

# NATIONAL MASTERS NEWS

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

178th Issue

June, 1993

\$2.50

## Wessely, Branderhorst Capture National 5K Titles in Alaska

For the second straight year, the Anchorage Daily News Heart Run played host to the National Masters 5K Championships, April 24.

The Heart Run is Alaska's largest road race, with close to 4000 participants. To insure a clean start and unimpeded race, the Masters Championship was conducted separately, an hour before the start of the Open race. This provided an added benefit to the masters competitors.

In addition to the band, balloons, bagpipes, bellydancers and other course attractions, participants finished through a wall of cheering supportive spectators who came out to watch before their own race began. Two hundred and fifty masters paid their USATF membership to participate in the championship race.

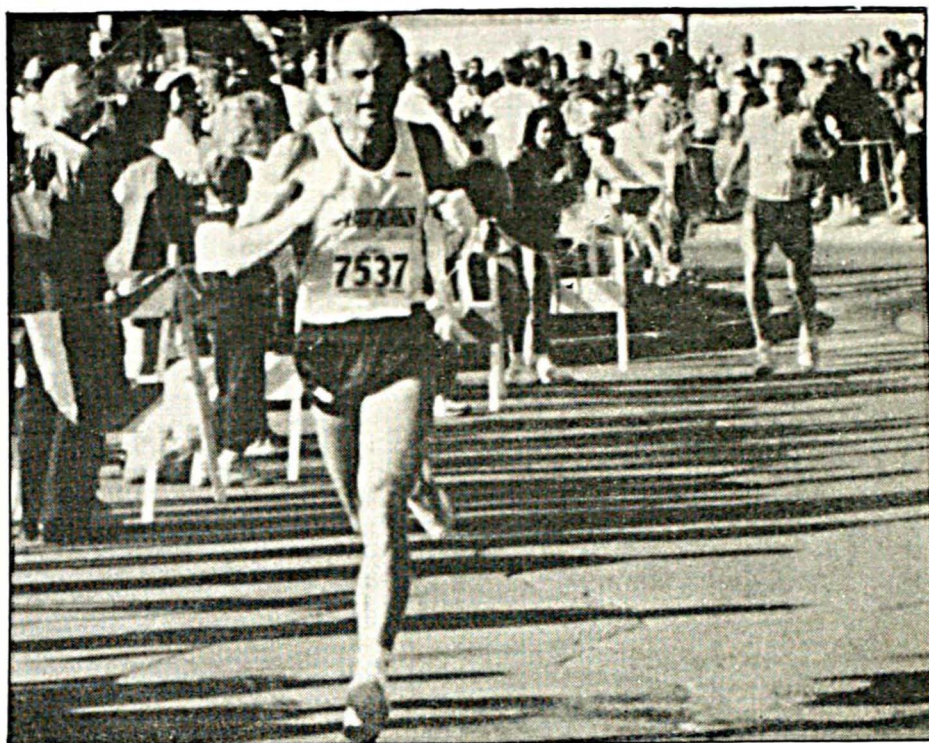
Wes Wessely (45-49) from Atlanta was the men's overall masters champion, opening up a lead after the first mile and then holding off a fast-closing Greg Tibbetts (45-49) for a narrow

two-second victory (16:19 to 16:21). Only four seconds behind them (16:25) was another Atlanta runner, Lloyd Boone, who took the 40-44 division.

Heart Run Director Roy Reisinger took the 50-54 title with a 5th place overall finish of 17:28. This was Reisinger's 11th and final year as race director. His 50-54 win matched his national cross country victory two months earlier in Oregon.

Seattle's David Pitkethly did exactly the same (x-c and road) with his 18:06

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Atlanta's Wes Wessely wins the USATF National Masters 5K Championships in Anchorage, Alaska, April 24, in 16:19. Close behind is Greg Tibbetts in 16:21.

Photo by John Pearsall

## Provo to Host Nationals

More than 1000 athletes from throughout the USA are expected to compete in the 26th annual USATF National Masters Track and Field Championships on August 11-14 in Provo, Utah.

The meet will be held at Brigham Young University, about an hour's drive south of Salt Lake City. Utah is one of the most scenic of the 50 states, and many participants will take the opportunity to enjoy a post-meet vacation in the rugged and beautiful West.

Competition is open to all men and women 30 years of age and older. The complete entry form is published on the back cover of this issue. Low-cost

accommodations have been arranged by the Provo organizers, including a \$23 night/person (double occupancy) at the meet headquarters, Seven Peaks Resort Hotel, and a \$12 night/person (double), in the campus sleeping rooms. (Add \$9 per day for three meals on the campus.)

Once again, the popular age-graded 100-meter dash will be held. The winners of each 5-year, 100m final will be invited to compete, head to head. The older runners get a head start, based on the WAVA age-graded tables. There will be two races: one for women and one for men. The races will be sponsored by the Provo organizers.

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## 5000 Expected to Compete in Japan

Imagine walking into Miyazaki Stadium in Japan on October 9 with more than 5000 fellow athletes from over 60 nations, and being greeted by 14,000 cheering spectators, a 100-member brass band, a 200-member high school marching team, a 500-member elementary school dance team, a 600-member women's choir, and virtually every governmental dignitary within a 50-mile radius.

That's what's in store for those who can make the trip to Japan this autumn for the 10th WAVA World Veterans Athletics Championships in Miyazaki.

"And that's only the beginning," promise the Japanese organizers. The

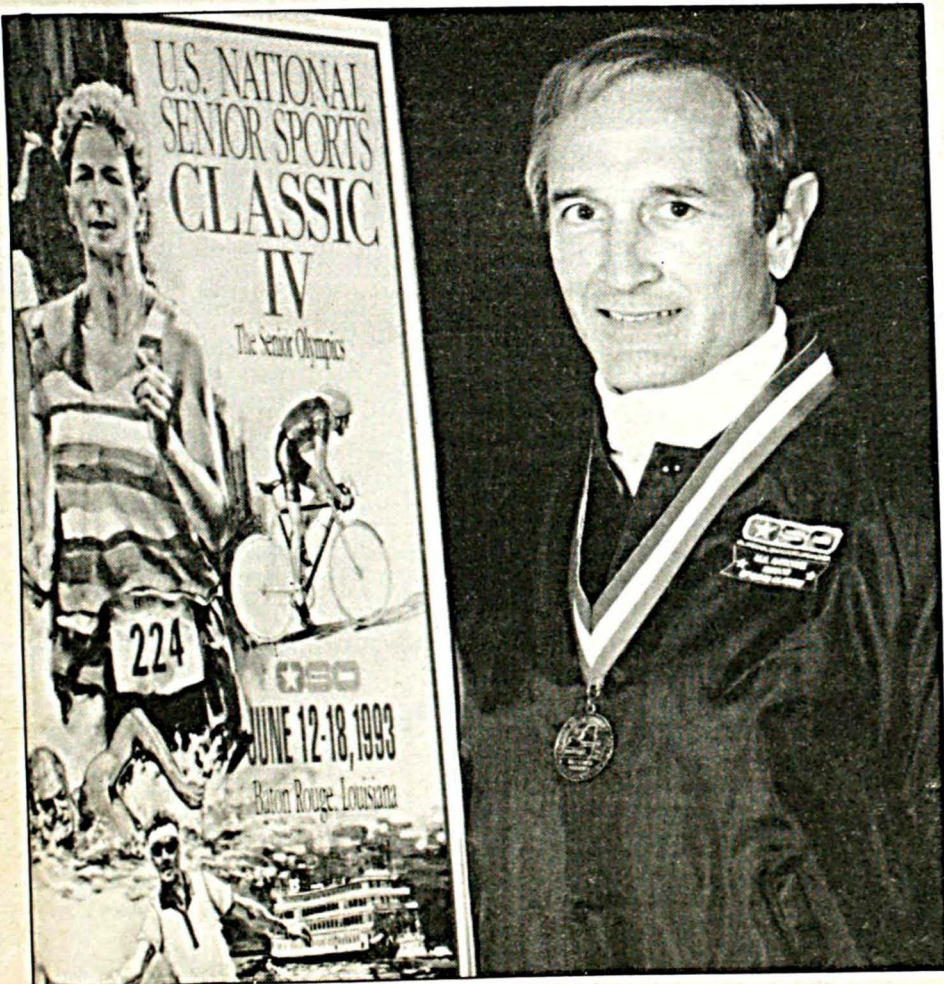
entire community of Miyazaki is planning to roll out the red carpet for all masters participants and their families. They promise the 11-day event will be the "best-ever" world championships and a vivid experience for all those fortunate enough to be able to go.

### Entry Form In This Issue

The biennial meet will be held from October 7-17. The entry form and competition schedule are printed in this issue. The deadline for entries is July 1.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the

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More than 7000 senior athletes (age 55-and-up) will participate in the biennial U.S. National Senior Sports Classic (the Senior Olympics) in Baton Rouge, La., June 12-18. Competition will be held in 17 sports, including track, softball, basketball, and swimming. Atlanta's Phil Mulkey, above, a 1960 Olympic decathlete and current world decathlon record-holder for men over 60, is a USNSO national spokesman.

Photo from Helen Harris Associates



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# NATIONAL MASTERS NEWS

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

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

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, 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 USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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**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.

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## National Masters 5K Championships

Continued from page 1



Seattle's Dave Pitkethly wins the M55 National Masters 5K title in 18:06.

Photo by John Pearsall

victory in the 55-59 division.

Anchorage runners took the remaining division titles. Chester Franz won 60-64 in 21:17; John Nicholson the 65-69 group in 26:48; George Etsell was first in 70-74 in 28:11; and Robert Sharrer was the final age division winner (75-79) in 27:43.

The women's race would have been a "lock" for Anchorage master Suzanne Ray, one of the leading masters runners in the country last year, except that Suzanne was nursing a hamstring injury incurred during a California race the previous month. With Ray assisting as a volunteer, local triathlete Trudy Branderhorst (40-44) pulled away from Patti Donley (50-54) to take a solid 20-second overall victory, 18:54 to 19:14. Donley is one of the leading 50s runners on the national scene, and is finally coming back from a series of frustrating injuries.

The 45-49 category went to Georgia Gustafson (the 1989 national 5K masters champion) in 20:51. Mary Marsolais took 55-59 in 23:08.

Martha O'Leary won 60-64 in 24:40 (by about 3 minutes), and Wilma Larsen took the 65-69 title in 32:44.

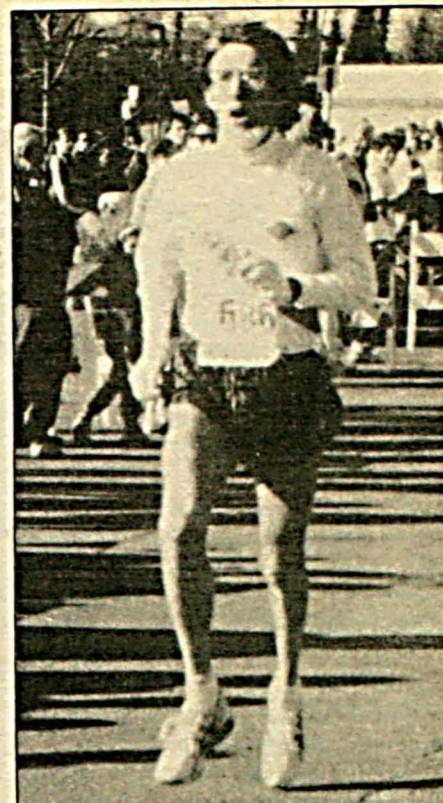
Two of the most popular wins were recorded by Sister Claire Gagnon in 70-74 (43:07) and Marcie Trent in 75-79 in a fine 31:46. Sister Claire's smiling picture in the finish chute

dominated the front page of the Sunday Anchorage Daily News.

Trent managed three great ovations: first was from the finish line crowd, urged on by the announcer ("Ladies and gentlemen, now finishing is the 'Mother of Alaska Running,' Marcie Trent!"); secondly, a standing ovation at the awards ceremony in the University of Alaska Anchorage gymnasium; and two minutes later, when her name was drawn as the winner of the final (and largest) drawing prize, a trip for two on Alaska Airlines to San Francisco. Trent who holds numerous national age-group records, immediately said she'll use the ticket to fly to the Redwoods for a marathon later this year (with husband John, the "Father of Alaska Running").

The open race was won by Marcus Dunbar in a course record 14:45. The previous weekend, Marcus had qualified for the USATF national championships with a 3:41 1500 at the Mt. SAC Relays. Nicola Ratcliffe just missed Suzanne Ray's course record with a 17:24 open victory.

It was a perfect sunny day, temperature in the 50s. Although most participants were local (as is true for most "national championships" elsewhere) the "outside" participants gave the Heart Run a true national feeling. Local masters appreciated the opportunity to participate in a national championship, and the open-run spectators provided a super cheering sec-



Roy Reisinger, 52, fifth master overall and 1st M50 in 17:28 in the National Masters 5K Championships. Reisinger has directed the annual Heart Run for 11 years.

Photo by John Pearsall

tion. The course was essentially out-and-back, with several hills adding about 20 seconds to a comparable flat course time. There was excellent coverage by local press and television. □

—from Roy Reisinger

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### TRAINING ADVICE

Ross Dunton's article (Training Advice, April) on repeats and intervals was a good explanation of the differences between these workouts that are often misunderstood. His suggested workouts were also based on sound principles.

However, I feel his suggested frequency of three repeat/interval workouts per week is contrary to most accepted training principles.

Asking a masters distance runner to do three intensive workouts a week is asking for trouble. Moreover, for distances above 3000 meters, the aerobic/anaerobic percentage swings dramatically toward aerobic effort. At 5000 meters, it's basically 80% aerobic and 20% anaerobic.

Even more of a concern is doing two of these types of workouts on back-to-back days.

I'm a 42-year-old masters runner who ran a 15:09 5K at age 39 and am still running sub-4:10 1500s. Even though I'm now a retired coach, I had the privilege of training several nationally-ranked high school distance runners. Even though some of the runners could have done two hard days in a row, we didn't do it.

The hard-easy approach is still the proven best method of training. For most masters, it's hard-easy-easy. This is the sensible approach preached by all the top coaches and researchers. My

personal experiences also prove this to be best.

David Amster  
Carson City, Nevada

### APPRECIATING OLD AGE

Thank you for Mike Tymn's Third Wind column in the May issue on "Appreciating Old Age." I can identify with the concerns about aging which he raised. But I was cheered by the conclusion he reached that "the real danger of growing old is not that we lose our talents but that we fail to see those we have gained..."

It wasn't falsely optimistic. It was bittersweet, but honest. The column lifted my spirits, and was extremely well-written.

Joe Scalzo  
Sierra Madre, California

### CRITICISM OF OFFICIATING

It seems there were more than the usual complaints about officiating in your April issue.

If it's true that the standard of officiating is falling, perhaps the blame can be placed on the increase in masters athletics.

Years ago, there was no competition in the sport after age 30. If you wanted to continue in athletics after your best days were over, you had to turn to administration, coaching or officiating. Now with everyone competing for life, who's left to do the officiating?

Perhaps an athlete who insults officials should be suspended until the athlete has served a period of time as an official. An afternoon spent replacing the bar on the pole vault uprights or raking the long jump pit should be enough for all but the most recalcitrant offender to see what it's like on the other side.

Graham Smith  
Hong Kong

### MASTERS ARE T&F'S FUTURE

Prior to the masters mile at the Millrose Games in New York, the announcer exclaimed to the anxious crowd that they were part of the largest assembly for an indoor track meet in this decade.

I was curious as to why this was so. This isn't an Olympic year; there were no outstanding rivalries.

As ten very fit, 40+ tracksters began the race, the crowd lost all semblance of restraint. On their feet for the better part of the nine laps, they watched Eamonn Coghlan nearly accomplish what a few decades ago was unthinkable — a four-minute mile. As he snapped the tape with a new world masters mile record, the tumultuous crowd realized it got what it came for: a glimpse of the unthinkable, a moment of youth, and an event well worth the ticket price.

Let the pessimists and doomsayers go their way, but those interested in promoting track and field should take note. The most powerful market in the sport today — the baby boomers — has just graduated to a new age category. As young competitors, they were the core of the running revolution. Now they are the soul of its revitalized energy, as masters runners and fitness experts.

If Millrose was any indication, the strongest of marketing tools may be to give the audience something they can relate to. When it comes to masters events in track and field, "stage them and they will come."

John Folan, M.D.  
Smithtown, New York

### FAST, BUT NOT THAT FAST

In the 1992 Track and Field Rankings Book, M70-74 100 meters, there is an error. I am credited with a first-place 11.57. That time is for a 100-yard-dash, which I ran in Andrews, Texas, June 12.

My best 100m time was 13.01, which I ran at the Southwest Regionals, July 11, and puts me second to John Alexander (12.34).

Tim Murphy  
Irving, Texas

### ODE TO PAYTON JORDAN

Here's to Payton Jordan, a man beyond compare;

America's fastest human, with the blondest-ever hair;

A sprinter with such quickness, he'd rarely ever lose;

This mercury incarnate, with wings upon his shoes.

What potions has he conjured to prolong his derring-do,

This mighty masters champion that no one could subdue?

What's kept his legs so limber? It's time to question truth,

Has he been sipping from the fount of eternal youth?

Winning seemed so simple as he sprinted to the tape,

Flying fast like Superman, without the famous cape.

His triumphs all were awesome, who'd win was not in doubt.

The blazing blond was fastest; what track is all about.

Nothing is forever 'cept the sun and all its likes,

Yet who could think the Great One would be hanging up his spikes.

So champagne for a legend; we speak above the din:

Here's to Payton Jordan, the best that's ever been.

Walt Anderson  
Redlands, California

### AGE-GROUP RECORDS

There is an error in the M70 and M75 USA triple-jump records (May NMN). Tom Patsalis is not yet 75. Thus, the M70 record should read: 30-6¼ (9.30), Tom Patsalis, 70, 8-14-92. The M75 line should read: 28-2¾, Win McFadden, 75, 8-17-80.

Bill Wood  
Santa Clara, California  
(Sharp-eyed reader Wood is correct. — Ed.)

### AGE-GRADING

Phil Mulkey's Indoor Nationals Age-Graded Results (May, NMN) is very interesting and revealing, but he left out the weight throw events.

Manuel and Helen White  
Helena, Montana

(The current age-graded tables do not include the weight throw, but the revised tables, currently being reviewed by WAVA for approval, do. The new tables should be in effect in time for the outdoor nationals in August. — Ed.)

### Five Years Ago June, 1988

- ICI Signs on to Sponsor 15-Race Masters Circuit
- Bill Tobin (5:31:38) and Jan Kreuz (6:37:22) Top Masters in National 50-Miler
- MAAD (Masters Against Age Discrimination) Formed to Encourage Recognition of Older Runners

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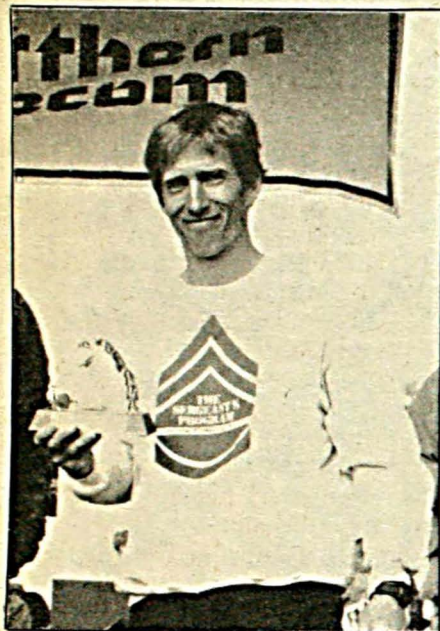
CZZMN



*Green, Marque Set U.S. Records***Moeser, Malloy Win  
In Cherry Blossom 10-Miler**

by JERRY WOJCIK

Chuck Moeser, 41, of Herndon, Va., and Rose Malloy, 44, of Annapolis, Md., were the masters winners in the Northern Telecom Cherry Blossom 10 Mile in Washington, D.C., on April 4.



Chuck Moeser, 41, Herndon, Va., first master (53:10). Cherry Blossom 10 Mile, Washington, D.C., April 4.

Photo by Bill Burgess

Moeser ran a 53:10 to take the title by 15 seconds from Kevin Brown, 41, of England. Malloy was 19-second winner over Janet Jordan, 44, Portland, Ore.

Norm Green, Jr., 60, Wayne, Pa., broke John Hosner's 1985 U.S. M60-64 record of 58:55 with a 57:48. Hedy Marque, 75, Alexandria, Va., erased Anne Clarke's W70-74 national record of 97:04, set in 1985, with an 85:40.

Ruth Rothfarb, 91, Miami, Fla., who was born before the legendary cherry trees were planted, once again completed the course. The nearly 3400 runners were joined by Honorary Race Director, Senator Max Baucus, who toured the course in 78:32. Phil Stewart was the race director. □



Rose Malloy, 44, Annapolis, MD, receives the Healthy Choice first W40+ award for her 62:32 from ConAgra's Paul Carody, Cherry Blossom 10 Mile, Washington, D.C., April 4.

Photo by Bob Burgess

**Smead, Hutchison Best Age-Graded in Redbud 10K**

by JERRY WOJCIK

Chuck Smead, 41, was the masters winner in 33:01 and also the top age-graded master with a 30:56 in the 11th annual Redbud Classic 10K, Oklahoma City, on April 18. Steve Blanchard, 61, was second-best age-graded M40+ with an M60-64 division winning 40:39 (AG32:20).

Robert Anderson, 45, was third of

the 437 age-graded masters men, with a 36:40 (AG33:27). Lewis Fisher, 72, M70+ division winner, placed 27th on the age-graded list with a 53:38 (AG37:38).

Jane Hutchison, 47, the W45 division winner, topped the masters women age-graded list of 102, with a 40:35, which age-graded to 32:32.

Trudy Calloway, 45, second to Hutchison in the W45 race with a 43:16, was also second on the list with a 35:13.

Janet Myers, 56, W55 winner, took the fifth spot with a 51:44 (AG38:12). The best 60-and-over was Margarette Malone, 61, who ran a 75:23 for a 63rd-place 52:38. □



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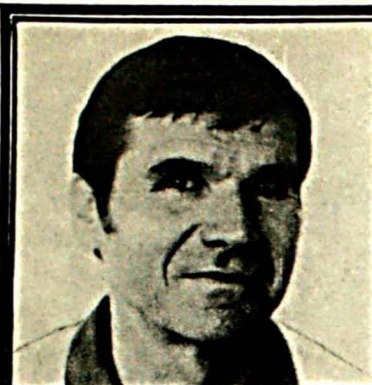
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## Third Wind

by Mike Tymn

### 300/300: The Ultimate Balance

As both a runner and a decathlete, Tim Collins, a 51-year-old Cicero, N.Y. school psychologist, strives for a balance of muscular strength and cardiovascular endurance. He doesn't need to go through the ten events of the decathlon to test himself, though; instead, he has a simple two-event challenge that tells him where he stands.

"I have always believed that a truly balanced athlete should have both strength and endurance," says Collins. "In order to help me measure and chart that combination, I selected the bench press as a measure of strength and the mile run as a measure of endurance."

In 1959, as a high school runner, Collins recorded a 4:38 mile. His best since then has been 4:49 at age 39 in 1980. His best bench press was 345 pounds at age 32.

"I weighed 194 pounds, a real balloon, when I lifted 345," Collins continues. "I was real sluggish then and I probably couldn't have gone under 5:30 for a mile."

As Collins sees it, the ultimate in athletic balance, at least for someone his age, would be to run a mile in 300 seconds (5 minutes) or faster and bench press 300 pounds. "But here's the catch," he says. "Both marks must be achieved within 15 days of each other. This discourages training just for the bench press max or just for the fast mile time. Balance is the goal."

#### Point System

Collins began his quest for a 300-300 back in 1973 with a 240 lift and a 5:17 mile. He gradually improved to 265-4:49 in 1980 and 280-4:54 in 1981. Using a

point system in which he arbitrarily assigned one point per pound in the bench press and two points per second in the mile (using 300 seconds as the base), he scored 592 points in 1981, his best year.

Although standout American miler Joe Falcon is quoted in the March issue of *Running Times* as having bench pressed 267 pounds at a body weight of 127 while in his freshman or sophomore year of college, the average non-weight-trained male, according to two weight-training experts, can press only 60-75 percent of his bodyweight. Thus, an average 150-pound ectomorphic miler can be expected to press not much more than 100 pounds. A non-weight-trained male who can press his own body weight is considered well above average.

It is likely that some Olympic caliber decathletes have been capable of 300-300, but there is no known record of any having done so. Falcon, if he really did press 267, would certainly have achieved well over 600 points.

"It's a real difficult balance," Collins adds. "The two events are antithetical. As you start up in one, the other shrinks."

#### Basic Problem

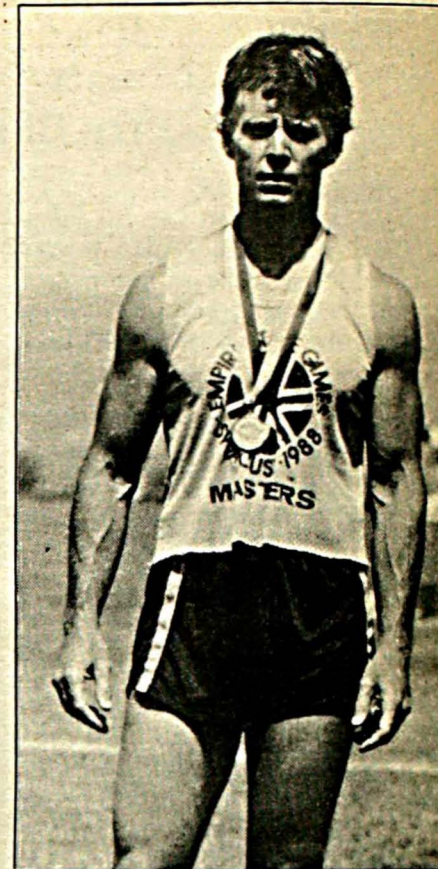
The basic problem is that a 300-pound

bench press requires a certain upper-body muscular mass, while that mass tends to weigh down and thereby slow the miler. Still, a double body-weight bench press, while exceptional, is well within human capability. Collins benched 320 at 160 pounds when he was 34.

"The biggest problem is not so much the body weight as it is the energy level," explained Collins, who was down to 152 pounds in 1981 when he scored his best. "There have been times in the past when I've been able to hold a fairly good bench press on 30 miles a week, but my best lifts have always been during the winter when I'm running maybe just 10 quality miles a week. I don't think there's any way a person can run 80 miles a week and lift heavy. It just won't work."

Last year, at 50, Collins, while weighing 157, benched 250 and ran 5:23 for 504 points. He feels that age has placed some limitations on him and now doubts that he'll ever achieve 600 points. However, he's now working on an age-graded table by which he can compare himself from year to year in spite of a slight loss to the years.

Even with the age-graded factors built in, Collins has doubts about ever achieving a 300-300 or even a 600 point total, but he expects to maintain a high



Tim Collins

level of balanced fitness in continuing to strive for it. □

Tim Collins began his 300/300 quest in 1973, at age 31 and at a body weight of 166 pounds, with a 240-pound bench press and a 5:17 mile. Since then, his bench press has been 320 pounds and his best mile 4:49; however, he has not been able to achieve 300/300 in the same year. His best years were at ages 38 and 39. Listed below are his best efforts during each five-year age group:

| Year | Age | Body Wt. | Bench Press | Mile Run |
|------|-----|----------|-------------|----------|
| 1974 | 32  | 176      | 320         | 5:22     |
| 1980 | 38  | 153      | 265         | 4:49     |
| 1981 | 39  | 153      | 280         | 4:54     |
| 1983 | 41  | 156      | 270         | 4:52     |
| 1988 | 46  | 161      | 260         | 5:03     |
| 1992 | 50  | 157      | 250         | 5:23     |

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## Longest Day Races

by C.S. ROBERTS, JR.

The Longest Day Marathon in Brookings, S. Dak., on April 17 was dominated by masters runners. In excellent weather, the marathon started with 60 runners and four relay teams. Fifty runners finished. The overall winner was 42-year-old James Pelarske, St. Cloud, Minn., in 2:47:33. The first female finisher was also a masters runner, 40-year-old Janet Scallen, Minnetonka, Minn., who demolished the women's masters record with a 3:07:36, for which she received \$500.

The first W40+ runner in the half-marathon was Elizabeth Vinerman, 74, Salt Lake City, in 3:46:36.

The 5K racewalk produced two new course records, both by masters walkers, who finished first overall. Mike Wiggins, 42, Hawarden, Iowa, was first with a 23:53. Jodie Olson, 42, Anoka, Minn., took the women's title in 29:02. □



James Pelarske, 42, St. Cloud, Minn., first overall (2:47:33), Longest Day Marathon, Brookings, S. Dak., April 17.

Brookings Register Photo by Gary Sandquist

## 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.

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| WOMEN |    |    |    |    |    |    |    |    |    |    |                      |
|-------|----|----|----|----|----|----|----|----|----|----|----------------------|
| 16    | 14 | 12 | 10 | 8  | 6  | 5  | 4  | 3  | 2  | 1  | Weight Div.-Under 40 |
| 17    | 15 | 13 | 11 | 9  | 7  | 6  | 5  | 4  | 3  | 2  | Weight Div.-Over 40  |
| 18    | 16 | 14 | 12 | 10 | 8  | 6  | 5  | 4  | 3  | 2  | Weight Div.-Under 40 |
| 19    | 17 | 15 | 13 | 11 | 9  | 7  | 6  | 5  | 4  | 3  | Weight Div.-Over 40  |
| 20    | 18 | 16 | 14 | 12 | 10 | 8  | 6  | 5  | 4  | 3  | Weight Div.-Under 40 |
| 21    | 19 | 17 | 15 | 13 | 11 | 9  | 7  | 6  | 5  | 4  | Weight Div.-Over 40  |
| 22    | 20 | 18 | 16 | 14 | 12 | 10 | 8  | 6  | 5  | 4  | Weight Div.-Under 40 |
| 23    | 21 | 19 | 17 | 15 | 13 | 11 | 9  | 7  | 6  | 5  | Weight Div.-Over 40  |
| 24    | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8  | 6  | 5  | Weight Div.-Under 40 |
| 25    | 23 | 21 | 19 | 17 | 15 | 13 | 11 | 9  | 7  | 6  | Weight Div.-Over 40  |
| 26    | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8  | 6  | Weight Div.-Under 40 |
| 27    | 25 | 23 | 21 | 19 | 17 | 15 | 13 | 11 | 9  | 7  | Weight Div.-Over 40  |
| 28    | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8  | Weight Div.-Under 40 |
| 29    | 27 | 25 | 23 | 21 | 19 | 17 | 15 | 13 | 11 | 9  | Weight Div.-Over 40  |
| 30    | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | Weight Div.-Under 40 |
| 31    | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 15 | 13 | 11 | Weight Div.-Over 40  |
| 32    | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | Weight Div.-Under 40 |
| 33    | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 15 | 13 | Weight Div.-Over 40  |

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Name (last name, first name) \_\_\_\_\_ Age on Oct. 2 \_\_\_\_\_ Sex \_\_\_\_\_ Birth Date \_\_\_\_\_  
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 (If entering weight division) \_\_\_\_\_  
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 Entry Fee Enclosed: \$20 Sept. 7-Sept. 21  
 CIRCLE T-SHIRT SIZE: S M L XL XXL

A physical examination is not required to run in the St. George Marathon but all competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a marathon, it is strongly recommended that you seek the advice of a competent physician and abide by his advice. All persons under 18 years of age must have written consent of their parents or legal guardian to compete in the St. George Marathon. In consideration of the privilege granted me of participating in the St. George Marathon, and for other good and valuable consideration, I intend to legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims I may have against the City of St. George, St. George Marathon Committee, their agents, representatives, successors, or assignees for any and all injuries, ailments, or other consequences suffered by me in the Marathon.

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Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## Arthritis and Bony Spurs

**Q.** A former college sprinter, I recently returned to track and field after competing in a variety of other sports over a period of many years. I am currently involved in Masters swimming, as well as T&F.

During twenty years of competitive judo, I severely damaged the bone of the base of my left big toe. Like other judoka, I simply had someone "pull the toe out," and taped it to the second and third toes. Now I'm paying for the neglect. Pain accompanies every step, and throbbing inhibits workouts. The bone's enlarged and gnarled appearance does not bother me.

Do you have any suggestions - or should I just stick to my Advil diet?

**A.** I have to admire your pain tolerance. I think most of us would jump through the roof.

It sounds like you may have initially had a subluxation of the first toe joint (hallux). Usually when any type of injury occurs at the large toe joint, secondary arthritic changes occur.

In athletes, such as yourself, one not only develops arthritis, but a hallux limitus. This is a formation of bony spurs on the sides and top of the large toe joint. These are arthritic in nature and limit the motion of the great toe. They are also quite painful. The more you exercise, the more painful they become.

I would have an x-ray taken of the large toe joint to determine the nature and severity of the injury. Since you can no longer exercise without pain, you may have to undergo a surgical procedure.

In many cases, with athletes, a cheilectomy or 'cleaning' of the arthritic debris around the joint may suffice. In most cases, this clears up the area around the joint and allows for a better range of motion of the large toe.

In severe cases, there may have to be

some joint intervention, removal or plastic implants. These are not necessarily recommended for athletes but may solve the pain problem.

I would certainly have it looked at and, in your case, consider the possibility of a conservative surgical procedure. Usually an outpatient procedure, this can be performed under local anesthesia.

Although Advil is a good medication, you need to resolve the problem, rather than the pain. Post-op recovery should take about 6-8 weeks. □

*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.*



Marcie Trent, the "Mother of Alaska Running," wins the W75 National Masters 5K title in 31:46 in the Anchorage Heart Run, April 24.

Photo by John Pearsall

## Yonkers Marathon

by MARILYN J. MITCHELL

Dianne Miller (40, York, Pa., 3:03:11) won \$1100 as the overall women's winner of the 57th running of the second oldest marathon in the United States, the Yonkers Marathon, on April 26. Hector Vargas (46, New York and Puerto Rico, 5th overall, 2:45:50) and Suzanne Rohr (43, New York, 46th overall, 3:34:29) each took home \$500 as the first masters competitors. There was no duplication of prize money for overall placement or for masters placement.

With temperatures at 63° just prior to the 9:00 a.m. start and with some cool, breezy headwinds on the course, temperatures climbed into the 70s by the time the first runner crossed the finish line. One of the most difficult marathons in the United States, the course winds through picturesque hilly towns and villages with melodic names like Ardsley, Tarrytown, and Hastings-

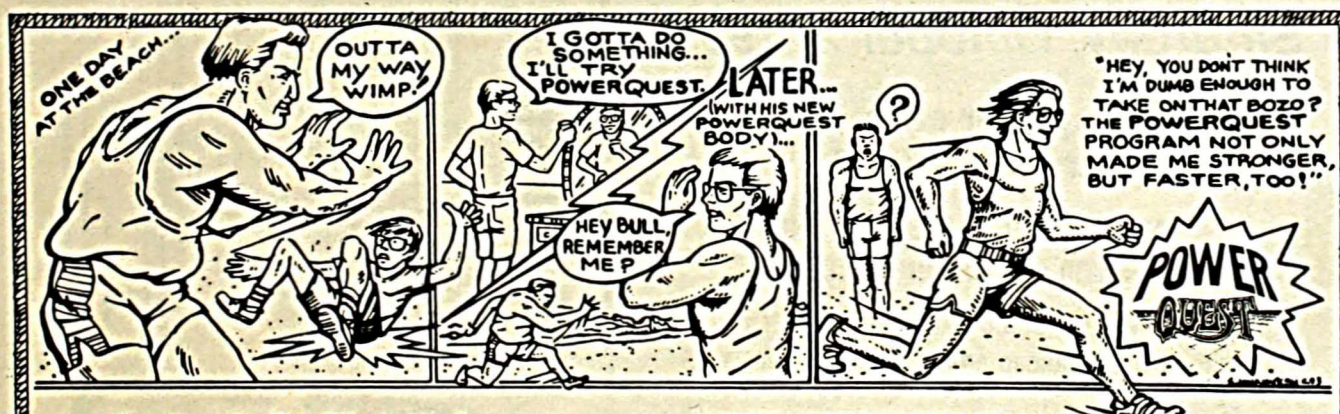
on-Hudson, places where Washington Irving, Ichabod Crane and the Headless Horseman strode. Places with 18th century churches and cemeteries. Places with continual rolling hills, and places with traffic in both directions, so that a runner sometimes had to cross from one side of the road to the other in order to avoid on-coming cars.

Miller used to do three to four marathons yearly, but this is her first marathon in three years. Her Yonkers victory was her first attempt on that course and, in a concession to the race's difficult course, she admitted the day after the race that she "... was a bit sore but will probably run a bit tomorrow."

Vargas, originally from Puerto Rico but in the United States since 1972, has run 92 marathons with a 2:30 best in the 1988 New York City Marathon. Suzanne Rohr, originally from Switzerland, has been in America for 12 years and has run approximately 19 marathons, including one in the Hawaiian Ironman Triathlon in 1991.

Everyone's favorite runner was Jeff Vieyra, 46, of Mountain Lake, N.J., who actually arrived at the finish line at 3:33:20 but waited and counted down the seconds until 3:33:33 to stride across, "because it's easier to remember the time that way." But, life being the way that it is, the time was officially recorded as 3:33:32! Overall winning time for open men was 2:28:14 by Jairo Correa.

Although the race in its present form is generally conceded to have begun in 1935, the current race does use the original 1907 course. This year's race was conducted by the Yonkers Department of Parks, Recreation and Conservation under the direction of David Antonelli, Sports Supervisor and Race Director, and Augie Cambria and Harold McKoy, Directors of Recreation. □



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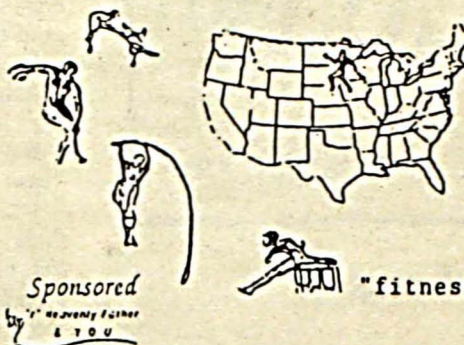
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|                                     |               |  |             |
|-------------------------------------|---------------|--|-------------|
| <b>110 meter Hurdles</b>            |               | <b>110 meter Hurdles</b>               |             |
| R30 Ken Frank, So. St. Paul         | 15.08 (92)    | R30 Ken Frank, So. St. Paul            | 6-0 (92)    |
| R40 Baz Nagay, (OH)                 | 18.18 (89)    | R35 Patrick Boulay, Mpls.              | 5-4 (92)    |
| R45 George LaBelle, Ham Lake        | 20.24 (88)    | R40 Tim Neikille, Egan                 | 6-0 (90)    |
| <b>100 meter Hurdles</b>            |               | R45 Baz Nagay, (OH)                    | 5-4 (89)    |
| R50 George LaBelle, Ham Lake        | 18.03 (92)    | R45 Len Washington, Mpls.              | 5-2 (89)    |
| R55 Jim Peterson, Aitkin            | 18.32 (92)    | R50 John Brink, (WI)                   | 5-0 (89)    |
| <b>80 meter Hurdles</b>             |               | R50 Tom Langenfeld, Edina              | 5-4 (90)    |
| R65 Bob Warwick, Sr., (ND)          | 14.84 (88)    | R55 Tom Langenfeld, Edina              | 4-8 (90)    |
| R70 Charles Obye, (AZ-IA)           | 15.03 (92)    | R60 Jim Gibb, Woodbury                 | 5-3 (92)    |
| R75 Rachel Lyga, Twin Cities        | 16.98 (89)    | R65 Bennett Edwards, St. Paul          | 4-2 (92)    |
| R80 Rachel Lyga, Twin Cities        | 19.04 (92)    | R70 Charles Obye, (AZ-IA)              | 4-4 (90)    |
| <b>50 meter Sprint</b>              |               | R75 Rachel Lyga, Twin Cities (IL)      | 4-4 (89)    |
| R90 Tom Young, Coon Rapids          | 6.30 (89)     | R80 Rachel Lyga, Twin Cities (IL)      | 4-4 (92)    |
| R95 Ken Paderewski, Resolute Park   | 6.30 (90)     | <b>Long Jump</b>                       |             |
| R100 Howard Sundberg, (CA)          | 6.49 (90)     | R100 Mike Lyga, Fridley                | 20-0 (89)   |
| R105 Randall Clevon, MPLS.          | 6.72 (92)     | R105 Bill Johnson, So. St. Paul        | 18-8 (92)   |
| R110 John Brink, (WI)               | 6.72 (89)     | R110 Ken Frank, So. St. Paul           | 18-8 (92)   |
| R115 Jim Munn, (NE)                 | 7.12 (89)     | R115 Patrick Boulay, Mpls.             | 16-1 (92)   |
| R120 George LaBelle, Ham Lake       | 6.91 (90)     | R120 Michael Sherratt, Shorewood       | 17-4 (90)   |
| R125 Gordon Siefert, (AL)           | 7.15 (89)     | R125 John Brink, (WI)                  | 16-2 (89)   |
| R130 Ray Eiland, Eagan              | 7.20 (90)     | R130 Stephen Hollinsworth, Mpls.       | 16-9 (89)   |
| R135 Don Rived, St. Paul            | 6.40 (89)     | R135 George LaBelle, Ham Lake          | 14-4 (89)   |
| R140 L.S. "Andy" Anderson, (NH)     | 7.02 (90)     | R135 Jim Peterson, Aitkin              | 15-1 (90)   |
| R145 Bob Warwick, Sr.               | 7.66 (88)     | R140 Rachel Lyga, Twin Cities          | 12-7 (92)   |
| R150 Chuck Olson, (ND)              | 8.09 (92)     | R145 Ray Shotte, Mpls.                 | 9-8 (89)    |
| R155 Bob Warwick, Sr., (ND)         | 8.77 (92)     | R150 Chuck Olson, Mpls.                | 16-5 (88)   |
| R160 Ray Shotte, Mpls.              | 9.29 (90)     | R155 Charles Obye, (IA-AZ)             | 15-1 (88)   |
| R165 Rachel Lyga, Twin Cities       | 8.1 (87)      | R160 Charles Obye, (IA-AZ)             | 14-8 (92)   |
| R170 Rachel Lyga, Twin Cities       | 8.35 (92)     | R165 Rachel Lyga, Twin Cities          | 12-3 (89)   |
| <b>100 meter Sprint</b>             |               | R170 Rachel Lyga, Twin Cities          | 12-1 (92)   |
| R180 Bill Johnson, So. St. Paul     | 11.97 (92)    | <b>Triple Jump</b>                     |             |
| R185 Ken Paderewski, Brooklyn Park  | 11.93 (90)    | R180 Mike Lyga, Fridley                | 39-10 (89)  |
| R190 Baz Nagay, (OH)                | 11.77 (89)    | R185 Bill Johnson, So. St. Paul        | 39-4 (92)   |
| R195 Michael Sherratt, Shorewood    | 11.75 (90)    | R190 George LaBelle, Ham Lake          | 27-4 (92)   |
| R200 Lloyd Young, Coon Rapids       | 11.72 (90)    | R195 Jim Peterson, Aitkin              | 32-9 (90)   |
| R205 George LaBelle, Ham Lake       | 13.20 (89)    | R200 Chuck Olson, Mpls.                | 31-1 (88)   |
| R210 Jim Munn, (NE)                 | 13.23 (90)    | R205 Charles Obye, (IA-AZ)             | 28-2 (92)   |
| R215 Gordon Siefert, (AL)           | 12.82 (88)    | R210 Louisa Verdell, Mpls.             | 21-1 (90)   |
| R220 John Brink, New Brighton       | 12.80 (90)    | R215 Rachel Lyga, Twin Cities          | 25-2 (92)   |
| R225 Don Rived, St. Paul            | 14.28 (88)    | R220 Rachel Lyga, Twin Cities          | 25-2 (92)   |
| R230 Bob Warwick, Sr., (ND)         | 15.33 (88)    | <b>Pole Vault</b>                      |             |
| R235 L.S. "Andy" Anderson, (NH)     | 15.02 (92)    | R230 Ken Frank, So. St. Paul           | 12-4 (92)   |
| R240 Charles Cuddihy, Minnetonka    | 15.41 (92)    | R235 Patrick Boulay, Mpls.             | 8-4 (92)    |
| R245 Hugh Hackett, (NH)             | 15.07 (90)    | R240 Michael Sherratt, Shorewood       | 12-0 (90)   |
| R250 Ray Shotte, Mpls.              | 17.63 (90)    | R245 Jim Munn, (NE)                    | 8-4 (92)    |
| R255 Ron Rived, St. Paul            | 12.29 (86)    | R250 John Brink, (WI)                  | 8-0 (92)    |
| R260 Bob Warwick, Sr., (ND)         | 12.44 (92)    | R255 Ted Oviatt, (CA)                  | 8-0 (92)    |
| R265 Rachel Lyga, Twin Cities (NSP) | 14.28 (86)    | R260 James Gibb, Woodbury              | 7-3 (92)    |
| R270 Rachel Lyga, Twin Cities (TN)  | 15.49 (87)    | R265 Rachel Lyga, Twin Cities          | 6-3 (89)    |
| <b>200 meter Sprint</b>             |               | R270 Rachel Lyga, Twin Cities          | 3-8 (92)    |
| R280 Shawn Bagan, Mpls.             | 24.88 (90)    | <b>Shotput</b>                         |             |
| R285 Howard Sundberg, (CA)          | 25.33 (92)    | R280 Jerry Senters, (IA)               | 42-3 (92)   |
| R290 Jim Munn, (NE)                 | 25.39 (90)    | R285 Timothy Pomeroy, Mpls.            | 25-2 (92)   |
| R295 Gordon Siefert, (AL)           | 26.70 (90)    | R290 Sam Frederick, Mound              | 42-26 (90)  |
| R300 John Brink, New Brighton       | 26.85 (88)    | R295 Carl Kiehn, (WI)                  | 36-4 (88)   |
| R305 L.S. "Andy" Anderson, (NH)     | 26.97 (92)    | R300 George LaBelle, Ham Lake          | 36-4 (92)   |
| R310 Don Rived, St. Paul            | 27.56 (89)    | R305 John Brink, (WI)                  | 44-8 (90)   |
| R315 Bob Warwick, Sr., (ND)         | 32.74 (88)    | R310 Larry Marsh, (AZ)                 | 40-2 (88)   |
| R320 Ray Shotte, Mpls.              | 39.10 (90)    | R315 Chuck Olson, Mpls.                | 39-10 (92)  |
| R325 Bob Warwick, Sr., (ND)         | 40.31 (92)    | R320 Hugh Hackett, (NH)                | 32-4 (90)   |
| R330 Rachel Lyga, Twin Cities (IL)  | 35.78 (92)    | R325 Ray Shotte, Mpls.                 | 27-0 (90)   |
| <b>400 meter Run</b>                |               | R330 Ralph Boyer, (NH)                 | 27-2 (90)   |
| R340 Shawn Bagan, Mpls.             | 57.66 (90)    | R335 Michelle Lyga, Fridley            | 26-0 (86)   |
| R345 Ed Hayward, Edina              | 1:02.66 (90)  | R340 Rachel Lyga, Twin Cities (IL)     | 22-1 (89)   |
| R350 David Bennett, (CA)            | 1:01.16 (92)  | R345 Rachel Lyga, Twin Cities          | 22-0 (92)   |
| R355 Gordon Siefert, (AL)           | 1:00.37 (88)  | <b>Discus</b>                          |             |
| R360 Don Rived, St. Paul            | 1:13.8 (88)   | R350 Patrick Boulay, Mpls.             | 104-10 (92) |
| R365 L.S. "Andy" Anderson, (NH)     | 1:04.94 (92)  | R355 Jerry Senters, (IA)               | 144-3 (92)  |
| R370 Lloyd Young, Pine City         | 1:10.5 (88)   | R360 Tim Neikille, Egan                | 89-4 (90)   |
| R375 Bob Warwick, Sr., (ND)         | 1:25.89 (88)  | R365 Carl Kiehn, (WI)                  | 122-5 (90)  |
| R380 Ray Shotte, Mpls.              | 1:33.72 (92)  | R370 John Brink, (WI)                  | 123-10 (89) |
| R385 Rachel Lyga, Twin Cities       | 1:08.84 (86)  | R375 John Brink, New Brighton          | 105-5 (89)  |
| R390 Rachel Lyga, Twin Cities       | 1:20.60 (87)  | R380 Ted Oviatt, (CA)                  | 119-10 (90) |
| <b>400 meter Pastwalk</b>           |               | R385 Bennett Edwards, St. Paul         | 125-2 (90)  |
| R395 Jeff Sowerdine, Landfall       | 2:33.77 (90)  | R390 Chuck Olson, Mpls.                | 85-0 (88)   |
| R400 George LaBelle, Ham Lake       | 2:15.10 (88)  | R395 Bob Warwick, Sr., (ND)            | 109-9 (90)  |
| R405 George LaBelle, Ham Lake       | 2:04.65 (89)  | R400 Hugh Hackett, (NH)                | 58-8 (90)   |
| R410 Gordon Siefert, (AL)           | 2:27.70 (88)  | R405 Ray Shotte, Mpls.                 | 58-9 (90)   |
| R415 Jim Gibb, Woodbury             | 2:16.25 (92)  | R410 Ralph Boyer, (NH)                 | 76-4 (86)   |
| R420 Sally Schmitt, (CA)            | 2:10.02 (90)  | R415 Michelle Lyga, Fridley            | 65-0 (87)   |
| R425 Gertrude Kierlin, (AL)         | 2:26.60 (88)  | <b>Javelin</b>                         |             |
| R430 Lucille Swartz, Cottage Gr.    | 2:28.70 (88)  | R420 Craig Haugard, Hutchinson         | 90-5 (89)   |
| R435 Ray Shotte, Mpls.              | 2:42.20 (90)  | R425 Patrick Boulay, Mpls.             | 111-2 (92)  |
| <b>800 meter Run</b>                |               | R430 Bill Schooler, (IA)               | 144-5 (89)  |
| R440 Brian Bohne, Fridley           | 2:19.75 (89)  | R435 Bruce Walburg, Eden Prairie       | 113-0 (90)  |
| R445 Howard Sundberg, (CA)          | 2:17.72 (92)  | R440 Lee Washington, Mpls.             | 116-1 (89)  |
| R450 Shawn Bagan, Mpls.             | 2:18.72 (92)  | R445 Carl Kiehn, (IL)                  | 114-8 (90)  |
| R455 Rick Peterson, Belle Plaine    | 2:57.60 (90)  | R450 George LaBelle, Ham Lake          | 98-5 (92)   |
| R460 Lowell Peterson, (WI)          | 2:29.16 (89)  | R455 Jim Peterson, Aitkin              | 107-1 (92)  |
| R465 Don Rived, St. Paul            | 2:47.20 (88)  | R460 Larry Marsh, (AZ)                 | 90-9 (89)   |
| R470 Ted Oviatt, (CA)               | 2:58.49 (92)  | R465 Bennett Edwards, St. Paul         | 120-3 (88)  |
| R475 Lloyd Young, Pine City         | 2:36.41 (88)  | R470 Ray Shotte, Mpls.                 | 69-0 (85)   |
| R480 Rachel Lyga, Twin Cities       | 2:29.00 (86)  | R475 Rachel Lyga, Twin Cities          | 85-4 (89)   |
| R485 Elizabeth Sundberg, (CA)       | 2:55.01 (92)  | <b>Weight Toss</b>                     |             |
| <b>One Mile</b>                     |               | R480 George LaBelle, Ham Lake          | 36-7 (92)   |
| R490 Rick Kiehn, Plymouth           | 4:57.50 (92)  | R485 Larry Marsh, (AZ)                 | 34-4 (92)   |
| R495 Gary DeFrance, Golden Valley   | 5:30.94 (92)  | R490 Bennett Edwards, St. Paul         | 32-4 (92)   |
| R500 Ted Oviatt, (CA)               | 4:15.15 (92)  | R495 Rachel Lyga, Twin Cities          | 18-8 (92)   |
| R505 Lloyd Young, Pine City         | 5:56.35 (90)  | <b>Two mile Racewalk</b>               |             |
| R510 Jim Gibb, Woodbury             | 9:33.46 (90)  | R500 Craig Haugard, Hutchinson         | 20.46 (89)  |
| R515 Michelle Lyga, Fridley         | 7:58.00 (82)  | R505 James Fields, (WI)                | 21.15 (86)  |
| R520 Elizabeth Sundberg, (CA)       | 6:28.72 (92)  | R510 Ray Shotte, Mpls.                 | 23.48 (84)  |
| R525 Rachel Lyga, Twin Cities       | 7:51.28 (86)  | <b>4x100 meter Relay</b>               |             |
| <b>Two Miles</b>                    |               | George LaBelle (51) John Hauge (55)    | 56.68 (90)  |
| R530 Jim Baillergan, (WI)           | 10:45.29 (89) | Jim Peterson (55) Chuck Olson (64)     |             |
| R535 John Cramer, St. Paul          | 10:48.75 (92) | <b>"Fastest Family" Fun Relay</b>      |             |
| R540 Lowell Peterson, (WI)          | 12:38.56 (89) | 1. C188-Jim (38) Randy (36)            | 58.61 (89)  |
| R545 Ray Eiland, Egan               | 20.37.64 (90) | 2. SUNDGREN-Michael (8) & Jonathan (6) | 63.50 (92)  |
| <b>Two mile Racewalk</b>            |               | Elizabeth (38) Eric (11) Howard (41)   |             |
| R550 Craig Haugard, Hutchinson      | 20.46 (89)    |  |             |
| R555 James Fields, (WI)             | 21.15 (86)    |  |             |
| R560 Ray Shotte, Mpls.              | 23.48 (84)    |  |             |

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



"fitness & health thru friendly competition"

**SUMMER '93**  
**AUGUST 1, 1PM**  
**RICHFIELD HIGH SCHOOL**  
7001 HARRIET (Exit 35W-494East-  
Lyndale South to 72nd-right to Harriet)

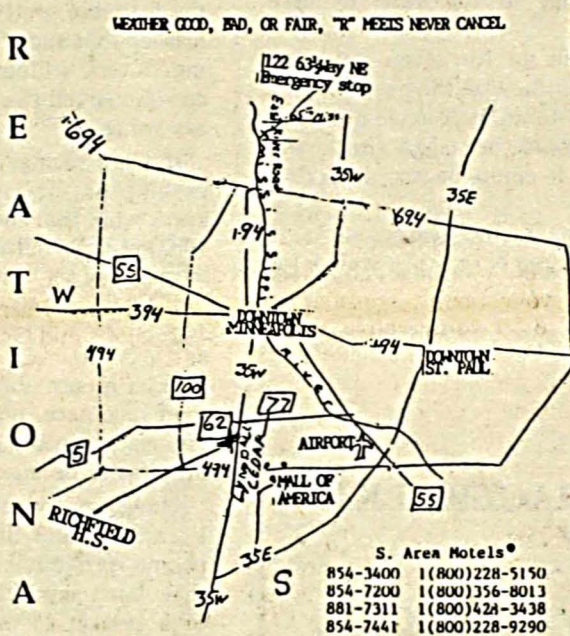
USMSO EM"R" T&F is not associated with any religious cult. It is assoc. with "Bible Buddys" -a telephone friendship prayer line began in 1973. It is dedicated to "Our Lord" of Lords; as ancient greek olympians honored their gods. All faiths (or none) are Welcome.

U.S. MASTERS/SENIOR OLYMPIC Early Morning "R" Track & Field

Purpose: to motivate ourselves through friendly competition, to be highly competitive, but most of all have FUN; to give our youth a positive image of athletic physical aging. (Keep smiling) Along with good manners, while at these meets-No drinkin, smokin, fussin, or cussin. The use of Biblical STERIODS (Do unto others-as to yourself) is highly recommended.

### "Rules of Fairness"

- 1) A demonstration of physical perfection in form is less likely in amateur masters-senior olympian age groups; therefore, no one esp. over 55, scratches. Out of boundary throws are penalized by a reduction from release.
- 2) High Jump and Pole Vault contenders are allowed (if you're UP to it), up to, and including six attempts, the same as for other field events.
- 3) NO FALSE STARTS LISTEN. AFTER THE ORDER, "ON YOUR MARK" "GET SET," DO NOT LOOK AT THE STARTER-LISTEN FOR THE GUN SOUND BEFORE MOVING, AND YOU CANNOT FALSE START. The starter will not extend a "hold" unnecessarily. A deliberate prestart eliminates your race time only, and waste energy. (sorry, but it is not fair to force a restart on the other runners.)
- 4) Field Events will not close to anyone preregistered and signed in with field event judges; and before winners are decided.
- 5) To encourage diversity and variety in training, one limited entry fee covers the multievents unlimited. (& family)
- 6) Whereas, there are few American-born or trained women hurdlers over the age of 50, starting from 39"-4," spacing distance between 8 hurdles within 80 meters will remain a choice for women 50+ and men 70+.
- 7) U.S. MASTERS-SENIOR OLYMPIC Early Morning "R" Track & Field Meets are "Recreational Sport" activities. NO DRUG TEST.
- 8) Suggestion: In this "Year of Our Lord" in the U.S.A., or wherever we are, PRAISE and THANK GOD for the privilege to compete, in fun and fairness.



### !!AUGUST IS GREAT-CELEBRATE!!

Suggested entry donation is \$8-one event, \$15-unlimited & family. For the 4x100 family fun relay, list names and ages under one family name on backside of entry, and include any track history you care to share. Mail to: Rachel Lyga, 122-63 1/2 Way NE, Mpls, MN 55412 612-574-9661

### ENTRY FORM

Pre-registration

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on 9/1/93 \_\_\_\_\_ W( ) M( )

Please Print

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
No P.O. please

= NO ENTRY FEE =

Phone ( ) \_\_\_\_\_ (WOMEN SENIOR OLYMPIANS 55+) WT DI JA 2mRW HA

EVENTS(circle) \_\_\_\_\_ HJ LJ TJ SP PV 110-100-80Hs 50m 100m 800m 400W Mile 400m 200m Relay

BEST MARK '91-'93 \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

WARNING: WE WILL HAVE ANOTHER VERY SHORT OPENING CEREMONY AND "TORCH" RELAY. SHARE YOUR TALENT OR RACHEL WILL STRUM & SING THAT SONG, AND 'PATCHES' WILL AGAIN ATTEMPT HIS 6FT LONG JUMP.

Your Offerings United Sponsor U.S.M.S.O. EM"R" T&F ['93..is tax deductible. THANKS!!





# MASTERS RACEWALKING

by ELAINE WARD

## Ruth Eberle of St. Louis

(Ruth Eberle, 61, holds the one-mile U.S. W60 Age-Group Record at 8:47; the 10K at 59:43; and 5K at 28:34. Recently in a judged road walk she did a 5K in 27:47).

**EW:** When did you start racewalking?

**RE:** I had just turned 53. My daughter, Gwen Robertson, who at that time was on the national team, got me started. She said I should stop jogging because it probably wasn't good for me. I used to practice with Debbi and Don Lawrence who lived in St. Louis, but they moved to Kansas City and we have been on our own ever since.

**EW:** You have always walked with very consistent and impressive speed. How do you train?

**RE:** I am a teacher and cannot set a weekly schedule like some people can.

My hours vary, but I get in about three to four workouts a week. Gwen has taught me that over-training is bad. I think I over-trained at the beginning, and I think I was really hurting myself. Now, I do no more than two hard workouts in seven days.

**EW:** What do you mean by hard workouts?

**RE:** I will go for seven miles, or maybe I will do V02 Max type repetitions like 4 times 1000 meters at race pace. It could be eight times 400 meters, or it could be six times 200 meters.

Before the racing season starts, I develop a strong base; I just walk a lot

and only do one day of intervals. Around March, when I know I will be doing a lot of competing in May, June and July, I begin working out at least four days a week. I do two hard days, one of intervals and maybe a longer distance close to race pace. I always hold back a little.

Easy days will be walking at about a 12-minute pace for 3 or 4 miles, or I may jog for 3 or 4 miles.

**EW:** Many competitors find it hard to resist the compulsion to train every day.

**RE:** When I was 53 to 55, I was out there many more days. It was okay at first because I was strong, but now that I am getting into my 60s, I need to have rest days to get my strength back between workouts. I do better, and it is showing up in my race times. I am not losing speed by working out less, and may even be gaining speed because I am rested when I do race.

**EW:** Have you ever noticed that some women are reluctant to compete?

**RE:** Most people around here are a little fearful of it. I think one reason is that most of them don't know how to pace. I am a pretty good pacer. I have learned that and put that into my training. I very seldom wear a watch and can almost tell you exactly what speed I am going.

If I am racing, I know when I am pushing out at my full power and I know what that speed is, about 9:30 to 10:00-minute miles. If you watch my loops, they are almost identical. Gwen has trained me to do this. She tells me to walk my quarter at a specific pace, and I do it. For instance, I decide to walk at a pace about 5 seconds slower than race pace, and I get this pace in my head. When I get in a race, I go a little faster because I am pumped up.

However, I won't start out too fast. I start out and finish on pace. Some people dart out in front. I won't do that. Let's say I intend to do the loop of a 10K in 15 minutes, and I come around at 15:10. Then I know I have to go just a slight bit faster. I won't try to kill myself just to beat someone, because generally at race end I will be where I am supposed to be.

**EW:** And that's because you entered the race knowing what pace you had to walk to win and had trained for it. Do you have any other keys to your success to share?

**RE:** Learning how to pace, but being happy to do it. If you are not happy racing, and it hurts you, you are not going to really like competition. I try not to over-train because that will hurt me. When I get to races, I feel that I want to go and that I am going to win, because if I need to, I will be able to put forth a little more energy.

Yes, I have a competitive spirit. I don't want anybody ahead of me. If someone is ahead of me, I won't try to catch them in the first lap, but they are in my sights, and I will eventually gain on them. It's a psychological thing. If you don't want somebody to pass you, it's better not to be in the lead if you aren't the fastest in the field. Then you don't lose heart. You just keep your rhythm and pace, and you will



Ruth Eberle

psychologically wear the competition down.

**EW:** So you like to be third or fourth at the beginning of a race?

**RE:** Yes, and normally I am, because I race against younger age groups. I know that there are some who are going to beat me and that's okay except that I am going to try to keep as close to them as I can.

Again, pacing pays. When you are young you can count on a sprint at the end. Older people cannot. As a person gets older, the best way is to keep making your pace a bit faster in your practices. This way, you know that you can go a little faster if you have to because you have done it in your practices.

**EW:** How about warm-up and stretching?

**RE:** At first I didn't stretch. Now, I stretch whenever I think about it. I am always stretching this way or that. The usual stretches — knee bends, hips, sits, overall body stretching. As I teach, I stand a lot and need to stretch all the time. I will stretch in the evening for a while just for the fun of it. This way you keep your body limber all the time.

Then for warming up before a race, we always do 1 mile or 1 1/2 miles. We stretch a lot and then maybe do a little speed. Not a whole lot. We don't want to wear ourselves out.

**EW:** Do you have any special eating advice?

**RE:** Not really. I just eat a very normal all-round diet. I don't take supplements. I eat what comes naturally in variety. I don't eat before a race. I might have a piece of toast three hours before if it is a long race. This is personal. Some people need to eat, but for sure, don't eat a lot before a race.

Continued on page 11

## VIDEO

## THE BASIC TECHNIQUE OF RACEWALKING FOR FITNESS AND COMPETITIVE WALKERS

WITH  
ELAINE P. WARD  
AND  
THE SOUTHERN CAL WALKERS

This is the only complete racewalking "How To" video on the market — the companion to the books, INTRODUCTION TO THE TECHNIQUE OF RACEWALKING, and MOBILITY EXERCISES FOR RACEWALKING. The video begins by showing the vital role of correct posture in walking, and progresses through a detailed demonstration of the racewalking footwork, hip movement, and arm swing. The last segment answers the question, "How to use the racewalking technique uphill and downhill."

The film features racewalkers of all ages. Using demonstrators of many different body types, it simply and clearly shows the biomechanics of good walking and how to use gravity to make your walking easier. Here is an opportunity to learn how you walk, and how to get more enjoyment and efficiency from your walking for fitness and competition.

VIDEO, BASIC TECHNIQUE OF RACEWALKING: \$25 + \$3.00 MAIL  
Californians please add 8.25% tax

Payment by check or money order — payable to  
North American Racewalking Foundation, P.O. Box 50312,  
Pasadena, CA 91115-0312. Tel/FAX 818-577-2264





Richard Bennett, Washington, M65 second (19:15.3), 3000m RW, USATF National Masters Indoor Championships, Bozeman, Mont., March 19.

NMN/Jerry Wojcik

## Penn Relays

by MARILYN J. MITCHELL

John Bermingham of Edmonton, Canada and Australia won his first masters mile on the *Runner's World* Masters Mile circuit at the Penn Relays, Philadelphia, in 4:13.84 on April 24. In a race with few challenges, Tim McMullen, Charlie's 40-year-old brother making his masters debut, set the desired pace and dropped out at the half-mile mark. Bermingham then headed up the field and won decisively, with Ken Popejoy, defending champion, about 30 meters behind in second place. Popejoy was a bit of a surprise, having recently undergone hernia surgery, and having run a 1:58 half at the Drake Relays the previous day.

Bermingham, a former top Australian open runner, had splits of 61.0, 2:04, and 3:08. A promising newcomer this season, he ran some great times indoors this year — 4:10.93 at the Millrose Games, and 4:11.58 in the USA/Mobil Games. Said Bermingham about his Penn Relays performance, "I know I can run a bit faster than this. I ran really well at Millrose. If I can repeat that, I think I can do a 4:05."

In other Penn Relays events, Bill Weinacht, Rocky River, Ohio, won the M75+ 100m in 14.56. Winners in the Masters 5000 racewalk were Ray Funkhouser (21:29) and Phyllis Hansen (26:16), both of the Shore AC.

Philippa Raschker, 46, of Georgia, broke her world record of 9-4 in the W45-49 pole vault with a 9-6½. The event was won by Tom Rauscher, 46, of New York, with a 12-6.

Weinacht said the Penn Relays is something he'll remember the rest of his life.

"It was just an amazing experience," he said. "I've been a world champion and have competed all over

## Masters Racewalking

Continued from page 10

**EW:** You mentioned that you are going to Provo in August. How will you train the week before?

**RE:** I will be working out pretty hard this summer because there are a lot of races in St. Louis and they will be part of my training. The races will be hard days and I will just have one other hard day that week. The week or so before Provo, I will be at a reunion, so I will be really tapering off. I will probably just racewalk for fun those four or five days. It won't make any difference because I will have most of my training in.

**EW:** In other words, if you aren't ready a week or two before the race, you aren't going to be, and no last minute efforts will matter.

**RE:** It has been proven that you really get the benefit on race day of the training you have done two weeks before.

**EW:** Is there anything else you might like to say to masters coming into the sport?

**RE:** It wasn't the competition, as such, that got me into racewalking. I wanted an activity that I could do by myself, whenever I could do it, and for health reasons. I don't have problems with

my bones as do some women. I don't take supplements, but I do take estrogen as my doctor prescribes.

I love racewalking because it gets me outside. It gives me an activity that isn't dependent on somebody else and that I can fit into my varied schedule. Often if you are dependent on others, you end up not working out as much as you want.

But as important as convenience and fitness are, racewalking gives me time to think, relax and just do. I think all masters can enjoy this. □

## Ten Years Ago June, 1983

- Bill Hall, (42, 2:23:19) Wins Third Straight Boston Marathon Masters Title
- Bill Stewart, 40, Sets U.S. 1500-Meter Record (3:54.87) and Sets U.S. Masters 15K Mark (45:58) Which Still Stands
- Philadelphia Masters Club (Dhamiri Abayami, Bob Stanford, Ed Roberts, Jim Burnett) Sets Still-Standing U.S. Masters 4x400 Relay Record of 3:25.4 in 89th Penn Relays



Kay Jennings, Montana, W40 third (20:24.2), 3000m RW, USATF National Masters Indoor Championships, Bozeman, Mont., March 19.

NMN/Jerry Wojcik



Phil Raschker, 46, accepts the Penn Relays wristwatch for achieving the best age-graded percentage in the Penn Relays Masters Invitational Pole Vault at Franklin Field, Philadelphia, April 22. Raschker vaulted 9-6½ (2.90m) to break her own world record for women over age 40.

the world. But there were 40,000 people there, and I never got an applause like that." □

## CIGNA Healthplan

### Nashville Track Club Open & Masters Track & Field Meet

July 17, 1993  
Tennessee Preparatory School, Nashville, TN

**Advantage**  
Models & Talent

- 3:00 High Jump, Pole Vault, Shot Put  
4:00 Javelin, Long Jump  
5:00 Weight Throw (#16, 25, 35, 56)  
5:30 Triple Jump  
6:00 100M  
6:20 800M, Discus  
6:30 80/100/110M Hurdles  
6:50 3000M Race Walk  
7:15 200M  
7:30 300/400M Hurdles  
7:40 3000M Run  
8:00 300M  
8:10 4 X 100M Relay  
8:20 400M  
8:30 1 Mile Run  
8:40 4 X 400M Relay

A \$50 gift certificate from East Bay Athletic Store will be given to the best age-graded performance in the running & field events.

Times may change by + or - 15 min.. Be ready!



Fees: ..... \$6 first event; \$3 each additional;  
..... \$0 for relays (can be put together on day of meet)  
Entry Deadline: July 14th. No entries will be accepted after this date.

Age Divisions: 19-29 Open; 30+ in 5 year age groups Men & Women.  
Awards: Medals to top 3 finishers in each age group.  
Rules: WAVA/USA T & F.  
Facility: Polyurethane surface. 1/4" spike max.. Javelin approach is grass. Starting blocks will be provided.

Entry Blank

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State & Zip: \_\_\_\_\_ Male or Female (circle)  
Events: (1) \_\_\_\_\_ (2) \_\_\_\_\_  
(3) \_\_\_\_\_ (4) \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Waiver:

In consideration of your acceptance of my entry I do hereby for myself, my heirs, and executors waive, release, and forever discharge any and all claims for damages which may have or which may hereafter accrue against Nashville Track Club, Tennessee Chiropractic Sports Council, CIGNA Corporation, Wesley Financial, Advantage Models & Talent, Tennessee Preparatory School and all volunteers associated with the meet.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Mail Entry & Fees To: NTC, 2709 Unmar Ave. No. 5, Nashville, TN 37215  
For Information Call: Randall Brady, (615) 383-6733





## Jim Gillcrist

This month's Sorbothane Masters Athlete-of-the-Month is Jim Gillcrist, 65, Boca Raton, Fla. Gillcrist high-jumped 5-4 1/4 at the USATF Indoor National Masters Track and Field Championships in Bozeman, Mont., March 20 — a phenomenal 98.8% on the masters age-graded scale, or the equivalent open-class jump of 7-10.

Gillcrist was voted top M60 field athlete of the year by The Athletics Congress last year. He'll receive \$100 from Sorbothane for his efforts.

Sorbothane sponsors the Athlete-of-the-Month Award every other month in NMN. Sorbothane is a lightweight, shock-absorbing, air-infused insole which can be found at most sporting goods stores.

Runners-up for this month's award included:

- Atlanta's Phil Mulkey, who set a world M60 decathlon record with 8254 points.
- England's Nick Rose, 41, who raced to masters wins in the National Masters 8K (24:34, 92.2%), Carlsbad 5K (14:33, 95.0%), and Cooper River Bridge 10K (30:21, 94.7%).
- Norm Green, 60, of Wayne, Pa., who clocked 28:07 (94.2%) in the National Masters 8K and 57:48 (95.7%) in the Cherry Blossom 10-mile.
- New York's Ed Lukens, 71, who

triple-jumped 9.97m (32-8 1/2) for a 96.4% age-graded effort at the Indoor Nationals.

- Kenya's Wilson Waigwa, 44, who clocked 30:16 (96.8%) at the Sallie Mae 10K.

- France's Jean-Michel Charbonnel, 40, the first 40+ finisher (2:17:44, 94.4%) in the Boston Marathon.

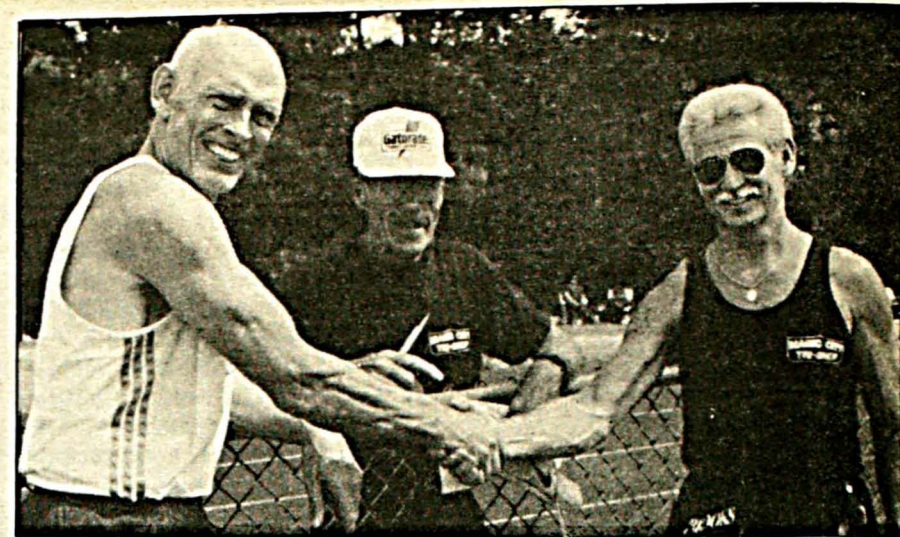
- Boston's Bill Rodgers, 45, with a 24:41 (94.6%) at the National Masters 8K.

- California's Shirley Matson, 52, with her 36:24 10K (95.4%) at Sallie Mae, and 37:30 10K (93.4%) at Cooper River Bridge.

- New Jersey's Ray Funkhouser, 41, winner of the Sorbothane award in February, who set a world 3000 racewalking best of 12:40.83 in the East Regionals.

- Atlanta's Phil Raschker, 46, who set three world W45 records in winning six events at the Indoor Nationals.

- Australia's John Bermingham.



John Grider (r) congratulates Jim Gillcrist (l) on his top age-graded performance in the high jump (5-3, 95.8%), while meet director Gordon Seifert (c) looks on, Birmingham Track Classic, Birmingham, Ala. Photo from Gordon Seifert

40, who won the Penn Relays masters mile in 4:13.84 (95.4%).

- Britain's Glen Grant, 39, who clocked 3:51.0 (96.6%) for 1500 meters in Hong Kong.

- Canada's Harold Morioka, 50, who set three M50 world marks at the Indoor Nationals in the 60 (7.39), 200 (23.76, 94.5%) and 400 (52.95,

96.3%).

- Pennsylvania's Jim Sutton, 61, with an M60 world indoor 1500 record of 4:43.73 (93.8%).

- South Carolina's Bob Schlau, 45, with a 31:55 10K (92.4%) at Cooper River.

- Barbara Filutze, 46, with a 36:21 10K (91.7%) at Cooper River. □

## Four U.S. Cities Bid for 1995

At NMN press time, four U.S. cities — San Jose, Buffalo, New Orleans, and Indianapolis — had submitted formal written proposals to bid for the 1995 WAVA World Veterans Athletics Championships.

Two others — Spokane and Lincoln (NE) — were still considering making proposals, according to Barbara Kousky, USATF Masters Track and Field Chairman, who is coordinating

the U.S. bidding process.

The proposals will be presented to the Site-Selection Committee, which will announce its choice for the U.S. site by July 15. Members of the Committee are: Ruth Anderson, Tom Gage, Pete Stopoulos, Tom Thorne, Marilyn Mitchell, John Boyle, and Bill Collins. Kousky and Charles DesJardins, Masters LDR Chairman, will serve in ex-officio capacities. □

## Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck 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, 1992.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

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

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Van Nuys, CA 91404

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## Provo to Host Nationals

Continued from page 1

sored by the *National Masters News*, with \$200 in prize money divided among the first three finishers in each race.

The bad news is that the "national all-star 4x100 regional relay" will not be held, because its sponsor — Holiday Inns — is dropping its financial support of senior sports as of June 30.

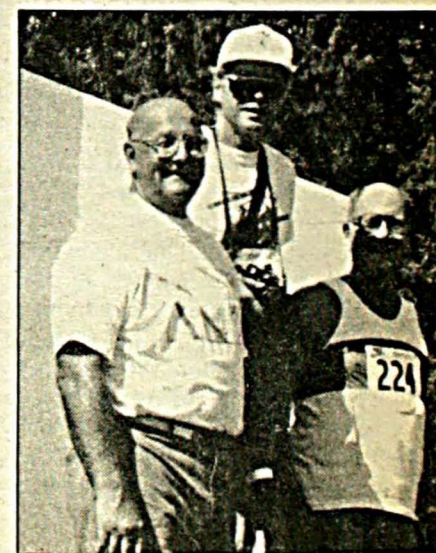
The good news is that regional relays will still be held (sans prize money) due to a change in the masters relay rules, which now permit either club or regional relay teams at the nationals. Relays will be held in age groups of 10-year increments in the 4x100, 4x400 and 4x800.

All U.S. competitors must have a 1993 USATF card. Foreign athletes may compete, but must show similar registration from their country's governing body.

USATF Championship medals will be awarded to the top three U.S. finishers in each age division of each event. Duplicate awards will be given to foreign athletes who place.

The entry deadline is July 12.

For a free tourist's guide to Utah, call 1-801-538-1467. □



Top three in the M60-64 javelin, TAC National Masters T&F Championships, Spokane, Wash.: Bud Held, 64 (176-4), California; Ray Feick (1), 60, Pennsylvania, second, and Bill Brazelton, 63, Arkansas, third.

NMN/Jerry Wojcik



## CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

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

**SAN DIEGO VACATION CONDO,** Sail Bay, 2 br/2 ba, \$125 nite/\$800 week, 619-442-8674.

## Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to:

*National Masters News*  
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Van Nuys, CA 91404

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| Column Inches | Ad Size   | Cost | Width  | Height |
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- 2-colors add \$50
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### 8. CLOSING DATES

The 10th of the month before date of issue.

### 9. CIRCULATION April 1993

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### 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, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. \$4.00.

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### Masters Track & Field Rankings

Men's and women 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

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### 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. \$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 March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

\$ \_\_\_\_\_

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. \$1.50.

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### Competition Rules for Athletics (1993)

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

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### IAAF Scoring Tables (1985)

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

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### Time Master Calculator

Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.

\$ \_\_\_\_\_

### Guide to Prize Money Races and Elite Athletes 1993

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$47.00.

\$ \_\_\_\_\_

### WAVA Handbook

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. \$5.00.

\$ \_\_\_\_\_

### U.S. Track and Field Team Patches. 3 1/2" x 2 1/2"

\$ \_\_\_\_\_

U.S. Track and Field Team Lapel Pins, Cloissone enamel, 1 1/2" x 5/8" bar pin with safety catch. \$3.50.

\$ \_\_\_\_\_

### 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.

\$ \_\_\_\_\_

### Run Fast by Hal Higdon

How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.

\$ \_\_\_\_\_

### 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.

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### Running Research News

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

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## Pulse Rate Training

by ROSS DUNTON

One of the newer methods of race-specific training by masters athletes, whether runners or race walkers, is via the use of heart rate monitors. This is normally referred to as "Pulse Rate Training."

All this amounts to is attaching a device to your body which will display and record your pulse rate while training. Currently, several different makes

and models are available, all of which come equipped with elaborate instructions on operation, but with little or no information on maximizing value in a

For all sports that require speed and quickness, the 1993 "Perform Better Catalog" features SPEED-CHUTE™, a unique training aid. Simply hook chute onto belt provided and run forward, sideways, backwards or zig-zag. Improves sprint mechanics by accentuating upright posture. For athletes of all levels and all ages. About \$70.00. Call 1-800-556-7464 or write M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

training program.

### Speed vs. Pulse Rate

When a curve is plotted of the athlete's speed vs. pulse rate, there comes a point at which an increase in speed does not produce a corresponding increase in pulse rate. At this point the cardio-vascular system can't quite keep up. This point on the curve is the "Deflection Point." The only problem is determining where that point is for each of us.

As a general rule of thumb, this point or pulse rate is about 210 minus your age. This point varies with condition and, for a well-conditioned masters athlete, it is probably closer to 220 minus age.

Professor Conconi developed a test for more precise determination of this point. To perform this test, one needs to run or walk 3200 meters, increasing speed every 200 meters and holding the speed constant during that 200 meters. The rate of speed increase must be constant and should be about two seconds per 200 meters. Too much increase per segment will produce inaccurate data. The pulse rate needs to be recorded at the end of each segment and one must be thoroughly warmed up prior to the test. The initial speed needs to be such that one is at maximum effort at the end.

### Hold Speed Constant

It is most important that the speed be held constant during each segment. If you happen to be a treadmill runner, it is easier to set up this test.

The next question is what to do with this information once you have it. The points need to be plotted on simple graph paper with the speed on the horizontal axis and the pulse rate on the vertical. Then draw a straight line through the points. It should become evident that at three, four or five points from the end, the line is no longer straight and starts to curve to the right.

This is the point where speed was increased, but the pulse rate did not go

up as much as during the other increases. This is the "Deflection Point," where the lactic acid starts to build up and where your quads start to feel as if they are about three feet wide and weigh about two hundred pounds each.

### Maximize Your Performance

Once you have established this point, you can then go about developing your training to maximize performance. For a masters athlete, this point will change as you age, and if you are a seasonal athlete, it will change as your condition improves.

For training, recovery workouts should be at about 75% to 80% of this rate. Endurance training should be close to 95% of the deflection rate. Lactate tolerance training needs to be done at 105% to 110% of this number.

During an 800-meter race, about 60% of the race is performed above the deflection point, while during a 10K much of the race is performed near or at this point. Only about the last 10% is performed above this point and that portion is only slightly above. In the longer races, by keeping track of your pulse rate, you can keep yourself from getting into trouble by going out too fast or by going up a hill too quickly. This gives the athlete the ability to see what the body is doing rather than trying to determine your physical condition by how you think you feel at the moment. Both heat and dehydration will cause pulse rate increases during a race.

If used properly, pulse monitors are an excellent training aid for masters athletes. For additional detailed information on this subject, I recommend the paperback book *Training Lactate Pulse-Rate* by Peter G.J.M. Janssen. I found my copy at a bicycle store. □

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif.

### THE EIGHTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP T & F CHAMPIONSHIPS (SANCTIONED BY USATF) SUNDAY, JUNE 27, 1993

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

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

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

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

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

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

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

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

#### RULES

SPIKES ALLOWED - 1/4" or less

HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.

ELIGIBILITY - USATF (TAC) membership required. Available at meet.

FALSE START - One false start rule will apply.

**FEES** - Free to Randolph residents.

**Pre-registered** - (Received on or before June 15.) \$5 per event.

**Received after June 15** - \$5 late fee added to first event.

**Relay Teams** - \$15 per team.

#### ADDITIONAL INFORMATION

Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282  
Ken Brinker days 201-540-3860 evenings 201-584-3678

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

**CONCESSION STAND AND SHOWER FACILITIES AVAILABLE**

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

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

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

NAME \_\_\_\_\_ (First name) \_\_\_\_\_ (Last name) \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AGE AS OF 6/27 \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
CLUB \_\_\_\_\_ TAC NO. \_\_\_\_\_  
EVENTS ENTERED \_\_\_\_\_

**MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB**

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

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

SIGNATURE \_\_\_\_\_





## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1993

| ATHLETE (RESIDENCE)                   | BIRTHDATE | AGE GROUP |
|---------------------------------------|-----------|-----------|
| MANFRED D'ELIA (RIDGEWOOD, NJ)        | 6-19-8    | 85-89     |
| WILLIE DAVENPORT (US)                 | 6-28-43   | 50-54     |
| GUNNAR EKMAN (SWE)                    | 6-18-43   | 50-54     |
| MEL ELLIOT (SANTA MONICA, CA)         | 6-7-38    | 55-59     |
| CHET FORTIER (LUNENBURG, MA)          | 6-1-33    | 60-64     |
| BILL FORTUNE (PEARL RIVER, NY)        | 6-26-28   | 65-69     |
| DAVID FRANCIS (GB)                    | 6-14-28   | 65-69     |
| GILBERTO GONZALEZ (FL)                | 6-18-13   | 80-84     |
| KARL HEIN (WG)                        | 6-11-8    | 85-89     |
| HENRY HOPKINS (INDIANAPOLIS, IN)      | 6-17-43   | 50-54     |
| EARL MEADOWS (US)                     | 6-29-13   | 80-84     |
| GERALD MORRISON (KANSAS CITY, MO)     | 6-10-23   | 70-74     |
| JAMES OUTLAW (TYLER, TX)              | 6-20-18   | 75-79     |
| MARIO RIBONI (ITA)                    | 6-13-13   | 80-84     |
| PAUL RICHARD (BOUNDBROOK, NJ)         | 6-28-38   | 55-59     |
| HOWARD RUBIN (NEW HARTFORD, NY)       | 6-9-28    | 65-69     |
| JANUSZ SIDLO (POLAND)                 | 6-19-33   | 60-64     |
| SREKO STIGLIC (YUG)                   | 6-11-43   | 50-54     |
| SHELDON VARNEY (HONOLULU, HI)         | 6-26-28   | 65-69     |
| ZDENEK VITULA (CZE)                   | 6-18-28   | 65-69     |
| WALT WESBROOK (US)                    | 6-6-98    | 95+       |
| JAMES YORK (MODESTO, CA)              | 6-29-13   | 80-84     |
| LUCILLE ADNEY (LONG BEACH, CA)        | 6-11-13   | 80-84     |
| MARTIE BEHRENS (ANTIOCH, CA)          | 6-23-48   | 45-49     |
| LUCY ANN BROBST (KITTY HAWK, NC)      | 6-19-33   | 60-64     |
| CHARLOTTE CARTER (AUSTIN, TX)         | 6-4-53    | 40-44     |
| BARBARA CLARK (NEWBERG, OR)           | 6-14-53   | 40-44     |
| DOROTHY DONNELLY (EL CAJON, CA)       | 6-21-23   | 70-74     |
| MARILYN GRAY (TALENT, OR)             | 6-30-33   | 60-64     |
| BARBARA GREENLEAF (CA)                | 6-26-28   | 65-69     |
| MELBA HENDERSON (US)                  | 6-6-23    | 70-74     |
| KATHLEEN KENNEDY (UNIVERSAL CITY, CA) | 6-5-53    | 40-44     |
| SUMIYE LEONARD (HUNTINGTON BEACH, CA) | 6-9-28    | 65-69     |
| SANDRA NEWTON (EUGENE, OR)            | 6-30-53   | 40-44     |
| SUMI ONODERA (CA)                     | 6-9-28    | 65-69     |
| NANCY OSHIER (SPENCERPORT, NY)        | 6-17-48   | 45-49     |
| MARY OWEN (US)                        | 6-23-43   | 50-54     |
| MARDI REED (ME)                       | 6-2-43    | 50-54     |
| JUNE THATCHER (MANHATTAN BCH., CA)    | 6-19-18   | 75-79     |
| MILDRED TOMAN (PARMA, OH)             | 6-1-38    | 55-59     |
| TRAUDE WELER (HOUSTON, TX)            | 6-16-23   | 70-74     |
| UNA GORE (GB)                         | 6-18-38   | 55-59     |
| LENA GROBLER (RSA)                    | 6-28-23   | 70-74     |
| CHRISTEL HAUSER (WG)                  | 6-12-43   | 50-54     |
| KIRSTEN HAUSKEN (NOR)                 | 6-22-48   | 45-49     |
| ISABELLA HOFMEYER (RSA)               | 6-4-28    | 65-69     |
| VALERIE HOWE (GB)                     | 6-2-43    | 50-54     |
| KAREN KOCHIVITZKE (WG)                | 6-17-43   | 50-54     |
| OLGA OLDRICHOVA (CZE)                 | 6-1-28    | 65-69     |
| TERESA RAPONAVICIENE (URS)            | 6-24-33   | 60-64     |
| ERIKA WERNER (WG)                     | 6-1-23    | 70-74     |
| ELLEN WESSINGHAGE (WG)                | 6-28-48   | 45-49     |
| LESLIE WOODS (AUS)                    | 6-14-43   | 50-54     |

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## WAVA/USATF Hurdles and Implements Specifications

## HURDLES

| WOMEN   |               |               |                   |                   |                   |                |
|---------|---------------|---------------|-------------------|-------------------|-------------------|----------------|
| Age     | Race Distance | Hurdle Height | To 1st Hurdle     | Between Hurdles   | To Finish         | No. of Hurdles |
| 30-39   | 100m          | .840m<br>33"  | 13.00m<br>42'8"   | 8.5m<br>27'10½"   | 10.5m<br>34'5"    | 10             |
| 40-49   | 80m           | .762m<br>30"  | 12.00m<br>39'4"   | 8.0m<br>26'3"     | 12.00m<br>39'4"   | 8              |
| 50-59   | 80m           | .762m<br>30"  | 12.00m<br>39'4"   | 7.0m<br>22'11½"   | 19.00m<br>62'4"   | 8              |
| 60-69   | 80m           | .762m<br>30"  | 12.00m<br>39'4"   | 7.0m<br>22'11½"   | 19.00m<br>62'4"   | 8              |
| 70 Plus | 80m           | .762m<br>30"  | 12.00m<br>39'4"   | 7.0m<br>22'11½"   | 19.00m<br>62'4"   | 8              |
| 30-39   | 400m          | .762m<br>30"  | 45.00m<br>147'7½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 10             |
| 40-49   | 400m          | .762m<br>30"  | 45.00m<br>147'7½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 10             |
| 50-59   | 300m          | .762m<br>30"  | 50.00m<br>164'0½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 7              |
| 60-69   | 300m          | .762m<br>30"  | 50.00m<br>164'0½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 7              |
| 70 plus | 300m          | .762m<br>30"  | 50.00m<br>164'0½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 7              |

## MEN

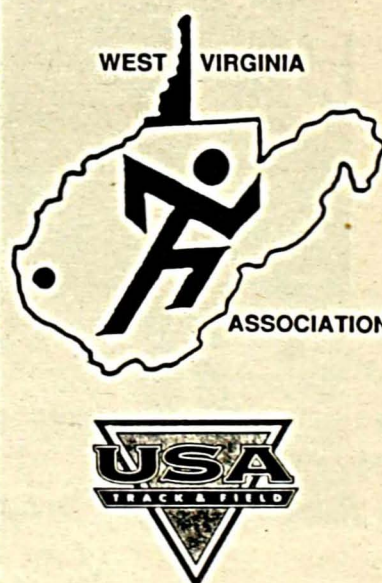
|         |      |              |                   |                   |                   |    |
|---------|------|--------------|-------------------|-------------------|-------------------|----|
| 30-39   | 110m | .991m<br>39" | 13.72m<br>45'     | 9.14m<br>30'      | 14.02m<br>46'     | 10 |
| 40-49   | 100m | .914m<br>36" | 13.00m<br>42'8"   | 8.50m<br>27'10½"  | 10.50m<br>34'5"   | 10 |
| 50-59   | 100m | .840m<br>33" | 13.00m<br>42'8"   | 8.50m<br>27'10½"  | 10.50m<br>34'5"   | 10 |
| 60-69   | 100m | .840m<br>33" | 13.00m<br>42'8"   | 8.50m<br>27'10½"  | 10.50m<br>34'5"   | 10 |
| 70 plus | 80m  | .762m<br>30" | 12.00m<br>39'4"   | 7.0m<br>22'11½"   | 19.0m<br>62'4"    | 8  |
| 30-49   | 400m | .914m<br>36" | 45.00m<br>147'7½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 10 |
| 50-59   | 400m | .840m<br>33" | 45.00m<br>147'7½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 10 |
| 60 +    | 300m | .762m<br>30" | 50.00m<br>164'0½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" | 7  |

## IMPLEMENTS

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

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.

## MIDWEST MASTERS OUTDOOR TRACK &amp; FIELD CHAMPIONSHIPS



Marshall University  
Saturday, July 31

1993

Huntington, West Virginia

1993 ENTRY FORM - MIDWEST MASTERS OUTDOOR TRACK &amp; FIELD CHAMPIONSHIPS

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_

USA T&F Card # \_\_\_\_\_ OR \$ \_\_\_\_\_ Fee Enclosed (\$7.00 WV Assoc. \$12.00 Other Assoc.)

Circle the events you are entering: Field Events: PV HJ SP D Ham Wts LJ TJ Jav

Track Events: 100m 200m 400m 800m 1500m 3000m 5000m Run 5000m RW 100m 200m 400m 800m 1500m 3000m 5000m Run 5000m RW

SH (80m 100m 110m) LH (300m 400m)

FEE: \$10.00 for 1st event and \$7.00 for each additional event - Fees are double after July 17, 1993.

RELEASE: For myself, my heirs, and assigns, I waive, release and forever discharge any and all claims against the Masters Athletics Committee, the USA TRACK AND FIELD OFFICIALS, WEST VIRGINIA ASSOCIATION, USA TRACK AND FIELD, Marshall University for any damages or injuries which may be suffered by me in competition or in attendance at the meet.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MAIL Entry & Fees by 17 July 93 to:  
David Stooke  
119 Cheyenne Trail  
Ona, WV 25545

T-Shirt Size (One Free With Entry)  
S M L XL XXL  
Extra T-Shirts Available at \$8.00 Ea.

\$ 10.00 1st Event  
\$ \_\_\_\_\_ Other Events x \$7.00  
\$ \_\_\_\_\_ Fee for USA T&F Card  
\$ \_\_\_\_\_ Extra T-Shirt x \$8.00  
\$ \_\_\_\_\_ Total Enclosed



# Masters Health and Fitness

## Exercising To Help Prevent Arthritis

**A**rthritis often occurs with age, but one can take steps to minimize the risks. Osteoarthritis, the most common form of the disease, affects 16 million Americans, causing inflamed, swollen, painful, and stiff joints.

High impact exercise, once said by some to promote arthritis, is now considered a possible treatment for it. The April, 1993, issue of the Journal of Rheumatology reports that a 1400-person test by Marian Hannan, a researcher at the Boston University Arthritis Center, found there was no increase in the risk of knee osteoarthritis with increased physical activity in either men or women.

Dr. Arthur Grayzel, senior vice-president for the Arthritis Foundation in Atlanta, says, "Being overweight increases the chance of arthritis in the knee and probably in the hip. Over-the-counter pain relievers such as acetaminophen can often control pain."

"Arthroscopic surgery might help," observes Dr. Ken Kalunian, UCLA assistant professor of medicine. A one-hour procedure is performed in the doctor's office with local anesthesia. UCLA is one of five centers nationwide studying this approach.

"Although a lot of people believe they should stop exercising when they have arthritis, that's not necessarily true," remarks Nadine Fisher, assistant professor of rehabilitation medicine at the University of Buffalo.

Fisher recently tested 80 people with knee arthritis in a strength-training program. They began with half-hour sessions, three times a week, and improved to one-hour sessions. After three months, 85% had better knee muscle strength, 90% had less pain, and 95% were able to perform daily activities better.

"Swimming in a warm pool is ideal," states Dr. Steve Weiner, a rheumatologist at La Palma California Hospital.

Rheumatoid arthritis, the second most common type of arthritis, affects about two million Americans. Treatment is often more intensive. "Among new treatments are Chinese herbs,"

notes UCLA researcher, Dr. Mark Borigini, "together with standard non-steroidal, anti-inflammatory drugs."

For free information, call the Arthritis Foundation, Monday through Friday, from 9 a.m. to 7 p.m., EDT, at 800-283-7800. □

## Hill First Pear Blossom Hall of Famer

by JERRY WOJCIK

Leonard Hill, 40, of Klamath Falls, Ore., finished tenth in 55:05 for first master in the Pear Blossom 10 Mile in Medford, Ore., on April 10. Hill, who has finished in the top ten in all 17 Pear Blossom races, became the first inductee in the event's Hall of Fame, following the race.

Macial Soto, 40, Eugene, Ore., took the 11th spot, 20 seconds behind Hill. Richard Northrup, 55, Myrtle Creek, Ore., fought off Jim Bevins, 55, Red Bluff, Calif., to take the M55 race by six seconds with a 63:31.

Joe King, 66, Alameda, Calif., ran 67:30 for the M65 victory. Mel Shine, 84, of Medford, running in the M70+, was fifth in 1:44:06.

Elaine Delsman, 47, Ashland, Ore., won the masters women's race in 67:10, a W45 course record.

Leslie King, 40, Bakersfield, Calif., was runner-up in 68:04. Jeanette Corkery, 53, of Ashland, snapped the W55 course record with a 77:56.

At its inception in 1977, 546 runners entered; the event increased to 4000 this year. □

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.



## Huntsman World Senior Games

St. George, Utah, USA - October 11-22, 1993

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Huntsman World Senior Games, 50 East 100 South, Suite 107, St. George, UT 84770

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4 Months to Go

# Countdown to Miyazaki

## Entry Form In This Issue

Continued from page 1

meet. The only requirement is to be at least the minimum age.

All the traditional track and field events will be held, as well as a 10K cross-country run, a marathon, two race walks, and a weight pentathlon. All events are open to men and women alike.

Hiddenori Kawasaki, Executive Director of the Championships, reports that preparations are going well.

"We have completed our detailed plans for the 11 days of the Championships, and firmly believe this will be a wonderful event," he said.

### First-Class Facilities

The meet will be held in first-class facilities at the Miyazaki Sports Park,

a flower-bedecked, beautifully-landscaped area next to the Pacific Ocean with verdant mountains as a backdrop.

The Sports Park comprises two 400m tracks, one 300m track and a throwing field, in addition to baseball diamonds, soccer fields, a swimming stadium, and more. The organizers have torn up a rugby field and are building a new 400m track a few minutes walk from the main stadium. It's due for completion in August.

### Weather

The weather should be ideal. The average high temperature in Miyazaki in October is 75°F (23°C). The average low is 57°F (14°C). (See chart for last year's temperatures.) One reason the organizers chose October rather than August was because of the milder weather, and the fact that the typhoon season ends in early September.

### Location

Geographically, Miyazaki is to Japan what San Diego is to the USA. It's on the southwest island of Kyushu, one of four islands comprising Japan, at 32°N latitude, about the same as Los Angeles and the Mediterranean Sea. It's a 90-minute flight from Tokyo and 60 minutes from Osaka.

The population of the city of Miyazaki is 290,000. About 1.2 million live in Miyazaki Prefecture (state).

### Community Involved

The entire community of Miyazaki will be involved in the Games, much like Eugene was in 1989. Over 40 people from the Miyazaki government are working on the event. Townspeople are aware of it. The Emperor of Japan has been invited.

### Transportation

A shuttle bus service will transport athletes and their families to and from the Sports Park from the main hotels, most of which are downtown, about a 15-minute drive from the Park.

### Computerized Results

All results will be processed by computer; they'll be displayed using a large screen TV system.

### Medical Team

A medical team will be on hand to assist at the Sports Park. There will also be an emergency contact system set up between the athletes' hotels and local hospitals.

### 17,000 at Opening Ceremony

About 17,000 people are expected to attend the Opening Ceremony on Saturday, October 9. About 9000 peo-



One of the favorites in Miyazaki will be Japan's Mazumi Morita, who turns 80 this year. His 10.05m (32-11 3/4) triple jump at 75 in 1988 is 100% on the masters age-graded scale. Morita has rarely been sick or injured. He eats protein and cheese. In his youth, he competed in the pole vault. Although not a soldier, he went to Guadalcanal during the war and was shot in the arm, which ended his pole vault career. A retail supermarket executive, Morita trains 1 1/2 hours daily: Jog, stretch, 3x100 build-ups at 90% speed, and jumps.

ple will attend the closing ceremony on Sunday, the 17th.

### Japanese Culture

A special celebration will be held in Miyazaki's Heiwadai Park on Friday night, October 8, with the aim of introducing Japanese Noh theatre, and Yokagura, a sacred Shinto dance, to visitors.

### International Exchange

Various events and activities are planned to promote exchange between the athletes and the citizens of Miyazaki.

### Communications

A press center will be set up for domestic and foreign media. A per-

Continued on page 18

### Final Schedule for WAVA World Veterans Athletics Championships Miyazaki, Japan — Oct. 7-17, 1993

|            |   |
|------------|---|
| Thu Oct 7  | Decathlon/Heptathlon<br>10,000 finals   |
| Fri Oct 8  | Decathlon/Heptathlon<br>10,000 finals   |
| Sat Oct 9  | 200 heats (women)<br>800 heats<br>LJ, JT<br>Opening ceremony  |
| Sun Oct 10 | 200 finals (women)<br>200 heats/semis (men)<br>800 finals (women)<br>800 semis (men)<br>HH (semis/finals)<br>HJ (men)<br>PV (women)<br>SP, XC |
| Mon Oct 11 | 200 finals (men)<br>800 finals (men)<br>300/400H semis<br>5000 finals<br>10K/20K Road Walk<br>PV (men)<br>HJ (women)<br>DT                    |
| Tue Oct 12 | No competition<br>Meetings: Stadia,<br>Non-stadia, Women,<br>Regions  |
| Wed Oct 13 | 100 heats/semis<br>Steeplechase finals<br>300/400H finals<br>TJ, HT   |
| Thu Oct 14 | No competition<br>General Assembly  |
| Fri Oct 15 | 100 finals<br>400 heats/semis<br>1500 semis   |
| Sat Oct 16 | 400 finals<br>1500 finals<br>5000RW finals<br>Weight Pentathlon*<br>Social Function   |
| Sun Oct 17 | Marathon<br>4x100 Relay<br>4x400 Relay<br>Closing Ceremony<br>*Unofficial event   |



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## 5000 Expected to Compete in Japan

Continued from page 17

sonal computer network will be established to distribute information electronically both in Japan and abroad. A post office will be opened at the Sports Park during the games. A commemorative stamp will be issued by the Ministry of Posts and Telecommunications.

### Olympians

To heighten the festival atmosphere, athletes from Japan and abroad who competed in past Olympics and other international competitions will be invited to participate.

### Interpreters

Japan is renowned for providing interpreters for its guests. About 80% of foreign athletes will be able to communicate in English. More than 800 volunteer interpreters will help with the running of the Championships and will assist in the daily activities of foreign visitors. Interpreters for English, French, German, Spanish, and other languages will be provided. Classes are currently being held for the interpreters, who are also learning about the management of events, specialized situations relating to athletics, as well

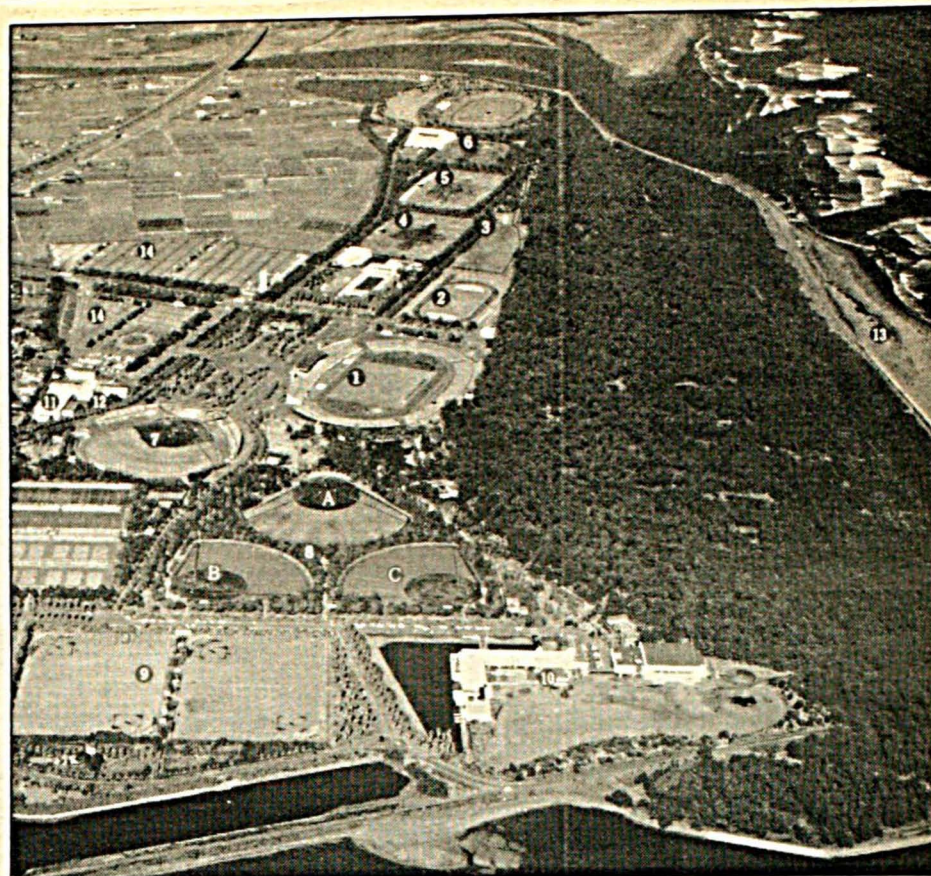
## X WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN — OCTOBER 4-18, 1993

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters racewalker (1991 Turku trip). Optional local tours and other destinations.

Time is short, space is limited. Make your decision if you want to go to Miyazaki.

Please write or call Paul Geyer for all information which is available now. Don't wait. Do it now!

**SKI & TRAVEL INTERNATIONAL**  
P.O. Box 630096, Miami, FL 33163  
Telephone or FAX (305) 935-6063



Miyazaki Prefectural Sports Park, site of the X WAVA World Veterans Athletics Championships. A comprehensive athletic facility carefully landscaped to blend with the pine forest which surrounds it, its total area of 1,387,000 sq. meters makes it the largest in Asia. 1) Main Stadium, 400m track, 31,000 capacity; 2) Practice field, 300m cinder track; 3) Throwing field; 4) Soccer field; 5) Rugby field, which is being replaced by a 400m track; 6) Ball field; 7) Main baseball stadium; 8A, B, C. Baseball fields; 9) Practice fields; 10) Youth center; 11) Training facilities and gym; 12) Dormitories; 13) 5K Road course; 14) Parking lots.

as how to make visitors feel at home and welcome in Miyazaki.

### Bus Tours

Various tours will introduce the scenic splendor and highlights of Miyazaki City and Miyazaki Prefecture. One such tour will go to the Ocean Dome, the world's largest indoor water park. It's equipped with an artificial beach, various leisure zones, and the most sophisticated wave-making technology.

### Farewell Party

The Farewell and "Otsukaresama" Party will be held on Saturday, October 16 at 18:30 (6:30 p.m.) with a sumptuous banquet and a blend of oriental and western entertainment.

### Accommodations

Athletes may reserve accommodations directly from Kintetsu International (Fax: 011-81-3-3255-7128) or from any of the masters travel agents sponsoring tours. (See ads in this section.)

### Entry Forms

As a courtesy, most travel representatives will send entries to Miyazaki for their clients, thus saving athletes the bank draft fees.

### Cost

Japan is expensive, but it's not *that* expensive. Most of the tour packages are reasonable. Despite the 10% rise in the Japanese yen this year, prices in Miyazaki are less than in Tokyo or

Continued on page 19

## UPDATE

NORTHWEST EVENT MANAGEMENT'S

## Miyazaki '93 Tour

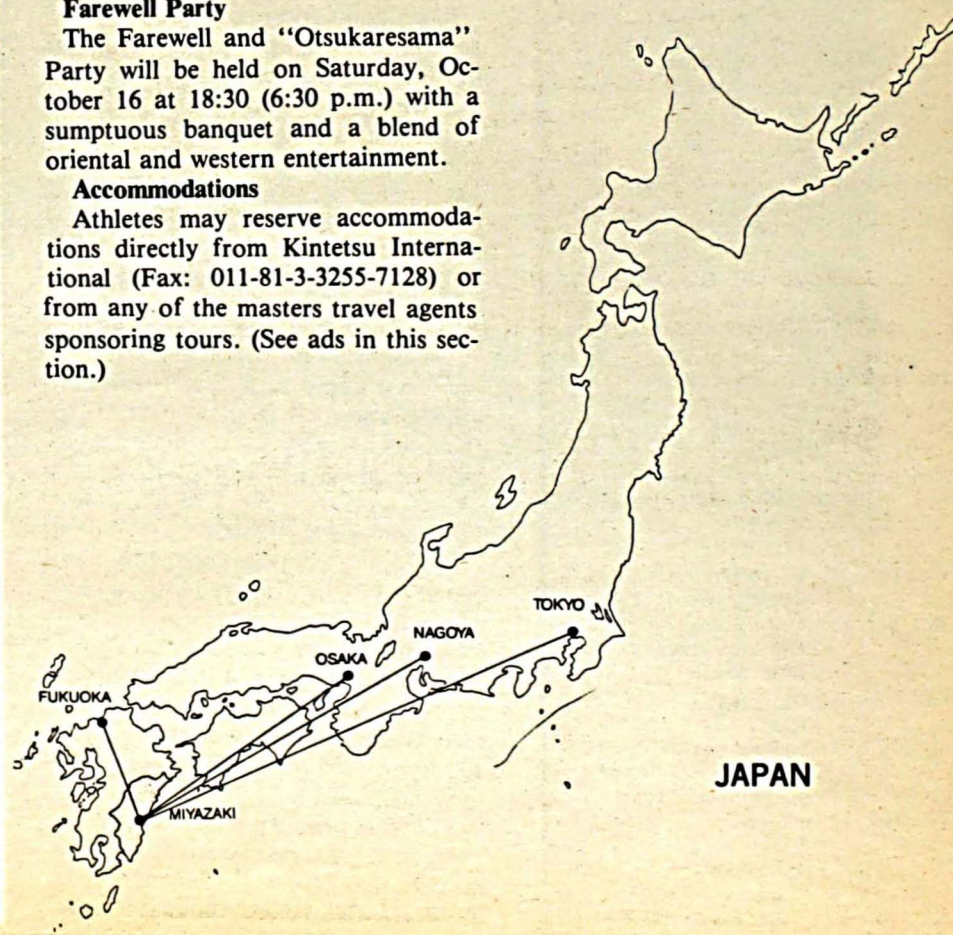
### SOME SPACE STILL AVAILABLE

Our tour to Miyazaki is almost full, but there are still some spaces available. The NEM, Inc. tour includes:

- Roundtrip on United Airlines with West Coast departure to Osaka, earning you 11,000 Mileage Plus points — 13,500 from the East Coast!
- 13 nights accommodation including breakfast in A, B, or C hotel categories.
- Transfer to Miyazaki Airport upon return.
- Tour accessories, including custom t-shirt.
- The experience of Northwest Event Management, Inc., specialists in Masters Track & Field travel.

*"Our first trip out of the country. We were very impressed with the organization of the tour and the time and effort that were put into our travel arrangements."*

To join the Tour, send \$800 per person payment to: NEM, Inc., Box 10825, Eugene, OR 97440. Phone 503/687-1989 or 800/392-1369. FAX 503/687-1016.





## 5000 Expected to Compete in Japan

Continued from page 18

most of the rest of Japan.

Some sample prices:

• Airfare from Los Angeles to Miyazaki: \$1200 (add \$200 from New York, Chicago, etc.).

• Airfare plus deluxe accommodations: \$2250 (add \$200 from New York, Chicago, etc.).

### JAPAN WEATHER REPORT

Below are 1992 temperatures for Osaka, Japan, which is about 300 miles north of Miyazaki. Weather in Miyazaki should be a few degrees warmer.

| Date              | High | Low | Rain? |
|-------------------|------|-----|-------|
| Oct 5             | 82   | 64  | No    |
| Oct 6             | 66   | 59  | No    |
| Oct 7             | 72   | 55  | Yes   |
| Oct 8             | 73   | 59  | Yes   |
| Oct 9             | 61   | 59  | Yes   |
| Oct 10            | 72   | 59  | No    |
| Oct 11            | 73   | 59  | No    |
| Oct 12            | 75   | 64  | No    |
| Oct 13            | 87   | 64  | Yes   |
| Oct 14            | 79   | 64  | Yes   |
| Oct 15            | 68   | 64  | Yes   |
| Oct 16            | 75   | 63  | No    |
| Oct 17            | 75   | 57  | No    |
| Oct 18            | 76   | 59  | No    |
| Oct 19            | 73   | 64  | Yes   |
| Oct 20            | 75   | 64  | No    |
| Normal (Osaka)    | 72   | 55  |       |
| Normal (Miyazaki) | 75   | 57  | 19%   |

• Chicken dinner, including dessert and tip, at a good restaurant: \$17.

• Bananas at the local market: 70¢ a pound.

• A can of Coca-Cola: 90¢.

• A phone call: 9 cents.

#### Sightseeing

In addition to the local bus tours, masters travel agents are offering pre- and post-meet tours of Japan, China, Hong Kong, etc.

Japan is one of the most fascinating places on earth. Its people and its culture are vastly different from the West. Its productive capacity is legendary. The work ethic of its people is extraordinary.

Kyoto is a top tourist attraction with its 1000-year-old shrines and temples. Riding the Shinkansen (bullet train) is a must for any tourist; a 7-day rail pass costs \$250. Hikers can climb Mt. Fuji. There are memorial shrines at Hiroshima and Nagasaki.

#### Quality of Life

A 1993 United Nations Report on human progress in the world's 173 nations lists Japan first on a human-development scale that measures countries on the basis of life expectancy, educational levels and basic purchasing power.

Next are Canada, Norway, Switzerland, Sweden and, in sixth

place, the United States. Australia, France, Holland and Britain round out the top 10.

Although Japan ranks No. 1 on the main U.N. scale, it slips to No. 17 when gender disparities are taken into account, moving Sweden up to No. 1.

Japanese women trail significantly behind men in higher education opportunities, earnings, decision-making positions, political power and legal rights, the report states.

Women are still second-class citizens in Japan, but slow progress is being made. Women tend to be full-time

housewives or teachers, much like the USA 40 years ago.

#### Japan is Safe

Japan is a safe place. Last year, there were 68 homicides in Japan compared to 57 in Canada, 42 in Britain, and 10,500 in the USA. The robbery rate in the USA is 140 times that of Japan. A woman is 30 times more likely to be raped in the United States than in Japan. In Japan, a person can walk the streets without fear.

Triggered by the recent killing of a Japanese tourist by a Baton Rouge

Continued on page 20

### THE 10TH WORLD VETERANS' ATHLETIC CHAMPIONSHIPS IN MIYAZAKI

#### COMPETITION ENTRY FORM

FAMILY NAME  FIRST NAME

ADDRESS  TELEPHONE

CITY  STATE

COUNTRY  POST CODE

NATIONALITY  NATIONALITY CODES  (see page 74)

SEX (M/F) ☐ DATE OF BIRTH DAY  MONTH  YEAR  AGE  AS OF OCTOBER 7, 1993

Please mark events in which you will participate, and state your best time or score for previous year.

| "X" | Name of Event       | Women's Age Groups | Men's Age Groups | Best Mark 1992-1993 | Career |
|-----|---------------------|--------------------|------------------|---------------------|--------|
|     | 100 M DASH          | All Age Groups     | All Age Groups   |                     |        |
|     | 200 M DASH          | All Age Groups     | All Age Groups   |                     |        |
|     | 400 M DASH          | All Age Groups     | All Age Groups   |                     |        |
|     | 800 M DASH          | All Age Groups     | All Age Groups   |                     |        |
|     | 1500 M RUN          | All Age Groups     | All Age Groups   |                     |        |
|     | 5000 M RUN          | All Age Groups     | All Age Groups   |                     |        |
|     | 10000 M RUN         | All Age Groups     | All Age Groups   |                     |        |
|     | 80 M HURDLES        | W40 and Older      | M70 and Older    |                     |        |
|     | 100 M HURDLES       | W35 Only           | M50 through M65  |                     |        |
|     | 110 M HURDLES       |                    | M40 through M45  |                     |        |
|     | 300 M HURDLES       | W50 and Older      | M60 and Older    |                     |        |
|     | 400 M HURDLES       | W35 through W45    | M40 and M55      |                     |        |
|     | 2000 M STEEPLECHASE | All Age Groups     | M60 and Older    |                     |        |
|     | 3000 M STEEPLECHASE |                    | M40 through M55  |                     |        |
|     | 5 KM WALK           | All Age Groups     | All Age Groups   |                     |        |
|     | 10 KM WALK          | All Age Groups     |                  |                     |        |
|     | 20 KM WALK          |                    | All Age Groups   |                     |        |
|     | 10 KM CROSS COUNTRY | All Age Groups     | All Age Groups   |                     |        |
|     | MARATHON            | All Age Groups     | All Age Groups   |                     |        |
|     | HIGH JUMP           | All Age Groups     | All Age Groups   | m                   | cm     |
|     | POLE VAULT          | All Age Groups     | All Age Groups   | m                   | cm     |
|     | LONG JUMP           | All Age Groups     | All Age Groups   | m                   | cm     |
|     | TRIPLE JUMP         | All Age Groups     | All Age Groups   | m                   | cm     |
|     | SHOT PUT            | All Age Groups     | All Age Groups   | m                   | cm     |
|     | DISCUS THROW        | All Age Groups     | All Age Groups   | m                   | cm     |
|     | HAMMER THROW        | All Age Groups     | All Age Groups   | m                   | cm     |
|     | JAVELIN THROW       | All Age Groups     | All Age Groups   | m                   | cm     |
|     | HEPTATHLON          | All Age Groups     |                  |                     | Points |
|     | DECATHLON           |                    | All Age Groups   |                     | Points |

#### FEES

- (1) WAVA fee : US \$ 15.00  
 (2) 1st event entered: US \$ 25.00  
 (3) 2nd through 5th : Number of events x US \$ 8.00 = US \$  
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 EVENT FEES TOTAL: (add above amounts) US \$

Have you competed in past Championships ?

Please indicate which of the following Championship you have attended as a competitor.

| YEAR  | 1975              | 1977               | 1979               | 1981                        | 1983                    | 1985          | 1987                   | 1989              | 1991             |
|-------|-------------------|--------------------|--------------------|-----------------------------|-------------------------|---------------|------------------------|-------------------|------------------|
| PLACE | Canada<br>Toronto | Sweden<br>Goteborg | Germany<br>Hanover | New Zealand<br>Christchurch | Puerto Rico<br>San Juan | Italy<br>Rome | Australia<br>Melbourne | America<br>Eugene | Finland<br>Turku |
| Mark  |                   |                    |                    |                             |                         |               |                        |                   |                  |

#### Languages Spoken

☐ CHINESE ☐ ENGLISH ☐ FRENCH ☐ GERMAN ☐ JAPANESE ☐ KOREAN ☐ SPANISH OTHER [  ]

#### WAIVER

I hereby declare that am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the X World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the X World Veterans' Championships.

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Send to your masters travel agent, or to: 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan.

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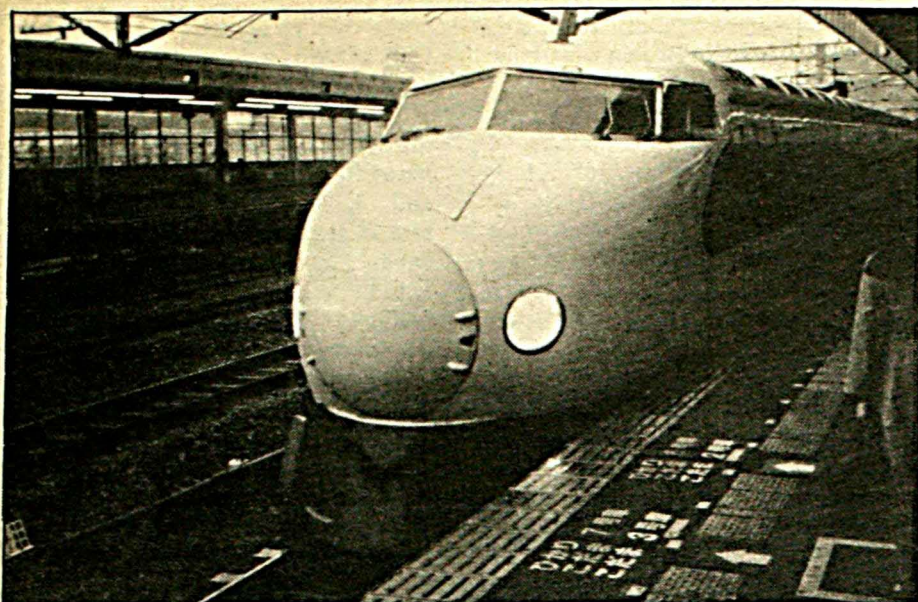
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## Another Sub-Four Contender?

by GRAHAM SMITH

Another contender aiming to be the first veteran to run a sub-four minute mile kicked off his campaign in March in the unlikely place of Hong Kong. Running for a guest British Forces team at the Hong Kong Inter-Club Championships, Glen Grant, 39, easily beat all the local opposition with an 800-meter time of 1:54:67. A few days later at the Hong Kong British Forces Championships, he ran a solo 1500m in 3:51.0. Both times he totally demolish-

ed the existing Hong Kong age-group records.

Grant turns 40 in the summer and hopes to be at peak fitness then for an assault on the four-minute mile barrier. Grant was ranked in the top ten in the world at 1500m in 1977, but was long overshadowed by other British runners such as Seb Coe and Steve Ovett. While they have since retired, Grant has kept at it and feels sure he will be in shape to go under four minutes again at the first opportunity after his 40th birthday. □



Start of the 10K roadwalk, Western Province Masters Championships, Capetown, South Africa, March 27.

Photo by Leo Benning

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## 5000 Expected to Compete in Japan

Continued from page 19

homeowner, more than 1.6 million Japanese have petitioned the U.S. embassy in Tokyo, calling for the banning of handguns in the United States.

### The People of Japan

The people of Japan are polite,

courteous, soft-spoken, and likeable. Westerners shake hands; Japanese bow. Japan is smaller than California, yet has 122 million people. And the whole country is so mountainous that less than a fifth of it is level enough to permit farming.

The Japanese do not flaunt their new economic strength. The people are gracious and even subservient. Japan's wealth hasn't trickled down to the average citizen. People still live in small homes. Children often live with their parents until they marry. Japan has been called "the richest country of poor people in the world."

Most people look trim and fit; yet many still smoke. The Japanese have a great reverence for older people — one reason why the city and state governments have gotten behind the Championships so strongly. Governor Suketaka Matsukata was greatly moved by the athletes he watched at a Japanese masters meet. "It was beautiful to see," he said. "I had tears in my eyes."

Matsukata is leading the effort to establish Miyazaki as the sports capital of Japan. But, above all, he says: "We are anticipating warm exchanges of friendship with overseas visitors. We hope that you will have the chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan." □

—Al Sheahan

## Last Place Marks in IX WAVA World Veterans Championships Turku, Finland — July 8-18, 1991

(If you can better the mark in your event in your age group,  
you wouldn't have finished last in Turku)

|     | 100  | 200  | 400  | 800  | 1500  | 5000  | 10000 | 110H | 400H  | 3000SC | HJ   | PV   | LJ   | TJ    | SP   | DT    | HT    | JT    | MARA | 5K-RW  | 20K-RW |
|-----|------|------|------|------|-------|-------|-------|------|-------|--------|------|------|------|-------|------|-------|-------|-------|------|--------|--------|
| M40 | 14.0 | 28.7 | 1:05 | 2:28 | 5:14  | 26:01 | 47:41 | 19.8 | 1:21  | 14:12  | 1.50 | 3.30 | 4.50 | 11.34 | 9.50 | 28.58 | 40.64 | 25.72 | 5:10 | 29:35  | 2:00   |
| M45 | 15.1 | 33.4 | 1:11 | 3:11 | 6:25  | 24:15 | 44:05 | 21.9 | 1:21  | 11:55  | 1.48 | 2.80 | 4.68 | 11.26 | 8.54 | 23.14 | 32.44 | 29.00 | 5:19 | 33:16  | 2:22   |
| M50 | 16.7 | 33.3 | 1:11 | 3:14 | 5:17  | 22:03 | 47:20 | 20.2 | 1:23  | 13:17  | 1.38 | 2.60 | 4.52 | 9.34  | 9.13 | 29.78 | 28.26 | 30.76 | 5:07 | 34:51  | 2:23   |
| M55 | 17.2 | 32.4 | 1:28 | 3:00 | 6:16  | 23:53 | 46:01 | 23.1 | 1:15  | 14:45  | 1.33 | 2.60 | 3.85 | 9.65  | 7.16 | 22.04 | 31.38 | 26.38 | 5:19 | 49:11  | 2:19   |
| M60 | 16.8 | 34.7 | 1:13 | 3:01 | 5:46  | 26:35 | 55:48 | 25.8 | 65.5  | 9:51   | 1.20 | 2.50 | 3.63 | 7.86  | 7.49 | 25.30 | 28.16 | 28.30 | 6:07 | 38:52  | 2:48   |
| M65 | 27.2 | 38.8 | 1:31 | 3:21 | 6:07  | 31:55 | 67:19 | 23.9 | 76.4  | 11:12  | 1.15 | 2.30 | 3.75 | 7.91  | 4.95 | 15.96 | 18.00 | 16.98 | 5:16 | 39:00  | 2:44   |
| M70 | 17.1 | 38.2 | 1:29 | 3:26 | 7:05  | 26:07 | 58:03 | 19.6 | 70.6  | 10:47  | 1.10 | 1.60 | 2.22 | 7.75  | 7.12 | 18.88 | 18.20 | 16.30 | 5:05 | 39:59  | 3:04   |
| M75 | 23.3 | 40.3 | 1:33 | 3:56 | 9:15  | 32:52 | 71:42 | 20.7 | 75.0  | 11:25  | .96  | 1.50 | 3.10 | 6.14  | 7.81 | 20.66 | 20.70 | 17.12 | 6:02 | 42:51  | 2:56   |
| M80 | 18.8 | 38.0 | 1:44 | 5:30 | 8:15  | 34:31 | 74:20 | 20.6 | 76.0  | —      | 1.02 | 2.32 | 2.62 | 5.75  | 6.39 | 19.82 | 20.34 | 13.84 | 6:43 | 41:21  | 2:58   |
| M85 | 24.1 | 49.7 | 1:56 | 4:04 | 8:26  | 31:11 | 71:24 | —    | —     | —      | —    | —    | 1.91 | 4.60  | 4.10 | 12.40 | 12.94 | 12.90 | —    | 40:40  | —      |
| M90 | 35.5 | 67.8 | 2:24 | 6:02 | 10:10 | 40:35 | 88:12 | —    | —     | —      | .94  | —    | 1.21 | 2.84  | 3.49 | 7.66  | —     | 21.16 | —    | —      | —      |
|     | 100  | 200  | 400  | 800  | 1500  | 5000  | 10000 | 100H | 400H  | 2000SC | HJ   | PV   | LJ   | TJ    | SP   | DT    | HT    | JT    | MARA | 10K-RW |        |
| W35 | 16.3 | 34.0 | 1:23 | 3:03 | 6:04  | 27:56 | 47:27 | 22.6 | 1:13  | 9:25   | 1.40 | 2.70 | 2.78 | 8.21  | 8.42 | 23.16 | 18.06 | 29.00 | 5:02 | 35:07  | 1:09   |
| W40 | 16.5 | 32.3 | 1:12 | 3:01 | 7:25  | 24:57 | 52:04 | 14.6 | 1:20  | —      | 1.31 | 2.20 | 4.42 | 8.60  | 7.82 | 19.08 | 29.92 | 23.10 | 4:38 | 43:25  | 1:10   |
| W45 | 17.0 | 35.3 | 1:20 | 3:29 | 6:11  | 26:06 | 50:21 | 19.4 | 1:20  | 8:06   | 1.10 | 1.90 | 2.75 | 5.45  | 6.49 | 13.18 | 18.46 | 13.16 | 4:53 | 44:24  | 1:20   |
| W50 | 19.6 | 38.4 | 1:22 | 3:33 | 6:49  | 26:20 | 55:18 | 16.8 | 61.9* | —      | 1.05 | 1.70 | 3.46 | 6.88  | 6.87 | 16.14 | 21.48 | 16.58 | 6:14 | 41:19  | 1:24   |
| W55 | 17.7 | 36.1 | 1:20 | 4:05 | 6:38  | 26:48 | 54:19 | 19.7 | 67.8* | 9:52   | 1.04 | 1.00 | 3.07 | 5.85  | 5.28 | 11.82 | 14.20 | 11.84 | 5:24 | 39:20  | 1:19   |
| W60 | 19.1 | 47.8 | 1:59 | 4:26 | 6:41  | 29:14 | 49:38 | 18.4 | 74.3* | —      | .99  | —    | 3.13 | 6.98  | 6.00 | 16.26 | 15.38 | 13.70 | 4:56 | 40:01  | 1:14   |
| W65 | 19.4 | 41.5 | 1:40 | 3:32 | 7:27  | 45:15 | 56:51 | 20.5 | 73.1* | —      | .92  | —    | 2.45 | —     | 5.55 | 10.60 | 15.52 | 9.28  | 4:36 | 48:47  | 1:21   |
| W70 | 25.4 | 40.7 | 1:55 | 4:27 | 7:58  | 31:49 | 67:42 | —    | —     | —      | .88  | —    | 2.20 | 5.10  | 6.25 | 7.94  | 13.22 | 6.68  | 5:03 | 40:54  | 1:21   |
| W75 | 25.8 | 41.7 | 1:59 | 4:40 | 9:00  | 32:17 | 70:27 | 27.8 | —     | —      | .84  | —    | 2.08 | 4.70  | 5.29 | 12.30 | 12.70 | 9.56  | —    | 46:51  | 1:20   |
| W80 | 32.9 | 46.5 | —    | —    | 8:36  | 30:59 | —     | —    | —     | —      | .88  | —    | 2.10 | 5.22  | 5.80 | 5.52  | 14.18 | 5.58  | —    | 48:41  | 1:16   |

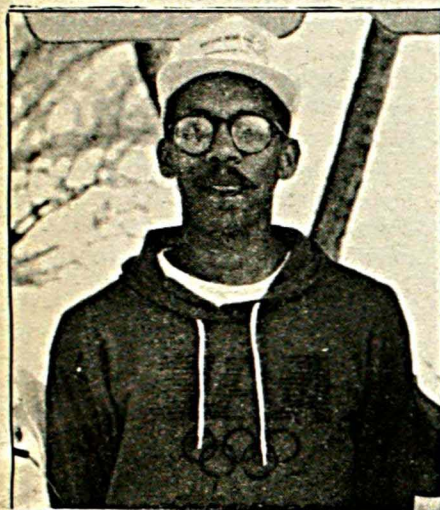
\*300H



# MASTERS SCENE

## NATIONAL

- **Bob Hartmann**, M35, was the top man (9.58m) in the USATF National Masters 56-lb. Weight Throw Championships, Woodstock, IL, April 17. Host **Carl Klehm** won the M50 (6.68m). **Joann Grissom** took the W50 (4.65m).
- Of 12 runners named to the USATF 12-member squad for the world 100K championships in Belgium this summer, three are masters: men: **Rae Clark**, 40, Camino, CA; women: **Debbie Peebles**, 41, Tyler, TX; and **Sue Ellen Trapp**, 46, Fort Myers, FL.



Anthony Grier, fifth M40-49 (33:22), Sallie Mae 10K, Washington, D.C., April 17.

Photo by George Banker

## EAST

- **Gary Null**, 48, NYC, was first overall (77.63), with **Nick Bdera**, 44, second (78:53), MAC 15K RW Championships, Central Park, April 17. **Elton Richardson**, 54, NYC, took W40+ honors (90:23).
- **Rick Pieschel** (41, 20:58) was sixth of 665m and **Cheryl Ralya** (46, 25:27), ninth of 579w, Tropicana Run For The Parks 4 Mile, Central Park, NYC, April 18. **Sam Skinner** (50, 22:19) finished second M40+. **Jessie-Lea Hayes** (50, 27:16) won the W50-54 contest handily.
- **Doug Kurtis**, 41, Northville, MI, and **Barbara Filutze**, 46, Erie, PA, took 40+ titles in the Pittsburgh Marathon, May 2. Kurtis ran a 2:23:45 to take the race from France's **Jean Michel Charbonnel**, 41, who ended with a 2:24:53. **John Cagot**, 60, East Springfield, OH, finished 27th M40+ in 3:09:46. Filutze ran a 2:59:17 in the race, which saw temperatures in the low 80s, slowing most runners.

## SOUTHEAST

- In his world M60 record-breaking decathlon at the Kansas Relays on April 14, Atlanta's **Phil Mulkey** bettered Harry Hawke's U.S. M60 shot put record of 47-4 1/2 (14.44m) with a throw of 47-6 1/2 (14.49m). Mulkey's 13-year-old daughter, **Marianne Mulkey**, won 12 straight races this season, capping it off with a State Championship 200m victory for girls 14-and-under in 26.08, a new state age-group record. The senior Mulkey, while acknowledging that he probably could not stay with that "turn of speed" himself at this time, stated that she, nevertheless, "still has a long way to go to be able to beat me in the shot put."
- **Jim Gillcrist**, of Florida, broke his M65-69 HJ WR of 1.62m set last year, with a 1.63m in Naples, FL, April 17.
- **Charles McMullen**, Rochester, NY, was the first master ever to win overall (19:46) in the Easter Beach Run, Daytona Beach, FL, April 10. **Barbara McGrath**, W40, was the 40+ champion (28:03).

- **Tom McDermott**, Bradenton, FL, erased **Nolan Fowler's** U.S. M75-79 record for the 4kg hammer (36.42) with a 38.50, Florida Express Meet, Bradenton, April 12.

## MIDWEST

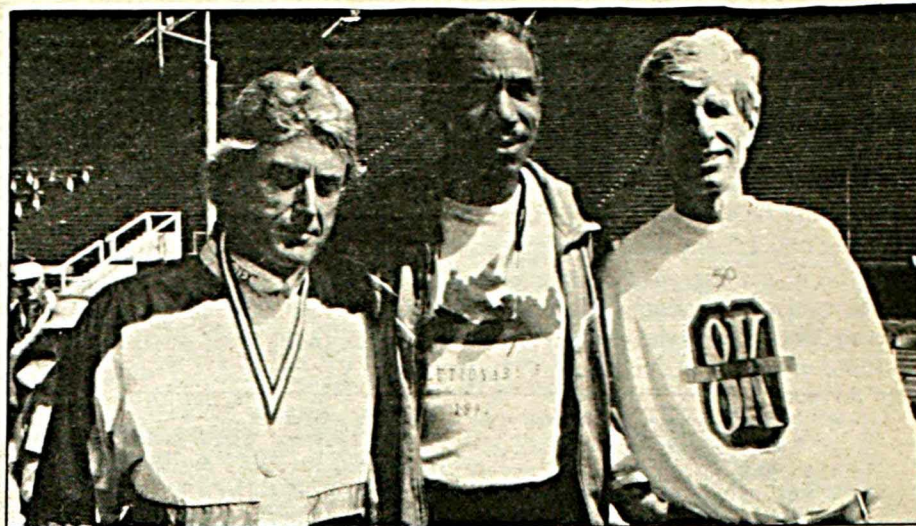
- **Vickie Putnam**, 44, Dearborn, MI, set a masters course record of 20:24 in the Race For The Cure 5K, Detroit, April 17. **Ellen Nitz**, 52, Milford, MI, won the W50-54 race in 21:36. **Valda Tichy**, 52, St. Clair Shores, MI, was second racewalker (30:45) overall. The race and a one-mile run drew 3400 entrants, who braved 30° temperatures and a wet snow storm.

## MID AMERICA

- **Viisha Sedlak**, 44, Boulder, CO, world veterans racewalk gold medalist, is featured on the cover of the June issue of *Walking Magazine*. Sedlak's six world records, her participation in the 1992 Olympic Trials (where she was the oldest competitor in the meet), and her general athletic history as one of the world's outstanding masters racewalkers earned her this cover honor. Inside the issue is a story on one of the American Racewalk Association's racewalk training camps. The ARWA is a national walking educational organization based in Boulder; Sedlak is the founder and President. For info on one of the fastest growing sports in the USA, contact **Beverly Marozsan** at ARWA, 303-447-0156, or send an SASE to ARWA, P.O. Box 18323, Boulder CO 80308-1323.
- **Doug Bell** (22:35) and **Jan Hughes** (28:01) took masters gold in the Runnin' Of The Green 7K, Denver, March 14. Second W40+ was W50-59 winner **Bette Poppers** (30:02).
- The 60-64 age group in the Kansas City area is a tough one. In the Trolley Run, a 4-mile race with over 6000 runners, **Dick Wilson**, 61, of Lawrence won the M60 division in 23:29, with **Paul Heitzman**, 62, from Eudora close behind in 23:38. These two regularly finish ahead of most 50-year-olds in the area.

## WEST

- **Shirley Matson**, 52, Moraga, CA, was second 40+ female at the Lilac Bloomsday 12K (44:56, \$800), May 2, in Spokane, setting a new U.S. W50 record, and beating **Laurie Binder** (45, 45:55) by a minute. At the Sallie Mae 10K (Washington, D.C., April 18), she was third 40+ woman with a new age-52 mark of 36:24. Matson will be inducted into the Senior Athletes Hall of Fame at Shorewalk (Bradenton, FL), which honors outstanding athletic achievements after age 50.
- **Hurdler Hugh Adams**, 52, Clovis, CA, had arthroscopic knee surgery May 18 and will be out of action for a few months. He still hopes to compete in the World Championships in Japan this autumn.
- **Jim York** broke the age-79 WR for the 16-lb. shot with a 22-8, and the AR for the 25-lb. weight with a 26-6 at a Stanford throws meet, April 24.
- **Larry Stuart**, 55, broke the M55-59 WR for the javelin with a 194-5 at the John Ward Meet, Santa Ana, CA, April 24. **Jan Smiding** of Sweden held the old record of 189-3, set in 1987. **Lois Edds** broke the W70-74 national record for the 3000 with a 16:51.29. **Bess James** held the former mark of 18:22, set in 1982. **Marion Sanchez**, 61, raced to a phenomenal 44.0 in the 300H.
- **Sprinter Bruce Springbett**, 61, of Los Gatos, CA, underwent triple bypass surgery last month. His angioplasty in April did not solve his problem of clogged arteries.



Top three in the M55 race, 50-Plus 8K, Stanford, Calif., March 21, from left: Karl Gripenburg (29:09), Ken Noel (30:48), and Russ Kiernan (30:31).

Photo from Jim Turner

## NORTHWEST

- Canadian **Harold Morioka**, 11 days after turning 50, ran a 23.3 200 and 52.2 400 on the 290m track at the U. of Idaho, Febr. 13.
- A hammer clinic for masters throwers was held April 30, followed by a hammer-only meet on May 1, by **Matt Lydum**, track coach at Western Oregon State College, Monmouth, and **John McCardle**, 1980 Olympian. Participants included **George Mathews**, **Ken Weinbel**, and **Jim Mynah** of Seattle; **Walt and Estelle Jenkins** of Canada; and **Bob Sager** of Montana. A video of the clinic and meet is available for \$10, plus postage: **Matt Lydum**—Track, Western Oregon State College Athletics, Monmouth, OR 97361.

## INTERNATIONAL

- The Western Province Masters Championships drew 150 participants to Cape Town,

S.A., March 26-27. Seven national and 41 W.P. records were broken, four by M65 weightman **Borg Stannius**.

- **Cornet Mathomane** (3:20:08) and **Fran Pocock** (4:13:03) took masters titles in the Two Oceans Marathon (56K), South Africa, April 10.
- **Dave Hill** (42, England, 2:24:18) first masters male and **Zina Marchant** (W40, England, 2:43:59) were top 40+ finishers in the London Marathon, April 18.

• NMN's British correspondent, **Martin Duff**, who placed 4th in the M45 5000 in Turkey (15:27), says health problems have forced him to stop running. "I gradually deteriorated from December, 1991," he said. "The problem came to a head during a race in March after which I promptly retired. I have not run since, yet I don't even miss it. Perhaps after 35 years, a break was required."

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# 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 12-18.** U.S. National Senior Sports Classic Senior Olympics, New Orleans. 55+. USNSSO, So. Outer Forty Dr., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

**July 10-11.** USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**August 11-14.** 26th USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

**September 25.** USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

**March 25-27, 1994.** USATF National Masters Indoor Championships, Columbia, Mo.

**August 11-14, 1994.** 27th USATF National Masters Championships, Eugene, Ore.

### EAST

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

**April-August.** Potomac Valley TC Meets, Williams HS, Alexandria. Sundays, bi-weekly, starting April 18. 8 a.m. Sal Corallo, 703/243-1291.

**June-July.** Buffalo Belles & Brawn Meets, Hamburg HS. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

**June 4-5.** Connecticut Senior Olympics, 55+. U. of Bridgeport. Jack Boitano, 105 Castle Dr., Stratford, CN 06497. 203/377-2917.

**June 5.** MAC Masters Championships, St. John's U., Queens. 10 a.m. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

**June 6.** New Jersey USATF Championships, Monmouth College, West Long Branch. SASE to: Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

**June 12.** West Penn TC Championships, Carnegie Mellon U., Pittsburgh. Ray Sanchez, 428 Center Ave., Carnegie, PA 15106. 412/281-4136(d); 429-1410(e).

**June 20.** Philadelphia Masters Meet, St. Joseph's U., Philadelphia. Features Rapid Triathlon (100-LJ-200) and masters mile. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

**June 25-27.** Massachusetts Senior Games, Springfield College. 55+. Todd Hayden, Coordinator, Springfield College, 263 Alden St., Springfield, MA 01109. 413/748-3020.

**June 27.** Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, GSAC, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

**July 3.** Niagara USATF Association Senior/Masters Championships. Dave Reinhardt, 101 E. 4th St., Jamestown, NY 14701. 716/488-2203.

**July 10.** Sri Chinmoy Masters Meet, Forest Park, Queens. 40+. SASE to Sri Chinmoy Marathon Team, 150-47 8th Ave., Jamaica, NY 11432. 718/RUNNERS.

**July 10-11.** Garden State Games, Raritan Valley Comm. College, North Branch. James A. Siedliski, PO Box 6923, Edison, NJ 08818-6923. 908/463-8444.

**July 17.** Philadelphia Masters Meet, La Salle U., Philadelphia. Features Dave Martin All-Around Quadrathlon (LJ-SP-HJ-200), Middle-Distance Triathlon (1500-400-800), and Jim Bantum Sprint Triathlon (200-100-400). Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

**July 25.** USATF East Regional Masters Championships, Syracuse, N.Y. Pre-registration only. Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066.

**July 31-August 1.** 18th Annual Buffalo Belles and Brawn International Age-Group Classic, Buffalo, N.Y. Women compete on Saturday, men on Sunday. Bettie Zoschke, 206 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

**August 22.** Donald S. Harris Memorial Track Classic, Wynnewood, Penn. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

**September 5.** Potomac Valley Games, Washington, D.C. Sal Corallo, 3466 Roberts Ln., N. Arlington, VA 22207. 703/243-1290(h); 202/219-1913(w).

### SOUTHEAST

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

**June 12.** Atlanta TC Meet, Emory U. Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

**June 12.** Miami Northwest Express Meet. Jesse Holt, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

**June 19.** Weight Pentathlon, Naples, Fla. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

**July 10.** Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

**July 17.** Nashville TC Open/Masters Meet, Tennessee Prep School, Nashville. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733. Entry form in June issue.

**July 24.** Jacksonville TC Classic, Bolles Track. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

**September 25.** USATF Southeast Regional Masters Championships, U. of Florida, Gainesville. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

### MIDWEST

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

**June 5.** Indy Senior Olympics. 55+. Robert Meier, 1502 W. 16th St., Indianapolis, IN 46202. 317/267-0535.

**June 5.** Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

**June 11-12.** Illinois/USATF Championships. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. 708/833-7303.

**June 12.** North Coast Relays, Brunswick High, Cleveland, Ohio. Geoff Packer, 216/371-2822.

**June 12.** USATF Ohio Association Open & Masters Championships, U. of Cincinnati. John Blakely, 2137 Yorktown Court, Fairfield, OH 45014. 513/829-3565.

**June 27.** Byron Park District Masters Meet, Byron, Ill. Jim Kann, 815/234-8435.

**July 10.** Dayton Masters Classic, Open & Masters. Bob Jones, 513/837-2754.

**July 10.** Illinois Masters Meet, Libertyville HS. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048. 708/367-6387.

**July 24.** USATF Midwest Regional Masters Championships, Lisle Ill. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. Bruce Mills, 708/541-3905.

**July 24.** Cleveland Classic, Brunswick High, Cleveland, Ohio. Geoff Packer. 216/371-2822.

**July 31.** Midwest Masters Championships, Marshall U., Huntington, W. Va. (Not the regional championships.) David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

### MID-AMERICA

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

**June 6.** Blue River Valley Jolly Jogathon Meet. 10 yr. divisions. Cleve Walstrom, 209 No. 8th, Marysville, KS 66508. 913/562-3050.

**June 12-13.** Lincoln TC Decathlon/Heptathlon, Ed Weir Track. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**June 26.** USATF Mid-America Regional Masters Championships, Lincoln, Neb. See June 12-13.

**July 25.** Show Me State Games, Jefferson City. Missouri residents only. Phil Brusca, 12009 Wesco, St. Louis, MO 63043. 314/434-0851.

**August 1.** Masters/Senior Olympic EM "R" Meet, Twin Cities. SASE to Rachel Lyga, 122 63 1/2 NE, Minneapolis, Minn. 55432. 612/574-9661.

**September 4-5.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Pent/Wt. pent. 5000RW. SASE to Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919; Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

### SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

**May-July.** New Orleans TC Meets, City Park Track. 5:30 p.m. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC: 468-1488.

**June 12-13.** Ponca City Classic. Ponca City HS. James Roland, Ponca City, OK 74601. 405/767-0233.

**July 23-24.** USATF Southwest Regional Masters Championships, Gonzales, La. Also weight pentathlon & 56-lb. weight. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

### WEST

Arizona, California, Hawaii, Nevada

**June 4-6.** Sacramento Senior Games. 55+. Alan Boyd, 6005 Folsom Blvd., Sacramento, CA 95819. 916/277-6094.

**June 5.** Stanford U. Throws Series #16, Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

## ON TAP FOR JUNE

### TRACK AND FIELD

The U.S. National Senior Sports Festival Senior Olympics for men and women 55+ starts on the 12th in New Orleans.

The 5th has meets in NYC; Illinois; Arizona; and Washington; followed on the 6th by meets in New Jersey; Pasadena, Calif.; and Portland, Ore. The 12th offers a full schedule of meets in Pennsylvania; Georgia; Miami, Florida; Illinois; Ohio; Oklahoma; California; and Oregon.

The SCA District Pentathlon Championships are set for the 19th at Occidental College. Philadelphia also offers multi-event action with a triathlon and masters mile on the 20th.

The Mid-America Regionals are scheduled for the 26th in Lincoln, Nebr., while the SCA championships are logged for the 27th at Irvine, Calif.

### LONG DISTANCE RUNNING

The USATF Masters Half-Marathon Championships will be run in Fairfield, Conn., on the 27th.

Races of interest on the first weekend include, on the 5th, Freihofer's 5K, N.Y., and Fontana Days Half-Marathon, Calif., and, on the 6th, the Steamboat Runs, Colo., and Gardena 5000, Calif.

Grandma's Marathon, Minn., and Steamboat Classic, Ill., are available on the 19th, while the Brugge Veterans Grand Prix, Belgium, is open to internationalists on the 20th.

The Western States 100 Mile, Calif., opens on the 26th, followed by Oregon's Cascade Runoff on the 27th.

### RACEWALKING

A clinic is set for Minneapolis on the 5th-6th. Regional championships will be held on the 5th in NYC, and the 27th in South Carolina.

**June 5.** Arizona Masters Invitational, Tempe. McClintock HS, May 29 deadline. Checks to Arizona USATF. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257.

**June 6.** Pasadena Senior Games, Occidental College, Los Angeles. 50+. Christel Miller, director. Cynthia, 818/795-4331.

**June 12.** USATF/Pacific Open and Masters Championships, Los Gatos HS. Willie Har-matz, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365; 354-5660.

**June 12-13, 18.** Aloha State Games, U. of Hawaii. 3000m RW on 18th. Aloha Bowl Charities, Inc., 1110 University Ave. #403, Honolulu, HI 96826. Jack Karbens, 808/735-6366.

**June 19.** SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

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**June 24-August 5.** Los Gatos Summer Meets. Every Thursday, 5 p.m., LGHS. Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95030. 408/354-7333.

**June 27.** SCA/USATF Championships, Cerritos College, Calif. Marvin Thompson, 213/662-1062.

**July 11.** Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

**July 31-August 1.** USATF West Regional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, LAPOC, 2301 Hyperion Ave., Ste P, Los Angeles, CA 90027-4711. 213/662-1062.

**September 12.** Northern California Seniors T&F Classic, U.C., Berkeley. 30+. Mark Grubi, Dir., P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

**September 12.** Sri Chinmoy Masters, CSU-Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., Culver City, CA 90230. 310/645-0271.

**September 17-19.** California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S., #306, San Diego, CA 92108. 619/543-0046, or 800-246-9077.

**September 18.** Kelfield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0202.

**October 2.** Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

**October 20-22.** Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

### NORTHWEST

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

**June 5.** Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109.

**June 6.** USATF Oregon Open & Masters Championships, Portland, Ore. Dr. David Fix, Lewis & Clark College, 0615 S.W. Palatine Hill Rd., Portland, OR 97219. 503/768-7068.

**June 12.** Volcano Classic. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

**June 12-13.** British Columbia Masters Championships, Vancouver, B.C. Grant Lamothe, 604/856-7381 or John Woodcock, 604/939-1324.

**June 26.** Inland Northwest Masters Classic. Stan Johnson, City of Richland, 650 George Washington Way, Richland, WA 99352. 509/943-2689.

**June 26-27.** British Columbia Masters Decathlon Championships. Kamloops, B.C. Grant Lamothe, 604/856-7381.

**July 10.** Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Elmer White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

**July 17-18.** USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

**July 30-31.** 15th Montana Masters Meet, MSU, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

**July 30-31.** Portland Masters TC Classic, Lewis & Clark College. Joe Thielman, 406 W. 32nd St., Vancouver, WA 98660. 206/693-2256.

**August 27-28.** Montana Sr. Olympics, Kalispell. M&W50+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105. 406/252-2795.

**October 20-22.** Huntsman Chemical's Senior Games, St. George, Utah. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.



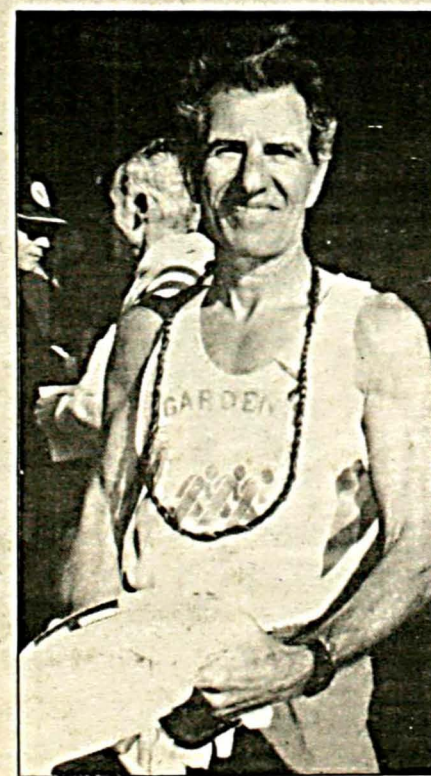
Virgil McIntyre, M60 sprinter from Arizona, at the National Masters Indoor Championships, Bozeman, Mont., March 19-21.

Photo by Dave Bayliss

### CANADA

**July 10-11.** Ontario Masters Championships, Laurentian U., Sudbury. M&W35+. 5-yr. age groups. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

**August 28-29.** First Annual National Decathlon/Heptathlon Championships. (also invitational weight pentathlon), Montreal, Quebec. E.F. Hume, 132 Evergreen, Dod. O. Quebec H9A 1S6. 514/684-7528.



Andre Tocco, M55 first (39:23), Faerber's Men's 10K, Honolulu, March 14.

Photo by Tesh Teshima

### INTERNATIONAL

**June 26-July 16.** World Maccabiah Games, Israel. M&W40+. U.S. Maccabiah Committee, 1926 Arch St., Philadelphia, PA 19103. 215/561-6900.

**July 9-11.** Matyas Farkas Veterans Memorial Meet, Budapest, Hungary. M35+/W30+. Contact: Ferenc Igrenyi, 1117 Budapest, Bogdanffy u.10; Telex 22-4875.

**July 17-18.** British Veterans Athletic Federation Championships, Monkton Stadium, Jarrow. John Charlton, 31 Lyndhurst Rd., North Seaton, Ashington, Northumberland NE63 9SS.

**October 3.** Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

**October 7-17.** 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

**July, 1994.** Oceania Regional Championships, Fiji.

**August 4-7, 1994.** WAVA North American Regional Championships Edmonton, Canada.

### LONG DISTANCE RUNNING NATIONAL

**June 27.** USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.

**September 18-19.** USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Held along with open championships. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419/475-0731.

**September 25.** USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

**October 3.** USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

**October 17.** USATF National Masters 15K Cross-Country, Memphis, Tenn. **CANCELLED** Memphis Runners TC, 901-378-0378.

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### HAYWARD CLASSIC USA Track and Field Masters Northwest Regional Championships



Hosted by OREGON TRACK CLUB MASTERS

Sponsored by VALLEY RIVER CENTER

City of Eugene, City of Springfield and Valley River Inn



### July 17 & 18, 1993 Hayward Field University of Oregon Eugene, Oregon

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

**ENTRY FEES:** \$10 1st event (NO T-shirt); \$5 2nd event; \$2 each additional event; 7 event limit; relays free to meet participants.

**ENTRY DEADLINE:** Postmarked by Wed., July 7, 1993.

**LATE ENTRY:** \$10 surcharge when space is available; must register 60 minutes before event starts.

**T-SHIRTS:** 100% cotton, short sleeve — \$7.50.

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

**LOCKER ROOMS:** Space available in Bowerman Building. Bring towel.

**DIVISIONS:** Five-year age divisions for M and W, age 30 and over.

**RELAYS:** Must wear same tops; 10-year age groups; for championship medals, must be from same club or organization, registered with an association belonging to Northwest region.

**MEET HEADQUARTERS:** Valley River Inn, 1000 Valley River Way, Eugene—Take exit 194B off I-5, go west on I-105, follow signs to Valley River Center. Free shuttle available to Hayward Field. Special rates for athletes—book early to ensure room; mention Hayward Classic (1-800-543-8266).

**PACKETS:** Available at Valley River Inn Friday, July 16, 6:00-9:00 p.m., and at Hayward Field at 7:00 a.m. July 17.

**AWARDS:** Championship medals for 1st, 2nd, 3rd; ribbons for 4th, 5th, 6th; USA T&F members from other regions will receive Hayward Classic medals.

**RECEPTION:** Sponsored by Valley River Inn; no-host bar, Saturday, 6:00-7:30 p.m., Valley River Inn.

### SCHEDULE OF EVENTS

All times listed are tentative and approximate.

#### Saturday, July 17

| TRACK                          | TIME  | FIELD   |
|--------------------------------|-------|---|
| 10,000 meters W and M          | 9:00  | Long Jump (2 pits)<br>West Pit M 30-59<br>East Pit W and M 60+<br>Javelin M 30-59 |
| 5000 meter Racewalk<br>W and M | 10:15 | Javelin W and M 60+   |
| 2000 meter Steeplechase        | 11:00 | Pole Vault (2 runways)<br>Red Pit W and M 50+<br>Green Pit M 30-49                |
| 3000 meter Steeplechase        | 11:20 |   |
|                                | 12:00 |   |
| High Hurdles                   | 12:15 |   |
| 100 meters                     | 12:45 | Shot Put (2 rings)<br>South Ring W and M 65+<br>West Ring M 30-64                 |
|                                | 1:00  |   |
| 400 meters                     | 1:30  |   |
| 1500 meters                    | 2:15  |   |
| 1600 meter Relay               | 2:45  |   |

#### Sunday, July 18

|                      |       |   |
|----------------------|-------|---|
| 5000 meters          | 8:30  | Discus W and M 60+<br>High Jump M 30-59 |
| Intermediate Hurdles | 10:00 |   |
| 800 meters           | 10:30 | Discus M 30-59<br>High Jump W and M 60+ |
| Mile Racewalk        | 11:00 |   |
| 200 meters           | 11:20 |   |
|                      | 12:00 | Triple Jump M<br>Hammer M               |
| 3000 meters* W and M | 12:30 |   |
| 400 meter Relay      | 12:50 |   |
| 3200 meter Relay     | 1:20  |   |

ALL EVENTS OPEN TO BOTH MEN AND WOMEN  
In general, women must compete before men, older before younger.  
Entrants must check in at least 60 min. before event is scheduled to start.  
All implements will be WAVA metric standards and must be checked in at least 90 min. before the event.

\*The mile racewalk and 3000 meters are not USA T&F championship events. Hayward Classic medals will be awarded.

### Northwest Regional USA T&F Masters Championships — All competitors must be USA T&F Members

Name  Birthdate  /  /   
Address   
Phone  Club Affiliation (if any)

**EVENTS** ☐ Best '92/93 mark \* **T-SHIRT — \$7.50 (check one)**  
1. ☐ small ☐ med  
2. ☐ large ☐ x-large  
3. ☐ ☐  
4. ☐ ☐  
5. ☐ ☐  
6. ☐ ☐  
7. ☐ ☐

**NOTE:**  
Late entries will be accepted up to 60 minutes before the event when space is available; surcharge for late entry is \$10.

\*Please use metric for distances, if possible.

I WOULD LIKE TO RUN THESE RELAYS: (Teams to be decided by noon)

400 METER  1600 METER  3200 METER

Event changes will not be permitted after registration.

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

Signed  Date

Send entry with check to: Oregon Track Club Masters, c/o Timothy Shelley, 2748 Agate Street, Eugene, OR 97403, (503) 343-4610 or 896-3210.

**RECEPTION:** Plan to attend?  
YES ☐ NO ☐ Number

**ENTRY FEE:**  
1 EVENT \$10 4 EVENTS \$19  
2 EVENTS \$15 5 EVENTS \$21  
3 EVENTS \$17 ETC.

**ENTRY TOTAL** → \$

**T-SHIRT @ \$7.50** → \$

**TOTAL** → \$

Make checks payable to:  
OREGON TRACK CLUB MASTERS



Continued from previous page

**October 31.** USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.

**November 7.** USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

**November 20.** USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**November 20.** USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

**EAST**

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

**June 5.** Freihofer's 5K for Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518/273-0267.

**June 12.** USATF/New England 10K Championships & 5K Run, Winthrop, Mass. Masters money, individuals & teams. Larry Keller, Winthrop Hosp., 40 Lincoln St., Winthrop, MA 02152. 617/539-0046.

**June 12.** NYRRC Advil Mini Marathon 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**June 13.** Orange Classic 10K. Mike Sullivan, 40 Mulberry St., Middletown, NY 10940. 914/343-2181 x482.

**June 16.** NYRRC Guggenheim 5K, Central Park, 7 pm. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**June 20.** Vestal XX 20K. Fred Bostrom, 413 Pinecrest Rd., Vestal, NY 16915. 814/274-9109.

**July 3.** Long Island Women's 5K Championships, Jericho, N.Y. Barry Saltberg, 21 Brewster St., Glen Cove, NY 11542. 516/671-4934.

**July 11.** Utica Boilermaker 15K. Masters money. E.C. Reed, P.O. Box 4729, Utica, NY 13504. 315/797-5838.

**August 14.** Asbury Park 10K, Asbury Park, N.J. John Haulenbeek, P.O. Box 157, Spring Lake, NJ 06772. 908/974-8457.



Scott Hamilton, M65 second (48:10), Faerber's Men's 10K, Honolulu, March 14.

Photo by Tesh Teshima

**SOUTHEAST**

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

**July 4.** Peachtree 10K. \$4500 masters. SASE to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

**MIDWEST**

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

**June 5.** Oak-Apple 10K, Royal Oak, Mich. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

**June 19.** Steamboat Classic 4 Miler/15K. \$1700 masters. Joy Kessler, 700 W. Main St., Peoria, IL 61606. 309/688-7313.

**June 27.** Park of Roses Marathon, Columbus, Ohio. Denny Fryman, 7581 Glenhurst Dr., Dayton, OH 45414. 513/898-7015.

**MID-AMERICA**

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

**June 5-6.** Trinity Hospital Hill Races (RRCA Half-Marathon Championships). Trinity Hospital Hill Run, 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816/274-3196.

**June 6.** Steamboat Marathon/Half-Marathon/10K Run & Walk, Steamboat Springs, Colo. SASE to SS Chamber Resort Assn., P.O. Box 774408, Steamboat Springs, CO 80477. Stacey Kramer, 303/879-0882.

**June 13.** KRDO Garden Of The Gods 15K, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

**June 17-20; July 4-10.** Women's Running Camps, Denver area. WRC, 4029 S. Roslyn St., Denver, CO 80237. 303/220-1037.

**June 19.** Grandma's Marathon/Half-Marathon. Scott Keenan, P.O. Box 16234, Duluth, MN 55816-0234. 218/727-7932.

**July 3.** Coast To Coast Freedom 8K. Miles Mettler, 701 Harvey Dunn, Brookings, SD 57006. 605/688-6415.

**July 10.** Midnight Madness 5K/10K. Roman Lynch, 5266 Preston Dr., Ames, IA 50124. 515/597-2055.

**July 24.** Quad City Times Bix 7 Miler, Davenport, Iowa. Ed Froehlich, 2685 Kimberly Rd., Bettendorf, KY 52722. 319/359-9197.

**WEST**

Arizona, California, Hawaii, Nevada

**June 5.** Fontana Days Half-Marathon/5K. Masters money. Barbara Smith, Fontana Community Services, 9460 Sierra Ave., Fontana, CA 92335. 714/350-7636.

**June 6.** Gardena 5000, Gardena, Calif. Also separate masters invitational. Masters money. Sonny Monioz, 310/324-7085, or Merle Heimberg, 310/474-8654.

**June 6.** Westlake Florist 5K/10K. Hyatt Westlake Plaza, 7:30 a.m. Kathy Panteles, 31800 Langspur Ct., Westlake Vill., CA 93161-4120.

**June 12.** Palos Verdes Marathon. Patricia Gill, P.O. Box 2856, Palos Verdes, CA 90274. 213/377-6707.

**June 26-27.** Western States 100 Mile, Squaw Valley, Calif. Helen & Norm Klein, 11139 Mace River Court, Rancho Cordova, CA 95670. 916/638-1161.

**July 18.** San Francisco Marathon. John Mansoor, PO Box 77148, San Francisco, CA 94107. 916/983-4622.

**October 2.** 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850. Entry form in June issue.

**NORTHWEST**

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

**June 5.** Alaska Women's 10K. Larry Ross, 3605 Arctic #AA, Anchorage, AK 99503. 907/562-2162, xAA.

**June 6.** Emerald Landmark Five K. Eric Zemper, 2222 Willamette #32, Eugene, OR 97405. 503/485-4360.

**June 19.** TJ's 5K. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR 97403. 503/683-5635.

**June 27.** Cascade Run Off 15K. \$5000 masters. Chuck Galford, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

**July 4.** Butte To Butte 10K/5K RW. BTB, PO Box 10825, Eugene, OR 97440. 503/687-1989.



Ron Pate, M45 first (37:13) in a 30 mph headwind, Faerber's Men's 10K, Honolulu, March 14.

Photo by Tesh Teshima

**INTERNATIONAL**

**June 20.** 20th Annual Brugge Veterans Grand Prix 10K/25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, B-8000, Brugge, Belgium.

**October 7-17.** 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.

**July 30-31, 1994.** WAVA World Non-Stadia Championships, York, Canada.

**RACE WALKING**

**January 1-December 31.** One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

**June 5.** MAC 10K Championships and East Regional Championships, Forest Park, Queens, N.Y. Bernie Kaufmann, Unisphere Walkers, 75-02 Austin St., Forest Hills, NY 11375.

**June 5-6.** Martin Rudow RW Seminar, Minneapolis/St. Paul. Paul Geyer, PO Box 630096, Miami, FL 33163. 305/935-6063.

**June 13.** USATF West Regional Open and Masters Racewalking Championships, Birmingham High, Van Nuys, Calif. Georgiana Droll, P.O. Box 624, South Pasadena, CA 91031. 818/577-2264.

**June 26.** North American 8K Championships, Taylor, S.C. Ed Boehmke, 36 Cunningham Circle, Taylor, SC 29687. 803/268-6480.

**June 27.** USATF South Regional Masters 8K Championships. Ed Boehmke, 36 Cunningham Circle, Taylor, SC 92687. 803/268-6480.

**July 1-4.** ARWA Training Camp, Boulder, Colo. ARWA, P.O. Box 18323, Boulder, CO 80303. 303/447-0156.

**July 10.** USATF National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

**July 10-11.** Martin Rudow RW Seminar, Niagara Falls, N.Y. Paul Geyer, PO Box 630096, Miami, FL 33163. 305/935-6063.

**July 29-31.** Empire State Games, Rochester, NY. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

**August 11-14.** USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.

**August 15.** USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).

**September 5.** North American Masters 15K Racewalk Championships. Also 5K and Open Divisions. Albuquerque, N.M. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

**September 12.** USTAF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.

**September 18.** USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.

**September 25-26.** USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385. 552/376-8019; 372-6908.

**October 3.** USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

**October 31.** USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.



Sharon Calligan, third W50 (51:11), Straub Hawaii Women's 10K, Honolulu, March 7.

Photo by Tesh Teshima



# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

## 1993 Indoor 1500m Compiled by Jerry Wojcik

|                 |         |
|-----------------|---------|
| M30-34          |         |
| Jim Presig      | 4:06.04 |
| Dennis Contois  | 4:06.91 |
| Pete Slavin 39  | 4:09.7  |
| Tony Ruiz       | 4:16.16 |
| Arthur Demers   | 4:19.92 |
| Alex Cuozzo?    | 4:21.5  |
| Randy Weaver    | 4:22.32 |
| Martin Haag     | 4:23.44 |
| Scott Wade      | 4:32.63 |
| Kevin McDermott | 4:32.8  |
| R Niec          | 4:37.9  |
| Ted Foulos 31   | 4:42.7  |

|                     |         |
|---------------------|---------|
| M35-39              |         |
| Rich Benner         | 4:05.29 |
| Scott Robertson CAN | 4:14.4  |
| Terry Howell        | 4:19.1  |
| Norman Roper        | 4:20.70 |
| D Engelke           | 4:22    |
| M Spieght           | 4:30.6  |
| E Love              | 4:33.02 |
| Ron Hulslander 36   | 4:33.7  |
| Donn McBride 36     | 4:40.9  |
| Tim Donovan         | 4:48.6  |
| Pete Corcoran       | 4:48.98 |
| R Terhune           | 4:49    |
| Tom Yunker          | 5:01.64 |
| D Rinaldi           | 5:03    |

|                   |         |
|-------------------|---------|
| M40-44            |         |
| Tom Carter 40     | 4:03.2  |
| Brad Hurst        | 4:16.66 |
| Richard Pucklerin | 4:21.08 |
| John Serrao       | 4:22.25 |
| Ben Brockwell     | 4:26.83 |
| Dave Patterson    | 4:27.73 |
| Joe Daley 42      | 4:33.5  |
| Bruce Bond        | 4:39.17 |
| Gary Tompkins     | 4:39.9  |

|                    |        |
|--------------------|--------|
| Reinhold Motawa 43 | 4:41.1 |
| B Jones            | 4:41.4 |
| Druce Albert       | 4:44.6 |
| Tom Honeyer 44     | 4:47.2 |
| Allan Kilfoyle     | 4:48.5 |
| Rich Bernstein 40  | 4:52.3 |
| Phil Yoder         | 4:53.7 |
| Bill Kehner        | 5:01.0 |
| Jim Boyle          | 5:05.0 |
| F Dedrick          | 5:05.1 |
| Jim Bilik 43       | 5:13.1 |

|                  |         |
|------------------|---------|
| M45-49           |         |
| Al Swenson       | 4:10.25 |
| Ken Sparks       | 4:23.0  |
| P Hallop         | 4:30.8  |
| Bob Weiner 45    | 4:40    |
| Randy Taylor     | 4:40.0  |
| Matt Metzel      | 4:46.8  |
| John Hunt        | 4:50.3  |
| Kevin Smith      | 4:51.80 |
| A Posner         | 4:55.27 |
| P Muzzolini CAN  | 5:01.9  |
| Bob Congdon 47   | 5:07.0  |
| Fred Pietrzak    | 5:07.6  |
| Bill Schrantz 47 | 5:07.9  |
| Jim Irwin        | 5:12.7  |
| Doug Madsen      | 5:20.9  |
| Dale Ladd        | 5:22.0  |
| John Devitt      | 5:25.2  |
| George Sanders   | 5:25.2  |
| F Clarke         | 5:26    |
| Joe Reynolds 48  | 5:26.0  |

|                      |         |
|----------------------|---------|
| M50-54               |         |
| Victor Heclier       | 4:21.19 |
| Sid Howard           | 4:39.84 |
| Neil Doherty         | 4:48.6  |
| Gerry Bergenstock 54 | 4:58.7  |
| Dan Hamner           | 4:59.0  |
| Jerry McFadden       | 5:02.83 |
| John Craig           | 5:06.1  |
| Joel Dubow           | 5:12.72 |
| John McMurphy 50     | 5:14.7  |
| Vin Colgan           | 5:27.6  |

|               |        |
|---------------|--------|
| Tom Rishel 51 | 5:28.1 |
| Bob Bridges   | 5:32   |
| Ralph Ross    | 5:38   |
| Dan Mittler   | 5:49.3 |

|                 |         |
|-----------------|---------|
| M55-59          |         |
| Brian Fernee    | 4:54.84 |
| Joe Fodor       | 4:55    |
| Ken Ogden       | 5:09.96 |
| Gary DeFrance   | 5:22.15 |
| Bob Milner      | 5:27.4  |
| David Cameron   | 5:40.36 |
| Tony Farrand 57 | 5:42.0  |
| Bob Rupert      | 5:44.6  |
| L Ruber         | 5:59    |
| R Kowalski      | 6:08    |

|                 |         |
|-----------------|---------|
| M60-64          |         |
| Jim Sutton      | 4:43.83 |
| Chas Williams   | 5:14.91 |
| Larry Dickerson | 5:24.07 |
| Jack Nyman?     | 6:00.8  |
| Bill Mullin     | 6:27.6  |
| A White         | 6:46    |
| Joe Kerman      | 6:47.22 |
| Ralph Jones 63  | 6:58.8  |

|                |         |
|----------------|---------|
| M65-69         |         |
| J Forshee      | 5:15.4  |
| Jim Kennedy    | 6:03.96 |
| Charles Sochor | 6:51.71 |

|              |         |
|--------------|---------|
| M70-74       |         |
| Nate White   | 6:56.5  |
| John Bays    | 6:57.20 |
| George Blyn  | 7:09.63 |
| Fran Albaugh | 7:12    |

|             |         |
|-------------|---------|
| M75-79      |         |
| Alfred Funk | 6:12.66 |

|               |         |
|---------------|---------|
| M80-84        |         |
| Bill Brobston | 7:26.98 |

|                  |         |
|------------------|---------|
| M85-89           |         |
| Barbara File     | 5:34.61 |
| Charlene Francis | 5:48.34 |
| M Morehead       | 6:11.0  |
| Marilyn Moorhead | 6:13.94 |

|               |         |
|---------------|---------|
| M90-94        |         |
| Grace Butcher | 6:39.14 |

## 1993 Indoor Mile Compiled by Jerry Wojcik

|                    |         |
|--------------------|---------|
| M30-34             |         |
| Marion             | 4:26.5  |
| Scott King         | 4:27.2  |
| Brown-Whiting      | 4:31.5  |
| Casey Carlstrom 33 | 4:33.4  |
| Joe Wesolowski     | 4:33.8  |
| Gary Crowley 31    | 4:38.2  |
| Dennis Centois?    | 4:38.49 |
| Alex Cuozzo?       | 4:45.44 |
| Ben Cardanne       | 4:45.9  |
| Mike McGinley      | 4:55.92 |
| Seth Orend?        | 4:57.6  |
| Lewis Jefferson?   | 4:59.04 |

|                   |        |
|-------------------|--------|
| M35-39            |        |
| Sullivan          | 4:28.4 |
| Jim Clayton 36    | 4:33.7 |
| Chuck Crowley     | 4:40.9 |
| Joel Hoffsmith    | 4:44.1 |
| Mark Clark 36     | 4:49.0 |
| Norman Dodson     | 4:59.3 |
| Bruce Knowlton 35 | 5:02.9 |
| Bob Reynolds      | 5:03.2 |
| Joe Contano 39    | 5:05.8 |
| Ron Hulslander 36 | 5:06.1 |
| Tom Fitzgerald 37 | 5:09.3 |
| Bruce Labonte 36  | 5:12.0 |

|                    |         |
|--------------------|---------|
| M40-44             |         |
| Eamonn Coghlan IRE | 4:41.39 |
| J Birmingham CAN   | 4:41.62 |
| Wilson Waigwa 43   | 4:41.15 |
| Ken Fopejoy 42     | 4:44.58 |
| Chas McMullen 41   | 4:48.95 |
| Swag Harte 41      | 4:49.75 |
| Paul Mascali 40    | 4:50.54 |
| Tom Carter 40      | 4:51.90 |
| Byron Dyce 44      | 4:58.17 |
| Tim McMullen 49    | 4:58.33 |
| Bob Colantuono 40  | 4:58.33 |
| Gary Tompkins      | 4:58.33 |

|                    |         |
|--------------------|---------|
| M45-49             |         |
| Duane Green        | 4:46.93 |
| Ben Brockwell 44   | 4:49.46 |
| Randy Waterman 40  | 4:49.8  |
| Bill McMullen 40   | 4:49.97 |
| Phil Yoder         | 4:50.1  |
| John Naslund 42    | 4:52.7  |
| Reinhold Motawa 43 | 4:53.1  |
| Carl Cappello 42   | 4:54.3  |
| Poirier            | 4:56.2  |
| Rob Jackson        | 4:56.84 |
| Mike Seaman        | 4:57.00 |
| Dan Gonzales       | 4:59.8  |
| Bob Fertak         | 5:00.70 |
| Tom Honeyer 44     | 5:01.21 |
| Caleb Rossiter 41  | 5:02.01 |
| Tom Mahon          | 5:02.1  |
| Tim Payne 42       | 5:02.38 |
| Bob Rosen 41       | 5:04.2  |
| K Morrisroe 41     | 5:07.20 |
| Tom Ryan           | 5:08.24 |
| Rick Cleary 42     | 5:08.3  |
| F Dedrick          | 5:09.4  |
| John Cramer        | 5:10.09 |
| D T Rossiter 43    | 5:11.99 |
| Clark              | 5:16.9  |
| Rich Bernstein 41  | 5:17.22 |
| Kevin Bernstein 40 | 5:18.8  |

|                    |         |
|--------------------|---------|
| M45-49             |         |
| Albin Swenson 46   | 4:21.90 |
| Harry Nolan 45     | 4:32.56 |
| Purcell            | 4:53.3  |
| Bob Weiner         | 4:55.2  |
| Derck Frechette 48 | 4:55.23 |
| Herb Engman 47     | 4:57.71 |
| Dave Block 47      | 4:59.19 |
| Randy Taylor       | 5:06.7  |
| Fete Stasz 45      | 5:08.7  |
| Ray Beaudin 48     | 5:08.7  |
| Dale Ladd 45       | 5:11.3  |
| Ken Zeserson 45    | 5:11.7  |
| Steve Prouly 47    | 5:14.3  |
| Harland Eigelow 46 | 5:15.46 |
| Joe Reynolds 48    | 5:17.74 |

|                  |         |
|------------------|---------|
| M50-54           |         |
| Barbara File     | 5:34.61 |
| Charlene Francis | 5:48.34 |
| M Morehead       | 6:11.0  |
| Marilyn Moorhead | 6:13.94 |

|                |         |
|----------------|---------|
| M55-59         |         |
| Wayne Hartman  | 5:22.1  |
| George Sanders | 5:22.6  |
| John Saylor 45 | 5:22.63 |
| James Pfaff    | 5:24.24 |
| Les Trotter 49 | 5:30.8  |

|                    |            |
|--------------------|------------|
| M55-59             |            |
| Rich Kleyman 53    | 4:55.3     |
| D Featherstone CAN | 5:24:55.86 |
| Tom Bowden         | 4:59.1     |
| Sid Howard         | 5:04.10    |
| Szawlowski         | 5:20.3     |
| Jerry McFadden     | 5:20.6     |
| Larry Jowett 54    | 5:21.3     |
| Jack Brenna        | 5:29.1     |
| Bill Cooper 50     | 5:29.58    |
| John McMurphy 50   | 5:30.22    |
| Art Maillet 50     | 5:35.8     |

|                  |         |
|------------------|---------|
| M60-64           |         |
| Bob Green 60     | 5:43.2  |
| Keat             | 6:09.9  |
| John Garrity 62  | 6:14.19 |
| Dick Sullivan 64 | 6:25.05 |
| Roger Whalley 63 | 6:34.46 |
| Joe Kernan       | 6:37.9  |

|                        |         |
|------------------------|---------|
| M65-69                 |         |
| Barbara Blaszk 42      | 5:37.2  |
| Era                    | 5:37.4  |
| Mary Beth Hasenauer 40 | 5:48.39 |
| Chris Rossiter 40      | 5:49.26 |
| Van Leuven             | 5:49.7  |
| Mary Rosado            | 5:57.2  |
| Sue Sandstrom 40       | 5:57.47 |
| Linda Schissel 44      | 5:58.7  |
| Jeannine Naslund 41    | 6:02.2  |
| Diane Sherrer 41       | 6:41.1  |

|                    |         |
|--------------------|---------|
| M70-74             |         |
| Nate White 73      | 6:54.96 |
| George Blyn        | 7:36.0  |
| Robert Knowlton 74 | 8:31.0  |

|             |         |
|-------------|---------|
| M75-79      |         |
| Alfred Funk | 6:12.66 |

ON SATURDAY, JULY 10, 1993 MASTER ATHLETES FROM OVER 20 STATES AND CANADA WILL CONVERGE TO THE CONFINES OF LIBERTYVILLE, ILLINOIS TO BE PART OF A MOST UNIQUE EVENT.

## THE 6TH ANNUAL MASTERS RETURN TO ILLINOIS TRACK AND FIELD CHAMPIONSHIPS

**\$1000.00 CASH PRIZES  
POST EVENT PICNIC  
SPECIALLY DESIGNED COMMEMORATIVE  
MUG TO AWARD WINNERS**

**SEMINAR: FRIDAY, JULY 9, 1993  
"Altering the Boundaries of Aging"**

**Keynote Speaker: Walter Bortz II M.D. author of WE LIVE TOO SHORT AND DIE TOO LONG How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span.**

**SEND SASE TO:  
Craig Dean M.D.  
MASTERS RETURN TO ILLINOIS  
719 Stonegate Ct.  
Libertyville, IL 60048**



## TROJAN MASTERS TRACK MEET Sunday, July 11, 1993 Cromwell Field - U.S.C.

sponsored by the Trojan Masters Track Club



### ENTRY FEES

\$13 for 1st event  
\$5 for each additional event  
\$20 for relay teams  
(add \$5 for day-of registration)

### DEADLINES

Registrations must be received by July 5. Call if you think there might be a delay. 818-917-6289

### PARKING

Only pre-registered athletes will be guaranteed free parking. Enter USC at Gate #5 (Jefferson & McClintock)

### USA T&F REGISTRATION

(you know, your TAC number)  
Please, please, please have a valid TAC card!!  
Registration will be available at the meet for \$12.  
**NO ENTRY WILL BE PROCESSED WITHOUT A CURRENT TAC #**  
The Trojan Masters Meet is sanctioned by USA Track & Field

### AWARDS

Medals will be awarded to the top 3 places in all events for all 5yr age groups

### RUNNING EVENTS:

9:00 - 5k Run  
9:45 - 4 X 100 Relay  
10:00 - 1500  
10:30 - 80m Hurdles  
10:45 - 100m H  
11:00 - 110m HH  
11:15 - 400  
\*\*Officials lunch break\*\*  
1:00 - 100  
1:45 - 800  
2:15 - 300IH  
2:45 - 400IH  
3:15 - 200  
3:30 - 4 X 400

Order of competition will be women first, then oldest to youngest.

### FIELD EVENTS:

10:00 Pole Vault  
10:00 Long Jump  
10:00 Discus (Shot Put will follow the discus)  
1:00 High Jump  
1:00 Triple Jump  
1:00 Javelin

## TROJAN MASTER ENTRY FORM

|                        |               |                               |
|------------------------|---------------|-------------------------------|
| NAME: _____            | EVENTS: _____ | Make checks payable to: _____ |
| ADDRESS: _____         | 1. _____      | TROJAN MASTERS                |
| CITY/ST/ZIP: _____     | 2. _____      | 1125 STIMSON AVE.             |
| PHONE/AGE GROUP: _____ | 3. _____      | LA PUENTE, CA 91744           |
|                        | 4. _____      | Registration: _____           |
|                        | 5. _____      | (1st event) _____             |
|                        |               | Add'l events: _____           |
|                        |               | (X \$5) _____                 |
|                        |               | Relays: _____                 |
|                        |               | (X \$20) _____                |
|                        |               | TOTAL _____                   |

(No number, no entry)

(NO REFUNDS)

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the Trojan Masters Track Club, the University of Southern California, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Trojan Master track meet held on July 11, 1993 at U.S.C.

Signature \_\_\_\_\_



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

## W45-49

|              |          |          |         |
|--------------|----------|----------|---------|
| Jeanne Bocci | 3000 RW  | 16:29.54 | 4/04/92 |
|              | 5000 RW  | 28:15    | 9/28/92 |
|              | 2 Mi. RW | 17:34    | 2/27/93 |

## W50-54

|                   |           |          |         |
|-------------------|-----------|----------|---------|
| Brenda Bloomfield | 16# Wt.   | 34-4 3/4 | 5/02/92 |
|                   | Hammer    | 122-5    | 6/06/92 |
|                   | Shot Put  | 29-8 1/4 | 6/06/92 |
|                   | High Jump | 3-10     | 6/27/92 |

## W65-69

|            |           |       |          |
|------------|-----------|-------|----------|
| Jean Udell | High Jump | 3-3   | 11/21/92 |
|            | 100M      | 17.08 | 4/17/93  |
|            | 200M      | 37.5  | 4/17/93  |

## M35-39

|                 |           |     |         |
|-----------------|-----------|-----|---------|
| Mark Williamson | High Jump | 6-6 | 3/07/93 |
|-----------------|-----------|-----|---------|

## M45-49

|             |      |         |         |
|-------------|------|---------|---------|
| Stan Mathes | 800M | 2:03.55 | 7/06/91 |
|-------------|------|---------|---------|

## M50-54

|                 |         |          |         |
|-----------------|---------|----------|---------|
| Dick Bloomfield | 35# Wt. | 42-8 3/4 | 4/05/92 |
|                 | 56# Wt. | 28-3 3/4 | 4/05/92 |
|                 | Hammer  | 137-2    | 6/27/92 |



## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

## 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 | 90-94 |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1500   | 6:42  | 6:53  | 7:03  | 7:15  | 7:29  | 7:45  | 8:04  | 8:26  | 8:50  | 9:14  | 9:41  | 10:11 | 10:45 |
| Mile   | 7:12  | 7:24  | 7:36  | 7:49  | 8:04  | 8:21  | 8:41  | 9:01  | 9:22  | 9:44  | 10:07 | 10:31 | 10:55 |
| 3000   | 13:59 | 14:23 | 14:46 | 15:12 | 15:36 | 16:12 | 16:54 | 18:00 | 19:00 | 20:30 | 23:00 | 24:36 | 27:18 |
| 2 Mile | 15:04 | 15:30 | 15:54 | 16:24 | 16:54 | 17:30 | 18:12 | 19:24 | 20:27 | 22:06 | 24:48 | 26:30 | 29:24 |
| 5000   | 23:36 | 24:13 | 24:48 | 25:33 | 26:24 | 27:18 | 28:24 | 30:24 | 31:54 | 34:33 | 38:42 | 41:24 | 45:54 |
| 10K    | 48:08 | 49:10 | 50:27 | 51:54 | 53:33 | 55:26 | 59:06 | 63:21 | 66:30 | 70:09 | 78:36 | 84:06 | 93:18 |
| 15K    | 1:12  | 1:14  | 1:16  | 1:19  | 1:23  | 1:27  | 1:31  | 1:35  | 1:40  | 1:47  | 1:58  | 2:10  | 2:22  |
| 20K    | 1:38  | 1:40  | 1:43  | 1:47  | 1:52  | 1:57  | 2:02  | 2:09  | 2:17  | 2:27  | 2:40  | 2:55  | 3:10  |
| 50K    | 4:30  | 4:36  | 5:00  | 5:09  | 5:20  | 5:41  | 5:53  | 6:20  | 6:48  | 7:12  |       |       |       |

## WOMEN

|        |       |       |       |       |       |       |       |       |       |       |       |         |         |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|---------|
| 1500   | 7:25  | 7:39  | 7:53  | 8:08  | 8:26  | 8:45  | 9:08  | 10:39 | 11:15 | 11:58 | 12:50 | 14:17   | 15:36   |
| Mile   | 8:00  | 8:15  | 8:30  | 8:45  | 9:03  | 9:42  | 10:18 | 11:30 | 12:09 | 12:54 | 13:48 | 15:21   | 16:48   |
| 3000   | 15:30 | 16:00 | 16:30 | 17:00 | 17:33 | 18:48 | 20:06 | 22:12 | 23:33 | 25:00 | 26:48 | 29:48   | 32:36   |
| 2 Mile | 16:44 | 17:15 | 17:46 | 18:18 | 18:54 | 20:12 | 21:36 | 24:00 | 25:21 | 26:54 | 28:54 | 32:09   | 35:09   |
| 5000   | 26:13 | 26:56 | 27:42 | 28:33 | 29:36 | 31:33 | 33:48 | 37:30 | 39:36 | 42:06 | 45:09 | 50:18   | 55:12   |
| 10K    | 53:25 | 54:41 | 56:12 | 58:00 | 63:12 | 65:48 | 70:33 | 76:06 | 82:42 | 87:54 | 94:12 | 1:02:42 | 1:11:51 |
| 15K    | 1:24  | 1:26  | 1:29  | 1:32  | 1:35  | 1:39  | 1:46  | 1:55  | 2:04  | 2:13  | 2:22  | 2:33    | 2:48    |
| 20K    | 1:54  | 1:57  | 2:01  | 2:05  | 2:09  | 2:14  | 2:23  | 2:34  | 2:47  | 3:00  | 3:13  | 3:38    | 3:47    |
| 50K    | 5:11  | 5:26  | 5:36  | 5:46  | 6:00  | 6:25  | 6:41  | 7:13  |       |       |       |         |         |

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

## U.S. MASTERS STANDARDS OF EXCELLENCE

## FOR MEN

| Event  | 30-34     | 35-39    | 40-44    | 45-49     | 50-54    | 55-59 | 60-64    | 65-69    | 70-74     | 75-79     | 80-84    | 85-89    |
|--------|-----------|----------|----------|-----------|----------|-------|----------|----------|-----------|-----------|----------|----------|
| 100    | 11.0      | 11.33    | 11.67    | 12.0      | 12.5     | 13.0  | 13.5     | 14.0     | 15.0      | 16.5      | 18.0     | 20.0     |
| 200    | 22.4      | 23.3     | 24.2     | 25.1      | 26.0     | 27.2  | 28.5     | 29.8     | 32.4      | 35.8      | 39.8     | 44.0     |
| 400    | 51.0      | 52.5     | 54.0     | 56.0      | 58.5     | 61.5  | 65.0     | 70.0     | 76.5      | 84.5      | 94.0     | 105.0    |
| 800    | 2:01      | 2:04     | 2:08     | 2:13      | 2:19     | 2:27  | 2:37     | 2:49     | 3:06      | 3:27      | 3:54     | 4:24     |
| 1500   | 4:11      | 4:15     | 4:22     | 4:32      | 4:45     | 5:02  | 5:24     | 5:47     | 6:22      | 7:03      | 7:59     | 9:15     |
| Mile   | 4:31      | 4:35     | 4:42     | 4:53      | 5:07     | 5:25  | 5:49     | 6:14     | 6:51      | 7:38      | 8:42     | 10:10    |
| 5000   | 15:30     | 15:42    | 16:06    | 16:44     | 17:30    | 18:24 | 19:36    | 21:08    | 23:30     | 26:00     | 29:00    | 33:30    |
| 10000  | 32:11     | 32:35    | 33:30    | 34:45     | 36:15    | 38:10 | 40:30    | 44:15    | 48:30     | 54:30     | 61:15    | 69:30    |
| 110H   | 15.3      | 16.4     | 17.75    | 18.75     |          |       |          |          |           |           |          |          |
| 100H   |           |          |          |           | 18.0     | 19.0  | 20.0     | 21.3     |           |           |          |          |
| 80H    |           |          |          |           |          |       |          |          | 18.0      | 21.0      | 25.0     | 30.0     |
| 400H   | 57.6      | 59.7     | 62.0     | 64.4      | 67.2     | 70.6  |          |          |           |           |          |          |
| 300H   |           |          |          |           | 48.0     | 51.0  | 55.0     | 60.0     | 66.5      | 74.5      | 84.0     | 95.0     |
| 3K-SC  | 10:00     | 10:20    | 10:55    | 11:40     | 12:30    | 13:20 |          |          |           |           |          |          |
| 2K-SC  |           |          |          |           |          |       | 9:30     | 10:30    | 12:00     | 14:00     | 16:30    | 19:30    |
| HJ     | 1.94      | 1.85     | 1.76     | 1.68      | 1.59     | 1.50  | 1.41     | 1.32     | 1.23      | 1.13      | 1.02     | .92      |
|        | 6-4 1/2   | 6-3 1/4  | 5-9 1/2  | 5-6       | 5-2 1/2  | 4-11  | 4-7 1/2  | 4-4      | 4-3       | 3-8       | 3-4      | 3-1      |
| PV     | 4.40      | 4.15     | 3.90     | 3.60      | 3.30     | 3.05  | 2.80     | 2.55     | 2.30      | 2.05      | 1.80     | 1.50     |
|        | 14-5 1/2  | 13-7 1/2 | 12-9 1/2 | 11-9 1/2  | 10-10    | 9-10  | 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 | 12.00    | 10.80    | 10.00     | 8.80      | 7.65     | 6.50     |
|        | 49-10 1/2 | 46-3 1/2 | 42-8     | 39-4 1/2  | 40-8 1/2 | 36-9  | 39-4 1/2 | 35-5 1/2 | 33-0      | 28-10 1/2 | 25-1 1/2 | 21-4     |
| Discus | 44.80     | 42.60    | 40.60    | 38.00     | 40.00    | 36.40 | 40.00    | 36.80    | 31.60     | 26.40     | 21.40    | 16.20    |
|        | 147-0     | 139-9    | 133-2    | 124-8     | 131-3    | 119-5 | 131-3    | 120-9    | 103-8     | 86-7      | 70-2 1/2 | 53-2     |
| Hammer | 47.24     | 44.20    | 41.14    | 38.10     | 38.40    | 36.00 | 36.00    | 33.00    | 29.00     | 25.00     | 22.50    | 18.00    |
|        | 155-0     | 145-0    | 135-0    | 125-0     | 126-0    | 118-1 | 118-1    | 108-3    | 95-2      | 82-0      | 73-10    | 60-0     |
| Jav    | 62.00     | 57.00    | 52.00    | 48.00     | 43.00    | 38.50 | 40.00    | 35.00    | 29.00     | 24.00     | 19.00    | 15.00    |
|        | 203-5     | 187-0    | 170-7    | 157-6     | 141-1    | 126-4 | 131-3    | 114-10   | 95-2      | 78-9      | 62-4     | 49-2     |
| 35#Wt. | 15.00     | 14.00    | 13.00    | 12.00     | 10.00    | 9.00  |          |          |           |           |          |          |
| 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: 30-39: 33"; 40-49: 36"; 50-59: 33"; 60-69: 33"; 70+: 30".  
 3) Long hurdles: 30-39: 36"; 50-59: 33"; 60+: 30".  
 4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-39: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE  
FOR WOMEN

| Event  | 30-34          | 35-39           | 40-44          | 45-49          | 50-54         | 55-59         | 60-64         | 65-69         | 70-74         | 75-79          | 80-84          |
|--------|----------------|-----------------|----------------|----------------|---------------|---------------|---------------|---------------|---------------|----------------|----------------|
| 100    | 13.8           | 14.2            | 14.6           | 15.0           | 15.6          | 16.2          | 16.9          | 17.8          | 18.8          | 20.0           | 21.2           |
| 200    | 28.0           | 29.2            | 30.3           | 31.4           | 32.5          | 34.0          | 35.7          | 37.5          | 40.0          | 43.5           | 47.0           |
| 400    | 63.5           | 65.5            | 67.5           | 69.5           | 71.5          | 73.5          | 75.5          | 78.5          | 83.7          | 90.0           | 96.5           |
| 800    | 2:32           | 2:35            | 2:40           | 2:46           | 2:54          | 3:05          | 3:19          | 3:36          | 3:56          | 4:09           | 4:35           |
| 1500   | 5:10           | 5:19            | 5:29           | 5:40           | 5:58          | 6:20          | 6:48          | 7:23          | 8:04          | 8:52           | 9:48           |
| Mile   | 5:34           | 5:44            | 5:55           | 6:07           | 6:26          | 6:49          | 7:19          | 7:46          | 8:47          | 9:39           | 10:45          |
| 5000   | 19:45          | 20:30           | 21:20          | 22:16          | 23:12         | 24:16         | 26:08         | 28:08         | 30:08         | 32:21          | 34:26          |
| 10000  | 41:00          | 42:40           | 44:40          | 47:00          | 49:30         | 52:00         | 56:00         | 60:00         | 66:00         | 76:00          | 86:00          |
| 100H   | 17.2           | 18.2            |                |                |               |               |               |               |               |                |                |
| 80H    |                |                 | 15.0           | 15.8           | 16.5          | 17.6          | 18.7          | 20.2          | 22.2          | 25.0           | 28.0           |
| 400H   | 75.5           | 79.9            | 84.4           | 88.8           |               |               |               |               |               |                |                |
| 300H   |                |                 |                |                | 66.0          | 72.0          | 79.0          | 87.0          | 96.0          |                |                |
| HJ     | 1.42<br>4-8    | 1.35<br>4-5½    | 1.27<br>4-2    | 1.19<br>3-11   | 1.12<br>3-8   | 1.07<br>3-6½  | 1.02<br>3-4½  | .97<br>3-2½   | .92<br>3-0½   | .89<br>2-11    | .84<br>2-9     |
| PV     | 2.70<br>8-10½  | 2.40<br>7-10½   | 2.10<br>6-11   | 1.80<br>5-11   | 1.50<br>4-11  | 1.20<br>3-11  | 1.10<br>3-7½  | 1.00<br>3-3½  | 0.90<br>2-11  | 0.80<br>2-7½   | 0.70<br>2-3½   |
| LJ     | 5.00<br>16-5   | 4.60<br>15-1    | 4.25<br>13-11½ | 3.90<br>12-9½  | 3.55<br>11-8  | 3.20<br>10-6  | 2.85<br>9-4½  | 2.60<br>8-6½  | 2.35<br>7-8½  | 2.10<br>6-11   | 2.00<br>6-7    |
| TJ     | 10.00<br>32-10 | 9.20<br>30-2½   | 8.60<br>28-2½  | 7.80<br>25-7½  | 7.18<br>23-7  | 6.40<br>21-0  | 5.70<br>18-8½ | 5.20<br>17-1  | 4.70<br>15-5  | 4.20<br>13-9½  | 3.80<br>12-5½  |
| Shot   | 10.30<br>33-9½ | 9.30<br>30-6½   | 8.40<br>27-7   | 7.70<br>25-3½  | 7.95<br>26-1  | 7.20<br>23-7½ | 6.50<br>21-4  | 5.80<br>19-0½ | 5.25<br>17-3  | 4.70<br>15-5   | 4.25<br>13-11½ |
| Jav    | 29.50<br>129-7 | 33.50<br>109-11 | 27.50<br>93-6  | 21.50<br>70-6½ | 25.00<br>82-0 | 19.00<br>62-4 | 18.00<br>59-1 | 16.00<br>52-6 | 15.00<br>49-2 | 14.00<br>45-11 | 13.50<br>44-4  |
| Discus | 30.0<br>98-5   | 27.8<br>91-2    | 26.0<br>85-4   | 24.0<br>78-9   | 22.0<br>72-2  | 20.0<br>65-8  | 18.0<br>59-1  | 16.0<br>52-6  | 15.0<br>49-2  | 14.0<br>45-11  | 13.5<br>44-4   |
| Hammer | 35.0<br>131-3  | 32.5<br>114-10  | 30.0<br>98-5   | 25.0<br>82-0   | 23.0<br>75-6  | 22.0<br>72-2  | 20.0<br>65-8  | 18.0<br>59-1  | 14.0<br>45-11 | 12.0<br>39-5   | 9.0<br>29-7    |
| 200Wt. | 10.00          | 9.00            | 8.00           | 7.00           | 6.00          | 5.00          | 4.00          | 3.50          | 3.25          | 3.00           | 2.75           |



# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

### USATF National Masters 56-lb. Weight Throw Championships Woodstock, IL; April 17

|                     |       |
|---------------------|-------|
| M35 Bob Hartmann    | 9.58m |
| M40 George LaBelle  | 6.52  |
| M45 F Lee Slick     | 5.50  |
| M50 Carl Klehm      | 6.68  |
| M55 Bob Warren      | 6.58  |
| Harold Koch         | 5.64  |
| M60 Pay Carstensen  | 6.23  |
| M65 Ken Weinbel     | 5.50  |
| M65 Jacob Stein     | 4.88  |
| M70 Debbie Eckhardt | 2.66  |
| M50 Joann Grissom   | 4.65  |
| 35# Weight          |       |
| M35 Bob Hartmann    | 14.56 |
| M40 George LaBelle  | 9.06  |
| M45 F L Slick       | 8.30  |
| M50 Carl Klehm      | 9.93  |
| M55 Bob Warren      | 9.60  |
| Harold Koch         | 8.61  |
| 25# Weight          |       |
| M60 Pay Carstensen  | 12.94 |
| M65 Ken Weinbel     | 10.70 |
| M65 Jacob Stein     | 9.24  |
| 20#                 |       |
| M30 Debbie Eckhardt | 7.16  |
| 16#                 |       |
| M50 Joann Grissom   | 11.10 |

## EAST

### Runner's World Masters Mile Penn Relays; Philadelphia April 24

|                   |            |
|-------------------|------------|
| 1 John Birmingham | 41 4:13.84 |
| 2 Ken Popejoy     | 42 4:18.29 |
| 3 Chas McMullen   | 41 4:20.71 |
| 4 Albin Swenson   | 46 4:24.07 |
| 5 Ken Sparks      | 48 4:24.77 |
| 6 Gary Fanelli    | 42 4:26.06 |
| 7 Harry Nolan     | 45 4:38.17 |

|                     |          |
|---------------------|----------|
| M40+ 5000m Racewalk |          |
| 1 Ray Funkhouser    | 21:29.31 |
| 2 Gary Null         | 23:11.88 |
| 3 Jim Carmine       | 24:40.48 |
| 4 Franco Pantoni    | 24:42.68 |
| 5 Norm Frable       | 25:20.85 |
| 6 James Brochin     | 26:21.55 |
| 7 Alan Robinson     | 28:44.11 |

|                     |          |
|---------------------|----------|
| W40+ 5000m Racewalk |          |
| 1 Phyllis Hansen    | 26:16.80 |
| 2 Pat Weir          | 26:18.75 |
| 3 Kathy Frable      | 27:48.94 |
| 4 Elton Richardson  | 28:21.77 |
| 5 Bess Beste        | 29:26.50 |

|                  |       |
|------------------|-------|
| M75+ 100m        |       |
| 1 Bill Weinacht  | 14.56 |
| 2 Jay Sponseller | 15.02 |
| 3 Gar Schoener   | 15.61 |
| 4 Champ Goldy    | 16.21 |
| 5 Claude Hills   | 17.13 |

|                    |          |
|--------------------|----------|
| Masters Pole Vault |          |
| 1 Tom Rauscher     | 46 3.81  |
| 2 Gerald Counihan  | 54 3.81  |
| 3 Ken Kring        | 41 3.81  |
| 4 Brant Tolma      | 43 3.66  |
| 5 Rick Holmes      | 45 3.20  |
| 6 Tom Randolph     | 46 3.20  |
| 7 Boo Morcom       | 71 2.90  |
| 8 Phil Raschker    | W46 2.90 |
| 9 Phil Mulkey      | 60 2.745 |

|                                 |       |
|---------------------------------|-------|
| M40-49 4x100m Relay             |       |
| 1 DC Masters                    | 44.80 |
| (Goodridge/Walton/Penn/Sowerby) |       |
| 2 Masters of Universe           | 45.72 |
| 3 Pony Express TC               | 46.40 |

|                                  |       |
|----------------------------------|-------|
| M50+ 4x100m Relay                |       |
| 1 Caribbean Connection           | 49.45 |
| (Wongshing/Tate/Bernard/Roberts) |       |

|                                  |         |
|----------------------------------|---------|
| 2 Potomac Valley Senior          | 50.46   |
| 3 Phila Masters                  | 52.52   |
| M40-49 4x400m Relay              |         |
| 1 Pony Express TC                | 3:42.27 |
| (Mack/Fields/Hughes/Witherspoon) |         |

|                                 |         |
|---------------------------------|---------|
| 2 Phila Master                  | 3:50.14 |
| 3 Harrisburg Masters            | 3:58.18 |
| M50+ 4x400m Relay               |         |
| 1 Potomac Valley Sen            | 3:48.64 |
| (Flicker/Romain/Baker/Colebert) |         |

|                             |         |
|-----------------------------|---------|
| 2 NY Pioneers               | 3:50.74 |
| 3 Central Park TC           | 4:00.52 |
| MAC-NY Relays               |         |
| Randalls Island, NYC; May 2 |         |

|                 |       |
|-----------------|-------|
| 100m            |       |
| M40 Ron Johnson | 11.91 |

|                       |          |
|-----------------------|----------|
| Joe Johnson           | 11.94    |
| M50 R Jones           | 12.64    |
| M60 Giorgio Chiavelli | 14.76    |
| W40 Lorraine Tucker   | 14.31    |
| 200m                  |          |
| M40 Ron Johnson       | 24.07    |
| M50 R Jones           | 25.84    |
| M60 Tom Talbott       | 32.26    |
| 400m                  |          |
| M40 Don Hodge         | 54.05    |
| P G Felton            | 54.99    |
| W40 Jennifer Pinto    | 66.04    |
| 800m                  |          |
| M40 Bob Pertak        | 2:18.47  |
| M60 Tom Talbott       | 3:04.88  |
| High Jump             |          |
| M40 Ivan Black        | 5-0      |
| M60 Paul Soraparo     | 4-0      |
| Pole Vault            |          |
| M40 Ivan Black        | 7-8      |
| Long Jump             |          |
| M40 Ivan Black        | 17-4 1/2 |
| M50 Ed Kent           | 15-3 1/4 |
| M60 Giorgio Chiavelli | 12-5 1/2 |
| W40 Lorraine Tucker   | 14-7 1/2 |
| Triple Jump           |          |
| M40 Ivan Black        | 35-2     |
| M50 Ed Kent           | 30-7     |
| Discus                |          |
| M40 Ed Fox            | 31.80m   |
| M50 Giorgio Chiavelli | 34.79    |
| M80 Bill Eipel        | 21.75    |
| W40 Lorraine Tucker   | 24.16    |
| W50 Roslyn Katz       | 20.28    |
| Shot Put              |          |
| M40 Rich Dunphy       | 39-0     |
| M60 Tom Brooks        | 32-8 1/2 |
| M80 Bill Eipel        | 21-3 1/4 |
| W50 Ann Cirulnick     | 30-0     |
| Hammer                |          |
| M40 -- Narcessian     | 44.37    |
| M60 Phillip Awin      | 38.61    |
| M80 Paul Narcessian   | 23.76    |
| W50 Ann Cirulnick     | 23.32    |

## SOUTHEAST

### Naples By The Sea Meet Naples, FL; April 17

|                        |         |
|------------------------|---------|
| 100m                   |         |
| M30 Greg Graham        | 11.21   |
| M35 Harvey Jackson     | 11.29   |
| M40 Nate Robinson      | 11.09   |
| M45 Tyrone Carlis      | 11.24   |
| M50 Nemour Delaneville | 13.50   |
| M60 Rudy Enders        | 13.48   |
| M65 Dick Klein         | 17.97   |
| M70 Tom Kennell        | 14.02   |
| M75 Jay Sponseller     | 14.91   |
| M85 John Miller        | 19.86   |
| W35 Carolyn Coddington | 15.68   |
| W60 Janet Freeman      | 15.56   |
| W65 Jean Udell         | 17.08   |
| 200m                   |         |
| M30 Greg Graham        | 24.17   |
| M35 Harvey Jackson     | 23.43   |
| M40 Nate Robinson      | 23.24   |
| M45 Tyrone Carlis      | 24.44   |
| M50 Peter Tams         | 27.35   |
| M55 Bob Bradley        | 30.20   |
| M60 Rudy Enders        | 28.64   |
| M65 Dick Klein         | 44.17   |
| M70 Tom Kennell        | 30.17   |
| M75 Jay Sponseller     | 30.87   |
| W35 Carolyn Coddington | 34.48   |
| W60 Janet Freeman      | 33.96   |
| W65 Jean Udell         | 37.50   |
| 400m                   |         |
| M30 Greg Graham        | 61.61   |
| M35 Mitch Norgart      | 60.08   |
| M45 John Davis         | 60.23   |
| M50 Bob O'Brien        | 61.95   |
| M55 Phil Teders        | 74.96   |
| M65 Dick Klein         | 92.59   |
| M75 Jay Sponseller     | 74.96   |
| W60 Janet Freeman      | 82.32   |
| 800m                   |         |
| M45 Lindsey Bodden     | 2:21.29 |
| M50 Bob Harris         | 2:33.75 |
| M55 Bruce Copperud     | 2:48.42 |
| M60 Dave Rider         | 2:53.79 |
| M75 Igor Storojeff     | 6:12.80 |
| W50 Audrey Smith       | 4:01.59 |
| W60 Janet Freeman      | 3:11.26 |
| 1500m                  |         |
| M50 Don Kozlowski      | 7:23.40 |
| M55 Harold Smith       | 6:36.31 |
| W30 Erica Szilagyi     | 5:55.96 |
| W50 Audrey Smith       | 8:16.27 |
| 5000m                  |         |
| M35 Pete Short         | 24.31   |
| M40 George Dondarville | 18:52   |
| M50 Art Scheinholz     | 18:53   |
| M55 Harold Smith       | 23:22   |
| M60 Dick Shank         | 20:34   |

|                        |        |
|------------------------|--------|
| M65 Harry Hagen        | 23:03  |
| M70 Paul Hauck         | 29:21  |
| M75 Max Quackenbus     | 22:44  |
| Short Hurdles          |        |
| M35 Bob Zahn           | 16.03  |
| High Jump              |        |
| M30 Jeff Helton        | 1.88   |
| M35 Bob Zahn           | 1.63   |
| M40 Tim Heikkila       | 1.82   |
| M45 R Vlaardingerbroek | 1.52   |
| M50 Peter Tams         | 1.27   |
| M55 Bruce Copperud     | 1.37   |
| M60 Bill Gentry        | 1.37   |
| M65 Jim Gillcrist      | WR1.63 |
| (Burl Gist/1.55/1987)  |        |
| M70 Tom Kennell        | 1.17   |
| M85 John Miller        | 0.89   |
| W65 Ann Edginton       | 0.86   |
| Pole Vault             |        |
| M40 Ron Locker         | 2.59   |
| M45 Lloyd Long         | 2.74   |
| M60 Dave Rider         | 1.98   |
| Long Jump              |        |
| M30 Jeff Helton        | 6.11   |
| M35 Wayne Reese        | 5.92   |
| M40 Tim Heikkila       | 5.44   |
| M45 Tyrone Carlis      | 5.92   |
| M50 Bob O'Brien        | 4.95   |
| M55 Nemour Delaneville | 4.74   |
| M60 Rudy Enders        | 4.80   |
| M70 Tom Kennell        | 3.63   |
| Triple Jump            |        |
| M30 Jeff Helton        | 12.93  |
| M35 Wayne Reese        | 12.62  |
| M40 Tim Heikkila       | 10.72  |
| M45 Tyrone Carlis      | 10.92  |
| M50 Bob O'Brien        | 9.71   |
| M55 Nemour Delaneville | 9.55   |
| M60 Rudy Enders        | 9.65   |
| M70 Tom Kennell        | 8.70   |
| Shot Put               |        |
| M30 Harry Becker       | 8.76   |
| M35 John Kirchner      | 11.45  |
| M40 Dale Danver        | 11.56  |
| M45 R Vlaardingerbroek | 12.55  |
| M50 Jerry Arline       | 11.87  |
| M55 Chet Guzik         | 9.72   |
| M60 Reed Quinn         | 11.76  |
| M65 Jim Gillcrist      | 12.20  |
| M70 Gerald Udell       | 6.71   |
| M75 Tom McDermott      | 9.88   |
| M80 Ernest Dennison    | 8.95   |
| M65 Jean Udell         | 5.54   |
| Discus                 |        |
| M35 John Kirchner      | 29.86  |
| M40 Dale Danver        | 25.32  |
| M45 R Vlaardingerbroek | 34.99  |
| M50 Jerry Arline       | 38.58  |
| M55 Chet Guzik         | 19.23  |
| M60 Ed Roy             | 39.32  |
| M65 Jim Gillcrist      | 43.41  |
| M70 Gerald Udell       | 18.64  |
| M75 Tom McDermott      | 32.99  |
| M80 Ernest Dennison    | 25.83  |
| W65 Jean Udell         | 13.28  |
| Hammer                 |        |
| M45 R Vlaardingerbroek | 34.72  |
| M50 Jerry Arline       | 34.59  |
| M60 Austin Baggett     | 35.86  |
| M75 Tom McDermott      | 35.51  |
| Javelin                |        |
| M35 Alfredo Rossi      | 53.33  |
| M40 Tim Heikkila       | 46.11  |
| M45 R Vlaardingerbroek | 54.91  |
| M50 Tom Murphy         | 43.35  |
| M55 Bill Duckworth     | 52.55  |
| M60 Rudy Enders        | 43.40  |
| M65 Dick Klein         | 27.41  |
| M70 Gerald Udell       | 23.79  |
| M75 Igor Storojeff     | 14.17  |
| M80 Ernest Dennison    | 16.56  |
| M85 John Miller        | 15.35  |
| W65 Jean Udell         | 13.92  |
| 25# Weight             |        |
| M60 Austin Baggett     | 14.66  |
| M80 Ernest Dennison    | 6.29   |
| 35# Weight             |        |
| M40 Dale Danver        | 11.53  |
| M45 R Vlaardingerbroek | 9.70   |
| M50 Jerry Arline       | 10.93  |
| 56# Weight             |        |
| M45 Dale Danver        | 5.84   |
| M50 Jerry Arline       | 6.55   |
| M60 Austin Baggett     | 5.85   |
| 5000m Racewalk         |        |
| M45 David Stein        | 35:21  |
| M50 Don Kozlowski      | 30:20  |
| M60 Bob Fine           | 28:33  |
| M65 Wm Lonroth         | 36:47  |
| W50 Sharon Rimes       | 32:30  |
| W35 Sally Evenden      | 29:31  |
| W45 Linda Stein        | 28:26  |
| W50 Barbara Hamilton   | 31:46  |
| W55 June Marie Provost | 29:55  |
| W60 Bonnie Vaughn      | 34:11  |
| W65 Jackie Freese      | 37:16  |

### Florida AC Championships Palm Beach Gardens; April 24

|                        |          |
|------------------------|----------|
| 100m                   |          |
| M35 John Citron        | 12.14    |
| M40 Nate Robinson      | 11.41    |
| Matt Sitkowski         | 12.39    |
| M45 John Weller        | 14.02    |
| M50 Bill Eubanks       | 12.85    |
| M60 Rudy Enders        | 14.02    |
| M65 Roy Chernok        | 13.46    |
| Dick Klein             | 15.52    |
| M70 Bill Carmen        | 15.68    |
| W325 Anne Infanti      | 14.49    |
| Carolyn Coddington     | 15.35    |
| 200m                   |          |
| M40 Matt Sitkowski     | 26.20    |
| M45 Jon Davis          | 25.52    |
| M50 Bill Eubanks       | 27.74    |
| M65 Dick Klein         | 33.32    |
| M70 Bill Carmen        | 33.68    |
| W35 Anne Infanti       | 32.06    |
| 400m                   |          |
| M35 Chas Smith         | 54.64    |
| M50 Bob Harris         | 61.60    |
| M60 Wm Gentry          | 79.30    |
| M65 Jerome Kauffman    | 99.96    |
| M70 Wm Carmen          | 77.42    |
| W35 Ann Infanti        | 75.52    |
| 800m                   |          |
| M30 Kevin Mascher      | 2:08.1   |
| M40 Tim Murr           | 2:34.8   |
| M50 Bob Harris         | 2:31.5   |
| M65 Jerome Kauffman    | 3:44.0   |
| 1500m                  |          |
| M35 James Damos        | 5:22.26  |
| M40 Tim Murr           | 5:45.85  |
| M45 Al Jaquith         | 6:47.99  |
| M75 Max Quackenbos     | 6:27.63  |
| Igor Storojeff         | 11:58.88 |
| 3000m                  |          |
| M35 James Damos        | 11:13.8  |
| Short Hurdles          |          |
| M70 Bill Carmen        | 16.92    |
| High Jump              |          |
| M30 Jeff Helton        | 1.91     |
| Rick Emery             | 1.67     |
| M60 Larry Fleischman   | 0.97     |
| M80 Ernest Dennison    | 0.97     |
| Pole Vault             |          |
| M50 Wm Eubanks         | 2.97     |
| Larry Fleischman       | 2.44     |
| Triple Jump            |          |
| M30 Jeff Helton        | 12.75    |
| M35 Wayne Reese        | 12.50    |
| Shot Put               |          |
| M40 John Kirchner      | 11.79    |
| Dale Danver            | 11.54    |
| M50 Laurence Morrell   | 11.03    |
| Jerry Arline           | 10.98    |
| M60 Leonard Olson      | 12.83    |
| Reed Quinn             | 12.53    |
| M80 Ernest Dennison    | 9.15     |
| Discus                 |          |
| M30 Steve Fine         | 40.80    |
| M40 John Kirchner      | 36.56    |
| M45 John Weller        | 22.19    |
| M50 Jerry Arline Sr    | 39.79    |
| Laurence Morrell       | 30.45    |
| M60 Leonard Olson      | 42.91    |
| Reed Quinn             | 41.19    |
| Larry Fleischman       | 29.11    |
| M70 Ray Howland        | 21.82    |
| M80 Ernest Dennison    | 24.59    |
| Hammer                 |          |
| M50 Jerry Arline Sr    | 35.37    |
| Laurence Morrell       | 21.58    |
| M60 Leonard Olson      | 37.68    |
| Javelin                |          |
| M50 Jerry Arline Sr    | 35.89    |
| Laurence Morrell       | 31.05    |
| M60 Leonard Olson      | 36.13    |
| Skip McNeely           | 33.63    |
| Reed Quinn             | 28.38    |
| M65 Dick Klein         | 29.87    |
| M75 Igor Storojeff     | 12.53    |
| M80 Ernest Dennison    | 19.35    |
| 5000m Racewalk         |          |
| M60 Lionel Guillemette | 33:11    |
| M65 Jerome Kauffman    | 34:26    |
| M70 Chris Lorenzo      | 36:21    |
| M75 Sol Tannenbaum     | 38:25    |
| M85 Sam Gadless        | 40:00    |
| W65 Vivian Jeffes      | 36:25    |
| Blanche Waldman        | 45:00    |
| Carol Stephan          | 45:58    |

### Florida Express Meet Bradenton; April 24

|                     |            |
|---------------------|------------|
| 100m                |            |
| Ray Hackman         | 42 13.9    |
| 400m                |            |
| J C Shenk           | 50 58.4    |
| 800m                |            |
| J C Shenk           | 50 2:23.7  |
| Ray Hackman         | 42 14:19.8 |
| Discus              |            |
| Tom McDermott       | 75 35.04   |
| Hammer              |            |
| Tom McDermott       | 75 AR38.50 |
| (Fowler/36.42/1989) |            |
| 1600m Racewalk      |            |
| Sterling Kerr       | 53 8:29.70 |

## MID AMERICA

### Kansas Relays Masters 800 Lawrence; April 17

|                |           |
|----------------|-----------|
| M40 Bob Fite   | 43 2:05.2 |
| Dennis Stewart | 2:06.1    |
| Rod Westerlund | 2:14.5    |

|                   |           |
|-------------------|-----------|
| M50 Wally Brawner | 53 2:21.9 |
| M55 Ed Alexander  | 58 2:40.9 |
| Jan Howell        | 58 2:45.4 |
| M60 Paul Heitzman | 62 2:26.5 |

## SOUTHWEST



Continued from previous page

|                      |            |
|----------------------|------------|
| M55 T Rogers         | 26.38      |
| M60 Marion Sanchez   | 25.51      |
| M65 Tom Miller       | 32.3       |
| M70 Chas Mercurio    | 34.4       |
| M75 Jock Jooey       | 29.6       |
| W30 Donna Neelson    | 27.6       |
| W35 Tina Stough      | 28.0       |
| W40 -- Sweezy        | 27.8       |
| W50 Jeanne Carter    | 31.4       |
| 400m                 |            |
| M35 Robert Trudeau   | 57.1       |
| M40 Ron Beetle       | 60.2       |
| M45 Anthony Chamu    | 62.3       |
| M50 Bill Knocke      | 60.3       |
| M55 Jessie           | 62.2       |
| M60 Tony Nasarala    | 64.1       |
| M65 Rodney Brown     | 68.0       |
| M70 Donna Neelson    | 62.7       |
| W35 Tina Stough      | 65.5       |
| W40 Charlene Wilson  | 71.10      |
| W45 Latanya Glass    | 80.12      |
| W55 Jeanie Hoagland  | 77.10      |
| 800m                 |            |
| M30 Mark Cleary      | 2:07.23    |
| M35 Neal Bojko       | 2:08.96    |
| M40 Herman Castillo  | 2:08.1     |
| M50 Bob McAlpine     | 2:21.90    |
| M60 -- Dunton        | 2:36.01    |
| M65 Bryant           | 2:58       |
| W30 Jennifer Heaton  | 2:29.68    |
| W40 Charlene Wilson  | 2:46.78    |
| 1500m                |            |
| M30 Mark Cleary      | 4:22.04    |
| M45 Don Chadez       | 4:59.82    |
| M65 Milo Cesar       | 5:40.22    |
| W30 Jennifer Heaton  | 5:02.51    |
| W40 Charlene Wilson  | 5:44.10    |
| W55 Jeannie Hoagland | 5:59.47    |
| W70 Lois Edds        | 7:50.20    |
| 3000m                |            |
| M40 Jim King         | 10:04.6    |
| M50 Luigi Schiavo    | 13:34.5    |
| M60 Ross Denton      | 12:56.1    |
| M69 Avery Bryant     | 12:55.4    |
| W70 Lois Edds        | AR16:51.29 |
| 60mH                 |            |
| M30 Michael Streeter | 12.90      |
| M50 Fred Niedermeyer | 9.25       |
| M55 Al Henry         | 9.14       |
| M60 -- Jackson       | 9.05       |
| M65 Will Robinson    | 10.30      |
| M70 (quest runner)   | 11.38      |
| George Simon         | 12.70      |
| W40 Debbie Sweezy    | 8.74       |
| 100mH                |            |
| M50 Walt Butler      | 13.6       |
| 300mH                |            |
| M30 Mike Streeter    | 56.3       |
| M50 Bill Knocke      | 46.8       |
| M60 Marion Sanchez   | 44.0       |
| High Jump            |            |
| M30 Doug Dreibelbis  | 6-4        |
| M45 Charlie Rader    | 6-2        |
| M55 Hal Smith        | 4-4        |
| M60 Marion Sanchez   | 5-1        |
| M70 Burl Gist        | 4-4        |
| M75 Jim Vernon       | 3-6        |
| Pole Vault           |            |
| M30 Greg Charles     | 12-0       |
| M35 Doug Sparks      | 13-6       |
| M40 Steve Morris     | 14-0       |
| M45 Wayne Shaul      | 10-0       |
| M65 Donald Grey      | 7-0        |
| M75 Jim Vernon       | 8-6        |
| Long Jump            |            |
| M40 Mike McCarty     | 12-8       |
| M45 Gerald Lee       | 17-9       |
| M50 Duane Holmes     | 14-10      |
| M55 Roger Tsuda      | 17-5       |
| M60 Tony Nasarala    | 14-3       |
| M75 Clarence Trahan  | 12-6       |
| W35 Tina Stough      | 15-0       |
| W40 Debbie Sweezy    | 16-0       |
| W60 Magdalena Kuehne | 10-6       |
| Triple Jump          |            |
| M45 Gerald Lee       | 33-7½      |
| M70 Charles Mercurio | 24-10½     |
| M75 Clarence Trahan  | 24-2½      |
| W60 Magdalena Kuehne | 24-2       |
| Shot Put             |            |
| M30 Mike Hall        | 30-8       |
| M40 Mike Schroeder   | 39-10½     |
| M45 Dan Borrel       | 39-3½      |
| M50 Dave Nuttall     | 29-11½     |
| M55 Hal Smith        | 45-5       |
| M65 Arnie Gaynor     | 40-0       |
| M85 Bert DeGroot     | 23-7       |
| W40 Janet Wilson     | 32-8       |
| W45 Latanya Glass    | 29-3½      |
| Discus               |            |
| M30 Mike Hall        | 87-4       |
| M40 Al Cain          | 66-0       |
| M45 Lee Schwartz     | 120-4      |
| M50 Dave Nuttall     | 102-3      |
| M55 Ron Wade         | 107-8      |
| M65 Bill Bangert     | 123-11     |
| M75 Bill Morales     | 97-2       |
| M85 Bert DeGroot     | 72-0       |
| W40 Janet Wilson     | 130-2      |
| Javelin              |            |
| M30 Mike Streeter    | 109-11     |
| M40 -- Starbuck      | 145-11     |
| M45 Richard Rook     | 113-10     |
| M50 D Holmes         | 121-4      |
| M55 Larry Stuart     | WR194-5    |
| M65 Del Pickarts     | 162-5      |
| M70 Bill Morales     | 121-2      |
| W30 Donna Nielsen    | nma        |
| W35 Tina Stough      | 78-5       |
| W60 Magdalena Kuehne | 52-3       |
| W70 Lois Edds        | 36-8       |

## INTERNATIONAL

| Western Province Championships |         |
|--------------------------------|---------|
| Cape Town, S.A.; March 26-27   |         |
| 100m                           |         |
| M30 R Van Wyk                  | 12.4    |
| M35 R Herselman                | 12.3    |
| M40 T Dixon                    | 12.1    |
| M45 T George                   | 12.1    |
| M50 P Van Rensburg             | 13.8    |
| M55 P Botha                    | 12.9    |
| M60 J Theron                   | 14.4    |
| W35 M V D Burgh                | 12.8    |
| W40 P Immelman                 | 13.2    |
| W50 Y De Wit                   | 13.9    |
| W65 J Geldenhuys               | 18.2    |
| 200m                           |         |
| M35 24.0 P Potgieter           | 24.0    |
| M40 T Dixon                    | 24.1    |
| M45 J LeRoux                   | 26.5    |
| M50 P Van Rensburg             | 27.2    |
| M55 P Botha                    | 26.5    |
| M60 J Theron                   | 30.1    |
| W30 S Brits                    | 27.5    |
| W35 M V D Burgh                | 26.1    |
| W40 P Immelman                 | 26.6    |
| W50 Y De Wit                   | 28.3    |
| W60 I Hofmeyr                  | 36.2    |
| W30 Jennifer Heaton            | 37.6    |
| W40 Charlene Wilson            | 37.6    |
| 400m                           |         |
| M30 A Van Wyk                  | 54.5    |
| M35 J Nortje                   | 52.2    |
| M40 T Dixon                    | 53.5    |
| M45 L Spies                    | 57.5    |
| M55 P Botha                    | 63.8    |
| M60 J Theron                   | 71.1    |
| W30 S Brits                    | 61.7    |
| W35 B Putter                   | 60.3    |
| W40 P Immelman                 | 61.1    |
| W50 Y De Wit                   | 66.3    |
| W60 I Hofmeyr                  | 84.7    |
| W65 J Geldenhuys               | 85.5    |
| 800m                           |         |
| M30 J Bain                     | 2:04.0  |
| M35 J Nortje                   | 2:00.9  |
| M40 T Dixon                    | 2:04.8  |
| M45 L Spies                    | 2:11.2  |
| M50 S Mostert                  | 2:15.9  |
| M65 R Truter                   | 2:42.2  |
| M70 J Villet                   | 3:36.7  |
| W30 S Brits                    | 2:20.2  |
| W35 J Bellingan                | 2:18.9  |
| W40 A Van Beuge                | 2:20.0  |
| W45 N Nurse                    | 2:42.0  |
| W50 G Hutchings                | 3:05.1  |
| W65 J Geldenhuys               | 3:10.1  |
| 1500m                          |         |
| M30 J Bain                     | 4:05.2  |
| M35 D Louw                     | 4:03.1  |
| M40 D Nienaber                 | 4:24.3  |
| M45 L Spies                    | 4:28.4  |
| M50 S Mostert                  | 4:30.0  |
| M60 A Ridge                    | 6:07.2  |
| M65 R Truter                   | 5:31.3  |
| M70 J Villet                   | 7:01.7  |
| W30 S Brits                    | 4:58.7  |
| W40 B Joshua                   | 5:22.2  |
| W45 N Nurse                    | 5:25.2  |
| W55 M West                     | 6:32.0  |
| W65 J Geldenhuys               | 6:23.0  |
| 5000m                          |         |
| M30 J Bain                     | 15:27.2 |
| M35 D Louw                     | 15:25.5 |
| M40 J Diener                   | 16:02.7 |
| M45 G Craye                    | 17:34.7 |
| M50 S Mostert                  | 16:48.8 |
| M55 C Greeff                   | 19:52.8 |
| W35 L Fieue                    | 18:45.0 |
| W40 P Hagen                    | 20:33.6 |
| W45 F Lombard                  | 21:11.1 |
| W50 J Hann                     | 19:16.8 |
| W65 J Geldenhuys               | 24:13.5 |
| 10,000m                        |         |
| M30 J Koegelenberg             | 33:24.0 |
| M35 C Lucas                    | 33:50.0 |
| M40 C Muller                   | 35:10.5 |
| M45 G Craye                    | 38:28.8 |
| M50 M Geutner                  | 39:35.9 |
| M55 C Greeff                   | 39:46.8 |
| M70 J Villet                   | 55:38.1 |
| W35 D Vermeulen                | 38:03.0 |
| W45 F Lombard                  | 44:50.6 |
| Short Hurdles                  |         |
| M40 B Carnie                   | 20.7    |
| M55 P Botha                    | 18.5    |
| W40 A Engelbrecht              | 14.5    |
| W60 I Hofmeyr                  | 18.8    |
| Long Hurdles                   |         |
| M40 B Carnie                   | 75.5    |
| W35 B Putter                   | 70.9    |
| W60 I Hofmeyr                  | 74.2    |
| Steeplechase                   |         |
| M30 W Visser                   | 10:21.7 |
| M50 R Hugo                     | 11:43.7 |
| High Jump                      |         |
| M40 B Carnie                   | 1.55    |
| M50 D Heunis                   | 1.45    |
| M55 L Benning                  | 1.45    |
| M75 C Nel                      | 1.10    |
| Long Jump                      |         |
| M40 B Carnie                   | 5.14    |
| M45 T VD Mescht                | 5.24    |
| M55 R Cross                    | 5.32    |
| W35 A Steenkamp                | 4.43    |
| W50 Y De Wit                   | 4.26    |
| Triple Jump                    |         |
| M40 A Voigt                    | 10.87   |
| M45 G Gough                    | 10.31   |
| W35 A Steenkamp                | 8.32    |

## Shot Put

|                   |         |
|-------------------|---------|
| M35 L Erasmus     | 9.34    |
| M40 J Pauw        | 11.92   |
| M50 S Johnston    | 11.06   |
| M55 J Van Renen   | 10.04   |
| M60 R Mitchell    | 11.34   |
| M65 B Stannius    | 10.45   |
| M70 A Carnie      | 9.03    |
| M75 L Wale        | 9.67    |
| W40 H Du Plessis  | 10.27   |
| W45 E Steenkamp   | 8.72    |
| W50 M L Uys       | 11.32   |
| W60 S Malherbe    | 7.92    |
| W65 A McKenzie    | 7.07    |
| Discus            |         |
| M35 L Erasmus     | 28.82   |
| M40 A Wale        | 32.10   |
| M50 S Johnston    | 39.38   |
| M55 J Van Renen   | 35.66   |
| M60 R Mitchell    | 35.48   |
| M65 B Stannius    | 38.80   |
| M70 D Griffiths   | 24.10   |
| M75 L Wale        | 24.92   |
| W40 H Du Plessis  | 29.30   |
| W45 E Steenkamp   | 20.28   |
| W50 M L Uys       | 26.04   |
| W60 S Malherbe    | 15.40   |
| W65 A McKenzie    | 16.12   |
| Hammer            |         |
| M40 J Pauw        | 36.66   |
| M60 R Mitchell    | 26.90   |
| M65 J Visser      | 32.30   |
| M70 A Carnie      | 24.48   |
| M75 L Wale        | 19.02   |
| W50 M L Uys       | 29.20   |
| W60 S Malherbe    | 22.20   |
| Javelin           |         |
| M40 J Solms       | 46.20   |
| M45 K Louw        | 26.66   |
| M50 J Louw        | 33.22   |
| M55 J Van Renen   | 39.16   |
| M60 R Mitchell    | 32.36   |
| M65 B Stannius    | 35.90   |
| M70 A Carnie      | 18.64   |
| M75 L Wale        | 22.64   |
| W40 H Du Plessis  | 30.02   |
| W60 A Ackermann   | 21.88   |
| W65 A McKenzie    | 16.64   |
| Decathlon         |         |
| M35 O Vermeulen   | 4249    |
| M40 J Allers      | 5401    |
| M45 J Jacobs      | 5770    |
| M50 R Bosch       | 4587    |
| M70 A Van Zyl     | 7518    |
| 5000m Racewalk    |         |
| M35 T Kluyts      | 26:26.1 |
| M45 H Joffe       | 45:42.3 |
| M55 M Rossouw     | 27:57.3 |
| M60 J Hotston     | 28:52.2 |
| M65 N Sharpley    | 34:37.4 |
| M70 J Rogers      | 35:23.5 |
| M80 B Moorlie     | 36:51.9 |
| W30 D Kroezen     | 31:03.8 |
| W45 L Tregellas   | 31:52.1 |
| W50 B Kosmas      | 32:01.0 |
| W55 Me Van Tonder | 32:00.9 |
| W60 H Rothman     | 29:55.7 |
| W65 A Villet      | 32:57.5 |
| W70 E Johnston    | 38:10.8 |
| 10K Racewalk      |         |
| W30 D Kroezen     | 63:25   |
| W45 L Tregellas   | 65:33   |
| W50 B Kosmas      | 66:51   |
| W55 Me Van Tonder | 65:56   |
| W60 H Rothman     | 63:14   |
| W65 A Villet      | 72:19   |
| W70 E Johnston    | 75:55   |
| 20K Racewalk      |         |
| M35 T Kluyts      | 1:55:40 |
| M55 A Vermaas     | 2:53:26 |
| M60 O Van Sensie  | 2:01:24 |
| M70 J Rogers      | 2:37:40 |
| M80 b Moodie      | 2:37:40 |

Northern Transvaal Masters Championships  
Pilditch Stadium, South Africa  
March 27

|                    |       |
|--------------------|-------|
| 100m               |       |
| M30 T Mongane      | 11.5  |
| M35 B Tlapu        | 11.10 |
| M40 J Breytenbach  | 11.0  |
| M45 N Basson       | 11.30 |
| M50 D Augustyn     | 12.40 |
| M55 M Hacker       | 12.30 |
| M60 H Brandt       | 13.60 |
| M75 C Pace         | 17.70 |
| M85 C duPlessis    | 19.90 |
| W30 L Brits        | 12.7  |
| W35 R Koekemoer    | 12.4  |
| W40 G Van Nierkerk | 12.7  |
| W45 G Viljoen      | 13.4  |
| W50 B Kleynhans    | 15.8  |
| W60 V Welgemoed    | 15.4  |
| W70 S Campbell     | 15.7  |
| 200m               |       |
| M30 D Motsinga     | 23.20 |
| M35 B Tlapu        | 22.80 |
| M40 J Breytenbach  | 22.90 |
| M45 C Makhubela    | 23.00 |
| M50 D Augustyn     | 25.60 |
| M55 M Hacker       | 24.80 |
| M60 A Heine        | 27.50 |
| M75 C Pace         | 37.20 |
| M85 C duPlessis    | 44.50 |
| W30 L Brits        | 26.5  |
| W35 R Koekemoer    | 26.0  |
| W40 Ade Villiers   | 27.0  |
| W45 G Viljoen      | 27.7  |
| W50 A van Niekerk  | 31.0  |

|                      |         |
|----------------------|---------|
| W60 V Welgemoed      | 33.4    |
| W70 S Campbell       | 34.8    |
| 400m                 |         |
| M30 D Matsinga       | 50.3    |
| M35 B Tlapu          | 50.2    |
| M40 J Breytenbach    | 50.3    |
| M45 C Makhubela      | 51.4    |
| M50 S Wald           | 55.3    |
| M55 M Rujic          | 56.6    |
| M60 A Heine          | 62.4    |
| W30 D Esterhuizen    | 61.9    |
| W35 R Koekemoer      | 58.1    |
| W40 S v Rooyen       | 64.1    |
| W50 B Kleynhans      | 75.4    |
| 800m                 |         |
| M30 D Matsinga       | 1:56.4  |
| M35 J D Ellis        | 2:00.8  |
| M40 L Claasen        | 2:03.6  |
| M45 D Voogt          | 2:12.2  |
| M50 L Keel           | 2:06.8  |
| M55 P v Vuuren       | 2:18.8  |
| M65 W Loedolf        | 2:40.2  |
| M70 J Botha          | 2:49.8  |
| W30 A Engelbrecht    | 2:19.1  |
| W40 F Badenhorst     | 2:30.6  |
| W50 B Kleynhans      | 3:02.2  |
| W60 Q du Toit        | 3:30.1  |
| 1500m                |         |
| M30 D Klein          | 4:20.2  |
| M35 K Joubert        | 4:32.9  |
| M40 M Machaliere     | 4:41.6  |
| M50 H Visser         | 4:42.6  |
| M55 I Hunter         | 4:59.9  |
| M60 I P Ackerman     | 5:24.7  |
| M65 W Loedolf        | 5:14.9  |
| M70 J Botha          | 6:01.1  |
| W30 A Engelbrecht    | 4:48.7  |
| W35 M Ceronio        | 4:57.8  |
| W40 S Badenhorst     | 5:23.5  |
| 5000m                |         |
| M30 M Koortzen       | 16:57.7 |
| M35 H Kekhanyane     | 14:15.1 |
| M40 P Tsilanyane     | 16:36.5 |
| M50 H Visser         | 17:00.3 |
| M55 A Gumbie         | 17:44.3 |
| M65 E Rens           | 23:35.5 |
| M75 C Pace           | 29:01.2 |
| W30 W30 B Gill       | 19:44.4 |
| W35 M Ceronio        | 18:04.9 |
| W40 V v Gordon       | 20:16.2 |
| W55 A Ten Tusscher   | 27:37.2 |
| W60 L Kruger         | 31:11.1 |
| Short Hurdles        |         |
| M30 Solly Ramagogobi | 16.8    |
| M35 N Frylinck       | 15.1    |
| M40 L Freitag        | 21.9    |
| M45 W Kareng         | 18.9    |
| W30 M Viljoen        | 19.6    |
| W35 R van Heerden    | 16.4    |
| W40 A de Villiers    | 12.7    |
| Long Hurdles         |         |
| M35 S Ramagogobi     | 59.3    |
| M40 L Nel            | 60.9    |
| M45 W Kareng         | 62.9    |
| M55 J Jordaan        | 59.7    |
| M60 I P Ackerman     | 51.9    |
| W50 A F v Niekerk    | 57.00   |
| Steeplechase         |         |
| M30 P Bezuidenhout   | 9:32.6  |
| M35 S de Jager       | 9:34.1  |
| M50 L van Wyk        | 12:00.0 |
| M55 J Jordaan        | 13:38.7 |
| M65 W Loedolf        | 8:07.3  |
| 10,000m              |         |
| M30 D A Gerber       | 37:19.0 |
| M35 J Joubert        | 36:55.0 |
| M40 M Scheepers      | 1.75    |
| M45 P G W Kruger     | 1.60    |
| M60 A Heiner         | 1.35    |
| M65 S P v Walt       | 1.25    |
| W30 H Kotze          | 1.71    |
| W35 H Freitag        | 1.45    |
| W50 K v Merwe        | 1.20    |
| W60 A Kruger         | 1.17    |
| Pole Vault           |         |
| M35 D Mostert        | 3.43    |
| M40 J J P Kruger     | 2.63    |
| M60 C Colyn          | 2.83    |
| W45 P Pietersen      | 2.03    |
| Long Jump            |         |
| M35 J D Ellis        | 6.38    |
| M40 J Oberholzer     | 5.41    |
| M45 W V Hager        | 6.13    |
| M50 L Van Wyk        | 4.27    |
| M55 G J Pretorius    | 4.47    |
| M60 C Colyn          | 4.73    |
| W35 R vHeerden       | 4.68    |
| W60 A L Kruger       | 3.54    |
| W70 S England        | 3.00    |
| W55 A Tentusscher    | 3.00    |
| W60 A L Kruger       | 3.32    |
| Triple Jump          |         |
| M30 WAJ Bezuidenhout | 11.45   |
| M35 D Mostert        | 12.32   |
| M40 J Oberholzer     | 11.45   |
| M45 JD 1 V Rooyen    | 12.08   |
| M55 G J Pretorius    | 10.20   |
| W35 R vHeerden       | 10.04   |
| W60 A L Kruger       | 6.86    |
| Shot Put             |         |
| M35 T Liebenberg     | 12.52   |
| M40 N A Silva        | 12.59   |
| M45 P Monyefane      | 12.0F   |
| M50 D Mulaudzi       | 13.0    |

|                   |       |
|-------------------|-------|
| M55 A Rzepecki    | 12.85 |
| M60 D v Jaarsveld | 11.30 |
| M65 J H L Jordaan | 8.02  |
| M70 L Botha       | 10.85 |
| M80 C Sterley     | 7.70  |
| W30 Y Botes       | 10.51 |
| W40 S v Rooyen    | 7.85  |
| W45 S de Bruin    | 8.37  |
| W50 A v Niekerk   | 9.40  |
| W55 J Janek       | 7.85  |
| W60 G T Theron    | 7.06  |



Continued from previous page

|                        |       |
|------------------------|-------|
| W55 Gloria Seymon      | 1.19  |
| W70 Gwen Davidson      | 1.16  |
| <b>Pole Vault</b>      |       |
| M40 Clay Tompkins      | 3.50  |
| M45 John Reynolds      | 2.25  |
| M50 Jim Poulter        | 3.10  |
| M55 T B Hancock        | 2.55  |
| M60 Jim McGrath        | 2.80  |
| M65 Rudi Hochreiter    | 2.25  |
| M70 Werner Widera      | 2.33  |
| <b>Long Jump</b>       |       |
| M40 Clay Tompkins      | 6.39  |
| M45 Grahame Taylor     | 5.92  |
| M50 Don Brown          | 5.68  |
| M55 Graeme Noden       | 5.40  |
| M60 John Sturzaker     | 4.88  |
| M65 Rudi Hochreiter    | 4.69  |
| M70 Mike Johnston      | 4.55  |
| M75 Harry Logan        | 2.65  |
| M80 Vic Younger        | 3.37  |
| M85 Harry Gathercole   | 2.86  |
| W35 Kerrie Macey       | 4.87  |
| W40 Eileen Hindle      | 5.24  |
| W45 Margaret Taylor    | 5.07  |
| W50 Helen Searle       | 4.12  |
| W55 Gloria Seymon      | 3.70  |
| W60 Pat Carr           | 3.78  |
| W65 Lydia Widera       | 2.90  |
| W70 Gwen Davidson      | 3.35  |
| <b>Triple Jump</b>     |       |
| M40 Clay Tompkins      | 13.92 |
| M45 Noel Peters        | 12.09 |
| M50 Ted Barnard        | 10.92 |
| M55 Graeme Noden       | 10.38 |
| M60 John Sturzaker     | 10.41 |
| M65 Rudi Hochreiter    | 9.73  |
| M70 Mike Johnston      | 9.46  |
| M75 Andy Smith         | 5.81  |
| M80 Vic Younger        | 6.80  |
| M85 Ray Frith          | 5.23  |
| W35 Kerrie Macey       | 9.82  |
| W40 Eileen Hindle      | 10.21 |
| W45 Margaret Taylor    | 9.97  |
| W50 Helen Searle       | 8.97  |
| W55 Gloria Seymon      | 8.29  |
| W60 Pat Carr           | 8.29  |
| W70 Gwen Davidson      | 7.36  |
| W80 Ruth Frith         | 5.05  |
| <b>Shot Put</b>        |       |
| M40 Alex Turbin        | 13.48 |
| M45 Ray Green          | 11.86 |
| M50 John Cooper        | 11.96 |
| M55 Attila Spaitis     | 11.34 |
| M60 George Mencik      | 13.01 |
| M65 Jim Peridis        | 12.68 |
| M70 Felix Jekabsons    | 11.73 |
| M75 Harry Snelgar      | 7.95  |
| M80 Vic Younger        | 7.19  |
| M85 Harry Gathercole   | 6.17  |
| W35 Pam Matthews       | 11.31 |
| W40 Christine Schultz  | 12.59 |
| W45 Mary Thomas        | 10.10 |
| W50 Helen Searle       | 11.64 |
| W55 Heather Doherty    | 10.73 |
| W60 Margaret Dando     | 6.31  |
| W65 Lydia Widera       | 7.89  |
| W70 Gwen Davidson      | 6.91  |
| <b>Discus</b>          |       |
| M40 Geoffrey Tyler     | 43.00 |
| M45 Rodney Guy         | 40.12 |
| M50 John Cooper        | 38.38 |
| M55 Attila Spaitis     | 39.18 |
| M60 John Sturzaker     | 40.30 |
| M65 Helmut Duholm      | 44.94 |
| M70 Eugeniusz Galewski | 34.40 |
| M75 Harry Snelgar      | 22.04 |
| M80 Vic Younger        | 23.62 |
| M85 Harry Gathercole   | 16.48 |
| W35 Wendy Ryan         | 26.50 |
| W40 Christine Schultz  | 40.70 |
| W45 Mary Thomas        | 29.40 |
| W50 Helen Searle       | 27.78 |
| W55 Heather Doherty    | 28.74 |
| W60 Judy Cox           | 18.34 |
| W65 Lydia Widera       | 23.50 |
| W75 Maisie Stevens     | 6.60  |
| <b>Hammer</b>          |       |
| M40 Geoffrey Tyler     | 38.12 |
| M45 Rodney Guy         | 42.20 |
| M50 Ken Readwin        | 44.40 |
| M55 Alex Tahmindjis    | 40.84 |
| M60 George Mencik      | 44.44 |
| M65 Helmut Duholm      | 43.58 |
| M70 Felix Jekabsons    | 41.68 |
| M75 Harry Snelgar      | 25.30 |
| M80 Vic Younger        | 19.00 |
| M85 Ray Frith          | 15.86 |
| W35 Pam Matthews       | 47.16 |
| W40 Denise Palmer      | 33.54 |
| W45 C Battersby        | 35.38 |
| W50 Jan Davies         | 43.96 |
| W55 Mary Warren        | 30.28 |
| W60 Margaret Dando     | 23.56 |
| W65 Lydia Widera       | 30.40 |
| W70 Gwen Davidson      | 23.96 |
| W80 Ruth Frith         | 16.92 |
| <b>Javelin</b>         |       |
| M40 Andrew Farr        | 51.10 |
| M45 Graeme Rose        | 48.74 |
| M50 John Cooper        | 49.84 |
| M55 Tom Hancock        | 45.06 |
| M60 Larry Kendall      | 39.12 |
| M65 Art Grayburn       | 45.80 |
| M70 Kevin Hopkins      | 31.26 |
| M75 Harry Snelgar      | 20.76 |
| M80 Vic Younger        | 21.62 |
| M85 Harry Gathercole   | 13.20 |
| W35 Wendy Ryan         | 31.30 |
| W40 Christine Schultz  | 30.98 |
| W45 Mary Thomas        | 37.34 |

|                          |         |
|--------------------------|---------|
| W50 Noreen Parrish       | 28.36   |
| W55 Heather Doherty      | 33.56   |
| W60 Judy Cox             | 17.38   |
| W65 Lydia Widera         | 20.58   |
| W70 Gwen Davidson        | 17.42   |
| W75 Maisie Stevens       | 6.48    |
| W80 Ruth Frith           | 10.38   |
| <b>Pentathlon-Men</b>    |         |
| M40 Clay Tompkins        | 3292    |
| M45 John Gordon          | 3784    |
| M50 John Cooper          | 3468    |
| M55 Graeme Noden         | 3811    |
| M60 John Sturzaker       | 3375    |
| M65 Max McKay            | 3012    |
| M70 Mike Johnston        | 4269    |
| M75 Harry Snelgar        | 1501    |
| M80 Vic Younger          | 1505    |
| M85 Harry Gathercole     | 1274    |
| <b>Pentathlon-Women</b>  |         |
| (JT/DT/200/LJ/800)       |         |
| W35 Kerrie Macey         | 3018    |
| W40 Eileen Hindle        | 3066    |
| W45 C Battersby          | 3148    |
| W50 Jan Davies           | 1275    |
| W55 Gloria Seymon        | 2978    |
| W60 Pat Carr             | 2760    |
| <b>Half-Marathon</b>     |         |
| M40 Joe Petkovic         | 1:19:04 |
| M45 John Wallace         | 1:25:15 |
| M50 Art Clayton          | 1:20:45 |
| M55 Mike McAvoy          | 1:22:26 |
| M60 David Padgett        | 1:29:48 |
| M65 Bruce Campbell       | 1:44:43 |
| W35 Judy Webster         | 1:54:30 |
| W40 Jeannette Mase       | 1:22:44 |
| W45 Bev Lucas            | 1:21:55 |
| <b>10K Cross-Country</b> |         |
| M40 Keith MacDonald      | 34:30   |
| M45 Jim Box              | 34:39   |
| M50 Alan Bradford        | 34:47   |
| M55 Fred Carpenter       | 36:49   |
| M60 Ron Young            | 40:14   |
| M65 Randall Hughes       | 43:19   |
| M70 Wally Beames         | 51:18   |
| M80 John Brown           | 83:56   |
| W35 Marcia Sheer         | 37:21   |

|                      |          |
|----------------------|----------|
| W40 Jeanette Mase    | 40:09    |
| W45 Trish Wallace    | 40:58    |
| W50 Rima Vassina     | 47:13    |
| W55 Judy Wines       | 50:20    |
| W60 Shirley Young    | 49:18    |
| W65 Shirley Brasher  | 53:32    |
| W70 Monica Osborne   | 72:56    |
| <b>5K Track Walk</b> |          |
| M40 Mike Mulligan    | 24:02.18 |
| M45 George White     | 22:44.26 |
| M50 Bob Mee          | 23:57.49 |
| M55 Bob Gardiner     | 24:24.30 |
| M60 Peter Waddell    | 29:06.02 |
| M65 Geoff Peters     | 35:14.85 |
| M70 George Nevitt    | 32:49.80 |
| M75 Jack Webber      | 32:44.55 |
| M80 T Daintry        | 31:58.39 |
| W40 Heather McDonald | 26:09.52 |
| W45 Celia Kelly      | 27:29.66 |
| W50 Win May          | 28:23.68 |
| W55 Tina Leeb        | 31:27.38 |
| W60 Margaret Dando   | 34:41.53 |
| W65 Betty Newman     | 32:29.75 |
| W70 Grace Smith      | 43:20.61 |
| W80 Nance Jeffreys   | 44:03.77 |
| <b>10K Road Walk</b> |          |
| M60 Gordon Gourlay   | 1:00:28  |
| M65 Geoff Peters     | 1:13:04  |
| M70 George Nevitt    | 1:07:04  |
| M75 Jack Webber      | 1:08:31  |
| M80 T Daintry        | 1:08:04  |
| W40 Heather McDonald | 52:49    |
| W45 Marlene Robb     | 57:15    |
| W50 Win May          | 1:00:37  |
| W55 Tina Leeb        | 1:06:19  |
| W60 Margaret Dando   | 1:12:12  |
| W65 Betty Newman     | 1:08:07  |
| W70 Grace Smith      | 1:31:57  |
| W80 Nance Jeffreys   | 1:34:06  |
| <b>20K Road Walk</b> |          |
| M40 Mike Mulligan    | 1:52:23  |
| M45 George White     | 1:41:15  |
| M50 Bob Mee          | 1:48:12  |
| M55 Bob Gardiner     | 1:46:17  |
| M60 Colin Silcock    | 2:08:10  |
| M65 Allan Jones      | 2:40:27  |

|                        |       |
|------------------------|-------|
| Pete Pairean           | 20:49 |
| Ernie Badger           | 20:55 |
| David Porter           | 21:15 |
| Allen M. Bailey        | 21:18 |
| Karl Bartholomy        | 21:30 |
| Parry Grover           | 21:42 |
| Ron Modafferi          | 22:22 |
| John Neill             | 22:32 |
| Steve Porter           | 22:59 |
| Scott Goldsmith        | 23:16 |
| Randy Eldridge         | 23:39 |
| Jay E. Cable           | 23:43 |
| Robert L. Reynolds     | 23:45 |
| David M. Shaul         | 23:52 |
| Kenneth R. Cobb        | 24:13 |
| Michael Striebach      | 24:51 |
| Lonnie Prairiechicken  | 24:56 |
| Bill Keas              | 25:17 |
| Alex Zerbinos          | 25:29 |
| Paul Jewell            | 25:40 |
| Tim Samuelson          | 25:43 |
| Roger D. Mechon        | 26:37 |
| Gerald T. Irvin        | 28:04 |
| Michael Lemaire        | 28:22 |
| Del Smith              | 29:20 |
| Jerry Schoenborn       | 34:51 |
| David Brown            | 39:25 |
| <b>M50</b>             |       |
| Roy Reisinger          | 17:27 |
| Gary Spidahl           | 18:35 |
| Eric Elbel             | 19:03 |
| Dave Rees              | 20:31 |
| Mike Mills             | 20:45 |
| Ricardo Ernst          | 20:49 |
| Jim Donley             | 20:58 |
| Timothy Middleton      | 21:04 |
| Donald G. Bruce        | 21:29 |
| Larry Norene           | 21:42 |
| Tom Meacham            | 22:05 |
| Jon Nauman             | 22:22 |
| Larry Prickett         | 22:30 |
| Terry Hayden           | 22:51 |
| Robert Tiede           | 23:02 |
| Clay Alderson          | 23:19 |
| Michael Woodell        | 23:46 |
| Ross Blaker            | 27:23 |
| Earl Finkler           | 33:44 |
| Clarence J. Vickaryous | 35:40 |
| <b>M55</b>             |       |
| Dave Pukethly          | 18:05 |
| Bob Spurr              | 21:10 |
| Carl J. Gatto          | 21:54 |
| Ron Smith              | 22:44 |
| Tom Hamilton           | 22:51 |
| Buff Burtis            | 22:55 |
| Gene Dickason          | 23:33 |
| Rich Hull              | 25:13 |
| Aron S. Wolf           | 25:45 |
| Don Girvan             | 29:18 |
| Doug Doner             | 34:11 |
| <b>M60</b>             |       |
| Chester Franz          | 21:17 |
| Norman S. Rousey       | 22:58 |
| Kenneth Lowney         | 24:42 |
| Paul C. Mattie         | 25:15 |
| Michael J. Sutura      | 25:37 |
| Sevard Wagenius        | 27:50 |
| <b>M65</b>             |       |
| John B. Nicholson      | 26:47 |
| <b>M70</b>             |       |
| George Etsell          | 28:10 |

|                        |       |
|------------------------|-------|
| Owen H. Hoke           | 31:36 |
| Albert Maffei          | 36:19 |
| Doug Studebaker        | 36:55 |
| <b>M75</b>             |       |
| Robert A. Sharrer      | 27:42 |
| Allen M. Patten        | 35:27 |
| George Hale            | 38:29 |
| <b>W40</b>             |       |
| Trudy Branderhorst     | 18:53 |
| Bobbi Fyten            | 19:48 |
| Mary Velre             | 20:16 |
| Jill Follett           | 20:25 |
| Judy M. Gower          | 20:37 |
| Cathy Miller           | 21:42 |
| Mellen Shea            | 21:59 |
| Monica Lyall           | 22:04 |
| Janet Sosnowski        | 22:42 |
| Linda Olmstead         | 22:43 |
| Liz Craft              | 23:12 |
| Judy Anderson          | 23:18 |
| Linda Mechon           | 23:37 |
| Mary Ann Paul          | 23:43 |
| Judy Alderson          | 24:02 |
| Jean Stage             | 24:15 |
| Elaine Tibbetts        | 24:42 |
| Jo Antonson            | 24:46 |
| Suzanne Weller         | 24:58 |
| Pamela Stephan         | 24:58 |
| Jeanne Schaaf          | 25:06 |
| Cam Hilsinger          | 25:31 |
| Laura W. Strand        | 25:41 |
| Beverly Gallant        | 25:42 |
| Rose Van Hemert        | 26:03 |
| Mary C. Davenport      | 26:06 |
| Candace Hiner          | 26:15 |
| Elizabeth Friedman     | 26:34 |
| Christy L. Miller      | 26:58 |
| Dianne Olsen           | 27:16 |
| Yvonne Goldsmith       | 27:24 |
| Luann Buss             | 27:50 |
| Donna Hitz             | 28:06 |
| Rose M. Midyett        | 29:03 |
| Jodi Morino            | 29:17 |
| Mary Beth Wright       | 29:18 |
| Belenda Mehlschmidt    | 29:33 |
| Marsha S. Korose       | 29:36 |
| Sandra Millhouse       | 29:42 |
| Ivagne Howerter        | 29:43 |
| Bonnie Bladow          | 29:58 |
| Elizabeth J. Hickerson | 31:16 |
| Sandra Jewell          | 31:37 |
| George Reynolds        | 34:06 |
| Marideth Sandler       | 35:23 |
| Carol A. Compton       | 35:58 |
| Barbara Maragame       | 36:57 |
| <b>W45</b>             |       |
| Georgia Gustafson      | 20:51 |
| Jane McNeely Parrish   | 21:05 |
| Bonnie Hurtig          | 22:07 |
| Nancy Bartholomy       | 22:22 |
| Maria V. Cobb          | 22:23 |
| Elaine Nelson          | 23:02 |
| Sue Ellen Tatter       | 23:22 |
| Marilyn Modafferi      | 23:46 |
| Dawn Moreau            | 24:29 |
| Vicky Jordan           | 24:52 |
| Judith A. Johnson      | 25:23 |
| Bonnie Littlefield     | 25:55 |
| Loretta Dale           | 26:14 |
| Carol Makar-Gibbs      | 26:26 |

|                      |       |
|----------------------|-------|
| Linda Grover         | 27:06 |
| Kathleen M. Thomas   | 27:33 |
| Hannelore Kelliher   | 27:49 |
| Jaymie S. Felton     | 28:32 |
| Sandy Kusano         | 28:38 |
| Linda Eisenberg      | 28:39 |
| Sharyn Sexton        | 29:17 |
| Lucy Tetton          | 30:06 |
| Karen Cross          | 30:13 |
| Barbara Symmes       | 30:44 |
| Rosie Tenge          | 31:22 |
| Susan C. Jewell      | 32:09 |
| Peggy Lemaire        | 32:12 |
| Shirley A. Bennett   | 34:37 |
| Patricia Maguire     | 37:35 |
| <b>W50</b>           |       |
| Patti Donley         | 19:13 |
| Micheale Giesler     | 24:52 |
| Joan Galt            | 25:05 |
| Fekia Kodiak         | 28:55 |
| Marty Cashen         | 37:30 |
| <b>W55</b>           |       |
| Mary V. Marsolais    | 23:08 |
| Joan Landis          | 23:47 |
| Deane Feetham        | 26:17 |
| Darlene Nelson       | 29:05 |
| Teresa Hull          | 29:20 |
| Evelyn Bunch         | 32:17 |
| <b>W60</b>           |       |
| Marth Olcary         | 24:40 |
| Pat Spratt           | 27:31 |
| Joanne Desjarlais    | 31:42 |
| Lucy B. Cronin       | 37:47 |
| <b>W65</b>           |       |
| Wilma Larsen         | 32:44 |
| Alice Gregg          | 33:50 |
| Melitta Buchanan     | 35:01 |
| <b>W70</b>           |       |
| Sister Claire Gagnon | 43:07 |
| <b>W75</b>           |       |
| Marcie Trent         | 31:46 |

(All participants are from Alaska, unless otherwise noted.)

## EAST

## Fritzbe's Runfest 10K

Rockville, MD; March 28

|                      |       |
|----------------------|-------|
| <b>Overall</b>       |       |
| Jim Hage             | 35    |
| Laura Dewald         | 35    |
| M40 Chuck Moeser     | 32:57 |
| Bruce Carpenter      | 33:23 |
| Jim Moreland         | 35:42 |
| M45 Edward Doheny    | 36:27 |
| Dennis Jett          | 36:37 |
| David Lowe           | 36:57 |
| M50 John Benkert     | 35:01 |
| Bernie Gallagher     | 36:53 |
| John Haubert         | 38:28 |
| M55 Fay Bradley      | 35:23 |
| Chan Robbins         | 38:01 |
| Kirk Davies          | 39:23 |
| M60 Larry Dickerson  | 41:01 |
| Tom Momiya           | 42:33 |
| Jack McMahon         | 45:02 |
| M65 Herb Chisolm     | 42:58 |
| Bill Morrison        | 46:58 |
| Frank Haines         | 55:09 |
| M70 Peter Andrews    | 53:38 |
| Bernard Sobin        | 60:52 |
| Russ Chauvenet       | 63:59 |
| <b>M75+none</b>      |       |
| W40 Rose Malloy      | 39:26 |
| Karen Erb            | 42:09 |
| Nancy Walz           | 45:08 |
| W45 Chris Stockdale  | 40:51 |
| Meredith Bonta       | 45:19 |
| Carleen Moore        | 49:25 |
| W50 Sharon Dolan     | 44:12 |
| Judith Flannery      | 45:28 |
| Kathy Price          | 47:46 |
| W55 Lillian Litz     | 62:24 |
| W60 Margaret Ambrose | 82:31 |
| W65 Monica Friedman  | 60:42 |
| Kay Morrison         | 61:05 |
| W70 Evelyn Kerper    | 70:25 |
| <b>W75+none</b>      |       |

## Northern Telecom Cherry

Blossom 10 Mile

Washington, DC; April 4

|                          |         |
|--------------------------|---------|
| <b>Overall</b>           |         |
| William Sigei            | 23      |
| Judi St. Hilaire         | 33      |
| M40 Chuck Moeser         | 53:10   |
| Kevin Brown              | 53:25   |
| Chris Mason              | 54:45   |
| Bennett Boach            | 56:09   |
| James Moreland           | 56:46   |
| M45 Jim Lennox           | 58:00   |
| Reuben Beauchany         | 58:09   |
| R. I. Baldock            | 58:34   |
| Rich Davis               | 58:44   |
| Peter Rodenbaugh         | 58:45   |
| M50 John Benkert         | 57:37   |
| Bernie Gallagher         | 59:26   |
| Warren Onlrich           | 59:55   |
| Gerald Ives              | 60:08   |
| M55 Fay Bradley          | 57:52   |
| Burr Grim                | 62:10   |
| Chan Robbins             | 63:08   |
| Al Kuhner                | 63:21   |
| M60 Norm Green Jr        | AR57:48 |
| (John Hosner/58:55/1985) |         |
| George Yannakakis        | 66:41   |
| Larry Dickerson          | 67:22   |
| M65 John Hosner          | 67:59   |
| Lou Lodovico             | 68:03</ |



## Continued from previous page

|                          |         |
|--------------------------|---------|
| M70 Hubert Morgan        | 72:02   |
| Tom Quirk                | 87:10   |
| Lukie Orvin              | 88:45   |
| M75 Eugene Keller        | 88:53   |
| M80+John Petroff 84      | 2:01:22 |
| W40 Rose Malloy          | 62:32   |
| Janet Jordan             | 62:51   |
| Sue Given                | 63:15   |
| Claudia Claverella       | 64:19   |
| W45 Joyce Rankin         | 65:50   |
| Christine Stockdale      | 67:02   |
| Nancy Chapman            | 68:40   |
| Susan Weisbrod           | 69:47   |
| W50 Elaine Untermaier    | 68:18   |
| Sharon Dolan             | 72:36   |
| Ecris Williams           | 73:24   |
| Carole Leli              | 73:50   |
| W55 Gudrun Phillips      | 72:40   |
| Wen-Shi Yu               | 72:56   |
| Bettylou Tucker          | 77:30   |
| W60 Doralie Segal 62     | 81:57   |
| Janine Maltas 66         | 85:00   |
| W70 Hedy Marke 75        | AR85:40 |
| (Anne Clarke/97:04/1985) |         |
| Vadine Koenig 72         | 1:51:45 |
| M80+Ruth Rothfarb 91     | 3:27:30 |

Tropicana Run For The Parks  
4 Mile; Central Park, NYC  
April 18

|                            |          |
|----------------------------|----------|
| Overall                    |          |
| Jaime Palacios 33          | 20:40    |
| Alissa Henning 25          | 23:26    |
| M40 Rick Pieschel 41       | 20:58    |
| Phil Thomas 44             | 22:22    |
| Zenon Bankowski 46         | 22:41    |
| M50 Sam Skinner 50         | 22:19    |
| Mauri Dean 50              | 22:39    |
| Tom Moore 51               | 24:18    |
| M60 Albert Puma 63         | 29:10    |
| Georges Maurel 61          | 30:43    |
| Robert Kwik 61             | 31:08    |
| M70+Chas Feldman 77        | 37:08    |
| Roscoe Brown Jr 71         | 37:33    |
| W40 Cheryl Ralya 46        | 25:27    |
| Diane Ditchfield 40        | 26:11    |
| Ann Makoske 47             | 26:21    |
| W50 Jessie-Lea Hayes 50    | 50:27:16 |
| Marisa Hayes 50            | 30:28    |
| May Chou 57                | 30:37    |
| W60 Muriel Merl 67         | 32:35    |
| Joan Fisher 62             | 38:11    |
| Ilona Gardosh 60           | 38:35    |
| Finishers: 665M/579W       |          |
| Weather: 46°/h60°/wNW 2mph |          |

Sallie Mae 10K  
Washington, DC; April 18

|                          |       |
|--------------------------|-------|
| Overall                  |       |
| Simon Chemoiwo 21        | 28:10 |
| Gladys Ojeyo 17          | 32:05 |
| M40 Wilson Waigwa 44     | 30:16 |
| Dom Tibaduiza 43         | 30:33 |
| Bryan Stride 42          | 31:16 |
| Richard Banning 40       | 32:12 |
| Tony Grier 42            | 33:22 |
| M50 Gerry Ives 53        | 36:42 |
| John Haubert 50          | 37:22 |
| M60+Larry Dickerson 61   | 40:35 |
| Tom Muniyama 61          | 40:43 |
| W40 Nancy Grayson 42     | 35:58 |
| Barbara Filutze 46       | 36:14 |
| Nancy Mieszcak 44        | 37:41 |
| Linda Mills 43           | 38:46 |
| W50 Shirley Matson 52    | 36:24 |
| Elaine Untermaier 50     | 41:35 |
| Jane Metzler 51          | 46:45 |
| W60+Nancy Ammermuller 61 | 53:21 |
| Ani Rak 66               | 60:16 |

Yonkers Marathon  
Yonkers, NY; April 26

|                      |         |
|----------------------|---------|
| Overall              |         |
| Jairo Correo 38      | 2:28:14 |
| Diane Miller 40      | 3:03:11 |
| M40 Frank Ahearn     | 3:11:59 |
| Joe Sikora           | 3:14:22 |
| Lanny Levit          | 3:14:50 |
| Anibal Barrero       | 3:16:07 |
| Carl Hacht           | 3:18:56 |
| M45 Hector Vargas    | 2:45:50 |
| Hugh Sweeney         | 3:15:53 |
| Edward Barry         | 3:18:24 |
| Richard Cuddy        | 3:33:05 |
| Jeffrey Vleyra       | 3:33:32 |
| M50 Rafael Bordonaba | 3:11:43 |
| Hector Rivera        | 3:14:51 |
| Karl Waegeli         | 3:16:36 |
| Bob Colton           | 3:19:14 |
| Dan Castro           | 3:20:09 |
| M55 Doug Nedorost    | 3:49:24 |
| Kevin Waters         | 3:52:59 |
| Tim Kouranis         | 3:58:50 |
| Israel Ortiz         | 4:04:01 |
| M60+Fernando Ruiz 61 | 4:25:17 |
| Jerry Solin 66       | 4:39:58 |
| Ed Dempsey 60        | 4:53:41 |
| W40 Diane Miller     | 3:03:11 |
| Suzanne Rohr         | 3:34:29 |
| Deborah Yagoda       | 5:30:51 |
| W45 Mary Spera       | 3:52:46 |
| Inge Weissaupt       | 4:01:12 |
| W50 Wen Shi Yu 58    | 4:05:52 |
| Ruth Greber 51       | 4:29:57 |

## NYRRC Trevira Twosome

10 Mile/2 Mile  
Central Park; April 29

|                      |         |
|----------------------|---------|
| Overall (1:42:25)    |         |
| William Mutwol 25    | 46:32   |
| Marion Sutton 29     | 55:53   |
| Combined Age 80-99   |         |
| Jack Waitz 44        | 58:04   |
| Raisa Smekhnova 42   | 64:39   |
|                      | 2:02:43 |
| Combined Age 100-119 |         |
| Frank Schneider 51   | 74:11   |
| Jessie-Lea Hayes 50  | 74:11   |
|                      | 2:28:22 |
| Combined Age 120+    |         |
| Wallace Cutler 70    | 87:47   |
| May Chou 57          | 81:21   |
| --2 Mile--           | 2:49:08 |
| Overall (20:25)      |         |
| Abidi Bouazza 22     | 9:08    |
| Anne Leary 31        | 11:17   |
| Combined Age 80-99   |         |
| Peter Gambaccini 42  | 10:50   |
| Nancy Adler 41       | 12:27   |
|                      | 23:17   |
| Combined Age 100-119 |         |
| Hans Hunziker 61     | 12:28   |
| Kathy Gribbon 39     | 12:02   |
|                      | 24:30   |
| Combined Age 120+    |         |
| Bill Fortune 64      | 12:09   |
| Helene Bedrock 58    | 13:36   |
|                      | 25:45   |

Pittsburgh Marathon  
Pittsburgh, PA; May 2

|                        |         |
|------------------------|---------|
| Overall                |         |
| Abel Gisamba 24        | 2:16:55 |
| L BussieresChafe 31    | 2:35:39 |
| Masters Men            |         |
| 1 Doug Kurtis 41       | 2:23:45 |
| 2 Jean M Charbonnel 41 | 2:24:53 |
| 3 Steve Molnar 43      | 2:32:20 |
| 4 Allen Choma 40       | 2:32:47 |
| 5 Jean-Luc Bot 40      | 2:39:45 |
| 6 Don Slusser 41       | 2:43:30 |
| 7 Terry VanNatta 48    | 2:46:36 |
| 8 Ferdinando Saggio 46 | 2:52:41 |
| 9 Paul Maracini 50     | 2:52:49 |
| 10 Stephen Fowler 40   | 2:53:19 |
| 27 Jack Cagot 60       | 3:09:34 |
| 28 John Churchman 50   | 3:09:46 |
| 30 Don Siefers 56      | 3:11:28 |
| Masters Women          |         |
| 1 Barbara Filutze 46   | 2:59:17 |
| 2 Barb Anderson 41     | 3:14:08 |
| 3 Anita Lindermeier 43 | 3:14:30 |
| 4 Judith Bugyi 46      | 3:14:51 |
| 5 Teresa Lopez 42      | 3:17:56 |

## SOUTHEAST

Easter Beach Run  
Daytona Beach, FL; April 10

|                          |       |
|--------------------------|-------|
| Overall                  |       |
| Charles McMullen 40      | 19:46 |
| Magi Ezzard 42           | 22:32 |
| M40 C McMullen           | 19:46 |
| Hollis Fennell           | 22:43 |
| M45 Larry Dickerson 61   | 40:35 |
| Tom Muniyama 61          | 40:43 |
| W40 Nancy Grayson 42     | 35:58 |
| Barbara Filutze 46       | 36:14 |
| Nancy Mieszcak 44        | 37:41 |
| Linda Mills 43           | 38:46 |
| W50 Shirley Matson 52    | 36:24 |
| Elaine Untermaier 50     | 41:35 |
| Jane Metzler 51          | 46:45 |
| W60+Nancy Ammermuller 61 | 53:21 |
| Ani Rak 66               | 60:16 |

CPA 1040K & Workpaper Walk  
Miami, FL; April 15

|                          |       |
|--------------------------|-------|
| Overall                  |       |
| Ronnie Holassie 21       | 15:40 |
| Patty Cohen 32           | 19:30 |
| M40 German Andujar       | 18:09 |
| M45 Bob Marren           | 18:16 |
| M50 Tom Buchanan         | 19:47 |
| M55 Ben Mathews          | 18:56 |
| M60 Jim Higgins          | 21:18 |
| M65+Ellis Ruben 67       | 32:24 |
| W40 Anke Stimpson        | 24:32 |
| W45 Marianne Vos         | 23:26 |
| W50 Sally Snyder         | 22:40 |
| W55 Hermine Taramona     | 41:45 |
| Racewalk                 |       |
| Overall Men              |       |
| Darryl Morrison 26       | 30:49 |
| M40 Stanford Blake 44    | 30:53 |
| M50 Guy Terreros 50      | 38:15 |
| M60+Gene Wells 62        | 32:39 |
| Overall Women            |       |
| Sara O'Bannon 30         | 28:42 |
| W40 Rosemary Ludowese 49 | 36:35 |
| W50 Anne Dann 56         | 33:59 |
| W60+Mabel Wolf 73        | 53:59 |

Ultimate Challenge 5K  
Miami, FL; April 18

|                   |       |
|-------------------|-------|
| Overall           |       |
| Cleber Sialani 25 | 16:15 |
| Debbie Weiner 32  | 20:35 |
| M40 Larry Byrne   | 19:20 |
| M45 Alan Silbert  | 18:59 |
| M50 Bill Adams    | 18:29 |

|                          |       |
|--------------------------|-------|
| M55 Louis Best           | 19:09 |
| M60 Roland Gagnon        | 21:30 |
| M65+Bob Johnston 67      | 21:46 |
| W40 Anke Stimpson        | 23:30 |
| W45 Eileen Brown         | 35:16 |
| W50 Marj Ralston         | 23:34 |
| W55 Jane Adams           | 26:09 |
| W60 Sylvia Weiner        | 23:31 |
| W65+Helen Weiss 65       | 32:23 |
| Racewalk                 |       |
| Overall                  |       |
| Eric Schmook 27          | 22:45 |
| Sara O'Bannon 30         | 28:31 |
| M40 Mark Danford 40      | 28:27 |
| M50 Fred Wolven 54       | 35:24 |
| M60+Erik Johansson 67    | 32:31 |
| W40 Ruth Ghee 46         | 44:54 |
| W50 Celina Contreras 55  | 40:45 |
| W60+Marcia Shafmaster 62 | 33:44 |

Scholarship 5K  
Miami; May 1

|                          |       |
|--------------------------|-------|
| Overall                  |       |
| Dan Benavides 30         | 16:50 |
| Sanya Tobias 27          | 18:20 |
| M40 Rolando Cabrera      | 17:59 |
| Luis Chiles              | 19:23 |
| M45 Albert Bezilla       | 19:37 |
| M50 Matt Cucchiara       | 18:00 |
| M55 Ernest Bauer         | 19:44 |
| M60 Benedicto Cepero     | 22:14 |
| M65+Robert Johnston 67   | 22:10 |
| W40 Charlotte Roberts    | 24:38 |
| Juanita DeLaCruz         | 24:58 |
| W45 Bettylou Murphy      | 22:09 |
| W50 Nila Withee          | 26:24 |
| W55 Marie Fonzi          | 27:13 |
| W60 Marian Snider        | 37:00 |
| Racewalkers              |       |
| M40 Stanford Blake 44    | 31:39 |
| M50 Paul Willis 56       | 34:24 |
| M60+Ron Storm 70         | 31:58 |
| W40 Linda Stein 45       | 28:51 |
| W50 Anne Dann 56         | 34:14 |
| W60+Marcia Shafmaster 62 | 33:40 |

## MIDWEST

Race For The Cure 5K  
Detroit; April 17

|                     |       |
|---------------------|-------|
| Overall             |       |
| Angela Mogielski 27 | 17:55 |
| W40 Vickie Putnam   | 20:24 |
| Robyn Frankowicz    | 20:34 |
| Donna Swanson       | 20:42 |
| Cathy Paklaian      | 20:54 |
| Kathleen Gina       | 21:27 |
| A Smith-Plump       | 21:41 |
| Donna Olson         | 21:44 |
| Susan Madden        | 22:14 |
| W45 Dale Moore      | 20:51 |
| Ginny Papper        | 21:42 |
| Nina Bovio          | 22:52 |
| Bernice Lopata      | 23:15 |
| Anna Deboard        | 23:54 |
| Karen Askew         | 24:47 |
| Dorothy West        | 25:09 |
| Judy Williams       | 25:17 |
| W50 Ellen Nitz      | 21:36 |
| Linda Brodsky       | 24:29 |
| Mary De Mattia      | 25:00 |
| Ann McCabe          | 26:31 |
| Eileen Farrell      | 27:30 |
| Roberta Lamb        | 27:35 |
| M55 Marj Cunningham | 22:54 |
| Merion Knight       | 24:32 |
| Carole Hoen         | 25:59 |
| Marlies Parenti     | 26:29 |
| Margie Fahim        | 29:13 |
| W60 Lavon Gula 61   | 29:18 |
| Rosemarie Baker 64  | 29:26 |
| Margaret Crishal 61 | 30:41 |
| Mary Kelly 62       | 32:13 |
| Jan Landry 60       | 33:22 |
| W70+Eileen Little   | 52:59 |
| Jacqueline Rupert   | 53:31 |
| Marjorie Knorp      | 56:26 |
| Alice Sinclair 79   | 57:39 |
| Racewalk            |       |
| 1 Phil Rapezzi 37   | 24:58 |
| 2 Valda Pichy 52    | 30:45 |
| 3 Shirley Zuehck 47 | 31:03 |

West Bloomfield  
Half-Marathon/5K  
West Bloomfield, MI; April 18

|                         |         |
|-------------------------|---------|
| --Half-Marathon--       |         |
| Overall                 |         |
| Kirk Scharich 28        | 1:12:51 |
| Laura Murphy 29         | 1:22:22 |
| M40 Randy Bulla 46      | 1:18:13 |
| Tony Mifsud 49          | 1:19:11 |
| M50 Harry Tellman 54    | 1:22:28 |
| James Carlton 50        | 1:24:00 |
| M60+Jerry Johncock 61   | 34:20   |
| Bob Hays 61             | 1:40:57 |
| W40 Donna Swanson 41    | 1:33:15 |
| Donna Olson 43          | 1:37:57 |
| W50+Veronica Coleman 51 | 52:45   |
| Mary DeMattia 52        | 2:00:51 |
| --5K--                  |         |
| Overall                 |         |
| Stan Ford 38            | 15:53   |
| Kathy Snow 25           | 20:38   |
| M40 Peter Hoke 40       | 17:15   |
| M50 Carl Atkins 51      | 20:42   |
| M60+John Paton 66       | 24:08   |
| W40 Cecilia Brzys 44    | 23:13   |
| W50 Sharon Pullis 53    | 34:13   |

## MID AMERICA

Runnin' Of The Green 7K  
Denver, CO; March 14

|                    |       |
|--------------------|-------|
| Overall            |       |
| Arturo Barrios     | 20:45 |
| Amy Giblin         | 24:38 |
| M40 Doug Bell      | 22:35 |
| Ed Fuchs           | 24:28 |
| M50 Ardel Boes     | 26:37 |
| Eddie Schneider    | 27:03 |
| M60 Ricardo Markin | 31:50 |
| Ed Kriehm          | 33:48 |
| M70+Victor Stone   | 39:42 |
| Nolan Ashburn      | 40:00 |
| W40 Jan Hughes     | 28:01 |
| Gail Hunter        | 30:36 |
| W50 Bette Poppers  | 30:02 |
| Tommie Farina      | 32:51 |
| W60 Mary Cockerham | 37:39 |
| Nancy Smalley      | 39:55 |
| W70+ Louise Adams  | 39:22 |

Longest Day Races  
Brookings, SD; April 17

|                      |         |
|----------------------|---------|
| --Marathon--         |         |
| Overall              |         |
| James Pelarske 42    | 2:47:33 |
| Janet Scallen 40     | 3:07:36 |
| M40 J Pelarske       | 2:47:33 |
| Mike Filburn         | 3:11:47 |
| M45 Don Mathiew      | 2:55:00 |
| Steve Kagol          | 3:25:56 |
| M50 Chas Weatherall  | 3:21:21 |
| Leroy Kessler        | 3:52:00 |
| M55 Ken Thompson     | 3:48:51 |
| Eric Schmidbauer     | 5:13:28 |
| M60 Russ Graham      | 6:01:50 |
| M65 Burt Carlson     | 4:31:15 |
| W40 J Scallen        | 3:07:36 |
| W45 Shelagh McIntosh | 5:13:29 |
| W50 Karen Besterl    | 3:22:16 |
| --Half-Marathon--    |         |
| Overall              |         |
| Chris Kartschoke     | 1:16:38 |
| S Kersten-Peterson   | 1:34:33 |
| M40 Wayne Drealan    | 1:21:58 |
| Jim Anderson         | 1:31:01 |
| M45 Gary Neuhaith    | 1:37:51 |
| M50 Bob Koehler      | 1:51:04 |
| M55 Harry Klessen    | 2:04:49 |
| W70+Eliz Vineman 74  | 3:46:36 |

|                       |       |
|-----------------------|-------|
| --10K--               |       |
| Overall               |       |
| Neal Trebilcock       | 37:36 |
| Marlene Lorenz        | 39:21 |
| M40 Jerry Wagley      | 42:26 |
| M45 Ken Korosel       | 43:26 |
| M50 Bob McKnight      | 46:56 |
| M55 Bob Finch         | 45:43 |
| --5K--                |       |
| Overall               |       |
| Ken Seibel            | 17:53 |
| Pam Hansen            | 19:42 |
| M40 Duane Millislagle | 18:21 |
| M45 Gary Patton       | 20:11 |
| M50 Gordon Anderson   | 26:02 |
| M55 Dick Boyd         | 25:28 |
| M60 Don Phillips      | 22:43 |
| W45 Carol Klizke      | 22:44 |
| W50 Reyna Martin      | 28:15 |

Broadway Bridge 5K/10K  
Kansas City, KS; April 18

|                      |       |
|----------------------|-------|
| Overall (5K)         |       |
| Manuel Abascal       | 16:16 |
| Cindy Blakely        | 19:26 |
| M40 Alan Saunders    | 19:14 |
| M50 Bobby Kincaid    | 21:17 |
| M60 Paul Heitzman    | 19:57 |
| M70+Jim Reeds        | 38:28 |
| W40 Lexa Alley       | 23:08 |
| W50 Rebecca Heidlage | 28:20 |
| W60 Joie Tenebaum    | 42:06 |
| Overall (10K)        |       |
| Bob Busby 43         | 34:30 |
| Kathleen Johnson     | 41:18 |
| M40 B Busby          | 34:30 |
| M50 Art McCullough   | 39:25 |
| M60 Charles Mauriur  | 51:29 |
| M70 Ed Burnham       | 58:15 |
| W40 Rose Johnson     | 48:01 |
| W50 Darlene Wright   | 55:16 |
| W60 Mary Otte        | 69:33 |

Michael Forbes 4 Miler  
Kansas City, MO; April 25

|                      |      |
|----------------------|------|
| <u>Overall (5K)</u>  |      |
| Manuel Abascal       | 16:1 |
| Cindy Blakely        | 19:2 |
| M40 Alan Saunders    | 19:1 |
| M50 Bobby Kincaid    | 21:1 |
| M60 Paul Heitzman    | 21:5 |
| M70+Jim Reeds        | 38:2 |
| W40 Lexa Alley       | 23:0 |
| W50 Rebecca Heidlage | 28:2 |
| W60 Joie Tenebaum    | 42:0 |
| <u>Overall (10K)</u> |      |
| Bob Busby 43         | 34:3 |



Continued from previous page

|                      |            |
|----------------------|------------|
| M65 Joe King         | 67:30      |
| Boyce Jacques        | 72:11      |
| Bill Stowell         | 75:02      |
| M70+Bill Hutchinson  | 73:23:38   |
| Alvin Grahm          | 76 1:27:14 |
| Bud Ross             | 73 1:35:41 |
| George Weinzel       | 74:40:48   |
| Mel Shine            | 84 1:44:06 |
| M H Barnebey         | 75 2:09:27 |
| W40 Leslie King      | 68:04      |
| Virginia Falkowski   | 68:31      |
| Sandi Whittle        | 70:03      |
| Marilyn Nippold      | 70:30      |
| W45 Elaine Delsman   | 67:10      |
| Ryan Bonazzola       | 70:38      |
| Jessie Stratton      | 73:28      |
| Barbara Bjerke       | 75:45      |
| W50 Susan Bradley    | 73:29      |
| Judith Hagerman      | 74:46      |
| Katherine Gardiner   | 85:17      |
| Carol Angiolet       | 85:28      |
| W55 Jeanette Corkery | 77:55      |
| Jane Dods            | 83:05      |
| Norma Smith          | 87:22      |
| W60 Daisy Roberts    | 84:04      |
| Jean Irvin           | 90:32      |
| Susan Means          | 98:16      |
| W65 Dawn Russell     | 1:40:23    |
| Betty Gillette       | 1:58:54    |
| W70 Carol Klocke     | 1:58:53    |

## CANADA

Ontario Masters 8K  
Championships  
Toronto; April 10

|                     |       |
|---------------------|-------|
| M40 Henry Bickford  | 25:43 |
| Ted McKeigan        | 26:22 |
| John Clarke         | 27:19 |
| M45 Neil Dunford    | 27:55 |
| Ron Frid            | 28:00 |
| Tony Teddy          | 28:38 |
| M50 Tom Tushingham  | 28:00 |
| Dave Saunders       | 28:14 |
| Bob Glazier         | 30:08 |
| M55 Brian Delaney   | 31:50 |
| Jack Geddes         | 32:16 |
| Jim Pascoe          | 33:28 |
| M60 Ed Whitlock     | 30:44 |
| Jim McIlwham        | 33:50 |
| M65 Rich Maxwell    | 35:48 |
| Maurice French      | 40:45 |
| M70 Nels Pascoe     | 42:57 |
| M75+Whitey Sheridan | 52:15 |
| Sidney Pritchard    | 52:34 |
| W40 Laura Lynn      | 31:47 |
| Debra Brown         | 32:57 |
| W45 Joan Bulgin     | 34:35 |
| W50 Jean Doench     | 39:49 |
| W55 Molly Turner    | 35:04 |
| W60 Marlene Murdoch | 38:36 |

## INTERNATIONAL

London Marathon  
London, England; April 18

|                      |            |
|----------------------|------------|
| Overall              |            |
| Eamon Martin         | 2:10:50    |
| Katrina Dorre        | 2:27:09    |
| M40 David Hill       | 2:24:18    |
| J Collins            | 2:25:59    |
| M Miles              | 2:27:50    |
| A Amroui             | 2:27:58    |
| K Wilkinson          | 2:29:40    |
| M Rumstead           | 2:31:25    |
| M45 Steve Moore      | 2:30:19    |
| Alastair Kean        | 2:30:23    |
| J Ball               | 2:32:03    |
| D Lacy               | 2:33:20    |
| C Hughes             | 2:33:33    |
| D Nanklveio          | 2:34:34    |
| M50 M Hawkins        | 2:36:27    |
| J Collins            | 2:38:20    |
| P Marshall           | 2:38:35    |
| Anthony Gaskell      | 2:41:30    |
| K Davies             | 2:42:21    |
| M55 Harold Dobson    | 2:40:01    |
| B Sweeny             | 2:40:48    |
| Michael Stenning     | 2:47:26    |
| George Kay           | 2:49:25    |
| Mick Ward            | 2:49:43    |
| Sam Fletcher         | 2:49:43    |
| M60 Gordon Booth     | 60 2:54:18 |
| Ken Clarke           | 65 2:56:18 |
| B Emmerson           | 2:57:14    |
| Eric Hills           | 60 3:01:22 |
| M70+Marc Batens      | 73 3:08:36 |
| W35 Lorraine Moller  | 2:32:56    |
| Gillian Horowitz     | 2:42:14    |
| Susan Martin         | 2:45:13    |
| Marianne Floydo      | 2:46:05    |
| Sandra Bentley       | 2:47:33    |
| M40 Zina Marchant    | 2:43:59    |
| Janice Needham       | 2:55:33    |
| Dianne Hepplewhit    | 2:56:02    |
| Kathy Howe           | 2:56:02    |
| W45 Eleanor Robinson | 2:49:59    |
| Val Lemmis           | 3:01:10    |
| S Watson             | 3:03:47    |
| S Gould              | 3:06:07    |
| W50+Susan Lambert    | 52 3:15:26 |
| J Porter             | 3:16:20    |
| Maureen Smith        | 53 3:20:13 |
| Turid Lid            | 51 3:22:13 |
| Carrie Parsi         | 54 3:29:15 |

## RACE WALKING

1992 National Postal One-  
Hour Racewalk  
January 1-December 31

| Overall               | miles-yards |
|-----------------------|-------------|
| Jonathan Matthews     | 8-1098      |
| Victoria Heraze       | 8-0349      |
| M40 Ray Funkhouser    | 8-0317      |
| Brian Savilonis       | 7-0660      |
| John Hunyadi          | 7-0402      |
| Tony Noerpel          | 7-0033      |
| Bob Novak             | 6-1719      |
| M45 Robert Keating    | 7-1646      |
| Joe Light             | 7-0589      |
| Stan Chraminski       | 7-0077      |
| James Carmines        | 7-0001      |
| Richard Letsinger     | 6-1583      |
| M50 Bernie Finch      | 7-0033      |
| John Elwarner         | 6-1511      |
| Alan Yap              | 6-1158      |
| T E Zdrojewski        | 6-1092      |
| Al Fisher             | 6-0910      |
| M55 Jack Bray         | 6-1759      |
| Paul Johnson          | 6-1688      |
| Richard Oliver        | 6-1141      |
| Carl Acosta           | 6-0978      |
| Bob DiCarlo           | 6-0967      |
| M60 Max Green         | 7-0204      |
| Tom White             | 6-0210      |
| Robert Fine           | 6-0125      |
| Andrew Briggs         | 6-0004      |
| M65 Bob Mimm          | 6-0852      |
| Ed Gawinski           | 6-0127      |
| John Nervetti         | 6-0064      |
| M70 Tom Kirley        | 5-1446      |
| J L Levinsohn         | 5-0344      |
| Herm Arrow            | 5-0311      |
| M75 Ed Seeger         | 5-0714      |
| Harry Drazin          | 4-1464      |
| Don Johnson           | 4-1293      |
| M80+Clarence Larson   | 4-0321      |
| W40 Phyllis Hansen    | 6-1184      |
| Jeanette Smith        | 6-1016      |
| Sally Fucacci         | 6-0888      |
| W45 Donna Cunningham  | 6-1056      |
| Jeanne Bocci          | 6-0491      |
| Judy Heller           | 6-0464      |
| W50 Elton Richardson  | 6-0540      |
| Rachel Norton         | 5-1538      |
| Jim Schindel          | 5-1445      |
| W55 Bev LaVeck        | 6-0275      |
| Joyce Decker          | 6-0119      |
| Nancy Whitney         | 6-0024      |
| W60 Ruth Eberle       | 6-0049      |
| Patricia Nesley       | 5-1262      |
| Bonnie Vaughan        | 5-0640      |
| W65 Charlotte Walker  | 4-1558      |
| Lucille Schutte       | 4-1125      |
| W70 Simone McGrath    | 4-0374      |
| W75 Velma Jacobs      | 4-1491      |
| W80+Berniece Springer | 4-0059      |
| Teams:                |             |
| M40 New England Wlks  | 36,444m     |
| M50 Wolverine Pacers  | 31,736      |
| M60 Florida AC        | 27,975      |
| M70 Shore AC          | 23,676      |
| W40 Shore AC          | 30,859      |
| W50 Pacific Pacers    | 27,665      |
| W60 St Louis RW       | 23,989      |

Calle Ocho 5K RW  
Miami, FL; March 10

|                        |          |
|------------------------|----------|
| Overall                |          |
| Eric Schmook           | 27 22:36 |
| June Provost           | 59 29:20 |
| M40 Roy Vargas         | 30:29    |
| M50 Bob Cella          | 35:45    |
| M60 Bob Fine           | 28:33    |
| M70+Paul Geyer         | 33:36    |
| W40 Belinda Grothpietz | 34:40    |
| W50 J Provost          | 29:20    |
| Kay Cella              | 33:03    |
| W60 Marcia Shafmaster  | 35:41    |
| (uncertified course)   |          |

Park Walkers Club 5K RW  
Central Park, NYC; March 20

|                    |          |
|--------------------|----------|
| Overall            |          |
| Michael Korol      | 34 23:48 |
| Kaisa Ajaye        | 28 26:44 |
| M40 Nick Bdera     | 44 24:33 |
| M50 Eugene Kaufman | 56 33:06 |
| M60 Cevin Robinson | 64 30:28 |
| M70 Frank LaMorte  | 71 33:25 |
| W40 Lynne Conant   | 42 31:50 |
| W50 AnneMarie Kunz | 51 31:50 |
| W60 Minna Charles  | 68 39:13 |
| (four judges)      |          |

Lavonne Hottensmith 5K RW  
Boynton Beach, FL; March 27

|                     |          |
|---------------------|----------|
| Overall             |          |
| Bob Cella           | 55 28:42 |
| June Provost        | 59 29:45 |
| M40 Murray Marton   | 37:48    |
| M45 none            |          |
| M50 Buck Jordan     | 32:28    |
| M55 B Cella         | 28:42    |
| M60 Bob Fine        | 29:02    |
| M65 Jerome Kauffman | 34:08    |
| M85 Sam Gadless     | 86 38:41 |
| W40 Jill Slawson    | 35:30    |
| W45 Sheila Reed     | 31:01    |
| W50 Kay Cella       | 33:49    |
| W55 June Provost    | 29:45    |
| W60 Mary Shanyfelt  | 47:14    |
| W65 Vivian Jeffers  | 37:05    |

Mervyn's 5K RW Series  
Boca Raton, FL; March 28

|                     |          |
|---------------------|----------|
| Overall             |          |
| Carey Witkov        | 31:14    |
| Mary Erazmus        | 31:10    |
| Overall Masters     |          |
| Buck Jordan         | 51 31:19 |
| June Ranofsky       | 32:20    |
| M40 Chuck Conlon    | 31:29    |
| M50 Jay Caplen      | 34:37    |
| M60 S Shafmaster    | 33:37    |
| M70 Paul Geyer      | 32:42    |
| W40 Linda Lafferty  | 31:29    |
| W50 Carlene Laseter | 42:40    |
| W60 Miriam Gordon   | 32:34    |
| W70 Trudy Byer      | 48:07    |

National Invitational  
Racewalk (M-20K/W-10K)  
Washington, DC; March 28

|                        |            |
|------------------------|------------|
| 1 Tim Berrett          | 28 1:22:47 |
| 15 Don Denoon          | 49 1:32:21 |
| 16 Ray Funkhouser      | 42 1:33:20 |
| 31 Phil McGaw          | 42 1:47:38 |
| 33 Nick Bdera          | 44 1:48:48 |
| 34 Norm Frable         | 47 1:49:01 |
| 35 Alan Price          | 46 1:50:43 |
| 38 Bob Ullman          | 44 1:54:16 |
| 41 Tom Bower           | 49 1:56:08 |
| 42 Tom Zdrojewski      | 52 1:56:32 |
| 43 Herb Zydek          | 54 1:56:56 |
| 47 Martin Smith        | 43 2:02:09 |
| 48 Tom Morra           | 44 2:03:46 |
| 50 Stan Shechter       | 60 2:08:47 |
| 52 Ed Merrill          | 60 2:10:07 |
| 53 Vic Litwinski       | 49 2:10:49 |
| 54 Bernie Finch        | 53 2:15:40 |
| 55 Ed Gawinski         | 66 2:18:57 |
| 1 Theresa Vail         | 30 45:27   |
| 14 Sally Richards-Kerr |            |
| 25 Viisha Sedlak       | 44 52:38   |
| 33 Pat Weir            | 42 55:54   |
| 37 Kathy Frable        | 47 59:49   |
| 42 Bess Beste          | 42 63:09   |
| 43 Donna Cetrullo      | 44 65:10   |
| 44 Olga Figueroa       | 47 65:36   |
| 46 Marg Alexander      | 50 66:59   |
| 47 Beth YoungGrady     | 56 67:01   |
| 48 Carol Kuo           | 45 69:23   |
| 49 Joan Rowland        | 66 71:34   |
| 50 Pris Frappier       | 43 78:33   |

YMCA's Midwest Masters  
Classic 2 Mile RW  
Omaha, NE; April 3

|                |               |
|----------------|---------------|
| Overall Male   |               |
| Dean Jungman   | (52) NE 18:27 |
| Gary Shamblen  | (38) IA 19:13 |
| Mike Storm     | (45) NE 20:07 |
| Paul Johnson   | (56) IA 21:30 |
| Overall Female |               |
| Karen Hardman  | (42) IA 20:51 |
| Marsha Jones   | (43) NE 21:41 |
| Madelyn Naber  | (44) NE 22:10 |
| Susan Dodel    | (38) NE 22:45 |

Mervyn's 5K RW  
Championships  
Pembroke Pines, FL; April 3

|                       |          |
|-----------------------|----------|
| Overall               |          |
| Eric Schmook          | 27 22:58 |
| June Provost          | 59 29:24 |
| Overall Masters       |          |
| Bob Cella             | 55 27:54 |
| Miriam Gordon         | 67 32:07 |
| M40 Don Stockwell     | 44 28:06 |
| James Buckhart        | 43 31:00 |
| M50 Brian Mair        | 51 28:32 |
| Buck Jordan           | 51 31:55 |
| M60 Robert Fine       | 61 28:19 |
| Gerry Gomes           | 60 29:04 |
| M70 Paul Geyer        | 73 33:46 |
| Bud Schwall           | 77 47:35 |
| W40 Joan Solomon      | 49 35:57 |
| Sandra Seavers        | 42 37:31 |
| Judy Deal             | 48 39:09 |
| W50 Kay Cella         | 53 32:39 |
| Mary King             | 54 34:11 |
| W60 Marcia Shafmaster | 62:34:18 |
| Vivian Jeffers        | 69 36:32 |
| W70 Trudy Byer        | 73 47:01 |

USATF South Carolina  
Racewalk Championships  
Darlington, SC; April 3

|                   |       |
|-------------------|-------|
| --1500--          |       |
| Overall           |       |
| Floyd Haynes      | 8:21  |
| Donna Pekar       | 8:22  |
| M40 David Hale    | 7:47  |
| M45 Curt Sheppard | 9:35  |
| M60 Chuck Webb    | 11:05 |
| M65 Ken Long      | 8:49  |
| --3000m--         |       |
| Overall           |       |
| Floyd Haynes      | 17:23 |
| Donna Pekar       | 17:37 |
| M40 David Hale    | 16:31 |
| M45 Curt Sheppard | 20:26 |
| M60 Mike Michel   | 17:22 |
| M65 Ken Long      | 18:32 |

## The BOSTON RUNNING CLUB

Presents

The 12th ANNUAL

Reebok

BOSTON MASTERS

TRACK &amp; FIELD CHAMPIONSHIPS

USA T&F New England Masters Championship  
JULY 10, 1993

**FACILITY:** NORTHEASTERN UNIVERSITY SOLOMON TRACK, DEDHAM, MA 8 lane "Astro Track" surface.  
**ELIGIBILITY:** Age is determined by your age on the day of the meet. BIRTHDAYS: 5yr age divisions for men and women age 30 and over.  
**HOSPITALITY SUITE:** Friday, June 9th 1993 at the Days Inn Newton from 7-9 pm. Number pickup, food (beer will be available...)  
**MEET HOTEL:** Days Inn Newton, 399 Grove Street Newton, MA 02459. For Reservations: (617) 968-5300 (You must mention the Reebok Boston Masters Meet to receive the special rate of \$68.00 per room plus 9.7% tax before June 25th, 1993).  
**ENTRY FEE:** Pre entry fee (postmarked by July 3rd) \$12.00 Post entry fee (postmarked after July 3rd until 1 hour before each event) \$14.00  
 --First Event-- \$5 each All additional events \$7.00  
 --All additional events-- \$5 per team \$5 per team  
 Relays Relays  
 For further information contact: FRED TRESELER, 79 Mount Rd., Chatham Hill, MA 02167 (617) 964-7802 FAX (617) 964-8356

## ORDER OF EVENTS

WOMEN'S EVENTS FIRST

## FIELD EVENTS

Field event competitors must provide their own implements.  
 Implements will be subject to inspection prior to competition.  
 1:00 High Jump / Javelin / Hammer  
 2:00 Long Jump (upon completion of Javelin) / Discus  
 3:30 Shot Put  
 3:45 Triple Jump



## RUNNING EVENTS

2:00 Hurdles  
 2:30 Distance Medley Relay  
 2:30 Mile Walk  
 2:45 "Tony Sepulveda 5K"  
 3:05 100M  
 3:25 200M  
 3:35 300M  
 3:45 5K  
 4:15 "Paul Sweeney 400M"  
 4:30 "Josh Sample Invitational Men's Mile"  
 Women's and Men's Mile Sections to follow  
 4:45 4 x 800 Relay Women  
 4:45 4 x 800 Relay Men  
 5:00 Mile Relay

## Entry Form

Name \_\_\_\_\_ Sex (M) (F) Date of Birth \_\_\_\_\_ Age on Meet Day \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Tel. \_\_\_\_\_  
 Last your anticipated time or performance: \_\_\_\_\_  
 Event \_\_\_\_\_ Time/Date \_\_\_\_\_  
 Event \_\_\_\_\_ Time/Date \_\_\_\_\_  
 Event \_\_\_\_\_ Time/Date \_\_\_\_\_  
 Make Check Payable to: TRACS, Inc.  
 Send entry form & fee to: Reebok Boston Masters Track Championships  
 c/o TRACS, Inc., 79 Mount Rd., Chatham Hill, MA 02167  
 In consideration of this entry being accepted, I hereby for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against Northeastern University, TRACS, Inc., S.R.C., Reebok, Kennedy Bros., J.T., its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to and from said meet.  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

## 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.
- 
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  - Detailed explanations, sample competitions, personal performance examples and charts.
  - Compiled by the World Association of Veteran Athletes and the National Masters News.

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Van Nuys, CA 91404

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



# USA TRACK & FIELD NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS PROVO, UTAH - BRIGHAM YOUNG UNIVERSITY - AUGUST 11-14, 1993

**ACCOMMODATIONS:** Seven Peaks Resort Hotel is serving as the meet headquarters hotel. We have secured a special rate of \$42.00/single and \$46.00/double (taxes not included). Mention the "National Masters Track & Field Championships". Seven Peaks Resort Hotel can be reached at 1-800-777-7144. Other accommodations range from economy to moderate. These include the following hotels/motels:

Best Value Western Inn 40 W. 300 So. (800)322-8029  
City Center Inn 150 W. 300 So. (800)453-4511 \$20-33  
Colony Inn 1380 So. University Ave (800)524-8999 \$24-66  
Columbian Best Western 70 E. 300 So. (800)528-1234 \$38-52  
• Comfort Inn 1555 No. Canyon Rd. (800)228-5150 \$50-75  
• Cottontree Inn 2230 No. University Parkway (800)528-1234 \$50-100  
• Days Inn 1875 No. 200 West (801)375-8600 \$48-61

East Bay 1292 So. University Ave (800)326-0025 \$28-55  
Motel 6 1600 So. University Ave (801)375-5064 \$28-32  
Rome Inn Best Western 1200 So. University (800)528-1234 \$40-56  
Safari Motel 250 So. University Ave (801)373-9672 \$23-50  
Super 8 1288 So. University Ave (800)843-1991 \$29-40  
Travelodge 124 So. University Ave (800)255-3050 \$30-55  
Valley Inn 1425 So. State (801)377-3804 \$24-28

Make your reservations early, it is the tourist season!!



\* Half mile or less from track

**CAMPUS FOOD AND HOUSING INFORMATION:** Housing is available Tuesday, August 10 to Saturday, August 14. Check out is at 11:00 a.m. Accommodations include clean, comfortable sleeping rooms (two twin beds per room), with centrally located restrooms and showers that are near, but not in your room. Men and women are housed in separate buildings. The food and housing packages are as follows: (All packages include applicable taxes).

- |  |  |         |
|--|--|---------|
| 1. Shared (2 per room) 3 meals per day per person                    | (Four nights Tuesday-Friday, lunch Tuesday through breakfast Saturday) . . . . | \$83.00 |
| 2. Shared (2 per room) 2 meals per day (lunch and dinner) per person | (Four nights Tuesday-Friday, lunch Tuesday through dinner Friday) . . . . .    | \$72.00 |
| 3. Housing Only - Shared (2 per room) per person                     | (Four nights Tuesday-Friday) . . . . .   | \$47.00 |
| 4. Food Only - 3 meals per day per person                            | (Lunch Tuesday through breakfast Saturday) . . . . .                           | \$45.00 |

Please be aware that shorts, tank-tops and miniskirts are not acceptable attire for the cafeteria. Sweat suits are permissible.

On-campus housing is for those participating in or are directly involved with the competition. On-campus housing is not available for family members of the athletes.

Housing for couples is not available.

The standards of Brigham Young University include abstinence from alcohol, tobacco, illegal drugs, coffee, and tea, and the observance of high moral standards. BYU reserves the right to request those not honoring these standards to leave their facilities. Use the reservation form on the application page.

## GENERAL INFORMATION

Meet Director: Ben Stowell (801) 538-2082

**ELIGIBILITY:** Competition is open to all men and women 30 years of age and older. Age on August 11, 1993 will determine the competitor's age group. Individual competition will be held in age groups of five year increments starting at age 30. Relays will be held in age groups of 10-year increments. Proof of registration with USA Track & Field will be required from all U.S. nationals at on-site registration. Foreign competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. Proof of date of birth will be required

from all competitors at on-site registration. A driver's license, passport or birth certificate will be acceptable documentation.

**AWARDS:** USA Track & Field Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards will be given to foreign athletes who place.

**ENTRY FEES AND PROCEDURES:** Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathlon \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 12th, 1993. Confirmation

of entry will be sent within seven days or no later than July 19, 1993. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

**LATE ENTRIES:** The absolute final date for entries will be July 31, 1993, with \$20 late fee charged and no confirmation.

**ON-SITE REGISTRATION & PACKET PICK-UP:**

Packets consisting of number, t-shirt and updated schedule and information will be available at Seven Peaks Resort Hotel, 101 West 100 North, Provo, Utah, Tuesday, August 10 from 9 a.m. to 6 p.m. and at the track on days of competition from 7:00 a.m. to 4:00 p.m. Other meet information will be mailed with entry confirmation.

**TRANSPORTATION:** Delta Air Lines, Inc., in cooperation with The Utah Association of USA Track & Field, is offering special rates to the competition. Special zone fares are available from cities within the contiguous 48 states to Salt Lake City, Ut. Should published fares which provide a greater savings be available, reservations may be confirmed at that rate provided all applicable restrictions are met. To take advantage of this discount, follow these simple steps:

1. Call Delta, or have your travel agent call, at 1-800-241-6760 for reservations from 8:00 a.m. - 11:00 p.m., Eastern Time - Daily.
2. Refer to File Number: E1061
3. Certain restrictions may apply and seats are limited.
4. These discounts are available only through Delta's toll-free number, so call today.

AVIS Rent A Car System, Inc. is providing special rates for those involved in the competition. Call 1-800-331-1600 and use the Avis Worldwide Discount (AWD) number, Y552649.

**OFFICIALS:** Most officials and all head officials will be nationally or master-ranked USA Track & Field Certified officials from across the United States.

**ADMISSION (for Non-Competitors):** \$2.00 per day, \$5.00 for three day pass, \$6.00 for four-day pass.

**VENUE:** Chevron 440 surfaced, 400-meter track with nine 48-inch lanes. Fully automatic timing will be used. Only 1/4 spikes may be used.

**ATHLETES' BANQUET:** We have made arrangements for a Dutch Oven Banquet for Friday night, August 13th, along with a "Mountain Man" demonstration. There will be a separate fee of \$10.00 per person for the banquet. Please indicate your desire to attend on the entry form and include \$10.00 per person with your check.

## 1993 USA TRACK & FIELD - NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Please Print Clearly

|   |  |                            |          |
|---|--|----------------------------|----------|
| Last Name   |  | First Name                 |          |
| Affiliation/Club  |  | M/F                        | Division |
| Address   |  | City/State                 | Zip      |
| Event #1 & Best Mark  |  | X \$20 US                  | \$       |
| Event #2 & Best Mark  |  | X \$15 US                  | \$       |
| Event #3 & Best Mark  |  | X \$10 US                  | \$       |
| Event #4 & Best Mark  |  | X \$10 US                  | \$       |
| Pentathlon & Best Mark  |  | X \$20 US                  | \$       |
| Relay - Team Name   |  | X \$40 US                  | \$       |
| Individual Relay Team Member Names:   |  |                            |          |
| T-Shirt S M L XL XXL (add \$2 for each XXL)   |  | Extra Shirts x \$7 US each | \$       |
| Friday Night "Dutch Oven" Banquet   |  | X \$10 US per person       | \$       |
| USA Track & Field Registration Number   |  | Total Amount Enclosed      | \$       |
| Method of Payment... Check, Money Order or Cashier's Check in U.S. Dollars payable to "USA Track & Field - Utah Association"  |  |                            |          |
| Mail to... USA Track & Field - Utah Association, 615 South 300 East, Salt Lake City, UT 84111   |  |                            |          |
| <p><b>Waiver:</b> I hereby declare I am in good health and properly conditioned for the competition, and of the stated age. I absolutely relieve the National Masters Track &amp; Field Championships Organizing Committee, USA Track &amp; Field the sponsoring organization, Brigham Young University and all officials conducting the meet of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of or in connection with the 1993 USA Track &amp; Field National Masters Track &amp; Field Championships.</p> |  |                            |          |
| Signature   |  | Date                       |          |

For publicity purposes, please list on the back or on a separate attached sheet any past accomplishments (Olympics, national masters, etc.) or enclose resume, photos or newspaper clippings.

Tear at line and send lower portion to BYU for food and housing.

## 1993 USA TRACK & FIELD NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS BYU FOOD AND HOUSING REGISTRATION FORM

If campus food and housing packages are desired, complete this form and mail to the office of: SAS - REGISTRY, 116 SASB, Brigham Young University, Provo, UT, 84602. Please do NOT send any money, food and housing is payable upon arrival. Call (801) 378-3866 with questions.

PLEASE PRINT OR TYPE

|                   |             |                              |
|-------------------|-------------|------------------------------|
| Participant Name: |             |                              |
| Address:          |             |                              |
| City:             | State:      | Zip:                         |
| Phone:            | Gender:     | Desired Package (circle one) |
| ( )               | Female Male | #1 #2 #3 #4                  |

## Tentative Schedule of Events

Final schedule will be included in each athlete packet upon check-in in Provo  
Age groups may be merged into one heat/flight  
when entries are not adequate for a full field

### WEDNESDAY AUGUST 11

PENTATHLON (WOMEN) 8:00  
PENTATHLON (MEN) 9:00  
6000M RUN (ALL FINALS) 8:30  
800M (TRIALS\*)  
\* 12 or less per age group will advance to finals  
400M (TRIALS\*)  
\* 8 or less per age group will advance to finals  
HAMMER THROW (PRELIMS & FINALS) 8:00 W/All ages Men to follow

### THURSDAY AUGUST 12

6000M RACEWALK (ALL FINALS) 8:00  
110M HURDLES (FINALS)  
100M HURDLES (FINALS)  
80M HURDLES (FINALS)  
400M (ALL FINALS)  
1600M (TRIALS)  
100M (TRIALS)  
100M (FINALS)  
2000M STEEPLECHASE  
(ALL FINALS) W/All ages Men to follow  
3000M STEEPLECHASE (ALL FINALS)  
POLE VAULT (FINALS) 8:00  
SHOT PUT (PRELIMS & FINALS) 8:30 Men Only  
JAVELIN (PRELIMS & FINALS) 8:00 Women Only  
TRIPLE JUMP (PRELIMS & FINALS) 8:00 W/All ages  
Men to follow  
HIGH JUMP (FINALS) 8:30

### FRIDAY AUGUST 13

10,000M RUN (ALL FINALS) 7:00  
400M HURDLES (ALL FINALS)  
300M HURDLES (ALL FINALS)  
800M (ALL FINALS)  
200M (TRIALS\*)  
\* 8 or less per age group will advance to finals.  
200M (FINALS)  
4X100M REGIONAL RELAY (FINALS)  
DISCUS (PRELIMS & FINALS) 8:00  
LONG JUMP (PRELIMS & FINALS) 8:30

### SATURDAY AUGUST 14

10,000M ROADWALK (FINAL)  
7:30 W/All Ages  
20,000M ROADWALK (FINAL)  
7:30 W/All Ages  
1600M (ALL FINALS) 10:30  
4X100M RELAYS (ALL FINALS)  
4X400M RELAYS (ALL FINALS)  
100M AGE-GRADED (FINAL)  
JAVELIN (PRELIMS & FINALS)  
8:00 Men Only  
SHOT PUT (PRELIMS & FINALS)  
8:00 Women Only