann	41.50
	R Hochreiter	40.78
	I Manca	40.20
M65	A Pavulins	37.54
	F Jakabsons	34.26
	J Peridis	34.14
M70	R Foley	31.84
	K Hopkins	25.22
	H Logan	23.32
M75	S Coleman	34.36
	V Younger	21.08
	B Schultz	18.38
M85	R Frith	13.50
W30	P Bird	24.92
	J Erickson	20.20
	J Fahey	15.62
W35	D Palmer	29.42
	M Holahan	24.38
	R Smallwood	22.34
W40	C Schultz	44.42
	C Mallison	28.78
	M McKell	18.78
W45	U Lund	36.04
	M Thomas	30.34
	V Roberts	28.72
W50	H Searle	25.60
	J Bourke	21.72
	G Seymour	19.96
W55	H Doherty	27.08
	S Kaldor	18.82
	M Wharen	18.72
W60	M MacKinnon	18.44
	O Webb	17.48
W65	L Widara	24.00
	B Woodburn	17.88
	L Frawley	17.72
W70	M Stevens	17.72

Continued from previous page

M55 Q Anthony	3692
B Molloy	2960
J Sturzaker	2611
M60 R Hochreiter	4188
A Cox	3314
J Soutar	2749
M65 M Johnston	4142
S Stankovic	3473
M McKay	3203
M70 K Hopkins	3406
G Boag	2499
H Logan	1350
M75 A Smith	2003
V Younger	1790
W30 P Bird	2541
A Shields	2178
W35 K Macey	2937
L Choate	2389
S Chadwick	2274
W40 M McKell	2551
D Wickham	2341
W45 C Batteraby	3422
N Parrish	2789
J Johnson	2641
W50 G Seymon	2247
W55 P Carr	2187
J Cox	1623
W60 O Webb	2191
M MacKinnon	1317
W65 L Widera	3527
J Bannister	3291
G Davidson	2690

5000m Walk

M35 C Kiddoch	24:39.2
C Maybir	26:18.7
D Clark	28:37.9
M40 I MacKenzie	23:38.5
K Law	24:42.7
M Mulligan	26:09.1
M45 G White	22:45.8
P Krier	24:37.1
I Richardson	24:54.4
M50 M Dickinson	23:45.2
T Johnson	25:32.4
M55 B Gardiner	23:40.1
II Summers	26:00.1
K Hall	26:29.2
M60 P Waddell	28:23.9
M65 T Orr	28:26.0
J Kilfoyle	29:24.4
B Jones	30:34.2
M75 T Daintry	30:58.7
J Webber	31:52.1
L MacGregor	47:16.9
W30 V Maleckas	28:31.8
W35 T Dalziel	26:50.8
F Schiller	35:14.1
W40 H MacDonald	26:21.1
G Vines	26:41.9
K Woodward	26:49.5
W45 L Osborne	28:13.6
P Newham	29:00.0
J Farrell	30:05.2
W50 J Hooper	27:41.2
P Hall	28:02.3
M Stanway	29:55.9
M55 T Leeb	31:39.7
M Dando	34:08.2
V Worrell	36:04.4
W60 O Webb	31:38.6
S Brasher	32:21.8
J O'Reilly	32:26.3
W65 B Newman	31:59.6
M Colthup	33:10.7
W70 G Smith	40:42.8

10,000 Walk

W30 L Jachno	47:39
V Maleckas	59:59
W35 T Dalziel	55:58
W40 H MacDonald	53:30
K Woodward	54:39
G Vines	55:15
W45 L Osborne	58:25
P Newham	60:48
J Farrell	64:05
W50 P Hall	57:31
J Hooper	58:22
M Stanway	61:00
M55 T Leeb	65:48
M Dando	68:21
W60 S Brasher	70:48
W65 B Newman	65:21
M Colthup	70:48
W70 G Smith	86:21

20,000m Walk

M35 C Maybir	1:49:52
D Clark	2:03:29
M40 K Law	1:46:57
M Mulligan	1:56:32
F Overton	2:00:46
M45 G White	1:38:50
R Whyte	1:46:13
P Krier	1:48:15
M50 M Dickinson	1:41:42
T Johnson	1:47:02
M55 B Gardiner	1:41:54
K Hall	1:52:26
H Summers	1:54:56
M60 P Waddell	2:03:41
T Short	2:05:33
M65 T Orr	2:04:31
J Kilfoyle	2:05:31
B Jones	2:09:46
M75 T Daintry	2:14:32
J Webber	2:22:32

10,000m Cross-Country

M35 M Lawson	33:16
B Simmons	34:06
N Potter	36:00

M40 C O'Brien	33:38
T Murray	33:52
K MacDonald	34:16
M45 G Hand	34:11
L Hanna	36:17
K Eynon	36:52
M50 A Bradford	35:01
B Raimond	36:03
B Kenny	38:18
M55 M McAvoy	39:45
D Simmonds	40:21
T Bauchop	41:27
M60 B Seton	43:51
E McLean	44:46
S Everett	44:49
M65 R Hughes	41:25
G McKeown	45:33
F Devlin	46:20
M70 J Gilmore	41:58
R Oughton	60:35
P Colthup	62:35
M75 V Adamson	67:17
J Mayer	73:41
M80 J Brown	87:43

W30 C Harding	47:10
K Watkins	56:14
W35 L Jones	45:07
H Winslow	45:46
L Thompson	47:17
W40 M Busted	40:47
J Cullen	44:44
R Hearnshaw	49:33
W45 S Fleck	44:09
B Williams	45:36
M L'Huillier	46:17
W50 C McArdle	46:11
S Counsel	47:39
H Brown	49:04
W55 A Young	46:39
J Mallory	55:38
D Mitchell	60:07
W60 J Albury	47:00
J O'Reilly	56:15
W65 T Davies	55:31
P Mullins	67:17
L Warth	73:06
W70 M Partridge	71:13

LONG
DISTANCE
RESULTS

Please send master's
race results to: National
Masters News, P.O. Box
2372, Van Nuys, CA
91404. Please include
date, distance and city.

EAST

St. Patty's 10 Mile
Leesport, PA; March 2

Overall	
Thomas Leach III	53:15
Wendy Nelson	59:56
M40 John Skrocki	57:49
Tim Sponseller	58:55
Bruce Albert	58:58
M45 Keith Gaunt	59:59
Bob Quinlan	63:02
Joseph Thomas	63:39
M50 David Cartwright	60:28
Tony Cerninaro	61:55
Bob Vieyra	62:38
M55 Jerry Patton	67:51
George VanRossum	73:57
M60 Oscar Fox	76:40
Lear Williams	77:46
M70+Phil Russell	76:26
W40 Donna Russell	73:41
Karen Mitchell	79:50
Sally Trier	80:40
W45 Rubbi Kerr	76:56
Diane Hardies	77:30
W50 Margaret Betz	69:37
W55 Skip Leuse	90:56
W60 Catherine Shade	92:31

NYRRRC Al Gordon Rites of
Spring 10K
Central Park, NYC; April 7

Overall	
Pat Peterson 31	30:15
Elzi De Oliveira 25	37:28
M40 Hector Vargas	34:50
Wm Hart	35:11
Ed Sandoval	35:37
M45 Mike Wilson	35:29
Norbert Sander	35:47
Sam Skinner	35:56
M50 Gary Muhrcke	36:02
Don Hammer	37:04
Leon Harry	41:10
M55 Dan Sokal	41:18
Robert Kahn	43:24
Robert Ebner	46:23
M60 Wm Fortune	39:38
Hector Pacheco	42:18
Richard Attilio	45:56
M65 George Thompson	42:51
Stan Edelman	48:00
Peter Harangozo	50:31
M70 Al Goldstein	49:02
Vince Carnevale	50:13
Tom Gibbons	54:21
M75+Chas Feldman	57:27

Racewalkers	
1 Gary Null 46	52:30
2 Lon Wilson 43	55:59
3 Franklin Vallejo 40	58:55
W40 Ann Davies	40:34
S O Rohr	42:43
Lily Kosaka	42:49
W45 Laurie Baker	45:57
Nancy Gallin	49:27
Marion Browne	51:29
W50 Anna Thornhill	41:49
Edith Jones	44:53
Jill Martin	47:25
M55 May Chou	50:02
Thelma Wilson	50:16
Lisa Praskins	50:46
W60 Ethel Autorino	53:52
Aslaug Tomas	56:46
Daisy Klein	59:11
W70+Althea Jureidini	72:21
Racewalkers	
1 K M Ajaye 27	57:57
3 Patti Ditzel 34	65:22
Finishers: 799m/326w	
Weather: 70°/h54%/w10mph	

Cherry Blossom 10 Mile
Washington, DC; April 7

Overall	
Carl Thackery	46:25
Jill Hunter	51:56
M40 Lucious Anderson	53:32
Thom Suddeith	53:55
Anthony Grier	54:37
Ben Beach	55:04
Tom Morris	55:31
M45 Roger Clark	53:40
Rich Davis	55:47
Richard Baldock	57:12
Ben Dyer	58:41
Bill Wooden	58:44
M50 Ardel Boes	55:40
Herb Lorenz	56:12
Fay Bradley	56:50
Bill Larue	58:59
Jacob Myers	61:03
M55 Ralph Swain	63:18
Tom Kurihara	65:52
Tom Falconer	66:04
George Hirsch	66:13
Al Marcy	66:31
M60 Barrie Hardwick	66:09
Joe Rutkowski	67:53
David Shenkenberg	68:45
Clarence Wingate	68:51
Jerome Kerkhof	70:43
M65 John Hosner	64:49
Lou Lodovico	67:21
Dixon Hemphill	70:47
Paul Lackey	72:10
Ben Moore	76:09
M70 William David	89:03
Peter Andrews	89:45
Herbert Chavkin	93:38
M75 Eugene Keller	79:53
M80+Ed Benham	82:25
W40 Sylvie Kimche	62:58
MaryEllen Williams	64:51
Joyce Rankin	65:52
Kathy Kellogg	66:06
Deborah Adams	67:35
W45 Priscilla Welch	56:33
Susan Weisbrod	66:18
S Hamilton-Dolan	67:07
Carole Lelli	69:51
Janet Newburgh	74:59
M50 Lis Villadsen	66:24
Eris Williams	68:06
Janice Stoodley	68:31
Ann Diaz	69:00
Judy Flannery	72:09
W55 Wen-Shi Yu	70:48
Guadrun Philips	72:36
Joanne Mallet	76:30
Janet Nelson	79:04
Jeanette Chambers	83:09
W60 Lorett Shehan	86:56
Helen Somerville	1:44:12
Martha Trimmer	1:52:03
W70 Hedy Marque	1:22:58
Becky Yencharis	1:44:50
W80+Ruth Rothfarb	3:07:32

Suns 5K
Hagerstown, MD; April 13

Overall	
Chris Fox 32	14:09
Maria Pazarentzos 29	17:14
Master Men	
Lari Dunlap 42	15:42
Anthony Grier 40	15:49
Roger Price 42	16:31
M40 Keith Gingrich	16:59
Jeff Myers	17:02
M45 Elton Horst	17:18
Wayne Vaughn	17:42
M50 Chet Coates	19:41
Terry North	19:45
M55 Stanley Witomski	19:55
Leon Bierbower	19:59

M60+Don Taylor	21:37
Richard Hoyle	23:57
Chas Gore	26:09
Carl Llewellyn 75	26:51
Masters Women	
Karen Butler 41	19:42
Donna Jackson 47	22:07
W40 Regina Montgomery	22:35
Betsy Klein	23:25
W45 Connie Sanders	30:47
W50 Pat Prorock	28:51

Cherry Blossom 10K
Newark, NJ; April 14

M40 Brian McCourt	33:13
Pat Cosgrove	36:03
Jeff Martin	37:09
M50 Dan Castro	38:45
Segundo Fernandez	41:31
David Slobodin	42:09
M60+Oddvar Ask	43:25
Mario Cavallo	44:20
Vince Carnevale 74	47:44
W40 Florrie Sherman	45:27
Kuniko Hurley	47:01
Carol Sands	47:40
W50 Helen Valent	45:41
Jeannie Dinapoli	54:03
Pat McAneny	55:07
W60+Janine Maltas	49:17
Betty Lundquist	63:16

NYRRRC Trevira Twosome 10
Mile/2 Mile

Central Park, NYC; April 20

--10 Mile--	
Overall	
Paul Kipkoech 28	47:22
Jill Hunter 24	51:41
	1:39:03
Combined Age 80-99	
Michael Wilson 45	58:37
Belinda Saunders 39	67:39
	2:06:16
Combined Age 100-119	
George Kelly 54	63:08
Susan Weisbrod 47	66:24
	2:09:32
Combined Age 120+	
George Thompson 65	69:50
Aslaug Tomas 64	88:01
	2:37:51
--2 Mile--	
Overall	
Brian Roche 28	9:15
Alicia Moss 28	10:22
	19:37
Combined Age 80-99	
James Aneshansley 55	11:52
Regina Cahill 37	11:46
	23:38
Combined Age 100-119	
Clifford Pauling 56	12:27
Robin Villa 46	13:05
	25:32
Combined Age 120+	
William Fortune 62	11:47
Toshiko d'Elia 61	14:22
	26:09

NYRRRC Roosevelt Island 10K
Roosevelt Island, NYC;
April 28

Overall	
Addy Koshary 22	32:41
Candace Strobach 32	37:10
M40 Edgar Sandoval	35:00
Larry Torella	35:11
L Guachichuca	35:29
M45 M45 Sam Skinner	35:57
Will McKenna	38:19
Rafael Bordonaba	38:37
M50 Gabriel Bernal	36:02
Dan Hammer	36:52
Eric White	37:52
M55 Cliff Gerenz	39:35
Dan Sokal	40:12
Robert Kahn	42:05
M60 Hector Pacheco	41:12
Pat McElroy	45:26
Les Buckland	47:38
M65 George Thompson	42:40
William Coyne	48:51
Wallace Cutler	49:04
M70 Al Goldstein	48:06
Vince Carnevale	48:28
Frank Brownstein	66:24
M75+Chas Feldman	55:01
George Jaffe	62:34

Racewalkers	
1 Nicholas Bdera 42	47:14
2 Stan Shechter 58	58:04
W40 Jean Perry-Wolf	42:43
Pat Oleszko	46:40
Mercedes Urquidez	49:32
W45 Nicole Cherry	46:42
Marion Browne	47:34
Jillian Lazaridis	47:37
W50 Joan Bondell	45:50
Barbara Withers	53:02
W55 May Chou	47:30
Thelma Wilson	48:47
W60 Muriel Merl	50:37
Aslaug Tomas	53:05
W70+Althea Jureidini	70:26
Racewalkers	
1 Elton Richardson 52	64:56
2 Joan Rowland 65	71:12
Finishers: 600m/226w	
Weather: 65°/h38%/w 15mph	

Central Massachusetts Health
10 Mile
Worcester, May 5

Overall	
Dave Dunham	49:36
Elspeth Turner	58:50
M40 Laurence Olsen	53:29
Thomas Carroll	55:32
Bernie Allen	55:55
M45 Sumner Brown	54:33
Ken Skelly	56:27
Stoddard Melhado	56:50
M50 Doug MacGregor	57:51
Ken Mueller	58:27
Ernie Dumas	61:52
M55 George Bisson	62:59
Chet Fortier	64:26
Paul McDermott	68:34
M60+Mike Sullivan	66:52
Ray Lussier	69:47
Carl Hammen 67	73:16
Joe Dora 66	74:27
W40 Eleanor Mendonca	65:47
Susan Hughes	69:59
L Piehler-Jones	70:03
W45 Mary Ryzek	65:51
Dorothy Fine	75:01
Laura Beckwith	75:11
W50 Bev Savage	75:20
Marlena Yannetti	81:06
Carolyn Sunderman	84

Continued from previous page

MID-AMERICA**Longest Day Event
Brookings, SD; April 13****--Marathon--**

Overall	
Ed Woerner M40	2:50:53.7
Louise Mohanna	3:03:31.4
M40 Rod Reinsouer	3:13:34.4
M45 David Brill	3:02:24
M50 Paul Paine	3:06:26
M55 Keith Burnes	4:11:48
M65 Burt Carlson	4:20:38
M70+Ed Burnham	4:47:40
W40 Marilyn Brill	4:46:23

--10K--

Overall	
Terry Gendron	35:13
Marlene Calmus	40:38
M40 Anthony Salazar	41:01
M45 Chuck Tiltum	41:20
M55 James Thudt	46:36
W50 Gwen Fleace	61:59

--5K--

Overall	
James Benning	18:33
Stephanie Bakker	24:24
M40 Bob Fite	18:44
M50 R Christopherson	20:56
W50 Lila Lindberg	34:18

--5K RW--

M40 Mike Wiggins	25:55
M50 Paul Johnson	34:04
M60 Glen Peterson	32:21
W40 Carrie Appino	40:43
W55 Janice Gellerman	37:19

**Oklahoma Cup Run 5K
Tulsa, OK
April 20**

M40-44	
Kaare Osnes	40 15:53
Denton Childs	41 16:16
Tom Lloyd	41 16:31
M45-49	
Lewis Chandler	48 17:16
Steven Haigh	46 18:02
Lynn Moore	46 18:09
M50-54	
Fred Dice	54 18:15
Charles Bertalot	50 18:39
Jim Pogue	52 19:16
M55-59	
Bob Adkins	57 18:47
Roger Wood	54 20:00
Wayne Morgan	52 20:26
M60-64	
Jack Gentry	63 18:30
Arturo Melendez	60 17:37
Tom Cross	62 21:11

M65-69

Ken Bays	65 23:52
Jack Mitchell	69 50:15
M70 & Over	
Richard Evans	71 30:17
M40-44	
Martha O'Rourke	40 18:34
Seraf Abraham	40 19:32
Martha Heinsus	40 20:50
M45-49	
Jane Hutchison	45 17:37
Linda Brown	49 21:30
Nancy Wallace	45 21:40
M50-54	
Joy Austin	53 24:16
Katherine Shanks	54 26:43
Fran Dice	54 29:12
M55-59	
Marl Hintermeister	58 25:37
Freida	56 30:43
Linda Hill	55 31:13
M60 & Over	
Marilyn Thompson	60 24:27
Jean Benear	65 33:20
Jo Campbell	62 36:11
Brtty Mitchell	64 37:55

**Redbud Classic 10K
Oklahoma City, OK
April 21****OVERALL**

Paul Donovan, Fayetteville Ark.	29:50
Christine McMiken, Stillwater, OK	35:01

M40-44

Ed Swiatocha, Irving, TX	31:28
Kaare Osnes, Gainesville, FL	32:49
Tom Lloyd, Broken Arrow, OK	35:04
Robert Anderson, Tulsa, OK	35:18
Steve Arthurs, Kingfisher, OK	38:12

M45-49

Richard Sinner, Warr Acres, OK	35:56
Lewis Chandler, Tulsa, OK	36:52
Mike Peterson, Oklahoma City, OK	37:06
Mike Reding, Duncan, OK	37:12
Tom Booley, Oklahoma City, OK	38:53

M50-54

Tom Ford, Guthrie, OK	39:17
Don Matthews, Oklahoma City, OK	39:58
Owen Barber, Keene, NH	40:04
Tom Coniglione, Oklahoma City, OK	40:05
Travis Henderson, Oklahoma City, OK	41:57

M55-59

Robert Campbell, Beaver, OK	41:19
Gene Groff, Norman, OK	44:31
Art Milanez, Moore, OK	44:50
Edward Grier, Norman, OK	47:24
Bob Vernon, Tulsa, OK	47:41

M60-64

Jerry Crockett, Stillwater, OK	40:11
Ted Gardner, Ada, OK	41:55
Richard Boggs, Oklahoma City, OK	45:05
Gerald Murray, Oklahoma City, OK	54:53
Lee Hill, Oklahoma City, OK	63:37

Redbud Classic 10K Masters Age-Graded Results**Men**

Place	Name	Age	Race Time	Age-graded Time
1	Ed Swiatocha	40	31:28	29:40
2	Kaare Osnes	40	32:49	30:56
3	Jim Smith	69	43:20	31:32
4	Jerry Crockett	62	40:11	31:38
5	Robert Anderson	43	35:18	32:38
6	Richard Sinner	45	35:56	32:47
7	Tom Lloyd	41	35:04	32:51
8	Lewis Chandler	48	36:52	32:57
9	Mike Reding	47	37:12	33:29
10	Mike Peterson	46	37:06	33:37

Women

1	Jo Mary	43	41:56	34:39
2	Linda Dansereau	46	45:02	36:23
3	Jan Cosgrove	47	47:32	38:06
4	Barbara Beeman	40	45:09	38:07
5	Betty Edgely	50	49:36	38:48
6	Kathy Peterson	40	45:59	38:49
7	Ronda Johnson	42	46:42	38:52

WEST**Sue Krenn
15K
San Diego, CA; March 2**

Overall	
Gabino Toledo 21	48:00
Julie Moss 32	56:53
M40 Andy MacKay	52:10
Ron Wells	53:00
M45 Peter Stern	52:50
Hal Goforth	55:04

M50 Hans Dieben	58:24
Carl Petersen	60:53
M55 Jim McDade	61:35
Ted Reeve	66:24
M60 Bob Parkinson	80:22
M65 Jim McCown	76:31
M70 Wayne Zook	71:15
M75 Don Bradley	80:43

Racewalk Men

1 Dale Sutton 51	84:30
2 Howard Airhart 41	99:22
W40 Robin Paine	62:12
Marilee Ramsay	64:28

W50 Eileen Puc	65:27
W55 Caroline Murray	69:01
W60 Mary MacDonald	89:03

Racewalk Women	
1 Jolene Steigerwalt	47:55:31
2 M Grage 41	1:44:32

**Tucson Sun Run 15K
Tucson, AZ; March 10**

Overall	
Art Menchaca 32	47:50
Sylvia Kniest 36	61:37
M40 William Strachan	51:28
Hayden Smith	54:33
John Norris	55:52
M45 Mark Nutter	60:13
Mike Welborn	60:14
Earl Evans	60:18
M50 Tom Wiper	62:13
Larry Losey	62:56
Jack Currie	65:21
M55 Frank Patania	67:14
Don Graving	70:17
M60 Pierce Cornelius	64:41
John Rouse	66:40
M65 Ignacio Hermosillo	86:26
M70+Bob Martin	74:34
W40 Kathy Mitchell	75:37
Karen Dowdall	78:54
Catherine Quesnel	79:44
M45 Sue Fletcher	69:20
Shirley Mester	74:04
Carrie Calvert	74:33
W50 Sue Smith	88:10
Jeannie Cooper	91:35

River Run 10K - Tulsa, OK; May 4**MASTERS SEX/AGE GRADED RESULTS**

This list combines the male and female masters by converting the female performances factors to male times by multiplying the female times by a .901 sex factor. This is for comparative purpose only. Time columns are Actual & Nat. Mast. News Sex and/or age graded.

PLACE	NAME	AGE	SEX	TIME	ST	TIME
1	Denton Childs	41	M	31:28	AR	0:33:20
2	Jim Smith	69	M	43:20	OK	0:43:47
3	Gary Wiggins	44	M	32:49	OK	0:34:43
4	Larry Worch	52	M	35:18	TX	0:36:53
5	Jerry Crockett	62	M	40:11	OK	0:40:35
6	Robert Anderson	43	M	35:18	OK	0:34:36
7	Lewis Chandler	48	M	36:52	OK	0:36:42
8	Martha O'Rourke	40	F	35:04	OK	0:39:05
9	Ray Lattanzia	47	M	35:56	OK	0:36:56
10	Tom Lloyd	41	M	35:04	OK	0:35:35
11	Arturo Melendez	60	M	41:30	OK	0:41:30
12	Bob Adkins	57	M	40:29	OK	0:40:29
13	David Delahay	41	M	35:48	OK	0:35:48
14	Calvin Ellis	61	M	42:41	OK	0:42:41
15	Steve Haigh	46	M	37:30	OK	0:37:30
16	Martha Heinsius	40	F	38:11	OK	0:38:11
17	Peter Bernhardt	47	M	36:58	OK	0:36:58
18	Curt Long	42	M	36:42	OK	0:36:42
19	Daniel Vasicek	42	F	41:43	OK	0:41:43
20	Vicky Fegally	42	F	40:40	OK	0:40:40
21	Butch Clifton	41	M	37:15	OK	0:37:15
22	Jack Harms	46	M	38:44	OK	0:38:44
23	Tom Cross	62	M	44:46	OK	0:44:46
24	Steve Nuckolls	43	M	38:15	OK	0:38:15
25	Roger Wood	54	M	41:37	OK	0:41:37
26	Len Emanuelson	47	M	39:26	OK	0:39:26
27	Rich Thompson	61	M	44:43	OK	0:44:43
28	Tom Lucas	60	M	44:24	OK	0:44:24
29	Jim Pogue	52	M	41:13	OK	0:41:13
30	Leslie Sparkman	47	M	39:46	OK	0:39:46
31	Mike O'Rourke	42	M	38:32	OK	0:38:32
32	Lynn Moore	46	M	39:36	OK	0:39:36
33	Mike Paradis	52	M	41:32	OK	0:41:32
34	Linda Brown	49	F	45:51	OK	0:45:51
35	Gary Parker	47	M	40:43	OK	0:40:43
36	Nancy Wallace	47	F	44:40	OK	0:44:40
37	Lydia Berges	49	F	46:12	OK	0:46:12
38	Eugene Byrnes	64	M	47:19	OK	0:47:19
39	Barbara Pogue	50	F	46:45	OK	0:46:45
40	Bob Lelew	48	M	40:55	OK	0:40:55
41	Richard Mitchell	62	M	46:29	OK	0:46:29
42	Wulfgang	69	M	50:19	OK	0:50:19
43	Bob Vernon	56	M	43:55	OK	0:43:55
44	James Snyder	43	M	39:55	OK	0:39:55
45	Gene Henson	66	M	49:05	OK	0:49:05
46	Larry Miller	58	M	45:30	OK	0:45:30
47	Bill Uzdevins	46	M	41:11	OK	0:41:11
48	Larry Gitt	45	M	41:14	OK	0:41:14
49	Jerry Tiller	56	M	45:15	OK	0:45:15
50	Cynthia Jacobi	44	F	46:10	OK	0:46:10
51	Frank Stewart	52	M	43:44	OK	0:43:44
52	David Newsome	43	M	41:07	OK	0:41:07
53	Tom Ake	47	M	41:07	OK	0:41:07
54	Joe Graham	53	M	45:21	OK	0:45:21
55	Marvin Winters	50	M	43:25	OK	0:43:25
56	Jim Winn	43	M	41:24	OK	0:41:24
57	Henry Hawkins	51	M	43:50	OK	0:43:50
58	Ed Adams	56	M	45:51	OK	0:45:51
59	Shamus O'Callaghan	46	M	42:25	OK	0:42:25
60	John Hargrove	46	M	42:27	OK	0:42:27

**El Cajon 20K
El Cajon, CA; April 6**

Overall	
Jim Cairns 26	67:51
Oonagh Bruni 35	84:56
M40 Jim Pose	77:43
Dennis Pinkard	83:40
M45 Peter Stern	72:50
Jim Curry	81:35
M50 Hans Dieben	81:28
Oscar Lumpkin	83:14
M55 Warren Osborn	88:09
Bud Davis	91:57
M60 Dick Robinson	93:30
M65 Ray Penkert	95:22
M70 Wayne Zook	1:46:18
W40 Patsy Ambrosia	1:48:23
Nancy Elliott	1:51:17
W45 Judi Richardson	1:38:59
Karen Maus	2:11:17
W50 Gina Serafin	2:20:51
W55 Caroline Murray	1:37:33
W70 Gerry Davidson	1:53:55

**Fontana Half-Marathon/5K
Fontana, CA; April 6**

Overall	
Fredson Mayiek 25	62:04
Kathy Bowman 29	72:52
M40 John Bednarski	64:39
Donald Ocana	72:03
Dennis Kollai	74:55
Ken Burke	81:30
Jim Rucker	82:51
M45 John Rodriguez Jr	78:53
Bob Kingery	87:30
Paul Akiyama	88:29
Michael Kewin	89:26
Frank Zaragoza	89:42
M50 Dave Arntson	84:25
Dick Rodriguez	87:11
Ralph Smith	88:18
M55 Ken Calvin	88:09
Wm O'Donnell	88:14
Wm Wall	89:50
M60 Jack Horne	83:23
Ray Prado	1:41:44
M65 Gilbert Cisneros	1:51:40
Robert Dorren	2:12:18
M70 Eddie Levin	1:41:41
M75 Dutch Benedetti	1:43:19
W40 Connie Bouchard	1:28:45
Claudia Morales	1:28:53
Lorraine Westhafer	1:37:20
W45 Margie Lindsey	1:26:02
Manouch Lankaranil	2:27:33
Linda Kewin	1:30:31
W50 Karen Keith	2:07:35
Clara Thoms	2:15:27
W55 Irene Olberz	1:32:34
V Skiffington	2:05:18
W60 Murlene Horne	2:18:39
W65 Mary Storey	1:47:25

--5K--

Overall	
William Musyoki 25	13:23
Sue Lee 30	14:56
M40 Doug Bell	14:02
(U.S. age-group best)	
Nolan Smith	14:22
Ron Gee	14:29</

Continued from previous page

NORTHWEST**Pear Blossom 10 Mile
Medford, OR; April 13**

Overall	
Tracy Garrison 25	50:27
Deanna Schiedler 26	58:07
M40 Matthew Henderson	56:19
Mike Tyler	57:22
Steven French	58:00
James Huber	58:08
Gary Clarida	58:31
M45 Walter Radloff	59:20
Bill Hartriff	60:33
Alden Glidden	61:35
Bo Leyden	61:40
Wayne Shepard	62:15
M50 Richard Northrup	64:54
Gary Sampson	65:02
Mike Barrett	65:44
George Felker	66:03
Buzz Skov	66:54
M55 Bernard Scherrer	69:17
William Robbins	69:28
Larry Dier	73:54
Bob Morrow	75:19
Jack Bowden	75:26
M60 Ken Oliver	65:52
Bill McChesney	69:52
Joe King	70:25
M65 Alfred Acord	74:29
Ken Stevens	79:44
Leo Gries	83:12
M70 Jack Kirkpatrick	79:55
Bill Hutchinson	84:56
Alvin Grahm	86:34
M40 Susan Henderson	64:14
Marilyn Nippold	66:09
Sandi Whittle	69:51
M45 Elaine Delsman	69:35
Gail Johnson	79:23
Sharrell Jordan	81:32
M50 Lyn Cole	77:08
Shirley Ingram	78:07
Jean Johnson	83:39
M55 Susan Means	86:56
JoAnn Dornias	90:16
Shannon McMahon	92:25
M60 Daisy Roberts	79:26
Joan Arsenault	87:00
Brita Hazell	93:12
M65 Helen Klingler	2:12:30
M70 Carol Klocke	1:57:45

INTERNATIONAL**BVAF 5K Road Race
Championships,
Dunsfold, Surrey, April 14**

M40	
Dave Hill	15:13
Koith Penny	15:16
Alan Whitfield	15:29
M45	
Martin Duff	15:40
Graham Woolton	15:43
Brian O'Neill	15:45
M50	
Lee Presland	16:03
Phil Lancaster	16:33
Mike Wrenn	16:55
M55	
Alan Griffiths	16:55
John Mills	17:39
Derek Pettitt	17:46
M60	
John Chandler	18:57
M65	
Ray Jefferies	20:18
M70	
Arthur Kelly	20:42
M75	
Paula Fudge	17:01
Sally Young	17:02
Angela Briacoe	18:00
M40	
Barbara Kirk	18:40
M45	
Pat Gallagher	17:45
M50	
Jean Hulla	21:20
M55	
Liz Smith	24:32
M60	
Joselyn Ross	22:26

**London Marathon
April 21**

M40	
John Campbell	2:17:22
Dave Hill	2:25:41
Antonio Riscardo	2:25:51
M45	
Lee Davis	2:27:16
A. Mogensfeldt	2:30:16
Graham Bagnall	2:31:14
M50	
Mike Hawkins	2:34:24
M55	
Miguel Rosales	2:32:42

M60	
Ron Benson	2:57:32
M70	
Arthur Kelly	3:24:22
M35	
F. Larrieu-Smith	2:27:35
Marla Lelut	2:29:04
Mary O'Connor	2:34:31
M40	
Zina Marchant	2:39:26
Anne Roden	2:41:22
Marina Pratt	2:52:42
M45	
Hilary Johnson	3:00:34
M50	
Fame Thomson	3:14:07
M55	
Lola Smal	3:20:53
M60	
Eileen Quinton	3:40:18
M65	
Jose Waller	3:41:22
M70	
Gwen Bulger	4:56:34
M75	
Jenny Wood-Allen	6:05:05

**RACE WALKING****Highland Park Hospital 10K
Highland Park, IL; April 28**

Overall	
Rob Cole 21	44:15
Debbie Lawrence 29	47:06
M40 Mike DeWitt	49:42
Dean Easterlund	53:22
Joe O'Brien	79:28
M45 Brian Schultz	53:21
Don Mowles	53:28
M50 Al Fisher	59:10
Ron Sandberg	60:09
M40 Doris McGuire	72:57
Deborah Johnston	75:59
Rebecca Gilleran	83:39
M50 Rachel Norton	65:07
Beth Young-Grady	66:20
Renee Weatherford	69:34
M55 Joyce Decker	64:11
Rosa Harrell	69:27
Frances Forsy	69:46
M60 Jo Presser	73:20

**National Masters
Women's 20K Championships
Raleigh, NC; May 3-5**

M35	
Kathy Donley	2:02:22
Kathy Finch	2:12:01
M40	
Linda Stein	2:09:28
Jill Turner	2:21:04
Brenda Bauer	2:23:07
M45	
K. Frable	2:15:59
Avis Daugharty	2:19:34
M50	
Verna Buchs	2:11:45
Carlene Marion	2:30:53
M55	
Shelia Smith	2:06:54
M60	
Anna Rush	2:31:11

**Alex Almasy 20K
Raleigh, NC; May 4**

M35	
David Waddle	1:47:42
Alvia Gaskill	2:01:50
M40	
John Fredericks	1:44:56
Phil McGaw	1:45:52
Alan Price	1:46:55
R. Funkhouser	1:47:38
Jerry Parrish	2:09:16
M45	
Norman Frable	1:51:33
Paul Alvord	2:05:18
Bill Bauer	2:05:59
Robert Falcicola	2:17:31
M50	
Ed Whiteman	1:51:13
Ray McKinnis	1:51:46
John Murphy	2:03:34
T. Zdrojewski	2:12:46
Bernie Finch	2:15:35
M55	
Andrew Briggs	2:07:06
M60	
Mike Michel	2:19:05
J. Lavenberg	2:21:57
M65	
Bob Mimm	1:59:57
George Heller	2:24:51
John Snaden	2:28:11
E.B. Lloyd	2:36:30
M70	
Don Johnson	2:15:05
Max Gould	2:16:10
Hal Canfield	2:39:31
M75	
Bill Talmadge	2:37:00
M35	
Kathy Donley	2:09:28
Kathy Finch	2:12:01
M40	
Linda Stein	2:09:28
Jill Turner	2:21:04
Brenda Bauer	2:23:07
M45	
K. Frable	2:15:59
Avis Daugharty	2:19:34
M50	
Verna Buchs	2:11:45
Carlene Marion	2:30:53
M55	
Shelia Smith	2:06:54
M60	
Anna Rush	2:31:11

1. DISPLAY ADVERTISING RATES

Column	Ad Size	Cost	Width	Height
52	Back Page	600*	10"	13"
52	Full Page	460	10"	13"
39	3/4 Page	380	7 1/2"	13"
26	1/2 Page	300	5"	13"
			10"	6 1/2"
			7 1/2"	8 1/2"
13	1/4 Page	180	5"	6 1/2"
			10"	3 1/4"
7	1/8 Page	120	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 Page	72	2 1/4"	3 1/4"
1		36	2 1/4"	1"

*Includes 2-colors.

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.**4. SPECIAL RATES**

25% discount for race and meet notices, (1/2 discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors add \$50
- Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of the month before date of issue.

9. CIRCULATION October 1990

Paid: 5374 Distribution: 7500

Published monthly. Subscriptions \$22.00/year.

Mail order to: National Masters News

P.O. Box 2372

Van Nuys, CA 91404

Phone: 818/785-1895

Fax: 818/782-1135

NATIONAL MASTERS NEWS

Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$22 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$41 — a 24% savings off the single-copy price. A 3-year subscription saves 27%.

- ☐ 6 months, \$12 Add postage per year: ☐ Payment enclosed ☐ New
☐ 1 year, \$22 ☐ \$12 1st class (USA, ☐ Bill me later ☐ Renewal
☐ 2 years, \$41 Mexico & Canada) ☐ \$_____ as a contribution
☐ 3 years, \$59 ☐ \$15 air mail (foreign) to your work

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or call:
818/760-8983

(Canadian checks accepted; add 20% to cover exchange. Please notify address changes four weeks in advance.)

CZMN

Masters Age-Graded Tables

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

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Marathon In America ~ The Most Beautiful Urban Marathon In America ~ The Most Beautiful

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

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

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

Championships for men and women.

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

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



Twin Cities Marathon-October 6, 1991

The Most Beautiful Urban Marathon In America ~ The Most Beautiful Urban Marathon In America ~ The Most Beautiful Urban Marathon In America

Urban Marathon In America ~ The Most Beautiful Urban Marathon In America ~ The Most Beautiful Urban Marathon In America

The Most Beautiful Urban Marathon In America ~ The Most Beautiful Urban Marathon In America ~ The Most Beautiful Urban Marathon In America