

NATIONAL MASTERS NEWS

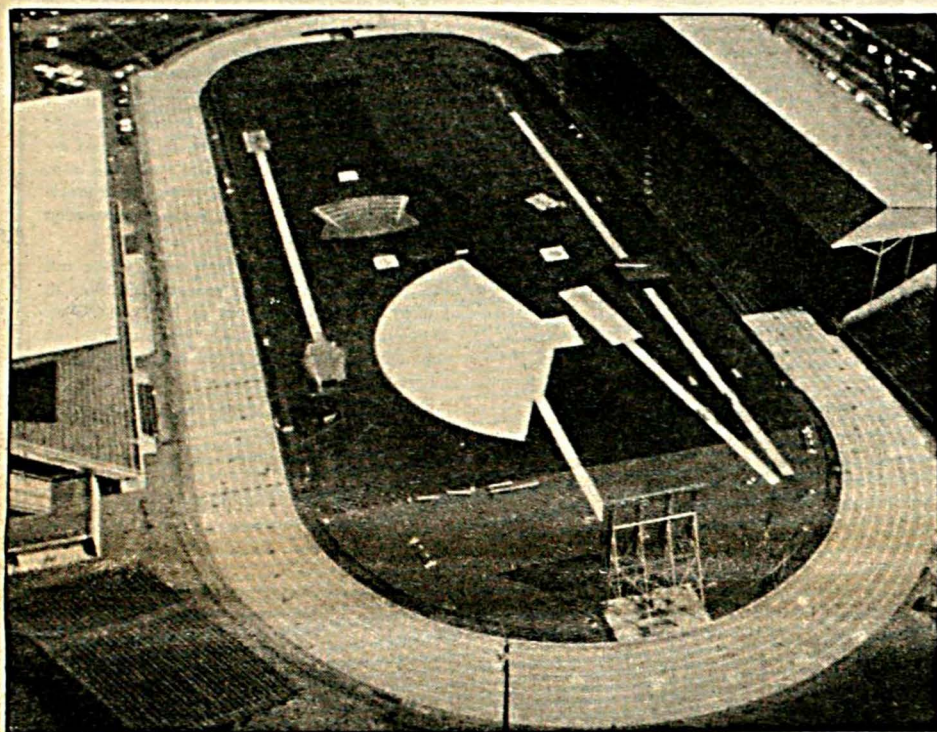
The official world and U.S. publication for Masters track & field, long distance running and race walking.

131st Issue

July, 1989

\$2.25

Record 5000 Athletes From 58 Nations Enter VIII World Veterans Championships in Eugene



Hayward Field in Eugene.

Nearly 5000 veteran athletes from 58 nations have entered the VIII World Veterans Championships this month in Eugene, Oregon.

It should be the largest World Veterans Championships ever held, surpassing the previous high of 4817 at the VII World Veterans Games in Melbourne in 1987. The final entries were still being entered into the computer at NMN press time.

The 58 nations are also a new high, topping the 51 that were represented in Melbourne.

Another 5000 family members and friends will descend on the small Oregon town of 108,000 residents. The visitors are expected to bring over \$10 million into the Eugene-Springfield community.

Competition will be held in the traditional five-year age groups, beginning at age 40 for men and age 35 for women. The action will begin on Thursday, July 27, with the Decathlon/Pentathlon and 10K road race. Opening ceremonies are set for July 28. Then, action is continuous through Sunday, August 6, with off-days on

Monday, July 31 and Wednesday, August 2.

Olympians to Compete

Dozens of Olympians will be on hand, along with familiar names from previous World Games. Among them will be Al Oerter, Willie Davenport, Lee Evans, Tommie Smith, Kip Keino,

Continued on page 19

1400 from 28 Countries to Compete in 22nd Nationals in San Diego

More than 1400 athletes, age-30-and-over, will participate in the 22nd Annual U.S. TAC National Masters Track and Field Championships on July 20-23 in San Diego. It promises to be the best National meet ever held.

It will be the largest National Masters meet ever, surpassing the 971 who competed in the 1987 edition in Eugene.

Action will be held on two tracks at San Diego State University and at Balboa Stadium.

This year's meet will have 400 foreign entrants from 28 nations (see list on page 32). The foreign guests will add not only an enhanced quality of competition but also an international flavor to the meet.

The meet returns to San Diego for the first time since the first six Nationals were held there from 1968-1973.

National championship medals will be awarded in each event in each five-year age group for both men and women from age 30-34 through 95+. The first three American finishers in each event will receive the official TAC Championship medal. U.S. national winners will also receive the TAC Championship patch. Foreign winners will receive a separate distinctive medal.

All medals will display the meet-logo top pin, which may be purchased

Continued on page 32

Bell Nips Law for Fastest Master

by JIM SAXON

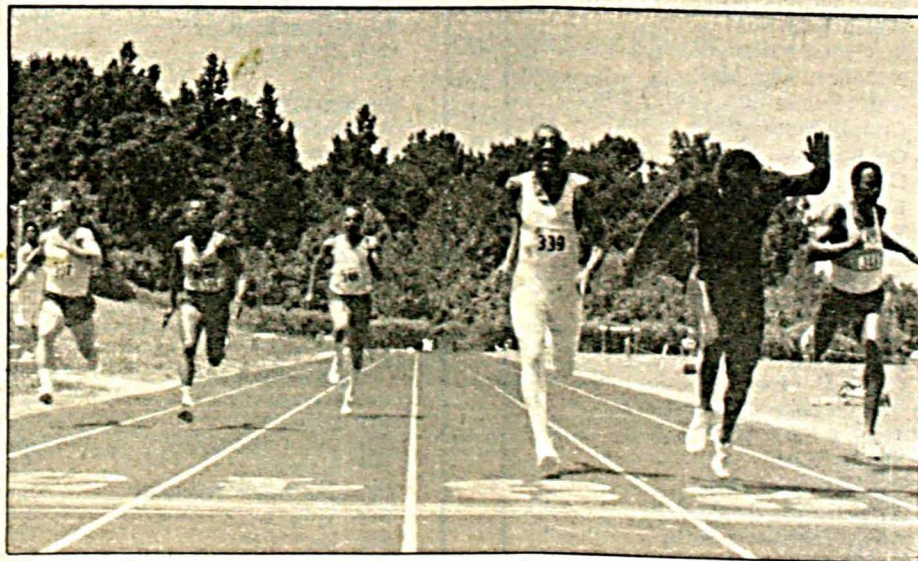
THOMASVILLE, N.C., May 28 — The North Carolina Masters TAC Track and Field Championships came to a stirring conclusion with world-class sprinters contesting the age-handicapped Running Journal Fastest Master 100-meter dash.

The top six sprint age-graded per-

formances in the regular meet qualified for the Fastest Master race: Greg Marshall, 41; Sam Howell, 40; Ervin Mitchell, 50; Jim Law, 63; Jerry McCorkle, 32; and Thad Bell, 45.

Those six were each given meter-handicaps based on their ages. (For example, McCorkle got a 2.3-meter han-

Continued on page 36



Thad Bell, 45, 2nd from right, nips Jim Law, 63, in the Fastest Master 100m dash. From left: Greg Marshall, 41; Sam Howell, 40; Ervin Mitchell, 50; Law, Bell, and Jerry McCorkle, 32.

Photo by Floyd Simmons

World Veterans Championships Preview Issue

- International Section — pages 17-27
- New World and U.S. Outdoor and Indoor Track & Field Records — pages 45-52
- ICI/USRA Circuit — pages 28-30

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

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

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

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

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

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

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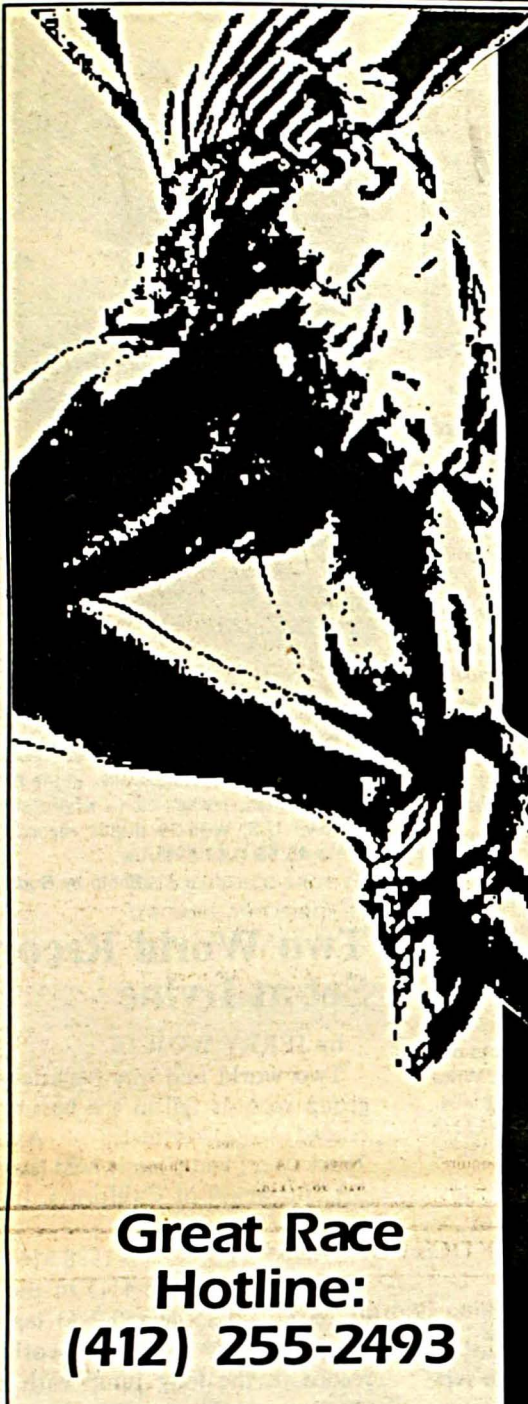
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IN SEARCH OF A TAC CARD

Re the VIII World Veterans Championships on July 27-August 6, 1989 at Eugene, Oregon. I carefully followed all the instructions in the Official Entry Booklet, paid all the fees required and even subscribed to NMN. Then, lo and behold, I'm trapped in a Catch 22 situation. I'm informed I must have a current TAC card.

I sent two letters to the Northwest TAC rep as ordered; three weeks and no reply; called 317/261-0500. They informed me Jim Puckett was the wrong person; Jean Peters was the way to go; called 667-1339. "Sorry, no TAC cards available; call 695-2676."

Not one to toss in my hand without a fight, I again made a frontal attack via technologies modern invention, the mighty telephone. Got an answering machine for my trouble. Left my name, address and serial number. All was not lost. Got a later call from the bona fide TAC Rep. An application card is being rushed my way. And I don't even know the gent's name.

Hooray for my side. I may make it to Eugene after all.

James Henry
The Dalles, Oregon

MEDAL STANDARDS

Ray Callaghan, director of the World Veterans Games in Melbourne, makes an important point (June NMN) concerning WAVA medal standards.

The purpose of mature adults participating in sports is fun and good

health. To create a situation where stress is added makes the whole business of athletic competition for the mature sportsperson self-defeating.

To place the emphasis on elite standards discourages rather than encourages the involvement of mature persons who enjoy sports and do one's best for the fun of it.

Gloria Lipton
Kingston, New York

W. MACDONALD MILLER

First, I wish to compliment NMN for doing an excellent job. Each month I look forward to reading NMN. However, I was disturbed by the Comeback article (June) by W. MacDonald Miller. The editor did note that the column was "R" rated, and that the reader should turn the page if offended by colloquial street language. However, I did not turn the page and I doubt if many did. I felt some of the comments were inappropriate and cheapens the NMN.

Carol Johnston
Whittier, California

MONMOUTH MEET

I wish to thank Sandy Kalb and all the people who helped make the Monmouth College Track and Field Meet a success on June 4.

James Hascup
Totowa, New Jersey

RACEWALKING RECORDS

The racewalking records published in Peter Mundle's *Masters Age*

Records are not TAC-certified records. It is best to call them "distinguished performances."

I cringe every time I hear someone claiming a record based on that book; it is simply not true. I hope this issue can be addressed and rectified.

Richard Oliver
Southern California
Racewalk Committee
Studio City, California

(Oliver is correct. The racewalking track marks are generally accurate, but the racewalking road marks should be termed "unofficial best-known marks." Don Henry, who compiles the racewalking records for Mundle's book, does his best, but it would take an operation similar to TACSTATS to properly verify each mark. — Ed.)

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

10 Join NMN Sustainers

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

Special thanks this month go to Charles McMahon (\$100), Oregon Track Club Masters (\$100), and Raymond Maloney (\$50).

Thanks also to:

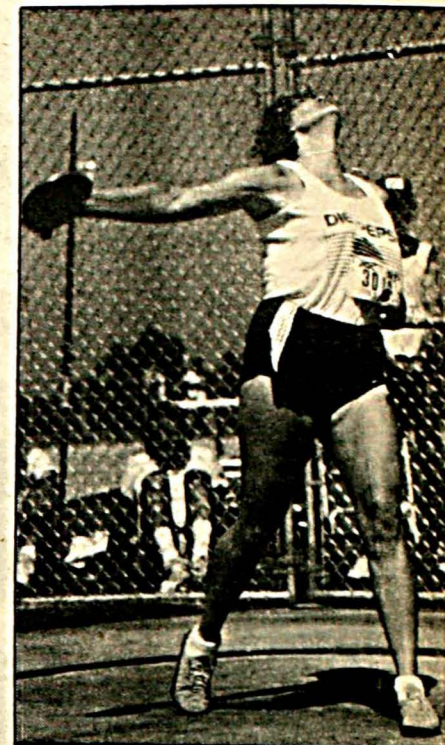
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Devine First, Salazar Second in New Mexico Runners' Pentathlon

by TOM BELL, Meet Director

ALBUQUERQUE — Pat Devine, 60, of Palos Verdes, California led eight masters runners who captured nine of the first ten places at the Fifth Annual Runners' Pentathlon here on June 11.

In the age factor and male and female scoring system, Devine registered 4026 points to David Salazar, 38, of Albuquerque, with 3995. The first nine masters runners were within 130 points.



Janet Wilson of Orange, Calif., at the Anteaters Masters Meet, Irvine, Calif., where she broke her own U.S. W35-39 discus record (44.78) with a 45.58 (149-6) throw.

Photo by Budd Symes

Two World Records Set at Irvine

by JERRY WOJCIC

Two world and one American age-group records fell in the best-ever attended — 250 athletes — Anteaters Track and Field Classic held May 27 at the University of California, Irvine in Orange County.

Milan Tiff broke his 1988 M40 world record of 15.36 (50-4¾) in the triple jump with a 15.42 (50-7¼) leap, and David Marcus set a new world M80 record in the long jump with a 4.04 (13-3) mark. The previous best of 3.80 was set by India's Gulab Singh in 1987.

Tiff's performance percentage of 97.4, based on his age-group standard of 15.83, was easily the best of the meet. Janet Wilson lengthened her W35 U.S. discus record (44.78) with a 45.56 (149-6) throw.

The meet drew participants from such distant states as Florida, Hawaii, and Illinois. Meet director Dave Lewis was aided by Mac McCormick, an experienced masters competitor, who supervised the field events. □

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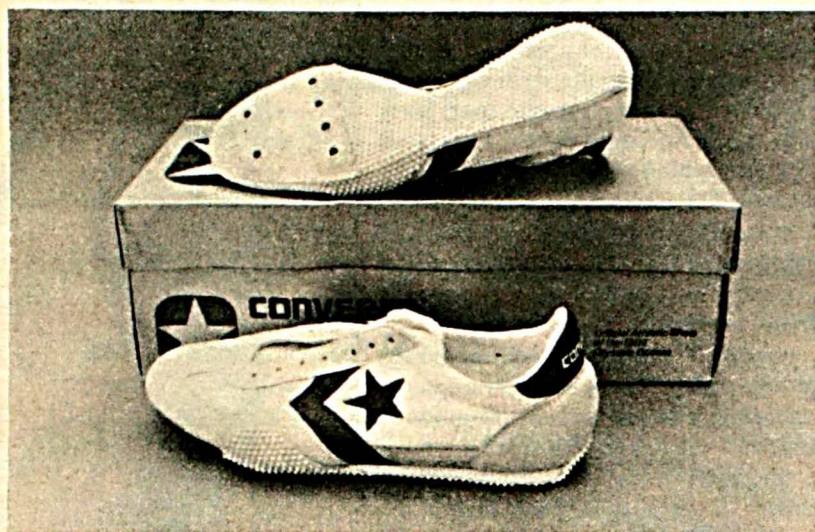
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The Effects of Motivation and Adaptation On The Aging Curve

Adozen or so years ago, when I really started taking an interest in the effects of aging on running performance, I began keeping notes, charts, and graphs on my own progress and regress. I decided that I would be a laboratory of one. I wanted to be able to look back 20 or 30 years down the road and see how much the years had affected me. I was convinced then that it wouldn't be very much, maybe just one second a year in the mile and a proportionate amount at longer distances.

Although I had been running for more than 20 years as I crossed the threshold to masterdom, I realized that I could not make valid comparisons with earlier years as the training was so much different. I did not get into high-mileage training until age 38 and it was only then that the weight came down significantly. The high mileage and lower running weight brought the race times down dramatically. In effect, it took me more than 20 years to fully adapt to distance running.

One thing I failed to take into account relative to future performance was the motivation factor. I assumed that I would continue to be highly motivated to race over the years and that my 20-30 year self-study would reflect physical decline only. I was wrong.

I'm still motivated to run nearly every day and I still have the desire to race. But desire, I've concluded, is not nearly enough. To compete at one's maximum ability requires something more than desire. It calls for determination, drive, a special resolve, a commitment to give your all to the pursuit, a real focus, total dedication. Maybe the best single word is "hunger." Perhaps that is what yields that "extra 10 percent" that coaches in all sports talk about.

Desire vs. Hunger

I've pondered the difference between *desire* and *hunger* a lot lately. It began late last year with the desire to compete in the World Veterans Championships in Eugene this month and next. I was to begin the heavy-duty training on April 1 after establishing a good base during the first three months of the year. However, I was unable to shift gears on April 1. The hunger wasn't there.

Hunger isn't something you really need on the day of competition. It's required through the period of hard training. Looking back, I can see that I was especially hungry between the ages of 38 and 45. That hunger allowed me

to put in 90-100 miles week after week. That usually included a track session of 16-24 quarters in 63-66 seconds each or one of 6 x a mile in an average 4:50, not to mention a hard hill interval workout each week. Those workouts would hurt, but the hunger was greater than the hurt and that allowed me to tolerate them.

Now, at 52, I find that plain old desire gets me up to 60 miles a week, although not regularly. That same desire rarely moves me to push over the discomfort threshold. Eight to 12 quarters in 78-80 seems to be my limit these days, while I can't bring myself to even think about a mile interval session.

It's hard to separate the physical from the mental. As I approached 50 a little over two years ago, I found some of the old motivation and got the mileage up to 70 and the quarters down to 72. But I sensed then that 90-mile weeks were out of reach, as were 70-second quarters. I tried to identify how much of the loss was physical and how much mental, but I couldn't.

Seven-Year Itch

From what I've observed, I believe that loss of the necessary motivation is related much more to the number of years one has been training at high intensity than it is to the aging body. I think there is something to the "seven-year itch" syndrome, which holds that one's passion for someone begins to wane after about seven years. Of course, one can continue to love someone or something without feeling great passion. In my case, I still love running. But the passion seems to be gone. It's the passion that gives rise to hunger.

Whether it is relation to the seven-year itch syndrome or not, I don't know, but I've also observed that it takes the average runner about seven years to fully adapt to the sport. That is, he or she will continue to get stronger and faster for about seven years before reaching a plateau or

beginning a decline. Even among those who take up running in their 40s and 50s, the gains from adaptation run ahead of the losses to aging for around seven years.

Tied in with this is perhaps the biggest motivator for most of us — the personal record. Once we begin to realize that we've run our last PR, the motivation is dealt a serious blow. I'm convinced that's why we're seeing race participation on the decline. All those people who took up the sport a decade ago have come to realize that the PRs are behind them. Most of them continue to run for fitness, but they see little reason to spend hard-earned money to run races when all they stand to get out of it is just another T-shirt.

Welch vs. Shorter

I wonder if Priscilla Welch would have been able to run a 2:26 marathon at age 42 if she had taken up competitive running at age 25 instead of 35 (not the seven years of adaptation in her case). I doubt it. I think that at around age 32 she would have come pretty close to being the first woman to run a sub-2:20 (assuming the same competitive environment) and somewhere around age 35 or 36, as she began the struggle to keep up with her old self, the motivation would have begun slipping. By the time she reached 42, the physical decline alone would have brought her down to 2:26, but factoring in the loss of hunger, she would have been down to something closer to 2:36 at that age.

Norm Green is another good example. While he ran in college and did light fitness running during his 40s, he didn't get into serious road competition until the age of 49. He continued to improve over the next four or five years and his times didn't really begin to fall off until after about seven years of running. During that period, people would say, "Look at Norm Green, he's getting faster with age." I would counter with, "Baloney, he's getting stronger with adaptation." I suspect that Green would have been a sub-2:10 marathoner at the age of 30 — given, of course, the same training and environment. I also believe that Green would not have run 2:25 in his 50s had he been competing at 30.

Looking at the reverse situation, I theorize that if Frank Shorter had begun competitive running at 35, he would be running faster times today than he is — assuming that he had maintained a high level of general physical fitness along with a good diet until age 35. He would not be running 2:10 marathons as he did at 23 or 24, but he would most likely be under 2:20.

Why is it that Shorter is no longer competitive with Bill Rodgers when once they were pretty much equal? Could it be because Shorter has been competing four or five years more than Rodgers?

Wishful Thinking

Every now and then I read where some elite runner in his or her mid-30s is predicting that he or she will break



Priscilla Welch: A sub-2:20 at age 30?

Jack Foster's or Priscilla Welch's masters marathon record. There is no indication that the person is taking the adaptation and motivation factors into account, not to mention the fact that a certain amount of physical decline does take place between 35 and 40. Not too long ago, I read where Francie Larrieu Smith, at 35 still one of America's top runners, was quoted as saying she felt she could continue to improve her times for years to come. She cited the case of Priscilla Welch. I doubted that Larrieu had considered the possibility that Welch was potentially a 2:20-2:22 marathoner at 35 and theoretically had lost something at 42.

Maybe it's best that Larrieu go on thinking like that. There is the theory that aging is all in the mind, that as long as you think positive and believe you can maintain the same standard of performance over the years you will. I thought that way until age 45 and then had a rude awakening.

All this is not to dwell on the negative. I hesitate to talk about decline, but it is a fact of life and I believe that a better grasp of the things that take place after those first 5-10 years of intense competition can help avoid frustration. I know too many people who think they're doing something wrong in their training because the times are getting slower. My feeling is that the person who understands what's going on might better adjust to the inevitable decline.

(Editor's note: If you have thoughts on or comments about this subject or any other aspect of aging and athletic performance, Mike Tymn would like to hear from you. You can write to him at 1524 Uluhao St., Kailua, HI 96734.)

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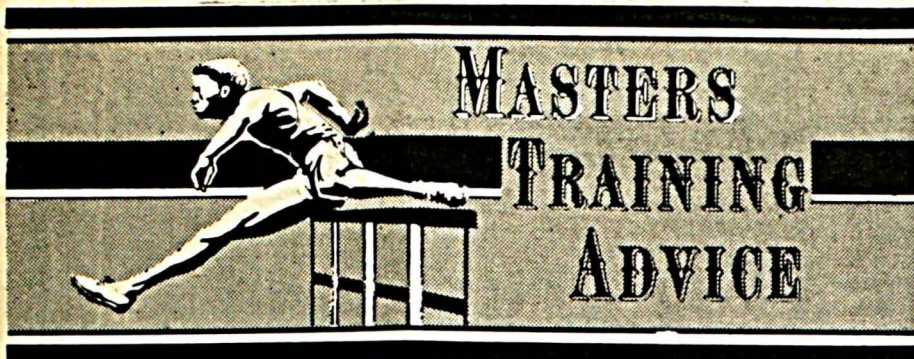
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Wendell Palmer

by STEVE LEWALLEN

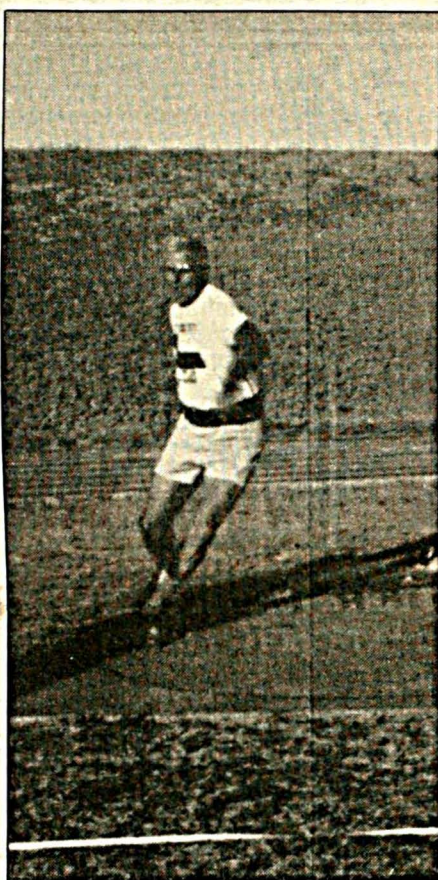
For many masters competitors, the eventual decline in athletic performance that comes with age is a depressing and sobering thought. Not so for masters track and field athlete Wendell Palmer.

"I'm still amazed at what I can do at age 57," says Palmer, holder of world age-records in both the shot put (53-6½) and the discus (182-0). In fact, Palmer seems to be constantly improving instead of gradually declining, a testament to his love of competition and his carefully-planned training regimen.

Palmer (6'2½", 208 lbs.) of Pampa, Texas follows an intensive training program that includes extensive weight work (benches, squats, curls, etc.) coupled with practice throws (shot, discus, javelin, hammer). Weight work is done on an alternating program, heavy (3 sets, 3 reps) on Monday-

Wednesday-Friday, and medium (3 sets, 5-8 reps) on Tuesday-Thursday. In fact, Palmer has even built some of the weight equipment he uses in his workouts. His practice throws are done with a variety of weights (he uses four different weights for his discus throws), and usually starts working out twice a day in June. Palmer describes his warm-up routine as "very limited" and has a similarly brief cool-down period; "Too pooped," he explains.

Although Palmer's workouts are demanding, he also realizes the value of knowing one's limits. "Never overstress the body," he advises.



"Know your capabilities and don't try to overdo." Such a realistic and pragmatic attitude must be seen as a factor in Palmer's athletic longevity.

Much of Palmer's time away from

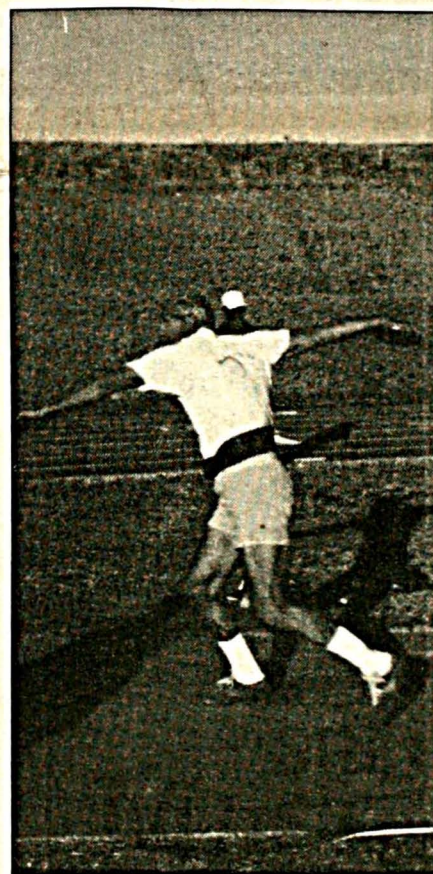
Daily Training Schedule: Wendell Palmer

Monday	Heavy Lifting (3 sets, 3 reps): Bench press High Pull-ups Squats Power cleans Curls (French, front) Clean & jerks Dead Lift
Tuesday	Moderate Lifting (3 sets, 5-8 reps). Throwing (discus, shot) 8-12 throws for distance; use all weights of implements. Power fronts for approximately 70-80% of top distance.
Wednesday	Same as Monday
Thursday	Same as Tuesday
Friday	Same as Monday
Saturday	Same as Tuesday Throwing (hammer, weight)
Sunday	Throwing (shot, discus, javelin, hammer, weight)

track and field competition is spent as a consultant in Pampa, where he evaluates and sets training programs for high school athletes. "Too many young, talented kids are sacrificed because of poor coaching," Palmer claims. He works with them on such areas as proper form and visualization. He has competed in track and field for most of his life, first in high school,

competition. "A lot of Americans should look to the masters track and field program," he advises. "It's great camaraderie, as I have met some wonderful people. You don't have to be in first place; you just have to love to compete."

The future certainly looks bright for Wendell Palmer. His goals include attending the Nationals in San Diego and the World Games in Eugene (finances willing), and no less than another world record, this time of 200' or more, in the discus. As one can see, Wendell Palmer has no intention of slowly fading away. □



Wendell Palmer.

then through junior college (national discus champion); then a three-year stint in the Air Force, where he competed against the legendary Parry O'Brien. He was also a track and field fixture during his two years at Fort Hays State in Kansas, where he became the discus conference champion in 1959.

Although Palmer's meet appearances have been limited recently by plantar fasciae and heel spur injuries, he is still enthusiastic about masters

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Schedule of Events

Men	Women
100M 8:00 AM	100M 8:30 AM
Shotput 8:30 AM	Javelin 9:00 AM
5000M 9:00 AM	3000M 9:30 AM
800M 10:00 AM	800M 10:30 AM
Javelin 10:30 AM	Shotput 11:00 AM
Discus 11:30 AM	1 Mile Run 11:00 AM
1 Mile Run 12:00 PM	High Jump 11:30 AM
Long Jump 12:30 PM	400M 12:30 PM
400M 1:30 PM	Discus 1:30 PM
High Jump 2:30 PM	Long Jump 2:30 PM
1 Mile Race Walk 3:00 PM	1 Mile Race Walk 3:00 PM
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—National Masters News, August, 1988

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Good Times in Long Beach

by JERRY WOJCIK

A reasonably good turnout of athletes for the Striders Meet of Champions at California State University at Long Beach on May 7, was greeted with perfect weather with temperatures in the 70s and little wind. Runners took advantage of the conditions and the fast track to post some outstanding times.

Alvin Henry's 13.9 in the M50 100mH (36") earned him the meet's top performance percentage of 96.8. Frank Little won the M45 100 in 11.30, giving him the next best performance of 94.6%. Don Parker, M45 800 winner in 2:00.70, and Rocky McPherson, who beat a tough M60 field in the 100 with a 12.40, tied for the third-best performance with 93.8%.

Sprinter-high jumper Nick Newton,

M55, ran the 300mH for the first time ever, winning in 48.70.

World-record-holder in the javelin, Del Pickarts, M60, had one of the top discus throws in the country to date with a 150-9. □

Five Years Ago

July 1984

- Bill Stewart (31:27), Shirley Matson (38:33) win Cotton Row 10K.
- At age 51, Norm Green Wins National 25K in 1:24:11.
- Gretchen Snyder Sets Four U.S. W50 Track Records.
- 240 Compete in Trojan Meet in L.A.

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	12:15 OFFICIALS LUNCH BREAK
9:45 RELAY 4 X 100M	1:00 100M SPRINT
10:00 1500M RUN	1:45 800M RUN
10:30 RELAY 4 X 200M	2:15 300M INT. HURDLES
11:00 400M SPRINT	2:45 200M SPRINT
11:15 800M HURDLES	3:15 RELAY 4 X 400

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Waiver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.



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Frye and Swenson Battle in Masters Mile

by PAUL MURRAY

The Masters Mile at the 49th annual William F. Eddy, Jr. Memorial Track Meet brought some of the fastest masters milers in the East to Union College in Schenectady, N.Y., for an early season showdown. The Eddy meet added the masters event last year, and the initial race ended with a classic finish as Dan Frye edged Barry Brown, Harry Nolan, and Larry Olsen in a time of 4:22.11.

The 1989 field was studded with stars including Frye, from Woods Hole, Mass., winner of the masters division of the Fifth Annual Mile in 4:16; Al Swenson of Wolcott, Conn., who had beaten Frye at their last meeting indoors at Brown University; Ken Sparks, the "old man" of the group at age 44; local favorite, Bill Robinson of Cohoes, N.Y.; and former Washington Redskin defensive back Dave Bowden from Fort Lauderdale, Fla. Barry Brown, last year's second place finisher, who had first run in the Eddy meet as a schoolboy from nearby Colonie, N.Y., was forced to watch from the sidelines due to a persistent sciatic nerve problem.



Dan Frye and Al Swenson sprint to the finish of the Masters Mile in the Eddy Memorial Meet, Schenectady, N.Y., May 20, with Ken Sparks third, Frye winning in 4:22.11.

Photo by Paul Murray

At the starting gun, Frye showed his determination to repeat his 1988 victory by jumping off to an early lead. The rest of the pack stuck close to his heels, covering the first lap in 65 seconds. In the second lap it became a three-man race as Frye, Sparks, and Swenson forged ahead, with a split at the half of 2:11. Frye continued to set the pace through the third lap with Sparks second and Swenson a close third. The bell lap began with an elapsed time of 3:17.

The crowd sensed the last lap would be full of thrills and no one was disappointed. With 300 meters remaining, Sparks made his move, pulling around Frye to take the lead. Next, it was Swenson's turn as he passed Sparks heading into the final curve with 150 meters to go. As they entered the final straightaway, Frye was in third place, but he had just begun his race. He swung wide around Sparks and Swenson and shifted gears for the last 100 meters. Swenson accepted the challenge, and the two men battled to the finish line only inches apart.

The official clock showed Frye the victor and Swenson only two ticks behind in 4:22.13. Sparks finished a close third in 4:23.04. Robinson took fourth with 4:34.79, and Bowden fifth in 4:49.79.

After, Swenson admitted that he may have started his kick a bit prematurely. "I was feeling good," he said, "and I felt I could win it."

Frye credited his win to his experience in last year's race. "I remembered the long straightaway," he recalled. "I wasn't about to start kicking with 200 yards left. I knew there was enough room left to catch him."

The masters runners made the most of their moment in the spotlight. They convincingly demonstrated that athletes over-40 can compete at a high level and provide plenty of excitement for the fans. □

Striders Take California Team Championships

by JERRY WOJCIK

The Southern California Striders won the California Masters Team Championships held at California State University-Long Beach, May 13, with a total of 564 points. The Corona Del Mar TC, another well-manned local club with a long history, was second with 370, followed by the Los

Angeles-Valley TC, a relatively new, but star-studded group, which totaled 292.

Outstanding individual performers included Al Guidet, M70, 100 (14.19); Don Parker, M45, 400 (52.61); Mike Figueroa, M45, 10,000 (33:53); and Janet Wilson, who was eight inches shy of her W35 U.S. discus record with a 146-3. □

1989 Indoor Field Event Rankings Compiled

The first U.S. masters rankings of indoor field events has been completed by Jerry Wojcik, TAC Masters Rankings Coordinator, and is now available. The compilation contains 11 pages of rankings for men and women ages 30 through 89 who competed in 1989 masters meets, ranging from the National Masters Indoor Champion-

ships to local ones, in the high jump, pole vault, long and triple jumps, shot put, and weight throw.

The price for each copy is \$2.50, plus \$1.00 for postage and handling. Send orders to Jerry Wojcik, Indoor Rankings, P.O. Box 2372, Van Nuys, CA 91404. □

6100 Finish Newsday

by BILL BENSON

The Newsday Marathon/Half-Marathon in Long Island, N.Y., is a low-key event — no cash prizes or imported big names. It is unique in that the starters do not have to make up their minds whether to run the marathon or the half until five miles into the race. The marathoners stay on the Wantagh Parkway to Jones Beach and return to Eisenhower Park, while the half-marathoners turn around at that point and head back to the park.

Raschker Soars to High Jump Record in Birmingham

by WALLACE McCOY

Phil Raschker broke her own American record for the W40-44 high jump with a 5-3¼ (1.62) effort in the Birmingham Track Classic at Samford University in Birmingham, Ala., on May 20. Her old record of 5-1 was set in 1987.

Other national-and-world-class participants having a good day were runners Ellis Liddell, M30; Marion McCoy, M35; Fletcher Bailey, M35; Ralph Wallace, M40, and John Poppell, M55; and field eventers Ed Hill, M45, and Bill Duckworth, M50.

Phil Mulkey, M55, Buck Bradberry, M60, and Arling Pitcher, M85, performed at near-decathlon levels as each entered nine events.

In addition to the usual first-three-place awards, an age-graded winner in each event, selected by age-factoring each division-winning performance, received Timex Ironman watches. Meet director Gordon Seifert was one of the 15 age-graded winners, based on his 5-1¼ high jump, which factored into an event-top 7-2.

Inclement weather, including storm warnings throughout the morning, threatened to postpone the meet; however, skies cleared, and the event proceeded on schedule. □

On May 7, in the tenth annual race, 5433 finishers opted for the half, and 677 chose the marathon.

Before the race, there was much speculation as the possibility that the male and female winners of the initial marathon in 1979 might be able to repeat ten years later. They almost pulled it off.

Lou Calvano, now in the M30-39 division, who won in 1979 with a 2:19, was this year's winner in 2:31:42. Anna Thornhill, first woman in 1979, now in the W45 group, was second woman in

3:20:20 to overall winner Kathering Corsitto (3:07:47).

The first M40+ was Allan Kirik with a 2:44:56. The M50 division race was a real shootout with Richard Murphy first (3:00:08), Mel Cowgil second (3:00:22), and Robert Van Dekieft third (3:00:35).

In the shorter race, Art Hall, M40, was the first master in 1:12:02, with Maddy Harelting, W40, first W40+ and fifth overall with a splendid 1:24:46.

The ageless Joe Cordeiro, looking

younger and running faster, was first in the M50 division (1:20:45). Marion Stanjones took the W50 contest and 47th overall with a fine 1:37:49. Althea Wetherbee, the grand doyenne of women's racing on Long Island, celebrated her recent passage into the W70 division with a 2:05:39 first place.

Winners overall were Jim O'Brien (1:08:11) and Kim Bowman (1:22:26).

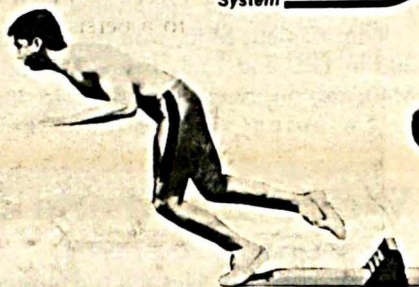
After a week of heavy rain, race day was a great one for running, with sunny skies, temperatures in the low 50s, and a slight breeze. □

"Victory is Sweet"

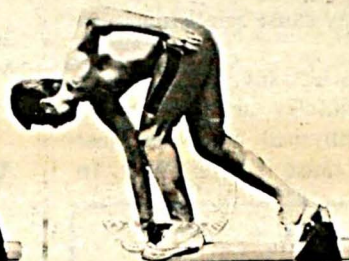
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Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Sciatica

Sciatica nerve pain is a difficult condition to deal with. There is controversy as to the cause of sciatica as well as to its origins.

Irritation of the sciatic nerve can be described as a sharp, disabling pain that originates in the lower back and radiates underneath the buttocks and down the back of the leg. Those suffering from this disorder have difficulty in training the affected leg, exercising, and even sleeping comfortably.

There are many theories as to the cause of sciatic nerve pain. Many attribute it to irritation due to lower back disorders, such as a pinched nerve or compression of the lumbar nerve roots, herniated disc, or congenital back problems, like spondylolysis, degenerative disc disease, and nerve root entrapment.

Other theories include compression of the sciatic nerve by the piriformis

muscle, which seems to be more common among masters athletes.

There are many ways to treat sciatic nerve pain, but unfortunately not all of them are successful. The best starting point is with a complete examination and x-ray of the lower back area to rule out any disc disease.

A complete biomechanical evaluation should be performed to rule out such things as a short leg syndrome, which may be aggravating the nerve, or certain foot pathologies such as flat feet, which may cause sciatic nerve irritation.

In any case which involves weakness of the toe muscles or other reflex changes, all physical activities must stop until the cause is determined. In

these cases, electromyography, and, if necessary, myelography, may be performed. In many cases, surgical intervention is required and most runners are able to return to running on an asymptomatic basis.

One may wish to undergo conventional stretching exercises and heel lifts which may relieve pressure to the hamstring and upper leg area. Stretching can be performed by placing your heel on a stool and slowly bending forward to stretch the gluteal area. These exercises should be performed slowly and gradually.

Running in water may be substituted for heavier exercises and ice should be applied after activity. Warm moist packs may be applied to the area in the evenings.

Along with stretching, you may wish to strengthen the abdominal area by performing bent knee sit ups.

If the hamstrings are aggravated along with the sciatic nerve, physical therapy should be initiated. The use of ultrasound with gentle hamstring exercises may be performed under the careful supervision of your physical therapist.

There has been some controversy as to the use of steroid injections into the sciatic area. This should be discussed with your orthopedist and its pros and cons described. Analgesics, anti-inflammatories and sedative may be prescribed in severe cases. After the acute inflammatory condition has subsided, therapy, massage, hot baths, and mild stretching may be performed.

(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.)

Lincoln TC Stages Spring Championships

by BOB EVEROSKI

The Lincoln TC Spring Championships were held April 23 at the University of Nebraska in Lincoln, with competition in ten-year age groups.

Tom Bassett, M40, won the 100 and 200 in 11.9 and 23.5. Felipe Medcalf, M40, ran an excellent time of 15:58.9 in winning the 5000. Tom

Wesselowski, M50, was a double winner in the discus (132-2) and shot put (46-8).

The only two women in the meet turned in fine performances. Judy Brown, W30, took the 100 in 13.6. Danis Willet, W30, defeated Brown in the 200 with a 26.4, and posted a swift 60.7 to win the 400. □

Welch Gets World Best at Nike Women's 8K

by STEVEN LEWALLEN

Priscilla Welch, 44, took top masters honors and ran a world best W40 8K of 26:26 at the Nike Women's 8K in Washington, D.C., on May 14. Welch placed 15th overall and was also top age-graded master with an outstanding 98.2% (Welch's 26:26 divided into the W44 standard of 25:57).

Second age-graded master was Heather Matthews (W40, 27:12, 92.8%), followed by Hedy Marque (W70, 39:25, 86.8%), Janet Jordan (W40, 29:04, 86.8%), and Marion Irvine (W55, 33:54, 84.2%).

Overall winner was Lynn Jennings (25:07, 94.2%).

Over 3000 runners competed in this Mother's Day event. □



Sister Marion Irvine (33:54), first W55 at the Nike Women's 8K in Washington, D.C. May 14. Photo by Kathy Ruser



Heather Matthews (27:12), second W40 at the Nike Women's 8K in Washington, D.C., May 14. Photo by Kathy Ruser

PHILADELPHIA MASTERS 1989 OUTDOOR INVITATIONAL (FOR TAC MEMBERS, MALE OR FEMALE, AGES 30+)

DATE/PLACE: Saturday, August 19, 1989 - Ursinus College, Collegeville, PA

TRACK: Artificial surface; flats or 1/8 inch spikes with base that does not penetrate track surface

ENTRY/AWARDS: \$6.00 per event; awards to first 3 in each 5-year group

DEADLINE: Entries must be IN MEET DIRECTOR'S HANDS no later than 5 p.m., Friday, August 11, 1989

SEND TO: Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010 (215-LA5-0811)

TRACK

10:00 a.m. 10,000 run
11:15 a.m. 110/100/80 hurdles
11:45 a.m. 100 dash
1500 run
400 dash
1500 walk
800 run
3000 run
200 dash

FIELD

9:30 a.m. shot put
9:30 a.m. high jump
10:00 a.m. long jump
11:00 a.m. discus
12:00 noon triple jump

- o Shot weights: 7.26 kg, 6 kg, 5 kg, 4 kg, 3 kg.
- o Javelin, weight throw not offered because of space limitations.
- o In shot, discus, long jump, triple jump: All competitors get 6 attempts, UNLESS there are 5 or more competitors in a 5-year age group, in which case only the top 4 competitors (after 3 attempts) will receive 3 additional attempts (or 6 in all). Competitors in 5th, 6th place, etc. will be limited to 3 attempts in all.

NAME _____ BIRTHDATE _____ AGE _____ SEX _____

TAC NUMBER _____ PHONE _____

ADDRESS _____

EVENTS _____

ENTRY FEE (payable to Phila. Masters Track Assoc.) _____

In consideration of your accepting my entry, I agree not to sue Ursinus College, the Philadelphia Masters, TAC/USA, the Mid-Atlantic TAC, or other organizations or individuals involved in this meet for any injuries or claims that might arise from my participation. This waiver binds my heirs, executors, and administrators, as well as myself.

SIGNATURE _____ DATE _____

Southwest Sectional Huge Success

by DANNY THIEL

The Southwest Sectional TAC Masters Track and Field Championships at Tulane University in New Orleans was hotly contested. The 90° weather, however, did not hamper attendance, as over 150 athletes participated.

Outstanding performances were turned in by Roger Kamla, M35; Phil Mulkey, M55; Gordon Nordgren,

M70; Lurline Struppeck and Phil Raschker, both W40; and W60s Mary Norckauer and Pat Peterson.

Nordgren and Norckauer were presented with TAC Southwest Masters Male and Female T&F Athlete of the Year awards for outstanding performances in 1988.

Compliments were in abundance for a well-run meet and the best-ever awards and T-shirts. □

Shirley First in Palomar Pentathlon

For the fourth straight year, Graeme Shirley, 43, was the top point-getter in the 13th annual Palomar Pentathlon, held in San Diego on May 13.

The pentathlon consists of five running events: 200, 400, 800, 1500, and 3000, run in that order with about 30 minutes for each recovery. Each participant achieves points for each race, based on the new WAVA/NMN age-factors, combined with the IAAF 1962 scoring tables.

(For example, Shirley ran the 400 in 55.3. The M43 age factor for the 400 is .8976. $55.3 \times .8976 = 49.7$, his age-graded time, which scores 819 points on the IAAF tables.)

Shirley's total of 3820 points defeated Lolita Bache, 47 (3709), and Joni Pendleton, 42 (3692). Four of the first six places went to females. The youngest competitor in the event was 9; the oldest was 66. □

Gillcrist Ups High Jump Record

by JERRY WOJCIK

The Manasota Track Club Masters Championships, May 20-21, in Sarasota, Fla., produced an M60-64 world record by J. A. Gillcrist in the high jump. He jumped 1.61 (5-3½) to erase Norwegian Hans Overland's 5-3, set in 1984.

Besides individual awards, athletes competed for a team championship, which was won by the host Manasota TC with 661 points. The Florida AC took second with 365, led by Gilberto Gonzales, who topped all individual scoring with 63 points.

Meet director John Shenk mustered enough strength to win the M45 400 (57.85) and 800 (2:17.10). □

LATE FLASH

Sweden's Kjell-Erik Stahl, 42, placed second overall and first master in 2:18:43 in Grandma's Marathon on June 17 in Duluth, Minn. Susan Havens of Olympia, Wash., won the W40+ title in 2:50:03. Complete results next month. □

1989 MASTERS PRIZE MONEY AWARDS THRU 1 MAY 1989

\$29,300	John Campbell (NZL)	23,430	Priscilla Welch (CO/GBR)
7,626	Victor Mora (COL)	11,925	Laurie Binder (CA)
7,260	Bill Rodgers (MA)	8,350	Gabrielle Andersen (ID)
		6,000	Evy Palm (SWE)
4,450	Ryszard Marczak (POL)	5,100	Barbara Filutze (PA)
3,625	Dave Stewart (CAN)	4,300	Judy Greer (FL)
3,445	Graham Tattersall (NZL)	2,800	Angela Hearn (NY/GBR)
3,200	Jim Pearson (FL)	2,100	Karen Macharg (FL)
3,075	Bob Schlaue (SC)	1,925	Nancy Oshier (NY)
2,500	John Custy (CO)	1,775	Jane Hutchison (MO)
-10-		-10-	
2,300	Athol Barton (MD/NZL)	1,350	Heather Matthews (NZL)
2,175	Mike Hurd (GBR)	1,250	Harolene Walters (CA)
1,850	Sheldon Cowles (GBR)	1,250	Wen-shi Yu (NY)
1,250	Fred Waybright (WV)	1,000	Claudia Ciavarella (NC)
1,020	Jerry Tighe (CAN)	1,000	Terry Mahr (OH)
1,000	Jim O'Neill (OH)	818	Mary Wood (CO)
1,000	Bob Rozeski (OH)	800	Nancy McLaren (USA)
900	Wilson Waigwa (CA/KEN)	750	Sue McLain (OH)
818	Hipolito Islas (MEX)	650	Maria Quinones (TX)
800	Larry Almborg (WA)	625	Nina Bovio (MI)
-20-		-20-	
750	Bob Kuebler (OH)	600	Susan Henderson (OR)
750	Miguel Mendez (CA)	600	Gail Scott-LeDage (CA)
700	Larry Frederick (VA)	500	Judy Fellhauer (CO)
650	Carl Nicholson (AL)	500	Sandra Kiddy (CA)
650	Larry Olsen (MA)	500	Shirley Lindsay (TX)
		500	Margie Lindsey (CA)
		500	Whayong Semer (OH)
		500	Mary Ellen Williams (MD)

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COURSE RECORDS

MEN: Paul Cummings 2:15:16

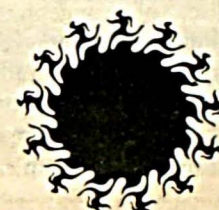
Criss James 2:15:16

WOMEN: Gail Ladage-Scott 2:37:13

(American Women's Masters Record)

Joan Ulliot 2:47:40

(American Age Group Record)



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MEN'S DIVISION		WOMEN'S DIVISION		CIRCLE T-SHIRT SIZE	
<input type="checkbox"/> Bantam 12 Under	<input type="checkbox"/> Masters 40-44	<input type="checkbox"/> Bantam 12 Under	<input type="checkbox"/> Masters 40-44	CHILDREN S M L	
<input type="checkbox"/> Jr 13-14	<input type="checkbox"/> Masters 45-49	<input type="checkbox"/> Jr 13-14	<input type="checkbox"/> Masters 45-49	ADULT S M L XL	
<input type="checkbox"/> Jr 15-18	<input type="checkbox"/> Veterans 50-54	<input type="checkbox"/> Jr 15-18	<input type="checkbox"/> Veterans 50-54	No. of Previous Marathons _____	
<input type="checkbox"/> Open 19-24	<input type="checkbox"/> Veterans 55-59	<input type="checkbox"/> Open 19-24	<input type="checkbox"/> Veterans 55-59	No. of Previous St. George Marathons _____	
<input type="checkbox"/> Open 25-29	<input type="checkbox"/> Sr 60-64	<input type="checkbox"/> Open 25-29	<input type="checkbox"/> Sr 60-64	Your Fastest Full Marathon Time _____	
<input type="checkbox"/> SubMst 30-34	<input type="checkbox"/> Sr 65-69	<input type="checkbox"/> SubMst 30-34	<input type="checkbox"/> Sr 65-69	Your Anticipated 1989 St. George Time _____	
<input type="checkbox"/> SubMst 35-39	<input type="checkbox"/> Sr 70 & Over	<input type="checkbox"/> SubMst 35-39	<input type="checkbox"/> Sr 70 & Over		
<input type="checkbox"/> 29 Wheelchair (Men)		<input type="checkbox"/> 30 Wheelchair (Women)			

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 be 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.

Signature of Parent or Legal Guardian (if under 18) _____



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY
Chairman, TAC Masters Track & Field Committee

The Tip of the Iceberg

Masters athletes' main concerns are: what time does my event start, is the weather decent, and if I win, how soon will my medal be ready? As long as the meet director schedules the meet for good weather, runs it on time, and makes presentations promptly, the meet is a success.

On the surface, this seems like a pretty simple task. However, what the competitor sees is the tip of the iceberg. There is a story on this page concerning the running of a masters mile by elite runners at the Outdoor Championships for prize money that gets well beneath the tip of the iceberg and deals with a really difficult philosophical issue in running a championship.

David Pain's comments are a well-reasoned response to Dean Reinke's request. Whether or not elite runners should run races for money in the National Championships is an issue which

the National Committee has been concerned about for a number of years. Other meet directors and organizing committees have taken a different approach than Dave.

Dave's response touches on the essence of the masters program. It is not an easy decision to make. He is declining support for his meet, and perhaps declining the opportunity to have some of the finest young masters athletes compete at the Championships.

What Dave is accomplishing is keeping the Championships a champion-

ship meet, which I and many others feel is the purpose of this meet.

Competition for the masters athlete participation is becoming strong — Senior Olympics, state games, running tours for the elite — all attract masters athletes. Only TAC/USA Masters Track and Field provides the steady, consistent program for all athletics competition that follows specific rules and guidelines leading to a National and World Championships. Maintaining the integrity of that program is a key goal of the Masters Track & Field Committee.

Dave's point is well taken, and it would be a big boost for the entire pro-

gram if those running in Mr. Reinke's program could, for one weekend, put aside their competitions for money and enter the Championships as competitors. Their high level of ability is bound to attract others and raise our level of competition and visibility to the public.

The decision by Dave was not easy, and being a meet director takes a lot of effort. The meet itself is only the final evidence of the hard work and dedication that takes place over an extended period of time. The Championships in San Diego will be of the first order. My public thanks to David Pain and to the Organizing Committee for their most conscientious efforts. □

Duke City Masters Games

by NEIL SILVER

ALBUQUERQUE — A blind sprinter, Winston Haynes, was the highlight performer of the Duke City Masters Games here, June 3-4, on the University of New Mexico fast track.

Haynes, M30, sped to a 12.07 100 and a 24.73 200. Haynes, a physical education instructor for blind organizations and schools, was guided by Clarence Holland, New Mexico high school champion in 1988 in the high hurdles.

Sixty-one athletes participated.

John Kelley, M50, leaped 40-2¾ in the triple jump, better than his first-place jump at the 1988 Nationals in Orlando.

Dennis Umshler, M35, six-time national champion in the discus, threw 153-3 and Phil Martinez, M40, threw the hammer 143-9, exceeding his best 1988 Nationals toss.

There were 12 two-mile racewalkers with Harry Roberts, M30, leading with a 17:23.6.

In the pentathlon, Gordon Albury, M60, scored 3877 points, and Lee Hirst, M65, 3506, both scoring over

1000 points in the 200, Albury with a 25.6 and Hirst, 28.1.

A popular entry was UNM coach Hugh Hackett, 69, who long jumped 13-1 and threw the javelin 111-0 to win those events.

The meet was sponsored by New Mexico TAC and the New Mexico Los Viejos (the old ones) TC for the third year. □



Jeff Loubet, M45, clears 10-6 in the pole vault at the Duke City Masters Games in Albuquerque, N.M., June 4. Photo from Neil Silver

No Mile Run at Nationals

There will not be a special masters mile at this year's U.S. TAC National Masters Track & Field Championships in San Diego, as there was last year in Orlando.

Dean Reinke's U.S. Running Association, which helped coordinate the event last year, had hoped to do the same this year. But the San Diego organizers felt such a race would detract, rather than add, to this year's Championships.

"A mile event detracts from the M40 1500," said David Pain, executive director of the 1989 event. "It tends to overshadow the rest of the meet and, in the view of the Organizing Committee,

dominates all other participants. This was evident in Orlando last year where the Legends Mile preempted the remainder of the meet, particularly those in the 1500."

Pain said that special mile runs are not included in the open Nationals, Olympic Trials, IAAF Championships, or Olympic Games. "Athletes in those events compete for the honor of winning or representing their country. That is their reward. I see the TAC Masters rapidly approaching similar status, and has reached a stage where it must stand on its own merits."

Pain said he hoped all top masters middle-distance runners would enter the 1500 in San Diego. □

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Pre-entry requested. TAC registration required for TAC Championship Events for PVAC athletes only.

Medals first three places-five year age groups-ten year if less than three competitors in an event. PVSTC medals except for PVAC Masters.

Entry Fees. \$4.00 one event; \$3.00 second event; \$2.00 each additional event. \$8.00 per relay. T-Shirts available for purchase.

Housing at the Howard Johnson Motor Inn. Jeff Davis Highway (Rt 1). Arlington, Virginia. Call (703) 684-7200 for special PVS rates.

For Information call Sal Corrallo (703) 243-1290.

Events. Women's races will be conducted prior to men's events. All to report one hour before event. Trials may be declared finals.

SEPT 3: RUNS:(AM) 5km Run(9:30); 5km walk (10:00); 400m H-F (10:45); 100m T (11:10); 800m F (11:25); 100m SF (11:45); 3000m Stple Chse F (11:55); 100m F (12:15); **BREAK:** (PM) HH S-Finals (1:15); 200m T (1:35); HH Finals (1:50); 400m F (2:25); 200m F (2:45); 1500m (3:00); 1600 Relay (3:30); 400m Relay (3:45). **FIELD:** (AM) Long Jump (10:00); Shot Put (10:00); Pole Vault (10:00); Triple Jump (11:30); Discus (11:30); High Jump (11:30); **BREAK:** (PM) Hammer (1:30); Javelin (1:30).

SEPT 4 SPECIAL RACE WALK EVENT: 10km PVAC OPEN AND MASTERS WALK CHAMPIONSHIPS. LINCOLN MEMORIAL GROUNDS 8:00AM. 4KM NOVICE WALK 9:15

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Waigwa Runs 4:11.8 Mile in Jenner Meet

by JIM HAMPTON

Historically a 1500 meter race, the masters middle distance competition at the Bruce Jenner 1989 Invitational was changed at the last minute to a masters mile to accommodate Wilson Waigwa's attempt to break his own pending World masters mile record of 4:07.4 set in open competition at the Modesto Relays May 7.

Also featured to run in his mile debut as a master was Duncan MacDonald who flew in from Honolulu for competition with Waigwa and other top California master milers. A 3:58 miler as a student at Stanford University, MacDonald was a member of the U.S. Olympic 5000 meter team in 1976.

George Mason, 1988 TAC masters 800 meter champion, agreed to take Waigwa out in a brisk 58-second first lap in an attempt to set a pace even faster than the Modesto record. However, three additional solo laps on a windy track proved to be less than ideal for Wilson as he slowed to finish in 4:11.8.

MacDonald, with a steady 4:18.0, never challenged Waigwa. Steve Ferraz was third in a distant 4:29.2.

For purists, who believe that masters (like women's) track records should be set in homogeneous competition, Waigwa's 4:11.8 is a world record for "Masters Only Competition".

Since TAC also recognizes masters records set in certified open competition, it seems unlikely that the infrequent gathering of top flight masters milers will produce future masters mile world records. □

Waigwa's 4:05.71 Revised to 4:07.4

The original time announced for Wilson Waigwa in the open mile run at the Modesto Relays on May 7 has been revised from 4:05.71 to 4:07.4, according to Tom Moore, meet director.

"We reviewed the films and determined that Waigwa finished 11th, not seventh, as we originally announced," Moore said. "We apologize for any inconvenience this may have caused."

Either way, the time is a pending world record for masters milers. However, Moore said Waigwa was not picked up by automatic timing. Moore is still trying to get officials' signatures and documentation to verify the record to the satisfaction of the World Association of Veterans Athletes. There is a small chance that the mark may never be accepted.

Subsequently, Waigwa ran a 4:11.8 in a masters-only mile in San Jose on May 27, which was confirmed by automatic timing. That mark, if verified, would be the new world record if the Modesto time is thrown out. □

Nominations for 1989 Awards Needed

Bev LaVeck, Awards Coordinator for TAC's Masters Track and Field Committee, is soliciting nominations for outstanding masters T&F athletes in 1989.

The nominations will be published in the October NMN. Readers can then contact LaVeck with any important omissions. By late October, ballots will be mailed to voters to be returned in early November. LaVeck proposes mailing ballots to previous award winners. "They are apt to be a knowledge-

able and representative group of masters athletes," she said.

LaVeck proposes a decision on each award be made prior to TAC's annual convention. "There isn't time at the convention for thoughtful consideration of nominees," she said.

Awards are made for outstanding male and female athletes, outstanding administrator, outstanding single performance by a masters athlete, outstanding multi-event athlete, and outstanding track, field, and racewalk

athletes in 5-year age groups, beginning with age 30.

To be eligible, athletes must participate in a masters meet (with the exception of the outstanding single performance award). The balloting for race walk awards will be done by a 20-member racewalk advisory committee.

Send your nominations to Bev LaVeck, 6633 N.E. Windermere Rd., Seattle, WA 98115. □

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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. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.	\$ _____
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Swenson, Kimche First in TAC Road Mile

by STEVE LEWALLEN

Al Swenson, M40, took first place with a 4:20.1 at TAC's National Masters Road One-Mile Championship in Ridgewood, N.J., May 21. First female master was Sylvia Kimche, W40, in 5:34.2.

Harry Nolan (M40, 4:22.1) finished two minutes behind Swenson to take second place, followed by Pierre Virriori (M40, 4:28.6). Those on Kimche's heels included W40 Irene Jackson, second in 5:39.8, and third-place-finisher Marilyn Greely (W45, 5:45.2).

The top age-graded performance belonged to Norm Green; his 4:49.1 won the M55 age group handily and gave him a 93.6 performance percentage (M55 standard of 4:30.6 divided by Green's time). M80 winner Ed Benham was second-best age-graded runner (6:30.2, 92.6%), closely followed by Swenson (92.4%).

Other age-group winners were Roy Reisinger (M45, 4:45.3), Austin Newman (M70, 6:05.3), and Helen Bedrock (W50, 6:05.2). □



Harry Nolan (#100, M40) and Al Swenson (#101, M40) go head to head at the TAC Masters Road Mile in Ridgewood, N.J., May 21. Swenson finished first master (4:20.1), followed by Nolan (4:22.1). Photo from Wayne Bargiel

Becken Top Master in Lincoln Marathon

by STEVE LEWALLEN

Al Becken, M60, raced to a 2:58:34 finish at the Lincoln Marathon on May 7, winning his age-group handily and securing top age-graded honors with an 85.4 performance percentage (Becken's 2:58:34 divided into the M60 standard of 2:32:33).

Second best age-graded performance was Mike Goldman's 82.0% (M55, 2:57:01), followed by Laddie Shaw's

81.7% (M40, 2:39:10). Shaw was also first master across the finish line; first female master was Cheryl Beckwith (W40, 3:21:17, 72.0%).

Runners competed in near-perfect conditions, with temperatures in the 40s, sunny, and no wind. Over 800 runners finished the course.

Overall winners were Jay Woods (2:24:51) and Catriona Dowling (2:55:32). □



Here are ten top place winners in the Albuquerque Fifth Annual Runners Pentathlon on June 11. (First row, L to R) Andy Klemans, 25, first, 4119 points; Pat Devine, 60, second, 4026; David Salazar, 38, third, 3995; Larry Ruggles, 40, fourth, 3961; Sean McCormick, 45, fifth, 3949; (second row, L to R) David Lard, 51, sixth, 3946; Marsh Haraden, seventh, 3925; Lee Hirst, 67, eighth, 3884; Lou Marson, 43, ninth, 3881, and Star Hayes, 49, tenth, 3865. The first ten received ceramic medallions noting their place. All finishers receive patches. Age group winners with TAC numbers receive a New Mexico State Championship patch.

The International Scene

Report of the Secretary of WAVA

by ALASTAIR LYNN, WAVA Secretary

A major thrust of the Council which you elected at Melbourne is to communicate with all WAVA affiliates as frequently as possible. It is of prime importance that the ideas and suggestions which can help develop our movement flow both ways between the WAVA Council and the WAVA affiliates. This has been done, mainly through the medium of circulars, individual letters, and articles in our official publication, the *National Masters News*.

I am pleased to report that many affiliates have written to us for advice and with comments and suggestions. WAVA is in good health. A reflection of the vigor of our Association is shown in the number of candidates we have standing for election to the Council — more than ever before. WAVA has grown over the years, thanks to the dedication of an increasing number of activists. Our type of organization depends greatly on the contributions of many individuals in many lands.

It needs more than just one central group directing its policies. We are indeed fortunate in the number of our activists. We will not always agree, of course, but fair and reasonable discussion followed by a democratic decision is, in the long run, the best way to run our Association.

There are a number of specific items I wish to refer to, some of which have been mentioned in previous communications. Some items overlap with the President's Report (June NMN).

1. Medal Standards

The Council introduced this concept after much debate. Basically, standards were introduced to ensure that a reasonable level of athletic performance was achieved in the winning of a WAVA World Championship medal. The idea is not new; it is applied in the European Veterans Championships and in those of several WAVA Affiliates. Bob Fine, Track & Field Vice-President, will summarize the suggestions he has received on individual standards for Council discussion at Eugene before the Championships commence.

2. Drugs

WAVA cannot ignore the unfortunate situation which has arisen in open track & field. As a start, the Council plans to hold discussions in Eugene with an authority in the field in order to commence formulating a policy. I am sure we all recognize that this is a difficult and sensitive area. For example, some older athletes are on legitimate medication, but we must

decide on a policy of either inaction or action and what form the action, if any, should take.

3. I.A.A.F.

The President has written extensively on this subject; I think that we are all aware that benefits can arise from some form of association with/within the IAAF, but we must be sure that the WAVA spirit of activism is not lost in the process. I am disappointed that the IAAF Veterans Committee, which held its inaugural meeting in spring 1988, will not now meet in Eugene as planned but delay its meeting to later in the year in Barcelona. I think a wonderful opportunity to experience the unique atmosphere of the WAVA World Championships has been lost. However, Hans Skaset, Chairman of the Committee, and John Holt, General Secretary of IAAF, are expected to be in Eugene.

4. Stadia and Non-Stadia Committee

The WAVA Council has launched these committees with the objective of increasing world-wide participation in our decisions. Their existence means that more people, with particular expertise in track & field or road running/walking or cross-country, can contribute to decisions affecting these particular sections of our sport. I expect to see the V.P. of T&F and the V.P. of L.D. guide their committees to take a big leap forward during our stay in Eugene. Meetings are scheduled for both Committees on July 31 and there will probably be other meetings.

5. Participation Forum

I draw your attention to this forum which will be held on July 31 at 4:00 p.m. This is an informal gathering where competitors can express their views on any matter to the WAVA Council.

6. Heptathlon/Decathlon

There has been some controversy over the decision to replace the pentathlons. This will be fully discussed at Eugene and the size of the entry monitored. Please ensure that your

representatives attend the Stadia Committee meeting so that your point of view is heard.

7. WAVA Handbook

This is published between each World Championships. The IAAF kindly offered to print it for us: the material was collated (a lengthy process) and sent to the IAAF on February 5. Unfortunately, due to the IAAF's heavy program, coupled with staff changes, we are still awaiting the handbooks as I write this report on May 14. The handbooks will be dispatched as soon as I receive them.

8. Future World Championships

At present, we decide on the city for the World Championships only two years ahead. It is likely that starting from 1991 we will decide for locations four and possibly six years ahead. At Eugene we will vote only for the 1991 city.

9. Affiliation Fees

I draw your attention to by-laws 6.2/6.3/6.4/6.5 (finance) in the Constitution & Bylaws dated 1988.

10. Support for Veterans Publications

The Council has introduced a scheme for financially supporting local publications where the size of the readership warrants.

11. Eugene Championships

Since Melbourne I have been in frequent contact with the organizers and, of course, the WAVA Council met there in spring 1988. I would like to record WAVA's appreciation of the tremendous spirit of friendly cooperation shown by Tom Jordan, Barbara Kousky and all their colleagues. It has been a pleasure to work with them. They certainly deserve our utmost support for what I am sure will be an outstanding event.

12. Finally . . .

There are many other issues which

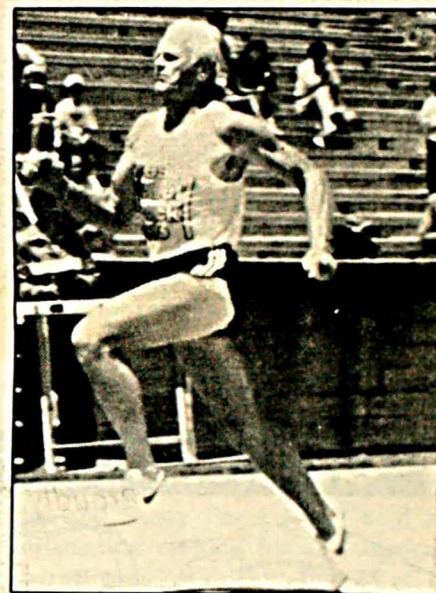
have been dealt with in the months since the memorable Championships in Melbourne. These generally concern particular affiliates and I have therefore not included them in this report.

Please . . . come to Eugene fully prepared to voice your opinions and cast your votes for the Council elections and the Constitutional and other resolutions.

And most important . . . come to Eugene to enjoy our unique Association.

Thank you for all the support you have given me personally by replying to my letters and by making your comments known.

A Special Note: The Stadia and Non-Stadia Committees will be holding their first meeting on July 31. As well as the committee members, all WAVA affiliates are invited to send representatives to express their views on all relevant technical matters, including the pentathlon issue. □



California's Payton Jordan, setting his world M70 100-meter record of 13.0 in Berkeley in 1987, will be favored in Eugene.

Photo by Shirley Dietderich

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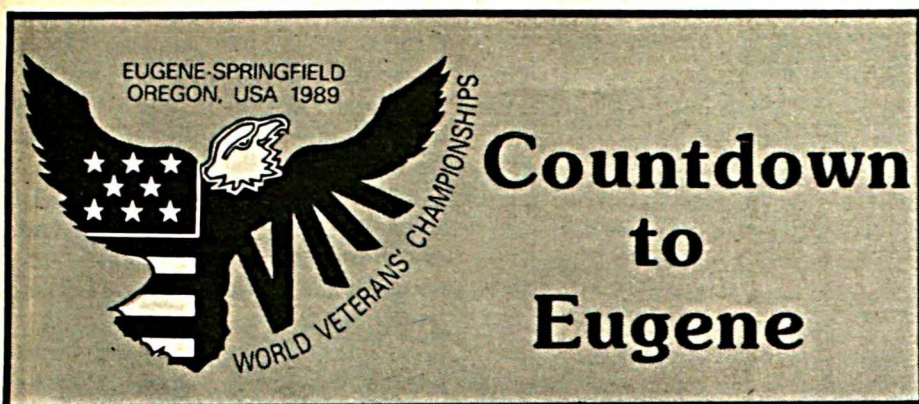
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Final Call

by TOM JORDAN and BARBARA KOWSKY

Your bags are packed, you're ready to go. Now the fun begins. Here are ten important points to know about as you prepare for the VIII World Veterans' Championships in Eugene-Springfield.

1. For those who have booked housing through the WVC office, your Housing Confirmation should reach you by the first week in July. If you have not received a confirmation by July 7, please call us at (503) 687-1989.

The Housing Confirmation will contain the name, address and phone number of your hotel/motel/university hall.

2. If you have not booked housing yet, please send in your Housing Reservation form *immediately*. Housing in Tourist and Budget is sold out, except for outlying areas. Housing in Deluxe, Luxury and University Halls (dorms) is still available.

3. If you are arriving in Eugene-

Springfield by air during the peak arrival days, a shuttle bus will take you to your dorm or hotel/motel. Several of the hotels/motels have their own shuttle van service. Check with the Hospitality Desk at the airport starting July 23 if you need limo or taxi service.

4. Registration at MacArthur Court on the UO campus will begin on Monday, July 24 at 12 noon. Thereafter, the Registration area will be open from 9 a.m. to 9 p.m. every day.

At Mac Court, you will have the opportunity to buy the Souvenir Meet Program, containing a complete list of entries, age divisions, maps, etc.; you can also sign up for the Sport Science Symposia, with topics of interest to all

active competitors.

Also at Mac Court, you will find "The Official Store" which will carry all of the official apparel and merchandise of the VIII World Veterans' Championships. Everything from t-shirts to fine art lithos will be available for sale there, and every penny goes to pay for putting on the Championships, so come early and vote often!

5. After you pick up your packet, check out the Competitor's Handbook. This will give you a final listing of time schedules, general information, and facts of interest. It will be free to each competitor in his/her packet. Then, each day, you can pick up a Daily Results sheet, with a complete listing of the results from the prior day's competition, free to all competitors.

6. If you have updated performance marks in your events, please send that in to us as it will help in seeding heats and flights. Also, if you have to send in proof of age (copy of your passport or birth certificate) or TAC card, please do so ahead of time to avoid waiting in lines in Registration.

7. If you are bringing your own implements, especially vaulting poles, and are coming by air, please check with your airline to ensure your plane can handle the equipment. Some planes are too small to take poles as cargo.

8. Our program of nine bus tours to the scenic spots in Oregon is filling up rapidly. We recommend you book im-

mediately. Check the entry booklet for a description, and call Diane McChesney at (503) 687-1989 to book the tours of your choice. Check in with the Tour Desk at Mac Court upon arrival for further information.

9. Do plan to take part in the Opening Ceremonies on Friday, July 28, in the evening. We will have about 60 countries participating, and with one of the largest groups of track & field athletes in history, the Opening is certain to be memorable.

10. Every competitor and family member will receive a "Championships Pass." This Pass will gain free entry into all competition sites, access to the Championships shuttle, and, we are pleased to report, free transportation on the regular bus line around Eugene-Springfield, as well. You will be able to board any bus and ride free to anyplace in the Eugene-Springfield area. The Passes will be in your packet at Registration. If you are arriving before Registration opens, stop by the WVC offices in the Hilton (for Passes only — packets will *not* be available before Registration opens on July 24).

We're looking forward to your arrival. Best of luck with your training.



GET READY for EUGENE



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

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

These are the finest event pins we've ever seen. The bronze replica of the official emblem of the World Veterans' Championships is sure to become a classic. The 1 1/2 inch metal pins have a bronze finish with the emblem in red-white-and-blue enamel. All have pin backs and will go well on uniforms, jackets, hats and warm-ups.

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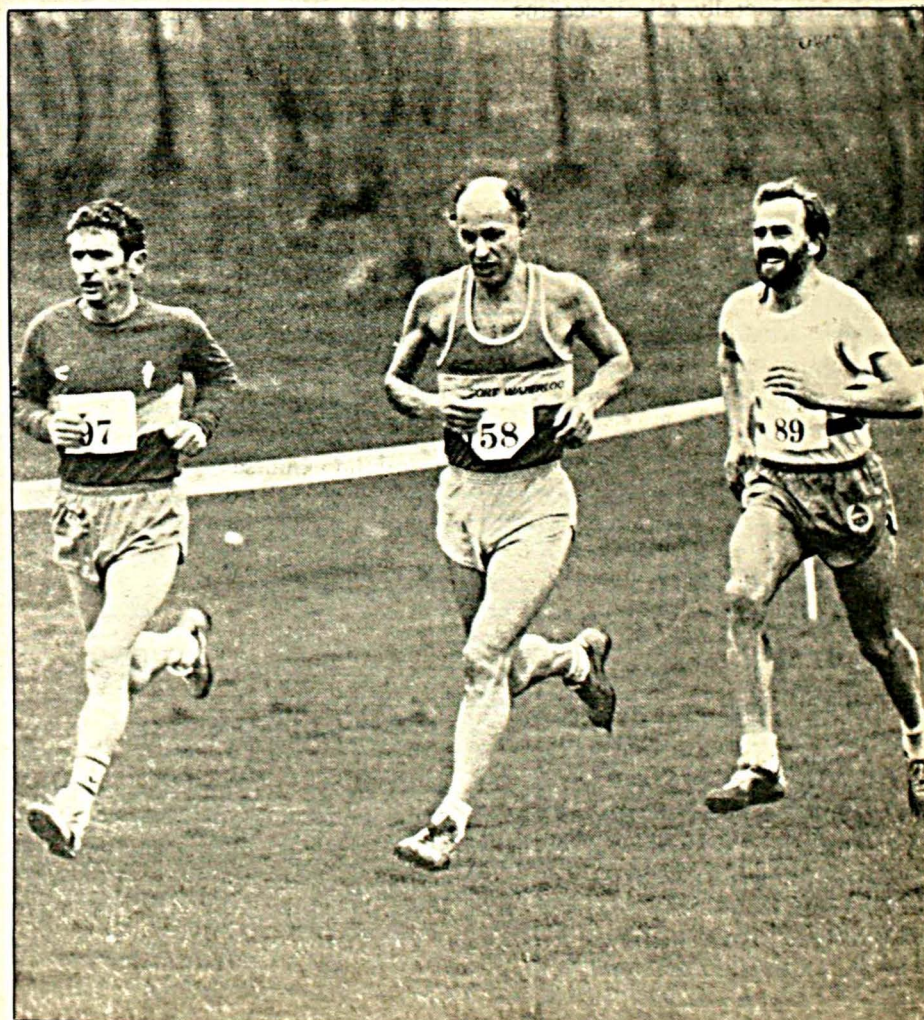
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Left to right: Taff Davies (M40, 32:17), Steve James (M40, 32:32), and Ted Isaacs (M40, 32:59) at the British Athletic Federation Cross-Country Championships in Sunderland, England, March 12. Photo by John Burles

5000 Enter World Championships Continued from page 1

Don Kardong, Bob Richards, Francie Larrieu-Smith, Payton Jordan, Phil Raschker, Boo Morcom, Kjell-Erik Stahl, Derek Turnbull, Irene Obera, Ron Bell, Wilson Waigwa, Tony Murray, John Gilmour, Jean Albury, Mike Boit, Milan Tiff, and Eddie Hart.

While the competition is the reason for the whole affair, perhaps the best experience in Eugene will be meeting and making friends with people from all over the globe. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year, they will be staged by the VIII World Veterans Championships Organizing Committee, under the leadership of Tom Jordan, Executive Director; Barbara Kousky, Executive Secretary; and Jim Puckett, Competition Director.

Tourist Invasion

The Eugene-Springfield community is gearing up for the biggest influx of tourists in its history. The main reason why Eugene was selected over Los Angeles to host the Games was the feeling that, in Eugene, the World Championships would be a big fish in a small pond; whereas, in Los Angeles or any big city, it would be just another event.

The entire town is rallying around the games. Normally one of the friendliest communities in America, the natives are preparing to be even more friendly when their guests arrive. The event should literally take over the town for two weeks. Hundreds of volunteers will make every effort to make sure the Championships run smoothly, and that there is plenty of entertainment and conviviality for all.

47% from USA

At NMN press time (June 24), 4725 entries had been entered into Eugene's computer, with more still to be processed. The final totals, including a breakdown by country, event, and age-group, will appear in the official program.

Entries for the Marathon and 10K road race will be taken until July 1.

Of the total 4725 entries to date, 2201 (47%) are from the U.S.A., 366 are from Australia, 339 are from West Germany, 255 are from Great Britain, and 209 are from Canada.

Whereas women comprised 16 percent of the total in Rome in 1985, and 22 percent of the total in Melbourne in 1987, they will represent 25 percent of the participants in Eugene.

In new women's events, the hammer drew 61 female entries, the 2000 steeplechase lured 15, and the pole vault drew four.

The first-ever WAVA decathlon drew 198 men; the heptathlon attracted 40 women. That compares to the 267 men and 46 women who competed in the pentathlon in Melbourne. Whether

to have a decathlon/heptathlon or pentathlon at future World Championships will be debated at the General Assembly meeting.

The switch from 400H to 300H in the M50 and M55 groups proved popular, as 62 M50s and 40 M55s signed up for the 300H, compared to the 22 and 25, respectively, for the 400H in Melbourne.

The 10K road race attracted the most entries — 1040, which will go even higher with the late registrations. The marathon had 750 at press time, with more to be added.

Hayward Field

Despite the massive numbers, all the track events will be staged on two tracks: Stevenson Track at famed Hayward Field, and Silke Field in Springfield.

Hayward Field is on the campus of the University of Oregon. The newly-constructed (1987) Pro-Turf, 400-meter surface has eight lanes. Runway and jump approaches are Rekortan. The hammer throw area is adjacent to the track. The track has permanent lighting; events will run until 11 p.m. on the first few days. The covered grandstands on both sides have a seating capacity of 13,000. Large tents will be erected for first aid and massage.

There's a new, 200-meter synthetic warmup track adjacent to Hayward's 400 oval, with four lanes and a 100-meter straightaway.

Hayward Field is a mile east of downtown Eugene, adjacent to the university residence halls, where 2500 participants will be staying.

Silke Field

Silke Field is four miles east of Hayward on the Springfield High School campus. It's a 400-meter, 8-lane black, rubber, asphalt track (and runways), where the 1987 U.S. National Masters Track and Field Championships were held.

Athletes may work out at Hayward or Silke at any time during non-competition hours.

Marathon Course

The TAC-certified marathon course is virtually the same one used for the 1972 and 1976 U.S. Olympic Trials. The course starts and finishes at Hayward Field. It's a flat and fast loop course along the picturesque Willamette River. There will be medical stations, and water and sponge stations every five kilometers.

Cross-Country

The cross-country course is a certified three-loop, 10K course on the Lane Community College campus developed expressly for cross-country. The course is scenic, varied and challenging.

Race Walks

The 20K Racewalk Course is a 7-loop, "L"-shaped course through



In the opening ceremonies in Eugene, athletes will parade in age groups as they did here in Melbourne.
Photo by Gretchen Snyder

the University of Oregon campus. It has a good walking surface, primarily flat. Internationally certified walking judges will be on hand. IAAF rules will be observed.

Final Competition Schedule

The final competition schedule was still being drawn at NMN press time. It will be included in competitors' packets, which can be picked up at MacArthur Court, on the campus, starting on Monday, July 24.

Transportation

The transportation should be the smoothest of any World Championships. Free shuttle buses will run every 30 minutes from the main hotels/motels to the venues. On peak arrival days, free buses will shuttle athletes from Eugene's Mahlon Sweet airport to their accommodations — a 30-minute ride.

All athletes will also receive a pass entitling them to free transportation on any of the regular Eugene-Springfield city buses.

Eugene Airport

Crews are working overtime to complete the first phase of the airport expansion in time for the Champion-

ships. But airport Manager Mike Boggs said the terminal might not be ready by the July 20 target date.

University Housing

The residence halls are a five-minute walk from Hayward Field. Dorm residents can use the University's gym, tennis courts, swimming pool and other facilities. Dorm residents receive three free meals per day. Breakfast hours are 5:30 a.m. to 10:15 a.m. Lunch is 10:30 a.m. to 2:00 p.m. Dinner is 4:00 p.m. to 9:00 p.m. If you miss the 9 p.m. deadline, there are restaurants across the street from the campus.

U.S. Team Meetings

U.S. Team Managers Scott Thornley and Sandy Pashkin will hold an orientation meeting for all American participants on Friday, July 28 at 10 a.m. at a site on the campus. Look for the notice at the Registration area.

On competition days, Pashkin will be seated high in the stands at the finish line to handle competition problems, clarify rules, etc. for any U.S. athlete.

Relay Teams

Relays (4x100, 4x400) are limited to

Continued on page 20

VIII WORLD VETERANS' CHAMPIONSHIPS CALENDAR OF EVENTS

July 25	WAVA Council Meeting
July 26	WAVA Council Meeting
July 27	10K Road Race Championships Decathlon and Heptathlon
July 28	Decathlon and Heptathlon Opening Ceremony
July 29	Start of Track & Field Competition
July 31	Non-Competition Day Regional Meetings Stadia and Non-Stadia Committee Meetings Participation Forum
August 1	Women's General Meeting
August 2	Non-Competition Day WAVA General Assembly Competition Banquet
August 6	Closing Ceremony

5000 Enter World Championships Continued from page 19

one team per country per age group. The selection process varies from country-to-country. The U.S. squads will be selected by Thornsley and Pashkin, based on performances in the 100 and 400 at the San Diego Nationals or the Eugene Championships.

Spectators

Spectators will be admitted free, except on Sunday, July 30 and Saturday, August 5, when they'll pay a \$2 (adult), \$1 (child) admittance fee.

National Uniforms

In the World Veterans Championships, everyone competes as an individual, not as a member of a national team. While there will be national team scoring in the relays, marathon, cross-country and race walks, WAVA has always downplayed the nationalism that surfaces at the Olympic Games. In the opening ceremonies, athletes have traditionally paraded in by age groups, not by nations. Athletes may wear a uniform of their choice — either a national uniform, club uniform, or favorite T-shirt.

However, the Eugene-Springfield community is encouraging the wearing of national uniforms in the streets and around the shops. "We want the people of Eugene and Springfield to be able to recognize you as visitors," said

Jordan. "Please, when you come to Eugene, let us know where you are from by wearing your national uniform wherever you go."

U.S. Uniforms

There are essentially two official U.S. national uniforms: the one worn in Melbourne and the one available for pickup outside Hayward Field (see order form on this page or call 503/344-7842).

WAVA Meetings

Several important meetings will take place during the Championships, many of which are open to everyone (see meeting schedule). Your input is welcomed. Try to attend. A notice board at the Information Center will have details.

General Assembly Meeting

Everyone is invited to attend the WAVA General Assembly Meeting on Wednesday, August 2, at the Hilton Hotel in downtown Eugene. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business. (The U.S. delegates are Ruth Anderson, Jerry Donley, Norm Green, Gary Miller, and Pete Mundle. Alternates are Charles DesJardins, Rex Harvey, Christel Miller, and Sandy Pashkin.)

Sports Science Symposium

A four-day Sports Science Symposium will be held under the direction of world-famous orthopedic surgeon Dr. Stanley James on July 31 to August 3. Featured will be Dr. George Sheehan, Hal Higdon, Dr. Joan Ulyot, Joe Henderson, and other sports science experts.

National Masters News Booth

NMN will have a booth in the Registration area. Please come by and say hello. You can pick up the new 1989 Masters Age Record Book, the new 1988 Masters Track and Field Rankings Book, the new Masters Age-Graded Tables Book, the August issue of NMN, and other souvenir items.

Flights (Sections)

In all track events over 1500, and all field events (except high jump and pole vault), age groups with large entries will be formed into flights, on ability basis, with the best performers competing last. In those track events, overall best times from all sections will determine the winners. In those field events, flights will operate only for the three preliminary attempts. The best eight performers from all flights in each age group will advance to the three final attempts.

Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. In most cases, the winner of each heat, plus at least the next four fastest from all heats, will advance to be semifinals or finals. The objective is to move at least 25% of the runners to the next round.

As in Melbourne, heats will not be formed until scratches have been determined. Runners must check in an hour before their event. Heats will be formed on the basis of checked-in runners. Anyone failing to report will be scratched, and can only be re-entered if space is available.

Field-event performers must also check in one hour prior to their competition or risk elimination.

Medal Standards

The published medal standards may be revised by the WAVA Council prior to the Championships. A notice will be posted. A proposal to eliminate medal standards in future World Championships will be debated at the General Assembly.

Awards — Individual Events

Medals will be awarded for the first three places for all age groups in all events. Certificates of participation will be provided for all entrants.

Awards — Team Events

In team scoring for non-stadia events, an athlete *may not* move down an age group. For the relays, an athlete *may* move down an age group. Medals will be awarded to each scoring mem-

EUGENE WEATHER - 1988

Date	High	Low	Rain
July 26	101	60	.00
July 27	89	50	.00
July 28	89	51	.00
July 29	89	54	.00
July 30	91	53	.00
July 31	81	52	.00
Aug 1	78	48	.00
Aug 2	86	48	.00
Aug 3	95	54	.00
Aug 4	95	54	.00
Aug 5	85	56	.00
Aug 6	75	50	.00
Aug 7	78	49	.00

ber in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by country. Marathon, road walks and cross-country will be scored on aggregate times by teams of the first five of each country to finish in the age groups: W35-39, W40-49, W50-59, W60+, M40-44, M45-49, M50-54, M55-59, M60-69, M70+.

Good Sportsmanship

In track events, slower competitors may be asked to move to the outer lanes to complete the event. In the steeplechase, the barriers must be hurdled or vaulted; competitors climbing the barriers will be disqualified. In hurdle races, both feet must be off the ground for at least an instant at each hurdle.



Banquet

The Championships' banquet will not be held on the traditional closing day, but rather on Wednesday, August 2, a non-competition day. Attendance is limited to 2500. While they last, tickets will be sold for \$20 at the Registration area. Free transportation will be provided to the banquet site.

No Entries Refused

Tom Jordan said that no athlete was refused entry into the Championships. He said no South Africans applied and that those American over-40 athletes banned by TAC for competing in South Africa "didn't apply, either."

Air Travel to Eugene

At press time, good fares and seats were still available to Eugene. Call *Adventure in Travel*, 800/545-5477.

Results

The results of the Championships will be published in the September issue of the *National Masters News*. A complete Results Book will be made available for purchase in Eugene.

Daily Newspaper Coverage

A primary reason why Eugene was

Continued on page 21

U.S. MASTERS

OFFICIAL U.S.A. UNIFORM

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

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

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

TO RESERVE YOUR UNIFORM:

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

SINGLET: XS, S, M, L, XL, XXL
SHORT: XS, S, M, L, XL

2. Make check or money order payable to AXIOM SCREEN PRINTING.

SINGLET: \$20.00
SHORT: \$15.00 Order as many of each as you like!

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

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

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

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

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

DON'T DELAY! RESERVE YOUR UNIFORM TODAY!

5000 Enter World Championships Continued from page 20

chosen to host the Games is the outstanding coverage always given track and field by the daily *Eugene Register-Guard*. You can count on more coverage than you've ever seen for a masters athletics event.

Daily Results

In addition to the *Register-Guard*, the Organizing Committee will print a free, daily 4-to-12 page newspaper highlighting the previous day's activities with complete results and current day's schedule information. This is a first for World Championships, and was another reason Eugene was selected as U.S. host.

Weight Pentathlon

An International Masters Weight Pentathlon will be held on Hayward Field on Monday, August 7, after the close of the Championships. Entries will be taken at the Registration area until August 4.

Medical Aid

Ambulances and doctors will be at each venue. If you develop a medical problem, consult the *Ask-a-Nurse* station at the venues.

Weather

Temperatures will vary (see adjacent chart of last year's highs and lows). Prepare for hot weather in the daytime and cool weather at night. Bring sun block and a sweater. Temperatures vary from 30 to 40 degrees each day; the average high is 82F/28C; the average low is 51F/10C. Hayward Field is notorious for its stiff winds, so don't be too disappointed if your record-setting mark is wind-aided. Summer pollen is generally annoying

to asthma and hay fever sufferers, so be prepared. The best thing about the West Coast is that there is low humidity, and the possibility of rain or smog is slight.

Restaurants

There is some concern that there won't be enough restaurants to feed the influx of visitors. However, Jordan says the locals are planning to "eat in" during the Games to free up space in the eateries. Dorm residents will not face this potential problem.

Dress

Dress is West Coast casual. Wear whatever is comfortable.

Impress the Natives

Impress your Oregon hosts by correctly pronouncing the names of their state and river. It's *Or'-a-gun*, not *Or'-a-gon*. And it's *Wil-lah'-met*, not *Wil'-la-met*, or *Wil-la-met*'.

U.S. Dollar

Bad news for foreign guests. The dollar has risen 8 to 15% against major currencies this year. So a dinner that cost the equivalent of, say, four British pounds in January will now cost 4.60 pounds.

Entertainment in Eugene

Joggers and bicyclists will enjoy the 125 miles of paths and trails in the Eugene area, including the famous "Pie" running trail, named after home-town hero Steve Prefontaine, who died in 1976 at age 24 in an automobile accident.

Eugene houses several theater companies. The Hult Center for the Performing Arts offers ballet, opera, symphonies, rock, jazz, and country-western. During the Games, My Fair



Lady will be playing; tickets are only \$8.50 to \$18.50.

Two wineries are within 30 minutes of Eugene. For the adventurous, there are numerous rivers offering white water rafting at its wildest. A beer garden will be open nightly on the campus.

U.S. Vacation Areas

One hour's drive to the west of Eugene is the picturesque, rugged Oregon coastline. One hour to the east is the Cascade mountain range, with snow-capped peaks and volcanic lava fields. Three hours south is Crater Lake National Park, one of the deepest lakes in the world. Three hours south is Ashland, home of the renowned Shakespearean Festival, which is held every summer. Three hours north is the active volcano, Mt. St. Helens. Two hours farther north is Seattle, with its Space Needle.

One day's drive to the southeast is the nightlife of Reno and Lake Tahoe.

San Francisco is a one-hour flight or one-day's drive to the south. Yosemite National Park, a sight no visitor to the West Coast should ever miss, is a four-hour drive east from San Francisco.

Amtrak, the U.S. railroad, has a train station in downtown Eugene, with daily service to the north and south.

Americans are the Hosts

This is the first time the World Veterans Championships have ever been held in the United States. It is not only the community of Eugene that is hosting this event; it is the entire U.S.A.

Each American should consider himself or herself as the host of this prestigious event. Each of us should make an extra effort to make our foreign visitors feel welcome. Many will be struggling with new customs and a strange language, just as we struggle when we go abroad. Let's make them feel at home. Smile. Say hello. Introduce yourself. Offer any assistance you can. Be a gracious host, as the Australians were to us in 1987.

We hope you enjoy this special World Veterans Championship Preview Issue. If you're going to be in Eugene, we hope you'll have the time of your life. □

— Al Sheehen

Weight Pentathlon Set for Eugene

by BOB STONE

More than 30 advance entries for the August 7 International Weight Pentathlon to be held at Hayward Field, Eugene, Oregon, assures the success of this event. Entries will be accepted during the VIII World Games up until 5 p.m., Friday, August 4, at a well-marked location at the packet pick-up area.

This is a multi-event competition including the shot put, discus, javelin, hammer, and heavy weight, with WAVA/TAC weight implements and competition rules. Competition will be in five-year age groups for both men and women with medals to first three places in each age group. Entry fee is \$15 U.S.

This event will get started at approximately 8 a.m. at the University of Oregon's Hayward Field, site of the World Games, and will be completed by no later than 4 p.m. Awards will be handed out immediately upon completion of the event to accommodate those

who may have an early evening flight out of Eugene.

The weight pentathlon has been a popular event for many dozens of dedicated throwers in the United States for many years. However, first timers are encouraged to give it a try, particularly those from countries outside the U.S. The availability of several rings and runways for each of the five events, plus a large number of experienced TAC officials, assures a well-run event and a great way to end your Eugene experience. □

Quote of the Month:

"For the track capital of America, Eugene is a strange place. You have to be able to put up with wind, pollen, heat, cold, and smoke from the weekly brush burnings, and be able to adapt to it."

— Dwight Stones, TV commentator at the annual Prefontaine Classic at Hayward Field.

MASTERS INTERNATIONAL WEIGHT PENTATHLON

WORLD'S PREMIERE THROWING EVENT OF 1989

SHOT ★ DISCUS ★ JAVELIN ★ HAMMER ★ WEIGHT THROW

Monday, August 7
Hayward Field - Eugene, Oregon, USA
8 a.m. to 3:30 p.m.

Men and Women - 5 Year Age Groups
WAVA/TAC Implements

ENTRIES CLOSE AT EUGENE - AUGUST 4, 5 PM

SEE YOU THERE!

Dramatic Competition Shapes Up in Spectacular 11-Day Event in Eugene

Waigwa, Boit, Bell, Murray, McDonald to Meet in M40 1500

Some of the most dramatic competition ever seen at a WAVA World Veterans Championship is shaping up for Eugene.

Every other year, fitness and finances permitting, the world's best masters athletes gather to see who's best in each event in each five-year age group.

Some of the most exciting competitive events shaping up are:

M40 1500: This promises to be the premier event of the Championships. All the top masters middle-distance runners in the world have entered. The favorite is **Wilson Waigwa**, 40, Kenyan Olympian now living in San Diego, who has run pending world masters records this year in the 1500 (3:50.2) and mile (4:07.4). Challenging him will be: Kenya's **Mike Boit**, who won the Meadowlands Indoor Masters Mile in February in 4:15.48; Australia's **Tony Murray**, who ran a pending mile WR of 4:12.56 last December; England's **Ron Bell**, who set the official world masters mile record of 4:12.58 last August; and **Duncan McDonald**, who ran a 4:18 mile behind Waigwa's 4:11.8 on May 27. Always a threat are **Al Swen-**

son, Harry Nolan, Dan Frye, Ken Sparks, and perhaps others who have yet to be heard from. (Byron Dyce and defending champion John Dixon did not enter). The finals of the race will be held on Saturday evening, August 5. Don't miss it.

A prime candidate for athlete-of-the-meet honors is **John Gilmour**, 70, from Perth, Australia. Current holder of 10 world age-group middle-distance records, he recently served notice of his fitness with world M70 bests in the 15K (56:49) and half-marathon (1:21:41), both over 100% on the masters age-graded scale. Gilmour is likely to win all seven of his events (800, 1500, 5000, 10,000, CC, 10K road and marathon). He should be featured prominently in the local coverage of the meet.

New York's **Al Oerter**, four-time

Olympic discus gold medalist and world M40, M45 and M50 discus record holder, will be favored in the M50 discus and should be another media favorite.

Lee Evans, 1968 USA Olympic 400 gold medalist, who held the world 400 record of 43.86 for 20 years until

broken last year by Butch Reynolds (43.29), will try to break the world M40 record in both the 400 (48.75) and 800 (1:53.5). He'll go up against defending 400 champion **Peter Crombie** of Australia, and **James King** (40, USA), the M35 400 world record-holder (46.38).

America's **Payton Jordan**, world M70 100 and 200 record holder, is favored to defend his world titles in both events.

M90 and M95 100/200: Count on these races being on TV and in the local headlines. Three M90 runners, including defending champion **Wang Ching-Chang** of Taiwan, will show that the human body can still perform well at this age. In the M95 100 and 200, **Khubi Ram Baghel Khubi** of India, who is 102, will compete as the oldest participant in the meet. Also watch **Paul Spangler**, who grew up in Eugene and just turned 90. He'll compete in seven events, but could have trouble with Australia's **Gus Theobald**, 92, in the 5000 walk.

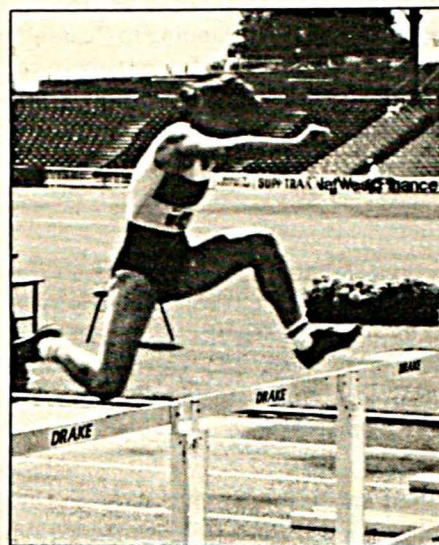
U.S. Olympians **Tommie Smith** (200 gold, 1968) and **Eddie Hart** (400 relay, 1972) will try to break **Reg Austin's** 12-year-old world M40 200 mark of 21.9. Hart will also go after **Thane Baker's** 17-year-old world M40 100 mark of 10.7.

And speaking of Austin and Baker, Baker, now 57, has not entered the meet and says he has retired from competition due to injuries. Austin, now 52, is still hard at it, and will seek to avenge his only home-soil masters defeat — to California's **Ken Dennis** in the M50 100 in Melbourne. Dennis, 52, will defend his title and try to upset Austin in the 200. They'll both be pressed by Californian's **Martyn Adamson**.

Atlanta's **Philippa (Phil) Raschker**, 42, has a fair shot at seven gold medals (100/200/400/800/PV/LJ/TJ). She won four in Melbourne.

New Zealand's **Derek Turnbull**, 62, the star of the Melbourne Games when he won six M60 events (800/1500/

Continued on page 23



Phil Raschker, 42, U.S. female masters track & field athlete-of-the-year for 1987 and 1988, will go after seven gold medals in Eugene.

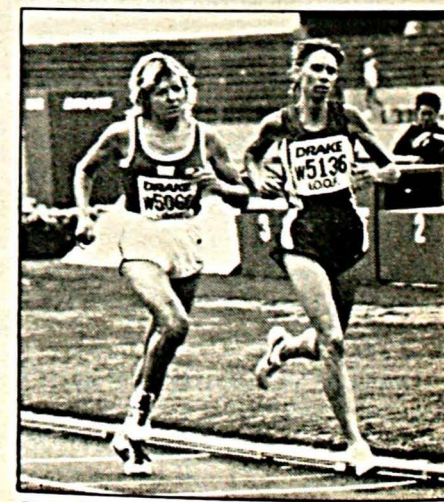
Photo by Gretchen Snyder

VII WORLD VETERANS GAMES GOLD MEDALISTS—MELBOURNE, AUSTRALIA—NOVEMBER 23-DECEMBER 6, 1987

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
100	Bell TJ	Schneider	Dennis	Williams	Mirkes	Roesli	Jordan	Simola	Gathercole	Anderson	Wang	Prithvi
200	Durham	Rheineck	Austin	Williams	Mirkes	Johnston	Jordan	Simola	Gathercole	Anderson	Wang	Prithvi
400	Crombie	Rheineck	Austin	Williams	Selzer	Hirst	Weinacht	Turner	Gathercole	Perez	Wang	
800	Bell Ron	Sirl	Babe	Churchill	Turnbull	Ryan	Bulkley	Masuda	Benham	Perez		
1500	Dixon	Sirl	Babe	Churchill	Turnbull	Ryan	Bulkley	Masuda	Benham	Perez		
5000	Dixon	Villanueva	Aldegalega	Longmore	Turnbull	Ryan	Gulbransen	Aellen	Benham	Spangler		
10000	Sumpter	Villanueva	Aldegalega	Green N	Turnbull	Gilmour	Gulbransen	Aellen	Benham	Spangler		
HH	Brinker	Marchesi	Henry	Parlevliet	Bradberry	Patsalis	Miller H	Pajunen	Simpson			
IH	Putkinen	Mueller	Miller G	Parlevliet	Hoilo	Hunt	Bulkley	Hills				
SC	Kipp	Robertson	Seymour	Thumm	Torres	Kempgen	Bulkley	Nichols				
5K-W	White	Dickinson	Stevens	Marquis	Mimm	Bomba	Gould	Daintry	Tormoen	Spangler	Theobald	
20K-W	Biuggeli	Sawall	Gardiner	Marquis	Mimm	Townsend	Gould	Grimwade	Tormoen		Theobald	
X-C	Borowski	Robertson	Valasti	Wood	Turnbull	Gilmour	Burgoyne	Aellen	Benham	Spangler		
MARA	Stahl	Voets	Kallio	Wood	Turnbull	Ransby	Gulbransen	Astoreka	Chapman			
HJ	Spielvogel	Stegen	Mandl	Wyatt	Nevrup	Gist	Hume	Simola	Singh	Crane		
PV	Johansen	Lagerqvist	Houviou	Donley	Held	Morcom	Vernon	Pajunen	Singh	Pitcher		
LJ	Duggan	Stegen	Pinto	Jackson	Necek	Patsalis	Morita	Simola	Singh	Crane		
TJ	Nieminen	Backlund	Mandl	Jackson	Rypdal	Patsalis	Morita	Simola	Singh	Anderson		
SP	Buchmuller	Liedtke	Speckens	Wachenfeldt	Brusca	Ludwig	Gustavson	Schepe	Brodersen	Anderson	Wang	Prithvi
DT	Powell	Liedtke	Speckens	Hakkinen	Euhom	Jouppila	Gustavson	Renvall	Brodersen	Crane	Porath	
HT	Lotz	Wehrli	Potsch	Rzehak	Saarikoski	Hausmann	Foley	Renvall	Brodersen	Uttam		
JAV	Kiuru	Pierrakos	VonWartburg	Kopitar	Pickarts	Sibidol	Morales	Schepe	Okazaki	Anderson	Wang	Prithvi
PEN	Bruhneke	Keiler	Miller G	Quentin	Hochreiter	Johnston	Koch	Hills	Brodersen	Anderson		
4X100	AUS	AUS	USA	USA	FRG	---	USA	---	---	USA	---	
4X400	AUS	FRG	USA	AUS	FRG	---	USA	---	---	USA	---	

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100	Perkins	Raschker	Behrendt	Obera	Peterson	Hveem	Schneiderhan	Bowermaster	Jackson	---
200	Hees	Raschker	Barnabas	Obera	Peterson	Seuberlich	Hogan	Bowermaster	Hielscher	---
400	Marler	Hynes	Pollock	Obera	Pirie	Bannister	Schneiderhan	Eriksson	Granstrom	---
800	Anderson D	Daly	Kenny	Martin	Cooper	Brasher	Marvin	Luther	Granstrom	Salisbury
1500	Hansen	Daly	Kenny	Martin	Albury	Brasher	Tibbling	Luther	Granstrom	Salisbury
5000	Hansen	Taylor	Baird	Hoagland	Albury	Brasher	Marvin	Luther	Hielscher	Salisbury
10000	McNeill	Taylor	Baird	Eizenhammer	Albury	Brasher	Marvin	Luther	Granstrom	Salisbury
HH	Geist	Furgine	Ey	Roovers	Larsson	Hveem	---	Sole	---	---
IH	Hindle	Hynes	Olesen	Parkinson	Larsson	---	---	---	---	---
5K-W	Sedlak	Jackson J	Miller S	Hooper	Albury	Colthup	Tibbling	Kenneth-Low	Eorbes	Salisbury
10K-W	Sedlak	Jackson J	Miller S	Hooper	Meyer	Colthup	Tibbling	Kenneth-Low	Jeffreys	Salisbury
X-C	Lynn	Taylor	Baird	Eizenhammer	Albury	Brasher	Dixon	Luther	Hielscher	Salisbury
MARA	Stephens	Roden	Blair	Rose	Young	Sogstad	Wistrom	Kenneth-Low	---	---
HJ	Plischke	Springman	Graff	Lohnert	Pirie	Hveem	Davidson	Bowermaster	Hielscher	---
LJ	Hindle	Raschker	Graff	Roovers	Peterson	Seuberlich	Schneiderhan	Bowermaster	Hielscher	---
TJ	Hindle	Raschker	Lund	Wittam	Carr	Hveem	Davidson	---	---	---
SP	Schultz	Furgine	Lange	Young	Charman	Seuberlich	May	Gelbrich	Thesleff	Sarnama
DT	Schultz	Strelcova	Lund	Young	Charman	Holland	May	Reile	Frith	Sarnama
HT	Schultz	*Battersby	Mitchell	Scholten	Pepene	Widera	Bellin	---	---	Sarnama
JAV	Wachter	Bezjak	Heili	Doherty	Hanssens	Holland	May	Gelbrich	Frith	Sarnama
PEN	Blume	Hynes	Graff	Roovers	Larsson	Hveem	Lister	Sole	---	---
4X100	AUS	AUS	---	AUS	---	---	---	---	---	---
4X400	AUS	AUS	---	USA	---	---	---	---	---	---

*Tied with Savage



Pirkko Martin (left) of Finland and Jeanne Hoagland of Los Angeles will renew their rivalry in the W50 1500. Photo by Gretchen Snyder

Dramatic Competition Shapes Up in Eugene

Continued from page 22

5000/10,000/CC/marathon), will try to make it seven in Eugene when he tackles the 10K road race.

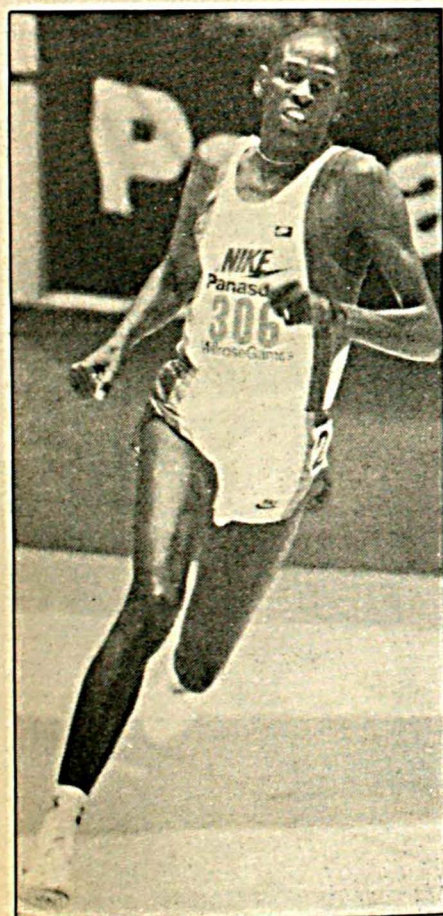
W40 800/1500: Canada's **Erna Kozak**, Britain's **Pat Gallagher**, and Australia's **Judy Daly** will all be on hand to try to recreate their sensational races in Melbourne, where Daly won both races (2:13.8 and 4:38.7) in desperate photo finishes. They'll be challenged by Missouri's **Jane Hutchison**, 1988 ICI/USRA Masters Circuit winner.

Age for age, one of the top 10 masters runners in the world is Mexico's **Antonio Villanueva**, 48. He'll defend his M45 5000 and 10,000 titles. Challenging will be Britain's **Martin Duff**, now 45, who placed third in the M40 5000 in Melbourne.

Another of the world's top age-graded runners is Pennsylvania's **Norm Green**, 58, who'll defend his M55 10,000 track crown, and go after the 10K road race as well. He'll be pressed in the 10,000 by Oregon's **Ray Hatton**, making his World Championships' debut.

Willie Davenport (M45, Louisiana), 1968 Olympic 110H gold medalist, will try to keep his tender hamstring together as he participates in his third World Vets Championships.

Look for a great matchup in the M60 200/400/HH/IH between Canada's **Earl Fee**, 60, and Colorado's **Jack Greenwood**, 62. Fee gave Greenwood one of his rare defeats in the U.S. In-



Kenya's Mike Boit will attempt to run down Wilson Waigwa, Ron Bell and Tony Murray in the M40 1500 in Eugene.

Photo by Sailer, Ltd.

door 400. West Germany's **Peter Mirkes**, defending M60 100/200 champion, will be a strong factor in the 100/200/400.

Great Britain's **Ron Taylor** was in tears in Melbourne when he was forced out of the M50 sprints with a last-minute ankle injury. He just turned 55 and will be tough to beat, even by countryman **Charles Williams**, one of the stars in Melbourne with his M55 100/200/400 wins.

Australia's **Tom Roberts**, 55, just tied the M55 800WR of 2:06.6, and will be favored in Eugene.



Maryland's **Ed Benham**, 82, who won five distance golds in 1987 will be favored in six events (800/1500/5000/10,000/CC/10K), and should be another media darling in Eugene.

Rosemary Chrimes of Great Britain will be a top contender in each of her seven W55 events.

Austria's **Hans Poetsch** has competed in all seven WAVA Championships, and will be favored in the M55 shot in Eugene.

Paula Schneiderhan of West Germany and **Aileen Hogan** of Australia will renew their dramatic Melbourne battles in the W65 100 (PS), 200 (AH) and 400 (PS).

California's **Irene Obera**, who holds W50 WRs in the 100 and 200 and was a triple gold medalist in both Rome and Melbourne, just turned 55 and will seek WRs in the 100/200/400.

Japan's **Mazumi Morita**, who won two golds in the M70 division in Melbourne (LH/TJ), will go after six medals in his new M75 bracket.

Francie Larrieu-Smith, 1988 U.S. Olympian, will be favored in the W35 1500 and 5000.

Mexico's **Longino Perez** and New York's **Konrad Boas** will do battle in the M80 400 and 800, while the versatile Boas has also entered five other events.

Australia's **Shirley Brasher**, defending champion in the W60 1500, 5000, and 10,000, will meet Louisiana's **Mary Norkauer**, who has been unbeatable on the ICI/USRA road circuit.

Colorado's **Viisha Sedlak**, who won the W35 5K and 10K walks in Melbourne, moves up to the W40 division for Eugene. Michigan's **Jeanne Bocci**, who won the W40 walk crowns, escapes to the W45 category.

Lieselotte Seuberlich of West Germany will defend her W60 200/LJ/SP titles.

Annchen Reile of West Germany, who holds WRs in the W60, W65 and W70 discus, will be favored in the W70 platter throw.

Herman Hombrecher of West Germany, holder of WRs in the M50/M55 discus, is now 60 and looks tough to beat.

Australia's **Jean Albury**, winner of five W55 events in Melbourne (1500/500/10,000 Walk/CC), will defend her titles in Eugene. She'll face a rejuvenated, injury-free **Sister Marion Irvine** of California.

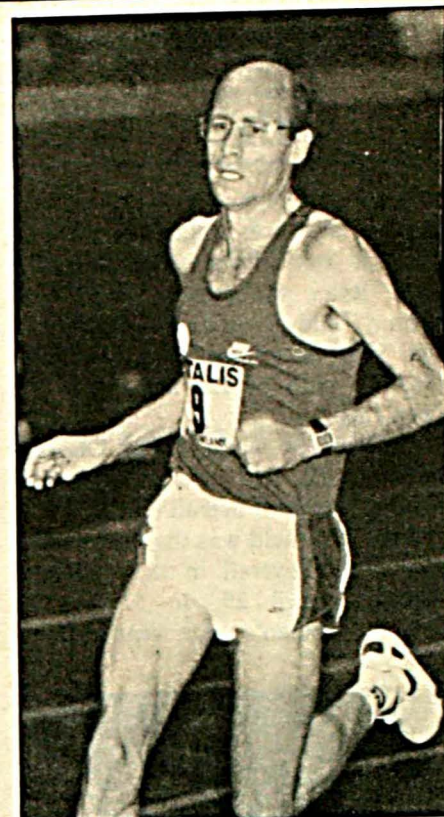
West Germany's **Edeltraud Pohl** will be a strong threat in the W50 middle and long distances.

Jim Gillcrist, USA, just set an M60 WR high jump mark of 5-3½ and is the odds-on choice in Eugene.

Norway's **Kristen Hveem** will defend her W60 crown in the 100/80H/HJ/TJ.

Belgium's **Jean Van Onselen**, who won three M50 golds in Rome, is now 55 and will be formidable in the 1500/5000/CC/10K.

Some top runners will unfortunately not be competing in Eugene, unless they enter the 10K or marathon by July 1: **John Campbell**, **Bill Rodgers**, **Taff Davies**, **Andy Holden**, **Frank Shorter**, **Jim Ryun**, **Priscilla Welch**, **Laurie**



England's Ron Bell will compete in one of the featured events in Eugene: the M40 1500.

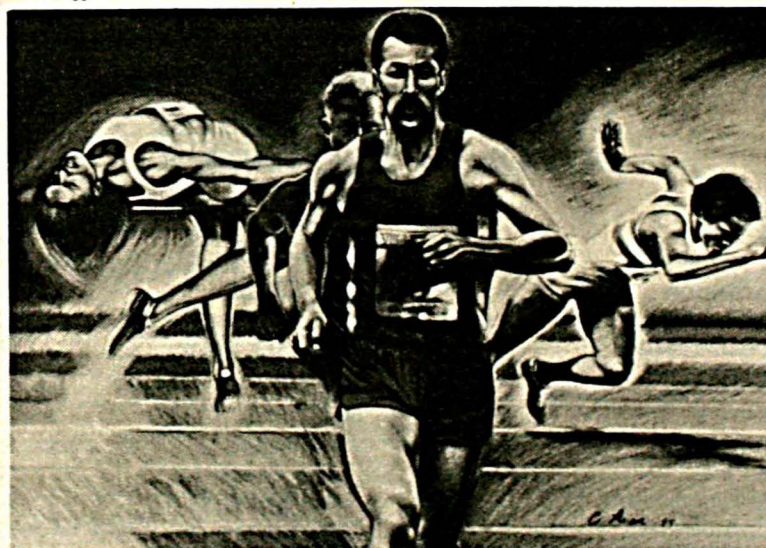
Photo by Sailer, Ltd.

Binder, **Gabriele Andersen**, **Clive Davies**, **Victor Mora**, **Barry Brown**, **Bob Schlauf**, **Mike Hurd**, **Dave Stewart**, **Ralph Zimmerman**, **Nancy Oshier**, and **Barbara Filutze**, most of whom have earned money on the U.S. road racing circuit. Like the Olympics, there are no cash prizes in the World Veterans Championships. Only glory.

— Al Sheehen

Limited Edition Lithograph

The VIII World Veterans' Championships Organizing Committee announces the presentation for sale to the public of the official Championships Limited Edition Lithograph.



450 edition, approx. 24" x 30" with margins, hand signed and numbered by artist Carol Arian and blind embossed on the bottom with the official Championships seal.

Cost is \$95.00 each with proceeds from the sale benefiting the VIII World Veterans' Championships.

Please add a \$5.00 handling and postage fee for mail or phone orders.

Make checks or money orders payable to: VIII World Veterans' Championships, P.O. 10825, Eugene, Oregon, USA 97440.

Telephone orders and information: 503-687-1989

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Report from Britain

by ALASTAIR AITKEN (of *Athletics Today*)
and MARTIN DUFF (of *Athletics Weekly*)

In the Ted Pepper 7-Mile, May 1, an intense battle was waged for the first M50 at Beckenham, with Irishman Tom Ryan winning in 38:14, and Johnny Baldwin second in 39:04. The first M40 runner was George Meredith (36:04), tenth of 123 runners in the open race.

On April 30 in the Kodak Glasgow Festival 10K, first veteran Brian Emmerson was 19th overall (30:29).

Alan Whitfield was the first veteran and fourth overall in the Tedcaster 10-Mile, April 29, in 51:26. The veterans woman's prize went to Bron-

wan Cardy, now 37, with a 56:38.

In the Borough of Hounslow 10K, April 30, first veteran was third-place Irishman Pat Murphy (32:09), and first woman was W35 Ann Ford (34:35).

Don Ritchie, 44, who holds six world-ultra-distance records, took two hours and 56 minutes off the record of the John O'Groats (Scotland) to Lands End (England) 825-mile distance run. Finishing on April 12, he ran the last 75 miles in bad weather without a break.

Elsewhere, Alun Roper ran two good 10Ks, 31:26 at Porthcawl and 31:17 at Newport, both in South Wales. Taff Davies added a 69:46 to his half-marathon times, probably an age-51 world best, at Feltham, near Heathrow, May 28.

On the track at 5000, Shel Cowles has run 15:06, Brian O'Niell 15:11, and Steve Warzee, 46, 15:30. Dave Cowley, 41, had a 52.7 400. Pat Gallagher, W40, ran 2:16.2 for 800 in the Avon County Championships. □



California's Ken Dennis will defend his M50 100-meter world title against Australia's Reg Austin in Eugene. Photo by Gretchen Snyder

At 47, Palm Wins Stockholm Marathon

At age 47, Sweden's Evy Palm is the best female runner in the world at the moment, allowing for age.

After her sensational 2:31:05 in the London Marathon, she ran a 2:33:25 to win the women's title, overall, in the Stockholm Marathon on June 3.

Her London time was an off-the-chart 101.0% on the masters age-graded scale; her Stockholm effort is a 99.5%. □

Gilmour Sets Two World Road Bests in Australia

West Australia's incredible ageless running machine John Gilmour recently celebrated his 70th birthday by setting a world best time for an M70 half-marathon in an amazing 1:21:41 in Banbury.

Gilmour continued on his rampage of world records just seven days later when he clocked an equally astonishing 56:49 in a 15K in Perth, bettering Clive Davies' world standard by a staggering five minutes.

His half-marathon time is an off-the-scale 101.1% on the masters age-graded tables; his 15K is 101.0%.

Gilmour captured four gold medals in the Australian Track and Field Championships in April, and looks set to make a clean sweep of all his chosen events — the 1500, 5000, 10,000 and cross-country, in the World Veterans Championships this month in Eugene. □

— From Mike Hall



Lee Evans, USA 1968 Olympic 400-meter gold medalist, held the open world record of 43.86 for 20 years. He'll be trying to break the world masters 400 and 800 records in Eugene.

Photo by Sailer, Ltd.

Record Team Entries For British Road Relays

by BRIDGET CUSHEN

The 2nd Annual British Veterans Road Relays were held on May 13 over an undulating, 3-mile, 8-yard circuit in Sutton Park, Birmingham.

With entries in the M40 division up from last year's 99 to 111, and athletes of the caliber of Alun Roper, Shel Cowles, Andy Holden, and some fresh faces now into veteran ranks, the stage was set for an exciting afternoon's racing.

And so it proved to be. As the eight laps unfolded, the defending champion

Aldershot team dominated. But the same three teams as last year went away with the medals.

In the M50 contest, 48 teams — 10 more than last year — participated, while the M60s attracted 13 teams (six last year). The ladies' teams zoomed from 28 to 42 this year. Thames Valley retained its M60 title over the three circuits.

Well-organized by Mike Wrenn and the Midlands Veterans and run on traffic-free roads, the venue proved to be very popular. □

LIST OF 34 COMPETITORS WHO HAVE TAKEN PART IN ALL SEVEN WAVA CHAMPIONSHIPS

M50		M65	
*Reg Austin	AUS	Norbert Barth	FRG
Phil Conley	USA	John Gilmour	AUS
Willy Dunne	IRE	*Max Gould	CAN
John Dunsford	GBR	Don Johnson	USA
Leif Gunderstud	NOR	Sylvester Stein	GBR
Hans Poetsch	AUT		
M55		M70	
Ron Franklin	GBR	Ian Hume	CAN
Bob Fine	USA	Clem Green	NZL
Rolan Johannsson	SWE	Jack Stevens	AUS
Colin McDowell	GBR	*Jim Vernon	USA
Hari Chandra	SIN	Nolan Fowler	USA
M60		M75 George Wir	SWE
Don Farquharson	CAN	M80 Albert White	CAN
Jan Kystad	NOR	W50 Irene Obera	USA
Konrad Hernelind	SWE	W55 Ruth Anderson	USA
Bob Mimm	USA	W70 Isabel Saumier	CAN
Jim O'Neil	USA		
Ray Spencer	USA		
Alan Scott	SWE		
Robert Boutard	FRA		

Compiled by Don Farquharson, WAVA Past President



California's Phil Conley will be participating in his eighth WAVA Championships in Eugene.

Photo by Gretchen Snyder



One of the top 10 masters age-graded runners in the world is Antonio Villanueva of Mexico, who will defend his M45 5000 and 10,000 titles in Eugene. Photo by Gretchen Snyder

Follow the Sport!

Catch up with recent fantastic O35 performances in Britain; compare times and marks of British vets with your own; check on former English, Scottish, Welsh internationals now entering the vet movement.

All and more in Veteran Athletics, the newspaper of Britain's vets.

Send for annual subscription A\$20 (A\$30 by air) to Veteran Athletics, 67 Goswell Road, London EC1.

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HAWAII INTERNATIONAL TRACK & FIELD CLASSIC

•WAR MEMORIAL STADIUM•
WAILUKU MAUI, HAWAII 96793

SPONSORS : HAWAII MASTERS T.C., INTERNATIONAL HAWAII SENIOR OLYMPICS, LOS ANGELES PATRIOTS T & F COMMITTEE, MAUI DEPARTMENT OF PARKS AND RECREATION.

DATE/TIME : SAT/SUN AUGUST 12th & 13th, 1989. STARTING BOTH DAYS AT 0800

ENTRY FEES : \$ 10.00 PER EVENT. DECATHLON \$ 30.00 AND PENTATHLON \$ 20.00

DEADLINE : SATURDAY, AUGUST 6, 1989. LATE FEES WILL BE DOUBLE THE DAY OF EVENT

AWARDS : MEDALS WILL BE AWARDED TO 1ST, 2ND, AND 3RD PLACES. ALSO RIBBONS FOR REMAINING PLACES.

SANCTION BY : THE ATHLETIC CONGRESS USA AND FOLLOWING WAVA RULES.

DIVISIONS : 5 YEAR AGE GROUPS. STARTING AT 30 TO 80+. OPEN ATHLETES ARE WELCOME TO COMPETE.

MEET DIRECTOR : MARVIN THOMPSON (LAPOC) (213) 666-7341

CHECK PAYABLE TO : THE HAWAII MASTERS TRACK CLUB.

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

MORE INFO : STAN THOMPSON (HAWAII MASTERS T.C.) (808) 734-8450

SCHEDULE OF EVENTS

DAY 1 (AUGUST 12, 1989)

TRACK EVENTS

0800 10,000 METERS RUN (COMBINED)
0900 * DECATHLON 100 METERS *
0915 5,000 METERS TRACK WALK
1030 800 METERS RUN
1100 * PENTATHLON 200 METERS *
1115 4 X 100 METERS RELAY
1130 4 X 200 METERS RELAY
1200 (LUNCH BREAK)
1300 300/400 METERS HURDLES
1400 4 X 400 METERS RELAY
1430 * DECATHLON 400 METERS *
1445 * PENTATHLON 1500 METERS *

FIELD EVENTS

0800 * PENTATHLON LONG JUMP * & LONG JUMP
0900 HAMMER THROW
1000 * DECATHLON LONG JUMP * & * PENTATHLON JAVELIN *
1100 *DECATHLON SHOT PUT * & SHOT PUT
1130 *PENTATHLON DISCUS THROW * & JAVELIN THROW
1300 * DECATHLON HIGH JUMP * & HIGH JUMP

DAY 2 (AUGUST 13, 1989)

TRACK EVENTS

0800 5,000 METERS RUN (COMBINED)
0900 * DECATHLON 110 METERS HURDLES *
110 METERS HIGH HURDLES
100 METERS HURDLES
80 METERS HURDLES
1000 100 METERS SPRINT
1100 400 METERS SPRINT
1200 (LUNCH BREAK)
1300 1500 METERS RUN
1330 4 X 200 METERS RELAY
1345 200 METERS SPRINT
1415 * DECATHLON 1500 METERS *

FIELD EVENTS

0800 TRIPLE JUMP
1000 * DECATHLON DISCUS* & DISCUS THROW
1130 * DECATHLON POLE VAULT* & POLE VAULT
1300 * DECATHLON JAVELIN THROW *

MJ Travel will be handling the transportation and accommodation of the athletes who wish to go to the Hawaii International Classic. The package includes:

- Air transportation on United Airlines round trip from 8/11 to 8/15
- 4 nights at the Aston Kaanapali Shores (double occupancy)
- Transfer from airport to hotel and from hotel to airport or if you prefer a car rental (1 vehicle for 3 or 4 athletes)

All these for approximately \$650.00, which according to MJ Travel could be less. A deposit of \$100.00 is required immediately.

If you have any questions or would like to have different arrangements for your trip, please contact: MJ Travel, 2801 W. Ball Rd., Suite 11-A, Anaheim CA 92804. 714/826-2490. Lidia or Sara.

OFFICIAL ENTRY FORM (PLEASE PRINT)

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

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

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

ATHLETE'S SIGNATURE _____ DATE _____



WAVA General Assembly Meeting Will be Lively

The biennial meeting of the WAVA General Assembly will begin at 9:00 a.m. on Wednesday, August 2, in the Hilton Hotel in Eugene, Oregon.

No competition is scheduled on that day, and all athletes are encouraged to attend. However, only official delegates may vote.

The meeting is guaranteed to be lively. Among the items on the agenda are:

Election of Officers

Four of the six WAVA offices are being contested (see candidate list on this page).

Site-Selection

Turku, Finland and possibly Athens, Greece are expected to bid for the 1991

Championships. Japan has expressed an interest for 1993, but only a site for 1991 will be awarded this year.

Amendments to the WAVA Constitution

On the agenda are proposals to:

1) Change the name "Veterans" to "Masters". (Proposed by New Zealand and the U.S.A.)

2) Include men age 35-39 in future Championships. (Proposed by the U.S.A.)

3) Base the number of voting delegates at the General Assembly on each affiliate's participation in the past three World Championships, rather than on the affiliate's estimate of its number of members. (Proposed by WAVA Council.)

4) Prohibit WAVA Council mem-

bers from voting on elections of officers. (Proposed by Great Britain.)

5) Decide on the site of World Championships six years in advance. (Proposed by Oceania.)

6) Speed up voting by having delegates mark their order of preference 1, 2, etc. for each candidate for an office. The candidate gaining fewest first-place votes would have his votes transferred to their second preference and so on until one candidate has a simple majority. (Proposed by Great Britain.)

7) Transfer the Technical Committee's functions to the Stadia and Non-Stadia committees. (Proposed by WAVA Council.)

Amendments to the WAVA By-Laws

On the agenda are proposals to:

1) Eliminate medal standards. (Proposed by Australia and the U.S.A.)

2) Permit athletes from other regions to compete in WAVA Regional Championships. (Proposed by the U.S.A.)

3) Change the javelin weight for M50

and M55 to 700 gm. (Proposed by Australia.)

4) Stage relays in five-year, rather than ten-year, age divisions. (Proposed by the U.S.A.)

5) Substitute the pentathlon for the decathlon. (Proposed by Australia.)

6) Hold any multi-event at the end of the program. (Proposed by New Zealand.) □

NOMINATIONS TO THE WAVA COUNCIL

PRESIDENT:

- ☐ *Cesare Beccalli, Italy
☐ Owen Flaherty, Great Britain
☐ Peg Smith, Australia

EXECUTIVE VICE-PRESIDENT:

- ☐ Torsten Carliys, Sweden
☐ *Bob Fine, U.S.A.

VICE-PRESIDENT, TRACK & FIELD:

- ☐ Jorge Alzemora, Chile
☐ Ray Callaghan, Australia
☐ Torsten Carliys, Sweden
☐ Bill Taylor, Great Britain

VICE-PRESIDENT, ROAD AND X-C:

- ☐ *Clem Green, New Zealand
☐ Jacques Serruys, Belgium

SECRETARY:

- ☐ *Alastair Lynn, Canada

TREASURER:

- ☐ *Al Sheahan, U.S.A.

WOMEN'S DELEGATE:

To be elected by the Women's Committee

Election takes place on August 2 at the meeting of the WAVA General Assembly in the Hilton Hotel in Eugene

*Nominated by the WAVA Council

WORLD ASSOCIATION OF VETERAN ATHLETES

FINANCIAL REPORT

JANUARY 27, 1988 TO MAY 25, 1989

REVENUES:

	U.S.\$
Affiliate fees (1987-89 2nd Installment)	\$ 5233.00
Entry fees - Melbourne	4910.00
Entry fees - Eugene	49322.00
Bank interest	2759.70
Miscellaneous	500.00
TOTAL REVENUES	\$67,724.70

EXPENSES:

1. Postage, telephone, fax, etc.	
President	\$1500.00
Executive V-P	.00
V-P, T&F	27.00
V-P, LDR	156.00
Secretary	3133.40
Treasurer	379.36
Women's representative	58.71
	\$ 5304.47

2. Financial Charges

126.98

3. Communications

Age Records	500.00
National Masters News	3000.00
British Veteran Magazine	1000.00
Australian Veteran Magazine	1000.00
North American Masters Assoc.	365.00
ASUDAVE	400.00
WAVA Handbook	1472.43
Age-Graded Tables	670.31
Clipping service	38.00
	8445.74

4. Travel

Melbourne - 1987	1500.00
Eugene - 1988	7511.36
Eugene - 1989	857.08
Secretary - IAAF Meetings	818.34
Treasurer - IAAF Meeting	626.00
V-P, LDR - Korea/Oceania	2700.00
TV Committee - New York	750.00
President	4005.00
	18767.78

TOTAL EXPENSES

32,644.97

SURPLUS

30,079.73

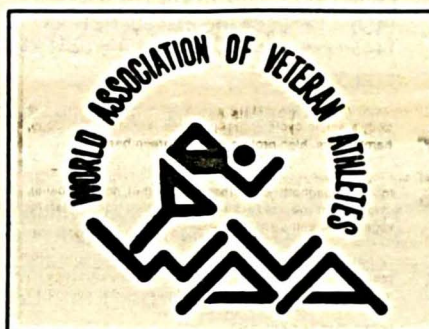
SUMMARY:

Beginning balance on Jan. 27, 1988	\$ 47,256.44
Revenues	67,724.70
	\$109,981.14
Expenses	32,644.97
Ending balance on May 25, 1989	\$ 77,336.17

ASSETS:

U.S. Checking Account	11,545.74
U.S. Money Market Fund	65,449.40
Canadian Checking Account	341.03
	\$77,336.17

— Submitted by Al Sheahan, WAVA Treasurer



OUTSTANDING ATHLETES IN VII WORLD VETERANS GAMES

(as selected by the staff of the National Masters News)

Div.	Name	Nation	Winner of:
M40	John Dixon	NZL	1500, 5000
M45	David Sirl	NZL	800, 1500WR, MILE-WR
	Antonio Villanueva	MEX	5000, 10000-WR
M50	Reg Austin	AUS	200, 400
M55	Charles Williams	GBR	100, 200, 400-WR
M60	Derek Turnbull	NZL	800, 1500, 5000, 10000-XC, MARATHON
M65	Jack Ryan	AUS	800, 1500-WR, MILE-WR, 5000-WR
M70	Dan Bulkley	USA	800, 1500, 300H, SC
M75	Heikki Simola	FIN	100, 200, HJ, LJ-WR, TJ-WR
M80	Ed Benham	USA	800, 1500-WR, 5000-WR, 10000-WR, XC
M85	Herb Anderson	USA	100, 200, TJ, SP, JAV, PEN
M90	Wang Jing-Chan	TAI	100, 200, 400, SP-WR, JAV
M95	Prithvi Singh Azad	IND	100-WR, 200-WR, SP-WR, JAV-WR
W35	Eileen Hindle	AUS	400H, LJ, TJ-WR
	Jacqueline Hansen	USA	1500, 5000
W40	Phil Raschker	USA	100, 200, LJ, TJ WR
W45	Theresa Baird	AUS	5000, 10000, XC
W50	Irene Obera	USA	100, 200, 400
W55	Jean Albury	AUS	1500, 5000, 10000, XC, 5KW-WR
W60	Shirley Brasher	AUS	800, 1500-WR, 5000-WR, 10000-WR, XC
	Kirsten Hveem	NOR	100, 80H, HJ-WR, TJ-WR, PEN
W65	Paula Schneiderhan	FRG	100-WR, 400-WR, LJ
W70	Mary Bowermaster	USA	100, 200, HJ-WR, LJ
W75	Bertha Hiescher	FRG	200, 5000, XC, HJ, LJ
	Ivy Granstrom	CAN	400, 800, 1500, 10000
W80	Irja Sarnama	FIN	SP, DT, HT, JAV



Participants in the Eddy Memorial Meet Masters Mile, Schenectady, N.Y., May 20: Bill Robinson (4:34.7), Al Swenson (4:13.11), Dan Frye (4:22.11), Ken Sparks (4:23.04), and Dave Bowden (4:49.79) with Meet Director Stan Cottrell.

Photo by Paul Murray

ARGONNE NATIONAL LABORATORY

ANTI-JET-LAG DIET

The Argonne Anti-Jet-Lag Diet is helping travelers quickly adjust their bodies' internal clocks to new time zones. It is also being used to speed the adjustment of shiftworkers, such as power plant operators, to periodically rotating work hours. The diet was developed by Dr. Charles F. Ehret of Argonne's Division of Biological and Medical Research as an application of his fundamental studies of the daily biological rhythms of animals. Argonne National Laboratory is one of the U.S. Department of Energy's major centers of research in energy and the fundamental sciences. Argonne National Laboratory, 9700 South Cass Avenue, Argonne, Illinois 60439.

COUNTDOWN

	1	2	3	4	
	FEAST	FAST	FEAST	FAST	BREAK FINAL FAST
ON					
H					
M					
E					
S					

How to avoid jet lag:

1. DETERMINE BREAKFAST TIME at destination on day of arrival.
2. FEAST-FAST-FEAST-FAST on home time. Start three days before departure day. On day one, FEAST, eat healthy, with high-protein breakfast and lunch and a high-carbohydrate dinner. No coffee except between 3 and 5 p.m. On day two, FAST on light meals of salads, light soups, fruits and juices. Again, no coffee except between 3 and 5 p.m. On day three, FEAST again. On day four, departure day. FAST, if you drink caffeinated beverages, take them in morning when traveling west, or between 6 and 11 p.m. when traveling east. Going west, you may fast only half day.
3. BREAK FINAL FAST at destination breakfast time. No alcohol on plane. If flight is long enough, sleep until normal breakfast time at destination, but no later. Wake up and FEAST on high-protein breakfast. Stay awake, active. Continue day's meals according to meal times at destination.

FEAST on high protein breakfasts and lunches to stimulate the body's active cycle. Suitable meals include steak, eggs, hamburgers, high-protein cereals; green beans.

FEAST on high-carbohydrate suppers to stimulate sleep. They include spaghetti and other pastas (but no meatballs), crepes (but no meat filling), potatoes, other starchy vegetables, and sweet desserts.

FAST days help deplete the liver's store of carbohydrates and prepare the body's clock for resetting. Suitable foods include fruit, light soups, broths, skimpy salads, unbuttered toast, half pieces of bread. Keep calories and carbohydrates to a minimum.

WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS

HURDLES

	WOMEN					MEN				
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9½"	40.00m 131'2½"					
40-49	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9½"	40.00m 131'2½"	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.840m 33"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

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

IMPLEMENTS

Age	Shot put	Discus	Hammer	Javelin
WOMEN				
35-49	4.00K	1.00K	4.00K	600 gms.
50 plus	3.00K	1.00K	3.00K	400 gms.
MEN				
40-49	7.26K (16 lbs)	2.00K	7.26K (16 lbs)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.

* New I.A.A.F. Specifications

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS



PARQUE SIXTO ESCOBAR, SAN JUAN, P.R.
16-17 SEPTEMBER 1989

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISION: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64
65-69; 70-74; 75-79; 80 AND OVER

ENTRY FEE: \$5.00 FIRST EVENT, \$3.00 EACH ADDITIONAL EVENT. RELAYS FREE.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION

DEADLINE FOR ENTRIES: SEPTEMBER 9, 1989.

RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEARS INCREMENTS.

ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P.M.

SATURDAY AND SUNDAY.

ENTRIES: SEND THE ENTRY FORM BELLOW WITH CHECK TO:

PUERTO RICO MASTERS ASSOCIATION

MR. OVIDIO DE JESUS

P.O. BOX 31300, 65TH INFANTRY STN., RIO PIEDRAS P.R. 0929-0300

REGISTRATION: AT PARQUE SIXTO ESCOBAR FROM 10:00 A.M. ON SATURDAY 16.

HOTELS: ACCOMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE

SIXTO ESCOBAR.

CARIBE HILTON TEL. (809) 721-0303 OCEAN SIDE TEL. (809) 722-2410

HOLIDAY INN " (809) 721-1000 QUALITY ROYALE (809) 721-4100

EXCELSIOR " (809) 721-7400 MIRAMAR " (809) 722-6239

RADISSON " (809) 729-2929 TANAMA " (809) 724-4160

SCHEDULE OF EVENTS:

TIME	SATURDAY SEPT. 16	SUNDAY SEPT. 17
3:30 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)
4:00 P.M.	2. 300 M. HURDLES	15. SHOT PUT (W-M)
	3. POLE VAULT	16. LONG JUMP (W-M)
	4. HAMMER	
5:00 P.M.	5. 110 M. HURDLES (M)	17. 800 M. (W-M)
	6. 100 M. HURDLES (W-M)	18. JAVELIN (W-M)
	7. 80 M. HURDLES (M)	19. HIGH JUMP (W-M)
5:30 P.M.	8. DISCUS (W-M)	20. 5000 M. (W-M)
6:30 P.M.	9. 3000 M. STEEPLECHASE	21. 200 M. (W-M)
	10. 2000 M. STEEPLECHASE	22. TRIPLE JUMP
7:30 P.M.	11. 100 M. (W-M)	23. 5K WALK (W-M)
8:00 P.M.	12. 1500 M. (W-M)	AFTER 5K WALK
		4 X 400 RELAY (W-M)
8:30 P.M.	13. 10000 M. (W-M)	
AFTER		
10000	4 X 100 RELAY (W-M)	

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE SIXTO ESCOBAR AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME _____ PHONE _____

ADDRESS _____

AGE (AS OF SEPT. 16, 1989) _____ DIVISION _____ M OR F _____

PLEASE ENTER ME:

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

SIGNATURE _____ DATE _____



The Director's Corner

by DEAN REINKE

Mid-Term Circuit Report Better Than Ever

While the ICI/USRA Masters Circuit is still only one-fourth through its 1989 season, the mid-calendar year report is better than ever. New Zealand is making its presence known through the running exploits of John Campbell and Heather Matthews. While Campbell's 29:05 at the Boston Milk Run and 2:14 Boston Marathon effort are impressive, most of his wins have been in non-ICI/USRA Circuit events. Campbell defeated '88 ICI/USRA Masters Circuit National Champion Bill Rodgers in Los Angeles, but has yet to face Rodgers and other top Masters Victor Mora, Wilson Waigwa or Graham Tattersall this year on the Circuit. There will be an early season preview of the '89 ICI/USRA Masters National Championship July 9 at the Utica Boilermaker Circuit event which at press time had commitments from Rodgers, Mora, Waigwa and Tattersall with Campbell indefinite.

On the distaff side, Matthews, an interior decorator, has defeated top American Laurie Binder in their two meetings at the Pacific Sun 10K in California and Frihofer's 5K in New York. With Binder having defeated last year's ICI/USRA Masters Circuit National Champion Priscilla Welch earlier this year in Jacksonville and Sweden's Evy Palm running another strong 2:33 in Stockholm, Welch's reign at the top may be challenged in Naples, January 13, 1990. Americans

Barb Filutze, Gabriele Andersen and Jane Hutchison should still be in the grand prix points hunt and grab their share of the \$40,000 ICI/USRA Circuit purse to be distributed in Naples.

While the ICI/USRA Masters Circuit "superstar" slots should be filled by the names above, there are several candidates for "rookie-of-the-year" honors. Buffalo's Nancy Miesczak captured the season opening "Nissan Shamrock 8K" and while a veteran marathoner, should still be competitive

at all distances. North Carolina's Claudia Ciavarella captured runnerup honors at the Myrtle Beach Classic and when she gains more experience, she too could be a top five contender.

On the men's side, Tampa, Florida's Jim Pearson appears to be the "Bob Schlauf of '89". Out of nowhere, the full time contractor and former high school high hurdler finished a surprising seventh at the Naples ICI/USRA Masters Circuit National Champion last January. A recent runnerup finish at the Circuit's third event, Cotton Row, ahead of Schlauf, proved that Pearson is for real and will be a force to be reckoned with in the coming season.

Sorbothane Age-Graded Rankings

Plans have been finalized for the "Sorbothane Age-Graded Rankings", the newest addition to the ICI/USRA Masters Circuit. The program, started at Cotton Row, will award a \$100 bonus to the top male and female age-graded performance at each Circuit event. The top "Sorbothane" performances of the year will be displayed monthly in the "ICI/USRA Masters Circuit" standings and the top two male and female age-graded performances of the year will earn trips to the ICI/USRA Masters Circuit National Championship in Naples, Florida January 13, 1990. Top Sorbothane performers at the Hospital Hill Run Half Marathon were Larry Olsen and Jane Hutchison while Graham Tattersall and Nancy Oshier captured top Sorbothane honors at Cotton Row. □

Nitroplex Joins Circuit

ICI/USRA Masters Circuit organizers are proud to welcome NITROPLEX as a presenting sponsor of the 1989 Circuit. Nitroplex is part of a family of energy enhancing nutritional supplements distributed by Performance Nutrition, Inc. Developed over a four-year period by Jon Whaley, a research chemist based in Jacksonville, Florida, the products speed recovery, promote lean muscle gains and most importantly are safe to use.

With the home office in Dallas and regional divisions in North Carolina and Florida, company President Gary Lewellyn approached the ICI/USRA Masters Circuit about the sponsorship. "Documented scientific studies conducted in sports laboratories have demonstrated the supplementation of an athlete's regular diet with the proper nutrients can speed and enhance recovery after hard training bouts or competition," said Lewellyn. "Supplements such as Nitroplex," he continued, "are products based on these studies. We feel Nitroplex and the ICI/USRA Masters Circuit are a perfect match and we are proud to be part of the fastest growing segment of the sport — Masters running"

Nitroplex joins Cleveland, Ohio-based Sorbothane as a presenting sponsor of the ICI/USRA Masters Circuit. □

ICI/USRA Masters Circuit Point Standings

After 4 races, including the Nissan Shamrock 8K, Myrtle Beach 10K Classic, Cotton Row 10K, and Hospital Hill Half-Marathon. Other races to count include:

Utica Boilermaker 15K	Myriad Gardens 10K
Chicago Distance Classic 20K	Twin Cities Marathon
Quad City Times Bix 7-Mile	Capital Trail Run 10-Mile
Asbury Park 10K	Foundation 30K
Charlotte Observer 10K	Crim Raod Race 10-Mile
Pittsburgh Great Race 10K	ICI/USRA National Champs 8K

M40-44				M55-59			
Bob Schlauf	24	Gerald Koch	10	W45-49			
Ken Sparks	22	Tom Ray	10	Chris Tattersall	10		
Bill Rodgers	19	John Harwick	10	Mary Shaver	10		
Wes Wessely	14	Greg Prom	10	Sharon Markoski	10		
Wilson Waigwa	10			Karen Bestul	10		
Graham Tattersall	10						
Larry Olsen	10						
Dave Stewart	9						
Jim Pearson	9						
Don Kardong	8						
M45-49				M60-64			
Ralph Zimmerman	30	Jim O'Neil	20	W50-54			
Don Coffman	10	Herb Chisholm	18	Susie Kluttz	27		
Wendel Cribb	9	Ed Hamilton	15	Nancy Parker	10		
Joe Carr	9	Charles Evans	11	Barbara Gehringer	10		
Dock Jordan	9	John Hosner	10				
Garry Gribble	9						
M50-54				M65-69			
Jim Larson	26	Ed Benham	10	W55-59			
Don Sleeman	20	Claudis Hawkins	10	Gloria Brown	20		
Bill Johnston	18	Howard Calkin	10	Jean Evans	14		
Sammie Yarborough	9			Mary Anne Woodring	10		
Dan Conway	9						
M40-44				M65-69			
Jane Hutchison	28	Bob White	10	W60-64			
Claudia Ciavarella	22	Dewey McMickle	10	Mary Norckauer	20		
Nancy Oshier	19	Isoids Hernandez	10	Cecile Maples	10		
Barbara Filutze	10			Mary Otte	10		
Nancy Miesczak	10						

MYRTLE BEACH CLASSIC

APRIL 8, 1989

MALE MASTERS & GRAND MASTERS with Performance Levels of .7000*

Age Gr.	Name	Age	Actual Time	Actual Perf. Level
28:18	Bill Rodgers	40	30:00	.9312
29:20	Dave Stewart	40	31:06	.9176
29:43	Bob Schlauf	40	31:30	.9058
30:58	Ken Sparks	40	32:51	.8692
31:04	Ralph Zimmerman	40	34:02	.8664
31:09	Jim Larson	50	35:23	.8641
31:11	David Reese	40	33:04	.8632
32:29	Phil Peterson	40	34:26	.8292
33:38	Robert White	65	41:51	.8003
33:56	John Harwick	55	40:12	.7932
34:04	Len Dunlap	40	36:07	.7901
34:09	Sam Yarborough	50	38:47	.7882
34:13	Herb Chisholm	60	42:35	.7867
34:35	Bill Tribou	65	43:02	.7783
35:32	Ed Hamilton	60	44:13	.7575
35:48	Charles Dotson	65	44:30	.7526
36:05	Wendell Cribb	45	39:34	.7460
36:32	Tom Seamon	50	41:30	.7368
36:45	Jimmy Davis	50	41:45	.7324
37:09	J. Mimmelsbach	40	39:25	.7245
37:11	John Miesch	40	39:27	.7239
37:16	Earl White	45	40:50	.7223
37:25	Joseph Brown	45	40:59	.7194
37:28	Jim Doherty	50	42:33	.7184
37:32	Jon Moon	40	39:49	.7171
37:50	Charles Moore	55	44:49	.7115
37:52	Roger Gill	65	47:06	.7108
37:54	Paul Fagan	45	41:32	.7102
37:55	Charles Evans	60	46:43	.7099
38:13	Lindsey Shumate	45	41:53	.7043

FEMALE MASTERS & GRANDMASTERS with Performance Levels of .7000*

Age Gr.	Name & Age Group	Actual Time	Actual Perf. Level
33:08	Barbara Filutze, 40	35:20	.9024
33:40	Jane Hutchinson, 40	35:55	.8826
34:29	Linda Ciavarella, 40	36:47	.8666
37:40	Susie Kluttz, 50	43:22	.7934
37:48	Ann Reed, 40	40:19	.7840
38:13	Loretta Sheehan, 65	51:45	.7819
40:09	Linda Miesch, 40	42:45	.7458
41:47	Brenda Pantoja, 40	44:34	.7155
42:15	Mary Norckauer, 60	56:31	.7077

SORBOTHANE AGE-GRADED PERFORMERS

NISSAN SHAMROCK 8K				
Name	Age	Actual	Age Graded	Pct. Perf.
1 Wilson Waigwa	40	23:54	22:32	.9453
2 Bill Rodgers	41	24:14	22:51	.9322
3 Bob Schlauf	41	25:05	23:39	.9006
4 Ron Bell	42	25:47	24:19	.8759
5 Don Sleeman	50	27:47	24:28	.8706
1 Nancy Miesczak	40	28:55	27:06	.8727
2 Nancy Oshier	40	29:33	27:42	.8538
3 Claudia Ciavarella	40	30:05	28:13	.8382
4 Mary Ellen Williams	44	30:25	28:31	.8293
5 Gloria Brown	57	36:07	29:55	.7905
COTTON ROW 10K				
1 Graham Tattersall	43	31:16	29:29	.9129
2 Jim Pearson	40	31:19	29:32	.9114
3 Don Coffman	46	32:38	29:47	.9037
4 Bill Johnston	51	34:22	30:15	.8898
5 Dan Conway	50	34:39	30:30	.8825
1 Nancy Oshier	40	36:27	34:13	.8925
2 Jane Hutchison	43	36:53	34:34	.8645
3 Karen Macharg	40	37:15	34:55	.8558
4 Judy Greer	42	37:34	35:13	.8486
5 Chris Tattersall	47	39:26	35:38	.8386

HOSPITAL HILL HALF-MARATHON

Name	Age	Actual Time	Actual Perf. Level
1 Larry Olsen	42	1:10:42	1:06:40 .8913
2 Jim O'Neil	64	1:24:25	1:07:51 .8779
3 Don Sleeman	50	1:17:21	1:08:06 .8725
4 Jack Gentry	61	1:24:53	1:08:14 .8708
5 Wes Wessely	41	1:12:26	1:08:18 .8699
1 Jane Hutchison	43	1:19:47	1:14:47 .8819
2 Gail LaDage Scott	43	1:24:14	1:18:57 .8353
3 Gloria Brown	57	1:39:00	1:22:01 .8041
4 Judy Huber Cogswell	41	1:30:53	1:28:11 .7742
5 Diane Langston	41	1:31:52	1:26:06 .7660

ICI/USRA Masters Circuit "Happenings"

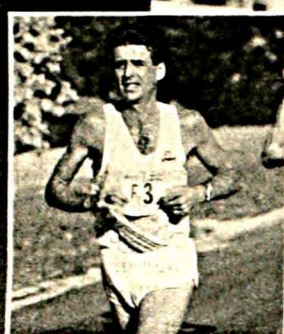
Doing his best "Sugar Ray Leonard" imitation, New Mexico's Web Loudat came out of retirement for the Boulder Boulder, finishing second to Victor Mora. But a letter to 1st Federal/Nissan Capital Trail Run director Jim Young informed Young, "Thank you for your help in the past but I am retiring from competitive road racing." Those who follow boxing will keep on eye on this one. . . New Zealander Graham Tattersall is making his presence known with Masters wins at Bloomsday, Lilac 10K in Rochester and Cotton Row, his first victory on the ICI Circuit. Nancy Oshier of New York scored a 20-second win over '88 ICI Circuit champion Jane Hutchison in the women's race at Cotton Row. . . Hutchison won the women's division of the Hospital Hill Half Marathon with a 4½ minute margin over Gail Scott of Colorado. Massachusetts' Larry Olsen, '88 TAC 10K champ, captured the men's race over Wes Wessely and Don Kardong, running his first ICI Circuit event. . . Summer ICI/USRA Masters Circuit events promise to be among the most competitive masters fields of the year in "all" age divisions. Contacts include: July 9, Utica Boilermaker 15K, Dick Mattia (315-797-8906); July 16, Chicago Distance Classic 20K, Diane Wood (312-243-2000); July 29, Quad Cities Times Bix 7, Dan Breidinger (319-391-7987); August 12, Asbury Park 10K Classic, Phil Benson (201-531-4156); August 26, Crim Road Race 10 Mile, Lois Craig (313-235-3396); September 23, Pittsburgh Great Race 10K, Mike Radley (412-255-8983). Numbers for remaining Circuit events can be found in the ICA/USRA Circuit ad appearing in this publication. . . Nissan Shamrock 8K in Virginia Beach will conduct a "separate" 8K for Masters runners as part of its weekend schedule in 1990. This is already done on the ICI Circuit at Myrtle Beach and Charlotte Observer. Look for more to follow. . . Congratulations to Frank Shorter for his selection into the TAC Hall of Fame. . . Looks like a good possibility that the Seattle Half Marathon will join the ICI/USRA Masters Circuit. It celebrates its 20th anniversary November 25, 1989. . . Last year's ICI/USRA Masters Circuit champion Bill Johnston of Utah, like most Masters, found out that the second year in a new age group can become a rude awakening. Don Sleeman and Clyde Davidson got the best of him at Hospital Hill and with Dan Conway (Wisconsin), England's Ron Hill, Herb Lorenz (NJ) and Jim Bowers (California) also just entering the grand masters ranks and Bill Olrich already there, it's going to be tough but Johnston reports he's up to the challenge. . . Former Indiana University Distance Runner Jim Press, now living in California, placed second behind Bill Sevald in the Masters division of the Pacific Sun 10K. . . Discussions are taking place between ICI/USRA Masters Circuit officials and Los Angeles Jack-in-the-Box meet organizers for a Legends Mile to be televised on ESPN. . . Michigan's Wally Herralá finished 4th in the 40-44 age group at Hospital Hill but a week later turned 45. He finished 58 seconds ahead of 45-49 winner Ralph Zimmerman of New York. Add Steve Lester and Bruce Mortenson to that division and it's going to be a great year — not to mention Mike Hurd, Ken Sparks, Victor Mora and Barry Brown only a year away. . . Maryland's top Master runner Wayne Vaughn will be sidelined from May thru August due to a hernia operation. . . Bill Rodgers has signed a promotional deal with Brooks for one more year. . . Is it the British invasion? Ron Hill, no stranger to the U.S. scene, ran the Elby's Distance Run and plans to get his 5 ICI/USRA Masters Circuit points races in to qualify for the grand prix title. Other Brits hoping to impact the Circuit include Shel Cowles, Alun

Roper, Alan Rushmer, Mike Hurd and Ron Bell. The latest to turn 40 though is Olympian (3rd in '72, 6th in '76 5000) Ian Stewart. 12 years ago, he ran the fastest ever 10-mile at 45:13. He'll make his first U.S. Masters appearance in Eugene at the World Vets Games. . . Make that a recent 3:41 marathon for 71-year-old Paul Reese of California. . . Nancy Miesczak continued her winning Masters ways (1st at Nissan Shamrock 8K) at the Lilac 10K with a win over Nancy Oshier. John Campbell captured men's honors over Canadian Steve Cowley, Bill Sevald and Alan Rushmer. . . Following the lead of his fellow Masters on the roads, Mexico City

Olympic Gold Medalist Lee Evans turned a 51.6 400-meter effort. Look for more "name" performers to don their spikes again. . . From the "here comes another generation file" is Martin Keino, 16-year-old son of Olympian Kip. A high school student at a military academy in Virginia, he recently captured the 2000-yard steeplechase at the Orlando Sentinel Golden South Invitational. He is one of four brothers and 2 sisters, with two of his brothers also runners. He's been running since the 6th grade, and yes, he does have ambitions to run collegiately and beyond. No plans yet if his Dad and Jim Ryun will have a remit of their road mile in Honolulu

again this December. . . ICI/USRA masters Circuit's Marathon stop in Twin Cities is shaping up to be one of the all-time great marathons. Its innovative prize structure is being hailed by athletes as a very exciting one. Over \$100,000 could be awarded to Masters with \$10,000 going to the top male and female with some \$22,000 being distributed as age graded (gender neutral) prizes. Kjell-Erik Stahl, who rarely races in the U.S. outside of Twin Cities, will be tested by a strong contingent. A preview was to have taken place last month at Grandma's Marathon in Duluth between he and American star Bob Schlauf. . . Continued on page 30

The Tradition Continues...



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

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

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

March 18 - Nissan Shamrock 8K, Virginia Beach, VA (804) 481-5090
April 8 - Myrtle Beach Classic, 10K, SC (919) 847-3109
May 29 - Cotton Row Run 10K, Huntsville, AL (205) 881-5807
June 4 - Hospital Hill Run Half Marathon, Kansas City (816) 561-1085
July 9 - Utica Boilermaker 15K, Utica, NY (315) 797-6929
July 16 - Chicago Distance Classic 20K, IL (312) 243-2000
July 29 - Quad City Times Bix 7 Mile, Davenport, IA (319) 359-9197

August 12 - Asbury Park 10K, NJ (201) 531-4156
August 26 - Crim Road Race 10 Mile, Flint, MI (313) 235-3396
September 24 - Pittsburgh Great Race 10K, PA (412) 255-2493
September 30 - Myriad Gardens Run 10K, Oklahoma City, OK - (405) 231-2597
October 8 - Twin Cities Marathon, Minneapolis, MN (612) 881-3863
October 14 - Capital Trail Run 10 Mile, Raleigh, NC (919) 876-8347
November 12 - Foundation 30K Championship Clarksburg, CA - (916) 636-0707 or (916) 665-1712
January 6 - Charlotte Observer 10K, NC (704) 379-6898

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

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



Sorbothane Nitroplex

ICI/USRA Masters Circuit "Happenings"

Continued from page 29

grats to Bill Rodgers and Laurie Binder recognized as RRCA's Masters Runners of the Year. . . Our condolences to the family of 82-year-old Master Ray Sears of Shelbyville, Indiana, who was hit by a car and killed while running near Columbia, Maryland. . . Reported earlier as a 4:05, make that a 4:07 for Wilson Waigwa at Modesto — either way, it's still extremely fast at 40. . . Victor Mora continues his undefeated Masters winning ways with victories at Revco 10K and Bolder Boulder 10K. . . From the "where is she now?" file comes Sister Marion Irvine. Plagued by injuries since her 1984 Women's Olympic Marathon Trials appearance in Washington, the running nun won her age group at both the Pacific Sun 10K and the Azalea Run in Tyler, Texas. . . Only Masters to compete in the Ekiden? Try Hawaii's Duncan Macdonald running a 30:34 split for Hawaii. Let's hope we can get the former Stanford star away from his medical practice long enough to run some ICI/USRA Circuit events. . . Local Masters runners in Houston are pushing the Houston Tenneco Marathon hard to add a Masters prize purse. They show statistical data that 33% of the participants are Masters, 54% under 40 and only 13%

women. . . Being the 15th anniversary of Jack Foster's world Masters marathon record of 2:11:19, it's only appropriate to provide a Kiwi update on the ultimate Master. He's spending most of his competitive energy "cycling" and has been doing so the last seven years. He plans to retire from work soon and hopes to visit the USA soon. Jack, if you read this, "give me a call and I'll do what I can to get you to the ICI/USRA Masters National Championships in Naples". . . Dan Conway is on a roll. Ten years ago, the Wisconsin native was one of "the" stars in the Masters ranks, and in fact, was one of the top runners on the "Brooks Masters Circuit". On a comeback, his 33:08 should serve warning to his fellow Grand Masters. . . Bruce Mortenson, the former Oregon star who's now 45, ran a 25:12 8K recently, a U.S. record. . . Check off Pittsburgh Marathon victories for Bob Schlau over Mike Hurd and Gabrielle Andersen over home-stater Barb Filutze. . . Put Ohio native and current Tallahassee, Florida resident Karen Macharg on the awards stand at the Gumtree Run in Tupelo, Mississippi. . . Look out Norm Green, Ethiopia's legendary Mamo Walde just entered the 55-59 age ranks last month. . . With that last can't-live-without tidbit, we'll see you on the roads! □ — Dean Reinke

Olson Top Master at Hospital Hill

by STEVE LEWALLEN

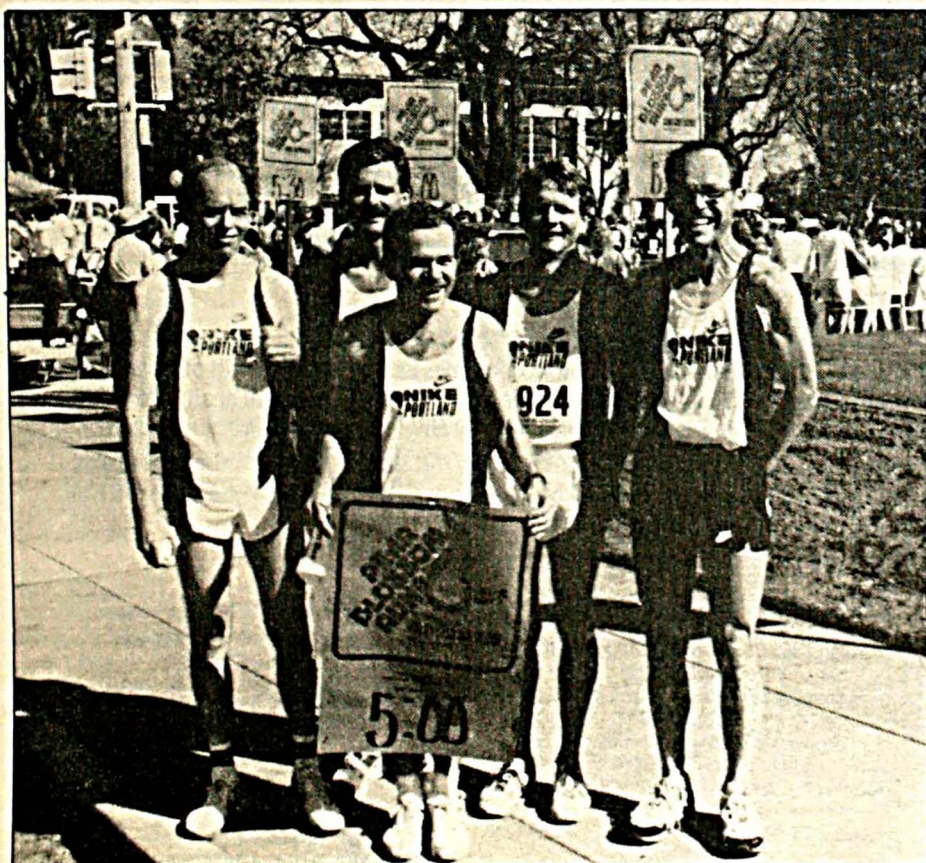
Laurence Olson, M40, finished first master at the Hospital Hill Half-Marathon in Kansas City, Mo., June 4 with a 1:10:42. Olson's time also garnered top age-graded honors with an 89.1 performance percentage (Olson's 1:10:42 divided into the M40 standard of 1:03:00).

The second best age-graded per-

formance was turned in by M60 winner Jim O'Neil; his 1:24:31 resulted in an 87.5%.

First female master across the finish line in this fourth race on the ICI/USRA circuit was Jane Hutchison (1:19:47, 88.2%), followed by Gail Scott (1:24:14, 83.5%).

Overall winners were Martin Patayo (1:04:07) and Jeanne Lasse-Johnson (1:17:36). □



The Nike-Portland Running Club team champions at the National Masters 20K Championships in Medford, Or., April 8. Rear, 1 to r: Mike Heffernan (M45, 1:09:33), Kent Cummings (M40, 1:11:20), Erik Sten (M40, 1:10:27), George Buckner (M50, 1:13:54). Front: Gary Wilborn (M40, 1:08:57). Photo by Warren Finke

Oshier, Tattersall Take Cotton Row Titles

by MIKE DAVIS

HUNTSVILLE, Ala. — For Graham Tattersall and Nancy Oshier, the May 29 Cotton Row 10K Run will be a race to remember.

They were the masters winners in the event which traditionally draws one of the top fields in the nation — and the victories were their first on this year's ICI/USRA Masters Circuit.

In addition, their efforts were recognized by Sorbothane, a new Presenting Sponsor of the circuit, as the top age-graded performances in the field of approximately 2,200 runners.

Tattersall, a native of New Zealand who now lives in New York, came across the finish line in 30:38. Jim Pearson of Lakeland, Fla., was second in 31:16, followed by defending ICI/USRA Masters Circuit champion Bob Schlau of Charleston, S.C., in 31:19.

Oshier, who hails from Spencerport, N.Y., finished in 36:32 and had an 18-second lead at the finish on Jane Hutchison of Webb City, MO., last year's ICI/USRA series champion. Each had finished second in one of the two previous series races — Oshier at the Nissan Shamrock 8K opener and Hutchison at the Myrtle Beach Classic.

Fourth place in the 40-49 division went to Huntsville's Carl Nicholson, in 32:29. Don Coffman of Frankfort, KY., was fifth in 32:36.

Trailing Oshier and Hutchison were Karen Macharg of Tallahassee, FL., (37:12); Judy Greer of Orlando, FL. (37:34); and Claudia Ciavarella of Cary, N.C., the circuit's 40-44 leader (38:41).

In the 50-and-over division, William Johnston of Salt Lake City, Utah, picked up his first 1989 series win with a time of 34:20. He was followed by Dan Conway of Chetek, WI. (34:38) and Sam Stone of Knoxville, TN. (35:50).

The top female 50-and-over finisher was Nancy Parker of Dunwoody, GA. (41:16). Mary Anne Wehrum of Memphis, TN., was second in 42:07 and Delores Albertini of Maryville, MO., was third in 43:12.

Male and female first-place finishers in the 40-49 age group received \$750. Second through fifth place received \$500, \$300, \$200 and \$100, respectively. In the 50-and-over group, the prizes were \$250, \$100 and \$50 for the top three males and females.

Marcos Barreto of Mexico was the overall winner in 29:35, earning \$1,000. The top female finisher was Monica O'Reilly, a native of Ireland who now lives in Richmond, KY., in 34:25. □



Richard Rizzo, M50, with a 55.77 finish in the 400 at the Don Harris Memorial Meet in Pittsburgh, Pa., May 13. Photo by Jim Hodge

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

in conjunction with
Summer Arts Festival '89

BROOKINGS, SD
SATURDAY, JULY 8, 1989

Age Group and Open Awards

For Entry Form or
More Information contact

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



Morcom Highlights First Don Harris Meet

by PETER TAYLOR

PHILADELPHIA, May 13 — Sixty-eight-year-old Boo Morcom soared 3.48 meters (11 feet, 5 inches) in the pole vault today to highlight the first Don Harris Memorial Meet at the University of Pennsylvania's Franklin Field. Donald S. Harris, long a popular member of the Philadelphia Masters, passed away in June 1988 at the age of 65. During World War II he was a Tuskegee Airman, and later distinguished himself as a school principal in the Philadelphia area and as a masters athlete and all-around "good guy."

Morcom's record-setting vault was just one of the outstanding performances today; Jim Law, Jim Sutton, Joan Stratton, and Sparks Sorlien were among others who turned in marks that bettered the prevailing standards. Law, from Charlotte, N.C., after warming up by downing Bert Lancaster in the 60-64 100 meters (12.74 to 12.81), rocketed through 400 meters in 59.89 for a new age-63 mark. Jim came back later to win the 200 in 26.72.

Sutton, a 57-year-old school principal from Reading, PA, ran the mile in 4:53.52 to easily better the listed single-age record. Stratton, a 37-year-old strongwoman who recently moved east from California, threw the shot 12.42 meters (40'9") and the discus 38.00 meters (124'8") to set single-age American records in both events. Joan

also threw the javelin a winning 119'2".

The popular Sorlien, now 72, showed that he can still "do the triple" as he reached an American age record of 8.64 meters (28'4 1/4"). Sparks made his trip from Rhode Island worthwhile by winning the 200 in 33.69 and the long jump with 3.95 meters (12'11 1/2") as well.

All time masters great Rudy Valentine, now 65, was one of many sprinters who turned in fine performances on this sunny spring day. The Bronx, N.Y. resident scored a triple, winning the 100 in 13.40, the 200 in 28.25, and the 400 in 1:01.25. David Cherry, 31, from Brooklyn, another one of the many fine New York area performers who helped make this a very competitive meet, also swept the sprints, running 11.46, 22.62, and 50.21.

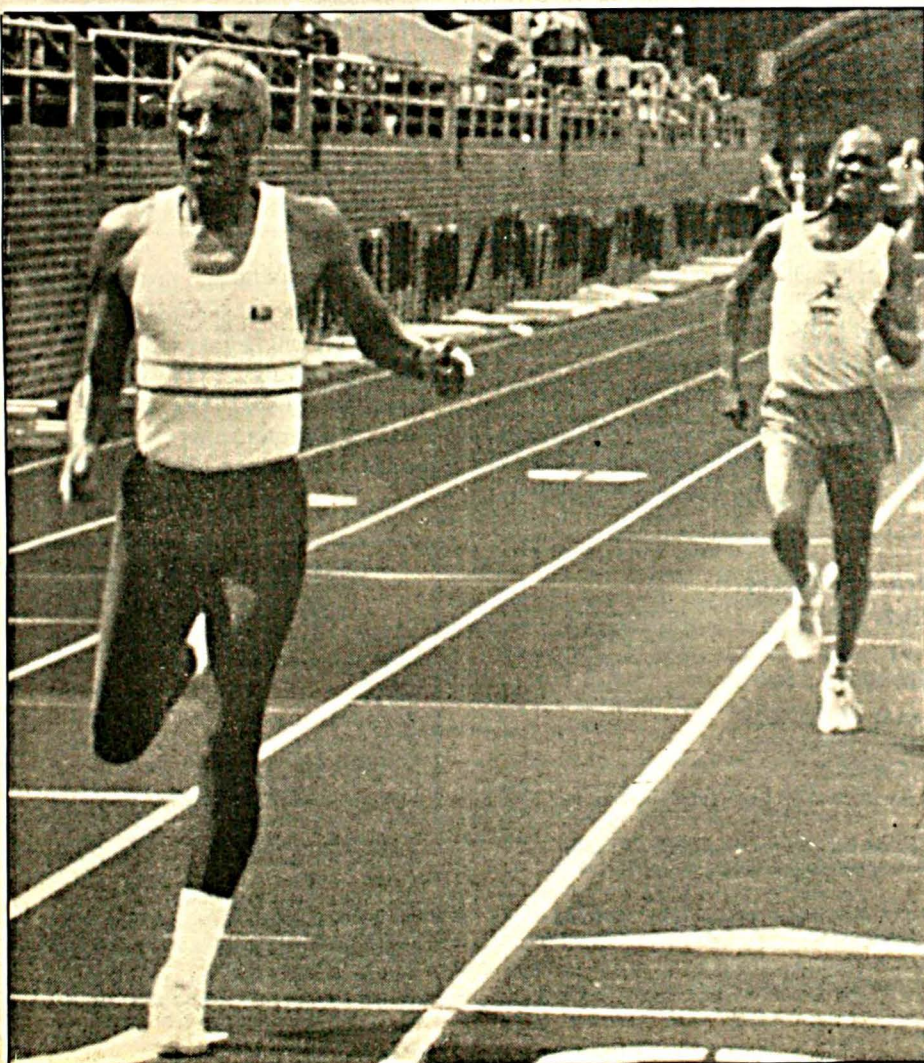
Jennifer Pinto, 41, also from Brooklyn, was one of several double winners. The affable Trinidad native rang up an excellent 1:01.73 in the 400 and a 27.55 in the 200. Other double sprint winners were: Marilyn Mitchell, who won 45-49 with 14.02 in the 100 and 28.42 in the 200; Bert Peters, who ran 11.70 and 23.91 in 40-44; Ralph Penn, 23.05 in the 200 and 50.95 in the 35-39 400; 80-year-old Manfred d'Elia, 17.11 in the 100 and 36.85 in the 200; Ray Edwards, 16.92 in the 100 and 1:37.20 at 400 (75-79); and Richard Rizzo, 25.46 and 55.77 in 50-54.

The submasters featured several fine races in the middle distances: Scott Van Jacob won both the 800 and mile 30-34, running 2:02.97 and 4:31.85, while Virginia's Duane Green took the 35-39 mile in 4:33.33 and came back to run down Rob Jackson in the stretch (Doc Savage got up for second) in the 800 in 2:02.79. Ben Brockwell, from Lavallete, N.J., won both the 40-44 mile (4:43.31) and 800 (2:09.24).

Maryland's Mark Williamson, 31, cleared 6'10" in the high jump to wrest the gold from Jerry Crockett (6'8"). Marie Beretey, 39, of Staten Island, N.Y., leaped 4'6", while Lawrence Pratt of New Jersey won the 55-59 high jump with 4'10". Skipper Clark, 41, of Matawan, N.J. turned in an outstanding long jump of 4.80 meters (15'9").

In addition to Joan Stratton, several weight performers stood out: Charlie Youngren of Kentucky threw the new javelin an outstanding 224'7" to win 30-34; Bot Sing was not far behind in 35-39 with a toss of 215'4". Tim Williams, 40, of Pottstown, PA, hurled the discus 46.50 meters (152'6 1/4"). Martin Kintish, of Middletown, N.Y., reached 42.74 meters in 55-59 (140'2 1/4").

Overall, it was an excellent inaugural meet, although there were some significant shortcomings: automatic times were generally not available until after the meet; there was no javelin official; and considerable logistical problems were experienced with the relays. The organizers hope to hold the second annual Don Harris Memorial Meet next spring or summer. □



Jim Law (left), M60, runs 59.89 in the 400 at the Don Harris Memorial Meet in Pittsburgh, Pa., May 13. Rudy Valentine, M65, placed first in his age-group with a 61.25. Photo by Jim Hodge

BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, August 13, 1989
SITE: Brown University Stadium, Elm Grove Avenue, Providence, RI
DIRECTIONS: From I-95 North or South, take 195 East exit. Follow 195 until you hit the Gano Street exit (#3). Take a right onto Gano Street (north) which becomes Taber Avenue. Follow Taber until you reach Lloyd Ave. Turn right on Lloyd and go to Elm Grove Ave. Turn left and follow until you see Brown Stadium on the left hand side.
FACILITY: New, 6 lane, rubberized Action 200 track (1/4" spikes). Same surface for jumping areas and javelin runway, concrete throwing circles.
AWARDS: First three places in all events.
DIVISIONS: Five-year groupings for men and women (30-80+).
ENTRY FEE: Pre-entries will be \$6 first event; \$5 each additional event by August 9, 1989. **Post entries will be \$7 first event; \$5 each additional event by 11:00 a.m. on day of meet.**

ORDER OF EVENTS:		Track	Field
12:00 p.m.	5,000m Pun	11:00 a.m.	Javelin (Young to Old)
	High Hurdles		Hammer (Young to Old)
	100 m (Trials/Finals)		Pole Vault (Bar Not Lowered)
	400 m		Long Jump followed by Triple Jump (Old to Young)
	1,500m		High Jump (Bar Not Lowered)
	200m		Shot Put followed by Discus (Young to Old)
	800m		
	5,000m walk	12:30 p.m.	
	1,600m Relay (10yr. groups - no fee / no awards)		

LOCAL HOTELS: Susse Chalet, (401) 941-6600
 Marriott Inn, (401) 272-2400
 Biltmore Plaza (401) 421-0700

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg
 46 Roberta Avenue
 Pawtucket, RI 02860
 (401) 728-2869 (Evenings)

PLEASE PRINT

Name _____ Phone No. _____
 Address _____
 Street City State Zip Code
 Age (as of 8/13/89) _____ Male _____ Female _____
 Club _____ TAC # _____ Date of Birth _____

Event	Best Recent Mark	Event	Best Recent Mark
1. _____	_____	4. _____	_____
2. _____	_____	5. _____	_____
3. _____	_____	6. _____	_____

 Total fee enclosed \$ _____

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Roberta Avenue, Pawtucket, RI 02860.

WAIVER: In consideration of your accepting this entry for the 1989 Brown University Masters Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ Signature _____



Irene Obera, 55, is favored to win \$250 in the National Masters News Age-Handicap 100-meter dash in San Diego.

Photo by Hans Bruhner

1400 to Compete in Nationals

Continued from page 1

separately and retained as a souvenir. A personalized medal-engraving service will also be available. Each entrant will also receive a flameable personalized participation certificate.

There are no qualifying standards needed to enter, except to be at least age 30. The entry deadline was June 15, and no late entries will be accepted.

Nations' Flags

The SDSU track will be decorated with the flags of many nations and bedecked with bunting and pennants. Two synchronized strobe-activated Accutracks will be at the finish line.

Competitors will be ushered on and off the track, Olympic style. No one will be allowed to loiter on the track or infield.

Complimentary massages will be provided to competitors in the marshalling area by Dr. Keith Jeffers and his staff. Complimentary refreshments of ERG, water and fruit will be available, as well as emergency medical services.

The new treatment and training room of the SDSU football complex will be open.

Dixon Farmer, a distinguished and well-regarded track coach, will be meet director. He will be ably assisted by Nick Gailey, who directed the 1988 Nationals in Orlando, and SDSU Coach Jim Ceiveny's track staff.

Transportation

A fleet of buses, Avis-donated vans and San Diego Track Club volunteers will pick up athletes on arrival and

departure. A shuttle system will operate between the SDSU, Balboa Stadium, UCSD (hammer throw) and Lake Murray (10K/20K walk) venues. Steve Levon and his volunteer staff have pledged that "no one will be left stranded at any competition venue or at the airport."

Instant Results

Results will be posted immediately at several locations at the SDSU track and Zura Hall, the main university residence and meet headquarters. Fax machines will transmit results from Balboa Stadium to the computer facility at SDSU.

Meet Program

Thanks to the Cubic Corporation, an illustrated colored 32-page meet program will be given to each competitor at registration. The program will feature stories of Irene Obera, 55, and Payton Jordan, 72, both world age-group record holders in the 100 and 200. The program will also contain an alphabetical listing of each competitor as well as an age group listing by bib # with age, state, country, sex and events entered. There will also be descriptive maps of SDSU and the routes to the other venues.

Free Welcoming Reception

On Wednesday evening, July 19, starting at 6 p.m. at the Zura Hall pool area, the SDTC will welcome all competitors and their companions to a free reception with Coca Cola and wine.

Sightseeing

Tours to the San Diego Zoo, Wild Animal Park, Sea World and Tijuana are being arranged.

Free Sports Medicine Symposium

Starting at 10 a.m. on Wed. July 19, the Alvarado Athletic Services will present four free lectures on various aspects of sports medicine, fitness, injury prevention and treatment, and diet, all directed at the master athlete.

Nightly Entertainment

Free nightly entertainment will be offered at 7 p.m. near Zura Hall on the green adjacent to the pool area with the use of the San Diego Showmobile,

complete with exterior stage, lights and sound system. This will be the perfect opportunity to meet and mix with visitors from other states and countries.

Closing Mexican Fiesta

On Sunday at 2 p.m., a Mexican Fiesta, complete with Mexican-style food and libations will be held in the area of the Showmobile near the university residence halls. While we eat and socialize, the Tijuana Cultural Center will present a full program of ethnic Mexican music and dance with a large company of entertainers from south of the border. Tickets are \$15 per person. Reservations must be made in advance. Tickets will not be available at the door.

Age-Graded Champion of Champions 100m

The age-graded handicap 100m dash special event for both men and women — courtesy of the *National Masters News* — has generated considerable interest among the sprinters. Not only will this special event produce a "Champion of Champions" for both men and women, a purse of \$500 will be offered — \$250 for first, \$150 for second and \$100 for third places — in both the men's and women's races. This opportunity to reign as king or queen of the hill, plus the prize money, should bring forth an exciting race as well as a stern test of the age-grading formula developed by the *National Masters News* and the World Association of Veteran Athletes. The races should help settle the question of whether such older sprinters as Obera and Jordan, given a reasonable handicap rating, can still excel in their specialty. A mass photo finish is anticipated. (See handicaps on this page.)

Relays

Entries for relays (4x100, 4x400, 4x800) at \$30 for each team in 10-year age groups will be taken up to the starting time on July 23. Only club or TAC Association teams may compete for TAC Championships medals, but foreign and pick-up teams will also be

Continued on page 36

DISTANCES TO BE RUN IN 100-METER AGE-HANDICAP

Age	M	W	Age	M	W
00	100.0	91.6	60	85.4	77.4
30	98.5	89.9	61	84.9	76.9
31	98.1	89.5	62	84.4	76.4
32	97.7	89.1	63	83.8	75.8
33	97.3	88.7	64	83.3	75.3
34	96.9	88.3	65	82.7	74.7
35	96.5	87.9	66	82.1	74.2
36	96.1	87.6	67	81.5	73.6
37	95.7	87.2	68	80.9	73.0
38	95.3	86.8	69	80.3	72.4
39	94.8	86.4	70	79.6	71.7
40	94.4	86.0	71	79.0	71.1
41	94.0	85.6	72	78.3	70.5
42	93.6	85.2	73	77.7	69.8
43	93.2	84.8	74	76.9	69.1
44	92.7	84.4	75	76.2	68.4
45	92.3	84.0	76	75.5	67.6
46	91.9	83.6	77	74.7	66.9
47	91.5	83.2	78	73.9	66.1
48	91.1	82.8	79	73.0	65.2
49	90.6	82.4	80	72.2	64.4
50	90.2	82.0	81	71.3	63.5
51	89.8	81.6	82	70.4	62.7
52	89.3	81.1	83	69.5	61.7
53	88.8	80.7	84	68.5	60.8
54	88.4	80.3	85	67.5	59.8
55	87.9	79.8	86	66.5	58.8
56	87.4	79.3	87	65.5	57.7
57	87.0	78.9	88	64.4	56.6
58	86.5	78.4	89	63.3	55.5
59	86.0	77.9	90	62.2	54.4

NATIONS REPRESENTED IN NATIONALS

Austria	Italy
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Canada	New Zealand
Chile	Norway
Czechoslovakia	Philippines
Denmark	Poland
Germany	Puerto Rico
Finland	Spain
France	Sri Lanka
Great Britain	Sweden
Iceland	Switzerland
India	Trinidad & Tobago
Ireland	USA
	Virgin Islands

COASTAL CAROLINA MASTERS TRACK AND FIELD MEET



Presented By

Carolina Masters Athletics Club

Saturday and Sunday, August 19, 20, 1989
University of North Carolina — Wilmington
Wilmington, North Carolina



The event will be held at the beautiful new facility at the university, an eight lane synthetic surface, fast and comfortable.

Saturday afternoon, beginning at 3:00 PM, will feature open 5K race walk (on the track) and an open Running Pentathlon, 100, 400, 800, 1500 and 3000 (or steeplechase). Also, starting at 5:00 PM will be hammer, shot, pole vault and long jump.

Sunday morning will have an open 5K (on the track) at 7:30 AM. Running events from 50 to 1500 will be held beginning at 8:15 AM. Hurdles, high and triple jump, weight throws, javelin and discus will be held Sunday beginning at 8:15 AM.

The meet will be completely age-graded with overall event awards and ribbons 3 deep in five year age groups.

There will be a TAC officiating clinic at 1:00 PM Saturday.

For entry brochure: CMAC, 3120 Libeth Street, Charlotte, NC 28205, Jim Saxon, Meet Director, (704) 536-6266.

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MASTERS SCENE

NATIONAL

• Results of the '89 National Indoor Championships published in the May NMN did not include the M75-79 weight throw. The event was won by Nolan Fowler (11.74), with Bob Detweiler second (7.08), and Gordon Powell third (6.81).

• Dr. Paul Spangler has learned that the VIII World Games will accept M90-94 relay teams, so he is looking for one more M90+ for the 4x100 and 4x400. Spangler can be reached at 3107 Flora St., San Luis, Obispo, CA 93401. 1-805/543-8364.

• When Guard Vinnie Johnson of the Detroit Pistons needs a quick rush of energy, he takes ginseng, a Chinese herb. "Three hours before the game, I take two ginseng capsules," Johnson said. "During the course of the game if I feel I need extra juice, I drink a couple of vials of ginseng extract." The ginseng craze is catching on around the NBA. Michael Cooper, James Worthy and Mychal Thompson of the Los Angeles Lakers swear by ginseng. "It gives you a quick rush of energy legally," Thompson said. "And it gives you more stamina."

EAST

• Carl Trimmer (M55, 31:27) finished first at the Vintage 5-Mile Run in Pittsburgh, PA, May 13. Sally Strazdins (W55, 38:16) placed first in the female division in this race for seniors 55 and over.

• Forty-five-year-old Susan Weisbrod of New Jersey was first woman overall (1:26:10) in the Marine Midland Half-Marathon, New Rochelle, NY, May 13. Another 45-year-old, Ralph Walde, took the M40+ race with a 1:16:21. Gerald Lopez Jr., 51, won the M50 contest in 1:18:15. Carlos Roa, 36, was first overall (1:08:42). Ian Brooks, 44, of England walked the course in 1:56:44.

• Manuel Borges (41, 18:27) and Patty Lee Parmalee (49, 22:10) took masters firsts in the You Gotta Have Park 5K, Central Park, NYC, May 20. Elton Richardson, 50, won the W50-59 race with a W40+ second 22:27. Ken Jones, 58, toured the park in a fast 19:11. Stan Shechter, (56, 29:12) and Joan Rowland (63, 33:08) were first 40+ walkers.

• Boo Morcom upped the M65-69 indoor PV WR with a 3:30 (11-1½) in the Dartmouth Relays, January 6. Morcom also holds the M65 outdoor record at 3.77 (12-4½). Archie Messenger dropped the M65-69 indoor 800 WR from 2:36.36 to 2:26.3 at the Dartmouth meet.

• John Conner's winning time in the M50 1500 in the Eastern Indoor Sectional, March 18, at Brown U., was incorrectly given as 4:38.3. It was 4:28.3.

• Harold Nolan of New Jersey's Shore AC snapped the U.S. age-42 1500 record (4:01.5) with a 4:00.6 in the Princeton Invitational, May 13.

• Angella Hearn, 43, with a 34:56, smashed the women's course record by 54 seconds in the Lerner Cup Championship 10K, Plainview, Long Island, April 8. First M40+ was Ted Haiman, M45, in 33:58. Ken Karcher marked his entry into the M60 division with a convincing 39:52 win.

SOUTHEAST

• Atlanta's Phil Mulkey, 56, 1960 U.S. Olympian and masters competitor, has been appointed as Seniors Sports Representative for Holiday Inns, Inc. Mulkey's first assignment was a series of media appearances for the hotel chain at the U.S. Senior Olympics, June 19-24, in St. Louis.

MIDWEST

• Peter Bolos, 76, a resident of St. Clair Shores, MI, who started running at 72, ran 111 TAC-sanctioned races in 1988. His skein included 17 back-to-back races and 15 in the heat of August. Bolos, a professional feather-weight boxer from 1939 to 1947, sports a 10K best of 48:00 and a marathon PR of 4:08:22. He attributes part of his success to the local running programs provided by Joe Smetanka of the Metro-Macomb Runners and Ed Kozloff of the Motor City Striders.

MID AMERICA

• Ken Feigenbutz (41, 1:15:10) and Susan Moore (40, 1:37:55) paced the 40-and-over segments to the finish of the Slice Half-Marathon, St. Louis, April 2.

• The U.S. Senior Olympics, held June 19-24 in St. Louis, will be featured on the ESPN Sports TV network on Friday, August 4.

SOUTH WEST

Graham Tattersall, M40, was first master in 30:51 at the Gumtree 10K in Tupelo, MS, May 13, while Karen Macharg (W40, 36:26) placed first female master. Tattersall's win, combined with his Cotton Row 10K masters victory (31:16) on May 29, makes him the master to beat at the 10K distance.

WEST

• Joan Stratton, 37, had a lifetime best discus throw of 135-7 in an open meet in Reno, April 22. James Weems, 32, did the 400H in 57.5.

• Larry Banuelos of Pico Rivera, CA, after turning 65 on May 4, broke meet records in the 800 (2:36.7) and 3000 (11:32) in the Anteaters Meet, Irvine, CA, May 27, and is looking ahead to the VIII World Championships in Eugene.

• The World Masters Tune-Up Games III on July 1 have been switched from Cal State L.A. to East Los Angeles College, 1301 Brooklyn Ave., Monterey Park, at the corner of Atlantic, just north of the Pomona (I60) Freeway.

• Payton Jordan improved his recent age-72 WR from 13.19 to 13.06 in the Bruce Jenner Classic M65+ 100, San Jose, CA, May 27. Bernie Stevens won the M60-64 100 (12.98). Martyn Adamson took the M50+ 200 (24.22), and Stan Whitley won the M40+ 400 (50.38).

• John Corrales, M50, reported as the top master in last month's NMN for the May 7 Long Beach Marathon, has been officially disqualified. Said race director Joe Carlson, "Corrales did not appear at checkpoints on the review tapes, and his replies to our letters have not been satisfactory." This dq makes Byrle Smallen (M40, 2:40:19) first master and Pat Devine (M60, 2:55:39) best age-graded performer with an 86.8%.

• It is a pretty standard belief for runners that you should rest at least one day for each mile you raced before you race again. But how many days should the older athlete rest before the races again after a hard 10K? After the performance of 46-year-old Steve Lester on May 27, the answer might be just one day. Lester ran the Salt Lake Classic 10K and set a new masters course record of 32:33. He broke the old record by over a minute and a half on a hot, windy day. After resting Sunday, Lester traveled up to Boulder, Colorado to run the Bolder Boulder for the fifth time in a row on Monday, May 29. By race time, the temperature had reached an all-time high for the 11th race of 90 degrees. Yet, Lester ran his second-fastest time on the course

when he finished in 33:33, first in his age group and 5th master overall. Not bad, considering the Classic is run at an altitude of 4500 feet and is on a loop course, and Bolder Boulder is run at 54 feet and finishes 100 feet higher than it's start. Maybe older runners should run all races back-to-back.

CANADA

• Colin O'Brien (4:35.03) was the Masters Mile winner, and Harold Morioka (52.90) won the Masters 400 in the Harry Jerome International Meet, Burnaby, British Columbia, June 10.

INTERNATIONAL

• Ron Grant, 46, ultra-distance phenomenon from Queensland, Australia, recently smashed one of the oldest records in the books when he covered a distance of 2.5K every hour to break the 112-year-old 1000-hour endurance mark set by Englishman William Gale in 1877.

• Garry Hand, 43, Australian veteran track and marathon record-holder, was back in the winner's circle after Achilles problems that necessitated surgery on both legs, with a first W40+ and fourth-overall (2:26:41) in the Nike Canberra Marathon/Veterans Championships, April 9. First veteran woman was Carrie Steffen, 38, in 2:55:04.

• Australia's Tony Murray, 41, raced to a 68-second victory in 33:34 over Hand, 44, in the ACT 10K Cross-Country Championships in Canberra. Murray plans to run the 800, 1500 and maybe the 5000 at the U.S. Nationals in San Diego this month as a tightener for Eugene, where his specific targets are the 1500 and 5000. Mary Ann Busted, 40, was an easy W40 winner in 38:09.

Ten Years Ago July, 1979

- Al Oerter Sets World M40 Discus Record.
- Occidental Life Insurance Co. Sponsors Masters Program.
- 250 Compete in 9th Grandfather Games.



Jordan Bisceglia, (33:39), first M60 at the Vintage 5 Mile Run in Pittsburgh, Pa., May 13.

Photo by Beverly Beisgen

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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

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

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

EAST

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

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

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

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

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

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

July 9. Philadelphia Masters Development Meet, Camden H.S., Camden, N.J. Peter Taylor, 215/842-3807.

July 16. TAC Eastern Sectional Championships, Monmouth College, N.J. Sandy Kalb, 22 Addison Rd., Howell, NY 07731. **July 29-30.** Buffalo Belles & Brawn Classic, Parker Field, Buffalo, N.Y. See July 8.

August 12. TAC Eastern Sectional Masters Weight and Track Pentathlon Championships, State University at Buffalo, North Campus, Amherst, N.Y. Arnold Walker, 74 Franklin St., Buffalo, NY 14202. 716/851-4590.

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

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

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

September 3. 14th Annual Potomac Valley Games & PVAC Masters Championships, St. Stephen's School, Arlington, Va. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

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

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

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

July 29. Jacksonville TC Summer Classic, Jacksonville, Fla. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 388-7860; 384-TRAK.

August 19-20. Coastal Carolina Masters Meet, Wilmington, N.C., UNC-W. CMAC, Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 704/536-6266.

MIDWEST

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

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

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

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

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

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

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

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

August 26. Masters Scottish Games (throws), Woodstock, Ill. Carl Klehm, 1218 North Route 47, Woodstock, IL 60098.

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

MID-AMERICA

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

July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63 1/2 Way N.E., Fridley, MN 55432.

July 28-29. Show-Me State Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSG, 404 Jesse Hall, Columbia, MO 65211. 314/882-2101.

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

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

SOUTHWEST

Louisiana, Mississippi, Texas.

July 14. King of the Hill Meet, Kenner, La. 6:30 p.m. Charles Wimberley, 48 Chateau Haut-Brion, Kenner, LA 70065. 504/467-1197.

WEST

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

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

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

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

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

July 6, 13, 20, 27. South Lake Tahoe Recr. Dept. All-Comers Meets, So. Lake Tahoe, Calif. Call So. Lake Tahoe Recr. Dept. for information.

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

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

August 3, 12. South Lake Tahoe Recr. Dept. All-Comers Meets, So. Lake Tahoe, Calif. Finals-12th. Call So. Lake Tahoe Recr. Dept. for information.

August 12-13; August 19-20. Hawaii International Masters Games, Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Dr., Honolulu HI 96821. 808/734-8450. Or Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

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

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

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

Continued on page 35

ON TAP FOR JULY

It only happens every two years, and this is the month. More than 5000 athletes from 58 nations have entered the VIII World Veterans Championships in Eugene from July 27 to August 6. Events from the 100 to the decathlon to the marathon will take place in an 11-day orgy of athletics action.

TRACK & FIELD

Leading up to the World event is TAC's National Masters Championships in San Diego on July 20-23, including the National Masters Pentathlon Championships. Of the 1400 expected entrants, about 400 will be from overseas, lending an international flavor to the 22nd annual meet.

Prior to that, the East offers eight meets during the first half of the month, topped by the Eastern Sectional Championships in New Jersey on the 16th. The Southeast features meets in Florida and Tennessee on the 8th.

The Midwest Sectionals take place on the 15th-16th in Illinois, which also hosts meets on the 8th and 9th.

Meet directors in the West are expecting large numbers of early World Championships' arrivals prepping for Eugene. In meets in Los Angeles on the 1st and 16th, and in the Western Sectionals in Sacramento on the 8th.

The Northwest Sectionals on June 30-July 1 gives athletes an opportunity to get acclimatized early to Oregon.

The U.K. Veterans Championships are set for Reading, England on the 8th-9th.

LONG DISTANCE RUNNING

The schedule is short but hefty, starting on the 4th with a masters favorite, the Peachtree 10K in Atlanta, followed by the Utica Boilermaker 15K, in New York on the 9th; the Buffalo Subaru 4-Mile Chase in New York on the 15th; the Chicago Distance Classic 20K on the 16th; and the Bix 7-Miler in Davenport, Iowa on the 29th. The Utica, Chicago, and Davenport races are ICI/USRA Masters Circuit events.

RACEWALKING

Three U.S. TAC National Masters Championships should satisfy most walkers, with the 10K on the 8th in Niagara Falls, and the 5K (track) and 20K at the Nationals in San Diego. World champions in the men's 20K and women's 10K roadwalks, and 5K walk (track) will be decided in Eugene. □

Continued from page 34

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

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

NORTHWEST

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

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

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site on or before 5 p.m., August 4. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

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

CANADA

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

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

INTERNATIONAL

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

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

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

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 4. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

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

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

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

**LONG DISTANCE
RUNNING
NATIONAL**

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

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

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

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

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

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

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

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

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

EAST

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

July 9. Utica Boilermaker 15K, Utica, N.Y. Dick Mattia, 9 Sunnyside Dr., Utica, NY 13501. 315/797-6929.

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

July 23. Valley Stream 4-Mile Challenge, Valley Stream, N.Y. 718/723-4739.

August 6. New Jersey Blue Cross/Shield 10K, South Orange, N.J. Also 3K X-C, and masters 100, 800, mile. Summer Track Festival, Essex County Dept. of Parks, 115 Clifton Ave., Newark NJ 07104. Bill Inde, 201/338-3893.

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

August 20. Falmouth 7.1 Miler, Falmouth, Mass. John Carroll/Rich Sherman, P.O. Box 732, Falmouth, MA 02541. 617/540-7000.

September 23. NYRRC Mercedes Mile on 5th Ave., NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

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

August 12. Dilworth Jubilee 8K, Charlotte, N.C. Unlimited 5-year age groups. Carl Johnson, Race Director, Dilworth RRC, 729 Berkeley Ave., Charlotte, NC 28203. 704/377-8327(o); 704/377-3679(h).

August 19. Homecoming Half-Marathon, Parkersburg, W.Va. Dorsey Cheuvront, P.O. Box 417, Parkersburg, WV 26102. 304/424-2601.

August 26. Maggie Valley Moonlight 5 Miler, Maggie Valley, N.C. Rick Lee, P.O. Box 870, Waynesville, NC 28786. 704/465-7363.

September 2. Charleston 15 Mile Run, Charleston, W. Va. Jim Hamrick, P.O. Box 2749, Charleston, WV 25330. 304/348-3464.

MIDWEST

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

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

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

August 26. Bobby Crim 10 Miler, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

MID-AMERICA

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

July 8. 20th Annual Longest Day Marathon/10K/5K/5K Racewalk, Brookings, S. Dak. Charles S. Roberts, Jr., MD, 1345 First St., Brookings, SD 57006. 605/692-2334; 692-6236.

July 8. Midnight Madness 10K/5K Races, Ames, Iowa. 10K masters race (8:30 p.m.) — M-\$1000, 500, 250, 100; W-\$1000, 250. Men's record-\$500. Midnight Madness RR, P.O. Box 266, Ames, IA 50010. 515/232-6718.

July 16. Colorado Springs Classic 10K, Colorado Springs, Colo. Triple Crown of Running, P.O. Box 38235. Colorado Springs, CO 80937. 719/473-2625.

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

July 29. Bix 7-Miler, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf,

IA 52722. 319/359-9197.

August 19-20. Pikes Peak Ascent (19th)/Pikes Peak Marathon, Manitou Springs, Colo. TCR, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

WEST

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

July 2, 4, 8, 9, 16, 20, 27, 29. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

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

July 23. Wharf To Wharf 6 Miler, Santa Cruz, Calif. Kirby Nicol, P.O. Box 307, Capitola, CA 95010. 408/475-2196.

July 24. Deseret News Marathon, Salt Lake City. Keith West, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.

July 29. Deseret News 10K, Salt Lake City. Keith West, 30 E. 1st South, Salt Lake City, UT 84110. 801/237-2135.

August 6. YMCA Women's 10K, Pacific Grove, Calif. Fabia Massaro, Monterey Peninsula YWCA, 404 Camino El Estro, Monterey, CA 93940. 408/649-0834.

August 13. 7th Annual Magic Mile, Albuquerque, N.M. Pt. to pt. road mile. SASE to Eleanor Smith, 335 62nd NW, Albuquerque, NM 87105.

August 20. America's Finest City Half-Marathon, San Diego. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

August 27. Santa Monica Marathon, Santa Monica, Calif. Santa Monica Rec. Dept., 2600 Ocean Park Blvd., Santa Monica, CA 90405. 213/458-8311.

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**FLORIDA MASTERS****Track & Field Championships**

SPONSORED BY THE FLORIDA ATHLETIC CLUB - SANCTIONED BY THE FLORIDA ATHLETIC CONGRESS

9:00 A.M., SATURDAY, JULY 8, 1989, JONES HIGH SCHOOL, ORLANDO, FLORIDA

FEES: \$10.00 FIRST EVENT; \$5.00 NEXT TWO EVENTS; \$3.00 EACH ADDITIONAL EVENT. \$10 PER RELAY. ALL ENTRIES MUST BE RECEIVED BY JULY 3rd OR BE CONSIDERED POST-ENTRIES. THERE WILL BE A \$3.00 TOTAL SURCHARGE FOR ALL POST ENTRIES. PLEASE PRE-ENTER.

T-SHIRTS TO THE FIRST 150 ENTRANTS

AWARDS: CHAMPIONSHIP MEDALS TO THE FIRST THREE FLORIDIANS IN FIVE YEAR GROUPINGS, FOR MEN AND WOMEN FROM AGES 30 TO 75+. TEAM TROPHIES TO THE 30-39; 40-49; 50-59; 60+; OVERALL TEAMS. TEAM SCORING: 5-3-1, MEN'S & WOMEN'S POINTS FOR EACH FIVE YEAR AGE GROUP WILL BE ADDED TOGETHER FOR EACH TEN YEAR & 60+ TEAM AWARDS. CHAMPIONSHIP PATCHES TO ALL WINNING FLORIDIANS.

NON FLORIDIANS WE WELCOME YOUR PARTICIPATION FOR COMPARABLE NON CHAMPIONSHIP AWARDS. A NON-FLORIDIAN CAN NOT DISPLACE A FLORIDIAN FOR AN AWARD.

ALL COMPETITORS MUST BE REGISTERED IN THE ATHLETIC CONGRESS

TAC RULES & IMPLIMENT REQUIREMENTS WILL BE FOLLOWED. YOU MAY BRING YOUR OWN IMPLIMENT IF THEY ARE OF REQUIRED WEIGHT. IMPLIMENTS WILL BE PROVIDED.

FIELD EVENTS: ALL FIELD EVENT COMPETITORS ARE TO REPORT AT 9:00 A.M. YOU WILL BE ASSIGNED FLIGHTS BASED ON AGE, SEX & EVENT. WE WILL HOLD THE FOLLOWING FIELD EVENTS: HIGH JUMP, LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS, JAVELIN, WEIGHT THROW, POLE VAULT, HAMMER.

RUNNING EVENTS: ALL DISTANCES IN METERS. THE ORDER WILL BE YOUNGEST TO OLDEST - MEN TO WOMEN. THE FOLLOWING ARE ESTIMATED STARTING TIMES. THERE WILL BE NO BREAK BETWEEN RUNNING EVENTS. THE MEET, DEPENDING ON THE NUMBER OF PARTICIPANTS, MAY RUN AHEAD OF THE ESTIMATED SCHEDULE. SEEDING SECTIONS MAY BE USED. IT IS RECOMMENDED THAT YOU APPEAR AT LEAST ONE HOUR BEFORE THE ESTIMATED TIME. RELAY TEAMS WILL DECLARE AT THE START OF THE RELAYS.

9:00 AM HIGH HURDLES	11:30 AM 800	1500	1:15 PM	2:30	4 X 100 RELAY
9:30 AM 5 KM RUN	12:00 100	200	2:00 PM	2:40	4 X 400 RELAY
10:15 AM 5 KM WALK	12:45 PM 400				

THE MEET DIRECTOR HAS THE RIGHT TO REFUSE ANY POST ENTRY BASED ON HEAT & FLIGHT ASSIGNMENTS. AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES, ALTHOUGH SEPERATE AMROS WILL BE GIVEN TO EACH GROUP. SEEDING SECTIONS MAY BE USED.

NAME: _____ ADDRESS: _____

CITY: _____ ZIP: _____ STATE: _____ PHONE: _____ AGE: _____ BIRTHDAY: _____

SEX: ☐ M ☐ F CLUB: _____ TAC # _____

EVENT(S) _____

(PLEASE INDICATE ESTIMATED TIME FOR ALL RUNNING EVENTS)

I CERTIFY THAT I AM IN GOOD HEALTH AND PHYSICALLY TRAINED AND CAPABLE OF COMPETING IN THIS MEET. I HOLD HARMLESS THE FLORIDA CONGRESS, THE FLORIDA ATHLETIC CLUB AND THE CITY OF ORLANDO, FOR ANY INJURIES I MAY SUSTAIN.

SIGNATURE: _____ **DATE:** _____ **\$10 1ST EVENT; \$5 NEXT TWO EVENTS; \$3 ADDITIONAL EVENTS. \$10 PER RELAY.**

MAKE CHECK PAYABLE TO: FLORIDA ATHLETIC CLUB, MAIL TO FAC, 4223 PALM FOREST DRIVE NORTH, DELRAY BEACH, FL 33445 - PLEASE PRE-ENTER - MAKE THE MEET DIRECTOR'S DAY.

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September 9. Say No To Drugs 5K/10K, Irvine, Calif. SASE to Oscar J. Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417; 213/634-3027.

October 7. 13th Annual St. George Marathon, St. George, Utah. St. George Marathon, 86 So. Main, St. George, UT 84770. 801/643-5850.

NORTHWEST

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

July 23. U.S. West Marathon, Seattle, Wash. PNB/ECM, 101 Elliott Ave. W., No. 430, Seattle, WA 98119. 206/285-4847.

CANADA

July 23. Canadian Masters Half-Marathon Championships, Barrington, Nova Scotia. Raymond Green, P.O. Box 100, Barrington, NS, Canada B0W 1E0. 902/637-3254.

INTERNATIONAL

July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans

Need Back Issues?

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

Send to:

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

Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

RACE WALKING NATIONAL

July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.
September 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.
July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

Bell Nips Law

Continued from page 1

dicap and ran 97.7 meters; Bell ran 92.3 meters; Law ran 83.8 meters.) Whoever got to the finish line first would be the winner.

It turned out to be Bell, the M40 100 gold medalist in the VII World Veterans Games in Melbourne, in a time of 10.93. Law was second in 11.07, followed by McCorkle (11.07), Marshall (11.43), Howell (11.45) and Mitchell (11.88).

With his 16.2-meter handicap, Law looked, for 80 meters, like he would hold off the fast closing Bell and McCorkle. But Bell prevailed with a final surge.

Bell's actual (and age-graded) time of 10.93 gave him a performance percentage of 90.1.

Complete results of the regular meet next month. □

1400 to Compete in Nationals

Continued from page 32

allowed to run. No one will be turned down.

The Age of the Computer

Events of this magnitude would be impossible to successfully organize without the computer. Such software has been donated by the Melbourne organizers of the last World Veterans Championships. Computer experts Frank Whittemore and Joni Pendleton will manage the data.

Sponsors

The meet has been fortunate to receive assistance from many sponsors, which are listed on this page. You can

show your appreciation by thanking them and, where appropriate, utilizing their services and/or products.

Results

The complete results of the meet will be published in the September issue of NMN. □

—David Pain, Executive Director



All-American Patches Now Available

In addition to the popular All-American certificates, All-American patches are now available for anyone who betters the U.S. TAC Masters Track & Field Standards of Excellence.

Designed by Alex Pappas of Concord, Calif., the embroidered patch is red, white and blue, 4" X 3", with the words "All American Award" in gold (see design).

Individual tags, showing the event and year of achievement, are also available.

If you have bettered the standard of

excellence in any event in your age group, you may send for either a certificate (\$10), patch (\$10), or both certificate and patch (\$15). An individual patch tag is an extra \$5 per event.

Anyone applying for a certificate or patch will be listed in the National Masters News as an All-American Achiever.

Fill out the form on this page and send it with your remittance to All-American, NMN, P.O. Box 2372, Van Nuys, CA 91404. □

ENTRY BLANK

U. S. NATIONAL MASTERS SCOTTISH GAMES CHAMPIONSHIPS FOR MEN AND WOMEN
SANCTIONED BY MR. PETER HOYT, PRESIDENT OF THE NORTH AMERICAN SCOTTISH GAMES ASSOCIATION

DATE: August 26, 1989
TIME: 10:00 A.M.
SITE: 1110 North Route 47, Woodstock, Illinois (farm yard)
MEET DIRECTOR: Carl Klehm
ENTRY FEE: \$10.00
SEND TO: Carl Klehm, 1218 North Route 47, Woodstock, IL 60098
ELIGIBILITY: Open to all U. S. Masters and Sub-Masters in five year age groups, starting with 30-34, 35-39, 40-44, etc.

NAME _____ AGE _____ DATE OF BIRTH _____

ADDRESS _____ PHONE NUMBER _____

CITY _____ STATE _____ ZIP CODE _____

EVENTS:

____ Barrel Throw ____ Farmers Walk
____ Stone Throw ____ Light Hammer
____ Caber Toss ____ Heavy Hammer
____ 56# Weight Throw ____ 28# Weight Throw
____ 56# Weight Throw for Height ____ Sheaf Toss

In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs and assigns, any and all claims for injuries or damages which may occur by virtue of my traveling or competing in this meet against the meet director, the North American Scottish Games Association and its officers.

DATE _____ Signed _____

PATCH FOR STANDARD OF EXCELLENCE AWARD RECIPIENTS



COLOR: Red, White, Blue & Gold

KEY [] WHITE
[] RED
[] BLUE

SIZE: 4 inches by 3 inches (as shown)

STYLE: Embroidered

(The words - ALL AMERICAN, AWARD, USA, - Gold)

TAGS - To be added on as desired; (Name of event & year)

SHOT PUT - 1989

100 METERS - 1989

(Samples Only)

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

M30				
Jerry Crockett	SP	6-9	03/18/89	
M45				
George Cliette	Pent.	2209 pts.	04/28/89	
M50				
Dennis Rietz	SP	41-6	03/11/89	
Jim Bradley	400mH	67.9	04/29/89	
M55				
Bob Santine	100	12.63	05/28/89	
John Stayton	5K	17:41	04/29/89	
M65				
Claude Taggart	100	13.9	04/29/89	

M75				
Jerry Wible	5K RW	34:41	03/04/89	
W65				
Libby Hagemann	SP	23-0	01/15/89	
Libby Hagemann	WT-20#	14-4	01/15/89	
Imogene Watkins	5K RW	34:05	05/06/89	



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

	Mile	3K	2-mile	5K	10K	20K		Mile	3K	2-mile	5K	10K	20K
M40	7:29.8	14:30	15:40	24:30	51:00	1:45	W40	8:55.4	17:20	18:40	29:00	1:00	2:04
M45	7:42.8	15:10	16:20	26:00	54:00	1:52	W45	9:12.4	17:53	19:17	31:00	1:04	2:12
M50	8:25.1	16:20	17:37	27:30	57:00	1:58	W50	10:30.2	20:24	21:59	33:00	1:08	2:20
M55	8:43.1	16:55	18:15	29:00	60:00	2:04	W55	10:55.4	21:13	22:51	35:00	1:12	2:28
M60	9:19.9	18:07	19:32	30:30	63:00	2:10	W60	11:45.0	22:49	24:35	38:00	1:18	2:40
M65	9:44.7	18:54	20:23	32:00	66:00	2:16	W65	12:20.2	23:59	25:50	41:00	1:24	2:52
M70	10:25.4	20:15	21:49	34:00	70:00	2:24	W70	13:28.5	26:10	28:12	44:00	1:30	3:04
M75	10:59.9	21:20	23:00	36:00	74:00	2:32	W75	14:19.5	27:49	29:58	47:00	1:36	3:16
M80	11:40.7	22:40	24:25	38:00	78:00	2:40	W80	15:20.7	29:48	32:08	50:00	1:42	3:28
M85	12:29.3	24:15	26:08	40:00	82:00	2:48	W85	16:35.7	32:13	34:44	53:00	1:48	3:40

All American

Masters Track and Field

This is to certify that

has earned All American Honors for the year in the following event(s):



Secretary *Chairman*

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	0.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4					66.5	74.5	84.0	95.0
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 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	141-1	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-59: 800g; 60+: 400g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/2	22-8	20-5 1/2	18-10	16-5	13-11 1/2	13-1 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	22.0	20.0	18.0	14.0	12.0	9.0	
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30".
 3) Shot put: 30-49: 4k; 40+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 40+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ PHONE: _____

ADDRESS _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

MEET SITE: _____

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2" by 11" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow four weeks for patches with tags.)

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

NATIONAL

U.S. National Masters
Indoor Championships
Columbus, OH
March 31-April 2

Weight Throw

M75-79	
Nolan Fowler	11.74
Bob Detweiler	7.08
Gordon Powell	6.81

EAST

Don Harris Memorial Meet
Philadelphia, PA
May 13

800m

W40 Skipper Clark	16.24
W45 Barb Stewart	16.87

1000m

M50 Leon Trout	17.02
Richard Rizzo	18.15
M55 Lawrence Pratt	16.10
George Taylor	23.90
M60 Bill Townsend	18.30
Tom Delany	19.9
M65 Ed Lukens	19.25
Walker Pierson	20.20

1100m

M35 John Borden	18.05
M40 Ivan Black	19.44
Mike DeJesus	20.31
M45 Ted Gray	18.03

100m

M30 David Cherry	11.46
Frank Makoz	12.11
Denworth Frederick	12.24
M35 Warren Spikes	11.40
H. Ali Johnson	11.90
John Borden	12.60
M40 Bert Peters	11.70
Greg Marshall	11.92
William Overby	12.04
M45 Gene Ballard	12.37
Dhamiri Abayomi	12.40
Carl Grant	12.45
M50 Roosevelt Weaver	12.62
Lloyd Riddick	12.90
Ernie McCombs	12.90
M55 Thomas Brooks	13.69
M60 Jim Law	12.74
Bert Lancaster	12.81
Tom Delany	13.56
M65 Rudy Valentine	13.40
Walker Pierson	14.32
Oscar Harris	14.41
M70 Dave Hall	15.60
Sparks Sorlien	15.70
M75 Ray Edwards	18.92
M80 Manfred D'Elia	17.11
W30 Marcia Frederick	13.52
Sandra Austin	14.56
Gail Segal	15.64
W40 Muriel McCord	14.07
W45 Marilyn Mitchell	14.02
Barb Stewart	14.95
Karen Haber	16.11

200m

M30 David Cherry	22.62
James Brown	23.19
Stephen Bunce	24.01
M35 Ralph Penn	23.05
Ron McDonald	23.90
David Goodridge	24.50
M40 Bert Peters	23.91
Nate Watson	24.15
William Overby	24.16
M45 Dhamiri Abayomi	24.65
Robert Trigo	25.04
Carl Grant	25.13
M50 Richard Rizzo	25.46
Ernie McCombs	26.45
Phil Plant	26.76
M55 Jack Nyhan	31.96
M60 Jim Law	29.44
Alfonzo Wilson	29.44
Bill Liddell	30.98
M65 Rudy Valentine	28.25
Jim Manno	29.96
Sam Madia	30.89
M70 Sparks Sorlien	33.69
M80 Manfred D'Elia	36.85

W30 Sandra Austin	32.10
W40 Jennifer Pinto	27.55
M. Simmons-McCord	28.70
W45 Marilyn Mitchell	28.42
Karen Haber	33.90

400m

M30 David Cherry	50.21
James Brown	51.11
Adrian Sterrett	52.75
M35 Ralph Penn	50.95
Dawud Saleem	52.31
Donald Hodge	52.34
M40 Arthur Wright	54.45
Nate Watson	54.52
Phil Felton	56.40
M45 Tom O'Hara	54.86
William Burrell	55.46
Robert Trigo	56.92
M50 Richard Rizzo	55.77
Larry Harvey	58.85
Phil Plant	1:01.41
M55 Matt Brown	1:02.45
Joe Kelly	1:02.73
M60 Jim Law	59.89
M65 Rudy Valentine	1:01.25
Jim Manno	1:09.14
Sam Madia	1:10.43
M75 Ray Edwards	1:37.20
W30 Irene Thompson	1:03.98
W40 Jennifer Pinto	1:01.73

800m

M30 Scott Van Jacob	2:02.97
John Williams	2:03.86
Gary Downs	2:09.36
M35 Duane Green	2:02.79
Doc Savage	2:04.73
Rob Jackson	2:05.17
M40 Ben Brockwell	2:09.24
Rob Weiner	2:11.20
Rich Myers	2:17.02
M45 Glen Shane	2:13.20
Jim Demma	2:13.80
Irv Heath	2:17.7
M50 Dick Ocker	2:17.05
Larry Harvey	2:18.08
Bruce Gilbert	2:25.01
M55 Irvin Bernstein	2:31.41
Jack Nyhan	2:47.81
M60 Kelsey Brown	2:41.37
Edwin Krawitz	3:14.84
M65 John McCarthy	3:16.16
W45 Madeline Bost	2:46.66

1 Mile

M30 Scott Van Jacob	4:31.85
John Williams	4:35.87
Russ Patton	4:44.53
M35 Duane Green	4:33.33
Rob Jackson	4:42.47
Larry Hart	5:10.62
M40 Ben Brockwell	4:43.31
Rich Myers	4:53.13
M45 Sam Huckel	4:44.55
Jim Sutton	4:53.52
Jerry McFadden	4:59.75
M50 Bruce Gilbert	5:18.39
John Elliott	5:21.08
Lawrence Pinnie	5:51.56
M55 Larry Dickerson	5:55.59
M60 Edwin Krawitz	6:48.33
W45 Madeline Bost	6:05.85

1 mile walk

M40 Stan Kauffman	10:22.63
M50 Joe Stefanowicz	8:59.99
Morton Hahn	12:05.00
M55 Dan Ross	10:42.45
M60 Ray McKeeman	11:17.86
M75 Col. Al Sabaroff	12:48.05
W50 Susannah Maher	11:46.93
Rita Ross	12:44.95
W65 Marie Henry	10:42.00

3000m

M30 Jim Van Cleave	9:27.00
Charles Honart	9:46.40
M35 Joe Kern	9:27.60
F. Angiolillo	10:13.40
Joe Hoffman	10:26.80
M40 George Sanders	10:51.60
M50 John Elliott	10:23.70
John Hurley	11:13.60
M55 Larry Dickerson	11:17.90
Jack Nyhan	12:29.20
John Blood	12:49.20
M60 Bob Parsons	13:19.50
Edwin Krawitz	13:41.00

4x100m Relay

M30 New York Masters	46.20
Anderson TC	57.20
M40 New York Pioneers	46.60
Phila. Masters	47.70
East Coast AC	49.90
M50 Merrill Lynch AC	47.00
New York Pioneers	51.20
W30 New York P.A.L.	54.90
New York Masters	56.70

High Jump

M30 Mark Williamson	6-10
Jerry Crockett	6-8
Spencer Rawls	5-2
M35 Rob Schaible	5-0
Harold Jenkins	5-0
M40 Ivan Black	5-2
M45 Willy Crockett	5-2
M50 Morton Hahn	4-2
Samuel Rumford	n.h.
M55 Lawrence Pratt	4-10
Warren Jackson	4-0
M60 Tom Delany	4-6
Jack Doorlay	4-0
Art Harris	3-10
W35 Marie Beretey	4-6
W45 Barb Stewart	3-6

Pole Vault

M30 Don Severn	13-6
Jim Fazio	11-0
M40 Tom Rauscher	13-0
J. Blatt	10-0
Ron Salvio	8-6
M45 Jeff Tindall	12-0
M50 Leon Trout	7-6
M55 George Taylor	7-0
M60 Jack Doorlay	8-6
M65 Boo Morcom	11-5

Long Jump

M35 Harold Jenkins	5.63m
M40 Greg Marshall	5.33m
Ivan Black	5.32m
Bob Richert	4.77m
M45 Ted Gray	4.85m
Robert O'Brien	4.60m
Richard Kaye	3.86m
M50 Leon Trout	4.93m
M55 George Taylor	3.57m
M60 Manny Herscher	4.14m
Bill Townsend	4.10m
M65 Ed Lukens	4.61m
Oscar Harris	4.42m
M70 Sparks Sorlien	3.95m
Dave Hall	3.36m
Gene Wood	2.35m
W30 Irene Thompson	4.75m
Marcia Frederick	3.89m
W35 Marie Beretey	4.21m
Francine Kaye	2.25m
W40 Skipper Clark	4.80m
W45 Barb Stewart	3.37m

Triple Jump

M30 Jeff James	12.43m
M35 Harold Jenkins	10.69m
M40 Ivan Black	11.03m
M45 Robert O'Brien	9.04m
Richard Kaye	7.99m
M50 Leon Trout	9.56m
Morton Hahn	5.27m
M55 George Taylor	6.98m
M60 Bill Townsend	9.02m
Ned Curran	6.34m
M65 Ed Lukens	9.85m
M70 Sparks Sorlien	8.64m
W45 Barb Stewart	7.04m

Shot Put

M30 Spencer Rawls	9.65m
M40 Craig Shumaker	13.13m
Rich Dunphy	11.91m
Jim Quirk	10.23m
M45 Joseph Menton	11.14m
M50 Jeff Wenig	12.86m
Samuel Rumford	11.92m
Ed Bradway	11.53m
M55 Ray Feick	11.53m
Martin Kintish	10.61m
M60 Ned Curran	10.81m
Art Harris	9.56m
Don Henry	9.50m
M70 Gene Wood	8.96m
Hern Hand	7.70m
W30 Yancy Munoz	7.46m
W45 Joan Stratton	12.42m
W40 Skipper Clark	7.04m
W45 Barb Stewart	6.87m
W50 Ann Cirulnick	8.86m

Discus

M30 Tom Talbot	39.42m
M40 Tim Williams	46.50m
Terry Shuman	37.20m
Rich Dunphy	32.48m
M45 John Abbott	41.14m
Joseph Menton	27.52m
M50 Ed Bradway	39.54m
Jeff Wenig	38.74m
Samuel Rumford	38.46m
M55 Martin Kintish	42.74m
Ray Feick	32.82m
Ron Noreen	29.96m
M60 Art Harris	30.46m
Don Henry	29.30m
Ned Curran	28.74m

M65 John McCarthy	30.70m
M70 Gene Wood	23.46m
W35 Joan Stratton	38.00m
W45 Barb Stewart	14.22m
W50 Ann Cirulnick	18.34m

Javelin

M30 Charlie Youngren	224-7
Bob Saul	180-10
Bill Poole	178-3
M35 Bob Sing	215-4
Bill McMullin	179-1
M40 William Buffalo	193-1
Glenn Weaver	156-6
Jim Quirk	120-5
M45 George Reynolds	166-1
Richard Kaye	92-3
M50 Samuel Rumford	130-6
Tom Jackson	112-1
Morton Hahn	103-4
M55 Bob Youngs	135-10
Ray Feick	126-11
George Taylor	95-6
M60 Ned Curran	88-8
Art Harris	86-10
Al Jankola	73-7
W30 Nancy Munoz	68-6
W35 Joan Stratton	119-2
Francine Kaye	38-10
W40 Skipper Clark	65-6
W45 Barb Stewart	57-10
W50 Joan Youngs	72-2
Ann Cirulnick	53-6

SOUTHEAST

All-Comers Meet & 5K RR
DeLand, FL
May 7

50y

M35 Cleveland Smith	5.63
M40 Graham Hockaday	6.08
M45 Dave Drierst	6.48
M75 Chas Hirshey	12.37

100m

M30 Art Stokely	13.10
M35 C Smith	11.10
M40 Graham Hockaday	11.78
M45 D Drierst	13.18
W45 Joy MacDonald	14.10

220y

M45 D Drierst	28.24
W45 Joy MacDonald	31.07

440y

M30 Len Astrauskas	64.90
M40 Vin Ambrico	57.35
W45 Joy MacDonald	73.60

880y

M30 Jim Donnelly	2:10
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1 Mile

M30 Dave Dyer	5:14
M45 Ron Hough	5:18
W30 Barbara Hockaday	10:20

2 Mile

M30 Dave Dyer	11:32
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Long Jump

M35 Cleveland Smith	18-3
M75 Chas Hirshey	7-9

Triple Jump

M75 Chas Hirshey	16-1
M30 Art Stokely	40-7
M75 Chas Hirshey	30-2

Shot Put 4kg

M30 Art Stokely	40-7
M75 Chas Hirshey	30-2

Discus

M30 Art Stokely	131-9
M70 Charlie Forbes	64-5
M75 Chas Hirshey	79-0

5K RR

M30 Len Astrauskas	18:13
M40 Gene Treffeletti	25:20

Birmingham TC Classic
Samford U.
Birmingham, AL
May 20

AGW-Age Group Winner

100m	
AGW-Marion McCoy M35	10.72
M30 Ellis Liddell	11.04
Jay Mathis	11.69
Nicholas Miranda	12.88
M35 Marion McCoy	11.12
Will Stark	11.18
Calvin Saulsberry	11.34
Steve Koenig	11.74
Robbie Short	11.90
Richard Finnie	11.92
M40 Ralph Wallace	12.24
Jim Barnes	12.38
John Stiehl	12.43
M45 Gordon Graham	12.74
Harold Drumgole	12.87
M50 Mike Boudreaux	12.38
Jim Mathis	12.39
M55 John Poppell	12.40
Akber Mu'Min	12.82
Al Clark	12.95
M60 Gordon Seifert	13.11
Buck Bradberry	13.40
M65 Tom Kennell	13.84
M85 Arling Pitcher	20.45
W35 Dennis Drumgole	13.08
W40 Vivian Hammond	15.81

Continued from previous page

M35 Horace Hudson	53.84
Harold Jones	57.31
Bob Hart	75.80
M40 Jon Davis	55.59
Lindsay Bodden	58.50
Frank Bonaccorso	58.90
M45 John Shenk	57.85
M50 Sandor Rendeczy	63.76
N DeLaneauville	67.78
Jack Knuese	69.26
M55 Ted Sjogren	61.79
Tom Depenbrock	67.85
Kent Wiley	74.75
M60 Ray Armstrong	70.69
Jerry Greenstein	96.28
M65 Jack Rice	68.47
M70 Jay Sponseller	67.01
M75 Gil Gonzales	82.38
W40 Rita Kramer	1:19.25
W45 Joy McDonald	1:10.34
Karen Knuese	1:39.28
W50 Sandy Depenbrock	1:25.98
W55 Betty Sjogren	1:56.91

M30 Drew Truitt	2:28.64
M35 Horace Hudson	2:18.90
Clayton Wefel	2:35.27
M40 Lindsay Bodden	2:18.97
Bob Zieminski	2:19.70
Paul Wilson	2:19.80
M45 John Shenk	2:17.10
M50 Sandor Rendeczy	2:20.55
John Mott	2:52.42
M55 Tom Depenbrock	2:45.29
Kent Wiley	3:13.00
M60 Jerry Greenstein	3:55.00
M65 Jack Rice	2:43.74
Bart Ross	2:45.00
M70 Jay Sponseller	2:48.45
W45 Karen Knuese	3:47.19
W50 Sandy Depenbrock	3:27.40

M30 Drew Truitt	5:08.6
M35 Manuel Cammus	5:18.4
Bob Hart	6:34.0
M40 Frank Bonaccorso	4:51.0
Tom Bedford	4:59.9
M45 Rich Quevillon	4:48.6
Bob Hogen	5:34.0
M50 Sandor Rendeczy	4:51.0
Jim Clark	4:52.8
John Mott	5:47.2
M55 Tom Depenbrock	5:37.3
Kent Wiley	6:21.0
Harry Anderson	6:24.8
M60 Jim Blount	5:07.0
M65 Bart Ross	5:38.1
M75 Ed Wildermuth	9:40.4
W35 Katie Hart	7:35.3
W40 Rita Kramer	6:17.8
W45 Karen Knuese	7:46.1
W50 Sandy Depenbrock	6:30.9

M30 Drew Truitt	19:35
M40 Tom Bedford	18:16
M45 Rich Quevillon	17:13
M50 Sandor Rendeczy	18:04
John Mott	20:19
M55 Art Bigelow	19:15
Tom Depenbrock	20:10
Kent Wiley	22:03
M60 Jim Blount	18:28
Joe Shih	22:43
M65 Pat Ross	20:12
W40 Rita Kramer	23:17
W45 Karen Knuese	29:06

M30 Conrad Penner	35:57
Drew Truitt	42:14
M35 Santos Vivas	34:32
Gil Burnett	38:49
Mike Batman	43:13
M40 Barry Davis	37:23
M45 Rich Quevillon	35:10
M50 John Mott	43:15
M55 Ed Watson	47:15
Kent Wiley	48:37
Harry Anderson	48:38
Tom Dixon	48:38
M60 J Blount	37:16
Don Krueger	47:46
Jerry Greenstein	61:42
M65 Bart Ross	41:57
John Thompson	54:17
M75 Ed Wildermuth	71:24
W35 Peg Miller	45:29
W40 Bonnie Theall	46:55
W45 Judy Brann	56:59

M35 Nate Robinson	14.02
Horace Hudson	16.68
Eric Brown	17.00
M50 N DeLaneauville	16.07
M55 Bill Gentry	20.96
M60 John Davison	23.05

M30 Truitt, Hart, Wefel,	4:35
Hudson	4:35
M50 DeLaneauville, Rendeczy,	4:49
Dixon, Depenbrock	4:49
W40 Shenk, Knuese, VonLutzow,	10:20
Wiley	10:20

M30 Tony Brooks	5-6
M35 Eric Brown	5-4
Scott Pittman	5-2
M40 R Vlaardingerbroek	5-0
M55 Bill Mandell	4-6
Kent Wiley	4-4
Harry Anderson	3-10
M60 J A Gillcrist	5-3½
(Age-group WR)	
Ed Schuler	4-6
Dennis Edgington	3-11
Ray Armstrong	3-10
M65 Bill O'Brien	4-0
Vern Mattson	3-10
M70 Joe Broadbent	3-10
M75 Gil Gonzales	3-8
Dick Lacey	3-6

M30 Bill Hocker	10-0
M35 Eric Brown	9-0
M40 R Vlaardingerbroek	9-0
M55 Harry Anderson	6-0
M65 Vern Mattson	6-0
M75 Gil Gonzales	6-0



M30 Roy Brooks	19-10 3/4
M40 R Vlaardingerbroek	15-11
Nick Ryan	13-1½
M45 John Manning	11-4½
M50 N DeLaneauville	14-8 3/4
M55 Bill Gentry	12-2½
Kent Wiley	13-8 3/4
Bill Mandell	12-1
M60 Ed Schuler	14-11½
M65 Vern Mattson	13-4½
Fred Keene	9-10
M70 J Broadbent	10-4
M75 Gil Gonzales	10-4½

M30 Roy Silvers	42-5
M35 John Kirchner	37-3
Eric Brown	33-9
M40 R Vlaardingerbroek	40-3
M45 John Manning	27-4
Ralph VonLutzow	25-2
M55 Phil Brady	43-11
Jim Brady	34-3
Harry Anderson	25-4
M60 Hop Pinther	33-2
Dennis Edgington	33-0
M70 Tom McDermott	38-10
Nat Heard	37-0
M75 G Gonzales	28-6
W45 Vanessa Hilliard	32-5
Gay VonLutzow	19-10

M30 Roy Silvers	99-7
M35 John Kirchner	109-6
M40 R Vlaardingerbroek	115-3
Blaine Welton	106-2
M45 John Manning	74-9
Ralph VonLutzow	58-0
M55 Phil Brady	146-0
Bill Gentry	63-6
M60 J A Gillcrist	152-5
Hop Pinther	96-2
Ray Armstrong	88-3
M70 Tom McDermott	126-0
Nat Heard	89-8
M75 G Gonzales	91-0
W45 Vanessa Hilliard	92-6
Gay VonLutzow	54-9
M60 Gloria McDermott	53-7

M30 Roy Silvers	129-6
M40 R Vlaardingerbroek	115-6
M45 John Manning	59-0
Ralph VonLutzow	48-6
M60 Dennis Edgington	72-7
M70 Tom McDermott	136-6
Nat Heard	103-8
W45 Vanessa Hilliard	75-6

M35 Nate Robinson	168-8
Eric Brown	155-3
M40 R Vlaardingerbroek	180-0
Nick Ryan	80-2
M45 John Manning	140-10
Ralph VonLutzow	61-10
M55 Bill Mandell	124-0
M75 Gil Gonzales	89-1
W45 Vanessa Hilliard	75-6
Gay VonLutzow	48-11

M40 Nick Ryan	40:35
M55 Tom White	26:33
M60 A F Christiansen	28:42
Sandy Crawford	34:36
W50 Joy Clingman	31:42

MIDWEST

North Coast Relay Championships, Mayfield, OH April 29

M30 Morris Blueford	6.20
Frank Makoz	6.21
Jeff Matthew	6.29
M40 Tom Allen	6.41
Caleb Brown	6.57
Mike Smith	6.81
M50 Paul Williams	6.71
Grover Coats	6.74
Hal Mayhew	6.75
M60 Jack Greenwald	7.48
Richard Turner	7.53
Tom Lacey	7.65
M70 Herman Mlotek	8.84
Hilary Taylor	---
M80 Byron Fike	8.88
W40 Pat Thomas	8.86
W60 Mary Patterson	8.63

M30 Morris Blueford	11.37
Frank Makoz	11.66
Lawrence Finley	11.90
M40 Glenn Johnson	11.64
Caleb Brown	11.77
Tom Allen	12.07
M50 Grover Coats	12.56
LeRoy McClain	13.65
Hal Mayhew	13.70
M60 Jack Greenwald	13.84
Richard Turner	13.91
Tom Lacey	13.95
M70 Herman Mlotek	16.98
Hilary Taylor	24.00
M80 Byron Fike	16.56

M30 Morris Blueford	23.95
Frank Makoz	24.04
Lawrence Finley	24.37
M40 John Sloan	32.75
M50 Grover Coats	26.66
LeRoy McClain	27.69
Hal Mayhew	29.74
M60 Jack Greenwald	29.13
Tom Lacey	29.50
M80 Byron Fike	---
W60 Mary Patterson	38.12

M30 Bob Thomas	2:02.05
Jame Chappelle	2:12.26
M40 Tony Mele	2:08.45
Lou Scott	2:09.73
M60 Buzzy Hood	2:56.54
Allan Jackson	3:06.81
M80 Byron Fike	4:02.70
W30 Mary Bachtel	2:35.77

M40 David Becker	4:52.47
Billy Waterman	5:02.02
M50 Charlie Hall	5:29.33
M60 Buzzy Hood	6:11.32
Allan Jackson	6:29.91
M80 Byron Fike	8:03.00
W30 Mary Bachtel	5:10.56
M60 Buzzy Hood	13:55.6

M30 Over The Hill	1:11.12
M40 Detroit Fitness	1:42.79
Over The Hill A	50.57
M60 Over The Hill	58.67
M30 Over The Hill	1:11.12
M40 Detroit Fitness	1:42.79
Over The Hill	1:47.10
M60 Over The Hill	2:17.59
M30 Over The Hill	3:56.17
M40 Detroit Fitness	4:02.99
Over The Hill	4:29.89
M60 Over The Hill	5:43.22

M30 Over The Hill	1:11.12
M40 Detroit Fitness	1:42.79
Over The Hill	1:47.10
M60 Over The Hill	2:17.59
M30 Over The Hill	3:56.17
M40 Detroit Fitness	4:02.99
Over The Hill	4:29.89
M60 Over The Hill	5:43.22

M30 Over The Hill	1:11.12
M40 Detroit Fitness	1:42.79
Over The Hill	1:47.10
M60 Over The Hill	2:17.59
M30 Over The Hill	3:56.17
M40 Detroit Fitness	4:02.99
Over The Hill	4:29.89
M60 Over The Hill	5:43.22

M60 Tom Lacey	14-10
Fred Hirsimaki	14-4½
M70 Hilary Taylor	7-10
M80 Byron Fike	8-10
W40 Deborah Davis	11-2

M30 Tim Bailey	35-5
M40 Stan Allen	36-0
Allan Ray	34-10
M50 Grover Coats	32-9
M60 Denver Smith	32-4
Fred Hirsimaki	30-5

M30 Tim Bailey	28-7½
M40 Mike Cavetta	42-9½
Norm Bower	39-11½
Dave Morgan	37-8
M50 Rudy Bredenebeck	31-11
M60 Denver Smith	39-10
Fred Hirsimaki	38-4
Allan Jackson	36-8
M70 Bill MacMurray	36-1
Hilary Taylor	25-7½
Herran Mlotek	24-1½
M80 Byron Fike	23-3

M30 Gary Sutton	102-3
M40 Norm Bower	132-10
Mike Cavetta	130-6
Allan Ray	119-8
M50 Rudy Bredenebeck	116-10
M60 Denver Smith	122-8
Allan Jackson	102-7
M70 Bill MacMurray	99-7
M80 Byron Fike	64-2
Everett Hosack	54-2

M40 Norm Bower	132-10
Allan Ray	100-7
John Sloan	48-10
M50 Joe Chadbourne	159-10
M70 Bill MacMurray	77-0
M80 Everett Hosack	52-7

M40 Dave Morgan	156-1
Presley Yates	155-10
Malachi McGruder	152-9
M50 Rudy Bredenebeck	81-9
M60 Denver Smith	110-2
Allan Jackson	84-11
M70 Bill MacMurray	95-7
M80 Everett Hosack	42-7
W40 Deborah Davis	42-3
W50 Eileen Smith	31-2

M40 Norm Bower	46-5½
M50 Joe Chadbourne	43-5
Rudy Bredenebeck	25-2
M70 Bill MacMurray	24-5
M80 Everett Hosack	16-2½

M40 Norm Bower	28-7½
M50 Joe Chadbourne	25-9½

M30 Cornell Sowell	11.1
Larry Marrow	11.2
Dave Klimek	11.4
M40 Tom Bassett	11.9
Thornton Shelton	12.8
M50 Jim Muxen	13.4
Forrest Doling	14.7
M60 Leonard Wray	15.9
M30 Judy Brown	13.6

M30 Larry Marrow	23.1
Cornell Sowell	23.1
Mike Maryott	26.0
M40 Tom Bassett	23.5
David Lee	24.6
Thornton Shelton	27.0
M50 Jim Muxen	27.2
Howard Weissner	28.4
Forrest Doling	29.3
M60 Leonard Wray	32.7
W30 Danis Willet	26.4
Judy Brown	28.8

M30 Cornell Sowell	53.5
Kent Adamson	58.7
Gerald Slezak	63.2
M40 David Lee	56.7
Thornton Shelton	59.9
M50 Howard Weissner	59.5
Jim Muxen	62.6
Tom Norris	69.1
M60 Mark Buchholz	80.5
W30 Danis Willet	60.7

M30 Kent Adamson	2:24.9
Robin Goracke	2:31.1
Chris Johnson	3:01.2
M40 Dennis Dau	2:30.0
M50 Howard Weissner	3:04.9

M30 Kent Adamson	4:45.0
Lou Soukup	4:59.7

M30 Kevin Pfefferle	16:06.2
John Clark	16:37.0
Lou Soukup	18:29.5
M40 Felipe Medcalf	15:58.9

M30 Steve Buckner	16.9
Gerald Slezak	17.0
M50 Forrest Doling	21.0

M50 J C Brown	5-2
Glenn Brazee	4-10
M60 Ray McDermott	3-8

M30 Dave Klimek	19-9
Mike Maryott	17-8
M50 Glenn Brazee	15-9½
M60 Ray McDermott	7-4½

M30 M Maryott	35-0
M40 Bob Everoski	31-9½

M30 Tom Wesselowski	46-8
Bob Warren	38-4
M60 Leonard Wray	32-9
Ray McDermott	28-4

M40 Bob Everoski	78-8
M50 Tom Wesselowski	132-2
Bob Warren	124-4
Forrest Doling	96-5
M60 L Wray	97-6

M30 Chris Johnson	92-4
M50 Bob Warren	119-5
M60 L Wray	76-11

M30 John Anderson	11.43
Steve Henry	12.28
Rick Osborn	12.34
M40 Gary Oliphant	11.35
Thornton Shelton	12.07
M50 Bob Santine	13.41
Stan Giles	13.84
Bob Hoover	13.87
W30 Vicki Vaughan	14.7

M30 John Anderson	24.56
Steve Henry	24.97
Lee Griner	26.11
M40 Ken Morris	24.45
Thornton Shelton	25.64
Tom Fisher	26.86
M50 Stan Giles	29.65

<u>2x100m Relay</u>	
M50 Santine, Morris, Oli-	
phant, Shelton	52.28
M40+Derstler, Kidd, Martin,	
Spears	1:08.35
<u>High Jump</u>	
M30 Ken Ellis	6-2
Rick Osborn	4-8
M40 Jim Johnson	5-10

Continued from previous page

M55 Stew Thomson	156-2
Dennis Rietz	125-4
Dave Douglass	104-1
M60 Arnold Gaynor	146-8
Richard Straub	118-2
M75 James York	97-8
Art Vesco	62-5
W35 Jane Wilson	146-3
Hammer	
M40 Mike Deller	157-5
M45 Abe Sheinker	83-5
M50 Bob Humphreys	143-8
Allan Brown	132-6
M55 Stew Thomson	164-11
Dave Douglass	129-10
Dennis Rietz	113-2
M65 Tom De Vaughn	96-2
M75 James York	97-7
Art Vesco	90-3
Javelin	
M40 Steve Jarvis	160-0
Ron Rook	128-2
Richard Rook	125-9
M45 Juan Bustamante	81-9
M60 Richards Straub	107-10
M65 A Lombardi	111-10
M75 James York	62-4
Art Vesco	57-4
5000m Walk	
M55 Bob Meador	28:03
M60 Richard O'Hara	31:46
M65 Don Cotner	33:10
W65 Jean Cotner	40:13
Final Team Scores	
1 So Cal Striders	564
2 Corona Del Mar TC	370
3 LA-Valley AC	292
4 Team Patriots USA	137
5 Trojan Masters TC	106
6 Aerospace TC	65
7 Hawaiian Masters	60
8 Northern Cal Seniors	30
9 San Francisco TC	24
10 TM TC	18

Bruce Jenner Classic
Masters Events
San Jose, CA
May 27

100m	
M60 Bernie Stevens	12.98
Dick Marlin	13.19
Vern Regier	13.22
Huel Washington	13.50
Alex Pappas	13.54
Tom Page	14.15
M65+Payton Jordan	13.06
Carl Orloff	14.03
Jim Johnson	14.76
Frank Tower	15.29
John Satti	15.82
Bill Fairbank	16.09
Jerry Lopes	16.73
200m	
M50+Martyn Adamson	24.22
Bruce Springbett	25.38
Marion Sanchez	26.64
Phil Maresca	26.73
Bob Feaster	27.57
400m	
M40+Stan Whitley	50.37
Matt Pruitt	51.46
Don Parker	51.93
John Aldrich	54.21
Dennis Duffy	55.23
Gary Patterson	57.36
Russ Rutledge	58.59
Masters Mile	
Wilson Waigwa	4:11.8
Duncan MacDonald	4:18.0
Steve Ferraz	4:29.2
Ramsay Thomas	4:31.5
Ron Jensen	4:32.0
Jim Hampton	4:36.5
Searcy Barnett	4:38.5
Harvey Franklin	4:39.4

Anteaters Masters Classic
Irvine, CA
May 27

100m	
M30 Darrel Hentley	10.9
Dewey Scott	11.0
James Bonilla	11.4
M35 Fred Alexander	11.3
Glen Johnson	11.3
M40 Ron Beadle	11.5
Chuck Rogers	11.7
John Pulley	12.1
A R Turnbull	12.1
M45 Robert Simmons	11.9
M50 Lew Smith	11.7
T Cannon	12.2
Roger Tsuda	12.6
M55 Nick Newton	11.9
Tony Nasralla	12.8
Sam Flory	13.1
M60 Bob Watanabe	13.1
M65 Claude Taggart	14.1
Pete Fetter	14.4
Byron Walls	15.3
M70 David Lawyer	13.7
Bill Morales	14.4
Herb Miller	14.9

M75 Bert Morrow	16.5
W40 Kandy Shannon	16.4
W45 Jeanne Carter	14.5
W55 Gretchen Snyder	16.1
200m	
M30 Darrel Hentley	22.0
M35 Glenn Johnson	23.3
M40 Ron Beadle	23.4
Herman Castille	23.9
Ray Yeck	24.5
Mike Kahn	24.5
John Pulley	24.5
M45 Robert Simmons	24.6
M50 T Cannon	25.4
Stan King	25.7
Roger Tsuda	26.0
M55 Doug McFetters	26.8
Tony Nasralla	26.9
Sam Flory	27.5
M60 Bob Watanabe	27.1
M65 Claude Taggart	30.3
Byron Walls	32.3
George Simon	33.5
M70 David Lawyer	30.6
Nat Heard	33.4
M75 Bert Morrow	34.5
W35 Tina Stough	28.7
W40 Kandy Shannon	37.0
W45 Jeanne Carter	30.3

400m	
M30 Kevin Smith	52.1
Wayne Johnson	57.7
Greg Hawkins	57.8
M35 Ben Brown	48.7
Fred Alexander	55.3
Dennis Dodson	60.8
M40 Herman Castille	53.3
Joe Seale	54.9
Lee Fitzgerald	55.6
M45 Stan Baker	56.9
Jen Lomax	58.2
M50 Jackson Steffes	57.1
Cliff Bedell	57.4
Stan King	58.8
M55 Tony Nasralla	62.6
Fred Lehr	64.3
Don Valentine	64.5
M60 Bob Watanabe	64.1
Lew Beadle	65.8
M65 Claude Taggart	66.9
M70 Don Bradley	81.3
W30 Erin Healey	74.5
W35 Tina Stough	63.7
W45 Jeanne Carter	69.3
W55 Gretchen Snyder	77.4
800m	
M30 Marc Cobb	2:07.1
Tom Burns	2:09.7
M35 Ben Brown	1:53.4
Nolan Smith	2:03.5
Rex Hall	2:06.9
M40 Lee Fitzgerald	2:06.7
Joe Seale	2:09.0
Jim Malone	2:09.8
M45 Eric Owens	2:06.7
M50 Mel Elliot	2:10.7
M55 Robert Culling	2:22.7
Ross Dunton	2:23.4
Fred Lehr	2:25.7
M60 Bob Holmes	2:34.2
Lew Beadle	2:35.3
Tracy Brown	2:38.2
M65 Larry Banuelos	2:36.7
Avery Bryant	2:45.7
M70 Pete Ganahl	3:00.0
Don Bradley	3:07.0
W30 Claudia Lazar	2:50.0
W35 Michele Tiff	2:30.3
W45 Lolita Bache	2:35.3
W65 Gerry Davidson	3:29.3

1500m	
M30 Frank Bogeman	4:12.6
Gary McGraw	4:18.7
Ty Moffatt	5:14.3
M35 Ted Van Arsdale	4:12.7
David Lieberman	4:32.1
Greg Lash	4:37.5
M40 Bill Sumner	4:25.0
Robert Sanchez	4:39.9
Frank Marshall	4:47.0
M45 Tom Burns	4:19.5
Ken DeSmet	4:28.4
Eric Owens	4:39.8
M50 Bill Sobrito	5:25.1
M55 John Weldy	4:52.2
M60 Pat Devine	5:11.9
Tracy Brown	5:29.6
M65 Avery Bryant	5:52.3
W30 Erin Healey	6:12.0
W35 Christine Purkins	5:34.1
W40 Joan Pendleton	5:12.3
Laurie Olson	5:41.8
W60 Sumiy Onodera	6:56.4
W65 Gerry Davidson	7:11.1
3000m	
M30 David Parsel	8:51.7
David Smith	9:40.7
M35 Ted Van Arsdale	9:05.7
Nolan Smith	9:18.7
Gary McGraw	9:56.7
M40 Frank Marshall	10:07
Ron Rook	10:39
Conrad Brooks	10:46
M45 Tom Burns	9:24
Neil Doherty	9:24
David Morris	10:14
M50 Rod Larrieu	10:25
Lee Miller	10:39
Roy Boyette	13:07

M55 John Weldy	10:16
Marsh Haradin	11:03
John Gunn	18:39
M60 Pat Devine	10:41
Tracy Brown	11:25
Al Escobar	12:47
M65 Larry Banuelos	11:32
Avery Bryant	12:13
W35 Kathleen Kennedy	13:19
W40 Cathy Miller	14:40
W60 Joan Gunn	26:24
Short Hurdles	
M30 Roosevelt Wells	14.9
M40 Bill Sevilla	22.1
M45 Theo Viltz	15.0
Mac McCormick	16.9
M50 Al Henry	14.8
Dee Dewitt	15.4
Jerry Stanners	17.7
M55 Doug McFetters	17.2
Bill Adler	17.8
M60 Ted Ensslin	---
M65 Burl Gist	---
George Simon	---
M70 Herb Miller	14.5
Al Guidet	14.6
M75 Bert Morrow	17.0
Stan Thompson	20.7



Long Hurdles (300m)	
M30 Roosevelt Wells	40.9
M55 Al Sheahan	54.6
Steeplechase	
M30 Todd Robinson	11:47
M35 Ian Cummings	9:40
Don Robinson	11:38
M40 Jim Gelsomini	10:37
M45 John Robinson	11:45
M50 John Cosgrove	11:47
M55 Jerry Withers	13:37
High Jump	
M40 Charles Rader	6-4
Bob Bly	4-8
Bill Sevilla	3-10
M45 Don Dvorak	5-2
M50 Dee Dewitt	4-10
Don Rose	4-10
Jerry Stanners	4-10
Nick Newton	5-6
M60 Arnold Ungar	3-10
Ted Ensslin	3-10
M65 Burl Gist	4-8
M70 Pete Ganahl	4-1
Elmer Siegel	3-6
M75 Carol Johnson	3-6
Stan Thompson	3-6
M80 David Marcus	3-8
W40 A Steekelenburg	4-10
Pole Vault	
M35 Mike Hogan	15-7
Steve Morris	13-0
Greg Hull	13-0
M40 Warren Wilke	14-0
Chuck Rogers	13-6
Bert Serrini	13-0
M45 Mardon Connelly	13-0
Mike Morris	13-0
M50 Ron Flemming	11-0
Jerry Stanners	10-0
Dee Dewitt	10-0
M55 Doug McFetters	9-6
M60 Ted Ensslin	8-0
John Cleveland	8-0
M65 Dave Brown	8-6
A U Ricciardi	7-6
Tom DeVaughn	7-0
M70 Jim Vernon	9-0
Elmer Siegel	7-6
M75 Carol Johnson	8-9
Stan Thompson	6-6

Long Jump	
M30 Todd Robinson	15-5 1/2
M35 John Kucchie	19-8 1/2
Don Robinson	15-3 1/2
M40 John Gray	18-4 1/2
Bob Bly	17-2
Bill Sevilla	11-5 3/4
M45 Don Dvorak	18-1 1/2
M50 Dee Dewitt	17-7 3/4
M55 Doug McFetter	16-6
Art Godspeed	15-4 3/4
M60 Ted Ensslin	14-3/4
M65 A U Ricciardi	12-9
M70 Bill Morales	13-1
M75 Stan Thompson	9-2
M80 David Marcus	**13-3
W65 Yuki Laribe	7-1 1/2
Triple Jump	
M30 Todd Robinson	30-8
M35 Don Robinson	29-11 3/4
Marcel LeCroc	25-5
M40 Milan Tiff	**50-7 1/2
John Gray	37-10 1/2
Ron Rook	31-2
M50 Al Henry	38-11 1/2
Dee Dewitt	34-1
M55 Dave Jackson	39-5
M60 Ted Ensslin	29-6 1/2
M65 Chas Mercurio	28-10
M70 Elmer Siegel	21-5 1/2
M75 Stan Thompson	19-6 1/2
Art Vesco	15-3 1/2
M80 David Marcus	24-4 1/2

Shot Put	
M35 Ross Reabold	40-9
M40 Mike Nash	43-8 1/2
Steve Chaton	37-1
Bill Sevilla	30-0
M50 Jim Hart	45-1/2
M55 Stew Thomson	42-10 1/2
Dennis Rietz	40-6 1/2
Al Brown	37-1
Mike Devlin	35-5 1/2
M60 Arnold Gaynor	40-6
M65 Bill Bangert	40-7
Mike Castaneda	34-5 1/2
Quinto Merlo	34-5
Bob Stone	32-9 1/2
M70 Jerry Siefert	38-9 1/2
Nat Heard	37-2 1/2
M75 Art Vesco	25-3
M80 Bob McConnaghy	29-1
David Marcus	26-1 1/2
Burt DeGroot	25-10 1/2
W35 Janet Wilson	34-7 1/2

Discus	
M35 Russ Reabold	133-1
M40 Frank Reilly	168-0
Gary Carlson	154-9
Mike Nash	117-2
M45 Abe Sheinker	86-1
M50 Jim Hart	141-11
Al Brown	140-6
Jerry Stanners	97-11
Ray Fitzhugh	94-5
M55 Stew Thomson	156-3
Mike Devlin	107-5
Ed Martin	103-7
M60 Del Pickarts	143-6
Arnold Gaynor	138-4
Richard Straub	116-6
M65 Bill Bangert	126-7
Mike Castaneda	123-11
Quinto Merlo	108-11
A U Ricciardi	101-6
M70 Jim Sallinger	104-1
M75 Art Vesco	65-6
M80 Burt DeGroot	85-1
W35 Janet Wilson	*149-6
W55 Shirley Kinsey	68-8

Hammer	
M45 Mike Woodard	92-11
Abe Sheinker	86-11
M50 Al Brown	123-9
Jim Hart	111-0
M55 Stew Thomson	161-6
Dennis Rietz	110-11
M65 Bill Bangert	112-10
Bob Stone	104-7
Tom DeVaughn	97-7
A U Ricciardi	96-3
M70 Nat Heard	113-4
M75 Art Vesco	87-1
Don Pierotti	83-8

Javelin	
M35 Joe Greenberg	196-8
Frank Rock	140-2
M40 Warren Wilke	173-10
Steve Jarvis	171-2
Ron Rook	142-6
M45 Mike Woodard	143-11
Brian Arnsperger	126-0
Bill Sevilla	110-4
M50 Don Rose	144-1
Ray Fitzhugh	108-4
Ed Martin	131-0
Dennis Rietz	126-4
John Park	123-7
M60 Del Pickarts	160-11
Richard Straub	108-2
M65 Pete Fetter	127-11
Tony Lombardi	107-1
A U Ricciardi	96-10
Bob Stone	92-10
M70 Bill Morales	139-3
Jerry Siefert	110-5
M75 Jack Angelman	71-4
Art Vesco	57-6
M80 Bob Macconnaghy	70-7



5000m Racewalk	
M30 Fernando Gutierrez	35:58
M35 Richard Nester	27:17
M40 Ed Bouldin	23:01
M45 Jesus Orendain	27:09
Art Godspeed	27:47
M50 Richard Oliver	26:54
Hap Chandler	30:26
M55 John Kelly	26:49
John MacLaughlin	29:52
Joe Weston	30:28
M60 Mel Granttham	30:30
Arnold Unger	37:27
M65 Bob Davidson	35:57
M80 Chesley Unruh	40:58
W35 Paula Kash	26:33
Helen Hoover	34:27
W40 Lynn Lucas	36:58
W45 Jolene Steigerwald	27:51
Virginia Scales	27:57
J Horowitz	29:58
W50 Sheila Smith	30:10
W55 Helen Oakley	33:06
W60 Collie Green	32:51
W65 Rose Kash	36:21
**Age-group World Record	
*Age-group American Record	

Duke City Masters Games
Albuquerque, NM
June 3

100m	
M30 W Haynes	12.07
M40 N. Silver	12.01
M45 J Nellesen	12.42
M50 R Kirkpatrick	12.10
M55 D Brown	14.09
M60 A Anderson	13.36
M65 L Hirst	13.81
M70 F Praeger	15.39
W35 C Silver	15.16
W45 S Nellesen	15.91
200m	
M30 W Haynes	24.73
M35 D Salazar	25.19
M40 R Assink	23.63
M45 J Nellesen	26.38
M50 R Kirkpatrick	24.53
M55 D Brown	29.33
M65 L Hirst	29.15
M70 F Praeger	33.63
W45 S Nellesen	36.59

400m	
M40 F Collins	52.
M45 J Nellesen	60.
M50 R Kirkpatrick	53.
M55 D Brown	68.
M65 L Hirst	65.
800m	
M30 J Carsow	2:04.
M40 B Betts	2:21.
M45 T Bell	2:49.
M50 B Baker	2:44.
M55 J Schriber	2:23.
M65 D Reitman	2:58.
1500m	
M35 D Salazar	4:27.
M40 L Ruggles	4:45.
M50 D Kies	5:19.
M65 D Reitman	6:35.

Continued from previous page

M75 Art Vesco	69-4
W35 Janet Wilson	145-4
W55 Shirley Kinsey	68-4

Javelin	
M35 Joe Greenberg	185-0
M40 Ron Rook	137-3
M45 Robert Jones	111-8
M50 Larry Stuart	191-1
M55 Edward Martin	136-3
M65 A. Lombardi	120-8
M75 Al Vesco	58-9
W55 Shirley Kinsey	70-9

Hammer	
M40 Mike Deller	160-10
M45 Lloyd Higgins	148-1
M50 Bob Humphreys	148-2
M55 Dave Douglass	127-9
M65 Jim Minah	123-0
M75 Don Pierotti	76-6

5000m Racewalk	
M30 Stewart Baden	27:08.09
M40 Michael Bayne	35:30.06
M45 Art Goolsbee	27:49.40
M55 Robert Meador	27:44.27
M60 Mel Grantham	31:02.88
M65 Karlis Smiltens	35:16.12
M80 Tony Perona	35:09.45
M45 Ida Padilla	35:49.90
W55 Barbara Johnson	35:42.97

Runners Pentathlon

Albuquerque, June 11
See LDR Section - West

NORTHWEST

Senior Sports Festival
Seattle, WA

100m June 3	
M40 Allan Ross	12.0
Mike Granum	12.1
Jim Lockard	12.6
M45 Harold Morioka	11.9
Ron Jensen	12.4
Emil Torquato	13.2
M50 J C Hoffman	13.0
Don Worrall	13.0
Elbert Field	15.5
M55 Harold Hitt	13.0
Jack Fischer	13.1
Larry Barsher	14.8
M60 Tom Norwood	14.0
Leo Nowitzki	14.6
Joel Pritchard	15.2
M65 Gil Splaine	15.5
Gene Carter	17.2
M75+Henry Schumacher	25.0
W40 Ingrid Drolet	15.2
W45 Jan McClurg	14.9
W50 Bernice Morehead	19.6
W55 Nikki Ryan	15.4
W65 Helen Jensen	20.1

200m	
M40 Bob Fox	24.7
Mike Granum	25.4
Jim Lockard	26.4
M45 Lynn Eves	26.6
Emil Torquato	27.0
Havis Ratteree	29.3
M55 Harold Hitt	27.3
Larry Barsher	31.7
Field Ryan	34.2
M60 Tom Norwood	29.4
Leo Nowitzki	32.2
W40 Ingrid Drolet	31.3
W50 Barbara Gregg	37.6
W55 Nikki Ryan	32.6
W65 Helen Jensen	45.7

400m	
M40 Mike Granum	54.0
Bob Fox	54.7
Laurie Olafson	60.6
M45 Harold Morioka	52.1
Lynn Eves	57.9
Evan Schull	60.9
M50 J C Hoffman	58.5
Dale Sawyer	64.3
Elbert Field	68.2
M55 Harold Hitt	59.1
Ralph Miller	61.8
Chad Bolender	69.0
M60 Orlo Keniston	68.6
W50 Barbara Gregg	1:19.9
Bernice Morehead	1:30.2
W65 Helen Jensen	1:45.9

800m	
M40 Michael Brandt	2:05.7
Mike Granum	2:07.2
Gordon Frederick	2:19.8
M45 Neal Stoddard	2:35.6
M50 Robert Langenbach	2:31.4
Elbert Field	2:41.7
Glen Hudson	2:47.7
M55 Ralph Miller	2:16.4
Field Ryan	2:46.8
M60 Orlo Keniston	2:39.6
M65 Norman Hansen	2:57.7
W55 Peggy Ainslie	3:05.6

1500m	
M40 Gordon Overbye	4:26.6
Paul Ehrlich	4:56.4
Bob Tysoe	5:03.9
M45 Gale Pfuehler	4:41.7
David Williams	4:56.4
M50 Mike Christiansen	4:49.3
Robert Langenbach	4:56.1
Elbert Field	5:13.7

M55 Dennis Meyer	4:41.9
M60 Orlo Keniston	5:13.7
M65 Norman Hansen	6:02.5
W50 Bernice Morehead	6:05.9
W55 Peggy Ainslie	6:05.9
Jan Kavadas	10:39.4
5000m	
M40 Ron Jackson	18:07.9
M45 David Williams	16:45.7
M50 David Pitkethly	17:48.9
Robert Langenbach	18:17.8
M55 William Cupp	18:20.4
Mel Preedy	18:52.0
Bob Burd	20:50.2
M60 Orlo Keniston	19:03.9
M65 Norm Hansen	21:48.7
Gene Carter	25:20.6
M70 Jerry Satterlee	25:05.1
W50 Shirley Smith	22:41.9
W65 Jean Mitchell	31:47.0
W70 Shirley Wasser	33:25.8

High Jump	
M40 Richard Madan	1.55
Laurie Olafson	1.45
Joe Stefanile	1.40
M45 Mike Akerman	1.68
Robert Gent	1.50
M50 Don Worrall	1.50
Tom White	1.15
M55 Jack Fischer	1.15
Darold Skartvedt	1.56
Robert Flaherty	1.36
M60 Leo Nowitzki	1.36
Ward Church	1.20
Harvey Williams	1.20
M65 Gil Splaine	1.25
Ken Gorshkow	1.25
Roy Atherton	1.20
M75+Leon Joslin	1.15
W50 Becky Sisley	1.27

Pole Vault	
M40 Mike Monahan	13-6
Stuart Jones	13-6
John Patterson	9-6
M45 Larry Holmes	12-9
M50 Don Worrall	10-6
M55 Allen Morris	9-0
Darold Skartvedt	8-6
M60 Don Grosh	9-9
M65 Les Hintz	6-6

Long Jump	
M40 Allan Ross	4.81
Oron Lott	4.74
Joe Stefanile	4.12
M45 Robert Gant	4.89
Johnny Edwards	4.85
Emil Torquato	4.14
M55 Darold Skartvedt	4.80
Jack Fischer	4.75
Chad Bolender	4.14
M60 Buyral Madan	3.62
Ray Ryan	2.05
M65 Gil Splaine	3.86
Ken Gorshkow	3.67
Roy Atherton	3.42
M75+Henry Schumacher	1.42
W40 Ingrid Drolet	4.06
W50 Becky Sisley	3.78
W65 Evelyn Lercher	2.37

Triple Jump	
M40 Oron Lott	9.69
Laurie Olafson	8.68
M45 Mike Akerman	9.08
Johnny Edwards	9.05
M60 Buyral Madan	7.73
Ray Ryan	5.60
M65 Ken Gorshkow	7.28
M80+Henry Schumacher	3.32
W50 Becky Sisley	7.83

Shot Put	
M40 Royages Easton	14.29
M45 Christos Jordanidis	7.92
M50 Robert Roy	11.67
Tom White	9.28
M55 Robt Flaherty	11.18
D Skartvedt	10.82
Paul Kaald	9.29
M60 Harvey Williams	13.11
Ward Church	10.37
Shirob Gilbreath	10.02
M65 Ken Gorshkow	11.33
Melvin Benham	9.90
M70 Gerald Cysewski	11.67
Tauno Ottelin	8.60
Ernie Jensen	8.46
M75+Leon Joslin	9.58
W45 Jan McClurg	9.24
W75+Hilde Mannheim	4.29

Discus	
M40 Laurie Olafson	26.26
Joe Stefanile	25.62
M45 Robert Gent	33.69
Chris Jordanidis	22.48
M50 Robert Roy	41.64
Don Worrall	29.14
Thomas White	24.28
M55 Darold Skartvedt	33.09
Bob Flaherty	31.05
M60 Harvey Williams	39.74
Ward Church	32.80
Shirob Gilbreath	28.57
M65 Kcayges Atherton	24.96
M70 Gerald Cysewski	34.44
Tauno Ottelin	25.35
Ernie Jensen	22.62
M75+Leon Joslin	31.43
Karl Frederick	25.47
W40 Ingrid Drolet	23.54

Javelin	
M40 Joe Stefanile	52.32
M50 Thomas White	31.92
M55 Robert Flaherty	42.18
Darold Skartvedt	34.88
M60 Harvey Williams	30.64
Shirob Gilbreath	17.0-
M65 Roy Atherton	21.4-
Melvin Benham	19.82
M70 Gerald Cysewski	25.08
M75+Karl Frederick	20.82
W50 Becky Sisley	28.42

1500m Racewalk (unjudged)	
W40 Mary Jane Erickson	13:04
W60 Barbara Ryan	10:23

3000m Racewalk (judged)	
M40 Stan Chraminski	14:41.5
Lew Jones	17:02.0
M45 Evan Shull	16:36.7
Ernie Smith	17:02.0
Ed Glander	17:31.7
M55 Jim Bryan	16:29.8
Paul Kaald	18:01.0
George Edwards	18:38.1
M60 Paul Kavadas	19:34.4
M65 Don Jacobs	21:38.0
W40 Carol Langenbach	22:00.8
W45 Gail Jones	20:20.6
W50 Bev LaVeck	16:44.7

LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL

TAC Masters Road One-Mile National Championship
Ridgewood, NJ
May 21

M40 Al Swenson	4:20.1
Harry Nolan	4:22.1
Pierre Virttori	4:28.6
John Martin	4:31.1
Bill Bragg	4:41.7
M45 Roy Reisinger	4:45.3
Seth Kaminsky	4:53.6
Samuel McClelland	5:13.4
Julio Lugo	5:14.0
M50 Sid Howard	4:46.4
John Connor	5:53.2
Wrold Bialokur	4:54.8
Ken Baker	4:56.1
Cliff Pauling	5:09.2
M55 Norm Green	4:49.1
George Martin	5:52.1
M60 Bill Fortune	5:30.4
Joe Burns	5:56.5
Len Cheringal	6:27.9
M65 John McManus	5:39.9
Woody Lunsford	6:02.0
M70 Austin Newman	6:05.3
Vincent Carnevale	6:35.8
Dudley Healy	7:49.1
Bill Brobson	8:43.3
M80+Ed Benham	6:30.2
W40 Sylvie Kinche	5:34.3
Irene Jackson	5:39.8
Kate McKenna	6:13.0
Mary Spera	6:19.5
W45 Marilyn Greely	5:45.2
Madelyn Bost	5:52.5
W50 Helen Bedrock	6:05.2
W70 Marjorie Smith	10:17.2



EAST

The Lerner Cup Championship 10K
Plainview, Long Island
April 8

Overall	
Paul Rustin	30:54
Angella Hearn	34:56
M35 Chris Weber	32:19
M40 Jay Hildebrand	34:46
M45 Ted Haiman	33:58
M50 Mel Cowgill	36:50
M55 Geza Feld	39:51
M60 Ken Karcher	39:52
M65 John McManus	43:45
M70 Willie Rios	50:05
M85 Max Popper	1:07:17
W35 Judy Harrigan	39:29
W40 Christine Grenning	38:00
W45 Lina Connors	39:05
W50 Lisa Praskins	41:38
W55 B Bellingshausen	46:17
W60 Gladys Simonsen	1:00:09
W70 Althea Wetherbee	60:00

New Jersey Waterfront Run
Jersey City, NJ
April 30

10K	
M40 Atlaw Belilbne	33:06
Roger Price	35:50
Michael Spada	36:00
M45 Gary Muhreck	34:41
Jonathan McNamee	36:59
Jim Fitzgerald	37:07
M50 Gerald Lopez Jr.	35:03
Alan Fairbrother	36:03
Witold Bialokur	36:11
M55 Victor Filan	42:00
Hal Smith	42:01
Richard Shaffer	44:23
M60 Howard Rubin	38:15
Richard Attilio	44:25
Phil Mongillo	45:30
M65 Santee Tallia	44:42
Julius Jaeger	45:32
Jack Pennington	45:33
M70 Austin Newman	43:55
Fred W. Ely	47:27
George Sheehan	49:45
M75 Bill McDonough	48:32
M35 Diane Ditchfield	39:18
Sandra Anderson	40:38
Andrea McLaughlin	43:43
W40 Debbie Adams	42:01
Gretchen Kavanagh	42:45
Jill Berke	43:34
W45 Susan Weisbrod	39:15
Jessie-Lea Hayes	40:27
Karilyn Greeley	40:27
W50 Zofia Turos	41:40
Joan Bondell	44:53
Elton Richardson	50:47
M55 Nancy Ammermuller	50:02
Thelma Wilson	52:09
Melva Murray	56:04
M60 Janine Maltas	52:03
Helen Dempsey	55:54
Bertha McGruder	1:01:00
M65 Queenie Thompson	1:01:39
Orosia Barillas	1:06:59
Marie Stover	1:11:15
W70 Althea Jureidini	1:05:22
Elizabeth Vain	1:06:36
Adrienne Salmini	1:24:46

Marathon	
M40 William Bragg	2:37:45
Bob Gallagher	2:38:12
James Hudick	2:53:22
M45 Fred Hartmann	2:47:30
Ricardo Andrade	2:48:29
Pat Cosgrove	2:55:51
M50 Fritz Mueller	2:41:42
Herb Townsend	2:51:54
Mike Hayney	2:54:41
M55 Darion DeLeon	3:20:28
Frank Lorey	3:24:56
Maurice Francois	3:26:44
M60 Joe Burns	3:18:36
M65 Lester Ridings	3:27:50
W35 Atsuko Inamura	3:11:15
Barbara Phillips	3:14:07
Lindsey Folsom	3:16:15
W40 Carolyn Mather	3:05:46
Jean Burke	3:27:41
B. Henderson	3:41:52
W45 Carol Johnston	3:10:16
Patty Lee Parmalee	3:17:16
Anna Thornhill	3:22:55
W50 Wen-Shi Yu	3:20:05
Helen Valent	3:35:08
Ruth Fredenthal	3:35:13
W55 Rosa Nales	3:48:09
Alma Kunes	3:49:12
Janet Dowsett	5:00:23
W60 Alsang Tomas	4:09:47
Cassie Bazar	4:14:48
W65 Edith Farias	4:22:49
Juanita Goldman	5:06:14

Newsday Long Island Marathon
Half-Marathon
Long Island, NY
May 7

---Marathon---	
Overall	
Louis Calvano	2:32:42
Katherine Corsitto	3:07:47
M40 Julio De Jesus	2:55:58
Mike Baxter	2:58:06
Michael Ganis	3:00:28
M45 Allan Kirik	2:44:56
Marin Cramer	3:00:58
Richard Fennelly	3:08:51
M50 Richard Murphy	3:00:08
Mel Cowgill	3:00:22
Robert Van DeKief	3:00:35
M55 William Evans	3:13:25
Richard Opsahl	3:22:33
Fred Savage	3:27:19
M60 Ken Karcher	3:16:56
Peter Badmajew	4:09:50
Ed Kasperowicz	4:13:38
M65 Andrew Neidig	3:52:15
Peter Diorio	4:19:28
Joseph Rheault	4:29:44
M70+Wilfredo Rios	3:59:45
Lawrence Scarella	6:04:10
W40 Jane Fagan	3:34:10
Jillian Lazaridis	3:40:14
Janit Romayko	3:42:34
W45 Anna Thornhill	3:20:22
Ann Marie Krepela	3:33:07
Eleanor Hall	3:54:03

Continued from previous page

Leggs 5K Tune-Up Central Park, NYC May 14

Overall	
Bea Huste 24	17:05
W35 Mary Heilman	18:49
W40 Angella Hearn	17:47
C Hearn Grerning	18:47
Jean Perry-Wolf	19:46
W45 Lina Connors	19:29
Marilyn Greeley	20:07
Patty Lee Parmalee	20:56
W50 Elton Richardson	23:04
E Rckertson Lee	24:00
Rita Flores-Petit	25:10
W55 Thelma Willson	24:41
Carol Tittle	30:33
Barbara Hunt	30:35
W60 Aslaug Tomas	25:41
Sandy Norris	29:30
Arlene Kernis	29:52
W70+Althea Wetherbee	28:12
Mayme Bdera	40:09

Racewalkers	
1 Dovit Attias 27	28:05
2 Beth Teich 37	31:30
3 Joan Rowland 63	33:01

SOUTHEAST

Cotton Row 10K Huntsville, AL May 29

Overall:	
Marcos Barreto	29:35
Monica O'Reilly	34:30
M40 Graham Tattersall	31:16
Jim Pearson	31:19
Bob Schlau	32:29
Carl Nicholson	32:36
Don Wright	33:04
M45 Don Coffman	32:38
Dock Jordan	37:10
Jim Upton	37:22
Michael Sealy	37:31
Tony Arnold	38:24
M50 William Johnston	34:22
Don Conway	34:39
Sam Stone	35:52
Jim Larson	36:09
Orbin Thompson	36:26
M55 Gerald Koch	37:05
Malcolm Gillis	38:00
Kelly Stinson	42:13
Richard McCrady	42:51
Charles Terrell	43:46
M60 Jim O'Neil	38:36
Gordon English	43:44
B.P. Daniel	44:02
Hector Ramirez	44:56
Deloy Lawson	46:29
M65+Devey McMickle	44:16
Thomas Cantrell	49:53
John Laughlin	53:21
W35 Nancy Grayson	36:11
Laura Caldwell	38:03
Kathy Bond	41:53
Debbie Harriman	42:08
Nancy Sheppard	42:27
W40 Nancy Oshier	36:33
Jane Hutchinson	36:53
Karen Macharg	37:15
Judy Greer	37:34
Claudia Ciavarella	38:57
W45 C. Tattersall	39:26
Harolene Walters	40:06
Nancy Thibodeau	48:19
Irene Whiteaker	48:43
Carol Sealy	50:11
W50 Nancy Parker	41:20
Mary Anne Wehrum	42:07
Delores Albertini	43:17
Susie Kluttz	45:31
Barbara Ramsey	47:46
W55+Mary Anne Woodring	46:12
Marcia Herbst	47:58
Joann Long	49:43

MIDWEST

Old Kent 25K Grand Rapids, MI May 13

M40 John Custy	1:22:29
Duane Spitz	1:24:38
Wally Herrala	1:24:59
M45 Dennis Scott	1:32:27
Thomas McKernan	1:33:23
Ken Tevel	1:34:49
M50 Jim O'Neill	1:26:03
Bob Paklan	1:33:37
Ed Hernandez	1:35:06
M55 Bob Daly	1:40:13
James Vanderklok	1:41:22
Larry Nicholson	1:43:04
M60+Jerry Johncock	1:42:26
John Kolmetz	1:42:49
Robert Carlson	1:48:56

W35 Pam Key	1:38:37
Karen Hubbard	1:39:03
Jerry White-Hask	1:49:06
W40 Terry Mahr	1:38:22
Jane Buch	1:39:37
Linda Findley	1:40:15
W45 Gania Rode	1:46:03
Carol Bender	1:47:35
Ana Copsey	1:52:47
W50+Armande Pieschke	1:54:10
Janet Hayden	2:04:46
Barbara O'Neil	2:11:02



MID AMERICA

Lincoln Marathon Lincoln, NE May 7

Overall:	
Jay Woods	2:24:51
Catriona Dowling	2:55:32
M40 Laddie Shaw	2:39:10
Ronald Norman	2:40:38
Robert Williams	2:41:26
Russ Northrop	2:41:35
Gary Julin	2:42:09
M45 Joseph Drugan	2:48:24
Homer Hastings	2:49:36
Francis Donovan	2:50:00
Herman House	2:52:47
Don Dickmeyer	2:59:52
M50 Wesley Geringer	2:52:19
David Biersmith	3:03:28
Frederick Mattos	3:06:32
Raymond Habrock	3:08:35
Edward Baca	3:10:52
M55 Mike Goldman	2:57:01
Robert Fletcher	3:15:15
Elbert Reed	3:21:18
John Wyckoff	3:25:48
Andy Anderson	3:28:23
M60 Al Becken	2:58:34
Bob Bartling	3:17:10
Tom Cross	3:48:37
Jesse Delgado	4:07:26
M65 James Reeds	4:24:38
Bob Poppe	4:28:22
M70 Clarence Osborn	4:16:36
W35 Amy Lease	3:08:42
Kris Powers	3:21:45
Kathy White	3:23:09
Valerie Oertli	3:23:14
Marla Ofstad	3:26:06
W40 Cheryl Beckwith	3:21:17
Sylvia Wiegand	3:34:05
Linda Rutz	3:55:38
Marsha McNally	4:02:28
Carol Homick	4:12:30
W45 Valdene Ranum	3:26:59
Bobbi Weston	3:52:50
Arlene Craig	3:54:01
Pauline Lundgren	4:16:02
Karyn Jones	4:24:24
W50+Ruth Anderson	3:46:56

Hospital Hill Half-Marathon Kansas City, MO June 4

Overall:	
Martin Pitayo	1:04:07
J. Lassee-Johnson	1:17:36
M40 Laurence Olsen	1:10:42
Wes Wessely	1:12:26
Don Kardong	1:13:07
David McLeland	1:13:25
Wally Herrala	1:14:31
M45 Ralph Zimmermann	1:15:29
Garry Gribble	1:18:52
Denton Coffman	1:22:11
Wally Brawner	1:22:23
Lynn Wren	1:22:46
M50 Don Sleeman	1:17:21
Clyde Davidson	1:17:52
Bill Johnston	1:18:12
David Whitten	1:23:24
Thomas Clark	1:23:35
M55 Greg Prom	1:25:59
Louis Joline	1:30:41
Bud Wheeler	1:34:56
M60 Jim O'Neil	1:24:25
Jack Centry	1:24:53
Jim Blount	1:25:09
W35 Linda Cash	1:24:13
Pamela Smith	1:36:33
W40 Jane Hutchinson	1:19:47
Gail Scott	1:24:19
W45 Karen Bestul	1:36:00
Nancy Moore	1:38:45
Erika Hull	1:39:59
W50 Barbara Gehringer	1:41:31
Marilyn Potter	1:42:12
W55 Gloria Brown	1:39:00
Kate Hashman	1:56:25
Bonnie Maschika	2:02:06
W60+Mary Otte	2:14:43

SOUTHWEST

Gumtree 10K Tupelo, MS May 13

M40 Graham Tattersall	30:51
Mike Hurd	30:58
Jim Pearson	31:11
M45 Allan Rushmer	31:33
Don Coffman	32:17
Marlin Gober	36:59
M50 Bill Olrich	34:58
Jim Larson	35:18
Sam Stone	35:36
M60+Dan McCarthy	42:05
Dewey McMickle	42:09
William Smith	44:45
W35 Laura Caldwell	37:11
Patty Wong	41:36
Dee Dosch	47:16
W40 Karen Macharg	36:24
Claudia Ciavarella	37:01
Judy Greer	37:13
W45 Bobbie Steiner	43:20
Mary McCoy	50:25
Ruth Crenshaw	51:30
W50 Mary Anne Wehrum	41:06
Barbara Ramsey	45:13
Marcia Herbst	46:00
W60+Claydeen Allen	54:20
Edna Masula	1:12:36
Tommie Bourland	1:16:28

WEST

Fastest Masters 10K San Diego, CA May 22

M40 Armando Valencia	32:31
Steve Myhro	33:32
Peter Stern	33:41
Ron Wells	34:27
Steve Dornish	35:03
M45 David Morris	36:58
Pablo Torres	39:08
Loren McKnight	39:31
David Leivers	40:05
Tony Davis	40:26
M50 Carl Petersen	37:26
Jim Temples	38:35
Tom Morrow	39:38
Pete Savitz	40:39
Don Garsh	42:36
M55 Ted Reeve	38:45
Marsh Haraden	39:00
Warren Osborn	39:22
Frank Goldberg	40:47
Bob McCrackin	42:40
M60 Jim O'Neil	38:26
Ted Horner	46:20
Jim Powers	47:38
Bob Brown	50:45
Ken Bernard	55:17
M65 Jim McCown	40:36
Luis Ojeda	45:27
Casey Poole	46:23
M70 Wayne Zook	47:03
Don Bradley	50:00
Ernie Pierce	1:02:49
W40 Mary Leivers	39:38
Cindy Cohagen	40:35
Margaret Neville	42:59
Dana Hooper	44:00
Willie Tennant	44:55
W45 Eileen Puc	41:15
Lolitia Bache	42:08
Ursula Rains	43:19
Sandra Brown	49:00
Jean Amidon	59:15
W50 Tami Graf	46:11
Dixie Madsen	51:00
Una Marie Pierce	51:58
W60 Mary Storey	48:03
W65 Gerry Davidson	54:39

Johnny Faerber 10K Kaneohe, HI April 23

Overall:	
Gary Fanelli	31:27
M40 Duncan Macdonald	31:42
George Hutchison	36:47
Tom Carras	37:36
M45 Alberto Rivas	35:46
Werner Stahlberger	40:01
Hanale Richmond	40:39
M50 Jack Tuttle	36:42
T. Teraishi	39:50
John Conner	41:41
M55 Russell Allen	43:26
Tesh Teshima	44:37
John Simpson	53:29
M60 Robert Bronke	44:31
Robert Cooling	45:26
Clarence Kusumoto	45:57
M65 Naoto Inada	42:27
Masaru Morikawa	45:54
Martin Sherman	50:11
M70 Joseph Sugano	56:05
William Pea	1:02:24
M75+Don Marsters	59:04
Masato Shibasaki	1:01:21

1989 Runners' Pentathlon Albuquerque NM June 11

AGE	NAME	SCORE
W50	June Dickinson	3580
W45	Margaret Jaramillo	3273
W40	Pat Weiss	3319
	Diana L. Velarde	3260
	Suzanne Nissen	1836
W70	Richard A. Davis	2143
M65	Lee Hirst	3684
M60	Patrick Devine	4026
	Luther Burdelle	3524
M55	Marsh Haraden	3925
M50	David Lard	3946
	Bob Baker	3562
	Walter H. Rice	3403
M45	Sean McCormack	3949
	Stan Hayes	3665
	Ray A. Pattiamo	3789
	Buck Schreyer	3775
	Patrick Hunt	3481
	John L. Gibbons	3421
	Jerry E. Whitten	2874
	Norman Fones	1370
M40	Larry Ruggles	3961
	Lou Marjon	3681
	Martin Doviak	3500
	Ed Green	3440
M35	David Salazar	3995
	Rex Ridenour	3657
	Nick Sanchez	3573
	Steve Kumm	3359
	El Leek	3254
M30	Todd Glaserapp	3570
	Henry Wigglesworth	3539



1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width	Height
52	Back Page	400	10"	13"
52	Full page	300	10"	13"
39	1/4 page	250	10"	9 1/2"
			7 1/2"	13"
26	1/2 page	200	5"	13"
			10"	6 1/2"
13	1/4 page	120	10"	3 1/2"
7	1/8 page	72	5"	3 1/2"
			2 1/4"	6 1/2"
3 1/2	1/16 page	60	2 1/4"	3 1/4"
1		30	2 1/4"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

25% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors add \$40.
- Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION October 1988

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P.O. Box 2372
Van Nuys, Calif. 91404
818/785-1895

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.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1989

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
RUTH ANDERSON (OAKLAND, CA)	7-27-29	60-64
HELEN PARKER (SYLMAR, CA)	7- -29	60-64
AGATHA SUE-LEE (US)	7-18-39	50-54
VIRGINIA TERRY (LONG BEACH, CA)	7- 7-24	65-69
ANNE TRIGG (ST. PETERSBURG, FL)	7-14-24	65-69
BRENDA ATKINSON (GB)	7- 5-34	55-59
VERNY FALKEBORG (DEN)	7-28-34	55-59
HELENA FIBINGEROVA (CZE)	7-13-49	40-44
CAROL GOULD (GB)	7-10-44	45-49
EDITH JACOBSEN (DEN)	7-26-24	65-69
KAY KENNETH-LOW (NZ)	7-29-14	75-79
MARIE LYNNERUP (DEN)	7-19-14	75-79
HELEN SEARLE (AUS)	7-12-39	50-54
BIRGIT ASPLUND (SWEDEN)	7-21-29	60-64
REGINALD BARLOW (AUSTRALIA)	7-22- 4	85-89
GLEN BRADD (BLOOMINGTON, IL)	7-22-24	65-69
THOMAS BROOKS (NYC, NY)	7- 5-29	60-64
BARRY BROWN (GAINESVILLE, FL)	7-26-44	45-49
THOMAS CLAYTON (CARSON, CA)	7-10-24	65-69
WILLIAM COOK (TN)	7- 2-34	55-59
PAUL DUNGAN (PORTLAND, OR)	7-24-44	45-49
MANFRED GARBISCH (WG)	7- 5-34	55-59
LARRY GREGORY (PHILADELPHIA, PA)	7-28-24	65-69
HERMAN HIRSCH (WG)	7- 8- 9	80-84
MAURICE HOUVION (FRANCE)	7- 4-34	55-59
NOEL JOHNSON (SAN DIEGO, CALIF)	7- 7-99	90-94
SING LUM (BAKERSFIELD, CALIF)	7- 1- 4	85-89

GOOD NEWS FOR MASTERS WHO LIKE TO THROW THEIR WEIGHT AROUND



FROM STACKHOUSE

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

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

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

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

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VIII World Veterans' Championships



NATIONAL MASTERS NEWS

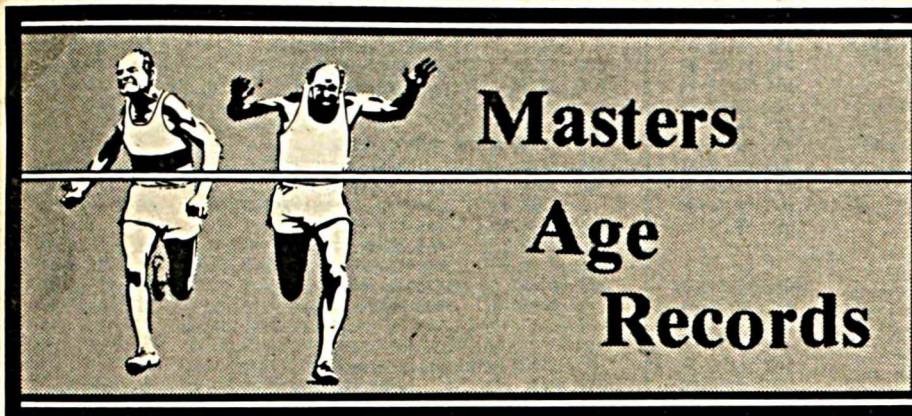


The official world and U.S. publication for Masters track & field, long distance running and race walking.

131st Issue

July, 1989

Section II



New Age-Graded Records Compiled

In this issue are new world and U.S. five-year age-group track and field records for men and women age-35-and-up. The marks are those compiled and approved, as of June 1, 1989, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of The Athletic Congress (TAC), both headed by Records Chairman Peter Mundle.

Included are indoor records and pending records(p) for which documentation has still not been received by WAVA or TAC.

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

For the first time, the U.S. shot and hammer marks are expressed in official WAVA weights; e.g., Parry O'Brien's M50 12# shot mark of 58-1½ has been replaced by Bob Humphreys' 6kg mark of 44-9.

The 1989 world and U.S. masters age-record book is now available (see form on page 52).

Long Distance Records

There is no official list of world long distance road records, but the latest American road marks were printed in the November, 1988 issue. Another list will be printed in the November, 1989 issue. U.S. road records are compiled annually by TACSTATS, the official record-keeping arm of TAC. □



WORLD ASSOCIATION OF VETERAN ATHLETES

Application for World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance

TRACK OR ROAD EVENT

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

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

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____

Address _____

Date(s) of Birth _____

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

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

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

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

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

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

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

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

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

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

ELECTRICAL TIMING

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

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

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

WIND GAUGE

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

Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES

Application for World Veteran Age-Group Record/World Veteran Age-Best Performance

FIELD EVENT

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

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

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

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

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

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

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

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

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

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

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

Name of Operator _____ Signature _____

RESULT OF COMPETITION

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

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

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

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of June, 1989

Men's World Five Year Age Group Records

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 10.3	EDWARD JEFFERIS(RSA)	35	11-24-71
M40 10.7	THANE BAKER(USA)	41	9-13-72
M45 11.0	THANE BAKER(USA)	48	6-14-80
M50 11.2	KEN DENNIS(USA)	50	7-18-87
M55 11.6	PAYTON JORDAN(USA)	56	6-23-73
M60 11.6	ALFRED GUIDET(USA)	56	6-23-73
M65 11.8	PAYTON JORDAN(USA)	61	5-27-78
M65 12.5	BERNARD HOGAN(AUS)	65	11-30-85
M70 13.0	PAYTON JORDAN(USA)	70	4-25-87
M75 14.3	JOSIAH PACKARD(USA)	75	6-23-79
M80 15.4	JOSIAH PACKARD(USA)	80	2-25-84
M85 16.3	DUNCAN MCCLEAN(SCO)	88	7-6-73

200 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 20.8	DELANO MERIWETHER(USA)	35	6-9-78
M40 21.9	PIETRO MENEA(ITA)	35	- -87
M45 21.8	REGINALD AUSTIN(AUS)	40	8-10-77
M50 22.3	MANUEL ULACIO(VEN)	42	9-4-82
M50 22.9	GEORGE RHODEN(JAM)	45	7-2-72
M55 22.91	KEN DENNIS(USA)	50	7-18-87
M55 23.6	RON TAYLOR(GBR)	52	7-31-86
M60 24.9	ALFRED GUIDET(USA)	55	6-24-73
M65 25.6	PAYTON JORDAN(USA)	60	6-19-77
M70 26.8	BERNARD HOGAN(AUS)	65	12-6-85
M75 29.5	PAYTON JORDAN(USA)	70	6-20-87
M80 32.3	JOSIAH PACKARD(USA)	75	6-24-79
M85 39.3	JOSIAH PACKARD(USA)	80	2-18-84
	CHARLES BOOTH(AUS)	85	3-19-89

400 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 46.38	JAMES KING(USA)	35	5-25-84
M40 48.75	MAGUES ROGER(FRA)	41	7-16-82
M45 50.46	HANNO RHEINECK(FRG)	45	12-5-87
M50 51.8	JAMES BURNETT(USA)	45	6-29-85
M55 53.98	RON TAYLOR(GBR)	52	9-27-86
M55 53.81	CHARLIE WILLIAMS(GBR)	57	12-5-87
M60 57.65	BERTHOLD NEUMANN(FRG)	55	9-6-86
M65 57.24	JACK GREENWOOD(USA)	60	7-20-86
M65 61.4	PETER MIRKES(FRG)	60	8-28-68
M70 64.6	JOHN ALEXANDER(USA)	67	5-16-87
M75 68.5	JOSIAH PACKARD(USA)	73	8-10-77
M80 75.4	JOSIAH PACKARD(USA)	75	6-23-79
M85 91.54	HAROLD CHAPSON(USA)	80	7-9-83
	LONGINO PEREZ(MEX)	85	12-5-87

800 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 1:49.2V	GEORGE SCOTT(NZL)	35	5-12-72
M40 1:53.5	RON BELL(GBR)	40	6-14-87
M45 1:53.3	NOEL CARROLL(GBR)	40	6-23-82
M50 1:57.73	GEORGE COHEN(USA)	45	8-23-85
M55 1:57.4	KLAUS MAINKA(GFR)	45	- -81
M50 2:00.70	TOM ROBERTS(AUS)	50	4-22-84
M55 2:06.6	DEREK TURNBULL(NZL)	55	5-14-82
M55 2:06.6	TOM ROBERTS(AUS)	55	3-19-87
M60 2:17.0	JOHN GILMOUR(AUS)	60	1-11-81
M65 2:20.5	FRANK EVANS(NZL)	60	6-25-85
M70 2:34.5	JACK STEVENS(AUS)	65	8-13-82
M75 2:40.0	MONTY MONTGOMERY(USA)	71	9-4-77
M80 2:53.5	HAROLD CHAPSON(USA)	75	5-14-78
M85 3:29.42	HAROLD CHAPSON(USA)	81	10-9-83
	LONGINO PEREZ(MEX)	85	11-29-87

1500 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:33.91	MIKE BOIT(KEN)	36	8-21-85
M40 3:52.0	MICHEL BERNARD(FRA)	40	6-20-72
M45 4:01.47	DAVID SURL(GBR)	45	12-5-87
M50 4:05.2	TOM ROBERTS(AUS)	50	3-22-84
M55 4:17.4	DEREK TURNBULL(NZL)	55	2-20-82
M60 4:14.4	GUNTHER HESSELMANN(FRG)	55	6-23-81
M65 4:30.0	JOHN GILMOUR(AUS)	60	12-22-79
M70 4:41.82	JACK RYAN(AUS)	65	12-5-87
M75 5:11.8	MERV JENKINSON(AUS)	70	1-6-80
M80 5:30.1	HAROLD CHAPSON(USA)	75	8-11-77
M85 6:04.28	ED BENHAM(USA)	80	12-5-87
M85 7:03.38	LONGINO PEREZ(MEX)	85	12-5-87

1 MILE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:52.48	JOHN WALKER(NZL)	36	7-2-88
M40 4:12.58	RON BELL(GBR)	42	8-6-88
M45 4:16.75	DAVID SURL(AUS)	45	12-6-87
M50 4:30.06	TOM ROBERTS(AUS)	53	12-6-87
M55 4:40.4	JACK RYAN(AUS)	55	12-15-77
M60 4:57.1	JOHN GILMOUR(AUS)	61	11-13-80
M65 5:05.61	JACK RYAN(AUS)	65	12-6-87
M70 5:42.2	MONTY MONTGOMERY(USA)	70	7-9-77
M75 6:15.1	HAROLD CHAPSON(USA)	78	7-5-81
M80 8:07.1	PAUL SPANGLER(USA)	81	6-7-80
M85 8:04.7	HAROLD CHAPSON(USA)	80	3-4-83
	JOSEF GALIA(FRG)	87	9-4-85

3000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 7:52.48	JOHN WALKER(NZL)	35	7-10-87
M40 8:17.4	JACK FOSTER(NZL)	43	1-31-76
M45 8:36.0	BARRY BROWN(USA)	40	7-30-84
M50 8:53.8	LAURIE OHARA(GBR)	45	7-8-77
M55 9:12.8	RAY HATTON(USA)	50	6-25-82
M60 9:01.8	JACK RYAN(AUS)	55	1-24-78
M65 9:41.2	GUNTHER HESSELMANN(FRG)	55	7-15-81
M70 10:10.2	JOHN GILMOUR(AUS)	61	11-22-80
M75 11:46.2	JOHN GILMOUR(AUS)	65	11-22-84
M80 11:43.8	HAROLD CHAPSON(USA)	73	3-28-76
M85 13:06.4	JOHN FARRELL(GBR)	70	6-27-82
M85 12:23.4	RICHARD BREDEBECK(USA)	75	6-13-81
M80 14:39.0	ED BENHAM(USA)	75	5-7-83
M85 13:17.0	PAUL SPANGLER(USA)	80	7-22-79
M85 16:32.0	FRITZ HELBER(FRG)	80	9-14-86
	PAUL SPANGLER(USA)	85	5-4-84

5000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 13:16.36	CARLOS LOPES(POR)	37	6-28-84
M40 13:45.6	LUCIEN RAULT(FRA)	40	5-21-76
M45 14:23.6	LUCIEN RAULT(FRA)	46	6-19-82
M50 15:31.0	ALAIN MIMOUN(FRA)	50	6-6-71
M55 15:06.0	JEAN ONSELEN(BEL)	50	9-12-84
M60 15:52.8	JACK RYAN(AUS)	55	4-20-78
M65 16:42.4	GUNTHER HESSELMANN(FRG)	55	6-27-81
M70 16:33.3	JOHN GILMOUR(AUS)	61	8-9-80
M75 17:43.4	JACK RYAN(AUS)	65	12-1-87
M80 19:33.0	JOHN FARRELL(GBR)	70	6-20-79
M85 20:59.0	EDWARD BENHAM(USA)	75	9-23-83
M85 21:57.88	EDWARD BENHAM(USA)	81	8-6-88
M85 26:50.2	JOSEF GALIA(FRG)	87	8-16-85

10,000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 27:17.48	CARLOS LOPES(POR)	37	7-2-84
M40 28:33.4	LUCIEN RAULT(FRA)	40	6-9-76
M45 30:02.56	ANTONIO VILLANUEVA(MEX)	45	11-29-87
M50 32:05.6	LUCIANO AQUARONE(ITA)	51	10-1-81
M55 33:08.2	DEREK TURNBULL(NZL)	55	2-13-82
M60 32:50.3	GUNTHER HESSELMANN(FRG)	55	6-2-81
M65 34:23.0	JOHN GILMOUR(AUS)	61	11-26-80
M70 36:04.6	TEDE JENSEN(SWE)	65	9-15-72
M75 40:40.2	ALAN BURGOWNE(AUS)	71	12-16-85
M80 42:34.8	LUIS RIVERA(MEX)	75	9-3-77
M85 44:29.4	EDWARD BENHAM(USA)	81	8-4-88
M85 54:23.0	JOSEF GALIA(FRG)	87	8-28-85

ONE HOUR RUN			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 12:15.99	20.774 GASTON ROELANTS(BEL)	35	9-20-72
M40 11:13.09	18.900 WILLIAM STODDART(GBR)	40	8-21-71
M45 11:12.68	18.862 ALAIN MIMOUN(FRA)	45	3-20-66
M50 11:95.4	18.575 ALAIN MIMOUN(FRA)	50	5-16-71
M55 10:11.94	17.185 JOHN GILMOUR(AUS)	55	10-14-74
M60 10:83.1	16.853 JOHN GILMOUR(AUS)	61	10-21-79
M65 9:15.40	15.892 JOHN GILMOUR(AUS)	65	10-7-84
M70 9:17.3	14.642 STAN NICHOLLS(AUS)	72	6-14-83
M75 8:33.5	13.181 LOU GREGORY(USA)	75	12-17-77
M80 7:94.6	13.697 ED BENHAM(USA)	75	4-9-83
M85 6:47.2	12.130 PAUL SPANGLER(USA)	81	11-1-80
	10.088 PAUL SPANGLER(USA)	85	11-18-84

HURDLES: 110M: 35-39, 42"; 40-49, 39"; 50-59, 36"; 100M: 60-69, 30"; 80M: 70+, 30"			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 14.1	GHULAM RAZIK(PAK)	36	2-16-69
M40 14.4y 42"	DON FINLAY(GBR)	40	8-1-49
M45 14.7	LEOPOLD MARIEN(BEL)	41	8-13-75
M50 14.67	WALT BUTLER(USA)	40	8-8-81
M55 14.66	STAN DRUCKERY(USA)	40	8-27-88
M60 14.7y	VALBJORN THORLAKSSON(ICE)	45	7-8-79
M65 15.1	JACK GREENWOOD(USA)	51	8-10-77
M70 15.6	ANDRE FINDELI(FRA)	55	9-14-78
M75 16.3	JACK GREENWOOD(USA)	56	8-29-82
M80 14.98	JACK GREENWOOD(USA)	60	7-19-86
M85 16.4	ALBERTOS VAN ZYL(RSA)	65	8-29-87
M70 14.52	HERB MILLER(USA)	70	7-18-86
M75 13.52	TEOFILO COLON(PUR)	70	6-23-85
M80 16.23	ANITI PAJUNEN(FIN)	76	7-30-86
M80 17.5	RUSSELL MEYERS(USA)	80	7-7-84

UNOFFICIAL WORLD BESTS FOR 100MH, 50-59			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 p14.57	CHARLES MILLER(USA)	50	8-27-88
M55 p15.53	PHIL MULKEY(USA)	55	8-4-88

400 METER HURDLES (35-49: 36"; 50-59: 33"; 60+: 30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 49.72	JAMES KING(USA)	35	5-13-84
M40 54.08	LEON HACKER(RSA)	40	7-29-79
M45 54.1	GEORGE MATHE(RSA)	40	6-30-79
M50 55.18	GUIDO MUELLER(FRG)	47	8-1-86
M55 58.1	JACK GREENWOOD(USA)	50	7-3-76
M60 59.85	JACK GREENWOOD(USA)	57	9-27-83
M65 66.01	RUDELPH VALENTINE(USA)	62	8-23-85
M70 65.56	FRANS BUYS(NOL)	60	6-28-85
M75 64.45	FRANS BUYS(NOL)	60	5-3-85
M80 71.4	ROBERT MUNT(USA)	65	5-18-85
M85 77.50	GILBERTO GONZALEZ(PUR)	70	9-27-83
M85 89.58	RUSSELL MEYERS(USA)	77	5-9-81
M80 1:51.0	HERBERT ANDERSON(USA)	80	7-24-82

INTERMEDIATE HURDLES (300m: 50-59, 33"; 60+, 30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 43.16	RICHARD RIZZO(NY)	50	8-4-88
M55 43.29	OVIDIO DE JESUS(PUR)	55	9-17-88
M60 45.6	WILLIAM CLARK(NJ)	55	8-4-88
M65 45.59	JACK GREENWOOD(USA)	62	7-3-88
M65 48.0	ALBERTUS VAN ZYL(RSA)	65	8-29-87
M70 47.82	ARNE PETTERSON(SWE)	65	6-25-88
M75 50.1	LUIS VALENTINE(NY)	65	8-5-88
M75 52.5	DAN BULKLEY(USA)	71	8-4-88
M75 61.13	CLAUDE HILLS(USA)	76	8-4-88

2000 METER STEEPLECHASE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M60 7:43.45	LUIS TORRES(PUR)	60	12-5-87
M70 7:20.2	JAMES M. DA SILVA(POR)	60	6-25-88
M75 7:41.18	JAN KYSTAD(NOR)	60	- -85
M65 8:45.2	MAX MCKAY(AUS)	65	2-25-89
M70 8:38.17	DAN BULKLEY(USA)	71	8-5-88
M75 10:32.17	STAN NICHOLLS(AUS)	76	12-5-87
	BOB BOAL(USA)	75	8-15-87

3000 METER STEEPLECHASE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:33.4	IVAN Kabanov(URS)	36	7-27-75
M40 8:41.5	GASTON ROELANTS(BEL)	40	7-6-77
M45 9:25.28	RON ROBERTSON(NZ)	46	12-5-87
M50 9:16.2	NILS UNDERSAKER(NOR)	45	9-12-84
M55 9:58.2	MAURICE MORRELL(GBR)	50	8-3-83
M60 10:39.0	ELIGIO GALICIA(MEX)	56	8-1-79
M65 11:41.6	OLLE ELVLAND(SWE)	61	8-1-79
M70 12:24.8	NORMAN BRIGHT(USA)	65	8-15-75
M75 13:26.5	STAN NICHOLLS(AUS)	70	4-11-81
M75 15:21.0	STAN NICHOLLS(AUS)	75	11-15-86

HIGH JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 7-1	2.16 VIKTOR BOLSHOV(URS)	35	6-20-74
M40 6-9	2.06 JOHN HARTFIELD(USA)	40	9- 1-85
M45 6-2 3/4	1.90 HERM WYATT(USA)	48	4-19-80
M50 6-2	1.88 HERM WYATT(USA)	51	8-21-83
p6-2	1.88 HORST MANDL(AUT)	52	6-25-88
M55 5-9	1.75 HERM WYATT(USA)	55	10- 4-86
p5-10 1/2	1.79 HERM WYATT(USA)	55	5-26-87
M60 5-3	1.60 HANS OVERLAND(NOR)	60	8-22-84
M65 5-1	1.55 BURL GIST(USA)	67	8-29-87
p5-1	1.55 HANS BITTER(FRG)	65	6-23-85
M70 4-10 1/4	1.48 IAN HUME(CAN)	70	9- 8-84
M75 4-3 1/4	1.30 GULAB SINGH(IND)	76	4- -81
4-3 1/4	1.30 HERBERT ANDERSON(USA)	75	3-24-78
p4-4	1.32 STAN THOMPSON(USA)	75	12-28-85
M80 3-11 1/4	1.20 HERBERT ANDERSON(USA)	80	8-28-82
3-11 1/4	1.20 GULAB SINGH(IND)	83	12- 1-87
M85 3-8 1/2	1.13 BUELL CRANE(USA)	85	7-26-85

Continued from previous page

SHOT PUT (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+ 4kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	72.9 3/4	BRIAN OLDFIELD(USA)	38	5-26-84
M40	70.3	BRIAN OLDFIELD(USA)	40	8-22-85
M45	58.1 1/4	PIERRE COLNARD(FRA)	47	6-12-76
	p68.1 3/4	IVAN IVANCIC(YUG)	45	8-31-83
M50	57.7 1/4	17.56 HERMANN HOMBRECHER(FRG)	50	8-14-75
M55	51.9	15.77 HERMANN HOMBRECHER(FRG)	55	8-6-80
M60	47.5	14.45 REINO NOKELAINEN(FIN)	64	8-22-84
	p49.9	15.16 ROLF STRANDLI(SWE)	62	6-25-88
M65	48.2 3/4	14.70 REINO NOKELAINEN(FIN)	65	8-3-85
M70	46.1 1/4	14.05 VOITTO ELO(FIN)	70	6-23-85
M75	39.8 3/4	12.11 GERHARD SCHEPE(FRG)	76	11-28-87
M80	31.9 1/2	9.69 KARSTEN BRODERSEN(CHL)	80	11-28-87
M85	25.0	7.62 BUELL CRANE(USA)	85	8-14-87

DISCUS THROW (35-49: 2kg; 50-59: 1.5kg; 60+: 1kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	233.9	71.24 JOHN POWELL(USA)	36	6-9-84
M40	227.11	69.48 AL OERTER(NY)	43	5-31-80
M45	216.11	66.12 AL OERTER(USA)	45	3-28-82
	p222.9	67.90 AL OERTER(USA)	46	11-12-83
M50	185.9	56.62 PARRY O'BRIEN(USA)	52	8-19-84
	p214.3	65.30 AL OERTER(USA)	50	12-28-86
M55	177.1	53.98 KAUKO JOUPPIILA(FIN)	56	9-3-77
M60	187.2	57.06 KAUKO JOUPPIILA(FIN)	61	7-16-82
M65	182.6	55.62 KONSTANTY MAKSYMCIK(GBR)	65	9-17-79
M70	156.6	47.70 OLAV REPPEN(NOR)	71	9-11-82
M75	136.6	41.60 OSMO RENVALL(FIN)	76	7-19-86
M80	111.9	34.08 KARSTEN BRODERSEN(CHL)	80	12-4-87
M85	67.2	20.47 BUELL CRANE(USA)	85	7-26-85
	p69.2	21.08 BUELL CRANE(USA)	87	7-3-87
	p67.7	20.60 BUELL CRANE(USA)	86	7-11-86

HAMMER THROW (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	256.5	78.16 GIANPAULO URLANDO(ITA)	39	7-25-84
M40	243.11	74.34 ED BURKE(USA)	44	4-28-84
M45	205.1	62.52 HANS POTTSCH(AUT)	48	7-18-81
M50	208.6	63.56 HANS POTTSCH(AUT)	54	11-29-87
M55	204.8	62.40 HANS POTTSCH(AUT)	55	7-16-88
M60	190.3	58.00 PENTTI SAARIKOSKI(FIN)	61	8-26-87
M65	154.2	47.00 WOLFRAM HAUSMANN(FRG)	65	12-4-87
	p156.10	47.80 VEIKKO POHJONEN(FIN)	65	-85
M70	155.11	47.54 ROY FOLEY(AUS)	71	3-20-88
M75	133.5	40.68 OSMO RENVALL(FIN)	75	6-15-86
	p150.8	45.92 AARNE MIETTINEN(FIN)	75	-88
M80	112.5	34.28 KARSTEN BRODERSEN(CHL)	80	12-1-87
M85	89.6 3/4	27.30 FRIEDERICH BENDER(FRG)	85	6-22-85

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	286.1	87.20 JANIS ZIRNIS(URS)	35	5-14-83
M40	259.1	78.98 URS VON WARTBURG(SWI)	42	8-2-79
M45	238.10	72.80 LARRY STUART(USA)	46	5-12-84
	p239.7	73.02 LARRY STUART(USA)	48	6-14-86
M50	215.9	65.76 LARRY STUART(USA)	50	4-30-88
M55	187.5	57.14 VEIKKO KUJALA(FIN)	55	6-28-87
	p189.0	57.62 VEIKKO JAVANAINEN(FIN)	56	-82
M60	191.10	58.48 DELES PICKARTS(USA)	60	11-28-87
M65	156.10	47.80 MAURI MERTAKIVI(FIN)	65	7-28-86
	p168.2	51.26 BILL MORALES(USA)	65	3-13-82
	p160.5	48.90 MAURI MERTAKIVI(FIN)	66	8-31-87
M70	142.2	43.34 BILL MORALES(USA)	70	12-5-87
	p157.9	48.08 BILL MORALES(USA)	70	8-16-87
	p152.1	46.36 BILL MORALES(USA)	70	7-25-87
	p144.6	44.06 HANS SCHNEIDER(FRG)	70	6-11-82
M75	126.4	38.52 GERHARD SCHEPE(FRG)	76	12-5-87
M80	94.6	28.80 HERBERT ANDERSON(USA)	80	7-24-82
	p97.5	29.69 HERBERT ANDERSON(USA)	80	1-29-82
M85	62.5	19.02 BUELL CRANE(USA)	85	6-6-85
	p74.5 1/2	22.69 HERBERT ANDERSON(USA)	85	9-5-87
	p66.0	20.11 HERBERT ANDERSON(USA)	85	8-16-87

DECATHLON(1962 IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7547	WERNER VON MOLTKE(FRG)	35	5-12-72
M40	6784	WOLFGANG LINHANN(FRG)	40	6-6-81
M45	5734	GARY MILLER(USA)	47	3-23-85
M50	6212	GARY MILLER(USA)	50	5-27-88
M55	5246	RICHMOND MORCOM(USA)	55	9-11-76
M60	4552	RICHMOND MORCOM(USA)	61	8-28-82
M65	3400	IAN HUME(CAN)	66	6-20-81
M70	3097	GILBERTO GONZALEZ(PUR)	70	7-2-83
M75	1659	HERBERT ANDERSON(USA)	75	3-24-78
M80	994	HERB ANDERSON(USA)	80	8-28-82
M85	252	A. E. PITCHER(USA)	85	9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3806	SILVIO HODOS(FRA)	35	4-17-83
M40	3455	WERNER SCHALLAU(FRG)	40	9-24-78
M45	3117	GARY MILLER(USA)	45	9-30-83
M50	2976	GARY MILLER(USA)	50	6-26-88
M55	2566	RICHMOND MORCOM(USA)	56	8-12-77
M60	2346	RUDY HOCHREITER(AUS)	61	12-3-87
M65	2028	GUOMUND SKRIVERIK(NOR)	65	7-31-86
	p2043w	RICHMOND MORCOM(USA)	65	7-13-86
M70	1685	ADOLF KOCH(FRG)	70	12-3-87
M75	1002	GERHARD SCHEPE(FRG)	76	12-3-87
	p1398	WALTER STRUEBEL(FRG)	75	8-24-84
M80	869	KARSTEN BRODERSEN(CHL)	80	12-3-87
M85	372	HERB ANDERSON(USA)	85	12-3-87

Women's World Five Year Age Group Records

100 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11.6	ERIKA ROST(FRG)	35	6-2-79
M40	12.0	MAEVE KYLE(IRL)	40	4-25-70
M45	12.5	MAEVE KYLE(IRL)	45	1-21-74
	12.5	WENDY EY(AUS)	45	2-4-84
M50	12.9	IRENE OBERA(USA)	51	6-1-85
M55	13.6	SHIRLEY PETERSON(AUS)	55	1-21-84
M60	14.57	PAULA SCHNEIDERMAN(FRG)	61	9-24-83
M65	15.04h	PAULA SCHNEIDERMAN(FRG)	65	12-4-87
	p14.90	PAULA SCHNEIDERMAN(FRG)	66	6-25-88
M70	16.2	POLLY CLARKE(USA)	70	4-17-81
M75	16.87	POLLY CLARKE(USA)	75	8-31-85

200 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	22.5	MARINA STEPANOVA(URS)	36	6-27-86
M40	25.0	VIVI MARKUSSEN(DEN)	40	8-17-80
M45	26.2	WENDY EY(AUS)	45	3-4-84
M50	27.3	IRENE OBERA(USA)	51	6-1-85
M55	28.9	ELIANA GAETE(CHL)	55	11-1-87
M60	30.26	PAULA SCHNEIDERMAN(FRG)	61	9-26-83
M65	32.15h	AILEEN HOGAN(AUS)	65	11-28-87
M70	34.2	POLLY CLARKE(USA)	71	9-6-81
M75	35.93	POLLY CLARKE(USA)	75	8-31-85

400 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	50.56	AURELIA PENTON(CUB)	35	7-15-78
M40	55.3	MAEVE KYLE(IRL)	41	7-22-70
M45	59.68	COLLEEN MILLS(NZL)	47	1-10-81
	p58.35	JUDY POLLOCK(AUS)	45	8-85
M50	63.2	ANNE MCKENZIE(RSA)	50	10-15-75
M55	68.6	DAPHNE PIRIE(AUS)	55	4-18-87
M60	72.5	AILEEN HOGAN(AUS)	60	9-17-83
	p72.24	PAULA SCHNEIDERMAN(FRG)	63	6-27-85
	74.31	PAULA SCHNEIDERMAN(FRG)	65	12-5-87
M70	84.23	POLLY CLARKE(USA)	73	9-28-83
	p79.4	AUDREY REID(RSA)	70	9-17-83
	p79.74	AUDREY REID(RSA)	70	6-27-85
M75	89.62	POLLY CLARKE(USA)	75	8-25-85

800 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:56.51	JARMILA KRATOCHVILLOVA(CZE)	35	7-13-86
M40	2:06.5	ANNE MCKENZIE(RSA)	41	7-1-67
M45	2:19.2	ANNE MCKENZIE(RSA)	45	11-13-70
	p2:16.8	JUDY POLLOCK(AUS)	45	8-85
	p2:18.52	GUDELIEVE ROGGMAN(BEL)	45	6-23-85
M50	2:23.1	ANNE MCKENZIE(RSA)	50	10-29-75
M55	2:42.03	VALBERG OSTBERG(NOR)	55	8-1-86
	p2:39.03	OLGA VYSKOVSKA(CZE)	55	6-22-85
M60	2:53.8	ANNE MCKENZIE(RSA)	60	10-16-85
M65	3:09.10	BRITTA TIBBLING(NOR)	68	8-1-86
M70	3:22.43	JOHANNA LUTHER(FRG)	71	8-24-84
	p3:19.03	JOHANNA LUTHER(FRG)	71	6-23-85
M75	3:49.74	POLLY CLARKE(USA)	75	8-23-85

1500 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:57.73	MARICICA PUICA(ROM)	35	8-30-85
M40	4:20.7	JOYCE SMITH(GBR)	40	5-21-78
M45	4:49.2	ANNE MCKENZIE(RSA)	49	11-16-74
	p4:40.35	JUDY POLLOCK(AUS)	45	8-85
	p4:43.84	GUDELIEVE ROGGMAN(BEL)	45	6-28-85
M50	4:54.5	ANNE MCKENZIE(RSA)	50	10-15-75
	p4:51.19	I. HELLWAGNER(AUT)	50	6-25-88
M55	5:15.7	JEAN ALBURY(AUS)	55	4-6-85
M60	5:44.9	MARGARET MILLER(USA)	60	7-16-86
	5:44.81	SHIRLEY BRASHER(AUS)	61	12-5-87
M65	6:10.17	BRITTA TIBBLING(SWE)	66	8-25-84
M70	6:45.49	JOHANNA LUTHER(FRG)	71	8-25-84
M75	7:30.01	BERTA NIELSCHER(FRG)	75	8-25-84

ONE MILE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:17.33	MARICICA PUICA(ROM)	35	8-21-85
M40	4:54.69	DORIS HERITAGE(USA)	40	4-23-83
M45	5:28.9	MARYLIN HARBIN(USA)	45	2-29-83
M50	5:29.39	JEANNE HOAGLAND(USA)	51	12-6-87
M55	5:50.6	MARGARET MILLER(USA)	55	2-7-81
M60	6:35	PAT DIXON(USA)	63	7-23-82
M65	6:55.6	PAT DIXON(USA)	66	6-22-85
M70	7:41.2	PAT DIXON(USA)	70	4-22-89

3000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:27.83	MARICICA PUICA(ROM)	35	9-7-85
M40	9:11.2	JOYCE SMITH(GBR)	40	4-30-78
M45	10:23.4	URSULA BLASCHKE(FRG)	45	7-30-77
	p9:31.38	EY PALM(SWE)	45	-87
	p9:34.7	JOYCE SMITH(GBR)	46	9-15-84
M50	10:24.01	EDELTRAUD POHL(FRG)	52	8-25-88
M55	11:29.0	LYDIA BACKES(FRG)	55	9-9-81
M60	12:26.8	LIESELOTTE SCHULTZ(FRG)	61	6-13-81
M65	13:15.6	JACLYN CASELLI(USA)	65	7-6-86
M70	14:25.2	JOHANNA LUTHER(FRG)	71	9-22-84
M75	17:37.2	BESS JAMES(USA)	75	8-10-85

5000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	15:15.2	FRANCIS LARRIEU(USA)	35	7-2-88
M40	16:02.88	EY PALM(SWE)	43	7-17-85
M45	17:52.18	SHIRLEY MATSON(USA)	45	6-7-86
	p16:17.6	EY PALM(SWE)	45	-87
	p17:33.4	DOT BROWNE(AUS)	45	3-28-86
	p17:41.24	ANNA MARIE GRUENER(FRG)	45	6-25-85
M50	17:46.2	EDELTRAUD POHL(FRG)	50	7-1-87
M55	18:49.0	JEAN ALBURY(AUS)	55	4-7-85
M60	21:14.6	SHIRLEY BRASHER(AUS)	61	12-1-87
M65	22:16.8	JOSE WALLER(GB)	66	10-2-88
M70	24:58.26	JOHANNA LUTHER(FRG)	70	9-23-83
M75	29:19.8	BESS JAMES(USA)	75	6-25-85
	p27:03.2	BERTA NIELSCHER(FRG)	77	10-2-86

10,000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	31:35.52	FRANCIS LARRIEU(USA)	35	9-30-88
M40	33:00.78	EVY PALM(SWE)	43	7-27-85
	p32:47.25	EVY PALM(SWE)	44	7-5-86
M45	37:38.98	DIANE PALMSON(CAN)	46	8-17-84
	p32:41.98	EVY PALM(SWE)	45	- -87
	p36:41.04	ANNA MARIE GRUENER(FRG)	45	6-22-85
	p37:01.6	DOT BROOME(AUS)	45	3-23-86
M50	36:51.6	EDELTRAUD POHL(FRG)	51	6-21-88
M55	38:38.6	JEAN ALBURY(AUS)	55	4-5-85
M60	44:32.6	SHIRLEY BRASHER(AUS)	61	11-28-87
	p43:21.4	LIESELOTTE SCHULTZT(FRG)	61	8-20-81
M65	47:27.6	JOSE WALLER(GBR)	66	7-13-88
M70	51:03.0	JOHANNA LUTHER(FRG)	70	9-25-83
M75	64:08.4	IVY GRANSTROM(CAN)	75	8-1-87
	p62:41.81	IVY GRANSTROM(CAN)	75	8-14-87

Continued from previous page

DISCUS THROW (1kg)				JAVELIN THROW (30-49: 600G; 50+: 400G)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE	DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 228-4	69.60 FAIMA MYELNIK(URS)	35	9-9-80	M35 193-4	58.94 ANNELESE GERHARDS(FRG)	37	8-13-72
M40 206-5	62.92 HELGI PARTS(URS)	41	10-4-78	p209-4	63.80 NINA MIKAMOROVA(URS)	35	9-4-82
p209-0	63.70 HELGI PARTS(URS)	43	10-2-80	M40 170-1	51.84 ANNETT VIRKKALA(FIN)	40	8-2-87
M45 160-7	48.94 ODETE DOMINGOS(BRA)	47	4-8-82	M45 156-7	47.74 ANNELESE GERHARDS(FRG)	45	5-30-81
p194-6	59.30 HELGI PARTS(URS)	45	9-2-83	M50 138-2	42.12 GERTRUDE SCHONAUER(AUT)	52	4-26-89
M50 142-10	43.54 VALERIE YOUNG(AUS)	50	12-5-87	M55 131-7	40.10 NEATHER DOWERTY(AUS)	55	1-7-89
p145-0	44.20 ODETE DOMINGOS(BRA)	50	9-13-84	M60 92-10 1/4	28.30 BERNICE MOLLAND(USA)	60	11-29-87
p143-2	43.64 ODETE DOMINGOS(BRA)	50	6-27-85	p97-2 1/4	29.62 MARIANNE HAMM(FRG)	60	6-25-88
M55 130-4	39.72 ROSEMARY CHRIMES(GBR)	55	7-31-88	M65 84-7 3/4	25.80 HANNA GELBRICH(FRG)	67	8-6-80
M60 101-3	30.86 ANNECHEN REILE(FRG)	60	10-19-75	M70 81-11	24.97 HANNA GELBRICH(FRG)	70	9-26-83
p105-8	32.22 MARIANNE HAMM(FRG)	60	6-25-88	M75 74-2 1/2	22.62 IRJA SARNAMA(FIN)	77	9-26-83
M65 94-9 3/4	28.90 ANNECHEN REILE(FRG)	66	8-9-81				

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of June, 1989

Men's American Five Year Age Group Records

100 YARDS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 9.7	WALT BUTLER(CA)	37	6-11-78
M40 9.8	THANE BAKER(TX)	42	7-13-74
9.8	PERCY KNOX(CA)	41	7-11-75
M45 10.0	THANE BAKER(TX)	46	5-27-78
M50 10.4	THANE BAKER(TX)	52	6-23-84
M55 10.7	PAYTON JORDAN(CA)	55	3-25-72
10.7	ALFRED GUIDET(CA)	55	7-14-73
10.7	CHARLES BEAUDRY(TX)	55	8-10-74
M60 10.9	PAYTON JORDAN(CA)	61	5-6-78
M65 12.1	HARRY KOPPEL(CA)	66	7-19-79
M70 13.4	BARRY IVERS(ME)	72	8-6-83
M75 13.4	HERBERT ANDERSON(CO)	75	10-1-77
M80 15.1	HERBERT ANDERSON(CO)	80	7-24-82
M85 18.8	A. E. PITCHER(IN)	87	9-25-88

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 10.3	RUBEN WHITNEY(TX)	35	6-14-80
M40 10.7	THANE BAKER(TX)	41	9-13-72
M45 11.0	THANE BAKER(TX)	48	6-14-80
M50 11.2	KEN DENNIS(CA)	50	7-18-87
M55 11.6	PAYTON JORDAN(CA)	56	6-22-73
11.6	ALFRED GUIDET(CA)	56	6-22-74
M60 11.8	PAYTON JORDAN(CA)	61	5-27-78
M65 12.6	PAYTON JORDAN(CA)	65	6-12-82
M70 13.0	PAYTON JORDAN(CA)	70	4-25-87
M75 14.3	JOSIAH PACKARD(CA)	75	6-23-79
M80 15.4	JOSIAH PACKARD(CA)	80	2-25-84
M85 18.7	BUELL CRANE(ID)	85	7-26-85

200 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 20.8	DELANO MERIWETHER(US)	35	6-9-78
M40 22.20	STAN WHITLEY(CA)	42	8-7-88
M45 22.9	RICHARD STOLPE(NB)	45	6-20-70
22.9	MILTON NEWTON(CA)	46	6-22-80
M50 22.9	KEN DENNIS(CA)	50	7-18-87
M55 23.6	ALFRED GUIDET(CA)	55	6-24-73
M60 24.9	PAYTON JORDAN(CA)	60	6-19-77
M65 26.1	PAYTON JORDAN(CA)	65	6-12-82
M70 26.8	PAYTON JORDAN(CA)	70	6-20-87
M75 29.5	JOSIAH PACKARD(CA)	75	6-24-79
M80 32.3	JOSIAH PACKARD(CA)	80	2-18-84
M85 40.36	KONRAD BOAS(NY)	85	8-28-88

400 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 46.38	JAMES KING(US)	35	5-25-84
M40 49.2	STAN WHITLEY(CA)	42	5-28-88
M45 50.59	JAMES BURNETT(IL)	45	8-25-85
p50.46	JAMES BURNETT(IL)	45	6-29-85
M50 52.79	LARRY COLBERT(MD)	50	12-5-87
M55 54.56	RUDOLPH VALENTINE(NY)	55	6-9-79
M60 57.65	JACK GREENWOOD(KS)	60	7-20-86
M65 61.4	JOHN ALEXANDER(TX)	67	5-16-87
M70 64.6	JOSIAH PACKARD(CA)	73	8-10-77
M75 68.5	JOSIAH PACKARD(CA)	75	6-23-79
M80 75.4	HAROLD CHAPSON(HI)	80	7-9-83
M85 94.95	KONRAD BOAS(NY)	85	8-27-88

800 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 1:52.1	RALPH LEE(CA)	37	6-7-79
M40 1:54.9	GEORGE COHEN(CA)	40	8-16-80
M45 1:57.73	GEORGE COHEN(CA)	45	8-23-85
M50 2:01.1	BILL FITZGERALD(CA)	50	6-29-75
M55 2:08.9	BILL FITZGERALD(CA)	55	7-5-80
M60 2:18.87	DEAN SMITH(IL)	61	8-16-87
M65 2:25.3	FRANK FINGER(VA)	65	7-5-80
M70 2:34.5	MONTY MONTGOMERY(CA)	71	9-4-77
M75 2:40.0	HAROLD CHAPSON(HI)	75	5-14-78
M80 2:53.5	HAROLD CHAPSON(HI)	80	7-11-82
p2:49.4	HAROLD CHAPSON(HI)	81	10-9-83
M85 3:58.3	PAUL SPANGLER(CA)	85	5-5-84

1500 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:52.7	RAMSEY THOMAS(MD)	35	7-11-79
p3:50.9	BILL STEWART(MI)	37	5-24-80
M40 3:56.2	BILL STEWART(MI)	40	9-27-83
p3:54.9	BILL STEWART(MI)	40	4-23-83
M45 4:04.4	ERNEST BILLUPS(IL)	46	9-27-83
p4:03.13	MIKE MANLEY(OR)	45	8-15-87
M50 4:05.8	RAY HATTON(OR)	50	7-8-82
M55 4:25.24	JIM SUTTON(PA)	55	7-19-86
M60 4:49.8	DON LONGENECKER(NM)	62	6-24-78
M65 4:59.1	WILLIAM ANDBERG(MN)	65	7-4-76
M70 5:19.38	AUSTIN NEWMAN(NJ)	70	7-19-86
M75 5:30.1	HAROLD CHAPSON(HI)	75	8-11-77
M80 6:04.28	ED BENHAM(MD)	80	12-5-87
p5:54.5	HAROLD CHAPSON(HI)	80	7-17-82
M85 7:44.96	PAUL SPANGLER(CA)	85	5-5-84

ONE MILE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 4:12.4	RAMSEY THOMAS(MD)	35	7-26-79
M40 4:13.78	BYRON DYCE(FL)	40	8-6-88
M45 4:29.5	BILL FITZGERALD(CA)	46	4-23-72
p4:28.02	MIKE MANLEY(OR)	46	6-25-88
M50 4:32.2	BILL FITZGERALD(CA)	50	7-13-75
M55 4:55.3	WILLIAM FRASER(MN)	55	7-22-85
p4:45.1	RAY HATTON(OR)	55	5-16-87
p4:46.5	DON GAMMIE(OH)	55	10-5-86
M60 5:15.2	CLIVE DAVIES(OR)	63	6-9-79
M65 5:22N	MONTY MONTGOMERY(CA)	65	4-9-72
M70 5:42.2	MONTY MONTGOMERY(CA)	70	7-9-77
M75 6:15.1	HAROLD CHAPSON(HI)	78	7-5-81
M80 8:07.1	PAUL SPANGLER(CA)	81	6-7-80
p6:43.3	HAROLD CHAPSON(HI)	80	3-4-83
M85 12:23.6	HERB KIRK(MT)	87	8-26-83

3000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:31.5	RAMSEY THOMAS(MD)	35	8-4-79
M40 8:43.7	WEB LOUDAT(NH)	40	6-13-87
p8:17.4	BARRY BROWN(FL)	40	7-30-84
M45 9:06.6	KIRK RANDALL(MA)	45	6-13-87
M50 8:53.8	RAY HATTON(OR)	50	6-25-82
M55 9:37.88	RAY HATTON(OR)	56	6-26-84
M60 10:41.6	PAT DEVINE(CA)	60	5-27-89
M65 10:51.0	NORMAN BRIGHT(WA)	65	6-17-75
M70 11:46.2	HAROLD CHAPSON(HI)	73	3-28-76
M75 13:06.4	RICHARD BREDBENCK(OH)	75	6-13-81
p12:23.4	ED BENHAM(MD)	75	5-7-83
M80 14:39.0	PAUL SPANGLER(CA)	80	7-22-79
M85 16:32.0	PAUL SPANGLER(CA)	85	5-4-84

5000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 13:51.7	MIKE MANLEY(OR)	38	6-1-80
M40 14:59.6N	HAL HIGDON(IN)	41	8-25-72
p14:27.0	MIKE MANLEY(OR)	40	6-6-82
M45 15:17.4	RAY HATTON(OR)	48	8-2-80
p15:11.0	SALVADOR VASQUEZ(CA)	46	7-5-86
M50 16:09.80	JIM DALEY(NH)	51	8-16-87
p15:42.0	RAY HATTON(OR)	51	7-30-83
M55 16:27.1	JAMES O'NEIL(CA)	55	1-12-81
M60 17:19.0	CLIVE DAVIES(OR)	64	8-2-80
p16:52.0	JAMES O'NEIL(CA)	60	6-25-85
M65 18:30	WILLIAM ANDBERG(MN)	65	7-4-76
p17:40.4	CLIVE DAVIES(OR)	66	7-30-82
M70 20:02.57	ALFRED FUNK(MT)	73	8-16-87
M75 20:59.0	EDWARD BENHAM(MD)	75	9-23-83
M80 21:57.88	EDWARD BENHAM(MD)	81	8-6-88
M85 28:03.8	PAUL SPANGLER(CA)	85	4-14-84

10,000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 29:03.4	FRANK SHORTER(CO)	36	6-8-84
29:03.4	PETER MCARDLE(NY)	35	5-3-84
M40 30:56.0	RAY HATTON(OR)	43	4-26-75
M45 31:48	RAY HATTON(OR)	45	6-11-77
M50 32:10.4	RAY HATTON(OR)	51	6-18-83
M55 35:03.2	JAMES O'NEIL(CA)	55	8-16-80
p33:47.4	RAY HATTON(OR)	55	8-1-87
p33:53.6	NORMAN GREEN(PA)	55	11-29-87
M60 35:19.8	CLIVE DAVIES(OR)	63	8-19-78
M65 38:38.0	NORMAN BRIGHT(WA)	66	8-3-76
M70 41:21.0	RAY SEARS(IL)	70	8-10-77
M75 43:54.75	EDWARD BENHAM(MD)	75	9-25-83
M80 44:29.4	EDWARD BENHAM(MD)	81	8-4-88
M85 63:58.4	PAUL SPANGLER(CA)	86	6-22-85

ONE HOUR RUN			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 11-1070	18.681 KEN MUELLER(MA)	35	5-13-72
M40 11-740	18.379 RAY HATTON(OR)	44	8-7-76
M45 11-223	17.907 HAL HIGDON(IN)	48	6-26-79
M50 10-1335	17.314 PETER MUNDLE(CA)	50	10-1-78
M55 10-775	16.802 JAMES O'NEIL(CA)	56	8-4-81
M60 10-201	16.277 CLIVE DAVIES(OR)	61	8-7-76
M65 9-604	15.036 NORMAN BRIGHT(WA)	65	6-13-75
M70 8-1131	13.909 WILLIAM ANDBERG(MN)	70	10-4-81
M75 8-335	13.181 LOU GREGORY(FL)	75	12-17-77
p8-899	13.697 ED BENHAM(MD)	75	4-9-83
M80 7-946	12.130 PAUL SPANGLER(CA)	81	11-1-80
M85 6-472	10.088 PAUL SPANGLER(CA)	85	11-18-84

MURDLES: 110M: 35-39,42"; 40-49,39"; 50-59,36"; 100M: 60-69,30"; 80M: 70+,30"			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 14.7	MIKE KELLY(GA)	37	6-16-84
M40 14.67	WALT BUTLER(CA)	40	8-8-81
14.66	STAN DRUCKERY(WI)	40	8-27-88
M45 15.0	JACK GREENWOOD(KS)	46	9-14-72
M50 15.1	JACK GREENWOOD(KS)	51	8-10-77
M55 16.8	CHARLES BEAUDRY(TX)	55	8-24-74
p16.3	JACK GREENWOOD(CO)	56	8-29-82
M60 14.98	JACK GREENWOOD(CO)	60	7-19-86
M65 17.43	ROBERT HUNT(CA)	65	5-18-85
M70 14.52	HERB MILLER(CA)	70	7-18-86
M75 16.35	CLAUDE HILLS(PA)	75	8-14-87
M80 17.5	RUSSELL MEYERS(FL)	80	7-7-84

UNOFFICIAL U.S. BESTS FOR 100M, 50-59			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50 p14.57	CHARLES MILLER(TX)	50	8-27-88
M55 p15.53	PHIL MULKEY(GA)	55	8-4-88

400 METER MURDLES (35-49: 36"; 50-59: 33"; 60+: 30")			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 49.72	JAMES KING(CA)	35	5-13-84
M40 55.9	ROM WHITNEY(CA)	40	10-26-83
M45 55.7	JACK GREENWOOD(KS)	46	8-24-72
M50 58.1	JACK GREENWOOD(KS)	50	7-3-76
M55 59.85	JACK GREENWOOD(KS)	57	9-27-83
M60 66.01	RUDOLPH VALENTINE(NY)	62	8-23-85
M65 71.4	ROBERT HUNT(CA)	65	5-18-85
M70 77.50	GILBERTO GONZALEZ(PR)	70	9-27-83
M75 89.58	RUSSELL MEYERS(FL)	77	5-9-81
M80 1:51.0	HERBERT ANDERSON(CO)	80	7-24-82

3000 METER STEEPLECHASE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:38.8	MIKE MANLEY(OR)	38	-80
M40 9:18.6	HAL HIGDON(IN)	44	8-15-75
M45 9:39.0	HAL HIGDON(IN)	46	8-11-77
M50 10:50.0	DON SLOCOMB(US)	51	8-4-85
M55 10:59.2	KEN CARMAN(MI)	56	7-28-84
M60 12:33.2	BOB BOAL(NC)	64	4-3-76
M65 12:24.8	NORMAN BRIGHT(WA)	65	8-15-75
M70 13:43.27	EUGENE KELLER(OH)	70	8-24-85
M75 19:04.8	LOU GREGORY(FL)	76	8-20-78

HIGH JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 6-8 3/4	2.05 JOHN DOBROTH(CA)	38	5-13-79
p6-9	2.06 JOHN HARTFIELD(TX)	37	8-7-82
M40 6-9	2.06 JOHN HARTFIELD(TX)	40	9-1-85
M45 6-2 3/4	1.90 HERM WYATT(CA)	48	4-19-80
M50 6-2	1.88 HERM WYATT(CA)	51	8-20-83
M55 5-9	1.75 HERM WYATT(CA)	55	10-4-86
p5-10 1/2	1.79 HERM WYATT(CA)	55	5-23-87
M60 5-2 3/4	1.59 BURL GIST(CA)	64	4-28-84
M65 5-1	1.55 BURL GIST(CA)	67	8-29-87
M70 4-8	1.42 HAMILTON MORNINGSTON(MI)	70	7-25-87
M75 4-3 1/4	1.30 HERBERT ANDERSON(CO)	75	3-24-78
p4-4	1.32 STAN THOMPSON(MI)	75	12-28-85
M80 3-11 1/4	1.20 HERBERT ANDERSON(CO)	80	8-29-82
M85 3-8 1/2	1.13 BUELL CRANE(ID)	85	7-26-85

Continued from previous page

LONG JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 25-11	7.90 TOM CHILTON(TN)	35	6-8-72
M40 24-4 3/4	7.43 TOM CHILTON(TN)	40	3-24-78
M45 21-11	6.68 SHIRLEY DAVISSON(CA)	45	10-4-75
M50 21-1	6.42 SHIRLEY DAVISSON(CA)	50	4-12-80
M55 20-1/4	6.10 TOM PATSALIS(CA)	55	7-18-81
M60 19-11	6.07 TOM PATSALIS(CA)	60	7-10-82
M65 17-4 1/4	5.29 TOM PATSALIS(CA)	65	12-1-87
M70 14-10 1/4	4.53 CLAUDE HILLS(PA)	70	7-3-82
M75 12-10 1/2	3.92 HERBERT ANDERSON(CO)	75	8-5-78
M80 11-7	3.53 WALT MESBROOK(CA)	80	6-24-78
M85 9-1	2.77 BUELL CRANE(ID)	85	6-6-85

TRIPLE JUMP			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 49-11 1/2	15.23 DAVE JACKSON(CA)	36	5-16-68
M40 50-4 3/4	15.36 MILAN TIFF(CA)	40	7-16-88
M45 45-2 1/4	13.77 DAVE JACKSON(CA)	45	8-11-77
M50 43-3 1/2	13.19 DAVE JACKSON(CA)	50	7-10-82
M55 41-5	12.62 GORDON FARRELL(CA)	55	1-8-75
M60 39-3	11.96 TOM PATSALIS(CA)	60	7-10-82
M65 35-6 3/4	10.84 TOM PATSALIS(CA)	65	12-5-87
M70 29-5 1/4	8.97 JOHN DAMSKI(CA)	70	5-25-85
M75 28-2 3/4	8.60 WINFIELD MCFADDEN(CA)	75	8-17-80
M80 22-8	6.91 HERBERT ANDERSON(CO)	80	7-24-82
p25-4	7.72 WINFIELD MCFADDEN(CA)	81	10-4-86
p24-5	7.44 WINFIELD MCFADDEN(CA)	80	5-25-85
M85 20-2 1/4	6.15 BUELL CRANE(ID)	85	8-23-85

SHOT PUT (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 72-9 3/4	22.19 BRIAN OLDFIELD(CA)	38	5-26-84
M40 70-3	21.41 BRIAN OLDFIELD(CA)	40	8-22-85
M45 55-2 1/2	16.83 ED HILL(MD)	45	8-23-88
M50 44-9	13.64 BOB HUMPHREY(CA)	51	12-7-87
M55 44-2 1/2	13.47 PHIL MULKEY(CA)	55	8-5-88
M60 47-1 1/2	14.36 PHIL BRUSCA(MO)	60	11-29-87
M65 40-4	12.29 ELIAS CASTANEDA(CA)	65	8-18-84
M70 43-11 1/2	13.40 ROSS CARTER(OR)	72	8-2-86
M75 34-9	10.59 JIM YORK(CA)	75	7-2-88
M80 27-5 3/4	8.37 WILLIAM GARTHUNE(VA)	80	8-5-88
M85 25-0	7.62 BUELL CRANE(ID)	87	8-14-87

DISCUS THROW (35-49: 2kg; 50-59: 1.5kg; 60+: 1kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 233-9	71.24 JOHN POWELL(US)	36	6-9-84
M40 227-11	69.48 AL OETER(NY)	43	5-31-80
M45 216-11	66.12 AL OETER(NY)	45	3-28-82
p222-9	67.90 AL OETER(NY)	46	11-12-83
M50 185-9	56.62 PARRY O'BRIEN(CA)	52	8-19-84
p214-3	65.30 AL OETER(NY)	50	12-28-86
M55 182-0	55.48 WENDELL PALMER(TX)	56	6-5-88
M60 174-1	53.06 DANIEL ALDRICH(CA)	62	8-17-80
M65 163-1	49.72 THOMAS MCDERMOTT(CT)	66	5-1-84
p164-10	50.24 DANIEL ALDRICH(CA)	65	4-28-84
M70 142-6	43.44 DANIEL ALDRICH(CA)	70	3-5-89
M75 118-0	35.96 A. REMOND DOMS(CA)	75	5-8-82
M80 91-4	27.84 BURT DEGROOT(CA)	80	8-15-87
p97-3	29.64 KEN CARNINE(CA)	80	4-30-88
M85 67-2	20.47 BUELL CRANE(ID)	85	7-26-85
p69-2	21.08 BUELL CRANE(ID)	87	7-3-87
p67-7	20.60 BUELL CRANE(ID)	86	7-11-86

HAMMER THROW (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 232-5	70.84 HAROLD CONNOLLY(CA)	37	7-20-69
M40 243-11	74.34 ED BURKE(CA)	44	4-28-84
M45 198-5	60.48 ED BURKE(CA)	45	5-19-85
M50 182-6	55.62 BOB BACKUS(MA)	50	6-12-77
M55 197-8	60.26 BOB BACKUS(MA)	55	8-2-81
M60 155-0	47.24 BOB RICHARDS(CA)	60	4-20-86
M65 134-2	40.90 THOMAS MCDERMOTT(CT)	68	7-19-86
p136-9	41.68 THOMAS MCDERMOTT(CT)	65	7-15-83
M70 140-2	42.72 DANIEL ALDRICH(CA)	70	7-16-88
M75 102-2	31.14 JIM YORK(CA)	75	7-16-88
M80 66-3	20.19 JOHN WHITTEMORE(CA)	80	6-7-80
M85 54-3 1/2	16.55 BUELL CRANE(ID)	87	8-16-87

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 268-1	81.72 WILLIAM FLOERKE(KS)	35	7-21-79
M40 242-9	74.00 LARRY STUART(CA)	41	6-9-79
M45 238-10	72.80 LARRY STUART(CA)	46	5-12-84
p239-7	73.02 LARRY STUART(CA)	48	6-14-86
M50 215-9	65.76 LARRY STUART(CA)	50	4-30-88
M55 180-9	55.10 BILL MORALES(CA)	56	4-19-73
M60 191-10	58.48 DELES PICKARTS(CA)	60	11-28-87
M65 148-3	45.18 BILL MORALES(CA)	67	5-26-84
p168-2	51.26 BILL MORALES(CA)	65	3-13-82
M70 142-2	43.34 BILL MORALES(CA)	70	12-5-87
p157-9	48.08 BILL MORALES(CA)	70	8-16-87
p152-1	46.36 BILL MORALES(CA)	70	7-25-87
M75 108-0	32.92 EMERY CURTICE(CA)	75	7-24-82
M80 94-6	28.80 HERBERT ANDERSON(CO)	80	7-24-82
p97-5	29.69 HERBERT ANDERSON(CO)	80	1-29-82
M85 62-5	19.02 BUELL CRANE(ID)	85	6-6-85
p66-0	20.11 HERBERT ANDERSON(CO)	85	8-16-87
p74-5 1/2	22.69 HERBERT ANDERSON(CO)	85	9-5-87

DECATHLON(1962 IAAF SCORING TABLES)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 6230	PHIL MULKEY(ALA)	38	3-26-71
M40 6212	DAVE THORESON(CA)	40	6-6-81
M45 5734	GARY MILLER(CA)	47	3-23-85
M50 6212	GARY MILLER(CA)	50	5-27-88
M55 5246	RICHMOND MORCOM(PA)	55	9-11-76
M60 4552	RICHMOND MORCOM(PA)	61	8-28-82
M65 2783	CLAUDE HILLS(PA)	65	6-24-77
p3064	RICHMOND MORCOM(PA)	65	7-26-86
M70 2513	CLAUDE HILLS(PA)	70	7-3-82
M75 1659	HERBERT ANDERSON(CO)	75	3-24-78
M80 994	HERB ANDERSON(CO)	80	8-28-82
M85 252	A. E. PITCHER(USA)	85	9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3377	FRANK REILLY(CA)	39	6-20-87
p3432	MIKE HILL(US)	36	6-20-87
M40 3055	GARY MILLER(CA)	43	8-16-81
p3157w	REX HARVEY(IA)	40	7-13-86
M45 3117	GARY MILLER(CA)	45	9-30-83
M50 2976	GARY MILLER(CA)	50	6-26-88
M55 2566	RICHMOND MORCOM(PA)	56	8-12-77
M60 2301	JOHN ALEXANDER(TX)	61	5-8-81
M65 1988	RICHMOND MORCOM(PA)	66	6-20-87
p2043w	RICHMOND MORCOM(PA)	65	7-13-86
M70 1384	BILL MORALES(CA)	71	12-3-87
M75 927	CLAUDE HILLS(PA)	76	6-26-88
p943	KEN CARNINE(CA)	77	6-22-85
p922	HERBERT ANDERSON(CO)	75	8-12-77
M80 710	KEN CARNINE(CA)	80	7-16-88
M85 372	HERBERT ANDERSON(CO)	85	12-3-87

Women's American Five Year Age Group Records

100 YARDS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 12.3	ALMETA PARISH(CA)	38	5-17-75
M40 11.4	IRENE OBERA(CA)	42	5-15-76
M45 11.7	IRENE OBERA(CA)	45	4-28-79
M50 13.5	SHIRLEY KINSEY(CA)	51	2-7-81
M55 14.8	SALLIE STIEGELMEIER(OH)	55	10-14-87
M60 14.7	JOSEPHINE KOLDA(CA)	64	5-1-82
M65 15.2	POLLY CLARKE(CO)	67	5-21-78
M70 26.6	MARILLA SALISBURY(CA)	73	8-1-81
M75 27.5	MARILLA SALISBURY(CA)	75	7-23-83

100 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 11.9	PHIL RASCHKER(GA)	36	6-25-83
M40 12.31H	PHIL RASCHKER(GA)	40	12-1-87
p12.3	PHIL RASCHKER(GA)	40	6-6-87
M45 12.63	IRENE OBERA(CA)	45	7-7-79
M50 12.9	IRENE OBERA(CA)	51	6-1-85
M55 14.6	RUTH CHRISTIAN(CA)	55	8-18-79
M60 15.5	JOSEPHINE KOLDA(CA)	63	10-3-81
M65 16.1	POLLY CLARKE(CO)	67	5-6-78
M70 16.2	POLLY CLARKE(CO)	70	4-17-81
M75 16.87	POLLY CLARKE(CO)	75	8-31-85

200 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 24.63	PHIL RASCHKER(GA)	36	9-24-83
M40 24.69	JANE FREDERICK(CA)	35	8-31-87
M45 25.72	PHIL RASCHKER(GA)	40	12-4-87
p25.7	PHIL RASCHKER(GA)	40	6-6-87
M45 26.21	IRENE OBERA(CA)	47	1-13-81
M50 27.3	IRENE OBERA(CA)	51	6-1-85
M55 32.29	NIKKI RYAN(WA)	56	6-26-88
M60 33.3	JOSEPHINE KOLDA(CA)	63	2-27-82
M65 34.2	JOSEPHINE KOLDA(CA)	67	5-18-85
M70 34.2	POLLY CLARKE(CO)	71	9-6-81
M75 35.93	POLLY CLARKE(CO)	75	8-31-85

400 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 56.8	PHIL RASCHKER(GA)	36	6-25-83
M40 59.9	IRENE OBERA(CA)	42	7-4-76
M45 61.1	IRENE OBERA(CA)	46	8-16-80
M50 63.7	IRENE OBERA(CA)	51	5-18-85
M55 76.1	JANE CLARKSON(MO)	56	8-2-87
M60 80.3Y	JOSEPHINE KOLDA(CA)	64	5-1-82
M65 82.3	JOSEPHINE KOLDA(CA)	65	10-1-83
M70 84.23	POLLY CLARKE(CO)	73	9-28-83
M75 89.62	POLLY CLARKE(CO)	75	8-25-85

800 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 2:13.77	JANE FREDERICK(CA)	35	9-1-87
M40 2:22.0	SANDRA KNOTT(OH)	43	1-10-81
M45 2:27.35	MARILYN HARBIN(CA)	46	8-19-84
p2:26.9	SUSAN REDFIELD(MA)	46	8-6-82
M50 2:33.00	GRETCHEN SNYDER(CA)	50	5-19-84
M55 2:48.2	BERYL SKELTON(NY)	55	8-17-84
M60 3:11.4	PAT DIXON(OR)	62	8-29-81
M65 3:15.1	MARGARET LAMBERT(CO)	65	5-27-87
M70 3:30.0	POLLY CLARKE(CO)	70	8-6-82
M75 3:49.74	POLLY CLARKE(CO)	75	8-23-85

1500 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 4:39.9	CAROL MCCLATCHIE(TX)	36	7-8-88
p4:39.5	NANCY SHAFER(OH)	36	8-15-87
M40 4:39.8	MIKI GORMAN(CA)	42	9-3-77
M45 4:57.1	MARILYN HARBIN(CA)	46	8-18-84
M50 5:09.5	MILA KANIA(NY)	50	7-25-82
5:09.42	JEANNE HOAGLAND(CA)	51	11-29-87
M55 5:20.0	MARGARET MILLER(CA)	56	5-8-82
M60 5:44.9	MARGARET MILLER(CA)	60	7-16-86
M65 6:26.49	JACLYN CASELLI(CA)	65	7-19-86
M70 7:31.9	POLLY CLARKE(CO)	72	8-8-82
M75 7:42.30	BESS JAMES(CA)	75	6-29-85

ONE MILE			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 5:09.52	SUSANNE HOULTON(GA)	38	4-13-85
M40 4:54.69	DORIS HERITAGE(WA)	40	4-23-83
M45 5:28.9	MARILYN HARBIN(CA)	45	2-29-83
M50 5:29.39	JEANNE HOAGLAND(CA)	51	12-6-87
M55 5:50.6	MARGARET MILLER(CA)	55	2-7-81
M60 6:35	PAT DIXON(OR)	63	7-23-82
M65 6:55.6	PAT DIXON(OR)	66	6-22-85
M70 7:41.2	PAT DIXON(OR)	70	4-22-89

3000 METERS			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:56.7	FRANCIS LARRIEU(TX)	35	7-8-88
M40 9:59.0	LAURIE BINDER(CA)	40	7-30-88
M45 10:41.8	VICKY BIGELOW(CA)	48	3-22-84
M50 11:29.6	MILA KANIA(NY)	50	7-25-82
M55 13:33.8	MARCIA MCCNESNEY(OR)	55	6-23-85
p12:39.0	RUTH ANDERSON(CA)	55	5-18-85
M60 12:25.6	MARGARET MILLER(CA)	60	7-23-86
M65 13:15.6	JACLYN CASELLI(CA)	65	7-6-86
M70 18:22.0	BESS JAMES(CA)	72	1-31-82
M75 17:37.2	BESS JAMES(CA)	75	8-10-85

5000 METERS			
DIV.	MARK	NAME('ESIDENCE)	AGE MEET DATE
W35	15:15.2	FRANCIS LARRIEU(TX)	35 7- 2-88
W40	16:57.4	JUDY FOX(CA)	40 8-16-81
	p16:44.8	GABRIELLE ANDERSON(ID)	40 6-25-85
W45	17:52.18	SHIRLEY MATSON(CA)	45 6- 7-86
W50	18:44.6	MILA KANIA(NY)	50 6-13-82
W55	20:05.0	HELEN DICK(CA)	59 4-29-84
	p19:45.6	MARION IRVINE(CA)	55 6-25-85
W60	22:26.4	PAT DIXON(OR)	62 8-16-81
	p22:19.4	JACLYN CASELLI(CA)	62 8-22-83
W65	22:41.8	JACLYN CASELLI(CA)	65 7- 5-86
W70	27:25.8	BESS JAMES(CA)	74 9-23-83
W75	29:19.8	BESS JAMES(CA)	75 6-25-85

Continued from previous page

Continued from previous page				W70 62-6	19.05 EDITH MENDYKA(CA)	70 8- 8-81	W75 65-7 1/2	20.00 EDITH MENDYKA(CA)	76 6-20-87					
				W75 58-1	17.70 EDITH MENDYKA(CA)	75 1-19-86								
DISCUS THROW (1Kg)				JAVELIN THROW (30-49: 600 GRAMS; 50+: 400 GRAMS)			HAMMER THROW (35-49: 4kg; 50+: 3kg)							
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE	DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	146-11	44.78 JANET WILSON(CA)	35	7- 3-88	W35	152-11	46.62 JANE FREDERICK(CA)	35	9- 1-87	W35	117-5	35.80 JOAN STRATTON(USA)	35	11-29-87
W40	107-5	32.74 LURLINE STRUPPECK(LA)	40	8-15-87	W40	139-3	42.44 LURLINE STRUPPECK(LA)	41	7-23-88	W40	51-6	15.70 MARYLIN KNIGHT(USA)	44	6-23-85
	p111-4	33.94 MARY PRIEST(OR)	43	8-15-87	W45	102-8	31.30 CHRISTEL MILLER(CA)	48	3-23-83		p73-1 1/4	22.28 BRENDA BLOOMFIELD(USA)	44	5- 3-86
W45	106-5	32.44 JOANNE GRISOM(IN)	45	8- 7-83	W45	102-8	31.30 CHRISTEL MILLER(CA)	48	3-23-83	W45	68-5 3/4	20.87 SHIRLEY SMITH(USA)	48	12-17-83
W50	90-4	27.53 SHIRLEY KINSEY(CA)	53	7-10-82	W50	108-7	33.10 CHRISTEL MILLER(CA)	50	3-10-85	W50	60-6	18.44 CHRISTEL MILLER(USA)	50	1- 5-86
	p97-3	29.64 MARJORIE LARNEY(CA)	50	8-15-87	W55	88-10	27.07 SHIRLEY KINSEY(CA)	55	10- 6-84		p61-7	18.77 RACHEL LYGA(MN)	53	7- 4-88
W55	100-8	30.68 BERNICE HOLLAND(OH)	57	6-30-84	W60	92-10 1/4	28.30 BERNICE HOLLAND(OH)	60	11-29-87	W55	93-10	28.60 SALLY POLK(USA)	58	10- 1-88
W60	90-2 3/4	27.50 BERNICE HOLLAND(OH)	60	11-28-87	W65	74-0	22.55 EDITH MENDYKA(CA)	65	6-27-76	W65	30-0	9.14 ELIZABETH PARTRIDGE(USA)	67	12- 1-82
W65	63-6	19.35 EDITH MENDYKA(CA)	68	10- 6-79	W70	72-7	22.12 EDITH MENDYKA(CA)	72	5-14-83	W70	30-10	9.40 BERYL SYRINGER(USA)	70	10- 9-83

World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of June, 1989

Men's World Indoor Records

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	7.08	Ken Dennis(US)	40
M45	7.06	Pekka Metsahou(FIN)	40
M45	7.33	George Horton(CAN)	45
M45	7.3	Scott Tyler(CAN)	47
M45	7.3	Brian Green(GB)	47
M45	7.3	Ian Foster(GB)	45
M50	7.4	Ron Taylor(GB)	52
M50	7.4	F. Taylor(GB)	52
M55	7.7	Charlie Williams(GB)	56
M55	7.7	William Guy(GB)	57
M60	7.7	Payton Jordan(US)	60
M65	7.8	Cecil Paul(CAN)	66
M70	8.46	Payton Jordan(US)	72
M75	9.5	Barry Ivers(US)	77
M80	10.2	Blain Till(CAN)	80
M85	11.92	Konrad Boas(US)	85

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	22.6	Hanno Rheineck(WG)	42
M45	24.2	Ron Taylor(GB)	45
M45	p23.5	John Henson(GB)	45
M45	p23.5	Ian Foster(GB)	45
M50	23.8	Ron Taylor(GB)	52
M55	25.2	Charlie Williams(GB)	57
M60	26.37	Jack Greenwood(US)	62
M65	28.8	Cecil Paul(CAN)	66
M65	p28.63	Atte Porkka(FIN)	65
M70	28.00	Payton Jordan(US)	72
M75	32.5	Ahti Pajunen(FIN)	76
M80	35.62	Manfred D'Elia(US)	80
M85	42.91	Konrad Boas(US)	85

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	51.20	Lamar Miller(US)	43
M45	51.75	Don Parker(US)	45
M50	54.0	Larry Colbert(US)	52
M55	56.7	Earl Fee(CAN)	58
M60	59.82	Earl Fee(CAN)	60
M65	65.58	Pietro Piccoli(ITA)	65
M65	p65.1	Toivo Vikmann(FIN)	65
M70	69.0	Art Obokata(CAN)	70
M75	p68.0	Eino Salminen(FIN)	70
M75	80.44	Gilberto Gonzalez(PUR)	75
M75	p74.9	Alex Ernesake(CAN)	75
M80	86.79	Byron Fike(US)	81
M85	1:59.40	Konrad Boas(US)	85

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	1:56.1	Ron Bell(GB)	41
M45	2:03.19	Tom Tushingham(CAN)	45
M50	2:05.8	Ken Baker(USA)	50
M55	2:12.7	Anthony Churchill(GB)	55
M60	2:17.84	Earl Fee(CAN)	60
M65	2:26.3	Archie Messenger(US)	65
M70	2:42.0	Austin Newman(US)	70
M75	2:53.1	David Morrison(GB)	75
M80	4:40.0	Ronald White(GB)	80
M85	6:18.0	Herb Kirk(US)	87

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	4:02.05	Ernest Billups(US)	40
M45	p3:58.2	Alun Roper(GB)	42
M45	4:10.4	Ed Whitlock(CAN)	46
M50	4:19.21	Benjamin Johns(CAN)	50
M55	4:28.9	James Sutton(US)	55
M60	4:56.6	Harry Tempan(GB)	60
M60	p4:49.5	Will Marshall(GB)	60
M65	p4:53.8	Bob Peart(GB)	60
M65	5:05.0	Archie Messenger(US)	65
M70	5:27.4	Austin Newman(US)	70
M75	6:37.4	Bill Brobston(US)	76
M80	7:04.2	Paul Spangler(US)	80
M85	p14:28.4	Nikko Salonen(FIN)	90

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	8:24.8	Chris McCubbins(CAN)	40
M45	8:46.80	Renato De Palmas(ITA)	45
M50	9:10.0	Art Taylor(CAN)	50
M55	9:44.6	Luciano Acciarone(ITA)	55
M60	10:23.62	G. Endrizzi(ITA)	60
M60	p10:11.4	Konrad Hernelind(SWE)	60
M65	p10:18.6	Will Marshall(GB)	60
M65	11:07.74	Pietro Nasti(ITA)	67
M70	11:27.4	Scotty Carter(US)	70
M75	13:08.2	Gordon Porteous(SCO)	75
M80	18:20.6y	Byron Fike(US)	80
M85	p15:12.4y	Paul Spangler(US)	80

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	8.15	Stan Druckrey(US)	40
M45	8.76	Willie Davenport(US)	45
M50	8.98	Dale Lance(US)	51
M55	9.21	Lawrence Pratt(US)	55
M60	9.36	Jack Greenwood(US)	62
M65	10.14	Edwin Lukens(US)	67
M70	11.3	Ian Hume(CAN)	70
M75	12.2	Karl Trei(CAN)	77
M80	p12.02	Heikki Simola(FIN)	75
M80	13.42	Karl Trei(CAN)	80

High Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	6-7	2.00 John Hartfield(US)	41
M45	6-1	1.85 Herm Wyatt(US)	49
M50	5-10	1.78 John C. Brown(US)	51
M50	5-10	1.78 Milton Newton(US)	51
M55	5-7 1/4	1.71 John C. Brown(US)	56
M60	5-2 1/2	1.59 Gordon Siefert(US)	60
M65	5-0	1.52 Burl Gist(US)	65
M70	4-9	1.45 Esko Kolhonen(FIN)	71
M75	4-0 1/4	1.22 Claude Hills(USA)	75
M75	4-0 1/4	1.22 Gilberto Gonzalez(PUR)	75
M75	4-0 1/4	1.22 Virgil McIntyre(US)	78
M80	p4-4 1/2	1.33 Heike Simola(FIN)	75
M80	3-9 3/4	1.16 A. E. Pitcher(US)	82
M85	3-2	0.96 A. E. Pitcher(US)	85

Pole Vault			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	15-0	4.57 W. Sokolowski(POL)	40
M45	p16-5	5.00 Kjell Isaksson(SWE)	40
M45	14-6	4.42 Roger Ruth(CAN)	45
M50	13-6	4.11 Boo Morcom(US)	54
M55	13-2 1/2	4.02 Boo Morcom(US)	59
M60	12-1	3.68 Boo Morcom(US)	60
M65	11-1 1/2	3.39 Boo Morcom(US)	67
M70	9-9 1/4	2.98 Carol Johnston(US)	73
M75	9-3	2.82 Carol Johnston(US)	76
M80	6-5	1.95 A. E. Pitcher(US)	83
M85	5-6	1.67 A. E. Pitcher(US)	86

Long Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	23-1	7.03 Stan Whitley(US)	40
M45	p23-11 3/4	7.31 Tapani Taavitsainen(FIN)	40
M45	21-3 1/2	6.49 Stig Backlund(FIN)	48
M50	20-8 1/2	6.31 Shirley Davison(US)	50
M55	19-3 1/4	5.87 Boo Morcom(US)	55
M60	17-6 1/2	5.34 Boo Morcom(US)	60
M65	p17-6 1/4	5.34 Matti Jarvinen(FIN)	60
M65	17-1 3/4	5.22 Tom Patsalis(US)	65
M70	15-8	4.77 Gilberto Gonzalez(PUR)	70
M75	12-8	3.86 Russell Meyers(US)	76
M75	p13-1	3.99 Ahti Pajunen(FIN)	75
M80	11-1 1/2	3.39 Karl Trei(CAN)	80
M85	8-3	2.51 Everett Mosack(US)	86

Triple Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	46-5	14.15 Sean Power(GB)	40
M45	45-1 1/4	13.75 Stig Backlund(FIN)	48
M50	40-7 3/4	12.39 Olavi Neimi(FIN)	50
M55	39-10 1/4	12.15 Olavi Neimi(FIN)	55
M60	39-9 1/2	12.13 Amelio Compri(ITA)	60
M65	35-7 3/4	10.86 Tom Patsalis(US)	66
M70	32-5 1/2	9.89 Heikki Simola(FIN)	72
M75	25-10 1/2	7.88 A. Carla(ITA)	75
M80	23-3 1/4	7.09 Karl Trei(CAN)	80
M85	15-10 1/4	4.83 Konrad Boas(US)	85

Shot Put			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	65-10 1/4	20.07 Brian Oldfield(US)	40
M45	51-9 1/2	15.78 Ed Hill(US)	45
M50	48-9 1/4	14.86 Tom Vasselowski(US)	51
M55	p48-11	14.91 R. Mercandelli(ITA)	50
M55	p54-10 1/2	16.72 Oiva Lahtinen(FIN)	50
M55	47-4 1/2	14.44 Reino Nokelainen(FIN)	55
M60	p48-4	14.73 Veikko Kojala(FIN)	55
M60	55-2 1/2	16.83 Reino Nokelainen(FIN)	60
M65	50-1 1/2	15.28 Voitto Elo(FIN)	65
M70	43-5	13.23 Ross Carter(US)	71
M75	p47-1	14.35 Voitto Elo(FIN)	70
M75	39-2 1/2	11.95 Ross Carter(US)	75
M80	28-0 3/4	8.55 Nestor Jalonen(FIN)	80
M85	20-9 1/2	6.34 Everett Mosack(US)	86

2000 Meter Walk			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	8:40.0	R. Care(GB)	40
M45	8:33.4	David Stevens(GB)	47
M50	8:58.0	David Stevens(GB)	51
M55	10:24.2	Peter Worth(GB)	57
M60	10:42.0	L. Creo(GB)	64
M65	10:39.6	L. Creo(GB)	65
M70	10:41.4	James Grimwade(GB)	70
M75	10:50.8	James Grimwade(GB)	75

3000 Meter Walk			
DIV.	MARK	NAME(RESIDENCE)	AGE
M40	13:21.2	Gabriele Nigro(ITA)	40
M45	p13:18.4	A. Heikkila(FIN)	40
M45	12:58.0	Jan Roos(CAN)	47
M50	13:59.2	Jan Roos(CAN)	51
M55	14:43	Max Green(US)	57
M60	16:03.8	Max Gould(CAN)	64
M65	16:03.0	Max Gould(CAN)	66
M70	18:19.4	Mario Brivio(ITA)	70
M75	20:13.0y	Gordon Wallace(US)	75
M80	23:36y	Byron Fike(US)	81

Women's World Indoor Records

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
W35	8.05	Beatrice Waldis(SUI)	39
W40	8.16	Phil Rascher(USA)	40
W45	8.4	Una Gore(GB)	48
W50	8.8	Una Gore(GB)	50
W55	9.1	Asta Larsson(SWE)	55
W60	9.4	Joan Ogden(GB)	60
W65	10.1	Mary Wixey(GB)	67
W70	10.36	Mary Bowermaster(US)	71
W75	13.44	Pearl Mehl(US)	75

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE
W35	26.07	Beatrice Waldis(SUI)	39
W40	27.57	Jennifer Pinto(US)	40
W45	27.1	Marjorie Hocknell(GB)	45
W50	29.6	Una Gore(GB)	50
W55	31.05	Asta Larsson(SWE)	56
W60	p30.7	Anne Rosenschich(CAN)	55
W60	31.6	Joan Ogden(GB)	61
W65	36.1	Mary Wixey(GB)	65
W70	37.85	Mary Bowermaster(US)	71
W75	46.58	Pearl Mehl(US)	75

400 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	59.0	Caroline Marler(GB)	37	3-25-88
W40	63.3	Marjorie Hocknell(GB)	44	3-25-88
	p62.4	Anne McDonald(GB)	40	3-26-89
W45	63.9	Marjorie Hocknell(GB)	45	3-26-89
W50	72.5	Anne Van der Vleuten(CAN)	52	3-11-89
W55	75.8	C. McLennan(GB)	55	3-27-87
W60	81.6	Joan Ogden(GB)	60	3-25-88
W65	1:43.96	Carol Peebles(US)	67	4-1-89
W70	1:59.27	Ernestine Yeomans(CAN)	70	4-1-89
W75	1:45.59	Pearl Mehl(US)	75	4-1-89

Continued from previous page

3000 Meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8:43.49	Ileana Silai(ROM)	36	3-7-87
W40	9:52.84	Pat Gallagher(GB)	40	-
W45	11:12.4	E. Daniotti(ITA)	45	-
W50	11:38.8	Audrey McBabe(CAN)	50	3-8-86
W55	12:17.6	Molly Turner(CAN)	55	3-11-89
W60	13:08.2	Judith Kazdan(CAN)	60	2-2-80
W65	p12:57.2	Ruth Droegge(CAN)	60	3-11-89
W70	14:47.4	Judith Kazdan(CAN)	67	3-7-87
W75	16:24y	Pearl Mehl(US)	70	2-17-85
W75	15:53.6	Pearl Mehl(US)	75	4-2-89

60 Meter Hurdles				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9.2	Judy Vernon(GB)	35	-
W40	9.6	Pat McNab(GB)	40	-
W45	9.9	Pat McNab(GB)	45	3-25-88
W50	11.5	Rosemary Chrimes(GB)	54	3-25-88
W55	11.1	Rosemary Chrimes(GB)	55	3-26-89
W60	14.63	Pat Peterson(US)	62	4-1-89
W65	p13.10	Else Laine(FIN)	60	-85
W70	10.36	Mary Bowermaster(US)	71	4-1-89
W75	13.44	Pearl Mehl(US)	75	4-1-89

High Jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-4 1/2	1.64 Liz McBlain(CAN)	36	1-28-84
W40	p6-1 1/1	1.86 Debbie Brill(CAN)	35	-88
W45	5-1	1.55 Liz McBlain(CAN)	40	3-18-88
W45	4-5 1/4	1.35 Iris Marti(GB)	45	3-27-87
W45	4-5 1/4	1.35 Jean Mulls(GB)	45	-
W45	4-5 1/4	1.35 Pat McNab(GB)	45	3-25-88

	p4-9	1.45	Marja-Leena Kargas(FIN)	45	-	-86
	p4-5 1/4	1.35	H. Schwinghammer(CHL)	45	3-15-86	
W50	4-5 1/4	1.35	Rosemary Chrimes(GB)	53	3-27-87	
	4-5 1/4	1.35	Grethe Bolstad(NOR)	53	-	-89
	p4-5 1/4	1.35	Pirkko Martin(FIN)	50	-	-87
W55	4-3 1/4	1.30	Rosemary Chrimes(GB)	55	3-26-89	
	p4-5 1/2	1.36	Rosemary Chrimes(GB)	55	-	-88
W60	3-9 1/4	1.15	Helgi Pedel(CAN)	62	3-8-86	
W65	3-9 1/4	1.15	Helgi Pedel(CAN)	65	3-11-89	
W70	3-7	1.09	Mary Bowermaster(US)	70	3-19-88	
W75	3-0	0.91	Vivian Nelson(US)	75	3-5-88	

Long Jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2	6.16 Willye White(US)	36	3-3-75
W40	18-5	5.61 Phil Raschker(US)	40	3-28-87
W45	14-10	4.52 Audrey Hiemstra(CAN)	46	3-7-87
W50	14-1 3/4	4.31 Asta Larsson(SWE)	53	-85
W55	13-10 1/2	4.23 Asta Larsson(SWE)	55	-87
W60	11-3	3.43 Mary Wixey(GB)	60	-
W65	11-11	3.63 Mary Wixey(GB)	65	3-15-86
W70	10-10 1/4	3.31 Mary Bowermaster(US)	70	3-19-88
W75	7-6 1/4	2.29 Vivian Nelson(US)	75	3-5-88

Triple Jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4	10.69 Phil Raschker(US)	37	-84
W40	35-4 1/2	10.78 Phil Raschker(US)	40	3-20-88
W45	28-3 3/4	8.63 Audrey Hiemstra(CAN)	47	8-28-88
W50	27-7 1/2	8.42 Rosemary Chrimes(GB)	54	3-25-88
W55	28-1 1/2	8.57 Rosemary Chrimes(GB)	55	3-26-89
W60	20-11 1/2	6.39 Jean Udell(US)	60	3-31-89
W65	21-10 1/4	6.66 Mary Wixey(GB)	68	3-26-89
W70	16-4	4.98 Ernestine Yeomans(CAN)	70	3-31-89

Shot Put				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	44-1 1/2	13.45 Browning Carter(GB)	35	3-27-87
W40	42-7 3/4	13.00 Janis Kerr(GB)	41	3-25-88
W45	p45-1 1/4	13.75 Janis Kerr(GB)	42	-89
W45	29-11	9.12 Pat McNab(GB)	46	3-26-89
W50	p31-4	9.55 Pat McNab(GB)	46	-89
W50	40-11 1/4	12.48 Rosemary Chrimes(GB)	52	3-15-86
W55	39-6	12.04 Rosemary Chrimes(GB)	55	3-26-89
W60	34-5	10.49 Ada Turci(ITA)	55	-
W65	32-3 1/2	9.84 Ada Turci(ITA)	60	3-17-84
W65	27-0 1/2	8.24 Helgi Pedel(CAN)	65	3-11-89
W70	25-5 1/2	7.76 Mary Bowermaster(US)	71	4-2-89
W75	23-2	7.06 Irja Sarnanen(FIN)	77	-83

2000 Meter Walk				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9:39.0	Lillian Millen(GB)	35	-
W40	9:39.6	Lillian Millen(GB)	40	-
W45	11:35.4	P. Norwill(GB)	45	-
W50	11:00.0	Mary Worth(GB)	50	-
W55	10:58.8	Mary Worth(GB)	58	3-27-87
W60	12:07.0	Ruth Leff(US)	61	1-7-89
W60	p11:02.6	Mary Worth(GB)	60	-89

3000 Meter Walk				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	18:23.2	Cathy Sullivan(US)	35	4-2-89
W40	15:32.2	Gayle Johnson(US)	40	4-2-89
W45	16:12.53	Jocelyn Richard(CAN)	45	2-7-87
W50	17:04.4	G. Migliasso(ITA)	50	-
W55	20:09.4	L. Muzzani(ITA)	55	-
W60	18:19.0	Ruth Leff(US)	61	12-17-88
W65	20:54.2	Marie Henry(US)	65	4-2-89
W70	20:56.8	Ernestine Yeomans(CAN)	70	4-2-89

American Track & Field Indoor Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the TAC
Masters T&F Committee through performances verified as of June, 1989

Men's American Indoor Records

60 meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	7.08	Ken Dennis(CA)	40	1-7-77
M45	7.43	Glennie Johnson(MI)	46	4-1-89
M50	7.65	Gilbert Latorre(CA)	51	4-1-89
M55	7.77	Bruce Springbett(CA)	56	4-1-89
M60	7.74	Bob Keegan(PA)	56	4-1-89
M65	7.7	Payton Jordan(CA)	60	1-7-78
M70	9.0	Max Goldsmith(TX)	65	3-19-89
M75	8.82	Tim Murphy(TX)	66	4-1-89
M80	8.46	Payton Jordan(CA)	72	4-1-89
M85	9.5	Barry Ivers(ME)	77	2-21-88
M85	10.26	Byron Fike(OH)	81	4-1-89
M85	11.92	Konrad Boas(NY)	85	4-1-89

200 meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	23.3y	Stan Druckrey(WI)	40	1-8-89
M45	24.13	Roy Turner(TX)	49	4-2-89
M50	24.28	Larry Colbert(MD)	52	3-18-89
M55	25.69	Milton Newton(CA)	55	4-2-89
M60	26.37	Jack Greenwood(KS)	62	4-2-89
M65	29.38	Tom Lacey(OH)	65	4-2-89
M70	28.00	Payton Jordan(CA)	72	4-2-89
M75	33.1	Barry Ivers(ME)	76	2-22-87
M80	35.62	Manfred D'Elia(NJ)	80	4-2-89
M85	42.91	Konrad Boas(NY)	85	4-2-89

400 meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	51.20	Lamar Miller(MI)	43	4-1-89
M45	51.75	Don Parker(CA)	45	4-1-89
M50	54.0	Larry Colbert(MD)	52	3-18-89
M55	59.35	Bruce Springbett(CA)	56	4-1-89
M60	p59.2	Fritz Schlereth(US)	55	3-18-89
M65	60.72	Jack Greenwood(KS)	62	4-1-89
M65	67.87	Archie Messenger(NY)	65	4-1-89
M70	69.31	Jay Sponseller(FL)	71	4-1-89
M75	80.7	Byron Fike(OH)	75	1-5-85
M80	86.79	Byron Fike(OH)	81	4-1-89
M85	1:59.40	Konrad Boas(NY)	85	4-1-89

800 meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	1:58.1	Russ Schmeichel(ND)	40	4-28-87
M45	2:03.1y	Bill Fitzgerald(CA)	46	2-19-72
M50	2:05.8	Ken Baker(NJ)	51	1-17-88
M55	2:18.76	Charles Wimberly(LA)	55	4-2-89
M60	2:18.3	Kelsey Brown(NJ)	60	1-8-88
M65	2:26.3	Archie Messenger(NY)	65	1-6-89
M70	2:42.0	Austin Newman(NJ)	70	3-23-86
M75	3:09.8	Rudolf Wilson(PA)	77	4-2-89
M85	6:18.0	Herb Kirk(MT)	87	2-5-83

1500 meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4:02.5	Ernest Billups(IL)	42	1-5-80
M45	4:16.7	Peter Mundle(CA)	45	2-17-74
M50	4:26.1	Peter Mundle(CA)	50	1-6-79
M55	4:28.9	James Sutton(PA)	55	1-4-87
M60	5:05.3	John Hosner(VA)	60	3-9-85
M65	5:05.5	Archie Messenger(NY)	65	3-18-89
M70	5:27.4	Austin Newman(NJ)	70	3-23-86
M75	6:37.4	William Brobston(NY)	76	4-1-89
M80	7:04.2y	Paul Spangler(CA)	80	3-18-79
M85	14:34.2	Herb Kirk(MT)	91	1-11-87

one mile				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4:16.39	Byron Dye(FL)	40	2-10-89
M45	4:29.3	Ernest Billups(IL)	45	3-26-83
M50	4:44.22	Bill Foulk(MT)	51	1-6-85
M55	4:55.4	Jim Sutton(PA)	55	3-15-87
M60	5:19.9	Archie Messenger(NY)	60	3-18-84
M65	5:30.0	Archie Messenger(NY)	65	1-15-89
M70	5:32.4	Scotty Carter(MA)	70	3-15-87
M75	6:54.2	Byron Fike(OH)	75	3-20-83
M80	7:04.2	Paul Spangler(CA)	80	3-18-79

3000 meters				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:44.0	Peter Hallop(MI)	40	1-15-88
M45	9:18.8	Terry Merritt(MA)	45	3-10-84
M50	9:34.7	Don Sleeman(MI)	50	4-2-89
M55	9:51.8	Howard Rubin(NY)	55	3-10-84
M60	11:22.2	Dick Benson(US)	60	4-2-89
M65	11:43.2	Carl Hammen(RI)	65	1-15-89
M70	11:27.6	Scotty Carter(MA)	70	3-15-87
M75	13:51.0	William Brobston(NY)	76	4-2-89
M80	p15:12.4y	Paul Spangler(CA)	80	-
M85	26:12	Herb Kirk(MT)	87	2-5-83

two miles				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	9:22.2	Peter Hallop(MI)	40	1-15-88
M45	9:45.2	Ernest Billups(IL)	45	3-27-83
M50	10:09.2	Lloyd Slocum(NH)	50	3-27-83
M55	10:58.82	Jim Sutton(PA)	56	3-20-88
M60	11:24.82	Joe King(CA)	60	3-29-87
M65	12:19.34	John Boots(LA)	66	2-23-86
M70	12:40.8	Austin Newman(NJ)	72	2-28-88
M75	14:17.2	Byron Fike(OH)	76	3-25-84
M80	18:20.6	Byron Fike(OH)	80	3-20-88
M85	32:38.4	Herb Kirk(MT)	91	1-11-87

60 meter hurdles				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8.15	Stan Druckrey(WI)	40	4-1-89
M45	8.76	Willie Davenport(US)	45	4-1-89
M50	8.98	Dale Lance(OK)	51	4-1-89
M55	9.21	Lawrence Pratt(US)	57	4-1-89
M60	9.36	Jack Greenwood(KS)	62	4-1-89
M65	10.14	Edwin Lukens(NY)	67	4-1-89
M70	15.35	Don Hull(FL)	70	4-1-89
M75	12.73	Claude Hills(PA)	76	4-1-89

high jump				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6-7	2.00 John Hartfield(TX)	41	2-23-86
M45	6-1	1.85 Herm Wyatt(CA)	49	2-22-81
M50	5-10	1.78 Milton Newton(CA)	51	3-30-85
	5-10	1.78 John C. Brown(MO)	51	2-15-81
	5-10	1.78 Richard Richardson(IL)	53	3-15-87
M55	5-7 1/4	1.71 John C. Brown(MO)	56	1-11-86
M60	5-2 1/2	1.59 Gordon Siefert(AL)	60	4-2-89
M65	5-0	1.52 Burl Gist(CA)	65	3-30-85
M70	4-4 1/2	1.33 Ham Morningstar(MI)	71	3-6-88
M75	4-0 1/4	1.22 Claude Hills(PA)	75	3-19-88
	4-0 1/4	1.22 Virgil McIntyre(AZ)	78	3-31-89
M80	3-9 3/4	1.16 A. E. Pitcher(IN)	82	3-24-84
M85	3-2	0.96 A. E. Pitcher(IN)	85	2-22-87

Continued from previous page

Women's American Indoor Records

60 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8.28	Jo Ann Angotti(NY)	35	4-1-89
W40	8.16	Phil Raschker(GA)	42	4-1-89
W45	8.72	Marilyn Mitchell(NY)	46	4-1-89
W50	9.28	Christel Miller(CA)	54	4-1-89
W55	10.14	Sally Anne Stiegelmeier(OH)	56	4-1-89
W60	9.93	Patricia Peterson(NY)	62	4-1-89
W70	10.36	Mary Bowermaster(OH)	71	4-1-89
W75	13.0	Vivian Nelson(PA)	76	3-19-89

200 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	27.65	Jo Ann Angotti(NY)	35	4-2-89
W40	27.57	Jennifer Pinto(NY)	40	3-18-89
W45	29.02	Marilyn Mitchell(NY)	46	3-18-89
W50	33.96	Essie Kea(OH)	51	4-2-89
W55	34.94	Sally Anne Stiegelmeier(OH)	56	4-2-89
W60	34.71	Nancy Ammermuller(US)	55	3-18-89
W65	35.12	Patricia Peterson(NY)	62	4-2-89
W70	42.41	Florence Berry(IL)	67	4-2-89
W75	37.85	Mary Bowermaster(OH)	71	4-2-89
W75	46.58	Pearl Mehl(CO)	75	4-2-89

400 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	65.5	Betty Searcy(NY)	38	3-18-89
W40	63.73	Lynne Diezi(US)	35	3-18-89
W45	69.44	Jennifer Pinto(NY)	40	4-1-89
W50	75.1	Mary Luker(TX)	47	4-1-89
W55	77.13	Grace Butcher(IL)	50	1-5-85
W60	86.34	Grace Butcher(IL)	55	4-1-89
W65	96.0	Patricia Peterson(NY)	61	1-8-88
W70	1:59.27	Marie Stafford(OR)	69	2-11-89
W75	1:45.59	Ernestine Yeomans(CAN)	70	4-1-89
W75		Pearl Mehl(CO)	75	4-1-89

800 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	2:14.94	Nancy Shafer(OH)	35	2-20-87
W40	2:22.7	Barbara Pike(MA)	41	2-5-83
W45	2:31.3	Barbara Pike(MA)	45	3-15-87
W50	2:46.5	Susan Redfield(MA)	50	3-15-87
W55	2:58.11	Grace Butcher(IL)	55	4-2-89
W60	3:14.3	Elizabeth Szwelowski(US)	60	1-15-89
W65	4:04.0y	Carol Peebles(WI)	67	1-8-89
W70	3:47.8	Pearl Mehl(CO)	70	1-19-85
W75	4:06.55	Pearl Mehl(CO)	75	4-2-89

1500 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:38.45	Nancy Shafer(OH)	35	3-7-87
W40	4:59.7	Linda Upton(MA)	42	3-23-86
W45	5:09.3	Elaine Mathews(NY)	45	3-18-89
W50	5:36.2	Mila Kania(NY)	52	2-19-84
W55	5:46.0	Beryl Skelton(NY)	56	3-17-85
W60	7:12.7	Mary Norckauer(LA)	64	4-1-89
W65	7:35.0y	Marie Stafford(OR)	68	1-30-88
W70	7:29.22y	Pearl Mehl(CO)	73	3-28-87
W75	7:43.3	Pearl Mehl(CO)	75	4-1-89

ONE MILE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:59.28	Carol Urish-McLachie(TX)	35	3-28-87
W40	5:12.4	Barbara Pike(MA)	40	3-14-82
W45	5:25.4	Marilyn Harbin(CA)	46	3-2-84
W50	5:40.1	Mila Kania(NY)	51	3-20-83
W55	5:51.0	Margaret Miller(CA)	55	2-22-81
W60	7:47.6	Jean Price(US)	61	3-27-82
W65	7:35.0	Marie Stafford(OR)	68	1-30-88
W70	7:29.22	Pearl Mehl(CO)	73	3-28-87

3000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:24.13y	Carol Urish-McLachie(TX)	35	3-29-87
W40	10:22.1	Mary Wood(CO)	44	4-2-89
W45	11:22.8	Linda Upton(MA)	45	1-15-89
W50	11:43.2	Mila Kania(NY)	52	2-19-84
W55	12:23.6	Gloria Brown(NY)	56	3-27-88
W60	13:35.4	Mary Norckauer(LA)	64	4-2-89
W65	16:37.2y	Pearl Mehl(CO)	69	2-19-84
W70	15:30.0y	Pearl Mehl(CO)	73	3-29-87
W75	15:53.5	Pearl Mehl(CO)	75	4-2-89

TWO MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:24.13	Carol Urish-McLachie(TX)	35	3-29-87
W40	11:09.0	Barbara Pike(MA)	40	3-28-82
W45	12:44.0	Mary Czarapata(WI)	46	1-9-82
W50	11:57.4	Mila Kania(NY)	50	3-14-82
W55	13:06.0	Gladys Lehman(CA)	58	2-22-81
W60	18:21.0	Ernestine Yeomans(CAN)	64	1-8-84
W65	16:37.2	Pearl Mehl(CO)	69	2-19-84
W70	15:30.0	Pearl Mehl(CO)	73	3-29-87

60 METER HURDLES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W40	9.99	Phil Raschker(GA)	42	4-1-89
W45	12.02	Barbara Stewart(NY)	47	4-1-89
W50	11.52	Christel Miller(CA)	54	4-1-89
W55	14.84	Shirley Kinsey(CA)	59	4-1-89
W60	14.63	Patricia Peterson(NY)	62	4-1-89

HIGH JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-4	1.62 Skipper Clark(NY)	36	3-24-84
W40	5-0 1/4	1.53 Phil Raschker(GA)	42	4-2-89
W45	4-2	1.27 Christel Miller(CA)	45	3-29-80
W50	4-2	1.27 Essie Kea(OH)	46	3-24-84
W55	4-2 3/4	1.29 Christel Miller(CA)	54	4-2-89
W60	3-9	1.14 Bernice Holland(OH)	55	1-9-83
W65	3-6 1/4	1.07 Patricia Peterson(NY)	62	4-2-89
W70	3-7	1.14 Mary Bowermaster(OH)	67	3-30-85
W75	3-0	1.09 Mary Bowermaster(OH)	70	3-19-88
W75		0.91 Vivian Nelson(PA)	75	3-5-88

LONG JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2	6.16 Willye White(US)	36	3-3-75
W40	18-5	5.61 Phil Raschker(GA)	40	3-28-87
W45	14-4 1/2	4.38 Christel Miller(CA)	48	3-26-83
W50	13-7	4.14 Christel Miller(CA)	50	3-30-85
W55	12-1 1/2	3.69 Shirley Kinsey(CA)	57	3-28-87
W60	11-0	3.35 Bernice Holland(OH)	60	3-29-87
W65	11-1	3.38 Mary Bowermaster(OH)	66	2-26-84
W70	10-10 1/4	3.31 Mary Bowermaster(OH)	70	3-19-88
W75	7-6 1/4	2.29 Vivian Nelson(PA)	75	3-5-88

TRIPLE JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4	10.69 Phil Raschker(GA)	37	-84
W40	35-4 1/2	10.78 Phil Raschker(GA)	41	3-20-88
W45	27-10 1/2	8.49 Christel Miller(CA)	47	3-28-82
W50	27-5 1/2	8.37 Christel Miller(CA)	53	3-19-88
W55	22-6	6.86 Shirley Kinsey(CA)	55	3-30-85
W60	20-11 1/2	6.39 Jean Udell(IL)	63	3-31-89
W65	p16-2 1/4	4.93 Ernestine Yeomans(CAN)	67	2-22-87
W70	p16-9 1/2	5.12 Elizabeth Hagemann(US)	65	3-18-89
W70	p16-4	4.98 Ernestine Yeomans(CAN)	70	3-31-89

SHOT PUT				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	40-6 1/4	12.35 Joan Stratton(CA)	37	4-2-89
W40	38-10 1/2	11.85 Joanne Grissom(IN)	41	1-25-80
W45	21-7 1/2	6.59 Barbara Stewart(NY)	47	4-2-89
W50	40-4 1/4	12.30 Joanne Grissom(IN)	50	4-2-89
W55	24-2	7.36 Katie Jocy(CA)	58	3-19-88
W60	31-7 1/4	9.63 Bernice Holland(OH)	61	3-6-88
W65	18-3 1/4	5.57 Florence Berry(IL)	67	4-2-89
W70	25-5 1/2	7.76 Mary Bowermaster(OH)	71	4-2-89

3000 METER WALK				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	18:24	Cathy Sullivan(OH)	35	4-2-89
W40	15:33	Gayle Johnson(OH)	40	4-2-89
W45	17:18	Stella Cushman(NY)	46	4-2-89
W50	19:33y	Anna Rush(PONCE INLET(FL)	54	3-27-83
W60	18:19	Ruth Leff(WI)	61	12-17-88
W65	20:55	Marie Henry(NJ)	65	4-2-89
W70	p20:13	Ernestine Yeomans(CAN)	67	2-22-87
W70	p20:59	Ernestine Yeomans(CAN)	70	4-2-89

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